

Newsletter for Seniors

NOVEMBER 2015
Warren-Hamilton Counties Office for the Aging
(518) 761-6347
1340 State Route 9, Lake George, NY 12845
Toll Free Number 1-888-553-4994
NY Connects 1-866-805-3931

TO SERVE YOU BETTER...OFA APPOINTMENTS RECOMMENDED!

We know that nothing is more frustrating than driving all the way to our office only to find that there is no one available to help you. Given the number and complexity of issues we help with, we want you to meet with the OFA staff member best able to assist you. While we make every effort to see people when they drop-in we are noticing that it creates unnecessary waits, not to mention that people sometimes need to make a return trip to bring documentation. We would like to recommend that you call ahead to schedule an appointment. This will guarantee that you're able to meet with someone experienced in the topics you're asking about. It will also reduce your wait time and increase our ability to serve everyone in a timely manner. Call 761-6347 or 1-888-553-4994 to schedule an appointment.

Thank you!

The Office for the Aging Staff

WARREN COUNTY STAFF: CHRISTIE SABO ~ DIRECTOR

JAMI RIVERS ~ RECEPTIONIST DINAH KAWAGUCHI ~ PART-TIME TYPIST

CINDY ROSS , FISCAL MANAGER CATHERINE KEATING ~ STAUCH-REGISTERED DIETITIAN / MENU

HANNA HALL , AGING SERVICES ASSISTANT , HARRIET BUNKER ~ COORDINATOR OF SERVICES

CINDY CABANA , SPECIALIST SERVICES FOR THE AGING

SUSAN DORNAN ~ NY CONNECTS,
POINT OF ENTRY COORDINATOR

ROSE-ANN O'ROURKE ~ COORDINATOR OF NUTRITION SERVICES

OFA Staff Bio: RoseAnn O'Rourke

RoseAnn started with Warren/Hamilton Counties Office for the Aging January 2011 as Receptionist. She later worked as Aging Services Assistant before beginning her current position as Nutrition Service Coordinator April 2014. RoseAnn oversees congregate meal sites as well as supervising meal site employees and the Volunteer Coordinator for the home-delivered meals program. She enjoys providing nutrition services to those who visit our meal sites along with following up in person with those who receive our home delivered meals.



NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

Reach out: ask what is available **BEFORE** you need it. Don't wait for an emergency!

Plan ahead: everything changes ...so educate yourself as best you can.

Need legal help? Contact Legal Aid Society at **1-800-870-8343** or your lawyer.

Does Mom or Dad need to get to a medical appointment while you are at work? Contact Cindy at OFA 761-6347.

Think you can't afford to hire help? There are options available to afford the help you need. Contact Susan, NY Connects , at 1-866-805-3931

Need a break from care-
Connects about agen-



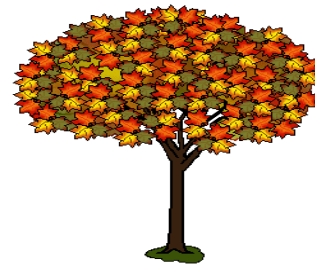
NY Connects
Your Link to Long Term
Services and Supports

giving? Contact NY
cies that can help.

CAREGIVER SELF-CARE

- 1. IDENTIFY 7 PEOPLE YOU CAN CALL WHEN YOU FEEL LIKE YOU NEED SUPPORT AND/OR POSITIVE FEEDBACK. BY HAVING 7 PEOPLE, YOU CAN TALK TO A DIFFERENT PERSON AND GET MORE IDEAS. MAKE SURE TO INCLUDE PEOPLE WHO ARE POSITIVE; DON'T CALL "AUNT NANCY" IF SHE IS A POOR LISTENER AND/OR A NEGATIVE PERSON.**
- 2. CHOOSE ONE NEW THING TO TRY THAT MIGHT BE FUN TO DO: MAYBE YOU HAVE WANTED TO TRY YOGA; ASK YOUR DR. IF THIS IS SOMETHING YOU CAN DO IF YOU'RE UNSURE. IF OK, BORROW A VIDEO FROM THE LIBRARY AND TRY SOME EASY STRETCHING TO RELIEVE THOSE TENSE MUSCLES. GET SOME PAINTS & TRY PAINTING A FEW HOLIDAY CARDS.**
- 3. PLAN ONE OUTING YOU CAN DO WEEKLY TO GET YOUR SELF OUT OF THE HOUSE: ARRANGE FOR A CAREGIVER SO YOU CAN GO TO THAT CLASS OR MEET A FRIEND FOR A WALK AT THE PARK.. IF YOU ARE UNABLE TO WALK FAR, GOING TO SEE A MOVIE IS A GREAT WAY TO "GET AWAY" WITHOUT COSTING A LOT OF MONEY.**

