



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Healthy Aging - Healthy Eating

Food choices can affect your health. Smart food choices can help protect you from certain health problems as you age. The 2020-2025 Dietary Guidelines for Americans suggest an eating pattern containing lots of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins.

There are several different eating patterns. For example, the Mediterranean-style eating pattern may have a positive impact on health, with one large study showing a significantly lower risk of sudden cardiac death. This eating pattern includes fresh produce, whole grains, and healthy fats, but less dairy and more fish than a traditional American diet.

The Dietary Approaches to Stop Hypertension (DASH) eating pattern is a low-salt diet. The DASH diet has been found to lower blood pressure, help people lose weight, and reduces the risk of type 2 diabetes and heart disease.

The MIND diet, which combines the Mediterranean-style eating pattern with DASH, may also support healthy aging. Studies have found that people who closely follow the MIND diet have better overall cognition compared to those with other eating styles.

Talk to your doctor about which eating style is best for you, then start by making small changes.

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

Office for the Aging has been busy planning for upcoming events. We will have another Creative Aging Workshop offered in April and May. See page 9 for details.

We are also working on a series of Caregiver Trainings. See page 11.

Details will soon be available for our next Living Healthy workshop as well. This six-week course, meeting weekly, helps individuals learn ways to live healthier with chronic conditions. This workshop will be delivered in May and June.

Be on the lookout for more events: Senior Celebration, Parks Come Alive, and more!

If you have places and events you would like to see Office for the Aging staff at, please let us know.

We are always looking for new ways to deliver relevant information to county residents.



Did you know that volunteers are needed to support programs in our community?

Would you be willing to help a few hours a week?

If so, contact:

Kate at AmeriCorps
Seniors RSVP at
518-566-0944

Raelyn at JCEO Senior
Outreach at
518-561-6310

Rebecca at Cycling
Without Age at
518-578-2369



CAREGIVER CORNER

Mitigating the Financial Impact

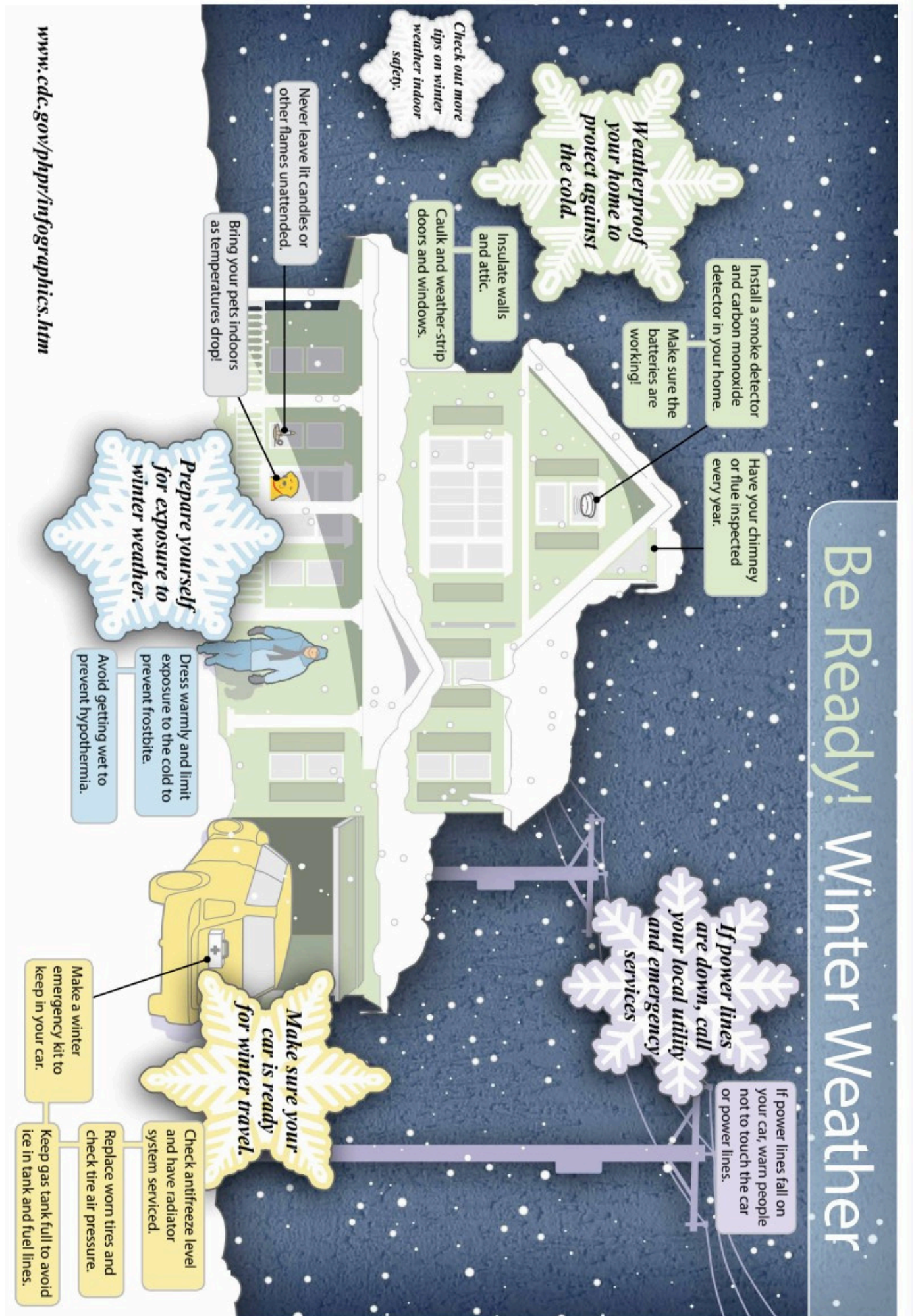
Many caregivers have out-of-pocket expenses for things like transportation, housing, food, clothing, respite, and medical care that can total more than \$7,000 per year. Some caregivers work less hours or retire early, creating an unexpected financial burden.

