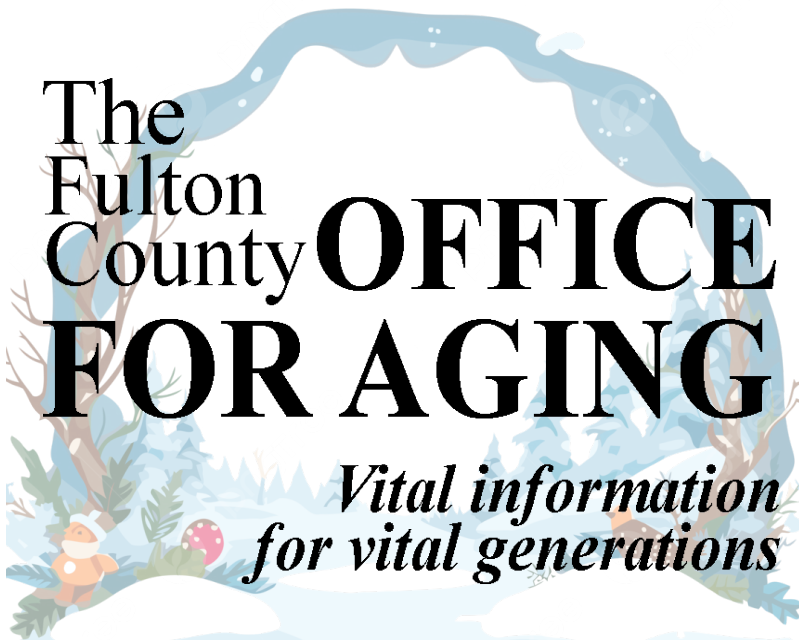


JANUARY • FEBRUARY • MARCH • APRIL

2025 • ISSUE No. 226



The
Fulton
County **OFFICE**
FOR AGING

*Vital information
for vital generations*

Andrea Fettinger

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518-736-5650

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-NEWSLETTER-

From the Director's Desk... Happy New Year!

WOW 2025! Here's hoping you all have a happy and healthy year! Please know that the Fulton Co. Office for Aging is here for you – give us a call at 518-736-5650 with any questions or concerns you have!

See below some early 2025 items that may be of interest to you:

- **Emergency HEAP** begins in January – if you have a shut-off notice, if you are low or out of fuel, let us know and we will work with you to get additional HEAP benefits
- Did you know that the Fulton Co. Office for Aging has many **lunch sites** across the county?
 - **Foothills Lunch Site**, 305 Jansen Ave, Johnstown – meets Tuesdays and Fridays – open to anyone, not just Johnstown residents - call 518-736-5650 to reserve your lunch
 - **Forest Hill Towers**, Gloversville – meets Monday thru Friday – open to anyone not just residents of FHT – call 518-736-5650 to reserve
 - **Petoff Garden Apartments Lunch Site** – meets Mondays and Thursdays in the Community Room at Petoff I – open to anyone not just residents of Petoff – call 518-736-5650 to reserve your lunch
 - **Northville Lunch Site** – meets at the First Presbyterian Church, Reed Street, Northville every Thursday – open to anyone not just Northville/Northampton residents – call 518-736-5650 to reserve
 - **Mayfield Lunch Site** – meets at the Mayfield Town Hall every other Wednesday – open to anyone – call 518-736-5650 to reserve
- In addition, did you know that we have two options for **Home Delivered Meals?**
 - **Lexington/Kingsboro Catering**
 - **Mom's Meals**
 - Call **518-736-5650** to get more information!
- Moreover, did you know that we have two options for **Transportation?**
 - Monday thru Friday Senior Transportation Bus – call to reserve
 - Out of County Non-Medicaid Medical Transport via Taxi – per appointments of the riders – call the Office for Aging to reserve
- If the winter gives you a bit of the blues, the Office for Aging has the following that might **brighten your spirits:**
 - **Comfort pets:** dogs, cats and a bird – call us for more information
 - **ElliQ** – a companion Robot that keeps you company – call us for more information
 - **Caregiver Support Group** offered at the Shirley J. Luck Center – call 518-762-4643 to get more information
 - **Reach Out and Play Games** – we have a good supply of the following updated games for the generation:
Scrabble • Game of Life • Trivial Pursuit • Matching Games • Jenga – table top • Connect 4 – table top
- Congregate Lunch Sites (as noted above) – Join Us for Lunch!

Andrea Fettingner, 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.



