

JANUARY • FEBRUARY • MARCH • APRIL

2026 • ISSUE No. 229

The
Fulton
County **OFFICE**
FOR AGING

*Vital information
for vital generations*

Andrea Fettingner

BA, MEd, Director



19 N. William Street
Johnstown, New York 12095



518-736-5650

Email:

fcofa@fultoncountyny.gov

Web Site: www.fcofa.org/

-NEWSLETTER-

From the Director's Desk...

Happy New Year 2026! Let's ALL start off the year with positivity and kindness! 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 2026 items that may be of interest to you:

- Did you know that the Fulton Co. Office for Aging has many **lunch sites** across the county? You do not need to live in the area where the sites are located to visit and have lunch, just call the Office for Aging at 518-736-5650 to reserve your place!
 - **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 1 – 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 – meals delivered to your home by volunteers
 - Mom's Meals – bulk delivery - Call 518-736-5650 to get more information!
- Moreover, did you know that we have two options for **Transportation**?
 - Wednesdays and Thursdays Senior Transportation Bus – call to reserve
 - Mon – Fri taxi services for shopping, medical, errands, visits
 - Out of County Non-Medicaid Medical Transport via Taxi – per appointments of the riders – call the Office for Aging to reserve

- If the winter months give 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; **Alzheimers Caregiver Support Group** offered at the Gloversville Public Library – call 518-725-8219; **Parkinson's Caregiver Support Group** offered at the Mayfield Presbyterian Church – call 518-661-6566; **Bereavement Support** at Mountain Valley Hospice and Palliative Care – call 518-725-4545
 - **Reach Out and Play Games** – we have a good supply of the following updated games for the generations:
Scrabble • Game of Life • Trivial Pursuit • Matching Games • Jenga – table top • Connect 4 – table top
 - **Attend a Congregate Lunch Site** (as noted above) – Join Us for Lunch!
 - **GetSetUp virtual fun! Sign up at:** <https://www.getsetup.io/> - **classes, support groups, games, exercise and more!**

Let's Have a GREAT 2026!

Andrea Fettingner, 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.



Community Notes:



2026 COMMUNITY MEETINGS

JANUARY • FEBRUARY • MARCH • APRIL

Fulton Co. Office for Aging Advisory Council Meetings: **January 5, April 6**

Fulton Co. Youth Bureau Meeting (via ZOOM): **March 9, June 8**

Fulton Co. Council of Clubs and Centers Meetings: **April 23**

Fulton Co. Long Term Care Council Meetings: **February 19, May 14**

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

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!

GET 2026 STARTED STRONG!

JANUARY

Stay active and engaged: Visit a local center to participate in events, join a community choir or band, or find a part-time job.

Focus on mental and physical health: Look for local centers offering classes on mindfulness, stress reduction, or physical activities like balance and strength training – Utilize the Fulton Co. YMCA (limited # OFA sponsored memberships available)

FEBRUARY

Celebrate cultural events: Attend local events or watch parties for the **Super Bowl**.

Learn about Black History: Honor Black History Month by attending local events or learning more about the history of Black Americans. Participate in sports: Watch the **Winter Olympics** or find local senior sports events like swimming or bowling.

MARCH

Embrace the beginning of spring: Look for early spring gardening workshops or classes to learn new skills and connect with nature.

Attend local events: Check for events related to **International Women's Day** (March 8th) or other March observances.

Participate in local traditions: Celebrate **St. Patrick's Day** with themed activities. Support local arts: Find a local theater performance, concert, or museum exhibition to attend as spring arrives.

APRIL

Celebrate art and culture: Visit local museums for **World Art Day**, or host a fun event like dressing up as favorite childhood story characters for **International Children's Book Day** – volunteer at a local library to read to children. Connect with pets: Participate in activities for **National Pet Day** on April 11th, such as visiting an animal shelter or celebrating your own pets. Focus on health awareness: Participate in events or activities focused on **Parkinson's Awareness Month** or **Stress Awareness Month**.

Get outside: Time to start walking outdoors!

MAY

Celebrate Older Americans Month 2026 at upcoming events yet to be determined!

**WE OFFER
TWO OPTIONS
FOR TRANSPORTATION:**



BUS SERVICE: Wednesdays and Thursdays only (this is a change for 2026) for errands, shopping, medical appointments, visiting friends at local facilities, provided by **Fulmont Community Action Agency**

Interested individuals need to call the **Office for Aging 518-736-5650** to meet with a caseworker before using this service

TAXI SERVICE: Provided by two local taxi companies:

- Out of county non-Medicaid Medical rides
- In County for errands, shopping, medical appointments, visiting friends at local facilities

Interested individuals need to call the **Office for Aging 518-736-5650** to meet with a caseworker before using this service



The Fulton County Office for Aging Senior Nutrition Program

Happy Healthy New Year!

Another year has come and gone! Have you looked back at your New Year's Resolutions from last year to see how successful you were? Now is the time for another fresh start! Keeping your goals reasonable and realistic can help ensure a happier and healthier New Year!

