

OCTOBER 2026

ESSEX COUNTY OFFICE FOR THE AGING

MONTHLY NEWSLETTER

WHAT'S NEW?

- **Harvest of the Month**
Pumpkins
- **Nutrition Education**
Are Frozen Foods a
Healthy Alternative?
- **Medicare Minute**
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- **Caregiver Assistance**
Mental Health -
Managing Stress
- **Womens Health Forum**
- **Veterans Outreach**
Days
- **Nutrition**
October Menu
- **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 PUMPKINS

Apples are nutrient-dense fruits packed with fiber, vitamin C, and antioxidants. Eating whole apples supports heart health, aids digestion, helps manage blood sugar levels to lower diabetes risk, and promotes healthy weight management.



SHOPPING & STORAGE TIPS

- Look for a sturdy, dry, woody stem. Never lift or carry a pumpkin by its stem, as it can snap off and invite rot.
- Avoid any fruit with soft spots, cuts, bruising, or punctures.
- Store uncut pumpkins in a cool, well-ventilated area like a basement, garage, or pantry. The ideal temperature is 50°F to 55°F.
- Do not store your pumpkins next to ripening apples or pears, as the gas they release will speed up decay.
- Do not refrigerate whole uncut pumpkins, as cold and humidity will ruin their texture and flavor.

ROASTED PUMPKIN BITES

- Preheat the oven to 425°F. Set an oven rack to the lowest position. Line a large, rimmed baking sheet with high-heat-resistant parchment paper.
- Wash and dry 1 sugar pumpkin. Microwave it for one minute on high to soften.
- Cut the pumpkin in half and remove the pulp and seeds.
- Cut each pumpkin half into four one-inch-thick moon-shaped slices, discarding the ends. Remove the skin, then cut each pumpkin slice into 1-inch cubes.
- Place the pumpkin cubes in a large bowl. Add 2 tbsp. olive oil, 1 tsp. kosher salt, 1 tsp. garlic powder, and 1 tsp. chili powder. Evenly coat the pumpkin chunks.
- Bake them until tender, about 30 minutes, tossing them halfway through. Serve immediately.



ARE FROZEN FOODS A HEALTHY ALTERNATIVE?

One of the biggest misconceptions is that frozen fruits and vegetables are somehow nutritionally inferior to fresh ones. In reality, unless you're buying locally and seasonally, those strawberries or that broccoli may have spent days being transported and stored — and then a few more sitting in a refrigerator.

Stock up on Fruit and Vegetables

There's no shame in eating frozen fruit and veggies. It can be a smarter choice for your wallet and nutrient quality. Being able to take half a cup of peas, a handful of corn, or a portion of berries and leave the rest frozen makes it much easier to cook for one or two people without buying more than you need. From a nutrient standpoint, they are in some ways superior. Fruit and vegetables are picked at the peak of their ripeness, so the nutrient quality stays in prime condition compared to when things travel on a truck, go to a grocery store, and then sit in your fridge. Those nutrients might degrade over time. Buying frozen can also help with food waste. Fresh fruit and vegetables only last a few days, but frozen foods are safe indefinitely if stored continuously at 0°F. The best part is they don't need to be defrosted before cooking.

Don't Forget Protein

You can freeze almost any food, but having frozen fish, meat, and poultry can come in handy and be cost effective. Just remember that it takes time for meat to properly and safely defrost, so make sure to plan your meal ahead of time.

Focus on the Nutrition Label

Premade foods can contain high amounts of saturated fat and sodium. When choosing a frozen item, pick one that contains less than 33% of the daily recommended value. Also, look at the sugar content as some foods contain more than you think. While some frozen foods might be labeled as "healthy," they might be low in calories. This can cause you to not feel full, or you may be hungry again in an hour. Consider adding extra veggies or protein to balance the meal out with more nutritious foods. These food items are higher in vitamins and minerals but lower in calories.

