



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

A LITTLE HELP FOR THE HOLIDAYS

For many people the holidays are a happy, hectic time of year. For others, the holidays may be a source of stress or sadness. As you navigate this holiday season perhaps you can try to spread a bit of holiday cheer.

Reduce isolation for a friend or neighbor by stopping in for a visit, inviting them to an event, lunch or coffee, or call them on the telephone.

Help someone with holiday tasks like putting up the tree, decorating, baking cookies, or driving them around to see the holiday light displays.

Volunteer for an organization that assists people. Help serve a meal at a soup kitchen, collect clothes, toys, and food for those in need.



Participant
Artwork from the
Drawing To See
Workshop



IN THIS ISSUE

- Message from the Director
- Caregiver Corner
- Program Spotlight - Heating Assistance
- Making Healthy Holiday Choices
- Public Hearing
- Volunteer Recognition
- Menu, Activities & More



MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

As winter weather arrives it can be a challenge to stay active. There are classes available online and in person. You can also find places to walk indoors, like the mall.

Other winter activities include walking, skiing, snowshoeing, and shoveling snow.

The National Institute on Aging offers the following safety tips:

- Check the weather forecast, if it is very windy or very cold, exercise inside and wait until another time to go outside
- Watch out for snow and icy sidewalks
- Warm up your muscles first
- Pick the right clothes, wearing several loose layers
- Wear a waterproof jacket or coat if it's snowy or rainy
- Wear a hat, scarf, and gloves
- Know the signs of hypothermia



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.

Cornell Cooperative Extension

Schedule of classes available at <http://cceclinton.org/fitness> or by calling 518-561-7450

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.

Volunteers Needed

Call for Details

JCEO Senior Outreach

518-561-6310

AmeriCorps Seniors

518-566-0944



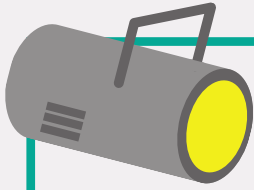
CAREGIVER CORNER

Tips for a Happy Holiday Season

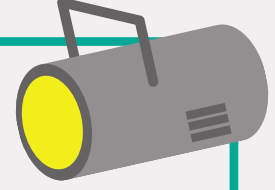
The holiday season can be stressful for anyone, but as a caregiver, planning ahead can make things easier. Use some or all of the following tips to create a happy holiday experience.

- What activities are part of your holiday routines? Are they all necessary? Can some of them be pared back? Limiting the number of activities or paring down the decorating may make for a more enjoyable, less stressful experience. It's okay to create new traditions or modify existing traditions.
- Plan ahead on how to include your loved one. If your care receiver is immune compromised, tires easily, or has a condition that leads to inappropriate speech or behavior, share that information with visitors in advance. Manage expectations and set clear boundaries. It will make visits more comfortable for all.
- Share special moments with your loved one. Put on some favorite holiday movies or music. Look through old family photos. Share memories and spend time with your loved one.
- Keep a positive attitude. Negative thinking activates your body's stress response. Think about the things you CAN get done, instead of what isn't getting done.
- Keep self-care at the top of your list. Get enough sleep, connect with other caregivers, and accept assistance. Be specific about what you need. Find small moments that boost your mood - go for a short walk, read a book, watch a silly holiday movie. Anything that makes you feel good!

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



Program Spotlight



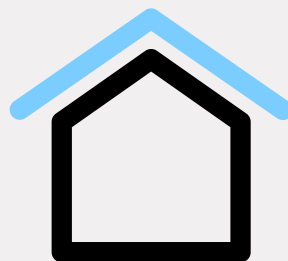
Home Energy Assistance Program

The Home Energy Assistance Program, more commonly known as HEAP, provides eligible low income individuals and families assistance to pay for heating bills. This program is a supplemental program and is not designed to pay the entire heating costs.

If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

You can begin applying for regular HEAP benefits in November each year. HEAP provides funding on a first come first serve basis until funds provided for the program each heating season run out. Emergency HEAP is scheduled to open on January 3, 2023. Full eligibility requirements may be found at <https://otda.ny.gov/programs/heap/>. Please note that eligibility requirements for emergency HEAP differ from regular HEAP.

People 60 and over may contact the Clinton County Office for the Aging at 518-565-4620 for an application or may apply online. Please pay close attention to documentation requirements. If you have questions regarding the application process or documentation requirements, please ask Office for the Aging or JCEO Senior Outreach (518-561-6310) for assistance.



Tips to Make Healthier Holiday Choices

Enjoy all of the food groups at your celebration. Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles.

