February 2015

Warren - Hamilton Counties
Office for the Aging
1340 State Route 9
Lake George NY 12845
(518) 761-6347
Toll Free Number 1 888 553-4994
NY Connects 1 866 805-3931

Happy Valentine's Day

Newsletters are now available online at
www.warrencounty.ny.gov/ofa/newsletters.php
Please contact Kayla Jarrell to be added to our email list.
(518) 824-8824 or jarrellk@warrencounty.ny.gov
February: Tips for Your Healthy Heart

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the #1 killer of women and men in the US and a leading cause of disability. Many CVD deaths can be prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes. You can control a number of these risk factors: diet, obesity, high blood pressure, high cholesterol, physical activity, tobacco use, and diabetes.

Eat a healthy diet: limit sodium, eat plenty of fresh fruits & vegetables—adults should have at least five servings each day. Eat foods low in saturated fat, trans fat, and cholesterol and high in fiber.

Limit alcohol use: avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.

Stress: find fun things to do; listen to music you enjoy, give yourself regular walk breaks or reach out to talk with a friend. If you’re a caregiver, attend a supportive group to decrease stress level. For more information, contact Susan at Office for the Aging NY Connects at 1-866-805-3931.

Volunteers Needed
Meals on Wheels & Transportation Programs
Contact Kayla Jarrell
761-6347

SUBSTITUTES NEEDED
Warren/Hamilton County
Office for the Aging Meal Sites
Contact RoseAnn O’Rourke
(518)761-6347
NY Connects: Choices for Long Term Care

What is the difference between a HHA, PCA, CNA and Sitter/Companion?

Home health aides (HHAs) carry out health care tasks in a patient’s home under the supervision of a registered nurse or licensed therapist and may also provide assistance with personal hygiene, housekeeping and other related supportive tasks. HHAs are required to be under professional supervision by the home care agency.

Personal care aides (PCAs) provide patients assistance with nutritional and environmental support and personal hygiene, feeding and dressing and/or, as an extension of self-directed patients, select health-related tasks. PCAs are required to be under professional supervision by the home care agency.

Certified nurse aides (CNAs) provide the vast majority of direct personal care to nursing home residents. Working under the supervision of nursing and medical staff, nurse aides answer residents’ call bells, deliver messages, serve meals, make beds, and help residents eat, dress and bathe.

Sitter/Companions provide companionship and environmental care (housekeeping, shopping and errands). Sitter/Companions are not certified and therefore not permitted to provide personal care (bathing, dressing, toileting); they may or may not be working for a licensed agency/organization.

Call 1-866-805-3931 to speak with Susan Dornan, NY Connects Coordinator at Warren/Hamilton Counties Office for the Aging for more information on licensed and/or private home care options.
Over the next 10 years, approximately 10,000 Americans will turn 65 every day! For many, completing the task of enrolling in Medicare will seem very complicated. To guide those turning age 65 through the process the National Council on Aging developed a question guide to getting started with Medicare. I have used some of these questions as guide for this article. All the responses have been adjusted to meet the needs of our local readers.

1. How do I enroll in Medicare? Is it automatic when I turn 65?
To enroll in Medicare, most people will need to contact Social Security directly. The Warren County office is located at 17 Cronin Road #1, Queensbury, NY. It is open from 9:00 am to 3:00 pm five days a week, except for Wednesday when the office closes at noon. The phone number is 1-877-405-4875.

There is not a Social Security office in Hamilton County. For many the Queensbury office will be the closest. However, depending where you live, some residents may find the offices located in Gloversville, Plattsburgh or even Watertown or Utica to be more convenient. To locate the office nearest to you go to the Social Security Office Locator at https://secure.ssa.gov/ICON/main.jsp and enter your zip code. It will give you information on the three closest offices to you, including mileage, as well as all the contact information. If you do not have internet access call the Queensbury office for assistance.

You can also enroll online in Social Security and Medicare by going to http://www.socialsecurity.gov/medicare/ or by calling the national number at 1-800-772-1213.

Some people, including early retirees receiving Social Security and those with Social Security disability or Railroad Retirement benefits, are automatically enrolled in Medicare when they become eligible. Even if you feel you will be auto enrolled you should check with Social Security to verify that the process is underway. If you are still employed when you turn age 65 check with your employer about your Medicare enrollment (see question 3 below).

