



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

GETTING A GOOD NIGHT'S SLEEP

Many people have trouble sleeping, but older adults need the same amount of sleep as other adults, 7 to 9 hours per night. According to the National Institute on Aging, an ongoing lack of sleep or poor-quality sleep increases your risk of health problems such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity. Lack of sleep can lead to irritability, memory problems, depression, or more falls and accidents.

Do you take a long time to fall asleep, wake up many times during the night, wake up early and not get back to sleep, wake up tired, or feel sleepy during the day? There are many causes for poor sleep including insomnia, sleep apnea, movement disorders, some medications, or Alzheimer's disease. Not being able to sleep can become a habit. Some people worry about not sleeping before they go to bed, making it more difficult to fall asleep and stay asleep.

Some tips to help you get that 7 to 9 hours of needed sleep include:

- Go to bed and wake up at the same time every day, even on weekends.
- Find ways to relax before bedtime each night.
- Avoid distractions such as cell phones, computers, and televisions in your bedroom.
- Exercise at regular times each day, but not within 3 hours of your bedtime.
- Don't eat large meals, drink caffeine or alcohol late in the day.
- Avoid long naps (over 30 minutes) in the late afternoon or evening.



IN THIS ISSUE

- **Message from the Director**
- **Caregiver Corner**
- **Program Spotlight - Rural Zone Transit**
- **Cancer Services Program**
- **Older Adults & Alcohol**
- **Sweetheart Scam**
- **Menu, Activities & More**

MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Everyone struggles.

It may be due to your health, or that of a family member. It could be due to a loss of a pet or a cherished loved one. Perhaps work has been incredibly stressful or maybe you spend too much time alone.

Everyone struggles.

Some folks hide it better than others. Take a moment to check in on friends, family, and neighbors. Show some grace and compassion. Connect. Make a difference. We all have that power.

With a brand new year upon us, it's a great time to create new habits, try new things, and build new connections.

Wishing you all a happy, healthy new year.



ACTIVITIES

Senior Center Activities

5139 North Catherine St,
Plattsburgh

Activities include: Fitness, Zumba, Yoga, Scrabble, Mah Jongg, Crocheting, Shuffleboard, Wii Bowling, Knitting, Card Games and More. The complete schedule may be viewed at <https://www.seniorsinclintoncounty.com/Activities/> or call 518-563-6180 for more information.

GetSetUp Classes

Older adults in New York State still have access to GetSetUp classes. These classes are available for FREE!

Check out the website at www.getsetup.io/partner/NYSTATE to see what classes are being offered.

Cornell Cooperative Extension

Schedule of classes available at <http://cceclinton.org/fitness> or by calling 518-561-7450

Volunteers Needed

Call for Details
JCEO Senior Outreach
518-561-6310
AmeriCorps Seniors
518-566-0944



CAREGIVER CORNER

Use a Care Plan to Create Balance

Does your loved one have a care plan in place? Having a care plan can help caregivers create balance between their own life and that of the person receiving care.

What information should be in a care plan?

- Personal information (name, date of birth, contact information)
- Medical conditions
- Medicines, doses, and when and how they are given
- Health care providers with contact information
- Health insurance information
- Emergency contacts

How is a care plan developed?

- Begin by having a care planning discussion with the person receiving care
- Include others who regularly interact with them if they are unable to provide information themselves
- Ask about care suitable care options
- Update the care plan at least annually, or more often if medication or health change

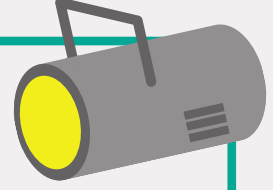
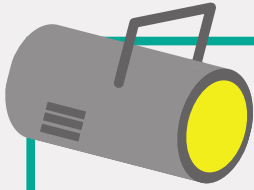
What are the benefits of a care plan?

- Can reduce emergency room visits and hospitalizations and improve overall medical management for people with chronic health conditions
- Care plans can support the caregiver, so they remain healthier
- Care plans help retain quality of life and independence for the care receiver

One example of a care plan can be found at:

<https://www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf>

*Contact Clinton County Office for the Aging's
Caregiver Resource Center at 518-565-4620*



Program Spotlight

Rural Zone Transit

The Rural Zone Transit program is also known as "Dial-a-Ride". This program is part of the Clinton County Public Transit (CCPT) system. The bus can be used to travel to appointments, shopping, social engagements, and more. The buses are handicap accessible.

