



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Healthy Aging - Going to the Doctor's Regularly

Going to the doctor for regular health screenings is essential for healthy aging. Getting regular check-ups helps doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. People who went to the doctor regularly also reported improved quality of life and feelings of wellness.

Improvements in laboratory, imaging, and similar biological tests help uncover and monitor signs of age-related disease. Harmful changes in the cells and molecules of your body may occur years before you start to experience any symptoms of disease. Tests that detect these changes can help medical professionals diagnose and treat disease early, improving health outcomes.

Visit the doctor at least yearly and possibly more depending on your health. You cannot reap the benefits of medical advancements without regular trips to the doctor for physical exams and other tests. Regular screenings can uncover diseases and conditions you may not yet be aware of, such as diabetes, cancer, and cardiovascular disease. If you only seek medical attention when you're experiencing symptoms, you may lose the chance of having your doctor catch a disease in its earliest stages, when it would be most treatable. Regular check-ups can help ensure you could start treatment months or years earlier than would have been possible otherwise.

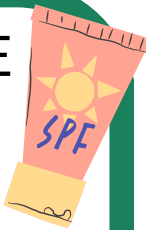
Adapted from: <https://www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging>



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MESSAGE FROM THE DIRECTOR



BY: DARLEEN COLLINS

Now that summer is finally here, let's think about sun safety. Due to skin changes as we age, older adults can be more vulnerable to skin damage. Use the following safety tips to protect yourself from the sun:

- Pay attention to the time. The sun's UV rays are the strongest between 10am - 4pm. Try to schedule your time outside in the early morning or afternoon. If you must be outside during this time, stay in the shade.
- Use the right sunscreen. Choose a sunscreen that is SPF 15 or higher and has "blocks UVA and UVB" or "broad spectrum" on the label.
- Use sunscreen correctly. Sunscreen should be applied 20 minutes before being in the sun and then reapplied every two hours. Be sure to reapply immediately after swimming or heavy sweating.
- Wear protective clothing. Wearing protective clothing like a wide-brimmed hat, a long-sleeved shirt, and long pants can protect you from the sun's harmful rays. Some types of outdoor clothing are designed to filter UV rays. Also, be sure to remember your UV-filtering sunglasses.



Cornell Cooperative Extension Clinton County

Exercise Programs

Monday - Friday

9 - 10 am online

Links on CCE website:

www.cceclinton.org

Senior Citizens Council of Clinton County

Offer a variety of activities including exercise programs.

Programs include:

Senior Fitness

Tai Chi

Zumba Gold

Shuffleboard

Card Games

Scrabble

Mah Jongg

Knitting

Crocheting

Wii Bowling

and more!

See the activity schedule

on their website at

<https://www.seniorsinclintoncounty.com>

or call 518-563-6180 for more info.



CAREGIVER CORNER

Caregiving With Parkinsons: A Caregiver's Story

by Ray Alexander

Up until January of 2021 Connie Ayotte had a pretty normal life. Her father Richard Delisle [now 93 years old] had been diagnosed with Parkinsons in 2019 but her mom had a good handle on his care. But life can change in a heartbeat both figuratively and literally. At 12:15 on January 12th Connie lost her mother to a massive heart attack. Just like that her life was irrevocably changed. As the “only child” it now fell to her to be her father's caregiver. So sudden was the transition that Connie has never been able to truly mourn her mother's death.

Her story is not a unique one. Over one million people suffer from Parkinsons in the U.S. alone. This number is expected to double by 2050. Like most of us Michael J. Fox and Muhammad Ali came to mind when she thought about Parkinsons [tremors etc.]. To her surprise she learned that there are multiple types of the disease which can manifest a variety of symptoms. Richard does not present with tremors. One of the chief symptoms for him is slowness of movement [bradykinesia]. He can barely walk with the use of a walker, feed himself and physically that's pretty much it. One of his indicators had been his talking and losing his words mid-sentence. While short term memory has suffered greatly, he remains in many ways “sharp as a tack” for long term memory. As one of his doctors stated it's like he is reading a book and forgetting to turn the page. The doctor also noted one significant difference from Alzheimer's. “If you can remember that you forgot, then it's not Alzheimer's.” Richard also suffers from diabetes and high blood pressure which further complicates his care. Fortunately, as a state retiree her father has good insurance.

