January 2015

WARREN COUNTY STAFF:
CHRISTIE SABO - DIRECTOR
CINDY ROSS – FISCAL MANAGER
HARRIET BUNKER – COORDINATOR OF SERVICES
CINDY CABANA – SPECIALIST SERVICES FOR THE AGING
HANNA HALL – AGING SERVICES ASSISTANT
ROSE-ANN O’ROURKE—COORDINATOR OF NUTRITION SERVICES
KAYLA JARRELL — COORDINATOR OF VOLUNTEERS / “NEWSLETTER”
CATHERINE KEATING — STAUCH-REGISTERED DIETITIAN / MENU
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NY CONNECTS
NANCY ROSEN — RECEPTIONIST
DINAH KAWAGUCHI—PART TIME TYPIST

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

Newsletters are now available online at
www.warrencountyny.gov/ofa/newsletters.php
Please contact Kayla Jarrell to be added to our email list.
(518) 824-8824 or jarrellk@warrencountyny.gov
**OFA HIGHLIGHTS**

**Would you like to decrease the impact of a stressful situation by having a safe place to talk? Would you like to increase social connection with others as you hear about new ideas that may be helpful?**

*Caring for Ourselves*, a new support group for anyone caring for a family member, friend, or loved one may be what you’ve been looking for. We offer a safe place to discuss the stresses, challenges and the rewards of providing care, at no charge to you and reservations are not necessary.

**WE HAVE EXPANDED TO TWO MORNING & TWO EVENING MONTHLY GROUPS**

<table>
<thead>
<tr>
<th>11AM-12 GROUP</th>
<th>5:30-6:30PM GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>FACILITATED BY SUSAN</td>
<td>FACILITATED BY DIANNE</td>
</tr>
<tr>
<td>AT THE GLENS FALLS HOME</td>
<td>AT HIGH PEAKS HOSPICE</td>
</tr>
<tr>
<td>79 WARREN STREET</td>
<td>79 GLENWOOD AVENUE</td>
</tr>
<tr>
<td>GLENS FALLS, NY 12801</td>
<td>QUEENSURY, NY 12804</td>
</tr>
<tr>
<td>WED, JAN 7 AND 21</td>
<td>THURS, JAN 8 AND 22</td>
</tr>
<tr>
<td>WED, FEB 4 AND 18</td>
<td>THURS, FEB 12 AND 26</td>
</tr>
</tbody>
</table>

*We hope you’ll join us; for more information contact Susan at 1-866-805-3931*

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**This is Glaucoma Awareness Month**

NOW is the time to schedule your eye exam! Medicare helps pay for it!

**Why schedule your exam NOW?**

Prevent this sight-stealing disease from taking away your vision.

Limited insurance? Can’t afford the co-pay?

Contact Glens Falls Association for the Blind at 792-3421

or Family Service Association of Glens Falls at 793-0797 if you need financial assistance for your eye exam, glasses, or have children who need preschool vision screening.

Glaucoma is a group of eye diseases that gradually steal sight without warning. You may lose up to 40% of your vision without even noticing. It mostly affects middle-aged and the elderly though can affect people of all ages. There is no cure for damage to the optic nerve however medication or surgery can slow or prevent further vision loss. People who have diabetes, are severely nearsighted, or are over 60 are at higher risk.

FOR MORE INFORMATION: CONTACT SUSAN AT 1-866-805-3931

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**SUBSTITUTES NEEDED**

Warren/Hamilton County Office for the Aging Meal Sites

Contact RoseAnn O’Rourke for more information

(518)761-6347

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**Volunteers Needed**

Meals on Wheels & Transportation Programs

Contact Kayla Jarrell

761-6347
REQUESTING NOMINATIONS

SENIOR OF THE YEAR

AND

OUTSTANDING CONTRIBUTION BY A SENIOR

Do you know a senior who goes above and beyond to help others? Someone who gives their time and energy to worthwhile projects or organizations? A person others count on? Why not recognize this individual for their efforts with a nomination for the 2015 awards? Winners will be recognized locally and by the NYS Office for the Aging at an event in Albany on May 5th. Information and nomination forms are available from your local senior club, meal site or contact the Office for the Aging at 518-761-6347. Don’t delay; nomination forms must be received by January 16, 2015!!!
What is HIICAP? Benefits and Services
William Lane, Ph.D.

