



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Fire Safety and Prevention

The facts speak for themselves: Americans over the age of 65 are one of the groups at greatest risk of dying in a fire. On average, more than 1,000 Americans age 65 and over die in fires. People over the age of 85 die in fires at a rate five times higher than the rest of the population. However, there are a number of precautionary steps older Americans can take to dramatically reduce their chances of becoming a fire casualty.

Why Are Older People at Risk?

Older Americans are at risk for fire death and injuries for a number of reasons:

- They may be less able to take the quick action necessary in a fire emergency.
- They may be on medication that affects their ability to make quick decisions.
- Many older people live alone and when accidents happen others may not be around to help.

What Fire Hazards Affect Older People?

- Cooking accidents are the leading cause of fire related injuries for older Americans. The kitchen is one of the most active and potentially dangerous rooms in the home.
- The unsafe use of smoking materials is the leading cause of fire deaths among older Americans.
- Heating equipment is responsible for a big share of fires in seniors' homes. Extra caution should be used with alternate heaters such as wood stoves or electric space heaters.

Continued on page 4.



IN THIS ISSUE

- **Message from the Director**
- **Caregiver Corner - Autumn Safety Tips for Caregivers**
- **Program Spotlight - Senior Outreach Program**
- **Medicare Open Enrollment Clinics**
- **Grandparent Scam**
- **and more**

MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

The Medicare Open Enrollment Period begins on October 15th. Early indications are to expect many changes to plans, including some discontinued plans for 2026. Please review the Open Enrollment Clinic schedule on page 6 and try to attend one to review your plan options for the coming year. Trained counselors will be available to assist you with determining the plan that best meets your needs.

Office for the Aging provides assistance for individuals 60 and over and their caregivers. JCEO offers similar assistance through a contract with Office for the Aging. See page 5 for more details. Both Office for the Aging and JCEO are also providers of NY Connects, the Aging & Disability Resources Center for all ages. Call Office for the Aging at 518-565-4620 or JCEO at 518-561-6310 for assistance with long-term supports and services.



AARP Foundation Tax Aide Seeks Volunteers

The AARP Foundation Tax Aide Program in Plattsburgh is looking for volunteers to provide Free IRS certified tax service to residents of Clinton and Essex Counties with low to moderate income, many of them senior citizens.

Volunteer Tax Preparers, Client Facilitators and Greeters are needed for the program to operate. The training is free, starts in October and is IRS certified. There is a role for everyone!

For more information, please contact local representatives at 518-314-9762 or taxaideclintoncounty@gmail.com





CAREGIVER CORNER

Autumn Safety Tips for Caregivers

While autumn is a lovely time of year, there are a few things you can do to make it safer for your loved ones you are caring for.

- Keep walkways clear of leaves and debris. Wet leaves can be a fall hazard.
- As darkness falls earlier, be sure there is adequate lighting both inside and outside the home. Pay particular attention to bathrooms and hallways. Motion activated lights may be a good solution.
- Test smoke detectors and carbon monoxide detectors to be sure they are functioning.
- Prepare emergency kits for the home and car in case there is a weather related emergency. Include extra coats, blankets, water, food, first aid items, batteries, flashlights, and any other items needed.
- Get seasonal vaccinations and stock up on supplies for cold and flu season.

Caregiver Training - Fall Prevention

presented by Eric Gadway, Trauma Program Manager at UVM Health Network - CVPH. Eric will discuss strategies to prevent falls. Eric will also discuss resources available in the community to help with strength/balance.

**This training will be via Zoom on
November 12, 2025
from 12pm to 1pm**

Please register by November 7, 2025. By calling the Clinton County Office for the Aging at 518-565-4620.

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.

Continued from page 1.

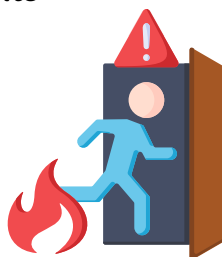
- Faulty wiring is another major cause of fires affecting the elderly. Older homes can have serious wiring problems, ranging from old appliances with bad wiring to overloaded sockets.

