RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Preventing Falls

Each year there are approximately 1 million falls-related hospitalizations. Falls are the most common cause of traumatic brain injuries. Many falls are preventable What are some ways to prevent falls?

- Stay active and strong with balance and strength exercise programs.
- Wear sturdy, flat shoes with non-skid soles.
- Keep your hands free to hold on to railings by using a shoulder bag, fanny pack, or backpack.
- If you have an adaptive device like a cane or walker, use it!
- If you fall - tell your doctor! Certain medical conditions and medications can increase fall risk. Ask you doctor how to reduce your risk, which exercises are safe for you, and if there are alternate medications available.
- Check your home for fall hazards. Make sure lighting is good, using sensor lights or nightlights in the dark. Remove small throw rugs and other items you could trip over. Install grab bars where needed. Keep items you use often in cabinets that are in easy reach.
- Use caution when walking on wet or icy surfaces. Consider staying in when the weather is bad.
- Avoid or limit alcohol as too much alcohol can lead to balance problems and falls.
- Have your eyes and hearing tested.

A bit of prevention can make a big difference in your safety and wellbeing.

IN THIS ISSUE

MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Open Enrollment

Medicare Open Enrollment is right around the corner. Office for the Aging will be working with JCEO and other area partners to host Open Enrollment Clinics again this year.

The first clinic will be held on October 21st at Rainbow Wedding and Banquet Hall in Altona. The full schedule of clinics will be published in the October newsletter. You will be able to meet one-on-one with a certified health insurance counselor to determine the plan that best meets your needs.

Don’t forget that plans change from year to year. Keeping the same plan does not mean you will have the same benefits next year. It is important to review the Annual Notice of Change which you should be receiving prior to September 30th. Keep that document for your records.

THINGS TO DO

Cornell Cooperative Extension Clinton County
Exercise Programs
Monday - Friday
9 - 10 am online
Links on CCE website:
www.cceclinton.org

Senior Citizens Council of Clinton County
Offer a variety of activities including exercise programs.

Programs include:
Senior Fitness
Tai Chi
Zumba Gold
Shuffleboard
Card Games
Scrabble
Mah Jongg
Knitting
Crocheting
Wii Bowling
and more!

See the activity schedule on their website at https://www.seniorsinclintoncounty.com or call 518-563-6180 for more info.

CAREGIVER CORNER

Caregivers and Falls Prevention

Falls are common. They can also have devastating consequences. Caregivers can make a difference with preventing falls. The first step is starting the conversation. Explain your concerns with overall safety and work together to implement solutions.

Accompany your loved one to a wellness checkup that includes a falls-risk assessment or conduct an at-home assessment. Consider how chronic conditions and medications may increase fall risk. Speak with health care providers, doctors, and pharmacists to manage concerns.

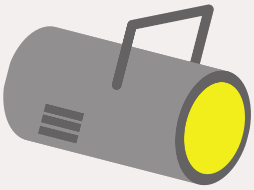
Make sure your loved one gets regular eye exams and if they wear glasses, the prescription is updated. Make sure lighting is appropriate. Increasing lighting can be helpful, especially at the top and bottom of stairs. Using nightlights or sensor lights at night can help light the way after dark.

Ask your loved one to help you assess potential fall hazards in the home. Add grab bars near the toilet and tub/shower in the bathroom. Clear away any clutter from floors. Remove small throw rugs or use double-sided tape to prevent the rugs from slipping.

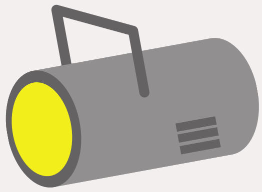
There are exercises that can improve balance and strength. A trained physical therapist can assist and may also make recommendations for adaptive equipment if needed.

This can be a difficult topic to manage, so be mindful of the language you use and be positive.

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



Health Insurance Information, Counseling & Assistance Program (HIICAP)

For many people, Medicare can be confusing and overwhelming. There are different parts of Medicare, enrollment periods, prescription drug plans, Medicare Advantage plans, supplemental insurance, costs and rules to understand. When people have questions, they may not know where to turn. That is where HIICAP counselors can help.

