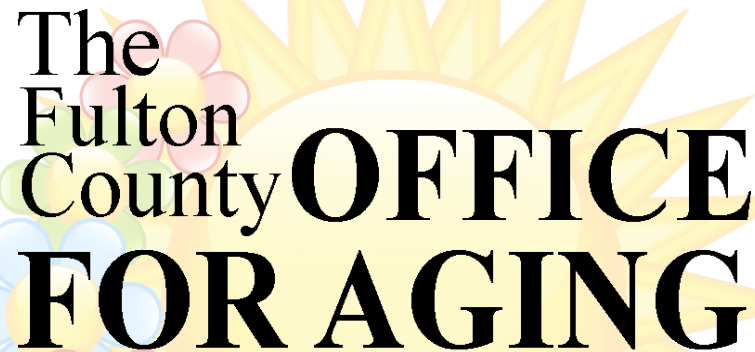


MAY • JUNE • JULY • AUGUST

2026 • ISSUE No. 230



The
Fulton
County **OFFICE**
FOR AGING

*Vital information
for vital generations*

Andrea Fettinger

BA, MEd, Director



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Johnstown, New York 12095



518-736-5650

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-NEWSLETTER-

From the Director's Desk...

Warm Greetings from the Fulton Co. Office for Aging! In May we **CELEBRATE** Older Americans Month! The theme this year is "Champion Your Health" ~ focusing on prevention, wellness, and personal responsibility as cornerstones of healthy aging. We are **Cheering** for every older adult in the county with thanks and appreciation for all the history and achievements you have exhibited over the years! Here is more information you need to know!

- **How can you take charge of your health?**

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

- **World Elder Abuse Awareness Day is June 15th** and we are having an event in the park in Downtown Johnstown during that week, come join us!

- **The Fourth of July**—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2026 is on Saturday, July 4.

- **Thursday, August 6, 2026** marks the third annual **Nourish to Flourish Dinner** to support the ongoing reinvigoration of One Church Street (former Johnstown YMCA), the building hosting the inter-faith council of churches food pantry, St. John's offices, and a soon to be build community kitchen. The building suffered a devastating flood in February during the very cold weather and we need everyone's support to rebuild! The event is being held at the Nigra Center! (call 518-762-9210 for information)

- **The Senior Picnic** is scheduled for **Thursday, September 10**, 10am – 2pm at the Concordia. You NEED a ticket to enter the picnic, no tickets will be sold on site. \$5.00 voluntary contribution for people 60+, guests \$12.00.
- October starts **Medicare Open Enrollment** – we recommend that you look over your personal health needs and determine if your current health insurance continues to work for you AND if it DOES, you won't need to have OFA assist you with any future review. However, if you find that some services won't be covered any longer or if your insurance does not cover certain pharmacies or hospitals, it would benefit you to call OFA for assistance.
- We encourage anyone who is interested in having lunch with new friends to visit one of our **congregate meal sites** – **Forest Hill Towers (Mon – Fri)**, **Petoff Apartments (Mon & Thur)**, **Bannertown Club (every other Wed)**, and **Northville (every Thursday)**. You do not need to live in the neighborhoods where the sites are located, you are welcome at any and all sites! Just call 518-736-5650 before 9am on the day of the site to reserve your seat!

Andrea Fettinger, BA, MEd
Director

Community Notes:



MAY • JUNE • JULY • AUGUST

Fulton Co. Office for Aging Advisory Council - **Monday July 6, 2026 - 9:30am OFA Conference Room**

Fulton Co. Council of Clubs and Centers - **Thursday, July 23, 2026 - 9:30am Shirley Luck Center**

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.





SAVE THE DATE!



Fulton County Office for Aging Picnic

Thursday, September 10, 2026 • 10am – 2pm

CONCORDIA PARK • GLOVERSVILLE

\$5.00 voluntary contribution • Need a Ticket to Enter • Donuts, coffee, soft drinks, popcorn!

Lunch Menu is:

Hamburger Deluxe, Mac n Cheese, Cucumber Salad, Cookie

TICKETS AVAILABLE AT THE OFFICE FOR AGING BUILDING AND MEAL SITES!

You can order your ticket and we will mail it!

WEAR YOUR BEST RED WHITE AND BLUE!

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!



“Shine a Light on Elder Abuse”

Join the Fulton Co. Office for Aging, Youth & NYConnects and the Independent Living Center of the Hudson Valley (ILCHV) NYConnects as we host an informational event with other community organizations while we raise awareness and take a stand against elder abuse. Together, we can build a future where every older adult feels safe, respected, and valued.

