



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Healthy Aging - Physical Activity

Not all people like to exercise. Did you know that being exercising regularly can not only help you live longer, but also live better? In this case, living better means living more years without pain or disability.

Where do you start? While you should always talk to your doctor before starting a new exercise routine, there are several options to increase your physical activity.



- Walking. You can increase the number of steps you take each day by doing activities you enjoy, such as gardening, walking the dog, or taking the stairs instead of the elevator.
- Join a gym or enjoy a free exercise program.
 - There are programs offered by Cornell Cooperative Extension, Senior Citizens Council, and the Plattsburgh YMCA
 - GetSetUp and AARP offer exercise programs as well
- To get started you can try being physically active in short spurts throughout the day or by scheduling a specific time to exercise.
- Find a workout buddy to exercise with.

Once you get started you will feel energized and refreshed after exercising instead of exhausted. All you need is a reason to get motivated!

Adapted from www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

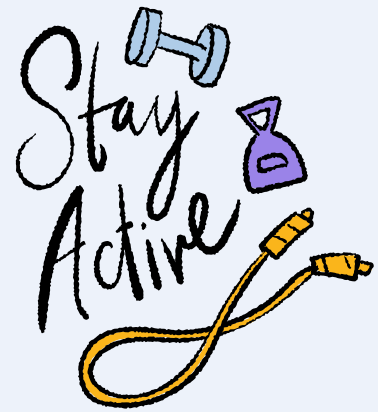
Happy New Year! As we look back at all we accomplished in 2024, we are also looking ahead to the new year.

Clinton County Office for the Aging, along with our contracted partners provided services to nearly 5,000 older adults in Clinton County.

Services offered include long-term supports and services like home delivered meals, in-home aide service, transportation, case management and more.

We also offer preventive services such as exercise programs and social activities.

We look forward to serving our community in the coming year. We will be participating in many events around the community. We hope to see you out there.



Cornell Cooperative Extension Clinton County

Exercise Programs

Monday - Friday

9 - 10 am online

Links on CCE website:

www.cceclinton.org

Senior Citizens Council of Clinton County

Offer a variety of activities including exercise programs. Learn more by calling 518-563-6180.

Plattsburgh YMCA

Provides Arthritis Aquatics Program funded by Office for the Aging

No membership required

Monday & Wednesday

11 am - Noon

Call 518-561-4290 for more information.





CAREGIVER CORNER

Symptoms of Caregiver Burnout

Caregiver burnout is described as a state of physical, mental, or emotional exhaustion that can affect anyone who provides care for a loved one.

Symptoms of caregiver burnout can include: depression, withdrawal, feelings of helplessness or hopelessness, negative emotions, sleep deprivation or sleep disorders, and abuse or neglect of the care receiver.

Caregiver burnout can be prevented or reduced. Things that may help include self-care. Getting enough sleep, exercise, and eating well can make a big difference.

Ask for help. Create a support team to help you with various tasks. Make a list of things that need to be done and let them choose how they can help. Even just having someone to listen when you need to talk can make the situation better.

Join a caregiver support group. People in the support group know what you are dealing with. They can cheer you on and help you solve problems.



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



EMERGENCY HEAP



The 2024-2025 Emergency HEAP Benefit opened on January 2, 2025. The eligibility requirements are different from the Regular HEAP Benefit.

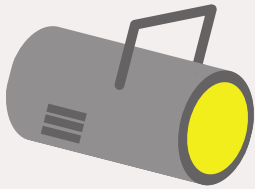
If you are eligible, the Emergency HEAP benefit can help you heat your home if you are in a heat related emergency. Emergency HEAP benefits and eligibility are based on income, available resources, and type of emergency.

You may be eligible for an Emergency HEAP Benefit if:

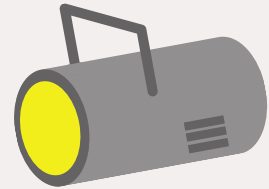
- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shutoff or
- Your electric or natural gas heat is off or scheduled to be shut-off or
- You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or 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



NY Connects

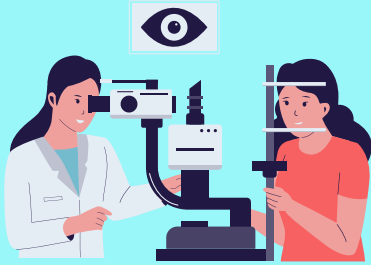
The NY Connects Program is a locally based No Wrong Door system that provides access to free, objective, comprehensive information and assistance on long-term services and supports for people of all ages or with any type of disability. This program is designed to help people figure out what services are available in the community that can assist with long-term needs now and in the future.

Information and Assistance is provided about long-term services and supports that are available for older adults, individuals of all ages with disabilities, as well as caregivers.

Trained staff can provide Options Counseling or Person-Centered Counseling whereby individuals are supported in making informed long-term support decisions based on their preferences, strengths, values, abilities, and resources. It is important to understand that long-term supports and services include more than just institutional placement.

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.