Key Takeaways

Frozen fruits and vegetables often match fresh in vitamins; quick freezing preserves flavor and nutrients. Commercial freezing reduces many parasites; frozen or canned produce has not been linked to U.S. cyclosporiasis outbreaks. Frozen produce cuts waste, stretches budgets, and makes vegetables practical for single cooks and busy weeknights. Use frozen where texture is less crucial, and keep frozen staples on hand. Frozen foods can offer a simple and practical solution for busy days, without the stress of starting from scratch. Remember, there's no shame in relying on the convenience of your freezer—it's a tool that helps reduce food waste, save money, and make healthy eating more accessible.

PROTECT YOURSELF FROM MARKETING VIOLATIONS

Medicare has rules about how plans, agents, and brokers can market their products. Knowing the rules can help you avoid misleading or aggressive sales tactics.

WATCH OUT FOR PEOPLE WHO:

Ask for your Medicare number, social security number, or bank information. Do not share personal information unless you're ready to enroll in a plan.



Claim they represent Medicare. Plans and agents cannot say they are Medicare or endorsed by Medicare.

Contact you without permission.

Plans must give you a way to opt out of marketing calls and messages.



Pressure you to enroll right away.

Take time to compare your options. You do not have to make an immediate decision.



Offer you gifts to enroll in their plan.

Gifts must follow Medicare rules and cannot be tied to enrolling in a plan.



KNOW YOUR RIGHTS:

A scope of appointment (SOA) is required.

Complete a SOA before discussing plan options. No 48-hr waiting period is required.

Education & Marketing

A marketing event may follow an educational event, but attendees must be notified and given an opportunity to leave.

One-on-one appointments

These appointments may be in person, by phone, or virtual. A written SOA is required for in person meetings.

BEFORE ENROLLING:

- Understand plan costs, benefits, and coverage.
- Compare options before making a decision.
- Get important details in writing.
- Never feel pressured to enroll right away.

REPORT POTENTIAL MARKETING VIOLATIONS

To your local Senior Medicare Patrol (SMP) or State Health Insurance Assistance Program (SHIP). Your local SMP or SHIP can help you review the incident, report it to the correct authorities, and continue spotting marketing violations.



Caregiver Assistance News

"Caring for you... Caring for others"



Mental Health - Managing Stress

Everyone feels worried sometimes. You might feel nervous before a work interview, a doctor's visit, or financial problems. These feelings are normal. Anxiety is your body's way of trying to protect you. It warns you when something feels unsafe or important. But sometimes anxiety shows up even when there is no real danger. It can make your heart race, your hands shake, or your stomach hurt. It may also make it hard to think clearly or enjoy everyday life. The good news is that there are many simple ways to calm anxiety and feel more in control.

Simple Ways to Calm Anxiety & Feel Better

One of the best ways to calm your body is by taking slow, deep breaths. When you are anxious, you often breathe too fast or too shallow. This tells your brain that something is wrong. Instead, breathe in slowly through your nose and breathe out even more slowly through your mouth. A longer exhale helps your body relax. After a few deep breaths, you may notice your heart slowing down and your muscles feeling less tense.

Another helpful idea is to pay attention to what is happening around you. Anxiety often pulls your thoughts into the future. You may start worrying about things that have not even happened yet. A grounding exercise can bring you back to the present.



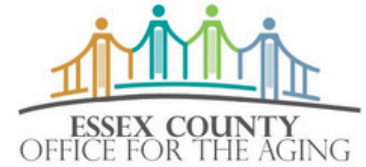
Try the 5-4-3-2-1 method. Find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This simple activity helps your brain focus on what is real instead of what you fear. Your thoughts also play a big role in anxiety. Sometimes your mind tells you that the worst thing will happen.

Instead of believing every worried thought, remind yourself that **thoughts are not always facts**. You can say, "I'm having the thought that something bad might happen." This small change helps you see your thoughts without letting them control you. Many times, the scary thing never happens.

