



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

MAY IS OLDER AMERICANS MONTH

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), Older Americans Month is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

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AGING UNBOUND: MAY 2023



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

There are some great events happening in our region. On Saturday, May 20th there is a Disability Visibility Art Show & Sale. This is an art sale with submissions from artists whose lives have been touched by disability. The event will be held at Koffee Kat Espresso Bar, Chapter One Coffee and Tea, and Trinity Park from 10 am to 2 pm. For more information, contact Emma Stewart at 518-564-0374 or by email at emma@ncci-online.com.

One of my favorite things to do in the Spring is to see all the flowers pop up and the trees leaf out. Last fall my mom planted several bulbs so it has been so much fun to see what's growing. Another favorite thing to do is ride the ATVs with my family. We found an activity that we all enjoy, from age 12 to 74. Even the beagle enjoys riding!

Whatever Spring activities you enjoy, I hope you are getting to experience them.



Home Care Workers

There are a few agencies in our community that provide home care workers for various programs. There is a nation-wide shortage of home care workers. That shortage directly impacts the ability of older adults to age safely in their homes.

Home care workers provide assistance with things individuals are unable to do on their own. This includes bathing, dressing, shopping, meal preparation and more. Without assistance, many older adults are forced to leave their homes and enter a higher level of care, a more expensive level of care.

If you, or someone you know, are interested in providing the essential care that keeps people in their home, allowing them to stay in their homes and communities, please contact the following employers for more information:

North Country Home Services
518-566-0183

Seniors Helping Seniors
315-405-4950

HCR Home Care
518-310-0900



CAREGIVER CORNER

Signs Your Loved One Should No Longer Be Driving

Are you are worried about an older family member or friend being unsafe on the roads? It can be difficult for our loved ones to lose their independence when it comes to driving. If you are starting to become concerned you may want to start to observe the persons driving skills or ask them to consider doing a self-assessment.

If it is not possible to directly observe the persons driving, watch for these signs:

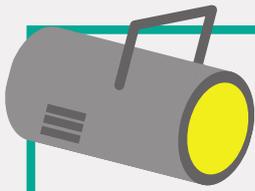
- Multiple vehicle crashes or new dents/scrapes on the car
- Two or more traffic tickets in the last two years
- Increases in car insurance premiums because of driving issues
- Anxiety about driving at night
- Health issues that might affect driving
- Recommendations from a doctor to modify driving habits or quit driving entirely

It can be difficult to talk to your loved one about them being on the road if it is no longer safe. Most see it as a loss of freedom of choice and movement. Many people are afraid of becoming dependent on their friends and families to transport them to appointments, run errands, participate in activities, grocery shopping, etc. There is also a fear of becoming socially isolated or missing out.

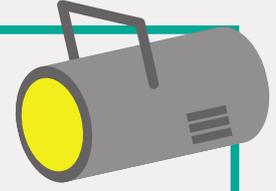
Some tips that might help when talking to someone about no longer driving:

- Be prepared, learn about local community services that are able to provide transportation to older adults or certain insurances that can help assist your loved one to medical appointments if you are unable to.
- Avoid confrontation by letting them know that you are concerned about their safety when they are driving rather than saying they are no longer a safe driver.
- Stick to the issue by discussing the drivers' skills rather than their age.
- Focus on safety and maintaining independence, by being clear that the goal is for the older driver to continue the activities they currently do by staying safe.
- Be positive and supportive.

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



Program Spotlight



Senior Care/Senior Repair

The Senior Care/Senior Repair is offered by JCEO for adults age 60 or over in Clinton County.



For older adults needing assistance with yard work, repair work, general housekeeping, or personal assistance. JCEO provides the name and contact number of individuals willing to perform the service at a suggested rate of pay. Older adults at or below the federal poverty level *may* receive volunteer help if available.



To access this service call JCEO Senior Outreach at 518-561-6310.



