



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER



OCTOBER IS FIRE PREVENTION MONTH



October is Fire Prevention Month, making it a great time to share some safety information. How can you increase your chance to get out safely in case there is a fire?

First, start by installing smoke detectors on every level of your home, inside bedrooms, and outside sleeping areas. Interconnected smoke detectors are best because if one goes off, they all go off. Be sure to test your smoke detectors each month using the test button. Dust or vacuum your smoke detectors each year when you change the battery. If you have a sealed unit, you don't need to change the battery. Replace the unit every ten years or when the unit does not sound when you push the test button.

Cooking fires are the number one cause of home fires. Do not leave cooking food unattended. Keep a pot lid nearby so if a fire starts in the pan, you can put the lid on and turn off the burner. Clean your oven and stove top after each use. Wear tight fitting or short sleeves while cooking. Do not leave anything near the stove that can burn. Do not cook if you are drowsy from alcohol or medication.

Keep children, pets, and anything that can burn away from radiators, space heaters, fireplaces, woodstoves, and furnaces. Buy a space heater that has an automatic shutoff in case it is tipped over. Never use an oven, stovetop, or grill to heat your home. Have a qualified professional install heating equipment, and get the equipment inspected every year. (Continued on page 6.)

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Fall is off to a busy start. We held several Reach Out and Play board game events during September. Page 11 has some photos from the various events. It was fun to see different generations enjoying games together.

We have been busy processing Early Outreach HEAP applications. If you received your application, please get it back to us. If you need assistance with completing your application JCEO Senior Outreach staff are available to help. Give them a call at 518-561-6310.

The annual Medicare Open Enrollment Period begins October 15th and continues through December 7th. Once again we will be holding Open Enrollment Clinics. The schedule and more information can be found on pages 8 & 9.

Despite reminding you to not answer the telephone when you don't recognize the number, we will be rolling out a new communication tool in October. See page 5 for details. We are looking for new ways to let you know about upcoming events and activities. You are able to opt out at any time, so give it a chance to see if this method works for you.

Let us know what other information you would like to see in the newsletter! You can call us at 518-565-4620 or email us at aging.clintoncountyny.gov.

ACTIVITIES

Senior Center

5319 N. Catherine St., Plattsburgh
518-563-6180
Variety of Activities Mon-Fri

Cornell Cooperative Extension

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

Plattsburgh YMCA

Aquatic Exercise Class
Mondays & Wednesdays 11-12
For ages 60+

Volunteer Opportunities

Volunteers are needed to support the Cycling Without Aging - Adirondack Coast Chapter. Interested individuals should contact Rebecca Boire-West at 518-578-2369 or AdirondackCoast@cyclingswithoutage.com for more information.

AmeriCorps Senior
Variety of volunteer opportunities.
Call Kate at 518-566-0944

Joint Council of Economic
Opportunity (JCEO)
Senior Outreach Program
518-561-6310



CAREGIVER CORNER

What are the Effects of Caregiving?

Most caregivers do not consider themselves Caregivers, they just do what they believe comes naturally when caring for a loved one. It's common to hear "I'm just a..." wife, husband, daughter, son, other family member, or friend. Most professionals consider a Caregiver someone who is doing unpaid work for family members or friends that make it possible for older adults to live at home longer.

While many caregivers find meaning in being able to help a loved one, there are health risks associated with long-term caregiving.

- 80% of caregivers say they feel a great deal of stress
- 50% have clinically significant depression
- Anxiety is higher in caregivers than non-caregivers
- Caregivers have more physical health problems
- Strained caregiver spouses are at increased risk of dying
- Caregivers have poorer immune system function and slower healing wounds
- Caregivers experience more colds and other viral illnesses

In addition to health risks, caregivers can experience financial strain associated with illness expenses, passing up promotions, and reducing work commitments in order to continue giving care to a loved one.

When you are aware of the risks, you are able to mitigate them. The New York Caregiver Portal has free resources to help and can be found at [NewYork-Caregivers.com](https://www.ny.gov/caregivers) or contact the Clinton County Office for the Aging Caregiver Resource Center at 518-565-4620.