They travel to UVM Burlington every three months to meet with his neurologist. His medications have been huge in slowing the progression but cannot stop the disease. Connie states that there is

a lack of neurologists and other specialty doctors in the area which increases the difficulty of care. She also wishes there were more aides who are physically capable of the rigors of the job. The toll upon her as a caregiver has been profound. I asked her what her typical stress level is [1-10] on an average day she said an 8. Of course, she has moved in with her father to facilitate his care. She thanks God for his aide Pam who she describes as amazing. She also gave kudos to Nicole at Office for the Aging for her help and support. When asked what's a good day she replied "when he gets up clean [unsoiled] can put in his teeth and eat breakfast. Its almost like he is normal again". For her a day outside mowing the lawn is "absolutely wonderful". A bad day? None of those things happen and "it's like he is not my father anymore and he is just there".

Richard still enjoys it when his grandchildren and great grandchildren come to visit. They all do their best to pitch in and help. Even the rescue dog Millie has alerted Connie when Richards blood pressure had dropped to 80/40! He also enjoys their pet bunny. Over the last 3 years Connie has lost her husband, mom, best friend, uncle, two aunts, 3 dogs and 2 cats [that part of the interview floored me]. She tries her best to take care of herself, but it is difficult. The physical demands have taken their toll as she deals with her own health issues. She has done her best to retain her sense of humor. "It's not the retirement that I had planned on" she quipped." Fortunately, her father has always been a relaxed good-hearted man, and he is never mean.

When asked what advice she would offer to other caregivers she didn't hesitate. "You have to speak to someone. She speaks with a counselor, which has been a great help. She finds it difficult to speak to others about her situation. "Unless they have went through it [and not for just a day] it is impossible for them to truly understand its totality of the situation" she explained. "I can't get up in the morning and say I'm gonna do this. In many ways it's harder than having a baby". I would definitely agree.

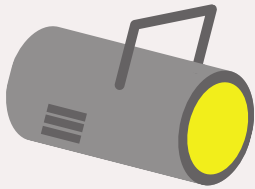
If you need support or resources during your caregiving journey, call the Clinton County Office for the Aging Caregiver Resource Center at 518-565-4620.

The Parkinson's Foundation has additional resources and supports.

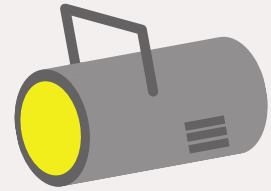
To find out more see their website at:

<https://www.parkinson.org>

or call the helpline at 1-800-4PD-INFO (473-4636)



Program Spotlight



Senior Farmers Market Nutrition Program

The Senior Farmers Market Nutrition Program (SFMNP) is a program administered by the New York State Department of Agriculture and Markets. In collaboration with the New York State Office for the Aging and Cornell Cooperative Extension, the program promotes local farmers by expanding their sales at farmers' markets, while fostering healthy communities through the consumption of locally grown fresh fruits and vegetables.

Eligibility is based on age and income. You must be age 60 or over and have gross monthly income at or below 185% of federal poverty guidelines. Each SFMNP coupon booklet is worth \$25 and contains five (5) \$5.00 coupons. Coupons must be used by recipients no later than November 30th, however, most farmers' markets close prior to that date, so don't delay. Another important point is that lost coupons can not be replaced, so keep your coupons in a secure location.

In Clinton County, Office for the Aging works with area partners to distribute coupons to eligible older adults at a variety of distribution sites throughout the county. Proxies are allowed for the 2025 season. The eligible recipient must complete a Statement of Eligibility form, as well as a Proxy form authorizing another individual to pick up your coupons. Hand written notes are not accepted. Please contact Office for the Aging at 518-565-4620 to receive the necessary forms. See page 7 for distribution locations and income guidelines.



Symptoms of Parkinson's Disease

Parkinson's disease is a progressive movement disorder of the nervous system. It can manifest as a variety of symptoms, including tremors, rigidity, slow movement, and balance problems. Non-motor symptoms like sleep disturbances, depression, and cognitive changes can also occur. While not curable, there are medications and treatments that can significantly slow the progress of the disease and improve quality of life.

Motor Symptoms

Tremors: Shaking often in the hands, arms, legs, or face, especially when at rest.

Rigidity: Stiffness or resistance to movement in the arms, legs or neck.

Bradykinesia: Slow movement, including slow walking, difficulty with fine motor coordination, and a mask-like facial expression.

Posture Instability: Impaired balance and difficulty with maintaining upright posture.

Shuffling Gait: Short, rapid steps and a stooped posture.

