

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

SUMMER EDITION

2022

JULY, AUGUST, SEPTEMBER

OFFICE STAFF

Deanna "Dee" Park-Director

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Cindy Coulter-Aging Services Assistant

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Mary Ann McCarthy-Services Assistant/Volunteer Coordinator/ Newsletter

Newsletters are available online at:

www.warrencountyny.gov/ofa/newsletters.php

Or contact Mary Ann at 761-6347 to be added to our email list.



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Farmers Market Checks

2022 Distribution Plan

The Farmers Market Check Program offers \$25 toward local fruits and vegetables, redeemable at participating farmers' markets through November 30th, 2022. This year, the distribution plan will be a little different due to COVID-19. We will be replacing outreach events with the following 3 options:

- For eligible clients that live in Cronin Hi-Rise, Stichman Towers, White Water Manor, Solomon Heights, Village Green Apartments, Broad Street Commons or Indian Lake Senior Housing, we will be working with the managers of these complexes to get you the checks. Please reach out to them if you are interested to complete the necessary forms.
- For those who normally come to the office to pick the checks up, you will be able to do that again this year. The office is open Monday – Friday, from 8AM until 4PM, excluding holidays.
- If you do not live in the senior housing complexes listed above and are unable to pick them up at the Municipal Center, we can also provide the checks to you through the mail. The steps below will need to be followed:
- 1. Call the office to speak with an OFA employee. We will go over the eligibility guidelines to make sure you qualify.

2. If you do, we will email, mail, or send you the forms that need to be completed with your home delivered meals.

3. Please send these forms back to us:

- Mail to: Warren County Municipal Center, OFA, 1340 State Route 9, Lake George, NY 12845;
- Fax to PH#(518)761-6344;
- Email to: parkd@warrencountyny.gov; OR
- Send back with your Home Delivered Meal Driver.

4. When the completed forms are received we will then send the check booklet and other important documents to you.

5. Your designated Power of Attorney and/or Authorized Proxy may also complete the documents for you. We will need to see a copy of these forms.

Eligibility Guidelines: *60 Years of age or older *Income: 1-person household \$2,096/month; 2-person household \$2,823/month; 3-person household \$3,551; Have not received checks from another location this year. **Using Checks:** Please note, if you are concerned about going to the farmer's market in person, you may arrange to have someone shop at the Farmer's Market for you.

**WARREN/HAMILTON COUNTIES OFA CLIENT'S
STATISTICAL INFORMATION FORM**

This information will be tallied and sent to NY State OFA for statistical purposes. No personal information will be forwarded.

Client Name _____

Address _____

Phone # _____ DOB: _____

Soc. Sec. # XXX-XX- _____ Gender: ___ Male ___ Female

Frail/Disabled: ___ Yes ___ No Veteran: ___ Yes ___ No

Living Status/Client Lives: ___ Alone ___ With Spouse ___ With Others

Race/Ethnicity American Indian/Alaskan Native _____
Asian _____
Black or African American _____
Native Hawaiian/Pacific Islander _____
Hispanic _____
White _____

Is Client? Yes or No

Oxygen Dependent _____
Insulin Dependent _____
On Dialysis _____

PLEASE CIRCLE ONE:

Household Size	100%	125%	150%	185%
	Annual	Annual	Annual	Annual
1	\$13,590	\$16,988	\$20,385	\$25,142
2	\$18,310	\$22,888	\$27,465	\$33,874
3	\$23,030	\$28,788	\$34,545	\$42,606
4	\$27,750	\$34,688	\$41,625	\$51,338

STATEMENT OF ELIGIBILITY

Complete the following chart. The answers you provide in this chart are optional and will not affect your eligibility for the SFMNP. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

Ethnicity (select yes or no) Hispanic or Latino?		Race (select one or more)				
Yes	No	American Indian or Native Alaskan	Asian	Black or African American	Native Hawaiian or Pacific Islander	White

I certify that:

- I. I am:
 - a. 60 years of age or older; AND
 - b. My monthly income is at or below the federal income guidelines for my household.
 - i. \$2,096/month (for a one-person household); Or
 - ii. \$2,823/month (for a two-person household); Or
 - iii. \$3,551/month (for a three-person household).

- II. I have not received SFMNP checks from any other location this year.

- III. I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal Law.

Signature (Participant)
Only****\

Date ***Internal Use
Booklet Serial Number:

Program/Agency Name: Warren/Hamilton Counties OEA Site ID: 55100 Program/Agency Representative's Name (Issuer): _____

Client must initial each section that applies and sign at the end. Worker must complete attestation.

Informed Consent to Collect and Record Personal Information

I consent to the Warren-Hamilton Counties Office for the Aging saving personal information provided by me or my authorized representative in the Client Data System maintained by the New York State Office for the Aging (NYSOFA). Saving my information like this allows other agencies that use the Client Data System to see my information if a referral is made, but this will only happen with my permission.

I understand that this information is being collected to help in providing services under the State Office for the Aging and local Offices for the Aging. It also helps to identify other services that I may need. I understand that this information is needed in order for some services to be provided. The authority to provide these services and to collect my information for these purposes is found in the Older Americans Act and the New York State Elder Law.

I understand that, per New York State's Personal Privacy Protection Law, my personal information will be kept confidential. It will not be shared without my permission.

