



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Celebrate Older Americans Month 2025

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). The 2025 theme is Flip the Script on Aging, which focuses on transforming how society perceives, talks about and approaches aging. OAM's Flipping the Script theme encourages individuals and communities to challenge stereotypes on aging and dispel misconceptions. Clinton County Office for the Aging and area partners are changing the conversation by promoting age-friendly care and reframing aging. Examples include:

Instead of:

- "Tidal wave," "tsunami," and similarly catastrophic terms for the growing population of older people
- "Seniors," "elderly," "aging dependents," and similar "other-ing" terms that stoke stereotypes
- "Struggle," "battle," "fight," and similar conflict oriented words to describe aging experiences

Try:

- Talking affirmatively about changing demographics: "As Americans live longer and healthier lives . . ."
- Using more neutral ("older people/ Americans") and inclusive ("we" and "us") terms
- The Building Momentum metaphor: "Aging is a dynamic process that leads to new abilities and knowledge we can share with our communities."



FLIP THE SCRIPT ON AGING: MAY 2025

Ageism is discrimination against older people due to negative and inaccurate stereotypes.

IN THIS ISSUE

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- Caregiver Corner - Incontinence
- Program Spotlight - Senior Center
- Community Conversation and Public Hearing
- Text Message Scams
- and more

Source: https://www.reframingaging.org/Portals/0/pdfs/Quick-Start-Guide.pdf?ver=_OtD5zJL3r4x7KtzcfxOaQ%3d%3d

MESSAGE FROM THE DIRECTOR



BY: DARLEEN COLLINS

Big news! We are hosting a Community Conversation and Public Hearing Event on May 22nd.

The event will be held at the Senior Center located at 5139 N. Catherine Street in Plattsburgh. More information may be found on page 6. We really hope you will join us to share your thoughts about aging in Clinton County. The four center pages in this edition share information about programs and services available.

Now that we have moved from winter to construction season, check out page 11 for helpful safety reminders when traveling through work zones.

If you, or someone you know, will become Medicare eligible this year, check out Medicare 101. There will be several sessions in the next few months. The complete list of locations is on page 4.

While you are out and about, look for us at various events. Happy exploring!

Activities

Exercise Classes

- Monday:** Range of Motion - 9:00am-10am (offered by CCE)
- Tuesday:** Growing Stronger/Bones - 9:00am-10:00am (offered by Senior Planet)
- Wednesday:** Chair Chi - 9:00am-10:00am (offered by CCE)
- Thursday:** Growing Stronger/Balance - 9:00am-10:00am (offered by Senior Planet)
- Friday:** Range of Motion - 9:00am-10:00am (offered by CCE)

Links to above classes available at:
<https://cceclinton.org/fitness>

Senior Center

The Senior Center located at 5139 North Catherine Street in Plattsburgh offers a variety of activities, including exercise programs, games, puzzles, crafts, and more. Call 518-563-6180 or view the activities calendar online at:

<https://www.seniorsinclintoncounty.com/Activities/>





CAREGIVER CORNER

Caregiving and Incontinence

Caring for someone with incontinence can be stressful. What is incontinence? Incontinence is any involuntary leakage of urine or feces. The following tips may help:

- Talk with your loved one's health care provider. There may be an underlying cause that is treatable.
- The person you care for may be distressed and ashamed, so aim to be calm and patient.
- Talk to your loved one about their symptoms and episodes. The more you know the better you can help them.
- Use a toilet with a raised seat or a portable commode if the toilet is too far away for the person to reach in time.
- Have your loved one wear clothes with an elastic waistband to be able to pull down quickly, and change more easily.
- Pay attention to diet. Some foods may make incontinence worse.
- Always be prepared. Pack a small bag with supplies such as incontinence briefs or pads, wipes, and a change of clothes.
- Wear disposable gloves when helping with clean up. Wash your hands with soap and water after.
- Adopt a matter-of-fact approach. Be reassuring in a straightforward manner.

