



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Healthy Aging - Falls Prevention

National Falls Prevention Awareness Month is observed each September. Did you know that every 11 seconds, an older adult is seen in an emergency room for a fall-related injury? Many falls are preventable. The following tips may help:

- Stay physically active. Try balance and strength training exercises. Yoga, Pilates, and tai chi can all improve balance and muscle strength. You can also try lifting weights or using resistance bands to build strength.
- Fall-proof your home. Make your home safer by using nightlights, installing grab bars in the bathroom, and securing carpets to the floor.
- Have your eyes and hearing tested. Even small changes to sight and hearing are link to an increased risk for falls.
- Talk with your healthcare provider about medication side effects.
- Get enough sleep. If you are tired, you are more likely to fall.
- Avoid or limit alcohol. Too much alcohol can lead to balance problems or falls.
- Stand up slowly to avoid dizziness.
- Use an assistive device if you need help feeling steady when you walk. Using canes and walkers correctly can help prevent falls.
- Keep your hands free to hold on to railings by using a shoulder bag, fanny pack or backpack.
- Choose the right footwear. To fully support your feet, wear nonskid, rubber-soled, low-heeled shoes.



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Adapted from: www.nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention

MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

There are lots of exciting things we are sharing in this months newsletter. See details on page 3 for the upcoming Parkinson's Foundation event coming in October.

On page 4, there is information about a new fitness program offered by the New York State Office for the Aging, called Vivo. Gather some friends to exercise with.

Senior Scholars Fall Session begins in October. Register early so you don't miss out. See page 9 for further details.

It's time to get prepared for colder weather. Prevent falls by keeping your walkways clear of leaves that can be very slippery when wet. Make sure to get your furnace or fireplace and chimney cleaned to prepare for heating season. Verify that smoke and carbon monoxide detectors are working correctly. Get vaccinated to prevent illness. Wash hands frequently to prevent the spread of germs. Ensure the home is kept at a consistently warm temperature to avoid discomfort and illness.



Caregiver Support

The Alzheimer's Disease Caregiver Support Initiative (ADCSI) offers free Memory Cafes in Clinton County on the 2nd Wednesday of the month at 1 pm at the Mooers Public Library located at 25 School Street in Mooers. Call or text Heidi Reyor at 518-569-0003 for more information or to RSVP.

There is also a support group facilitated by representatives of the Alzheimer's Association on the 1st Tuesday of the month at 6 pm at CVPH Medical Center, Auditorium C (1st Floor, Main Entrance)

Other events, such as cooking classes, concerts, and more are scheduled periodically. For more information visit ADCSI at www.wehelpcaregivers.com or call 1-800-388-0199





CAREGIVER CORNER

Free Parkinson's Foundation Event in Plattsburgh



LIVING WITH PARKINSON'S

Managing Changing Symptoms

October 17, 2025

11:00 am – 2:30 pm

West Side

253 New York Rd
Plattsburgh, NY 12903

Speakers:

Lisa Deuel, MD

Sarah Tandan, NP

Frederick C. Bitner Center for
Parkinson's Disease & Movement Disorders
The University of Vermont
Medical Center

After many years of good symptom management, Parkinson's disease may become more challenging. Learn how Parkinson's symptoms may change over time and new strategies available for managing them.

Attendance is free.

Learn More and Register at:
Parkinson.org/Plattsburgh
or contact Nancy at (585)743-1266 or
nnealon@parkinson.org



**REGISTER
NOW**

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.

NEW**Office for
the Aging**

Stronger Together!

GET FIT. FEEL GREAT. BE STRONG.

Join live, large-group fitness classes **designed for older adults** - completely **FREE!**

- Fun, safe workouts that **you can join from home**
- Improve your **strength, balance, and mobility**
- Connect with others in a **welcoming community**
- Classes are offered:
 - Monday at 2:15p ET
 - Tuesday at 6p ET
 - Wednesday at 2:15p ET
 - Thursday at 5p ET
 - Friday at 10a ET

Sessions on Monday and Wednesday are led at a slower pace, with chair-based levels as options

To participate,
you just need:



COMPUTER/TABLET



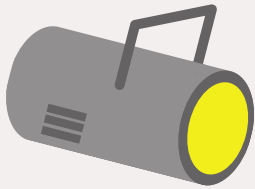
INTERNET

Classes start in August!

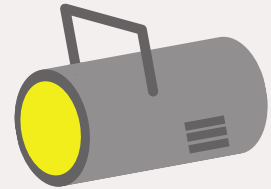
Register online at

<https://teamvivo.com/NYGroup>

Questions? Email care@teamvivo.com



Program Spotlight



HIICAP

Health Insurance Information, Counseling, and Assistance Program

The Health Insurance Information, Counseling, & Assistance Program, commonly referred to as HIICAP, is a program in which trained HIICAP counselors are available to answer questions about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance issues.

