



NEWSLETTER

October November December 2022 Issue 217

The Fulton County OFFICE FOR AGING

*Vital information
for vital generations.*

Fulton Co. Office for Aging
Andrea Fettinger, BA, MEd, Director
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19 N. William St., Johnstown, NY 12095 • Andrea Fettinger, BA, MEd, Director

from the Director's Desk

Greetings from the Fulton County Office for Aging!

Did you notice that your Newsletter looks a little different? We are in the process of making some changes to the quarterly Newsletter, so to be able to get you some information now, we are sending in a somewhat different format. The January February March 2023 issue will be fresh and new!

THANK YOU to everyone who attended the Summer Picnic! We hope you enjoyed your day! See some photos enclosed, and we hope to see you next year!

Upcoming events and important information:

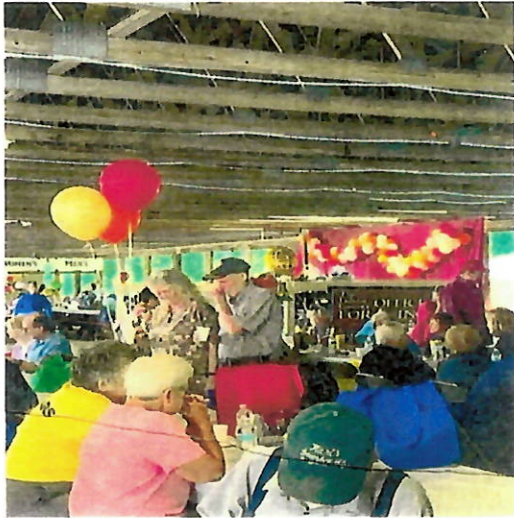
- HEAP Early Outreach began in August; if you received HEAP last year, you should have received a “mail-in” application. Please send back to the office soon and attach copies of documents that are needed. HEAP begins on November 1, 2022.
- Medicare Open Enrollment is October 15 – December 7, 2022. This is a time where individuals should review their Medicare plans to determine if their pharmacy, doctor, hospital, medications, specialists are still covered by their insurances. If you need assistance, please call the Office at 518-736-5650, we will send you a form that needs to be filled out before your appointment.
- “All the Lonely People” documentary will be shown at FMCC in the Rao Theatre on October 25, 2022 at 6:30pm. See the enclosed flyer, reservations are necessary.
- “Palliative Care in Our Community” event will be held on Thursday, November 11, 2022 at the Allen House on the FMCC campus. This is a community event hosted by Mountain Valley Hospice and Palliative Care, the Fulton Co. Office for Aging, and Montgomery Co. Office for Aging. More details to come!
- In the Winter months, sometimes we need to close some programming, please watch Channel 6, Channel 10, or Channel 13 for closing information and we will also announce on WENT 1340 Radio

We wish you a Very Happy Holiday Season!

Warmly,

Andrea Fettinger, BA, MEd, Director and the OFA Staff

2022 Summer Picnic Memories





2022 - 2023

HEAP

Home Energy Assistance Program

The Fulton Co. Office for Aging is the alternate certifier for Fulton County HEAP. Anyone who is over the age of 60 can apply for HEAP at the Office for Aging.

If you received HEAP last year, you will get a notice in the mail to re-apply for assistance this year. If you need help, call the Office for Aging at 518-736-5650.

HEAP applications were mailed out in August to those who received the benefit the previous year.

HEAP SEASON starts November 1st, 2022.

- Regular HEAP is a **“one-time”** payment to help you with your energy bills. The funding does not pay for your monthly bills.
- If you have an emergency situation (shut off notice, no power, no oil/propane/wood) please call the DSS at 518-736-5600. The emergency program will open in January 2020 and be processed by DSS.
- If you receive Food Stamps or Public Assistance, you need to call your worker at 518-736-5600.

2022 - 2023 HEAP MONTHLY INCOME ELIGIBILITY GUIDELINES

2022 -2023 HEAP Monthly Income Eligibility Guidelines		
Household Size	TIER I	TIER II
1	0 - 1472	1473 - 2852
2	0 - 1983	1984 - 3730
3	0 - 2494	2495 - 4608
4	0 - 3006	3007 - 5485

ALL THE LONELY PEOPLE

A FILM and DISCUSSION
with people developing
resilience over loneliness
and experts discovering
solutions to isolation



ALL THE LONELY PEOPLE

From creators of [Gen Silent](#)
including interviews with

Julianne Holt-Lunstad, PhD
Professor of Psychology and Neuroscience,
BYU

Carla Perissinotto MD MHS
Geriatrician, Social Isolation and Loneliness
Researcher

Michelle Lim, PhD
Scientific Chair, Ending Loneliness Together

Janet Morrison, OBE
Co-Founder, Campaign to End Loneliness

VIEW THE TRAILER:
allthelonelypeoplefilm.com

SYNOPSIS

"All the Lonely People"
is a presentation centered
around a documentary film
followed by audience discussion.

It places a human face on the hidden
epidemic of chronic loneliness and
social isolation.

