

JULY 2026

ESSEX COUNTY OFFICE FOR THE AGING

MONTHLY NEWSLETTER

WHAT'S NEW?

- **Harvest of the Month**
Watermelon!
- **Nutrition Education**
Hot Weather Safety Tips
for Older Adults
- **Medicare Minute**
Medicare & Medicaid:
How they work together
- **Caregiver Assistance**
Fire Safety Tips
- **Nutrition**
July Menu
- **FREE Local Diabetes
Support Group**
- **FREE Caregiver
Wellness Programs**

OUR MISSION:

To provide leadership and advocacy which creates an environment enabling the County's aging residents to determine their own destiny in a positive, productive manner.

-HOW WE CAN HELP-

Outreach... Our outreach workers help to identify older adults who are in need and aid them in accessing services. Our staff will provide home visits and help in completing paperwork which may include applications for Lifeline, insurance forms, Medicare, SNAP, Medicaid, HEAP, etc. Office for the Aging also works closely and makes referrals to other agencies such as Adult Protective Services, Cornell Cooperative Extension, Public Health Nurses, Coordinated Care Unit, AmeriCorps Seniors, Third Age Adult Day Care, etc.

-SOME OF OUR SERVICES INCLUDE-

Congregate Meal Sites, Home Delivered Meals, Medical Transportation, Expanded In-Home Services for the Elderly Program (EISEP), Caregiver Support, Personal Emergency Response Systems (PERS), Health Insurance Counseling, Home Rehabilitation (Assess for Eligibility & Referrals), Legal Services, Respite Care.



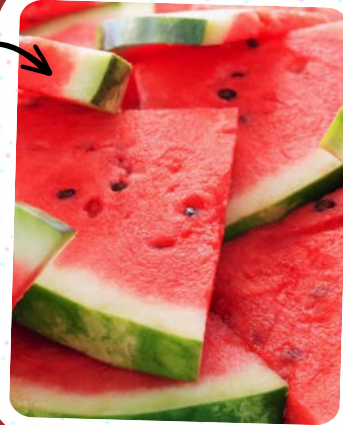
Essex County Office for the Aging
PO Box 217
Elizabethtown, NY 12932
(518) 873-3695 or Fax (518) 873-3784

Harvest

• OF THE MONTH •

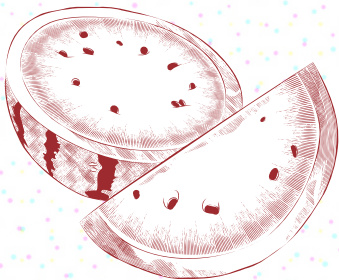
HEALTH BENEFITS OF WATERMELON

Watermelon is a highly hydrating, nutrient-dense fruit. It is low in calories (around 46 per cup) but packed with vitamins A and C, antioxidants. Made of about 91% water, watermelon is a delicious way to replenish fluids and electrolytes. Watermelon is a natural source of L-citrulline and lycopene, which may help relax blood vessels, reduce blood pressure, and improve overall blood flow.



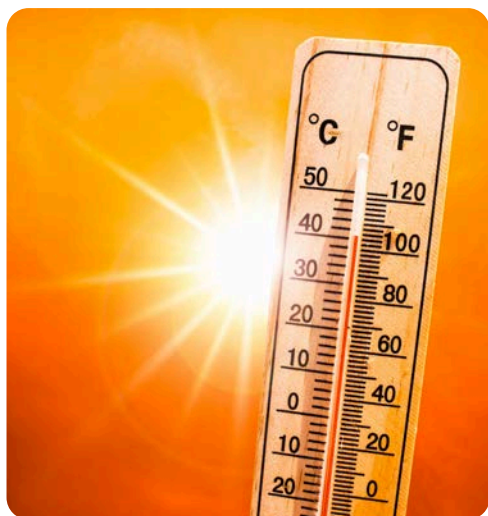
SHOPPING & STORAGE TIPS

- Select a watermelon that is heavy for its size with a creamy, dark-yellow "field spot" from resting on the ground.
- Look for rough, brown, webbed-like scratch marks on the rind. This indicates that bees pollinated the flower heavily, which usually points to a sweeter fruit.
- Store whole melons at room temperature for up to 10 days, or refrigerate for 2-3 weeks. Once cut, store chunks in an airtight container in the fridge for up to 5 days