When setting goals, remember that no change is too small, especially if it is a lasting change. Another important consideration when setting goals is to make sure it is measurable. Instead of just saying, "I am going to get healthier this year", make your resolution specific enough that you can determine if you were successful. For instance, you can say "I am going to exercise three times a week this year," and then you will be able to monitor your progress.

Changing eating habits is at the top of the list of resolutions for many of us. Again, make your goals reasonable enough that you can stick to them. You can always make a secondary resolution if you are successful with the first. Instead of swearing off desserts for a resolution, make a commitment to limiting your treats to a couple of times a week initially. Satisfying that sweet tooth might make your goals much easier to adhere to.

Lastly, think about healthy additions instead of focusing on things to limit. Make a resolution to add more whole grains daily. Or adding a glass of skim milk every day or even every other day to add some vitamins, calcium, and protein. Try increasing your intake of fruits and vegetables to add vitamins, minerals, and fiber. You might see a gradual weight loss as well if the bulk of your intake comes from fruits and vegetables. And you may also be decreasing your risk of developing a multitude of different chronic conditions, including certain types of cancer.

Here is a healthy new recipe to try out in 2026! Greek Chicken Pasta

- 1 (16 ounce) package linguine**
- ½ cup chopped red onion**
- 1 tbs olive oil**
- 2 cloves garlic, crushed**
- 1 pound skinless, boneless chicken breast-cut into bite sized pieces**
- 1 (14 ounce) can marinated artichoke hearts, drained and chopped**
- 1 large tomato, chopped**
- ½ cup crumbled fresh parsley**
- 2 tbs lemon juice**
- 2 tsp dried oregano**
- Salt and pepper to taste**
- 2 lemons, wedged, for garnish**



Bring a large pot of lightly salted water to a boil. Cook pasta for 8-10 minutes; drain.

Heat olive oil in a large skillet over medium high heat. Add onion and garlic; saute until fragrant, about 2 minutes. Stir in the chicken and cook, stirring occasionally, until chicken is no longer pink in the center and the juices run clear; about 5-6 minutes.

Reduce heat to medium low; add artichoke hearts, tomato, feta cheese, parsley, lemon juice, oregano, and cooked pasta. Cook and stir until heated through, about 2-3 minutes. Remove from heat, season with salt and pepper, and garnish with lemon wedges.



Senior Nutrition Program

LEXINGTON MENU

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 5 Fish on a Bun O'Brien Potatoes Spinach Mandarin Oranges	Jan 6 Lasagna Italian Blend Vegetables Garlic Roll Mousse	Jan 7 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Banana	Jan 8 Hamburger Cabbage Casserole Wax Beans Brussels Sprouts Frosted Birthday Cake	Jan 9 Chicken and Biscuits Mashed Potatoes Peas Pineapple Tidbits
Jan 12 Beef Stroganoff Over Egg Noodles Country Blend Vegetables Pears	Jan 13 Baked Fish with Dill Sauce Confetti Rice Lima Beans Brownie	Jan 14 Salisbury Steak Mashed Potatoes Carrots Berries in a cloud	Jan 15 Lemon Chicken Au Gratin Potatoes Sonoma Blend Vegetables Apple Crisp	Jan 16 Roast Turkey with Gravy Stuffing Broccoli Peaches
Jan 19 CLOSED FOR MARTIN LUTHER KING, JR DAY	Jan 20 Cheesy Ham and Rice Casserole Beets Wax Beans Tropical Fruit	Jan 21 Chicken Parmesan Rotini in Sauce Italian Blend Vegetables Pie	Jan 22 Beef Stew with Vegetables Green Beans Biscuit Yogurt Whip	Jan 23 Tuna Noodle Casserole Peas Cauliflower Ice cream
Jan 26 Omelet Hash Browns Sausage Muffin Fruit Cup	Jan 27 Chicken Stir Fry over Rice Japanese Blend Vegetables Cookie	Jan 28 Pulled Pork on a Bun Baked Beans Coleslaw Fresh Fruit	Jan 29 Ziti with Meatballs Italian Blend Vegetables Garlic Bread Poke Cake	Jan 30 Ham with Plum Sauce Scalloped Potatoes Peas and Carrots Chef's Choice Dessert

All Meals Served with a Variety of Breads



Senior Nutrition Program

LEXINGTON MENU

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 2 Sweet Sausage with Pepper and Onions O'Brien Potatoes Country Blend Vegetables Rosy Pears	Feb 3 Turkey Divan Egg Noodles Peas Mousse	Feb 4 Roast Pork Stuffing Lima Beans Cookie	Feb 5 Chicken and Biscuits Mashed Potatoes Red Cabbage Applesauce	Feb 6 Chili Cauliflower Corn Bread Ice cream
Feb 9 Swedish Meatballs Egg Noodles Sonoma Blend Vegetables Peaches	Feb 10 Asian Beef Stir Fry over Rice Japanese Blend Vegetables Apple	Feb 11 Chicken Cacciatore Rotini in Sauce Italian Blend Vegetables Fruited Gelatin	Feb 12 Pizza Burger O'Brien Potatoes Corn Cookie	Feb 13 Roast Turkey with Gravy Sweet Potatoes California Blend Veggie Pineapple Tidbits
Feb 16 Closed for Presidents' Day	Feb 17 Chicken and Wild Rice Casserole Beets Cauliflower Mandarin Oranges	Feb 18 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Brownie	Feb 19 Pot Roast Boiled Potatoes Dill Carrots Pudding Parfait	Feb 20 Breaded Fish on a Bun Confetti Rice Spinach Chef's Choice Pie
Feb 23 Spanish Rice Corn Brussels Sprouts Tropical Fruit	Feb 24 Chicken Croquette Mashed Potatoes Three Bean Salad Cookie	Feb 25 Cheesy Ham and Rice Casserole Broccoli Squash Chef's Choice Dessert	Feb 26 Goulash Wax Beans Garlic roll Fresh Fruit	Feb 27 Cheese Omelet Home Fries Muffin Fruit Cup

