



# Newsletter for Seniors

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

FEBRUARY

2017

## Office Staff

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Point of Entry Coordinator

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**Newsletters are available  
online at:**

[www.warrencountyny.gov/ofa/  
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

Or contact Suzanne Scott at  
761-6347 to be added to our  
email list.



## Emergency Preparedness and Response Program

Warren County Public Health's Emergency Preparedness and Response Program encourages anyone who has unique needs to register for the Voluntary Registry for People with Access and Mobility Needs. This registry was previously known as the Special Needs Registry.

Planning officials can best prepare for a public health emergency when they know the needs in the community. Anxiety and understanding can make getting help a real challenge. Knowing how much space is needed to store refrigerated medicine is as important as knowing where to find citizens who need help walking. It's easy to register!

Log on to [warrencountyny.gov/emergency/registry/](http://warrencountyny.gov/emergency/registry/).

Call Warren County Public Health at 518-761-6580 if you need help registering.



# NY Connects

Your Link to Long Term Services and Supports

## Asking for Assistance

Sometimes it seems so easy to ask for help; maybe you are in the hospital being treated for a broken ankle and have a buzzer to push. You would like someone to bring you food because you are hungry or maybe you have a question to ask about your treatment.

What about those times when you need help and it seems too difficult to ask for assistance? Maybe you decide to bring the trash out yourself telling yourself you can do this despite the driveway having patches of ice due to our north country winter weather. Worst case scenario: you fall, hit your head, no one finds you till the next day!

Or, perhaps you feel guilty because you call the same person every week to bring out the trash. Options: See if you can set up a schedule where one person takes on that responsibility on a regular basis. Every Wednesday evening your son stops by to bring out the trash can for you and you have dinner together. Every Thursday your daughter-in-law stops by to bring the trash can back in and brings you a gallon of milk.

Maybe you can't see very well to drive at night though you tell yourself driving just a mile away won't hurt. Worst case scenarios? You have a car accident and someone gets hurt.

Our "Caregivers" can be our neighbors, our family members, and sometimes professional staff from a home care agency. If we take some time to organize a list of what we need help with, what we would like help with, and who our supports are, we can often come up with a plan that everyone is happy with. It may look something like this:



<b><u>NEEDS</u></b>	<b><u>WHO CAN DO THIS:</u></b>
Grocery Shop .....	Daughter
Change Light Bulbs.....	Grandson
Bring Trash Out.....	Grandson
Drive Me to Medical Appointment .....	OFA Volunteer
Drive Me to the Bank.....	The Conkling Center "On the Go"

<b><u>WOULD LIKE</u></b>	
Take Me Out for Dinner .....	Son or Daughter
Drive Me to Diner .....	The Conkling Center for Lunch "On the Go"
Bring in the Mail.....	Neighbor
Take Me to a Movie.....	A Friend Who Drives

Call **NY Connects** at 1-866-805-3931 for information and assistance on long term care options, services and supports. We are located at Warren-Hamilton Counties Office for the Aging.

February 10<sup>th</sup> ♥ 12pm

## Potluck Valentine's Day Luncheon

(free-bring a dish to pass)

RSVP to Michele at 792-3537

or [MicheleN@SAILhelps.org](mailto:MicheleN@SAILhelps.org)



February 11<sup>th</sup> & March 11<sup>th</sup> ♥ 10:30-12pm

## Artful Expressions

(intergenerational art opportunities  
for people of all abilities!)

SAIL's Queensbury location.

RSVP to Maria at 792-3537

or [waiverassist@gmail.com](mailto:waiverassist@gmail.com)

### Hello friends of SAIL,

Have you heard about our Intergenerational Art Program? We are hosting an art program on one Saturday morning each month that provides stimulating craft type activities, music and fun for a multi-generational and differing abilities group... and guess what? You're invited!

There are two more Saturday morning events at our building at 71 Glenwood Avenue in Queensbury from 10:30 am - 12 noon. February 11<sup>th</sup> and March 11<sup>th</sup> we will have crafts, snacks, and seasonal activities to share with you and your loved ones.

Our event is no charge and we ask only that if you bring someone other than yourself that you please stay with the person (adults and children alike) if they need assistance or supervision.

Please rsvp to Maria Mullins at 792-3537 ext. 320.

### Living a Healthy Life with Chronic Conditions

*Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema, and Other Physical and Mental Health Conditions*

SAIL staff and family members are invited to join our inaugural chronic condition training sponsored by QTAC using the Stanford University's Chronic Disease Self-Management Program. This is an OPTIONAL opportunity that is for any staff member who has or is a caregiver for someone with a chronic health condition.

