

SAVE THE DATES BELOW ...

SAVE THE DATE!

EMPIRE STATE

Senior Games

2015 June 1st-7th

CORTLAND NY

A complete list of sports & registration information available at www.nyseniorgames.com



2015 SMART DRIVER™ COURSE

*Become a safer driver!
Reduction on your auto insurance premium!*

COST FOR COURSE: \$20.00 for AARP members
 \$25.00 for non-members

*To register for an upcoming class, call
Mike Pirrone 945-2122 Cell (917) 656-0425
Email: kokomomike@hotmail.com
Or
Maureen Sullivan 943-3291*

Must possess valid NYS driver's license

CLASS DATES & LOCATIONS

6 hr class Classes are for 2 days from 1 – 4 pm

Thurs. April 16 & Fri. April 17 Wed. Sept 16 & Thurs. Sept 17	Town of Coxsackie Senior Center <i>Mansion Street, Coxsackie</i>
Mon. April 20 & Tues. April 21 Wed. Sept. 2 & Thurs. Sept. 3	Town of Jewett Municipal Building <i>Beaches Corners, Jewett</i>
Tues. May 5 & Wed. May 6 Tues. Oct. 6 & Wed. Oct. 7	Club 39 (Rivertown Senior Center) <i>2nd & Warren Street, Athens</i>
Wed. May 20 & Thurs. May 21 Thurs. Oct. 15 & Fri. Oct. 16	Acra Community Center <i>Old Rte 23B, Acra</i>

GCDHS
411 Main Street
Catskill NY 12414

SEAL HERE

SENIOR CITIZEN'S ROUNDTABLE NEWS

APRIL 2015

Published by Greene County Department of Human Services since 1976

PROCLAMATION

WHEREAS, the Greene County Department of Human Services relies upon volunteers to provide and assist with vital services to the elderly residents of Greene County; and

WHEREAS, volunteers are crucial to many of the department's Aging services, including home-delivered meals; transportation for medical appointments, and as Ombudsmen in area assisted living/long-term care facilities, and

WHEREAS, it has long been a tradition for the county RSVP volunteers to perform work of a high quality and to brighten the lives of others while making Greene County a better place in which to live by serving in community locations; and

WHEREAS, volunteers give freely of their energy, time, ability and experience; and

WHEREAS, the week of April 12 – April 18, 2015 is recognized throughout the United States as National Volunteer Week

NOW THEREFORE, we, the members of the Greene County Legislature, do hereby proclaim the month of April as:

GREENE COUNTY DEPARTMENT of HUMAN SERVICES'
VOLUNTEER MONTH

AND FURTHER, with great pleasure, we honor these volunteers and convey the sincere gratitude and appreciation of all our citizens for the dedicated, selfless and compassionate efforts of these volunteers.

Greene County Legislature
Kevin Lewis, Chairman

Daylight Savings Time is here! Did you remember to change the batteries in your smoke and carbon monoxide detectors? If you haven't done so since last year, now is the time.



SENIOR CITIZEN’S ROUNDTABLE NEWS
is published monthly by
GREENE COUNTY DEPARTMENT
of HUMAN SERVICES
411 Main Street, Catskill, NY 12414
719-3555 Toll Free (877)794-9266
aging@discovergreene.com

EXECUTIVE DIRECTOR - Thérèse McGee Ward

Business Manager - Ken Brooks

Aging Department Coordinators:
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Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

Office Staff:

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Case Managers: Cortney Carlson
Carol Provost

Aging Services Specialists: Andrea Benjamin-Legg
Gwen Starke
Danielle Wade

Aging Services Aide: Rose Bundy

Hamlet Bus Driver: Janet Osborn

Nutrition Van Chauffeurs: Patrick Murphy
Dave Mokszycki

Bethany Village Case Manager: Patricia Gessner

Youth Bureau Case Worker: Carrie Vedder

The office is open 8:30a.m. - 5p.m. Monday thru Friday,
with the exception of July & August (close at 4:30p.m.).
Agency staff specialize in a variety of subjects.

**WHILE WALK-INS CAN SOMETIMES BE
SEEN, STAFF WHO CAN BEST ASSIST
YOU MAY BE UNAVAILABLE.
WE RECOMMEND CALLING AHEAD
FOR AN APPOINTMENT.**



Your kind support and generosity by
donating to the Greene County De-
partment of Human Services will
help provide services to a needy,
older adult of the county.