Freezing: A sensation of being stuck in place, especially when beginning a step or turning.

Dysarthria (slurred speech) and hypophonia (soft voice): Difficulty with speaking due to changes in the vocal cords and speech muscles.

Non-Motor Symptoms

Cognitive difficulties: Memory problems, difficulty with planning and organization, and in some cases dementia.

Depression and anxiety: Mood changes can be a common symptom.

Sleep disturbances: Insomnia, REM sleep behavior disorder, and excessive daytime sleepiness.

Sensory changes: Loss of smell, pain, and skin problems.

Swallowing difficulties: Dysphagia which can lead to choking.

Urinary and bowel problems: Constipation and urinary incontinence.



Farmers Market Coupons

will be available to pick up at the following locations:

2025 DATES	LOCATION	TIME
Wednesday, July 9th	Beekman Towers - <i>Outside Main Entrance</i> , 50 Truman Ave	10:30 am - Noon
Thursday, July 10th	Beekmantown - Town Hall Parking Lot, 571 Spellman Rd	10:30 am - Noon
Friday, July 11th	Rouses Point Farmers Market - Dodge Memorial Library 144 Lake St	3 pm - 6 pm
Saturday, July 12th	Plattsburgh Farmers Market - 26 Green St	9 am - Noon
Monday, July 14th	Senior Center - 5139 North Catherine St.	10:30 am - Noon
Tuesday July 15th	Peru - Rulfs Orchard Parking Lot, 531 Bear Swamp Rd	10:30 am - Noon
Wednesday, July 16th	Champlain – Town Hall Parking Lot, 10729 Route 9	10:30 am - Noon
Friday, July 18th	Chazy - Town Hall Parking Lot, 9631 US 9	10:30 am-12noon
Saturday, July 19th	Champlain Farmers Market - Paquette Park Gazebo Main St (Route 9)	9 am - 11am
Monday July, 21st	Robert S. Long - Gazebo	10:30 am - Noon
Wednesday , July 23rd	Lake View Towers/Russell Barnard - Outside Seating Area	10:30 am - Noon
Thursday, July 24th	Dannemora - Dannemora Community Outreach Center Meal Site, 40 Emmons St	11 am - Noon
Thursday, July 31st	Ellenburg - St. Edmunds Hall Meal Site, 5538 Route 11	10:30 am - Noon
Thursday, July 31st	St. Joseph's Outreach Center - 1349 Military Turnpike, Plattsburgh	1:30 pm - 3:30 pm

Who is Eligible?

- Must be **60 years or older**
- Monthly Income at or below 185% of Federal Poverty Level
\$2,413/month for a one-person household; or
\$3,261/month for a two-person household; or
\$4,109/month for a three-person household

Inquire for larger household sizes

- Only **one coupon booklet per eligible senior** in each household; while quantities last
- The eligible individual must sign up in person OR an eligible Power of Attorney or Proxy **with required paperwork** can sign for the coupons.



EFFICIENT EATS: COOKING FOR 1, 2, or 3

Planning and Prepping Tips from MyPlate

Planning and shopping for healthy meals for one person or smaller groups can be easy and cost-effective when done right. These tips will help you prepare delicious, nutritious meals and snacks while reducing food waste, saving time and money.



Make a list

Include a variety of healthy foods and beverages for any meal occasion (e.g., breakfast, snacks). Try organizing your shopping list by category or section of the store.



PRO TIP

Keep your list handy to write down items as you need them (e.g., on the fridge, pantry door, or try a mobile app).

Portion and store

When you buy items in large packages, like meat or vegetables, portion them into amounts you will eat for each meal occasion and safely store the rest to prevent waste.



PRO TIP

Explore different ways to store and preserve foods (e.g., freezing, drying, and canning).

Buy only what you need

Shop the bulk section so you can choose the amount of food you need (e.g., oats, lentils, etc.) or buy single servings of perishable items to reduce waste (e.g., individual guacamole packs). You can get small amounts at the deli counter and salad bar too.



PRO TIP

Stock up on favorites when they are on sale. Shelf-stable items like canned beans, pasta, rice, raisins, 100% juice, and peanut butter can be low-cost pantry staples to have on hand for a quick meal or snack.

Have a plan

Start by creating a weekly meal plan - consider ingredients that can be used in multiple recipes to save money and reduce waste.