Make sure your protein is lean. Turkey, roast beef, fresh ham, beans and some types of fish, such as cod or flounder are lean protein choices. Trim fat when cooking meats. Go easy on the sauces and gravies - they can be high in saturated fats and sodium.

Cheers to good health. Quench your thirst with low calorie options. Drink water with lemon or lime slices. Offer seltzer with a splash of 100% fruit juice.

Bake Healthier. Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.

Tweak the sweet. For dessert try baked apples with cinnamon and a sparkle of sugar instead of apple pie. Invite your friends to make their own parfait with colorful sliced fruit and low-fat yogurt.

Don't skip meals. Many people will skip meals prior to a big holiday meal; however this promotes over-indulging in foods. Eating small snacks like raw vegetables will help curb your appetite before your holiday meal.

Eat until satisfied. Try to eat until you are satisfied, not stuffed! Enjoy your favorite holiday foods while eating small portions. Eat slowly and enjoy your meal. It usually takes about 20 minutes for your brain to get the message from your stomach that you are full.

Make exercise a part of the fun. Make being active part of your holiday tradition. Have fun walking and talking to family and friends after a holiday meal.

Enjoy leftovers. Create delicious new meals with your leftovers. Add turkey to soups or salads. Add extra veggies in omelets, sandwiches or stews.

Give to others. Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the season.

Submitted by Jo Dragoon-Morse, Registered Dietician



Clinton County Office for the Aging **Public Hearing**



December 7, 2022 Noon to 2 pm

at the Senior Center

5139 North Catherine Street, Plattsburgh

Learn about Community Based Services for Older Adults and the Clinton County Office for the Aging's Service Plan for the 2023-2024 program year.

The purpose of the public hearing is to receive input from older adults, caregivers, and community members about Office for the Aging service plans for the upcoming program year and to learn what current needs exist. Please join us to discuss aging in Clinton County.

If you are unable to attend the hearing, comments may be provided by mail to Clinton County Office for the Aging, 135 Margaret St. Suite 105, Plattsburgh, NY 12901 or by email to aging@clintoncountygov.com.



Lunch will be provided by the
Clinton County Nutrition Program at Noon.

**Pre-register by calling Clinton County Office for the
Aging at 518-565-4620 no later than December 2nd.**



In compliance with the Americans with Disabilities Act, special accommodations, within reason and upon request no later than December 1st, will be provided for persons with disabilities. For more information, please call Clinton County Office for the Aging at 518-565-4620.



2023 Services for Older Citizens and their Caregivers

www.clintoncountygov.com

Services are sponsored by the New York State Office for the Aging
and Clinton County Office for the Aging

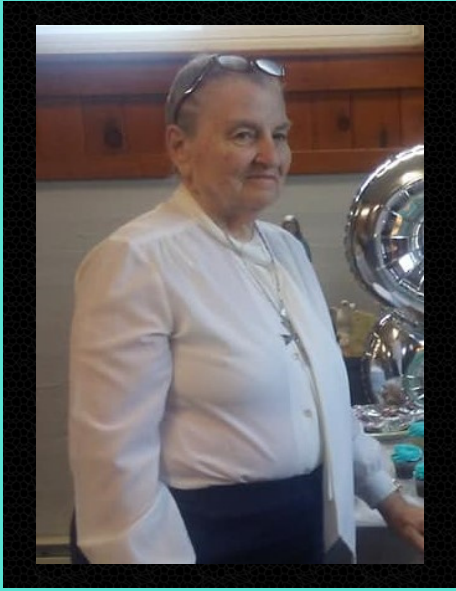
Program	Contact	Services
Clinton County Office for the Aging	CCOFA Darleen Collins, Director Jody Mercaldi, Administrative Assistant 518-565-4620	FOCUS Services Directory, advocacy, planning, information and assistance, and case assistance. Collaboration on Senior Celebration, Senior Scholars, 6 Over 70, etc. with other agencies
Benefits Counseling	CCOFA Nicole Durgan, Marisa Pers, Christa Tyler Services for the Aging Specialists 518-565-4620	Benefits counseling: HEAP, EPIC, IT-214, Lifeline telephone discount, weatherization, Farmers' Market Coupons, health insurance counseling by trained, unbiased counselors
Benefits Counseling	JCEO Julie Stalker, SOP Director Raelyn Longtemps, Program Specialist Tina Silver, Jane Thwaits, Amanda Buck, Lisa Defayette, Nichole Lee, SOP Workers 518-561-6310	Benefits counseling: HEAP, EPIC, IT-214, Lifeline telephone discount, weatherization, Farmers' Market Coupons, health insurance counseling by trained, unbiased counselors
Lifeline Personal Emergency Response System	CCOFA Nicole Durgan, Services for the Aging Specialist 518-565-4620	A device connected to the telephone is voice activated or triggered by a button, which is worn by the older adult. When the call center receives an emergency signal, the operator checks to see if assistance is needed.

