



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

NATIONAL FAMILY CAREGIVER MONTH

November is National Family Caregiver Month. It's a time to celebrate the efforts of family caregivers, educate family caregivers about self-identification, raise awareness of family caregiver issues, and increase support for family caregivers.

What does the term "family caregiver" or "informal caregiver" mean? A family, or informal, caregiver is any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of assistance for, an older person or adult with a chronic or disabling condition. These individuals may be primary or secondary caregivers and live with, or separate from, the person receiving care.

Many people don't identify with the term family caregiver, often thinking "I'm just a son", "I'm just a daughter" or similar terms. Identifying as a family caregiver appears to have positive benefits, which include promoting effective use of community support services and creating a sense of belonging and connection to a broader community.

There are an estimated 4.1 million caregivers in New York State. 61% worry about caring for a loved one. Help is available. In Clinton County, the Office for the Aging has a Caregiver Resource Center (CRC). The CRC can help you identify community resources, including long-term services and supports, caregiver training opportunities, caregiver support groups, and respite services.

The New York State Office for the Aging has recently partnered with Trualta, a web-based platform which teaches critical skills to reduce caregiver stress levels. It is free for any caregiver in New York State, and may be found at <https://newyork-caregivers.com>.

Being the caregiver for a loved one is an honor, but at times can be stressful. Don't forget to take care of yourself, it's the best gift you can give yourself and your loved one. A big shout out and thank you for all that you do!

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MESSAGE FROM THE DIRECTOR

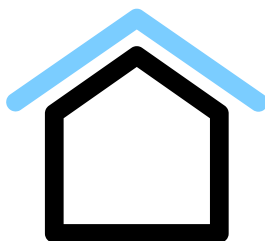
BY: DARLEEN COLLINS

As winter approaches, our office has heard from many concerned with the high cost of heating. If you meet eligibility requirements, the Home Energy Assistance Program, commonly known as HEAP, may be able to help.

The regular HEAP benefit season opens on November 1st. If you received HEAP last year, you may have already received an early outreach application. If you receive SNAP benefits, you *may* receive HEAP benefits without an additional application.

HEAP applications may be completed online at <https://mybenefits.ny.gov/> beginning November 1st. Paper applications may be mailed to applicants ages 60 and over, beginning on November 1st. To request a paper application, call 518-565-4620.

The Emergency HEAP benefit, for those meeting eligibility requirements, begin on January 3, 2023.



ACTIVITIES

GetSetUp Classes

Older adults in New York State still have access to GetSetUp classes. These classes are available for FREE!

Check out the website at www.getsetup.io/partner/NYSTATE to see what classes are being offered.

Senior Center Activities

5139 North Catherine St,
Plattsburgh

Activities include: Fitness, Zumba, Yoga, Scrabble, Mah Jongg, Crocheting, Shuffleboard, Wii Bowling, Knitting, Card Games and More. The complete schedule may be viewed at

<https://www.seniorsinclintoncounty.com/Activities/> or call 518-563-6180 for more information.

Senior Planet - North Country

Located in the Champlain Centre Mall at 60 Smithfield Blvd. in Plattsburgh, the exploration center offers a variety of technology-based programs for people 60 years of age and over. Contact them at 518-612-4153 for more information.

Volunteers Needed

Call for Details
JCEO Senior Outreach
518-561-6310
AmeriCorps Seniors
518-566-0944



CAREGIVER CORNER

Tips for Longtime Caregivers

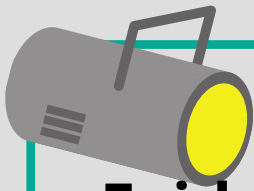
If you have been caring for a loved one for a long time, you are likely aware that caregiving can be unpredictable at times. On top of managing new responsibilities that drain time and disrupt routines, caregivers must cope with a wide range of emotions. These include exhaustion, fear, anxiety, anger, guilt, and grief over having a sick loved one. Often times, caregivers feel obligated to put the needs of their loved ones ahead of their own needs. While this is understandable, it's important to remember that you can't give from an empty cup.