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.



Medicare 101

Are you or someone you know turning 65 and have questions about Medicare?

If so, we will be offering a FREE educational class on

May 20th, 1pm-3pm @ the Keeseville Library

June 17th, 10 am-Noon @ the Town of Champlain Town Hall

June 25th, 1pm-3pm @ Plattsburgh Senior Center

August 21st, 10am-Noon @ the Saranac Town Hall

Come join us and our trained HHCAP Counselors.

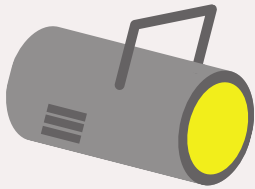
Medicare

Part A	Part B	Part C	Part D
Part A covers hospital stays and inpatient care	Part B helps pay for doctor visits and outpatient care	Medicare Advantage Plan (Part C) Includes Part A + Part B	Part D Prescription Drug Coverage

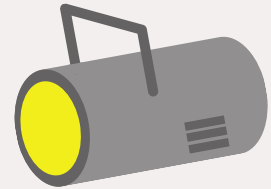
Call Clinton County Office for the Aging
to register for the Medicare 101 class today.



(518) 565-4620



Program Spotlight



Senior Center

There is so much to do at the Senior Center. To learn about all they offer see the activity calendar posted on their website at: <https://www.seniorsinclintoncounty.com/Activities/> or call them at 518-563-6180 to learn more.

The Senior Center is operated by the Senior Citizens Council of Clinton County and is located at 5139 North Catherine Street in Plattsburgh. The Senior Center offers social, recreational, and educational programming.

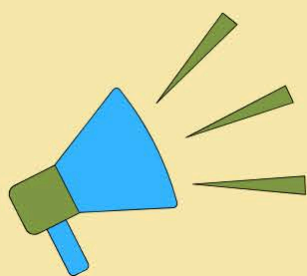
Their exercise programs include Osteo/Arthritis Exercise, Tai Chi, Zumba Gold, and Yoga. Shuffleboard and Pickle Ball are also available.

Activities include Scrabble, Mah Jongg, Painting, Knitting, Crocheting, Quilting, Card Games, Wii Bowling, and craft days.

The Senior Center also hosts educational presentations and special events. These include Senior Celebration, Nature Chats, presentations by the Clinton County Historical Association, Nutrition Presentations by Cornell Cooperative Extension, and more.

The Senior Center is also a congregate meal site and serves lunch at noon.

The center is open Monday through Friday from 8:00 am to 3:30 pm so grab a friend or stop by and make some new ones!



Clinton County Office for the Aging Community Conversation & Public Hearing



May 22, 2025 10:30 am

at the Senior Center - 5139 North Catherine Street, Plattsburgh

Learn about Community Based Services for Older Adults and the Clinton County Office for the Aging's Service Plan for the 2025-2026 program year.

Guest Speaker - Brooke Dubuque

from the Alzheimer's Association Northeastern New York Chapter

The purpose of the public hearing is to receive input from older adults, caregivers, and community members about Office for the Aging service plans for the upcoming program year and to learn what current needs exist. Please join us to discuss aging in Clinton County.

If you are unable to attend the hearing, comments may be provided by mail to Clinton County Office for the Aging, 135 Margaret St. Suite 105, Plattsburgh, NY 12901 or by email to aging@clintoncountyny.gov.



Lunch will be provided by the
Clinton County Nutrition Program at Noon.

**Pre-register by calling Clinton County Office for the Aging at
518-565-4620 no later than May 16th**



In compliance with the Americans with Disabilities Act, special accommodations, within reason and upon request no later than May 14th, will be provided for persons with disabilities. For more information, please call Clinton County Office for the Aging at 518-565-4620.



