



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

NATIONAL CONSUMER PROTECTION WEEK MARCH 5TH - 11TH

National consumer protection week is a time to help people understand their consumer rights and avoid fraud/scams.

What are 3 examples of financial exploitation?

1. Theft of money or property.
2. Scams by telemarketers, mail offers or even door to door salespersons.
3. Tax and debt collection scams.



What are 3 examples of who the abusers could be?

1. Family members and caregivers.
2. Financial abusers.
3. Internet/telephone scammers.



Why would older adults not report financial exploitation?

- Shame or embarrassment.
- Loyalty or dependence.
- Fear of retaliation or denial.
- Self-blame or lack of awareness.

What should you do if you or someone you know become a victim of financial exploitation or any form of elder abuse?

Contact Adult Protective Services (518)565-3363 or your Local Police Department

*If the older adult is in danger call 911 for an immediate response from the police.

For cases on Identity Theft contact your local police and The Federal trade Commission (FTC) 1-877-438-4338 or identitytheft.gov. If your situation involves funds held in a financial institution such as a bank or credit card report the problem to your financial institution immediately.

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

There is a lot of great information in this month's newsletter. In the Caregiver Corner article, get to know our Caregiver Coordinator, Laura. She has been making improvements to our Caregiver Program.

Did you know that many people don't identify as a caregiver, even when they are? Many times people say "I'm just a daughter" or "I'm just a neighbor."

You might be a caregiver if you help another with tasks. It could be shopping, paying bills, bringing someone to a medical appointment, helping with housework, or helping with personal care. Being a caregiver does not mean you are responsible for everything. Some people have a limited caregiving role, others are more involved. Each situation is unique, with different needs.

Our Caregiver Resource Center can provide support through counseling, support groups, training, information, assistance accessing programs, and more. No matter where you are in your caregiving journey, at the beginning or years into your journey, reach out to learn more by calling Laura at 518-565-4620.

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

Plattsburgh YMCA

Aquatic Exercise Class
Mondays & Wednesdays 11-12

For ages 60+





CAREGIVER CORNER

Interview with Caregiver Specialist: Laura Cole

Laura Cole has been working at Office for the Aging since October of 2022 she is the Caregiver Specialist in our office but also is one of our EISEP Case Managers. She has hit the ground running since she came into Office for the Aging finding ways to provide support for caregivers experiencing burn out or just needing more information on how to care for their loved ones. We sat down with Laura and got her responses to some common questions she gets asked on a typical work day.



OFA: Tell us a little about yourself and past work experience that has influenced your experience as a Caregiver Specialist?

Laura: I grew up in this area and went to college here. I really wanted to give back to my community, I worked for Department of Social Services for over 10 years.

OFA: Do you have any personal experience caring for a person that has been in need of aide services?

Laura: My mother who is now 84 years old. I have been a caregiver for her for at least 10 years and had to go through the same process as all caregivers do on how to keep her safe and deciding how/when to place her in a nursing home.

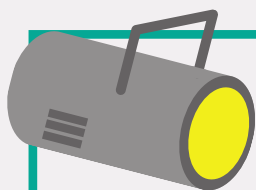
OFA: What are the first steps someone would need to take as a new caregiver?

Laura: The first thing to do is to inform yourself more about the options you or the person you are caring for have. I have a caregiver packet that I send out to caregivers that call Office for the Aging looking for help and I would be more than happy to send one out if you are looking for more information!

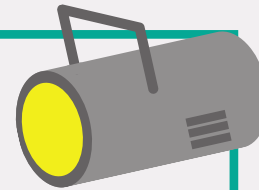
OFA: What would someone need to do when providing care for parents and handling their financials?

Laura: Becoming organized with your parents' financials, personal documents and knowing what needs to happen. Also looking into seeing if your parents are eligible for Medicaid is always a good start because it opens up some of their financial options for care. Reaching out to an attorney for assistance through Elder Law is a great first step and can help you understand spousal impoverishment, Power of attorney, wills, spend downs and more. (Continued on Page 9)

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



Program Spotlight



March for Meals

Congregate & Home Delivered Meals

The annual March for Meals commemorates the historic day in March 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older.

The Senior Citizens Council of Clinton County is the provider of congregate and home delivered meals program through a contract with Clinton County Office for the Aging. The two agencies have a long standing partnership to provide nutritional services to older adults in Clinton County.