Community Notes:



2025 Community Meetings ~ January, February, March & April

Fulton Co. Office for Aging Advisory Council Meetings: January 6, April 7

Fulton Co. Youth Bureau Meeting: January 13 via ZOOM, Feb 10, Mar 10

Fulton Co. Council of Clubs and Centers Meetings: January 30, April 24

Fulton Co. Long Term Care Council Meetings: February 20, May 15

Caregiver Support Group – Fourth Wednesday of the Month – **Call 518-762-4643**

Venison for Veterans and Older Adults coming up April 2025 - If you live in Fulton County call 518-736-5650 to sign up for free venison

2025 EDUCATION • BRAIN HEALTH

Submitted by Shannon Davis, RD

518-736-5650

Happy New Year! Time for new beginnings and the chance to take control of your health! New Year's resolutions often focus on improving your physical health. But you can also focus on improving your mental health, and sometimes the two go hand in hand!

We hear a lot about heart health. But what about **brain health**? You can reduce your risk of a stroke by altering your dietary intake, increasing your physical activity, and keeping your brain sharp through mental exercises. This can include reading, doing crossword puzzles or word searches, or just simply engaging in conversation with others.

Eating a moderate diet, with the focus on incorporating fruits and vegetables, can reduce your risk of stroke, cardiovascular disease, and even certain types of cancers. Here are some recommendations:

- Try whole grain flours to enhance flavors of baked goods made with less fat and fewer or no cholesterol containing ingredients
- Replace whole milk with low fat or skim milk in puddings, soups, or baked goods
- Substitute plain low fat yogurt or low fat cottage cheese for sour cream or mayonnaise
- Steam, boil, bake, or microwave vegetables
- Try flavored vinegars or lemon juice on salads instead of heavy dressings
- Choose lean cuts of meat or trim the fat before preparing; remove the skin from poultry before cooking
- Roast, bake, broil, or simmer meat and poultry as opposed to frying
- Cook meat or poultry on a rack and allow the fat to drip off
- Chill meat and poultry broth until the fat is solid; remove before using
- Limit egg yolks to one when making scrambled eggs
- Try substituting egg whites in recipes calling for whole eggs

Remember that small changes can make a big difference! Limiting your intake of saturated fats, increasing your fiber intake by incorporating more fruits, vegetables, and whole grains, and carefully monitoring your portion size can improve your overall health.

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:

Fulton County Office for Aging

19 North William Street • Johnstown, New York 12095

Thank You!

Thank You!

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

www.powerfultoolsforcaregivers.org

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

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

Thursday May 1st 2025 (10a-11:30a)

Thursday May 8th 2025 (10a-11:30a)

Thursday May 15th 2025 (10a-11:30a)

Thursday May 22nd 2025 (10a-11:30a)

Thursday May 29th 2025 (10a-11:30a)

Thursday June 5th 2025 (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

2025 Lexington Menu

JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 HAPPY NEW YEAR	2 Chicken & Biscuits Mashed Potatoes Peas Cookie	3 Pulled Pork on a Bun Baked Beans Corn Pears
6 Macaroni & Cheese Green Beans Stewed Tomatoes & Zucchini Fruit Cocktail	7 Turkey with Gravy Stuffing Sonoma Blend Vegetables Peaches	8 Chili Cauliflower Corn Bread Brownie	9 Ham and Scalloped Potatoes Peas & Carrots Pudding	10 Baked Chicken Breast Rice Pilaf Squash Sherbert
13 Pizza Burger Home Fries Mixed Vegetables Tropical Fruit	14 Chicken Broccoli Alfredo Wax VBeans Gelatin	15 Goulash Italian Bread Vegetables Garlic Roll Apple	16 Cheesy Ham & Rice Casserole Green Beans Cauliflower Birthday Cake	17 Omelet Sausage Patty Home Fries Mandarine Oranges
20 Closed Martin Luther King, Jr. Day	21 Swedish Meatballs Rice Pilaf Green Beans Fruit Cup	22 Turkey Divan Casserole Pacific Blend Vegetables Chef's Choice Dessert	23 Chicken Stir Fry White Rice Japanese Blend Vegetables Yogurt Whip	24 Meatloaf Sweet Potato Beets Pineapple
27 Salisbury Steak Mashed Potatoes Broccoli Fruit Cocktail	28 Chicken Florentine Seasoned Noodles Brussel Sprouts Ice Cream	29 Fish on a Bun Confetti Rice Spinach Cookie	30 Beef Stew with Vegetables Biscuit Pudding	31 Hamburger Cabbage Casserole Broccoli Applesauce