I understand what information will be recorded, the need for the information, and that there are laws and regulations protecting my information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

Client Initial _____

Informed Consent to Refer and Share Personal Information

I request and consent to the release by Warren-Hamilton Counties Office for the Aging of all requested records, including but not limited to, personal information, health information, and any other information concerning me that I have provided to Warren-Hamilton Counties Office for the Aging to the following entities so they can make referrals for services that I may need, or for the purposes identified as follows:

_____ Warren County DSS; _____ Warren County Public Health; <input checked="" type="checkbox"/> Farmer's Market;
_____ Hamilton County DSS; _____ Hamilton County Public Health; _____ HIICAP;
_____ NY Connects; _____ HEAP; _____ NYS Office of Temporary & Disability Assistance;
_____ Other(s) _____

I understand what information will be released, the need for the information and that there are laws and regulations protecting the confidentiality of this information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initial _____

Informed Consent to Share Certain Information in the event of a Disaster or Emergency

In the event of a disaster or emergency, I consent to the release of information about services I receive, my housing situation and who I live with, medical equipment or services needed daily, prescription medications taken daily, special dietary needs, special communication needs, blindness or other visual impairments, and information about my general condition and mobility.

I understand that this information will only be given to those who will use it to respond to an emergency, such as government agencies, law enforcement, or those acting on their behalf if there is a disaster or emergency situation.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initial _____

I consent to actions above where I have initialed. The authorizations provided shall not expire unless revoked.

Signature of individual or legal representative

Date

Individual's name (Print)