I have been writing this HIICAP column for over a year. In thinking about this month’s topic I realized that many readers may not really understand the purpose and full scope of the HIICAP program. So, this month’s column will provide readers with a broad overview of the program and how it serves the needs of the residents of Warren and Hamilton Counties.

What is HIICAP?
The Warren/Hamilton Counties Offices for the Aging provides the Health Insurance, Information, Counseling and Assistance Program (HIICAP) as part of a network of health insurance counseling programs covering every county in New York State. The HIICAP program receives Federal Assistance from the Centers for Medicare and Medicaid Services (CMS) as well as the State of New York. The mission of the HIICAP program is to both provide assistance and educate residents about Medicare, Medicare Advantage plans and Medicare Part D prescription drug programs as well as numerous other health insurance issues.

In addition to the above programs, HIICAP also provides information on all the programs that serve low income residents. These programs include the Elderly Pharmaceutical Insurance Coverage (EPIC) Program, Medicare Savings Programs, "Extra Help" prescription assistance and pharmacy discount programs. These programs may pay part of your monthly costs, offer discounts or provide full medical coverage.

Who can use the HIICAP program?
The Warren/Hamilton Counties HIICAP Program serves all Medicare beneficiaries as well as those who will soon become Medicare eligible. To be eligible you must reside in one of the two counties. Counseling and assistance is provided by highly trained counselors, either over the telephone or during scheduled appointments. All your information is held in strict confidence. The most common services provided by HIICAP are:

- Facilitating initial enrollment into Medicare Parts A, B and D.
- Explaining the benefits covered under Medicare Parts A and B.
- Selecting a Medicare Part D prescription drug plan. Once you have made your initial choice, your coverage should be reviewed annually during the fall open enrollment period.
- Explaining the differences between original Medicare and Medicare Advantage Plans.
- Information about supplemental insurance programs, usually called Medigap plans, that cover all or a portion of those charges not covered by Medicare.
- Helping clients resolve specific health insurance problems.
- Looking to see if you may be eligible for additional help in paying for your health care costs through programs such as EPIC or Extra Help.
- Help with special problems that may arise during the year, such as loss of coverage through no fault of your own.
- Assistance to consumers who believe they have been the victims of fraud or abuse related to health insurance coverage.

Is there a cost for HIICAP services?
No. HIICAP counseling services are funded by CMS and the State of New York and there are no charges for the services offered by the program.

How can Residents Access HIICAP Services?
The first number to call is the Warren/Hamilton Counties Offices for the Aging (518) 761-6347. The receptionist will connect you with an experienced HIICAP counselor who may be able to answer your question over the phone. If not, you will be able to make an in-person appointment.

The HIICAP web site is maintained by the New York State Office for the Aging. The link is [http://www.aging.ny.gov/HealthBenefits/Index.cfm](http://www.aging.ny.gov/HealthBenefits/Index.cfm)

The Medicare program also offers the Medicare Resources help line. The national number is 1-800-633-4227.

Dr. William Lane is the owner of William Lane Associates, a gerontological consulting 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.
10 Questions to Ask Before Hiring a Caregiver or Home Care Agency

Marlo Sollitto
Contributing Editor

Using an agency to hire paid caregivers may give older adults and their families a false sense of security regarding the background and skill set of the caregiver, according to a recent study. Just because it's an agency employee doesn't necessarily mean the caregiver is trained to care for an elderly person.

Researchers posed as consumers seeking a caregiver for an older adult relative. The study, published in the Journal of the American Geriatrics Society, surveyed 180 agencies around the country about their hiring methods, screening measures, training practices, skill competencies, assessments and supervision.

They found:

- Only 55 percent of the agencies did a federal background check.
- Only one-third of agencies said they did drug testing.
- Only one-third test for caregiver skill competency.
- Supervision ranged from none to weekly and included home visits, telephone calls, and caregivers visiting the office.

Based on these results, people looking for home caregivers are taking shots in the dark as to whether they will get a trained professional who provides quality care or one with little-to no experience and training.

By being an educated consumer, you can find a qualified, reputable agency that employs caregivers who will care for your parent with compassion and skill.

Here are 10 questions to ask before you hire a caregiver:

1. Number one on the list is to go through a well-known agency. This doesn't necessarily mean a large franchise, but get references.

2. What recruiting methods do they use? How are they finding job candidates? Newspaper ads? Staff agencies? Craig's List?

