

The
Fulton
County **OFFICE
FOR AGING**

*Vital information
for vital generations.*

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Director

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**FALL 2021
DRIVE-THRU**



**HEALTH & WELLNESS EVENTS
COMING!**

We are in the midst of planning drive-thru events to be located in 4 different areas of the county ... STAY TUNED for locations and directions! We LOOK FORWARD to SEEING YOU IN PERSON SOON!

NEWSLETTER

July August September 2021 Issue: 212

UPCOMING MEETINGS

Caregiver Support Group:

No Meetings in July & August

at the Fulton Co. OFA,
19 N William St, Johnstown, NY

Senior Council Meeting:

July 1st, 2021

9:30 am **IN PERSON**

Johnstown Senior Center,
109 E Main St, Johnstown, NY

OFA Advisory Council

July 12, 2021

9:30am **IN PERSON**

at the Fulton Co.OFA,
19 N William St,
Johnstown, NY

Powerful Tools For Caregivers

June 3rd thru July 8th
one class a week

Call Polly or Laura
for information
518-736-5650

Powerful Tools
FOR Caregivers

**We are always
looking for
volunteers
TO DELIVER
MEALS!**

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, housing, 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.



2021 Senior Farmers' Market Coupon Distribution

*The Fulton Co. Office for Aging & Youth will be distributing
Senior Farmer Market Coupons at the office parking lot:
19 N. William St., Johnstown — these dates and times:*

Friday, July 2nd, 10am—2pm

Friday, July 9th, 10am—2pm

Friday, July 16th, 10am—2pm

Friday, July 23rd, 10am—2pm

Friday, August 6th, 10am—2pm

Friday, August 13th, 10am—2pm



Senior Nutrition Program Education, Summer 2021

Submitted by Shannon Davis, RD

July is always a good time to talk about the Farmers' Markets!

Upstate New York offers bountiful, fresh produce at this time of year. Farmers' Markets offer the freshest produce around, often at very reasonable prices. Berries, melons, cucumbers, tomatoes, and various squashes are abundant.

The benefits of a diet rich in fruits and vegetables have been touted many times. They are low in calories and high in fiber. They offer various vitamins, minerals, and other nutrients that can offer protective effects against the development of chronic diseases, including cardiovascular disease, diabetes, and certain types of cancer. They are easily assimilated into many different recipes and can offer you variety in your cooking. They can be prepared in many different ways and can spark your creativity in the kitchen.

Interestingly, there are some marked differences between fruits and vegetables. Fruits and vegetables are classified depending on which part of the plant they came from. A fruit develops from the flower of the plant, while the other parts of the plant are categorized as vegetables.

Also, fruits contain seeds, which vegetables can consist of roots, stems, and leaves. The following foods are usually thought of as vegetables but are technically fruits: winter squash, avocado, cucumbers, peppers, eggplant, olives, pumpkins, pea pods, and zucchini.

From a culinary perspective, fruits and vegetables largely differ and are classified based on taste. Fruits generally have a sweet or tart flavor, while vegetables have a milder or more savory flavor. For this reason, vegetables tend to be used during the main course while fruits are often incorporated into snacks or desserts.

One of the richest fruits in antioxidants, July is also National Blueberry Month! Here's a wonderful recipe for you to try!

Lemon Blueberry Scones with Blueberry Glaze

1 $\frac{1}{4}$ cups whole wheat flour, 1 cup all purpose flour, $\frac{1}{4}$ cup white sugar, 2 $\frac{1}{2}$ tsp baking powder, 1 tsp ground cardamom, 1 tsp lemon zest, $\frac{1}{2}$ tsp baking soda, $\frac{1}{2}$ tsp salt, $\frac{1}{4}$ tsp ginger, $\frac{1}{2}$ cup unsalted butter frozen, $\frac{1}{2}$ cup whole milk Greek yogurt, 3 tbs heavy cream, 1 egg, 2 tsp vanilla, 1 cup frozen blueberries unthawed Glaze ingredients- $\frac{1}{4}$ cup frozen blueberries thawed, 2/3 cup confectioner's sugar, 1 tbs lemon juice

Preheat the oven to 400 degrees. Line a large baking sheet with parchment paper. Combine the first 9 ingredients in a large bowl. Grate in the frozen butter using a box grater and toss until mixture resembles coarse crumbs. Mix yogurt, cream, egg and vanilla together in a small bowl. Add to the flour mixture to form a crumbly dough, stirring just until no dry clumps of flour remain. Stir in unthawed blueberries. Pour crumbly dough onto the parchment lined baking sheet. Press dough together firmly until it forms a cohesive 8-inch circle. Flatten top to ensure the circle is even. Cut into 8 triangular pieces. Arrange the pieces 1 inch apart on the same pan. Brush the top of each scone with an egg wash. Bake for 20-25 minutes until golden brown. Cool completely.