<p>Expanded In-Home Services for the Elderly (EISEP)</p>	<p>CCOFA Colleen Monty, Laura Cole, Case Managers 518-565-4620</p>	<p>The EISEP program provides case management and non-medical in-home services such as housekeeping and personal care to frail disabled residents. In-home services are provided through North Country Home Services and Seniors Helping Seniors. Adult Day Care is provided by the Third Age Adult Center at SUNY.</p>
<p>Caregiver Resource Center</p>	<p>CCOFA Laura Cole, Case Manager 518-565-4620</p>	<p>Assists family caregivers of the elderly with information, referral, counseling, training, resources and lending library. Caregivers may apply for respite help through the Caregiver Resource Center.</p>
<p>Resilient Aging Newsletter</p>	<p>CCOFA Darleen Collins, Director 518-565-4620</p>	<p>Monthly newsletter for older adults and their caregivers available on the CCOFA website, email, or postal service.</p>
<p>Home Delivered Meals</p>	<p>SCCCC - Nutrition Niki Locklin, HDM Director 518-561-8320</p>	<p>Meals delivered five days a week to the home of seniors who are homebound, isolated, or unable to cook for themselves. No sugar added dessert, cut food, or pureed meals are available, as are extra meals for weekends.</p>
<p>Congregate Meals</p>	<p>SCCCC - Nutrition Debbie Alexander, Congregate Director 518-561-8320</p>	<p>Dining sites serve a nutritious midday meal along with socialization, education, and recreational opportunities. Most sites are open Monday through Friday. Call for locations.</p>

<p>Nutrition Counseling and Nutrition Education</p>	<p>Jo Morse Registered Dietician 518-561-8320</p>	<p>A registered dietician assists adults age 60+ in making informed decisions about their diets by providing nutrition counseling and education.</p>
<p>Transportation</p>	<p>Clinton County Public Transit 518-565-4713 To schedule a ride call 518-561-1452</p>	<p>Transportation services cover the more rural areas of Clinton County. The bus travels to four zones three times weekly. The bus will pick you up at your home and bring you to Plattsburgh and back to your home. The service can be used for medical appointments, socializing with friends, grocery shopping and more.</p>
<p>Rural Transportation Program (RTP)</p>	<p>JCEO Call the JCEO Community Outreach Coordinator in your town for assistance. If you do not have a Community Outreach Center, call JCEO at 518-561-6310.</p>	<p>Volunteer drivers provide transportation to and from medical appointments for residents ages 60+ that have no other ride available.</p>
<p>Senior Outreach Program</p>	<p>JCEO Julie Stalker, SOP Director 518-561-6310</p>	<p>Links older adults with assistance they may need. If helpful, an outreach worker will meet with you in your home.</p>
<p>Telephone Assurance & Friendly Visitor</p>	<p>JCEO Raelyn Longtemps, Program Specialist 518-561-6310</p>	<p>A volunteer will call homebound older adults to visit via telephone or a volunteer "friendly visitor" can pay a visit to the home on a regular schedule.</p>

<p>Senior Care & Senior Repair</p>	<p>JCEO Raelyn Longtemps, Program Specialist 518-561-6310</p>	<p>If in need of help within the home, with yard work, small repairs, or other odd jobs, call and ask about the Senior Care and Senior Repair service.</p>
<p>Legal Assistance</p>	<p>CCOFA 518-565-4620 Call for a referral</p>	<p>Priority on legal matters is given to public assistance entitlements (SSI, Social Security, Medicaid eligibility, food stamps, etc.), powers of attorney, landlord/tenant issues, and consumer issues.</p>
<p>Senior Center Recreation & Education</p>	<p>Senior Citizens Council of Clinton County (SCCCC) Maria Alexander, Executive Director 518-563-6180</p>	<p>Senior Center recreation and education programs that include health promotion and education. Opportunities are available at the Senior Center, as well as congregate meals sites throughout the county.</p>
<p>Swim Program</p>	<p>Plattsburgh YMCA Christine Casazza, Senior Program Coordinator 518-561-4290</p>	<p>The YMCA offers the Arthritis Foundation Aquatics Program, a water-based exercise program.</p>
<p>Gym Program</p>	<p>Cornell Cooperative Extension Linda Gilliland, Executive Director 518-561-7450</p>	<p>CCE offers an array of exercise programs online and in person. See website or call for details.</p>
<p>NY Connects</p>	<p>CCOFA 518-565-4620 JCEO 518-561-6310</p>	<p>Aging and Disability Resource Center for all ages, all disabilities, and caregivers. Unbiased information regarding long term care resources.</p>

Funding for services is provided by Clinton County, New York State, the Administration for Community Living, and participant contributions.



