



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

THE BENEFITS OF EXERCISE

Most people know that exercising is a healthy choice, but have you stopped to think about how exercise impacts your everyday activities?

According to the Centers for Disease Control and Prevention (CDC), the loss of strength and stamina attributed to aging is in part caused by reduced physical activity. Inactivity increases with age. Being physically active helps people maintain the ability to live independently and reduces the risk of falling and fracturing bones.

Other benefits of physical activity include:

- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Helps people with chronic, disabling conditions improve their stamina and muscle strength.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps maintain healthy bones, muscles, and joints.
- Helps control joint swelling and pain associated with arthritis.

While most older adults can exercise safely, even with chronic conditions and mobility challenges, it is important to talk with your doctor before starting any exercise regimen. You can discuss which options are right for your health and activity level. If you haven't been exercising, it's wise to start with short intervals and gradually build up your strength and stamina.

Clinton County Office for the Aging sponsors community exercise programs through Cornell Cooperative Extension and an Arthritis Foundation Aquatic Exercise program at the YMCA. See the activities listing for contact information.



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS, DIRECTOR

Social isolation and loneliness can have devastating health consequences. So what is social isolation? Why is it important? And what do you do about it? Loneliness is the feeling of being alone, regardless of the amount of social contact. Social isolation is a lack of social connections. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated.

Social isolation can increase a person's risk of premature death, dementia, heart disease, and stroke. Loneliness is associated with higher risks of depression, anxiety, and suicide.

So what do you do about it? You take one small step forward. Make an effort to try something new, or a renewed effort to connect with family, friends, or neighbors. There are many options to choose from. Check out the activities listed on page 9 for inspiration.

One other option is the AARP Foundation's Connect2Affect Program. Program details are available at the right.

The pandemic has made the situation worse, but there are new ways to connect that have developed as a result. Just take one small step forward!



In an effort to address social isolation, the AARP Foundation collaborated with the Gerontological Society of America, Give an Hour, the National Association of Area Agencies on Aging, and UnitedHealth Group to create Connect2Affect. The goal is to create a network of resources to meet the needs of anyone who is isolated or lonely, helping to build the social connections older adults need to thrive.

To prevent or alleviate loneliness stay or get social active, nurture relationships, find and take advantage of local resources. Check out the website at <https://connect2affect.org/> for these and other great tips.

You can take the assessment to determine your risk and look up resources to help you or someone you know.



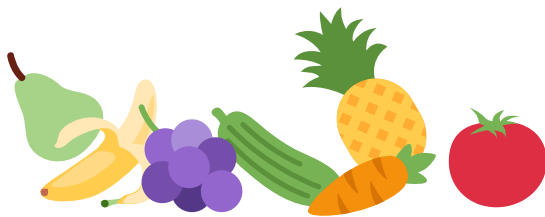
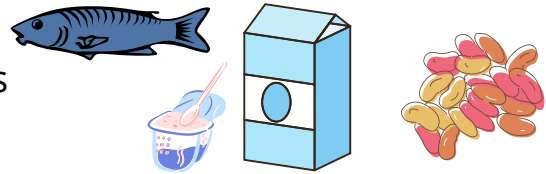
If you are not connected online, call JCEO Senior Outreach at 518-561-6310 to ask about their friendly visitor and telephone reassurance programs.



Nutrition Tips for Ages 60+

Eating habits change throughout the lifespan. Simple changes can help you enjoy the foods and beverages you eat and drink to meet nutrient needs, help maintain a healthy body weight, and reduce the risk of chronic disease.

Try adding seafood, dairy or fortified soy alternatives, along with beans, peas, and lentils to your meal to help maintain muscle mass.



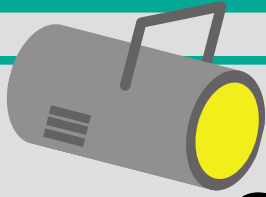
Add fruits and vegetables to meals and snacks. Look for frozen, canned, or ready-to-eat varieties if slicing and chopping is a challenge.

Make eating a social event. Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A community center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing. *During periods of high COVID-19 transmission, consider virtual gatherings for meals or meeting for meals outdoors.

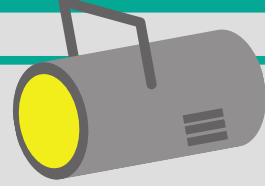


The ability to absorb vitamin B12 can decrease with age and the use of certain medications can decrease absorption. Eating enough protein and fortified foods, such as fortified cereals, can help you meet your vitamin B12 needs. Speak with your healthcare provider to determine what, if any, supplementation is right for you.