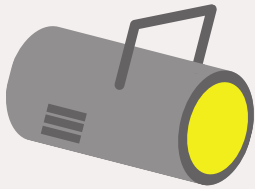
There are ways to mitigate the financial impact.

- There may be government programs that can help.
 - For example, you or your loved one may be eligible for financial assistance programs that can help with costs of heating or food.
- It is important to understand your loved one's health insurance.
 - A health insurance counselor can help you determine what options are available that may help reduce medical expenses.
- You may qualify for paid respite services. The Office for the Aging Caregiver Resource Center can provide more information.
- Your employer may offer paid family leave or have other benefits that can be helpful. Check with your Human Resources Department.

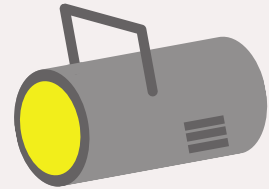


If you need support or resources during your caregiving journey, call the Clinton County Office for the Aging Caregiver Resource Center at 518-565-4620.





Program Spotlight



AARP Foundation Tax Aide

The AARP Foundation Tax-Aide program is offering free income tax preparation service to individuals, seniors, and families. The program will operate beginning February 3rd and will operate through April 11th.

IRS certified volunteers will assist low and moderate income taxpayers by appointment only. To make an appointment, call 518-314-9762 beginning January 20th. Leave a message with your name and telephone number. Please leave only one message and wait for a call back. You should add 518-314-9762 to your contact list so can distinguish it from spam. Alternately you can email taxclintoncounty@gmail.com with your name and telephone number.

Foundation volunteers will contact you to arrange an appointment time. Appointments usually take about two hours.

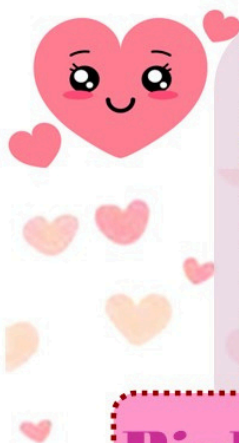
AARP Foundation Tax-Aide in Plattsburgh

Located at 5139 North Catherine Street
Make an appointment starting January 20th
Tax Preparation is open Mondays, Tuesdays, and Fridays
from 9 am to 3 pm
Open Thursdays Noon to 6 pm
Tax Preparation Dates:
February 3rd - April 11th
(Closed February 17th)



Tax 
Season





February is a month to focus on hearts. It's when we celebrate Valentine's Day and the people we love—and it's also National Heart Health Month. **The first Friday in February is *Wear Red Day***, a day to raise awareness about heart disease. Heart Disease is hereditary, but the good news is that it can be prevented in most cases! Making heart healthy choices like exercising regularly, getting regular checkups from your doctor, making half your plate fruits and vegetables, making half your grains whole grains, varying your proteins, reducing your sodium intake by using herbs and spices instead of salt, choosing unsaturated fats in place of saturated fats, and maintaining a healthy weight can all help decrease your risk!