Built on hope, it shares the latest
research and interventions for
individuals and communities and
leaves audiences feeling
empowered and reconnected.

An event happening in your
community:

**Come to the Local Screening
of this Film**

FMCC RAO Theatre

2805 NY-67, Johnstown, NY 12095

Tuesday, October 25, 2022

6:30pm

RSVP

Fulton Co. Office for Aging

518-736-5650

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York State Office for the Aging.*



**Health Insurance
Information, Counseling
and Assistance Program**



Health Insurance Information Counseling and Assistance Program

**Help in understanding Medicare, finding the
right insurance plan and saving money on health
care**

The Fulton County Office for Aging offers the New York State Office for Aging's Health Insurance Information, Counseling, and Assistance Program (HIIICAP). HIIICAP is New York State's Health Insurance Assistance Program (SHIP). It receives federal funds from the Centers for Medicare & Medicaid Services (CMS).

HIIICAP educates the public about Medicare, Medicaid, managed care, New York's Elderly Pharmaceutical Insurance Coverage (EPIC), and other health insurance options and issues. HIIICAP assists people with Medicare to access needed health care and to apply for programs such as the Medicare Savings Programs. Fulton Co. Office for Aging has certified Health Insurance Counselors on staff to assist you!

**MEDICARE OPEN ENROLLMENT IS OCTOBER 15, 2022
THRU DECEMBER 7, 2022**

Please call for an appointment! 518-736-5650

Medicare 101

Eligibility:

- Turning 65 years old. Automatic enrollment if collecting Social Security, otherwise you must actively enroll through Social Security website or office. –OR–
- Almost immediately for End Stage Renal Failure or Lou Gehrig's Disease (ALS) –OR–
- After 24 months collecting Social Security Disability

Coverage:

- Original Medicare: Part A pays 80% of hospital bills and Part B pays 80% of doctor and specialist visits, medical equipment and some vaccines. Both A and B pay after some deductibles.

For most people A is free and B costs \$170.10/month in 2022. A and B do NOT cover prescriptions.

- Supplement/Medigap: A private insurance company pays the above mentioned deductibles and the rest of hospital and doctor bills in most cases, depending on the level of plan. Premiums are around \$150 - \$300+/month.

- Part D: this Medicare law specifies that you must get a prescription plan from a private insurance company to cover prescriptions. You will have set co-pays per each tier of drug after a deductible.

–OR–




- Advantage/Part C Plans: From private insurance companies and manage all of your Medicare (A, B, D) and use your Medicare account so your premiums are usually \$0 per month. They are allowed to add hearing, vision, dental, fitness and other benefits. You will have set co-pays for services and your preventative/routine care is free and your primary doctor visits are usually free.


Financial Help (depends on income):

- The State can pay for Part B (Medicare Savings Program-MSP) and discount drugs after insurance (Elderly Pharmaceutical Program-EPIC).
- The Federal Government can also discount drugs after insurance (Extra Help, also known as Low Income Subsidy – LIS).
- Hospitals offer financial assistance to cover all or part of your insurance co-pay.

WARNING! You must take B and D unless you are covered by active employment or plan to only use the Veteran's healthcare system! Otherwise you will pay a penalty.

Oct 3 Shaved Roast Beef on a Bun Baked Beans Cauliflower Fruit Cocktail	Oct 4 Chicken and Biscuits Mashed Potatoes Country Blend Vegetables Brownie	Oct 5 Lasagna Italian Vegetables Garlic Roll Yogurt Whip	Oct 6 Mac N Cheese Stewed Tomatoes and Zucchini Green Beans Frosted Birthday Cake	Oct 7 Spanish Rice Cauliflower Corn Fruit Cup
Oct 10 Closed for Columbus Day	Oct 11 Beef Stew with Vegetables Biscuit Cookie	Oct 12 Chicken Florentine Noodles Red Cabbage Banana	Oct 13 Turkey with Gravy Stuffing Squash Peaches with Strawberries	Oct 14 Cheesy Ham and Rice Casserole Broccoli Brussels Sprouts Sherbet
Oct 17 Pork Chop Au Gratin Potatoes Green Beans Pineapple	Oct 18 Tuna Noodle Casserole Beets Peas Pudding Square	Oct 19 Kielbasa with Sauerkraut German Potato Salad Beets Black Forest Cake	Oct 20 Parmesan Crusted Chicken Sweet Potato Broccoli Cookie	Oct 21 Pulled Pork on a Bun Baked Beans Zucchini Gelatin
Oct 24 Ziti with Meatballs Italian Blend Vegetables Garlic Roll Pears	Oct 25 Chicken Patty on a Bun Green Beans Cheesy Potatoes Whipped Fruit Medley	Oct 26 Turkey Tetrazzini over Pasta Peas Brownie	Oct 27 Meatloaf Mashed Potatoes Mixed Vegetables Apple Crisp	Oct 28 Chicken and Wild Rice Casserole Corn Stewed Tomatoes Tropical Fruit
Oct 31 Fish on a Bun O'Brien Potatoes Spinach Halloween Cookie	Nov 1 Chili Cauliflower Corn Bread Mousse	Nov 2 Hamburger Cabbage Casserole Zucchini California Blend Vegetables Jello	Nov 3 Roast Pork with Gravy Stuffing Cauliflower No Bake Cookie	Nov 4 Omelet Hash Browns Sausage Muffin Fruit Cup