2. When do I have to enroll?
You have a 7-month window around your 65th birthday to enroll. This is called the Initial Enrollment Period. After that, you can still enroll in Medicare but you may have to wait for a designated special/general enrollment period to do so. Start early to avoid delays or possible late enrollment penalties!

3. What if I’m still working and have insurance?
As you approach age 65 if you are receiving health insurance coverage through your employer contact your human resources office about what you need to do. If you are working past 65 and carrying your own coverage, contact your insurance company to see what you should do. In most cases, Medicare Parts A and B will become your primary coverage and your own policy will move to what is called a Medigap or supplemental plan. The HIICAP program can help you with these issues as well as with the selection of a Part D prescription drug plan.

4. Does Medicare cover long term care?
According to studies by AARP and others many believe that Medicare will cover long care expenses such as nursing home care. That is false. Medicare has a small long term care benefit designed to cover short-term rehabilitation but not long term care. Age 65 is still not too late to consider a long term care insurance policy. HIICAP counselors can explain long term care insurance to you. For information about the NY Partnership for Long Term Care and other options go to http://www.nyspltc.org/.

6. How do I pay for my Medicare?
Medicare Part A is provided to all Social Security beneficiaries aged 65 and over at no cost. If you are receiving Social Security benefits at the time you enroll in Medicare Part B your premiums will be deducted from your monthly check. In general, if you decide to enroll in a Medicare Advantage Plan you will pay this premium directly as you will with your Part D drug coverage.

Remember, if you have any questions about Medicare Parts A or B, Medicare Advantage Plans, Part D drug coverage, Medicare supplemental plans or long term care insurance the Warren/Hamilton Counties HIICAP program is there to answer your questions. Call them at (518)518-761-6347.

Dr. William Lane is the owner of William Lane Associates, a gerontological firm based in Delmar, NY. He is writing a monthly column on issues related to health insurance for the OFA. He does not sell insurance, work for any insurance company or recommend any insurance products.
This Caregiver Needs a Break

Marlis Powers, Blogger
Caregiver for husband with dementia, writer

I haven't been away from Charlie for more than two hours at a time since July of 2013. I have decided I am due for a respite, and thanks to his daughter, it appears that this is going to be possible.

There are two young people in Florida who have never met their great grandmother, and my sister has a new home she has been waiting for the past year to show off, so I have finally convinced myself that it is time to make the trip.

I have spent many sleepless hours mulling over all the reasons I shouldn't go.

Number one, of course, is Charlie. He always looks forward to a visit from his daughter but he doesn't deal well with change. And I am certain that the entire time I am gone he will be expecting me to walk in the door any minute. Time just doesn't mean a thing to him. If I tell him I will be gone for ten days he will still expect me to be back at bedtime.

Number two on my list of excuses is my irritable bowel syndrome. I will probably have to fast for two days prior to the trip in order to assure a problem-free journey. Also, the family cooks will have to deal with my many food problems. It almost takes the pleasure out of travel.

The third obstacle to such a trip is the New England winter weather. It can be fickle at best. It seems as though every time I schedule a trip by plane the weather raises its ugly head and causes distress.

We have a ninety-minute drive from our home to the nearest airport, through the White Mountains, a drive that can be treacherous at times. My anxiety level is certain to spike in the coming days, until we get the weather report. Then, when it's time to fly home, the anxiety will set in again. Since I have had two trips affected by severe weather conditions, this anxiety is not without foundation. I will be sure to pack my anxiety pills.

I am concerned that my extended absence will have some long-term effect on Charlie's dementia. You just never know how a dementia patient will react to change and loss. I hope I will come back ready to cope with his problems in a more cheerful manner. If that happens, the trip will have benefitted both of us.

P.S. Here I am, three days from departure. The weather promises to be good for the southbound part of the trip. I am praying for the same on February 1st. But Charlie, who gave his blessing for the trip, is developing anxieties.

His calendar is constantly on his lap and he goes over the details at least once an hour. And he has suddenly developed a pain in his elbow requiring Aleve, joint analgesic cream and a pillow under his arm. I am giving him all the sympathy I can muster, but have to wonder what new problems will develop between now and Friday.

It's almost enough to make me cancel the trip. Almost.