Pink Party Salad Recipe

Ingredients:

- 4 Potatoes (washed and cut in half)
- 3 cups beets, cooked (peeled and diced)
- 1 cup peas, green, fresh or frozen
- 3 eggs, hard boiled
- 1 apple
- 1 teaspoon lemon juice
- 2 Tablespoons olive oil
- 3 tablespoons vinegar
- 1 tablespoon sugar

Directions:

- 1) Wash hands with soap and water.
- 2) Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
- 3) When thoroughly cool, dice potatoes and place in a big bowl.
- 4) Add diced beets and mix with the potatoes.
- 5) Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
- 6) Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
- 7) Peel the skin off the apple (optional) and remove the core. Cut the apple into small pieces, place in a small bowl, and sprinkle with lemon juice. Add apple to the salad.
- 8) Add the vinegar, olive oil, and sugar.
- 9) Mix thoroughly. Chill and serve.



Recipe Note: *The skin can be left on the apple to increase fiber and save time.*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider and employer.

If you would like to request reasonable accommodations to participate in events,

please contact Alexandra Hooker at (518)-481-1532 or by email at

alexandra.hooker@franklincountynyny.gov



Controlling High Blood Pressure

Your doctor will work with you to find a blood pressure target that is best for your well-being and may recommend exercising, making changes to your diet, and taking certain medications.

Lifestyle changes you can make to help prevent and lower high blood pressure:



Try to maintain a healthy weight. Ask your doctor if you need to lose weight.



Drink less alcohol. For those who drink, men should have no more than two drinks a day and women no more than one a day.



Exercise. Aim for at least 150 to 300 minutes of physical activity each week. Check with your doctor before starting an exercise plan.



Don't smoke. Smoking increases your risk for high blood pressure, heart disease, stroke, and other health problems.



Eat a heart-healthy diet. Include vegetables, fruits, whole grains, protein, dairy, and healthy fats in your diet.



Get a good night's sleep. Treating sleep apnea and getting a healthy amount of sleep can help to lower blood pressure.



Cut down on salt. As you get older, the body and blood pressure become more sensitive to salt (sodium).



Manage stress. Coping with problems and reducing stress can help to lower blood pressure.

Medications for High Blood Pressure

In addition to recommending lifestyle changes, your doctor will likely prescribe medication to lower your blood pressure to a safe level. Medication can control your blood pressure, but it can't cure it. Healthy lifestyle changes may help lower the dose you need.

One reason to visit your doctor regularly is to have your blood pressure checked and, if needed, plan how to manage it. The good news is that most people can control their blood pressure.

National Institute on Aging
800-222-2225 | niaic@nia.nih.gov | www.nia.nih.gov
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NIH National Institutes of Health

SCAM ALERT

Romance Scams

SCAM ALERT

Romance scams are some of the costliest scams, with victims losing millions of dollars per year. Know the signs to look for. Slow down, talk to someone you trust, and never let a scammer rush you. Never transfer money from your bank account, send gift cards, or wire transfer to an online love interest, you won't get it back. Contact your bank right away if you think you sent money to a scammer.

Signs of a Scam



Professes love quickly.
Claims to be overseas for
business or military service.