3. What are their hiring requirements for prospective employees?

4. What screenings are performed on caregivers before they are hired? Criminal background check -- federal or state? Drug screening?

5. How does the agency assess what the caregiver is capable of doing?

6. Does the agency train caregivers? What does that training entail? Are they knowledgeable about elderly health conditions and certified in CPR?

7. Are the caregivers insured and bonded through the agency?

8. Is the agency diligent about sending the same caregiver to the home, rather than a revolving door of strangers who parents don’t know or trust?

9. If you are not satisfied with a particular caregiver, will the agency provide a different person?

10. Does the agency provide a supervisor to evaluate the quality of home care on a regular basis? How frequently?

Like so many things caregivers are responsible for, hiring in-home care requires due diligence, to make sure their loved one is safely cared for.
The Fun Volunteer Birthdays

Jackie McCann—1st
Ann Blanchard—8th
Bob Moore—21st
Don Bernhoft—26th
Kelton Rose—31st

James O’Hara—3rd
Frank O’Keefe—14th
Mary Smith—21st
Bob Dalaba—27th
Barbara Coughlin—6th

Famous Birthdays

3rd Mel Gibson (Popular star of “Braveheart” and “Lethal Weapon”)
8th Elvis Presley (The King of Rock n’ Roll)
15th Dr. Martin Luther King Jr. (Civil Right leader “I Have a Dream”)
29th Oprah Winfrey (Talk show host, actress)

The owl is the only bird to drop its upper eyelid to wink. All other birds raise their lower eyelids.

Chewing gum while peeling onions will keep you from crying.

Large kangaroos cover more than 30 feet with each jump.

Pick-Up Lines & Comebacks

If you were a new hamburger at McDonald’s, you would be McGorgeous.

Can I borrow a quarter? I want to call my mom and tell her I just met the girl of my dreams.
The Fun
Sudoku Puzzle

1. ABOUT NEW YEAR'S
   A   O   T   S   T
   [X [X [X [X [X
   F   I   N   D   E   R   S
   [X [X [X [X [X [X [X
   C   E   E   H   R
   [X [X [X [X [X [X [X
   A   P   R   Y   T
   [X [X [X [X [X [X [X

Answer:

AULD LANG SYNE
BABY NEW YEAR
CELEBRATE
CHEERS
COUNTDOWN
DECEMBER
FATHER TIME
FESTIVE
FIRST
HOLIDAY

Sudoku Puzzle

THE JOKE'S ON YOU

"Don't sweet-talk me! I saw you holding the pickle and the lettuce!"
- Trudy McConnell • Averagtown, USA
**NEW MEMBERS WELCOME**

**NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS**

**SOME OF THIS MONTH’S HIGHLIGHTS**

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<thead>
<tr>
<th>Day</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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<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>12:00 p.m.</td>
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<td>Tues-1/13</td>
<td>Film/popcorn-“Hitchcock”-Helen Miren-free</td>
<td>1:00 p.m.</td>
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<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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<td>Wed-1/21</td>
<td>Winter home cooked lunch-Cost: $7</td>
<td>12:00 p.m.</td>
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<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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<td>Wed-1/28</td>
<td>Newsletter mailing-everyone welcome</td>
<td>1:00 p.m.</td>
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<td>Thurs-1/29</td>
<td>Racino 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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</tbody>
</table>

**Monday- Friday**  
Thrift Shop-new items all the time  
10 a.m.-12 p.m.

**Every Tues**  
Bingo in AM/Program in PM-Transportation provided  
10:30 a.m.

**Every Thursday**  
Chair Yoga- with Toby-Free- Sponsored by MVP  
10:15-11:00 a.m.

**Mon-Thurs.**  
Osteo exercise program- Monday-Thursday-Sponsored by RSVP  
9:00-10:15 a.m.

**Every Friday**  
Tai Chi Class-Cost: $6  
9:00 a.m.-10:00 a.m.

**Ongoing activities at a glance:**
- 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:  
(Please Print)

**HELP BY DONATING YOUR BASKET TODAY!**
Greater Glens Falls Senior Citizens Center  
380 Glen Street  
Glen Falls, NY 12801  
(518) 793-2189  
agreaterglensf@nycap.rr.com  
website: http:// (on line)  
www.greaterglensfallseniormcenter.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

**THE BASKETS SHOULD BE DELIVERED TO THE SENIOR CENTER BY THURSDAY, FEBRUARY 12, 2015**

ANY QUESTIONS, PLEASE CALL  
THANK YOU FOR YOUR PARTICIPATION
Queensbury “Seniors On The Go” present...