If legal representative, provide name and relationship to individual

~~~~~ FOR OFFICE USE ONLY ~~~~~

**ATTESTATION**

*To be completed by worker*

I attest that informed consent, as indicated, was obtained from the above individual, who provided his/her signature above. All appropriate processes were followed, and consent was provided voluntarily.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Print*

New York State Senior Farmers' Market Nutrition Program Participant Proxy Assignment

Participant Agreement:

I, (print participant name) \_\_\_\_\_

Give my permission to (proxy name) \_\_\_\_\_ for the explicit purpose of picking up my 2022 Senior Farmers' Market Nutrition Program (SFMNP) coupon booklet, for which I have provided the attestation of my eligibility to agency staff.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Proxy Agreement:

By signing as proxy, I am accepting the responsibility for receiving Federal assistance on behalf of the participant named above, and I will immediately return the SFMNP coupon booklet to them. I understand that failure to relinquish the coupons to the participant named above will be considered a fraudulent act. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing or withholding facts may result in paying the State agency, in cash, the value of the food benefit improperly issued and may subject me to civil or criminal prosecution under State and Federal Law.

Proxy Name (printed): \_\_\_\_\_

Proxy Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*This proxy assignment is valid until revoked by the participant or by September 30, 2022.*



# LOCAL FOOD VENDORS THAT ACCEPT SNAP & FMNP

And now, SNAP matching initiatives including Double Up Food Bucks and Fresh Connect checks

More info at [adirondackharvest.com/food-assistance-benefits/](http://adirondackharvest.com/food-assistance-benefits/)



**2022 Calendar of farmers' markets that accept SNAP, FMNP, DUFEB, Fresh Connect, & P-EBT**

All markets that accept SNAP, also accept P-EBT benefits.

|                    |                                                                                                                                                                                                                                                                                             |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MONDAYS:</b>    | Granville   6/6-10/17, 2pm-5pm (FMNP)<br>Clifton Park   6/6-10/24, 2pm-5pm (FMNP)                                                                                                                                                                                                           |
| <b>TUESDAYS:</b>   | Whitehall   6/7-10/18, 1pm-4pm (FMNP)<br>Johnstown   6/28-10/11, 3pm-6pm (FMNP)                                                                                                                                                                                                             |
| <b>WEDNESDAYS:</b> | Saratoga   5/4-10/26, 3pm-6pm (SNAP, DUFEB, FMNP)                                                                                                                                                                                                                                           |
| <b>THURSDAYS:</b>  | Speculator   6/23-9/15, 2pm-5pm (FMNP)<br>Saratoga Spa City   6/9-9/29, 3pm-6pm (FMNP)<br>Ballston Spa   6/16-9/29, 3pm-6pm (FMNP)<br>Fort Edward   6/2-9/29, 4pm-7pm (FMNP)                                                                                                                |
| <b>FRIDAYS:</b>    | Broadalbin   6/10-9/2, 3pm-6pm (FMNP, Fresh Connect)<br>Warrensburgh   6/3-10/7, 3pm-6pm (FMNP)                                                                                                                                                                                             |
| <b>SATURDAYS:</b>  | Gloversville   5/7-10/15, 8:30am-12:30pm (FMNP)<br>Salem   6/4-10/15, 10am-1pm (FMNP)<br>Glens Falls   5/7-10/29, 8am-12pm (SNAP, DUFEB, FMNP)<br>Ticonderoga   7/9-9/24, 10am-1pm (FMNP)<br>Ballston Spa   6/11-9/24, 9am-1pm (FMNP)<br>Saratoga   year round, 9am-1pm (SNAP, DUFEB, FMNP) |
| <b>SUNDAYS:</b>    | Cambridge Valley   5/22-10/29, 10am-1pm (FMNP)<br>Saratoga Spa City   year round, 10am-2pm (FMNP)                                                                                                                                                                                           |

## BENEFITS ARE ACCEPTED EVERY DAY AT THESE LOCATIONS:

### ACCEPTS SNAP:

Mohawk Harvest Cooperative in Gloversville  
Adirondack Natural Foods in South Glen Falls  
Ticonderoga Natural Food Co-op in Ticonderoga\*  
Schoony's Country Market in Granville  
Sanders Meat Market in Ballston  
Four Seasons Natural Foods in Saratoga Springs  
Pure-N-Simple in Glen Falls  
Fred the Butcher in Halfmoon

*\*also accepts DUFEB*

### ACCEPTS FMNP:

Drinkwine's Produce Farmstand in Ticonderoga  
Braydon's Garden Farmstand in Salem

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Find local products and experiences | View store locations, hours, & an interactive map | Sign up for our newsletter



# HIICAP Corner

## Medicare Information and Updates



### New to Medicare: 2022 Costs

Beneficiaries with Original Medicare have the following expenses associated with coverage (if also enrolled in a Medicare Advantage or Medigap Supplemental Plan, costs will typically be lower):

#### Medicare Part A

**Monthly premium:** No charge for most people with at least 40 work quarters  
 \$274/month for those who paid Medicare taxes for 30-39 work quarters  
 \$499/month for those who paid Medicare taxes for less than 30 work quarters

**Hospital inpatient costs:** Deductible \$1,556 per benefit period  
 Days 1-60 \$0/day after deductible is met  
 Days 61-90 \$389/day  
 Days 91+ \$778 coinsurance per each 'Lifetime Reserve Day' after day 90 in each benefit period (up to 60 days over your lifetime).  
 Beyond Lifetime reserve days beneficiary pays all costs

**Skilled Nursing Facility:** Days 1-20 \$0; Days 21-100 \$194.50/day each benefit period; Days 101+ All costs

#### Medicare Part B

**Monthly premium:** \$170.10/month\* but could be higher if your income (based on 2020 taxes) was above \$91,000 single/ \$182,000 couple. This is the IRMAA (Income-Related Monthly Adjustment Amount) and can add up to \$408.20 to monthly Medicare Part B premium (contact Social Security Administration for determination questions or appeals). If not signed up for Part B when first eligible, beneficiaries could also pay higher premium due to the Part B LEP\* (Late Enrollment Penalty) which adds 10% of the current Part B premium to the monthly cost each month for every full 12 months of delayed coverage.

**Deductible:** \$233 per year. After deductible is met you will typically pay 20% of the Medicare-approved amount for the following services: Doctor services; outpatient therapy; durable medical equipment (DME); etc.

#### Medicare Part D

**Monthly Premium:** Varies by plan, \$7.20-\$101.00/month, higher if LEP\* applied (\$.33 x number of month not covered after becoming eligible).

**Deductible:** Varies by plan, \$0-\$480 per coverage year

\* Part B and Part D premium costs (including Late Enrollment Penalties) can be eliminated with eligibility for the Medicare Savings Program. Gross monthly income below \$1549/month (\$2080 couples), apply through Local Dept. of Social Services.