2025 Services for Older Citizens and their Caregivers

Services are sponsored by the New York State and Clinton County Offices for the Aging

www.clintoncountyny.gov

Program	Contact	Services
Clinton County Office for the Aging	CCOFA Darleen Collins, Director Karla Romeo, Administrative Assistant 518-565-4620	Focus on the Elderly (Directory of Services). Advocacy, planning, information and assistance, and case assistance. Collaboration on Senior Celebration, Senior Scholars, etc. with various agencies.
Benefits Counseling	CCOFA Shanda Becht, Tammy Collins, Christa Tyler, Deb Tyler Services for the Aging Specialists 518-565-4620	Benefits counseling; HEAP, EPIC, IT-214, Lifeline telephone discount, Weatherization, Farmer Market Coupons and insurance counselors (trained to help sort through medical insurance issues).
Benefits Counseling	JCEO Julie Stalker, Director Raelyn Longtemps, Tina Silver, Jane Thwaites, Amanda Buck, Lisa Defayette, Kaitlyn LaVallee 518-561-6310	Benefits counseling; HEAP, EPIC, IT-214, Lifeline telephone discount, Weatherization, Farmer Market Coupons and insurance counselors (trained to help sort through medical insurance issues).
Expanded In-Home Services for the Elderly (EISEP)	CCOFA Colleen Monty and Stephanie Richards, and Nicole Durgan, Case Managers 518-565-4620	The EISEP Program provides case management and non-medical in-home services such as housekeeping and personal care to frail/disabled residents. In-home services are provided through North Country Home Care Agency. Adult Day Care is also available at the Third Age Center at SUNY.
Caregiver Resource Center	CCOFA Nicole Durgan Case Manager	Assists family caregivers of the elderly with information and referral, training, support, counseling and lending library. Caregivers may apply for Respite help through the Caregiver Resource Center.
Resilient Aging Newsletter	CCOFA Darleen Collins, Director Raymond Alexander, Project Coordinator	Newsletter for older adults and their caregivers, which is published monthly. Available on Clinton County Office for the Aging website or via postal service.

Home Delivered Meals	SCCCC - Nutrition Terry Lemieux, Director 518-561-8320	Meals delivered five days a week to the homes of seniors who are homebound, isolated or unable to cook for themselves. No sugar added dessert, cut, or pureed meals are available.
Congregate Meals	SCCCC - Nutrition Debbie Alexander, Director 518-561-8320	Dining sites serve nutritious midday meals along with socialization, education, and recreational opportunities. Most sites are open Monday through Friday. Call for locations and serving times.
Nutrition Counseling and Nutrition Education	Jo Morse 518-561-8320	A registered dietitian assists older adults in making informed decisions about their diets by providing nutrition counseling and education.
Transportation	Clinton County Public Transit 518-565-4713 Call 518-561-1452 to schedule a ride	Transportation services cover the more rural parts of Clinton County. The bus travels to 4 zones 3 times on a weekly basis. The bus will pick you up at your home and bring you to Plattsburgh and back to your home. The service can be used for medical appointments, socializing with friends, grocery shopping, etc.
Rural Transportation Program (RTP)	Call JCEO Community Outreach Coordinator in your town for assistance. If you do not have an Outreach Center, call JCEO 518-561-6310	Volunteer drivers provide transportation to and from medical appointments for seniors who have no other ride available.
Senior Outreach Program	JCEO Julie Stalker, Director 518-561-6310	Links seniors with assistance they may need. Conduct comprehensive in-home assessments, application assistance, options counseling, and more. Outreach workers can meet with you in your home, the JCEO main office, or at an alternate public location.
Telephone Reassurance/ Friendly Visitors	JCEO Raelyn Longtemps Program Specialist 518-561-6310	A volunteer "friendly visitor" can pay a visit to the home on a regular schedule or can make frequent phone calls to homebound older adults to provide social engagement.
Senior Care Service/ Senior Repair Service	JCEO Raelyn Longtemps, Program Specialist 518-561-6310	If in need of help within the home or with yard work, small repairs or other odd jobs, call and ask about the Senior Care and Senior Repair Service.
Living a Healthy With Chronic Conditions	CCOFA 518-565-4620	Chronic disease self-management program is a six-week program for 2.5 hours per week held in various parts of Clinton County. The participants learn how to self-manage their conditions.

