



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Creative Aging is Back!

Clinton County Office for the Aging is happy to announce that the next installment of the Creative Aging program will be held in person. Family Photos: A Lifetime of Stories begins September 17th at the Strand Center for the Arts. Led by Professional Teaching Artists Megan Charland and Sommerleigh D'Elia, this 8 week workshop will see participants creating works of art inspired by, and using, their family photos. Strand staff will digitize and reproduce participants' family photos so there is no harm to the originals.



Why is the Creative Aging movement so important?

- Engaging in artistic and creative activities to enhance well-being, boost physical and cognitive abilities, and enrich our overall quality of life as we age.
- Creative aging has been identified as a powerful public health intervention, combating loneliness and boosting mental and physical health.
- Creative aging shatters ageist stereotypes, celebrating lifelong growth and boundless creativity.

The workshop will be held on Thursdays, from 1 to 2:30 pm, beginning September 17th. Participants will have final pieces framed and displayed in the Community Art Gallery. Space is limited, so call Office for the Aging at 518-565-4620 to register as soon as possible.

Family Photos: A Lifetime of Stories is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

This activity is made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with E.A. Michelson Philanthropy and supported by Lifetime Arts.

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MESSAGE FROM THE DIRECTOR



BY: DARLEEN COLLINS



Programming Updates

Office for the Aging has received many inquiries about the GoGoGrandparent Transportation Program. We are still working on contracting issues and hope to have an update soon. We apologize for the delay.

Did you know that talking about scams is the best way to prevent them? See page 7 for details.

In partnership with New York State Office for the Aging the SilverShield platform has prevented over \$300,000 in attempted scams targeting more than 850 older adults using the technology in just five months. If you want assistance detecting scams by text and email, call Ray at Office for the Aging at 518-565-4620 to learn more about the SilverShield program. We have a limited number of licenses available so call soon.

Have you been to your local library?

Many of the local libraries offer programs that may be of interest.

Activities and events may include things like monthly book clubs, art exhibits, chair yoga, game club, guest speakers, and more. Some libraries offer virtual programs so you can participate from home.

Contact your local library for more information.

Champlain Centre Mall

Did you know you can walk at the mall for free? The mall opens early for mall walkers, so you can walk rain or shine. They have floor stickers to indicate their one mile loop or just walk as much or as little as you'd like.





CAREGIVER CORNER

When Care Needs Exceed Caregiver Capacity

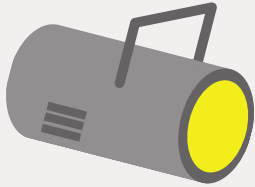
In general, people want to avoid nursing home placement. Maybe you made a promise to never place your loved one in a nursing home. What happens when the level of care needed becomes too much for the caregivers? Or when the safety of your loved one can no longer be maintained at home? What about if your own health and safety is in jeopardy due to physical and cognitive changes in your loved one?

Some signs to look for include:

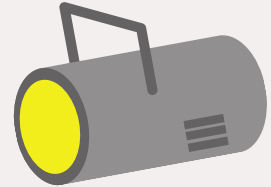
- Difficulty bathing, dressing, toileting, and eating can be a sign that daily care needs are increasing
- Frequent falls and injuries
- Chronic conditions that require 24/7 care
- Memory issues that lead to wandering, mismanagement of medication (not taking it, taking too much, or taking the wrong medications), or leaving appliances on
- Behavioral changes causing aggression towards others
- Changes in mobility (Losing the ability to walk or maintain balance or lacking the strength to get out of bed or go to the bathroom)
- Social and emotional well-being (loneliness, lack of regular social interaction, withdrawal, and depression)
- Caregiver burnout (Reduced quality of life, physical and mental health issues)

When in-home care is no longer enough, it's time to sit down and have a conversation about the transfer. Explain your concerns clearly and listen to your loved one. This is a challenging time which should be handled with empathy and respect. Expect resistance in the beginning, but know that you are making a decision about what is best for your loved one's safety and dignity.

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



Rural Transportation Program

The Rural Transportation Program (RTP) helps adults age 60 and over in Clinton County, who no longer drive or have no transportation get to their appointments. JCEO staff link older adults to transportation via public transit or volunteers in the community who provide a ride to medical appointments throughout Clinton County.

This program can be accessed either through your Community Outreach Center in your town, or if you live in Schuyler Falls, Beekmantown, or the City of Plattsburgh, you can call the JCEO main office at 518-563-6310.

There is no fee to use the service, however voluntary contributions are accepted. No one will be denied service due to an inability or unwillingness to contribute.

The Rural Transportation Program is in need of additional volunteers to meet demand. Please call JCEO Senior Outreach at 518-561-6310 for more details, including information about mileage reimbursement.

