

November 2014

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*

WARREN COUNTY STAFF:

CHRISTIE SABO - DIRECTOR

CINDY ROSS - FISCAL MANAGER

HARRIET BUNKER - COORDINATOR OF SERVICES

CINDY CABANA - SPECIALIST SERVICES FOR THE AGING

HANNA HALL - AGING SERVICES ASSISTANT

ROSE-ANN O'ROURKE - COORDINATOR OF NUTRITION SERVICES

KAYLA JARRELL - COORDINATOR OF VOLUNTEERS / "NEWSLETTER"

CATHERINE KEATING - STAUCH-REGISTERED DIETITIAN / MENU

SUSAN DORNAN - POINT OF ENTRY COORDINATOR FOR NY CONNECTS

DINAH KAWAGUCHI - PART TIME TYPIST



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

Please contact Kayla Jarrell to be added to our email list.

(518) 824-8824 or jarrellk@warrencountyny.gov

OFA HIGHLIGHTS

NY Connects: Information on Long Term Care Choices for You

Every month this space will provide you with information on services available in our community. This month our focus is on mental health.

If you are mourning the death of a spouse, if you are an overwhelmed Caregiver, if you are having trouble sleeping, or if you are struggling with life-changing health problems such as cancer, diabetes, or heart disease then you may be feeling blue, irritable, sad. Reaching out for help is the first step to feeling better.

Below are some Outpatient Clinical Services:

Catholic Charities 793-6212

Caleo Counseling Services 747-8243

Four Winds Saratoga 584-3600

Adirondack Samaritan Counseling Center 747-2994

Hudson Headwaters Health Network 824-8610

Glens Falls Hospital Behavioral Health 926-3210

Adirondack Psychological Health Services 792-1410

Psychological Associates 798-4056

Psychotherapy Center 793-1160

St. Anne Institute 437-6619

Saratoga Psychological Associates 587-0499

Please contact Susan at 1-866-805-3931 NY Connects, Warren-Hamilton Office for the Aging if you have Long Term Care questions I may be able to assist you with.

SUBSTITUTES NEEDED

Warren/Hamilton County
Office for the Aging
Meal Sites

Contact RoseAnn O'Rourke
for more information
(518)761-6347

Volunteers Needed

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

Join us for "Caring for Ourselves"- a new caregiver support group for you

Are you a caregiver who could benefit by having a safe place to discuss the stresses, challenges and rewards of providing care? Warren-Hamilton Counties Office for the Aging NY Connects has partnered with High Peaks Hospice and The Glens Falls Home to offer a new caregiver support group, "Caring for Ourselves" beginning early October. Both day and evening groups are offered and no fee is charged. A qualified facilitator will facilitate and provide helpful insight as you share experience, find solutions, mutual encouragement, and support. Anyone who is caring for a family member, friend, or loved one is welcome to attend.

For more information, contact Susan at NY Connects 1-866-805-3931.

NOTICE OF PUBLIC HEARING

You are Invited

*It is not too late! We have one **Public Hearing** remaining. This is your chance to provide input regarding the 2015 service plan. Reservations are not necessary.*

**NOVEMBER 17th CRANDALL
LIBRARY COMMUNITY ROOM**

*6:30p.m. Joint hearing with Washington County
Office for the Aging*

*If you are unable to attend, but would like to comment on services that the Warren-Hamilton Counties Office for the Aging provides, or services we are lacking, please send all comments to
Christie Sabo, Director,
Warren-Hamilton Counties Office for the Aging,
1340 State Route 9, Lake George, NY 12845.*

*Hope to see you there!
Christie Sabo, Director*

Caring for Ourselves

CARING FOR OURSELVES IS A NEW SUPPORT GROUP FOR ANYONE CARING FOR A FAMILY MEMBER, FRIEND, OR LOVED ONE. THIS GROUP OFFERS A SAFE PLACE TO DISCUSS THE STRESSES, CHALLENGES AND REWARDS OF PROVIDING CARE. WE MEET DURING THE DAY AND EVENING AND THERE IS NO COST FOR YOU TO JOIN US! FOR INFORMATION, CONTACT SUSAN @ WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING @ 1-866-805-3931.