If this is you, or someone you know, consider attending our new “Caring for Ourselves” support group. See more information on the OFA Highlights section.
THE FUN BIRTHDAYS

4th Rosa Parks -- Asserted Civil rights by refusing to give up her bus seat

18th John Travolta -- Icon from “Saturday Night Fever” + “Pulp Fiction”

22nd George Washington -- 1st President (1789-1797)

Gary Willett -- 1st
Don Strycker -- 8th
Pat Sennet -- 13th
Jim Buttler -- 14th
Lillian Beswick -- 8th
Cathy Thompson -- 6th
Tricia Freer -- 9th
Al Katz -- 14th
Jerome Whitehead -- 18th
Mary Strycker -- 26th

In Shakespearean times the liver was the organ associated with love.

Home run king “Babe” Ruth born February 6, 1895.

"Away in a meadow all covered with snow
The little old groundhog looks for his shadow
The clouds in the sky determine our fate
If winter will leave us all early or late."

- Don Halley
The Fun Sudoku Valentine's Day Word Search Puzzle

OLVERONETBGILLI
OROSESNVNAILEKNT
TINVECCAIRFEIDS
ASWEETHEARTSRES
HENNTIONSASTHEU
ESDIPUCEDFVERY
AEATRVOALEECNTI
RUNNESLDABAYAND
TOMECNAMOROTHEY
SYRLSDTADUYBARA
EETAEHEEBIAGEGED
SVTVHOSLIRDMAYI
SOFORCANDYGILLV
FLOWERSINGFNLOO
WIERSFOUTERENTH

BE MINE       HEARTS
CANDY        HOLIDAY
CARD         I LOVE YOU
CHOCOLATES   KISS
CUPID        LOVE
DATE         ROMANCE
FEBRUARY     ROSES
FLOWERS      SAINT
FOURTEENTH   SWEETHEARTS
GIFTS       VALENTINE

ABOUT LOVE

CHRSU

AELZ

DFNOC

HIOPRS

W

Answer:

PRUNE JUICE by George Sfarnas © 2005 www.PruneJuiceComics.com

ARThUR, LET'S
SPEND A LITTLE MONEY
TONIGHT AND GO OUT
FOR DINNER!

WHAT SHOULD IT BE
CHINESE... ITALIAN...
GREEK... THAI...
MEXICAN...?

IS MCDONALD'S A COUNTRY?

\u2022 \u2022 \u2022 \u2022
GLENS FALLS SENIOR CENTER
Located at: 380 Glen Street, Glens Falls, NY 12801
Phone 793-2189 E-Mail: agreaterglnsf@nycap.rr.com
Celebrating over 50 years of Service to our Senior Community
Something for everyone  No Residency Requirements....
Kim Bren, Executive Director  Shiela Satterlee, Assit. Director
Lauren Tompkins, Outreach Specialist  Joan Counter, Admin. Assistant
Visit our website at
http://www.greaterglensfallsseniorcenter.com for more information.