Positive words can also help calm your mind. These are called affirmations or mantras. You might say, "I am safe," "I can handle this," or "This feeling will pass." Saying these words reminds your brain that you are stronger than your anxiety. Even if you do not believe the words at first, repeating them can help you feel more confident over time.

Caregiver Assistance News

"Caring for you... Caring for others"



Mental Health - Managing Stress

It is also important to **take care of your body**. Getting enough sleep, eating healthy foods, drinking water, and exercising can all improve your mood. Even taking a short walk outside can help lower stress. Fresh air and movement give your brain a chance to reset. If you start feeling overwhelmed, try doing **one small task** instead of thinking about everything at once. You might clean your desk, answer one email, or take a five-minute walk. Small steps help you feel successful and remind you that you can move forward, even when life feels difficult.

Being kind to yourself is another important habit. Many people criticize themselves when they feel anxious. They may think they should be stronger or stop worrying. Instead, speak to yourself the way you would speak to a good friend. Remind yourself that everyone struggles sometimes. Being patient with yourself helps reduce stress instead of adding more.

Older adults often face extra challenges that can increase anxiety. Retirement, health problems, losing loved ones, or feeling lonely can make life harder. Some older people believe they should hide their feelings because of how mental health was viewed in the past.

However, anxiety and depression are not signs of weakness. They are health conditions that can be treated. Family members and caregivers can help by listening, offering support, and encouraging older adults to talk with their doctors.

Some people try to calm anxiety with unhealthy habits like drinking alcohol, smoking, drugs or avoiding their problems. These choices may seem to help for a short time, but they often make anxiety worse later. Healthy coping skills, such as deep breathing, exercise, talking with others, or practicing relaxation, are much better choices.

Remember that anxiety is a normal part of life, but it does not have to control your future. Learning a few simple tools can help you feel calmer and stronger. Every time you practice these skills, you teach your brain that you can handle difficult feelings. You do not have to face anxiety alone. With support, healthy habits, and practice, you can learn to manage anxiety and enjoy life with greater confidence and peace.



October 2026



ALZHEIMER'S DISEASE

Caregiver

SUPPORT INITIATIVE

CLINTON, ESSEX &
FRANKLIN COUNTIES



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:

Clinton:

- **Cooking Class:** Oct. 23rd @ 11:00 am

Chapter One, Sibley Hall, SUNY Plattsburgh

Join us to expand your taste buds with quick, easy and fun meals & desserts under the guidance of SUNY dining staff!

Essex:

- **Pickleball:** Mondays (Oct. 5th, 19th & 26th)

1:00-3:00 pm. **NO** Pickleball on Oct. 12th for Holiday!
Fitness Loco, 3926 NY-22 Willsboro, NY. Please bring clean, indoor sneakers to wear on the courts.

• **NEW Pop-Up Memory Cafe @ Elizabethtown Social Center!** Tuesday, October 27th from 12:00-1:00 pm. Willow & Wind Design fall craft with Shelley Raville.

Franklin:

- **Lunch Bunch (Pop-Up Memory Cafe)**

Wed, Oct. 21st @ 11:30 am

Leonard's Cherry Knoll Restaurant, 5676 US-11 Burke, NY

Pop in for a hot meal and community conversation—our treat!

- **Sandwich Generation Event featuring *The Addams Family* musical at The Strand Theatre!**

Sunday, Oct. 25th @ 2:00 pm

The Strand Theatre, 25 Brinkerhoff Street, Plattsburgh, NY
Bring your family for a fun afternoon out to watch The Addams Family musical! The Addams Family is a wildly entertaining reminder that every family is a little weird in their own way. Tickets are limited, so please RSVP!



Essex County Pop-Up Memory Cafe @
Elizabethtown Social Center Craft

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 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 cafes.

October 2026

**CLINTON, ESSEX &
FRANKLIN COUNTIES**

Upcoming Memory Cafes

Memory Cafes 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: 2nd Wednesday of the month at 1:00 pm

Mooers Public Library, 25 School Street Mooers, NY.

