


<p><b>5 OFA CLOSED</b></p> 	<p><b>6 Parmesan Crusted Fish</b> Peas and Carrots Cinnamon Applesauce Cranberry Juice Whole Grain Strawberry Muffin</p>	<p><b>7 Shepherd's Pie</b> Broccoli Bean &amp; Spinach Salad Pears w/ Blueberries Whole Grain Dinner Roll</p>	<p><b>1 Chicken Corn Casserole</b> Parsley Potatoes Sweet &amp; Sour Cabbage Chick Pea Salad Whole Grain Blueberry Muffin</p>	<p><b>2 Picnic! Italian Sausage on WG Bun w/ Peppers &amp; Onions</b> Italian Pasta Salad Baked Beans Vegetable Blend Watermelon Pudding Cup</p>
<p><b>12 Meatloaf w/ Gravy</b> Baked Potato w/ Sour Cream Mixed Vegetables Peaches w/ Raspberries Whole Grain Dinner Roll</p>	<p><b>13 Apricot Pork Loin</b> Sweet Potatoes &amp; Apples Buttered Corn Fruit Cocktail Whole Grain Pumpkin Muffin</p>	<p><b>14 Fish Mornay</b> Mushroom Rice Pilaf Beets Pineapple Tidbits Whole Grain Dinner Roll</p>	<p><b>8 Roast Turkey w/ Gravy</b> Mashed Potatoes Squash Coleslaw 12 Grain Bread</p>	<p><b>9 Chicken Primavera</b> Italian Green Beans Fresh Orange Cranberry Fruit Salad Banana Muffin</p>
<p><b>19 4 Cheese Baked Ziti</b> Waxed Beans LS V8 Juice Mandarin Oranges Whole Grain Garlic Roll</p>	<p><b>20 Turkey a la King over a Whole Grain Biscuit</b> Vegetable Blend Molded Cucumber Salad Strawberries w/ Whipped Topping</p>	<p><b>21 Hawaiian Ham</b> Yams Carrot Raisin Salad Pears Whole Grain Spice Muffin</p>	<p><b>15 Vegetable Lasagna</b> Italian Blend Cottage Cheese Vegetable Salad Tropical Fruit Whole Grain Garlic Roll</p>	<p><b>16 Beef Stew</b> Cauliflower Coleslaw Pears Whole Grain Biscuit</p>
<p><b>26 Spanish Rice</b> Parsley Buttered Carrots Peaches Cranberry Juice Whole Grain Dinner Roll</p>	<p><b>27 Roast Beef w/ Gravy</b> Mashed Potatoes Green Beans Corn Relish Salad Whole Grain Mixed Fruit Muffin</p>	<p><b>28 Macaroni &amp; Cheese</b> Stewed Tomatoes Sunshine Salad Grapes 12-Grain Bread</p>	<p><b>22 Baked Fish Kiev</b> Steamed Potato Broccoli Corn, Black Beans, Citrus Salad Fruit Cocktail 12 Grain Bread</p>	<p><b>23 Chili Con Carne</b> Tossed Salad w/ Dressing Pineapple Tidbits w/Mandarin Oranges Corn Muffin</p>
			<p><b>29 Ham &amp; Bean Casserole Over Rice</b> Spinach Peach Apple Salad Whole Grain Dinner Roll</p>	<p><b>30 Lemon Garlic Chicken</b> Baked Potato and Sour Cream Peas &amp; Carrots 7 Layer Salad Grape Juice Whole Grain Dinner Roll</p>

## September is Food Safety Month!

### CLEAN

Wash hands and surfaces often



### SEPARATE

Separate raw meats from other foods



### COOK

Cook to the right temperature



### CHILL

Refrigerate foods promptly



# September 2022

## Are you a person that likes to help others?

Schuyler County Office for the Aging is looking for On Call Drivers with mileage reimbursement to assist with meal delivery.



If you are interested, download an application online at <https://www.schuylercounty.us/>

**TRANSPORTATION LINK-LINE**  
Reservations | Information | Assistance

**607.535.3555**  
Link-Line@arcofcs.org  
Monday - Friday 9:00AM - 5:00PM

Connecting Schuyler County residents to transportation options in Schuyler and surrounding counties.

**Need a ride?**

**Call us!**

A free information service.

## September is Fire Drill month at the meal sites



### Do you know what to do?

Schuyler County Office for the Aging

## FALLS PREVENTION SEMINAR

Tuesday, September 20th  
10 am - 2 pm  
Human Services Complex  
323 Owego St., Montour Falls

Guest Speakers 10 - 11:30 am  
Stay for Lunch 11:30 am - 12 pm  
Vendors & Demos 12 - 2 pm

RSVP by Sept 15th 607-535-6834  
or email Kim at [kpound@co.schuyler.ny.us](mailto:kpound@co.schuyler.ny.us)

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## IDENTITY THEFT

What to do when your personal information has been compromised:

- 1) Contact the company where the issue occurred
- 2) Request a freeze on your accounts or have the accounts closed.
- 3) Change logins, passwords and PIN #s
- 4) Place a fraud alert & get your credit report 8 , Monitor regularly#

## Annual Public Hearing

Thursday, Sept. 29, 2022

10:00 am – Noon

Beaver Dams Fire Dept.

1165 Co. Rte. 19 Beaver Dams

*Free: Blood Pressure Screenings - Information - Food Demo with Tastings - Displays*

Reserve your spot by calling 607-535-7108

## September is National Preparedness Month

