



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

The Importance of Sleep

Older adults need 7 to 9 hours of sleep each night to stay healthy and alert. Not getting enough sleep can contribute to high blood pressure, heart disease and diabetes, and can also lead to memory problems, an increased risk of falls, and negative feelings. So how do you improve your sleep, both in number of hours and quality?

Start by going to bed at the same time each night and getting up at the same time each morning. It can be helpful to have a soothing bedtime routine that helps you relax. This may include reading, journaling, meditating, or listening to music.

Avoid eating large meals before bed. Indigestion from a large meal can make it hard to fall asleep or stay asleep.

Keep napping to a minimum. Napping too long or too late in the day may keep you too alert to settle down for sleep.

Keep your room at a comfortable temperature. Not too hot and not too cold.

Avoid caffeine late in the day, and avoid alcohol. These may interfere with your ability to go to sleep.

Don't watch television, or use a cell phone or computer in your bedroom. Stop using these devices about an hour before bed to avoid disrupting your sleep cycles.



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MESSAGE FROM THE DIRECTOR



BY: DARLEEN COLLINS

The early feedback from the first WITS Workout sessions has been positive. I hope you consider joining us for one of the March sessions. See page 5 for dates and locations.

We also have a new Healthy Living Workshop starting at the end of March in Beekmantown. This session focuses on individuals that have symptoms of chronic pain. This workshop is for adults ages 18 and over, and is available at no cost to you. See page 7 for details.

For our informal caregivers, we have an upcoming Caregiver Training opportunity that will be held at Senior Planet on March 24th. See page 8 for more information. Remember, the term "informal caregiver" includes those of us who tend to think "I'm just a... (spouse, son, daughter, neighbor, etc). The New York Caregiver Portal offers assistance to caregivers ages 18 and over at no cost. Come join us to learn more!

As always, please let us know what you want to see, both here in the newsletter and out in the public!



Did you know that your opinions are needed regarding transportation? The Office for the Aging is conducting a transportation survey to learn more about what the true needs are for adults ages 60 and over in Clinton County. Use the QR code below or call the office at 518-565-4620 to get a paper copy.

Your feedback will help us develop additional transportation options, so be as specific as you can. Thank you so much for helping us make Clinton County a better place to live as we age.





CAREGIVER CORNER

Caregivers: The Unsung Heroes

By Ray Alexander

In the United States, an estimated 53 million people serve as unpaid family caregivers, providing the "backbone" of the nation's long-term care system. Caregiving involves assisting individuals—whether an aging parent, a sick spouse, or a disabled child—with daily tasks, emotional support, and medical management when they cannot do so independently. This role, while potentially a source of immense personal growth and strengthened family bonds, comes with substantial physical, emotional, and financial burdens that often go unacknowledged.

The modern caregiver landscape is evolving rapidly. The number of family caregivers helping older adults increased significantly between 2011 and 2022, rising from 18.2 million to 24.1 million. However, families are becoming smaller and more geographically dispersed, intensifying the demands on those who step into the role. Caregivers are most often women, and they are disproportionately affected by the physical and emotional toll, frequently sacrificing their own health and well-being to tend to loved ones for years. For those caring for people with conditions like dementia, the challenges are even more acute, involving increased care hours and a higher risk for mental health issues like anxiety and depression.

The immense personal and societal cost of this vital work highlights a critical need for systemic support. Caregiving is not merely a "personal matter" but an essential part of the national infrastructure that is currently fraying. Acknowledging the burden, promoting access to local resources, and accepting help from friends and family are crucial strategies for easing the strain.

Ultimately, the future of caregiving requires a shift in focus from the patient to the entire family unit. By recognizing the sacrifices, providing effective support programs, and building more robust community and professional resources, we can ensure that these everyday heroes are not left to shoulder the weight alone. Continued on page 4

Continued from page 3

Resources for self-care, and even basic information on managing caregiver stress from organizations like the National Council on Aging and the National Institute of Health, are vital tools in promoting sustainable and healthy care environments for all involved. Here at the Clinton County Office for the Aging, we have specialists who are trained in the various programs and resources that are available for caregivers and those that they care for. Questions? Call us at Office for the Aging at 518-565-4620 or just stop by at 135 Margaret Street Suite 105 Plattsburgh. We are here to help.

Ageless Innovation's Reach Out and Play initiative, sponsored by AARP, is designed to create meaningful social connections for older adults by bringing people of all ages together through the power of play.

Join Clinton County Office for the Aging and friends for a Reach Out and Play Board Game Event.