State certified HIICAP counselors are available at Clinton County Office for the Aging and Joint Council for Economic Opportunity (JCEO.) HIICAP counselors are not working for any insurance plan, and provide free, unbiased information to individuals, who then choose the plan that best fits their needs.

The Medicare Open Enrollment Period for 2025 will be from October 15th through December 7th. Medicare Open Enrollment is an opportunity to review your current Medicare coverage options and make choices about what health care coverage is best for you for 2026.

Watch your mail. You will receive an Annual Notice of Changes from your current plan. This notice will inform you of any changes for 2026. This information is very important, so take time to look it over and find out how the changes might affect you.

Think about your health care needs for the year ahead. Will your doctors be covered by your plan's network? What will upcoming procedures cost?

HIICAP Clinics will be offered again this fall. The full schedule will be available in the October newsletter.



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple
with MyPlate



Make Half Your Grains Whole Grains

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Have whole grains at breakfast

Enjoy a whole-grain hot cereal. Oatmeal is a favorite but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.



Enjoy a multigrain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.



Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.



Choose whole-grain takeout

Ask about whole-grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.



Experiment with a new grain

Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.



Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole-wheat flour. Don't forget the veggie toppings.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.
USDA is an equal opportunity provider,
employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**



Elderspeak

By Ray Alexander

I transferred from the Clinton County Department of Social Services to the Office for the Aging in December of last year. As the Project Coordinator I have learned a lot in the few months that I have been here. I spend a fair amount of time gathering material for our Resilient Aging newsletter. One day while researching I came upon the term “elderspeak”. I must confess I had never heard of such a thing. I suspected (by its context) that it was a cousin to “mansplaining”. Turns out, not so much.

Elderspeak is a type of speech directed at older adults that resembles baby talk. It's characterized by speaking slowly and loudly, sometimes using a sing-song voice, infantilizing language, and exaggerated intonation. Frequent usage of pet names like “sweetie”, “honey”, and “dear” are common. While often well-intentioned and meant to be kind and comforting, elderspeak can be demeaning, patronizing and disrespectful. It stems from an ageist assumption that older adults have reduced cognitive abilities and need simplified communication (per the National Center to Reframe Aging).

Other indicators of elderspeak include.

- Collective pronouns, using “we” instead of “you” (example “How are we feeling today?”).
- Statements that sound like questions, such as, “Lets open your curtains?”.
- Repetition or paraphrasing, even when not requested.

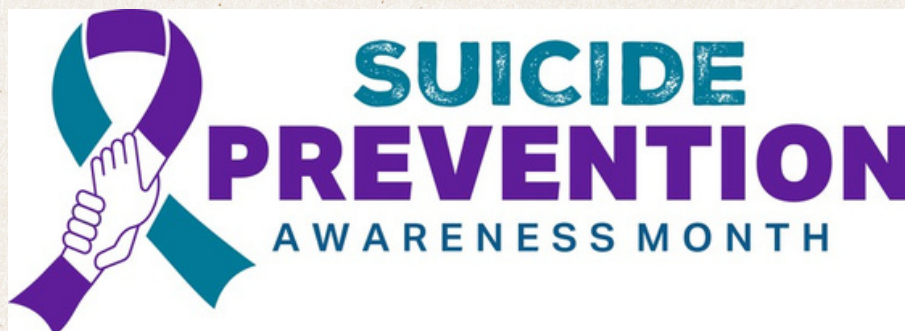
Why Elderspeak Can Be Harmful

- Mental health can be negatively impacted, increasing feelings of depression, resentment, and low self-esteem.
- Cognitive function may be negatively affected, as simplifying language can potentially accelerate cognitive decline.
- Seniors may withdraw from social interaction increasing isolation.
- Resistance to care can occur which can negatively impact their physical health. Studies show that exposing people with dementia to elderspeak increases the likelihood of resentment to caregivers.

How to Speak to Your Elders

- Talk clearly in a normal tone of voice.
- Make eye contact so the person can pick up on any visual cues.
- Avoid shouting or yelling as this may come off as angry.
- Never be condescending.
- Use the persons preferred name or title and not “pet names”.
- Speak to others like you would like to be spoken to.

After educating myself about elderspeak I was left wondering how prevalent it is. My boss had her own experiences with it through interactions with her own parents and the medical field. I was still mulling this over when I went for my yearly eye exam. The nurse called my name, and I followed her. “Right this way dear”



September is Suicide Prevention Month. Learn more about the issue and ways you can support older adults in your life.

- Suicide is preventable. Combining knowledge, care, and compassion can make a real impact.
- Suicide is complex and influenced by many interconnected factors. Knowing the warning signs of suicide saves lives.
- Preventing suicide means understanding risk, accessing supportive, proven care, and sharing hope because healing is possible.
- With the right support, people can heal, build resilience, and thrive after crisis.
- Hope and resilience grow when people feel heard. This can guide people to find strength even in their darkest moments.
- There is no “right” way to heal and recover; support should meet people where they are. Healing is personal. Every journey is different.

