



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

2026 Older New Yorkers' Day Honoree

by: Ray Alexander

Barb watched the snow coming down outside of her family's home in Somers, NY. A typical 11-year-old might be excited to make some extra pocket money shoveling driveways. Others might relish a "snow day" and a chance to frolic and play instead of going to school. But Barb was not typical, not then and certainly not now. You see her parents (Bill and Esther Galligan) had instilled a sense of public service that was uncommon for a child of that age. She would spend the day shoveling snow for the seniors in her neighborhood. Little did she know it, but she was launching her career as a volunteer that would span over 50 years. Somehow, she always managed to figure a way to give back to her community. One day it might be as a candy striper at the local hospital. Other days it would be working at events to benefit our Veterans.

Of course she chose a career field with a civic component. She attended SUNY Plattsburgh where she studied elementary education and counselling for her undergraduate and graduate degrees. After college she was employed as a substitute teacher and spent 3 years in Franklin County at the Salmon River Elementary School. Fortunately (for us) she returned to Clinton County. Here she continued to serve the public working as a vocational rehab counsellor. There she aided Veterans and those with disabilities thrive in the workplace. After marrying she became

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

SEPSIS

The recent passing of 41 year old NASCAR Champion, Kyle Busch, has once again highlighted the need for sepsis awareness.

Sepsis is the body's life-threatening response to infection. It is a medical emergency.

It is important to realize that ANY infection can lead to sepsis, and it can happen to individuals of ALL ages. Some groups may be more likely to be affected. Those include: very young children, older adults, those with weakened immune systems, racial and ethnic minorities, and lower income individuals.

It's important to recognize the symptoms and seek medical attention right away. Make sure to say "I'm concerned about sepsis" to the medical staff. Please see page 8 for more information.



WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day (WEAAD) is June 15, 2026. The purpose of WEAAD is to promote a better understanding of abuse and neglect of older persons.

1 in every 10 people is likely to experience elder mistreatment in their lifetime.

1 in 24 cases of elder mistreatment are reported to the authorities.

Several key factors that increase the risk of elder mistreatment:

- Cognitive & Physical decline
- Financial strain
- Caregiver strain
- Social isolation
- Financial gain
- Evolving scams
- Ageism

If you or someone you know is in immediate danger, call 911.

If the danger is not imminent, report abuse in the community to the local Adult Protective Services.



CAREGIVER CORNER

Warm Weather and Caregiving

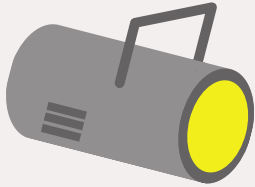
Summer weather can bring additional things to consider as a caregiver. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications. As a caregiver it's important to keep this in mind as the temperatures rise.

- Stay away from direct sunlight as much as possible when the temperature is above 80 degrees.
- Stay hydrated. Drink plenty of water, clear juices, and other beverages that do not contain caffeine or alcohol.
- Wear loose, light-colored clothing, and a wide-brimmed hat when outdoors.
- Use a broad-spectrum sunscreen lotion or spray.

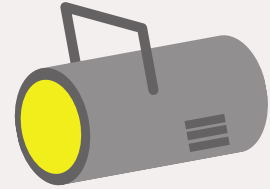
Familiarize yourself with symptoms of heat-induced illnesses. The chart below can help.

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

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



PERS

Personal Emergency Response System

A personal emergency response system is a device that allows you to call for help at the push of a button. A PERS has three components: a small radio transmitter, a console connected to your telephone, and an emergency response center that monitors calls. The transmitter is a light-weight, battery-powered device that you wear, typically as a pendant around your neck, or on a wristband.

There are several providers of PERS, offering a variety of options. There are basic units that work with a landline, units that work with cell phones, some that provide auto fall detection, and some that also include a GPS locator for use in areas with excellent cell coverage.

Some insurance plans provide PERS as a benefit of the plan. There may also be coverage through certain government programs.

You will need to provide a list of responders, at least three, who can assist when you push the button. When the call center answers, if you are having an emergency that requires first responders, officials will be notified. If you need assistance, but not first responders, the call center will notify your chosen emergency contacts for assistance. It is important to choose responders that are willing and able to assist you with your needs. For example, you may fall and need help getting up. You may not be injured, but need some assistance getting to your feet.

Signs of Elder Abuse

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. Common types of elder mistreatment include physical, sexual, emotional/ psychological, or financial abuse, neglect, or self-neglect. Elder abuse impacts people of all ages, identities, and backgrounds.







