



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

BETTER CHOICES, BETTER HEALTH

Are you looking to improve your health and well-being? Are you comfortable with online programming? If you answered yes, perhaps you should consider Better Choices, Better Health.

Better Choices, Better Health is an online, interactive version of the Chronic Disease Self-Management program. The class empowers participants to take an active role in managing their health by giving them key skills needed to manage any chronic health condition. This program is two hours a week for six weeks. Participants log in two to three times per week, at a time convenient to you. Eligible individuals are New York State residents, ages 18 or older, with one or more chronic conditions.

Keep in mind that ALL kinds of chronic conditions are included: diabetes, heart disease, depression, anxiety, cancer, chronic pain and more.

The opportunity to participate in this program for FREE will end soon, so don't delay registration.

Access the program at the following web address.

<https://eligibility-nysofa.selfmanage.org/>

Register by April 15th!



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Social isolation is defined as having few relationships and few people to interact with regularly. Did you know that social isolation is linked to an increase risk of dementia? A new study by Johns Hopkins researchers found that socially isolated older adults have a 27% higher chance of developing dementia than non-isolated older adults.

The good news is that individuals who are socially isolated can make simple changes that can reduce that risk. Simple interventions are effective.

What are some of those interventions? Find an activity you enjoy or learn something new. Check out our Program Spotlight for one available program. Exercise! Exercising can reduce stress, boost your mood, and increase energy. Stay connected to family and friends - in person, online, or by phone. Volunteer - you can feel better by helping others. Consider adopting a pet. Animals can be a source of comfort, and may also help reduce blood pressure and stress. If you can't adopt a live pet, consider adopting a robotic pet.

Check out the activities listed here, or ask at your local library or community center.

ACTIVITIES

Volunteers Needed

Call for Details

JCEO Senior Outreach

518-561-6310

AmeriCorps Seniors

518-566-0944

Cornell Cooperative Extension

Schedule of classes available at

<http://cceclinton.org/fitness>

or by calling 518-561-7450

Plattsburgh YMCA

Aquatic Exercise Class

Mondays & Wednesdays 11-12

For ages 60+

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.



CAREGIVER CORNER

Caregiver Guilt

Have you ever made a bad decision as a caregiver? Have you had moments of anger or resentment? Have you prioritized your own needs over that of your loved one? Do you feel like you aren't doing enough for your loved one or the rest of your family? Most caregivers feel a sense of guilt at times.

How do you overcome caregiver guilt? Recognize that caregiver guilt is often misplaced. It can be a result of expecting too much of ourselves. Caregivers must recognize their own needs and find a way to meet those needs.

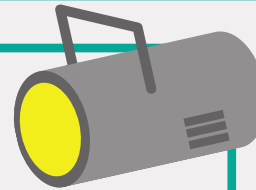
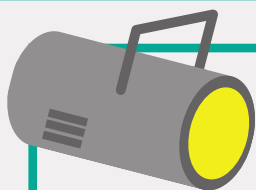
Ask for help. Can a trusted friend or family member stay with your loved one while you get a much needed break? Is there a way to hire someone to provide care? Have you looked for available community resources that could help?

It's important to know that negative feelings about caregiving will come and go. Recognize that feelings do not control your actions and let go of the guilt. Use lists and planners. Decide what items are not essential. Perhaps some items on the list can wait. Perhaps this week you can only complete the items your loved one needs, but can't get to all the items they want.

Be compassionate with yourself. We are often our own worst critics. Would you judge another caregiver for the same decisions you made? Probably not. It's okay to realign your expectations.

As a caregiver, caring for yourself, often referred to as self-care, you are able to avoid caregiver burnout, and increase and improve your own caring.

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



Program Spotlight

GetSetUp

What is the GetSetUp Program?

A free online program for ages 55+ to learn new skills, connect with others and unlock new experiences for older residents and caregivers. Partnered with Office for the Aging and Association on Aging in N.Y. during the 2020 pandemic as a way to combat social isolation and bridge the digital divide for older New Yorkers. Classes are taught by older adults on a highly interactive, custom-built video platform where older adults can connect during and in-between classes.

