Office Staff

Deanna “Dee” Park - Director
Catherine Bearor - Services Specialist
Susan Dornan - NY Connects, Point of Entry Coordinator
Hanna Hall - Services Specialist
Dinah Kawaguchi - Typist
Kathleen McLaughlin - NY Connects, Services Specialist
Tammy Morehouse - Aging Services Assistant
Rose Ann O’Rourke - Coordinator of Services
Jami Rivers - Receptionist
Cindy Ross - Fiscal Manager
Catherine Keating - Stauch - Registered Dietician / Menu
Mary Ann McCarthy – Supervisor of Volunteers

Newsletters are available online at-
www.warrencountyny.gov/ofa/newsletters.php

Or contact the office at (518)761-6347 to be added to our mailing list.

In November I often reflect on the many things I am thankful for family, friends, Mother Nature’s surprises and the simple and complex things in life. As the Supervisor of Volunteers for the Home Delivered Meals Program I find a heartwarming sense of purpose among the Volunteers who deliver the meals in our community.

Growing up I loved that my grandparents, great grandparents and several aunts and uncles all lived within a two block area of one another. As the family members aged there was a support system in place. This is rarely the case now and people in our community need help to remain at home.

When you volunteer you have the opportunity to become part of a wonderful group of caring neighbors who have a desire to step outside of their comfort zone and make a difference. During the late Fall and early Spring months we are especially in need of more volunteers to deliver the meals to neighbors in our community.

Eleanor Roosevelt said, “Do one thing every day that scares you”

Volunteer Today

Contact: Mary Ann McCarthy
518-824-8824

Mealsites: Bolton  Johnsburg
             Chestertown  Lake Luzerne
             Cedars, Queensbury  Lake Pleasant
             Indian Lake  Warrensburg
             Wells
HOUSING OPTIONS OPEN HOUSE

NY Connects
Warren-Hamilton Counties Office for the Aging

NOVEMBER 1, 2017
10A.M. THROUGH NOON
CRANDALL PUBLIC LIBRARY
Christine L. McDonald Community Room

USDA RURAL DEVELOPMENT~COUNTRYSIDE ADULT HOME
ADIRONDACK VETS HOUSE~BROOKDALE QUEENSBURY~GF HOUSING AUTHORITY
NATIONAL CHURCH RESIDENCES~WAIT HOUSE~ROSE HOUSE
HABITAT FOR HUMANITY-THE GLEN AT HILAND MEADOWS~ADIRONDACK MANOR
CEDARS LIVING COMMUNITY~HOMEFRONTE DEVELOPMENT CORPORATION
VETERANS & COMMUNITY HOUSING COALITION and MORE

STOP IN TO TALK WITH REPRESENTATIVES FROM VARIOUS HOUSING OPTIONS IN OUR COMMUNITY. NO RESERVATIONS NECESSARY.
QUESTIONS: CALL 1-866-805-3931
Please join us: NY Connects Long Term Care Council Brunch Meeting
Washington County Municipal Center
Building B Basement Training Room
383 Broadway, Fort Edward, NY 12828

Wednesday, December 6, 2017  10am-noon
 Reserve your spot by calling LTCC Secretary Kathy McLaughlin at 1-866-805-3931

Our purpose is to address barriers & gaps in service & we welcome your ideas!

SAIL Holiday Luncheon
December 8 @ 12:00 pm
71 Glenwood Avenue
Queensbury, NY

4$ for non-members/Free for Members. Call to reserve. The community is welcome to come and enjoy. Membership is $12 a year and includes additional benefits beyond free luncheons.
If you are interested in membership, you can sign up at our luncheons or by calling the Southern Adirondack Independent Living Center Queensbury office at 518-792-3537.

Have you heard about Glens Falls Hospital
The Center of Excellence for Alzheimer’s Disease?
Call 518-926-2940
Pruyn Pavilion, Third Floor
102 Park Street, Glens Falls, NY  12801

For Long Term Care Services & Supports call NY Connects at Warren-Hamilton Counties Office for the Aging at 1-866-805-3931. If we are on the phone with someone else, we will return your call as soon as we can to assist you. We have interpreters available if you need someone to interpret for you.
November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease and other health problems if it’s not controlled. One in 11 Americans have diabetes — that’s more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure or are age 45 or older you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity

How can American Diabetes Month make a difference?

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes. Here are just a few ideas:

Make small changes, like taking the stairs instead of the elevator.

Getting regular checkups. You should get your blood pressure and cholesterol checked, and ask the doctor about your diabetes risk.

