



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Participate in Activities You Enjoy

Did you know that participating in social and other activities you enjoy can support healthy aging? Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body.

Research has shown that older adults with an active lifestyle:

- Are less likely to develop certain diseases such as dementia, heart disease, stroke, and some types of cancer
- Have a longer lifespan. Happiness, life satisfaction and sense of purpose are all linked to living longer.
- Are happier and less depressed.
- Are better prepared to cope due to increased resilience. Positive emotions, optimism, physical and mental health, and a sense of purpose are all associated with resilience.
- May be able to improve their thinking abilities. Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory – and the more variety the better.

Adapted from: www.nia.nih.gov/health/healthy-aging/participating-activities-you-enjoy-you-age



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

EVENTS

SAVE THE DATES!

There are two important events coming in May. The first is the highly anticipated **Senior Celebration on May 1st** at the Senior Center. See page 9 for more information.

The second is the **Clinton County Office for the Aging's Public Hearing**. This event will also take place at the Senior Center. On **May 14th** we invite you, your friends, and your caregivers to join us to learn about the programs and services we offer and for us to learn about what programs and services you all think we should have.

Your feedback is essential to create the age friendly community we all deserve. Please review the list of services we have available and come chat to share your thoughts.

The day will also include lunch provided by the Nutrition Program. Call our office at 518-565-4620 to register. We look forward to seeing you at both events.



Cycling Without Age Adk Coast Chapter

2025 Community Impact

- 393 Rides were provided for individuals ranging from 11 - 97 years old
- Volunteers provided over 530 volunteer hours in support of this program
- Successfully reduced isolation and increased happiness for program participants.

To learn more about this incredible program see the following sites:

facebook: Cycling Without Age - Adirondack Coast

Email:

Adirondackcoast@cyclingswithoutage.com

Website:

www.cyclingswithoutageadkcoast.com





CAREGIVER CORNER

New York Caregiver Portal

Caregivers in New York State have a great resource you may not know about. Any caregiver, age 18 and up, can access the New York Caregiver Portal to access a wealth of information. You can learn about things like caregiver burnout, injury prevention, chronic conditions, and mental health.

The site offers weekly live events where caregivers can connect to learn together, share experiences, and offer support. You are not alone in your caregiver journey. This is a chance to be part of a larger network of caregivers.

There is also a library of resources. You can find information on a variety of topics that may be disease or symptom specific, task related for skill building, or about preventing caregiver burnout. There's something for everyone and the best part is that the information is provided in small segments to fit your busy life. You can access the portal at any time day or night.

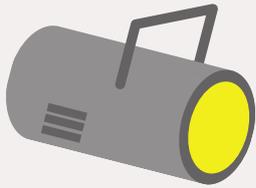
The site also offers a forum where you can ask questions, share advice, and get support. Current topics in the forums range from recommendations for podcasts and books about caregiving, to best advice you received as a caregiver, managing anger and more.

The site is free and easy to navigate. Visit www.newyork-caregivers.com or scan the QR code to get started.

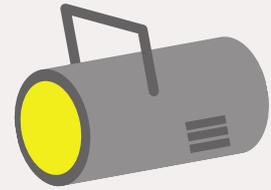
Join thousands of NY caregivers.
Register for the FREE caregiver portal today.
NewYork-Caregivers.com



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



Registered Dietician

Clinton County Office for the Aging provides access to Nutrition Counseling and Nutrition Education through a contract with Registered Dietician Jo Morse. Jo works part-time working with Clinton County residents ages 60 and over and their caregivers.

The Registered Dietician is able to provide individualized guidance to individuals who are at nutritional risk because of their health or nutrition history, dietary intake, chronic illnesses, or medications use. The Registered Dietician can also work with the caregiver of individuals ages 60 and over who need assistance with their care receiver's dietary needs.

Counseling is provided one-on-one with the Registered Dietician, who evaluates the person's nutritional needs, develops and implements a nutrition counseling plan, evaluates the client's outcome, maintains documentation and distributes appropriate literature.

Appointments are available in-person or via telephone. If you are interested in this service, please call Clinton County Office for the Aging at 518-565-4620. There is no fee for this service, however voluntary contributions are accepted. Service will not be denied due to a lack of ability or willingness to contribute.





