



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

National Family Caregiver Month

During National Family Caregiver Month, it's important to recognize and honor family caregivers who support loved ones with illnesses, disabilities, and other needs. If you provide care to a family member, friend, or neighbor, you're a caregiver. Thank you.

The National Family Caregiver Month theme for 2025 is *Plug Into Care*. This focuses on connections to vital support tools. There are many resources available:

Clinton County Office for the Aging Caregiver Resource Center - Services include Case Management, Counseling, Support Groups, Training, Respite, and Supplemental Services. Contact at 518-565-4620.

Any Care Counts New York - allows you to learn your caregiver intensity score and has links to resources. It can be found at www.anycarecountsny.com.

New York Caregiver Portal - Helps families build skills to manage care at home for loved ones of any age. It also connects to local resources and support services by delivering personalized education, training, and information links. Access this free resource at www.newyork-caregivers.com.

Alzheimer's Disease Caregiver Support Initiative - The primary goal of this initiative is to make available expanded support to caregivers of individuals with Alzheimer's disease and other dementias (AD/D). These



IN THIS ISSUE

- **Message from the Director**
- **Caregiver Corner - Caregiving Over the Holidays**
- **Program Spotlight - GoGoGrandparent**
- **Community Resources**
- **Holiday Shopping Scams**
- **and more**

Continued on page 9.

MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

There have been interruptions to SNAP and HEAP, programs that help people afford food and assist with heating costs. The situation changes rapidly, but there is information in this newsletter to help.

Information about the JCEO Community Outreach Program is on page 8 to provide additional resources for food assistance. To the right is the list of Congregate Meals sites provided by the Senior Citizens Council. For program eligibility call 518-561-8320.

Both Office for the Aging and JCEO Senior Outreach are available with information and referral for additional resources. Call Office for the Aging at 518-565-4620 or JCEO Senior Outreach at 518-561-6310 with questions or concerns.



Senior Citizens Council Nutrition Program

Congregate Meal

Locations & Times:

Plattsburgh ~ Senior Center

5139 N. Catherine Street
Dinner served at 12 noon
Phone: 518-561-7393

Plattsburgh ~ Lakeview Towers

34 Flynn Avenue
Dinner served at 12 noon
Phone: 518-561-8696

Plattsburgh ~ Beekman Towers

50 Truman Avenue
Dinner served at 11:45 am
Phone: 518-561-5360

Rouses Point ~ St. Patrick's Hall

9 Liberty Street
Dinner served at 11:30 am
Phone: 518-534-1852

Ellensburg ~ St. Edmund's Hall

5538 Route 11
Dinner served at 11:30 am
Phone: 518-594-7311

Dannemora ~Dannemora

Community Center

40 Emmons Street
Dinner served at 11:30 am
Tuesdays & Thursdays only
Phone: 518-310-9089

**Please call the specific site for
reservations the day
before you wish to eat!**

Call 518-561-8320 with questions
or for additional information.



CAREGIVER CORNER

Caregiving Over the Holidays

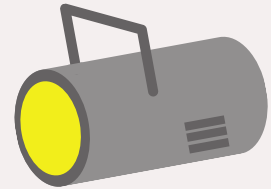
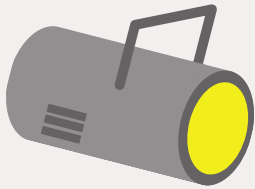
By Ray Alexander

The holiday season can be a joyous time of year. But for caregivers the holidays can also bring extra stress as they struggle to meet the added demands and responsibilities of the season. However, by adapting traditions and setting realistic expectations some of this anxiety can be diminished.

Tips to Successfully Navigate the Holidays

- Focus on What's Important - There is a lot of pressure to strive for the "perfect holiday". That's pretty much impossible even during the best of times. Figure out what is best for you and do not be afraid to adapt your traditions. Do you really need 5 kinds of cookies?
- Pace Yourself - Try not to commit to more than you can handle. Don't overdo the shopping, cleaning or holiday activities. Give yourself permission to set boundaries. You do not have to accept every invitation. Everything in moderation!
- Ask for Help - Try not to feel like you are a burden if you ask for assistance. The people who love you should be happy to support you and will appreciate knowing there are things they can do to help.
- Practice self-compassion - Let the guilt go. It's okay if you don't feel festive. Release that expectation to relieve pressure. Holidays are a stressful time for everyone, especially caregivers.
- Take Some Me Time - Caretaking can be emotionally and physically exhausting. Self-care is crucial. You can't take care of anyone else if you don't take care of you!
- Manage Your Expectations
- It is possible to enjoy the season while doing less. Try eliminating some traditions or activities to make the rest more meaningful.
- Make Holiday Shopping Less Stressful - Online shopping can save time versus trips to busy stores. If online shopping isn't your thing, then consider asking a friend or family member to help when they're already out.