Adapted from USDA MyPlate at <https://www.myplate.gov/life-stages/older-adults>



Program Spotlight



Caregiver Services

Caregivers in Clinton County can contact the Caregiver Resource Center located at Clinton County Office for the Aging to learn more about services available to support caregivers.

Services Include:

- Information to caregivers about available services
- Assistance to caregivers in gaining access to services
- Individual caregiver counseling, caregiver support groups, and caregiver training
- Respite care - for caregivers of frail older adults, unable to perform at least to activities of daily living
- Supplemental services, on a limited basis

Eligible Caregivers include:

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 and over
- Adult family members or other informal caregivers age 18 and older providing care to individuals of ANY age with Alzheimer's disease and related disorders
- Older relatives, including parents, age 55 and older providing care to adults age 18-59 with disabilities

When family caregivers are well supported, receivers of their care are able to stay in their homes longer and can have a better quality of life.

For assistance contact:

Clinton County Office for the Aging at 518-565-4620 or aging@clintoncountygov.com or



CAREGIVER CORNER

Long Distance Caregiving

When a parent or loved one needs help, but you live an hour or more away, how do help? Long distance caregiving has its challenges, but there are ways to provide support for your loved one from afar.

Start by talking with the primary caregiver, if there is one. Ask how you can be most helpful. Visit as often as you can because you may notice something that needs to be done that can be done from a distance. You also may learn more about the situation, as often times our loved ones don't want to be a "burden" so they don't share the details. It's important to learn about the health condition and needs. Talk to friends to see if they have any suggestions about ways to help.

Some ways to help from a distance include:

- Helping with finances, money management, or bill paying.
- Help by ordering groceries or supplies for delivery.
- Provide emotional support and occasional respite for the primary caregiver, if there is one.
- Arrange for in-home care or work with your loved one's case manager, if there is one
- Evaluate the house and make sure it's safe for your loved ones needs. Sometimes simple modifications can make a big difference or perhaps a ramp is necessary for safely getting in and out of the home.
- Arrange for your loved one's friends or neighbors to help with errands or transportation to medical appointments.
- Arrange for durable medical equipment to help your loved one be safe at home.
- Use a personal emergency response system so your loved one is able to push a single button to summon help.
- Install a camera in the common areas (i.e. living room or kitchen) to be able to visually check on your loved one. This should only be done if your loved one agrees.
- Help your loved one by researching health problems or medicines, and clarifying insurance benefits and claims.
- Locate care in an assisted living facility or nursing home if necessary.
- Keep family and friends updated and informed.
- Create a plan and get paperwork in order in case of emergency.

Remember, caregiving is a journey. As your loved one's needs change, your role as a caregiver will change.



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



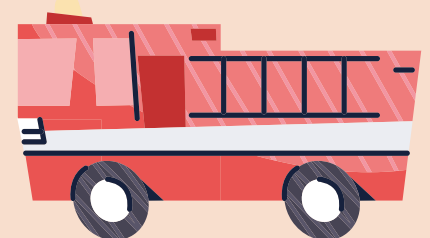
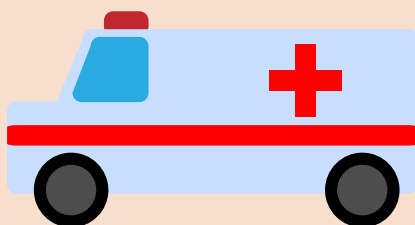
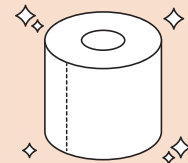
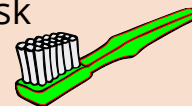
Emergency Preparedness - Emergency Supply Kits



Disasters can occur unexpectedly. You may suddenly be without electricity or access to clean water. How do you avoid long waits for critical supplies, such as food, water, and medication? By preparing in advance.

You may need to shelter in place or you may need to evacuate. So what should be in your emergency supply kit?