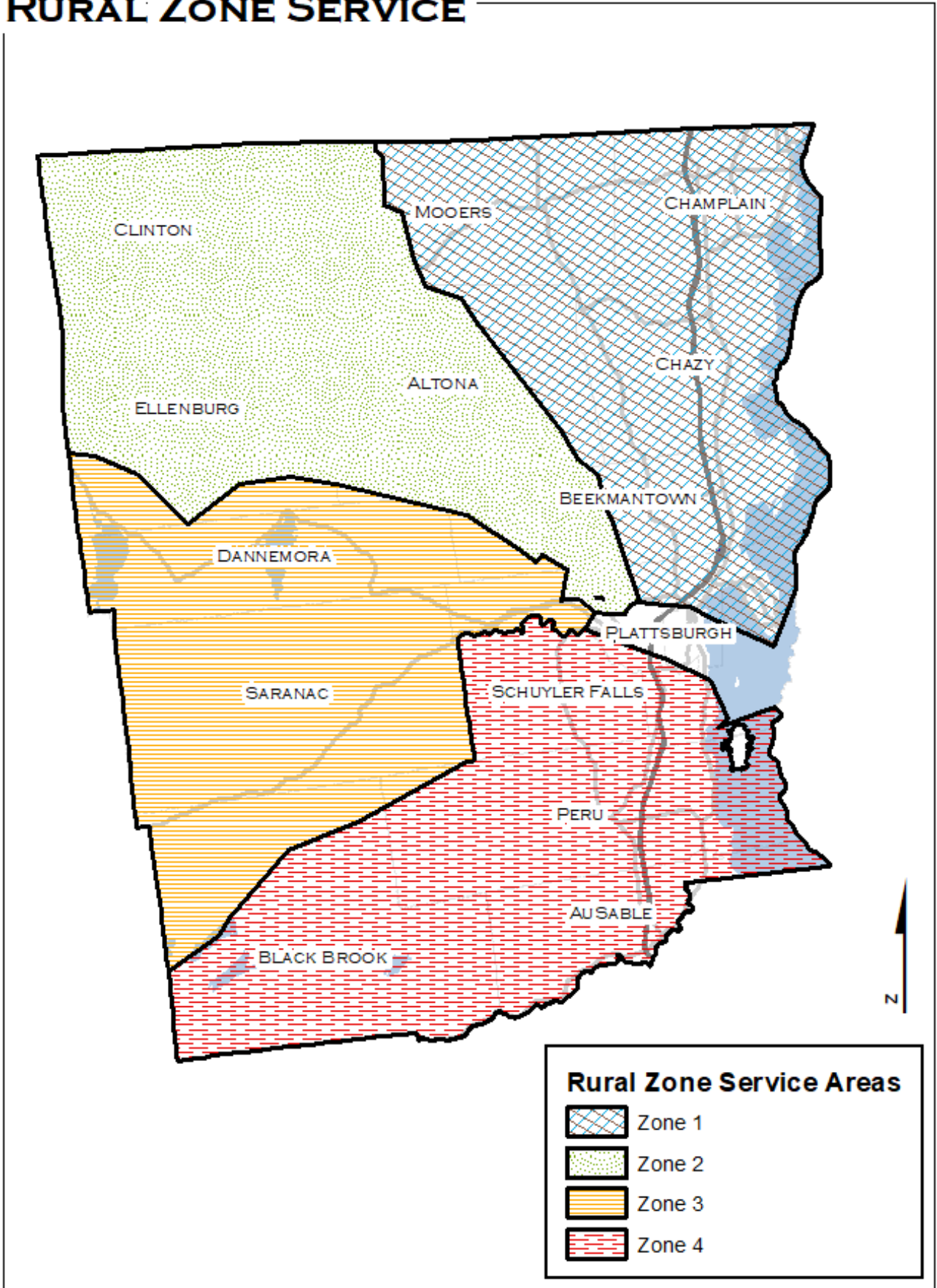
Rides are available in different area rural "zones" on certain days. Zones 1 & 2 are available Tuesdays, Thursdays, & Saturdays and Zones 3 & 4 are available on Mondays, Wednesdays, & Fridays. See the map on the next page for more details. The cost per ride is currently \$10 each way. Riders age 60 or over, who complete registration paperwork, are currently eligible to ride at no cost, as the cost is paid by Clinton County Office for the Aging.