11-NOON WEDNESDAY GROUP

MEETS @ THE GLENS FALLS HOME
79 WARREN ST, GLENS FALLS, NY 12801

NOVEMBER 12, DECEMBER 10

5:30-6:30PM EARLY EVENING GROUP

MEETS @ HIGH PEAKS HOSPICE
79 GLENWOOD AVE, (ELEVATOR TO 2ND FLOOR)
QUEENSBURY, NY 12804

WEDNESDAY NOVEMBER 26, MONDAY DECEMBER 22



Public Health
Prevent. Promote. Protect.

Warren County Public Health Looking for Participants

Mass Antibiotic Dispensing Exercise

Have you ever wondered what would happen if an old disease like Smallpox or a new disease not yet known were to start showing up in our hospitals, businesses, homes or schools?

Would you know where to get more information? If medications were available would you know where to go or how to access them? How would such a large undertaking happen?

Well, Warren County Public Health along with other local health departments throughout New York State has been planning for such an event for years. Now it is time to put the Medical Counter Measures Plan (MCM Plan) into practice.

Warren County Public Health will be conducting a full-scale Mass Antibiotic Dispensing Exercise (MCM Exercise) on March 12th, 2015. The MCM Exercise will test many facets of the MCM Plan including site activation, security, computer systems, simulated medication dispensing and more.

To simulate real life events Warren County Public Health is looking for 500 people to be a part of this exercise. Bring your family, bring your community group or feel free to bring yourself. Everyone is welcome. Groups of 10 or more will be entered into a raffle for an ice-cream social. The MCM Exercise will happen on March 12th, 2015 from 4:00pm – 6:00pm at the Queensbury Community Center. So please mark your calendars and Save the Date.

For more information please contact Dan Durkee at 761-6580 or email durkeed@warrencountyny.gov.

Warm Regards
Dan Durkee, Emergency Preparedness Coordinator
Warren County Public Health

It's Medicare Open Enrollment!

*Do You Need Help
Understanding your Options?*

**Counseling Appointments
with Linda Miller**

~Wednesdays this Fall~

*Linda will be at the Office for the
Aging during Open Enrollment to
offer you one-on-one help with*

Medicare and Part D.

~

**Please call (518) 761-6347 for an
appointment.**

Whats New with HIICAP. .

Four Questions to Ask During Open Enrollment

As Linda Miller, HIICP counselor and guest columnist pointed out last month, Medicare Part D Open Enrollment has again arrived. The enrollment period runs from October 15th through December 7th this year. This is the time to call the Warren/Hamilton Counties Office for the Aging HIICAP program at (518) 761-6347 for assistance in selecting the drug plan that is right for you. What questions should you ask to help you make your selection of a drug plan? Recently the National Council on Aging (NCOA) has stated that everyone needs to consider the four “C” questions, *cost, coverage, convenience/access* and *customer service* when choosing your plan. Let’s briefly look at each of these four areas.

Cost. Cost should not be the only factor in making your decision, but it probably ranks first in the minds of most consumers. It is important to remember that the plan with the lowest premium may not be the best plan for you. Let’s look at a few cost related questions:

What is the annual cost of the plan(s) being considered?

How much are the monthly premiums and have they gone up for 2015?

What are the extra costs of the plan, such as co-pays, co-insurance and deductibles? Have these changed for 2015?

Did you enter the coverage gap, or donut hole, this year? If so, is there a plan with better coverage for the drugs you take? Depending on your income, have you looked into the low-income subsidy (LIS)/Extra Help that will reduce your costs? Counselors will help you answer all of these questions.

Coverage. In second place, and close behind cost, is coverage. Do the plans you are considering cover all the drugs you believe you will need to take in 2015? When you call or go in person to a counseling session make sure you have a list of all the drugs you have been prescribed by your physicians. The information should include strength, dosage and how they are administered. Here are a few coverage related questions:

If you received a formulary exception from your 2014 plan, for example to cover a drug that

was not a regular part of the formulary, has the formulary been changed to cover that medication in 2015? If not, you may need to look for a new plan that covers that particular drug.

Do you want to have your health care and prescription drugs covered by one single plan? If so, you will need to review the Medicare Advantage Plan options with your counselor.

Ask your counselor to check on the rating of the plan. The five star rating is the highest awarded by Medicare but there are few such plans available in New York State.

Convenience/access. A third thing to consider is convenience/access. Do the plans you are interested in restrict access to the medications you are taking or may need to take? Here some additional questions:

Can you use your plan at a preferred price at the pharmacy you normally use?

