



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Healthy Aging - Social Isolation and Loneliness

As people age, changes such as hearing and vision loss, memory loss, disability, trouble getting around, and the loss of family and friends can make it difficult to maintain social connections. This makes older adults more likely to be socially isolated or to feel lonely. Although they sound similar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly.



Did you know that social isolation and loneliness can have serious health consequences? Studies have shown an increased risk for heart disease, depression, increased rate of cognitive decline, and chronic lung disease. On the flip side, making new social contacts is associated with improved physical and psychological well being.

How can you make new connections? Take a class. If you are homebound, there are online classes available. There are also friendly visitor programs in which you can be connected with someone via telephone or in-person visits. You could also go to the senior center or a congregate meal site. Local libraries offer a variety of programs as well. Volunteering can also lead to new social connections. Need more suggestions? Call Clinton County Office for the Aging at 518-565-4620 or JCEO Senior Outreach at 518-561-6310.

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

It seems like summer just started, but fall is just around the corner.

We anticipate early outreach HEAP applications will be sent to consumers in late August or early September, so keep an eye out if you are expecting one. As a reminder, HEAP is a supplemental program and is not designed to cover your entire heating cost.

We will be offering another Living Healthy with Chronic Conditions workshop. This six-week course will take place **beginning September 17th** at the Champlain Meeting House in the Village of Champlain. Classes will be from 12:30 pm to 3 pm. This workshop is offered by Clinton County Office for the Aging and is free for individuals age 18 or over who have one or more chronic conditions. Chronic conditions include, but are not limited to: diabetes, heart disease, arthritis, anxiety, depression, and more. Join us and learn a range of strategies that can enhance your health and well-being. Call Tammy at Clinton County Office for the Aging at 518-565-4620 for registration.



CALL for VOLUNTEERS

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

Supporting a Loved One With Mental Health Conditions

It can be very challenging to support a loved one with a mental health condition. Mental health conditions come in a variety of forms and can affect individuals in a variety of ways. It is not always easy to recognize the signs of a mental health condition.

Many individuals do not identify as a caregiver if they are not providing physical care. When caregiving for a loved one with a mental health condition, caregiver tasks may include providing emotional support, helping to manage day-to-day tasks, advocating for them, encouraging them to seek help, and supporting them during challenging times.

You may worry about not being able to do enough or doing the wrong thing. It is important to recognize there are things you can not do alone and things you can not change. Understanding what is possible and understanding your limits may make you feel less helpless. Learn more about your loved one's conditions and plan ahead when possible for issues that might come up. Try creating a list of signs of becoming unwell while your loved one is well, and discuss what help they want from you if they become unwell again.

Self-care is an important part of caregiving. Things like getting enough sleep, exercising, eating healthy meals, and practicing calming techniques such as meditating or yoga can help.

Support groups are another resource for caregivers. These groups can offer social connections, as well as information and advice. Some support groups are offered online as well. As a caregiver, you are not alone, but it is important to seek out help when needed.

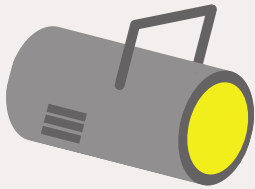
If you need support or resources during your caregiving journey, call the Clinton County Office for the Aging Caregiver Resource Center at 518-565-4620.



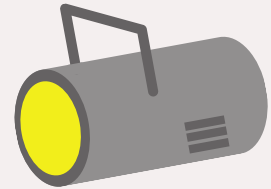
12 Tips to Avoid Scams



- Be wary of someone offering you a great deal that seems too good to be true or pressuring you to act quickly.
- When in doubt say “no” or just hang up if you feel uncomfortable or suspicious about a phone call. Ignore suspicious emails or text messages. In today’s day and age paranoia is good sense.
- Never send money using a gift card or wire transfer directly to a seller or unknown person, it is impossible to get back.
- Do not click on suspicious links or attachments in text messages, emails, websites or social media (Facebook)
- Be suspicious of any person or company asking you by either phone or email to update your password or account information. Look up the company’s phone number on your own and call the company to find out if the request is real.
- Keep personal information in a safe and secure location.
- Do not share passwords for accounts, credit cards, Social Security or email.
- Monitor your financial accounts by setting up alerts for unusual activity. Review statements more frequently during the holidays.
- Build a strong support network and keep in touch with others to prevent social isolation.
- Stay informed about current scams and keep up to date on official warnings about current scams or fraud.
- Use a crosscut shredder to dispose of any confidential documents.
- Pay with a credit card and not a debit card (credit cards limit your liability).



