

JANUARY • FEBRUARY • MARCH

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The  
Fulton  
County **OFFICE**  
**FOR AGING**

*Vital information  
for vital generations*

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**-NEWSLETTER-**

# From the Director's Desk... *Happy New Year!*

**We made it!** Here's hoping you all will embark on another happy and healthy year! Please know that the Fulton Co. Office for Aging is here for you – give us a call at 518-736-5650 with any questions or concerns you have!

## See below some early 2024 items that may be of interest to you:

- **Emergency HEAP** begins in January – if you have a shut-off notice, if you are low or out of fuel, let us know and we will work with you to get additional HEAP benefits
- Did you know that the Fulton Co. Office for Aging has many **lunch sites** across the county?
  - **Foothills Lunch Site**, 305 Jansen Ave, Johnstown – meets Tuesdays and Fridays – open to anyone, not just Johnstown residents - call 518-736-5650 to reserve your lunch
  - **Forest Hill Towers**, Gloversville – meets Monday thru Friday – open to anyone not just residents of FHT – call 518-736-5650 to reserve
  - **Petoff Garden Apartments** Lunch Site – meets Mondays and Thursdays in the Community Room at Petoff I – open to anyone not just residents of Petoff – call 518-736-5650 to reserve your lunch
  - **Northville Lunch Site** – meets at the First Presbyterian Church, Reed Street, Northville every Thursday – open to anyone not just Northville/Northampton residents – call 518-736-5650 to reserve
  - **Mayfield Lunch Site** – meets at the Mayfield Town Hall every other Wednesday – open to anyone – call 518-736-5650 to reserve
- In addition, did you know that we have two options for **Home Delivered Meals?**

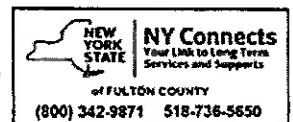
- Lexington/Kingsboro Catering
- Mom's Meals  
Call 518-736-5650 to get more information!
- Moreover, did you know that we have two options for **Transportation?**
  - Monday thru Friday Senior Transportation Bus – call to reserve
  - Out of County Medical Transport via Taxi – per appointments of the riders – call to reserve
- If the winter gives you a bit of the blues, the Office for Aging has the following that might **brighten your spirits:**
  - **Comfort pets:** dogs, cats and a bird – call us for more information
  - **ElliQ** – a companion Robot that keeps you company – call us for more information
  - **Caregiver Support Group** offered at the Shirley J. Luck Center – call 518-762-4643 to get more information
  - **Reach Out and Play Games** – we have a good supply of the following updated games for the generation:  
*Scrabble • Game of Life • Trivial Pursuit • Matching Games • Jenga – table top • Connect 4 – table top*
  - **Social Adult Day Care** – call the Shirley J. Luck Center at 518-762-4643 to get more information
  - **Congregate Lunch Sites** (as noted above) – Join Us for Lunch!

*Cheers to the New Year 2024!*

Andrea Fettinger, BA, MEd  
Director

## 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.



# Venison for Veterans & Older Adults 2024



Again this year, we will be partnering with local hunters, fish and game clubs, local businesses, Assemblyman Smullen, the Fulton Co. Sheriff's Office, Montgomery County partners and other state legislators to offer **free venison to Veterans and Older Adults in the county**. Thanks to coordinators Tom Georgia and Don Wicksell.

Venison donations will be provided by local hunters and will be butchered by certified butchers in the area. Storage of the donated game will be provided by Kingsboro Lumber.

Distribution of the venison will be provided by many community volunteers, law enforcement, EMS and more!

**What we need from you!** Please call the Fulton Co. Office for Aging at **518-736-5650** and give the receptionist your Name, Address, Phone Number and directions to your house. We will put you on the list for distribution in the Spring 2024 (expected delivery early Spring 2024).