2026 Services for Older Citizens and their Caregivers

Services are sponsored by the New York State and Clinton County Offices for the Aging
www.clintoncountyny.gov

Program	Contact	Services
Clinton County Office for the Aging	CCOFA Darleen Collins, Director Karla Romeo, Administrative Assistant 518-565-4620	Focus on the Elderly (Directory of Services). Advocacy, planning, information and assistance, and case assistance. Collaboration on Senior Celebration, Senior Scholars, etc. with various agencies.
Benefits Counseling	CCOFA Shanda Becht, Tammy Collins, Kayla Ducharme, Christa Tyler, Deb Tyler Services for the Aging Specialists 518-565-4620	Benefits counseling: HEAP, EPIC, IT-214, Lifeline telephone discount, Weatherization, Farmer Market Coupons and insurance counselors (trained to help sort through medical insurance issues).
Benefits Counseling	JCEO Julie Stalker, Director Raelyn Longtemps, Tina Silver, Jane Thwaits, Amanda Buck, Lisa Defayette, Kaitlyn LaVallee 518-561-6310	Benefits counseling: HEAP, EPIC, IT-214, Lifeline telephone discount, Weatherization, Farmer Market Coupons and insurance counselors (trained to help sort through medical insurance issues).
Expanded In-Home Services for the Elderly (EISEP)	CCOFA Colleen Monty, Stephanie Richards, Nicole Durgan, Case Managers 518-565-4620	The EISEP Program provides case management and non-medical in-home services such as housekeeping and personal care to frail/disabled residents. In-home services are provided through North Country Home Services, HCR, and Seniors Helping Seniors. Adult Day Care is also available at the Third Age Center at SUNY.
Caregiver Resource Center	CCOFA Nicole Durgan Case Manager	Assists family caregivers of the elderly with information and referral, training, support, counseling and lending library. Caregivers may apply for Respite help through the Caregiver Resource Center.
Resilient Aging Newsletter	CCOFA Darleen Collins, Director Raymond Alexander, Project Coordinator	Newsletter for older adults and their caregivers, which is published monthly. Available on Clinton County Office for the Aging website or via postal service.

Home Delivered Meals	SCCCC - Nutrition Terry Lemieux, Director 518-561-8320	Meals delivered five days a week to the homes of seniors who are homebound, isolated or unable to cook for themselves. No sugar added dessert, cut, or pureed meals are available.
Congregate Meals	SCCCC - Nutrition Debbie Alexander, Director 518-561-8320	Dining sites serve nutritious midday meals along with socialization, education, and recreational opportunities. Most sites are open Monday through Friday. Call for locations and serving times.
Nutrition Counseling and Nutrition Education	Jo Morse 518-561-8320	A registered dietitian assists older adults in making informed decisions about their diets by providing nutrition counseling and education. Available at no cost to Clinton County residents ages 60+.
Transportation	Clinton County Public Transit 518-565-4713 Call 518-561-1452 to schedule a ride	Transportation services cover the more rural parts of Clinton County. The bus travels to 4 zones 3 times on a weekly basis. The bus will pick you up at your home and bring you to Plattsburgh and back to your home for appointments, shopping, or socializing.
Rural Transportation Program (RTP)	Call JCEO Community Outreach Coordinator in your town for assistance. If you do not have an Outreach Center, call JCEO 518-561-6310	Volunteer drivers provide transportation to and from medical appointments for older adults, ages 60+, who have no other ride available.
Senior Outreach Program	JCEO Julie Stalker, Director 518-561-6310	Links seniors with assistance they may need. Conduct comprehensive in-home assessments, application assistance, options counseling, and more. Outreach workers can meet with you in your home, the JCEO main office, or at an alternate public location.
Silver Connections Telephone Reassurance/ Friendly Visitors	JCEO Raelyn Longtemps Program Specialist 518-561-6310	A volunteer "friendly visitor" can pay a visit to the home on a regular schedule or can make frequent phone calls to homebound older adults to provide social engagement.
Senior Care Service/ Senior Repair Service	JCEO Raelyn Longtemps, Program Specialist 518-561-6310	If in need of help within the home or with yard work, small repairs or other odd jobs, call and ask about the Senior Care and Senior Repair Service.
Healthy Living Workshops	CCOFA Tammy Collins, Services for the Aging Specialist 518-565-4620	The goal is to teach individuals with chronic conditions the skills needed to gain confidence in managing their health so they can live fuller lives and become better self-managers of their conditions.