- Water - 1 gallon per person, per day (3-day minimum supply)
- Food - At least a 3-day supply of canned and dried foods that won't spoil
- Manual can opener for food
- Flashlight and extra batteries
- Battery-powered or hand crank radio
- First aid kit
- Whistle to signal for help
- Cell phone with charger and battery bank or solar charger
- Emergency Medical Kit
 - Medications - 7 day supply and an up-to-date medication list that includes the name of the medications and the doses
 - Have a cooler and ice pack ready for medications that need to be kept cold
 - Medical equipment and necessities
 - Glasses, blood pressure cuff, blood sugar monitoring equipment, etc.
 - Written information about treatment and copies of Medicare, Medicaid, or other insurance information
- A complete change of clothes (weather appropriate) per person and sturdy shoes
- Emergency blanket
- Cash - About \$50 if possible
- Personal hygiene items, hand sanitizer, face mask
- Emergency contact information
- Copies of important family documents
- Books, puzzle games, or cards to help pass the time



How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



What to Know if You Must Visit an Office:

- **You must have an appointment** to visit an office.
- **Masks are required** for all office visitors and employees, regardless of vaccination status.
- **Visitor capacity is limited** to follow physical distancing requirements. This means **you may need to wait outside**, so plan for cold or bad weather.
- We ask that you **come alone unless you require help with your visit**. If you require help, we can only permit one person to accompany you.

We appreciate your patience and understanding.



Securing today
and tomorrow

SSA.gov |     

Social Security Administration
Publication No. 05-10558
December 2021 (First edition)

How to Get Help from Social Security
Produced and published at U.S. taxpayer expense

Living Healthy With Chronic Conditions

Online workshops are offered on a rolling basis. Call Sean at 518-565-4620 to register or learn more about managing your chronic conditions to improve your wellbeing.



Lottery and Sweepstakes Scams



Have you ever dreamed of winning the lottery or a big prize? Most people have. That's why scammers still use the promise of a prize to get your money or personal information.

4 Signs of a Prize Scam

The Federal Trade Commission (FTC) shares these signs to be aware of:

1. You have to pay to get your prize. Real prizes are free. If someone tells you to pay a fee for taxes, shipping and handling, or processing fees. Stop. This is a scam.
2. You are told paying increases your odds of winning. Real sweepstakes are free and winning is by chance. It's illegal for someone to ask you to pay to increase your odds of winning. Stop. This is a scam.
3. You have to give your financial information. There is no reason to ever give your bank account or credit card number to claim any prize or sweepstakes. If you are asked for this information, stop. It's a scam.
4. Someone sends you a check and asks you to cash it and send some money back. Stop. This is a scam.

Most scammers try to catch you off guard, either by the time of day or night they call or by trying to rush you into action. Take your time and think things through. Don't get caught by a trickster. Scammers may say they're from a government agency, they may use the name of organizations you recognize, or they may contact you via telephone, text, email, or social media. Take it slow and think it through before you reply.

Talk to your friends and family, scams are common and everyone is better protected with more information.



Activities Available

GetSetUp Classes - NYS Office for the Aging's partnership with The Association On Aging in NY and tech platform GetSetUp provides 300+ live, online classes for isolated older New Yorkers! Register for FREE classes today. Learn more: <https://www.getsetup.io/partner/nystate>

Cornell Cooperative Extension Fitness Classes - for information on how to join any of these classes contact Mary P. Breyette at mba32@cornell.edu or 518-561-7450.

Range of Motion: Monday from 9:00am-10am (offered by CCE)

Growing Stronger-Strong Bones: Tuesday from 9:00am-10:00am (offered by Senior Planet)

Chair Chi: Wednesday from 9:00am - 10:00am (offered by CCE)

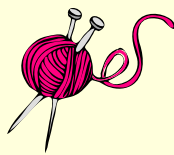
Growing Stronger/Balance: Thursday from 9:00am - 10:00am (offered by Senior Planet)

Range of Motion: Friday from 9:00am to 10:00am (offered by CCE)

Plattsburgh YMCA Arthritis Water Exercise Class -for information on how to join call 518-531-4290 This Class is designed to meet the needs of active older adults over 60. Choose either shallow or deep water for exercises that follow the Arthritis Foundation Aquatics Exercise program guidelines to help make your daily living easier and pain free. This class is free and sponsored by the Clinton County Office for the Aging. You do not need to be a YMCA member to participate. Classes are free a donation is suggested
Monday, Wednesday 11:00-12:00

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/?date=1/20/2022> or call 518-563-6180 for more information.



Caregiver Training February 9th 10 am via Zoom

Presentation on Home Modifications

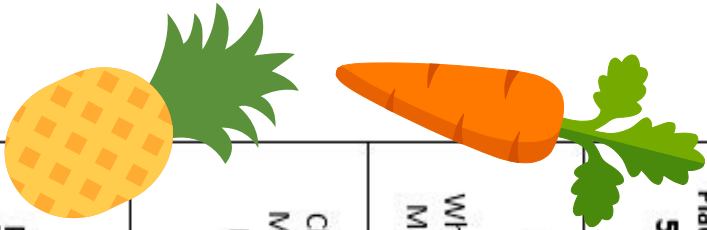
Our panel of speakers include guests from *Rural Preservation Company*, *Friends of the North Country* and *Joint Council for Economic Opportunity*. Learn more about home modifications that can make aging at home easier and about programs that may be able to help with the costs.

