



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

FALLS PREVENTION WHO'S ON YOUR TEAM?

Everybody falls, but most falls can be prevented.

Gather your resources to minimize your risk.

Who should be part of your team?

- Family and Friends - Ask them to help you find and eliminate common fall hazards around your home.
- Occupational Therapist (OT) - An OT can ensure your assistive devices fit your needs and can help assess your home to identify hazards.
- Primary Care Physician (PCP) - Your PCP can help manage chronic conditions that may be fall risks, as well as recommend evidence-based programs that can reduce fall risks.
- Pharmacist - Some medications can increase the risk of falls. Ask your pharmacist about side-effects.
- Physical Therapist (PT) - Your PT can work with you to improve balance, strength, and mobility to prevent falls.
- Fire Department - Your local fire department may have home safety checks or may assist with testing and replacing smoke detectors, and connecting you with community resources.
- Senior Center - A community meeting place to participate in recreational, social, health and wellness programs.

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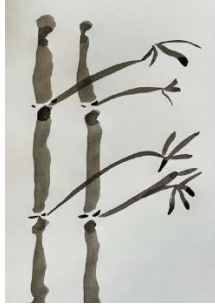
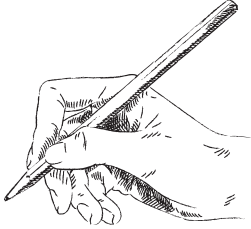


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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS



We have just a few spots remaining in our upcoming Creative Aging Workshops that begin in September.

Drawing to See
Wednesdays 1 to 2:30 pm
Starts September 7th

Introduction to Chinese Brush Painting
Fridays 1 to 2:30 pm
Starts September 16th

Both workshops are offered via Zoom and have six sessions with a professional teaching artist. Each session will also have a culminating event where participants may invite friends and family.

Participants must be age 55 or over. There is no fee for the program and materials will be provided.

Very few spots remain, so don't delay. Call Office for the Aging at 518-565-4620 to register.

ACTIVIES

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 Fitness Classes - for information on how to join any of these classes contact Mary P. Breyette at mba32@cornell.edu or 518-561-7450. Classes offered Monday through Friday.

Plattsburgh YMCA Arthritis Water Exercise Class -for information on how to join call 518-561-4290 This class is free and sponsored by the Clinton County Office for the Aging. You do not need to be a YMCA member to participate.
Monday, Wednesday 11:00-12:00

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.



CAREGIVER CORNER

How to Share the Caregiving with Family Members

Sharing caregiving responsibilities with family members can be a great way to build a support team. What are some tips for getting started working together?

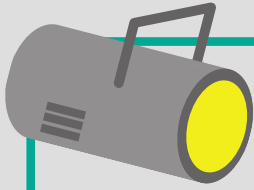
First, start by defining the caregiving needs. Identify what tasks need to be done. Have a family meeting, preferably not during an emergency. Decide who will be responsible for each task. Ideally with each family member taking on tasks best suited to their strengths. Agree in advance how your efforts can compliment each other so you can be an effective team.

What are each family members limitations? Do some siblings have young children? Do some live far away? Do some have limited job flexibility? Be realistic with what you can and can not do. Are you willing and able to take on some of the more physical aspects of caregiving, like assistance with bathing, dressing, or toileting? Can you prepare meals or pay the bills? Can you fix items around the house?

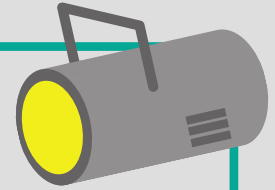
How can a family member who lives far away be a contributing member of the team? Long-distance caregivers can provide emotional support and occasional respite for the primary caregiver. The long-distance caregiver may be able to help with some tasks online, like researching health problems or medicine, paying bills, keeping family members updated, and just staying in touch with the caregivers and care receiver. Listening can be a bigger help than many realize.

Be supportive of each other's efforts rather than critical. Keep your shared goals in mind. What are the wishes of the loved one that needs care? Are you respecting your loved one's need for independence. Support your caregiving team by being as flexible as possible and giving each other a break when necessary. Collaborative caregiving is not only possible, but can lead to rewarding outcomes for all parties

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



Program Spotlight



Nutrition Counseling

Did you know that there is a Registered Dietician available to provide nutrition counseling? If you are a Clinton County resident, age 60 or over, you are eligible to receive nutrition counseling.

A Registered Dietician is able to provide individualized guidance to individuals who are at nutritional risk because of their health or nutrition history, dietary intake, chronic illnesses, or medications use. Counseling is provided one-on-one with the Registered Dietician, who evaluates the person's nutritional needs, develops and implements a nutrition counseling plan, evaluates the client's outcome, maintains documentation and distributes appropriate literature. Appointments are available in-person or via telephone.

