

The  
Fulton  
County **OFFICE  
FOR AGING**

*Vital information  
for vital generations.*

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**It's time for a PICNIC!**  
**Thursday, August 11, 2022**  
**Concordia Park, Gloversville**  
**Hope to see YOU there!**

## **UPCOMING MEETINGS**

### **Caregiver Support Group:**

**No Meeting July and August**  
To be announced

### **Senior Council Meeting:**

**July 7, 2022**  
9:30am  
**October 6, 2022**  
9:30am

### **OFA Advisory Council**

**July 11, 2022**  
9:30am  
**October 3, 2022**  
9:30am

### **Long Term Care Council**

**July 21, 2022 and September 22, 2022**  
8:30am

**NEWSLETTER**

**Issue: 216**

**July August September 2022**

# 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.



## Summer Picnic Ticket Information Options for Getting Tickets

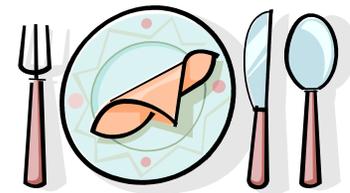
Call the Fulton Co. Office for Aging 518-736-5650 before August 11<sup>th</sup> and tickets will be mailed to you

Stop in at the Fulton Co. Office for Aging, 19 N. William St., Johnstown before August 11<sup>th</sup> and pick up your tickets

Visit the various locations around the county that OFA staff will be distributing the tickets

There is no direct cost to you, BUT **YOU NEED A TICKET TO ATTEND THE PICNIC**

There will be a place at the picnic to offer a voluntary contribution if you wish



*Submitted by Shannon Davis, RD*

A few times over the past few years, I have written columns dedicated to the **DASH diet (Dietary Approaches to Stop Hypertension)**. There is new diet that is being discussed with some promising results that may be able to reduce your risk of developing Alzheimer's disease. This diet is called the **MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay)**.

The DASH diet includes an average of seven servings of whole grains, four servings each of fruits and vegetables, and two servings of low fat dairy foods per day. It also calls for four servings of nuts, seeds, or legumes and six servings of lean meat, poultry, or fish per week. It limits sweets to five or fewer servings per week and recommends no more than 27% of total calories from saturated fats. It also limits sodium to 2400 milligrams daily.

The Mediterranean diet is also rich in fruits, vegetables, unprocessed grains, nuts, and seeds, but includes full fat dairy and recommends 4 tablespoons of olive oil per day. It also recommends at least 6 servings of fish per week and up to 10 ounces of red wine or other alcohol per day.

DASH, the Mediterranean diet, and the MIND diet have only one thing in common: they are all plant-based. So what does the MIND diet recommend? According to one of the doctors who helped developed it, "the elements that stand out are greens, beans, berries, nuts, and seeds- mostly plant based. They provide the right kinds of protein, carbohydrates, fiber-which is lacking extensively from out diet- vitamins and minerals." The following chart was developed to help you pick and choose the right foods to incorporate and eliminate.

#### **Nine Foods to Eat:**

- Dark, green, leafy vegetables: at least one serving per day (1 cup raw or ½ cup cooked) of spinach, kale, collard greens, Swiss chard, mustard greens, turnip greens, dandelion greens, arugula, endive, or romaine lettuce.
- Other vegetables: at least one serving per day (1/2 cup)
- Nuts: five servings per week (1 oz each) of nuts or nut butter
- Berries: at least five servings per week (1/2 cup of each) of blueberries, strawberries, raspberries, or blackberries.
- Beans and legumes: at least 3 servings per week (1/2 cup each) of beans, chickpeas, lentils, hummus, or soyfoods (tofu, edamame, or soy yogurt)
- Whole grains: 3 servings per day (1/2 cup or one slice each) of dark or whole grain bread, brown rice, whole grain pasta, wild rice, quinoa, barley, bulgur, oats, or whole grain cereal).
- Fish: at least one serving per week (3-5 oz of each), not fried. Good choices include salmon, tuna, tilapia, cod, mahi-mahi, and halibut.
- Poultry: at least 2 servings per week (3-5 oz each) of skinless chicken or turkey breast.
- Extra virgin olive oil: two tablespoons per day.

#### **Five Foods to Limit**

- Red and processed meat: no more than 3 servings per week (3-5 oz each) of beef, lamb, pork, ham, burger, hot dogs, sausages, bacon, roast beef, or salami.
- Butter and stick margarine: less than one teaspoon per day. Tub based margarines such as Smart Balance and Earth Balance are exceptions.
- Regular (full fat) cheese: no more than 2 oz per week.
- Pastries and other sweets: no more than 4 servings per week.
- Fried and fast foods: no more than one meal per week from fast food or casual restaurants and only one serving of any fried food.