Did you know?

1 in 10 community-dwelling older adults experiences abuse every year.

1 in 3 older adults with cognitive impairment experiences abuse.

What are the signs of mistreatment?


Physical Signs

					
Dehydration or unusual weight loss	Missing daily living aids (glasses, walker, or medication)	Unexplained injuries, bruises, cuts, or sores	Torn, stained, or bloody underclothing	Unattended medical needs	Unexplained sexually transmitted diseases

Emotional & Behavioral Signs



			
Increased fear or anxiety	Isolation from friends or family	Unusual changes in behavior or sleep	Withdrawal from normal activities

Financial Signs

		
Fraudulent signatures on financial documents	Unusual or sudden changes in spending patterns	Unpaid bills

Report known or suspected abuse as soon as possible:

Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at **1-800-677-1116** or visit **www.eldercare.acl.gov**. In cases of urgent danger, call **911** or the local police or sheriff.

	Don't stand by, stand up to elder abuse. You can make a difference.		Keck School of Medicine of USC
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This document was completed for the National Center on Elder Abuse and is supported in part by a grant (90ABRC0002) from the Administration on Aging, U.S. Department of Health and Human Services (HHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official Administration on Aging or HHS policy. LAST DOCUMENT REVISION: DEC 2023

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Barb Zelinski. Not surprisingly both her and her husband enjoy supporting the community.

The list of organizations she has served is beyond impressive.

- She was a “Big Buddy” for JCEO. She especially enjoyed the bond she established with her “little buddy” and the child’s family. They were able to share numerous fun activities creating wonderful memories. Her proudest moment was sitting at graduation “hooting and a hollering”.
- Volunteer at the JCEO food bank.
- Member and Secretary of the JCEO Board of Directors.
- Board member and president for the Senior Citizens Council of Clinton County.
- Board member for the North Country Association for the Visually Impaired.
- Volunteer for Friends of Poke-O-Moonshine. There she helped to maintain and clean the mountain trail.
- Worked at the Crisis Center answering the phones.

Her advice to those considering being a volunteer? “Just go out and do it! The rewards are satisfying, great and a lot of fun”. Sound advice indeed!



L to R: Julie Stalker, Darleen Collins, Barb Zelinski, and Greg Olsen



Grandparent Scams



Grandparents often have a hard time saying "no" to their grandchildren, which is something scam artists know all too well. Scammers who gain access to consumers' personal information – by mining social media or purchasing data from cyber thieves – can create storylines to prey on the fears of grandparents. The scammers call and impersonate a grandchild – or another close relative – in a crisis situation, asking for immediate financial assistance.

Sometimes these callers "spoof" the caller ID to make an incoming call appear to be coming from a trusted source. With advances in Artificial Intelligence (AI), scammers can now clone voices of loved ones, making the call more believable.

Often the imposter claims to have been in an accident or arrested. The scammer may ask the grandparent "please don't let mom and dad know," and may hand the phone over to someone posing as a lawyer or a court official seeking immediate payment.

Don't Be Fooled

If you get a call like this, do not trust the voice over the phone. Write down details, then hang up and call the relative who is supposed to be in trouble. Use the number you have saved in your contacts. If you can't reach them, check with other family members or friends who may be able to get in touch with them.

Consider using a "safe word" that only you and your family members know and have chosen ahead of time. If the caller can't remember the safe word, it may be a scammer.

Recognizing Red Flags

Always use caution if you are being pressured for information or to send money quickly. Scammers often try to bully victims into transferring money through a mobile payment app, by wiring money, or by purchasing gift cards or money orders. Some may even request to meet to receive money in person. These are all red flags. If you get a call like this, hang up and report it immediately to local law enforcement.

ACTING QUICKLY CAN SAVE LIVES FROM SEPSIS

Sepsis is your body's life-threatening response to an infection and is a medical emergency.

When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:

- T** **TEMPERATURE**
higher or lower than normal
- I** **INFECTION**
may have signs or symptoms of infection
- M** **MENTAL DECLINE**
confused, sleepy, difficult to rouse
- E™** **EXTREMELY ILL**
severe pain, discomfort, shortness of breath

CALL 911

OR

**GO TO A HOSPITAL AND SAY
"I'M CONCERNED ABOUT SEPSIS"**

Take the **TIME** to learn the signs at sepsis.org.





You are never too old to exercise your brain!

WITS WORKOUT is 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. Come join the fun!