If you are interested in this service, please call Clinton County Office for the Aging at 518-565-4620. There is no fee for this service, however voluntary contributions are accepted. Service will not be denied due to a lack of ability or willingness to contribute.



Falls Prevention - continued from page 1

- **Hardware Store** - Your hardware store has supplies and materials to make your home a safe and comfortable place to age in place, such as grab bars, hand-held shower head, nightlights, non-slip rug pads, and lightbulbs for brighter lights.
- **Faith-Based Organizations** - Faith leaders are trusted sources of important information and can help connect you with community resources to address your needs.
- **Library** - Libraries have books and other media for you to use so you can be more informed about your health and fall risk factors.
- **Sporting Goods Store** - Your local sporting goods store can help you find the most appropriate shoes, clothes, and equipment to stay active and falls free.

Make your plan with your team to reduce your risk of falls and give yourself the best opportunity to age safely in the place you choose.

Nutrition Concerns For Individuals with Dementia

Eating Challenges with Dementia

Weight loss is common and tends to become more severe as dementia progresses. In addition to simply forgetting to eat, there are other reasons weight loss might occur:

- Appetite triggers in the brain may not be working normally or medications may impact the desire to eat.
- Food may taste bland due to changes in sense of smell and taste.
- Difficulty focusing may cause an individual to spend less time eating and therefore consume fewer calories.
- Coordination skills might decline, making use of eating utensils or feeding oneself difficult.
- Chewing and swallowing problems can make it difficult to eat. Some individuals may be prescribed diets that include softer foods to help encourage intake or thickened liquids for easier swallowing.

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Nutrition Concerns For Individuals with Dementia - continued from page 5

Healthy Eating for Individuals with Dementia

The goal for most individuals with dementia is to eat a variety of foods needed for good nutrition status. For individuals who may be on a special diet for other health conditions such as diabetes or high cholesterol, health care providers may lift these restrictions to promote better overall intake. As dementia worsens, some individuals may require more calories because of increased activity. Oral nutrition supplements are often recommended to help get the calories and nutrients needed to maintain weight.

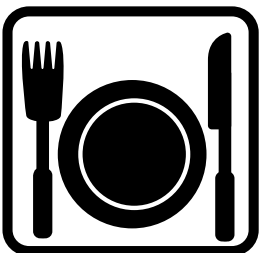
As we age our thirst sensation decreases. Add this to the other challenges of dementia and individuals may also be at risk of dehydration. Encouraging fluid intake and providing foods that are rich in water, such as fruits and vegetables, can also help.

Mealtimes are also an important part of ensuring an individual with dementia gets enough to eat. Serving meals at a dining table can help them focus on the task of eating. Individuals with dementia can become easily distracted, so avoid using patterned plates, having too many items on the table and turn off the television during meals. Eating with others in a family-style setting may help to focus on eating and increase how much they eat.

As the memory loss progresses, caregivers may also need to provide verbal prompts to encourage individuals to eat. Bite-sized finger foods may encourage eating because they do not require utensils. Modified food textures are also commonly prescribed, since they can be easier to chew and swallow.

The Healthcare Team

As dementia worsens, other forms of assistance with meals may be needed. Be sure to discuss any changes in eating or drinking with a health care provider. Registered Dietitians, Speech Language Pathologists and Occupational Therapists are skilled in helping individuals with dementia and their caregivers.



Article submitted by;
Jo Dragoon Morse, RD
Consultant Registered Dietitian





Volunteer Opportunity

Training Coming Soon!



Compassionate Companions Volunteer Training

Wednesday, September 21, 2022

9 am - 3 pm

St. Joseph's Outreach Center
1349 Military Tpke,
Plattsburgh, NY 12901

Refreshments & Lunch Provided

Compassionate Companion Volunteers are generous and kind people carrying out errands of mercy to help their elder neighbors age in place more successfully by providing their gifts of companionship and friendship, easing isolation and loneliness by establishing and strengthening meaningful social relationships between older adults and their family, friends, and volunteers, encouraging and enabling participation in the life of their communities.

To register for the
Compassionate Companion
Volunteer training,
scan the QR Code.



To learn more about becoming a Compassionate Companion Volunteer, please call Starr Burke at 518-825-0697 or contact her by email at Starr@stalexanders.org.



5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

- 1 Do I really need this test or procedure?** Medical tests help you and your doctor or other health provider decide how to treat a problem. And medical procedures help to actually treat it.
- 2 What are the risks?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?
- 3 Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier food or exercising more.
- 4 What happens if I don't do anything?** Ask if your condition might get worse — or better — if you don't have the test or procedure right away.
- 5 How much does it cost?** Ask if there are less-expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

Use these **5 questions** to talk to your doctor about which tests, treatments, and procedures you need — and which you don't need

Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm.

