



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

PROTECT YOUR SKIN

Less than half of older adults protect their skin when outside for more than an hour on a warm sunny day. This can raise your risk of getting skin cancer. What are the best ways to protect yourself?

Limit Time in the Sun

It's okay to go outside, but limit time in the sun during the hottest part of the day (10 am to 4 pm.) Don't be fooled by cloudy days, the sun's rays go right through. Remember, you can still get a sunburn while you are in the water, so use caution when in a pool or lake.

Use Sunscreen

Use a broad spectrum sunscreen with an SPF of 15 or higher. Apply sunscreen about 30 minutes before going outside and apply every two hours.

Wear Protective Clothing

Wear sunglasses and a wide brim hat that shades your face, ears, eyes, and head. If you have to be in the sun, wear lightweight loose fitting long-sleeved shirt and long pants or long skirt.

Avoid Tanning

Don't use tanning beds or sun lamps.



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Resilient Aging Newsletter is an information source about local programs and topics of interest to older adults and caregivers.

We appreciate reader feedback. Tell us if you like what you see, if you have suggestions for improvements, or topics you would like to see covered. We try to provide a variety so there is something for everyone.

A few ways to provide feedback:

Email us at:

aging@clintoncountygov.com

Send us a note in the mail:

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

Call and leave a message at:

518-565-4620

If you, or someone you know, would like to receive a copy of the newsletter via email or US Postal Service, please notify our office using one of the contact methods listed above.



ACTIVIES

Upcoming Chronic Disease Self-Management Six-Week Workshop

See page 4 for more information. Classes will be held **Mondays from 1:30 - 4:00 pm from July 24th to August 28th** at:

MHAB Life Skills Campus
14 Dormitory Drive
Plattsburgh, NY

Call Tammy at 518-565-4620 to register or learn more.

Cycling Without Age Seeks Volunteers



Volunteers are needed to support the Cycling Without Aging - Adirondack Coast Chapter. Cycling without age is a volunteer organization that takes the elderly and less abled citizens out for free bike rides in specialized electric trishaws. Volunteers are needed to support many roles including: Trishaw Pilot, Bike Buddy (cycles along with Trishaw), Volunteer Recruitment and Training, IT Support, Booking Coordination, Data Collection and so much more.

Interested individuals should contact Rebecca Boire-West at 518-578-2369 or Rebecca.Boire-West@cyclingwithoutage.com for more information.





CAREGIVER CORNER



What is a Caregiver?

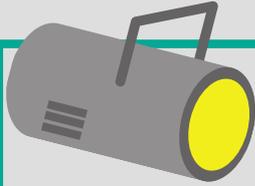
What is a caregiver? A caregiver is someone who helps another person with everyday activities, medicines, appointments, or other tasks. An **informal caregiver** is usually a family member, friend, or neighbor. These people are generally not paid for their help. A **formal caregiver** (for example, a nurse or health aide) is paid for their services. They may provide care in a person's home or in another setting, such as an adult day care center, residential facility, or long-term care facility. Some people use the term **care partner** rather than caregiver to show that caregiving is a two-way street involving both the caregiver and the person needing care. However, a partnership may not be possible if a loved one needs significant help or cannot care for themselves. You may also see the term **care team**, which refers to all the people who are providing care to a person. The team may include family, friends, volunteers, health care providers, formal caregivers, and others.

Caregiving can take many forms. The kinds of activities that a caregiver may assist with include:

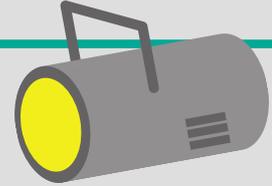
- Household tasks, such as shopping, laundry, and cleaning
- Personal care, such as dressing, bathing, grooming, using the toilet, and brushing teeth
- Getting in and out of beds and chairs or walking
- Taking and keeping track of medicine
- Medical care, for example, keeping wounds clean or giving shots
- Preparing food, feeding, and monitoring dietary restrictions
- Transportation, such as car rides to appointments
- Health care, including talking to doctors, making medical decisions, researching care services, and coordinating doctor visits
- Money and finances, such as handling bills and budgets
- Legal matters, including managing official documents such as wills and insurance policies

Source: https://order.nia.nih.gov/sites/default/files/2023-03/caregivers-handbook-nia_0.pdf

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



Program Spotlight
**Chronic Disease
Self-Management Program**



Chronic Disease Self-Management Programs (CDSMP) helps people who live with chronic disease, and those who support them, take control of their health. Our series of six-week workshops, offered at no cost to you, provide tools and resources to help you feel better.