WATERMELON SMOOTHIE

- Place all of the ingredients in a high-powered blender: 3 cups 1-inch diced frozen watermelon cubes, 1 cup frozen strawberries, ½ cup vanilla greek yogurt, ½ tbsp. honey, ½ cup water, and ¼ cup packed fresh mint leaves.
- Blend until smooth, adding more water as needed if the smoothie is too thick.
- Taste and add additional honey if you'd like the smoothie sweeter (this will vary depending upon your brand of yogurt and preferences).
- Enjoy immediately, with an additional sprig of mint or basil as desired.
- Blended smoothies can be stored in the refrigerator for up to 1 day. Storing them in an airtight jar is the best way to ensure they stay fresh. To freeze, pour smoothies into airtight freezer-safe jars or containers, and freeze for up to 3 months. Let thaw overnight in the refrigerator before serving.



HOT WEATHER SAFETY TIPS FOR OLDER ADULTS

While summer brings us warmth, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool; stay away from direct sun exposure as much as possible, stay hydrated, dress appropriately, use air conditioning, and apply sunscreen frequently.


HOW TO SPOT AND TREAT HEALTH PROBLEMS CAUSED BY HEAT:


- **Dehydration**- is a loss of water in your body and can be serious if not treated. Warning signs are weakness, headache, muscle cramps, dizziness, confusion, and passing out. Drink plenty of water and, if possible, sports drinks such as Gatorade, which contain important salts called “electrolytes.” Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you’re dehydrated.
- **Heat stroke**- is a very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly. Warning signs is a body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out. Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature.
- **Heat exhaustion**- is a serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke. Warning signs are heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C). Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks.



Medicare and Medicaid- How They Work Together

If you qualify for a Medicaid program, it may help pay for costs and services that Medicare does not cover. Here are a few examples of how Medicaid can work with Medicare:

 Medicaid can provide secondary insurance. This means that Medicare would pay for your care first, and then Medicaid may cover any remaining costs like coinsurances and copays.

 Medicaid can help pay your premiums. In most cases, if you have both Medicaid and Medicare, you don't owe a premium for your Medicare.

 Medicaid can help lower the costs of your prescriptions. People with both Medicaid and Medicare are enrolled in Extra Help automatically. This program helps with prescription drug costs.

Note:
Your Medicaid office may be called the Department of Health, the Department of Social Services, or go by another name.

How Can I Apply for Medicaid?

Learn more about Medicaid in your state through your local Medicaid office. Your local office can tell you how to submit an application and what documents and forms of identification you may need in order to apply. It can also give you information on the different programs in your state and the eligibility requirements for each. Contact your State health Insurance Assistance Program (SHIP) to learn how Medicare and Medicaid can work together. Contact your Senior Medicare Patrol (SMP) if you have experienced improper billing or potential Medicare fraud, errors, or abuse.

Caregiver Assistance News

“Caring for you... Caring for others”



Fire Safety Tips for Older Adults

Many older adults live in apartment buildings. Fire safety in an apartment has a few extra considerations—shared walls, hallways, and building systems mean you need to think beyond just your unit.

Older adults—especially those over age 65—face a significantly higher risk of injury or death from fires. Each year, nearly 1,000 Americans aged 65+ lose their lives in fires. Adults over 80 are at three times greater risk than the general population.

Caregivers play a critical role in reducing these risks and helping keep older adults safe.

Apartment Fire Safety Tips:

Reduce Risks Inside

Supervise or assist with cooking, especially if the older adult has memory or mobility issues. Turn off and unplug appliances after use (consider auto shut-off devices). Keep space heaters at least 3 feet from anything flammable. Check for frayed wires, overloaded outlets, or unsafe power strips. If smoking is allowed in the apartment, ensure the person in your care smokes only when alert and never in bed. Use deep, stable ashtrays.