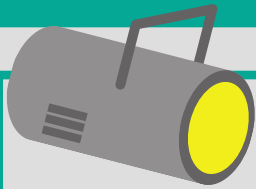
Advanced Solutions International, Inc. (no date) Caregiving for the elderly. Available at: https://www.aamft.org/Consumer_Updates/Caregiving_for_the_Elderly.aspx (Accessed: 29 August 2023).



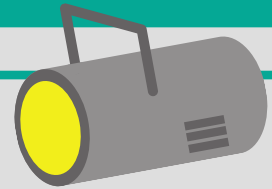
Save More at the Store



- **Ask Around** - Ask friends or family to see where they shop and find great bargains. Grocery stores, specialty food markets, dollar stores, retail supercenters, and wholesale clubs may offer good deals.
- **Read the Sales Flyer** - Sales flyers usually come out mid-week and can be found at the store's entrance, in the newspaper, or on their website.
- **Eat Before You Shop** - Grocery shopping while hungry can lead to impulse buying and unhealthy food choices.
- **Join Your Store's Loyalty Program** - Most stores offer a free loyalty program. Get special offers, coupons, and discounts for being a member.
- **See What You Already Have** - Look in your freezer, cabinets, and refrigerator. You can save money by using these items in planned meals.
- **Write Down Your Meals** - It is helpful to write out your meals for the week. Plan out what you want to have for breakfast, lunch, dinner, and snacks.
- **Think About Your Time** - Choose meals you can prepare when you're short on time. Save the ones that take longer for days when you don't have much going on.
- **Plan to Use Leftovers** - Make larger meals with enough servings for leftovers. On busy days, just heat and serve.
- **Make a Grocery List** - Organize your grocery list by store section to make shopping quick and easy.
- **Build Your Shopping List as You Go** - Keep a list of foods you need on your refrigerator. Add items as you run out.



Program Spotlight



Clinton County Office for the Aging Launching New Communication Tool

Clinton County Office for the Aging is launching a NEW communication service to send reminders for all of our favorite activities and programs sponsored by Clinton County Office for the Aging.

You will be receiving reminders about your program activities a day in advance via text messaging, email, or phone call and in your preferred language.

Registered program participants have been enrolled using the telephone option. You may opt out of receiving messages. If you prefer to receive communication via text message or email, please notify Clinton County Office for the Aging at 518-565-4620.

We will also use this service to send emergency announcements about program changes, weather-related emergencies etc.

Please expect to receive these communications starting on October 11th. Please reach out to your program staff if you have any questions.

If you have questions, please call us at the above number.

Continued from page 1.

To reduce the risk of an electrical fire, have a licensed electrician inspect your electrical system if you have frequent blown fuses or tripped breakers. Use lightbulbs that match the recommended wattage on the lamp or fixture. Do not overload electrical circuits.

Consider using battery operated flameless candles instead of candles with open flames. If using an open flame candle, only use the candle while you are in the room. Never use candles when medical oxygen is being used. Do not use candles if you are drowsy and may fall asleep.

Plan your escape. How will you get out of your home in case there is a fire? In a fire, you may only have seconds to escape. Make sure doors and windows that lead outside open easily. Clear all clutter that may block your escape route or cause you to trip and fall. Practice your escape plan at least twice a year. If you live in an apartment use the stairs to escape, not the elevator. Plan your escape around your abilities. If you use a wheelchair or walker, or may have problems escaping from your home, let your fire department, family, building manager or neighbors know. Keep your glasses, keys, hearing aids, and a phone within reach next to your bed.

Smoking is the leading cause of home fire deaths. If you smoke, smoke outside. Make sure cigarette butts and ashes are completely cool before throwing them out. Put them in water or a can that is filled with sand. Keep cigarettes and lighters out of the reach of children. Check furniture and place that people smoke before you leave or go to bed. Never smoke if you are in bed, if you drink alcohol, or take medicine that makes you drowsy. Never smoke where medical oxygen is used, even if it is turned off.





Fire Safety for Multigenerational Families



- There are about 4.3 million multigenerational households in the United States.
- Each year, there are about 360,000 home fires leading to roughly 2,500 deaths.*
- Practice these simple steps to keep family members of all age groups safe. *NFPA data

Create an escape plan.