NOTICE OF PUBLIC HEARINGS



You are Invited

It is time for our annual **Public Hearings**. At the hearings I will be discussing the office's service plan for seniors for 2016. I encourage input regarding this plan and future planning. 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. Hearings will be conducted at the following sites:

NOVEMBER 9th LONG LAKE NUTRITION SITE

11:30a.m. 624-5221

NOVEMBER 13th LAKE LUZERNE NUTRITION SITE

11:30a.m. 696-2200

Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Christie Sabo, Director

Warren/Hamilton Counties Office for the Aging

The Warren-Hamilton Counties Office for the Aging is funded under Title III of the Older Americans Act through the Federal Administration on Aging, with additional funding from the New York State Office for the Aging, Warren and Hamilton County Governments, and donations from participants.

2015-2016 H.E.A.P. OUTREACH SCHEDULE

WARREN COUNTY

| | | |
|--------------------------------------|--|-----------------|
| Tuesday, November 17 th | <u>CRONIN HIGH RISE</u> 43 Ridge St. Glens Falls (Activity Room) | 9:00am-10:00am |
| Wednesday, November 18 th | <u>HAGUE TOWN HALL</u> | 9:00am-9:30am |
| Wednesday, November 18 th | <u>LAKE GEORGE TOWN HALL</u> 26 Old Post Road, Lake George | 10:30am-11:00am |
| Thursday, November 19 th | <u>WARRENSBURG TOWN HALL</u> 3797 Main St. Warrensburg | 3:00pm-4:00pm |
| Thursday, November 19 th | <u>WHITE WATER MANOR</u> North Creek : | 10:00am-11:00am |
| Thursday, November 19 st | <u>CHESTERTOWN MEALSITE</u> Chester Municipal Center 6307 State Rt. 9 | 11:00am-11:30am |
| Thursday, November 19 st | <u>HORICON COMMUNITY CENTER</u> 6604 State Rt. 8 Brant Lake | 1:00pm-1:30pm |
| Tuesday, November 24 th | <u>THURMAN TOWN HALL</u> | 9:30am-10:00am |
| Tuesday, November 24 th | <u>STONY CREEK TOWN HALL</u> | 10:30am-11:00am |
| Tuesday, November 24 th | <u>LAKE LUZERNE MEALSITE</u> Luzerne Senior Center | 9:30am-10:00am |
| Monday, November 30 th | <u>MONTCALM/JOHN BURKE</u> Community Room, Queensbury | 9:00am-9:30am |
| Monday, November 30 th | <u>SOLOMON HEIGHTS</u> 18 Farr Lane East, Queensbury | 10:00am-11:00am |
| Monday, November 30 th | <u>GLENS FALLS SENIOR CENTER</u> 380 Glen St. Glens Falls | 1:00pm-2:00pm |

HAMILTON COUNTY

| | | |
|-------------------------------------|-----------------------------|--------------|
| Tuesday, November 17 th | <u>INDIAN LAKE MEALSITE</u> | 11:30am-NOON |
| Thursday, November 19 th | <u>WELLS MEALSITE</u> | 11:30am-NOON |

All persons over 60 who need assistance: call Harriet Bunker @1-888-553-4994

REGULAR HEAP WILL OPEN NOVEMBER 16, 2015.

PLEASE CALL US AT 761-6347 IF YOU DID NOT RECEIVE HEAP LAST YEAR AND WE WILL MAIL YOU AN APPLICATION ONCE WE RECEIVE THEM FROM HEAP. If your household size is 1 person, you may qualify if your income is 2,244 monthly or less. If your household size is 2 persons, you may qualify if your combined income is 2,935 monthly or less.



ATTENTION WARREN COUNTY RESIDENTS!
Are you in need of life-saving smoke alarms?



The American Red Cross is partnering with
Warren County Emergency Responders to offer
FREE smoke alarm installations in your home!

Installations will be ongoing until supplies are exhausted.



A trained Red Cross representative will provide you with fire safety tips, assist you in making an evacuation plan, and install **free** smoke alarms in your home.