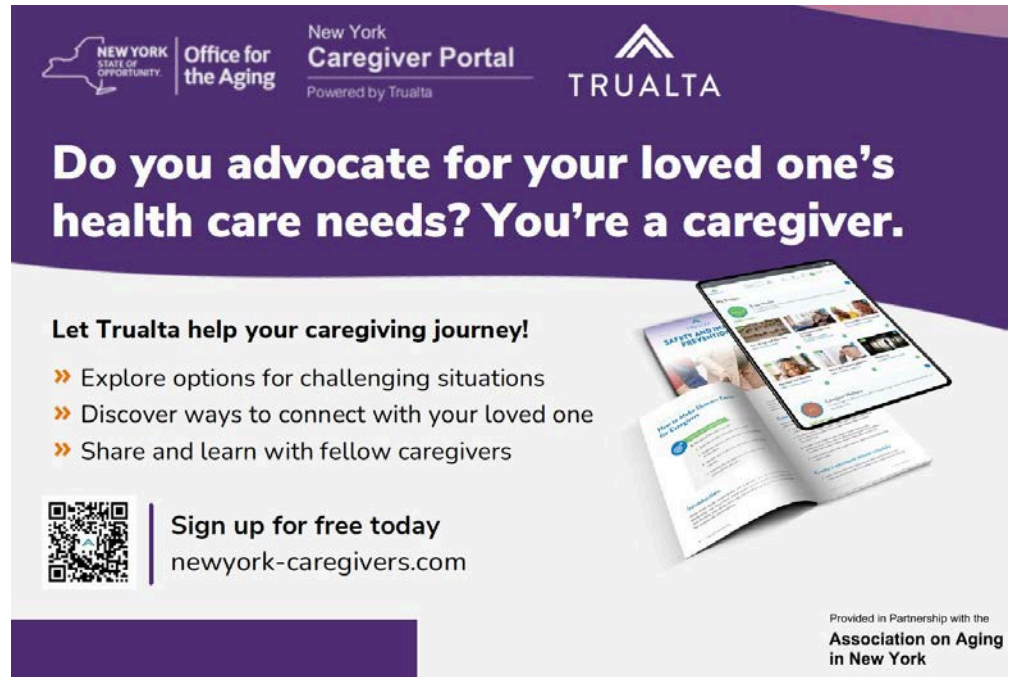
Legal Assistance	Rural Law Center Heidi Dennis, Esq. 518-561-5460	Priority on legal matters is given housing/utility issues, access to public benefits (Social Security, SSI, SNAP, Section 8 Housing), abuse/neglect, healthcare proxies, and consumer issues
Personal Emergency Response Services	CCOFA Tammy Collins, Services for the Aging Specialist 518-565-4620	A device connected to the telephone is voice activated or triggered by a button, which is held by the older adult. When central call center receives an emergency signal, someone checks to see if assistance is needed.
Senior Center Recreation and Education	Senior Citizens Council of Clinton County (SCCCC) Maria Alexander, Exec. Dir. 518-563-6180	Senior Center Recreation and Education programs that include health promotion and education. Opportunities are available at the Senior Center as well as all congregate meal sites throughout the county.
Swim Program	Plattsburgh YMCA Rick Almond-Goerlitz Aquatics Director 518-561-4290	Arthritis Foundation Aquatics Program is a water-based exercise program.
Gym Program	Cornell Cooperative Extension Mary Breyette Program Instructor 518-561-7450	Arthritis Foundation Exercise Program is an evaluated, community-based, recreational group exercise and education program designed specifically for those who have arthritis and related disease.
NY Connects	CCOFA Shanda Becht, Tammy Collins, Christa Tyler, Deb Tyler Services for the Aging Specialist 518-565-4620	Aging and Disability Resource Center for all ages, all disabilities, caregivers, etc. Unbiased long term care information and options counseling.
NY Connects	JCEO Julie Stalker, Director Raelyn Longtemps, Tina Silver, Jane Thwaites, Amanda Buck, Lisa Defayette, Kaitlyn LaVallee 518-561-6310	Aging and Disability Resource Center for all ages, all disabilities, caregivers, etc. Unbiased long term care information and options counseling.