You **must** schedule your ride in advance by calling 518-561-1452 **at least one business day in advance**. You may schedule up to two weeks in advance. The bus will pick you up at your home and can take you to the following destinations: Renal Center, Champlain Centre Mall, Market 32, Consumer Square, UVM-CVPH Medical Center, Beekman Towers, or the Government Center.

To "Dial a Ride" call (518) 561-1452.



RURAL ZONE SERVICE



Northeastern NY

Cancer Services Program

Your partner for cancer screening, support and information



NO HEALTH INSURANCE?

The Cancer Services Program of Northeastern NY (Clinton, Essex and Franklin Counties)* offers cancer screenings for **FREE** to eligible women **40 years of age and older** and men **45 years of age and older** who **DO NOT** have health insurance.

FREE Screenings Offered:

Mammograms & Breast Exams

Pelvic Exams/Pap Tests

Colon Cancer Screening Kits

Call (518) 324-7671 TODAY!!**Enrollment is EASY!***There is a Cancer Services Program in every County in NYS.

Visit our Facebook page for more information
on events and program updates.

@ Cancer Services Program of Northeastern NY



Older Adults and Alcohol

According to a 2017 analysis, alcohol use has steadily increased in the population age 60 and above over the past 2 decades, particularly among women. Data from the National Survey on Drug Use and Health indicate that approximately 20 percent of adults aged 60-64 and around 11 percent over age 65 report current binge drinking. Older adults can experience a variety of problems from drinking alcohol, especially those who:

- Take certain medications
- Have health problems
- Drink heavily

There are special considerations facing older adults who drink, including:

Increased Sensitivity to Alcohol

Aging can lower the body's tolerance for alcohol. Older adults generally experience the effects of alcohol more quickly than when they were younger. This puts older adults at higher risks for falls, car crashes, and other unintentional injuries that may result from drinking.

Increased Health Problems

Certain health problems are common in older adults. Heavy drinking can make these problems worse, including:

- Diabetes
- High blood pressure
- Congestive heart failure
- Liver problems
- Osteoporosis

- Memory problems
- Mood disorders



Bad Interactions with Medications

Many prescription and over-the-counter medications, as well as herbal remedies can be dangerous or even deadly when mixed with alcohol. Medications that can interact badly with alcohol include:

- Aspirin
- Acetaminophen
- Cold and allergy medicine
- Cough syrup
- Sleeping pills
- Pain medication
- Anxiety or depression medicine

Guidelines for Alcohol Consumption

According to the "Dietary Guidelines for Americans 2020-2025," U.S. Department of Health and Human Services and U.S. Department of Agriculture, adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.

If you have a health problem or take certain medications, you may need to drink less or not at all because of the reasons described above.



The “Sweetheart Scam” & How it May Affect Older Adults



What is a “Sweetheart Scam”?

Otherwise known as a “Romance Scam”, this type of scam convinces the person they are in love and uses these emotions to build trust and then takes money from the unsuspected victim. These scams are one of the most common ways of preying upon a victim for financial gain. More often than not the victim meets a scammer on a singles or dating website who poses as a person looking for a relationship online. (Although in rare cases these scams can occur in person as well).

Typically these scams start out with small chit chat, some exchanging of photo and more often than not they are using fake photos to portray themselves. The victim believes they developed a new love interest and overtime falls in love and eventually around this same time the scammer comes up with a story about how he or she has a major problem in their life which requires a sum of money needed.

Some of these examples may include:

- Emergency surgery or a costly medical bill
- Travel expenses or documentation so they can visit you
- Unexpected custom fees
- Past gambling debts

Why are older adults vulnerable to this type of scam?

- Loneliness
- Isolation
- Reduced mental cognition

In 2020 the FBI's Internet Crime Complaint Center received reports from 6,817 elderly victims who experienced over \$281 million in losses to sweetheart and romance scams.