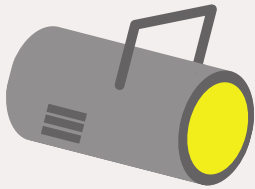


Safety Tips for Older Adults

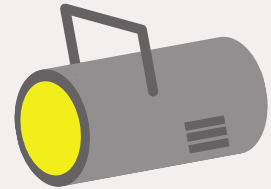
- Kitchen Fires. Most kitchen fires occur because food is left unattended on the stove or in the oven. If you must leave the kitchen while cooking, take a spoon or potholder with you to remind you to return to the kitchen. Never cook with loose, dangling sleeves that can ignite easily. Heat cooking oils gradually and use extra caution when deep-frying. If a fire breaks out in a pan, put a lid on the pan. Never throw water on a grease fire. Never use a range or stove to heat your home.
- Space Heaters. Buy only heaters evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL). Use only the manufacturer's recommended fuel for each heater. Do not use electric space heaters in the bathroom or around other wet areas. Do not dry or store objects on top of your heater. Keep combustibles away from heat sources.
- Smoking. Don't leave smoking materials unattended. Use "safety ashtrays" with wide lips. Empty all ashtrays into the toilet or a metal container every night before going to bed. Never smoke in bed.
- A working smoke alarm dramatically increases your chances of surviving a fire. Test your smoke alarm monthly.
- Create an escape plan should an emergency occur. Practice a home escape plan frequently with your family.
- Know how to use a fire extinguisher.
- Keep your glasses, cane or wheel chair, and a phone near your bed in case of emergency.

Adapted from www.suffolkcountyny.gov/Departments/FRES/Fire-Marshals-Office/Fire-Safety-for-Older-Adults





Program Spotlight



SENIOR OUTREACH PROGRAM

Joint Council of Economic Opportunity, commonly known as JCEO, operates the Senior Outreach Program in Clinton County. The Senior Outreach Program offers a variety of services to older adults 60 years of age and over. Senior Outreach staff assist individuals in numerous ways and can meet with clients at their Plattsburgh office, in the clients' homes, or at a mutually agreed upon community location.

Services include Information and Assistance, in which Senior Outreach Workers provide information about services, programs, and benefits that may be available to support older individuals living in the community. They also offer assistance with completing paperwork or applications for programs, and can be advocates for individuals having issues with social security, SNAP benefits, Medicaid, health insurance, and more.

The Senior Outreach Workers are all certified health insurance counselors and are available to assist with navigating Medicare and other health insurance programs. They can answer questions regarding covered costs, deductibles, benefits, prescription plans, and more. These services are available to those enrolled in Medicare, soon to be enrolled, and their beneficiaries.

The Senior Outreach Program also assists with the Rural Transportation program, helping individuals get rides to medical appointments.

They can connect individuals who need assistance with household tasks or personal care through their Senior Care/Senior Repair program.

They also offer Silver Connections in which volunteers provide visitation via telephone or in person to older adults. Call 518-561-6310 for assistance or more information.

Medicare Open Enrollment is here!

Beginning October 15 Ending December 7 Every Year

Clinton County HIICAP

Health Insurance Information Counseling and Assistance Program

Invites you to 2025 Medicare Open Enrollment Clinics

Your source for **Unbiased** Counseling & Information

FREE and Open to the Public!

Date	Time	Location
October 21, 2025 Tuesday	9 am – 3 pm	St. Joseph's Community Outreach Center 1349 Military Turnpike, Plattsburgh
October 27, 2025 Monday	9 am – 3 pm	Virtual by Telephone or Computer Pre-register at 518-565-4620 by 10/22
October 30, 2025 Thursday	9 am – 3 pm	Rainbow Wedding/Banquet Hall (Blue Room) 47 Woods Falls Road, Altona
November 5, 2025 Wednesday	9 am – 3 pm	PHA Russell H. Barnard Apartments 46 Flynn Ave, Plattsburgh
November 7, 2025 Friday	9 am – 3 pm	St. Joseph's Community Outreach Center 1349 Military Turnpike, Plattsburgh
November 13, 2025 Thursday	9 am – 3 pm	American Legion Post 912 29 Pratt St, Rouses Point
November 18, 2025 Tuesday	9 am – 3 pm	American Legion Post 1618 275 Wilson Road, Saranac
November 20, 2025 Thursday	9 am – 3 pm	Peru Community Church Hall 13 Elm St, Peru
November 24, 2025 Monday	9 am – 3 pm	Virtual by Telephone or Computer Pre-register at 518-565-4620 by 11/13
December 3, 2025 Wednesday	9am – 3 pm	Senior Center 5139 N. Catherine Street, Plattsburgh

