



The
Fulton
County **OFFICE**
FOR AGING

19 N. William Street
Johnstown, NY 12095

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JULY • AUGUST • SEPTEMBER

2023 • ISSUE No. 220

The
Fulton
County **OFFICE**
FOR AGING

*Vital information
for vital generations*

Andrea Fettinger

BA, MEd, Director

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Johnstown, New York 12095

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-NEWSLETTER-

From the Director's Desk... Happy Summer!

Happy Sunshine Season!

How awesome does it feel to get outside and feel the warm sun on our skin? (Use sunscreen, of course!) I am so excited for this season; there is so much to do!

- “Build Your Own Herb Garden” will take place at the Office for Aging on Friday, July 14th at 10:00am ~ call the office to sign up! Thank You SNAP-Ed!
- Farmer Market Coupons will be available soon!
- Even though many Farmer Markets have been open since May, this is the best season for shopping for healthy produce ~ see information about locations where farmers accept the Farmer Market Coupons.
- The Fulton Co. Office for Aging Summer Picnic will be held on Thursday, August 3, 2023 at the Concordia. We will be celebrating the Office for Aging 45th Anniversary! Please call the office at 518-736-5650 to reserve your ticket ~ you will NEED a ticket for entry to the picnic! We will be serving a Sturgess Family BBQ this year!

CABBAGE: cabbage is packed with vitamins and nutrients. It is a good source of both Vitamin K and Vitamin C. Be aware that it may be difficult on the digestive system though.

CANTALOUPE: also known as muskmelon, this fruit is a good source of potassium and Vitamin C. It is also over 90% water so can be used to meet your fluid needs as well. It is abundant in our area in later summer, is low in calories, and high in fiber- a great snack option!

CUCUMBERS: one of our state's most popular summer vegetables! Cucumbers are also very high in water content. Moreover, they are easy to incorporate into salads. They also contain additional vitamins and minerals.

EGGPLANT: this dark purple vegetable is loaded with antioxidants. Antioxidants are effective in preventing the development of certain cancers.

GARLIC: while mostly used as a seasoning, a benefit is that it can be stored year round and used during the cold months as well.

GREEN BEANS: relatively easy to grow, even for amateur gardeners! Young, fresh green beans are a good source of Vitamin C, fiber, folate, and Vitamin K.

LETTUCE: one of the few vegetables that is relatively low in fiber. But it is very high in water content and can help you meet your fluid needs during the hot summer months. It is also a refreshing, light dinner on a hot, humid day- simply make a salad and add your favorite lean protein.

PEACHES: most people associate apples with NYS but NYS is also a leading producer of peaches! They are a quick, easy, snack option, and they are easily incorporated into baked goods as well.

POTATOES: potatoes are available into the fall and winter but can be harvested in later summer as well. They are fat free, sodium free, and about 110 calories each! They also contain more potassium than a banana.

ZUCCHINI: most people that have a garden in upstate NY have a surplus of zucchini. It can be served fresh or in hot dishes such as pasta meals, or incorporated into baked goods, like zucchini bread. It is also high in antioxidants.

Community Notes:



JULY

Senior Council – July 6

OFA Advisory Council – July 10

Fulton Co. Long Term Care Council
rescheduled to July 27

AUGUST

Fulton Co. Office for Aging Summer Picnic - August 3

SEPTEMBER

One Church Street Twilight Market

August 10 & September 14

Fulton County Youth Bureau – September 18

WE ARE ALWAYS LOOKING FOR AND NEED VOLUNTEERS FOR DELIVERING MEALS!



Nutrition News

Submitted by Shannon Davis, RD

FARMER'S MARKETS



Farmer's Markets are in full swing in upstate New York! Exact crops and their availability will vary from region to region, but here is a list of some of the best options found this month!

APPLES: most people think of apples as being available only in the fall! However, some varieties are available as early as July! Another benefit to this local produce is that apples can be kept in cold storage until spring.

BASIL: this herb is mostly used for cooking and is included as a popular ingredient in tomato sauce or pesto sauce. A helpful hint- do not chop the leaves. Tear them for the most flavor.

BLUEBERRIES: upstate NY has a bountiful harvest of blueberries. In addition, they can be picked and frozen for use for months to come. Try incorporating them into smoothies, muffins, or pancakes once the cold weather arrives.

- HEAP Early Outreach applications will be mailed at the end of August; please keep an eye out so that you can get your application in early!
- One Church Street in Johnstown will host two “Twilight Markets” – Thursday, August 10th and Thursday, September 14th, both located on Church Street and the Park ~ more information will be shared on these events soon!
- Clubs and Centers are hosting many trips! It is best if you contact the club or center directly, but I have seen some very interesting and fun options for travel this summer!
- Office for Aging/NYConnects staff will be out and about providing public education around the county! Hope you get to see them and get all your questions answered!

SAVE THE DATE!