NEW MEMBERS WELCOME
NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS
SOME OF THIS MONTH’S HIGHLIGHTS

<table>
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<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon-1/5</td>
<td>Good Books Club-“A Star For Mrs. Blade” by April Smith</td>
<td>1:00 p.m.</td>
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<tr>
<td>Tues-1/6</td>
<td>Pot Luck-“Undecorating Party”-bring a dish to pass</td>
<td>12:00 p.m.</td>
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<td>Wed-1/7</td>
<td>Coffee with a Cop-questions and answers on local law enforcement</td>
<td>10:00 a.m.</td>
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<td>Thurs-1/8</td>
<td>Lunch Bunch-Rainer’s at the Ramada Inn, exit 19-Dutch treat</td>
<td>1200 p.m.</td>
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<tr>
<td>Tues-1/13</td>
<td>Film/popcorn-“Hitchcock”-Helen Miren-free</td>
<td>1:00 p.m.</td>
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<tr>
<td>Wed-1/14</td>
<td>Reception for retiring Executive Director, Rene Clements</td>
<td>1:00-3:00 p.m.</td>
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<td>Thurs-1/15</td>
<td>Walgreen’s pharmacist on vitamins and supplements</td>
<td>1:00 p.m.</td>
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<td>Tues-1/20</td>
<td>Michigan Rummy/game day-drop in</td>
<td>1:00 p.m.</td>
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<tr>
<td>Wed-1/21</td>
<td>Winter home cooked lunch-Cost: $7</td>
<td>12:00 p.m.</td>
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<tr>
<td>Mon-1/26</td>
<td>Special Bingo-refreshments and fun</td>
<td>1:00 p.m.</td>
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<td>Wed-1/28</td>
<td>Blood Pressure/Blood Sugar screening</td>
<td>8:30-9:30 a.m.</td>
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<tr>
<td>Wed-1/28</td>
<td>Newsletter mailing-everyone welcome</td>
<td>1:00 p.m.</td>
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<tr>
<td>Thurs-1/29</td>
<td>Racinio trek-Cost $6 transportation</td>
<td>9:00 a.m.</td>
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<tr>
<td>Fri-1/30</td>
<td>Writer’s group-bring current/past works to share</td>
<td>1:00 p.m.</td>
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<tr>
<td>Monday-Friday</td>
<td>Thrift Shop-new items all the time</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>Every Tues</td>
<td>Bingo in AM/Program in PM-Transportation provided</td>
<td>10:30 a.m.</td>
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<tr>
<td>Every Thursday</td>
<td>Chair Yoga- with Toby-Free- Sponsored by MVP</td>
<td>10:15-11:00 a.m.</td>
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<tr>
<td>Mon-Thurs.</td>
<td>Osteo exercise program-Monday-Thursday-Sponsored by RSVP</td>
<td>9:00-10:15 a.m.</td>
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<tr>
<td>Every Friday</td>
<td>Tai Chi Class-Cost: $6</td>
<td>9:00 a.m.-10:00 a.m.</td>
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</tbody>
</table>

ONGOING ACTIVITIES AT A GLANCE:
Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/Good Books Club/Computer Classes/Performing Line Dancing/Woodshop/Bowling/Crafts/Cards/Bingo & Much More. Trips include: New Orleans, British Landscapes. Call Center for pricing and information on the upcoming trips and events or see on line.

DON’T BE LONELY- COME AND PARTICIPATE IN “YOUR SENIOR CENTER”.
TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE

Interested in Joining and receiving more information:

Name:
Address:
Phone:

HELP BY DONATING YOUR BASKET TODAY!
Greater Glens Falls Senior Citizens Center
380 Glen Street
Glens Falls, NY 12801
(518) 793-2189
agreaterglnsf@nycap.rr.com
website: http://www.greaterglnsf.org
www.greaterglensfallsseniorcenter.com

BASKET RAFFLE DONOR FORM
The baskets will be on display starting Friday, February 13, 2015
and the drawing will be held on Thursday, April 16, 2015 at a Raffle Basket Party with refreshments. Party begins at 1:00 p.m.
ANY THEME YOU WISH TO USE FOR THE BASKET IS ACCEPTABLE AND
WE ASK THAT NO USED ITEMS BE PLACED IN THE BASKET

VALUE $ (IF YOU WISH A RECEIPT FOR TAXES)

THE BASKETS SHOULD BE DELIVERED TO THE SENIOR CENTER BY
THURSDAY, FEBRUARY 12, 2015
ANY QUESTIONS, PLEASE CALL
THANK YOU FOR YOUR PARTICIPATION
STOP BY THE QUEENSBURY CENTER AND FIND OUT WHAT WE ARE ALL ABOUT!
Lots of travel, activities and opportunities to get involved with your community!

742 Bay Rd
Queensbury

Corner of Bay & Haviland

British Landscapes Trip
Featuring England, Scotland & Wales
October 3rd - 12th 2015
with Queensbury Seniors On The Go & Collette Vacations

10 days (12 meals 4 dinners)
Round Trip Air & Transfers

Highlights
London City Tour with theater option,
Visit Oxford, Overnight Castle Stay in Wales,
English Lake District, William Wordsworth’s home
town of Grasmere England, Edinburgh Castle,
Medieval City of York, Shakespeare’s birthplace
Stratford-upon-Avon, Anne Hathaway’s thatch-roofed
cottage, Stonehenge, Cotswolds Region
and so much more!

Day 1  Overnight flight
London, England

Day 2, 3
Days 4
Edinburgh, Scotland
North Wales

Day 5, 6
Day 7
York, England

Day 8, 9
Starford-Upon-Avon, England

Melissa Pagnotta - Travel & Activity Director
melissa@seniorsonthego.org (518) 745-4439

Itineraries available at the Queensbury Center 742 Bay Rd. Qsby.