Congregate sites are opened to older adults age 60 and over. Their spouses, regardless of age, are welcome at any of the Senior Dining Centers. A complete list is on page 5. Sites not only provide a nutritious meal, but also provides a place to socialize, activities, recreational and educational opportunities. All participant are offered the opportunity to contribute to the cost of the meal. The suggested donation amount is \$3.00 per meal. A participant's level of service will not be altered due to an inability or unwillingness to contribute. Visitors under age 60 are charged a guest fee.

The Home Delivered Meals program provides nutritious meals for homebound older adults throughout Clinton County. Meals are delivered five days per week, with a frozen meal provided for Saturday and holidays. In addition to the meal, clients receive a wellness check, and staff are able to make referrals to other agencies if additional services are needed. For some clients, the driver may be the only person they have regular contact with.

In need of home delivered meals for yourself or a friend? Call the Nutrition Program at 518-561-8320. Each person referred for or

requesting home delivered meal services will be assessed to determine the need for services using a comprehensive in-home assessment tool. Clients receiving home delivered meals are provided instructions for the use and safe handling of the meals.

Nutrition education is provided, and nutrition counseling is available from a registered dietician.

The nutrition program is funded through federal, state, and local government funding, as well as through participant contributions.

The Senior Citizen's Council Nutrition staff is comprised of dedicated, caring individuals that strive to meet the needs of older adults in Clinton County.

If you have questions regarding the Congregate or Home Delivered Meals programs, call 518-561-8320.



Congregate Meal Locations & Times:

Plattsburgh ~ Senior Center

5139 N. Catherine Street
Dinner served at 12 noon
Phone: 518-561-7393

Plattsburgh ~ Lakeview Towers

34 Flynn Avenue
Dinner served at 12 noon
Phone: 518-561-8696

Plattsburgh ~ Beekman Towers

50 Truman Avenue
Dinner served at 11:45 am
Phone: 518-561-5360

Rouses Point ~ St. Patrick's Hall

9 Liberty Street
Dinner served at 11:30 am
Phone: 518-534-1852

Ellenburg ~ St. Edmund's Hall

5538 Route 11
Dinner served at 11:30 am
Phone: 518-594-7311

Dannemora ~Dannemora Community Center

40 Emmons Street
Dinner served at 11:30 am
Tuesdays & Thursdays only
Phone: 518-310-9089

Please call each site for reservations the day before you wish to eat!

CHEWING, SWALLOWING and NUTRITION

Good nutrition can help keep the body healthy. Sometimes though, chewing and swallowing problems can get in the way of good nutrition.

Changes in Saliva. Saliva moistens food and makes swallowing easier. However, the amount of saliva tends to decrease with age. Foods may seem dry and more difficult to swallow.

Changes in Teeth. Tooth loss makes eating and chewing foods difficult. Many older adults are unable to adjust to dentures or have dentures that do not fit properly. Very hot or very cold foods may be painful for people with dental problems. Poor chewing can also increase the risk of choking. People with tooth loss, gum disease, or poor fitting dentures tend to eat softer foods or limit food intake which can lead to a poor diet.

Tips if Chewing or Swallowing is a Problem

- Drink beverages with meals to help with swallowing
- Make sure dentures fit properly
- Eat slowly and chew food thoroughly
- Watch for signs of choking

Tips for Modifying Foods if Chewing or Swallowing is a Problem

- Use gravy or sauces to moisten food to ease swallowing
- Mash foods if that is an acceptable food form such as mashed potatoes or mashed baked squash
- Shred raw vegetables or fruits and use them in salads, gelatins or stir-fry
- Meats in particular can be difficult to chew and swallow
 - Use thin meat slices or cut into very small pieces
 - If small pieces are also difficult to chew, then put the meat into a food processor and grind for easier chewing
 - Eat the meat with gravy or sauce
 - Softer meats or meat alternatives are easier to chew and swallow. Try moist meatloaf, grilled cheese, deviled or scrambled eggs, egg salad, soft meat salads and meat or milk-based soups.
- Soak dry foods like bread, crackers, or cold cereal in milk until soft enough for easy chewing.
- Puddings can be a good source of calories and protein in a small serving.

If chewing and swallowing continue to be an issue with the above suggestions, a visit to your doctor or dentist may be needed.

Article submitted by: Jo Dragoon Morse, RD



MEDICARE PREVENTIVE SERVICES



Now's the time to get the most out of your Medicare coverage. The best way to stay healthy is to live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help.

Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can help keep you from getting certain diseases. Talk to your doctor or health care provider to find out which preventive services are right for you and how often you need them. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

Medicare's Yearly "Wellness" visit

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors.

This includes:

- Health risk assessment (Your doctor or health professional will ask you to answer some questions before or during your visit, which is called a health risk assessment. Your responses to the questions will help you and your health professional get the most from your yearly "Wellness" visit.)
- Review of medical and family history.
- Develop or update a list of current providers and prescriptions.
- Height, weight, blood pressure, and other routine measurements.
- Detection of any cognitive impairment.
- Personalized health advice.
- A list of risk factors and treatment options for you.
- A screening schedule (like a checklist) for appropriate preventive services.



You can view the official government booklet *Your Guide to Medicare Preventive Services* at the following site:

<https://www.medicare.gov/publications/10110-Your-Guide-to-Medicare-Preventive-Services.pdf>

The guide provides an alphabetical list with important information about:

- What disease prevention is and why it's important
- Which preventive services Medicare covers and how often
- Who can get services
- What you pay - you pay nothing for many services



To learn more about Medicare contact the Clinton County Health Insurance Information Counseling & Assistance Program (HIICAP) by calling Clinton County Office for the Aging at (518)565-4620 or JCEO Senior Outreach at (518)561-6310.

This product was funded in part by The U. S. Administration for Community Living

Spice Mixes to Help Reduce Salt Intake

Excess salt intake can worsen or increase risk for developing some conditions. Try incorporating spice mixes into cooking to add flavor without adding the extra salt! 😊

Blend Type/Potential Uses	Spices Used
Mixed Herb Blend: Salads, pasta salads, steamed vegetables, vegetable soup, or fish.	¼ cup dried parsley flakes, 2 tablespoons dried tarragon, 1 tablespoon each of dried oregano, dill weed and celery flakes.
Mexican Chili Blend: Chili with beans, enchiladas, tacos, fajitas, chicken, pork and beef.	Blend ¼ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder, and ground red pepper, and ½ teaspoon cinnamon.
Easy Dip Blend: Mix with cottage cheese, yogurt cheese or low-fat sour cream, chicken and fish.	Blend ¼ cup dried dill-weed and 1 tablespoon each of dried chives, garlic powder, dried lemon peel, and dried chervil.
Italian Seasoning:	Blend 2 tablespoons dried basil, 2 tablespoons dried marjoram, 2 tablespoons dried oregano, 1 tablespoon dried thyme, 1 tablespoon dried rosemary and 1 teaspoon hot red pepper flakes.
Taco Seasoning Mix:	Blend 2 tablespoons chili powder, 2 tablespoons paprika, 1 tablespoon garlic powder, 2 teaspoons ground cumin, 1 teaspoon cayenne pepper or crushed red pepper flakes, 1 teaspoon black pepper and 1 teaspoon oregano.

From: <https://snapedny.org/2021/03/spice-up-your-life/>

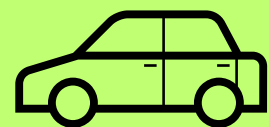
**For more information or any questions call:
Alexandra Hooker MS RD/SHINE Educator at (518) 481-1532**

NY Connects Informational via Zoom



March 24, 2023 11 am

Guest Speakers



Debbie Alexander & Terry Lemieux

Topic: Congregate & Home Delivered Meals

Call 518-565-4620 to register

(Continued from Page 3)

OFA: What are some respite aide services that are available in Clinton County?

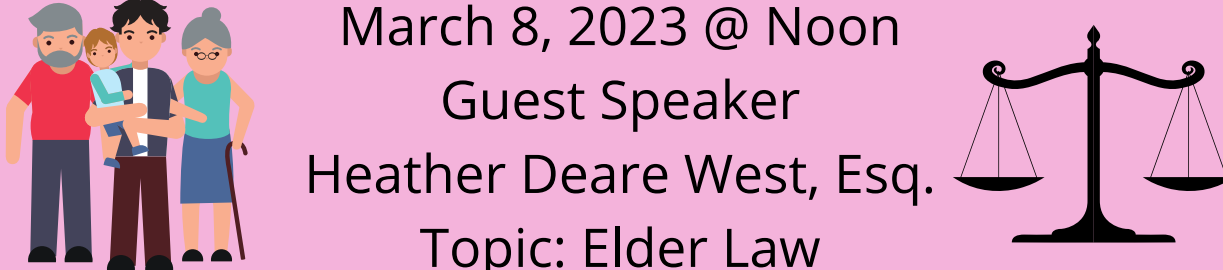
Laura: In office we have the EISEP and Caregiver aide programs, although both of these programs have a waitlist you can call for more information about them and see if you qualify to get on the waitlist. I tend to refer those on the waitlist to the SUNY programs at Plattsburgh State or to the Seniors Helping Seniors program.