**January 17<sup>th</sup> - February 21<sup>st</sup> on Tuesdays  
9:30-12**

**Saratoga Library**

**SPACE IS LIMITED, please RSVP today!**

**RSVP to [MandyV@SAILhelps.org](mailto:MandyV@SAILhelps.org)**

**There will be a new session starting  
Tuesday, March 14<sup>th</sup> in Queensbury!**



518 761-8224 • 742 Bay Road • Queensbury, NY 12845

The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

QSC Trip Planner • Contact Melissa at 745-4439 or [melissa@seniorsonthego.org](mailto:melissa@seniorsonthego.org) for further travel info.

*Join Queensbury Senior Citizens to see...*

## **Beautiful - The Carole King Musical at Proctors Theater**



**Thursday April 13<sup>th</sup> - Matinee at 1:30pm in Schenectady NY**

Long before she was Carole King, chart-topping music legend, she was Carol Klein, Brooklyn girl with passion and chutzpah. She fought her way into the record business as a teenager and, by the time she reached her twenties, had the husband of her dreams and a flourishing career writing hits for the biggest acts in rock 'n' roll. But it wasn't until her personal life began to crack that she finally managed to find her true voice.

**Beautiful - The Carole King Musical** tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation.

Featuring a stunning array of beloved songs written by Gerry Goffin/Carole King and Barry Mann/Cynthia Weil, including "I Feel The Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got A Friend" and the title song, **BEAUTIFUL** has a book by Tony® Award-nominee and Academy® Award-nominated writer Douglas McGrath, direction by Marc Bruni, choreography by Josh Prince and took home two 2014 Tony® Awards and the 2015 Grammy® for Best Musical Theater Album.

**Cost \$89pp Call 761-8224 or 745-4439 to reserve. Sure to sell out fast! Deadline: Friday March 10<sup>th</sup>**

*\*Includes Motor Coach Transportation from the Queensbury Center 742 Bay Rd*



# GLENS FALLS SENIOR CENTER

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801  
Email: kbrenghseniors@gmail.com

## *New Members are Welcome, Come Join Our Family*

Wed-2/1	Scrabble day	10:00 am
Wed-2/1	Reading of Short Stories by Bea Roman	1:00 pm
Thurs-2/2	Beginners Country Line Dancing with Sean-Cost: \$6 members/\$8 non members	1:00 pm
Fri-2/3	Basket Raffle donations deadline	9 am - 4 pm
Fri-2/3	Movie and Popcorn-" <b>Mr. Church</b> " starring Eddie Murphy	1:00 pm
Mon-2/6	Book Club " <b>Hillbilly Elegy</b> " by J.D. Vance	1:00 pm
Tues-2/7	Save Energy, Save Dollars by Roxanne Westcott	1:00 pm
Wed-2/8	Valentine cards for Seniors	1:00 pm
Wed-2/8	Reading of Short Stories by Bea Roman	1:00 pm
Thurs-2/9	Beginners Country Line Dancing with Sean-Cost: \$6 members/\$8 non members	1:00 pm
Fri-2/10	Special Bingo-Large cards available	1:00 pm
Mon-2/13	Karen's Art class-Cost: \$15 all material provided	12:30 pm
Mon-2/13	Valentine's craft box decorating with Allison Smith	1:00 pm
Tues-2/14	Lincoln and his Ladies presentation	1:00 pm
Wed-2/15	AARP Defensive Driving-Cost: \$20 AARP members/\$25 nonmembers/ Lunch \$6	8:45 am - 4:00 pm
Thurs-2/16	Healthy Heart Lunch And Learn-Speaker- Dr. Jordan Blackwell, Cardiologist	12:00 pm
Frid-2/17	How to take better pictures with your smart phone	1:00 pm
Sun-2/19	" <b>Game's Afoot</b> "-Homemade Theatre/Saratoga	2:00 pm
Mon-2/20	Center Closed/President's Day	9 am - 4 pm
Tues-2/21	NY Connects-Susan Dornan	1:00 pm
Wed-2/22	Blood Pressure/Sugar Clinic	8:30 - 9:30 am
Wed-2/22	Reading of Short Stories by Bea Roman room 1 and Game day room 2	1:00 pm
Thurs-2/23	Beginners Country Line Dancing with Sean-Cost: \$6 members/\$8 non members	1:00 pm
Fri-2/24	Writers Group meets/ Newsletter Mailing (Volunteers needed!)	1:00 pm
Mon-2/27	Lunch Bunch-Ambrosia Diner-Aviation Road, Queensbury	12:00 pm
	<b>Ongoing Activities at a Glance:</b>	
Monday- Friday	Thrift Shop-new items all the time	10 am - 2 pm
Every Tues	Bingo	10:00 am
Every Wed	Scrabble Group / Bridge Game	10:00 am
Every Thursday	Chair Yoga- with Tobey	10:30 - 11:30 am
Mon-Thurs	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9:00 - 10:00 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9:00 am - 10:00 am
Every Friday	Wii Bowling	10:00 am
	Line Dancing/Woodshop/Golf/Bowling/Cards/Special Bingo & Much More	

