



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Healthy Aging - Manage Stress

Stress is a normal and healthy response to feeling threatened, uncertain, or overwhelmed. Stress is something everyone experiences. Chronic stress, however, can lead to some poor health behaviors and can result in high blood pressure, depression, burnout, anxiety, anger and more.

Stress management can include things like:

Exercising regularly - It could be a nature walk, meditation, or yoga and can relieve stress, tension, and anxiety.

Make Time for Friends and Family - Social connections are important, and talking with people you trust can reduce stress.

Get Enough Sleep - Aim for seven to nine hours per night.

Maintain a Positive Attitude - Keep a gratitude journal.

Practice Relaxation Techniques - Meditating or listening to music can promote relaxation.

Find a Stimulating Hobby - Stay engaged in a hobby to avoid negative thoughts.

Reflect on your stress levels, explore new strategies to reduce stress, and talk to your friends and family to work together to help each other cope. Stay well.

[Source:www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health](https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health)



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Happy Spring! Spring in the North Country can be unpredictable, but warmer weather will soon be here to stay for a while.

One of our favorite events of the year will be here soon. Senior Celebration will be held May 2nd. See pages 6 and 7 for more details.

Are you looking for a new volunteer opportunity? See the column to the right or consider helping the Literacy Volunteers of Clinton, Essex, and Franklin Counties. LVCEF is in need of volunteer tutors to provide 1.5 to 2 hours of instruction weekly. For more information please call their office at 518-564-5332 or email Sarah Wright, Program Manager at sarah@lvcef.org.

If you have the time, please drop us a note about your favorite volunteer job. We would love to learn more about it.



Volunteer Pilots Needed

Do you like to be outside, feel the sun on your face and feel the wind in your hair?

Pilots are volunteer cyclists who provide free rides on e-assisted three-wheeled bikes (Trishaws) for older adults and less abled of all ages.

Pilot Requirements

- Must be 18 years of age or older
- Reasonably fit (able to pedal a bike for 30 minutes)
- Good interaction skills
- Love meeting new people and making them smile
- Complete 3 hours in person training and additional practice time on your own

Visit:

www.cyclingwithoutageadkcoast.com
to sign up or call
Rebecca at 518-578-2369
for more information

Training starts in late April
weather permitting



CAREGIVER CORNER

Long Distance Caregiving

Long-distance caregiving requires proactive planning, strong communication, and a supportive network. Key tips include creating a care team, establishing access to important documents, and utilizing resources like respite care and professional caregivers.

Long-distance caregivers take on different roles. From a distance, you may be able to:

- Assist with finances, money management, insurance claims, or paying bills
- Arrange for care management or in-home care by hiring formal caregivers such as home health aides
- Order medical equipment, medicines, and other supplies the person needs
- Serve as an information coordinator by researching information about relevant health conditions and medicines, navigating changing needs, and overseeing insurance benefits
- Help with advance care planning, such as choosing a health care proxy and preparing a living will
- Help find, organize, and update important paperwork and records
- Research long-term care options, such as an assisted living facility or nursing home

You will probably be coordinating these tasks with family, friends, or other caregivers who live nearby. Be considerate of those handling day-to-day caregiving tasks. Be sure to communicate about their needs, preferences, and limitations with caregiving.

<https://www.nia.nih.gov/health/long-distance-caregiving/what-long-distance-caregiving>

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.

THE EMPOWERED CAREGIVER

An education program presented by the Alzheimer's Association®



Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late stage caregiving in this education program.

Topics in the program include:

- » Building foundations of caregiving.
- » Supporting independence.
- » Communicating effectively.
- » Responding to dementia-related behaviors.
- » Exploring care and support services.

Visit alz.org/CRF to explore additional education programs in Northeastern New York.

This program is supported in part by a grant from the New York State Department of Health.



Date

Tuesdays in May at 12:00pm:

May 6th: Building Foundations of Caregiving

May 13th: Supporting Independence

May 20th: Communicating Effect. & Resp. to Behaviors

May 27th: Exploring Care and Support Services

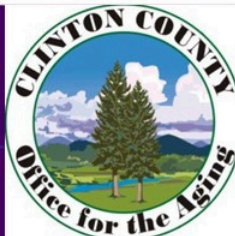
****All sessions to be held virtually****

Registration

Please contact the Clinton County Office for the Aging at 518.565.4620 to register for this virtual series.