Ottawa & Thousand Islands
June 8th -12th 2015


Reserve your seat now! Passports required for travel

Full Itinerary available at the Queensbury Center located at 742 Bay Road in Queensbury or by calling

(518) 745-4439

Cost $594 pp dbl
$25 Deposit due with registration
Deposit due by March 1st. Final Payment by April 14th.

*Call Melissa for further information

British Landscapes
featuring England, Scotland and Wales

October 3rd - 12th 2015

10 Days - 12 Meals: 8 Breakfasts / 4 Dinners

Book Now
see please note section for details

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<tr>
<th></th>
<th>Day 1</th>
<th>Day 2, 3</th>
<th>Day 4</th>
<th>Day 5, 6</th>
<th>Day 7</th>
<th>Day 8,9</th>
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<tr>
<td>Double</td>
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<td>$4,349</td>
<td>Triple</td>
<td>$3,669</td>
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<td>Regular rates:</td>
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Included in Price: Round-trip air from Albany plus transfers
Not included in price: Travel insurance premium or gratuities for guides and driver

* All Rates are Per Person and are subject to change

IMPORTANT CONDITIONS: Your price is subject to increase prior to the time you make final payment. Your price is not subject to increase after you make full payment, except for charges or increases in government imposed taxes or fees. Once deposited, you have 7 days to send us written consumer consent or withdraw consent and receive a full refund.

Melissa Pagnotta - Travel & Activity Director
melissa@seniorsonthego.org (518) 745-4439
Beat the winter chill with a bowl of bone-warming soups like...

**Rustic Italian Tortellini Soup Recipe**

*It's quick to fix on a busy night and full of healthy, tasty ingredients. It originally called for spicy sausage links, but you can use turkey sausage, or even ground turkey breast.*

**TOTAL TIME:** Prep: 20 min. Cook: 20 min.

**YIELD:** 6 servings

**Ingredients**

- 3 Italian turkey sausage links (4 ounces each), casings removed
- 1 medium onion, chopped
- 6 garlic cloves, minced
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth
- 1-3/4 cups water
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 package (9 ounces) refrigerated cheese tortellini
- 1 package (6 ounces) fresh baby spinach, coarsely chopped
- 2-1/4 teaspoons minced fresh basil or 3/4 teaspoon dried basil
- 1/4 teaspoon pepper
- Dash crushed red pepper flakes
- Shredded Parmesan cheese, optional

**Directions**

1. Crumble sausage into a Dutch oven; add onion. Cook and stir over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Stir in the broth, water and tomatoes. Bring to a boil.
2. Add tortellini; return to a boil. Cook for 7-9 minutes or until tender, stirring occasionally. Reduce heat; add the spinach, basil, pepper and pepper flakes. Cook 2-3 minutes longer or until spinach is wilted. Serve with cheese if desired.

Yield: 6 servings (2 quarts).

**Nutritional Facts** - 1-1/3 cups (calculated without cheese) equals 203 calories, 8 g fat (2 g saturated fat), 40 mg cholesterol, 878 mg sodium, 18 g carbohydrate, 3 g fiber, 16 g protein.

Adopted By: Tastes of Home

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10 Ways to Improve Your Diet

Ready to turn around your eating habits? It doesn’t require massive willpower or deprivation — just a little common sense and planning. Making simple changes that either cut out or burn off extra calories will add up to weight loss over the course of a year.

### 10 Steps to Speed Weight Loss

1. **Switch up your snacks.**

   First of all, watch mindless snacking. Those calories really add up. Instead of grazing on the baked goodies, have a plan for healthy snacks that combines a little bit of fat, protein, and crunch, such as apple slices smeared with peanut butter.

   *If you are counting calories, doing the math may help: a pound is the equivalent of 3,500 calories, so if you can cut 100 calories out of your day, you will lose a pound in just over a month.*

2. **Cut out high-calorie condiments and sugars.**

   Instead of getting a coffee with sugar, try Splenda. Likewise, try mustard on your burger or sandwich instead of mayonnaise, and order your salad dressing on the side so that you can control the amount you eat.