Queensbury “Seniors On The Go” present...
Ottawa & Thousand Islands
June 8th - 12th 2015

Package Includes: (3) Nights Lodging in Ottawa, (1) Night Thousand Islands,
(3) Dinners, (4) Breakfasts, Guided Tour of Ottawa, Tour of Parliament Hill,
Visit to Colorful Byward Market, Canadian Museum of Nature, Thousand Island
Sightseeing Cruise to visit Boldt Castle. Visit to Casino du Lac Leamy. Luggage
Handling, Taxes & Meal Gratuities. Motorcoach Transportation. Gratuities for Driver
and Guides are not included. Travel Insurance is available upon request.

Full Itinerary available at the Queensbury Center
Reserve your seat now! Passports required for travel

Cost $594 pp dbl  $25 Deposit due with registration
Deposit due by March 1st. Final Payment by April 14th.
*Call Melissa for further information

761-8224 Ask us about becoming a member!
Quick Chicken Chili
This Simple Cooking with Heart recipe is a yummy twist on traditional chili, switching in chicken for ground beef. It's easy to make in a hurry!
Serves 4

Ingredients
- non-stick cooking spray
- 1 lb. boneless, skinless chicken breasts or tenderloins
- 1 lb. ground white meat chicken or turkey
- 1 medium onion
- 1 medium bell pepper (any color)
- 3 clove garlic
- 1 tsp. jarred, minced garlic
- 2 cup fat-free, low-sodium chicken broth
- 1 16- oz. canned, fat-free, low-sodium chicken broth
- 2 15.5- oz. canned, no-salt-added, or, low-sodium beans (mix or match pinto, red, kidney or navy)
- 1/2 tsp. pepper
- 1 tsp. cumin
- 1/2 tsp. chili powder (optional)
- 1 medium chopped jalapeño (optional if you like spicy chili)
- fresh cilantro (optional)
- 1/2 cup low-fat, (or), fat-free sour cream (optional)

Directions
1. Remove visible fat from chicken, cut into bite-sized pieces.
2. Spray large pot with cooking spray. Add chicken, onion, garlic, chili powder (optional) or jalapeno (optional) cooking over medium-heat until chicken is no longer pink (about 7 minutes)
3. Lightly mash the drained, rinsed beans with a fork.
4. Add all remaining ingredients to chicken mixture and simmer on high for 10 minutes.
5. Spoon chili into bowls and top with chopped fresh cilantro and/or dollop of sour cream (optional)

344 Calories  174 mg Sodium   $2.47 price Per Serving

Additional Tips  Quick Chicken Chili

Budget Tip: when buying chicken, tenderloins are often less expensive than breasts – in recipes like this one where you cut the chicken into bit-size pieces the cut makes no difference so pick whatever’s cheaper! Be sure to check for specials or sales.

Recipes Adopted By: AHA
3. Choose Healthy Snacks

Enjoy treats with fewer calories that fit into your daily eating plan—like a cup of red seedless grapes or a small banana, a cup of cherry tomatoes or five red pepper rings, or a half cup of low/fat-free yogurt.

4. Dine Out the Healthy Way

You can eat healthy in restaurants. Control portion size by eating half your entrée, and take the rest home for another meal. Limit calories by choosing foods that are broiled, baked, or roasted. Ask for low-sodium options from the menu, and leave off or ask for butter, gravy, sauces, or salad dressing on the side.

5. Find Heart Healthy Menus to Enjoy

How you eat day after day makes a real difference in your health over time. Take a look at how you’re currently eating and compare it with heart healthy recipes.

Find out more about getting active and living a heart healthier lifestyle by visiting www.hearttruth.gov
Source: NIH Publication

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### Slow Cooker Sauerbraten

*Here is a great Simple Cooking with Heart comfort food recipe! Sauerbraten is a German style beef stew that’s cooked in a vinegar sauce with warm spices.*

**Ingredients**

- 1 lb. top round or beef loin roast
- 1 onion
- 1 cup low-sodium beef broth
- 1/2 cup cider vinegar
- 1 packaged baby carrots
- 1 rib celery
- 1 tsp. jarred, minced garlic
- 2 small potatoes
- 1 Tbsp. brown sugar
- 1 tsp. ground ginger
- 1/2 tsp. nutmeg
- 1 Tbsp. whole-wheat flour

**Directions**

1. Add beef, onion, broth, vinegar, celery, garlic, carrots and potatoes to slow cooker.
2. Cover and cook over low setting for 8-10 hours, or over high setting for 3-4 hours.
3. Add brown sugar, ginger, nutmeg and flour to cooker, stir and turn to high heat? cook for 30 minutes more.