Check Building Safety Systems

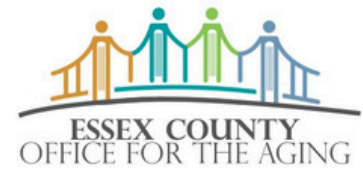
Test smoke and carbon monoxide alarms monthly. Ask management if there are working sprinklers. Locate fire alarms and pull stations in hallways, as well as, emergency exits and stairwells (**never use elevators during a fire**). Make sure the older adult knows the sound of the alarm. If needed, install visual/vibrating alarms for hearing loss. Make sure the unit has working smoke and carbon monoxide detectors (landlords are usually responsible, but double-check). Register with your building manager or local fire department if the person in your care may need help evacuating. Arrange a “buddy system” with a neighbor who can check on the older adult.

Plan for Individual Needs

Keep essentials within reach such as phone, glasses, hearing aids, medications and flashlight. Consider a wearable emergency alert device. Set up a daily check-in system (call, text, or neighbor visit). Inform building staff or local fire department if the older adult may need help evacuating.

Caregiver Assistance News

“Caring for you... Caring for others”



Fire Safety Tips for Older Adults (Cont.)

A Realistic Escape Plan

The caregiver and the older adult should know the building layout. What are the best access points for emergency responders. Think in terms of seconds matter: can the older adult get from bed to door quickly? Are there obstacles in the path? Identify two exit options: the primary such as the hallway to the stairs and a back-up such as a second stairwell or safe shelter-in-place. Practice the route using any mobility aids (walker, cane, wheelchair). Teach the older adult to feel the door before opening and to stay low if there's smoke. Close doors behind you to slow the spread. If escape isn't possible, stay inside, seal door cracks with towels. If you can't leave, stay put and let firefighters reach you—many apartment buildings are designed for this (“defend in place”). Call 911 once you are safe or signal from a window/balcony.

Practice the route using any mobility aids (walker, cane, wheelchair). Teach the older adult to feel the door before opening and to stay low if there's smoke. Close doors behind you to slow the spread. If escape isn't possible, stay inside, seal door cracks with towels. If you can't leave, stay put and let firefighters reach you—many apartment buildings are designed for this (“defend in place”). Call 911 once you are safe or signal from a window/balcony.

Prevent Common Apartment Hazards

Never allow blocking of hallways, doorways, and exit paths. Do not use ovens or stoves for heating. If oxygen equipment is used, keep away from heaters and stove flames.

Emergency Readiness

Post emergency numbers on the refrigerator such as 911. Keep a go-bag ready: ID, medications, medication list, phone charger, keys.

Hear a Beep, Get on Your Feet

Is there a beep or a chirp coming out of your smoke or carbon monoxide alarm? What does the noise mean? Knowing the difference can save you, your home, and your family! Make sure everyone in the home understands the sounds of the smoke and carbon monoxide alarms and knows how to respond. Learn the sounds of your smoke and carbon monoxide alarms by checking the user guide or search the brand and model online. What is your alarm telling you?

SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call 9-1-1, and stay out.
- A single “chirp” every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call 9-1-1 and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have “end of life” sounds that vary by manufacturer. This means it's time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

DIABETES SUPPORT GROUP



Join us for support, education,
and conversation with others
managing diabetes.



July 21



1:00 PM



**Elizabethtown
Community Hospital
Boardroom**



All are welcome!



For more information, please contact:

Denise McLaughlin
518-873-9005

**HOW WELL ARE
YOU MANAGING
YOUR DIABETES?**



FREE A1C SCREENING!

Elizabethtown Community Hospital is offering free A1c screenings as well as educational materials to prevent and treat Diabetes.

Smith House Health Center

39 Farrell Road Willsboro NY
Friday, July 10th, 9am-2pm

OR

Westport Health Center

6097 NYS Route 9N Westport NY
Friday, July 17th, 9am-2pm

No Appointment Necessary!
Free and open to the public.
Questions - Call 518-585-3761



UVMHealth.org/ECH

THE
University of Vermont
HEALTH NETWORK

Elizabethtown Community Hospital



ALZHEIMER'S DISEASE
Caregiver
SUPPORT INITIATIVE



FREE Caregiver Wellness Program

Wellness events allow caregivers to connect with one another in safe and supportive environments that promote mental and physical well-being. All events are offered at no cost to participants.