Objectives:

This interactive program aims to increase:

- Confidence.
- Physical and psychological well-being.
- Knowledge of ways to manage chronic conditions.
- Motivation to manage challenges associated with chronic diseases.

Target Audience:

- Adults with arthritis.
- Adults with one or more chronic conditions.
- Older adults.

Key Activities:

- Interactive educational activities like discussions, brain storming, practice of action-planning and feedback, behavior modeling, problem-solving techniques, and decision making.
- Also includes symptom management activities like exercise, relaxation, communication, healthy eating, medication management, and managing fatigue.

To learn more or for assistance registering for a workshop call Tammy at 518-565-4620.

DISASTER PREPAREDNESS FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES



Plan how you will communicate if you have a communication need.



Plan for your transportation if you need help evacuating.



Plan how you will evacuate with any assistive devices.



Plan for food, water, and essentials for you and pets or service animals.



Include medicines, medical supplies, batteries, and chargers.



Make copies of Medicaid, Medicare, and other insurance cards.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ✓ Contact information for important people and care providers.
- ✓ A list of medicines you need, dosage instructions, and any allergies.
- ✓ Contact information for your durable medical provider.
- ✓ Need-to-know information for first responders and others who might need to help you.



ready.gov/disability

Senior Farmers' Market Nutrition Program

Each year Clinton County Office for the Aging, along with community partners, distribute Farmers' Market Coupons to eligible individuals ages 60 and over. You **must meet age and income guidelines**. If you are unable to get to one of the pick-up sites, please call Office for the Aging at 518-565-4620 to arrange an alternate method. Distribution will begin the week of July 10th at the following locations:

2023 DATES	LOCATION	TIME
Monday, July 10th *2 Locations*	Senior Center - 5139 North Catherine St Peru - Rulfs Orchard Parking Lot, 531 Bear Swamp Rd	10:30 am - Noon
Tuesday, July 11th	Beekman Towers - <i>Outside Main Entrance</i> , 50 Truman Ave.	10:30 am - Noon
Wednesday, July 12th *2 Locations*	Lake View Towers/Russell Barnard - <i>Outdoor Seating Area</i> Robert S. Long - <i>Gazebo</i>	10:30 am - Noon
Thursday, July 13th *2 Locations*	Ellenburg - St. Edmunds Hall Meal Site, 5538 Route 11 Dannemora - Dannemora Community Outreach Center Meal Site, 40 Emmons St.	10:30 am - Noon
Friday, July 14th *2 Locations*	Champlain – Town Hall Parking Lot, 10729 Route 9 Beekmantown - Town Hall Parking Lot, 571 Spellman Rd	10:30 am - Noon

Who is Eligible?

- Must be **60 years or older**
- Monthly Income at or below 185% of Federal Poverty Level
 \$2,248/month for a one-person household; or
 \$3,041/month for a two-person household; or
 \$3,833/month for a three-person household
 Inquire for larger household sizes
- Only one coupon booklet per eligible senior in each household; while quantities last
- The eligible individual must sign up in person. An eligible Power of Attorney or Proxy with required paperwork can sign for the coupons.



Five Nutrition Tips to Promote Wound Healing

We've all had a wound: a cut, scratch or scrape that breaks the skin. Most wounds on healthy people heal quickly when we keep it clean and free of infection, while other types of wounds are more serious and require medical intervention.

Serious wounds may include decubitus ulcers, also known as pressure sores or bed sores. Decubitus ulcers develop where bones are close to the skin - such as ankles, back, elbows, heels and hips. These wounds are a risk for people who are bedridden, use a wheelchair or are unable to change their position. People with diabetes also have a higher risk of developing foot ulcers that can take weeks or months to heal. Fortunately, healthful food choices may help with recovery by providing the calories, vitamins, minerals and protein necessary to promote healing.

Promote Wound Healing with Good Nutrition

1. Plan healthy, balanced meals and snacks that include the right amount of foods from all of the food groups - protein foods, fruits, vegetables, dairy and grains.
2. Choose vegetables and fruits rich in Vitamin C, such as broccoli or strawberries. For adequate zinc, choose fortified grains and protein foods, such as beef, chicken, seafood or beans. Some wounds may require a higher intake of certain vitamins and minerals to support healing. Speak with your health care provider before starting any new supplements.
3. Include adequate protein throughout the day. Include a source of protein at each meal or snack. For example, scrambled eggs for breakfast, peanut butter for lunch, yogurt or cheese for snacks and chicken for dinner.
4. Stay well hydrated with water or other unsweetened beverages.
5. For people with diabetes, control blood sugar levels to help prevent wounds from developing and to support healing and recovery.