What is the mission of the GetSetUp Program?

The program offers an opportunity to learn new skills which will provide a community where people find meaning, makes them able to share their knowledge and form new social connections.

Interview with a Local Program Participant

Office for the Aging interview with Linda Noyes

I wanted to start with getting to know Linda a little bit better before beginning to ask about her experience with GetSetUp. Linda is a 74 year old retired school teacher who has lived in the North Country since 1978. She is a master gardener for Clinton County which stems from a passion of flower gardening. Some of her other interests include photography and traveling.

OFA: How did you first hear about the GetSetUp Program?

LN: My son began working for Office for the Aging in the Albany area. During the COVID pandemic he asked me if I heard of the GetSetUp program so that's when I began looking up different programs and classes the website had to offer.

OFA: How long have you been participating in this program?

LN: Over a year.

OFA: How often do you participate in the program or classes?

LN: A weekly basis, but more often in the winter time when less activities are going on. During the spring and summer I keep busy with the master gardener program.

OFA: Have any of the technology or computer learning classes benefited you personally?

LN: I took a class on Google Documents-Spreadsheets to utilize organizing plant information (how much sunlight, or how much water what plant needed etc.) This led to creating more spreadsheets some on websites that are connected to favorite recipes, a list of favorite wines and library books I'd like to take out and read. I also took a class on photography with a smart phone. The benefit is that most of these classes are short (hour long) and if you came across needing more help or just unsure of how it said to do something you could rewind back in the video to watch it again.



Linda Noyes

To Access GetSetUp

Use the following website to access the program:

www.getsetup.io/partner/NYSTATE

Use the sign up link on the top right corner of the page to get started. Classes are available at various times and in a variety of topic areas including:

Food and Nutrition
 Travel
 Aging in Place
 Technology
 Art, Music, & Creativity
 Business
 Health
 Photography
 and more

Food Safety in a Disaster or Emergency

Prepare an Emergency Food Supply

A disaster can disrupt the food supply, so it's good to have at least a 3-day supply of food and water on hand.

Keep foods that have a long storage life; require little or no cooking, water, or refrigeration, in case utilities are disrupted; and that meet the needs of infants or other family members who are on special diets

Prepare an Emergency Water Supply

Store at least 3 gallons of water for each person and each pet.

Make sure to store your emergency water supply where it will be safe and easy to get to.

Preparing for a Power Outage

Make sure you have appliance thermometers in your refrigerator and freezer.

Check to ensure that the freezer temperature is at or below 0-degrees Fahrenheit and the refrigerator below 40 degrees.

Purchase or make ice cubes in advance and freeze gel packs and containers of water to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out.

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.

Have coolers on hand to keep refrigerated food cold if the power might be out for more than 4 hours.

During a Disaster or Emergency - If the Power Goes Out

Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food cold for about 4 hours if unopened. A full freezer will keep the temperature for approximately 48 hours if the door remains closed.

During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals.

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

**VOLUNTEER SERVICE
OFFERED TO LOW &
MODERATE INCOME
TAXPAYERS**



IRS Certified Volunteers Providing
FREE TAX PREPARATION

**AARP
MEMBERSHIP
NOT REQUIRED**



**MAKE AN
APPOINTMENT**

STARTING JANUARY 9TH

- CALL 518-314-9762
- LEAVE A MESSAGE



**CLINTON COUNTY
SENIOR CENTER**

5139 NORTH CATHERINE ST
PLATTSBURGH

SERVICES BY APPOINTMENT ONLY



THIS FREE SERVICE IS FOR

- **INDIVIDUALS**
- **SENIORS**
- **FAMILIES**



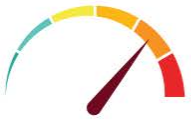
QUESTIONS

**TAXCLINTONCOUNTY@GMAIL.COM
518-314-9762**

**OPEN MONDAYS, TUESDAYS, FRIDAYS 9:00 - 3:00
THURSDAYS NOON - 6:00, SATURDAY 9:00 - 3:00
(CLOSED FEB 20TH)**

What To Know About High Blood Pressure as You Age

Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at www.nia.nih.gov/high-blood-pressure.