In-Person Events (Northern Region)

- **Pickleball:** Mondays (July 6, 13, 20, & 27), 1:00-3:00pm.
Fitness Loco, 3926 NY-22, Willsboro, NY.
Please bring clean, indoor sneakers to wear on the courts.
- **Lunch Bunch (Pop-Up Memory Cafe)**
Wed, July 15th, 11:30am.
Hosler's Family Restaurant, 607 E. Main St, Malone, NY.
Pop in for a hot meal and community conversation—our treat!
- **The Strand presents: David Clark: "All About Joel"— A Tribute to Billy Joel:** Sat, July 18th, 8:00pm.
The Strand Center Theatre, 25 Brinkerhoff St, Plattsburgh, NY.
A lifelong pianist and admirer of Billy Joel, David delivers performances filled with stunning renditions of Joel's timeless hits, connecting with audiences not only through his musical skill but also through his wit and humor—just like Joel himself!
Tickets for this event are limited; attendees must RSVP.
- **Cooking Class:** *No summer sessions; this event series will resume in September.*
Expand your repertoire of quick, easy, and fun meals and desserts under the guidance of SUNY dining services staff.

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**Pre-registration is encouraged so we can adequately plan for attendee numbers and provide updates in the event of schedule changes. To register for this month's events, inquire about next month's schedule, or to learn about events in Hamilton, Warren, & Washington counties, please call or text Heidi Reyor at (518) 569-0003.**

**The purchase and/or consumption of alcoholic beverages is not permitted during wellness events or memory cafés.**

### Ongoing Program Offerings

#### **In-Home Fall Prevention**

There's no place like home-- the place where we spend much of our time and are most likely to let our guard down in regard to safety. Many falls happen in our own homes, but they can easily be prevented if we are vigilant about ensuring that our living environment is tailored to meet our current needs and capabilities. The Caregiver Support Initiative is proud to offer free, in-home fall prevention assessments to residents of Clinton, Essex, Franklin, Hamilton, Warren, & Washington counties. To learn more about this program or to schedule an appointment, please contact 1-800-388-0199.

#### **Project Lifesaver**

Project Lifesaver (PLS) is the premier search and rescue program for adults at risk for wandering due to conditions affecting cognition. A small, personal transmitter may be worn on either the wrist or ankle, allowing local authorities to track missing persons using radio frequency. This rapid response and recovery program has been proven to reduce injury and save lives. The Caregiver Support Initiative collaborates with local sheriffs' departments to offer free and easy access to PLS detection devices. To learn more about this program or to enroll, please contact us at 1-800-388-0199.

#### **Traveling Together**

Through this family recreation and support program, caregivers, their care recipients, and other family members can enjoy events and activities together within Hamilton County at no cost. *Traveling Together* is open to full-time and part-time residents of Hamilton County, as well as visiting families from other areas. In addition to our free, family-friendly and accessibility-friendly event offerings, we also provide opportunities to receive education and support from trained staff members within facilitated groups where open discussions may be had with others in similar caregiving situations. To learn more about program eligibility, please contact us at 1-800-388-0199.

## Upcoming Memory Cafés

Memory Cafés provide a gathering place for friends with Alzheimer's disease or other dementias (and their caregivers and families) to relax and enjoy social events, refreshments, and entertainment.

### Clinton County: *Special date for the month of July!*

Mooers Public Library, 25 School St, Mooers, NY

Thu, July 9<sup>th</sup>, 1:00pm– Live music and entertainment by Angeleque & Steven. Stop in for a sizzling summer performance of seasonal tunes drawn from rock, Motown, country, and patriotic favorites!

### Essex County Pop-Up Memory Café: Pickleball

Fitness Loco, 3926 NY-22, Willsboro, NY

Please bring clean, indoor sneakers to wear on the courts.

