



Celebrate the New Year!

2017

"Out with old, in with the new;
may you be HAPPY the whole
year through! Happy New Year!"
~author unknown

We begin this newsletter with positive comments
and a sincere wish for happiness to all in the New
Year!

2017 holds a milestone for the Office for Aging, 30
years ago the first Senior Picnic was held! We will be
celebrating 30 years of picnics on Thursday, August
3rd, 2017 at the Concordia Park! More details to
come on this great event!

In addition we will be planning for the Office for
Aging's 40th Birthday in 2018—The Fulton Co.
Office for Aging opened in the Spring of 1978 and
we hope to bring many warm memories of this great
agency's history around the county thru-
out next year! If you have any photos you
would like shared, please let us know!



Stay Happy & Healthy!

Andrea Fettinger, Director
and the staff at the Office for Aging

19 N. William St.
Johnstown, NY 12095
518-736-5650
Fax 518-762-0698
www.fcfa.org/



NY Connects
Your Link to Long Term
Services and Supports

of FULTON COUNTY
(800) 342-9871 518-736-5650

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.

Improve Balance, Prevent Falls to be held in April 2017

Fulton Co. YMCA
date to be announced soon!



1pm – 3pm
Call OFA for a ride
518-736-5650

Co-sponsored by:
Fulton Co. Office for Aging
Nathan Littauer Nursing Home
HealthLink
Lifeline
Fulton Co. YMCA

Call 518-736-5650
To reserve your seat at the
workshop and to get a ride!

We are always looking for volunteers for:

- ◆ **Peer Health Insurance Counseling**
- ◆ **Meal Delivery**
- ◆ **The Senior Picnic**
- ◆ **Advisory Council**



Help Us Select & Honor Exceptional Seniors in Fulton County!

Winners attend
SENIOR DAY in Albany
May 2017



When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of

past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Please use the form on the page 7 of this newsletter to submit your nominee(s) for **Senior of the Year and/or Volunteer of the Year 2017**. You may submit more than one name!

A committee at the Office for Aging will select the two (2) top winners who will attend Senior Day in **May 2017** at the Hart Lounge in the Egg, Albany, NY.

Thank you for your help!



January 2017

<p>January 2 HAPPY NEW YEAR!!</p> <p>No Meal Delivery today.</p>	<p>January 3 Parmesan Crusted Chicken, Mashed Potatoes, Broccoli, White Bread, Mandarin Oranges</p>	<p>January 4 Baked Fish with Lemon Sauce, Seasoned Rice, Spinach, Rye Bread, Brownie</p>	<p>January 5 Macaroni and Cheese, Stewed Tomatoes and Zucchini, Green Beans, Wheat Bread, Pie **Test Meal**</p>	<p>January 6 Roast Turkey with Gravy, Stuffing, Corn, Dinner Roll, Cookie</p>
<p>January 9 Swedish Meatballs, Egg Noodles, Mixed Vegetables, White Bread, Fruit Cocktail</p>	<p>January 10 Pancakes with Fruit Compote, Sausage, Applesauce, Pudding</p>	<p>January 11 Chicken and Biscuits, Mashed Potatoes, Peas, Frosted Birthday Cake</p>	<p>January 12 Ham Dinner, Scalloped Potatoes, Lima Beans, Wheat Bread, Pineapple</p>	<p>January 13 Pot Roast, Boiled Potatoes, Boiled Carrots, Oat Bread, Ice Cream</p>
<p>January 16 CLOSED FOR MARTIN LUTHER KING, JR HOLIDAY</p> <p>No Meal Delivery Today.</p>	<p>January 17 Lasagna, Italian Blend Vegetables, Tossed Salad, Garlic Roll, Tropical Fruit</p>	<p>January 18 Cream of Broccoli Soup, Hot Dog with Sauerkraut, Hot Dog Roll, Cinnamon Crumb Cake</p>	<p>January 19 Turkey Divan with Broccoli Sauce, Egg Noodles, Brussels' Sprouts, Italian Bread, Rice Pudding</p>	<p>January 20 BBQ Chicken, Baked Beans, Winter Squash, Hamburger Roll, Fruited Gelatin with Topping</p>
<p>January 23 Chicken and Wild Rice Casserole, Beets, Green Beans, Rye Bread, Pears</p>	<p>January 24 Salisbury Steak, Au Gratin Potatoes, Red Cabbage, White Bread, Cookie</p>	<p>January 25 Chicken Marsala, Rotini in Sauce, Italian Blend Vegetables, Italian Bread, Orange</p>	<p>January 26 Baked Fish on a Bun with Tartar Sauce, Sweet Potatoes, Spinach, Pudding Square</p>	<p>January 27 Roast Pork with Gravy, Stuffing, Sonoma Blend Vegetables, Wheat Bread, Brownie</p>
<p>January 30 Cheeseburger Deluxe on a Bun, Potato Puffs, Broccoli, Peaches</p>	<p>January 31 Omelet, Sausage, Hash Browns, Muffin, Whipped Cream Fruit Medley</p>	<p>February 1 Ziti with Meatballs, Italian Blend Vegetables, Italian Bread, Pie</p>	<p>February 2 Loaded Baked Potato, Chicken Nuggets, Rye Bread, Banana</p>	<p>February 3 Lemon Chicken, Confetti Rice, California Blend Vegetables, White Bread, Ambrosia</p>