Program Spotlight

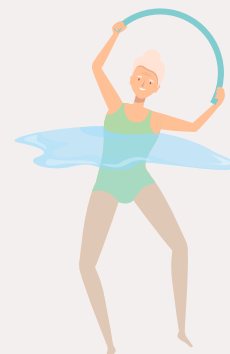


Plattsburgh YMCA Arthritis Foundation Aquatic Program

The Plattsburgh YMCA offers the Arthritis Foundation Aquatic Program for older adults ages 60 and over. This program is a warm water exercise program for people with arthritis and related conditions. The program was designed to reduce fatigue, pain, and stiffness for participants, while improving mobility, muscular strength, coordination, balance and cardiovascular function. This is an evidence-based program, meaning it is based on research and provides documented health benefits.

The class is led by a certified instructor. Components of the exercise class are a warm up, mild to moderate aerobic activity, functional exercise movements with or without resistive equipment, and range of motion exercises. Classes are held Mondays and Wednesdays from 11 am to Noon.

YMCA membership is not required to participate in this class, as it is sponsored by Clinton County Office for the Aging. All participants are provided the opportunity to make a voluntary contribution, however, your level of service will not be impacted by an inability or unwillingness to contribute.



Focus on Arthritis

Arthritis is a medical condition characterized by joint pain, stiffness and inflammation (swelling). It is not a single disease, but rather a term encompassing over 100 different conditions primarily affecting the joints and tissues around the joints. The two most common forms of arthritis are Osteoarthritis and Rheumatoid Arthritis.

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of the bones wears down over time. This wear and tear can also be hastened by a joint injury or infection. Eventually, if the cartilage wears down completely, bone will rub on bone. Although it can strike any joint, the most commonly affects joints in the hands, knees, hips and spine. The symptoms can usually be managed but the damage to the joints can't be reversed. Some of the factors that increase your risk of osteoarthritis include advanced age, sex (female), obesity, joint injuries and genetics.

Rheumatoid Arthritis is a chronic condition that causes pain, swelling and inflammation in the joints. But it can also damage other parts of the body including the skin, eyes, lungs, heart and blood vessels. It is caused when the body's immune system attacks its own tissues by mistake (autoimmune condition). It differs from the more common Osteoarthritis (some people have both). With Rheumatoid it affects the lining of the joints and eats away at the bone under them. This causes painful swelling that can cause joints to deform. This swelling can also damage other parts of the body too. New medicines have dramatically improved treatment choices. However, it can still cause long-term damage and increase the risk of heart disease. Joint stiffness is often worse in the mornings and after periods of rest. Periods of discomfort can last for 45 minutes or longer (called flares). In the beginning only a few joints may be affected. As the disease progresses it may spread to more joints. Often symptoms affect the same joints on both sides of the body. Areas that may be affected include the skin, eyes, lungs, heart, nerve tissue and blood.

Treatments: If you have joint pain or stiffness that lingers, see your doctor or healthcare professional as soon as possible. They can advise you on the appropriate course of action for pain relief. Possible treatments include topical pain relievers, anti-inflammatory medications, physical therapy, and lifestyle adjustments. In some cases, surgery may be necessary/possible.



Summertime Pet Safety



Summer is a great time of year. It's the season of beaches, barbecues and fun. But it's also a time of danger for our four-legged friends. Here are some safety tips and reminders.

NEVER leave your pet in the car alone! Cars heat up quickly and will reach deadly levels in a very short time (even with windows cracked). Even leaving the car's AC on is not without danger. Cars can overheat when parked and idling. When they do so the AC can switch from cool air to heat (in an attempt to cool the engine) and the results can be tragic.

Ensure pets have access to fresh cool water: Tip-proof bowls are best.

Ensure pets have access to plenty of shade when outside: Keep in mind that shade will change or diminish as the sun moves throughout the day. Only allow them outside for short periods of time.

Limit Outdoor Activity: Avoid strenuous exercise during the hottest part of the day. Walk pets in the early morning or late evening when temperatures are cooler.

Watch for Signs of Heatstroke: Symptoms include excessive panting, drooling, lethargy, vomiting and diarrhea. If you notice any of these signs, contact your veterinarian immediately.

Be Aware of Vulnerable Pets: Flat-faced dogs and cats are more prone to heatstroke due to their diminished ability to pant. Also senior, overweight pets and those with health conditions are even more vulnerable.

Mind the Pavement: Asphalt and concrete can get very hot and cause burns to your pet's paws.

What is the Seven Second Rule?

Place the back of your hand on the area to be walked upon. If you can't comfortably leave it there for seven seconds then it is too hot for your pet. Keep in mind that black top will be even hotter than concrete. Usually, the darker the surface the hotter it will be.