Mon, July 20<sup>th</sup>, 1:00-3:00pm. Attendees must RSVP.

### Franklin County: *Special pop-up event for the month of July!*

The Wild Center, 45 Museum Dr, Tupper Lake, NY

Come explore the indoor exhibits, outdoor canopy trails, and live animal encounters offered by Tupper Lake's own natural history & science museum, now featuring *TROLLS: Save the Humans*, a giant-sized, 6-piece sculpture exhibit by Danish recycle artist Thomas Dambo.

Fri, July 31<sup>st</sup>, 11:00am. Attendees must RSVP.

### Virtual Café: 3<sup>rd</sup> Thursday of the month at 2:00pm

This gathering will be led via Google Meet; program staff will deliver all necessary materials. Openings for this event are limited; please RSVP ASAP to secure your spot.

July 16<sup>th</sup> – Wooden crafts (hanging herb planters) with Shelley Raville of Willow & Wind Designs.

**For more information on these FREE events or to RSVP, please call or text Heidi Reyor at (518) 569-0003.**

## Support Group Schedule (Northern Region)

### Clinton County: 1<sup>st</sup> Tuesday of the month from 6:00-7:00pm

CVPH Medical Center (Auditorium C), 75 Beekman St, Plattsburgh, NY  
Please enter through main hospital entrance; the auditorium is on the 1<sup>st</sup> floor.

### Essex County Group #1: 2<sup>nd</sup> Monday of the month from 5:30-6:30pm

Elizabethtown Community Hospital, 101 Adirondack Dr, Ticonderoga, NY

### Essex County Group #2: 4<sup>th</sup> Monday of the month from 6:00-7:00pm

Wilmington Community Center, 7 Community Circle, Wilmington, NY

### Franklin County: (New!) 3<sup>rd</sup> Monday of the month from 4:00-5:00pm

St. André's Outreach Center (in café), 12 Homestead Park, Malone, NY  
Respite care to be offered on-site by Helpful Haven from 3:30 to 5:30pm.

### Virtual Group: 2<sup>nd</sup> Monday of the month at 10:00am

Attendees may participate via Zoom or via telephone; pre-registration required.

**All support groups are facilitated by representatives of the Alzheimer's Association. For more information or to RSVP to support groups in Clinton, Essex, or Franklin counties, contact Brooke Dubuque at (518) 915-3115 or [bmdubuque@alz.org](mailto:bmdubuque@alz.org).**



Live music by Angeleque and Steven



Explore The Wild Center!



Herb planters with Shelley Raville

For more information, visit our website at [www.wehelpcaregivers.com](http://www.wehelpcaregivers.com) or call us at 1-800-388-0199.  
*This program is supported by a grant from the New York State Department of Health.*

## *Traveling Together: Caregiver Support*

A new, whole-family recreation and support program offered by *The Alzheimer's Disease Caregiver Support Initiative* for visiting families and seasonal residents of Hamilton County

Caregivers can feel torn between meeting the needs of a loved one with dementia and making time for recreation with the rest of the family. Life moves fast, and the opportunities to engage in meaningful activities as a whole family can seem limited. Through *Traveling Together*, caregivers, their care-recipients, and other family members can enjoy events and activities together within Hamilton County at no cost.

Family is forever, so let us help you make lasting memories with the ones who matter most!

*Traveling Together* is open to full-time and part-time residents of Hamilton County, as well as visiting families from other areas. Our free, family-friendly and accessibility-friendly event offerings include, but are not limited to:

- Boat Cruises
- Dining Events
- Museum Tours
- Live Performances
- Nature Walks
- And More!

*Traveling Together* also offers education and support from trained staff members within facilitated groups where open discussions may be had with others in similar caregiving situations.

To learn more about program eligibility, please contact us at **(800) 388-0199**.



*The Alzheimer's Disease Caregiver Support Initiative* (ADCSI) is a program for caregivers in the North Country of New York State that offers support and direction to those caring for individuals with Alzheimer's disease and other forms of dementia. All services are available at no cost through grant funding within Clinton, Essex, Franklin, Hamilton, Warren, & Washington Counties. There are no insurance or income requirements for enrollment.