Would you like to volunteer for a couple hours a week? Many of our volunteers are “snowbirds” who will be heading south for the warmer weather so we will need additional volunteers. If you can help, we would love to hear from you. Give us a call and we will answer your questions; then you can decide if you’d like to give us a try. Thank

DON'T HAVE A HEALTH CARE PROXY?

Best to act now and have conversations about illness and death if you are with family during the holidays season. Too many times these things sneak up on us and people are not clear about what the ill person would like. What is it you want your family & friends to know? Do you have a wish to die in your own home if that is possible? If you belong to a faith community, do you want the members informed and asked to pray for you and visit you?

www.agingwithdignity.org has more information

Catherine's Corner

Catherine Keating, RD CDN Certified Dietitian Nutritionist

Storage Times for the Refrigerator and Freezer

Every November when I donate food to the local food pantry I also remember to check my pantry/refrigerator for outdated food items. These short but safe time limits for home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely. If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper, or place the package inside a plastic bag.

"Turkey Savings Time"

1-2 days for fresh turkey or chicken, refrigerate at 40 degrees or below

1-2 days for ground turkey refrigerate at 40 degrees or below

3-4 days for leftover cooked meat or poultry, refrigerate at 40 degrees or below

3-4 days for soups & stews with meat or vegetables added, refrigerate at 40 degrees or below

(Adopted By: Foodsafety.gov)

There's no better way to enjoy Thanksgiving leftovers than with a delicious turkey leftover recipe.

Next Day Turkey Primavera Recipe

Ingredients:

1 cup uncooked penne pasta

8 fresh asparagus spears, trimmed and cut into 1-inch pieces

2/3 cup julienned carrot

3 tablespoons butter

4 large fresh mushrooms, sliced

1/2 cup chopped yellow summer squash

1/2 cup chopped zucchini

1-1/2 cups shredded cooked turkey

1 medium tomato, chopped

1 envelope Italian salad dressing mix

1 cup heavy whipping cream

1/4 cup grated Parmesan cheese

Directions

1. Cook pasta according to package directions. Meanwhile, in a large skillet, sauté asparagus and carrot in butter for 3 minutes. Add the mushrooms, yellow squash and zucchini; sauté until crisp-tender.

2. Stir in the turkey, tomato, dressing mix and cream. Bring to a boil; cook and stir for 2 minutes.

3. Drain pasta; add to vegetable mixture and toss to combine. Sprinkle with cheese and toss again. Yield: 4 servings. **TOTAL TIME:** Prep/Total Time: 30 min. **YIELD:** 4 servings

Using the *Medicare & You* Guide by William C. Lane, Ph.D.

During early September all Medicare beneficiaries receive a publication from the Centers of Medicare & Medicaid Services entitled *Medicare & You (2016)*. You now have a choice of receiving it in either paper or electronic formats. Regardless of which way you choose to receive the publication I hope everyone will take a few minutes to go through this important guide. Because this publication contains important information, I am going to again use this column to examine how to get the most benefit out of *Medicare and You*.

If you have never read this publication I would urge you read it once from cover to cover. After you have become familiar with the contents, you can read the publication for updates each year.

While the format and layout of most chapters may change, the basic content remains the same from year to year. Each year there is an attempt to make the chapters more readable and easy to follow through these formatting changes. The 2016 edition is about 10 pages longer. Most of this additional material is found in Section 3 which covers tests and services covered by Medicare. Let's review the 2016 version.

- **Section 1 – Learn How Medicare Works.** A few phone numbers have changed (see pages 20-22).

Section 2 – Signing Up for Medicare Part A & Part B. The one change that will appear each year in the chapter is the Part B premium for the year. However, recently the manual has been published before the final decisions have been made by Congress on the premium level for the next year. On page 34 it is stated that standard Part B premium was \$104.90 per month for couples making less than \$170,000 per year for 2016.

Recent news reports indicate that unless Congress acts there could be major increases in Part B premiums. But, each addition of the guide only prints what is current law at the time of publication and not what might happen. So, watch the news for information. Changes such as this are permitted and covered by the disclaimer on the inside cover: "Information was correct when it was printed. . . "Medicare & You" isn't a legal document . . ."

Section 3 – Find Out if Medicare Covers Your Test, Service, or Item. This is a chapter that you should always review looking for a particular procedure or service that you will use this year to see if there are any changes in the coverage. Beginning on page 43 all the Part-B covered services are both listed and explained.