This service is funded through a cooperative effort by the Clinton County Office for the Aging and the New York State Office for the Aging.



The Joys of Birdwatching

By Ray Alexander

Looking for a new hobby? You might want to consider birdwatching. I have been an avid birdwatcher for the past 20 years or so. Now as an older adult I find that I like it more than ever. I am fortunate to have a large backyard that over the years I have attempted to make as “bird friendly” as possible. I have 4 seed feeders, 3 hummingbird feeders and 4 bird baths/sources of water. Birdwatching provides a great low-impact hobby for older adults. It is a great way to reduce stress, stimulate cognitive function and potentially increase socialization. Birding can be tailored to almost any physical capability. For those looking for more activity you can go for hikes through our state parks. We are blessed with numerous local sites that allow us to reconnect with nature and our avian neighbors. Here are my 3 favorite locations:

- Rugar Woods: Located behind the SUNY Fieldhouse in Plattsburgh. Easily accessible, it offers a host of trails through the forest, riverfront and the reservoir.
- Point au Roche State Park: This gem is located north of Plattsburgh (just a little off Route 9). There are dozens of trails and a nature center. Some of the trails are black topped making it accessible to those with mobility issues.
- AuSable Marsh Wildlife Management Area: Located just a few minutes south of Plattsburgh. The main trail goes through the wetlands. This allows visitors access to a wide variety of songbirds, herons, eagles, ospreys and waterfowl.

Like many hobbies you CAN spend a lot of money if you choose, however you don't have to. Here are a couple of items that I would consider essential.

- Lightweight Binoculars: I would recommend magnification of 8X or 10X. A neck strap is important to free up your hands.
- A Bird Field Guide: This is crucial to identifying the myriads of birds you are going to encounter. Great choices are put out by Sibley, Peterson, The Smithsonian and National Geographic. Remember that many of these guides are regional, make sure you get the right one.

Continued from page 5

For many of us we can do our birding from home as well. There are an enormous variety of bird feeders available to attract a wide assortment of our feathered friends. My seed of choice is black oil sunflower. It has broad appeal to numerous species and is relatively inexpensive. Footnote, you might want to invest in either a “baffle” for your feeder pole or a squirrel proof feeder.

One necessity of life that shouldn't be neglected is water. You could make the argument that it is just as important as the food. It is also easy on the budget. A birdbath can provide a welcome oasis for a variety of birds and other creatures. One of my birdbaths is at ground level enabling all sorts of creatures to drink, this is especially important during the hot summer months. It never fails to bring a smile to my face whenever I see a bird splashing around taking a bath.

There are numerous opportunities for socialization with this hobby. The birdwatching community is welcoming and inclusive. Whether you join an online forum or participate in birdwatching groups, you will find people who share your passion. This can combat feelings of isolation, offering a sense of belonging and comradeship. Happy Birding!





Talk to Your Friends and Family to Fight Fraud



One of the best ways to fight fraud is to talk about it. When you know scammers' tactics, they're easier to spot and avoid. The FTC has some facts about fraud to help you start the conversation.

- Imposters are the #1 scam the FTC sees. Scammers send texts pretending to be a business like your bank, saying you need to verify a (fake) transaction to “protect (but really: steal) your money. Or they are a “government organization” like a state toll agency, telling you to pay (fake) tolls. To confirm it's legit, check with the real organization, but use a phone number or website you know is real - not the info from the call or message.
- People report losing lots of money to investment scams. Scammers know that promising big returns on investments might get you to open your wallet. But do some research to avoid these scams. Many investment scams start with unlicensed people or unregistered firms, so use the free search tool on Investor.gov to check out anyone recommending or selling investments.
- Scammers love to text. People tell the FTC it's the main way scammers got in touch - thanks mainly to toll scams. But it's far from the only way. They're still calling (a lot) and reaching many people through social media. The takeaway? Scammers are everywhere we are, always finding ways to get our attention. So, watch for signs of a scam and check it out if in doubt.
- Scammers say you have to pay a specific way. People report recent losses through bank transfers and cryptocurrency, but scammers also like demanding payment by wire transfer, payment app, and gift card. If anyone ever says the ONLY way to pay is any one of these, get your scam antennae up.

Looking for more on top frauds? Dig in at [ftc.gov/ExploreData](https://consumer.ftc.gov/consumer-alerts/2026/07/talk-your-friends-and-family-fight-fraud) and keep the conversations going.

Source: <https://consumer.ftc.gov/consumer-alerts/2026/07/talk-your-friends-and-family-fight-fraud>

Free Workshop for Ages 55 & Better!