Meet one-on-one with a certified HIICAP counselor to determine the coverage that best fits *your* needs based on your health and medication needs.

Remember: Plans change from one year to the next – always review your options.

Services will be provided on a first-come, first-served basis.

Pre-registration is required for Virtual Clinics only (October 24 & November 21)

What to Bring With You to the Open Enrollment Clinic

- ☐ MyMedicare.gov User Name and Password (if you have one)
- ☐ A list of your prescription medication with dose & frequency
- ☐ Your Medicare card
- ☐ Health Insurance card for any other health insurance you use
- ☐ Proof of income to review eligibility for Medicare Savings Programs

What HIICAP Provides:

- Education to the public about Medicare, Medicaid, Medicare Savings Programs, Medicare Advantage Plans, Medigap, Employer/Retiree Coverage, and Other Health Insurance Options
- Empowers all Medicare beneficiaries and their representatives to understand their options so they can make an informed decision
- Unbiased free counseling and information

What are Open Enrollment Clinics?

Anyone with Medicare can enroll, disenroll, or change their coverage for the following year during the open enrollment period. Open Enrollment Clinics provide the opportunity to:

- Determine the coverage that best fits your needs, plans change from one year to the next, so current coverage may or may not be the best fit for next year
- View, discuss, and take home plan information
- Find out if you are eligible for Medicare Savings Programs based on your income
 - **Bring proof of income to review eligibility**
- Meet one-on-one with a trained HIICAP counselor to enter your medications in Medicare Plan Finder to review lowest out of pocket cost options for Part D and Medicare Advantage Plans
- Find the best fit plan for your health and medication needs
- Receive enrollment assistance

For more information, contact a Certified HIICAP Counselor:

Office for the Aging/NY Connects (518) 565-4620 or
JCEO/NY Connects (518) 561-6310



The Grandparent Scam

By Ray Alexander



Its 3:00 AM and the phone rings. Still half asleep you answer “hello”? On the other end a sobbing voice asks, “is that you Grandpa”? You answer, “yes Susie, what’s wrong?” Susie is so hysterical that you can barely understand her. She tells you that she has been arrested and needs bail money or she will have to spend the night in jail. She also begs you not to tell her parents because they will be so upset. She hands the phone over to a police officer. He confirms what she has said and states the only way they will release her will be if you pay the bail bond of \$5,000. He also explains that it must be paid within the next hour. You are given instructions to purchase a gift card for \$5,000 and then to call back with the cards number for the payment. You follow the directions exactly as you are told. You have now become victim to what is known as the “grandparent scam”. You see Susie was at home asleep in her bed and was never arrested or in custody. This scam is one of the most common perpetuated on seniors. Think it’s something that doesn’t happen around here? You are wrong.

A few months back a friend shared his story with me. A local bank called to inform him that his mother had come in to withdraw \$10,000 in cash. Since this was highly unusual, they had questioned her and the teller felt there was something amiss and called him. Turns out she was getting scammed and was going to MEET THE SCAMMER IN PERSON to hand over the cash. Luckily, they were able to prevent this from happening, but this story could have had a much worse ending.

Just a few weeks ago my father got a call from a scammer that said I was in jail and needed help. Fortunately, my dad is sharp as a tack and he replied, “well Raymond is here with me now, do you want to talk to him?” At that point the scammer hung up (way to go Dad!)

