



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Clinton County Volunteer Honored as Part of Older New Yorkers' Day

BY: RAY ALEXANDER

1967 was an interesting year. The Beatles released "Sgt. Peppers Lonely Hearts Club Band". Dustin Hoffman starred in "The Graduate". And a young high school freshman named Cynthia Phinney volunteered to be a "Candy Striper" at the Elizabethtown Nursing Home. So would begin her journey of over 55 years as a volunteer. You see, civic duties were important in the Phinney household. Her father Clayton Phinney had long emphasized service to the community. Cynthia had always loved being active. She states that her brother's sports activities helped spur her on to a life full of activity and movement. Her mother reinforced this too as she felt that posture was important and encouraged ballet. After graduating from North Country Community College, she made a brief foray into the big city of Washington DC where she worked at the Pentagon as an administrative assistant. But big city life wasn't for her, and she was able to transfer to Plattsburgh Air Force Base and return to her North Country roots. There she went back to school and earned her Bachelor's degree at Empire State College. In 1995 she met a sweet man named Steve Gagnier who was instantly smitten by her. They would marry and he would [in her words] become her "pillar and lifted her up every week in the service to others". Together she and husband Steve volunteered for numerous social events for young
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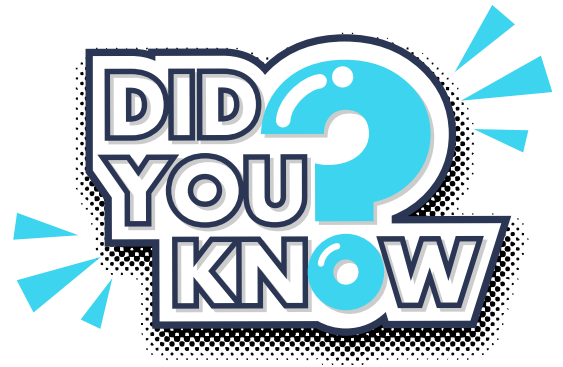
MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

A big thank you to all who joined us at our Community Conversation and Public Hearing Event on May 22nd. We appreciate your feedback. I would also like to thank Brooke Dubuque from the Alzheimer's Association for being our guest speaker and providing valuable information about resources available.

I would like to thank our Older New Yorkers' Day Honoree, Cynthia Gagnier for all that she does to make our community a better place to live. Please check out her story on pages 1 and 4.

I am sure people are starting to wonder about Farmers' Market Coupons. We do expect to have them available starting the second week of July. More details will be available soon. To be eligible for the coupons, you must be age 60 or over, and meet income guidelines. Once again, we will be distributing coupons at various locations throughout the county.



Several local agencies are in need of volunteers.

Call Kate at AmeriCorps Seniors RSVP at 518-566-0944 to learn more.

Other volunteer opportunities:

JCEO Senior Outreach has a need for volunteer drivers. Please call 518-561-6310 for more details.

Cycling Without Age needs volunteers to assist with various functions. Contact Rebecca at 518-578-2369 or visit: www.cyclingwithoutageadkcoast.com for more information

Get involved with some great projects!



CAREGIVER CORNER

The Caregiver Intensity Index

The Caregiver Intensity Index is a tool to help caregivers understand what things increase intensity and decrease intensity in their particular caregiving circumstances.

Did you know that 50% of caregivers do not identify with that term? Many people say I'm just a... This could be any of the following: husband, wife, son, daughter, neighbor, friend, etc. If you provide any help, such as running errands, mowing the lawn, bring someone to an appointment - you are a caregiver. Being a caregiver does not mean you are taking on the responsibility of all caregiving for a person, but rather you are able to support the individual by providing a bit of help.

The New York State Office for the Aging has partnered with Archangels to link caregivers to resources. The Caregiver Intensity Index, which only takes two short minutes, shows the caregiver an intensity score. If the caregiver is in the "yellow" or "red" it's a sign to take action to reduce that stress. The Caregiver Intensity Index not only gives a score, but also indicates what the drivers and buffers are. That is, the things that increase or decrease your intensity. This can be different for every caregiver. If you are in the yellow or red, you can work to increase your buffers and decrease your specific drivers.