*We are so thankful to be included in this great project, and we hope you will let us know if you would like delivery!*



## 2023 - 2024 **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 Office for Aging at 518-736-5650.

**HEAP applications were mailed out in August to those who received the benefit the previous year. HEAP SEASON starts November 1st, 2023.**

- 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 the DSS at 518-736-5600. The emergency program will open in January 2020 and be processed by DSS.
  - If you receive Food Stamps or Public Assistance, you need to call your worker at 518-736-5600.

### 2023 - 2024 HEAP MONTHLY INCOME ELIGIBILITY GUIDELINES

Household Size	TIER I	TIER II
1	0 - 1579	1580 - 3035
2	0 - 2136	2137 - 3970
3	0 - 2693	2694 - 4904
4	0 - 3250	3251 - 5835



# JANUARY 2024

# Lexington Menu



*Happy Holidays*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Fish on a Bun O'Brien Potatoes Spinach Peaches	Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Fruit cup	Chicken Cacciatore Rotini in Sauce Broccoli Chef's Choice dessert	Pork Chop Sweet Potatoes Beets Cake	Chili Cornbread Cauliflower Pineapple
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Lemon Chicken Rice Pilaf Broccoli Pudding	Pizza Burger on a Bun O'Brien Potatoes Mixed Vegetables Mousse	Pulled Pork on a Bun Baked Beans Corn Cookie	Ziti with Meatballs Italian Blend Vegetables Mandarin Oranges	Roast Turkey with Gravy Stuffing Carrots Ice Cream

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Ham with Mustard Sauce Scalloped Potatoes Peas and Carrots Pears	Meatloaf Sweet Potatoes Country Blend Vegetables Berries in the cloud	Spanish Rice Corn Green Beans Ambrosia	Chicken and Biscuits Mashed Potatoes Squash Cookie	Omelet Sausage Patty Muffin Home fries Peaches
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Swedish Meatballs over Rice Mixed Vegetables Tropical Fruit	Stuffed Shells Italian Blend Vegetables Garlic Roll Pudding	Salisbury Steak Mashed Potatoes Beets Jello	Chicken and Broccoli Alfredo Green Beans Pears	Hamburger Cabbage Casserole Brussel sprouts Corn Chefs choice
<b>29</b>	<b>30</b>	<b>31</b>		
Fish on a Bun O'Brien Potatoes Spinach Peaches	Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Fruit cup	Chicken Cacciatore Rotini in Sauce Broccoli Chef's Choice dessert		



HAPPY  
*Valentine's Day*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Pork Chop Sweet Potatoes Beets Cake	<b>2</b> Chili Cornbread Cauliflower Pineapple
<b>5</b> Lemon Chicken Rice Pilaf Broccoli Pudding	<b>6</b> Pizza Burger on a Bun O'Brien Potatoes Mixed Vegetables Mousse	<b>7</b> Pulled Pork on a Bun Baked Beans Corn Cookie	<b>8</b> Ziti with Meatballs Italian Blend Vegetables Mandarin Oranges	<b>9</b> Roast Turkey with Gravy Stuffing Carrots Ice Cream
<b>12</b> Ham with Mustard Sauce Scalloped Potatoes Peas and Carrots Pears	<b>13</b> Meatloaf Sweet Potatoes Country Blend Vegetables Berries in the cloud	<b>14</b> Spanish Rice Corn Green Beans Ambrosia	<b>15</b> Chicken and Biscuits Mashed Potatoes Squash Cookie	<b>16</b> Omelet Sausage Patty Muffin Home fries Peaches
<b>19</b> Swedish Meatballs over Rice Mixed Vegetables Tropical Fruit	<b>20</b> Stuffed Shells Italian Blend Vegetables Garlic Roll Pudding	<b>21</b> Salisbury Steak Mashed Potatoes Beets Jello	<b>22</b> Chicken and Broccoli Alfredo Green Beans Pears	<b>23</b> Hamburger Cabbage Casserole Brussel sprouts Corn Chefs choice
<b>26</b> Fish on a Bun O'Brien Potatoes Spinach Peaches	<b>27</b> Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Fruit cup	<b>28</b> Chicken Cacciatore Rotini in Sauce Broccoli Chef's Choice dessert	<b>29</b> Pork Chop Sweet Potatoes Beets Cake	