PRO TIP

Start with a plant-based (e.g., beans, tofu, nuts) or lean (e.g., chicken breast, pork tenderloin) protein food that can be repurposed across meals (e.g., in a soup/stew/chili, as part of a casserole, for a salad topping).

Prep ahead

Set aside time weekly to chop vegetables, wash greens, bake potatoes, cook grains (e.g., rice, quinoa, pasta), and marinate protein foods so that you can quickly and easily put together meals on busy days.



PRO TIP

Label containers with the date and content; use tape or stickers for easy removal.

Be mindful when produce shopping

Fresh fruits and vegetables have a limited shelf life. Balance your cart with nutrient dense options from any section of the store - fresh, dried, canned, frozen, and 100% juice.



This applies to other food groups too (e.g., tuna canned in water, shelf-stable dairy or dairy alternatives).

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



Guard your card


Follow these tips to prevent Medicare ID fraud:

- Keep your Medicare and Social Security cards secure.
- Don't share your numbers with anyone but your health care team.
- If someone calls and asks for your Medicare information, hang up. Medicare will only call you if you've called and left a message or if a representative said that someone will call you back.
- Check your statements carefully and log into [medicare.gov](https://www.medicare.gov) to spot possible fraud and billing mistakes.
- Report suspicious activities by calling 800-MEDICARE (800-633-4227) or by calling the Senior Medicare Patrol at 877-808-2468.





*This menu is approved
 by a Registered
 Dietitian.*
**MENU SUBJECT
 TO CHANGE.**

DINE-IN SITES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER 518-561-7393		1 HAM & CHEESE ON RYE Potato Salad Tri Slaw Fruited Jello	2 CHICKEN ALFREDO Broccoli Italian Bread Oatmeal Raisin Cookie	3 HAMBURGER ON BUN Baked Beans Capri Blend Veggies Fresh Fruit	CLOSED 
BEEKMAN TOWERS 518-561-5360					
ELLENBURG 518-594-7311					
DANNEMORA 518-310-9089	7 BREADED CHICKEN Rosemary Potatoes Beets Dinner Roll Pears	8 SPAGHETTI W/ MEAT SAUCE Tossed Salad Italian Bread Sugar Cookie	9 TURKEY & SWISS SANDWICH Broccoli Corn Salad Lettuce & Tomato Fruit Parfait	10 BBQ PORK ON BUN Oven Browned Potatoes Creamy Coleslaw Birthday Cake	11 HERBED CHICKEN Mashed Potatoes French Green Beans Rye Bread Fresh Fruit
LAKEVIEW 518-561-8696					
ROUSES POINT 518-534-1852	14 HONEY MUSTARD PORK CHOP Red Potatoes Spinach Whole Wheat Bread Pineapple	15 MEATLOAF W/ GRAVY Mashed Potatoes Harvest Blend Veggies Strawberry Shortcake	16 SWEET & SOUR CHICKEN Rice Peas & Carrots Lemon Mousse	17 CHEF'S SALAD W/ HARD BOILED EGG Dinner Roll Peanut Butter Cookie	18 GOULASH Wax Beans Dinner Roll Fresh Fruit
Senior Citizens Council of Clinton County, Inc. Nutrition Program	21 CHICKEN STEW Sliced Carrots Wheat Bread Peaches	22 CHICKEN SALAD SANDWICH Macaroni Salad Lettuce & Tomato Jello Cake	23 SCALLOPED POTATOES W/ HAM Spinach Rye Bread Maple Cookie	24 ROAST BEEF W/ GRAVY Red Smashed Potatoes Green Beans Tapioca Pudding	25 MICHIGAN Baked Beans Mixed Veggies Fresh Fruit
Funded by Clinton County Office for the Aging and New York State Office for the Aging.	28 ENCHILADA CASSEROLE Fiesta Corn Fruit Cocktail	29 ROAST TURKEY W/ GRAVY Mashed Potatoes Peas W/ Pearl Onions Molasses Cookie	30 SAUSAGE, PEPPERS & ONIONS ON A ROLL Home Fries Italian Bread Chocolate Mousse	31 SWEDISH MEATBALLS Egg Noodles California Blend Veggies Carrot Cake	

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:

Dizziness

Muscle cramps

Swelling in your ankles and feet

Nausea and weakness

Rapid pulse

Tips to prevent hot-weather illness:

Drink liquids

Limit caffeine and alcohol

Wear light-colored, loose fitting clothes

If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

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 _____

Tips for Healthier Skin as You Age



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.