



The
Fulton
County **OFFICE**
FOR AGING
*Vital Information
for vital generations*

19 N. William Street
Johnstown, NY 12095

PRESORTED
STANDARD
U.S. POSTAGE PAID
JOHNSTOWN, NY 12095
PERMIT NO. 14

OR CURRENT RESIDENT

APRIL • MAY • JUNE

2024 • ISSUE No. 223

The
Fulton
County **OFFICE**
FOR AGING

*Vital information
for vital generations*

Andrea Fettinger

BA, MEd, Director

19 N. William Street
Johnstown, New York 12095

518-736-5650

Email:
fcofa@fultoncountyny.gov
Web Site: www.fcofa.org/

-NEWSLETTER-

From the Director's Desk... Spring Greetings!

Is it really Spring? Have you recovered from the windstorms, sleet, off and on warm February weather? It's time to see flowers bloom and people out walking!

The next few months are exciting! April, of course, brings the warmer weather; May is Older Americans Month; and June is when Summer begins!

In April, we hope you take some time to check out what the Gloversville and Johnstown Senior Centers have to offer in this season! Want to take a day trip or even a cruise? These organizations have much to offer!

In May we Celebrate all Older Adults in Fulton County, but especially Karen Brown and Antoinette Hallenbeck! If you see these wonderful individuals, please thank them for all the volunteer time they give back to our communities! We also remember and celebrate all mom's (grandma's, aunts, friends, and all mother figures even dad's!) We also look forward to the **Broadalbin-Perth/Fulton Co. Office for Aging Senior Citizen's Prom to be held on May 17th!**

In June, we remember graduates, fathers, teachers, and Juneteenth!

We are gearing up for Farmer Market Coupon distribution and more details will be shared in the coming months. As well, we will be planning the **Office for Aging Picnic planned for Thursday, September 12, 2024** at the Concordia (look for much more information over the summer)!

Thank you to everyone who has already returned the 2024 annual survey! We appreciate your input!

See you all soon!

Andrea Fettinger
Director

Fulton Co. Office for Aging & Youth

LONG TERM SERVICES & SUPPORTS

When you have questions about Long Term Services & Support – such as, OFA home care, Medicaid services, information about nursing homes, adult homes, medical day care, social adult day care, need assistance with paperwork, need legal help, planning for the future for all ages - please call the Fulton Co. Office for Aging/ NYConnects at 518-736-5650.



WHO WILL THIS CLASS HELP?

- Spouse or partner of an adult with a chronic condition
 - Adult children of aging parents
 - Long-distance caregiver

WHAT is Powerful Tools for Caregivers?

In the six weekly classes, caregivers develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family and healthcare or service providers, communicate effectively in challenging situations, recognize the messages in their emotions, deal with difficult feelings, and make tough caregiving decisions. Class participants also receive a copy of The Caregiver Help book

DATES OF NEXT CLASSES

Wednesday April 10th 2024 (10a-11:30a)

Wednesday April 17th 2024 (10a-11:30a)

Wednesday April 24th 2024 (10a-11:30a)

Wednesday May 1st 2024 (10a-11:30a)

Wednesday May 8th 2024 (10a-11:30a)

Wednesday May 15th 2024 (10a-11:30a)

LOCATION

Fulton Co. Office for Aging & Youth, 19 N William St, Johnstown, NY 12095

WHY SHOULD YOU TAKE THIS CLASS?

Caring for a family member or friend with a chronic condition can be physically, emotionally and financially draining. This self-care educational program for family caregivers builds the skills caregivers need to take better care of themselves as they provide care for others.

If you are interested, please call

Laura Sturgess, OFA Caseworker/Class Facilitator

at 518-736-5650

www.powerfultoolsforcaregivers.org

Powerful Tools for Caregivers is owned and managed by Iowa State University

APRIL 2024

Lexington Menu

WELCOME SPRING TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chili Cauliflower Corn Bread Pineapple	2 Turkey a la King Mashed Potatoes Peas and Carrots Ambrosia	3 BBQ Beef German Potato Salad Cauliflower Apple Crisp	4 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Pudding	5 Chicken Croquette Sweet Potato Broccoli Fruit cup
8 Chicken and Biscuits Mashed Potatoes Mixed Vegetables Pears	9 Beef Stew Dinner Roll Banana	10 Pork Roast with Gravy Stuffing Beets Mousse	11 Salisbury Steak Rice Pilaf Sonoma Blend Vegetables Lemon cake with Glaze	12 Cheesy Ham and Rice Casserole Brussels Sprouts Peaches

15 Meatball Sub O'Brien Potatoes Wax beans Mandarin Oranges	16 Chicken Riggies Broccoli Garlic Roll Fruited Jell-O	17 Goulash Corn Lima Beans Cookie	18 Cheddar Baked Fish Au Gratin Potatoes Spinach Berries in a cloud	19 Veggie Lasagna Italian Blend Veggie Dinner roll Fruit cocktail
22 Roast Turkey with Gravy Sweet Potatoes Corn Tropical fruit	23 Submarine Sandwich Mac. Salad Cole Slaw Brownie	24 Omelet Home fries Sausage Blueberry Muffin Applesauce	25 Sweet and Sour Chicken Rice Japanese Blend Vegetables Banana Cake	26 Sloppy Joe Baked Beans Green Beans Sherbet
29 Chili Cauliflower Corn Bread Pineapple	30 Turkey a la King Mashed Potatoes Peas and Carrots Ambrosia			