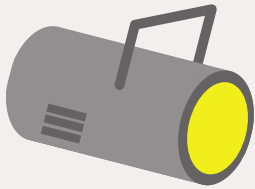


CAREGIVER SUPPORT
Alzheimer's Disease and Other Dementias

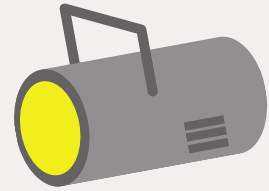


ALZHEIMER'S ASSOCIATION

Northeastern
New York Chapter



Program Spotlight



Dual Eligibility for Medicare and Medicaid

What is Medicare? Medicare is a federal health insurance program primarily for people aged 65 and older, but also for younger individuals with certain disabilities or permanent kidney failure. It helps cover the cost of healthcare, but not all medical expenses or long-term care costs.

What is Medicaid? Medicaid is a joint federal and state program that helps cover medical costs for some people with limited income and resources. The federal government has general rules that all state Medicaid programs must follow, but each state runs its own program.

What is dual eligibility? Dual eligibility is when a beneficiary is eligible for both Medicare and Medicaid. When an individual qualifies for Medicaid it may help pay for costs and services not covered by Medicare.

If an individual has dual coverage, Medicare pays first, and Medicaid acts as a secondary insurance. Medicaid may cover your Medicare cost-sharing fees, including coinsurances and copays.

Medicaid can provide premium assistance when enrolled in a Medicare Savings Program (MSP). MSPs pay your Medicare Part B premium, and may offer additional assistance.

Based on income some beneficiaries qualify for the Qualified Medicare Beneficiary (QMB) MSP. An individual enrolled in QMB does not have to pay for Medicare cost-sharing, including deductibles, coinsurances, and copays.

Dually eligible individuals are automatically enrolled in the Extra Help Program to help with prescription drug costs.



2025 Senior Celebration

May 2, 2025

5139 North Catherine Street

Plattsburgh, NY 12901

9:00 AM - 2:00 PM

- | | |
|--------------------|--|
| 9:00 AM | Doors Open – Many Local Agencies /
Businesses to Meet |
| 10:00 AM | Welcoming Announcements
National Anthem
Agency of the Year Award
Business of the Year Award |
| 10:15 AM – 2:00 PM | Music Entertainment By: Senior Serenaders |
| 12:00 PM | Lunch – Prepared and Provided by:
Senior Citizens Council of Clinton County
Nutrition Program |
| 1:45 PM – 2:00 PM | Door Prizes Will Be Drawn |

Come and Enjoy the Fun!

OUT OF THIS WORLD





Senior Celebration Menu

Spaghetti with Meatballs
Toss Salad Dinner Roll
Cookie Milk Coffee



Please call 518-563-6180 to reserve your meal.

90 Plus Honorees

Every year the Senior Celebration recognizes the 90 plus individuals who attend the event. Those individuals who are 90 Plus years old are encouraged to visit the 90 Plus area. There they will receive special recognition.

SPONSORS

Gold Sponsor

Samuel Vilas Home

Bronze Sponsor

Pro-Care Hearing

EXHIBITORS

Wellcare - Lake Forest Senior Living - Rural Law Center

Eye Care for the Adirondacks - Apple Valley Senior Housing

Friends of the North County - NENY Alzheimer's Association

North County Center for Independence - AmeriCorps Seniors/RSVP

Southern Adirondack Independent Living (SAIL) - Fidelis - JCEO

Clinton County Office for the Aging - SUNY TRAUD

Senior Citizens Council of Clinton County

April is National Food Month

In honor of National Food Month we would love to take this opportunity to remind our readers of some healthy ways to celebrate! For starters, it's always recommended to choose foods from every food group every day! Try to focus on choosing foods and beverages with less added sugar. When assembling a meal, make half of your plate fruits and vegetables, and make half of your grains whole grains. Varying your protein routine is also a great way to stay healthy! Try to plan meals and snacks ahead of time and choose a variety of foods from all the food groups! Don't be afraid to try new foods and keep in mind that your favorite food was once a food you had never tried!

Spring Vegetable Sauté Recipe

Ingredients:

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 Garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)

Directions:

- 1) Wash hands with soap and water.
- 2) Heat the oil in a skillet. Cook the onion for 2 minutes, then add the garlic and cook another minute.
- 3) Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
- 4) If the vegetables start to brown, add a tablespoon or two of water
- 5) Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender—about 4 minutes more.
- 6) Serve immediately.

Upcoming events:

10 Tips for Adults Series A

Where: 1 Northern Tier Way,
Champlain, NY 12919

When: April 7th & 28th

Time: 10 AM

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@franklincountyny.gov



SAVE TIME. SAVE MONEY. EAT HEALTHY.



