



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## Celebrating Older Americans Month

Each May we celebrate Older Americans Month. The theme in New York State is Compassion in Action. Established in 1963, Older Americans Month is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

Here in Clinton County, we kick off the month with the 2026 Senior Celebration on May 1<sup>st</sup> at the Senior Center located at 5139 North Catherine Street in Plattsburgh from 9 am to 2 pm. Please call 518-561-8320 to reserve your meal.

We continue to honor our older adults with Community Conversations and Public Hearing on May 14<sup>th</sup> at 10:30 am, also at the Senior Center. Come have a chat, learn about services available, and share your experiences. Please call Office for the Aging at 518-565-4620 to let us know that will be joining us and if you will be staying for lunch.

In Clinton County, many older adults are volunteers that help our community in numerous ways. We are grateful for the time and energy spent helping our neighbors. Over 5,000 individuals ages 55+ volunteer in Clinton County providing more than 2.8 million hours of service, with an economic value of \$157 million. This is incredible! The best part is volunteering has positive impacts as research has shown that volunteers have less depression, less anxiety, higher self-esteem, higher life satisfaction, greater happiness and greater sense of meaning in life.



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- **and more**

## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS



### HEALTHY LIVING: PATHWAYS TO POSITIVE CHANGE

Designed for anyone age 18 and over with a chronic health problem, as well as family members, friends, and caretakers.

**Thursdays 5-6 pm  
at Champlain Centre Mall  
May 14 - June 18**

Peer Leaders from Clinton County Office for the Aging will be hosting this workshop. Learn tools to help you manage your condition and improve your wellbeing.

To register, contact Tammy at Clinton County Office for the Aging at 518-565-4666.

We hope to see you there!



## GoGoGrandparent on Pause

GoGoGrandparent transportation services have been paused due to lack of funding. Due to the popularity of the service, the 2026 funding allocation has been depleted. We are working to secure additional funding and will notify users if we are successful.



# CAREGIVER CORNER

## Self Care as a Caregiver

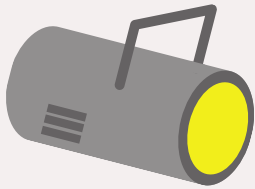
by Ray Alexander

Caregiving for a loved one can be one of the most rewarding acts that a person can do. However, it can also be emotionally, mentally and physically demanding. It is quite common for caregivers to neglect their own needs due to their focus on the care of others. But constantly putting their own needs on the back burner can be incredibly isolating. Self-care doesn't require grand gestures or expensive spa days. It's about small, regular habits that nurture your body, mind, and spirit. Consider the following practices:

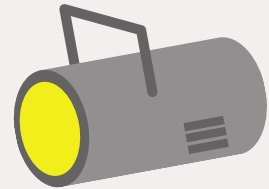
- **Schedule breaks:** Even short periods of rest can recharge your energy. If possible enlist the help from friends, family or respite care services (respite care services are available through Clinton County Office for the Aging).
- **Stay connected:** Isolation is a common struggle for caregivers. Stay in touch with friends, join support groups (either in person or virtually) or speak with a counsellor.
- **Maintain your health:** Keep up with your own medical appointments, eat balanced meals, stay active and get enough good sleep.
- **Pursue joy:** Make time, even briefly, for activities that bring you happiness-whether its gardening, reading, crafting, playing computer games, or taking a walk.
- **Delegate when possible:** Reaching out for help is not a weakness-it's an act of strength and love. Reach out to friends and family for support.

Caregivers play a vital role in the health and comfort of loved ones, but that role should not come at the cost of your own well-being. Taking time for self-care isn't just beneficial, it's essential. Remember being a caregiver is a marathon and not a sprint. It is essential for you to care for yourself along the way. You deserve passion, kindness and support just as much as the person that you are caring for.

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



### SilverShield

SilverShield is a scam assistant. It's a simple way to check, report, and share suspicious messages or emails.

SilverShield provides instant scam help just by forwarding a text or email you received to SilverShield. SilverShield will review it and let you know right away if it's a scam. SilverShield help you identify:

- Suspicious texts and emails
- Fake prize, lottery, and romance scams
- IRS & Medicare impersonators
- Grandparent and family scams
- Unexpected password resets
- Phishing links
- and more!



If SilverShield does identify a scam, you can help stop the scam by easily alerting loved ones and reporting to the appropriate agencies, all with just a few taps.

Through partnership with the New York State Office for the Aging, the Clinton County Office for the Aging has several program licenses available to Clinton County residents ages 60 and over, so you can use this program free of charge. Do you worry about answering a scam text or email? Do you want some assistance with sorting out legitimate messages from scams? If so, this program may be for you.

Fill out the form on the next page and drop it off, or mail it to: Clinton County Office for the Aging, 135 Margaret St, Ste 105, Plattsburgh, NY 12901.



In Partnership with  
Clinton County Office for the Aging &  
NYSOFA

## Protect yourself from scams & fraud

Scammers are getting smarter every day. SilverShield is your personal protection tool – currently available to you at no cost through your local AAA.