*In Memory of Ronald Sherman Sr.
From Sandra Sherman*



**THANK YOU
FOR YOUR SUPPORT
and GENEROSITY**

As the number of seniors grows, so does the need for
our vast array of services. The Department of Human
Services encourages and appreciates donations. If you
or your family are in a position to do so, please fill out
the form below. One hundred percent of your contribu-
tion will be used to provide service to another older
adult in need.

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation
in appreciation for services _____

OR

In memory of _____
for the following:

- _____ Use where most needed
- _____ Home-delivered meals
- _____ Homebound transportation
- _____ Nutrition Program/Congregate
- _____ RoundTable News
- _____ In-home services
- _____ Senior Angel Fund

Make checks payable & mail to:
Greene County Dept. of Human Services
411 Main Street Catskill, N.Y. 12414



HAMLET SHOPPING BUS

The Greene County Department of Human Services offers a hamlet shopping bus to
Greene County residents over age 60 living in the towns of Ashland, Athens, Cairo,
Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. Our
friendly driver will pick seniors up at their door, take them to Catskill for shopping,
and then to a local Senior Center for lunch before returning home..

All trips are limited to 16 people. **First come, First served**

***** LIMIT: Two shopping bags per person *****

Please call at least one (1) business day in advance to make arrangements to be picked up.

MONDAY: Mountaintop (Windham, Ashland, Prattsville, Jewett & Hunter)/Catskill

TUESDAY: Cairo/Catskill

WEDNESDAY: Athens/Coxsackie

THURSDAY: Greenville

FRIDAY TRIP TO COLONIE CENTER PRICE PER PERSON: \$10.00
MUST HAVE A MINIMUM OF EIGHT (8) RESERVATIONS FOR TRIP

April 10, 2015 Cairo/Greenville area
Reservations accepted April 6 through 3pm on April 8

April 24, 2015 Athens/Coxsackie area
Reservations accepted April 20 through 3pm on April 22

May 1, 2015 Cairo/Greenville area
Reservations accepted April 27 through 3pm on April 29

May 8, 2015 Hunter/Catskill area
Reservations accepted May 4 through 3pm on May 6

STARTING MEMORIAL DAY WEEK: The Colonie Center bus run will be THURSDAY

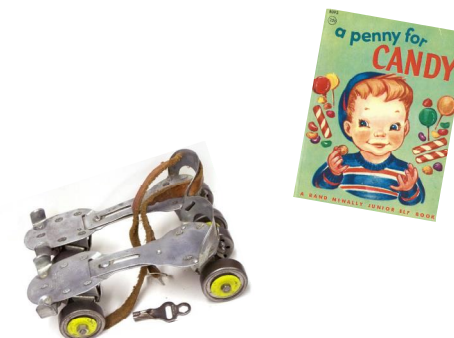
May 28, 2015 Cairo/Greenville area
Reservations accepted May 26 through 3pm on May 27

Payment due at time of departure/boarding. No exceptions please.
Each person is required to make their OWN reservation
and should leave your name & phone number and the date you want to go.

For further Hamlet Bus information or to make a Colonie trip reservation, call Janet at 719-3559.

DO YOU REMEMBER A TIME WHEN ...

- * Decisions were usually made by going "eeny-meeny-miney-moe"?
- * Soda Pop machines dispensed glass bottlesö?
- * Catching fireflies in a mason jar could happily occupy an entire evening?
- * Having a weapon in school meant being caught with a pea shooter?
- * "Oly-oly-oxen-free" made perfect sense? (Or so we thought!)
- * Baseball cards in the spokes transformed any bike into a motorcycle?
- * Taking drugs meant orange-flavored chewable aspirin?
- * Roller skates had keys?
- * Penny Candy?



Pass this on to anyone who may need a break from their "grown-up" life. I Double-Dog-Dare-Ya!



Volunteers are a Ray of Sunshine



WE DESPERATELY NEED YOU TO VOLUNTEER!

You can serve as little as an hour a month
or do every day!

DELIVER HOMEBOUND MEALS

The department provides healthy, balanced meals to Greene County residents age 60 and older who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior.

**Current volunteer shortages are throughout the county
but desperately needed in Catskill & on the Mountaintop.**

HOMEBOUND TRANSPORTATION

Homebound Transportation Service is available through the Department to county residents over age 60 that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged for medical appointments and special entitlement agencies.

Are you willing to drive out-of-town (e.g. Kingston or Albany)? We especially could use you.

