



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

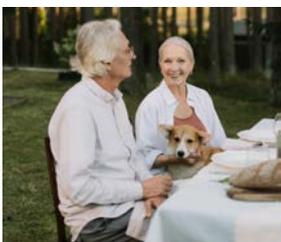
COMMUNITY IMPACT OF OLDER ADULTS

How many of you read the heading and thought this article would list all the needs of older adults and how they negatively impact our community? Well, this is just the opposite. Older adults in Clinton County are the backbone of our economy.

Did you know that in Clinton County 66% of household wealth is held by people over age 45? Older adults ages 60+ are more likely to be homeowners. The 50+ cohort spends more overall than their under 50 counterparts. They account for the majority of spending in several categories, including: healthcare, non-durable goods, durable goods and utilities, motor vehicles and parts, financial services, and household goods.

It's not just about the money though. Older adults are often caring for loved ones, helping to raise grandchildren, volunteering, and supporting charities. In Clinton County, there are over 5,000 older adults volunteering their time. Over 2.8 million hours of their time. That is the equivalent of \$78 million if they were paid at fair market value.

The social and economic benefits of older adults in our community should be recognized and celebrated! They are delivering a stronger, more vibrant community for all of us to enjoy.



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

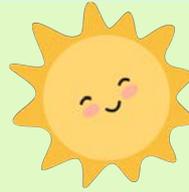
What's in a name? Clinton County Office for the Aging is the designated Area Agency on Aging (AAA) for Clinton County.

An Area Agency on Aging (AAA) is an agency designated by a state to address the needs and concerns of all older persons at the local levels. AAAs have existed for fifty years.

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. Clinton County Office for the Aging accomplishes this through a network of voluntary, private and public organizations and advocacy at the federal, state and local levels.

The Office for Aging:

- Promotes the dignity and independence of the older person
- Ensures that comprehensive and coordinated services address the needs of older persons
- Fosters public awareness of the value and contribution of older persons in the community.



ACTIVITIES

Senior Center

5319 N. Catherine St., Plattsburgh
518-563-6180
Variety of Activities Mon-Fri

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+

Volunteer Opportunities

Volunteers are needed to support the Cycling Without Aging - Adirondack Coast Chapter. Interested individuals should contact Rebecca Boire-West at 518-578-2369 or AdirondackCoast@cyclingswithoutage.com for more information.

AmeriCorps Senior
Variety of volunteer opportunities.
Call Kate at 518-566-0944

Joint Council of Economic Opportunity (JCEO)
Senior Outreach Program
518-561-6310





CAREGIVER CORNER

Who Cares for the Caregiver?

In order to be a good and healthy caregiver you need to take care of yourself as well. One way is to make sure you have consistent breaks from caregiving responsibilities also known as respite.

What is Respite Care?

A temporary relief for caregivers so they can take a much needed break from the demands of caregiving. This can be in the form of adult day care centers, in your home or short term nursing home care. Research shows that even a few hours of respite care a week can improve a caregiver's well-being.

Who can Respite care be provided by?

- Family/Friends
- A Non-profit Group
- Government Agency

How to reach out to family or friends for help?

- Identify a specific caregiving task that you need help with.
- Identify a certain block of time to have someone to come help.
 - Be understanding if they are unable to help this exact time, which will leave the door open to ask them another time.
- If you have a hard time asking for help in person-try sending an email or a text message instead.

Does your doctor know you are a caregiver?

It is important to let your doctor know if your caregiving responsibilities are making you feel depressed or anxious. Health care professionals may also know about support groups for caregivers that are offered in the community.

Free Resources

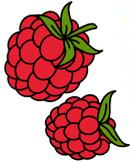
See free caregiver training and support resources at NewYork-Caregivers.com provided by New York State Office for the Aging and Aging-NY.

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

Where to Use Senior Farmers' Market Coupons

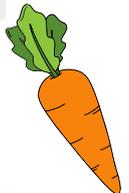
It's time to use those Farmers' Market Coupons. See the list below for sites that accept coupons. Haven't received Farmer Market Coupons and you meet the age requirement and income eligibility? Call Office for the Aging (518)565-4620 and we will make a referral to JCEO to have a Senior Outreach Worker bring you some!