Put Care on Your Calendar

Every day: stay active, eat a healthy diet and take medication if prescribed; check feet for redness, swelling, pain, or sores.

Each health care visit (at least 4 times a year): blood pressure check; foot check.

Twice a year: A1C test; dental checkup.

Once a year: cholesterol test; kidney function test; podiatrist (foot doctor) and eye doctor visits; flu shot (and other vaccines as recommended by your doctor).

Living with diabetes has its ups and downs, but healthy lifestyle choices can give you more control over them. And more control means fewer health problems down the road and a better quality of life now.

Adopted By: CDC and healthfinder.gov
Enjoy a happy, healthy Thanksgiving dinner with recipes for healthier versions of all your favorite holiday classics!

### Savory Roasted Root Vegetables

**Ingredients**

1 cup diced, raw beets  
4 carrots, diced  
1 onion, diced  
2 cups diced potatoes  
4 cloves garlic, minced  
1/4 cup canned garbanzo beans (chickpeas), drained  
2 tablespoons olive oil  
1 tablespoon dried thyme leaves  
salt and pepper to taste  
1/3 cup dry white wine  
1 cup torn beet greens

**Directions**

Preheat an oven to 400 degrees F (200 degrees C).
Place the beets, carrots, onions, potatoes, garlic and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.
Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

Adopted By: Allrecipes

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### Cinnamon Apple Sweet Potatoes

**Ingredients**

6 sweet potatoes  
6 large apples - peeled, cored and sliced  
1 1/4 cups white sugar  
1/4 cup cornstarch  
1 1/4 teaspoons salt  
2 teaspoons ground cinnamon  
2 teaspoons ground nutmeg  
2 1/2 cups water  
1 tablespoon butter

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).
Place the sweet potatoes into a large pot and cover with salted water. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer until just tender, 15 to 20 minutes. Drain and allow to steam dry for a minute or two. Peel and cut into 1/2-inch slices; layer the sweet potatoes and apples into a 9x13-inch baking dish.
Meanwhile, stir together the sugar, cornstarch, salt, cinnamon, and nutmeg in a saucepan. Stir in the water and butter and bring to a simmer over medium heat. Cook and stir until thickened and no longer cloudy, 5 to 10 minutes. Pour over the sweet potatoes.
Bake in the preheated oven until the apples are very tender and the sweet potatoes are golden on top, about 1 hour.

Adopted By: Allrecipes.com
The Seniors at the Indian Lake Meal Site have been enjoying a butterfly cage and watching the Monarch Butterflies emerge from their chrysalises, mature and be released for their 5000 mile journey to spend winter near the golf of Mexico. Daisy Kelley headed up the project and the Photos were taken by June McKenney.

New Dementia Caregiver Support Group

Please join us:
The 2nd Tuesday of each month
11:00 am
(Upcoming dates: 11/14/17 and 12/12/17)

The Glen at Hiland Meadows
39 Longview Drive, Queensbury NY
For additional information please call (800) 388-0199