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# HIICAP Corner

## Medicare Information and Updates



### New to Medicare: Coordination of Benefits

When you have Medicare and another type of insurance, there are rules for whether Medicare or the other coverage pays first. Below are listed some of the more common insurance options Medicare beneficiaries may also have and how they work together. For exceptions and unique coverage situations you can contact your insurance provider and/or Medicare's Benefits Coordination & Recovery Center at 1-855-797-2627 to determine who pays first.

#### **Group Health Plan (GHP):** Employer based coverage

\*If receiving Medicare due to age - Medicare pays primary when beneficiary or spouse's employer has fewer than 20 employees.

\*If receiving Medicare due to disability - Medicare pays primary when beneficiary, spouse or other family member's employer has fewer than 100 employees.

**COBRA:** Federal law that allows certain employees, their spouses and dependents to keep GHP coverage for 18-36 months after they leave a job as long as they pay the full premium

\*Medicare pays primary to COBRA coverage

**Retiree GHP:** Health Insurance provided by employer to former employees who have retired

\*Medicare pays primary to Retiree GHP

**Federal Employees Health Benefits (FEHB):** Unlike other retirees, Federal Employees can use retiree coverage without getting Part B when eligible. They will, however, be subject to Late Enrollment Penalty if they choose to get Part B later. They can use FEHB with or without Medicare or SUSPEND FEHB benefits and use Medicare instead. Contact Office of Personnel Management (OPM) for information at 1-877-477-3273

**TRICARE for Life (TFL):** Health care program for active-duty and retired uniformed services members and their families

\*Active-duty Military that are also enrolled in Medicare: TRICARE pays primary

\*Inactive-duty Military enrolled in Medicare: Medicare pays primary except when receiving services at Federal facility.

**Veterans Administration (VA) Benefits:** Veterans eligible for Medicare will have coverage through VA for services received at VA facility or authorized by VA at non-VA facility. If they opt into Medicare they can get services outside VA facilities. If they opt out of Medicare they will need to get services at VA facilities and face possible Late Enrollment Penalty if decide to get Medicare at a later date.

**Marketplace Qualified Health Plan (QHP):** Health plans established by the Affordable Care Act for uninsured or under-insured individuals. When Medicare eligible, Medicare pays primary.

**Medicaid:** State and Federal health insurance program for those with limited income and assets

\*Medicare pays Primary, Medicaid is always the payor of last resort



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
Program



OUR VISION IS A SAFE HOME  
AND COMMUNITY FOR EVERYONE

## Fall Prevention and Home Safety Program Applications Now Being Accepted

Over the age of 62? Live in a rural area? Income qualify?

### AGING IN PLACE

The ability to continue to live in one's home safely, independently, and comfortably regardless of age, income, or ability level.

A few changes could make your home easier and safer to live in.

- Replace door knobs with lever handles
- Ensure door thresholds provide a smooth transition
- Add a railing to staircases
- Install grab bars in bathrooms
- Replace a shower head with a hand-held unit
- Replace toilets with comfort height units
- Repair/replace broken tread on stairs
- Replace a thermostat with high visibility unit
- Improve exterior lighting

### REPAIRING HOMES



### REVITALIZING COMMUNITIES

### REBUILDING LIVES



Rebuilding Together Saratoga County has received funding from the U.S Department of Housing and Urban Development (HUD) to provide fall prevention and home safety modifications. This program is focused on rural areas in Washington, Warren, and Saratoga Counties.

The goal is to provide early intervention measures that will have an impact on homeowners ability to live safely and independently in their homes.

### CONTACT US FOR AN APPLICATION

PHONE  
518-587-3315

EMAIL  
[INFO@RTSARATOGA.ORG](mailto:info@rtsaratoga.org)

ADDRESS  
132 MILTON AVE  
BALLSTON SPA, NY 12

WEB  
RTSARATOGA.ORG

# BENEFIT PROGRAMS THAT MAY HELP WITH COMMON HOUSEHOLD EXPENSE

## 1. Third Emergency Benefit: A third Emergency

- From May 2, 2022 through August 31, 2022, a third Emergency benefit is available for households who have exhausted both the Regular and the first two Emergency HEAP benefits and who are in a heat-related emergency.
- Emergency HEAP Benefits and eligibility are based on: income, available resources and the type of emergency

To apply, please contact the HEAP department at:

Warren County **518-761-6338** or Hamilton County **518-648-6131**



## 2. Home Energy Assistance Program (HEAP) HEAP Cooling Assistance Benefit

- The program runs from May 2, 2022 through August 31, 2022
- The benefit provides an air conditioner for HEAP eligible homes up to \$800 with installation
- Eligible households cannot have a working air conditioner newer than 5 years old or have received a HEAP funded AC in the past 5 years
- There is NO LONGER a requirement that the household has at least one individual with a documented medical condition that is exacerbated by extreme heat

To apply, please contact the HEAP department at:

Warren County **518-761-6338** or Hamilton County **518-648-6131**



## 3. Low Income Household Water Assistance Program (LIHEAP)

- The Low Income Household Water Assistance Program (LIHWAP) can help low income households pay the costs of water and sewer services. The program can assist households who have past due bills for water and sewer services. LIHWAP can help prevent your water and sewer bills from being shut off.
- Benefits per household: Up to a maximum of \$2,500 per water and sewer provider or \$5,000 if water and sewer are combined. Paid directly to the water and/or sewer provider.
- Eligibility is based on: Income, household size, citizenship/immigrations status and amount owed to drinking water and/or sewer provider(s)

To learn more or to apply visit [otda.ny.gov/lihwap](http://otda.ny.gov/lihwap) or call **1-833-690-0208**



## 4. Affordable Connectivity Program (ACP)

- The Affordable Connectivity Program is a Federal Communications Commission (FCC) Program that provides a discount on monthly broadband (internet) bills for qualifying low-income households (below 200% of the Federal Poverty Level). Eligible households can receive:
  1. Up to \$30/month discount for broadband service and associated equipment rentals;
  2. A one-time discount of \$100 for a laptop, desktop, or tablet purchased through a participating provider.

To check eligibility: Call the ACP Support Center at **1-877-384-2575** or Email: [ACPSupport@usac.org](mailto:ACPSupport@usac.org)

or visit: [www.ACPBenefit.org](http://www.ACPBenefit.org)



Warren & Hamilton Counties  
Office For the Aging

**Volunteer Spotlight**



**Volunteer's Name:** Thomas Kurimsky      **Age:** 73

**Town/County:** Indian Lake/Hamilton County

**How long have you been a volunteer for WHCOFA?** 2 years

**Why did you decide to volunteer?** To be useful.

**What do you enjoy most about volunteering?** The people who work at the mealsite and the people we serve.

**What has been your most rewarding volunteer experience with WHCOFA?** Just helping.

**What do you do when not volunteering?** Do woodwork, take my dog out, take care of my home.

***We would like to thank all of our volunteers for their support and dedication!***

### July 2022

|             | <u>Month Highlights</u>                                                                 |                                         |
|-------------|-----------------------------------------------------------------------------------------|-----------------------------------------|
| Tues 7/5    | Hospitality Club, and Book Club                                                         | 10:30 am, 1:00 pm                       |
| Wed. 7/6    | Dorset Theater- <i>Wait Until Dark</i>                                                  | 2:00 pm                                 |
| Thurs. 7/7  | Cooking with Ed- learn how to make a delicious meal, step by step!                      | 1:00 pm                                 |
| Tues. 7/12  | Target Trip and <i>Perfect Bid- A Price Is Right</i> Documentary showing                | 10:00 am, 1:00 pm                       |
| Wed. 7/13   | Cookout at Haviland Cove- Enjoy yummy food by the water!                                | 12:00 pm                                |
| Thurs. 7/14 | Visit to Via Aquarium in Schenectady, NY                                                | 11:00 am                                |
| Tues. 7/19  | Newsletter Mailing- help us put together our newsletter and get a sneak peak at August! | 1:00 pm                                 |
| Wed. 7/20   | Day trip to Wiawka, and Game Day                                                        | 12:00 pm, 1:00 pm                       |
| Thurs. 7/21 | Van Gogh Exhibit, and Crafting with Thelma                                              | 10:30 am, 1:00 pm                       |
| Tues, 7/26  | Miniature Golf at Pirates Cove                                                          | 1:00 pm                                 |
| Wed. 7/27   | Shoebox Workshop for Operation Christmas Child                                          | 1:00 pm                                 |
| Thurs. 7/28 | Art with Karen- create beautiful art with your own unique style                         | 1:00 pm                                 |
|             | <u>Weekly Activities</u>                                                                |                                         |
| Monday      | OsteoBusters, Line Dancing, Bridge, and GFSC Singers                                    | 9:00 am, 10:30 am,<br>12:00 pm, 4:00 pm |
| Tuesday     | OsteoBusters and Bingo                                                                  | 9:00 am, 10:00 am                       |
| Wednesday   | OsteoBusters and Bridge/Scrabble                                                        | 9:00 am, 10:00 am                       |
| Thursday    | OsteoBusters and Chair Yoga                                                             | 9:00 am, 10:00 am                       |
| Friday      | Tai Chi, Wii Bowling and Line Dancing                                                   | 9:00 am, 10:00 am                       |
|             | Our thrift shop is open Monday-Friday 10a-2p!                                           |                                         |

TRIPS AND PROGRAMS ARE SUBJECT TO CHANGE Call the Center for pricing and information on upcoming trips and events. Transportation to the Center for activities or medical transports are available by appointment.

# QUEENSBURY SENIOR CITIZENS

## AGING WELL IN THE ADIRONDACKS



### Come & Join Us For:

- **Nordic Pole Walking**
  - **Latin Moves**
  - **Armchair Travel**
    - **Book Club**
    - **Line Dancing**
- **TRAVEL—Day Trips, Short Overnight Trips & Long Trips**
- **Games (Dominos, Mahjong, Pitch, Bridge, Pinochle)**
  - **Educational Presentations**
    - **Monthly Movie**
      - **Tai Chi**
    - **Osteobusters**
    - **Out To Lunchers**
    - **Art Classes**
    - **Crafting Groups**
  - **Volunteer Opportunities**



Contact us today to become a member!  
Visit us at 742 Bay Road, Queensbury, NY 12804  
(corner of Bay & Haviland)  
Call us at 518-761-8224  
Email us at [Stephanie@seniorsonthego.org](mailto:Stephanie@seniorsonthego.org)  
Visit our website at [seniorsonthego.org](http://seniorsonthego.org)





# Summer



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

INDEPENDENCE  
SUNSHINE  
FLAG  
BEACH  
BOAT

LAKES  
SUMMER  
PICNIC  
GARDEN  
WATERMELON

VACATION  
LEMONADE  
WALKS  
GRASS

GRANDSTAND  
PARADES  
STAR  
ANTS  
HEAT





Shopping at the **Farmers' Market** gives us access to the best tasting produce that is in season, picked at **its peak of flavor**, with the shortest amount of travel time between the farm and you. Here is a Farmers' Market Recipe to get you started!

## Fettuccine Alfredo with Sun-Dried Tomatoes and Veggies

Fettuccine Alfredo in just 15 minutes? Believe it! This fast pasta is loaded with asparagus, Brussels sprouts, broccoli, and fresh mushrooms, and it's ready in a snap. It's a [vegetarian pasta recipe](#) so rich and delicious, meat-eaters will also devour it.

Total: 15 mins    Servings: 4    Yield: 6 cups

### Ingredients

- 8 ounces dried fettuccine
- ½ cup dried tomatoes (not oil-packed), chopped
- 4 tablespoons butter
- 1 tablespoon olive oil
- 4 ounces fresh asparagus spears trimmed
- 4 ounces fresh Brussels sprouts trimmed and quartered
- 1 ½ cups fresh broccoli florets
- 8 fresh mushrooms sliced
- 2 tablespoons all-purpose flour
- 1 ¼ cups milk
- ½ cup finely shredded Parmesan cheese
- milk
- finely shredded Parmesan cheese
- 2 teaspoons finely shredded lemon peel



### Directions

#### Step 1

Cook pasta according to package directions, adding dried tomatoes the last 2 minutes of cooking. Drain and return to [saucepan](#); keep warm.