MAY 2024

Lexington Menu



H A P P Y
Mother's Day



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ Beef German Potato Salad Cauliflower Apple Crisp	2 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Pudding	3 Chicken Croquette Sweet Potato Broccoli Fruit cup
6 Chicken and Biscuits Mashed Potatoes Mixed Vegetables Pears	7 Beef Stew Dinner Roll Banana	8 Pork Roast with Gravy Stuffing Beets Mousse	9 Salisbury Steak Rice Pilaf Sonoma Blend Vegetables Lemon cake with Glaze	12 Cheesy Ham and Rice Casserole Brussels Sprouts Peaches
13 Meatball Sub O'Brien Potatoes Wax beans Mandarin Oranges	14 Chicken Riggies Broccoli Garlic Roll Fruited Jell-O	15 Goulash Corn Lima Beans Cookie	16 Cheddar Baked Fish Au Gratin Potatoes Spinach Berries in a cloud	17 Veggie Lasagna Italian Blend Veggie Dinner roll Fruit cocktail
20 Roast Turkey with Gravy Sweet Potatoes Corn Tropical fruit	21 Submarine Sand- wich Mac. Salad Cole Slaw Brownie	22 Omelet Home fries Sausage Blueberry Muffin Applesauce	23 Sweet and Sour Chicken Rice Japanese Blend Vegetables Banana Cake	24 Sloppy Joe Baked Beans Green Beans Sherbet
27 MEMORIAL DAY OFFICE CLOSED NO DELIVERIES	28 Turkey a la King Mashed Potatoes Peas and Carrots Ambrosia	29 BBQ Beef German Potato Salad Cauliflower Apple Crisp	30 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Pudding	31 Chicken Croquette Sweet Potato Broccoli Fruit cup



Happy
Father's
Day



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken and Biscuits Mashed Potatoes Mixed Vegetables Pears	2 Beef Stew Dinner Roll Banana	5 Pork Roast with Gravy Stuffing Beets Mousse	6 Salisbury Steak Rice Pilaf Sonoma Blend Vegetables Lemon cake with Glaze	3 Cheesy Ham and Rice Casserole Brussels Sprouts Peaches
10 Meatball Sub O'Brien Potatoes Wax beans Mandarin Oranges	19 Chicken Riggies Broccoli Garlic Roll Fruited Jell-O	10 Goulash Corn Lima Beans Cookie	13 Cheddar Baked Fish Au Gratin Potatoes Spinach Berries in a cloud	12 Veggie Lasagna Italian Blend Veggie Dinner roll Fruit cocktail

17 Roast Turkey with Gravy Sweet Potatoes Corn Tropical fruit	18 Submarine Sandwich Mac. Salad Cole Slaw Brownie	19 Omelet Home fries Sausage Blueberry Muffin Applesauce	20 Sweet and Sour Chicken Rice Japanese Blend Vegetables Banana Cake	21 Sloppy Joe Baked Beans Green Beans Sherbet
24 Chili Cauliflower Corn Bread Pineapple	25 Turkey a la King Mashed Potatoes Peas and Carrots Ambrosia	26 BBQ Beef German Potato Salad Cauliflower Apple Crisp	27 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Pudding	28 Chicken Croquette Sweet Potato Broccoli Fruit cup

Community Notes:



APRIL • MAY • JUNE

April 8, 2024 - OFA Advisory Council

April 22, 2024 - Crime Victim's Awareness Event

April 25, 2024 - Senior Council

May 16, 2024 - Fulton Co. Long Term Care Council

May 17, 2024 - BP/OFA Senior Citizen's Prom

June 3, 2024 - Fulton Co. Youth Bureau

July 8, 2024 - OFA Advisory Council

July 17, 2024 - Fulton Co. Youth Day

July 18, 2024 - Fulton Co. Long Term Care Council

July 25, 2024 - Senior Council

Because the needs often outweigh the means, we ask that you consider making a donation 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.

Thank You!

Please send your donation to:

Fulton County Office for Aging

19 North William Street • Johnstown, New York 12095

Thank You!

**We are always looking for
and NEED Volunteers for
delivering meals!**

The
Fulton
County **OFFICE
FOR AGING**
*Vital Information
for vital generations*

Venison for Veterans & Older Adults 2024



Again this year, we will be partnering with local hunters, fish and game clubs, local businesses, Assemblyman Smullen, the Fulton Co. Sheriff's Office, Montgomery County partners and other state legislators to offer **free venison to Veterans and Older Adults in the county**. Thanks to coordinators Tom Georgia and Don Wicksell.

Venison donations will be provided by local hunters and will be butchered by certified butchers in the area. Storage of the donated game will be provided by Kingsboro Lumber.

Distribution of the venison will be provided by many community volunteers, law enforcement, EMS and more!

What we need from you! Please call the Fulton Co. Office for Aging at **518-736-5650** and give the receptionist your Name, Address, Phone Number and directions to your house. We will put you on the list for distribution on **APRIL 22, 2024**

We are so thankful to be included in this great project, and we hope you will let us know if you would like delivery!

Celebrating Older Americans Month 2024 **POWERED BY CONNECTION**

Established in 1963, Older Americans Month is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "**Powered by Connection**" focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

HERE ARE WAYS YOU CAN CONNECT OR BEAT THE BLUES:

- *Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.*
- *Stay engaged in your community by giving back through VOLUNTEERING, working, teaching, or mentoring.*
- *Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.*
- *Visit a local Senior Center and join a class.*
- *Consider ElliQ an in-home robot companion. Call OFA for more information!*
- *Nurture, care for, adopt a comfort pet from the Fulton Co. Office for Aging.*
- *Have lunch with friends! Visit an Office for Aging Lunch Site!*
- *Use the Fulton Co. Office for Aging transportation and go to the hairdresser, visit friends, do your marketing etc!*

Whatever you choose, we CELEBRATE YOU!
#OlderAmericansMonth