Monday, June 15, 2026 • 11am – 1pm

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@ Sir William Johnson Park
123 W. Main St, Johnstown, NY 12095



- **Wear Purple to support the cause**
- **Invite others to LEARN more and take action**
- **Speak out – Awareness leads to prevention**

LET US MAKE ELDER JUSTICE A PRIORITY NOT JUST TODAY, BUT EVERY DAY



OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging.

It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

Celebrating Older Americans Month: Champion Your Health

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

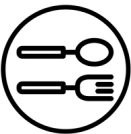
This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

How can community groups, older adult clubs and organizations mark OAM?

- Promote OAM through newsletters, meetings, and social media channels.
- Invite community members to share stories and reflections using #ChampionYourHealth.
- Highlight practical tips and trusted resources that support prevention and healthy aging.
- Elevate local programs and events that help older adults stay healthy, active, and engaged.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
 - Build and maintain social connections that support emotional well-being.
 - Choose nutritious, minimally processed foods.
 - Incorporate regular physical activity to maintain strength and mobility.
 - Practice daily habits that support mental health and resilience.
-



Senior Nutrition Program

LEXINGTON MENU

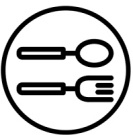


May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
May 4 Spanish Rice Broccoli Squash Peaches	May 5 Baked Fish with Lemon Sauce Mashed Potatoes Spinach Banana	May 6 Omelet Hash browns Sausage Muffin Applesauce	May 7 Roast Turkey with Gravy Mashed Potatoes Peas Brownie	May 8 Macaroni and Cheese Green Beans Stewed Tomatoes and Zucchini Fruit Cup
May 11 Pulled Pork on a Bun German Potato Salad Lima Beans Fruit Cocktail	May 12 Beef Stroganoff Over Egg Noodles Dill Carrots Cookie	May 13 Chicken and Biscuits Mashed Potatoes Red Cabbage Pineapple Tidbits	May 14 Tuna salad cold plate Coleslaw Tomato/Cucumber salad Yogurt whip	May 15 Chili Cauliflower Corn Ice Cream
May 18 Hamburger Cabbage Casserole Green Beans Cauliflower Tropical Fruit	May 19 Roast Pork Dinner Stuffing Carrots Pudding Parfait	May 20 Ziti with Meatballs Italian Blend Vegetables Apple	May 21 Tangy Meatloaf Sweet potato Brussels Sprouts Chef's Choice Pie	May 22 Chicken Marsala Egg Noodles Broccoli Sherbet
May 25 CLOSED FOR MEMORIAL DAY	May 26 Asian Beef w/Snow peas Rice Pilaf Oriental blend Pears	May 27 Fish on a Bun Confetti Rice Wax Beans Jell-O	May 28 Chef Salad Cottage Cheese Roll Mousse	May 29 Chicken Parmesan Rotini in Sauce Cauliflower Mandarin Oranges

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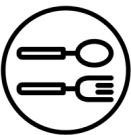


June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
June 1 Pizza Burger O'Brien Potatoes Spinach Fruit Cocktail	June 2 Cheesy Ham and Rice Casserole Squash Brussels Sprouts Pudding	June 3 Turkey Cold Plate Three Bean Salad Broccoli Salad Berries in a Cloud	June 4 Swedish Meatballs Egg Noodles Peas Cookie	June 5 Roast Beef Dinner Sweet Potatoes Wax Beans Ice Cream
June 8 Chicken Croquette Rice Pilaf Dill Carrots Peaches	June 9 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Melon cup	June 10 Beef Stew with Vegetables Biscuit Brownie	June 11 Egg Salad Cold Plate Carrot Raisin Salad Tomato/cucumber salad Roll Berry Crisp	June 12 Baked Ham with Plum Sauce Mashed Potatoes Broccoli Sherbet
June 15 Baked Fish Scalloped Potatoes Broccoli Tropical Fruit	June 16 Ham and Cheese Cold Plate Macaroni Salad Beets Cookie	June 17 Turkey with Gravy Stuffing Corn Banana muffin	June 18 Pulled Pork Baked Beans Red cabbage Pudding Parfait	June 19 Chili con Carne Lima Beans Cornbread Pineapple Tidbits
June 22 Chicken Stir Fry over Rice Japanese Blend Vegetables Mandarin Oranges	June 23 Meatloaf Au Gratin Potatoes Green Beans Fruit Cup	June 24 Roast Beef and Cheddar Cold Plate Pasta Salad Coleslaw Spice cake	June 25 Tuna Casserole Beets Squash Chef's Choice Dessert	June 26 Salisbury Steak Mashed Potatoes Brussels Sprouts Ice Cream
June 29 Roast Pork Boiled Potatoes Carrots Pears	June 30 Mediterranean Lasagna It Blend Garlic Roll Banana			