The Caregiver Support Initiative, SUNY Plattsburgh, 101 Broad St (#524 Sibley), Plattsburgh, NY 12901  
1-800-388-0199 • [www.wehelpcaregivers.com](http://www.wehelpcaregivers.com) • Follow us on Facebook @WeHelpCaregivers

*This flyer and the services listed are supported in part by grants from the NYS Department of Health. Images licensed by iStock.*

# Protect Yourself From Scams & Fraud

Scammers are getting smarter every day. SilverShield is your personal protection tool - currently available to you at no cost through your local AAA.

100% Free - No Cost to You

## What is SilverShield?

SilverShield is a service that helps you identify scams before it's too late. Got a suspicious text, email, or phone call? Just send it to SilverShield and we'll tell you if it's real - or a scam. Learn more at [www.SilverShield.ai](http://www.SilverShield.ai)

## HOW IT WORKS

1

### Sign up for free

Complete the form & hand it to a staff member - we'll send a welcome text & email to finish signing up!

2

### Don't recognize it? Send it to us

Got a text, email or call from someone not saved in your contacts? Send it to us!

3

### We'll check it out

We'll review it and let you know right away if it's a scam - and what to do next.

## WE HELP YOU SPOT

- Suspicious texts & emails
- Fake prize, lottery, & romance scams
- IRS & Medicare impersonators
- Grandparent & family scams
- Unexpected password resets
- Phishing links, pop-ups... and more!

### Questions?

Contact [krissy.leerkes@essexcountyny.gov](mailto:krissy.leerkes@essexcountyny.gov) | 518-873-3695

NEW YORK STATE OF OPPORTUNITY | Office for the Aging | New York Caregiving Portal | Provided in Partnership With: Association on Aging in New York | Powered by Trualta

**Caring for your loved one but don't know where to start?**  
**Let Trualta help you on your caregiving journey!**

- Explore options for challenging behaviors
- Discover ways to connect with your loved one
- Share and learn with fellow caregivers




Scan me with your camera to visit!

**NewYork-Caregivers.com**


POWERED BY TRUALTA

**GetSetUp** + **NEW YORK STATE**




**Bringing Fun Live Virtual Classes To Older Adults**

<https://www.getsetup.io/partner/NYSTATE>



ARCHANGELS | NEW YORK STATE OF OPPORTUNITY | Office for the Aging | AGING in New York | RW | RAFFERTY WILSON INC. | POWERED BY TRUALTA



**DO PEOPLE OFTEN TURN TO YOU FOR HELP ?**

**If so, you're probably an Archangel.**

Caregivers are Archangels, and caring for others can be really intense. Nearly 1 in 4 of us are in the red. Are you?

Use your cell phone camera to scan the **QR code** on this flier and get your Intensity Score in **two minutes** or less. You will also get access to a list of resources that are out there ready to support you.

**ANY CARE COUNTS** | Learn about what it means to be an Archangel and why it's so important to identify what's driving your intensity at: [www.archangels.me](http://www.archangels.me)

**BLOOMING HEALTH**

POWERING HEALTHY AGING IN-PLACE

**HOW TO SIGN UP?** ✓

- You will be signed up for this service by your program manager automatically. No actions needed from you.
- If you are not interested in the communication service, you can always opt out.
- Once your account is ready, you will be receiving Essex County communications from these phone numbers: **518-855-7068** and **518-855-7064**.

Get back to doing the things you love with your community!

Sign up today to receive program alerts via phone calls, text messages, or email for FREE!

Reconnecting **YOU** with **YOUR** community!

**KEY BENEFITS**

*Activity Alerts and Announcements*


- Receive timely reminders so you **DO NOT MISS** your favorite classes and communities!
- **YOU** choose how to receive these reminders (voice calls, emails, or text messages) and in what language

AGELESS INNOVATION'S **Joy for All** COMPANION PETS



**JOY FOR ALL** Companion Pets are designed to bring comfort, companionship, and fun to elder loved ones. Our interactive cats and pups are all about an ease-of-care and convenience that pairs with technology for the best possible experience.