The Clinton County Office for the Aging budget for 2025, including grants, is \$4,917,334. Funds are received from the following sources: County - 60%; Federal government - 11%; State government - 26% and contributions from users of services - 3%. Suggested contributions are encouraged for most programs. Some of the suggested amounts include: Home Delivered Meals (\$3.00 per meal), Congregate Meals (\$3.00 per meal), Resilient Aging Newsletter (\$12.00 per year), Lifeline (\$20.00 per month), Transportation (\$5.00 per ride each way) and Rural Transportation (\$2.00 per ride each way). According to the 2020 Census, Clinton County's population is 79,843 and 15,552 of those individuals are 60 and older. That represents 19% of the county population.

Additional Projects

New York Caregiving Portal

NYS Office for the Aging in partnership with the Association on Aging in New York offer free Caregiver programs.
Get started at newyork-caregiver.com.




NEW YORK STATE OF OPPORTUNITY | Office for the Aging | New York Caregiver Portal | Powered by Trualta | TRUALTA

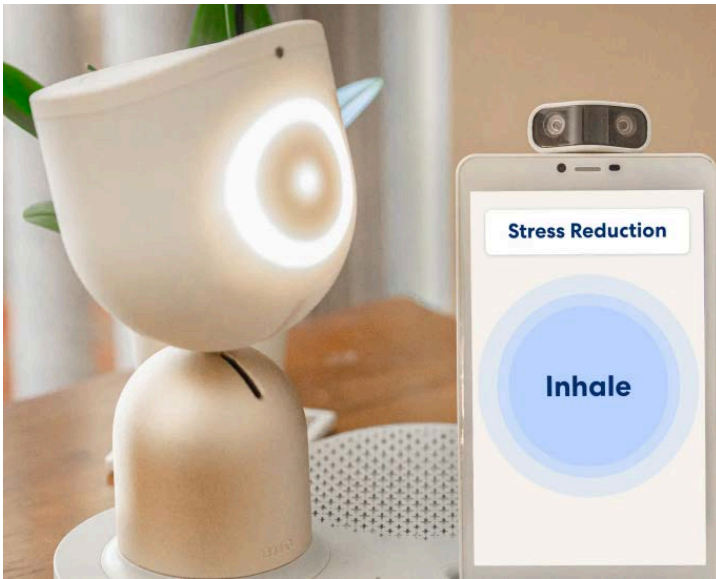
Do you advocate for your loved one's health care needs? You're a caregiver.

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



ElliQ

ElliQ is a pro-active, voice-operated robotic companion designed for older adults to keep them engaged, connected, and independent. To learn more contact Ray at the Office for the Aging.

GetSetUp Classes

Go to www.getsetup.org/partner/NYSTATE to sign up for free classes on a variety of subjects.



Animatronic Pets

Hundreds of animatronic cats, dogs, and birds have been distributed in Clinton County over the past six year. We currently have bluebirds, but hope to get more pets in 2025.

TRAVELING SAFELY THROUGH WORK ZONES

Traveling safely, slowly, and attentively through work zones is critically important, particularly as a commercial motor vehicle (CMV) driver. Narrow lanes, sudden stops, traffic pattern shifts, and uneven road surfaces present unique challenges in these areas for large trucks and buses. In fact, large trucks are overrepresented in fatal work zone crashes.

Do your part to stay safe with tips from the Federal Motor Carrier Safety Administration's (FMCSA) Our Roads, Our Safety campaign:



RESEARCH YOUR ROUTE

Before setting out on the road, research your route. When possible, avoid work zones and use any detours that are available.

