

**JULY • AUGUST • SEPTEMBER**

**2024 • ISSUE No. 224**



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/](http://www.fcofa.org/)

**-NEWSLETTER-**

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

**Let the BBQ's and Picnics begin!** We wish you a very healthy and active Summer, and hope you will check in with the clubs and centers across the county to see what trips and activities they are offering!

## **Here are some things to be aware of for the Summer Season:**

- Sunscreen is our friend, and we encourage all of you to apply your favorite product when out in the sun.
- We welcome Samantha Romeyn as the Office for Aging Deputy Director. She will be out and about meeting all of you soon!
- Be aware of food safety when grilling and cooking outside; the Office for Aging Nutrition Program has many resources to assist you in keeping food safe!
- Call 518-736-5650 for a LIFT! We will drive you anywhere in air conditioned comfort!
- Plan for Early Outreach HEAP applications that will be mailed in late August – if you received HEAP last year, you will get a letter and application in August. If you will be new to HEAP in 2024, you will need to wait until November to submit

an application.

Details on HEAP will be shared once we receive all the information.

- Remember that Medicare Open Enrollment will be, as always, October 15 thru December 7!
- The Office for Aging Picnic will be held on Thursday, September 12, 10-2 at the Concordia – our theme is Red White and Blue and we encourage all attendees to wear your favorite Americana colors! Voluntary contribution for the picnic will be \$5.00 and tickets are required – stay tuned for all the details on this!!
- Enjoy yourself this Summer!

See you soon!

**Andrea Fettingler, BA, MEd**  
Director

## **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.





# Nutrition News

Submitted by Shannon Davis, RD  
Senior Nutrition Program - 518-736-5650



As we age, the chances of dealing with a chronic illness greatly increases. And sometimes, these conditions occur in combination with other chronic illnesses. This can make treating each illness more complicated. It is important that all individuals who are part of the health care team are in constant and direct communication with each other. This can include multiple physicians, as well as pharmacists, dietitians, therapists, and the patient and caregiver.

Because many of the more common disease processes that we see today are at least linked to diet and intake, it makes sense that if one has a poor diet, they are more at risk for a number of medical problems. For example, being overweight or obese greatly increases your chances of suffering from cardiovascular disease (including hypertension, stroke, and heart attack), diabetes, and even certain types of cancers.

In other circumstances, the treatment for a chronic condition can essentially "create" a secondary chronic condition. Being treated for breathing difficulties (such as emphysema or chronic obstructive pulmonary disease) with a steroid such as prednisone can cause some individual's blood sugars to become elevated.

The good news is that treatment of these conditions is always improving and can be managed effectively through regular follow up with a team of physicians. And even with multiple chronic conditions, you can live an active, long life. Being involved in your care and advocating for effective, efficient treatment can ensure the best quality of life even while managing your illnesses.

## Fulton Co. Office for Aging Annual **SUMMER PICNIC**

**Thursday, September 12, 2024**

**Concordia Park • Gloversville**

**\$5.00 VOLUNTARY CONTRIBUTION**

***Wear Red, White & Blue!***

**Call: 518-736-5650 For More Information**

*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!**



# FOOD PANTRIES IN FULTON COUNTY

## **Gloversville Food Pantries**

### **First Congregational UCC**

31 E. Fulton Street, Gloversville, NY  
Rear entrance by NBT Bank  
518-725-4304

Last Saturday of the month 10 AM - 11 AM  
Open to all. Proof of number in household.  
Prepackaged bags, ready for pickup only.

### **Free Methodist Center of Hope**

33 Bleecker Street, Gloversville, NY  
518-725-2332  
Tuesday 4 PM - 6 PM | Wednesday 9 AM - 11 AM  
Open to all. Proof of residence.

### **Fulmont Community Action Agency**

53 Church Street, Gloversville, NY  
518-725-7110  
M-F 8:30AM-4:00PM closed 12-12:30  
Open to all - photo ID, proof of income and address.

## **Johnstown Food Pantries**

### **Interfaith Council of Churches**

#### **St. John's Episcopal Church**

518-762-9210  
26 N. Market Street, Johnstown, NY  
Wednesday 9:00 AM - 12:00 PM | Sat. 10:00 AM - 12:00 PM  
Open to all with 12095 zip code.  
Proof of address required at first visit.

### **Foothills Worship Center**

518-725-9611  
305 Jansen Avenue, Johnstown, NY  
Monday through Thursday 9:00 AM - 12:00 PM  
All are welcome.

## **Broadalbin Food Pantry**

### **Broadalbin Ecumenical Food Pantry**

518-810-1179  
65 N. Main Street, Broadalbin, NY  
Monday 3:30 PM - 5:00 PM | Thursday 9:30 AM to 11:00 AM  
Must live in Broadalbin-Perth School District.  
Proof of address required (current utility bill); closed holidays.

### **North Main Street United Methodist Church**

316 N. Main Street, Gloversville, NY  
518-725-7323  
Third Monday 10:00 AM - 1:00 PM Open to all.  
No documents required.