Caregiver intensity can change frequently, so check back in often. Using the Caregiver Intensity Index, which can be found at: www.anycarecountsny.com/, often can also help you build a common language so others can recognize when you need additional supports and provide direct links to community supports

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.

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military personnel far from home. They raised a family of three children and Cynthia was a constant resource for their schools' activities. It didn't matter if it was working on a committee or in the school kitchen, Cynthia was always there with her hand up. Her favorite school activity was being the team "Hockey Mom". There she worked with high school coach Jeff Wood, forming a friendship that endures to this day. The years rolled on and Cynthia was cognizant to set a good example for both the children and the grandchildren [4]. In 2018 she went from student to co-leader in the "Strong Bones" exercise program with Clinton County AmeriCorps Seniors at the Peru Community Church. After COVID she became certified to a full leadership role. Her activities continued to grow, and she became triple certified by teaching Tai Chi and Range of Motion [Arthritis Foundation].

Cynthia has some simple advice to those volunteering in New York State. "Volunteering is the best job in the universe. The fact that you can help others by volunteering is a gravy train. You smile and laugh when going to work because there's nothing better than helping others."



Sepsis: Signs and Symptoms



**High heart
rate or
weak pulse**



**Fever,
shivering,
or feeling
very cold**



**Confusion or
disorientation**



**Shortness
of breath**



**Extreme pain
or discomfort**



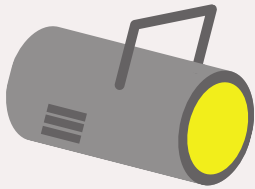
**Clammy or
sweaty skin**

**GET AHEAD
OF SEPSIS**

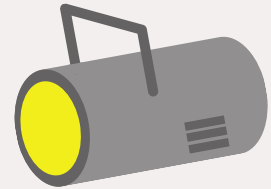
Learn more at
cdc.gov/sepsis



CS350575-A



Program Spotlight



Rural Transportation Program

The Rural Transportation Program (RTP) helps adults age 60 and over in Clinton County, who need transportation to get to their medical appointments. JCEO staff link older adults to volunteers in the community who provide a ride to medical appointments throughout Clinton County.

To access the service, older adults may contact the Community Outreach Center in their town. Older adults residing in the Towns of Schuyler Falls and Beekmantown, as well as in the City of Plattsburgh, should contact the JCEO main office for assistance at 518-561-6310. While there is no fee to use the service, voluntary contributions are accepted. No one will be denied service due to an inability or unwillingness to contribute.

Current program volunteers speak about how rewarding it is to help others in their community. Additional volunteers are always needed, so please call JCEO Senior Outreach at 518-561-6310 for more details, including information about mileage reimbursement.

This service is funded through a cooperative effort by the Clinton County Office for the Aging and the New York State Office for the Aging.



A Message from NYSOFA Director Greg Olsen on Federal Actions and Agency Restructuring Efforts (May 2025 Update)

By NYSOFA Director Greg Olsen

I know that there is unease and uncertainty about the status of programs and services in the federal budget that supports older adults and their families, regardless of age. While there have been no actions that directly impact NYSOFA at this time, the U.S. Health and Human Services (HHS) Fiscal 2026 budget request provides details on what HHS is proposing to continue to fund, versus what it is proposing to eliminate. The information below is factual and comes directly from the HHS proposed budget, but it must be approved by Congress and signed by the President in order for it to become law beginning October 1, 2025, which is the start of the federal fiscal year.

By way of background, NYSOFA learned a month or so ago that our federal administering agency, the Administration for Community Living (ACL), has been dissolved and that 50% of ACL staff were terminated. The Administration on Aging, which implements the Older Americans Act, provides NYSOFA and all the other states with funding to support older adults, such as funds for home delivered and congregate meals, transportation, personal care, case management, evidence-based programs, support for caregivers and more. Some of ACL's functions have been moved to different parts of HHS.