WITS Workout Schedule for June 2026

Thursday June 4th 3:00 – Plattsburgh

Lake Forest Senior Living, 8 Lake Forest Drive

Friday June 5th 11:00 AM – Peru

Peru Free Library, 3024 North Main Street

Tuesday June 9th 10:00 AM – Altona

Twin Oaks Senior Housing, 16 Station Street

Thursday June 11th 10:00 AM – Plattsburgh

Senior Citizens Council of Clinton County

5139 North Catherine Street

Friday June 12th 10:00 AM – Rouses Point

260 Lake Street Senior Community

Monday June 16th 11:00 – Keeseville

Keeseville Free Library, 1721 Front Street

Tuesday June 17th 10:00 AM – Plattsburgh

Victory Place, 4907 South Catherine Street

Monday June 23rd 9:00 AM – Champlain

Northern Housing, 1 Northern Tier Way

For more information contact

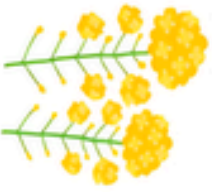
Ray at Office for the Aging at 518-565-4629

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
1 Goulash Mixed Veggies Dinner Roll Peaches	2 Chicken & Biscuits Mashed Potatoes Harvest Blend Veggies Yellow Cake w/ Chocolate Frosting	3 Enchilada Casserole Fiesta Corn Chocolate Pudding	4 Roast Pork w/ Gravy Red Smashed Potatoes Green Beans Chocolate Chip Cookie	5 Vegetable Quiche Home Fries Blueberry Muffin Fresh Fruit
8 Spanish Rice Spinach Wheat Bread Mandarin Oranges	9 Hawaiian Pork Chop Rice Bahama Blend Veggies Almond Cookie	10 Italian Chicken Roasted Potatoes Tossed Salad Italian Bread Fruited Jello	11 Sausage, Peppers, & Onions on a Roll Home Fries Broccoli Birthday Cake	12 Turkey & Swiss on Sourdough Macaroni Salad Lettuce & Tomato Fresh Fruit
15 Chicken Parmesan Casserole Italian Blend Veggies Sourdough Bread Pears	16 Meatloaf w/ Gravy Mashed Potatoes French Green Beans White Cake	17 Turkey Burger On Bun Whole Roasted Potatoes Sliced Carrots Strawberry Shortcake	18 Chicken Salad Sandwich Pasta Salad Lettuce & Tomato Oatmeal Raisin Cookie	19 CLOSED
22 Breaded Chicken Rosemary Potatoes Beets Dinner Roll Pineapple	23 Sloppy Joe on a Bun Cauliflower Cheesecake	24 Honey Mustard Pork Chop Mashed Potatoes Cali-blend Veggies Strawberry Mousse	25 Beef Stroganoff Rice Peas Peanut Butter Cookie	26 Michigan On Bun Potato Salad Baked Beans Fresh Fruit
29 Hawaiian Chicken Rice Pilaf Chef's Choice Veggie Peaches	30 Chef's Salad Cottage Cheese Dinner Roll Blueberry Crisp			

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



What is Palliative Care?

By Ray Alexander



Being diagnosed with a serious illness is life changing. What makes an illness “serious?” A high risk of death or one that significantly lowers your quality of life or ability to perform daily tasks. Some examples include cancer, chronic heart and lung disease, kidney failure, HIV/AIDS, stroke and neurodegenerative diseases like dementia and Parkinson’s [just to name a few]. Palliative care is specialized medical care that focuses on providing relief from pain and other symptoms of the illness in question. One of the goals is to improve the quality of life for people and their families. This form of care is offered alongside other treatments that a person may be receiving. Symptoms that may be improved by palliative care include: pain, nausea, depression, difficulty breathing, and insomnia.

It is important to note that palliative care differs from hospice care. Both offer comfort care and symptom management. However, hospice is only offered at the end of life (typically the last 6 months) when all other treatments have stopped. Palliative care DOES allow for other treatments. It functions as an extra layer of support that works alongside curative treatments, focusing on the person rather than just the disease. A palliative team typically can include doctors, nurses, social workers and spiritual advisors/chaplains who collaborate to alleviate the patient’s distress. They also look to enhance the quality of life.

When is it time for palliative care?

There isn’t one set time for when someone should be offered palliative care. Many people wait too late. It should at least be considered once they receive a serious diagnosis. Seeking care early can help you plan for what’s to come. Speak to your provider about whether they’d recommend palliative care for you.

Amplify accurate information about aging, expose ageism, and end elder abuse.



#WEAAD is June 15th



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.