



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Taking Pride in Our Older Adults

In recognition of Pride Month we can take some time to reflect on our LGBTQ+ older adults and not only celebrate the percentage of older adults that are able to live and openly be themselves but to also focus on the struggles that LGBTQ+ older adults have to go through.

Pride Month is celebrated every June as a tribute to those who were involved in the Stonewall Riots. There are roughly 3 million LGBTQ older adults in North America, with that number growing to more than 7 million by 2030 meaning creating LGBTQ-friendly spaces for older adults is becoming more important.



Some problems that may affect LGBTQ older adults directly:

- Twice as likely to live alone
- Four times less likely to have children
- Receive care from their partner 54% of the time and from a friend 24% of the time
- Would be more comfortable in long-term care homes if staff had training specific to their needs.
- Are disproportionately impacted by HIV/AIDS. In 2018, people aged 50 and older made up more than 15% of all new HIV diagnoses in the U.S.
- Twice as likely to be discriminated against when looking for senior housing. Over 30% of LGBTQ older adults worry they may have to hide their identity to get senior housing.
- Have fewer financial resources than non-LGBTQ seniors.
- Are twice as likely to feel a lack of community and social support. (Continued on Page 11)

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Our office has received many inquiries about the Senior Farmers' Market Nutrition Program, or more commonly called Farmers' Market Coupons. We do not anticipate having the coupons ready for distribution until mid-July.

As in the past few years, there will be distribution sites throughout the county, with a full schedule being published in our July newsletter.

If you would like to receive a copy of the schedule via email or US Postal Service, please notify our office at 518-565-4620. If you are unable to get to a distribution site, alternate arrangements can be made. JCEO Senior Outreach, among other partners, traditionally assist with distribution. We ask for your patience as we prepare for this season's distribution as we do not have complete information at this time.

We look forward to seeing you during the distribution process!

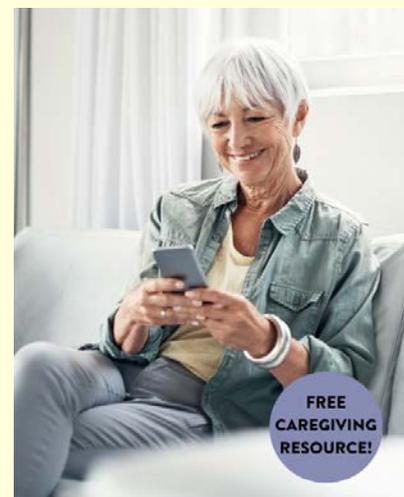


Free Caregiver Training

The New York State Office for the Aging, in partnership with the Association on Aging in New York, has made free caregiver training available to all caregivers in New York State. So even if you are "just a" son, daughter, husband, wife, friend, or neighbor, check out the free information available.

This training addresses real issues, showing you how - with in-depth lessons and practical steps. Knowing that many caregivers have limited time, the information is provided in small segments and allows you, the caregiver, to direct which topics you want to learn about. Save valuable time by learning more about how to perform caregiving duties and learn about essential self-care.

Go to NewYork-Caregivers.com to get started.





CAREGIVER CORNER

Staying Physically Active with Alzheimer's

Being active and getting exercise helps people with Alzheimer's disease feel better. Exercise helps keep their muscles, joints, and heart in good shape. It also helps people stay at a healthy weight and have regular toilet and sleep habits. You can exercise together to make it more fun.

You want someone with Alzheimer's to do as much as possible for himself or herself. At the same time, you need to make sure that the person is safe when active.

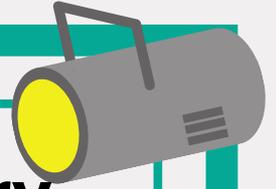
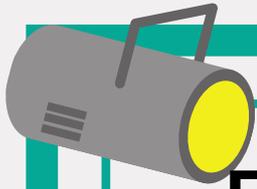
Here are some tips for helping the person with Alzheimer's disease stay active:

- Help get the activity started or join in to make the activity more fun.
- Be realistic about how much activity can be done at one time. Several short "mini-workouts" may be best.
- Take a walk together each day. Exercise is good for caregivers, too!
- Make sure the person with Alzheimer's disease has an ID bracelet with your phone number if he or she walks alone.
- Check your local TV guide to see if there is a program to help older adults exercise, or watch exercise videos made for older people.
- Add music to the exercises if it helps the person with Alzheimer's disease. Dance to the music if possible.
- Break exercises into simple, easy-to-follow steps.
- Make sure the person wears comfortable clothes and shoes that fit well and are made for exercise.
- Make sure he or she drinks water or juice after exercise.