PAY ATTENTION

Be aware of all signs throughout work zones that can indicate reduced speeds, lane changes, and other important information. Avoid distractions such as your cellphone, eating, drinking, the radio, GPS, and conversing with other passengers.



SLOW DOWN

Lane closures, traffic pattern shifts, and reduced speeds are common in work zones. Make sure to slow down when entering a work zone and keep an eye out for road workers.

MOVE INTO THE OPEN LANE

When approaching lane closures, move into the open lane as soon as possible. Be sure to pay close attention to vehicles around you that could be in your blind spot, and ensure you're not traveling in someone else's.



KEEP YOUR DISTANCE

Rear-end crashes are extremely common in work zones. Always maintain extra space between your vehicle and the one in front of you.

For more information on driving safely on the roads, visit www.ShareTheRoadSafely.gov and for more on work zone safety, visit www.workzonesafety.org.

National Arthritis Month



Did you know?

- ✚ Nearly 54 million Americans have been diagnosed with arthritis, and an estimated 78.4 million adults (18+) will have been diagnosed with arthritis by the year 2040.
- ✚ Arthritis means inflammation of the joints; however, not all forms of arthritis involve inflammation.
- ✚ Arthritis is a term used for more than 100 medical conditions.
- ✚ Osteoarthritis is the most common form of arthritis
- ✚ The research supports treatment that emphasizes the importance of exercise to alleviate symptoms. It is important to have a balance between getting enough exercise and getting enough rest.

Walking Recommendations:

1. Warm up before stretching by either walking slowly or marching in place for 3-5 minutes.
2. Stretch before and after your walk
 - a. Stretch just until you feel tension and hold the stretch. Be sure to do each stretch on both left and right side.
 - b. Stretch gently and smoothly, do not bounce.
 - c. Breathe naturally as you hold the stretches, don't hold your breath.
3. Some muscles to be sure to stretch:
 - a. Calf muscles- back of lower leg
 - b. Hamstrings- back of thigh
 - c. Hip Flexors and Quadriceps- front of hip and upper leg
 - d. Iliotibial bands (ITBs)- outside of the thigh/hip area
4. Moderate-intensity physical activity- walking, you should feel as if your body is working but you can still talk normal. It is recommended to get at least 30 minutes of moderate activity 3 or more days of the week.

*** Important to note: If you have more pain 2 hours after exercising, this likely means that you have done too much and should consider slowing down, doing less or taking more breaks the next time you exercise.

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



Text Message Scams



Did you know that people almost always open text messages? In a new Data Spotlight about the big jump in reported fraud losses involving text scams, the FTC notes a study finding open rates can be as high as 98%. Those are really good odds for a scammer. And when scammers get you to respond to their messages, they're cashing in. Here's how you can increase your chances of keeping your money safe.

Some text scams start as fake fraud alerts. You get a message from someone claiming to be from the fraud department with Amazon or your bank, offering to help with a suspicious charge. But that's the hook they use to get you to respond by messaging back or calling a number. Instead of help, they'll spin elaborate lies and drain your bank account.

Or maybe you get a text about a problem with a delivery or a message about unpaid tolls. In both cases, they tell you to click a link to fix the issue. When you land on what seems to be the USPS or highway toll program website (they're not), they tell you to pay "re-delivery fees" or "unpaid tolls." That's when you might end up giving your credit card or even your Social Security number to a scammer.

Scammers also use phony job opportunities and "wrong number" texts to convince you to respond. No matter what story you get, here are ways to avoid text scams:

- Don't reply to unexpected text messages. It could lead to a scam.
- Never click links in unexpected messages. Scammers want you to react quickly, but it's best to stop and check it out.
- Don't assume a text from a known company or organization is legit. Check it out. Reach out to the company, state tolling agency, or bank using a phone number or website you know is real — not the info from the text.