- 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





Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

## Winter Safety Tips for Older Adults

*When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, this time of year.*

**Hypothermia** - Hypothermia occurs when your body temperature drops to a dangerous level. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

**Warning Signs:** cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia.

*Older people tend to shiver less or not at all when their body temperature drops.*

### Precautions to Take

**Dress Smart** – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!

**Frostbite** - Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

**Cover Up!** All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away.

**Know the Warning Signs of Frostbite:** skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately.

**If Frostbite Occurs** run the affected area under warm (not hot) water.

**Injury While Shoveling Snow** - Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis).

### Precautions to Take to Prevent Falls:

Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.

Clear away snow and salt your walkways at home, or hire someone to do it.

Wear boots with non-skid soles – this will prevent you from slipping.

Replace the rubber tip on canes before worn smooth. Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

**Fires and Carbon Monoxide Poisoning** - Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—more on carbon monoxide poisoning on next page.

### Precautions to Take

Have your chimneys and flues inspected – annually.

Open a window (when using a kerosene stove).

Place smoke detectors and battery-operated carbon monoxide detectors in strategic places – especially where near fireplaces, wood stoves, or kerosene heaters.

Make sure space heaters are at least 3 feet away from anything that might catch fire, ie: curtains, bedding and furniture.

## Herbed Chicken and Mushrooms

3 lbs chicken thighs and/or drumsticks, skinned  
1 Tbsp oil  
5 cups sliced assorted fresh mushrooms  
1 red onion, cut into wedges  
1/2 cup chopped carrot (1 medium)  
1/4 cup dried tomato pieces (not oil-packed)  
3/4 cup chicken broth

1/4 cup dry white wine or chicken broth  
3 Tbsp quick-cooking tapioca, crushed  
1 tsp dried thyme, crushed  
1/2 tsp garlic salt  
1/2 tsp dried basil, crushed  
1/4 - 1/2 tsp ground black pepper  
4 1/2 cups hot cooked plain and/or spinach linguine or fettuccine, or hot cooked rice

If desired, in a large skillet cook chicken in hot oil until browned. Drain off fat; set aside.

In a 4- to 5-quart slow cooker combine mushrooms, onion, carrot and dried tomato. Pour broth and wine over mushroom mixture in cooker. Sprinkle with tapioca, thyme, garlic salt, basil, and pepper. Add chicken pieces to cooker.

Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3-1/2 to 4 hours.

Serve chicken and vegetables over hot cooked pasta; drizzle with cooking juices.



## ◀ Try this winter no-fuss slow cooker recipes!

An herbed wine sauce makes this chicken-and-pasta dish a satisfying meal.

**Makes:** 6 servings

**Prep:** 30 mins

**Cook:** 7 hrs to 8 hrs (low) or 3-1/2 to 4 hours (high)

### Nutrition Facts

**Per serving:** 360 kcal cal.

7 g fat (2 g sat. fat, 107 mg chol.

350 mg sodium

39 g carb.

3 g fiber

4 g pro.

Never try to heat your home using a gas stove, charcoal grill, or other stove not made for home heating.

**In case of fire, don't try to put it out, leave house and call 911.**

**Accidents While Driving** - Adults 65 and older are involved in more car accidents per mile driven than those in nearly all other age groups.

**Precautions to Take** - Check antifreeze, tires, and windshield wipers and change if necessary. Bring cell phone when you drive in bad weather, and let someone know where you are going and when you should be back.