**Additional Tips** Leftover ingredients? Use them in these recipes!

254 Calories 165 mg Sodium $2.97 Per Serving

### Recipes for healthy food can easily be done by making a few changes or additions to your meals. Here are a few healthy eating tips.

**Lunch & Dinner**

⇒ Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
⇒ Choose soup. You can stick with the basics like tomato or vegetable soup or you can mix up some minestrone or veggie chili to cut winter's chill. When possible, choose soups with less sodium.
⇒ Add broccoli, green beans, corn, or peas to a casserole or pasta.
⇒ Add lettuce, tomato, onion, and cucumber to sandwiches.
⇒ Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.
⇒ Place a box of raisins in your child's backpack and pack one for yourself, too.
## February 2015

**Warren/Hamilton Counties Office for the Aging**

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<td>Apple n’ Onion Chicken</td>
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<td>Cheeseburger Deluxe</td>
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<td>Roasted Potato Bites</td>
<td>Chilled Pears</td>
<td>Fruited Gelatin</td>
<td>Baked Cookie</td>
<td>Tossed Salad</td>
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<td>Carrots</td>
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<td>Gingerbread/Topping</td>
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<td>Chilled Peaches</td>
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<tr>
<td>CHEF’S CHOICE</td>
<td>Beef Pot Pie with Potatoes and Veggies</td>
<td>Turkey Pot Roast</td>
<td>Chicken Stir-Fry</td>
<td>Spaghetti &amp; Meatballs</td>
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<td>Winter Squash</td>
<td>Cranberry Sauce</td>
<td>Marinara Sauce</td>
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<td>Chilled Peaches</td>
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<td>Green Beans</td>
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<td>Spinach</td>
<td>Garlic Bread</td>
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<td>Strawberry Shortcake</td>
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<tr>
<td>Meal site closed</td>
<td>Juice of the Day</td>
<td>Ash Wednesday</td>
<td>Roast Pork Loin/Gravy</td>
<td>Macaroni &amp; Cheese</td>
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<td>Breaded Haddock</td>
<td>Scallop Potatoes</td>
<td>Stewed Tomatoes</td>
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<td>Scalloped Potatoes</td>
<td>Green Beans</td>
<td>Marinated Carrots</td>
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<td>Winter Squash</td>
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<td>Chilled Carrots</td>
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<td>Tropical Fruit Cup</td>
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<td>Chilled Pineapple</td>
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<tr>
<td>Chicken Parmesan</td>
<td>Pork Chop</td>
<td>Meatloaf/Gravy</td>
<td>Chicken &amp; Stuffing</td>
<td>Cheese Omelet</td>
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<tr>
<td>Penne Pasta/Marinara Sauce</td>
<td>Sweet Potatoes</td>
<td>Mashed Potatoes</td>
<td>Casserole</td>
<td>Hash Brown Potato</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Carrots</td>
<td>Zucchini &amp; Tomatoes</td>
<td></td>
<td>Ham</td>
</tr>
<tr>
<td>Chilled Apricots</td>
<td>Chilled Applesauce</td>
<td>Peach Cobbler</td>
<td></td>
<td>Yogurt Parfait with</td>
</tr>
<tr>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### Suggested contribution

$3 per meal.

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All meals served with 1% milk, bread, margarine. (Congregate site only - coffee, tea and juice). Diabetic desserts are available for those with diabetes. **Menus subject to change.** Frozen Dinner Heating Instructions: **Oven:** 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Cautions:** contents will be hot.

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**Meal site Numbers:**

- Bolton-644-2368;
- Indian Lake; 648-5412;
- Lake Pleasant-548-4941;
- Solomon Hgts Qby —832-1705
- Cedars-832-1705;
- Johnsburg-251-2711;
- Long Lake-624-5221;
- Warrensburg-623-2653;
- Chestertown-494-3119
- Lake Luzerne; 696-2200
- 1st Presb. Church GF —832-1705
- Wells-924-4066