NYSOFA and the Association on Aging in New York presented at the national American Society on Aging (ASA) conference last week to show our many innovative projects, and to provide a more in-depth conversation on the proposed Federal FY 2026 budget request from HHS. Below is a small snapshot of the HHS request for FY 26 that we are paying attention to. We will continue to analyze all departments at the federal level to better understand additional possible impacts being proposed that affect older adults and their families.

Administration for Community Living

The following programs are proposed to be eliminated in the federal budget:

- **Title IIID** – evidence-based programs to improve overall health, manage chronic conditions, prevent falls, etc.

- **Title VII** – the Long Term Care Ombudsman Program, which provides staff and volunteers for nursing homes and residential facilities to assure quality of care on behalf of the residents.
- **Title VII** – Elder Abuse prevention and mitigation.
- **Lifespan Respite** to provide respite services to individuals caring for someone else.
- **SHIP/HICAP** – programs that provide objective information and assistance to help individuals on Medicare choose their coverage and prescription plans, problem solve, assist with benefit applications, etc.

Additional Programs Proposed Eliminated

- **Adult Protective Services** – investigates and helps solve elder-abuse cases.
- **Falls prevention** programs that reduce the fear and risk of falls for older adults.
- **CDSME** – chronic disease self-management programs to help older adults manage their conditions and remain healthy.
- **LIHEAP** – the Low Income Home Energy Assistance Program, which provides assistance with heat in the winter and cooling in the summer.
- **CSBG** – The Community Services Block Grant (CSBG), which provides financial assistance to states, territories, and tribes to support services aimed at alleviating poverty and improving the conditions of low-income communities.
- **Title V** – Older worker program helps individuals age 55+ access employment and teach employment skills.
- **Alzheimer's disease research**
- **Rural hospital grants**
- **Mental health and substance abuse programs**, including overdose prevention
- **Health care workforce programs**
- **National Center for Chronic Disease Prevention and Health**
- **Cuts to food banks**



I have used the words “proposed” many times because, at this time, that is exactly what these are: proposed program eliminations. The beauty of living in a democracy is that we all have a voice. To learn more, visit <https://agingny.org/>.

What can you do about these proposed cuts?
Contact your elected officials.
See page 11 for contact information.

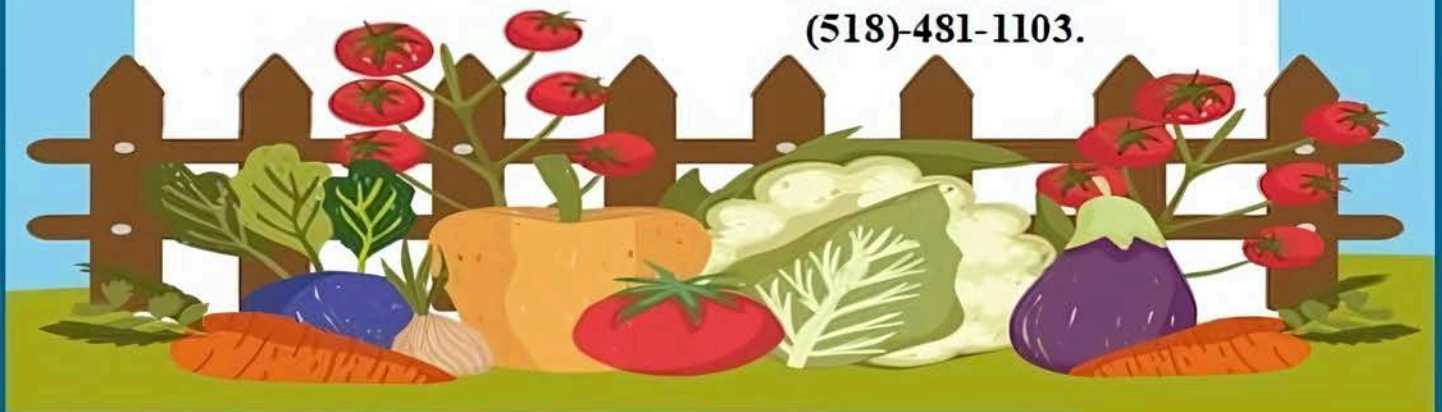


June is a good time to be gearing up to grow!