Photos by Teaching Artist Megan Charland,
Peru Free Library

Family Photos: A Lifetime of Stories

Over the course of this 8 week workshop, participants will create a series of artwork both inspired by, and using, their family photos.

Final pieces will be framed and displayed in the Community Corner Gallery.

Staff will digitize and reproduce participants' family photos so there is no harm to the originals.

When:

Thursdays, 1 - 2:30 pm
September 17th - November 5th

Where:

Strand Center for the Arts
23 Brinkerhoff Street
Plattsburgh, NY 12901

Registration required. Spaces are limited.

To sign up, or for more information contact:

Clinton County Office for the Aging at 518-565-4620

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**National Assembly of
State Arts Agencies**
KNOWLEDGE ★ REPRESENTATION ★ COMMUNITY

 **e.a. michelson**
— PHILANTHROPY

 **Lifetime Arts**



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 August 2026

Friday August 7th 10:00 AM – Rouses Point

260 Lake Street Senior Community, 260 Lake Street

Monday August 10th 11:00 AM – Keeseville

Keeseville Free Library, 1721 Front Street

Tuesday August 11th 10:00 AM – Altona

Twin Oaks Senior Housing, 16 Station Street

Friday August 14th 11:00 AM – Peru

Peru Free Library, 3024 North Main Street

Monday August 17th 3:00 PM – Plattsburgh

Lake Forest Senior Community, 8 Lake Forest Drive

Tuesday August 18th 10:00 – Champlain

Northern Housing, 1 Northern Tier Way

Wednesday August 19th 10:00 AM – Plattsburgh

Victory Place, 4907 South Catherine Street

Thursday August 20th 10:00 AM – Plattsburgh

Senior Citizens Council of Clinton County

5139 North Catherine Street

For more information contact

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

MEALS ON WHEELS

45 Veterans Lane
Plattsburgh, NY
(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
3 Macaroni & Cheese Broccoli Rye Bread Fruit Cocktail	4 Beef Stroganoff Sliced Carrots Peanut Butter Cookie	5 Chef's Salad Cottage Cheese Dinner Roll Blueberry Crisp	6 Michigan on a Bun Baked Beans Mixed Veggies Jello Cake	7 Pulled BBQ Chicken on a Bun Roasted Potatoes Cali Blend Veggies Fresh Fruit
10 Sweet & Sour Pork Rice Bahama Veggies Applesauce	11 Meatloaf w/ Gravy Mashed Potatoes French Green Beans Chocolate Mousse	12 Cheeseburger Tater Tots Peas & Carrots Molasses Cookie	13 Chicken Salad Sandwich Pasta Salad Lettuce & Tomato Birthday Cake	14 Veggie Quiche Home Fries Blueberry Muffin Fresh Fruit
17 Swiss Steak Mashed Potatoes Diced Carrots White Bread Pineapple	18 Turkey & Swiss on Sourdough Potato Salad Lettuce & Tomato Sugar Cookie	19 Marinated Chicken Roasted Potatoes Tossed Salad Italian Bread Fruited Jello	20 Roast Pork w/ Gravy Mashed Potatoes Harvest Blend Veggies Strawberry Shortcake	21 Sausage, Peppers, & Onions on a Bun Home Fries Green Beans Fresh Fruit
24 Scalloped Potatoes w/ Ham Spinach Rye Bread Peaches	25 Chicken Parmesan Casserole Italian Blend Veggies Sourdough Bread Tapioca Pudding	26 Tuna Salad Sandwich Potato Salad Creamy Cole Slaw Lemon Cookie	27 Goulash Corn Dinner Roll Fruit Parfait	28 Breaded Chicken Rosemary Potatoes Beets Dinner Roll Fresh Fruit
31 Spanish Rice Peas Wheat Bread Mandarin Oranges				

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

Age 50 and older? Get the shingles vaccine!

Shingles is a painful skin rash caused by the same virus as chickenpox. Here are three things to know:



Your risk increases with age.

1 in 3 adults will develop shingles. If you had chickenpox earlier in life, you are at risk for developing shingles.



Shingles can be serious.

For many people, shingles symptoms are mild, but others may develop more severe symptoms like intense or long-lasting pain.



It's preventable!

The shingles vaccine is more than 90% effective at preventing the disease, and it's recommended for most adults age 50 and older.

Talk with a doctor and learn more at www.nia.nih.gov/shingles.



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 _____

Reminder: Don't forget to use your Farmers' Market Coupons

There is a large selection of locally grown fruits and vegetables to choose from. Use your coupons to get some of your favorites!

All Farmers' Market coupons have been distributed for this year. If you need assistance with food, please call Office for the Aging at 518-565-4620.



Clinton County Office for the Aging
135 Margaret St, Suite 105
Plattsburgh, NY 12901