Winter Fence Ministry



The Winter Fence Ministry is a local program that is open to ALL ages and run by Trinity Episcopal Church located at 18 Trinity Place Plattsburgh, N.Y. 12901. The Trinity is offering outerwear to those in need this winter season, with hopes of partnering with the interfaith community to keep this Winter Fence Ministry going all season. So as of now this program does not have an end date.

In need of new or gentle used winter clothing?

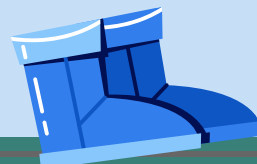
Stop into Trinity Episcopal Church on Thursdays during their community meal hours between 3-5pm downstairs in the Parish Hall and items will be available for pick up then.

Looking to make a donation of new or gentle used winter clothing?

Items being collected include: coats/jackets, fleeces, sweats, ski pants, hats, mittens/gloves, socks and boots. Please leave donated items in the labeled bins in the Trinity Episcopal Church narthex.

Looking for further information on this program?

Contact Trinity Episcopal Church at (518)561-2244



MEDICARE RIGHTS CENTER

Getting Medicare right

Help affording health care costs for New York seniors: 2023 eligibility expansions



Enrollment in a Medicare Savings Program (MSP) can help you save over \$7,200 per year in health care costs. Eligibility for MSPs and for Medicaid will expand for New Yorkers in 2023.



If you live in New York and have a limited income, you may be newly eligible to receive assistance with your health care costs through an MSP or Medicaid in 2023.



If you are currently enrolled in either program, you may receive more comprehensive benefits in 2023.

Contact the Medicare Rights Center at 800-333-4114 to enroll, or if you have any questions.

Medicare Savings Programs (MSPs): help pay for your Part B premium. If you enroll in an MSP, you will also automatically get **Extra Help**, the federal program that helps pay your Medicare prescription drug (Part D) costs.

Medicaid: provides health coverage for certain people with limited income and assets. For services covered by Medicare and Medicaid, Medicare will pay first and Medicaid may cover your Medicare cost-sharing, including coinsurance and copayments. It also may cover services Medicare does not cover, like vision or dental.