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.



Program Spotlight

GOGOGRANDPARENT

With funding through the New York State Office for the Aging, GoGoGrandparent is available for transportation needs.

This ride service was developed specifically for older adults and utilizes specially trained Uber and Lyft drivers. GoGoGuardians monitor ride requests and match you with the best driver on the road at that time to meet your needs. GoGo screens drivers and notes if you have a preference of which type of vehicle is easier for you to get in and out of.

This service may be used for any transportation need: medical appointments, shopping, church, visits with friends, and more.

If you are a Clinton County resident age 60 or over, and you complete the registration and consent forms, you are eligible to ride. Each rider may have up to 8 one-way trips per month.

Nervous about trying something new? Ask a friend or family member to be your backup for your first few attempts. If you are using the service for a ride to a medical appointment, allow for additional time.

Contact Clinton County Office for the Aging at 518-565-4620 for registration forms or more information. Once registered you will be provided the telephone number to call to arrange your ride. GoGoGrandparent monitors every ride, communicate special needs to drivers, and confirm your safety and satisfaction.

This service just might be the way to increase your transportation options.



Holiday Shopping Scams on the Rise

by: Ray Alexander



Now a days you can buy almost anything online. It doesn't matter what you are shopping for, tickets to a concert, a car, or even a new pet. It's important to guard against online shopping scams. According to the Federal Trade Commission, shopping scams most commonly occur through social media (i.e. Facebook) and are the second most common fraud category reported by consumers in 2024.

November traditionally marks the beginning of the holiday shopping season. Cybercriminals know this too and start ramping up efforts to steal personal and financial information through fake deals, phishing emails and fraudulent websites. It's important to recognize the signs of a scam so your holidays can be filled with joy and happiness. There are also steps you can take to minimize your vulnerability.

- **Check for Encryption** - Your information should be encrypted as it's transmitted to the merchant's server. Check your browser's address bar to make sure the website begins with "https" instead of just "http".
- **Use a Credit Card and not a Debit Card** - Credit cards have more protection than debit cards. Most limit your liability on a fraudulent charge to \$50 (per charge). Today's EMV chip technology on credit cards makes it harder for scammers to steal your information. With a debit card the stolen money comes directly out of your bank account. This could leave you short of funds as you attempt to resolve the situation.
- **Check out as a guest whenever possible** - Most online retailers will give you the option to check out as a guest or sign up for an account. Saved accounts store your personal information for future use. This potentially makes them susceptible to data breaches, putting your information at risk. Checking out as a guest eliminates this possibility as the seller does not store your information.

(Continued on page 6.)

(Continued from page 5.)

- **Don't Use the Same Password for Every Account** - If the password is compromised, then the hacker can access all your accounts.
- **When Googling a Website Don't Click on "Sponsored" Websites** - Sponsored sites can be paid for by scammers. Scroll down the list and find the "official" website.
- **Choose Reputable Vendors** - Malicious websites can appear professional and convincing. Don't purchase from ads that are on social media. They will send poor quality or counterfeit merchandise (if they send you anything at all). If a friend is selling merchandise on Facebook call and check with them (they may have been hacked).
- **When hopping online, paranoia is just good sense!** - If the deal seems too good to be true, then it probably is!
- **Never Give Out Sensitive Information** - Don't provide social security or bank account numbers, PIN, or one time access codes.
- **Practice Safe Computing** - The best defense against scams is awareness. Keep your devices updated, use strong and unique passwords and trust your instincts. If a deal or message seems suspicious it probably is.

Shopping online is convenient, fast, and easy. However, it's important to shop safely so you can avoid shopping scams. By putting these tips into practice, you can feel more confident that you will recognize the signs of a scam.



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.



Buffet Table Tips for People with Diabetes



Holiday parties and family gatherings can make it difficult to stick to your meal plan. If you have diabetes, it is prudent to make a plan in advance. By using these buffet tips and choosing food wisely, you can still have a delicious meal, feel good, and have some fun!