Several services are now covered by Part-B. These include (1) Continuous Positive Airway Pressure therapy of persons diagnosed with obstructive sleep apnea, (2) a clarification on the Medicare payment rules covering diabetes supplies ordered through the mail, and (3) Hepatitis C screening tests. Smoking and tobacco-use cessation counseling has been renamed tobacco-use cessation counseling.

It should be noted that the services not covered on by Part-B are listed on page 71. These include most dental care, eye examinations related to prescribing glasses, dentures, cosmetic surgery, acupuncture and hearing aides and fitting exams. However, some of these items may be covered, in part, under a Medicare Advantage Plan. Also, most long-term care services, beyond services related to a hospital discharge for rehabilitation, are not covered under Part-B.

- **Section 4 – What's Original Medicare?** No significant changes.

● **Section 5 – Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans.** There are few changes in this section. If you are considering changing from Original Medicare to a Medicare Advantage Plan read this chapter first.

● **Section 6 – What are Medicare Supplement Insurance (Medigap) Policies?** In the 2015 edition this section covered prescription drug coverage. That information is now contained in Section 7.

● **Section 7- Get Information about Prescription Drug Coverage.** Because the Affordable Care Act (ACA) is reducing the coverage-gap, commonly known as the "donut hole," there will be changes to this chapter every year between now and 2020. The example on page 111 outlines the rules for this current year. You should check this chapter each year to find out the changes.

● **Section 8 –Get Help Paying Your Health & Prescription Drug Costs.** On page 103 it is noted that the limits on receiving extra help have been increased this year from an income of less than \$ 17,665 (up from \$16,775) and resources of less than \$13, 640 (up from \$13,070) for a single person. For a married person living with a spouse, the levels are now less than \$23,895 and resources less than \$27,250. Many beneficiaries are not enrolling in these programs even though they could save thousands of dollars per year. If you feel you might now qualify for extra help you should contact the Warren-Hamilton Counties HIICAP Program at 518-761-6347.

● **Section 9 – Know Your Rights & Protect Yourself Against Fraud.** Because of the increasing problems with fraud and scams, new material has been added to this section.

● **Section 10 – Get More Information.** Remember, if you call 1-800 MEDICARE (633-4227) for information you can say "Agent" at any time and you will be directed away from the automated system to a customer service representative.

● **Section 11- Definitions.** No changes.

Section 12 – Compare Health & Prescription Drug Plans in Your Area. There are potentially important changes every year in this chapter. The changes are fairly easy to read and you should always find your coverage to see if there are any changes in such things as premiums, limits or co-pays for your coverage, including prescription drugs. If there are changes you may want to call the HIICAP program to seek advice about possibly making a change in your plan during the fall open enrollment period.

In summary, once you have read *Medicare and You* through once it should not be necessary to read the full document again. Always check the lower left hand corner of the front cover for a quick reference to the changes

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

The Greater Glens Falls Senior Citizens Center

380 Glen Street, Glens Falls, NY 12801 Phone 793-2189 E-Mail: agreaterglensf@nycap.rr.com

Kim Bren, Executive Director Shiela Satterlee, Assist; Lauren Tompkins, Outreach Specialist
Joan Counter, Admin. Assistant

Visit our website at <http://www.greaterglensfallseniorcenter.com> for more information.

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/Golf/Bowling/Crafts/Cards/Bingo
& Much More. **Trips include:** Albuquerque Balloon Festival, Caribbean Cruise, The Greek Isles, New York
City, Southern California, British Isles, New York City, Panama Canal, Hawaii, Alaska

Don't be lonely- come and participate in "YOUR SENIOR CENTER"
TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE necessary

| | | |
|----------------|---|----------------------|
| 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- 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 with Sam Ling-Cost: \$6 | 9:00 a.m.-10:00 a.m. |