Talk to your doctor to make sure you end up with the right amount of care — not too much and not too little.

www.choosingwisely.org/patient-resources

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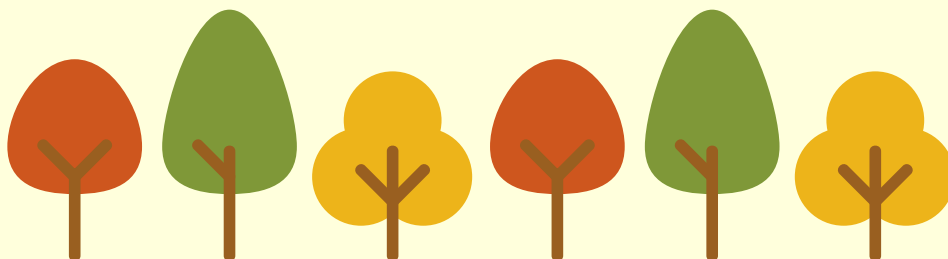
Autumn Driving Hazards

Tips to Stay Safe



It's always important to pay close attention when operating a motor vehicle, but there are some additional things to watch out for during the fall.

- Children! It's back-to-school season for area schools.
 - Watch for children and distracted drivers in school zones
 - Don't pass a school bus with red flashing lights
 - Watch for preoccupied college students too
- Daylight hours are getting shorter
 - The glare from the setting sun can reflect off buildings and other vehicles, so keep your sunglasses handy and keep your windshield clear so dirt streaks don't impede your vision
 - Depth perception and peripheral vision can be compromised in the dark
 - Oncoming headlights can cause a blinding glare
 - There may be more critters, like deer, in the roadway
- Falling leaves on the roads
 - Can reduce traction when wet
 - May block drains and create more puddles on the roadway
- Fog and Frost
 - Chilly mornings can trigger fog, so keep your headlights on low beam for better visibility



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



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

DINE-IN SITES

Plattsburgh

518-561-7393

Beekman

Towers

518-561-5360

Ellenburg

518-594-7311

Dannemora

518-310-9089

Lakeview

518-561-8696

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 CLOSED </p>	<p>6 Breaded Chicken Roasted Potatoes Broccoli Apple Sauce</p>	<p>7 Baked Ham w/Raisin Sauce Sweet Potatoes Harvest Blend Veg. Peanut Butter Cookies</p>	<p>8 Turkey Salad Sand. Lettuce & Tomato Vegetable Salad Birthday Cake</p>	<p>9 Spanish Rice Cauliflower Whole Wheat Bread Fresh Fruit</p>
<p>12 Chicken & Biscuit Mashed Potatoes Green Beans Mandarin Oranges</p>	<p>13 BBQ Pork Chop Seasoned Noodles California Blend Veg. Lemon Mousse</p>	<p>14 Roast Beef w/Gravy Baked Potatoes Spinach Sally's Mexican Cake</p>	<p>15 Spaghetti w/Meat Sauce Tossed Salad Italian Bread Fruit Parfait</p>	<p>16 Marinated Chicken Rice Pilaf Baby Carrots Dinner Roll Fresh Fruit</p>
<p>19 Beef Tips w/Gravy Mashed Potatoes Broccoli Peaches</p>	<p>20 Michigan on a Bun Oven Roasted Potatoes Chef's Choice Vegetable Strawberry Mousse</p>	<p>21 Baked Chicken Baked Beans Carrot Raisin Salad Fruited Jell-O</p>	<p>22 Meatloaf w/Gravy Mashed Potatoes Peas Peach Crisp</p>	<p>23 Breaded Fish on a Bun Red Potatoes Garden Vegetables Whole Wheat Bread Fresh Fruit</p>
<p>26 Sweet & Sour Pork White Rice Oriental Vegetable Wheat Roll Pears</p>	<p>27 Herb Baked Chicken Mashed Potatoes French Green Beans Jell-O Cake</p>	<p>28 Egg Salad Sandwich Red Slaw Lettuce & Tomato Oatmeal Raisin Cookie</p>	<p>29 BBQ Pork on a Bun Oven Browned Potatoes Colelaw Cheesecake</p>	<p>30 Fettuccine Alfredo Italian Vegetables Italian Bread Fresh Fruit</p>

Farmers' Market Coupon Reminder

2022 Farmers' Market Coupons must be used by
November 30th.

Many farmers markets close before that date, so don't delay. Dig those coupons out and buy some locally grown fruits and vegetables before it's too late!

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 _____ |

Benefits of An Active Lifestyle

An active lifestyle is more than just getting your daily steps in. It includes doing activities that are **meaningful to you** and benefit your mind, spirit, and body. Research has shown that older adults with an active lifestyle:



- Are less likely to develop certain diseases.
- Are happier and less depressed.
- Are better prepared to cope.
- May be able to improve their thinking abilities.



Activities to consider include being more active in your community, connecting with family and friends, learning something new, or getting out and getting active.



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