Farmers Market



Champlain Farmers' Market *
 (518) 298-4152
 Paquette Park Gazebo Main St (Rte 9)

July 1-September 30
 Sat 9am-12pm



Plattsburgh Farmers' and Craft Sat Market
 (518) 578-6749
 Green Street

May 13-October 7
 Sat 9am-2pm



Rouses Point Farmers' Market
 (518) 298-3878
 Dodge Memorial Library 144 Lake St

June 16-September 15
 Fri 3pm-6pm



Farm Stand

Northern Orchard Farm Stand *
 (518) 643-9718
 470 Union Rd Peru

May 14-December 23
 Daily 10am-5pm

Rulfs Orchard Farm Stand
 (518) 643-8636
 531 Bear Swamp Rd Peru

Year-round
 Daily 6am-6pm



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.

SNAP Scams

Older adults that have Supplemental Nutrition Assistance Program (SNAP) benefits could be vulnerable to SNAP Skimming, a scam for stealing benefits. What to watch out for now is a SNAP Electronic Benefit Transfer card scam asking people to sign up for instant cash. **This is not real.** Any social media platform asking you to sign up to receive instant cash is fake. Do not click any links or give your information to anyone. If you are not sure, contact your local SNAP office.

According to the New York State Office of Temporary and Disability Assistance (OTDA), card skimming scams directly copy card and personal identification number (PIN) information from Electronic Benefits Transfer (EBT) cardholders using a device (skimmers) placed on top of a store's card reading machine. Then the scammer takes the stolen data and uses it to access EBT accounts and spend SNAP and cash benefits. Skimming can happen anywhere a person swipes an EBT card, including automated teller machines (ATMs).

If you believe your card and benefits have been stolen, take the following steps immediately:

- Contact EBT Customer Service to report your card stolen and change your PIN—by calling 888-328-6399, by visiting www.connectebt.com, or through the Connect EBT mobile app.
- Contact your local Department of Social Services' fraud unit to notify them that your benefits have been stolen.
- Contact local law enforcement to file a police report.

New York State Office of Temporary and Disability Assistance (no date a) EBT scam alert: OTDA, New York State Office of Temporary and Disability Assistance. Available at: <https://otda.ny.gov/workingfamilies/EBT-scam-alert.asp#scam-type> (Accessed: 30 June 2023).

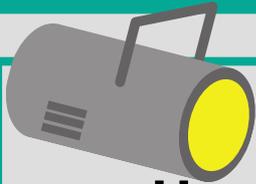
If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**

988
SUICIDE
& CRISIS
LIFELINE

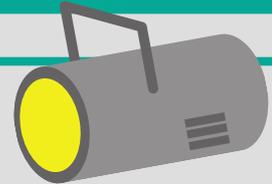
Talk with us.

There is hope

PEP22-08-03-002



Program Spotlight



Home Energy Assistance Program

The Home Energy Assistance Program (HEAP) is a federally funded energy program designed to assist eligible low-income households in assisting with meeting their heat-related energy costs. HEAP is composed of four programs:

- Regular Home Energy Assistance Program & Emergency Home Energy Assistance Program
- Heating Equipment Repair and Replacement
- Clean and Tune Benefit
- Cooling Assistance Benefit

Regular Home Energy Assistance Program

The regular HEAP benefit is designed to assist low income individuals with their heating costs. You may be eligible to receive HEAP if you receive temporary assistance, SSI, SNAP or your income is at or below current guidelines. HEAP can assist with heating your home if you use electricity, natural gas, oil, coal, propane, wood/wood pellets, kerosene or corn.

Eligibility and benefits are based on:

Income ~ Household size ~ Primary heating source ~ Presence of a household member who is under age 6, 60 or older or permanently disabled

If you are eligible you may receive one regular HEAP benefit per program year but if you find yourself in danger of running out of fuel or having your utility service shut off that would lead in to the Emergency HEAP benefit.

Emergency Home Energy Assistance Program

Emergency HEAP benefits are available for persons who are eligible for HEAP and have an energy related emergency. The eligibility is based on:

Income ~ Available Resources ~ The Type of Emergency ~ Heat is scheduled to be shut off ~ Having below a certain amount of your fuel, oil, propane, wood or coal

Heating Equipment Repair/Replacement (HERR)

If you are a homeowner and eligible, the Heating Equipment Repair and Replacement benefit can help you repair or replace your furnace, boiler and other direct heating equipment necessary to keep your home's primary heating source working.