MEALS ON WHEELS

*45 Veterans Lane
Plattsburgh, NY 12901
(518) 561-8390*



*This menu is approved
by a Registered
Dietitian. Menu Subject to
Change.
Watch for New Items

DINE-IN SITES

Plattsburgh

518-561-7393

Beekman Towers

518-561-5360

Ellenburg

518-594-7311

Dannemora

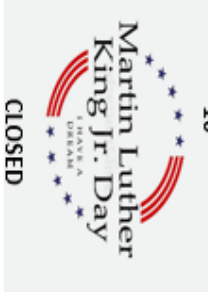
518-310-9089

Lakeview

518-561-8696

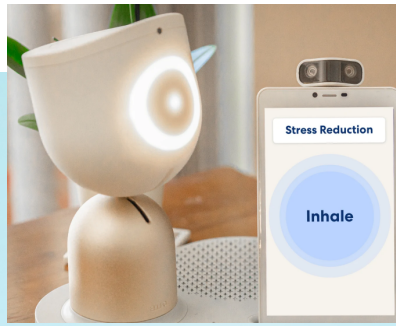
Rouses Point

518-534-1852

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 HAPPY NEW YEAR</p> <p>CLOSED</p> <p>9 Hawaiian Pork Chop Rice Broccoli Wheat Bread Peaches</p>	<p>3 Breaded Chicken Oven Browned Potatoes Sliced Carrots Pears</p> <p>10 Spaghetti w/Meat Sauce Tossed Salad Dinner Roll Sugar Cookie</p>	<p>4 Swiss Steak Spiral Noodles Wax Beans Oatmeal Raisin Cookie</p> <p>11 Chicken & Biscuit Mashed Potatoes Green Beans Chocolate Mousse</p>	<p>5 Roast Pork w/Gravy Mashed Potatoes Peas & Carrots Cheesecake</p> <p>12 Hot Roast Beef Sand. Mashed Potatoes Mixed Vegetables Birthday Cake</p>	<p>6 Fish on a Bun Home Fried Potatoes Beets Fresh Fruit</p> <p>13 Marinated Chicken Sweet Potatoes Capri Blend Veg. Whole Wheat Bread Fresh Fruit</p>
<p>16 CLOSED</p>  <p>23 Honey Mustard Chicken Baked Potato Corn Fruit Cocktail</p>	<p>17 Chili Rice Baby Carrots Dinner Roll Molasses Cookie</p>	<p>18 Sausage, Peppers & Onions Seasoned Whole Potatoes Winter Blend Vegetables Tropical Fruit Cup</p>	<p>19 Roasted Turkey Mashed Potatoes French Green Beans Wheat Roll Carrot Cake</p>	<p>20 Swedish Meatballs Wide Noodles Spinach Fresh Fruit</p>
<p>24 Beef Stew Cauliflower Biscuit Chocolate Cake w/ Peanut Butter Frosting</p>	<p>25 Baked Ham w/ Raisin Sauce Sweet Potatoes Peas & Onions Strawberry Mousse</p>	<p>26 Michigan on a Bun Browned Potatoes Garden Vegetables Peanut Butter Cookie</p>	<p>27 Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit</p>	
<p>30 Chicken Stew California Blend Veg. Dinner Roll Pears</p>	<p>31 BBQ Pork on a Bun Oven Browned Potatoes Coleslaw Sally's Mexican Cake</p>			

Senior Citizen
Council Nutrition
Program Funded
by Clinton County
Office for the Aging
and New York State
Office for the
Aging.

ElliQ



What is ElliQ?

ElliQ is a voice-activated tabletop device designed specifically for older adults to help assist you in leading a more connected and engaged lifestyle at home. The device is easy to use and can help support you with entertainment, health & wellness, connection to your loved ones, and day-to-day activities. ElliQ is a proactive devices and does not wait to be prompted. ElliQ will initiate conversation, suggest activities, and give you reminders.

Who is ElliQ for?

ElliQ is best suited for older adults living or spending most of their time alone at home that value encouragement throughout the day. WiFi in the home is required.

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 (\$1,986 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 _____ |

Health Tips for the New Year

Are you trying to stay healthy or get healthy?

The following tips may help:

Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

Be active

See your health care provider regularly

Quit smoking

Guard against falls

Give your brain a workout

Speak up when you feel down or anxious

Get enough sleep



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