<p>Nov 7</p> <p>Salisbury Steak Roasted Red Potatoes Broccoli Apricots</p>	<p>Nov 8</p> <p>Spanish Rice Corn Brussels Sprouts Frosted Birthday Cake</p>	<p>Nov 9</p> <p>Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Cookie</p>	<p>Nov 10</p> <p>Chicken and Biscuits Mashed Potatoes Glazed Carrots Brownie</p>	<p>Nov 11</p> <p>CLOSED FOR VETERANS' DAY</p> 
<p>Nov 14</p> <p>Beef Patty with Peppers and Onions O'Brien Potatoes Mixed Vegetables Fruit Cocktail</p>	<p>Nov 15</p> <p>Chicken Fricassee Seasoned Noodles Zucchini Yogurt Whip</p>	<p>Nov 16</p> <p>Thanksgiving Dinner! Turkey with Gravy Stuffing Mashed Potatoes Corn Dinner Roll Pumpkin Cookie</p>	<p>Nov 17</p> <p>Ham with Mustard Sauce Scalloped Potatoes Peas and Carrots Ice Cream</p>	<p>Nov 18</p> <p>Chicken Cacciatore Rotini in Sauce Italian Blend Fruit cup</p>
<p>Nov 21</p> <p>Fish on a Bun Au Gratin Potatoes Spinach Pineapple Tidbits</p>	<p>Nov 22</p> <p>Pizza Burger on a Bun Baked Beans Squash Cookie</p>	<p>Nov 23</p> <p>Chicken Riggies Green Beans Red Cabbage Fruited Gelatin</p>	<p>Nov 24</p> <p>CLOSED FOR THANKSGIVING</p> 	<p>Nov 25</p> <p>CLOSED FOR THANKSGIVING</p> 
<p>Nov 28</p> <p>Sloppy Joes Corn Cauliflower Cottage Cheese with Fruit</p>	<p>Nov 29</p> <p>Fiesta Chicken Mashed Potatoes Sonoma Blend Vegetables Ice Cream</p>	<p>Nov 30</p> <p>Roast Pork Sweet Potato Casserole Wax Beans Brownie</p>	<p>Dec 1</p> <p>Sub Sandwich 3-Bean Salad Macaroni Salad Mousse</p>	<p>Dec 2</p> <p>Chicken Parmesan Rotini in Sauce Italian Blend Vegetables Mandarin Oranges</p>

Dec 5 Lemon Pepper Fish Rice Spinach Peaches	Dec 6 Turkey Divan with Broccoli Sauce Egg Noodles Brussels Sprouts Cookie	Dec 7 Chicken and Biscuits Mashed Potatoes Broccoli Mousse	Dec 8 BBQ Beef Sandwich Baked Beans Carrots Brownie	Dec 9 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Applesauce
Dec 12 Swedish Meatballs Rice Mixed Vegetables Applesauce	Dec 13 Stuffed Shells Italian Blend Vegetables Garlic Roll Pudding	Dec 14 Christmas Dinner Stuffed Chicken Breast Mashed Potatoes Peas with Pearl Onions Dinner Roll Apple Crisp	Dec 15 Turkey with Gravy Stuffing Beets Frosted Birthday Cake	Dec 16 Cheesy Ham and Rice Casserole Squash Red Cabbage Ambrosia
Dec 19 Goulash Corn Brussels Sprouts Fruit Cocktail	Dec 20 Hot Dog with Sauerkraut 3-Bean Salad Tater Tots Fruited Gelatin	Dec 21 Chicken Stir Fry Rice Japanese Blend Vegetables Ice Cream	Dec 22 Fish on a Bun O'Brien Potatoes Spinach Cookie	Dec 23 Salisbury Steak Mashed Potatoes Sonoma Blend Vegetables Chef's Choice Dessert
MERRY CHRISTMAS! 	Dec 27 Lemon Chicken Noodles Squash Tropical Fruit	Dec 28 Ham with Plum Sauce Scalloped potatoes Peas and Carrots Pudding with whipped topping	Dec 29 Beef Stew with Vegetables and Potatoes Biscuit Pineapple Tidbits	Dec 30 Omelet Hash Browns Sausage Muffin Fruit Parfait

OR CURRENT RESIDENT

Because the needs often outweigh the means, we ask that you consider making a contribution to the Fulton Co. Office for Aging, if you are able. You can designate which program area you wish your voluntary contribution to support from the list below:

____Home Care ____Nutrition Services Trust Fund
____Care Management ____Transportation ____Caregiver Services
____Health Insurance Counseling ____Where there is the most need

We THANK YOU!

Please send your contribution to:

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