HIICAP — the Health Insurance Information, Counseling and Assistance Program — provides free, unbiased and confidential assistance to Medicare beneficiaries, their families and caregivers. Our goal is to make Medicare easier to understand and help people make informed decisions about their healthcare coverage.

As HIICAP counselors, we do not sell insurance, and we do not receive commissions for recommending a particular plan. We listen to each person's needs and provide objective information so they can make the choice that is right for them.

We help people who are new to Medicare understand how Medicare works and what their options are. We can explain Medicare Parts A and B, prescription drug coverage, Medicare Advantage plans, Medicare Supplement insurance and enrollment periods. We can also help beneficiaries review their current coverage and understand changes that may affect them.

One of the most important things we do is help people find ways to save money on healthcare costs. We can screen individuals to see whether they may qualify for programs that help with Medicare premiums, prescription drug costs and other expenses, such as Medicare Savings Programs, Extra Help and New York's EPIC program.

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Estate Planning for Your Guns

By Ray Alexander

It has been estimated that there are over 393 million firearms owned by civilians in the United States. In New York State alone over 4.5 million people own guns and approximately 20% of the households have at least one gun in the home.

The death of a loved one brings about many challenges. One of the most difficult is the distribution of personal property that has been accumulated throughout their life. A will is an essential step towards ensuring that your wishes are known and implemented. As a gun owner, this process at your death can be even more difficult as there are very specific laws that must be followed. New York State's laws are some of the strictest in the nation, especially in light of the SAFE laws that had extra regulations added in 2022. Navigating a gun inheritance requires following exact legal and administrative procedures. Gun owners should all review the **NYS Official Gun Safety Portal** for current gun laws, including the most recent updates. It is important to recognize that these laws are constantly changing as new legislation is passed. This article is only meant as an introduction and not a complete guide to weapon transfer, contact local law enforcement for in depth guidance/questions. Here are some of the basics:

1. The 15-Day Grace Period
   - Strict limit: When a licensed gun owner dies, the executor or administrator of the estate is in technical violation of illegal weapon possession. New York Penal Law allows a 15-day window to lawfully resolve the disposition of the weapons.
   - What to do: Within those 15 days, the executor or beneficiary must either transfer the firearms to a valid license holder, transfer through a licensed dealer, or surrender them to the local police department for safekeeping.
2. Immediate Family Transfers
   - If the beneficiary is an immediate family member (spouse, children, step-children, parents or siblings) the firearm can often be transferred directly without a Federal Firearms License (FFL)
   - The Process: The recipient must possess the proper N.Y.S. license (Pistol/Revolver License) for handguns. The estate executor will need to fill out and file an Estate Transfer Form, ·along with copies of the death certificate, the will/letters of testamentary, and the amended license paperwork to the local County Clerk or Sheriff's Office.

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- N.Y.S. Licensed Dealers (FFLs): If the beneficiary does not have a license, or if the recipient lives out-of-state, the transfer must be facilitated through a licensed NYS firearms dealer. The FFL can legally hold the guns, arrange interstate transfers, or sell the guns on behalf of the estate.
- State Compliance: Any long guns inherited (rifles or shotguns) must be fully compliant with the N.Y. SAFE Act. Non-compliant “assault weapons” cannot be legally possessed, inherited, or transferred in the state and must be sold to an FFL.

4. Surrendering to Police

- If the beneficiary does not want the firearms or cannot legally obtain a permit, they should contact their local police department to safely arrange a surrender of the weapons in question.
- Receipts: The police will take custody of the weapons and issue a receipt to the estate executor, which is critical for clearing the guns from the decedent’s estate inventory. Police usually hold firearms for up to one year before destroying them, giving the estate time to find a buyer or alternative legal transfer.
- Transfer to Law Enforcement: The best way to transfer weapons to law enforcement is to call them and arrange for them to come to you and pick them up.

