



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

AGING IN PLACE - HOME SAFETY

Most older adults report that they want to remain in their homes and communities for as long as possible. There are ways to improve the home environment to increase home safety, allowing individuals to remain at home longer.

Falls are the leading cause of injury and death for older adults. Fall risk can increase due to personal factors such as muscle weakness, balance, limited vision, and certain medications. Fall risks are also impacted by home hazards such as loose rugs, poor lighting, and lack of railings or grab bars.

So how can you make improvements to stay safe at home? Here are some helpful tips:

- Prevention matters. Focus on balance to prevent falls.
 - Ask your healthcare provider if you could benefit from a fall risk assessment
 - Exercise regularly to maintain strength
- Use medication appropriately, some can cause dizziness.
- If you have fallen before, or are at risk for falling, consider wearing a personal emergency response button in case you fall and can't get up.
- Have annual eye exams.

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Happy New Year! As we look back at all we accomplished in 2023, we are also looking ahead to the new year.

During 2023, Clinton County Office for the Aging, along with our contracted agencies, served nearly five thousand Clinton County residents. Services provided include, but are not limited to: home delivered meals, congregate meals, personal emergency response system, transportation, health insurance counseling, in-home aide service, case management, caregiver supports, assistance with scheduling vaccine appointments, assistance identifying services available, application assistance, farmers' market coupon distribution, exercise programs, art classes, chronic disease self-management classes, Reach Out and Play board game events, and so much more.

We look forward to serving our community in the coming year. Watch for announcements about upcoming workshops and events. See you soon!

ACTIVITIES

Senior Center

5319 N. Catherine St., Plattsburgh

518-563-6180

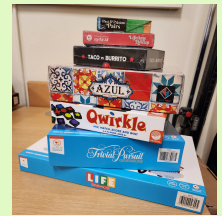
Variety of Activities Mon-Fri

January 17th

12:30 pm

Board Games

Play a favorite game or learn a new one!



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

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

New Year's Resolutions for Caregivers

Moving into a new year can be a great time to reflect and to make new priorities. It can be a fresh start. A few resolutions that may resonate with caregivers are:

- I will make time for self-care. By taking care of myself, I am able to take the best possible care of my loved one.
- I will find time to take a break from caregiving. This could mean a vacation, or it could mean thirty minutes to rest or read a book. Evaluate what brings me joy and take some time for it.
- I will reach out for support and accept assistance when it is offered. Even if someone else might not provide the same exact care as I do, it can be good enough care for a respite break.
- I will say no to requests for my time when I know I can't add any more to my plate.
- I will take care of my own health needs and follow through on my own appointments and screenings.
- I will be open to alternate ways of caring for myself. Massage, meditation, aroma therapy, exercise, support groups, respite care, and meeting with a therapist are all possibilities.
- I will monitor my own energy level in order to take measures to avoid exhaustion, burnout, or depression.
- I will look for the joy in my daily activities. There are many joyful moments to be found if I look for them.
- I give myself permission to follow all, some, or none of these resolutions.

If you need support or resources during your caregiving journey, call the Caregiver Resource Center at 518-565-4620.



Emergency HEAP



The 2023-2024 Emergency HEAP Benefit is scheduled to open on January 2, 2024. The eligibility requirements are different from the Regular HEAP Benefit.

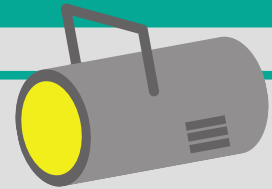
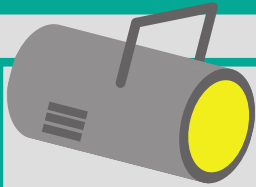
If you are eligible, the Emergency HEAP benefit can help you heat your home if you are in a heat related emergency. Emergency HEAP benefits and eligibility are **based on income, available resources, and type of emergency.**

You **may** be eligible for an Emergency HEAP Benefit if:

- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off or
- Your electric or natural gas heat is off or scheduled to be shut-off or
- You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.

Please keep in mind that the Home Energy Assistance Program (HEAP) is a *supplemental* program and is not intended to pay the full amount of the annual heating costs.