Hopefully these nutrition tips will keep your skin healthy!

Any wound that does not seem to be healing, looks red/infected or is getting larger; be sure to seek medical attention as soon as possible.

*Submitted by Jo Dragoon-Morse, Registered Dietician
For Free Nutrition Counseling Call Jo at 518-561-8320*



Find your local SMP:
[smpresource.org](https://www.smpresource.org)

877-808-2468

@SMPNationalResourceCenter

@SMPResource

Prevent Medicare Fraud

The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent health care fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones.



Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, these issues affect people across the country and can lead to identity theft and cost you money.

You can learn to **prevent, detect, and report** Medicare fraud, errors, and abuse by contacting SMP. SMP is a national program with offices in every state, Washington, D.C., Puerto Rico, Guam, and the U.S. Virgin Islands. When you contact your local SMP, trained team members will answer your questions and share useful tips to help you prevent problems before they happen. You can also contact SMP if you think fraud, errors, or abuse have already occurred. We will provide confidential support to address your concerns. We can also help report and refer issues to the appropriate state and federal agencies for further assistance.

Tips to prevent, detect, and report

- ◆ Only share your Medicare or Social Security number with those you trust.
- ◆ Only carry your Medicare card when you need it.
- ◆ Keep a record of all your medical visits and procedures.
- ◆ Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- ◆ Call your health care provider, Medicare, or your local SMP if you see something suspicious.

Look out for:

- ◆ Billing for services or medical supplies that were not provided.
- ◆ Misrepresenting a diagnosis, your identity, or other facts to bill Medicare.
- ◆ Prescribing or providing excessive or unnecessary tests and services.
- ◆ Billing out of pocket for services covered by Medicare.



Prevent. Detect. Report.



SMP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services. Learn more at [ACL.gov](https://www.acl.gov).

SENIOR SCHOLARS SUMMER SEMESTER



Seven-week series via Zoom
Virtual Museum Visits
Thursdays July 6th - August 17th, 2023

July 6, 2023 - Wild Center, Tupper Lake, NY This award-winning facility, which focuses on the natural history of the Adirondacks, manages to add new features every year.

July 13, 2023 - Dartmouth College's Baker Memorial Library, Hanover, NH See the mural cycle "**The Epic of American Civilization**" painted by one of Latin America's great muralists, José Clemente Orozco, between 1932 and 1934.

July 20, 2023 - Phelps Mansion, Binghamton, NY This house museum gives a peek into the late nineteenth century Gilded Age. The home was designed and built by Isaac Perry, the Keeseville, NY native.

July 27, 2023 - Lyon Mountain Mining and Railroad Museum, Lyon Mountain, NY Appreciate the industrial heritage of this once nationally prominent iron mining community with a visit to the historic D & H Rail Depot.

August 3, 2023 - Antique Boat Museum, Clayton, New York This campus has grown to become the premier institution related to fresh water boating in the United States. We'll see a sampling of the more than 320 boats in the collection.

August 10, 2023 - Mercer Museum, Doylestown, PA Offers visitors a unique window into pre-Industrial America through sixty different crafts and trades.

August 17, 2023 - The National Quilt Museum, Paducah, KY Honors today's quilters and inspires future quilters with exceptional exhibitions, education, and programming.

Cost for the full series is \$10.

Send registration fee and email address to:

Senior Citizens Council of Clinton County
5139 North Catherine Street
Plattsburgh, NY 12901

Questions? Contact Rachel or Maria at 518-563-6180

Presented by Senior Citizens Council of Clinton County, Clinton County Office for the Aging, JCEO, Clinton County Historical Association and the Chapel Hill Foundation