More information is available from the National Institute on Aging at <https://www.nia.nih.gov/health/staying-physically-active-alzheimers>.

This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date.

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



Agency Spotlight

Friends of the North Country

An Interview with Crystal Narducci, Executive Director

Crystal grew up in the North Country, beginning her career at JCEO, and then moving to Friends of the North Country in 2019 as the Finance Manager, and was promoted to Executive Director in August 2022.

OFA: How about we start with the basics, what does Friends of the North Country do?

Crystal: We are a non-profit rural preservation company that helps our community find affordable housing opportunities, housing counseling, home modifications, replacements, and accessibility remodels.

OFA: What type of housing counseling do you offer through Friends of the North Country?

Crystal: We have HUD Certified Housing Counselors that offer housing counseling, foreclosure counseling, pre-purchase, and post purchase counseling in the home buying process. Our HUD Certified Housing Counselors also offer credit/budget counseling.

OFA: What are some programs that Friends of the North Country offers?

Crystal: We have several programs that we offer. There's the Community Development Block Grant (CDBG) which can either consist of rehabilitating homes or replacement of dilapidated homes, Manufactured Mobile Home Replacement (MMHR), Homeowner Protection Program (HOPP), and Access which allows us to make homes that are accessible to all. Just give us a call and let our intake specialist know what you are looking for and we can help point you in the right direction.

OFA: Is there a screening process when clients call needing assistance with their homes?

Crystal: When clients first call our office looking for help, an intake form is completed by our intake specialist, we then see if there is funding available at that time, if there isn't we keep a waitlist of all intakes.

OFA: What geographic areas do you cover for clients?

Crystal: We cover Clinton, Franklin and parts of Essex County (Jay and Chesterfield).

*For more information call 518-293-5045 or see
friendsofthenorthcountry.org*

June is National Fruit and Vegetables Month!

The United States Department of Agriculture (USDA) recommends that we try to make half of our plate fruits and vegetables at every meal, to make sure we're getting plenty of vitamins, minerals, and fiber throughout the day. As we enter the summer months, the fresh fruits and vegetables are beginning to pop up throughout the North Country! This month, we're encouraging you to choose fruits and vegetables of all different colors and varieties, and to talk a little bit about fresh, frozen, and canned options!

When it comes to produce, MyPlate recommends we "eat a rainbow" of fruits and veggies, which just means we should choose fruits and vegetables of all different colors for their nutritional benefits. Different fruits and veggies are loaded with different vitamins and minerals which our bodies crave. Fresh, frozen, and canned are all great options to choose from, but there are a couple things to look out for when choosing frozen and canned:

- Frozen fruits and vegetables: when choosing frozen fruits and vegetables, try to look for options that do not come with sauces or gravies, as they can add extra sodium or saturated fats which we want to limit or avoid!
- Canned vegetables: when choosing canned vegetables, look for low sodium options or no salt added. On the label, you will see "no salt added", "reduced sodium" or "low-sodium" which are all great choices. If these are not an option, you can always get the regular canned vegetables and rinse them off to wash away excess sodium.
- Canned fruits: when choosing canned fruits, look for options low in added sugars. Canned fruits in heavy syrup or light syrup will have the most added sugars, and canned fruits in water or 100% fruit juice will have the lowest amount of added sugars. Look to choose canned fruits in water or 100% fruit juice for the healthiest option.

If you have any questions about adding extra fruits and vegetables to your diet, please give Dan Sweet a call at (518) 483-7403 or email drs369@cornell.edu



Safe Driving Tips for Older Adults

As we get older there may be significant health changes that could affect our ability to drive safely, such as medical conditions or injuries. You may start to notice driving becoming more difficult over time for yourself or for your peers. There are multiple factors that can affect your driving while you age, with these factors there are steps you can take to prevent yourself from becoming unsafe on the road.

Issue: Stiff Joints and Muscles. These changes can make it harder to turn your head to look back, turn the steering wheel quickly, or brake safely.