Are you interested in obtaining your drugs through the mail? If so, does the drug plan you are interested in offer mail order delivery? If they offer this service, how do the mail order prices compare with those at your current pharmacy?

If you travel often or spend several months away from New York (winter in Florida for example), will your plan work while you are away from home?

Customer Service. For most consumers this is not the highest priority area but, if you are having trouble deciding between two plans that appear to be equal, customer service might be used as the deciding factor.


How easy is it to contact the plan and get quick and correct answers to your questions?

Does the plan send you refill reminders (if you want them)?

The Warren/Counties HIICAP program is now scheduling appointments for county residents to meet with certified counselors. Sessions will continue through December 7th. The number to call is (518) 761-6347. There are never any charges for this service.

Dr. William Lane is the owner of William Lane Associates, a gerontological firm based in Delmar, NY. He is writing a monthly column on issues related to health insurance for the OFA.

A Glimpse at Medicare Costs and Plans for 2015 & a Reminder: Medicare Open Enrollment Extends from October 15th to December 7th

	
MEDICARE HEALTH INSURANCE 1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY JOHN DOE	
MEDICARE CLAIM NUMBER 000-00-0000-A	SEX MALE
IS ENTITLED TO HOSPITAL (PART A)	EFFECTIVE DATE 01-01-2007
MEDICAL (PART B) 01-01-2007	
SIGN HERE → _____	

By Linda Miller

Last month's article about **Open Enrollment and Making the Most of Your 2015 Medicare Benefits** noted that by this month we'd have new cost information. We recently found out some good news: the Part B monthly premium, which most individuals have deducted from their Social Security benefits, will stay the same for 2015. The Part B annual deductible also does not increase.

Summary charts for Medicare Part B, Part D Prescription Drug Plans and Medicare Advantage Plans follow:

Medicare Part B Premium and Deductible Costs			
	2014	2015	Change
Part B Monthly Premium (Incomes up to \$85,000 single/\$170,000 married)	\$104.90	\$104.90	No Change
Part B (Medical) Annual Deductible	\$147.00	\$147.00	No Change

Part D Prescription Coverage Summary for 2015
There will be 25 Part D plans available in New York State with monthly premiums from \$15.70 to \$143.00. The average- "benchmark"- amount is \$37.64.
For those who get Full Extra Help paying for Part D, there will be 8 plans at \$0 premium to choose from.

Features of Medicare Advantage Plans for 2015

For 2015, there will be a total of **27 Medicare Advantage plan options in Warren County**. In **Hamilton County, 20 Medicare Advantage plan options** will be available. These plans combine health (Part A & B) and Part D prescription coverage within a network of providers for one premium. The **monthly premiums**-in both counties- will range **from \$0 to \$276.50**. The **annual out-of-pocket maximum** for any Medicare Advantage plan next year will be **\$6,700**; many plans offer lower out- of-pocket maximums.

Comparisons of plans can be made at the Medicare.gov website or by calling 1-800-Medicare (1-800-633-4227). The 2015 Medicare and You Handbook also has charts outlining plan information. If you need help, please call the Office for the Aging at 761-6347 for an appointment to meet with a HIICAP counselor.

Linda Miller, MPA, is a Health Insurance Information Counseling Assistance Program (HIICAP) Counselor and Director of Policy Matters Consulting. She does not sell or endorse any insurance products. New York State HIICAP provides Medicare beneficiaries with unbiased information and assistance.



**FUN
FACTS**

Volunteer

THE FUN Birthdays

Pat Minucci— 4th

Bill Whiteley—5th

Scott Rager—14th

Ruth Bowers—15th

Marie Godsil—25th

Cathy Hodgkins —25st

Wayne Carlton—27th



November 17th is National Take A Hike Day

November is National Tobacco Awareness Month

U.S. President John F. Kennedy assassinated, November 22, 1963.

28 different locations in the U.S. are named Plymouth, after the first landing site of the Pilgrims - Plymouth Rock.

Famous Birthdays



16th – Burgess Meredith –
Played trainer of “Rocky”



18th – Elizabeth Perkins –
Played Fred’s wife Wilma in
“The Flintstones” movie



21st – Goldie Hawn –
Star of “Laugh-in” and movies,
Kate Hudson’s mom.