Services are provided by the SUNY Plattsburgh Center for Neurobehavioral Health AND are supported in part by a grant from the New York State Department of Health.
**Here Are Some of This Month's Highlights**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues-11/7</td>
<td>Master Gardeners with Kathleen Martini, Cornell Cooperative Extension</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-11/8</td>
<td>Defensive Driving Class-$20 AARP members/$25 nonmembers-Lunch $6</td>
<td>8:45 AM</td>
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<tr>
<td>Wed-11/8</td>
<td>Lunch Bunch/ Luck E Star Café in Warrensburg and then to Oscar’s Smokehouse</td>
<td>12:00 PM</td>
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<tr>
<td>Thurs-11/9</td>
<td>Saratoga Racino-Cost: $6 van transportation</td>
<td>9:00 AM</td>
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<tr>
<td>Thurs-11/9</td>
<td>CDPHP with Representative M.J. Murray</td>
<td>2-4 pm</td>
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<tr>
<td>Fri-11/10</td>
<td>Writers Group meets</td>
<td>1:00 PM</td>
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<tr>
<td>Fri-11/10</td>
<td>MVP with Representative, Candy Rivera-Whitehead</td>
<td>2:00 PM</td>
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<tr>
<td>Mon-11/13</td>
<td>Senior Stitchers</td>
<td>10:00 AM</td>
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<tr>
<td>Mon-11/13</td>
<td>Karen’s Art Class-Cost: $15 all materials supplied</td>
<td>12:30 PM</td>
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<tr>
<td>Tues-11/14</td>
<td>Creative Chameleon-Fall Glass Painting-Cost: $10</td>
<td>1:00 PM</td>
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<td>Wed-11/15</td>
<td>Annual membership meeting</td>
<td>1:30 PM</td>
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<tr>
<td>Thurs-11/16</td>
<td>Bill Hinrichs, Alzheimer’s Association-“Helpful Holiday Hints for Caregivers”</td>
<td>1:00 PM</td>
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<tr>
<td>Fri-11/17</td>
<td>Center Closed for Christmas Boutique set up</td>
<td>9am-4 pm</td>
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<tr>
<td>Sat-11/18</td>
<td>Christmas Boutique Sale-All Christmas Items-Something for everyone!</td>
<td>9am-2pm</td>
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<tr>
<td>Mon-11/20</td>
<td>Walmart Shopping</td>
<td>10:00 AM</td>
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<tr>
<td>Mon-11/20</td>
<td>Holiday Food Prep with Cornell Cooperative Extension</td>
<td>1:00 PM</td>
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<tr>
<td>Tues-11/21</td>
<td>Bill Hinrichs, Alzheimer’s Association-Understanding Dementia</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-11/22</td>
<td>Special Bingo-Large cards available, refreshments, prizes. Come join in the fun!</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-11/22</td>
<td>Reading short stories with Bea Roman</td>
<td>1:00 PM</td>
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<tr>
<td>Thurs-11/23</td>
<td>Center Closed-Happy Thanksgiving!</td>
<td>9am-4pm</td>
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<tr>
<td>Fri-11/24</td>
<td>Center Closed</td>
<td>9am-4pm</td>
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<tr>
<td>Mon-11/27</td>
<td>Senior Stitchers</td>
<td>10:00 AM</td>
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<tr>
<td>Mon-11/27</td>
<td>Newsletter Mailing- Volunteers needed!</td>
<td>1:00 PM</td>
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<tr>
<td>Tues-11/28</td>
<td>Wii Tournament Hudson Falls Seniors at Glens Falls Senior Center</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-11/29</td>
<td>Pot Luck Christmas Decorating get together.</td>
<td>12:00 PM</td>
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<tr>
<td>Thurs-11/30</td>
<td>Wreath Decorating</td>
<td>1:00 PM</td>
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</tbody>
</table>

**Ongoing Activities at a Glance:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday</td>
<td>Thrift Shop-new items all the time</td>
<td>10-2 pm</td>
</tr>
<tr>
<td>Every Tues</td>
<td>Bingo</td>
<td>10 a.m.</td>
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<tr>
<td>Every Wed</td>
<td>Scrabble Group/Bridge Game</td>
<td>10:00 AM</td>
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<tr>
<td>Every Thursday</td>
<td>Chair Yoga- with Tobey</td>
<td>10:30 AM</td>
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<tr>
<td>Mon-Thurs.</td>
<td>OSTEOST Busters Exercise Program-Monday-Thursday-Sponsored by RSVP</td>
<td>9-10 am</td>
</tr>
<tr>
<td>Every Friday</td>
<td>Tai Chi Class with Sam Ling-Cost: $6</td>
<td>9-10 a.m.</td>
</tr>
<tr>
<td>Every Friday</td>
<td>Wii Bowling/Line Dancing</td>
<td>10 a.m.</td>
</tr>
</tbody>
</table>

*Call Center for pricing and information on the upcoming trips and events or see on line.*

*Transportation for Center activities available/medical transports by appointment.*
UPCOMING EVENTS

- November 8, Wednesday at 12:45 pm Speaker on Medicare and Health Insurance
- November 16, Thursday at 11:45am Senior Social Thanksgiving Luncheon
- November 18, Saturday from 9am-3:30pm Driver Safety Class - Methodist Church
- December 1st—13th, Christmas Card Box at the meal site for card exchange

Wells seniors is open to all over 55, annual dues $10, meetings the 2nd Wednesday of each month

11/15 Colonie Center Mall, Albany
12/20 Sangertown Mall, Utica

HAPPY BIRTHDAY to our Volunteers celebrating in NOVEMBER

Pat Minucci ..... ............4
Scott Rager ..... ............14
Marie Godsill .... ............25
Cathy Hodgkins .......25

CHRISTMAS FUNDRAISER

The Warren/Hamilton Counties Office for the Aging, in partnership with the Hamilton County Department of Social Services and Hamilton County Public Health will be having a fundraiser to raise monies to purchase Christmas gifts for our seniors.