#### Step 2

Meanwhile, in a large [skillet](#) heat 1 tablespoon of the butter and olive oil over medium heat. Add asparagus, Brussels sprouts, broccoli, and mushrooms. Cook over medium heat for 8 minutes or until vegetables are tender. Remove vegetables from skillet; set aside.

#### Step 3

In same [skillet](#) melt remaining butter over medium heat. Stir in flour. Cook and [stir 1 minute](#). Stir in milk. Cook and stir until thickened and bubbly. Stir in Parmesan cheese. Gently stir in pasta and vegetables. Stir in additional milk to reach desired consistency. Sprinkle with lemon peel and additional shredded Parmesan cheese. Makes 4 (1-1/2 cup) servings.

**Nutrition Facts Per Serving:** 500 calories; fat 21g; cholesterol 46mg; saturated fat 11g; carbohydrates 60g; mono fat 7g; poly fat 1g; insoluble fiber 5g; sugars 10g; protein 20g; vitamin a 1117.6IU; vitamin c 56.7mg; thiamin 0.7mg; riboflavin 0.7mg; niacin equivalents 6.7mg; vitamin b6 0.3mg; folate 205.6mcg; vitamin b12 0.6mcg; sodium 491mg; potassium 851mg; calcium 313mg; iron 4mg. Adopted By: BHG



# How to Stay Hydrated During The Hot Summer Months

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

## Tips for getting enough Fluids in Warmer Weather

Everyone needs water for countless physical reasons- from keeping joints moving to protecting organs. In hot weather, our bodies lose water more rapidly than usual and seniors are especially at risk. Senior adults have risk factors, such as a reduced sense of thirst and decreased kidney function, that can hinder the body's ability to cope with warm temperatures or low hydration.

For good health and optimal cognitive function during the summer months, these tips can help you stay well hydrated.

- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.

**Get water from foods.** Eat foods that naturally contain water. Research shows that only 70 to 80 percent of our daily hydration needs to come from water; 20 to 30 percent can come from foods. All whole fruits and vegetables contain water, but these contain the highest amounts:

- 97% water: Cucumbers
- 96% water: Celery
- 95% water: Tomatoes, radishes
- 93% water: Red, yellow, green bell peppers
- 92% water: Cauliflower, watermelon
- 91% water: Spinach, strawberries, broccoli
- 90% water: Grapefruit

**Infuse water with natural flavors.** Add slices of lemons, limes, oranges, berries, or cucumbers to pitchers of fresh water, and then refrigerate. You'll have a refreshing, flavorful, natural beverage with no artificial sweeteners or preservatives.

**Use a refillable water bottle.** Avoid throwaway plastic water bottles that harm the environment. Of the 50 billion plastic water bottles Americans buy each year, 80 percent end up in landfills. Instead, buy a BPA-free refillable water bottle, and keep the bottle nearby so you are more likely to sip throughout the day.

### Watch for signs of dehydration

- Dry or sticky mouth
- Dry skin
- Difficulty walking
- Dizziness or headaches
- Confusion and irritability
- Sunken eyes
- Inability to sweat or produce tears
- Rapid heart rate Low blood pressure
- Unconsciousness or delirium
- Constipation

Don't wait until you feel thirsty to drink water or other fluid. *Adopted By Integral Senior Living*

# A Quick Checklist

You can use the following checklist to help make sure that the health information you are reading online can be trusted. You might want to keep this checklist by your computer.

1. Is the sponsor/owner of the website a Federal agency, medical school, or large professional or nonprofit organization, or is it related to one of these? [MedlinePlus.gov](http://MedlinePlus.gov) is a website from the NIH's [National Library of Medicine](http://NationalLibraryofMedicine.gov) that has dependable consumer information about more than 1,000 health-related topics.
2. If not sponsored by a Federal agency, medical school, or large professional or nonprofit organization, is the website written by a healthcare professional or does it reference one of these trustworthy sources for its health information?
3. Why was the site created? Is the mission or goal of the website sponsor clear?
4. Can you see who works for the agency or organization and who authored the information? Is there a way to contact the sponsor of the website?
5. When was the information written or web page last updated?
6. Is your privacy protected?
7. Does the website offer unbelievable solutions to your health problem(s)? Are quick, miracle cures promised?

## **These precautions can help better protect your information:**

- Use common sense when browsing the Internet. Do not open unexpected links. Hover your mouse over a link to confirm that clicking it will take you to a reputable website.
- Use a strong password. Include a variation of numbers, letters, and symbols. Change it frequently.
- Use two-factor authentication when you can. This requires the use of two different types of personal information to log into your mobile devices or accounts.
- Do not enter sensitive information over public Wi-Fi that is not secure. This includes Wi-Fi that is not password protected.

## **Health and Medical Apps**

Mobile medical applications ("apps") are apps you can put on your smartphone. Health apps can help you track you're eating habits, physical activity, test results, or other information. But, anyone can develop a health app—for any reason—and apps may include inaccurate or misleading information. Make sure you know who made any app you use.

When you download an app, it may ask for your location, your email, or other information. Consider what the app is asking from you—make sure the questions are relevant to the app and that you feel comfortable sharing this information. Remember, there is a difference between sharing your personal information through your doctor's online health portal and posting on third-party social media or health sites.

Adopted By: NIH National Institute on Aging

# Top 10 Tips for Healthy Grilling and Barbecuing

The best part is that grilling can be one of the healthiest ways to cook! Just follow our top ten tips for healthy grilling and barbecuing.

1. **Pick the perfect protein.** Fish, skinless chicken breast and lean ground poultry are all healthier choices. The good fats in fish like salmon and trout actually have health benefits. Wrap marinated fish fillets in foil, construct colorful chicken kebabs, or make more savory turkey burgers by mixing minced portabella mushrooms and onions into the patties. If you do choose meat or pork, get “loin” or “round” cuts and “choice” or “select” grades of beef instead of “prime.”
2. **Rightsize your portions.** A healthy portion of any type of meat is about 3 ounces, or the size of a deck of cards, and definitely no more than 6 ounces. If that sounds small, just remember all the delicious grilled veggies and side dishes that will be keeping it company on your plate!