Gardens can be a great way to increase your access to fresh fruits, vegetables and herbs, but did you know that you can grow several types of fruits, vegetables and herbs in containers? Container gardening is a good option for anyone, no matter how small your home is, or whether or not you have a yard! Growing your own herbs and food-producing plants can be especially rewarding and budget friendly too! This year the Office for the Aging will be distributing 500 total hanging cherry tomato baskets through our SNAP-Ed program! Our container gardens are offered for free with no cost to the recipients. Limited to one basket per person on a first come, first serve basis. Please call **Ally** at **(518)-481-1532** to reserve one for pickup or delivery!

Are you able to pick up your container garden, but you aren't sure when? Some of our container gardens will be distributed at our Annual Picnic in the Park in Bombay, NY! This year our picnic will be hosted on June 26th, 2025. If you would like to make a reservation to attend our Picnic in the Park—Please contact **Emily** to reserve your spot at

(518)-481-1103.



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





NYS Department of Motor Vehicles Scam Alert



DMV WARNS NEW YORKERS TO BE WARY OF SCAMS SEEKING PERSONAL INFORMATION

Texts falsely claiming to be from DMV demand customers pay fines

The New York State Department of Motor Vehicles (DMV) is warning customers to be wary of the latest phishing scam, where bad actors seek to gain access to personal information by pretending to be from the DMV.

This is the latest in a series of such text message phishing schemes that DMV has warned New Yorkers to avoid. Previous scams have claimed that E-ZPass accounts were about to be suspended.

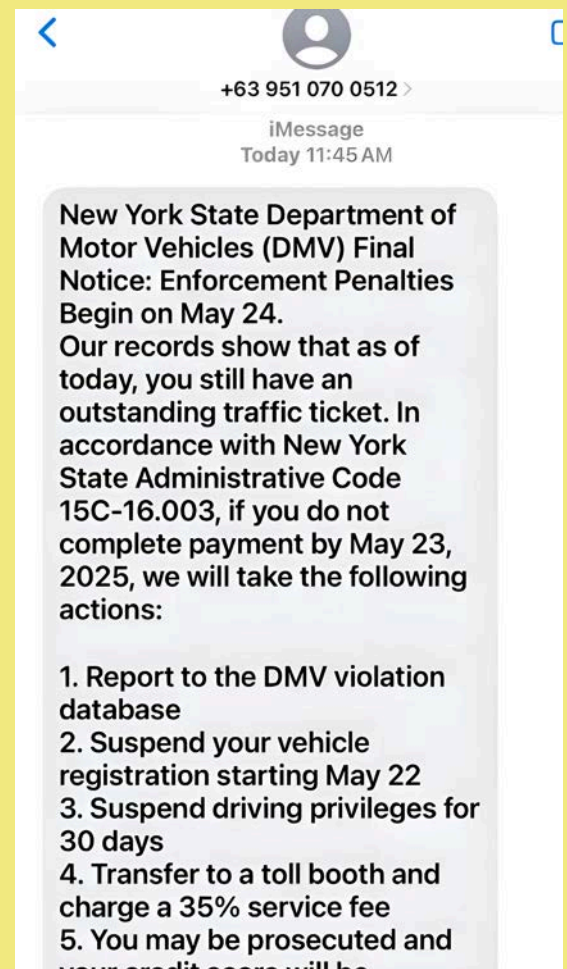
Phishing texts are fraudulent messages designed to obtain data or sensitive personal information to be used to commit identity theft or trick the recipient into installing malicious software onto a computer or mobile device.

"These scammers flood phones with these texts, hoping to trick unsuspecting New Yorkers into handing over their personal information," said DMV Commissioner Mark J.F. Schroeder. "DMV will not send you texts asking for your personal information." DMV provides information on these phishing attacks on its website.