Include everyone in the home in the plan.

Practice your escape drill 2 times a year.

Consider children, older adults and people with disabilities in the plan.

**BEEP!
BEEP!
BEEP!**

Have working smoke alarms.

Use alert devices to help family members who are deaf or hard of hearing.

Maintain bright lighting in the home.

Choose clear and safe exits. Keep pathways free from clutter.

Medicare Open Enrollment is here!

Beginning October 15 Ending December 7 Every Year

Clinton County HIICAP

Health Insurance Information Counseling and Assistance Program

Invites you to 2023 Medicare Open Enrollment Clinics

Your source for **Unbiased** Counseling & Information

FREE and Open to the Public!

Date	Time	Location
October 24, 2023 Tuesday	9 am – 3 pm	Virtual by Telephone or Computer Pre-register at 518-565-4620 by 10/17
October 27, 2023 Friday	9 am – 3 pm	St. Joseph’s Community Outreach Center 1349 Military Turnpike, Plattsburgh
November 1, 2023 Wednesday	9 am – 3 pm	Altona Town Hall 3124 Miner Farm Rd, Altona
November 3, 2023 Friday	9 am – 3 pm	PHA Russell H. Barnard Apartments 46 Flynn Ave, Plattsburgh
November 14, 2023 Tuesday	9 am – 3 pm	American Legion Post 912 29 Pratt St, Rouses Point
November 17, 2023 Friday	9 am – 3 pm	St. Joseph’s Community Outreach Center 1349 Military Turnpike, Plattsburgh
November 20, 2023 Monday	9 am – 3 pm	Peru Community Church Hall 13 Elm St, Peru
November 27, 2023 Monday	9 am – 3 pm	Virtual by Telephone or Computer Pre-register at 518-565-4620 by 11/20
November 29, 2023 Wednesday	9 am – 3 pm	American Legion Post 1618 275 Wilson Rd, Saranac

Meet one-on-one with a certified HIICAP counselor to determine the coverage that best fits *your* needs based on your health and medication needs.

Remember: Plans change from one year to the next – always review your options.

Services will be provided on a first-come, first-served basis.

Pre-registration is required for Virtual Clinics only (October 24 & November 27)

What to Bring With You to the Open Enrollment Clinic

- MyMedicare.gov User Name and Password (if you have one)
- A list of your prescription medication with dose & frequency
- Your Medicare card
- Health Insurance card for any other health insurance you use
- Proof of income to review eligibility for Medicare Savings Programs

What HIICAP Provides:

- Education to the public about **Medicare, Medicaid, Medicare Savings Programs, Medicare Advantage Plans, Medigap, Employer/Retiree Coverage, and Other Health Insurance Options**
- **Empowers** all Medicare beneficiaries and their representatives to understand their options so they can make an informed decision
- **Unbiased free counseling and information**

What are Open Enrollment Clinics?

Anyone with Medicare can enroll, disenroll, or change their coverage for the following year during the open enrollment period. Open Enrollment Clinics provide the opportunity to:

- Determine the coverage that best fits your needs, plans change from one year to the next, so current coverage may or may not be the best fit for next year
- View, discuss, and take home plan information
- Find out if you are eligible for Medicare Savings Programs based on your income
 - **Bring proof of income to review eligibility**
- Meet one-on-one with a trained HIICAP counselor to enter your medications in Medicare Plan Finder to review lowest out of pocket cost options for Part D and Medicare Advantage Plans
- Find the best fit plan for your health and medication needs
- Receive enrollment assistance

For more information, contact a Certified HIICAP Counselor:

Office for the Aging/NY Connects (518) 565-4620 or
JCEO/NY Connects (518) 561-6310

Cybersecurity

With October being Cybersecurity Awareness month, here are some tips to improve your personal cybersecurity.

Don't Click on Email Links From Unfamiliar Senders

Be wary of links in email, text message, or on social media. Even if it looks like it is from someone you know. Be especially cautious with emails encouraging you to go to a link and provide personal details. Opening a link could download malicious software called “malware” on to your device.

Check with friends and family to see if they sent you a link before you open it. Scammers often create duplicate accounts. Don't accept friend requests from someone you are already friends with.