Event Location

Tuesday, March 24th

2-4 pm

St. Joseph's

Community Center

1349 Military Turnpike

Plattsburgh, NY 12901





You are never too old to exercise your brain!

As seniors we spend a significant amount of time exercising our bodies as we age. Shouldn't we use the same level of care for our brain? Now the Clinton County Office for the Aging is offering the WITS WORKOUT an engaging, interactive, and educational brain health program. The program can help improve your memory, attention and thinking skills. In the classes, you will solve puzzles, discuss different topics and learn ways to take care of your brain. 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.

WITS Workout Schedule for March 2026

Tuesday March 17th 11:00 am - Peru

Peru Free Library 3024 N Main St, Peru, NY 12972

Friday March 20th 10 am - Champlain

Town of Champlain Town Office 10729 Route 9 Champlain NY

Thursday March 26th 11:00 am - Plattsburgh

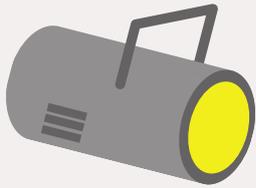
Senior Citizens Council of Clinton County
5139 North Catherine Street Plattsburgh

Friday March 27th 11:00 am - Keeseville

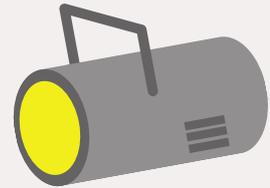
Keeseville Free Library
1721 Front Street Keeseville NY

For more information contact

Ray at Office for the Aging at 518-565-4629



Program Spotlight



Senior Nutrition Program

March for Meals celebrates the Senior Nutrition Program each March. This year's theme is Serving Up Solutions. In Clinton County the Senior Nutrition Program is provided by the Senior Citizens Council through a contract with Clinton County Office for the Aging. The program services older adults in Clinton County. This past year, we served 123,562 home-delivered meals, serving 697 individuals, and 18,216 meals at meal sites around the county, serving 544 individuals.

Our program goes beyond food – we work to reduce social isolation and focus on overall health and well-being. Homebound clients receive a comprehensive in-home assessment and are connected to additional supports and services if needed. Participants also have the benefit of seeing their delivery driver five days per week for a quick interaction and wellness check. Drivers also bring additional items periodically such as the Office for Aging monthly newsletter, holiday cards, and more. Older adults that attend meal sites are provided with social time, educational presentations, activities, and are connected with other community supports as needed.

Office for the Aging also contracts with a Registered Dietitian who provides nutrition counseling and education. You do not need to be receiving meals to consult with the Dietitian. The Dietitian can meet with any Clinton County resident age 60 or over.

For more information or to review eligibility criteria for meals, please call the Nutrition Program at 518-561-8320.





Take Your Life Back from Chronic Pain
PATHWAYS TO FEELING BETTER

Discover strategies to improve daily life & reduce discomfort.

Designed for those living with the signs and symptoms often associated with chronic pain, as well as family members, friends and caretakers.

Details:

TOWN OF BEEKMANTOWN
 TOWN HALL,
 571 SPELLMAN ROAD, WEST
 CHAZY, 12992

Learn More:

TAMMY COLLINS
 (518)-565-4666



Every Monday starting, March 30 to May 4,
 from 1:00 to 3:30

To see all of our workshops, scan the QR code or
 visit: GetHealthyNoCo.org



**Get Healthy
 North Country**

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$12 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Clinton County Office for the Aging invites you to a

Caregiver Training



Topic: Caregiver Resources

Location: Senior Planet

Champlain Centre Mall
60 Smithfield Blvd, Plattsburgh

March 24, 2026 Noon - 1 pm



Presenters:

Nicole Durgan will discuss programs available through Clinton County Office for the Aging

Heather Volkema from Trualta will demonstrate how to create an account and use the New York State Caregiver Portal Powered by Trualta

Please call Clinton County Office for the Aging at 518-565-4620 to register.



Comparison Shopping

Unit Prices

Use unit prices to find the best buy. Look for the unit price right on the shelf tag. It will be listed separately from the retail price (the price you pay).

Find a common unit first! Sometimes the units of food you want to compare (e.g., pounds, ounces) are different. **TIP: Remember 1 lb. = 16 oz.**

Let's try it by comparing these carrots!