3. **Give it a soak or rub.** Marinating or rubbing spices on poultry, fish and meat can add amazing flavor with the bonus of being able to use less salt. All you need is about ½ cup of marinade or 1 tablespoon of spice rub for each pound of food. Try this simple marinade recipe and find others in our recipe center. Make a simple rub of your favorite spice (such as allspice, chili powder, cinnamon, cumin, garlic powder, paprika or rosemary) and black pepper. *Safety tip:* never reuse marinade or rub after raw meat has touched it.
4. **Add color – lots of color.** Just about all your favorite colorful fruits and veggies can be grilled, alone or in kebabs, giving them delicious flavor that might win over even the most committed carnivore. The trick is to cut them into pieces that will cook quickly and evenly. Brush with a healthy oil to prevent sticking or use a grill basket to keep them out of the line of fire. Some favorites include asparagus, avocado, bell peppers, corn, eggplant, mushrooms, onions, potatoes, squash and zucchini.
5. **Say bye to the bad fat.** Buy skinless poultry or remove the skin before cooking. Trim away any visible fat on meat. Brush or marinate foods with a healthy cooking oil.
6. **Let the simple grilled goodness shine through.** Don’t drown your grilled masterpiece in salty sauces, sugary condiments or heavy dressings. Use as little of these as possible, and try making your own healthier condiments. It’s easier than you think! And sometimes, a simple squeeze of lemon or lime is all it needs.
7. **Choose healthier sides.** Swap the traditional store-bought barbecue fare like baked beans, cole slaw, macaroni salad and potato salad – which can have a lot of saturated fat, sodium and added sugars – for healthier homemade versions. Or change it up and do a colorful bean salad, fruit salad or leafy green salad.
8. **Make your buns whole grain.** Whole-grain buns and breads will complement your healthy feast with extra fiber, flavor and texture. If you’re watching your calories and carbs, try an open-faced burger or lettuce wrap.
9. **Grill fruits for dessert.** The natural sugars caramelize in the high heat, giving them extra sweetness and flavor. Try sliced apple, pear or pineapple or halved bananas, figs, nectarines, peaches or plums.
10. **Keep it clean.** OK, so this isn’t the fun part, but be sure to scrub down the rack or grill pan after each use. Removing leftover burnt pieces of food stuck to the grill prevents burning, smoking and bitter flavors the next time you use it.

Adopted by: American Heart Association

## July 2022 - Altered Delivery Schedule

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

| MONDAY                                                                                                                                             | TUESDAY                                                                                                     | WEDNESDAY                                                                                                       | THURSDAY                                                                                             | FRIDAY                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Age 60 + suggested contribution is \$3 per meal. Under 60 years old required contribution is \$5. per meal.                                        |                                                                                                             |                                                                                                                 |                                                                                                      | <b>July 1</b><br><i>4<sup>th</sup> of July Picnic</i><br><b>Hot Dog/Bun</b><br>Hot German Potato Salad<br>Baked Beans<br><b>Independence Day Dessert</b> |
| <b>Happy 4<sup>th</sup> of July</b><br><br><b>Meal site Closed</b> | <b>July 5</b><br>Veal Parmesan<br>Penne Pasta<br>Marinara Sauce<br>Winter Squash<br>Mandarin Oranges        | <b>July 6</b><br>Chicken & Biscuit<br>Sweet Potato<br>Broccoli<br>Fresh Fruit                                   | <b>July 7</b><br>Ziti w/Meat Sauce<br>Green Beans<br>Italian Veggies<br>Pudding                      | <b>July 8 Cold Plate</b><br>Sliced Roast Beef<br>Potato Salad<br>Coleslaw<br>Peach Cobbler                                                               |
| <b>July 11</b><br>Chicken Alfredo over Pasta<br>California Medley<br>Chilled Pineapple                                                             | <b>July 12</b><br>Chicken Parmesan<br>Spaghetti/ Marinara<br>Scandinavian Veggies<br>Tropical Fruit         | <b>July 13</b><br>Cheeseburger Deluxe<br>Lettuce/Tomatoes<br>Roasted Potato Bites<br>Brussel Sprouts<br>Gelatin | <b>July 14</b><br>Macaroni & Cheese<br>Stewed Tomatoes<br>Carrot Raisin Salad<br>Mandarin Orange     | <b>July 15 Cold Plate</b><br>Chef Salad:<br>Turkey, Ham & Swiss<br>Cheese on Lettuce<br>Marinated Veggies<br>Brownies                                    |
| <b>July 18</b><br><br><b>CHEF'S CHOICE</b>                                                                                                         | <b>July 19</b><br>Stuffed Shells w/<br>Marinara Meat Sauce<br>Oriental Veggies<br>Peas<br>Chilled Pineapple | <b>July 20</b><br>Chicken & Stuffing<br>Casserole<br>Brown Rice<br>Italian Veggies<br>Tropical Fruit Cup        | <b>July 21</b><br>Meatloaf<br>Mashed Potatoes<br>Spinach<br>Chilled Pears                            | <b>July 22 Cold Plate</b><br>Tuna Salad<br>Hot Dog Bun<br>Cottage Cheese<br>Broccoli Salad<br>Birthday Cake/Frosting<br><b>Happy Birthday!!</b>          |
| <b>July 25</b><br>BBQ Chicken<br>Potato of the Day<br>Beets<br>Mandarin Oranges                                                                    | <b>July 26</b><br>Swedish Meatballs<br>Over Noodles<br>Tomato & Zucchini<br>Yogurt/ Berries &<br>Granola    | <b>July 27</b><br>. Roast Pork/Gravy<br>Mashed Potatoes<br>Peas & Onions<br>Strawberry Shortcake<br>Dinner Roll | <b>July 28</b><br>Creamy Parmesan<br>Fish<br>Sweet Potatoes<br>California Veggies<br>Chilled Peaches | <b>July 29 Cold Plate</b><br>Egg Salad/Bun<br>Lettuce/Tomatoes<br>Broccoli/ Mandarin<br>Orange Salad<br>Pudding                                          |

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. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. Frozen Dinner Heating Instructions:** Oven: 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) Microwave: Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

## August 2022 – Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

| MONDAY                                                                                                        | TUESDAY                                                                                                           | WEDNESDAY                                                                                                             | THURSDAY                                                                                               | FRIDAY                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>August 1</b><br><br>Sloppy Joe on a Bun<br>Roasted Potato Bites<br>Corn<br>Mandarin Orange                 | <b>August 2</b><br><br>Beef Florentine<br>Scandinavian Veggies<br>Tropical Fruit Cup                              | <b>August 3</b><br><br>Lemon Baked Fish<br>Roasted Red Potatoes<br>Broccoli<br>Dump Cake                              | <b>August 4</b><br><br>Apple N' Onion<br>Chicken<br>Mashed Potatoes<br>Carrots<br>Gelatin              | <b>August 5 Cold Plate</b><br>Chicken Salad on a bed<br>Of Romaine Salad<br>Pasta Salad<br>Tomato, Onion &<br>Cucumber Salad<br>Tropical Fruit Cup     |