Avoid driving on icy roads, and be especially careful driving on overpasses or bridges. Consider alternate routes if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads. Stock your car with basic emergency supplies such as:

### First aid kit

- Blankets
- Extra warm clothes
- Booster cables
- Windshield scraper
- Shovel
- Rock salt or a bag of sand or cat litter (in case wheels get stuck)
- Water and dried food or canned food (with can opener!)
- Flashlight
- Map (if traveling in new areas)

**Makes:** 8 servings

**Serving Size:** 1 cup

**Prep:** 30 mins

**Bake:** 20 mins 350°F

**Cook:** 10 mins

### Nutrition Facts

**Per serving:** 554 kcal cal.

28 g fat

72 mg chol.

812 mg sodium

51 g carb.

6 g fiber

26 g pro.

Percent Daily Values are based on a 2,000 calorie diet

Recipes Adopted By: BHG

## Mexican Rigatoni and Cheese

Nonstick cooking spray  
12 ounces dried rigatoni pasta (4 cups)  
8 ounces uncooked chorizo sausage  
1/2 cup chopped onion (1 medium)  
1 medium fresh poblano chile pepper  
3 Tbsp butter  
3 Tbsp all-purpose flour

1 tsp chili powder  
1/2 tsp ground cumin  
2 1/2 cups milk  
2 cups shredded asadero or Monterey Jack cheese (8 oz)  
1 15 oz can black beans, rinsed and drained  
Chopped fresh cilantro (optional)  
Pico de Gallo

Preheat oven to 350 degrees F. Coat a 3-quart rectangular baking dish with cooking spray; set aside. Cook pasta according to package directions; drain. Place pasta in a large bowl; set aside.

Meanwhile, in a large skillet cook sausage, onion, and poblano pepper over medium heat for 8 to 10 minutes or until onion is tender and sausage is browned. Drain off fat.

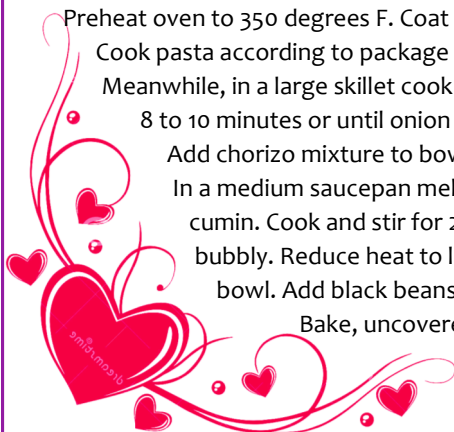
Add chorizo mixture to bowl with pasta.

In a medium saucepan melt butter over medium heat. Whisk in flour, chili powder, and cumin. Cook and stir for 2 minutes. Whisk in milk. Cook and stir until thickened and bubbly. Reduce heat to low. Add cheese; stir until cheese melts. Pour over pasta in bowl. Add black beans. Stir to combine. Spoon pasta mixture into prepared dish.

Bake, uncovered, for 20 to 25 minutes or until heated through (160 degrees F).

If desired, sprinkle with cilantro.

Top each serving with Pico de Gallo.

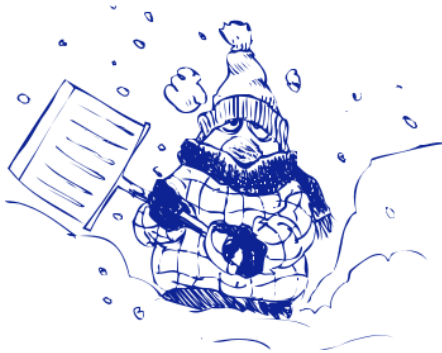




## Cold Weather Health and Safety Tips

### Learn more about how you can protect your health when it is extremely cold

- The recommended minimum indoor temperature should be kept above 68 degrees Fahrenheit to protect the very young, the elderly, or people with health problems.
- Watch out for signs of hypothermia. Early signs of hypothermia in adults include shivering, confusion, memory loss, drowsiness, exhaustion and slurred speech.
- When outside, take extra precautions to reduce the risk of hypothermia and frostbite. Be sure the outer layer of clothing is tightly woven to reduce body-heat loss caused by wind. If you will be spending time outside, do not ignore shivering - it is an important first sign that the body is losing heat and a signal to quickly return indoors.
- Since cold weather puts an extra burden on the heart, if you have cardiac problems or high blood pressure, follow your doctor's orders about shoveling or performing any strenuous exercise outside. Even otherwise-healthy adults should remember that their bodies already are working overtime just to stay warm, and dress appropriately and work slowly when doing heavy outdoor chores.