Tips to Recognize the “Grandparent Scam”

1. The person on the line pressures you to send money immediately.
2. The “grandchild” or “law enforcement officer” asks you to keep the incident a secret.
3. The caller reports to be in a situation or place that does not align with the typical behavior of the person they claim to be.
4. Request for untraceable payment including: wire transfers (Western Union or MoneyGram), prepaid gift cards, digital payment apps (e.g., Zelle, Venmo or PayPal) or cash delivered by courier.

How to Avoid a “Grandparent Scam”

1. Verify the emergency: Hang up and call the grandchild or other relative directly using a phone number you know to be genuine (do not trust your caller ID as it can be a scam too). If you can't reach them, call another family member to verify the story.
2. Resist urgency and secrecy. Anyone pressuring you to act immediately or keep a matter secret is a major red flag.
3. Don't give out personal information: If an unknown caller asks, “Do you know who this is?” don't offer any names. Let THEM state who they are.
4. Create a family password: Establish a code word or phrase that only your family knows to verify a true emergency.
5. Be cautious with social media: Limit the amount of personal information and vacation details you share publicly as scammers use this information. They can even “clone” a voice to sound like the real person.
6. Don't send money: Never wire money, purchase gift cards, or provide cash to someone you cannot verify. Once sent the money is impossible to get back.

Office for the Aging can provide free scam prevention classes to your group or organization. Call Ray Alexander at 518-565-4629 to schedule a date/time.

MEALS ON WHEELS

45 Veterans Lane
Plattsburgh, NY 12901
(518) 561-8320



This menu is approved by a registered dietician.
Menu is 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
 6 Chicken Stew Mashed Potatoes Peas & Carrots Peaches	 7 Macaroni & Cheese Stewed Tomatoes Dinner Roll Fruited Jello	1 Hawaiian Pork Chops Rice Oriental Veggies Wheat Bread Vanilla Pudding	2 Cheeseburger Mashed Potatoes Wax Beans Chocolate Cake w/ Peanut Butter Frosting	3 Baked Fish Rice Pilaf Mixed Veggies Wheat Bread Fresh Fruit
13 CLOSED	14 Breaded Chicken Baked Beans Beets White Bread Applesauce	8 BBQ Pork on a Bun Oven Browned Potatoes Creamy Coleslaw Birthday Cake	9 Meatloaf w/ Gravy Mashed Potatoes Green Beans Maple Walnut Cookie	10 Marinated Chicken Rosemary Potatoes Fiesta Corn Fresh Fruit
20 Sloppy Joe on a Bun Whole Potatoes Capri Blend Salad Mandarin Oranges	15 Honey Mustard Pork Chop Oven Roasted Potatoes Diced Carrots Tapioca Pudding	16 Roast Beef w/ Gravy Mashed Potatoes Red Slaw Carrot Cake	17 Scalloped Potatoes w/ Ham Spinach Wheat Roll Fresh Fruit	
21 Sweet & Sour Chicken Peas & Carrots Wheat Bread Lemon Mousse	23 Spaghetti w/ Meat Sauce Chef's Choice Vegetable Sourdough Bread Sugar Cookie	24 Beef Tips Egg Noodles Mixed Veggies Rye Bread Fresh Fruit		
27 Baked Chicken w/ Gravy Red Smashed Potatoes French Green Beans Wheat Roll Pineapple	28 Swiss Steak Egg Noodles Peas Blueberry Crisp	29 Chicken Divan Rice Sliced Carrots Wheat Bread Chocolate Mousse	30 Sausage, Peppers, Onions on a Roll Italian Blend Veggies Macaroni Salad Jello Cake	31 Chicken Alfredo Broccoli Italian Bread Fresh Fruit

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: Time is running out to use your Farmers' Market Coupons

Some farmers markets have closed for the season, but you can still use your coupons at:

Plattsburgh Farmers Market through October 11th
Shields Vegetable Farm Stand through October 31st
Northern Orchard Farm Stand through November 30th
Rulfs Orchard Farm Stand through November 30th



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 _____



Think about your needs.

Be sure to keep your glasses, hearing aid, cane or wheel chair close to your bed at night. If there is an emergency, you will be able to grab them quickly as you leave.



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.