The New York State Department of Information Technology Services provides advice on avoiding these phishing attacks.

- Be cautious about all communications you receive, including those that claim to be from "trusted entities." Be careful when clicking any links contained within those messages. If in doubt, do not click.
- Do not send your personal information via email. Legitimate businesses will not ask users to send sensitive personal information through email.
- Keep an eye out for telltale signs: poor spelling or grammar, the use of threats, or the URL does not match that of the legitimate site.
- Be wary of how much information you post online. The less information you post, the less data you make available to a cybercriminal for use in developing a potential attack or scam.

To the right is an example of what the latest scam looks like:



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
ROUSES
POINT

518-561-8696

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
2 HERBED CHICKEN Baked Potato California Blend Veggies Wheat Bread Peaches	3 ROAST TURKEY w/ GRAVY Mashed Potatoes Harvest Blend Veggies Tapioca Pudding	4 SPAGHETTI w/ MEAT SAUCE Italian Blend Veggies Sourdough Bread Carrot Cake	5 ROAST BEEF & PROVOLONE SANDWICH Tri Colored Slaw Lettuce & Tomato Oatmeal Raisin Cookie	6 VEGETABLE QUICHE Home Fries Blueberry Muffins Fresh Fruit
9 HAWAIIAN PORK CHOPS Rice Pilaf Oriental Veggies Pears	10 CHICKEN ALFREDO Tossed Salad Italian Bread Chocolate Chip Cookie	11 SWISS STEAK Spiral Noodles Peas & Carrots Sugar Cookie	12 PULLED BBQ CHICKEN ON BUN Oven Roasted Potatoes Veggie Of The Day Birthday Cake	13 BAKED FISH Red Smashed Potatoes Sliced Carrots Wheat Bread Fresh Fruit
16 SPANISH RICE Fiesta Corn Whole Wheat Bread Mandarin Oranges	17 EGG SALAD SANDWICH Macaroni Salad Lettuce & Tomato Chocolate Pudding	18 BAKED HAM w/ RAISIN SAUCE Sweet Potatoes French Green Beans Spice Cake	19 CLOSED 	20 BREADED CHICKEN Rosemary Potatoes Beets Dinner Roll Fresh Fruit
23 MACARONI & CHEESE Stewed Tomatoes Dinner Roll Fruit Cocktail	24 MICHIGAN ON BUN Oven Brownd Potatoes Four Bean Salad Chocolate Chip Cookie	25 CHICKEN & BISCUITS Mashed Potatoes Mixed Veggies Baker's Choice	26 ROAST PORK w/ GRAVY Mashed Potatoes Peas w/ Pearl Onions Strawberry Shortcake	27 TURKEY BURGER ON BUN Whole Roasted Potatoes Sliced Carrots Fresh Fruit
30 CHICKEN PARMESAN CASSEROLE Italian Blend Veggies Sourdough Bread Pineapple				

What Can You Do?

Contact your elected officials to voice your concerns regarding the proposed eliminations and the separation of the Older Americans Act services and programs

Your voice matters!

NYS REPRESENTATIVE

Elise Stefanik—(202) 225-4611

2211 Rayburn House Office Building, Washington, DC 20515

NYS Senators

Charles Schumer—(202) 224-6542

313 Hart Senate Building, Washington, DC 20510

Kirsten Gillibrand—(202)224-4451

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 _____

Spotting the Signs of Elder Abuse

Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited.

Here are signs that an older adult in your life may be experiencing abuse:



Physical

Unexplained injuries or physical signs of punishment or restraint, such as bruises, scars, or burns

Emotional

Depression, anxiety, or changes in behavior

Neglect

Preventable health problems such as bedsores or unclean living conditions

Abandonment

Leaving an older adult who needs help alone without planning for their care

Sexual

Changes in mood, becoming withdrawn, or other physical signs

Financial

Changes in banking or spending patterns

If you suspect an older adult is being abused, talk with them and report what you see to an authority.

Learn more at www.nia.nih.gov/elder-abuse.



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.