If you are in a crisis situation and loss of heat is imminent, you have no fuel source, or are facing termination of service, call Office for the Aging at 518-565-4620 or Department of Social Services HEAP Unit at 518-565-3363 to see if you qualify for an emergency benefit.



Program Spotlight

New York Connects Aging & Disability Resource Center

NY Connects is a locally based No Wrong Door system that provides access to free, objective, comprehensive information and assistance on long-term services and supports for people of all ages or with any type of disability. Components of the NY Connects program include: Information and Assistance, Public Education, Long-Term Care Councils, and Options/Person-Centered Counseling.

Information and Assistance is provided about long-term services and supports that are available for older adults, individuals of all ages with disabilities, and caregivers. In Clinton County, NY Connects Information and Assistance is available at Clinton County Office for the Aging (518-565-4620), JCEO Senior Outreach (518-561-6310), or North Country Center for Independence (518-563-9058). Assistance is available via telephone, email, or face to face meetings. There is also an online directory of information at nyconnects.ny.gov.

Public Education is provided via advertising, marketing, and promotion activities to make sure the public is aware of services and understands that long term services and supports include more than institutional placement.

Options Counseling or Person-Centered Counseling is an interactive process whereby individuals are supported in making informed long term support decisions based on their preferences, strengths, values, abilities, and resources.

The Long Term Care Council, locally called Community Care Partners, is made up of consumers, caregivers, providers, advocates, government representatives, and key stakeholders. The purpose is to analyze local long term services and supports, identify gaps, duplication of services, barriers in the system and make recommendations for improvement.

For more information or assistance, call Clinton County Office for the Aging, JCEO, or North Country Center for Independence.

DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

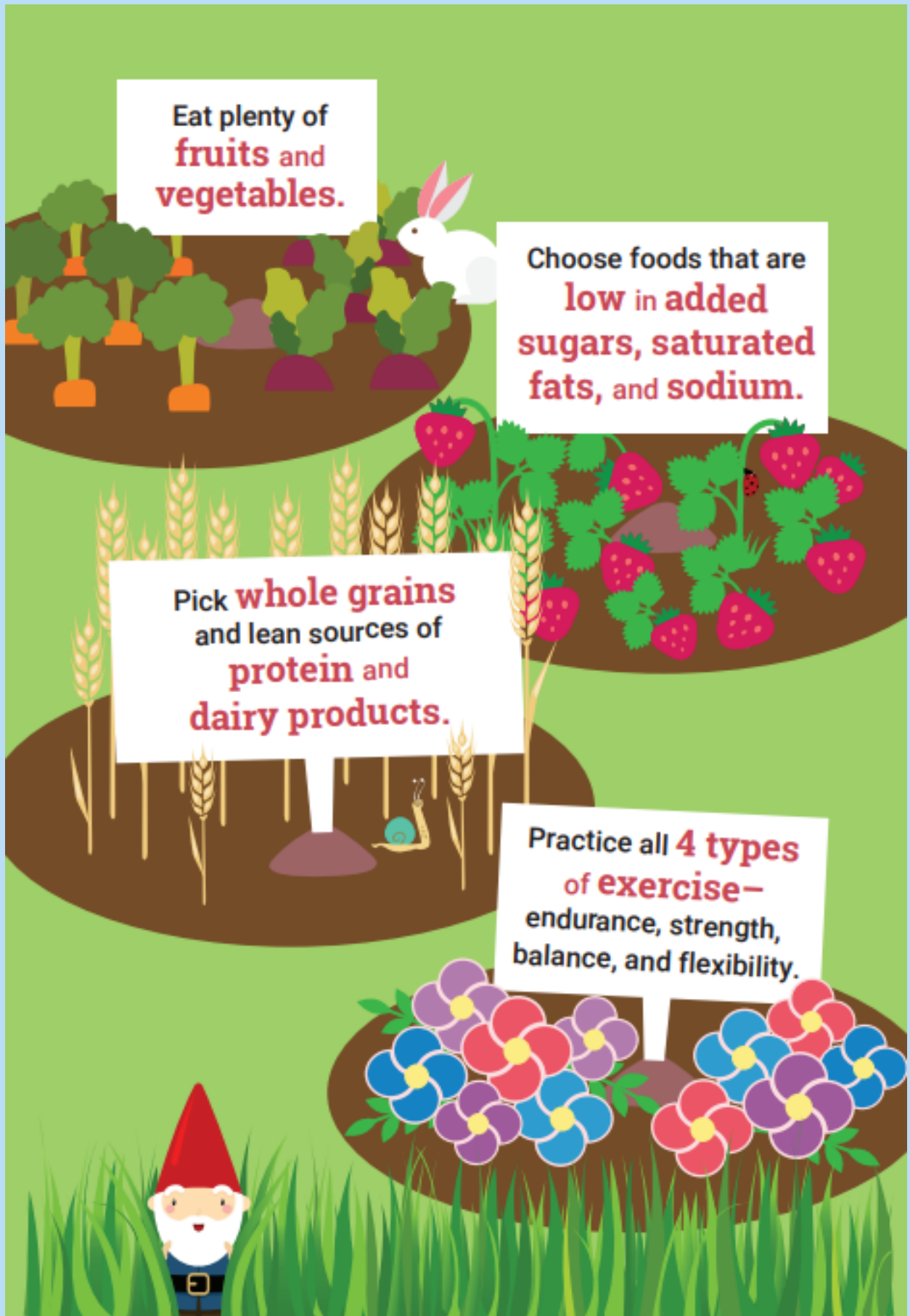
Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.



Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these 5 tips a priority every day:

Try to be physically active for at least **30 minutes** on most or all days of the week.




Eat plenty of **fruits** and **vegetables**.

Choose foods that are **low** in **added sugars, saturated fats, and sodium**.

Pick **whole grains** and lean sources of **protein** and **dairy products**.

Practice all **4 types** of **exercise**—**endurance, strength, balance, and flexibility**.

For more information about healthy eating and exercise, go to nia.nih.gov/health/exercise



Continued from page 1

- Keep a list of emergency numbers near each telephone and stored in your cell phone.
 - Include 911, poison control, a family member or friend to call in case of emergency, and your healthcare provider.
- Don't rush to answer the phone, carry a portable or cell phone, or let the call go to the answering machine.
- Use your cane or walker if you have one.

Improvements can be made to the home environment to reduce falls. Here are some helpful tips:

- Make sure stairways are as safe as possible.
 - Install secure handrails and anti-slip treads
 - Check for loose or uneven steps
 - Use bright lights with switches at the top and bottom of the stairs
 - Do not put throw rugs at the top or bottom of the stairs
 - Keep stairs clear of objects
- Add safety features to the bathroom
 - Install grab bars for the toilet, tub, and shower
 - Use non-slip mats or decals
 - Use a tub chair or raised toilet seat if necessary
- Install nightlights in areas you frequent during the night and keep a flashlight near your bed.
- Never try to heat your home with your stove, oven, or grill.
 - These can give off carbon monoxide, a deadly gas that you cannot see or smell.
- Place a carbon monoxide detector near all bedrooms and test the units twice per year.

Plan to make changes to your home before they are needed. Research has shown that home modifications, even small ones, can enhance independence, reduce the need for costly medical care, and increase the ability to perform activities of daily living. Small changes can have a big impact on quality of life.

National Slow Cooking Month

Benefits of using a slow cooker:

- The extended cooking times allow better distribution of flavors in many recipes.
- The lower temperatures lessen the chance of scorching foods that tend to stick to the bottom of a pan or burn in an oven.
- Less expensive or tough meats are tenderized through the long cooking process. The slow cooker is an excellent choice for cooking many venison dishes.
- The slow cooker frees your oven and stove top for other uses.
- There's no need to scrub several pots and pans. In most cases, you'll only have to wash the slow cooker and maybe a few prep utensils.
- Slow cookers use less energy than a standard electric oven.
- The slow cooker won't heat the kitchen up the way a large oven will, a real plus on a hot summer day.
- Convenience! A slow cooker can usually be left unattended all day for many recipes.