Use the back of a wooden spoon to press thawed blueberries through a fine mesh strainer into a medium bowl to extract 2-3 tbs of juice. Whisk confectioner's sugar and lemon juice into blueberry juice until smooth. Drizzle!

JULY 2021 MENU

<p>July 5</p> <p>CLOSED</p> 	<p>July 6</p> <p>Fish on a Bun O'Brien Potatoes Three Bean Salad Fruit Cocktail</p>	<p>July 7</p> <p>Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Brownie</p>	<p>July 8</p> <p>Ham Salad Cold Plate Tomato Wedges with Mayo Coleslaw Cookie</p>	<p>July 9</p> <p>Chicken and Biscuits Mashed Potatoes Brussels Sprouts Pudding</p>
<p>July 12</p> <p>Pot Roast Roasted Potatoes Dill Carrots Watermelon</p>	<p>July 13</p> <p>Egg Salad Marinated Beets Potato Salad Frosted Birthday Cake</p>	<p>July 14</p> <p>Pasta and Meatballs Italian Blend Vegetables Garlic Knot Peaches</p>	<p>July 15</p> <p>Roast Turkey with Gravy Stuffing Corn Strawberry Shortcake</p>	<p>July 16</p> <p>Hamburger Cabbage Casserole Cauliflower Spinach Ambrosia</p>
<p>July 19</p> <p>Chicken Alfredo with Broccoli over Noodles Pineapple</p>	<p>July 20</p> <p>Salisbury Steak Rice Pilaf Squash Cookie</p>	<p>July 21</p> <p>Turkey Cold Plate Macaroni Salad Carrot Raisin Salad Chef's Choice Pie</p>	<p>July 22</p> <p>Lemon Baked Fish Au Gratin Potatoes Red Cabbage Poke Cake</p>	<p>July 23</p> <p>Pork Chops Sweet Potatoes Country Blend Vegetables Blueberries in a Cloud</p>
<p>July 26</p> <p>Omelet Sausage Hash Browns Muffin Fruit Cup</p>	<p>July 27</p> <p>Ham and Cheese Cold Plate Marinated Broccoli Potato Salad Ice Cream</p>	<p>July 28</p> <p>Cheeseburger Deluxe Potato Puffs Mixed Vegetables Pears</p>	<p>July 29</p> <p>Loaded Baked Potato with Broccoli and Cheese Chicken Nuggets Brownie</p>	<p>July 30</p> <p>Chicken and Wild Rice Casserole Green Beans Warm Applesauce Pudding Square</p>

AUGUST 2021 MENU

Aug 2 Hot Shaved Roast Beef on Kaiser Roll with Peppers and Onions O'Brien Potatoes & Peas Fruit Cocktail	Aug 3 Chicken and Biscuits Mashed Potatoes Sonoma Blend Vegetables Cookie	Aug 4 Seafood Salad Cold Plate Coleslaw Pasta Salad Pudding	Aug 5 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Melon	Aug 6 Turkey Tetrazzini over Spaghetti Squash Brownie
Aug 9 Pizza Burger Potato Puffs California Blend Vegetables Pears	Aug 10 Cheesy Ham and Rice Casserole Broccoli 3-Bean Salad Frosted Birthday Cake	Aug 11 Lazy Stuffed Peppers Corn Wax Beans Mandarin Oranges	Aug 12 Chicken Salad Cold Plate Potato Salad Marinated Beets Ice Cream	Aug 13 Roast Beef with Gravy Rice Pilaf Country Blend Vegetables Cookie
Aug 16 Fish Square Au Gratin Potatoes Spinach Pineapple	Aug 17 Chicken Cacciatore Rotini in Sauce Italian Blend Vegetables Berries in a Cloud	Aug 18 Ham and Cheese Pasta Salad Broccoli Salad Applesauce Pie	Aug 19 Roast Turkey Dinner with Gravy Stuffing Peas Mousse	Aug 20 Omelet Sausage Patty Hash Browns Muffin Fruit Cup
Aug 23 Chili Cauliflower Corn Peaches	Aug 24 Chicken Piccata Mashed Potatoes Spinach Lemon Cake with Glaze	Aug 25 Meatloaf Sweet Potato Zucchini Pudding Square	Aug 26 Tuna Salad Cold Plate Macaroni Salad Carrot Raisin Salad Chef's Choice Dessert	Aug 27 Roast Pork with Gravy Stuffing Mixed Vegetables Rice Pudding
Aug 30 Kielbasa with Sauerkraut Baked Beans Carrot Coins Tropical Fruit	Aug 31 Turkey Cold Plate Coleslaw Cottage Cheese Lemon Lush	Sept 1 3 Cheese Penne Pasta Tossed Salad Garlic Roll Fresh Fruit	Sept 2 Sloppy Joes O'Brien Potatoes Brussels Sprouts Ambrosia	Sept 3 BBQ Chicken German Potato Salad Green Beans Brownie