Ignore Unsolicited Calls or Robocalls

Scammers can easily mimic phone numbers that don't belong to them, making it seem like a familiar number. They may say a relative is in trouble, or that your car warranty is expiring and you need to make a payment. They may claim to be from “Tech Support” and tell you that your computer is infected with a virus and ask for access to fix it. Any time someone is trying to get you to act quickly, pause and think it through. These are most likely scammers trying to trick you with a sense of urgency. Remember government entities like the IRS or Social Security will not call you and ask you for sensitive information. Never pay over the phone, especially with wire transfers and gift cards. Screen your calls. If you pick up and hear a recorded voice, just hang up.

Don't Click on Pop-Up Windows on Your Phone or Computer

Pop-ups are used by scammers to make you think there is a security issue with your computer. They trick you into downloading malware or ask for remote access to your device or for payment. If you accidentally download a file, delete it immediately. It is also wise to have legitimate security software on your device.

Don't Conduct Transactions Involving Personal Information on a Public Network

Scammers can access your information on unsecured or public networks. They can steal your passwords, bank account information, and other personal data. Wait to access your financial institutions and medical records until you are on a secure network or set up a virtual private network (VPN) to protect yourself.



Reach Out and Play was held at six different locations in September. Thank you to all our host sites, Clinton County Youth Court Participants, and all who came out to play board games with us! We had so much fun!



Volunteers Needed

**HELP YOUR NEIGHBORS
GET THE (TAX) CREDIT
THEY DESERVE**

BECOME A VOLUNTEER TAX PREPARER

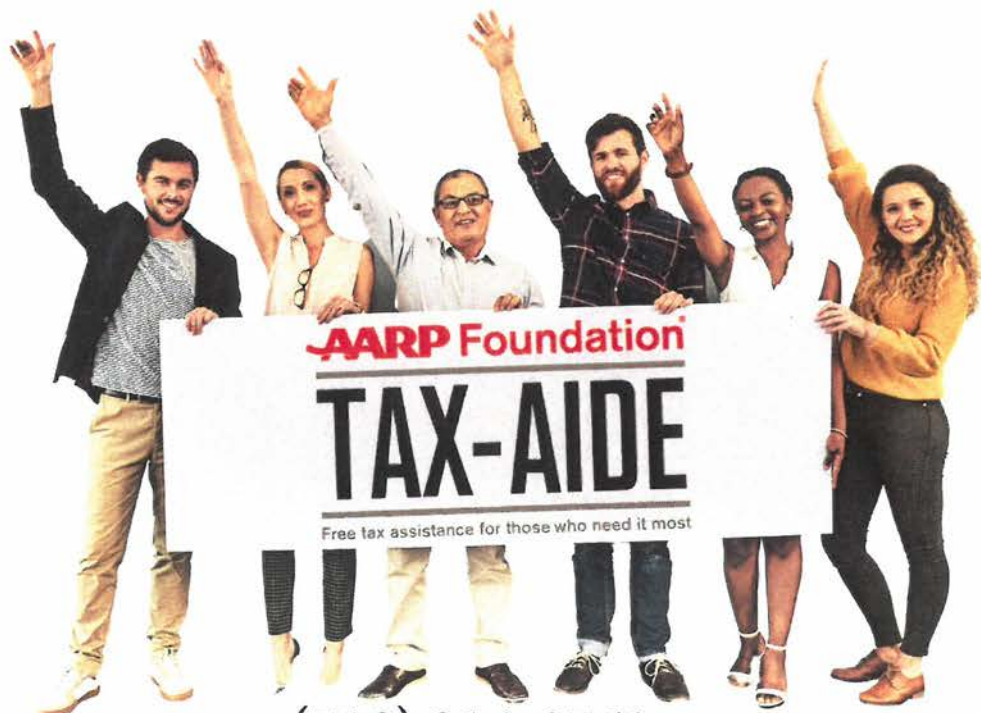
WANT TO HELP BUT DON'T DO TAXES??