MEALS ON WHEELS
 45 Veterans Lane
 Plattsburgh, NY 12901
 (518) 561-8390



*This menu is approved
 by a Registered Dietitian.*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>3</u> Sweet & Sour Pork Rice Oriental Vegetables Wheat Bread Peaches</p>	<p><u>4</u>  CLOSED</p>	<p><u>5</u> Macaroni & Cheese Stewed Tomatoes Wheat Bread Peanut Butter Cookie</p>	<p><u>6</u> Chicken Salad Sandwich Four Bean Salad Lettuce & Tomato Strawberry Shortcake</p>	<p><u>7</u> Battered Cod Red Smashed Potatoes Harvest Blend Vegetable Dinner Roll Fresh Fruit</p>
<p><u>10</u> Breaded Chicken Oven Roasted Potatoes Peas & Carrots Dinner Roll Fruit Cocktail</p>	<p><u>11</u> Swedish Meatballs Wide Noodles Green Beans Sugar Cookie</p>	<p><u>12</u> BBQ Pork Chops Baked Potatoes Capri Blend Veg. Chocolate Mousse</p>	<p><u>13</u> Tuna Salad Sandwich Carrot-Raisin Salad Lettuce & Tomato Birthday Cake</p>	<p><u>14</u> Michigan on a Bun Baked Beans Chef's Choice Vegetable Fresh Fruit</p>
<p><u>17</u> Sloppy Joe on a Bun Roasted Potatoes Broccoli Pears</p>	<p><u>18</u> Marinated Chicken Breast Sweet Potatoes Peas Chocolate Cake w/PB Frosting</p>	<p><u>19</u> Roast Beef & Provologne Sandwich Pasta Salad Lettuce & Tomato Oatmeal Raisin Cookie</p>	<p><u>20</u> Chicken Parm Casserole Wax Beans Tossed Salad Italian Bread Lemon Mousse</p>	<p><u>21</u> Scalloped Potatoes w/ Ham Spinach Whole Wheat Bread Fresh Fruit</p>
<p><u>24</u> Honey Mustard Pork Chop Red Potatoes Mixed Vegetables Wheat Roll Applesauce</p>	<p><u>25</u> Hamburger on a Bun Baked Beans California Blend Veg. Strawberry Mousse</p>	<p><u>26</u> Turkey & Swiss on Wheat Broccoli-Corn Salad Macaroni Salad Chocolate Chip Cookie</p>	<p><u>27</u> Roast Pork w/ Gravy Mashed Potatoes Sliced Carrots Sally's Mexican Cake</p>	<p><u>28</u> BBQ Chicken Breast Oven Roasted Potatoes Chef's Choice Vegetable Wheat Bread Fresh Fruit</p>
<p><u>31</u> Spanish Rice Fiesta Corn Whole Wheat Bread Pineapple Tidbits</p>				

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

- 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



Happy July everyone! We hope everyone is enjoying the start of summer! Summer is an excellent time to get your daily doses of vitamin D by enjoying the sunshine. It is also very important to make sure you are well hydrated throughout the day, especially if you are outside in the heat.

Tips to help you stay hydrated:

- o Drink about 8 ounces of water upon waking and before bedtime.
- o Drink water throughout the day to maintain a healthy balance. Don't wait until you are thirsty to start drinking.
- o Coffee and tea provide a significant amount of hydration, despite their diuretic effect due to caffeine content.
- o Infuse water with slices of fruit, vegetables, or herbs for a refreshing and tasty boost.
- o Use a reusable water bottle so you know how much you are taking in.



Interesting Fact: About 20% of your fluid intake comes from food!

Some of the top foods that have a higher water composition:

- o Cucumbers; Celery; Peppers; Cauliflower; Spinach; Radishes; Broccoli; Tomatoes; Watermelon; Strawberries and Grapefruit and many more fruits and vegetables!
- o For more information visit <https://diet.mayoclinic.org/us/blog/2022/how-to-stay-hydrated-over-the-summer/>



This institution is an equal opportunity provider and employer.
If you have any questions/concerns please contact Alexandra Hooker MS RD at (518) 481-1532 or by email at alexandra.hooker@franklincountyny.gov

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 _____

TYPES OF ELDER ABUSE

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. An older adult is someone age 60 or older. The abuse occurs at the hands of a caregiver or a person the elder trusts. Common types of elder abuse include:

- **Physical abuse** is when an elder experiences illness, pain, injury, functional impairment, distress, or death as a result of the intentional use of physical force and includes acts such as hitting, kicking, pushing, slapping, and burning.
- **Sexual abuse** involves forced or unwanted sexual interaction of any kind with an older adult. This may include unwanted sexual contact or penetration or non-contact acts such as sexual harassment.
- **Emotional or Psychological Abuse** refers to verbal or nonverbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult. Examples include humiliation or disrespect, verbal and non-verbal threats, harassment, and geographic or interpersonal isolation.
- **Neglect** is the failure to meet an older adult’s basic needs. These needs include food, water, shelter, clothing, hygiene, and essential medical care.
- **Financial Abuse** is the illegal, unauthorized, or improper use of an elder’s money, benefits, belongings, property, or assets for the benefit of someone other than the older adult.



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.