AGELESS INNOVATION'S **Joy for All** COMPANION PETS



**A WALKER REMINDER**

Chirps "Don't Forget Me" songs when walking stops.

**Sings as you move!**

- Walker Reminder
- Detects Movement
- Mimics Real Birds
- Sings Six Songs

For more information, please contact us at 518-873-3695.

# July Menu

| MONDAY                                                                              | TUESDAY                                                                                                   | WEDNESDAY                                                                            | THURSDAY                                                                            | FRIDAY                                                                                                                                   |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                     |                                                                                                           | 1<br>Meatloaf, mashed potato, spinach, fruit cocktail, wheat bread, milk             | 2<br>Macaroni & cheese, broccoli, mandarin orange, wheat bread, milk                | 3 -CLOSED-<br>BBQ Chicken, sweet potato, zucchini<br> |
| 6<br>Salmon, rice, asparagus, blueberries, wheat bread, milk                        | 7<br>Chicken fried chicken, country gravy, mashed potato, cali blend veggie, pear half, wheat bread, milk | 8<br>BBQ pulled pork, wheat bun, french fries, sliced carrots, apple sauce, milk     | 9<br>French toast, egg patty, hash brown, spinach, mixed berries, apple juice, milk | 10<br>Pork chop with gravy, sweet potato tots, green beans, pineapple tidbits, PB cookie, wheat bread, milk                              |
| 13<br>Herb chicken, hashbrown cubes, asparagus, mandarin oranges, wheat bread, milk | 14<br>Turkey with gravy, mashed potato, brussel sprouts, apple sauce, wheat bread, milk                   | 15<br>Chicken quesadilla, refried beans, stir fry veggie, pineapple tidbits, milk    | 16<br>Michigans, baked beans, mixed veggies, peaches, wheat bun, milk               | 17<br>Baked ham with brown sugar glaze, mashed sweet potato, green beans, tropical fruit, wheat bread, milk                              |
| 20<br>Chicken broccoli alfredo, dinner roll, broccoli, mandarin oranges, milk       | 21<br>Fish sandwich on wheat bun, sweet potato fries, california blend veggie, raspberries                | 22<br>Tuna casserole, green beans, apricots, wheat bread, milk                       | 23<br>Stuffed shells with sausage, italian veggie, apple sauce, wheat bread, milk   | 24<br>Sloppy joes on wheat bun, mashed potato, capri veggies, pears, milk                                                                |
| 27<br>Peach chicken, mashed potato, green beans, fruit cocktail, wheat bread, milk  | 28<br>Cheeseburger, french fries, carrots, diced pears, wheat bun, milk                                   | 29<br>Sausage & peppers, wheat bun, sweet potato puffs, corn, pineapple chunks, milk | 30<br>Meatloaf, mashed potato, spinach, fruit cocktail, wheat bread, milk           | 31<br>Macaroni & cheese, broccoli, mandarin oranges, wheat bread, milk                                                                   |

**Menu subject to change without notice**

# **\*Important Policy\***

## **FOR HOME DELIVERED MEALS:**

Please be home between 8:30 AM-1:30 PM to receive your meals. If you will not be home, please call 518-962-2730 or 518-873-3695 before 9AM to cancel. You can also leave a note if you will not be home.

## **REHEATING MEAL INSTRUCTIONS:**

Vent the plastic sections with a fork or pull the corner of each food section to vent. Caution! Steam will be very hot!

To heat in the microwave: Heat the meal 2-3 minutes on high or until food reaches a temp of 165 degrees.

To heat in the oven: Place meal on a cookie sheet in the middle of the oven at 350 degrees for 20-25 minutes or until food reaches a temp of 165 degrees.

Menu subject to change without notice. Suggested contribution is \$3.50 per meal for persons over 60. No older adult will be denied services due to an inability or unwillingness to contribute. Services and funding provided in whole or by part, by US Department of Health & Human Services, Administration on Aging, New York State Office for the Aging, Essex County Office for the Aging and Adirondack Community Action Program (ACAP). Nutritional analysis is available upon request.