To replenish yourself, try some of these self-care tips:

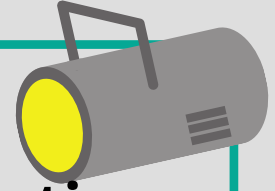
- Always make time for your own medical screenings and appointments. Tell medical providers that you're a caregiver so that they're aware of the impact caregiving may have on your health.
- Incorporate timeouts from caregiving throughout the day, whether you take 15-minute walks or meet a friend for lunch.
- Practice relaxation techniques for a few minutes each day. Take slow, deep breaths you can feel in your belly, or close your eyes and try to focus on your body and your breath.
- Be mindful of your moods, and know that all caregivers experience feelings of impatience and frustration, among other strong emotions. Consider seeing a counselor or joining a support group.
- Caregivers often feel that their efforts are never enough. Be kind to yourself. Don't forget to give yourself credit for your contributions.



*Contact Clinton County Office for the Aging's
Caregiver Resource Center at 518-565-4620*



Program Spotlight



Evidence-Based Health Promotion

Evidence-based Health Promotion are programs that may be related to the prevention and mitigation of the effects of chronic disease (including osteoporosis, hypertension, obesity, diabetes, and cardiovascular disease), alcohol and substance abuse reduction, smoking cessation, weight loss and control, stress management, improved mental health, falls prevention, physical activity, and improved nutrition.

In Clinton County, there are several programs available to individuals looking to improve their health. First, there is a variety of chronic disease self-management programs. Some of them are broad-based covering a wide variety of topics, some are more targeted to diabetes, or pain management. All are available at no cost for individuals 18 years of age or older. Call Clinton County Office for the Aging for more information at 518-565-4620.

The Office for the Aging sponsors an evidence-based water exercise program that follows the Arthritis Foundation Aquatics Program at the YMCA for individuals ages 60 and over. Call the YMCA at 518-561-4290 for schedules times.

Office for the Aging also sponsors evidence-based exercise classes for ages 60 and over provided online by Cornell Cooperative Extension. More information may be found on their website at <http://cceclinton.org/fitness>.

The Senior Center also offers exercise programs, some of which are evidence-based programs. More information is available by calling 518-563-6180.



HOW TO KEEP YOUR IMMUNE SYSTEM HEALTHY

Although you may not be able to fully prevent an illness this season, having a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you be a step ahead.

The following nutrients play a role in the immune system and can be found in a variety of foods:

- **Beta Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- **Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with Vitamin D also are sources of this important nutrient.
- **Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also in vegetarian sources such as wheat germ, beans, nuts and tofu.
- **Probiotics** are "good" bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.
- **Protein** comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep, exercise and stress management.

- Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals and antioxidants that help support immune health.
- Good hygiene and hand washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes.
- Find healthy ways to cope with stress, such as meditation, listening to music or writing. Physical activity also is a great way to manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

What about Herbals? Many herbal remedies are marketed to help fight colds or shorten their duration but check with your health care provider before taking any supplements or medications. No one food or supplement can prevent illness.

Submitted by Jo Dragoon-Morse, Registered Dietician



AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

TWO STEPS TO ENROLL

1

Go to AffordableConnectivity.gov to submit an application or print a mail-in application

2


Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

LEARN MORE

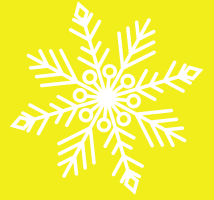
 Call 877-384-2575, or

 Visit fcc.gov/acp





SAFETY TIPS FOR WINTER DRIVING



Whether we like it or not, cold, snow and ice are on the way. To mitigate driving risks this winter, the National Safety Council offers these helpful tips:

- **Prepare Your Car for Winter** - in addition to annual maintenance, test your battery, make sure the cooling system is in good working order; have winter tires or if using all-season tires, check the tread and replace if less than 2/32 of an inch; check the tire pressure; check your wiper blades and replace if needed; add wiper fluid rated for -30 degrees; keep your gas tank at least half full to avoid gas line freeze; and make sure your car's emergency preparedness kit is fully stocked
- **Before You Start Out** - Clean your car's exterior - including cameras and side view mirrors so you will be able to see what is around you; remove dirt, snow and ice from sensors to allow the assistive driving features to work; in frigid weather, warm up the car before you drive; to prevent carbon monoxide poisoning, never leave a running vehicle in your garage - even with the garage door up; if the forecast looks iffy, wait out the storm if possible, if you must travel, share your travel plans and route with someone before you leave
- **How to Avoid A Crash** - according to AAA, avoid using cruise control in wintry conditions; steer in the direction of a skid, so when your wheels regain traction, you don't have to overcorrect to stay in your lane; accelerate and decelerate slowly; increase following distance; if possible, don't stop when going uphill; if visibility is severely limited, pull off in a safe space and wait until conditions clear - avoid stopping on the side of the road where other cars will not be able to see you; leave additional space between your vehicle and a snowplow





Donating to Charities



New Yorkers donate over \$10 billion to charitable organizations each year, with older New Yorkers being especially generous. Most charities are honest in their methods of soliciting contributions. However, there are organizations that misuse fundraising methods, with the lion's share of donations going to the fundraiser rather than the programs. Other so-called charities are outright scams that play on the sympathies of well-meaning people who only want to help a good cause.

Here are some ways to make sure your charitable donations are going where you intend them to.

- Make sure you know the charity and understand its aims and programs. Scammers will frequently capitalize on the reputation of a well-known charity by changing the name slightly.
- Confirm that the charity is registered with the Attorney General's Office, as required by law.
- Find out what the charity will do with your money: how much of each donation supports programs, administrative costs and fundraising.
- Avoid charities that will not answer your questions or provide written information about its programs and finances.



Information provided by the Office of the New York Attorney General



EMERGENCY PREPAREDNESS FORUM



**November 7, 2022 10 - 11:30 am
at the Senior Center
5139 North Catherine Street, Plattsburgh**

Learn how to be prepared for emergency situations



Presentations by:



American Red Cross

Clinton County Office of Emergency Services
NYS Department of Agriculture and Markets



**Pre-register by calling
Clinton County Office for the Aging at
518-565-4620 no later than November 3rd.**



Stay for Lunch!

The Nutrition Program serves lunch at the Senior Center at Noon. Stay for a healthy meal and time to socialize with friends.

If you have not dined with the program yet, you will be provided with registration forms.

The suggested contribution is \$3.00. No participant will be denied a meal for an inability or unwillingness to contribute.

Please reserve your meal by calling 518-561-7393 by November 4th.

MEALS ON WHEELS
 45 Veterans Lane
 Plattsburgh, NY 12901
 (518) 561-8390

November

This menu is approved by a Registered Dietitian. Menu Subject to Change.
 *Watch for New Items

Monday	Tuesday	Wednesday	Thursday	Friday
 Breaded Chicken Oven Browned Potatoes Baby Carrots Mandarin Oranges 7	Marinated Chicken Sweet Potatoe Capri Blend Veg. Oatmeal Raisin Cookie 1	Employee Training PROGRAM CLOSED 2	Roast Pork w/Gravy Mashed Potato Winter Mix Apple Crisp 3	Fish on Bun Home Fried Potatoes Beets Fresh Fruit 4
Ellenburg 518-594-7311 Dannemora 518-310-9089 Lakeview 518-561-8696 Rouses Point 518-534-1852	Honey Mustard Pork Chop Red Potatoes Mixed Vegetables Wheat Bread Butterscotch Pie 8	Hot Roast Beef w/Gravy Mashed Potatoes Garden Vegetables Birthday Cake 9	Stuffed Shells Italian Vegetables Sourdough Bread Fresh Fruit 10	 CLOSED 11
Hawaiian Pork Chop Rice Oriental Blend Veg. Wheat Dinner Roll Pears 14	Chicken & Biscuit Mashed Potatoes Peas & Carrots Choc Chip Cookie 15	Spaghetti w/Meat Sauce Tossed Salad Italian Bread Fresh Fruit Cup 16	Roast Turkey w/Gravy Stuffing Harvest Blend Veg. Pumpkin Pie 17	Breakfast Casserole Sausage Patty Blueberry Muffin Fresh Fruit 18
Beef Stew Cauliflower Rye Bread Peaches 21	Sausage, Peppers & Onions on a Bun Rosemary Potatoes Sliced Carrots Tapioca Pudding 22	Ham w/Raisin Sauce Sweet Potatoes Peas & Pearl Onions Sugar Cookie 23	 CLOSED 24	Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit 25
Salsa Chicken Rice Pilaf Broccoli Dinner Roll Fruit Cocktail 28	Swedish Meatballs Wide Noodles Green Beans Carrot Cake 29	BBQ Pork on a Bun Home Fries Coleslaw Chocolate Mousse 30		