100% Free – No Cost to You

### What is SilverShield?

SilverShield is a service that helps you identify scams before it's too late. Got a suspicious text, email, or phone call? Just send it to SilverShield and we'll tell you if it's real – or a scam. Learn more at [www.SilverShield.ai](http://www.SilverShield.ai)

### HOW IT WORKS

1

#### Sign up for free

Complete the form & hand it to a staff member – we'll send a welcome text & email to finish signing up!

2

#### Don't recognize it? Send it to us

Got a text, email or call from someone not saved in your contacts? Send it to us!

3

#### We'll check it out

We'll review it and let you know right away if it's a scam – and what to do next

### WE HELP YOU SPOT

- Suspicious texts & emails
- Fake prize, lottery, & romance scams
- IRS & Medicare impersonators
- Grandparent & family scams
- Unexpected password resets
- Phishing links, pop-ups...and more!

### SIGN ME UP!

**Limited spots available - sign up today!**

Fill out this form and hand it to a staff member – we'll take care of the rest

First Name: \_\_\_\_\_

Email: \_\_\_\_\_

Last Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

#### Questions? Contact:

[raymond.alexander@clintoncountyny.gov](mailto:raymond.alexander@clintoncountyny.gov) | (518) 565-4620



Office for  
the Aging

# Understanding Blood Pressure Readings

A key risk factor for stroke is high blood pressure, the “silent killer” Nearly half of American adults have high blood pressure. (Many don’t even know they have it.) The best way to know if you have high blood pressure is to have your blood pressure checked.

- Most of the time there are no obvious symptoms.
- Certain physical traits and lifestyle choices can put you at a greater risk for high blood pressure.
- When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats.

## Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)	and/or	DIASTOLIC mm Hg (bottom/lower number)
<b>NORMAL</b>	LESS THAN 120	and	LESS THAN 80
<b>ELEVATED</b>	120 – 129	and	LESS THAN 80
<b>STAGE 1 HYPERTENSION (High Blood Pressure)</b>	130 – 139	or	80 – 89
<b>STAGE 2 HYPERTENSION (High Blood Pressure)</b>	140 OR HIGHER	or	90 OR HIGHER
<b>SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)</b>	HIGHER THAN 180	and/or	HIGHER THAN 120
<b><u>HYPERTENSIVE EMERGENCY</u> (If you have any of these symptoms*, call 911.)</b>	HIGHER THAN 180	and/or	HIGHER THAN 120

\*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking

Source: <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>



Clinton County  
Office for the Aging  
**Community Conversation &  
Public Hearing**  
**May 14, 2026 10:30 am**



at the Senior Center - 5139 North Catherine Street, Plattsburgh

**Learn about Community Based Services for Older Adults  
and the Clinton County Office for the Aging's Service Plan  
for the 2026-2027 program year.**

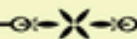
The purpose of the public hearing is to receive input from older adults, caregivers, and community members about Office for the Aging service plans for the upcoming program year and to learn what current needs exist. Please join us to discuss aging in Clinton County.

If you are unable to attend the hearing, comments may be provided by mail to Clinton County Office for the Aging, 135 Margaret St. Suite 105, Plattsburgh, NY 12901 or by email to [aging@clintoncountyny.gov](mailto:aging@clintoncountyny.gov).



Lunch will be provided by the  
Clinton County Nutrition Program at Noon.

**Pre-register by calling Clinton County Office for the Aging at  
518-565-4620 no later than May 8th**



In compliance with the Americans with Disabilities Act, special accommodations, within reason and upon request no later than May 8th, will be provided for persons with disabilities. For more information, please call Clinton County Office for the Aging at 518-565-4620.



## Who will speak for you? An Introduction to Advance Care Planning

By Ray Alexander



Advance care planning is the process of talking about and writing down your wishes for medical care if you become unable to speak for yourself. These plans will provide direction and guidance to families and healthcare professionals as they determine treatment options. Advance care planning is applicable at all stages of life. However, this becomes even more pertinent in perioperative and end-of-life-care situations. Approximately 1 in 4 people lose decision making capacity when they approach the end of their life. There are three essential components of a solid plan:

- The naming of a health care proxy. Your health care proxy (or medical power of attorney) is the person that you are trusting to make medical decisions on your behalf if you are unable to speak for your self.
- A living will (or advance care directive) is a legal document that outlines your specific instructions regarding treatments such as mechanical ventilation, dialysis or artificial nutrition. These documents can be downloaded for free from AARP.
- Perhaps a good plans most crucial component is having meaningful conversations with your loved ones about your wishes. Clarification of your desires can alleviate some of the stresses that families face during a difficult time.

Taking the time to plan is a profound gift to your family. It provides them with a roadmap, replacing uncertainty and guilt with the confidence that they are honoring your wishes. Ultimately, your plan isn't about dying, it's about ensuring that you live your final chapters of life on your own terms. Regardless of your age or current state of health, if you are over 18, the best time to make an advance care plan is now!