Beautiful Local Made Quilt

Tickets: 1 for $2.00 or 6 for $10.00

Drawing: Friday, December 15th

Tickets May Be Purchased at:
Hamilton County DSS
Hamilton County Public Health
Warren/Hamilton County OFA
Any Meal Site
Basket Raffle tickets on sale now! Get 10 tickets for $5 or 25 tickets for $10; purchase tickets at QSC. Come in and choose from over 60 baskets! You could win a holiday gift for a friend or family member, or maybe a treat for yourself?!

The more chances you put into a basket, the better your odds of winning it!

Call 792-8224 for more information.

And don’t miss the Basket Gala on Saturday, November 18 at 1pm where you will be able to purchase additional tickets in advance of the raffle. Join us in celebrating the season, enjoying a cornucopia of desserts and the excitement of watching, and hopefully being a winner! Cost to attend is $5 and seating is limited, so stop by QSC to sign up today. Deadline is Tuesday, November 14th.
Tai Chi for Older Adults

Location: St. Henry’s Parish Center Long Lake

Friday’s running through November 28, 2017

Please note no class on November 7

Tai Chi involves slow, gentle movement, focusing on body awareness and breathing. This class is designed to improve balance and strength, as well as help to manage arthritis.

(518) 648-6141
Erica.mahoney.hcphns@frontier.com

EISEP 101

Expanded in Home Services for the Elderly

What are EISEP services?

EISEP services provides non-medical, in-home services to elderly persons who are not eligible for Medicaid, have one or more disabling conditions which prevent them from performing the activities of daily living. Services provided include case management, and may include home-maker/personal care, housekeeper/chore, non-institutional respite for caregivers, and ancillary services. A sliding-scale fee may be charged, based on income. There is currently a wait list for this service in Warren County.

Who Provides EISEP Services

Hamilton County: Hamilton County Public Health Nursing Service has full time Home Health and Personal Care Aides that provide the services in the home. Our Local Department of Social Services approves the program and then services are scheduled and provided through Public Health.

Warren County: Contact NY Connects at Warren-Hamilton Counties Office for the Aging at 1-866-805-3931

Who qualifies for EISEP?

EISEP assists older people age 60 and older who need assistance with everyday activities to take care of themselves such as dressing, bathing, personal care, shopping and cooking, who want to remain at home and are NOT eligible for Medicaid.

How are services paid for?

Clients may be required to share the cost of services, based on income. These costs are determined by a sliding scale and range from no cost to full cost.

If you are interested in Services or know of someone who might benefit from EISEP please call:

Hamilton County: 518-648-6131 Abigail
NOVEMBER

R B D Y G X R J C Y M I D K J H P
P A T U M K I F O A S H A R I N G
H P U A S H O S P I T A L I T Y Z
M P A T B K H Q T X P I L G R I M
T R X J U T X J G K B S T A R S Q
X E N F A M I L Y F S E H T F E U
A C M A H B N E S J G M X H R P F
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F M C H A R C U T E R I E V P P A
M A R S H M A L L O W S F Y X A B
O B F P Y D B J A D P P X F Q Z N

AUTUMN
GRATITUDE
ENJOY
SHARING
GIVING
COMMUNITY
CAMPFIRE
CHARCUTERIE
HOSPITALITY
GATHERING
STARS
TURKEY
FRIENDSHIP
PILGRIM
VETERANS
DUSK
APPRECIATION
SCORPIO
MARSHMALLOWS
TOPAZ
November 2017
Warren/Hamilton Counties Office for the Aging
Menu by: Catherine Keating-Stauch, RD CDN