Legal Assistance	Rural Law Center Heidi Dennis, Esq. 518-561-5460	Priority on legal matters is given housing/utility issues, access to public benefits (Social Security, SSI, SNAP, Section 8 Housing), abuse/neglect, healthcare proxies, and consumer issues.
Personal Emergency Response Services	CCOFA Tammy Collins, Services for the Aging Specialist 518-565-4620	A device connected to the telephone is voice activated or triggered by a button, which is held by the older adult. When central call center receives an emergency signal, someone checks to see if assistance is needed.
Senior Center Recreation and Education	Senior Citizens Council of Clinton County (SCCCC) Maria Alexander, Executive Director 518-563-6180	Senior Center Recreation and Education programs include a wide variety of activities for older adults. Activities include exercise classes, board games, card games, educational presentations and more. Opportunities are available at the Senior Center as well as all congregate meal sites throughout the county.
Swim Program	Plattsburgh YMCA Rick Almond-Goerlitz Aquatics Director 518-561-4290	Arthritis Foundation Aquatics Program is an instructor-led water exercise program designed to reduce joint pain, stiffness, and fatigue while improving strength and flexibility.
Gym Program	Cornell Cooperative Extension Mary Breyette Program Instructor 518-561-7450	Arthritis Foundation Exercise Program is an evaluated, community-based, recreational group exercise and education program designed specifically for those who have arthritis and related disease.
NY Connects	CCOFA Shanda Becht, Tammy Collins, Kayla Ducharme, Christa Tyler, Deb Tyler Services for the Aging Specialist 518-565-4620	Aging and Disability Resource Center for all ages, all disabilities, caregivers, etc. Unbiased long term care information and options counseling.
NY Connects	JCEO Julie Stalker, Director Raelyn Longtemps, Tina Silver, Jane Thwaits, Amanda Buck, Lisa Defayette, Kaitlyn LaVallee 518-561-6310	Aging and Disability Resource Center for all ages, all disabilities, caregivers, etc. Unbiased long term care information and options counseling.

The Clinton County Office for the Aging budget for 2026, including grants, is \$5,306,803. Funds are received from the following sources: County - 65%; Federal government - 8%; State government - 25% and contributions from users of services - 3%. Suggested contributions are encouraged for most programs. Some of the suggested amounts include Home Delivered Meals (\$3.00 per meal), Congregate Meals (\$3.00 per meal), Resilient Aging Newsletter (\$12.00 per year), Lifeline (\$20.00 per month), Transportation (\$5.00 per ride each way) and Rural Transportation (\$2.00 per ride each way). County's population is 79,843 and 19,505 of those individuals are 60 and older.

Programs Sponsored by NYS Office for the Aging and the Association on Aging in New York

GoGoGrandparent – Ride service using Uber and Lift drivers. Can be schedule by telephone. Contact Ray at Office for the Aging at 518-565-4620 for more details.

Vivo + – Online exercise program offered in small group or large group classes. Call Office for the Aging at 518-565-4620 for details.

SCC MedQR – A wearable medical ID wristband that uses a scannable QR code to provide first responders and emergency personnel with instant access to a user’s critical medical information, including allergies, conditions, and emergency. Think of it as a wearable Vital Link. Individuals ages 60+ can call Office for the Aging at 518-565-4620 for an application.

SilverShield – An anti-scam tool that uses AI to analyze potential fraud in texts or emails, aimed at protecting older adults. Call office for the Aging at 518-565-4620 for details.

ElliQ – ElliQ is an AI companion designed to foster independence and provide support for older adults through daily check-ins, assistance with wellness goals and physical activities, and more using voice commands and/or on-screen instructions.

ElliQ is proactive and personalized: it initiates conversation, suggests activities, and remembers what users tell it. ElliQ encourages and works with users to set and help achieve goals. It is designed to convey empathy to create trust and drive engagement and behavior change.

Older adults can also use the platform to contact family or other trusted individuals identified and opted by the user, including Offices for the Aging case managers. All such communications are user-directed.

NY Caregiver Portal – A free web-base platform powered by Trualta that provides training, education, and support resources for unpaid caregivers. Register at www.newyork-caregivers.com.

GetSetUp – Provides free, live, online classes for older adults (typically age 50+) to combat social isolation, teach new skills, and foster community. Over 500+ classes are available on topics like technology, health, and fitness, tailored to older learners. To register visit www.getsetup.io/partner/nystate.

Animatronic Pets – Robotic pets used to reduce social isolation for older adults. These “lifelike” pets are designed to make realistic sounds and motions, providing comfort and companionship to individuals. Call office for the Aging at 518-565-4620 for details.



2026 Senior Celebration

May 1, 2026

5139 North Catherine Street
Plattsburgh, NY 12901

9:00 AM - 2:00 PM



9:00 AM

Doors Open – Many Local Agencies / Businesses to Meet

10:00 AM

Welcoming Announcements
National Anthem
Award Ceremony



10:15 AM – 2:00 PM

Music Entertainment By: Senior Serenaders

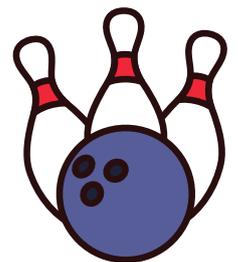
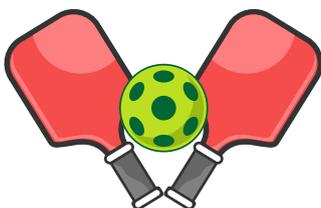
12:00 PM

Lunch – Prepared and Provided by:
Senior Citizens Council of Clinton County Nutrition Program
Please call 518-561-6380 to reserve your meal!