CENTER

Turkeys Word Search Puzzle



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

- AMERICAS
- LARGE
- CARUNCLE
- POULTS
- DOMESTICATED
- PREHISTORIC
- FAST
- ROOST
- FLY FIFTY MPH
- RUN TWENTY MPH
- FOOD
- SNOOD
- FORESTS
- TOMS
- GAMEBIRD
- WATTLE
- GOBBLERS
- WHITE HOLLAND
- HENS
- WILD TURKEY

1. ABOUT FALL

2. ABOUT FALL 2

Sudoku Puzzle

B C E O O R T

□ □ □ □ □ □ □

A M N T U U

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A F G I L N L

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Answer:

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Answer:

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		3	6		2	5		
8	4					1		
	5	8			7		9	
1		9		3				7
			9			4		
		4	2			9		1
				8	1		4	
3	7		4					



Glens Falls Senior Center



SENIOR CEN

Located at: 380 Glen Street, Glens Falls, NY 12801
 Phone 793-2189 E-Mail: agreaterglensf@nycap.rr.com
 Celebrating over 50 years of Service to our Senior Community
 Something for everyone No Residency Requirements....

Rene Clements, Executive Director Shiela Satterlee, Assist. Director
 Lauren Tompkins, Outreach Specialist Joan Counter, Admin. Assistant

Visit our website at

<http://www.greaterglensfallsseniorecenter.com> for more information.

NEW MEMBERS WELCOME

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

SOME OF THIS MONTH'S HIGHLIGHTS

Mon-11/3	Good Books Club discusses "The Chaperone" by Laura Moriarty	1:00 p.m.
Tues-11/4	Film/Popcorn-"Man Of The Year"-Robin Williams	1:00 p.m.
Wed-11/5	Christmas Tree Shop, Colonie Mall-Transportation \$12	9:00 a.m.
Thurs-11/6	Lunch Bunch-Broadway Café, Fort Edward-call to reserve	12:00 p.m.
Fri-11/7	Free breakfast for Veterans and one guest-call to reserve	9:00 a.m.
Mon-11/10	One Stroke Art Class-call to sign up	12:30 p.m.
Tues-11/11	Fidelis Health Plan information	1:00 p.m.
Wed-11/12	Defensive Driving class-call to reserve	9 a.m.-5 p.m.
Thurs-11/13	New Orleans trip information	1:00 p.m.
Fri-11/14	Writers Group-special speaker and sharing of writing	1:00 p.m.
Mon-11/17	Special Bingo-refreshments, prizes	1:00 p.m.
Thurs-11/20	Racino Trek-gas donation \$6, Center members only	9:00 a.m.
Sat-11/22	Christmas Boutique-all things holiday	9 a.m.-2 p.m.
Mon-11/24	Pot Luck/decorating for Holiday party	12:00 p.m.
Tues-11/25	Newsletter mailing	1:00 p.m.
Monday- Friday	Thrift Shop-new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thursday	Chair Yoga- with Toby-Free- Sponsored by MVP	10:15- 11:00 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:15 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.

Ongoing activities at a glance:

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

Don't be lonely- come and participate in "YOUR SENIOR CENTER".

TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE

Interested in Joining and receiving more information:

Name: _____ Address: _____ Phone: _____



THE
 GLENS FALLS SENIOR CITIZENS CENTER
 INVITES

YOU AND A GUEST
 IN RECOGNITION OF

AND WITH GRATITUDE FOR YOUR MILITARY SERVICE

TO

A VETERANS DAY BREAKFAST
 IN HONOR OF YOU!!

Entertainment: WW II Radio Show with Gary Ferris

Date: Friday, November 7, 2014

Time: 9:00 a.m.

Where: Greater Glens Falls Senior Citizens Center
 380 Glen Street, Glens Falls, NY 12801

Please RSVP at 793-2189 by Monday, November 3

Feel free to bring some pictures and other items to share. (Seating up to 60)

Greater Glens Falls Senior Center Presents

The Christmas Boutique

Saturday, November 22, 9 a.m.-2 p.m.