For additional information contact local law enforcement, gunsafety.ny.gov or call 1-855-Lawguns (1-855-529-4867). Failure to follow proper laws and procedures can result in criminal prosecution, fines, and incarceration.

It’s apple season!

What’s your favorite apple treat?

Continued from page 4

HIICAP counselors can also help when problems arise. If someone receives a confusing medical bill, has questions about a Medicare claim, receives a denial or needs information about an appeal, we can explain their options and help them understand what steps they may be able to take. We can also provide information about Medicare fraud and how to protect themselves from scams.

Our work isn't limited to one-on-one counseling. HIICAP counselors also provide educational presentations and community outreach to help people learn about Medicare before they are faced with a difficult decision.

But perhaps the most important part of being a HIICAP counselor is the personal connection we make with the people we serve. Sometimes people come to us feeling frustrated, confused or worried about how they will afford their healthcare. We take the time to listen, answer their questions and break complicated information down into something they can understand.

We may not have every answer, but we can help people find the right resources and take the next step.

HIICAP is more than helping people understand Medicare. It is about empowering people, protecting their rights, helping them find available resources and giving them confidence in making decisions about their healthcare.

If you or someone you know has questions about Medicare, don't try to navigate it alone. Your local HIICAP counselors are here to help. Contact Clinton County Office for the Aging at 518-565-4620 or JCEO Senior Outreach at 518-561-6310 for assistance.

Alzheimer's Caregiver Education & Support

ACES is an interactive learning program for Alzheimer's and dementia caregivers. It consists of 6 weeks of education and support, including care training, planning tools and tips to help you cope.

Where:

CVPH Medical Center - Training room 3
75 Beekman St. Plattsburgh NY 12901
*Offered with Virtual option.

Registration

Contact Brooke Dubuque at 518.915.3115 or bmdubuque@alz.org to register for in-person sessions or to receive zoom registration info by email.

Partnered Learning to Help Caregivers Become ACES in the Journey

ALZHEIMER'S ASSOCIATION Northeastern New York Chapter

CLINTON COUNTY Office for the Aging

ALZHEIMER'S DISEASE Caregiver SUPPORT INITIATIVE

Week 1, Sept. 29 4:30pm — **Introduction, Overview and Building Your Care Team**
Meet your facilitator and fellow program participants, listen to an Alzheimer's overview and learn how to build your care team.

Week 2, Oct. 6 4:30pm — **Research Update**
Learn how new research is advancing what we know about risk, diagnosis and treatment. Presented by an experienced staff member of the Alzheimer's Association.

Week 3, Oct. 13 4:30pm — **Legal & Financial Planning**
Attorney Phillip K. Vacchio with Herzog Law Firm will join us for a presentation on legal and financial planning specifically tailored for families and individuals affected by dementia.

Week 4, Oct. 20 4:30pm — **Daily Strategies for Communication, Managing Change and Self-Care**
Learn techniques and strategies designed to meet communication challenges brought on by memory impairment. Explore the changes you may experience and ways to deal with the resulting feelings, including building a support team and managing stress.

Week 5, Oct.27 4:30pm — **Safety**
Explore tips on how to stay safe within your home and in the outside environment.

Week 6, Nov. 3 4:30pm — **Exploring Resources and Program Wrap-Up**
Examine how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care. Meet our community partners.

This program is presented in partnership with the Alzheimer's Disease Caregiver Support Initiative, the Center for Neurobehavioral Health at SUNY Plattsburgh, and is supported in part by a grant from the New York State Department of Health.