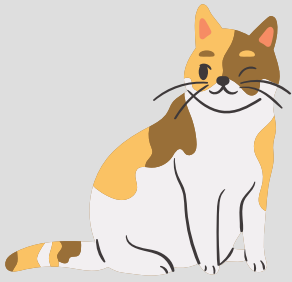
2022 Older New Yorkers' Day Honoree is Eleanor Reynolds

Clinton County Office for the Aging recognizes the value and commitment of our community volunteers. Volunteers support numerous programs throughout our county, spending countless hours, providing millions of dollars' worth of service to help their friends, neighbors, and communities. Thank you to all our volunteers.

Since the 1970s, Eleanor Reynolds has worked tirelessly for the Champlain, Rouses Point, and Mooers communities. She was president of the Woodmen of the World philanthropic group in 1978, and has been a member of the Catholic Daughters since 1975. In 1980, she expanded the St. Mary's Mission Center in Champlain by adding a thrift shop. Throughout this time, she has also worked for the food shelf and has helped deliver food to the elderly in Champlain.

Eleanor Reynolds was born in Mooers in May 1938. She lived with her parents and two siblings there until she was eight, and then moved to Champlain until she graduated. After graduating, she worked in Plattsburgh and Champlain for two years. In 1958, she moved to New Hampshire to go to college for nursing. While living in New Hampshire, she was a part of a convent and worked as a teacher and nurse. She moved back to Champlain in the 1960s, and has lived there for the past sixty years. She married in 1973, and has three children and eleven grandchildren.

Reynolds has worked many jobs over her lifetime. She taught at elementary schools in New York, Vermont, and New Hampshire, as both a full-time teacher and as a substitute teacher. She was also a nurse in Burlington, VT in the early 1970s and did home nursing in Clinton County for over 30 years. Beyond education and health care, she has spent over fifty years working for volunteer organizations in Clinton County. "There is always volunteer work to do," she says. "All you need to do is apply for it."



Preparing Your Pets for Emergencies



If you have a pet, you should make a plan on what to do with your pet in an emergency. Preparing your plan in advance can save valuable seconds in an emergency.

- Pets should have collars and identification.
- Make sure vaccinations are up-to-date.
- Microchip your pets.
- Have a "mutual aid" agreement with a neighbor to check on each other's pets if one of you cannot get home during an emergency.
- Have a planned destination in case you have to evacuate your home with your pets.
- Have a one week's supply of food and water, supplies such as litter, and two weeks' medication on hand for each pet.
- Have a carrier for each small pet and leashes for each dog.
- Have a transportation plan if your pets do not all fit in your vehicle.
- Have a photo of each pet in case he or she becomes lost, and a photo of yourself with each pet to prove ownership.
- Have copies of health records, including vaccinations, for each pet to take along if evacuating.
- Give your veterinarian written authorization for a person you choose who may seek medical care for your pets if you are unable to do so.
- Have all your emergency supplies in an easy to grab location, in an easy to carry bag or bin.



10TH ANNUAL SENIOR SCHOLARS



Six-week lecture and discussion series via Zoom
Thursdays January 5th - February 9th, 2023

Morning Seminars - Participants will select **one** of the four seminars;
each will run six weeks

Underwater Archaeology - Justin Lowry will discuss some of the coolest archaeological finds that are found underwater. 9:30 AM

French Settlement and Cultural Influence in the Champlain Valley - Susan Ouellette will discuss how French settlers exerted an important influence on life in the Champlain Valley. 10:30 AM

Empire in Our Own Backyard: How Latin America Made the United States a World Power - Ryan Alexander will discuss the rise of the United States as a global power in relation to Latin America. 11:00 AM

Experiencing Poetry - Elaine Handley will offer participants the opportunity to experience different kinds of poems and their power. 9:30 AM

Afternoon Seminar - All participants are invited to attend

A History of American Popular Music - Karen Becker will discuss how definitions of popular music have evolved over time, and older influences which continue to be preserved. 1:00 PM

**Cost of program is \$40 if received by December 15th,
after December 15th cost is \$60**

Each seminar is limited to 22 participants, so please register early.