Prevention: Talk with your doctor if you feel your stiff joints and muscles are getting in the way of your driving.

Issue: Eyesight can change over time making it difficult to see while driving, read signs, view traffic lights and especially make it more difficult at night.

Prevention: If you wear contacts or glasses make sure your prescription is up to date. If you are 60 years or older make sure to get a dilated eye exam from your eye doctor every one to two years.

Issue: Hearing. As you age you may find it more difficult to hear. It is important while driving to hear sirens, to know when to move out of the way or to hear noises coming from your own car.

Prevention: Having your hearing checked every 3 years after age 50 and to discuss hearing concerns with your doctor.

Issue: Some Medications can make you feel drowsy, lightheaded or less alert than usual which can make driving unsafe for ourselves and others.

Prevention: Ask your doctor and/or pharmacist if any of your health problems or medications might make it unsafe for you to drive.

Tips for Older Adults to Drive Safely

- Talk with your doctor if you have any concerns about your health and how it may affect your driving.
- Staying physically active will help you keep and improve your strength and flexibility which could help your driving abilities.
- Always wear your glasses or contact lenses if you need them to see clearly and if you use hearing aids make sure to wear them while driving.
- Limit your driving at night if you have a harder time seeing.

- Check in with yourself, if you are feeling lightheaded or drowsy choose to stay off the roads that day.
- Leave enough space between yourself and the car in front of you then you can start braking early if you need to stop.
- Avoid driving during “rush hour” times which will result in avoiding heavy traffic.



Concerned about your driving skills?



Have your driving skills checked by a driving rehabilitation specialist, occupational therapist or other trained professional. The American Occupational Therapy Association maintains a national database of driving specialists.

The American Automobile Associations Roadwise Driver Course is designed to help older adults adjust to age related physical changes so they can continue drive through growing older. Consider taking an online self-assessment, taking a driver’s safety course or asking your family and friends for concerns about your driving.

Signs it may be time to give up driving.

Ask yourself these questions:

- Have I had multiple accidents over the past few years?
- Am I having trouble seeing road signs, exits or lane lines?
- Am I still flexible enough to turn my head to check mirrors and blind spots comfortably?
- Have medications slowed my reaction time down?
- Have family, friends or my doctor said they are worried about my driving?
- Do I have trouble moving my foot between the gas and the brake pedals or do I sometimes confuse the two?
- Do I get lost frequently?
- Am I driving less these days because I’m not as sure about my driving as I used to be?



If you answered “yes” to any of these questions it may be time to talk with your doctor or family members about your driving or to consider a driving assessment.

Concerned about transportation? Ask family and friends for rides or call Office for the Aging at 518-565-4620 about additional transportation options.



Senior Celebration Success



Senior Celebration was held on May 5th with the theme being Kentucky Derby. This was the 50th anniversary of the legend racing horse Secretariat, also known as "Big Red", winning the Triple Crown in 1973. This was why the Senior Citizens Council's gymnasium was lined with blue and white to honor this anniversary. The opening ceremony started with local Taylor LaValley singing the National Anthem, followed by a short awards ceremony. AmeriCorps Seniors RSVP was honored with Agency of the Year award and Bailey Ford was honored with Business of the Year. After the ceremony concluded The Senior Serenades took over to welcome seniors and guests to the dance floor, where there was lots of dancing!

This was the first Senior Celebration since 2019, several agencies were in attendance with giveaways, information and raffle prizes. Over 100 seniors attended and were able to get information from area agencies, have lunch, catch up with old friends, make some new friends and dance the day away!



Staying Safe in Hot Weather



Watch for these signs of hyperthermia:

Dizziness

Muscle cramps

Swelling in your ankles and feet

Nausea and weakness

Rapid pulse



Tips to prevent hot-weather illness:

Drink liquids

Limit caffeine and alcohol

Wear light-colored, loose fitting clothes

If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

MEALS ON WHEELS
 45 Veterans Lane
 Plattsburgh, NY 12901
 (518) 561-8890



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

DINE-IN SITES

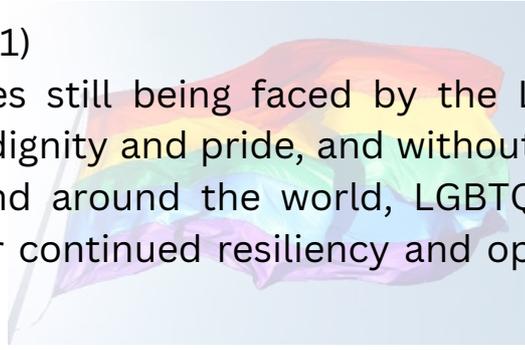
- Plattsburgh
518-561-7393
- Beekman Towers
518-561-5360
- Ellenburg
518-594-7311
- Dannemora
518-310-9089
- Lakeview
518-561-8696
- Rouses Point
518-534-1852

