

The
Fulton
County **OFFICE
FOR AGING**

*Vital information
for vital generations.*

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NEWSLETTER

January February March 2022 Issue: 214

UPCOMING MEETINGS

Caregiver Support Group:

January February March

To be announced

Senior Council Meeting:

January 27

9:30 am

April 28

9:30am

OFA Advisory Council

January 3

9:30am

April 4

9:30am

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.



Protect Yourself from Social Security Scams

Be on the lookout for fake calls and emails



Securing today and tomorrow

Telephone and email scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

1. **HANG UP**
2. **DO NOT GIVE MONEY OR PERSONAL INFORMATION**
3. **REPORT THE SCAM AT OIG.SSA.GOV**



What to look out for



The caller says there is a **problem** with your Social Security number or account.



Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.



Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.



Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will **never**:

- » Threaten you
- » Suspend your Social Security number
- » Demand immediate payment from you
- » Require payment by cash, gift card, pre-paid debit card, or wire transfer
- » Ask for gift card numbers over the phone or to wire or mail cash



Be Active

Protect yourself, friends, and family!

- » If you receive a questionable call, hang up and report it at oig.ssa.gov
- » Don't return unknown calls
- » Ask someone you trust for advice before making any large purchase or financial decision
- » Don't be embarrassed to report if you shared personal information or suffered a financial loss
- » Learn more at oig.ssa.gov/scam
- » Share this information with others

Nutrition Notes

By Shannon Davis, RD



It has been almost two years that we have been dealing with the ramifications of COVID 19. We have ALL been affected in some way. For some seniors, staying isolated has been challenging and may have taken a toll on your mental health.

And often times, your mental health affects your physical health. Have you noticed a change in your appetite or eating habits since COVID started? Perhaps you have become more sedentary since COVID has impacted your comings and goings. Or perhaps you have actually lost your appetite because of the additional stress in your life. Different people are affected in different ways. Recognizing that there has been a change is a good first start in enacting a positive change.

Regardless if you have lost your appetite or find yourself eating to excess, there are some nutrients that you can incorporate that might help boost your mood! And as the winter months stretch out before us, chances are we can all use them! Here are some specifics:

Thiamine: a deficiency of this B vitamin is thought to contribute to apathy, poor short term memory, confusion, and irritability

Niacin: a deficiency of this B vitamin can cause depression, fatigue, loss of memory, and headache

B6: a lack of this vitamin can cause depression and confusion. However, excessive B6 may cause depression, fatigue, irritability, and headaches

Folic acid: a deficiency of folate may cause depression, mental confusion, weakness, fatigue, and headache. Similar symptoms may be seen with a Vitamin B12 deficiency. Many elderly people receive

B12 injections, as their ability to absorb the vitamin decreases with age. Studies have shown that regular injections of the vitamin have improved individual's depression.

Vitamin C and D: lack of these vitamins can cause hysteria, depression, and seasonal affect disorder

Low intake of minerals, including calcium, iron, magnesium, selenium, and zinc may also contribute to depression.

Omega 3 fatty acids have also been shown to have a positive effect on depression. Foods rich in these acids include fatty fish and walnuts.

Fruits and vegetables are wonderful sources of B vitamins. This recipe not only has a lot of B vitamins, but the walnuts add some omega 3 fatty acids!

Blueberry Zucchini Bread with Oatmeal and Walnuts

2 cups white sugar
1 ¼ cups vegetable oil
3 eggs, lightly beaten
1 tbs vanilla extract
2 cups shredded zucchini
2 ¾ cups flour
1 tbs ground cinnamon
1 tsp salt
1 tsp baking soda
½ cup old fashioned oats
½ cup unsweetened shredded coconut
1 pint fresh blueberries
½ cup walnuts

Preheat oven to 350 degrees. Lightly grease 2 standard loaf pans with cooking spray. Beat sugar, oil, eggs, and vanilla in a large bowl until smooth. Fold in zucchini.

Sift flour, cinnamon, salt, and baking soda together in another bowl. Stir in oats and coconut. Add flour mixture to zucchini mixture; mix slowly until combined. Fold blueberries and walnuts into the batter. Divide batter among prepared loaf pans.

Bake in preheated oven until a toothpick inserted in the center comes out clean, about 50 minutes. Cool for 20 minutes before serving.