Call 518-565-4620 to register.

Clinton County Senior Nutrition Program Sponsored by Senior Citizens Council of Clinton County, Inc.

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
MEALS ON WHEELS 45 Veterans Lane Plattsburgh, NY 12901 518-561-8320	Chicken Broccoli Divan Rice Pilaf Assorted Vegetables Sally Mexican Cake	BBQ Pork Chop Oven Roasted Potatoes California Blend Whole Wheat Bread Chocolate Mousse	Hot Roast beef Sand/w gravy Mashed Potatoes Garden Vegetables Molasses Cookie	Breaded Cod Rosemary Potatoes French Green Beans Wheat bread Fresh Fruit
7 Spanish Rice Corn Whole Wheat Bread Mandarin Oranges	8 Honey Mustard Chicken Mashed Potatoes Beets Cheesecake	9 Baked Ham w/Raisin Sauce sweet Potatoes Tri Slaw Fruited Jello	10 Meatloaf w/Gravy Baked Potato Sliced Carrots Birthday Cake	11 Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit
14 Chicken & Biscuit Mashed Potatoes Peas & Carrots Pears	15 Turkey Burger/Bun Oven Roasted Potato Harvest Blend Vegetable Blueberry Crisp	16 Spaghetti w/Meat Sauce Tossed Salad Italian bread Tapioca Pudding	17 BBQ Pork/Bun Oven Browned Potatoes Creamy Coleslaw Sugar cookie	18 Marinated Chicken Red Potatoes Mixed Vegetables Wheat Bread Fresh Fruit
21 <u>Presidents Day</u>	22 Breaded Chicken Mashed Potatoes Baby Carrots Pineapple Tidbits	23 Michigan/Bun Home fried Potatoes Cauliflower Yellow cake/Choc Frosting	24 Roast Turkey/Gravy Mashed Potatoes Pearl Pea & Onion Butterscotch Pie	25 Shepard's Pie Capri Blend Vegetable Whole Wheat Bread Fresh Fruit
28 Chili/Rice Wax Bean Corn Muffin Fruit Cup				*This menu is approved by a registered dietician and is subject to change.



DINE-IN SITES: Plattsburgh 518-561-7393 Ellenburg 518-594-7311 Lakeview 518-561-8696

Beekman Towers 518-5360 Dannemora 518-310-9089 Rouses Point 518-534-1852

Funded by Clinton County Office for the Aging, New York State Office for the Aging, and the Administration for Community Living

Talking With Your Doctor

Top Tips from the National Institute on Aging



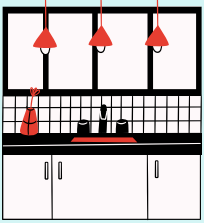
- Make a list of your concerns and prioritize them
- Let your doctor know what has happened since your last visit
 - Any emergency room or specialist visits
 - Changes in appetite, weight, sleep, energy level, vision or hearing
- Bring information with you
 - List of your prescription and over-the-counter medications, vitamins and supplements, including the dose
 - Insurance cards, names and phone numbers of other doctors, and any medical records your doctor doesn't have
- Wear your glasses and hearing aids (if applicable)
- Consider bringing a family member or friend to take notes and help you remember what the doctor said

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

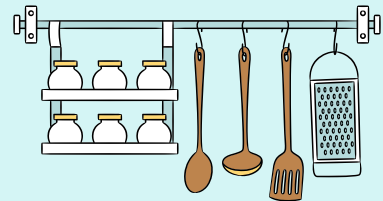
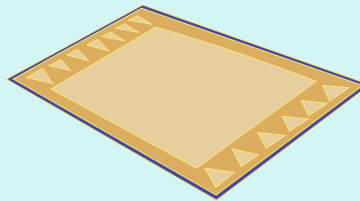
\$ _____ Home Delivered Meals	\$ _____ Congregate Meals
\$ _____ Caregiver Services	\$ _____ Transportation
\$ _____ Health Insurance Counseling	\$ _____ Lifeline (PERS)
\$ _____ Health Promotion (Exercise Classes)	\$ _____ Legal
\$ _____ Housekeeping/Personal Care	\$ _____ Other _____



Preventing Falls in the Kitchen



1. Put frequently used items in easy reach.
2. Wipe up spills right away.
3. Install good lighting.
4. Wear shoes with non-skid soles.
5. Replace scatter rugs with rubber backed rugs.
6. Declutter.



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.