Delete and report scam texts using your phone's "report junk" option or forward unwanted texts to 7726 (SPAM). Learn more at [ftc.gov/textscams](https://consumer.ftc.gov/textscams).

Source: https://consumer.ftc.gov/consumer-alerts/2025/04/unexpected-text-scam?utm_source=govdelivery

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
5 SPANISH RICE Peas Whole Wheat Bread Pineapple	6 HAM & SWISS ON RYE Cucumber & Onion Salad Lettuce & Tomato Strawberry Shortcake	7 ROAST TURKEY W/ GRAVY Mashed Potatoes Harvest Blend Veggies Pumpkin Pie	8 MICHIGANS Roasted Potatoes Green Beans Birthday Cake	9 HONEY MUST PORK CHOP Smashed Potatoes Diced Carrots Dinner Roll Fresh Fruit
12 BAKED FISH Red Potatoes Sliced Carrots Wheat Roll Fruit Cocktail	13 SAUSAGE, PEPPERS, & ONION ON ROLL Home Fries Italian Blend Veggies Italian Bread Lemon Mousse	14 SWEET & SOUR CHICKEN W/ RICE Capri Blend Veggies Wheat Bread Almond Cookie	15 SWEDISH MEATBALLS Egg Noodles Broccoli Dinner Roll Carrot Cake	16 TURKEY BURGER ON BUN Oven Roasted Potatoes Peas & Carrots Fresh Fruit
19 HERBED CHICKEN Baked Potato California Blend Veggies Wheat Bread Peaches	20 GOULASH Corn Dinner Roll Peanut Butter Cookie	21 MEATLOAF W/ GRAVY Mashed Potatoes Mixed Veggies Tapioca Pudding	22 CHICKEN & BISCUITS Mashed Potatoes French Green Beans Yellow Cake w/ Choc Frosting	23 SCALLOPED POTATOES W/ HAM Spinach Rye Bread Fresh Fruit
26 <u>CLOSED IN HONOR OF MEMORIAL DAY!</u>	27 MACARONI & CHEESE Stewed Tomatoes Dinner Roll Mandarin Oranges	28 HAMBURGER ON BUN Baked Beans Peas & Carrots Lemon Mousse	29 MARINATED PORK CHOP Mashed Potatoes Harvest Blend Sugar Cookie	30 BEEF TIPS Egg Noodles Beets Rye Bread Fresh Fruit

What is brain health?

Brain health refers to how well a person's brain functions across several areas.

Motor function
Controlling movements and balance

Sensory function
Seeing, hearing, tasting, and smelling

Tactile function
Feeling and responding to sensations of touch, including pressure, pain, and temperature

Cognitive health
Thinking, learning, and remembering

Emotional function
Interpreting and responding to emotions



Learn more about keeping your brain healthy as you age: www.nia.nih.gov/brain-health.



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

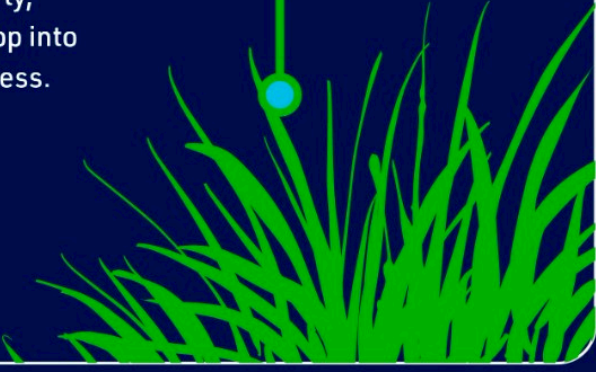

\$_____ Housekeeping/Personal Care


\$_____ Other _____

#LYMEFACTS

DID YOU KNOW?

Lyme disease is spread by the bite of an infected blacklegged tick AKA deer tick . If not diagnosed or treated early, Lyme disease can develop into a long-term, chronic illness.



 GLOBAL LYME ALLIANCE



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.