Online Privacy Protection Tips

Online privacy protection is crucial because it safeguards your personal information, prevents identity theft and financial fraud, and protects your online reputation and freedom of expression from unwanted surveillance and misuse.



- Protect your passwords. The key to safe passwords is to update them regularly and make them unique. Try using a passphrase instead of a password and include special characters and numbers. If it's difficult to remember so many passwords, try a password manager with multi-step authentication to manage your passwords.



- Avoid autofill. Saving usernames, passwords, and credit card information on your device saves time. Unfortunately, it also makes it easier for thieves to get access to that information if they access your account or device. Re-entering important information each time – as opposed to autofill – is an extra step to safeguard personal information.



- Check social media logins. Many apps allow you to use your social media credential to create a new account on their platform, but when you stop using those apps, your social media accounts still have access to the information. Once a year, check the list of apps that you access through your social media account and delete any you do not recognize or no longer use.



- Secure your connections. Do your shopping while connected to a secure network, rather than public WiFi or an unknown WiFi server. Public WiFi does not mask any information, even if a website or app seems secure. Usernames, passwords, credit card and account information can be easily seen by hackers who are logged into the same network. On home networks, keep operating systems and antivirus software up to date with the latest security patches and ensure the network has a strong password.

Source: <https://dos.ny.gov/consumer-tips>

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 HAWAIIAN PORK CHOP Rice Pilaf Oriental Veggies Almond Cookie	2 GOULASH Corn Italian Bread Chocolate Mousse	3 MARINATED CHICKEN Red Smashed Potatoes French Green Beans Wheat Roll Yellow Cake	4 MACARONI & CHEESE Stewed Tomatoes Dinner Roll Fresh Fruit
7 SWEET & SOUR CHICKEN W/ RICE Peas Wheat Bread Pears	8 SCALLOPED POTATOES W/ HAM Spinach Rye Bread Fruited Jello	9 HAMBURGER ON BUN Baked Beans Mixed Veggies Chocolate Chip Cookie	10 ROAST BEEF W/ GRAVY Mashed Potatoes Broccoli Birthday Cake	11 VEGETABLE LASAGNA Wax Beans Italian Bread Fresh Fruit
14 CHICKEN & BISCUITS Mashed Potatoes Peas & Carrots Fruit Cocktail	15 SPAGHETTI W/ MEAT SAUCE Tossed Salad Italian Bread Lemon Mousse	16 BBQ PORK ON BUN Oven Browned Potatoes Coleslaw Oatmeal Raisin Cookie	17 SWEDISH MEATBALLS Egg Noodles Capri Blend Veggies Tapioca Pudding	18 BREADED FISH ON BUN Red Smashed Potatoes Beets Fresh Fruit
21 MICHIGAN ON BUN Home Fries Sliced Carrots Peaches	22 ROAST TURKEY W/ GRAVY Mashed Potatoes Harvest Blend Veggies Strawberry Mousse	23 CHICKEN PARMESAN CASSEROLE Italian Blend Veggies Sourdough Bread Sally's Mexican Cake	24 CHICKEN STEW California Blend Veggies Wheat Bread Maple Cookie	25 MARINATED PORK CHOP Roasted Potatoes Green Beans White Bread Fresh Fruit
28 BREADED CHICKEN Rosemary Potatoes Mixed Veggies Wheat Roll Pineapple	29 BAKED HAM W/ RAISIN SAUCE Sweet Potatoes Harvest Blend Veggies Jello Cake	30 BEEF TIPS Egg Noodles Capri Blend Veggies Rye Bread Butterscotch Pudding		



LOWER-SODIUM FOODS: Shopping List

Most individuals eat much more sodium (salt) than they need. This can lead to health problems like high blood pressure. To lower the amount of sodium in your diet, try following some of these tips when you go food shopping:

- Choose fresh foods instead of processed or prepared when you can
- Use the Nutrition Facts label to check the amount of sodium, and try to use products with 5% Daily Value (DV) or less - 20% DV or more is high
- Look for foods labeled "low sodium" or "no salt added"



Keep in mind that all types of salt - including table salt, kosher salt, sea salt, and Himalayan salt - have sodium! Try these seasonings instead of salt to flavor your food: herbs, spices, or salt-free seasoning blends; chopped vegetables like garlic, onions, and peppers; lemon and lime juice; or ginger.

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 _____

Did you know?

Older adults are more sensitive to alcohol than younger people:

- Effects on reaction time, balance, attention, and driving skills are greater
- Risk of injury from falls, car crashes, and other injuries is higher



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.