SEPTEMBER 2021 MENU

<p>Sept 6</p> <p>CLOSED</p>  <p>LABOR DAY</p>	<p>Sept 7</p> <p>Fiesta Chicken Seasoned Rice Pacific Blend Vegetables Peaches</p>	<p>Sept 8</p> <p>Ham and Cheese Cold Plate Tomato and Cucumber Salad Potato Salad Pudding</p>	<p>Sept 9</p> <p>Macaroni and Cheese Stewed Toma- toes and Zuc- chini Green Beans Sugar Cookie</p>	<p>Sept 10</p> <p>Goulash Corn Cauliflower Pears</p>
<p>Sept 13</p> <p>Turkey Divan with Broccoli Sauce Egg Noodles Squash Fruit Cocktail</p>	<p>Sept 14</p> <p>Tuna Casserole Beets Carrots Brownie</p>	<p>Sept 15</p> <p>Chicken and Biscuits Mashed Pota- toes Peas Ice Cream</p>	<p>Sept 16</p> <p>Lasagna Garlic Roll Tossed Salad Apple Crisp</p>	<p>Sept 17</p> <p>Pot Roast Potatoes Carrots Mousse</p>
<p>Sept 20</p> <p>Spanish Rice Corn Green Beans Pineapple</p>	<p>Sept 21</p> <p>Lemon Chicken Sweet Potato Brussels Sprouts Fruit Cup</p>	<p>Sept 22</p> <p>Frittata Hash Browns Sausage Patty Muffin Poke Cake</p>	<p>Sept 23</p> <p>Tangy Meatloaf Mashed Pota- toes Country Blend Vegetables Cookie</p>	<p>Sept 24</p> <p>Turkey Dinner Stuffing Spinach Pie</p>
<p>Sept 27</p> <p>Beef Stew With Vegeta- bles Biscuit Fruited Gelatin</p>	<p>Sept 28</p> <p>Veal Patty Parmesan Italian Blend Vegetables Rotini in Sauce Mandarin Oranges</p>	<p>Sept 29</p> <p>Chicken Flor- entine with Fettucine California Blend Veggies- Garlic Roll Banana</p>	<p>Sept 30</p> <p>Ham with Plum Sauce Scalloped Potatoes Peas and Carrots Pudding Square</p>	<p>Oct 1</p> <p>Cheddar Baked Fish Beets Confetti Rice Cookie</p>

...a note from the director

Andrea Fettingner, BA, MEd



GREETINGS EVERYONE!

Hello Summer! I am sure you all are looking forward to Sunny Days and warm evenings to relax and enjoy some time outside! As much of our time over the last year has been spent inside, getting outside in nature - in your own yard, at Willie Marsh Trail, on the Rail Trail, at Meyers Park, at Sir William Johnson Parks, at one of our 44 Lakes, just going for a drive with the windows down - is so good for our health!

Speaking of going for a drive, the Office for Aging will be hosting several DRIVE—THRU Health and Wellness Events in different areas of the county in September and early October. Stay tuned and keep a look out for all the details so you can sign up to attend! We KNOW these will be fun events and we look forward to SEEING you IN-PERSON!

As a reminder, Home Energy Assistance Program (HEAP) — Early Outreach applications will be going out sometime late August. Please fill out the forms you receive in the mail, include any documentation needed and mail back to the Office for Aging as soon as you can so we can begin processing. Also remember that HEAP does not really start until November, which means vendors won't be paid before November from the application you send in during the Summer.

I also wanted to remind you that we continue to provide these quality programs and services you might be interested in: SENIOR TRANSPORTATION, SOCIAL ADULT DAY CARE, HEALTH INSURANCE COUNSELING & POWERFUL TOOLS FOR CAREGIVERS. Please call us at 518-736-5650 for more information!

Take Care & Be Well!

Andrea

OR CURRENT RESIDENT

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

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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 the
Fulton Co. Office for Aging
19 North William Street
Johnstown, New York 12095**