HEAP Continued

Benefit amounts are based on the actual cost it takes to repair or replace your furnace, boiler or other essential heating equipment.

The eligibility is based on:

Must be the documented homeowner of where the heating equipment is need of repair or replacement ~ Eligibility must also be determined and approved by the Local District Contact prior to any work being done on the heating equipment ~ Have both owned and resided for the 12 months preceding the month of application ~ An eligibility interview will take place for all applications either in person or via telephone.

Clean and Tune Benefit

If you are eligible you can receive energy efficiency services which includes the cleaning of primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats if needed to allow for the safe and proper operation of the heating equipment. The benefit amount is based on the actual cost of the clean and tune services with a maximum amount of \$500.

The eligibility is based on:

You are the homeowner ~ Your primary heating equipment is more than 12 months old ~ Your primary heating equipment or chimney has not been cleaned in the last 12 months ~ You do not have a service contract with your vendor that includes clean and tune services ~ Your household's gross monthly income is at or below the current income guidelines according to the HEAP income guidelines.

Cooling Assistance Program

If you are eligible you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool.

The eligibility is based on:

Your households' gross monthly income is at or below the current income guidelines for your household size ~ You receive SNAP benefits ~ Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat.

Each component of HEAP has separate dates of operation.

Raw Produce - Selecting and Serving it Safely

Fruits and vegetables are an important part of a healthy diet. Your local markets offer a wide variety of nutritious fresh fruits and vegetables. However, harmful bacteria that may be in the soil or water where produce grows can come in contact with fresh produce and contaminate them. Fresh produce can also become contaminated after it is harvested, such as during storage or preparation.

Eating contaminated produce can lead to foodborne illness. So, as you enjoy fresh produce, follow these safe handling tips to help protect yourself and family.

Buy Right

- Choose produce that is not bruised or damaged.
- When buying pre-cut, bagged or packaged produce - choose only items that are refrigerated or surrounded by ice.
- When bagging fresh produce to take home, be sure to bag them separately from raw meat, poultry, and seafood.

Store Properly

- Store perishable fresh fruits and vegetables in a clean refrigerator at a temperature of 40 degrees F or below.
- Refrigerate all produce that is purchased pre-cut or packaged.

Separate for Safety

- Keep fruits and vegetables that will be eaten raw separate from raw meat, poultry and seafood - and from kitchen utensils used for those products.
- Wash cutting boards, dishes, utensils, and countertops with soap and hot water between preparing produce that will not be cooked.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.

Prepare Safely

- When preparing any fresh produce, begin with clean hands. Wash your hands for at least 20 seconds with soap and warm water before and after preparation.
- Cut away any damaged or bruised area on fresh fruits and vegetables before preparing and/or eating. Throw away produce that looks rotten.
- Wash all produce thoroughly under running water before preparing and/or eating. Washing fruits and vegetables with soap, detergent or commercial produce wash is not recommended. Produce is porous, soap and household detergents can be absorbed by fruits and vegetables. Despite thorough rinsing, these cleaning agents can make you sick. Also, the safety of the residues of commercial produce washes is not known and their effectiveness has not been tested.
- Even if you don't plan to eat the skin, it is still important to wash produce first so dirt and bacteria are not transferred from the surface when peeling or cutting produce.

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



Happy August everyone! Over the months of June and July, we completed our container garden distribution project. Bonesteel's gardening center assembled 250 container gardens filled with basil, thyme, and oregano, and they were distributed to older adults throughout Franklin, St. Lawrence, and Clinton counties and the Saint Regis Mohawk Tribe! We would love to hear from you about your container gardens, so if you would like to share how you used them, or even a picture of them, please give Dan Sweet a call at (518) 483-7403 or email drs369@cornell.edu.