- Plan which foods you want to limit before you go. Also, think about which foods will help you manage your blood sugar.
- Check all the options on the buffet before you serve yourself. Then choose one or two favorite treats along with healthier items to round out your meal.
- Watch your portions. Take small servings of fatty, sugary, or salty foods like bacon, pork, desserts, or deep-fried foods.
- Come prepared. If possible, bring a low-fat main dish so you and others will have something healthy to eat.
- Focus on family and friends instead of the food. One trip to the buffet table may be enough when enjoying the company of loved ones.
- For dessert choose fresh fruit like pears, apples, strawberries or melon, without sugar or whipped cream added. Skip or take small portions of foods such as cookies, cakes, and pies.
- Drink unsweetened beverages such as water, or unsweetened tea or coffee.

JCEO Community Outreach

Program Director: Lisa Goodrow, lgoodrow@jceo.org, 518-561-6310

Clinton County

54 Margaret Street
Plattsburgh, NY 12901

Mon - Fri 8:30a - 3:30p
P: 518-561-6310 | F: 518-562-2947

Clinton County Coordinator
Shirley McIlwain-Koch
smcilwain@jceo.org

Community Outreach Staff
Sarah Laware
slaware@jceo.org

Franklin County

43 Valco Drive
Malone, NY 12953

Mon - Fri 7:30a - 3:00p*
P: 518-319-4028 | F: 518-483-3129
*Closed for lunch daily 12:00p - 12:45p

Franklin County Coordinator
Karissa Matott
kmatott@jceo.org

Community Outreach Staff
Shelly Boyea | Darlene McQuinn
boyeas@jceo.org |
dmcquinn@jceo.org

CITY OF PLATTSBURGH FOOD PANTRY

54 Margaret Street, Plattsburgh
Kylee Wiedeman | Matt Ryan
kwiedeman@jceo.org
Mon & Thurs 9:00a - 1:45p,
Wed 12:00p - 2:45p, Fri 10:30a - 1:15p
FRESH FOOD TUESDAYS 12:00p - 2:45p
Closed for lunch Mon & Thurs 11:30a - 12:00p

DANNEMORA OUTREACH

78 Higby Road, Ellenburg Depot
Dale Buskey | dbuskey@jceo.org
P. 518-802-8003
Tues & Thurs 8:00a - 3:30p

FRANKLIN COUNTY FOOD PANTRY

43 Valco Drive, Malone
Shelly Boyea | Darlene McQuinn
boyeas@jceo.org | dmcquinn@jceo.org
Mon - Fri 9:00a - 3:00p
Closed for Lunch daily 12:00p - 12:45p

ALTONA OUTREACH

524 Devils Den Rd, Altona
Nicole Bushey | nbushey@jceo.org
P. 518-236-7035 (ext.107) / F. 518-236-7621
Tu, Thurs, Fri 8:00a - 3:30p

ELLENBURG OUTREACH

16 Edmunds Way, Ellenburg Center
Hether Patenaude | hpatenaude@jceo.org
P. 518-594-3007 / F. 518-594-7414
Mon - Fri 8:30a - 4:00p

SARANAC LAKE OUTREACH

Saranac Lake High School, Door 17
79 Caranas Ave, Saranac Lake
P. 518-897-1446
Mon & Thurs 9:00a - 2:00p

AUSABLE OUTREACH

1790 Main Street, Keeseville
Joan Bettinger | jbettinger@jceo.org
P. 518-834-9043
Mon, Wed, Fri 8:00a - 3:30p

PERU OUTREACH

3030 Main Street, Peru
Trista Sheehan | tsheenan@jceo.org
P. 518-565-9803
Mon - Fri 8:30a - 4:00p

MEDICAL TRANSPORTATION

Markus Syman
medtransworker@jceo.org
P. 518-561-4289 | C. 518-593-0075

BLACK BROOK OUTREACH

18 North Main Street, Ausable Forks
Renee Rhino | rrrhino@jceo.org
P. 518-647-5411 (ext.3) / F. 518-647-1294
Mon & Thurs 8:30a - 4:00p

SARANAC OUTREACH

3668 Route 3, Saranac
Dale Buskey | dbuskey@jceo.org
P. 518-293-6661
Mon, Wed, Fri 8:00a - 3:30p

At JCEO Community Outreach Centers you can find:

- Food Pantry
- Information and Referrals
- Application Assistance

Hours are subject to change. Date of posting 10/30/25.