January is Glaucoma Awareness Month

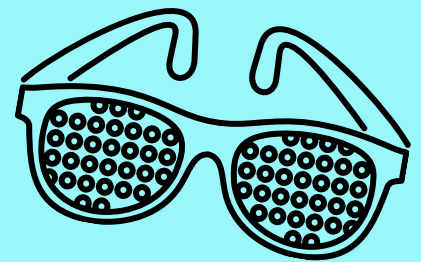


Glaucoma is a leading cause of vision loss and blindness in the United States. But as many as half of people with glaucoma don't know they have it.

Glaucoma has no early symptoms. The only way to check for it is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but starting treatment as early as possible can help stop vision loss.

Anyone can get glaucoma, but some people are at higher risk, including people who:

- Are over age 60
- Are Black/African American and over age 40
- Are Asian American
- Are Hispanic/Latino
- Have a family history of glaucoma



This Glaucoma Awareness Month, join our National Eye Health Education Program (NEHEP) in encouraging everyone at higher risk for glaucoma to get a dilated eye exam. It's the best way to protect their vision!

Source: www.nei.nih.gov/learn-about-eye-health/outreach-resources/glaucoma-resources/glaucoma-awareness-month



United States Department of Agriculture



**10
tips**
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.



6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit nimh.nih.gov/findhelp.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at **988lifeline.org**.



NIH National Institute
of Mental Health

nimh.nih.gov/sad

NIMH Identification No. OM 22-4320



FOCUSING ON THE NEEDS OF FAMILY CAREGIVERS IN THE NORTH COUNTRY

Franklin, Clinton, Essex, Washington, Warren, and Hamilton Counties.

Meet Colleen...

Our Outreach Specialist, Colleen Salisbury, can connect family caregivers with the information and resources they need to develop a plan for healthy caregiving.



Contact Colleen at csalisbury@lifespan-roch.org or 585-851-9387. Scan the QR code to learn more!



Training, Education, Resources, Supportive Community Groups, and Respite Vouchers*



CAREGIVER WELLNESS & RESPITE. *Centering on you!*



*Must meet eligibility requirements

This project was supported, in part by grant number # 90LRLI0043, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201, through the NYS Office for the Aging. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

MEALS ON WHEELS

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



*This menu is approved
by a Registered
Dietitian.*
**MENU SUBJECT
TO CHANGE.**

DINE-IN SITES:				
SENIOR CENTER				
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 Citizens Council of Clinton County, Inc. Nutrition Program				
Funded by Clinton County Office for the Aging and New York State Office for the Aging.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED!	2 CHICKEN PARMESAN CASSEROLE Wax Beans Italian Bread Chocolate Chip Cookie	3 SCALLOPED POTATOES w/ HAM Spinach Rye Bread Fresh Fruit
6 SWEET & SOUR CHICKEN w/ RICE California Blend Veggies Wheat Bread Fruit Cocktail	7 SPAGHETTI w/ MEAT SAUCE Tossed Salad Sourdough Bread Sugar Cookie	8 MARINATED PORK CHOPS Roasted Potatoes Green Beans Butterscotch Pudding	9 ROAST BEEF w/ GRAVY Mashed Potatoes Diced Carrots Birthday Cake	10 BREADED CHICKEN Baked Beans Beets White Bread Fresh Fruit
13 SPANISH RICE Peas Whole Wheat Bread Pineapple	14 HAWAIIAN PORK CHOP Rice Pilaf Oriental Veggies Vanilla Pudding	15 ROASTED TURKEY w/ GRAVY Mashed Potatoes Harvest Blend Veggies Pumpkin Pie	16 MEATLOAF w/ GRAVY Mashed Potatoes Mixed Veggies Peanut Butter Cookie	17 BEEF TIPS Egg Noodles Sliced Carrots Rye Bread Fresh Fruit
20 CLOSED!	21 MACARONI & CHEESE Stewed Tomatoes Dinner Roll Mandarin Oranges	22 MARINATED CHICKEN Rosemary Potatoes Capri Blend Veggies Wheat Bread Chocolate Cake	23 BBQ PORK ON BUN Oven Browned Potatoes Creamy Coleslaw Tapioca Pudding	24 BAKED FISH Red Potatoes Mixed Veggies Wheat Bread Fresh Fruit
27 CHICKEN & BISCUITS Mashed Potatoes Peas & Carrots Peaches	28 HAMBURGER ON BUN Home Fries Broccoli Strawberry Mousse	29 BAKED HAM Sweet Potatoes French Green Beans Apple Crisp	30 SWEDISH MEATBALLS Egg Noodles Harvest Blend Veggies Oatmeal Raisin Cookie	31 SALSA CHICKEN Rice Pilaf Fiesta Corn Wheat Bread Fresh Fruit





Phishing is when you get emails, texts, or calls that seem to be from companies or people you know. But they’re actually from scammers.

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 (\$2,322 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 _____



Valentine's for Older Adults



Valentine's Day will be here soon!

We have many isolated older adults who would LOVE to receive a Valentine's Day card. If you or your children would like to send a friend a card, please send them or drop them off (unsealed) to the address below by February 7th. Our staff will distributed them on Valentine's Day to older adults in the community.

Thanks for helping us spread some joy!



Send or Drop Off Valentine Cards to:

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



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.