SOME OF NOVEMBER'S HIGHLIGHTS

| | | |
|-------------|---|---------------|
| Mon-11/2 | United Health Information-drop in | 1:00 p.m. |
| Mon-11/2 | Good Book Club- " The Boys In The Boat "-by Daniel James Brown | 1:00 p.m. |
| Tues-11/3 | Game Day-bring your favorite/Triominoes, Michigan Rummy | 1:00 p.m. |
| Thurs-11/5 | Humana Health Plan information-drop in to get information | 1:00 p.m. |
| Fri-11/6 | Racino-Saratoga-\$6 gas donation-call to sign up | 9:30 a.m. |
| Mon-11/9 | Art class-acrylics-New York landscape-Cost: \$15-call to sign up | 12:30 p.m. |
| Tues-11/10 | Dear Diary-1860's-1920- Victorian life-Chapman Museum educator-Cost: \$3 | 1:00 p.m. |
| Wed-11/11 | Free Veterans' breakfast-call to register | 9:00 a.m. |
| Thurs-11/12 | Therapy dog visit-come and be loved | 1:00 p.m. |
| Fri-11/13 | Christmas Tree Shop-\$12 gas donation-call to sign up | 9:00 a.m. |
| Fri-11/13 | Writers Group-guest speakers-R & P Foulke on senior housing | 1:00 p.m. |
| Mon-11/16 | Special Bingo-refreshments | 1:00 p.m. |
| Tues-11/17 | Foster Grandparent program-come find out about helping a child | 1:00 p.m. |
| Thurs-11/19 | Fall prevention-HCR-Dan Anderson | 1:00 p.m. |
| Sat-11/21 | Christmas Boutique-all holiday items on sale | 9 a.m.-2 p.m. |
| Wed-11/25 | Film/popcorn- " 5 Flights Up " -starring Morgan Freeman and Diane Keaton | 1:00 p.m. |
| Mon-11/30 | Indoor/Outdoor games-refreshments | 1:00 p.m. |



Annual Basket Raffle

Monday, October 26 through Saturday, November 14

View over 50 theme baskets and purchase raffle tickets at the Queensbury Center, 742 Bay Road, Queensbury.

Take some chances to win a great early Christmas gift or treat yourself!

Just \$1 per ticket, or better yet, 10 tickets for \$5.

For more information: visit www.SeniorsOnTheGo.org or call 761-8224



(518) 761-8224  **QUEENSBURY SENIOR CITIZENS INC.** SENIORS ON THE GO! 742 Bay Rd. Queensbury NY 12845

Burlington Vermont Fri. Nov. 20th Fine Crafts & Art Show

A Premier Annual Event held at the Sheraton Conference Center in South Burlington



This is the largest and oldest juried arts & crafts show in the state of Vermont. Occupying two floors, 150 vendors showcase a wide variety of one of a kind and limited edition pieces of quality artwork and craftsmanship. This event draws thousands of people from around the northeast each year. It is a great place to find some hand-crafted unique gifts for the holidays or to simply enjoy browsing!

Lunch included at...
Shanty on the Shore
RESTAURANT



followed by

Burlington History Tour

Learn about interesting local history beginning with the Shanty and the land it sits on dating back to its purchase by Ira Allen back in 1775. In 1833 the Shanty was erected by Isaac Nye as a store, and sold dry goods & groceries. In 1834 Isaac Nye builds a wharf at the end of King Street. In 1894 James Wakefield a rigger & sail maker leased the Shanty to manufacture yachts, fixtures, awnings, tents and wagon covers. It was James Wakefield and his son who rowed out to the breakwater during a terrible winter storm to rescue the crew of a sunken canal ship, the "General Butler".

Our local step on guide, author and three time former city councilor Gary De Carolis will take us on a fascinating city tour after lunch sharing facts & stories of the Champlain Valley and Burlington through the ages. He will speak about the history from long before the region was first spotted by Samuel de Champlain in 1609, the years around the war of 1812, how it grew from a hamlet to a village, then a town and finally a city in 1865 and up until today.

Cost \$69 Deadline: Fri. Oct. 23rd

Staatsburgh Mansion Tues. Dec. 8th



Journey back to the extravagance & opulence of Christmas celebrations of the wealthiest people of the Gilded Age a century ago in the Hyde park area. Built in 1832 Staatsburgh was the former home of banker and railroad magnate Ogden Mills and his wife Ruth. Back in the day it was a party house and Mrs. Mills, a famous society hostess. Enjoy a guided tour of the 25 room Greek revival mansion decked out for the holidays and get a sense for what life was like in the day.

Beekman Arms in Rhinebeck NY



Included is a festive holiday lunch at the Beekman Arms in the historic village of Rhinebeck. It is America's oldest operating Inn. After lunch browse through the Beekman Arm's classic red barn that houses over 35 antique dealers or check out some of the quaint shops along the street for gift giving ideas this holiday season.



Grab your holiday essentials at a great price with a stop at the Christmas tree shop in Colonie before swinging by the festive light exhibit sponsored by Quick Response in Round Lake on the way home.