There is a role for EVERYONE

MANY - Program Support Opportunities Available

FREE Training & IRS Certification

Tax-Aide sites -Clinton & Essex Counties



(518) 314-9762

taxaideclintoncounty@gmail.com

October - Training for Tax Preparers * December -Training for Client Facilitators



S.H.I.N.E

Senior Health Improvement and Nutrition Education Program

October is National Apple Month

MyPlate recommends that we try to make half of our plate fruits and vegetables at every meal, and apples are a great way to boost your fruit intake!

Did you know that New York State produces the most apple varieties compared to the other states, and ranks second when it comes to apple production in the United States? Apples are rich in fiber, which can help keep us regular throughout our digestive system. We can prepare apples in many ways, and selecting the right apple for the job can be tricky!

To learn more about the different New York apple varieties check out the following website:
<https://www.applesfromny.com/wp-content/uploads/2020/06/NYAA-Sweetness-Chart.pdf>.

If you are looking for more information on apples and their nutritional benefits, please contact Dan Sweet at (518) 483-7403.

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



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

DINE-IN SITES	Monday	Tuesday	Wednesday	Thursday	Friday
Plattsburgh 518-561-7393	<u>2</u> Chicken Stew Capri Blend Veg. Dinner Roll Pineapple	<u>3</u> Beef Stroganoff Spiral Noodles Peas Jell-O Cake	<u>4</u> Hawaiian Pork Chop Rice Pilaf Oriental Vegetables Wheat Bread Lemon Mousse	<u>5</u> Roast Beef w/Gravy Mashed Potatoes Red Slaw Choc Chip Cookie	<u>6</u> Sausage, Peppers & Onions on a Bun Roasted Potatoes Sliced Carrots Fresh Fruit
Beekman Towers 518-561-5360	<u>9</u> CLOSED	<u>10</u> Baked Fish Rosemary Potatoes Mixed Vegetables Wheat Bread Fruit Cocktail	<u>11</u> Chicken Alfredo Broccoli Tossed Salad Molasses Cookie	<u>12</u> Meatloaf w/Gravy Mashed Potatoes California Blend Veg. Birthday Cake	<u>13</u> CLOSED
Ellenburg 518-594-7311	<u>16</u> Breaded Chicken Oven Browned Potatoes Beets White Bread Mandarin Oranges	<u>17</u> Baked Lasagna Green Beans Italian Bread Oatmeal Raisin Cookie	<u>18</u> Ham & Swiss on Rye Macaroni Salad Lettuce & Tomato Fruited Jell-O	<u>19</u> Roasted Turkey Mashed Potatoes Harvest Blend Veg. Pumpkin Pie	<u>20</u> Macaroni & Cheese Stewed Tomatoes Dinner Roll Fresh Fruit
Dannemora 518-310-9089	<u>23</u> Chili Green Beans Corn Muffin Pears	<u>24</u> Sweet & Sour Chicken Rice Peas & Carrots Wheat Bread Sugar Cookie	<u>25</u> Beef Tips w/Gravy Egg Noodles Winter Blend Veg. White Bread Vanilla Pudding	<u>26</u> BBQ Pork on a Bun Oven Browned Potatoes Creamy Coleslaw Carrot Cake	<u>27</u> Honey Mustard Chicken Red Potatoes Spinach Rye Bread Fresh Fruit
Lakeview 518-561-8696	<u>30</u> Sloppy Joe on a Bun Roasted Potatoes Corn Peaches	<u>31</u> Baked Ham Sweet Potatoes Peas & Onions Apple Crisp			
Rouses Point 518-534-1852					

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

The 2023 General Election will be held
November 7, 2023.

Early voting will be available October 28, 2023
thru November 5, 2023.

General Election Deadlines

- Absentee ballot requests must be received by October 23, 2023.
- Voter registration applications must be received by October 28, 2023.
- Absentee ballots must be postmarked or hand-delivered by November 7, 2023.
- Absentee ballots must be received by the local board of elections no later than November 14, 2023.
- Military Voter Ballots must be received no later than November 20, 2023.

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 _____

Medicare Open Enrollment October 15th - December 7th

During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage for next year.

Even if you are happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage will meet your needs for the coming year.

Trained counselors can assist by providing **free, unbiased** information. See pages 8 & 9 for details.

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