Come, Shop and Experience

Christmas at Sherman House

Baked Goods

Jewelry

*Holiday Decorations for every room-
 shop two floors full of great items.*



British Landscapes Oct. 3rd -12th 2015

- Day 1 Overnight flight
- Days 2, 3 London, England
- Day 4 North Wales
- Days 5, 6 Edinburgh, Scotland
- Day 7 York, England
- Day 8,9 Starford-upon-Avon, England



Early Booking Rate
If booked before April 4th 2015

\$3699pp dbl
Air Inclusive

Informational Meeting
Mon. Nov. 10th at 3:30pm

*Complete itinerary available at the Center

Informational Meeting - Monday Nov. 10th at 3:30pm
At the Queensbury Center with Collette Vacations
Please call ahead if you plan to attend! 761-8224

Annual Theme Basket Raffle

Over 50 baskets to choose from; take a chance to win a great, early Christmas gift or treat yourself. The more chances you put into a basket, the better your odds of winning it.



Raffle starts on Monday, October 27 at 8:30am. Come down to the Queensbury Center, 742 Bay Road any weekday between 8:30am and 4:00pm to purchase tickets and place your chances.

Tickets for baskets are \$1 each or 15 for \$5. Call 762-8224 or visit www.SeniorsOnTheGo.org for more information.

Beeches Dinner Theater

"Sing We Now Of Christmas"
Tuesday Dec 9th

We'll begin the day with a visit to the Christmas Tree Shop in Colony to pick up some of those last minute holiday necessities. Then we are off to Rome NY for a holiday show and festive buffet luncheon. Gorgeous costumes, dazzling sets and a script that not only shares the fun & comedy of the "happiest time of the year," but celebrates the season's true meaning.

Cost \$78
Deadline:
Fri. Nov. 14th

November is: American Diabetes Month

American Diabetes Month®

In 2014, the Association will focus on teaching and inspiring the public to cook healthier by providing practical, hands-on tips for preparing “good-for-you dishes” that taste great.

They'll be sharing relevant information such as healthy cooking tips, diabetes and nutrition facts, and recipe ideas, via their “[America Gets Cooking to Stop Diabetes](#)” web page



Overall Messages

1. **Get Moving Mondays** - After the weekend; people are not as excited about getting up and going on a Monday. We will provide some easy tips each Monday to help you get moving and keep up an active lifestyle all week long.
2. **Tasty Tip Tuesdays** - Many people are afraid of losing the taste when they make a recipe healthier. Every Tuesday we will take a traditional recipe and teach people how to substitute certain ingredients for healthier options without losing the taste.
3. **What's Cooking Wednesdays** - With Thanksgiving kicking-off the holiday season, keeping yourself on track and eating healthy is very important. Each Wednesday, the public will vote on recipes that represent a healthy side dish, appetizer and/or dessert that they would like to see for a holiday meal. At the end of the month, we will unveil those winning dishes.
4. **Get Together Thursdays or Any Day!** - Encouraging people to get together with their friends and family and implement healthy cooking activities into their daily lives. Each Thursday we will highlight a suggested activity which can happen any day of the week.
5. **Fact Check Friday** - We want to challenge the public's knowledge about nutrition and diabetes, so each Friday we will post a question to test what they know and encourage them to share it with their friends, family and/or co-workers.
6. **Weekend Challenge to Stop Diabetes** - Why not take the weekend and use it as an opportunity to get active and help raise funds to Stop Diabetes? We will provide fun fundraising activities for people to engage in and use their 48 hours to participate, or if they are too busy then do the 48 hours to donate!

Honey-Orange Pork

Prep Time: 15 minutes Total Time: 20 minutes
Serves: 4

Ingredients

- 4 fluid ounces orange juice
- 4 fluid ounces pineapple juice
- 2 tablespoons soy sauce, reduced sodium
- 1 tablespoon honey
- 1/8 teaspoon black pepper
- 2 garlic cloves
- 1 pound pork sirloin chop, raw, boneless
- 1 tablespoon cornstarch

Preparation:

- Please note that this recipe requires at least 6 hours of marinating time, which is not reflected in the prep time.
- Trim any visible fat from pork. For marinade, combine orange juice, pineapple juice, soy sauce, honey, pepper, and garlic (minced) in a shallow baking dish.
- Add pork to dish, turning to coat. Cover and marinate in refrigerator 6 to 24 hours, turning once.
- Remove pork from marinade, reserving marinade. Place meat on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 12 to 14 minutes, or until no pink remains, turning once.
- Transfer marinade to a saucepan. Stir in cornstarch. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more.
- Pass sauce with pork. Serve with hot cooked rice and carrots Sautéed with ginger, if desired.

