



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

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Johnstown, NY 12095

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*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...

Happy Fall!

Greetings from the Fulton County Office for Aging!

WOW! What a great time we had at the Annual Senior Picnic on September 12th! A big **THANK YOU** to everyone who attended!

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 the needed documents. Regular HEAP begins in November.

- Medicare Open Enrollment is October 15 – December 7, 2024. 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. Not everyone needs to meet with our staff, but, for example, if you need assistance because your pharmacy, medications, doctors, hospitals are no longer accepting your insurance, please call the Office at 518-736-5650, we will send you a form that needs to be filled out and returned to our office before someone calls you to set up an appointment.

- Enclosed in this newsletter is a snapshot of services that the Office for Aging has provided over the last year. If you have any questions or have input to what our goals and plans are, please give me a call at 518-736-5650.

- 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!

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

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.



Fulton County Office For Aging

HIGHLIGHTS FROM 2024 • GOALS FOR 2025

2024 HIGHLIGHTS

- Comfort Pets continued to be distributed to people in their homes.
- “Powerful Tools for Caregivers” continued to be provided.
- Successful usage of unmet needs funding - continues to offer out of county medical transportation for non-Medicaid rides, tech assistance for older adults, and durable medical equipment.
- Challenged with staff vacancies.
- Celebrated the Office for Aging 45th Business Anniversary at the Summer Picnic in 2023.
- Staff have attended tabling events to bring OFA information out into the community.
- Medicare Open Enrollment was successful in 2023 – ramps up again October 15, 2024.

GOALS FOR 2025:

- Maintain high level of quality service provision, helping the most vulnerable
- Work with LTC Council organizations to help reduce health care staffing issues and health care provision issues.
- Continue to provide Powerful Tools for Caregivers Classes.
- Continue providing staff development for program staff with topics provided by the staff (in 2024 provided customer service/communication training & Stress Reduction session).
- To continue to combat Social Isolation by providing comfort pets, ElliQ, in-home contact and support calls/visits & offer puzzles and games for group use.
- Continue to work with our community partners to provide information and assistance to people 60 years of age and older, their families, caregivers and neighbors.
- Work with Centro Civico and RCIL-Life to provide/offer services to people who have language barriers.
- Develop an Adult Group Respite Program.
- Director will advocate for sustainable state and federal funding to support all OFA programs and services.

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.

Please send your donation to:

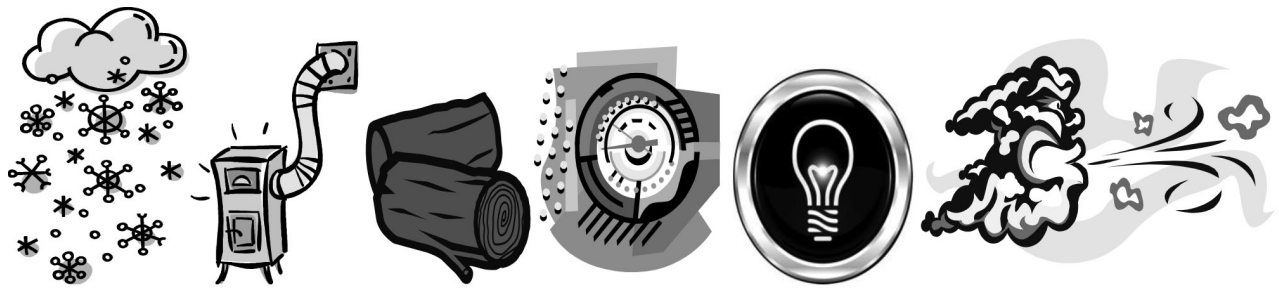
Thank You!

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!**



2024 - 2025 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, 2024.

- 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 2025 and be processed by DSS.
- If you receive Food Stamps or Public Assistance, you need to call your worker at 518-736-5600.

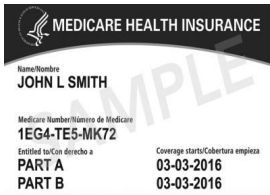
2024 - 2025 HEAP MONTHLY INCOME ELIGIBILITY GUIDELINES

2024 -2025 HEAP Monthly Income Eligibility Guidelines		
Household Size	TIER I	TIER II
1	0 - 1,631	1,632 - 3,322
2	0 - 2,214	2,215 - 4,345
3	0 - 2,797	2,798 - 5,367
4	0 - 3,380	3,381 - 6,390

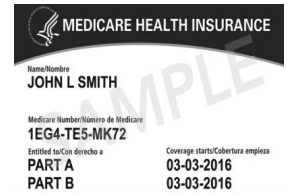
HEALTH INSURANCE INFORMATION Counseling and Assistance Program

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

Fulton County Office for Aging offers the New York State Office for Aging's Health Insurance Information, Counseling, and Assistance Program (HIICAP). HIICAP is New York State's Health Insurance Assistance Program (SHIP). It receives federal funds from the Centers for Medicare & Medicaid Services (CMS). HIICAP educates the public about Medicare, Medicaid, managed care, New York's Elderly Pharmaceutical Insurance Coverage (EPIC), and other health insurance options and issues. HIICAP 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!