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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 1</td>
<td>November 2</td>
<td>November 3</td>
<td>November 4</td>
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<tr>
<td>Meatloaf/Gravy</td>
<td>Chicken &amp; Stuffing</td>
<td>Soup of the Day (at congregate sites only)</td>
<td>Chicken Reuben</td>
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<tr>
<td>Mashed Potato</td>
<td>Casserole</td>
<td>Liver &amp; Onions</td>
<td>Rice Pilaf</td>
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<tr>
<td>Zucchini &amp; Tomatoes</td>
<td>Long Grain &amp; Wild</td>
<td>Potato of the Day</td>
<td>Broccoli</td>
<td></td>
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<tr>
<td>Peach Cobbler</td>
<td>California Medley</td>
<td>Peas &amp; Onions</td>
<td>Fresh Fruit</td>
<td></td>
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<tr>
<td><strong>November 6</strong></td>
<td><strong>November 7</strong></td>
<td><strong>November 8</strong></td>
<td><strong>November 9</strong></td>
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<tr>
<td>Eggplant Parmesan</td>
<td>Baked Fish Scandia</td>
<td>Beef Stroganoff over</td>
<td>Chicken Reuben</td>
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<tr>
<td>Spaghetti/Marinara sauce</td>
<td>Scalloped Potatoes</td>
<td>Noodles</td>
<td>Rice Pilaf</td>
<td></td>
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<tr>
<td>Cauliflower</td>
<td>Spinach</td>
<td>Carrots</td>
<td>Broccoli</td>
<td></td>
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<tr>
<td>Mandarin Orange</td>
<td>Tropical Fruit Salads</td>
<td>Birthday Cake</td>
<td>Fresh Fruit</td>
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<tr>
<td><strong>November 13</strong></td>
<td><strong>November 14</strong></td>
<td><strong>November 15</strong></td>
<td><strong>November 16</strong></td>
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<tr>
<td>Salisbury Steak/Gravy</td>
<td>Macaroni &amp; Cheese</td>
<td><strong>CHEF’S CHOICE</strong></td>
<td><strong>Thanksgiving Meal</strong></td>
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<tr>
<td>Mashed Potatoes</td>
<td>Stewed Tomatoes</td>
<td></td>
<td>Roast Turkey/Gravy</td>
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<tr>
<td>Japanese Veggies</td>
<td>Marinated Carrots</td>
<td></td>
<td>Mashed Potatoes</td>
<td></td>
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<tr>
<td>Chilled Pineapple</td>
<td>Mandarin Orange</td>
<td></td>
<td>Winter Squash</td>
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<td></td>
<td><strong>November 17</strong></td>
<td></td>
<td>Stuffing/Dinner Roll</td>
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<td></td>
<td>Stuffed Shells with Marinara Meat Sauce</td>
<td></td>
<td>Assorted Pies</td>
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<td></td>
<td><strong>November 18</strong></td>
<td></td>
<td><strong>November 19</strong></td>
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<tr>
<td>Breaded Haddock</td>
<td>Swedish Meatballs</td>
<td><strong>November 20</strong></td>
<td>Shepherd Pie with Mashed Potatoes &amp; Corn</td>
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<tr>
<td>Scalloped Potatoes</td>
<td>Over Noodles</td>
<td><strong>November 21</strong></td>
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<tr>
<td>Green Beans</td>
<td>Scandinavian Veggies</td>
<td><strong>November 22</strong></td>
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<tr>
<td>Tropical Fruit Cup</td>
<td>Marinated Carrots</td>
<td><strong>November 23</strong></td>
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<tr>
<td></td>
<td>Mandarin Orange</td>
<td></td>
<td><strong>Meal site Closed</strong></td>
<td></td>
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<tr>
<td><strong>November 20</strong></td>
<td><strong>November 24</strong></td>
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<tr>
<td>Quiche of the Day</td>
<td>Beef Pot Pie with Potatoes and Veggies</td>
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<tr>
<td>California Medley</td>
<td>Winter Squash</td>
<td><strong>November 25</strong></td>
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<tr>
<td>Muffin of the Day Pears</td>
<td>Chilled Peaches</td>
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<tr>
<td><strong>November 27</strong></td>
<td><strong>November 28</strong></td>
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<tr>
<td>Johnsburg: (518)251-2711</td>
<td><strong>November 29</strong></td>
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<tr>
<td>Long Lake: (518)624-5221</td>
<td>Turkey Pot Roast</td>
<td><strong>November 30</strong></td>
<td></td>
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<tr>
<td>Warrensburg: (518)623-2653</td>
<td>Cranberry Sauce</td>
<td>Lasagna</td>
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<tr>
<td>Lake Pleasant: (518)548-4941</td>
<td>Mashed Potatoes</td>
<td>Peas &amp; Onions</td>
<td></td>
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<tr>
<td>Indian Lake: (518)648-5412</td>
<td>Carrots</td>
<td>Tossed Salad</td>
<td></td>
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<tr>
<td>Lake Luzerne: (518)696-2200</td>
<td>Strawberry Shortcake</td>
<td>Chilled Pineapples</td>
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</tbody>
</table>
| First Presb. Church Glens Falls & Solomon Heights, Queensbury: (518)832-1705 Wells: (518)924-4066

Meal site numbers:
Bolton: (518)644-2368
Cedars: (518)832-1705
cedars@warrencountyny.gov
Chestertown: (518)494-3119

Caution contents will be hot.