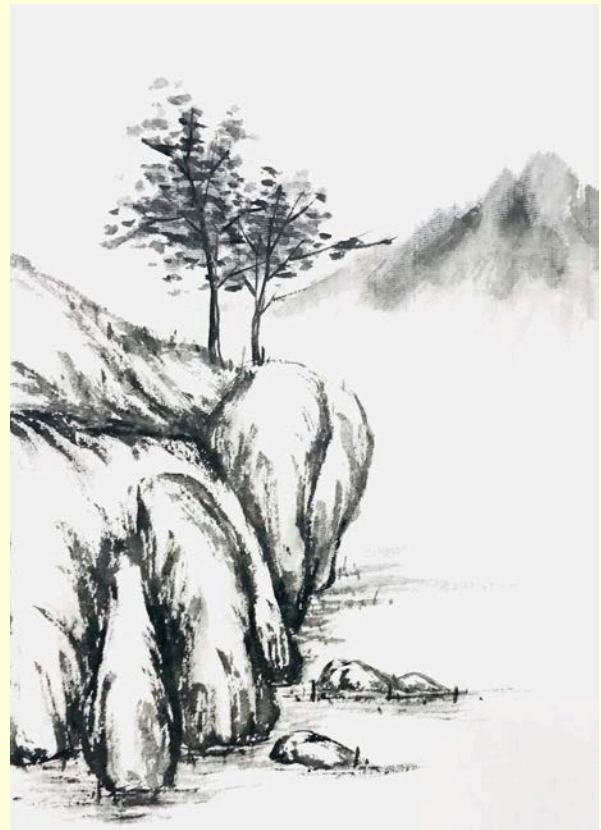
Asks for money, and lures
you off the dating site.



Claims to need money
— for emergencies,
hospital bills, or travel.
Plans to visit, but can't
because of an emergency.



Credit: Jade Lam



Credit: Jade Lam

An Introduction to Chinese Brush Painting Workshop Begins April 3rd

Free eight-week workshop taught by
Professional Teaching Artist, Jade Lam
Thursdays from 1 - 2:30 pm via Zoom
All materials provided. Space is limited.
Call 518-565-4620 to register.

An Introduction to Chinese Brush Painting is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

This activity is made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with E.A. Michelson Philanthropies and supported by Lifetime Arts.



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
3 SWEET & SOUR CHICKEN W/ RICE Cali Blend Veggies Wheat Bread Fruit Cocktail	4 SHEPHERDS PIE Harvest Blend Tri Color Slaw Maple Cookie	5 MARINATED PORK CHOPS Roasted Potatoes Green Beans Butterscotch Pudding	6 ROAST BEEF W/ GRAVY Mashed Potatoes Beets Carrot Cake	7 MICHIGAN ON BUN Home Fries Sliced Carrots Fresh Fruit
10 BREADED CHICKEN Rosemary Potatoes Mixed Veggies Wheat Roll Peaches	11 SWEDISH MEATBALLS Egg Noodles Capri Blend Veggies Tapioca Pudding	12 ROAST PORK W/ GRAVY Mashed Potatoes Peas W/ Pearl Onions Chocolate Chip Cookie	13 LASAGNA Tossed Salad Italian Bread Birthday Cake	14 MARINATED CHICKEN Red Potatoes French Green Beans Wheat Roll Fresh Fruit
17 CLOSED IN HONOR OF PRESIDENTS DAY!	18 MACARONI & CHEESE Stewed Tomatoes Dinner Roll Mandarin Oranges	19 MEATLOAF W/ GRAVY Mashed Potatoes Harvest Blend Veggies Dinner Roll Strawberry Mousse	20 BBQ PORK ON BUN Oven Browned Potatoes Coleslaw Oatmeal Raisin Cookie	21 BAKED FISH Red Smashed Potatoes Corn Whole Wheat Bread Fresh Fruit
24 CHICKEN STEW California Blend Veggies Wheat Bread Peaches	25 SALISBURY STEAK Egg Noodles Peas & Carrots Sally's Mexican Cake	26 HONEY MUSTARD PORK CHOP Mashed Potatoes Broccoli Fruited Jello	27 SPAGHETTI W/ MEAT SAUCE Tossed Salad Sourdough Bread Sugar Cookie	28 SCALLOPED POTATOES W/ HAM Spinach Rye Bread Fresh Fruit
		<p>"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other."</p>		

We LOVE Our Seniors!



Caregiver Trainings

Caregiver trainings will be offered via Zoom. Covering a variety of topics like: Poison Control, Medical Cannabis Program, Alzheimer's Disease, Discharge Planning, and more.

If you would like to be notified when these trainings are scheduled, please call Office for the Aging at 518-565-4620 to be added to the contact list.

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 _____



Office for
the Aging

New York
Caregiver Portal
Powered by Trualta



Do you advocate for your loved one's health care needs? You're a caregiver.

Let Trualta help your caregiving journey!

- » Explore options for challenging situations
- » Discover ways to connect with your loved one
- » Share and learn with fellow caregivers



Sign up for free today
newyork-caregivers.com



Provided in Partnership with the
**Association on Aging
in New York**



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.