February 2017

February 6 Sloppy Joes on a Bun, Corn, Baked Beans, Fruit Cocktail	February 7 Chicken Croquette, Scalloped Potatoes, Mixed Vegetables, White Bread, Ice Cream	February 8 Cheesy Ham and Rice Casserole, Beets, Applesauce, Rye Bread, Cookie **Test Meal**	February 9 Turkey with Gravy, Stuffing, Peas, Dinner Roll, Pudding with Topping	February 10 Chicken and Biscuits, Mashed Potatoes, Sonoma Blend Vegetables, Apple Crisp
February 13 Chicken Riggies, Egg Noodles, Broccoli, Italian Bread, Mandarin Oranges	February 14 Shepherd's Pie, Mashed Potatoes, Corn, Wheat Bread, Valentine Cookie	February 15 Cream of Potato Soup, Egg Salad, Kaiser Roll, Peaches	February 16 Fish on a Bun with Tartar Sauce, Confetti Rice, Spinach, Frosted Birthday Cake	February 17 Pot Roast with Gravy, Boiled Potatoes, Boiled Carrots, White Bread, Tropical Fruit
February 20 CLOSED FOR PRESIDENTS' DAY No Meal Delivery today.	February 21 Turkey Tetrizzini over Spaghetti, Peas, White Bread, Pineapple	February 22 Stuffed Peppers, Applesauce, Corn, Italian Bread, Gelatin	February 23 Roast Pork with Gravy, Stuffing, Red Cabbage, Dinner Roll, Pie	February 24 Chicken Cacciatore, Rotini in Sauce,, Italian Blend Vegetables, Garlic Roll, Lemon Lush
February 27 Chili, Cauliflower, Wax Beans, Corn Bread, Pears	February 28 Chicken Stir Fry, Rice, Japanese Blend Vegetables, Rye Bread, Ambrosia	March 1 Ash Wednesday Three Cheese Penne Pasta, Tossed Salad, Italian Blend Vegetables, Garlic Roll, Brownie	March 2 Cheese Omelet, Sausage, Hash Browns, White Bread, Chef's Choice Dessert	March 3 Macaroni and Cheese, Stewed Tomatoes and Zucchini, Green Beans, Wheat Bread, Whipped Cream Fruit Medley

Cold Weather Tips from the American Red Cross

Heat Your Home Safely

As families turn to alternative heating sources out of necessity or to avoid the rising cost of fuel, they should take the following precautions:

- **Always operate portable generators outdoors** - never inside, including the basement or garage. Do not connect a generator directly to your home's wiring – leave that work to a professional electrician and buy a generator designed for that purpose. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator. Connecting a cord from the generator to a point on the permanent wiring system and back-feeding power to your home **is an unsafe method** to supply a building with power.
- Don't overload your electrical outlets. Be careful of extension cords that present hazardous walkways.

Prevent frozen pipes

Now is the time to protect your house pipes from freezing and bursting. With the cold weather upon us, preventive action may make all the difference.

- Keep garage doors closed if there are water supply lines in the

garage.

- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- When the temperature is very low outside, let the cold water drip from faucets served by exposed pipes or pipes in exterior walls. Running water through the pipe - even at a trickle - helps prevent pipes from freezing because the temperature of the water running through it is above freezing.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F.

Download our Red Cross First Aid App for your smartphone. It has lots of information on safety in all situations, including cold weather hazards like Hypothermia and Frostbite.