# Think Spring!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Chili Cornbread Cauliflower Pineapple
<b>4</b> Lemon Chicken Rice Pilaf Broccoli Pudding	<b>5</b> Pizza Burger on a Bun O'Brien Potatoes Mixed Vegetables Mousse	<b>6</b> Pulled Pork on a Bun Baked Beans Corn Cookie	<b>7</b> Ziti with Meatballs Italian Blend Vegetables Mandarin Oranges	<b>8</b> Roast Turkey with Gravy Stuffing Carrots Ice Cream

<b>11</b> Ham with Mustard Sauce Scalloped Potatoes Peas and Carrots Pears	<b>12</b> Meatloaf Sweet Potatoes Country Blend Vegetables Berries in the cloud	<b>13</b> Spanish Rice Corn Green Beans Ambrosia	<b>14</b> Chicken and Biscuits Mashed Potatoes Squash Cookie	<b>15</b> Omelet Sausage Patty Muffin Home fries Peaches
<b>18</b> Swedish Meatballs over Rice Mixed Vegetables Tropical Fruit	<b>19</b> Stuffed Shells Italian Blend Vegetables Garlic Roll Pudding	<b>20</b> Salisbury Steak Mashed Potatoes Beets Jello	<b>21</b> Chicken and Broccoli Alfredo Green Beans Pears	<b>22</b> Hamburger Cabbage Casserole Brussel sprouts Corn Chefs choice
<b>25</b> Fish on a Bun O'Brien Potatoes Spinach Peaches	<b>26</b> Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Fruit cup	<b>27</b> Chicken Cacciatore Rotini in Sauce Broccoli Chef's Choice dessert	<b>28</b> Pork Chop Sweet Potatoes Beets Cake	<b>29</b> Chili Cornbread Cauliflower Pineapple

# Community Notes:



**2024 Community Meetings ~ January Feb March April**

**Fulton Co. Office for Aging Advisory Council Meetings:** January 8, April 1

**Fulton Co. Youth Bureau Meeting:** January 8th via ZOOM

**Fulton Co. Council of Clubs and Centers Meetings:** January 25, April 25

**Fulton Co. Long Term Care Council Meetings:** February 22, May 16

**Caregiver Support Group –** Fourth Wednesday of the Month – call 518-762-4643

## 2024 Annual Needs Assessment

If you received a copy of our **Needs Assessment**, please return it to the Office for Aging as soon as you can, so we can tally the responses and learn what we are doing well and what needs improvement; we also look for new ideas, so share away!

## Fulton Co. Youth Bureau

If you know of an incredible young person in Grade 9 – 11 that you believe should be considered for the **Youth Bureau Lead by Example Award**, please call the Youth Bureau at 518-736-5650 to get a nomination form and send to us at 19 N William St., Johnstown by March 5, 2024

*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.

*Thank You!*

*Please send your donation to:*

**Fulton County Office for Aging**

19 North William Street • Johnstown, New York 12095

*Thank You!*

**We are always looking for  
and NEED Volunteers for  
delivering meals!**



## AVOIDING SCAMS

Submitted by: Veronica C. Fallarino, Esq., Senior Attorney, LASNNY

The Fulton Co. Office for Aging partners with Legal Aid Society of Northeastern New York for Legal Services

The Federal Bureau of Investigation estimates that seniors lose about \$3 billion each year to scams. There is a perception that older Americans are more trusting and that they may have more accumulated wealth. Though these perceptions may not reflect reality, it explains why fraudsters target seniors. The following tips should help you avoid falling victim to a scam.