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 September 2026

Wednesday, September 2nd 2:00 PM – Plattsburgh
Samuel F. Vilas Home, 61 Beekman Street

Friday, September 11th 11:00 AM - Peru
Peru Free Library, 3024 North Main Street

Tuesday, September 15th 10:00 AM- Champlain
Northern Housing, 1 Northern Tier Way

Monday, September 21st 11:00 AM - Keeseville
Keeseville Free Library, 1721 Front Street

Tuesday, September 22nd 10:00 AM – Altona
Twin Oaks Senior Housing, 16 Station Street

Wednesday, September 23rd 10:00 AM- Plattsburgh
Victory Place, 4907 South Catherine Street

Thursday, September 24th 10 AM - Plattsburgh
Senior Citizens Council of Clinton County
5139 North Catherine Street

Friday, September 25th 3:00 PM – Plattsburgh
Lake Forest Senior Community, 8 Lake Forest Drive

For more information contact
Ray at Office for the Aging at 518-565-4629

MEALS ON WHEELS

45 Veterans Ln
Plattsburgh, NY
(518) 561-8320

September

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 **Chicken Divan** Rice Sliced Carrots Wheat Bread Pears	2 **Roast Beef & Cheese Sandwich** Pasta Salad Lettuce & Tomato Chocolate Mousse	3 **Scalloped Potatoes w/ Ham** **Spinach** **Rye Bread** Oatmeal Raisin Cookie	4 **Michigan on Bun** Oven Roasted Potatoes Peas Fresh Fruit
7 **CLOSED**	8 **Herbed Chicken** Mashed Potatoes French Green Beans Dinner Roll Apple Sauce	9 **Egg Salad Sandwich** Macaroni Salad Lettuce & Tomato Chocolate Chip Cookie	10 **Sweet & Sour Chicken w/ Rice** Oriental Blend Veggies Wheat Bread Sally's Mexican Cake	11 **Honey Mustard Pork Chop** Baked Potatoes Winter Blend Fresh Fruit
14 **Sloppy Joe on Bun** Whole Potatoes Corn Peaches	15 **Chef's Salad** Cottage Cheese Dinner Roll Blueberry Crisp	16 **Baked Ziti** Italian Blend Veggies Sourdough Bread Sugar Cookie	17 **Roast Turkey w/ Gravy** Mashed Potatoes Harvest Blend Veggies Tapioca Pudding	18 **Shepards Pie** Mixed Veggies Dinner Roll Fresh Fruit
21 **Baked Fish** Au Gratin Potatoes Cali Blend Veggies Italian Bread Mandarin Oranges	22 **Turkey Salad Sandwich** Corn & Broccoli Salad Lettuce & Tomato Fruit Parfait	23 **Chicken Stew** Capri Blend Veggies Wheat Bread Lemon Mousse	24 **Mac & Cheese** Green Beans Rye Bread Fresh Fruit	25 **CLOSED**
28 **Breaded Chicken** Rosemary Potatoes Italian Blend Veggies Dinner Roll Pears	29 **Ham & Cheese Sandwich** Potato Salad Tri-Slaw Fruited Jello	30 **Turkey Burger on a Bun** Sweet Potatoes Fiesta Corn Chocolate Chip Cookie		

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

Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods and beverages that will make it easier for you to make informed food choices that support a healthy diet.

Explore it today and discover the wealth of information it contains!

Servings Per Container

Servings per container shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving. Some containers may also have a dual column label, which shows the amount of calories and nutrients in one serving and the entire package.

Serving Size

Serving size is based on the **amount of food that is customarily eaten** at one time. The nutrition information listed on the Nutrition Facts label is *usually based on one serving* of the food; however, some containers may also have information displayed per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Calories

Calories refers to the **total number of calories**, or "energy," supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food. To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. 2,000 calories a day is used for general nutrition advice. However, your calorie needs may be higher or lower and vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at http://www.choosemyplate.gov.

As a general rule:
100 calories per serving is **moderate**
400 calories per serving is **high**

Percent Daily Value

The percent Daily Value (%DV) shows **how much a nutrient in one serving of the food contributes to a total daily diet.** Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

As a general rule:
5% DV or less of a nutrient per serving is **low**
20% DV or more of a nutrient per serving is **high**

Nutrition Facts

2 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 430mg	**19%**
Total Carbohydrate 46g	**17%**
Total Sugars 4g	
Includes 2g Added Sugars	**4%**
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrients

The Nutrition Facts label can help you learn about and compare the nutrient content of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