1:45 PM – 2:00 PM

Door Prizes Will Be Drawn

Come and Enjoy the Fun!



MEALS ON WHEELS

45 Veterans Lane
 plattsburgh, NY 12901

(518) 561-8320



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
<p>6 Sweet & Sour Chicken w/ Rice Cali-Blend Veggies Wheat Bread Fruit Cocktail</p>	<p>7 Michigan on a Bun Rosemary Potatoes Broccoli Peanut Butter Cookie</p>	<p>1 Marinated Pork Chops Roasted Potatoes Green Beans Strawberry Mousse</p>	<p>2 Swedish Meatballs Egg Noodles Winter Blend Veggies Molasses Cookie</p>	<p>3 Macaroni & Cheese Stewed Tomatoes Rye Bread Fresh Fruit</p>
<p>13 Spanish Rice Peas Whole Wheat Bread Pineapple</p>	<p>14 Roasted Turkey w/ Gravy Mashed Potatoes Harvest Blend Veggies Carrot Cake</p>	<p>15 Marinated Chicken Red Potatoes Capri Blend Veggies Wheat Roll Chocolate Mousse</p>	<p>16 Hawaiian Pork Chop Rice Pilaf Oriental Veggies Wheat Bread Almond Cookie</p>	<p>17 Chicken Alfredo Green Beans Italian Bread Fresh Fruit</p>
<p>20 Chili Rice Fiesta Corn Rye Bread Pears</p>	<p>21 Baked Chicken w/ Gravy Red Smashed Potatoes Peas w/ Pearl Onions Chocolate Chip Cookie</p>	<p>22 Turkey Burger on a Bun Baked Beans Bahama Blend Veggies Fruit Parfait</p>	<p>23 Beef Stew Harvest Blend Veggies Wheat Roll Black Forest Cake</p>	<p>24 Breaded Fish on a Bun Red Smashed Potatoes Cali-Blend Veggies Fresh Fruit</p>
<p>27 Goulash Mixed Veggies Dinner roll Peaches</p>	<p>28 Chicken Divan Rice Pilaf Sliced Carrots Wheat Bread Oatmeal Raisin Cookie</p>	<p>29 Salisbury Steak Egg Noodles Beets Fruited Jello</p>	<p>30 Breaded Chicken Roasted Potatoes Italian Blend Veggies Tapioca Pudding</p>	

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

How to Grow a Vegetable Container Garden



• **STEP 1: Select vegetables for container garden.**



• **STEP 2: Find a suitable container larger than 18 inches.**

• **STEP 3: Ensure proper drainage.** Few plants can tolerate sitting in water. Healthy roots mean healthier plants, so be sure there are holes for drainage. Drill a large hole or several smaller holes in bottom of the container.



• **STEP 4: Choose a quality potting soil.** Soils for containers need to provide adequate space and drain well while still being able to retain enough moisture for plant growth. Consider organic soil which is higher in nutrients and creates better-tasting produce.



• **STEP 5: Choose vegetables for container gardening.** Tomatoes, peppers, cucumbers, squash and eggplant require full sun. Leafy vegetables such as lettuce, cabbage, collards, mustard greens, spinach and parsley can tolerate a shadier location, compared to root vegetables such as turnips, beets, radishes, carrots and onions.



• **STEP 6: Time to plant.** Plant the seedlings just as you would in a garden by spreading the roots, then covering the roots with potting soil and firming it around the roots. Put stakes in the soil for tomato and other vegetable vines to climb.

Don't fill to the top of the container. Leave about an inch of space between the top of the soil and rim of the pot. This will help make watering easier and keep water from running over the edge.



• **STEP 7: Water your container garden.** Vegetable plants need lots of water, especially during the height of summer. It's important to keep the soil moist but not overwater it. How can you tell if the plant needs water? Stick your finger about an inch into the soil. If the soil feels dry, add water.



• **STEP 8: If you didn't use potting soil with fertilizer, you will need to fertilize your container garden throughout the growing season.** There are several products on the market, including a slow-release or timed-release fertilizer. When they come in contact with water, small amounts of nutrients are released to the soil. Liquid fertilizers are mixed with water according to label instructions and then applied during normal watering.



• **STEP 9: Pay attention to your climate.** Most vegetables need direct sunlight, but if you live in a hot climate, you may need to shade your plants midday. If you live in a cool climate, make sure the soil is at least 60 degrees before putting your container garden outside. You can use a meat thermometer to check soil temperature.

• **STEP 10: Have patience and enjoy your healthy bounty.**

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Healthy for Life® | Gardening In Your Neighborhood | Tiny Gardens | 10



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.

Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time



Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at www.nia.nih.gov/memory-and-aging.



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.