Oct. 14th : Live music & entertainment by Angeleque & Steven.

Seasonal tunes drawn from rock, Motown, and country!

NEW Essex County Pop-Up Memory Cafe on October, 27th

Elizabethtown Social Center: 7626 US-9, Elizabethtown, NY.

Tuesday, Oct. 27th @ 12:00-1:00 pm Fall Craft with Shelley Raville from Willow & Wind Design

Franklin County: 2nd Thursday of the Month at 1:00 pm

155 Finney Blvd, Suite 2, Malone, NY

Oct. 8th: Live music & entertainment by Angeleque & Steven.

Seasonal tunes drawn from rock, Motown, and country!

Virtual Cafe: 3rd Thursday of the Month at 2:00 pm

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.

October 15th: Shelley Raville from Willow & Wind Design Fall Craft

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: 1st Tuesday of the month from 6:00-7:00 pm

CVPH Medical Center (Auditorium C), 75 Beekman St, Plattsburgh, NY

Please enter through the main hospital entrance; the auditorium is on the 1st floor.

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

Elizabethtown Community Hospital, 101 Adirondack Dr, Ticonderoga, NY

Essex County #2: 4th Monday of the month from 6:00-7:00 pm

Wilmington Community Center, 7 Community Circle, Wilmington, NY

Franklin County: 3rd Monday of the month from 4:00-5:00 pm

St. Andre's Outreach Center (in cafe), 12 Homestead Park, Malone, NY

Virtual Group: 2nd Monday of the month at 10:00 am

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, please contact Brooke Dubuque at (518) 915-3115 or bmdubuque@alz.org.



Live Music by Angeleque & Steven



Virtual Memory Cafe Craft

For more information, visit our website at 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.



WOMEN'S HEALTH FORUM



Boquet Valley Central School
7530 Court Street Elizabethtown NY



October 23, 2026; 5:00PM

Join us for an evening of fun, music, education, refreshments and resources.

Free and open to the public.

Registration required:

Call 518-585-3761 or scan here



UVMHealth.org/ECH

THE
University of Vermont
HEALTH NETWORK

Elizabethtown Community Hospital

Veteran Outreach Days

VA



U.S. Department
of Veterans Affairs



Department of
Veterans' Services



**VET
CENTER**



On the below dates Stratton VA staff, NYS Department of Veteran Services' Mobile Unit and VA Mobile Vet Center will be parked at these VA clinics conducting outreach. Learn about VA Healthcare., Readjustment Counseling, NYS DVS resources and benefits and other community resources for Service Members, Veterans and families. Stop by, get connected, get educated and get SWAG! See you there!!!

Tuesday 10/06/26 9am-2pm	Plattsburg VA Clinic 5180 N. Catherine St. Plattsburgh, NY 12901
Wednesday 10/07/26 9am-2pm	Saranac Lake VA Clinic 33 Depot St, Saranac Lake, NY 12983
Thursday 10/08/26 9am-2pm	Westport VA Clinic 7426NYS Rte #9N, Westport, NY 12993
Friday 10/09/26 9am-2pm	Glens Falls VA Clinic 101 Ridge St, Glens Falls NY 12801

VETERANS STAND DOWN

SARANAC LAKE

HARRIETSTOWN TOWN HALL

39 MAIN ST. SARANAC LAKE N.Y. 12983

SATURDAY, NOVEMBER 14th 9:00 a.m-2:00 p.m.

FREE VETERAN SERVICES

ON THE SPOT ENROLLMENTS & V.A. I.D. CARDS

SERVICE CONNECTION ASSISTANCE

MEDICAL SCREENING

CLOTHING

TOILETRIES

BREAKFAST AND LUNCH

HAIRCUTS

FOR MORE INFORMATION AND TABLING OPPORTUNITIES, PLEASE CONTACT:

DOM DOMINGUEZ -518-626-5507

WILLIAM MAY-518-338-2882



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 | RALPH WILSON JR. FOUNDATION




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

BLOOMING HEALTH
 POWERING HEALTHY AGING IN-PLACE

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

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**.