| <b>August 8</b><br><br>Swedish Meatballs<br>Over Noodles<br>Tomato & Zucchini<br>Yogurt/ Berries &<br>Granola | <b>August 9</b><br><br>Salisbury Steak<br>Sweet Potato<br>Mixed Veggies<br>Mandarin Oranges                       | <b>August 10</b><br><br>Chicken & Biscuit<br>Sweet Potato<br>Broccoli<br>Fresh Fruit                                  | <b>August 11</b><br><br>Ziti w/Meat Sauce<br>Green Beans<br>Italian Veggies<br>Pudding                 | <b>August 12 Cold Plate</b><br><br>Sliced Roast Beef<br>Potato Salad<br>Coleslaw<br>Peach Cobbler                                                      |
| <b>August 15</b><br><br>Chicken Alfredo over<br>Pasta<br>California Medley<br>Chilled Pineapple               | <b>August 16</b><br><br>Chicken Parmesan<br>Spaghetti/ Marinara<br>Scandinavian Veggies<br>Tropical Fruit         | <b>August 17</b><br><br>Cheeseburger Deluxe<br>Lettuce/Tomatoes<br>Roasted Potato Bites<br>Brussel Sprouts<br>Gelatin | <b>August 18</b><br><br>Macaroni & Cheese<br>Stewed Tomatoes<br>Carrot Raisin Salad<br>Mandarin Orange | <b>August 19 Cold Plate</b><br>Chef Salad:<br>Turkey, Ham & Swiss<br>Cheese on Lettuce<br>Marinated Veggies<br>Brownies                                |
| <b>August 22</b><br><br>CHEF's<br>CHOICE                                                                      | <b>August 23</b><br><br>Stuffed Shells w/<br>Marinara Meat Sauce<br>Oriental Veggies<br>Peas<br>Chilled Pineapple | <b>August 24</b><br><br>Chicken & Stuffing<br>Casserole<br>Brown Rice<br>Italian Veggies<br>Tropical Fruit Cup        | <b>August 25</b><br><br>Meatloaf<br>Mashed Potatoes<br>Spinach<br>Chilled Pears                        | <b>August 26 Cold Plate</b><br>Tuna Salad on a<br>Hot Dog Bun<br>Cottage Cheese<br>Broccoli Salad<br>Birthday Cake/Frosting<br><b>Happy Birthday!!</b> |
| <b>August 29</b><br><br>BBQ Chicken<br>Potato of the Day<br>Beets<br>Mandarin Oranges                         | <b>August 30</b><br><br>Veal Parmesan<br>Penne Pasta<br>Marinara Sauce<br>Cauliflower<br>Fresh Fruit              | <b>August 31</b><br><br>. Roast Pork/Gravy<br>Mashed Potatoes<br>Peas & Onions<br>Strawberry Shortcake<br>Dinner Roll |                                                                                                        | Age 60+ suggested<br>contributions \$3 per<br>meal. Under 60 years<br>old required contribution<br>is \$5 per meal.                                    |


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. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. Frozen Dinner Heating Instructions: Oven:** 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**



## September 2022 - Altered Delivery Schedule Warren/Hamilton Counties Office for the Aging

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. **Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.**

**Frozen Dinner Heating Instructions:** **Oven:** 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

| MONDAY                                                                                                                             | TUESDAY                                                                                                  | WEDNESDAY                                                                                                            | THURSDAY                                                                                              | FRIDAY                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Age 60+ suggested contribution is \$3 per Meal. Under age 60 required contribution is \$5.                                         |                                                                                                          |                                                                                                                      | <b>September 1</b><br>Creamy Parmesan Fish<br>Sweet Potatoes<br>California Veggies<br>Chilled Peaches | <b>September 2</b><br><b>Labor Day BBQ</b><br>BBQ Pork Rib on a Bun<br>Baked Beans<br>Roasted Potato Bites<br><b>Labor Day Dessert</b>                            |
| <b>September 5</b><br><br><b>Meal Site Closed</b> | <b>September 6</b><br>Beef Florentine<br>Scandinavian Veggies<br>Tropical Fruit Cup                      | <b>September 7</b><br>Lemon Baked Fish<br>Roasted Red Potatoes<br>Broccoli<br>Dump-Cake                              | <b>September 8</b><br>Apple N' Onion<br>Chicken<br>Mashed Potatoes<br>Carrots<br>Gelatin              | <b>September 9</b><br><b>Cold Plate</b><br>Chicken Salad on a bed Of Romaine Salad<br>Pasta Salad<br>Tomato, Onion & Cucumber Salad<br>Mandarin Oranges           |
| <b>September 12</b><br>Swedish Meatballs Over Noodles<br>Tomato & Zucchini<br>Yogurt/ Berries & Granola                            | <b>September 13</b><br>Salisbury Steak<br>Sweet Potato<br>Mixed Veggies<br>Mandarin Oranges              | <b>September 14</b><br>Chicken & Biscuit<br>Sweet Potato<br>Broccoli<br>Fresh Fruit                                  | <b>September 15</b><br>Ziti w/Meat Sauce<br>Green Beans<br>Italian Veggies<br>Pudding                 | <b>September 16</b><br><b>Cold Plate</b><br>Sliced Roast Beef<br>Potato Salad<br>Coleslaw<br>Peach Cobbler                                                        |
| <b>September 19</b><br>Chicken Alfredo over Pasta<br>California Medley<br>Chilled Pineapple                                        | <b>September 20</b><br>Chicken Parmesan<br>Spaghetti/ Marinara<br>Scandinavian Veggies<br>Tropical Fruit | <b>September 21</b><br>Cheeseburger Deluxe<br>Lettuce/Tomatoes<br>Roasted Potato Bites<br>Brussel Sprouts<br>Gelatin | <b>September 22</b><br>Macaroni & Cheese Stewed<br>Tomatoes<br>Carrot Raisin Salad<br>Mandarin Orange | <b>September 30</b><br><b>Cold Plate</b><br>Tuna Salad<br>Hot Dog Bun<br>Cottage Cheese<br>Broccoli Salad<br>Birthday<br>Cake/Frosting<br><b>Happy Birthday!!</b> |

### Meal site numbers:

Bolton: (518)644-2368  
Cedars: (518)832-1705  
cedars@warrencountyny.gov

Johnsburg: (518)251-2711  
Long Lake: (518)624-5221  
Warrensburg: (518)623-3451  
Lake Pleasant: (518)548-4941  
Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200  
First Presb. Church Glens Falls & Solomon Heights, Queensbury: (518)832-1705  
Wells: (518)924-4066

*Please Note: Contact your Mealsite to request a substitution if you do not care for Fish or Liver. The meal site Phone Numbers are listed above.*