## 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 May 2026

**Thursday May 14th 11:00 AM - Peru**

Peru Free Library, 3024 North Main Street

**Monday May 18<sup>th</sup> 9:00 AM - Champlain**

Northern Housing, 1 Northern Tier Way

**Tuesday May 19<sup>th</sup> 11:00 AM - Altona**

Twin Oaks Senior Housing, 16 Station Street

**Wednesday May 20<sup>th</sup> 10:00 AM - Plattsburgh**

Senior Citizens Council of Clinton County

5139 North Catherine Street

**Friday May 22<sup>nd</sup> 11:00 am - Keeseville**

Keeseville Free Library, 1721 Front Street

For more information contact

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

**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**

**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><b>4</b>  <b>Chicken a la King</b>                      Mashed Potatoes                      Peas &amp; Carrots                      Peaches</p>	<p><b>5</b>  <b>Sausage, Peppers &amp; Onions on a Bun</b>                      Hash Browns                      Broccoli                      Peanut Butter Cookie</p>	<p><b>6</b>  <b>BBQ Pork on a Bun</b>                      Oven Browned Potatoes                      Creamy Coleslaw                      Strawberry Shortcake</p>	<p><b>7</b>  <b>Meatloaf w/ Gravy</b>                      Mashed Potatoes                      Mixed Vegetables                      Sally's Mexican Cake</p>	<p><b>1</b>  <b>Michigan on a Bun</b>                      Tater Tots                      Corn                      Fresh Fruit</p>
<p><b>11</b>  <b>Swiss Steak</b>                      Mashies Potatoes                      Diced Carrots                      White Bread                      Pineapple</p>	<p><b>12</b>  <b>Baked Ziti</b>                      Tossed Salad                      Sourdough Bread                      Sugar Cookie</p>	<p><b>13</b>  <b>Salsa Chicken</b>                      Rice &amp; Beans                      Fiesta Corn                      Whear Bread                      Fruited Jello</p>	<p><b>14</b>  <b>Roast Pork w/ Gravy</b>                      Mashed Potatoes                      Peas                      Chocolate Cake w/                      Peanut Butter Frosting</p>	<p><b>15</b>  <b>Breaded Fish</b>                      Rosemary Potatoes                      Chef's Choice                      Vegetable                      Fresh Fruit</p>
<p><b>18</b>  <b>Hamburger on a Bun</b>                      Baked Beans                      French Green Beans                      Pears</p>	<p><b>19</b>  <b>Honey Mustard Pork Chop</b>                      Mashed Potatoes                      Call Blend Veggies                      Butterscotch Pudding</p>	<p><b>20</b>  <b>BBQ Pulled Chicken</b>                      Oven Roasted Potatoes                      Sliced Carrots                      Wheat Bread                      Fruit Parfait</p>	<p><b>21</b>  <b>Spaghetti w/ Meat Sauce</b>                      Wax Beans                      Italian Bread                      Lemon Mousse</p>	<p><b>22</b>  <b>Beef Stew</b>                      Harvest Blend                      Veggies                      Rye Bread                      Fresh Fruit</p>
<p><b>25</b>  <b>CLOSED</b></p>	<p><b>26</b>  <b>Breaded Chicken</b>                      Oven Browned                      Potatoes                      Beets                      Whole Wheat Bread                      Fruit Cocktail</p>	<p><b>27</b>  <b>Baked Ham w/ Raisin Sauce</b>                      Sweet Potatoes                      Green Beans                      Tapioca Pudding</p>	<p><b>28</b>  <b>Turkey Salad Sandwich</b>                      Corn &amp; Broccoli Salad                      Lettuce + Tomato                      Oatmeal Raisin Cookie</p>	<p><b>29</b>  <b>Shepard's Pie</b>                      Capri Blend Veggies                      Dinner Roll                      Fresh Fruit</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

ALZHEIMER'S DISEASE  
 **Caregiver**  
 SUPPORT INITIATIVE

# PLANNING AHEAD

Your legal planning guide  
 as a caregiver & older  
 adult featuring Heather  
 Deare-West from the Rural  
 Law Center



**Friday**  
**May 15<sup>th</sup>, 2026 from**  
**1:00 - 2:00 pm**

**FREE**  
**EVENT/LIGHT**  
**REFRESHMENTS**  
**PROVIDED**



**Center for Neurobehavioral**  
**Health SUNY Plattsburgh**  
**Sibley Hall Lecture Lab 409**  
**Plattsburgh, NY 12901**

**PLEASE RSVP TO**  
**MIKAELA OLIVER**  
**AT 518-564-2049 BY**  
**MAY 8TH, 2026**

\*This program is supported by a grant from the New  
 York State Department of Health



**RECOVERY IS POSSIBLE**

**988 Suicide & Crisis Lifeline**  
988 or 988Lifeline.org

**Veterans Crisis Line**  
Dial 988 (press 1) Text 838255

**SAMHSA's National Helpline**  
1-800-662-HELP (4357)

**Disaster Distress Helpline**  
1-800-985-5990

**FindSupport.gov FindTreatment.gov**



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.*