Continued from Page 1

- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.



Heart Healthy Diet

Benefits of a Heart Healthy Diet:

- Reduce risk of developing heart disease including heart attack and stroke.
- May protect against developing certain kinds of cancers.
- May help you lower caloric intake and promote weight loss.
- Help reduce risk of high blood pressure and help lower LDL cholesterol levels
- Help regulate blood sugars, maintain bone and teeth health, improve gut health.
- May improve mood and reduce symptoms of depression and fatigue.

Heart Healthy Diet Recommendations:

- Low sodium- Less than 2300mg per day, less than 1500mg per day if heart condition already present.
- Low Saturated and Trans Fat- Less than 3 grams of saturated fat per serving, 0 grams of trans fats and Low cholesterol- Less than 200mg per day
- Increase intake of Omega-3 Fats- Aim to eat fish twice per week
- Adequate fiber intake- Eat about 20-30 grams per day
 - Choose foods with at least 5 grams per serving; Choose whole grains
 - Make sure you are hydrated well
- Lean or plant-based proteins
- Physical activity- Try to be physically active for 30 minutes at least 5 days per week
- Adequate intake of fruits and vegetables- Half of each meal should consist of fruits and vegetables
- Mediterranean diet- Often recognized as the best diet recommendations for heart health.

If you have any questions or concerns please contact Alexandra Hooker at (518) 481-1532 or by email at Alexandra.hooker@franklincountyny.gov

Eating Right on a Budget

Getting the most nutrition for your food budget begins with a little extra planning before you head out to shop. There are many ways to save money on the foods that you eat. Here are some budget friendly tips for eating right.

Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money and be healthier if made at home. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed. When shopping with a list you will be less likely to buy things that are not on it.

Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. The extra portions can be used for lunches or meals later in the week, or frozen as leftovers for future use. Plus, buying ingredients in bulk is often cheaper.

Determine where to shop

Check the local newspaper and online for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price.



Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year.

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa.

Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own individual snacks by purchasing large quantities then dividing it into smaller containers/bags. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Quench your thirst with water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help reduce extra calories from added sugars.

Hopefully these tips help stretch your food dollar!



Submitted by Jo Dragoon-Morse, Registered Dietician

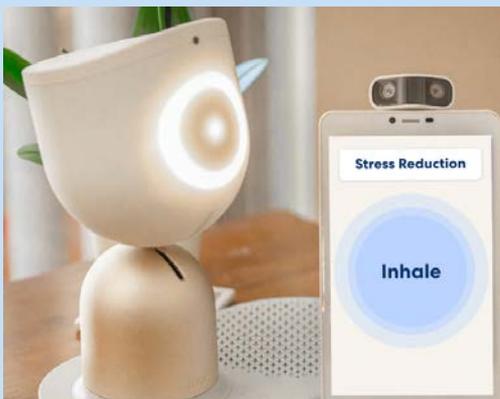
Jo provides free nutrition counseling services to Clinton County residents ages 60 and over. Call Jo at 518-561-8320 for an appointment.

Using Technology to Combat Loneliness and Isolation

There are many people, of all ages, that experience loneliness and isolation. Evidence shows that there are negative health consequences associated, including heart disease, obesity, anxiety, depression, cognitive decline and more. How does this happen? Illness or death of a loved one, separation from family or friends, worsening vision or hearing problems, loss of mobility, and lack of access to transportation can increase an individual's risk of social isolation and loneliness.

So what are some options? There are local programs that will link individuals with volunteers who will visit in person, or via telephone. Those can be accessed by calling JCEO Senior Outreach at 518-561-6310. What's another option? Using technology.