If interested, please contact Ruth Pforte, Volunteer Coordinator (518) 719-3555



National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

It's about taking action and encouraging individuals and their respective communities to be at the center of social change ó discovering and actively demonstrating their collective power to make a difference. National Volunteer Week, a program of Points of Light, was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week.

~www.pointsoflight.org/



The Greene County Department of Human Services RSVP would like to welcome and say thank you to the following new volunteers:

Nancy Koeper

Joan Lyles

Ethel Rodgers

Frank Romano



Ho'olu komo la ka'ua

(Translated from Hawaiian - Please join us)



5th Annual Greene County Senior Day

It's a Lu'au

Friday May 15, 2015 12PM – 2PM

**Freightmaster's Building
The Point (Main Street) Catskill**

Vendor Booths with information pertaining to senior citizens

Special Lu'au Themed Lunch

Sweet & Sour Pork over Rice - Cole slaw - Pineapple Delight - Beverages

**Transportation available
Call 719-3555 for reservation**

**Special Recognition of
2015 Senior Citizen
of the Year
And
Outstanding Contribution
by a Senior Citizen
Winners**



SENIOR SERVICE CENTERS in GREENE COUNTY

Each site serves the noon-time menu item for that calendar day for a suggested donation of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. You are required to call at least one day in advance if you wish to be included for lunch at a site. Centers are closed on legal holidays and inclement weather. In addition, each center offers the following programs and activities.

<p>ACRA</p> <p>Acra Community Center, Old Rte. 23B, Acra</p> <p>(518) 622-9898 Staff: Sandra Sherman, Aging Services Aide Elaine Cherrington</p> <p>Aging Information & Assistance/ Medicare Minute: 2nd monthly Wednesday, 11 a.m.</p> <p>Cairo Crafters: 1st & 3rd monthly Wednesday 1 p.m.</p>	<p>COXSACKIE</p> <p>Town of Coxsackie Senior Center Mansion Street, Coxsackie (Former Knights of Columbus Hall) (518) 731-8901 Staff: Renee Raffiani, Meal Site Manager</p> <p>Aging Information & Assistance/ Medicare Minute: 3rd monthly Monday, 11 a.m.</p> <p>Blood Pressure: 2nd Monday, 11 a.m.</p> <p>Exercise Class: Tues./Thurs. 10:30 a.m.</p> <p>Knitting: Tuesday, 11 a.m.</p> <p>Zumba: Thursday, 10:15 a.m.</p> <p>Line Dancing: Friday, 10 a.m.</p>	<p>JEWETT</p> <p>Jewett Municipal Building Route 23C, Jewett</p> <p>(518) 263-4392 Staff: Gayle Ruvolo, Meal Site Manager MaryAnn Brink</p> <p>Aging Information & Assistance/ Medicare Minute: 4th monthly Friday, 11 a.m.</p> <p>Blood Pressure: 2nd monthly Tuesday 11 a.m.</p>
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<p>ATHENS</p> <p>Club 39 (Formerly Greene County Rivertown Senior Center) 2nd & Warren Sts., Athens (518) 945-2700 Tami Bone, Senior Service Center Manager Staff: JoanAnn Rouse Shane Dillon John Lawrence Lana Marrone</p> <p>Aging Information & Assistance/Medicare Minute: 2nd Mon of month, 11 a.m.</p> <p>1st Mon. of month - "Movie Time" - 12:30 p.m.</p> <p>Tuesday & Friday: Exercise 11:00 a.m. to 11:30 a.m.</p> <p>2nd & 4th Tues. of month: Crafters 1 p.m. to 2 p.m.</p> <p>Wednesday: Certified Zumba Gold classes, 10 a.m. Karaoke 10:30 a.m. to 11:00 a.m.</p> <p>Thursday: Cards, Games, Billiards 1:00 p.m. - done 3rd Thursday, 11a.m.: Blood Pressure Screening</p> <p>Friday: Group games 11:30 a. m. to Lunch served</p>

CATSKILL

Washington Irving Senior Center
15 Academy Street, Catskill
(518) 943-1343
Staff: Gethen Proper, Meal Site Manager
Martha Schilling

Aging Information & Assistance/Medicare Minute:
2nd Thurs of month, 11a.m.