Senior Citizen
 Council Nutrition
 Program
 Funded by
 Clinton County
 Office for the
 Aging and New
 York State Office
 for the Aging.



Adopt a Robotic Companion Pet



To combat social isolation and loneliness, NYS Office for the Aging provided our office with Joy for All Companion Pets. Available for individuals ages 60 and over, who do not have real pets, these robotic cats, dogs, and walker squawkers (birds that attach to your walker), are available at no cost to provide comfort and companionship. No feeding, no vet bills! To adopt a pet, please contact our office at 518-565-4620.

Clinton County Office for the Aging is pleased to provide you with services. Programs for the Office for the Aging are funded by the Older Americans Act, New York State, Clinton County and your contributions. There is no fee for services; however, in order to provide continued quality services, the Older Americans Act requires us to allow voluntary, confidential contributions from participants. Individuals with self-declared incomes at or above 185 percent of federal poverty level (\$1,986 monthly income for a single person) are encouraged to contribute at levels based on the actual cost of services. Your contributions are used to improve upon and support the programs.

Any amount you contribute is greatly appreciated. If you are using a check, please make the check **payable to: Clinton County Treasurer** and **mail to** Clinton County Office for the Aging, 135 Margaret St, Suite 105, Plattsburgh, NY 12901. You will not be denied service because of an inability or unwillingness to contribute.

Please return with your contribution

- | | |
|--|---------------------------|
| \$ _____ Home Delivered Meals | \$ _____ Congregate Meals |
| \$ _____ Caregiver Services | \$ _____ Transportation |
| \$ _____ Health Insurance Counseling | \$ _____ Lifeline (PERS) |
| \$ _____ Health Promotion (Exercise Classes) | \$ _____ Legal |
| \$ _____ Housekeeping/Personal Care | \$ _____ Other _____ |

Elder Financial Fraud & Abuse

Fraud involves using an older adult's vulnerability to convince the older adult to hand over property, money, or valuable information under false pretenses. Theft involves the perpetrator taking property or assets directly from an older adult. Elder financial fraud victimizes hundreds of thousands of older adults each year. Recognizing it is the first step to stopping it.

Four general categories of financial fraud and abuse are:

- **Misuse of Assets:** Involves an individual with power of attorney or guardianship misusing an older adult's assets.
- **Consumer fraud/scams:** Consumer fraud involves telemarketing and mail fraud. Individuals pretending to care for older persons in order to exploit them is an example of a "sweetheart scam."
- **Theft:** Theft involves the act of stealing possessions or money, or gaining access to older adults' personal information to steal their identity or to open credit cards.
- **Negligence:** Occurs when a person deemed to be responsible for an older adult's financial matters and/or care neglects these duties.



Clinton County Office for the Aging
135 Margaret St, Suite 105
Plattsburgh, NY 12901

The Clinton County Office for the Aging assists people and caregivers to empower and sustain their independence and to advocate for themselves by developing a continuum of opportunity, support and care.