**Send your choice of morning seminar, email address,
phone number, and payment to:**

Senior Citizens Council of Clinton County
5139 North Catherine Street
Plattsburgh, NY 12901



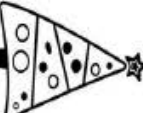


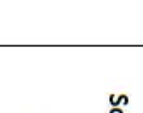
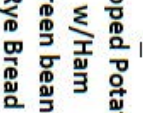

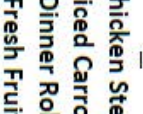


Questions? Contact Rachel or Maria at 518-563-6180

*Presented by Senior Citizens Council of Clinton County, Clinton County
Office for the Aging, JCEO, and the Chapel Hill Foundation*

MEALS ON WHEELS
 45 Veterans Lane
 Plattsburgh, NY 12901
 (518) 561-8320

DECEMBER

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

	Monday	Tuesday	Wednesday	Thursday	Friday
DINE-IN SITES					
Plattsburgh 518-561-7393					
Beekman Towers 518-561-5360					
Ellenburg 518-594-7311	<u>5</u> Goulash Corn	<u>6</u> BBQ Chicken Bake Beans	<u>7</u> Roast Pork w/Gravy Red Smashed Potatoes	<u>8</u> Spaghetti w/Meat Sauce Tossed Salad	<u>9</u> Meatloaf w/Gravy Mashed Potatoes
Dannemora 518-310-9089	Whole Wheat Bread Pears	Carrot Raisin Salad Vanilla Pudding	Winter Squash Apple Crisp	Italian Bread Birthday Cake	Peas Fresh Fruit
Lakeview 518-561-8696	<u>12</u> Shepard's Pie California Blend Veg.	<u>13</u> Honey Mustard Pork Chop	<u>14</u> Marinated Chicken Red Potatoes	<u>15</u> Roast Beef w/Gravy Mashed Potatoes	<u>16</u> Battered Cod Oven Browned Potatoes
Rouses Point 518-534-1852	Wheat Bread Mandarin Oranges	Roasted Potatoes Peas & Carrots	Spinach Chocolate Mousse	Coleslaw Cheesecake	Capri Blend Vegetables Wheat Bread Fresh Fruit
Senior Citizen Council Nutrition Program Funded by Clinton County Office for the Aging and New York State Office for the Aging.	<u>19</u> Sweet & Sour Pork White Rice Oriental Blend Veg. Wheat Roll Tropical Fruit Cocktail	<u>20</u> Fettuccine Alfredo Italian Blend Vegetables Sourdough Bread Chocolate Cake w/ Peanut Butter Frosting	<u>21</u> Beef Stew Wax Beans Dinner Roll Strawberry Mousse	<u>22</u> Roast Turkey w/ Gravy Mashed Potatoes Cranberry Sauce Harvest Blend Veg. Holiday Sugar Cookie	<u>23</u> Breaded Chicken on a Bun Roasted Potatoes Broccoli Fresh Fruit
	<u>26</u>  CLOSED	<u>27</u> Macaroni & Cheese Stewed Tomatoes Wheat Roll Peaches	<u>28</u> BBQ Pork Chop Oven Browned Potatoes French Green Beans Maple Walnut Cookie	<u>29</u> Baked Ham w/Raisin Sauce Sweet Potatoes Garden Blend Veg. Tapioca Pudding	<u>30</u> Spanish Rice Mixed Vegetable Wheat Bread Fresh Fruit



PROJECT LIFESAVER



What is Project Lifesaver? It is a community based, public safety non-profit organization that provides law enforcement with a program designed to protect, and when necessary locate individuals with cognitive disorders who are prone to life threatening behavior or wandering.

To meet eligibility requirements the individual must have a cognitive disorder and must be cared for 24 hours a day, 7 days per week.

Contact Sergeant Andrew Bertrand at the Clinton County Sheriff's Department at 518-565-4300 for more information or an application.

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 _____ |



Cold Weather Safety



Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Tips for Staying Warm Include:

- Dress for the weather in warm loose layers, wear a hat and scarf, wear a waterproof coat or jacket if it's snowing, and change your clothes right away if they get damp or wet
- Set your heat to 68 to 70 degrees Fahrenheit to keep your home or apartment warm enough to keep you safe
- To save on heating bills, close off rooms that you are not using by closing the vents and shutting the doors to those rooms, place a rolled towel in front of doors to keep out drafts
- Ask family or friends to check on you during cold weather
- If a power outage leaves you without heat, try to stay with a friend or relative

Remember - older adults can lose body heat fast!



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