CHAMPLAIN OUTREACH

1104 Route 9, Champlain
Julie Bouchard | jbouchard@jceo.org
P. 518-298-2373
Mon, Wed, Thurs 10:00a - 2:30p
Tues 10:00a - 3:30p

SCHUYLER FALLS OUTREACH

997 Mason Street, Morrisonville
Sarah Laware | slaware@jceo.org
P. 518-563-1129 ext. 7697
Wed 8:30a - 1:00p Th 8:00a-3:30p

TOWN OF PLATTSBURGH OUTREACH

1349 Military Turnpike, Plattsburgh
Stjosephsoutreach@gmail.com
P. 518-825-0697 / P. 518-825-0742
Mon 9:00a - 12:00p Tues 10:00a - 3:00p
Wed 9:00a - 1:00p Thurs 11:00a - 3:00p

CHAZY OUTREACH

7732 State Route 22, West Chazy
Samantha Collins | scollins@jceo.org
P. 518-493-3491 / F. 518-493-3491
Mon - Wed 9:00a - 3:00p

Learn more online: www.jceo.org

  @JCEONY


**SCAN
ME**



JCEO

Joint Council for Economic Opportunity
of Clinton and Franklin Counties, Inc.

Continued from page 1.

“caregiver support services” are activities or actions performed, provided or arranged to promote, improve, conserve or restore the mental or physical well-being of caregivers and improve their quality of life. Learn more at: www.wehelpcaregivers.com.

Caregiver Wellness and Respite Center - Services include Training, Education, Resources, Supportive Community Groups, and Respite Vouchers. Contact Colleen Salisbury at csalisbury@lifespan-roch.org or 585-851-9387.

Caregiver Action Network - Provide vetted resources for caregivers. See www.caregiveraction.org/nfc2025/ for more information.



Office for the Aging will be offering *Wits Workout* sessions. This shared learning experience is based on the research that intellectual challenge and social connectedness are two of several factors that contribute to brain health throughout life. Wits Workout has two main goals—to provide purposeful opportunities for older adults to engage intellectually, and to increase their socialization through ongoing group participation.

If you would be interested in participating in future events, please call Ray Alexander at 518-565-4629. Once dates and times have been scheduled, interested participants will be notified. We are excited to have a new activity to promote social connections and brain health!

MEALS ON WHEELS

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



November

This menu is approved by a registered dietitian.
Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Shepard's Pie Capri Blend Veggies Dinner Roll Peaches	4 Marinated Chicken Red Smashed Potatoes Peas & Carrots Oatmeal Raisin Cookie	5 Vegetable Lasagna Wax Beans Italian Bread Sally's Mexican Cake	6 Baked Ham w/ Raisin Sauce Sweet Potatoes California Blend Veggies Fruit Parfait	7 Chili Rice Broccoli Corn Muffin Fresh Fruit
10 Chicken Stew Peas Wheat Bread Pineapple	11 CLOSED	12 Vegetable Quiche Home Fries Blueberry Muffins Peanut Butter Cookie	13 Hot Roast Beef Sandwich W/Gravy Mashed Potatoes Sliced Carrots Birthday Cake	14 BBQ Pork Chop Baked Potatoes Spinach Fresh Fruit
17 Baked Fish Au Gratin Potatoes Mixed Veggies Wheat Bread Mandarin Oranges	18 Swedish Meatballs Egg Noodles Green Beans Chocolate Chip Cookie	19 Pulled BBQ Chicken on a Bun Roasted Whole Potatoes Coleslaw Tapioca Pudding	20 Roast Turkey w/ Gravy Mashed Potatoes Harvest Blend Veggies Pumpkin Pie	21 Spanish Rice Fiesta Corn Wheat Bread Fresh Fruit
24 Sweet & Sour Pork Rice Bahama Blend Veggies Dinner Roll Pears	25 Spaghetti w/ Meat Sauce Italian Blend Veggies Sourdough Bread Lemon Cake	26 Macaroni & Cheese Stewed Tomatoes Rye Bread Fruit Cocktail	HAPPY THANKSGIVING	28 Breaded Chicken Rosemary Potatoes Beets Wheat Roll Fresh Fruit



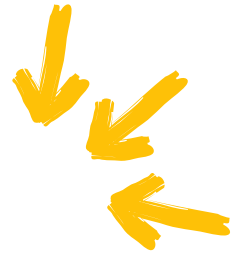
Funded by Clinton County Office for the Aging
and New York State Office for the Aging.

Senior Citizens Council of Clinton County, Inc. Nutrition Program

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



**COUPONS MUST BE USED BY
NOVEMBER 30th**



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

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 _____

PROTECT YOUR VISION FROM DIABETES



Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

T	R	A	C	K
				
Take your medications as prescribed by your doctor.	Reach and maintain a healthy weight.	Add more physical activity to your daily routine.	Control your ABC's—A1C, blood pressure, and cholesterol levels.	Kick the smoking habit.

www.nei.nih.gov/diabetes



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.