National Farmer's Market Week August 3rd through 9th 2025



Benefits of Farmer's Markets:

- Increases access to fresh, local produce.
 - Fresh produce is typically richer in vitamins and minerals enhancing overall health.
 - Also providing a variety of other local products.
- Supports local farmer's and economy
- Access to seasonal foods
 - Markets emphasize seasonal produce at their peak flavor and nutritional value. Also encourages a diverse diet.
- Community engagement and education
 - Vendors can share their knowledge about their farming practices, nutrition and cooking tips.
- Environmental benefits
 - Purchasing locally, helps support the sustainability practices that assist with environmental conservation and promote biodiversity.
- Affordability and Accessibility
 - Many studies have shown that prices for fresh produce can be lower at farmer's markets than supermarkets, especially for in-season items. Also, many markets accept SNAP benefits or Senior Farmer's Market Coupons

Clinton County Farmer's Markets:

Champlain Farmer's Market Paquette Park Gazebo Main St. Saturday's 9am-12pm	Northern Orchard Farm Stand 470 Union Rd. Peru Daily 10am-5pm	Plattsburgh Farmers' and Craft Market 26 Green Street Saturday's 9am-2pm	Rouses Point Farmer's Market Dodge Memorial Library 144 Lake St. Friday's 3pm-6pm
Rulf's Orchard Farm Stand 531 Bear Swamp Rd. Peru Daily 6am-6pm	Shield's Vegetable Farm Stand 6303 St. Rt. 22 Plattsburgh Daily 10am-6pm		

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

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

Let's Talk About Scams

When: Tuesday August 19 at 10:00 am

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

Location: Town of Champlain Office Building
10729 Route 9 Champlain 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.



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:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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					1 HAWAIIAN PORK CHOP Rice Pilaf Oriental Veggies Dinner Roll Fresh Fruit
	4 VEGETABLE QUICHE Home Fries Blueberry Muffins Pears	5 SWISS STEAK Spiral Noodles Peas & Carrots Chocolate Chip Cookie	6 EGG SALAD SANDWICH Lettuce & Tomato Pasta Salad Fruited Jello	7 ROAST PORK w/ GRAVY Mashed Potatoes Harvest Blend Veggies Strawberry Shortcake	8 MICHIGAN ON BUN Baked Beans Capri Blend Veggies Fresh Fruit
	11 TURKEY BURGER ON BUN Whole Roasted Potatoes Sliced Carrots Peaches	12 MACARONI & CHEESE Stewed Tomatoes Dinner Roll Oatmeal Raisin Cookie	13 PULLED BBQ CHICKEN ON BUN Roasted Whole Potatoes Coleslaw Blueberry Crisp	14 SAUSAGE, PEPPERS & ONIONS ON ROLL Macaroni Salad Green Beans Birthday Cake	15 BAKED FISH Red Smashed Potatoes Broccoli Fresh Fruit
Senior Citizens Council of Clinton County, Inc. Nutrition Program	18 CHICKEN & BISCUITS Mashed Potatoes Mixed Veggies Fruit Cocktail	19 CHEF'S SALAD w/ HARD BOILED EGG Dinner Roll Sally's Mexican Cake	20 HAMBURGER ON BUN w/ LETTUCE & TOMATO Tater Tots Broccoli Salad Tapioca Pudding	21 SPAGHETTI w/ MEAT SAUCE Italian Blend Veggies Sourdough Bread Sugar Cookie	22 BREADED CHICKEN Rosemary Potatoes Beets Wheat Bread Fresh Fruit
Funded by Clinton County Office for the Aging and New York State Office for the Aging.	25 SPANISH RICE Peas Whole Wheat Bread Mandarin Oranges	26 CHICKEN DIVAN Rice Pilaf Spinach Chocolate Cake w/ Peanut Butter Frosting	27 HAM & SWISS ON RYE Lettuce & Tomato Potato Salad Lemon Mousse	28 GOULASH Corn Tossed Salad Sourdough Bread Peanut Butter Cookie	29 HERBED CHICKEN Baked Potato California Blend Veggies Wheat Bread Fresh Fruit

Reminder: Don't forget to use your Farmers' Market Coupons

There is a large selection of locally grown fruits and vegetables to choose from. Use your coupons to get some of your favorites!

If you didn't get coupons, call Office for the Aging at 518-565-4620 for more information.



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 _____

(((Six Signs of Hearing Loss)))

About one-third of older adults have hearing loss, and the chance of developing it increases with age.

Trouble understanding
people over the phone

Finding it hard to
follow conversations
when two or more
people are talking

Often asking people
to repeat themselves



Needing to turn up the
TV volume higher than
other people do

Trouble understanding
others because of
background noise

Thinking that others
seem to mumble

To learn more about hearing loss, visit www.nia.nih.gov/hearing-loss.



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.