CENTER ACTIVITIES
Sponsored by Town of Catskill

<i>* Mon. & Wed.</i>	<i>Senior Choir - 10:30 a.m.</i>
<i>* Mon.:</i>	<i>Crafters - 1 p.m.</i>
<i>* Tues.:</i>	<i>Line Dancing - 10:30 a.m.</i> <i>Weight Watchers - 11a.m.</i>
<i>* Wed.:</i>	<i>Paint with Bill - 10 a.m.</i> <i>BINGO - 10:30 a.m.</i>
<i>* Thurs.:</i>	<i>Qiqong - 10:45 a.m.</i>
<i>* Fri.:</i>	<i>Exercise Class - 11 a.m.</i>



MEDICARE SAVINGS PROGRAMS

A strategy for enrolling into Part B outside of an enrollment period

If you want to enroll in Medicare B outside of a formal enrollment period, one strategy is to enroll into a Medicare Savings Program (MSP). An MSP is a state-administered benefit for people with Medicare who have limited incomes. While the primary purpose of an MSP is to help pay Medicare premiums and in some cases, deductibles and co-insurance, the secondary benefit of this program is that by enrolling into an MSP, you are automatically enrolled into Medicare Part B. MSPs also eliminate any premium penalties you may have incurred for not enrolling into Part B when you should have. Additionally, if you are enrolled in an MSP, you automatically receive Extra Help, the federal benefit that helps pay for prescription coverage.

There are three different MSPs:

Each MSP has its own income and resource eligibility criteria. To determine if you qualify or for further information, call either Andrea or Gwen at the Greene County Department of Human Services (719-3555).

★ QMB—Qualified Medicare Beneficiary

If you qualify for QMB, this benefit will pay your monthly Part B premium as well as your Medicare deductibles and co-insurance. In New York State, your QMB benefit will begin on the first of the month following application. (Example: apply in February, QMB would begin on March 1st). If you are using QMB as a means to enroll into Medicare Part B, your Medicare Part B will begin on the same day as your QMB.

★ SLMB—Specified Low Income Beneficiary

If you qualify for SLMB, this benefit will pay your monthly Part B premium. If your application is approved, your SLMB benefit can begin as early as 3 months prior to the month you applied. For example, if you applied for SLMB in March 2015 and your application is approved, your SLMB benefit may begin up to three months earlier, on December 1st, 2014. If you are using SLMB as a means to enroll into Medicare, your Medicare Part B will begin on the same day as your SLMB.

★ QI—Qualified Individual

If you qualify for QI, this benefit will pay your monthly Part B premium. If your application is approved, your QI benefit can begin up to 3 months prior to the month you applied, within the same calendar. For example, if you applied for QI in March 2015 and your application is approved, your benefit will begin on January 1, 2015 because retroactivity only extends to the beginning of the same calendar year. If you apply in April 2015 and are approved, your benefit can begin up to three months earlier in January 2015 because it is within the same calendar year. If you are using QI as a means to enroll into Medicare, your Medicare Part B will begin on the same day as your QI.

You do not have to take any action to enroll into Part B. If your MSP application is approved, you will automatically be enrolled into Medicare Part B.

How to Apply for a Medicare Savings Program

To apply for this program, contact the Greene County Department of Human Services for assistance.

Issues/Problems to consider when using a MSP to enroll into Medicare Part B

The application and processing time for MSP can be lengthy. From the day you apply, it can take up to 45 days to receive an approval letter from your local office. Once approved, it can take anywhere from three to six months from the day you receive your approval notice for the benefit to be fully processed. Once the benefit is processed, you will be enrolled retroactively into Part B.



With various cancer awareness months spread throughout the calendar year, the catchall-sounding National Cancer Control Month might seem a little redundant or nebulous. But even as annual cancer deaths continue to drop, it bears reminding that more needs to be done to keep cancer at bay.

That sentiment was stressed by President Barack Obama in an official proclamation marking April as National Cancer Control Month. In the proclamation, he wrote: *“Together, our Nation is moving forward in the fight against cancer. As we recommit to improving prevention, detection and treatment, let us honor the memory of the courageous men and women we have lost to the disease, and let us stand with all those facing it today ... I encourage citizens, government agencies, private businesses, nonprofit organizations and other interested groups to join in activities that will increase awareness of what Americans can do to prevent cancer.”*

A growing body of research has highlighted an array of lifestyle decisions that Americans can make to reduce their risk of cancer, such as quitting tobacco, eating healthier, exercising regularly, using sun protection and undergoing recommended screenings.