With the assistance of the New York State Office for the Aging, Clinton County Office for the Aging has been able to offer some of that technology to county residents ages 60 and over. The first program provided animatronic pets - cats, dogs, and the more recently added birds. These robotic pets respond to motion and touch, so you can hug them or pet them. The birds are designed to attach to the top of a walker and can bring some fun to your steps as they mimic bird sounds or chirp a song. The cats purr and meow, and the dogs bark. These pets can bring a bit of joy into your days. If you are a Clinton County resident, 60 years of age or older, don't have a pet, and are willing to use a robotic pet, let us know if you want to adopt one of our pets.

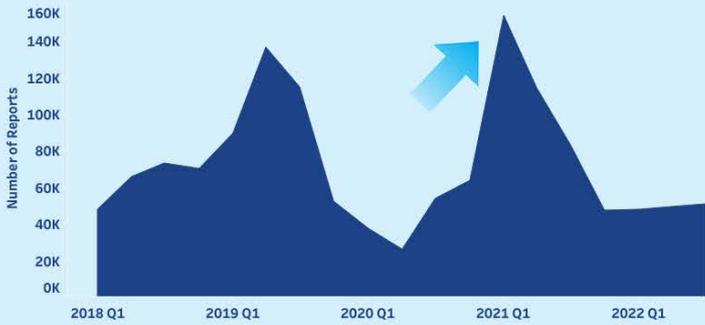


Another option is ElliQ, the first-ever proactive and empathetic device designed to empower independence, alleviate feelings of loneliness, and motivate seniors to take control of their physical, mental, and social health. Over time, ElliQ learns the preferences and routines of the user and personalizes when and how she suggests various activities. ElliQ needs power and a stable WiFi connection to operate. Clinton County residents age 60 or over, who spend most of their time at home AND desire more social engagement. Call 518-565-4620 for more information.

Explore Government Imposter Scams

Source: FTC's Consumer Sentinel Network

GOVERNMENT IMPOSTER REPORTS OVER TIME



- ★ Government imposter scams were a top fraud type from 2014 - 2021
- ★ Top payment methods are by gift cards or wire transfer
- ★ Top contact method is by phone

Year
2022

TOTAL NUMBER OF REPORTS
147,051

TOP GOVERNMENT IMPOSTER SCAMS

- | | |
|---|-------------------------------------|
| ★ 1 Social Security Administration | ★ 4 Federal Trade Commission |
| ★ 2 Health & Human Services/Medicare | ★ 5 IRS Imposter |
| ★ 3 US Customs and Border Protection | |

Type of Imposter → **Social Security Administration**

27,054 reports	\$75.73M total losses	\$1,594 median loss	16.5% reported a loss

- ★ Government agencies don't call people out of the blue with threats or promises of money
- ★ Do not trust caller ID
- ★ Check with the real agency
- ★ Never pay with a gift card or wire transfer
- ★ Report government imposter scams at ReportFraud.ftc.gov

Learn more at ftc.gov/imposters



MEALS ON WHEELS

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

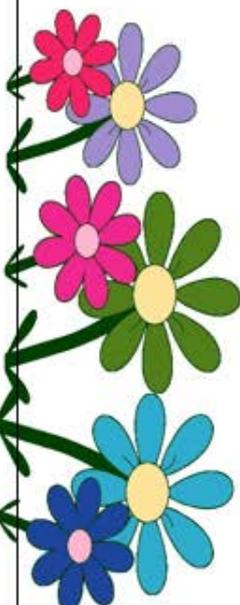


*This menu is approved
 by a Registered
 Dietitian.
 Menu Subject to
 Change.*

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

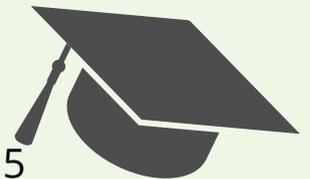
Clinton County
 Senior Nutrition
 Program
 Sponsored by
 Senior Citizens
 Council of Clinton
 County, Inc.
 Funded by Clinton
 County Office for
 the Aging
 and New York State
 Office for the Aging