**Keep in mind, this is a new diet! More research is needed to conclusively determine what effect this has on the development of Alzheimer's Disease. And, as always, you can call 518-736-5650 to set up an appointment with the Registered Dietician.**

# July 2022 MENU

<p><b>July 4</b></p> <p>CLOSED FOR FOURTH OF JULY</p>	<p><b>July 5</b></p> <p>Chicken and Biscuits Mashed Potatoes Broccoli Pudding</p>	<p><b>July 6</b></p> <p>Tuna Salad Carrot Raisin Salad 3-Bean Salad Kaiser Roll Frosted Birthday Cake</p>	<p><b>July 7</b></p> <p>Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Cookie</p>	<p><b>July 8</b></p> <p>Spanish Rice Corn Cauliflower Mandarin Oranges</p>
<p><b>July 11</b></p> <p>Breaded Pork Chop Sweet Potato Casserole Peas Chef's Choice Pie</p>	<p><b>July 12</b></p> <p>Goulash Beets Squash Fruited Gelatin</p>	<p><b>July 13</b></p> <p>Chicken Cacciato- re Rotini in Sauce Italian Blend Vege- tables Ambrosia</p>	<p><b>July 14</b></p> <p>Ham and Cheese Cold Plate Potato Salad Coleslaw Kaiser Roll Mousse</p>	<p><b>July 15</b></p> <p>Turkey Dinner with Gravy Stuffing Sonoma Blend Vegetables Pears</p>
<p><b>July 18</b></p> <p>Salisbury Steak Mashed Potatoes Brussels Sprouts Brownie</p>	<p><b>July 19</b></p> <p>BBQ Chicken Beans Carrots Ice Cream</p>	<p><b>July 20</b></p> <p>Omelet Hash Browns Sausage Muffin Fruit Cup</p>	<p><b>July 21</b></p> <p>Roast Beef Cold Plate Kaiser Roll Corn Salad Macaroni Salad Berries in a Cloud</p>	<p><b>July 22</b></p> <p>Fish on a Bun O'Brien Potatoes Spinach Fruit Cocktail</p>
<p><b>July 25</b></p> <p>Pasta and Meatballs Italian Blend Vegetables Garlic Roll Peaches</p>	<p><b>July 26</b></p> <p>Cheesy Ham and Rice Casserole Cauliflower Red Cabbage Cookie</p>	<p><b>July 27</b></p> <p>Meatloaf with Gra- vy Mashed Potatoes Squash Chef's Choice Dessert</p>	<p><b>July 28</b></p> <p>Turkey Cold Plate Cottage Cheese Pasta Salad Kaiser Roll Pudding Square</p>	<p><b>July 29</b></p> <p>Roast Pork with Gravy Stuffing Broccoli Pineapple</p>

# August 2022 MENU

<p><b>August 1</b></p> <p>Chili Cauliflower Lima Beans Brownie</p>	<p><b>August 2</b></p> <p>Turkey Tetrazzini Over Spaghetti Peas Cookie</p>	<p><b>August 3</b></p> <p>Ham and Cheese Pasta Salad Beet Salad Broccoli Salad Melon</p>	<p><b>August 4</b></p> <p>Chicken and Biscuits Mashed Potatoes Red Cabbage Mousse</p>	<p><b>August 5</b></p> <p>Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Sherbert</p>
<p><b>August 8</b></p> <p>Beef Tips over Rice Japanese Blend Vegetables Chef's Choice Pie</p>	<p><b>August 9</b></p> <p>Chicken Croquette Sweet Potatoes Sonoma Blend Vegetables Frosted Birthday Cake</p>	<p><b>August 10</b></p> <p>Cheddar Baked Fish Au Gratin Potatoes Spinach Pudding</p>	<p><b>August 11</b></p> <p><b>The Fulton Co. Office for Aging Summer Picnic Returns! No Meals delivered today!</b></p>	<p><b>August 12</b></p> <p>Pulled Pork on a Roll Baked Beans Coleslaw Rosy Pears</p>
<p><b>August 15</b></p> <p>Swedish Meatballs Over Egg Noodles Pacific Blend Vegetables Lemon Cake with Glaze</p>	<p><b>August 16</b></p> <p>Turkey Cold Plate Potato Salad Red Cabbage Kaiser Roll Strawberry Shortcake</p>	<p><b>August 17</b></p> <p>Chicken Riggies Broccoli Garlic Roll Mandarin Oranges</p>	<p><b>August 18</b></p> <p>Lasagna Italian Blend Vegetables Zucchini Cookie</p>	<p><b>August 19</b></p> <p>Stuffed Pepper Casserole Brussels Sprouts Country Blend Vegetables Fruit Cocktail</p>
<p><b>August 22</b></p> <p>Meatloaf Mashed Potatoes Peas Ambrosia</p>	<p><b>August 23</b></p> <p>Ham Salad Cold Plate 3-Bean Salad Cucumber Tomato Salad Pudding Square</p>	<p><b>August 24</b></p> <p>Pot Roast Potatoes Carrots Sherbet</p>	<p><b>August 25</b></p> <p>Seafood Salad Cottage Cheese Marinated Green Beans Croissant Fruit Crisp</p>	<p><b>August 26</b></p> <p>Turkey Divan with Broccoli Sauce Noodles Broccoli Chef's Fruit Choice</p>
<p><b>August 29</b></p> <p>Loaded Baked Potato Chicken Nuggets Cinnamon Cake</p>	<p><b>August 30</b></p> <p>Chicken and Wild Rice Casserole Green Beans Beets Brownie</p>	<p><b>August 31</b></p> <p>Roast Beef and Cheddar Cold Plate Corn Salad Coleslaw Fresh Fruit</p>	<p><b>September 1</b></p> <p>Pork Chop Stuffing Spinach Fruited Gelatin</p>	<p><b>September 2</b></p> <p>Chicken a la Cranberry Cauliflower Rice Pilaf Pineapple Tidbits</p>