Nutritional info: Calories 210, calories from fat 45, total fat 5 g, cholesterol 70 mg, sodium 310 mg, total CHO 14 g, protein 25g

Pepper Steak

Prep Time: 15 minutes Total Time: 25 minutes
Serves: 4

Ingredients

- 2 garlic cloves
- 1 pound beef sirloin steak, raw
- 3/4 teaspoon black pepper
- 1/4 teaspoon salt
- 3 teaspoons balsamic vinegar
- 1 teaspoon olive oil, extra virgin
- 1 bell pepper, red, medium
- 1 bell pepper, green, medium
- 1 bell pepper, yellow, whole
- 1 onion, yellow
- 1 tomato, medium
- 2 teaspoons parsley, dried



Preparation:

- Preheat broiler. Spray a broiler-pan rack with cooking spray.
- Mince garlic. Rub both sides of the steak with the garlic, black pepper, and 1/8 teaspoon of the salt; place steak on prepared rack and drizzle with 1 teaspoon of the vinegar.
- Broil steak 5 to 6 inches from heat for about 5 minutes, then turn and drizzle the second side with another teaspoon of vinegar.
- Broil 4 to 5 minutes longer for medium-rare or until desired doneness. Transfer the steak to a warmed platter, cover loosely with foil, and let stand for 5 minutes.
- While steak is cooking, wash and thinly slice bell peppers; and cut onion and tomato into thin wedges.
- In a deep, non-stick skillet, heat the oil over high heat. Add bell peppers and onions, and toss to coat them with the oil; cook, stirring, for 1 minute.
- Reduce heat to medium-high, add tomatoes and 1 tablespoon of water, and toss to combine.
- Cover and cook, stirring frequently, for 8 to 10 minutes, or until vegetables are tender.
- Uncover the skillet and add remaining 1 teaspoon of vinegar, 1/8 teaspoon of salt, and any juices that have collected on the steak platter; simmer for 1 minute. Remove from heat and stir in parsley.
- Carve the steak into thin slices and arrange on the platter. Spoon the vegetables and pan juices around the steak.

Nutritional info: Calories 200, calories from fat 60, total fat 7g, cholesterol 60 mg, sodium 200 mg, total CHO 11 g, protein 23 g, vitamin A 30 %, vitamin C 260 %, calcium 4 %, iron 15 %.

November 2014

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 3 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	November 4 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	November 5 Turkey Divan Broccoli Rice Pilaf Cranberry Crunch	November 6 Boiled Potatoes/Carrots Biscuit Cinnamon Coffee Cake	November 7 Stuffed Shells with Marinara Meat Sauce Green Beans Tossed Salad Tropical Fruit Cup
November 10 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears	 November 11 Meal Site Closed	November 12 Hungarian Goulash Over Noodles Italian Veggies Mandarin Orange	November 13 Apple n' Onion Chicken Sweet Potatoes Spinach Birthday Cake	November 14 Sloppy Joe/Bun Steamed Carrots Corn Gingerbread/Topping
November 17 V-8 Juice Quiche of the Day Mixed Veggies Muffin of the Day Chilled Peaches	November 18 Ground Beef And Gravy Mashed Potatoes Japanese Veggies Pudding of the Day	November 19 CHEF'S CHOICE	November 20 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies	November 21 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Garlic Bread Fresh Fruit
November 24 Lemon Baked Fish Au gratin Potatoes Brussels Sprouts Tropical Fruit Cup	November 25 Juice of the Day Chicken & Biscuit Scandinavian Veggies Chilled Pineapple	November 26 Roast Pork Loin/Gravy Roasted Red Potatoes Winter Squash Strawberry Shortcake	 November 27 Meal Site Closed	November 28 Pepper Steak Mashed Potatoes Broccoli Mandarin Orange

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

Meal site Numbers:

Bolton-644-2368;
 Indian Lake; 648-5412;
 Lake Pleasant-548-4941;
 Soloman Hgts Qby —832-1705

Cedars-832-1705;
 Johnsonburg-251-2711;
 Long Lake-624-5221;
 Warrensburg-623-2653;

Chestertown-494-3119
 Lake Luzerne; 696-2200
 1st Presb. Church GF —832-1705
 Wells-924-4066