### **Salvation Army**

518-725-4119  
10 Spring Street, Gloversville, NY  
Monday, Tuesday, Thursday 10:30 AM - 12:30 PM  
Gleaning Friday 10:30 AM to 12:30 PM  
Call first for an appointment - ID, income and address verification required.

### **Trinity Anglican Episcopal Church "The Gathering"**

518-725-7010  
14 Grand Street, Gloversville, NY  
Wednesday and Saturday 11:00 AM - 1:00 PM

## **Mayfield Food Pantry**

### **Mayfield Central Food Pantry**

#### **Mayfield Central Presbyterian Church**

518-661-6566  
22 Main St., Mayfield, NY  
Every other Tuesday - 12:00 PM to 3:00 PM  
Must live in Mayfield Central School District.

## **Northville Food Pantry**

### **Bread of Life Food Pantry**

#### **A project of the Baptist Church of Northville**

518-863-8001  
113 North Main Street (BCON Corner) Northville, NY  
Wednesdays at 10:00 AM  
Open to residents of Northville and Edinburg.

## **Stratford Food Pantry**

### **Town of Stratford Mobile Food Pantry**

#### **Stratford Community Center**

315-717-6966  
120 Piseco Road, Stratford, NY  
Open the first Wednesday of the month.  
10:00 AM to 12:00 PM Must live in the Town of Stratford.



# MEAL SITES IN FULTON COUNTY

## North Main Street United Methodist Church

518-725-7323

316 N. Main St., Gloversville, NY

Every Monday 11:00 AM -1:00 PM Bag Lunch, takeout only.

Open to all. No documents required.

## Church of the Holy Spirit "Fridays Table"

518-725-3143

131 S Main St., Gloversville, NY

Fridays 4:30 PM to 5:30 PM

Take out only. All welcome.

## Salvation Army Soup Kitchen

518-725-4119

10 Spring Street, Gloversville, NY

Monday, Tuesday, Thursday: 4:30 to 5:00 PM

All welcome.

## CAPTAIN Community Services

### Youth Drop-In Center

518-391-9457

31 East Fulton Street, Gloversville, NY

Second floor of First Congregational Church of Christ

Free Meal for youth ages 13 - 24

Wednesdays 3:00 PM to 5:00 PM

## St. John's Episcopal Church

518-762-9210

1 North Market Street, Johnstown, NY

NOAH Community Dinner

Sunday 12:00-1:00 PM

Dine in or take out. All are welcome.

## First Presbyterian Church

518-762-8263

37 S. Market Street, Johnstown, NY

Clinton St. entrance

### Fellowship Meal:

First and Last Saturday

11:00 AM - 1:00 PM

Dine in or take out. All are welcome.



# COMMUNITY RESOURCES IN FULTON COUNTY

## Legal Aid Society of Northeastern New York

### Fulton County Nutrition Outreach and Education Program

518-842-9466 ext. 227

40 North Main St., 2nd Floor, Suite 17, Gloversville, NY

**SNAP**, the Supplemental Nutrition Assistance Program provides food benefits to low-income families to supplement their grocery budget so they can afford the nutritious food essential to health and well-being.

**NOEP** provides SNAP eligibility prescreens, application assistance, advocacy and referrals.

## Fulmont Community Action Agency

518-725-2310

53 Church Street, Gloversville, NY

**WIC** is the supplemental food program for pregnant, breast-feeding and postpartum women, infants and children up to age five. **WIC** provides nutrition education and nutritious foods to income-eligible families.

## First Presbyterian Church - Personal Care Closet

518-762-8263

37 S. Market Street, Johnstown, NY

Monday and Thursday 9:00 AM to 1:00 PM

Personal care closet, hygiene items, emergency help.

## Holy Trinity Church - "Mother Theresa's Closet"

518-762-2636

207 Glebe Street, Johnstown, NY

2nd Thursdays 9:30 AM to 12:00 PM

Personal care, hygiene items, paper products, cleaning supplies.

## OFFICE FOR AGING CONGREGATE LUNCH SITES

\*You must call 518-736-5650 in advance to reserve your lunch. Open to anyone age 60 and older.