JANUARY 2022 menu

<p>Jan 3 Beef Stew with Vegetables Biscuit Pears</p>	<p>Jan 4 Pizza Burger on a Bun Baked Beans Broccoli Brownie</p>	<p>Jan 5 Chicken and Biscuits Mashed Potatoes Spinach Ambrosia</p>	<p>Jan 6 Ham with Mustard Sauce Scalloped Potatoes Squash Cookie</p>	<p>Jan 7 Tuna Noodle Casserole Beets Red Cabbage Ice Cream</p>
<p>Jan 10 Chicken Stir Fry over Rice Japanese Blend Vegetables Fruit Cocktail</p>	<p>Jan 11 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Mousse</p>	<p>Jan 12 Spanish Rice Cauliflower Corn Frosted Birthday Cake</p>	<p>Jan 13 BBQ Beef Sandwich on a Kaiser Roll Potato Puffs Carrots Tropical Fruit</p>	<p>Jan 14 Roast Pork with Gravy Stuffing Peas Whipped Cream Fruit Medley</p>
<p>Jan 17 CLOSED FOR MARTIN LUTHER KING JR DAY</p>	<p>Jan 18 Chicken Fricassee Mashed Potatoes Country Blend Vegetables Peaches</p>	<p>Jan 19 Meatloaf Rice Pilaf Warm Three Bean Salad Cookie</p>	<p>Jan 20 Stuffed Shells Tossed Salad Garlic Roll Pudding</p>	<p>Jan 21 Turkey with Gravy Sweet Potatoes Brussels Sprouts Chef's Choice Dessert</p>
<p>Jan 24 Salisbury Steak Seasoned Noodles Green Beans Mandarin Oranges</p>	<p>Jan 25 Breaded Fish with Tartar Sauce O'Brien Potatoes Spinach Fruited Gelatin</p>	<p>Jan 26 Chicken Alfredo with Broccoli Cinnamon Cake</p>	<p>Jan 27 Sloppy Joes Tater tots Dill Carrots Fresh Fruit</p>	<p>Jan 28 Cheesy Ham and Rice Casserole Beets Squash Pie</p>
<p>Jan 31 Ziti with Meatballs Italian Blend Vegetables Garlic Roll Pineapple</p>	<p>Feb 1 Pulled Pork on a Bun Baked Beans Cauliflower Pudding</p>	<p>Feb 2 Chicken Stew with Vegetables Biscuit Ice Cream</p>	<p>Feb 3 Turkey Divan with Broccoli Sauce and Egg Noodles Peas Brownie</p>	<p>Feb 4 Omelet Sausage Patty Hash Browns Muffin Fruit Cup</p>

FEBRUARY 2022 MENU

<p>Feb 7 Pork Chops Sweet Potato Casserole Cauliflower Mandarin Oranges</p>	<p>Feb 8 Swedish Meatballs Egg Noodles Pacific Blend Vegetables Cookie</p>	<p>Feb 9 Chicken and Wild Rice Cas- serole Beets Warm 3-Bean Salad Pineapple</p>	<p>Feb 10 Macaroni and Cheese Stewed Toma- toes and Zuc- chini Green Beans Brownie</p>	<p>Feb 11 Beef Patty with Onions and Peppers O'Brien Pota- toes Spinach Fruit Cocktail</p>
<p>Feb 14 Tangy Meat- loaf Baked Potato Mixed Vegeta- bles Valentine's Day Cookie</p>	<p>Feb 15 Chicken and Biscuits Mashed Pota- toes Red Cabbage Ice Cream</p>	<p>Feb 16 Lasagna Italian Blend Vegetables Garlic Roll Banana</p>	<p>Feb 17 Cheddar Baked Fish Confetti Rice Green Beans Frosted Birth- day Cake</p>	<p>Feb 18 Roast Turkey with Gravy Stuffing Corn Pudding</p>
<p>Feb 21 CLOSED FOR PRESIDENTS' DAY</p>	<p>Feb 22 Chili Corn Bread Cauliflower Pears</p>	<p>Feb 23 Ham with Plum Sauce Scalloped Po- tatoes Peas and Car- rots Mousse</p>	<p>Feb 24 Hamburger Cabbage Cas- serole Corn Brussels Sprouts Gelatin</p>	<p>Feb 25 Parmesan Crusted Chick- en Au Gratin Po- tatoes Sonoma Blend Vegetables Cookie</p>
<p>Feb 28 Chicken Cac- ciatore over Rotini Italian Blend Vegetables Tropical Fruit</p>	<p>Mar 1 Turkey a la King Mashed Pota- toes Country Blend Vegetables Chef's Choice Pie</p>	<p>Mar 2 Ash Wednes- day Macaroni and Cheese Stewed Toma- toes and Zuc- chini Green Beans Pudding</p>	<p>Mar 3 Roast Beef with Gravy Rice Pilaf Squash Sherbet</p>	<p>Mar 4 Breaded Fish with Tartar Sauce Mashed Pota- toes Spinach Peaches Dessert</p>