# September 2022 MENU

<p><b>September 5</b></p> <p><b>CLOSED FOR LABOR DAY</b></p>	<p><b>September 6</b></p> <p>Chicken Cac- ciatore Rotini Italian Blend Vegetables Cookie</p>	<p><b>September 7</b></p> <p>Macaroni and Cheese Green Beans Stewed Tomatoes and Zucchini Whipped Fruit Medley</p>	<p><b>September 8</b></p> <p>Tuna Salad Cold Plate Potato Salad Marinated Broccoli Ice Cream</p>	<p><b>September 9</b></p> <p>Turkey Dinner with Gravy Stuffing Red Cabbage Pears</p>
<p><b>September 12</b></p> <p>Chicken and Biscuits Mashed Potatoes Country Blend Vegetables Tropical Fruit</p>	<p><b>September 13</b></p> <p>Fish on a Bun O'Brien Potatoes Spinach Frosted Birthday Cake</p>	<p><b>September 14</b></p> <p>Ham and Cheese Cold Plate 3-Bean Salad Macaroni Salad Peaches and Cottage Cheese</p>	<p><b>September 15</b></p> <p>Hamburger Cabbage Casserole Wax Beans Beets Orange</p>	<p><b>September 16</b></p> <p>Beef Stew with Potatoes and Vegetables Biscuit Mousse</p>
<p><b>September 19</b></p> <p>Swedish Meatballs Egg Noodles Mixed Vegeta- bles Pineapple</p>	<p><b>September 20</b></p> <p>Pizza Burger Potato Puffs Peas Pudding</p>	<p><b>September 21</b></p> <p>Roast Pork Sweet Potatoes Brussels Sprouts Poke Cake with Topping</p>	<p><b>September 22</b></p> <p>Chicken Alfredo Noodles Broccoli Banana</p>	<p><b>September 23</b></p> <p>Omelet Sausage Patty Hash Browns Muffin Fruit Cocktail</p>
<p><b>September 26</b></p> <p>Goulash Corn Green Beans Dinner Roll Cookie</p>	<p><b>September 27</b></p> <p>Sweet and Sour Chicken Rice Japanese Blend Vegetables Chef's Choice Pie</p>	<p><b>September 28</b></p> <p>Tuna Casserole Beets Squash Fruit Crisp</p>	<p><b>September 29</b></p> <p>Meatloaf Mashed Potatoes Sonoma Blend Vegetables Ambrosia</p>	<p><b>September 30</b></p> <p>Stuffed Shells Italian Blend Vegetables Garlic Roll Mandarin Oranges</p>

## *From the Director's Desk*

Greetings All!

**YES, You heard it correctly, we are having an IN-PERSON Summer Picnic this year! Thursday, August 11<sup>th</sup>, 10am – 2pm at the Concordia Park, Gloversville, NY.**

Tickets are required beforehand to enter/attend the event. We are offering many options for you to get tickets:

- ♦ Call 518-736-5650 and reserve your tickets (they will be mailed to you)
- ♦ Visit the Fulton Co. Office for Aging, 19 N. William St., Johnstown and pick up your tickets
- ♦ Visit one of the many other locations where tickets will be distributed: Northville Meal Site, Mayfield Meal Site, Forest Hill Towers Meal Site, Johnstown Senior Center Meal Site, and at many Senior Club meetings

You **NEED A TICKET** to attend/gain entry to the picnic, so we will be offering ticket availability in June so you have the ticket way beforehand – **PLEASE DO NOT LOSE your ticket!**

We are so excited about seeing everyone IN-PERSON! We will have a photo booth, music to sing and dance to, a great lunch, wonderful exhibitors and MORE!

Please take care of yourselves between now and then; if you feel comfortable wearing your mask, please do so! If you are content to not wear a mask, OK!

See you Soon!

Andrea Fettinger, BA, MEd  
Director  
Fulton Co. Office for Aging & Youth



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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