3. **Hoof it.**

   Exercise is key. People who manage at least 150 minutes of activity a week are more successful with weight loss. Take the stairs instead of the elevator or park a bit farther from your destination so you have to walk. This will add extra exercise — and burn more calories.
Healthified Broccoli Cheddar Soup

Total Time: 40 min  Prep: 15 min Cook: 25 min
Yield: 6 servings

Ingredients

- 1 bunch broccoli
- 1 small onion, finely chopped
- 1 medium red-skinned potato, diced
- 1/4 cup all-purpose flour
- 3 cups low-sodium chicken or vegetable broth
- 1/4 teaspoon freshly grated nutmeg
- 1 cup grated extra-sharp Cheddar
- 1 teaspoon Worcestershire sauce
- One 12-ounce can fat-free evaporated milk
- Kosher salt and freshly ground black pepper
- 2 scallions, thinly sliced

Directions

Mist a large pot with nonstick cooking spray and heat over medium heat. Add the broccoli stems, onions and potatoes and cook, stirring, until softened, 7 to 10 minutes. Add the flour and cook, stirring, until lightly toasted, about 2 minutes. Stir in the broth and bring to a boil. Reduce the heat to maintain a simmer and continue to cook, stirring occasionally, until thickened and the vegetables are tender, 12 to 15 minutes.

Meanwhile, combine the reserved florets and 1/2 cup water in a small saucepan. Bring to a boil, cover and continue to steam until the florets are bright green and crisp-tender, about 5 minutes. Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat. Stir in the Cheddar, Worcestershire and milk. Season with salt and pepper. Garnish with the scallions.

Cook's Note: Leftover soup should be reheated in the microwave rather than the stovetop, where the cheese will "break" or separate from the broth.

Recipe courtesy Food Network Kitchens

4. Anticipate temptation.
If you know you can’t resist freshly baked brownies, don’t keep a mix in your pantry. Also, if you are going somewhere with friends and family and know you’ll have a hard time controlling yourself, make a decision before you get there about what you will eat.

5. Try the veggie-loaded plate method.
One half of the plate should be vegetables. The other side can be split between protein and starchy carbohydrates. People who eat five or more servings of fruits and vegetables a day are more successful with weight loss.

6. Skip the fast food.
A study of 1,713 adults who have been successful with weight loss demonstrated that people who eat at fast-food restaurants less than twice a week have greater success with their weight loss.

7. Limit the calories you drink.
While most people understand sugary sodas add calories, sweetened tea is no less calorie-dense than soda, and you’d be better off eating the fruit than drinking the juice.

8. Be accountable.
Whether you have a diet buddy you check in with, a support group, or a food diary, keeping track of your daily food choices takes only a few minutes, but can double your weight-loss success.

9. Order smaller portions.
Data suggests that people who order smaller portions or share a plate at restaurants are more successful with weight loss.

10. Acknowledge your success.
People who believe they can succeed with weight loss actually do lose weight more successfully. Take a moment to pat yourself on the back when you make healthy choices and achieve your short-term goals.

These small changes, all of which can easily be made, will quickly add up to more pound lost over time.

Adopted By: Everyday Health
### Meal site Numbers:

<table>
<thead>
<tr>
<th>Bolton-644-2368</th>
<th>Cedars-832-1705</th>
<th>Chestertown-494-3119</th>
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<tbody>
<tr>
<td>Indian Lake; 648-5412</td>
<td>Johnsburg-251-2711</td>
<td>Lake Luzerne; 696-2200</td>
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<td>Lake Pleasant-548-4941</td>
<td>Long Lake-624-5221</td>
<td>1st Presb. Church GF —832-1705</td>
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<td>Solomon Hgts Qby —832-1705</td>
<td>Warrensburg-623-2653</td>
<td>Wells-924-4066</td>
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<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
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<td>Lemon Baked Fish</td>
<td>January 7</td>
<td>Spanish Rice</td>
<td>January 2</td>
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<tr>
<td>Augratin Potatoes</td>
<td>Augratin Potatoes</td>
<td>Broccoli</td>
<td>Corn Bread</td>
<td>Turkey Pot Roast</td>
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<td>Mixed Veggies</td>
<td>Scandinavian Veggies</td>
<td>Mandarin Oranges</td>
<td>Rice Pudding/Topping</td>
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<td>Peaches</td>
<td>Chilled Pineapple</td>
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<td>January 6</td>
<td>Juice of the Day</td>
<td>January 8</td>
<td>Roast Pork Loin/Gravy</td>
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<td>Chicken &amp; Biscuit</td>
<td>Chicken &amp; Biscuit</td>
<td>Roasted Red Potatoes</td>
<td>Winter Squash</td>
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<td>January 9</td>
<td>Chicken Sarlana</td>
<td>November 16</td>
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<td>Italian Veggies</td>
<td>Penne Pasta/Marinara</td>
<td>Soup of the Day</td>
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<td>Meatloaf/Gravy</td>
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<tr>
<td>Mashed Potatoes</td>
<td>Mashed Potatoes</td>
<td>Mashed Potatoes</td>
<td>Casserole</td>
<td>Soup (at congregate sites only)</td>
</tr>
<tr>
<td>Brussels Sprout</td>
<td>Italian Veggies</td>
<td>Zucchini &amp; Tomatoes</td>
<td>Sweet Potatoes</td>
<td>Liver &amp; Onions</td>
</tr>
<tr>
<td>Chilled Apricots</td>
<td>Garlic Bread</td>
<td>Peach Cobbler</td>
<td>Peas &amp; Onions</td>
<td>Boiled Potatoes</td>
</tr>
<tr>
<td>January 13</td>
<td>Sausage Pasta</td>
<td>January 15</td>
<td>Chicken &amp; Stuffing</td>
<td>California Medley</td>
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<tr>
<td></td>
<td>Italian Veggies</td>
<td>January 16</td>
<td>Casserole</td>
<td>Brownie</td>
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<td></td>
<td>Garlic Bread</td>
<td>January 17</td>
<td>Mashed Potatoes</td>
<td>Strawberry Shortcake</td>
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<tr>
<td></td>
<td>Mandarin Orange</td>
<td>January 21</td>
<td>Zucchini &amp; Tomatoes</td>
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<tr>
<td>January 19</td>
<td>Meal site Closed</td>
<td>January 22</td>
<td>Beef Stroganoff</td>
<td></td>
</tr>
<tr>
<td>Martin Luther King</td>
<td>Martin Luther</td>
<td>Noodles</td>
<td>Italian Veggies</td>
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</tr>
<tr>
<td>Day</td>
<td>King Day</td>
<td>Carrots</td>
<td>Pineapple</td>
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<tr>
<td>January 20</td>
<td>Baked Fish Scandia</td>
<td>January 23</td>
<td>Pineapple Up-side Down</td>
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<tr>
<td>Scalloped Potatoes</td>
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<td>Cake</td>
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<td>Spinach</td>
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<td>January 24</td>
<td>Beef Stroganoff</td>
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<tr>
<td>Tropical Fruit Salad</td>
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<td>Noodles</td>
<td>Italian Veggies</td>
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<tr>
<td>January 26</td>
<td>Chicken Reuben</td>
<td>January 25</td>
<td>Pork Chop</td>
<td>January 30</td>
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<tr>
<td>Rice Pilaf</td>
<td>Pork Chop</td>
<td>January 26</td>
<td>Mashed Potatoes</td>
<td>Stuffed Shells with</td>
</tr>
<tr>
<td>Japanese Veggies</td>
<td>Japanese Veggies</td>
<td>Italian Veggies</td>
<td>Marmara Meat Sauce</td>
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<tr>
<td>Mandarin Orange</td>
<td>Mandarin Orange</td>
<td>Carrots</td>
<td>Peas &amp; Onions</td>
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<tr>
<td>January 27</td>
<td>Macaroni &amp; Cheese</td>
<td>January 27</td>
<td>Boiled Potatoes</td>
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<tr>
<td></td>
<td>Stewed Tomatoes</td>
<td>January 27</td>
<td>Carrots</td>
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<td>Carrot/Raisin Salad</td>
<td>Baked Cookie of the Day</td>
<td>Baked Cookie of the Day</td>
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<td>Fruited Gelatin</td>
<td>January 28</td>
<td>Biscuit</td>
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<td>January 28</td>
<td>Beef Stew</td>
<td>January 28</td>
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<tr>
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<td>Boiled Potatoes/Carrots</td>
<td>Beef</td>
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<td>January 29</td>
<td>Broccoli</td>
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<td>January 29</td>
<td>Roasted Potato Bites</td>
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<td>January 29</td>
<td>Cranberry Crunch</td>
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</tbody>
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**Suggested contribution** $3 per meal.

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*All meals served with 1% milk, bread, margarine. (Congregate site only - coffee, and 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. Caution contents will be hot.*