All Meals Served with a Variety of Breads

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19 N. William St., Johnstown, NY 12095 • Andrea Fettingler, Director
Telephone: (518) 736-5550 • Fax: (518) 762-0698
E-mail: fcfofa@co.fulton.ny.us • www.fcfofa.org/



Senior Nutrition Program

LEXINGTON MENU

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
March 2 Sloppy Joe O'Brien Potatoes Country Blend Vegetables Pears	March 3 Ham and Mustard Sauce Scalloped Potatoes Peas and Carrots Mousse	March 4 Chicken stir fry Fluffy Rice Japanese Blend veggie Cookie	March 5 Beef Stew With Vegetables Biscuit Fruited Jell-O	March 6 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Pudding
March 9 Chicken Parm Rotini in Sauce Italian Blend Vegetables Pineapple	March 10 Tangy Meatloaf Baked Potato Red Cabbage Frosted Birthday Cake	March 11 Pork Chops Mashed Potatoes Sonoma Blend Vegetables Tropical Fruit Cup	March 12 Turkey with Gravy Sweet Potatoes Corn Banana	March 13 Baked Fish with Lemon Sauce Confetti Rice Spinach Ice Cream
March 16 Omelet Hash Browns Sausage Muffin Mandarin Oranges	March 17 Corned Beef and Cabbage With Potatoes and Carrots Shamrock Cookie	March 18 Chili Corn Wax Beans Chef's Choice Pie	March 19 Chicken and Biscuits Mashed Potatoes Broccoli Fruit Cup	March 20 Cheese Lasagna Tossed Salad Garlic Roll Yogurt whip
March 23 Hamburger Cabbage Casserole Cauliflower Warm Applesauce Fruit Cocktail	March 24 Baked Chicken Au Gratin Potatoes Green Beans Spice cake	March 25 Pot Roast Boiled Potatoes Carrots Fresh Fruit	March 26 Roast Pork Dinner Stuffing Mixed veggies Cookie	March 27 Fish on a Bun O'Brien Potatoes Three Bean Salad Fruit choice
March 30 Chicken a la King Mashed Potatoes Brussels Sprouts Peaches	March 31 Swedish Meatballs Egg Noodles Squash Pudding Parfait			

All Meals Served with a Variety of Breads



Senior Nutrition Program

LEXINGTON MENU

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		April 1 Pulled Pork on a Bun Baked Beans Sonoma Blend Vegetables Brownie	April 2 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Apple Crisp	April 3 Stuffed Shells Italian Blend Veggies Garlic Roll Tropical Fruit
April 6 Salisbury Steak Sweet Potato Mixed Vegetables Ambrosia	April 7 Chicken Cacciatore Rotini in Sauce Italian Blend Vegetables Peaches	April 8 Spanish Rice Cauliflower Lima Beans Berries in the cloud	April 9 Roast Beef Dinner Baked Potato Brussels Sprouts Pudding Parfait	April 10 Chicken and Biscuits Mashed Potato Peas and carrots Ice Cream
April 13 Fish on a Bun Confetti Rice Spinach Mandarin Oranges	April 14 Pizza Burger O'Brien Potatoes Wax Beans Jell-O	April 15 Coconut Pineapple Chicken Noodles Japanese Blend Vegetables Mousse	April 16 Sweet Sausage and peppers on a Roll German Potato Salad Three Bean Salad Cookie	April 17 Omelet Home fries Muffin Sausage Fruit Cup
April 20 Chicken and Gravy Mashed Potatoes Dill Carrots Pears	April 21 Chili Cauliflower Beets Frosted Birthday Cake	April 22 Roast Pork Dinner Stuffing Peas Pudding with Topping	April 23 Ziti with Meatballs Italian Blend Vegetables Garlic Knot Fresh Fruit	April 24 Chicken Patty on a Bun California Blend Veggie Red Cabbage Cookie
April 27 Turkey Tetrazzini Over Penne Broccoli Squash Pineapple Tidbits	April 28 Meatloaf Rice Pilaf Country Blend Vegetables Brownie	April 29 Baked Ham with Plum Sauce Scalloped Potatoes Carrots Sherbet	April 30 Chicken Marsala Egg Noodles Lima Beans Chef's Choice Dessert	

All Meals Served with a Variety of Breads

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