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

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

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.



AmeriCorps Seniors RSVP

BILL MANAGEMENT ASSISTANCE SERVICE

Feeling frazzled or overwhelmed by bills and paperwork?

Can't make heads or tails of applications for assistance?

Don't understand your bank or credit card statement?

Wondering how you can pay next month's bills and still make ends meet?

Ask your provider or advocate to make a referral to the *RSVP Bill Management Assistance Service!*

AMERICORPS SENIORS | ESSEX COUNTY RSVP

38 PARK PLACE, SUITE 3 PORT HENRY, N.Y.
12974 PHONE: 518-546-3565 EMAIL:
SWRIGHT@CATHCHARITIES.ORG



Department
of Health

EPIC
Elderly Pharmaceutical
Insurance Coverage
Program

Apply for EPIC ONLINE

EPIC is now offering an
online enrollment option
for your convenience!

Follow the link below to
access the EPIC
application!

<https://nyepic.primetherapeutics.com/>

For more information or questions regarding EPIC,
call the Helpline at:
1-800-332-3742



MORE MONEY



YOUR POCKETS

ENERGY AFFORDABILITY PROGRAM



Get a discount on your
monthly utility bills



Save up to hundreds
of dollars per year



2.5 million households
are eligible



In Partnership with
Essex County Office for the Aging
& NYSOFA

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 sent it to SilverShield and we'll tell you if it's real - or a scam. Learn more at www.SilverShield.ai

Questions?

Contact krissy.leerkes@essexcountynyny.gov | 518-873-3695



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!

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

October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Parmesan crusted chicken, cubed potatoes, green peas, peaches/fig newton, wheat bread, milk	2 Chili, carrots, cornbread, pear, milk
5 Lemon pepper pork, wheat egg noodles, cali blend veggie, fruit cocktail, wheat bread, milk	6 Chicken rice casserole, green beans, apple, wheat roll, milk	7 Spaghetti with meat sauce, broccoli, orange, garlic bread, milk	8 BBQ ribs, baked beans, sweet potato fries, tropical fruit with granola, wheat roll, milk	9 Goulash, bow tie pasta, capri veggie, banana, wheat roll, fig newton, milk
12 -CLOSED- Chicken and gravy, mashed potato, corn, wheat biscuit, mixed fruit with granola, milk	13 Mushroom swiss burger on a wheat bun, cubed potatoes, zucchini, pear halves, fig newton, milk	14 Chicken teriyaki, rice, broccoli, mandarin oranges, wheat bread, milk	15 Ham slice with swiss on a wheat bun, sweet potato tots, mixed veggies, pineapple tidbits, fig newton, milk	16 Turkey & gravy, mashed potato, green beans, peaches, cranberry sauce, wheat bread, milk
19 French onion chicken, wheat egg noodles, green beans, apricots, wheat bread, milk	20 Turkey noodle casserole, mixed veggies, fruit cup, fig newton, wheat bread, milk	21 Potato corn chowder, turkey sandwich with swiss on wheat bread, peaches with granola, milk	22 Pork chop, rice, mixed veggie, apple, wheat hamburger bun, milk	23 Philly cheese steak, spinach, tater tots, wheat hamburger bun, mixed fruit with granola, milk
26 Chicken cacciatore, spaghetti, wax beans, pears, wheat roll, milk	27 Shepards pie, broccoli, cauliflower, apple sauce, wheat bread, milk	28 Spanish rice, cali blend veggie, mandarin oranges, wheat bread, milk	29 Fish, sweet potato fries, corn, bran muffin, pears, wheat bread, milk	30 Parmesan crusted chicken, cube potatoes, green beans, peaches, fig newton, 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.