### Stay safe while heating your home

- Take precautions to avoid exposure to dangerous levels of carbon monoxide.
- Carbon monoxide (CO) is a potentially deadly gas. It is colorless, odorless, tasteless and non-irritating. It is produced by burning fuels such as wood, oil, natural gas, kerosene, coal and gasoline.
- Symptoms of carbon monoxide poisoning are similar to the flu but do not include a fever. At lower levels of exposure, a person may experience a headache, fatigue, nausea, vomiting, dizziness, and shortness of breath. Exposure to very high levels of carbon monoxide can result in loss of consciousness and even death.
- The rising costs of natural gas and oil heat may lead many New Yorkers to use alternative home heating methods to reduce their fuel bills this winter - but wood stoves, space heaters, electric heaters, kerosene heaters and pellet stoves can be dangerous unless proper safety precautions are followed. Visit [https://www.health.ny.gov/environmental/indoors/heaters/safety\\_guide.htm](https://www.health.ny.gov/environmental/indoors/heaters/safety_guide.htm) for more information.
- Never try to thaw a pipe with an open flame or torch and be aware of the potential for electric shock in and around standing water. To keep water pipes from freezing in the home let faucets drip a little to avoid freezing, open cabinet doors to allow more heat to get to un-insulated pipes under a sink or appliance near an outer wall. Keep the heat on and set no lower than 55 degrees.





## Getting help if your apartment, workplace, school or day care is too cold for comfort

If you are cold in your building, first discuss the problem with the building owner, landlord, property manager or maintenance staff. Some regulations, codes or other legal protections may apply in your situation to ensure that adequate



heat is available when temperatures dip. The actual temperature requirement will vary depending on what kind of space is involved.

If additional help is needed:

- For rented homes, apartments or businesses that are below 68°F, call your local building department.
- For resident areas in nursing homes (rooms, dining hall, activity areas, etc.) that are not maintained at a comfortable level, call the NYS Department of Health Division of Quality and Surveillance for Nursing Homes at (518) 408-1282.

## Getting help with heating bills and reducing energy costs

- Local contacts:

(HEAP Warren County Department of Social Services, 1340 State Route 9, Lake George, NY 12845  
Phone: 518-761-6338 **Open: Monday - Friday**)

(Alternate Certifiers, Warren County Office for the Aging, 1340 Route 9, Lake George, NY 12845  
Phone: 518-761-6347 **Open: Monday - Friday**)

- If you are having trouble paying your bills this winter, you can call or visit the NYS Home Energy Assistance Program (HEAP) website or Hotline at 1-800-342-3009.
- For consolidated information on assistance in paying heating bills and ways to make your home energy efficient you can call the number toll free at 1-877-NYSMART (1-877-697-6278).
- For one-stop shopping information about steps to take to conserve energy, manage utility bills, and stay warm, visit the Public Service Commission's web site [www.dps.ny.gov/](http://www.dps.ny.gov/). To compare prices of various electric and natural gas providers in your area, see Power To Choose [www.newyorkpowertochoose.com/](http://www.newyorkpowertochoose.com/).
- If you would like to make your home more energy efficient, which would help reduce heating and cooling bills, find out your eligibility for services through the Weatherization Assistance Program (WAP). To learn more about this program, call 1-866-ASK-DHCR (1-866-275-3427).

## Additional resources for help this winter

- Warm, inexpensive clothing may be available from local charities and thrift stores.



- Check the yellow pages in your phone book under "Charities" to find a listing of the organizations in your area that may be able to help with everything from clothes to food to weatherization services to other support.



# Office Bulletin Board

**Meal Site Closed Monday, Feb 20th**



## Happy Birthday

to our Volunteers  
celebrating in

## February!

<b>Gary Willett</b> .....	<b>1</b>
<b>Leon Steves</b> .....	<b>11</b>
<b>Pat Sennett</b> .....	<b>13</b>
<b>Jim Butler</b> .....	<b>14</b>
<b>Ashley Fiske</b> .....	<b>25</b>

### FREE TAX RETURN PREPARATION

If you earn less than \$53,505.  
You may also qualify for up to as much as \$6,269  
of Earned Income Tax Credit.



**You Earned It!  
Now Claim It!**

**File Your Tax Return!**

Trained IRS Certified local volunteers are available.