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>5</u> Sloppy Joe on a Bun Oven Roasted Potatoes California Blend Veg. Pineapple Tidbits</p>	<p><u>6</u> Marinated Chicken Breast Baked Beans Sliced Carrots Choc. Chip Cookie</p>	<p><u>7</u> Roast Beef & Provolone Sandwich Macaroni Salad Lettuce & Tomato Lemon Mousse</p>	<p><u>8</u> Chicken Parm Casserole Wax Beans Tossed Salad Italian Bread Birthday Cake</p>	<p><u>9</u> Scalloped Potatoes & Ham Spinach Whole Wheat Bread Fresh Fruit</p>
<p><u>12</u> Shepard's Pie California Blend Veg Wheat Roll Pears</p>	<p><u>13</u> Sausage, Pepper & Onion on a Bun Oven Roasted Potatoes Cauliflower Banana Cream Pie</p>	<p><u>14</u> Roast Pork w/Gravy Mashed Potatoes Peas Strawberry Shortcake</p>	<p><u>15</u> Turkey & Swiss Sandwich Broccoli & Corn Salad Lettuce & Tomato Peanut Butter Cookie</p>	<p><u>16</u> Breakfast Casserole Sausage Patty Cut Green Beans Blueberry Muffin Fresh Fruit</p>
<p><u>19</u> CLOSED</p>	<p><u>20</u> Breaded Chicken Rosemary Potatoes Beets Fruit Cocktail</p>	<p><u>21</u> Egg Salad Sandwich Four Bean Salad Lettuce & Tomato Chocolate Cake w/Peanut Butter Frosting</p>	<p><u>22</u> Michigan on a Bun Pasta Salad Broccoli Oatmeal Raisin Cookie</p>	<p><u>23</u> Honey Mustard Chicken Red Potatoes Mixed Vegetables Wheat Bread Fresh Fruit</p>
<p><u>26</u> Chicken and Biscuit Mashed Potatoes Peas & Carrots Mandarin Oranges</p>	<p><u>27</u> Spaghetti w/Meat Sauce Italian Blend Vegetables Tossed Salad Sourdough Bread Cheesecake</p>	<p><u>28</u> Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Molasses Cookie</p>	<p><u>29</u> Ham & Swiss on Rye Bread Coleslaw Lettuce & Tomato Carrot Cake</p>	<p><u>30</u> Swiss Steak Egg Noodles Corn 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

(Continued from page 1)

Despite the challenges still being faced by the LGBTQ community, everyone deserves to age with dignity and pride, and without having to hide who they are. Around the nation and around the world, LGBTQ older adults are living full, vibrant lives and their continued resiliency and optimism are why we celebrate this month.



June NY Connects Informational Session: Transportation
Via Zoom - Friday June 23rd - 11am-Noon

Learn about transportation options in Clinton County. Speakers include Julie Stalker from JCEO and Shannon Thayer from Clinton County Public Transit.

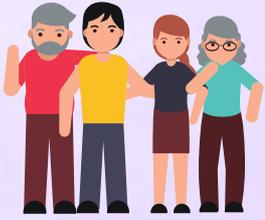
If you are interested in attending this event, contact Clinton County Office for the Aging at (518)565-4620 to register.

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 (\$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 _____ |



June Caregiver Training Topic: Dementia Conversations



Clinton County Office for the Aging's Caregiver Training will be held via Zoom on Wednesday June 14th from Noon-1pm. Melissa Fischler from the Alzheimer Association will be presenting on Dementia Conversations and Nick Drown from the SUNY Plattsburgh Third Age Adult Day Center will be presenting on the day programs they have available for clients living with dementia or Alzheimer's.

If you are interested in attending this Caregiver Training event, contact Office for the Aging at (518)565-4620 to register.



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