How Can You Support Older Adults?

- Check in
- Listen
- Go for a walk
- Show you care



For more information go to the Suicide Prevention Resource Center at www.sprc.org.



FALL 2025

SENIOR SCHOLARS

Five-Week Sessions at West Side Ballroom
Tuesdays October 21 - November 18, 2025

Morning Seminars - Participants will select **one** of the three morning seminars; each will run five weeks

Senior Scholars High School Readings, 2025: Five Meetings, Five Books - Jerry McGovern will lead spirited discussions on five books currently read in area high school curricula. 10:30 am

Archaeology, Artifacts, Collections and Concepts: A Guide to SUNY Plattsburgh Archaeological Materials - Justin Lowry's course offers an intensive introduction to the field, while building knowledge gained by participants in his earlier courses. Newcomers welcome. 10:30 am

Practically Miraculous! - Movie Visual Effects Before the Era of Artificial Intelligence - Andy MacDougall illustrates the unique sense of wonder conjured by non-digital effects at their best using five classic feature films. 10 am

Lunch at Noon

Afternoon Seminar - All participants are invited to attend
American Sign Language and Deaf Culture - Marcia Johnson 1 pm

Cost of program is \$80 (\$110 after October 1st)

Includes the morning seminar, lunch, and the afternoon program.

Morning seminars have a limited number of participants, so please register early.

**Send your choice of morning seminar, email address,
phone number, and payment to:**

Senior Citizens Council of Clinton County
5139 North Catherine Street
Plattsburgh, NY 12901

Questions? Contact Maria or Patricia at 518-563-6180

*Presented by Senior Citizens Council of Clinton County, Clinton County
Office for the Aging, JCEO, and the Chapel Hill Foundation*

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**

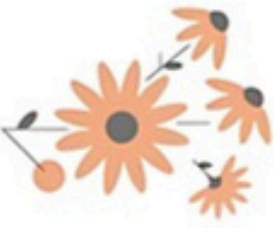
518-561-5360


ELLENBURG
518-594-7311

DANNEMORA
518-310-9089

LAKEVIEW
518-561-8696

ROUSES POINT
518-534-1852



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 MACARONI & CHEESE Stewed Tomatoes Rye Bread Pears	3 SWEET & SOUR CHICKEN W/ RICE Oriental Blend Veggies Wheat Bread Almond Cookie	4 ROAST TURKEY W/ GRAVY Mashed Potatoes Harvest Blend Veggies Pumpkin Pie	5 BBQ PORK CHOP Oven Roasted Potatoes Chef's Choice Veggie Wheat Bread Fresh Fruit
8 SLOPPY JOE ON BUN Whole Potatoes Corn Peaches	9 TURKEY W/ PROVOLONE SANDWICH Lettuce & Tomato Pasta Salad Molasses Cookie	10 MEATLOAF W/ GRAVY Red Smashed Potatoes California Blend Veggies Lemon Cake	11 CHICKEN PARMESAN CASSEROLE Wax Beans Italian Bread Fresh Fruit	12 CLOSED
15 BAKED FISH Au Gratin Potatoes Mixed Veggies Wheat Bread Mandarin Oranges	16 MARINATED CHICKEN Rice Pilaf Green Beans Black Forest Cake	17 SAUSAGE, PEPPERS, ONIONS ON ROLL Macaroni Salad Peas & Carrots Fruited Jello	18 ROAST BEEF W/ GRAVY Mashed Potatoes Red Slaw Sally's Mexican Cake	19 HONEY MUSTARD PORK CHOP Baked Potatoes Spinach Fresh Fruit
22 BREADED CHICKEN Rosemary Potatoes Beets Wheat Roll Fruit Cocktail	23 SPAGHETTI W/ MEAT SAUCE Italian Blend Veggies Sourdough Bread Tapioca Pudding	24 BAKED HAM W/ RAISIN SAUCE Mashed Potatoes French Green Beans Apple Crisp	25 TURKEY BURGER Sweet Potatoes Fiesta Corn Chocolate Chip Cookie	26 CHICKEN STEW Broccoli Wheat Bread Fresh Fruit
29 VEGETABLE QUICHE Home Fries Blueberry Muffins Pears	30 MICHIGAN ON BUN Oven Roasted Potatoes Peas Oatmeal Raisin Cookie			

Funded by Clinton County Office for the Aging
and New York State Office for the Aging

Senior Citizens Council of Clinton County, Inc. Nutrition Program

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 _____

Who can get sepsis?

While sepsis can impact anyone, including the sick, the well, and people of all ages, some groups are more likely to be affected. These include very young children, older adults, and those with a weakened immune system.



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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.