- **Verify someone's authority.** If someone calls alleging to be from your bank or from some governmental agency, you should ask for their name and any other identifying information. Make your own separate call to the place they state they are calling from and verify that the call is valid.
- **Keep your private information private.** If you receive a call and the person on the phone is asking you to verify your personal information, such as your Social Security Number, take the same action as suggested above. Do not give out your personal information simply because someone has called and asked for it, especially if you did not expect the call.
- **Do not send money.** If you receive a call advising you of a problem that can only be solved by sending money or gift cards, end the call. Contact whatever company they alleged to be calling from and verify the issue first. Law enforcement agencies and financial institutions will never ask for money in the form of gift cards.
- **Take a moment.** Scammers rely on creating panic and getting potential victims to act fast. Take the time to verify the validity of the issue before taking action.
- **Do not deposit mysterious or unknown checks.** Some scammers will send you a check and ask you to deposit it into your bank and to then send them a portion of the money, the idea being that you will make some money off the deal. More than likely, the check will bounce after you have sent the scammer their money. You will then be responsible for paying back the money to the bank.
- **Be careful who you hire.** If a contractor knocks on your door offering to perform work, be wary. Ask for references, ask for information on their liability insurance and ask for a contract. Do not pay in advance without properly vetting the contractor and ensuring you have a written agreement for services and payment.

***This might seem like a lot to keep track of anytime you receive an unexpected phone call or knock at the door. Remember to verify, follow up and take your time. If you or someone you know has been the victim of a scam, you should call and report it to the Federal Trade Commission at 1-877-382-4357, or report online at [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov).***





Happy New Year! Another year has come and gone, and with it some nutrition trends! A popular “diet” in 2023 was intermittent fasting. Generally, however, the trends that morph into lasting nutritional practices are the ones that are less extreme and lend themselves to maintenance.

Intermittent fasting is less about what you eat and more about when you eat. With this type of diet, you are only “allowed” to eat at certain times of the day. Research has shown that fasting for a certain number of hours each day or eating just one meal a day could contribute to a general weight loss. According to Johns Hopkins, the hours that your body goes without food allows it to exhaust its sugar stores and start burning fat.

According to neuroscientist Mark Mattson, “Intermittent fasting contrasts with the normal eating pattern for most Americans, who eat throughout their waking hours. If someone is eating three meals a day, plus snacks, and they’re not exercising, then every time they eat, they’re running on those calories and not burning their fat stores.” Intermittent fasting works by prolonging the period when your body has burned through the calories consumed during your last meal and begins burning fat.

Check with your doctor before beginning any program like this. Implementing it (once you get approval) is not difficult. A “daily approach” restricts daily eating to one 6 to 8 hour period each day. For instance,

you may choose to try 16/8 fasting: eating for 8 hours and fasting for 16. Another approach is the “5:2 approach”. This involves regular eating five days a week. For the other two days, you limit yourself to one 500-600 calorie meal. For example, eat normally every day except Monday and Thursday, when you restrict your intake to one meal daily.

In addition to weight loss, some research suggests the following additional benefits of intermittent fasting:

- **Thinking and memory:** studies discovered that intermittent fasting boosts working memory in animals and verbal memory in adult humans
- **Heart health:** intermittent fasting improved blood pressure and resting heart rates as well as other heart-related measurements
- **Physical performance:** young men who fasted for 16 hours showed fat loss while maintaining muscle mass. Mice who were fed on alternate days showed better endurance in running.
- **Type 2 diabetes and obesity:** in animal studies, intermittent fasting prevented obesity. In addition, in other studies, obese humans lost weight while doing intermittent fasting. It also pointed to a reduction in levels of fasting glucose.
- **Tissue health:** in animals, intermittent fasting reduced tissue damage in surgery.

Keep in mind, this article is merely to discuss a current trend in nutrition. It is not intended to serve as a recommendation to try intermittent fasting. It is especially important to acknowledge that intermittent fasting may not be safe for all individuals, including children and teens under the age of 18, women who are pregnant or breastfeeding, and people with Type I diabetes who use insulin to control their blood sugar levels.