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Director

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## FALL 2021 DRIVE-THRU



## HEALTH & WELLNESS EVENTS

October 6, 2021 Broadalbin Hotel  
October 13, 2021 Tops Market Northville

**Call 518-736-5650 to reserve your  
tickets & remember to decorate  
YOUR CARS!**

NEWSLETTER

October November December 2021 Issue: 213



### UPCOMING MEETINGS

#### Caregiver Support Group:

**Dates to be announced**  
at the Fulton Co. OFA,  
19 N William St, Johnstown, NY

#### Senior Council Meeting:

October 7th  
9:30 am **IN PERSON**  
Johnstown Senior Center,  
109 E Main St, Johnstown, NY

#### OFA Advisory Council

October 4th  
9:30am **IN PERSON**  
at the Fulton Co.OFA,  
19 N William St,  
Johnstown, NY

### Powerful Tools For Caregivers

OCTOBER 19th thru  
NOVEMBER 23rd

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.



### *Medicare Open Enrollment October 15th—December 7th Call 518-736-5650*

*If you need help with:*

- ♦ *Reviewing new plans because your current plan will be discontinued or will not cover your needs*
- ♦ *Finding plans that would meet your needs due to changes in your doctor, prescriptions or other situations*
  - ♦ *Switching from Original Medicare to a Medicare Advantage Plan; switching from one Medicare Advantage Plan to another*
- ♦ *Not everyone will need to call the office for assistance, but if you do, we will send you a form to fill out so we can help you in the most professional way*



**2021 - 2022**

# **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 Fulton County Office for Aging at 518-736-5650.

HEAP applications were sent out late August to those who received the benefit the previous year. HEAP season starts October 1, 2021, this is a change from previous years.

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 DSS at 518-736-5600. The emergency program will open in January 2022 and be processed by DSS.

If you receive Food Stamps or Public Assistance, you need to call your worker at 518-736-5600.

### **Household Size**

### **Income Eligibility**

1

0 - 2,729

2

1,887 - 3,569

3

2,379 - 4,409

# OCTOBER 2021 MENU

<b>Oct 4</b> Chili Wax Beans Corn Bread Fruit Cocktail	<b>Oct 5</b> Sweet and Sour Chicken Rice Japanese Blend Vegetables Cookie	<b>Oct 6</b> Turkey Divan Noodles Broccoli Apple Crisp	<b>Oct 7</b> Fish with Lemon Sauce O'Brien Potatoes Spinach Ice Cream	<b>Oct 8</b> Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Pudding
<b>Oct 11</b> <p>Closed for Columbus Day</p> 	<b>Oct 12</b> Pork Chops Stuffing Squash Peaches	<b>Oct 13</b> Chicken and Biscuits Mashed Potatoes Sonoma Blend Vegetables Gelatin	<b>Oct 14</b> Oktoberfest! Kielbasa with Sauerkraut German Potato Salad Carrots Black Forest Cake	<b>Oct 15</b> BBQ Beef on a Kaiser Roll Baked Beans Peas and Carrots Mousse
<b>Oct 18</b> Chicken Fricassee Rice Brussels Sprouts Pears	<b>Oct 19</b> Tangy Meatloaf Sweet Potatoes Spinach Cookie	<b>Oct 20</b> Lasagna Tossed Salad Garlic Roll Pineapple	<b>Oct 21</b> Cheesy Ham and Rice Casserole Beets Green Beans Pudding Square	<b>Oct 22</b> Roast Turkey with Gravy Stuffing Corn Poke Cake
<b>Oct 25</b> Pot Roast Boiled Potatoes Dill Carrots Applesauce	<b>Oct 26</b> Tuna Noodle Casserole Warm Three Bean Salad Broccoli Brownie	<b>Oct 27</b> Pizza Burger Baked Beans Cauliflower Glazed Banana Cake	<b>Oct 28</b> Chicken a la King Mashed Potatoes Mixed Vegetables Cookie	<b>Oct 29</b> Ham with Mustard Sauce Scalloped Potatoes Squash Chef's Choice Cake

All Meals Served with a Variety of Breads

# NOVEMBER 2021 MENU

Nov 1 Fish on a Bun Confetti Rice Spinach Ambrosia	Nov 2 Hamburger Cab- bage Casserole Beets Squash Brownie	Nov 3 Ham with Raisin Sauce Scalloped Pota- toes Peas and Carrots Frosted Birthday Cake	Nov 4 Salisbury Steak Baked Potato California Blend Vegetables Pears	Nov 5 Chicken and Bis- cuits Mashed Potatoes Country Blend Vegetables Gingerbread Cake with Lemon Sauce
Nov 8 Spanish Rice Corn Corn Bread Peaches	Nov 9 Stuffed Shells Italian Blend Vegetables Garlic Roll Ice Cream	Nov 10 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Gelatin	Nov 11 <b>CLOSED FOR VETERANS' DAY</b> 	Nov 12 Lemon Chicken Au Gratin Potatoes Pacific Blend Vege- tables Cookie
Nov 15 Pasta and Meat- balls Italian Green Beans Fruit Cocktail	Nov 16 Roast Pork with Gravy Sweet Potato Casserole Cauli- flower Chef's Choice Dessert	Nov 17 Thanksgiving Din- ner with all the Trimnings Apple Pie with Topping Dessert	Nov 18 Parmesan Crusted Chicken Mashed Potatoes Zucchini Pudding	Nov 19 Beef Patty with Peppers and Onions Rice Pilaf Red Cabbage Pineapple
Nov 22 Chicken Parme- san Rotini/ Sauce Salad Mandarin Or- anges	Nov 23 Meatloaf Mashed potatoes Brussels Sprouts Lemon Lush	Nov 24 Loaded Baked Po- tato Chicken Nuggets Whipped Fruit Medley	Nov 25 <b>CLOSED FOR THANKSGIVING</b> 	Nov 26 <b>CLOSED FOR THANKSGIVING</b> 
Nov 29 Omelet Hash Browns Sausage Patty Muffin Fruit Cup	Nov 30 Chicken and Wild Rice Casse- role Beets Broccoli Cookie	Dec 1 Stuffed Pepper Casserole Corn Dinner Roll Orange	Dec 2 Tuna Noodle Casse- role Squash Peas Apple Crisp	Dec 3 Pork Chops Stuffing Spinach Cookie