Nutrients to get less of: saturated fat, *trans* fat, sodium, and added sugars. Diets higher in these nutrients can increase the risk of developing high blood pressure and/or cardiovascular disease. **Get less than 100% DV of these each day.** (Note: *trans* fat has no %DV, so use the amount of grams as a guide)

Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium. Most Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can decrease the risk of developing diseases, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. **Get 100% DV of these on most days.**

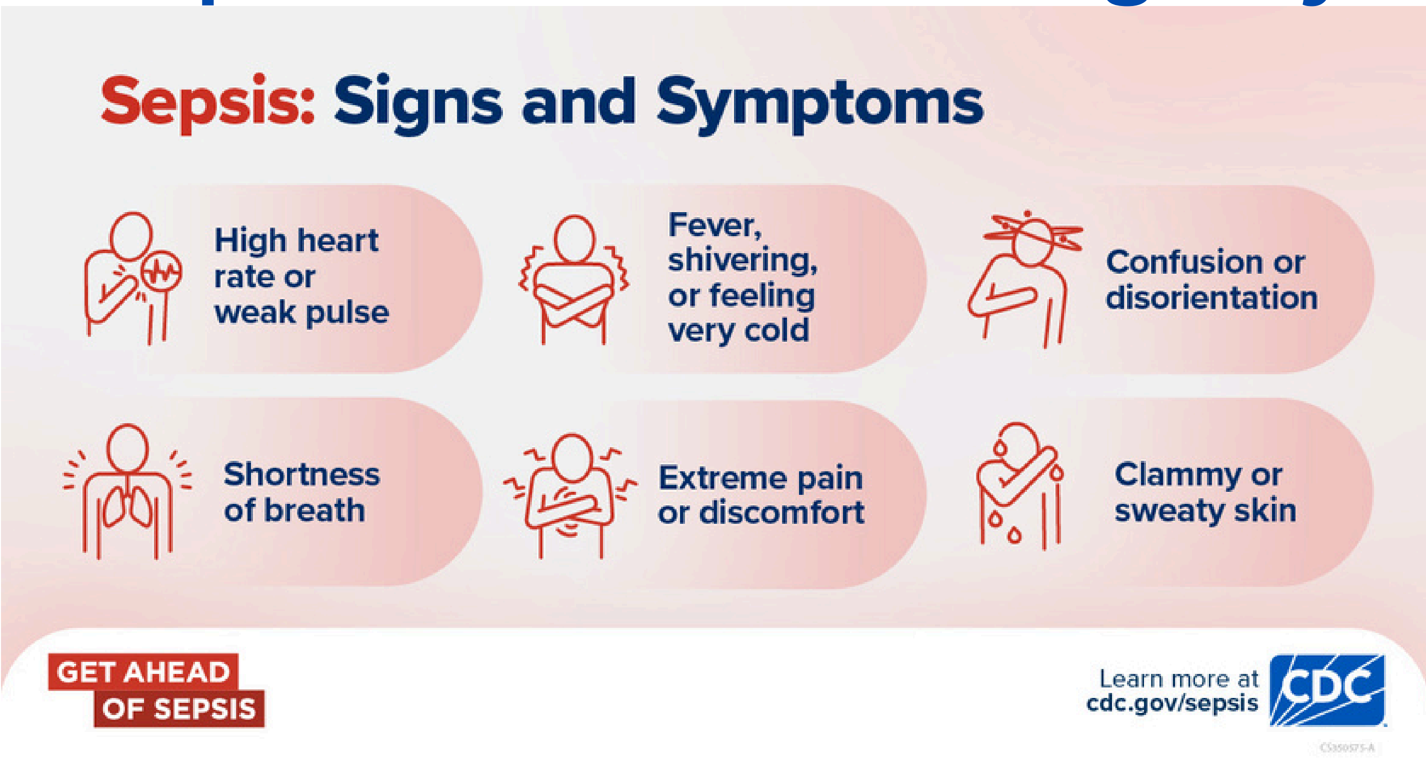
FDA

http://www.fda.gov/nutritioneducation

December 2016

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

Sepsis is a Medical Emergency



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.