NY Connects
Your Link to Long Term
Services and Supports

of CLINTON COUNTY

(800) 342-9871 (518) 565-4620

MEALS ON WHEELS
 45 Veterans Lane
 Plattsburgh, NY 12901
 (518) 561-8820

February

*This menu is approved
 by a Registered
 Dietitian.
 Menu Subject to Change.*

DINE-IN SITES

Plattsburgh

518-561-7393

Beekman Towers

518-561-5360

Ellenburg

518-594-7311

Dannemora

518-310-9089

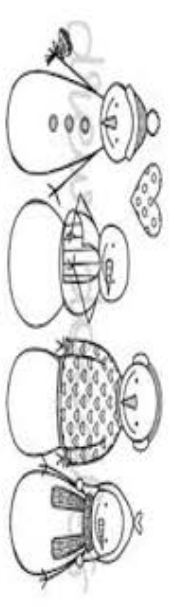
Lakeview

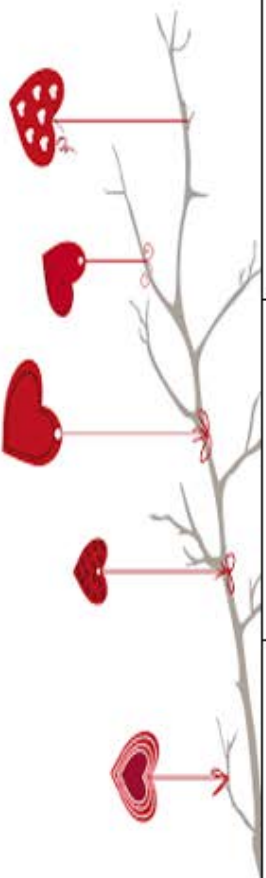
518-561-8696

Rouses Point

518-534-1852

Clinton County
 Senior Nutrition
 Program
 Sponsored by
 Senior Citizens
 Council of Clinton
 County, Inc.
 Funded by Clinton
 County Office for
 the Aging
 and New York State
 Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><u>6</u> Marinated Chicken Seasoned Whole Potatoes Peas & Carrots Wheat Roll Fruit Cocktail</p>	<p><u>7</u> Italian Sausage w/ Peppers & Onions On a Bun Home Fried Potatoes Cauliflower Vanilla Pudding</p>	<p><u>1</u> Breaded Chicken Mashed Potatoes Cut Green Beans Chocolate Chip Cookies</p>	<p><u>2</u> Spaghetti w/Meat Sauce Tossed Salad Italian Bread Strawberry Mousse</p>	<p><u>3</u> Sweet & Sour Pork Rice Sliced Carrots Whole Wheat Bread Fresh Fruit</p>
<p><u>13</u> Teriyaki Chicken Rice Oriental Vegetables Dinner Roll Mandarin Oranges</p>	<p><u>14</u> Hamburger on a Bun Baked Beans California Blend Vegetables Butterscotch Pie</p>	<p><u>8</u> Beef Tips over Wide Noodles Beets Blueberry Crisp</p>	<p><u>9</u> Roast Pork w/Gravy Mashed Potatoes Tri Colored Slaw Whole Wheat Bread Birthday Cake</p>	<p><u>10</u> Shepard's Pie Peas & Carrots Whole Wheat Bread Fresh Fruit</p>
<p><u>20</u> CLOSED PRESIDENTS DAY!</p>	<p><u>21</u> Michigan on a Bun Home Fried Potatoes Diced Carrots Chocolate Mousse</p>	<p><u>15</u> Honey Mustard Pork Chop Red Potatoes Carrot & Raisin Salad Peanut Butter Cookie</p>	<p><u>16</u> Roast Beef w/Gravy Mashed Potatoes Garden Blend Veg. Pineapple Cake</p>	<p><u>17</u> Scalloped Potatoes w/ Ham Spinach Dinner Roll Fresh Fruit</p>
<p><u>27</u> Chicken Breast w/Gravy Mashed Potatoes Peas Whole Wheat Bread Pineapple Tidbits</p>	<p><u>28</u> Baked Ham w/ Raisin Sauce Sweet Potatoes French Green Beans Jel-O Cake</p>	<p><u>22</u> ASH WEDNESDAY Vegetable Lasagna Tossed Salad Sourdough Bread Sugar Cookie</p>	<p><u>23</u> Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Pumpkin Pie</p>	<p><u>24</u> Battered Cod Rice Pilaf Mixed Vegetables Dinner Rolls Fresh Fruit</p>



SHINE Program

Happy February all from the SHINE program based out of Franklin County!
We hope your year is off to a great start!

Introductions:

Alexandra Hooker MS RD- Registered Dietitian for Franklin County OFA as well as working with Cornell Cooperative Extension and the SHINE grant.
Dan Sweet- Family, Health & Well-Being educator with Cornell Cooperative Extension of Franklin County.

Please join us for an in-person “Eat Healthy, Be Active” workshop!

Location: Northern Housing, 1 Northern Tier Way, Champlain NY 12919
Date/Time: Thursday February 2nd, 9th, and 23rd at 11:00am
Call Alexandra at 518-481-1532 or Dan at 518-483-7403 to register

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 _____ |

988 is more than a 'suicide' line.

Contact 988 if you are:



suicidal



**experiencing a mental health
or substance use-related crisis**



**experiencing any kind of
emotional distress**



**worried about someone in
distress**



**Office of
Mental Health**



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.