BETTER BUY
Whole carrots are the better buy



5 lbs. Brand A Whole Carrots

| | |
|--|-------------------------------|
| Unit Price \$0.04 per oz. | Retail price \$3.49 |
|--|-------------------------------|

10 oz. Brand B Shredded Carrots

| | |
|--|-------------------------------|
| Unit Price \$0.20 per oz. | Retail price \$1.99 |
|--|-------------------------------|

16 oz. Brand C Frozen Carrots

| | |
|--|-------------------------------|
| Unit Price \$0.17 per oz. | Retail price \$2.79 |
|--|-------------------------------|

First convert pounds to ounces, then find the unit price:
 $5 \times 16 = 80 \text{ oz.}$
 $\$3.49 / 80 \text{ oz.} = \0.04 per oz.

This product is already in ounces:
 $\$1.99 / 10 \text{ oz.} = \0.20 per oz.

This product is already in ounces:
 $\$2.79 / 16 \text{ oz.} = \0.17 per oz.

Use unit prices to find the better buy!

BETTER BUY



Source: <https://cookingmatters.org/tips/>



SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



MEALS ON WHEELS

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



March



This menu is approved by a registered dietitian. 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 |
|--|---|--|---|--|
| 2 Hamburger on a Bun Baked Beans Mixed Veggies Pears | 3 Hot Turkey Sandwich Mashed Potatoes Harvest Blend Veggies Pumpkin Pie | 4 Beef Stroganoff Egg Noodles Carrots White Bread Blueberry Crisp | 5 Pulled BBQ Chicken on a Bun Roasted Whole Potatoes Coleslaw Chocolate Chip Cookie | 6 Macaroni & Cheese Stewed Tomatoes Dinner Roll Fresh Fruit |
| 9 Breaded Chicken Rosemary Potatoes French Green Beans Wheat Roll Peaches | 10 Sausage, Peppers, & Onions on a Bun Tater Tots Broccoli Peanut Butter Cookie | 11 Honey Mustard Pork Chop Red Potatoes Peas Butterscotch Pudding | 12 Meatloaf w/ Gravy Mashed Potatoes Bahama Blend Veggies Birthday Cake | 13 Baked Ziti Wax Beans Italian Bread Fresh Fruit |
| 16 Swiss Steak Mashed Potatoes Diced Carrots White Bread Pineapple | 17 Irish Stew Biscuit Green Beans Shamrock Cake | 18 Turkey Burger on a Bun Oven Browned Potatoes Broccoli & Corn Salad Lemon Mousse | 19 Roast Pork w/ Gravy Mashed Potatoes Peas w/ Pearl Onions Oatmeal Raisin Cookie | 20 Broccoli & Cheese Quiche Home Fries Blueberry Muffin Fresh Fruit |
| 23 Chicken a la King Rice Peas & Carrots Dinner Roll Apple Sauce | 24 Spaghetti w/ Meat Sauce Tossed Salad Sourdough Bread Sugar Cookie | 25 Scalloped Potatoes w/ Ham Spinach Tapioca Pudding | 26 Shepard's Pie Capri Blend Veggies Dinner Roll Brownie | 27 Breaded Fish on a Bun Red Smashed Potatoes Cali-Blend Veggies Fresh Fruit |
| 30 Sloppy Joe on a Bun Whole Potatoes Italian Blend Veggies Mandarin Oranges | 31 Salsa Chicken Rice and Beans Fiesta Corn Wheat Bread Sally's Mexican Cake | | | |

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

VALENTINES DAY THANKS!

By Ray Alexander

February has become my favorite month at work. Each year in January we ask for the community's help by creating Valentines for our homebound seniors. Last year was my first with Office for the Aging and over 500 were created. This year we shattered that mark with over 600 amazing Valentines! I especially love checking them out as they come in. They are so creative and are truly miniature works of art. Many of them have personal messages of caring and support for our seniors. Of course, collecting is one thing, delivery is another. Thankfully I know I can count on Terry Lemieux who is the Director of Home Delivered Meals at the Senior Citizens Council of Clinton County. Her devoted team delivers meals to hundreds of homebound seniors 5 days a week. Our valentines "hitched a ride" with the drivers to reach their destinations.

So many people to thank, I scarcely know where to begin. Thanks to Jim & Barb, Lisa & Michelle, Sam & Kristin, Gloria, Amber, Judy, the elementary schools in Morrisonville, Cumberland Head, Mooers, Peru, Northern Adirondack and Seton. Also, thanks to Peru Headstart, Strand Center for the Arts, the Keeseville Free Library and Sunday School at Holy Cross. It is especially wonderful to see our young people taking the time to form a "bridge" between themselves and our seniors. Thank you all for helping us spread some joy!





March is **COLORECTAL** **CANCER AWARENESS MONTH**



*Colorectal Cancer:
You Can Prevent It.*



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.