ISSUE 39 MARCH 2025

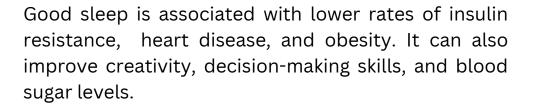


CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Healthy Aging - Get Enough Sleep

Getting enough sleep is an important part of healthy aging. Older adults need seven to nine hours of sleep per night, though many don't sleep that much. Sleep helps you stay healthy and alert.

It's not just the amount of sleep, but also the quality of sleep that matters. Research has found that those who had poor sleep quality had a harder time problem-solving and concentrating than those who got good sleep quality. Not getting enough quality sleep can lead to irritability, depression, forgetfulness, and a higher likelihood of falls or other accidents.



How can you sleep better? Try going to bed and getting up at the same time each day. Don't nap, especially later in the day, as it may interfere with sleeping. Exercise can help you sleep better, if it's not too close to bedtime. Behavioral interventions, like mindfulness meditation may help. Avoid caffeine late in the day, and avoid alcohol.

Talk to your doctor about sleep challenges.

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

There are some great events happening soon. See details about the Caregiver Training on page 3. In addition to free lunch we just may have a few surprises for participants.

Also happening later this month is a program called "Let's Talk About Scams" which will be held at the Senior Center on Friday, March 28th. See page 7 for more details.

Don't forget about our Creative Aging class coming up in April. Jade Lam will be teaching Chinese Brush Painting via Zoom.

In May we will begin a six-week Living Healthy With Chronic Conditions workshop.

Call our office at 518-565-4620 for more information about any of these programs.

We hope to see you out and about as the days get longer and the weather gets warmer.





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



Caregiver Training

Effective Communication & Responding to Dementia Related
Behaviors presented by Brooke Dubuque from the Alzheimer's
Association

- Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.
- Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

March 25, 2025 10:00am- 12:00pm Clinton County Senior Center 5139 N Catherine St, Plattsburgh, NY 12901

Lunch provided at noon by the Senior Citizens Council of Clinton County Congregate Meal Site: Spaghetti w/Meat Sauce Tossed Salad Sourdough Bread Sugar Cookie

No charge for lunch

Registration required

Please contact Nicole Durgan, EISEP Case Manager/ Caregiver Coordinator at 518.565.4542 to register.





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.



In our January issue of Resilient Aging we asked for help creating Valentine's Day cards for our isolated seniors. Wow did our community step up to the plate! They came in from all over the North Country! Big ones, little ones, many of them homemade, a true cornucopia of caring.

Many of them were delivered anonymously to our Office of the Aging's location at 135 Margaret Street Plattsburgh. When the final count was in we had over 500 cards to give out. Of course they still had to be delivered. For that we have Terry Lemieux, Director Home Delivered Meals at Senior Citizens Council of Clinton County, and her devoted team to thank. Her staff and drivers did all the "heavy lifting" making sure the Valentines got where they needed to go.

Kudos also go to the local Girl Scout Troops 4306, 4202 and support group Troop 4403. It is truly wonderful to see young people caring enough to donate their time and efforts to enrich the lives of others. Thanks to Robyn and the folks at the Keeseville Free Library! We would also like to recognize Cindy Denis, Cassie Segrell, Roger Moore, Shannon Worrell, Allison and Jody [no last name given]. Last but not least thanks to Patricia Cosgrove at SCCCC and her volunteers Lynn, Margaret and Nancy. The cards you all created were unique and amazing. Thank you all for helping us spread some joy!



Program Spotlight



Nutrition Program

In New York State, the Senior Nutrition Program provides healthy, nutritious meals to older New Yorkers up to five day a week. Here in Clinton County, Office for the Aging contracts with the Senior Citizens Council to provide the Nutrition Program.

Meals are served at six congregates sites in the county for individuals age 60 and over. A spouse may also attend even if they are not 60 years old. Three are located in Plattsburgh: at the Senior Center at 5139 North Catherine Street, at Beekman Towers at 50 Truman Avenue, and Lake View Towers at 34 Flynn Avenue. Meal sites are also located at: St. Patrick's Hall, 9 Liberty Street, Rouses Point; St. Edmund's Hall, 5538 Route 11, Ellenburg; and at the Dannemora Community Center at 40 Emmons Street, Dannemora. The sites are open Monday through Friday, except Dannemora, which serves meals on Tuesdays and Thursdays. Sites also offer a variety of social activities and educational events.