OFA: Will there be any in person or zoom meeting caregiver trainings in 2023? If so when?

Laura: I am hoping to set up a caregiver trainings via Zoom throughout the year. In these meetings I would like to have presenters that are able to give more information to caregivers looking for support or questions. Hoping to have this begin in March and have them every other month.

If you are a Caregiver, Family Member or Friend and are interested in participating in the Caregiver Training Zoom Meeting please call 518-565-4620 to be added to the contact list.

Caregiver Training via Zoom
 March 8, 2023 @ Noon
 Guest Speaker
 Heather Deare West, Esq.
 Topic: Elder Law
 Call 518-565-4620 to register



Take Care of Yourself as a Caregiver



Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Learn more about caregiving at www.nia.nih.gov/caregiving.



MEALS ON WHEELS
 45 Veterans Lane
 Plattsburgh, NY 12901
 (518) 561-8320




MARCH

*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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><u>6</u> Chicken & Biscuits Mashed Potatoes Green Beans Peaches</p>	<p><u>7</u> Spaghetti w/Meat Sauce Tossed Salad Italian Bread Sugar Cookie</p>	<p><u>1</u> Turkey Burger on a Bun Baked Beans Sliced Carrots Fruit Cup</p>	<p><u>2</u> Meatloaf w/Gravy Mashed Potatoes Peas Maple Cookie</p>	<p><u>3</u> Fettuccine Alfredo w/ Roasted Red Pepper Broccoli Italian Bread Fresh Fruit</p>
<p><u>13</u> BBQ Pork Chop Oven Roasted Potatoes Corn Dinner Roll Applesauce</p>	<p><u>14</u> Swiss Steak Spiral Noodles Wax Beans Blueberry Crisp</p>	<p><u>15</u> Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Carrot Cake</p>	<p><u>16</u> Irish Stew Peas & Onions Tri Slaw Biscuit Emerald Jell-O</p>	<p><u>17</u> Baked Ziti Italian Green Beans Sourdough Bread Fresh Fruit</p>
<p><u>20</u> Chili Rice Baby Carrots Corn Muffin Pears</p>	<p><u>21</u> Breaded Chicken Rosemary Potatoes Garden Blend Veg. Strawberry Mousse</p>	<p><u>22</u> Swedish Meatballs Wide Noodles California Blend Veg. Chocolate Chip Cookies</p>	<p><u>23</u> Roast Pork w/Gravy Mashed Potatoes French Green Beans Apple Crisp</p>	<p><u>24</u> Broccoli & Cheese Quiche Home Fries Blueberry Muffin Fresh Fruit</p>
<p><u>27</u> Chicken Stew Turnip Dinner Roll Mandarin Oranges</p>	<p><u>28</u> Michigan on a Bun Roasted Potatoes Cauliflower Oatmeal Raisin Cookie</p>	<p><u>29</u> Marinated Chicken Sweet Potato Spinach Whole Wheat Bread Vanilla Pudding</p>	<p><u>30</u> BBQ Pork on a Bun Oven Browned Potatoes Coleslaw Sally's Mexican Cake</p>	<p><u>31</u> Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit</p>

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

Volunteer Opportunities

CVPH - Positions are available to suit a variety of interests and schedules. Apply online at <https://www.cvph.org/Volunteer> or contact Sarah Hardy, Manager of Volunteer Services at shardy@cvph.org or at (518) 562-7595.

AmeriCorps Seniors - A variety of opportunities are available. Contact Kate Gardner by telephone at 518-566- 0944 or by email at kgardner@cathcharities.org.

JCEO Senior Outreach - Call 518-561-6310 for more information.

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 _____

National Consumer Protection Week • March 5–11 #NCPW2023

How to Spot, Avoid, and Report Scams

Learn — and teach others —
how to spot, avoid, and report scams.

ftc.gov/MoneyMatters



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.