# DECEMBER 2021 MENU

<p>Dec 6</p> <p>Sweet and Sour Chicken</p> <p>Fluffy Rice</p> <p>Japanese Blend Vegetables</p> <p>Fruit Cocktail</p>	<p>Dec 7</p> <p>Pulled Pork on a Bun</p> <p>Baked Beans</p> <p>Mixed Vegetables</p> <p>Cookie</p>	<p>Dec 8</p> <p>Swedish Meatballs</p> <p>Mashed Potatoes</p> <p>Brussels Sprouts</p> <p>Ice Cream</p>	<p>Dec 9</p> <p>Turkey Divan</p> <p>Egg Noodles</p> <p>Broccoli</p> <p>Brownie</p>	<p>Dec 10</p> <p>Macaroni and Cheese</p> <p>Stewed Tomatoes and Zucchini</p> <p>Green Beans</p> <p>Pudding</p>
<p>Dec 13</p> <p>Chili</p> <p>Cauliflower</p> <p>Corn Bread</p> <p>Pears</p>	<p>Dec 14</p> <p>Chicken and Biscuits</p> <p>Mashed Potatoes</p> <p>Warm 3-Bean Salad</p> <p>Frosted Birthday Cake</p>	<p>Dec 15</p> <p>Roast Turkey with Gravy</p> <p>Stuffing</p> <p>Red Cabbage</p> <p>Brownie</p>	<p>Dec 16</p> <p>Beef Patty with Peppers and Onions</p> <p>Sweet Potatoes</p> <p>Corn</p> <p>Ambrosia</p>	<p>Dec 17</p> <p>Pot Roast</p> <p>Boiled Potatoes</p> <p>Carrots</p> <p>Banana</p>
<p>Dec 20</p> <p>Lemon Fish</p> <p>Noodles</p> <p>Spinach</p> <p>Peaches</p>	<p>Dec 21</p> <p>Cheesy Ham and Rice Casserole</p> <p>Beets</p> <p>Green Beans</p> <p>Cookie</p>	<p>Dec 22</p> <p>Christmas Dinner</p> <p>Stuffed Chicken Breast</p> <p>Mashed Potatoes with Gravy</p> <p>Peas with Pearl Onions</p> <p>Pumpkin Pie</p>	<p>Dec 23</p> <p>BBQ Beef Sandwich</p> <p>Potato Puffs</p> <p>Pacific Blend Vegetables</p> <p>Mandarin Oranges</p>	<p>Dec 24</p> <p><b>Merry Christmas!</b></p> 
<p>Dec 27</p> <p>Beef Stew with Vegetables</p> <p>Biscuit</p> <p>Pineapple</p>	<p>Dec 28</p> <p>Chicken with Dumplings</p> <p>Country Blend Vegetables</p> <p>Chef's Choice Dessert</p>	<p>Dec 29</p> <p>Lasagna</p> <p>Italian Blend Vegetables</p> <p>Garlic Roll</p> <p>Cookie</p>	<p>Dec 30</p> <p>Pork Chops</p> <p>Stuffing</p> <p>Sonoma Blend Vegetables</p> <p>Jell-O</p>	<p>Dec 31</p> <p><b>HAPPY NEW YEAR!!</b></p> 



## ***...a note from the director***

*Andrea Fettingner, BA, MEd*

*Greetings All!*

*Well, seasons change again and we are looking into the Fall and Winter months with anticipation! There are two more Health and Wellness Drive Thru events in October and then we will be diving in to assist with Medicare counseling and HEAP applications.*

*We are also hosting another 6 week session of "Powerful Tools for Caregivers"! This education and training project is for anyone who would like support, assistance and tips on how to travel the caregiving path. The dates for this session are: October 19th thru November 23rd. We will be holding the classes in-person, but a zoom link will be available. Please call 518-736-5650 if you are interested!*

*We continue to encourage anyone who has not received a COVID vaccination to please wear a mask or to get the vaccine. There are so many places that you can get your first doses of vaccine and now the "booster" or extra dose!*

*As always we are here to assist in anyways possible! We wish you a very Happy Holiday Season!*

**Take Care & Be Well!**

*Andrea*



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



The  
 Fulton  
 County **OFFICE**  
**FOR AGING**  
*Vital information  
 for vital generations.*

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**OR CURRENT RESIDENT**