The Nutrition Program also provides Home Delivered Meals for eligible clients. Meals are provided for older New Yorkers who can't prepare meals for themselves, up to five days per week. Drivers deliver the meal to your home, and also provide a wellness check. Nutrition Program staff are able to refer individuals to additional services if needed.

Office for Aging also contracts with a Registered Dietitian, who can help any older person with questions about diabetes, weight loss or gain, and healthy eating in private nutrition counseling. Individuals do not have to participate in the meals program to meet with the dietitian. Call 518-561-8320 for more information about the program.









Clinton County Office for the Aging invites you to a FREE workshop

Let's Talk About Scams

When Friday March 28th at 11:30

Presenter Ray Alexander, Project Coordinator Clinton County Office for the Aging

Location Senior Citizens Council of Clinton County

5139 North Catherine Street Plattsburgh, NY

Questions? Call Ray at 518-565-4629

The Money Smart for Older Adults program can help older adults, family caregivers, and others prevent, recognize, and report scams, fraud, and financial exploitation.



Eat Right



Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budgetfriendly tips for eating right.

Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit MyPlate.gov.

Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Determine where to shop

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.



Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Start a garden or visit a Farmers Market

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

Quench your thirst with water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit eatright.org

eat[®] Academy of Nutrition right. and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Alexandra Hooker MS, RD Franklin County OFA SNAP-Ed NY Nutrition Educator

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

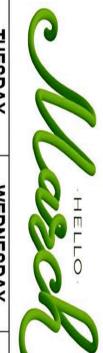
Sources: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion and Complete Food and Nutrition Guide, 5th edition

Occupant of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.



MEALS ON WHEELS

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



This menu is approved Dietitian. by a Registered

Clinton County Office for the Aging and New York State Office for the Aging.	Clinton County, Inc. Nutrition Program Funded by	518-534-1852 Senior Citizens	ELLENBURG 518-594-7311 DANNEMORA 518-310-9089 LAKEVIEW 518-561-8696	SII LS: SENIOR CENTER 518-561-7393 BEEKMAN TOWERS 518-561-5360	DINE-IN
31 SLOPPY JOE ON BUN Whole Potatoes Capri Blend Veggies Mandarin Oranges	BREADED CHICKEN BREADED CHICKEN Rosemary Potatoes French Green Beans Wheat Roll Peaches	IRISH STEW Biscuit Green Beans Pineapple	CHICKEN STEW California Blend Veggies Wheat Bread Fruit Cocktail	3 HAMBURGER ON BUN Baked Beans Mixed Veggies Pears	MONDAY
Happy March Birthdays	25 SPAGHETTI W/ MEAT SAUCE Tossed Salad Sourdough Bread Sugar Cookie	18 SWISS STEAK Egg Noodles Mixed Veggies Chocolate Cake W// Peanut Butter Icing	SAUSAGE, PEPPERS & ONIONS ON BUN Home Fries Peas Peanut Butter Cookie	4 HOT TURKEY SANDWICH Mashed Potatoes Harvest Blend Veggies Pumpkin Pie	TUESDAY
"Luck is what happens when preparation meets opportunity!"	26 HONEY MUSTARD PORK CHOP Red Potatoes Peas & Carrots Butterscotch Pudding	TURKEY BURGER ON BUN Oven Browned Potatoes Broccoli Com Salad Lemon Mousse	HAMED HAM WI RAISIN SAUCE Sweet Potatoes Spinach Tapioca Pudding	MACARONI & CHEESE Stewed Tomatoes Dinner Roll Blueberry Crisp	WEDNESDAY
	27 MEATLOAF W/ GRAVY Mashed Potatoes Harvest Blend Veggies Jello Cake	20 ROAST PORK W/ GRAVY Mashed Potatoes Peas W/ Pearl Onions Oatmeal Raisin Cookie	SHEPARD'S PIE Capri Blend Veggies Dinner Roll Carrot Cake	6 PULLED BBQ CHICKEN ON BUN Roasted Whole Potatoes Coleslaw Chocolate Chip Cookie	THURSDAY
	28 3 BEAN CHILI Rice Broccoli Corn Muffin Fresh Fruit	21 FETTUCINE ALFREDO Sliced Carrots Sourdough Bread Fresh Fruit	HABREADED FISH ON BUN Red Smashed Potatoes Beets Fresh Fruit	7 VEGETABLE LASAGNA Wax Beans Italian Bread Fresh Fruit	FRIDAY

TO CHANGE.



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



Colorectal Cancer: You Can Prevent It.



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