MARCH 2022 MENU

<p>Mar 7 Pork Chops Stuffing Applesauce Cookie</p>	<p>Mar 8 Macaroni and Cheese Tomatoes and Zucchini Green Beans Pineapple</p>	<p>Mar 9 Beef Stew with Vegetables Corn Bread Brownie</p>	<p>Mar 10 Chicken and Biscuits Mashed Potatoes Mixed Vegetables Pears</p>	<p>Mar 11 Three Cheese Penne Pasta Italian Blend Vegetables Garlic Roll Frosted Birthday Cake</p>
<p>Mar 14 Lazy Stuffed Cabbage Wax Beans Mandarin Oranges</p>	<p>Mar 15 Chicken a la Cranberry Au Gratin Potatoes Brussels Sprouts Banana</p>	<p>Mar 16 Pizza Burger on a Bun Potato Puffs Broccoli Apricots</p>	<p>Mar 17 St. Patrick's Day Boiled Ham Dinner with Potatoes and Carrots Soda Bread Shamrock Cookie</p>	<p>Mar 18 Tuna Noodle Casserole Peas Squash Ice Cream</p>
<p>Mar 21 Chicken Croquette Mashed Potatoes Red Cabbage Peaches</p>	<p>Mar 22 Goulash Corn Green Beans Pudding</p>	<p>Mar 23 Roast Turkey with Gravy Sweet Potatoes Country Blend Vegetables Gelatin</p>	<p>Mar 24 Cheesy Ham and Rice Casserole Beets Warm Three Bean Salad Brownie</p>	<p>Mar 25 Fish on a Bun German Potato Salad Coleslaw Chef's Choice Dessert</p>
<p>Mar 28 Shepherd's Pie with Mashed Potatoes and Vegetables No-Bake Cookie</p>	<p>Mar 29 BBQ Pulled Pork Baked Beans Carrots Mousse</p>	<p>Mar 30 Chicken Florentine Seasoned Noodles Peanut Butter Cookie</p>	<p>Mar 31 Egg Bake with Sausage and Cheese Muffin Fruit Cup Sherbet</p>	<p>Apr 1 Vegetable Lasagna Tossed Salad Garlic Roll Banana Cake</p>

happy new year

Cheers to 2022!

What is it about the New Year that makes us all nostalgic? Is it remembering all the fun and good times we had the year before? Is it wishing that the year ahead will be so much better? Is it all about the traditions we celebrate throughout the year? Whatever nostalgia is for you, I hope this New Year treats you well!

We have come a long way since early 2020 when COVID entered our lives! We have had to make some changes, but with change we learn, don't we?

I wanted to give you an overview of how programs and services will look as we begin 2022. For the most part, we will not be making any big changes, yet we will be providing some new options that we hope you will find helpful:

- ◆ We will be able to provide limited rides to out of county Medical appointments
- ◆ We will slowly re-open our lunch sites around the county
- ◆ We will be able to assist with some durable medical goods that are not covered by health insurance
- ◆ We will continue our Powerful Tools for Caregivers classes
- ◆ We will be providing Nutrition Education sessions at the lunch sites
- ◆ We will return to monthly visits to all the Senior Clubs in the county

So, as we begin another New Year together, please remember our phone number 518-736-5650, and call us if you need us!

Warmly,
Andrea Fettingner, BA, MEd
Director



Johnstown, New York 12095

19 North William Street

Fulton Co. Office for Aging

Please send your donation to the

_____ Health Insurance Counseling _____ Where there is the most need
_____ Care Management _____ Transportation _____ Caregiver Services
_____ Home Care _____ Nutrition Services Trust Fund

voluntary contribution to support from the list below:
if you are able. You can designate which program area you wish your
consider making a donation to the Fulton Co. Office for Aging,
Because the needs often outweigh the means, we ask that you



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