March 2017

March 6 Beef Patty, Rice Pilaf, Brussels' Sprouts, Hamburger Roll, Ambrosia	March 7 Turkey Divan with Broccoli Sauce, Egg Noodles, Wax Beans, Wheat Bread, Banana Cake	March 8 Goulash, Corn, Wax Beans, Rye Bread, Cookie	March 9 Chicken and Biscuits, Mashed Potatoes, Red Cabbage, Jell-O **Test Meal**	March 10 Vegetable Lasagna, Italian Blend Vegetables, Tossed Salad, Garlic Roll, Ice Cream
March 13 Chicken and Wild Rice Casserole, Beets, Green Beans, Wheat Bread, Mandarin Oranges	March 14 Beef Stew with Vegetables, Biscuit, Yogurt Whip	March 15 Ziti with Meatballs, Country Blend Vegetables, Italian Bread, Brownie	March 16 Roast Pork with Gravy, Stuffing, Sonoma Blend Vegetables, Dinner Roll, Peacheasy Dessert	March 17 Fish with Lemon Sauce, Confetti Rice, Spinach, Rye Bread, Pie
March 20 BBQ Chicken, Baked Beans, Carrots, Oat Bread, Fruit Cocktail	March 21 Pizza Burger, Potato Puffs, Broccoli, Hamburger Roll, Frosted Birthday Cake	March 22 Cream of Broccoli Soup, Hot Dog with Sauerkraut, Hot Dog Roll, Mousse	March 23 Salisbury Steak with Gravy, Mashed Potatoes, Pacific Blend Vegetables, White Bread, Fresh Fruit	March 24 Macaroni and Cheese, Zucchini and Tomatoes, Green Beans, Wheat Bread, Apple Crisp
March 27 Spanish Rice, Wax Beans, Cauliflower, Corn Bread, Rosy Pears	March 28 Chicken a la King, Mashed Potatoes, Lima Beans, Wheat Bread, Cookie	March 29 Meatloaf, Sweet Potatoes, Mixed Vegetables, White Bread, Ice Cream	March 30 Roast Turkey with Gravy, Stuffing, Corn, Dinner Roll, Lemon Cake with Glaze	March 31 Tuna Noodle Casserole, Peas, Beets, Rye Bread, Apple

Fulton County Council of Senior Clubs

President: Grace Bevington-Eglin

2017 Council Meeting Schedule:

Coffee at 9:30am Meeting 10am sharp!

January 19, 2017

April 13, 2017

June 29, 2017

October 12, 2017



All meetings are held at the Johnstown Senior Center, 109 E. Main St., Johnstown. Senior Club leaders attend to share events, plan for the future, and network over refreshments and camaraderie. All members are welcome to attend!

Outstanding Senior Volunteer Nomination Form

Name of Nominee _____
 Address _____
 Phone _____



Nominator _____
 Address _____ Phone _____

Does your nominee have children? _____
 Does your nominee have grandchildren? _____
 How many years has your nominee devoted to volunteer service in our community? _____
 Where did your nominee work in the past? _____
 Was your nominee in the service? _____ Branch _____
 Please list where your nominee has volunteered:



Please tell us some things about your nominee, some biographical information would be very helpful!



BY FEBRUARY 1st, 2017
 Return your **nomination(s) form(s)**
with list of their accomplishments to:
 Fulton Co. Office for Aging
 19 N. William St.
 Johnstown, NY 12095
 Attn: Margaret Scanlon



*Each May, the Office for Aging participates in the nomination of exceptional Senior Citizens for celebration of their many talents, volunteerism, pride and spirit. We would like to give you the opportunity to nominate special individuals beginning now until the **deadline February 1st, 2017**. We hope that by giving you a broad timeline, we will receive more nominations of people 60 years of age or more who deserve recognition. The Fulton Co. Office for Aging will choose 2 of the nominees to attend Senior Day in May 2017.*

Weather Emergency:

If the weather is inclement to the point in which we are unable to provide services, the Fulton Co. Office for Aging will announce the program closings in different ways:

**ON THE RADIO WENT, ON TV Channel 6, 9, 10 & 13 watch the scroll at the bottom of the screen, and on the Office for Aging answering machine. Be informed!
 Be safe!**

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

Please send your donation to the

-----In Honor or In Memory of-----

_____Health Insurance Counseling _____Where there is the most need

_____Care Management _____Transportation _____Caregiver Services

_____Home Care _____Nutrition Services Trust Fund

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:



The
Fulton
County **OFFICE**
FOR AGING

*Vital information
for vital generations.*

19 North William Street
Johnstown, NY 12095

OR CURRENT RESIDENT

**PRESORTED
STANDARD
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