Crockpot Vegetable Brown Rice

Servings: 4

Ingredients

- 1 ½ cups Uncooked Brown Rice
- 3 cups Vegetable broth (or chicken broth), low sodium
- 2 cloves Garlic, finely chopped (or ¼ tsp garlic powder)
- 8 oz Frozen bell peppers and onions
- 10 oz Frozen vegetables (green beans, carrots, peas, or whatever you like!)
- 1 Tbs olive oil or other vegetable oil of choice
- 1 tsp pepper

Directions

1. Dump all ingredients into slow cooker and stir to combine.
2. Cook on high for 3 hours, or on low for 6 hours.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. If you have any questions or concerns please contact Alexandra Hooker MS RD at (518) 481-1532 or by email at alexandra.hooker@franklincountyny.gov



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

JANUARY

*This menu is approved
 by a Registered
 Dietitian.
 Menu Subject to Change.*

<u>DINE-IN SITES</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Plattsburgh</u> 518-561-7393	1 CLOSED 	2 Stuffed Shells Italian Blend Vegetables Sourdough Bread Pineapple	3 Hamburger on a Bun Baked Beans Broccoli Strawberry Mousse	4 Chicken & Biscuits Mashed Potatoes Peas & Carrots Chocolate Chip Cookie	5 Baked Fish Red Smashed Potatoes Sliced Carrots Wheat Bread Fresh Fruit
<u>Beekman Towers</u> 518-561-5360	8 Sweet & Sour Chicken Rice California Blend Veg. Wheat Bread Fruit Cocktail	9 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Peanut Butter Cookie	10 Marinated Pork Chops Roasted Potatoes Green Beans Butterscotch Pudding	11 Turkey w/Provolone Sandwich Pasta Salad Lettuce & Tomato Birthday Cake	12 Scalloped Potatoes w/ Ham Spinach Rye Bread Fresh Fruit
<u>Ellenburg</u> 518-594-7311	15 CLOSED 	16 Breaded Chicken Rosemary Potatoes Beets White Bread Fruit Cocktail	17 Goulash Corn Dinner Roll Yellow Cake w/ Chocolate Frosting	18 Roast Pork w/Gravy Mashed Potatoes Coleslaw Apple Crisp	19 Chicken Alfredo Broccoli Italian Bread Fresh Fruit
<u>Dannemora</u> 518-310-9089	22 Chili Wax Beans Corn Muffin Pears	23 Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Sally's Mexican Cake	24 Marinated Chicken Breast Red Potatoes French Green Beans Wheat Roll Chocolate Mousse	25 Ham & Swiss on Rye Bread Tri Colored Slaw Lettuce & Tomato Molasses Cookie	26 Macaroni & Cheese Stewed Tomatoes Dinner Roll Fresh Fruit
<u>Lakeview</u> 518-561-8696	29 Chicken Stew California Blend Veg. Wheat Bread Pineapple	30 Spaghetti w/Meat Sauce Italian Blend Veg. Sourdough Bread Tapioca Pudding	31 Honey Mustard Pork Chop Oven Roasted Potatoes Peas Sugar Cookie		

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

5 Ways To Improve Your Bladder Health



Do pelvic floor exercises.

Daily exercises can help strengthen your muscles and may help avoid infections.

Drink enough fluids, especially water.

How much water you need may vary but try to drink enough fluids so that you need to urinate every few hours.

Wear cotton underwear and loose-fitting clothing.

Tight-fitting pants and nylon underwear can trap moisture and help bacteria grow.

Use the bathroom when needed.

Take the time to fully empty your bladder. If urine stays in the bladder for too long, it can make a bladder infection more likely.

Watch what you eat.

Some people find that certain foods, such as spicy foods, make bladder problems worse. Adjusting your diet may help.

To learn more about bladder health, visit www.nia.nih.gov/bladder-health.



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 _____



The graphic is a white square with a dark blue border. In the top left, there is a light blue square containing the text "988 SUICIDE & CRISIS LIFELINE" in dark blue. To the right, the text "There is hope" is written in pink, with a pink heart held by two hands below it. Below the "988" logo, the text "Talk with us." is written in blue, followed by icons of speech bubbles and a QR code. To the right of the icons, the text reads: "If you or someone you know needs support now, call or text 988 or chat 988lifeline.org". In the bottom right corner, there is a small code: "PEP22-08-03-004".

**Simply calling or
texting 988 or
typing
988Lifeline.org
will connect
you to
compassionate
care & support
for mental
health-related
distress.
#988Lifeline**



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.