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<u>1</u> Spanish Rice Fiesta Corn Whole Wheat Bread Pineapple Tidbits	<u>2</u> Marinated Chicken Breast Oven Roasted Potatoes Sliced Carrots Blueberry Crisp	<u>3</u> Hawaiian Pork Chop Rice Pilaf California Blend Veg. Almond Cookie	<u>4</u> Turkey & Swiss on Rye Bread Broccoli Salad Lettuce & Tomato Sally's Mexican Cake	<u>5</u> Glazed Ham Sweet Potatoes Green Beans Dinner Roll Fresh Fruit
<u>8</u> Honey Mustard Chop Red Potatoes Mixed Vegetables Wheat Roll Apple Sauce	<u>9</u> Michigan on a Bun Macaroni Salad Wax Beans Tapioca Pudding	<u>10</u> Egg Salad on Wheat Bread Four Bean Salad Lettuce & Tomato Chocolate Chip Cookie	<u>11</u> Spaghetti w/ Meat Sauce Tossed Salad Sourdough Bread Birthday Cake	<u>12</u> Barbeque Chicken Seasoned Potatoes French Green Beans Wheat Bread Fruit
<u>15</u> Chicken & Biscuit Mashed Potatoes Peas & Carrots Mandarin Oranges	<u>16</u> Turkey Burger on a Bun Oven Roasted Potatoes Harvest Blend Veg. Chocolate Mousse	<u>17</u> Meatloaf w/Gravy Mashed Potatoes Beets Strawberry Shortcake	<u>18</u> Ham & Swiss on Rye Bread Vegetable Salad Lettuce & Tomato Oatmeal Raisin Cookie	<u>19</u> Chicken Broccoli Divan Red Potatoes Capri Blend Veg. Fresh Fruit
<u>22</u> Sweet & Sour Pork Rice Oriental Vegetables Wheat Bread Peaches	<u>23</u> Macaroni & Cheese Stewed Tomatoes Wheat Bread Molasses Cookie	<u>24</u> Battered Cod Rosemary Potatoes Coleslaw Dinner Roll Lemon Mousse	<u>25</u> Roast Turkey w/Gravy Red Smashed Potatoes Harvest Blend Veg. Carrot Cake	<u>26</u> Hamburger on a Bun Baked Beans California Blend Veg. Fresh Fruit
<u>29</u>  MEMORIAL DAY REMEMBER & HONOR ***	<u>30</u> Breaded Chicken Oven Roasted Potatoes Diced Carrots Dinner Roll Fruit Cocktail	<u>31</u> Swedish Meatballs Wide Noodles Chef's Choice Vegetable Sugar Cookie		

Lifelong Learning

Continuing education programs offer non-credit courses at local colleges to seniors in our community. Local colleges such as Plattsburgh State University, Clinton Community College and North Country Community College offer an opportunity for seniors in our community to continue their education. Seniors have the opportunity to audit both non-credit classes and regular classes at the colleges in the area and can qualify for a waiver of tuition. Auditing a college class means you can sit in on classes for no credit but also for little to no cost. If you are homebound but have access to a computer contact the campus you are interested in taking classes through if they are available online as well. Registration must be done during the add/drop week of the class and waivers can only be granted if there is an available seat in the class. Some colleges have certain classes or workshops that are not available under the waiver program and the school can be contacted for further information.

Plattsburgh State University (518) 564-2072
Clinton Community College (518) 562-4200
North Country Community College (518) 891-2915



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 (\$2,248 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 _____ |



What's your Intensity Score?



Are you the one others always turn to? Can't get a break because people depend on you?

If you answered 'yes,' you might be a caregiver. Almost half of us are. While it can be an honor to help a family member or friend, the intensity of that care is all too real.

That's why we've partnered with ARCHANGELS: to help take care of you.

Visit ARCHANGELS to get your Intensity Score and access a list of local and national resources we've put together with ARCHANGELS so you don't have to find them on your own: <https://archangelscii.me/3Uqyhtl>



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