With summer in full swing, now is some of the best time for your fruits and vegetables! MyPlate recommends we try to make half our plate fruits and veggies at every meal, and to try and eat the rainbow, or consume vegetables and fruits of all different colors (red, orange, green, blue, purple, and white). The variety of fruits and vegetables provide your body with the vitamins and minerals that we crave! If you are looking for a delicious salad to get all the colors of the rainbow in a nice salad, you can check out this recipe:

Chopped Salad with Basil and Mozzarella

Ingredients:

- ¼ cup white balsamic vinegar
- ¼ cup extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 large carrots, diced
- 1 large yellow bell pepper, diced
- 2 cups chopped kale
- 1 ¼ cups chopped red cabbage
- 1 cup quartered grape tomatoes
- 1 cup mozzarella pearls
- ½ cup thinly sliced fresh basil
- 2 scallions sliced



Container Gardens at the Saranac Lake Adult Center

Instructions:

Whisk vinegar, oil, salt, and pepper in a large bowl. Add carrots, bell pepper, kale, cabbage, tomatoes, mozzarella, basil, and scallions. Toss to coat.



This institution is an equal opportunity provider and employer.

MEALS ON WHEELS
 45 Veterans Lane
 Plattsburgh, NY 12901

(518) 561-8390



*This menu is approved by a Registered Dietitian. Menu Subject to Change.
 Watch for New Items

Monday	Tuesday	Wednesday	Thursday	Friday
 7 Sloppy Joe on a Bun Roasted Potatoes Beets Peaches	1 BBQ Pork Chop Rosemary Potatoes Capri Blend Vegetables Lemon Mousse	2 Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Molasses Cookie	3 Tuna Salad Sandwich On Wheat Bread Carrot-Raisin Salad Lettuce & Tomato Jell-O Cake	4 Macaroni & Cheese Stewed Tomatoes Rye Bread Fresh Fruit
14 Chicken & Biscuit Mashed Potatoes Peas & Carrots Mandarin Oranges	15 Scalloped Potatoes w/Ham Spinach Wheat Roll Sugar Cookie	16 Roast Beef w/Provone on Wheat Bread Potato Salad Lettuce & Tomato Butterscotch Pudding	17 Spaghetti w/Meat Sauce Italian Blend Vegetables Tossed Salad Sourdough Bread Cheesecake	18 Hamburger on a Bun Red Potatoes Green Beans Fresh Fruit
21 Shepard's Pie California Blend Veg. Wheat Roll Pineapple Tidbits	22 Turkey w/Swiss Sandwich Broccoli & Corn Salad Lettuce & Tomato Peanut Butter Cookie	23 Swiss Steak w/Egg Noodles Peas Chocolate Pudding	24 Honey Mustard Chicken Red Potatoes Mixed Vegetables Wheat Bread Carrot Cake	25 Sausage, Peppers & Onions on a Bun Roasted Potatoes Sliced Carrots Fresh Fruit
28 Sweet & Sour Chicken Rice Oriental Vegetables Wheat Bread Fruit Cocktail	29 Goulash Corn Dinner Roll Yellow Cake w/ Chocolate Frosting	30 Roast Pork w/Gravy Mashed Potatoes Peas Strawberry Shortcake	31 Ham & Swiss on Rye Macaroni Salad Lettuce & Tomato Oatmeal Raisin Cookie	

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



Coming in September
REACH OUT AND PLAY

Kicking off in September, the Reach Out and Play campaign will rally people of all ages to come together and celebrate the older adults in their lives, driving meaningful connections through play that is inclusive of all generations.

More details coming soon. Get ready to play!



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 _____ |

WARNING SIGNS OF ELDER ABUSE

You may see signs of abuse or neglect when you visit an older adult at home or in an eldercare facility. You may notice the person:

- Stops taking part in activities he or she enjoys
- Looks messy, with unwashed hair or dirty clothes
- Has trouble sleeping
- Loses weight for no reason
- Becomes withdrawn or acts agitated or violent
- Displays signs of trauma, like rocking back and forth
- Has unexplained bruises, burns, cuts, or scars
- Has broken eyeglasses/frames, or physical signs of punishment or being restrained
- Develops bed sores or other preventable conditions
- Lacks medical aids (glasses, walker, dentures, hearing aid, medications)
- Has an eviction notice for unpaid rent, notice of late mortgage, or home eviction
- Has hazardous, unsafe, or unclean living conditions
- Displays signs of insufficient care or unpaid bills despite adequate financial resources

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 135 Margaret St, Suite 105
 Plattsburgh, NY 12901

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