2025 Lexington Menu

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Pulled Pork on a Bun Baked Beans Red Cabbage Peaches	Chili Cauliflower Corn Bread Mousse	Macaroni & Cheese Green Beans Stewed Tomatoes and Zucchini Apple	Pizza Burger Home Fries Mixed Vegetables Pineapple	Chicken & Biscuits Mashed Potatoes Broccoli Fruit Cocktail
10	11	12	13	14
Baked Fish with Lemon Sauce Confetti Rice Spinach Birthday Cake	Meatloaf Sweet Potatoes Corn Berries in the cloud	Chicken Parm. on a Bun Buttered Penne Lima Beans Fresh Fruit	Broccoli Quiche Sausage Patty Home fries Fruit Cup	Turkey with Gravy Stuffing Brussels Sprouts Valentine Cookie
17	18	19	20	21
CLOSED FOR PRESIDENT'S DAY	Pasta and Meatballs Italian Blend Vegetables Chef's Choice Dessert	Spanish Rice Green Beans Applesauce Pudding	BBQ Chicken Baked Beans Broccoli Cookie	Ham and Scalloped Potatoes Peas and Carrots Ice Cream
24	25	26	27	28
Chicken and Wild Rice Casserole Beets Carrots Cookie	Beef Stew with Vegetables Biscuit Gelatin	Pork Chops Stuffing Corn Rosy Pears	Fish on a Bun O'Brien Potatoes Spinach Pudding	Chicken Cacciatore Rotini in Sauce Yellow Beans Sherbet

2025 Lexington Menu

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chicken and Biscuits Mashed Potatoes Peas Fruit Cocktail	Stuffed Pepper Casserole Cauliflower Corn Cookie	ASH WEDNESDAY Baked Fish in Dill Sauce Confetti Rice Spinach Yogurt whip	Pasta and Meatballs Italian Blend Vegeta- bles Garlic Roll Fresh Fruit	Macaroni & Cheese Stewed Tomatoes and Zucchini Green Beans Mandarin Oranges
10	11	12	13	14
Meatloaf Sweet Potatoes Corn Pears	Ham and Scalloped Potatoes Dill Carrots Berries in the cloud	Chicken a la King Mashed Potatoes Broccoli Pudding	Philly Cheeseburger O'Brien Potatoes Brussels Sprouts Brownie	Vegetable Lasagna Veggie Blend Roll Peaches
17	18	19	20	21
Boiled Ham Dinner with Potatoes and Carrots, Dinner Roll, Cookie	Chicken Parmesan Rotini in Sauce Broccoli Fresh Fruit	Salisbury Steak Mashed Potatoes Green Beans Yogurt whip	Chili Cauliflower Corn Bread Gelatin	Fish on a Bun O'Brien Potatoes Spinach Applesauce
24	25	26	27	28
Beef Stew with Vegetables Biscuit Tropical Fruit	Turkey Dinner Stuffing Sonoma Blend Vegetables Mousse	Pulled Pork on bun Baked Beans Red Cabbage Pineapple Tidbits	Chicken Stir Fry Fluffy Rice Japanese Blend Vegetables Chef's Choice Dessert	Stuffed Shells Italian Blend Vegetables Roll
31				
Pork Chops Au Gratin Potatoes Squash Applesauce				

2025 Lexington Menu

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pizza Burger O'Brien Potatoes Mixed Vegetables Yogurt whip	2 Chicken & Biscuits Mashed Potatoes Peas Brownie	3 Swedish Meatballs Rice Brussels Sprouts Mandarin Oranges	4 Three Cheese Penne Pasta Italian Blend Vegetables Roll Chefs fruit choice
7 Tangy Meatloaf Mashed Potatoes Country Blend Vegetables Peaches	8 Lemon Chicken Confetti Rice Cape cod Blend veggie Pudding	9 Hamburger Cabbage Casserole Yellow Beans Squash Pears	10 Roast Turkey Stuffing Corn Lemon Cake	11 Baked Fish w/Lemon sauce Rice Red Cabbage Fruit Cocktail
14 Pasta and Meatballs Italian Blend Vegetables Garlic Roll Pineapple	15 Omelet Hash Browns Sausage Muffin Fruit Cup	16 Chicken Parm. on a Bun Diced potatoes Green Beans Cookie	17 Ham and Scalloped Potatoes Broccoli Gelatin	18 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Ice Cream
21 Chicken Cacciatore Rotini in Sauce Lima Beans Fresh Fruit	22 Cheesy Ham and Rice Casserole Beets Carrots Cookie	23 Chili Cauliflower Corn Apple Crisp	24 Roast Pork Sweet Potatoes Pea and Carrots Mousse	25 Beef Stew with Vegetables Biscuit Sherbet
28 Pulled Pork Baked Beans Carrots Peaches	29 Lasagna California Blend Garlic Roll Berries in cloud	30 Turkey Divan Casserole Broccoli Chef's Choice Dessert		