**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 does 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.

2024 Lexington Menu

OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Pulled Pork Sandwich Baked Beans Corn Mousse	Chicken and Biscuits Mashed Potatoes Peas Cake	Macaroni and Cheese Green Beans Stewed Tomatoes and Zucchini Mandarin Oranges	Cheesy Ham and Rice Casserole Carrots Broccoli Ice Cream
7	8	9	10	11
Chicken Stir Fry Fluffy Rice Japanese Blend Vegetables Fruit Cocktail	Tangy Meatloaf Sweet Potatoes Mixed Vegetables Cookie	Ham and Scalloped Potatoes Peas and Carrots Berries in the cloud	Hamburger Cabbage Casserole Beets Fresh fruit	Pasta and Meatballs Lima Beans Chef's Fruit Choice

14	15	16	17	18
COLUMBUS DAY OFFICE CLOSED	Chicken Parmesan Rotini in Sauce Italian Blend Vegetables Gelatin	Turkey Dinner Stuffing Corn Apple Crisp	Roast Pork with Gravy Sweet Potatoes Red Cabbage Yogurt Whip	Salisbury Steak Mashed Potatoes Country Blend Vegetables Sherbet
21	22	23	24	25
Baked Fish with Lemon Sauce Confetti Rice Spinach Pears	Beef Stew with Vegetables Biscuit Banana	Lasagna Garlic Roll Cauliflower Pudding	Stuffed Chicken Breast Mashed Potatoes Sonoma Blend Vegetables Brownie	Omelet Sausage Patty O'Brien Potatoes Muffin Applesauce
28	29	30	31	
Pizza Burger O'Brien Potatoes Brussels Sprouts Pineapple	Pulled Pork Sandwich Baked Beans Corn Mousse	Chicken and Biscuits Mashed Potatoes Peas Cake	Macaroni and Cheese Green Beans Stewed Tomatoes and Zucchini Mandarin Oranges	

2024 Lexington Menu

NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheesy Ham and Rice Casserole Carrots Broccoli Ice Cream
4 Chicken Stir Fry Fluffy Rice Japanese Blend Vegetables Fruit Cocktail	5 Tangy Meatloaf Sweet Potatoes Mixed Vegetables Cookie	6 Ham and Scalloped Potatoes Peas and Carrots Berries in the cloud	7 Hamburger Cabbage Casserole Beets Fresh fruit	8 Pasta and Meatballs Lima Beans Chef's Fruit Choice

11 VETERANS DAY OFFICE CLOSED	12 Chicken Parmesan Rotini in Sauce Italian Blend Vegetables Gelatin	13 Turkey Dinner Stuffing Corn Apple Crisp	14 Roast Pork with Gravy Sweet Potatoes Red Cabbage Yogurt Whip	15 Salisbury Steak Mashed Potatoes Country Blend Vegetables Sherbet
18 Baked Fish with Lemon Sauce Confetti Rice Spinach Pears	19 Beef Stew with Vegetables Biscuit Banana	20 Lasagna Garlic Roll Cauliflower Pudding	21 Stuffed Chicken Breast Mashed Potatoes Sonoma Blend Vegetables Brownie	22 Omelet Sausage Patty O'Brien Potatoes Muffin Applesauce
25 Pizza Burger O'Brien Potatoes Brussels Sprouts Pineapple	26 Pulled Pork Sandwich Baked Beans Corn Mousse	27 Chicken and Biscuits Mashed Potatoes Peas Cake	28 HAPPY THANKSGIVING OFFICE CLOSED	29 HAPPY THANKSGIVING OFFICE CLOSED

2024 Lexington Menu

DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Stir Fry Fluffy Rice Japanese Blend Vegetables Fruit Cocktail	3 Tangy Meatloaf Sweet Potatoes Mixed Vegetables Cookie	4 Ham and Scalloped Potatoes Peas and Carrots Berries in the cloud	5 Hamburger Cabbage Casserole Beets Fresh fruit	6 Pasta and Meatballs Lima Beans Chef's Fruit Choice
9 Chili Cauliflower Corn Bread Peaches	10 Chicken Parmesan Rotini in Sauce Italian Blend Vegetables Gelatin	11 Turkey Dinner Stuffing Corn Apple Crisp	12 Roast Pork with Gravy Sweet Potatoes Red Cabbage Yogurt Whip	13 Salisbury Steak Mashed Potatoes Country Blend Vegetables Sherbet
16 Baked Fish with Lemon Sauce Confetti Rice Spinach Pears	17 Beef Stew with Vegetables Biscuit Banana	18 Lasagna Garlic Roll Cauliflower Pudding	19 Stuffed Chicken Breast Mashed Potatoes Sonoma Blend Vegetables Brownie	20 Omelet Sausage Patty O'Brien Potatoes Muffin Applesauce
23 Pizza Burger O'Brien Potatoes Brussels Sprouts Pineapple	24 MERRY CHRISTMAS OFFICE CLOSED	25 MERRY CHISTMAS OFFICE CLOSED	26 Macaroni and Cheese Green Beans Stewed Tomatoes and Zucchini Mandarin Oranges	27 Cheesy Ham and Rice Casserole Carrots Broccoli Ice Cream
30 Chicken Stir Fry Fluffy Rice Japanese Blend Vegetables Fruit Cocktail	31 Tangy Meatloaf Sweet Potatoes Mixed Vegetables Cookie			