### Forest Hill Towers\*

31 Forest St., Gloversville

Monday through Friday

### Petoff Garden Apartments\*

309 Co. Hwy. 155, Glovers-

ville Mondays and Thursdays

### Foothills Worship Center\*

305 Jansen Ave., Johnstown

Tuesdays and Fridays

### Northville First United

Presbyterian Church\*

161 Reed St., Northville

Every Thursday

### Mayfield Town Hall\*

School Street, Mayfield

Every other Wednesday

# JULY 2024

# Lexington Menu

## July 4th



## Independence Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Fish on a Bun Red Cabbage O'Brien Potatoes Peaches	<b>2</b> Pork Roast w/Gravy Mashed Potatoes Lima Beans Brownie	<b>3</b> Lasagna Italian Blend Vegetables Garlic Roll Berries in the cloud	<b>4</b> Tangy Meatloaf Sweet Potatoes Broccoli Pudding	<b>5</b> Chicken Cacciatore Rotini Italian Green Beans Sherbet
<b>8</b> Ham and Scalloped Potatoes Carrots Mandarin Oranges	<b>9</b> Chef's Choice Salad Cold Plate Macaroni Salad Three bean Salad Fresh Fruit	<b>10</b> Turkey Divan Rotini Peas Pineapple Tidbits	<b>11</b> BBQ Chicken O'Brien Potatoes Brussel Sprouts Cake	<b>12</b> Hamburger Cabbage Casserole Rice Beets Yogurt whip
<b>16</b> Lemon Chicken Cornbread Stuffing Broccoli Tropical Fruit	<b>17</b> Goulash Cauliflower Corn Pudding	<b>18</b> Omelet Sausage Home fries Muffin Applesauce	<b>19</b> Roast Turkey Mashed Potatoes Carrots Fruit Cocktail	<b>20</b> Swedish Meatballs Egg Noodles Mixed Vegetables Ice Cream
<b>23</b> Salisbury Steak Rice Pilaf California Blend Vegetables Fruit Cup	<b>24</b> Chicken and Biscuits Mashed Potatoes Beets Mousse	<b>25</b> Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Peaches	<b>26</b> Turkey and Cheese Cold Plate Potato Salad Coleslaw Cookie	<b>27</b> Stuffed Shells Italian Blend Vegetables Dinner Roll Pears
<b>30</b> Fish on a Bun Red Cabbage O'Brien Potatoes Peaches				

## NATIONAL SENIOR CITIZENS DAY AUGUST 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Turkey and Cheese Cold Plate Potato Salad Coleslaw Cookie	<b>2</b> Stuffed Shells Italian Blend Vegetables Dinner Roll Pears
<b>5</b> Fish on a Bun Red Cabbage O'Brien Potatoes Peaches	<b>6</b> Pork Roast w/Gravy Mashed Potatoes Lima Beans Brownie	<b>7</b> Lasagna Italian Blend Vegetables Garlic Roll Berries in the cloud	<b>8</b> Tangy Meatloaf Sweet Potatoes Broccoli Pudding	<b>9</b> Chicken Cacciatore Rotini Italian Green Beans Sherbet
<b>12</b> Ham and Scalloped Potatoes Carrots Mandarin Oranges	<b>13</b> Chef's Choice Salad Cold Plate Macaroni Salad Three bean Salad Fresh Fruit	<b>14</b> Turkey Divan Rotini Peas Pineapple Tidbits	<b>15</b> BBQ Chicken O'Brien Potatoes Brussel Sprouts Cake	<b>16</b> Hamburger Cabbage Casserole Rice Beets Yogurt whip
<b>19</b> Lemon Chicken Cornbread Stuffing Broccoli Tropical Fruit	<b>20</b> Goulash Cauliflower Corn Pudding	<b>21</b> Omelet Sausage Home fries Muffin Applesauce	<b>22</b> Roast Turkey Mashed Potatoes Carrots Fruit Cocktail	<b>23</b> Swedish Meatballs Egg Noodles Mixed Vegetables Ice Cream
<b>26</b> Salisbury Steak Rice Pilaf California Blend Vegetables Fruit Cup	<b>27</b> Chicken and Biscuits Mashed Potatoes Beets Mousse	<b>28</b> Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Peaches	<b>29</b> Turkey and Cheese Cold Plate Potato Salad Coleslaw Cookie	<b>30</b> Stuffed Shells Italian Blend Vegetables Dinner Roll Pears

HAPPY  
*Labor Day*

NATIONAL  
**Grandparents Day**  
September 8th

HAPPY  
*Labor Day*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Fish on a Bun Red Cabbage O'Brien Potatoes Peaches	Pork Roast w/Gravy Mashed Potatoes Lima Beans Brownie	Lasagna Italian Blend Vegetables Garlic Roll Berries in the cloud	Tangy Meatloaf Sweet Potatoes Broccoli Pudding	Chicken Cacciatore Rotini Italian Green Beans Sherbet
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Ham and Scalloped Potatoes Carrots Mandarin Oranges	Chef's Choice Salad Cold Plate Macaroni Salad Three bean Salad Fresh Fruit	Turkey Divan Rotini Peas Pineapple Tidbits	BBQ Chicken O'Brien Potatoes Brussel Sprouts Cake	Hamburger Cabbage Casserole Rice Beets Yogurt whip

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Lemon Chicken Cornbread Stuffing Broccoli Tropical Fruit	Goulash Cauliflower Corn Pudding	Omelet Sausage Home fries Muffin Applesauce	Roast Turkey Mashed Potatoes Carrots Fruit Cocktail	Swedish Meatballs Egg Noodles Mixed Vegetables Ice Cream
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Salisbury Steak Rice Pilaf California Blend Vegetables Fruit Cup	Chicken and Biscuits Mashed Potatoes Beets Mousse	Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Peaches	Turkey and Cheese Cold Plate Potato Salad Coleslaw Cookie	Stuffed Shells Italian Blend Vegetables Dinner Roll Pears
<b>29</b>	<b>30</b>	<b>31</b>		
Fish on a Bun Red Cabbage O'Brien Potatoes Peaches	Pork Roast w/Gravy Mashed Potatoes Lima Beans Brownie	Lasagna Italian Blend Vegetables Garlic Roll Berries in the cloud		