Quick Response Holiday Lights
Round Lake NY

Cost \$79 Deadline: Fri. Nov. 6th

Visa, Master Card or Discover Accepted - Call 745-4439

THE FUN CENTER

NOVEMBER IS NATIVE AMERICAN INDIAN HERITAGE MONTH

President George H. W. Bush approved a joint resolution designating this National American Indian Heritage Month IN 1990.

What is the correct terminology:


American Indian, Indian, Native American, or Native?

All terms are acceptable, however the consensus is that Native people prefer to be called by their specific tribal name. In the United States, Native American has been widely used however the terms American Indian and indigenous American are preferred by many Native people. (information from Smithsonian Museum website)

TRIBES INDIGENOUS TO NEW YORK STATE

| | |
|------------|----------------------|
| ABENAKI | MOHEGAN |
| CAYUGA | MUNSEE DELAWARE |
| ERIE | ONEIDA |
| LAURENTIAN | ONONDAGA |
| MOHAWK | POOSPATUCK/UNKECHAUG |

HAPPY NOVEMBER BIRTHDAYS TO OUR VOLUNTEERS !

| | | |
|-----------|-----------------------|---|
| 4 | PAT MINUCCI |  |
| 5 | BILL WHITELEY | |
| 14 | SCOTT RAGER | |
| 15 | RUTH BOWERS | |
| 25 | MARIE GODSIL | |
| 25 | CATHY HODGKINS | |
| 27 | WAYNE CARLTON | |

TURKEY TIME



Only male turkeys (toms) can gobble and they mostly do it in the spring and fall. It is a mating call that attracts the hens.

Wild turkeys gobble at loud sounds and when they settle in for the night.

Hens cackle!

NY has: Cranberry Lake

Texas has town of Turkey

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

WORDS TO SEARCH FOR:

FAMILY FRIENDS HUGS NOVEMBER THURSDAY

THANKS FOOD EAT PIE STIR CORN PEAS

PUMPKIN SQUASH TURKEY STUFFING

November 2015 Warren/Hamilton Counties Office for the Aging

menu by: **Catherine Keating, RD CDN**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| November 2 Brunch Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry & Granola | November 3 Election Day Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad | November 4 Beef Stroganoff over Noodles Carrots Pineapple Up-side Down Cake | November 5 Chicken Reuben Rice Pilaf Broccoli Fresh Fruit | November 6 Shepherd Pie with Mashed Potatoes & Veggies Green Beans Pumpkin Bar |
| November 9 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple | November 10 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Mandarin Orange | November 11  Meal Site Closed | November 12 Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day | November 13 Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Garlic Bread |
| November 16 Breaded Haddock Potato of the Day Green Beans Tropical Fruit Cup | November 17 Apple n' Onion Chicken Sweet Potatoes Spinach Gingerbread/Topping | November 18 CHEF'S CHOICE | November 19 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll | November 20 Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange |
| November 23 Sweet & Sour Chicken Brown Rice Oriental Veggies Tropical Fruit Salad* | November 24 Beef Pot Pie with Potatoes and Veggies Winter Squash Strawberry Shortcake | November 25 Roast Pork Loin/Gravy Mashed Potatoes Brussels Sprouts Pears | November 26 Happy Thanksgiving  Meal site Closed | November 27 Spaghetti & Meatballs Marinara Sauce Peas & Onions Tossed Salad Cinnamon Coffee Cake |
| November 30 Creamy Parmesan Fish Au Gratin Potatoes Mixed Veggies Pudding of the Day | SUGGESTED DONATION IS THREE DOLLARS PER MEAL. YOU MAY PAY MORE, OR LESS DEPENDING ON YOUR ABILITY TO DONATE. THANK YOU FOR DONATING! | PLEASE LET US KNOW IF YOU ARE NOT GOING TO BE HOME TO ACCEPT YOUR MEAL DUE TO A MEDICAL APPOINTMENT OR OTHER REASONS. THANKS FOR KEEPING US INFORMED. | IF YOU KNOW OF SOMEONE WHO COULD BENEFIT FROM OUR NUTRITION SERVICES, HAVE THEM GIVE US A CALL. | OUR DIETITIAN PROVIDES NUTRITION CONSULTS. CALL OUR OFFICE TO LEARN MORE. |

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 Wells 924 4066

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 GF & Solomon Heights, Qsby: 832-1705, Wells: 924-4066