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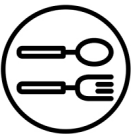
July 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Baked Ham Scalloped Potatoes Peas Pears	Chef Salad Cottage Cheese with Fruit Roll Cookie	July 1 Ham Salad Cold Plate Marinated Broccoli Salad Potato Salad Ambrosia	July 2 Omelet Hash Browns Sausage Muffin Tropical Fruit	July 3 CLOSED FOR FOURTH OF JULY
July 6	July 7	July 8	July 9	July 10
Baked Ham Scalloped Potatoes Peas Pears	Chef Salad Cottage Cheese with Fruit Roll Cookie	Chicken a la King Egg Noodles Broccoli Peaches	Fish on a Bun Three Bean Salad Spinach Fresh fruit cup	Chicken and Biscuits Mashed Potatoes Green Beans Ice Cream
July 13	July 14	July 15	July 16	July 17
Roast Turkey Sweet Potatoes Brussels Sprouts Mandarin Oranges	Macaroni and Cheese Red Cabbage Wax Beans Fresh Berries	Seafood Salad Marinated Broccoli Salad Three Bean Salad Croissant Jell-O	Pizza Burger Confetti Rice Broccoli Cookie	Beef Stroganoff Over Egg Noodles Carrots Frosted Birthday Cake
July 20	July 21	July 22	July 23	July 24
Pulled Pork Baked Beans Spinach Fruit Cocktail	Chicken Cacciatore Rotini in Sauce Italian Blend Vegetables Yogurt whip	Baked Fish Rice Pilaf Green Beans Banana muffin	Ham and Cheese Cold Plate Pasta Salad Coleslaw Pudding	Meatloaf Mashed Potatoes Dill Carrots Cookie
July 27	July 28	July 29	July 30	July 31
Chili Corn bread Cauliflower Pineapple Tidbits	Chicken Salad Cold Plate Beets Potato Salad Roll orange	Swedish Meatballs Fluffy Rice Peas Fruit Cup	Turkey with Gravy Au Gratin Potatoes Cauliflower Chef's Choice Dessert	Tuna Noodle Casserole Three Bean Salad Squash Fruit choice

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August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 3 Salisbury Steak Rice Pilaf Green Beans Peas	Aug 4 Egg Salad Cold Plate Macaroni Salad Corn Salad Cookie	Aug 5 Chicken Marsala Egg Noodles Spinach Fresh Fruit	Aug 6 Cheesy Ham and Rice Casserole Broccoli Squash Chef's Choice Dessert	Aug 7 Fish on a Bun German Potato Salad Red Cabbage Ice cream
Aug 10 Ziti with Meatballs Garlic Bread Italian Blend Vegetables Peaches	Aug 11 Pot Roast Boiled Potatoes Carrots Pudding Parfait	Aug 12 Tuna Salad Three Bean Salad Coleslaw Berries in a cloud	Aug 13 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Cookie	Aug 14 Omelet Hash Brown Sausage Muffin Mandarin Oranges
Aug 17 Chili Corn Cauliflower Fruit Cup	Aug 18 Ham and Cheese Pasta Salad Cottage Cheese Three Bean Salad Yogurt	Aug 19 Hamburger Cabbage Casserole Sweet Potatoes Wax Beans Ambrosia	Aug 20 Baked Fish Confetti Rice Spinach Jell-O	Aug 21 Chicken and Biscuits Mashed Potatoes California Blend Banana muffin
Aug 24 Beef Stew Biscuit Pineapple Tidbits	Aug 25 Pizza Burger O'Brien Potatoes Coleslaw Peaches	Aug 26 Chicken Parmesan Rotini in Sauce Broccoli Brownie	Aug 27 Turkey Cold Plate Macaroni Salad Carrot Raisin Salad Apple Pie	Aug 28 Roast Pork Stuffing Lima Beans Sherbet
Aug 31 Chicken Cacciatore Rotini in Sauce Italian Blend Vegetables Tropical Fruit				

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