**To make an appointment contact:**  
Washington & Warren County Volunteer  
Income Tax Assistance Program

**1-800-211-5128**

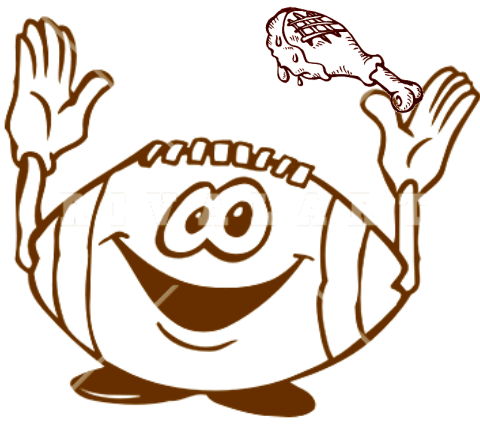
*Sponsored by: The Tri County United Way VITA Coalition*

### SUPER BOWL FUN FACTS

- 8 million pounds of guacamole is consumed on Super Bowl Sunday
- 14,500 tons of chips are eaten along with that guacamole
- Of the top 10 most watched American television programs of all time, nine of them are Super Bowls
- The Super Bowl is measured in Roman numerals because a football season runs over two calendar years
- Over 700,000 footballs are produced annually for official NFL use and 72 of them are used for the Super Bowl
- It is the 2nd most watched sporting event in the world. More than 100 million people worldwide watch the Super Bowl every year. In fact, Super Bowl XLIV in 2010 unseated **M\*A\*S\*H's** series finale as the most watched show in television history with over 106.5 million watchers.
- One 30-second commercial aired during the Super Bowl costs at least \$2,800,000



**The NFL has a policy against holding Super Bowl games in stadiums that have a climate of less than 50 degrees Fahrenheit, unless it is an enclosed stadium.**



# SUPER BOWL

## WORD SEARCH



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

CHAMPIONSHIP

FOOD

HELMET



RING

COMMERCIALS

FOOTBALL



PARTY

SUPERBOWL

FIELDGOAL



HALFTIME

QUARTERBACK





TOUCHDOWN



# February 2017

Warren/Hamilton Counties Office for the Aging  
Menu by: Catherine Keating-Stauch, RDN 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. **Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>February 1</b> Pot Roast/Gravy Mashed Potatoes Carrots Pineapple Up-side Down Cake	<b>February 2</b> Chicken Reuben Rice Pilaf Broccoli Fresh Fruit	<b>February 3</b> Shepherd's Pie with Mashed Potatoes & Corn Green Beans Pumpkin Bar
<b>February 6</b>  <b>Chef's Choice</b>	<b>February 7</b> Macaroni & Cheese Stewed Tomatoes Marinated Carrots Mandarin Orange	<b>February 8</b> Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch	<b>February 9</b> Beef Stew Boiled Potatoes/ Carrots Biscuit Birthday Cake	<b>February 10</b> Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Garlic Bread Chilled Pears
<b>February 13</b> Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup	<b>February 14</b> <b>Happy Valentine's Day</b> Apple n' Onion Chicken Sweet Potatoes Spinach Valentine Dessert	<b>February 15</b> Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	<b>February 16</b> Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Cookie of the Day	<b>February 17</b> Tamale Pie Broccoli Coleslaw Gingerbread/Topping
<b>February 20</b> <b>Meal Site Closed</b> 	<b>February 21</b> Beef Pot Pie with Potatoes and Veggies Winter Squash Chilled Peaches	<b>February 22</b> Turkey Pot Roast Cranberry Sauce Mashed Potatoes California Veggies Strawberry Shortcake	<b>February 23</b> Quiche of the Day Scandinavian Veggies Muffin of the Day Chilled Pears	<b>February 24</b> Lasagna Green Beans Tossed Salad Cinnamon Coffee Cake
<b>February 27</b> Creamy Parmesan Fish Potato of the Day Mixed Veggies Pudding of the Day	<b>February 28</b> Sour Cream Chicken Sweet Potatoes Peas & Onions Tropical Fruit Salad			<b>Suggested Contribution Per Meal: \$3</b>

**Meal site numbers:** \_\_\_\_\_

Bolton: 644-2368  
Cedars: 832-1705  
cedars@warrencountyny.gov  
Chestertown: 494-3119

Johnsburg: 251-2711  
Long Lake: 624-5221  
Warrensburg: 623- 2653  
Lake Pleasant: 548-4941  
Indian Lake: 648-5412

Lake Luzerne: 696-2200  
First Presb. Church Glens Falls &  
Solomon Heights, Queensbury:  
832-1705  
Wells: 924-4066