Thursday, August 3, 2023

@10 am – 2pm

OFFICE FOR AGING SUMMER PICNIC
at the Concordia

Hope to see YOU at the Summer Picnic!

Andrea Fettinger, BA, MEd

Director

Fulton Co. Office for Aging & Youth

CONTAINER GARDENS:

GROW YOUR OWN HERBS WITH
FULTON COUNTY OFFICE FOR AGING & YOUTH

Friday, July 14, 2023 at 10:00 am

You will receive the following -

- Container Garden Kit
- Education on gardening & plant upkeep
- Benefits of using herbs in cooking
- Recipe ideas

There is no cost to receive a container garden kit.

**Please sign-up in advance with Fulton County
Office for Aging & Youth!**

Questions? Contact Amanda Curtin, with SNAP-Ed NY

Email: acurtin@officeforaging.com

Phone: 518-843-2300



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This institution is an equal opportunity provider.

If you would like to request a reasonable accommodation to participate in the container gardens, please contact Amanda Curtin prior to event/pick-up at 518.843.2300 or

acurtin@officeforaging.com



Fulton County Food Pantry Locations:

Fulmont Community Action Agency

Monday-Friday 8:30am-4pm

53 Church St., Gloversville NY 12078

518-725-7110

Photo ID required, proof of income and address

Center of Hope

Tuesday 4pm-6pm, Wednesday 9am-11am

33 Bleecker St., Gloversville NY 12078

518-725-5270

Proof of Residence

First Congregational Church Food Pantry

Last Saturday of the month 10am-11am

31 E. Fulton St., Gloversville NY 12078

518-725-4304

Proof of Number in Household

North Main Street United Methodist Church

Third Monday 10am-1pm

316 N. Main St., Gloversville NY 12078

518-725-7323

No Documents Required.

Salvation Army

Monday, Tuesday and Thursday 10am-12pm

10 Spring St., Gloversville NY 12078

518-725-4119

Income Verification Required

Interfaith Food Pantry

Supported by One Church Street

Wednesday 9am-12pm and Saturday 10am-12pm

26 North Market Street. Johnstown, NY - 12095

Phone: (518) 762-9210

Open to all with 12095 zip code, Proof Required.

Mayfield Central Presbyterian Church

First and Third Tuesday of the month 12:30pm-3pm

22 N. Main St., Mayfield, NY 12117

Open to Mayfield School District Only

Broadalbin Food Pantry Methodist Church

Monday 3:30pm-5pm - Thursday 9:30am-11am

65 North Main Street, Broadalbin, NY - 12025

Phone: (518) 810-1179

Must prove Residency in Broadalbin/Perth School District.

Senior Farmer Market Coupons Coming Soon!

2023 Fulton County Farmer Market Locations
Accepting Farmer Market Coupons

Gloversville Farmers' Market

Elm Street Pavilion, Gloversville NY 12078

Sat 8:30am-12:30pm

May 13-October 14

NOTE: Not all vendors at the Markets accept coupons;
look for the poster by Farmers' booths to identify the farmers
who accept the Senior Farmer Market Coupons.

Gray's Garden and Greenhouse Farm Stand

6193 State Highway 29, Saint Johnsville NY 13452

Thu-Sun 10am-6pm

July 8-October 7

REMINDER!

FARMER MARKET COUPONS CAN BE ONLY BE USED TO
BUY LOCALLY GROWN FRESH PRODUCE

Examples:

Tomatoes • Cucumbers • Zucchini • Squash
Strawberries • Blueberries • Corn

Harmony Harvest and Herd Farm Stand

159 County Highway 148 Johnstown NY 12095

Sun 3pm-7pm

June 17-November 4

**Farmer Market Coupons
CANNOT BE USED TO BUY:**

Honey • Fruit Grown Out-of-State

Baked Goods • Planted Herbs • Pumpkins

Cider • Eggs and Dairy Products

Johnstown Farmers' Market

Shirley J Luck Center, 109 E. Main St Johnstown

Tue 3pm-6pm

June 27-October 17

Fulton Co. Office for Aging

SUMMER PICNIC

Thursday, August 3, 2023

Concordia Park, Gloversville

10:00 am – 2:00 pm

Call: 518-736-5650

TO RESERVE YOUR TICKET



*Help us Celebrate the Office for Aging's
45th Business Anniversary!*



JULY 2023

Lexington / Kingsboro Catering Menu

July 4th



Independence Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Chop Au Gratin Potatoes Lima Beans Pudding	4 Swedish Meatballs Egg Noodles Mixed Vegetables Brownie	5 Turkey & Cheese Cold Plate Potato Salad Three Bean Salad Mandarin Oranges	6 Cheesy Ham & Rice Casserole Brussels Sprouts Carrots Peaches	7 Chicken Cacciatore Rotini Italian Green Beans Sherbet
10 Roast Turkey Stuffing Broccoli Fruit Cocktail	11 Chicken & Biscuits Mashed Potatoes Beets Mousse	12 Vegetable Lasagna Italian Blend Vegetables Garlic Roll Fresh Fruit	13 Chef's Choice Salad Cold Plate Macaroni Salad Carrot Raisin Salad Cake	14 Salisbury Steak Mashed Potatoes California Blend Vegetables Fruit Cup
11 Chef's Choice Chicken Rice Pilaf Corn Peaches	12 Roast Pork Stuffing Cauliflower Cookie	13 Turkey Divan Egg Noodles Peas Pineapple Tidbits	14 Meatloaf Sweet Potatoes Broccoli Gelatin	15 Fish on a Bun Red Cabbage Spinach Ice Cream
18 Lazy Stuffed Cabbage Beets Cauliflower Fruit Cup	19 Egg Bake Sausage Muffin Hash Brown Pudding	20 Pizza Burger Baked Beans Green Beans Tropical Fruit	21 Macaroni & Cheese Stewed Tomatoes and Zucchini Green Beans Cake	22 Stuffed Shells Italian Blend Vegetables Garlic Roll Pears
25 Pork Chop Au Gratin Potatoes Lima Beans Pudding	26 Swedish Meatballs Egg Noodles Mixed Vegetables Brownie	27 Turkey & Cheese Cold Plate Potato Salad Three Bean Salad Mandarin Oranges	28 Cheesy Ham & Rice Casserole Brussels Sprouts Carrots Peaches	29 Chicken Cacciatore Rotini Italian Green Beans Sherbet

AUGUST 2023

Lexington / Kingsboro Catering Menu

NATIONAL SENIOR CITIZENS DAY AUGUST 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Swedish Meatballs Egg Noodles Mixed Vegetables Brownie	2 Turkey & Cheese Cold Plate Potato Salad Three Bean Salad Mandarin Oranges	3 Cheesy Ham & Rice Casserole Brussels Sprouts Carrots Peaches	4 Chicken Cacciatore Rotini Italian Green Beans Sherbet
7 Roast Turkey Stuffing Broccoli Fruit Cocktail	8 Chicken & Biscuits Mashed Potatoes Beets Mousse	9 Vegetable Lasagna Italian Blend Vegetables Garlic Roll Fresh Fruit	10 Chef's Choice Salad Cold Plate Macaroni Salad Carrot Raisin Salad Cake	11 Salisbury Steak Mashed Potatoes California Blend Vegetables Fruit Cup
14 Chef's Choice Chicken Rice Pilaf Corn Peaches	15 Roast Pork Stuffing Cauliflower Cookie	16 Turkey Divan Egg Noodles Peas Pineapple Tidbits	17 Meatloaf Sweet Potatoes Broccoli Gelatin	18 Fish on a Bun Red Cabbage Spinach Ice Cream
21 Lazy Stuffed Cabbage Beets Cauliflower Fruit Cup	22 Egg Bake Sausage Muffin Hash Brown Pudding	23 Pizza Burger Baked Beans Green Beans Tropical Fruit	24 Macaroni & Cheese Stewed Tomatoes and Zucchini Green Beans Cake	25 Stuffed Shells Italian Blend Vegetables Garlic Roll Pears
28 Pork Chop Au Gratin Potatoes Lima Beans Pudding	29 Swedish Meatballs Egg Noodles Mixed Vegetables Brownie	30 Turkey & Cheese Cold Plate Potato Salad Three Bean Salad Mandarin Oranges	31 Cheesy Ham & Rice Casserole Brussels Sprouts Carrots Peaches	

SEPTEMBER 2023 Lexington / Kingsboro Catering Menu

HAPPY
★ ★
Labor Day

NATIONAL
Grandparents Day
September 10th

HAPPY
★ ★
Labor Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Cacciatore Rotini Italian Green Beans Sherbet
4 Roast Turkey Stuffing Broccoli Fruit Cocktail	5 Chicken & Biscuits Mashed Potatoes Beets Mousse	6 Vegetable Lasagna Italian Blend Vegetables Garlic Roll Fresh Fruit	7 Chef's Choice Salad Cold Plate Macaroni Salad Carrot Raisin Salad Cake	8 Salisbury Steak Mashed Potatoes California Blend Vegetables Fruit Cup

17 Chef's Choice Chicken Rice Pilaf Corn Peaches	18 Roast Pork Stuffing Cauliflower Cookie	19 Turkey Divan Egg Noodles Peas Pineapple Tidbits	20 Meatloaf Sweet Potatoes Broccoli Gelatin	21 Fish on a Bun Red Cabbage Spinach Ice Cream
24 Lazy Stuffed Cabbage Beets Cauliflower Fruit Cup	25 Egg Bake Sausage Muffin Hash Brown Pudding	26 Pizza Burger Baked Beans Green Beans Tropical Fruit	27 Macaroni & Cheese Stewed Tomatoes and Zucchini Green Beans Cake	28 Stuffed Shells Italian Blend Vegetables Garlic Roll Pears
31 Pork Chop Au Gratin Potatoes Lima Beans Pudding				