But for one clinician, cancer control is about a different kind of prevention: minimizing cancer treatments' chronic effects on the growing population of cancer survivors, currently 13 million in the United States. “Cancer treatment increases the risk of health conditions ... including heart and lung problems, cognitive problems and musculoskeletal problems,” said Smita Bhatia, M.D., Ruth Ziegler Chair in Population Sciences. “It is imperative that cancer survivors be followed long-term in a specialized clinical setting.”

Bhatia, who also directs the Center for Cancer Survivorship, said that such programs should include personalized screening and management regimens to catch and treat complications in a timely manner. For example, chest radiation or chemotherapy drugs called anthracyclines “especially when used on a younger patient” increase the risk for heart complications later in life; thus, survivors who had either treatment need to be monitored with regular echocardiograms and treated with appropriate medication if detected. “Our cancer survivors also need to be made aware of the development of these complications,” Bhatia said, “such that they can advocate for their own health in an increasingly complex health system.”

With continued education, research and advances, National Cancer Control Month won’t be a time simply for reminding and rededicating, but for celebrating. The president himself described the desired strides and milestones this way: “patients lifted up by the promise of remission, parents blessed with the chance to watch their children grow up [and] young people confident that a diagnosis cannot put a limit to their dreams.”

A National Cancer Control Month Drives Attention to Prevention - April 1, 2013 | by [H. Chung So](#)

Did you know . . .
Red and processed meats contain elements that can increase your risk of cancer? Remember to eat no more than 3 ounces of beef, pork or lamb per day. Limit your consumption of processed meats like hot dogs, bacon, sausage and deli meats.

What you can do . . .
Maintain a healthy weight.
Eat a low-fat, high-fiber, plant-based diet.
Follow MyPlate’s advice & fill half your plate with fruits & vegetables every day.
Get enough folate & vitamin D in your diet

Art classes are held at the Rivertown Senior Center in Athens every Tuesday after lunch is served. The group’s recent project was painting wine glasses.

Seen in photo are : Center Manager Tami Bone, Theresa Balturitis, Theresa Borfitz, Cecilia Portu and Alice Schubert



MARDI GRAS TIME!

On Friday, February 27th, New Orleans came to Athens when the Rivertown Senior Center celebrated Mardi Gras. Seen in photo are center staff members who did a terrific job that day -

Lana Marrone, Shane Dillon, Tami Bone, John Lawrence and JoJo Rouse



Music for the party was provided by Michael Siciliano (background). Many thanks to Joyce Pellicano, the lady in the middle with the smile, who helped decorate the room so festively.



BALLROOM DANCING RETURNS TO ATHENS

Ballroom Dancing will return to the Rivertown Senior Center on April 24, May 8, May 22, and May 29. Classes will begin at 1:30pm and taught by Guy Apicella.



Participants will learn the basics of Foxtrot, Cha-Cha, Rumba, Swing and Waltz.

Pre-registration is required.

Please call Center manager, Tami Bone, at 945-2700 for more information or to register.




GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS OVER 60 ARE INVITED TO ATTEND

SUGGESTED DONATION IS \$4.00

Served Daily: Bread w/Promise Spread; Low-fat milk; Coffee or Tea.
Tartar sauce served on fish days.

	Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 1 - 3			POT ROAST w/Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES BROWNIE (Diet Dessert Subst)	BAKED HAM w/Pineapple Sauce WHIPPED POTATOES ASPARAGUS LEMON MERINGUE PIE	LEMON PEPPER FISH SCALLOPED POTATOES BROCCOLI FRESH SEASONAL FRUIT
APRIL 6 - 10 	TURKEY BURGER w/Peppers & Onions SCALLOPED POTATOES OLD FASHIONED MIXED VEGETABLES APPLESAUCE	PORK CHOP w/Gravy STUFFING FRESH SWEET POTATO GREEN BEANS CRANBERRY JUICE TROPICAL FRUIT	CHICKEN QUARTERS w/Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES BIRTHDAY CAKE (Diet Dessert Subst)	HUNGARIAN GOULASH over Noodles WHOLE BABY CARROTS AMBROSIA (Diet Dessert Subst)	STUFFED PEPPERS over Rice CORN ROMAINE LETTUCE FRESH SEASONAL FRUIT
APRIL 13 - 17	HOT DOGS w/Sauerkraut (Low-salt Diet Subst) BAKED BEANS CARROTS FRUIT COCKTAIL	CHICKEN PICCATA MASHED POTATOES CARROTS MANDARIN ORANGES	BROCCOLI CHEESE FISH RICE PILAF OLD FASHIONED MIXED VEGETABLES TROPICAL FRUIT	ROAST PORK w/Gravy SPICED APPLE RING BROCCOLI FRESH SWEET POTATO BREAD PUDDING (Diet Dessert Subst)	CHEESE LASAGNA CALIFORNIA BLEND VEGETABLES ROMAINE SALAD FRESH SEASONAL FRUIT
APRIL 20 - 24	CHICKEN DIJON WHIPPED POTATOES CARROTS PINEAPPLE CHUNKS	BAKED HAM w/ Pineapple sauce (Low-salt Diet Subst) FRESH SWEET POTATO BRUSSEL SPROUTS MANDARTIN ORANGES	SHEPHERD'S PIE BROCCOLI SPICE CAKE (Diet Dessert Subst)	CHICKEN PARMESAN ITALIAN MIXED VEGETABLES TROPICAL FRUIT	CHEF'S CHOICE 
APRIL 27 - 30	LEMON PEPPER FISH BAKED POTATO ZUCCHINI, CARROTS & GREEN BEANS TANGERINE	CHICKEN & BISCUITS WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE (Diet Dessert Subst)	MEATLOAF w/Gravy MASHED POTATOES SPINACH BIRTHDAY CAKE (Diet Dessert Subst)	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD APRICOTS	ROAST TURKEY and STUFFING w/Gravy & Cranberry Sauce MASHED POTATOES CALIFORNIA MIXED VEGETABLES FRESH SEASONAL FRUIT




GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS OVER 60 ARE INVITED TO ATTEND

SUGGESTED DONATION IS \$4.00

Served Daily: Bread w/Promise Spread; Low-fat milk; Coffee or Tea.
Tartar sauce served on fish days.

	Monday	Tuesday	Wednesday	Thursday	Friday
MAY 1				5 th Annual Senior Citizens Day It's a Lu'au Friday May 15 12pm - 2pm The Point, Catskill	ROAST TURKEY w/Gravy & Cranberry Sauce DRESSING MASHED POTATOES CALIFORNIA MIXED VEGGIES FRESH SEASONAL FRUIT
MAY 4 - 8	CHILI CON CARNE w/Rice CORN ORANGE JUICE APRICOTS	CHICKEN QUARTERS w/Gravy WHIPPED POTATOES SPINACH ORANGE BLOSSOM PUDDING Diet Dessert Subst	BEEF TIPS w/Mushrooms over Egg Noodles CARROT COINS TROPICAL FRUIT	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH STRAWBERRIES, PINEAPPLE & BANANA w/Jell-O Diet Dessert Subst	CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED GREEN SALAD FRESH SEASONAL FRUIT
MAY 11 - 15 	KNOCKWURST Low-salt Diet subst w/Sauerkraut BAKED BEANS CARROTS TROPICAL FRUIT	CHICK EN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLE SAUCE w/2 small cookies Diet Dessert Subst	SALISBURY STEAK w/Gravy POTATOES O'BRIEN CARROTS & PEAS BANANA PUDDING Diet Dessert Subst	BAKED ZITA SPINACH MANDARIN ORANGES	SENIOR DAY AT THE POINT ALL SENIOR NUTRITION SITES CLOSED NO CONGREGATE OR HOME DELIVERED MEALS
MAY 18 - 22	BROCCOLI CHEESE FISH FILET w/Tartar Sauce RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE FRUIT COCKTAIL	SHEPHERD'S PIE BROCCOLI PEACHES	BAKED HAM Low-salt Diet Subst w/Raisin Sauce FRESH SWEET POTATO CAULIFLOWER AU GRATIN OATMEAL RAISIN COOKIE Diet Dessert subst	CHICKEN CACCIATORE over Linguine OLD FASHIONED MIXED VEGETABLES PEARS	ROAST BEEF w/Gravy MASHED POTATOES WHOLE BABY CARROTS w/ORANGE GLAZE FRESH SEASONAL FRUIT
MAY 25 - 29	<u>MEMORIAL DAY</u> ALL SENIOR NUTRITION SITES CLOSED NO CONGREGATE OR HOME DELIVERED MEALS	CHICKEN DIVAN over Rice CARROTS & PEAS PEACHES	PORK CHOP RED CABBAGE OVEN BROWNED POTATOES WINTER SQUASH CINNAMON APPLE- SAUCE	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING MASHED POTATOES PINEAPPLE UPSIDE DOWN CAKE Diet Dessert subst	VEGGIE LASAGNA ITALIAN VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT