



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## SEPTEMBER IS SEPSIS AWARENESS MONTH

September is a time to raise awareness about sepsis. What is sepsis? Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Most cases of sepsis start before a patient goes to the hospital. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Anyone can develop sepsis but some people are at higher risk, including: individuals age 65 and older, people with chronic medical conditions (diabetes, lung disease, cancer, and kidney disease), people with weakened immune systems, people who survived sepsis, people with recent severe illness or hospitalization, and children under 1.

What are the signs and symptoms of sepsis? A person with sepsis may have one or more of the following:

- High heart rate or weak pulse
- Fever, shivering or feeling very cold
- Confusion or disorientation
- Shortness of breath
- Extreme pain or discomfort
- Clammy or sweaty skin



Sepsis is a medical emergency. If you or your loved one has an infection that's not getting better or is getting worse - ACT FAST! Get medical care immediately. Ask your healthcare professional "Could this infection be leading to sepsis?"

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## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Are you interested in trying something different? Then check out our Reach Out and Play Boardgame Events in September. Page 7 has the full schedule.

Ageless Innovations, the same company that brought us the Joy For All Robotic Pets, has recently modified a few Hasbro games to make them easier to play and fun for many generations to play together.

The Game of Life, Scrabble Bingo, and Trivial Pursuit Generations will be available to play at our events. We will also have additional games available. Bring your friends and family and join us for some FUN!

We also have a new Creative Aging Workshop beginning in September. Karen Fitzgerald, a professional teaching artist, will be teaching Intermediate Drawing: A Study of Perspective and Portraiture on Tuesday afternoons via Zoom.

Call our office at 518-565-4620 to register for any of these events!

We also have a Housing Forum for all ages on September 20th from 4:30-6:30 pm at St. Joseph's Outreach Center, 1349 Military Turnpike. See page 11 for more details!



## 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](mailto: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

## What is Trualta and How Can it Help?

Caregiving is a journey. As you take that journey, you may find that you could use some additional information about the best ways to deal with different circumstances. It could be trying to navigate disease progression, trying to address difficult behaviors, or learning how to safely bathe a loved one in your care.

Would you like some free resources that are broken into small manageable segments? The New York Caregiver Portal can be found at [NewYork-Caregivers.com](http://NewYork-Caregivers.com). This resource is funded by New York State Office for the Aging and Aging-NY and is available to any caregiver in New York State. This easy to use platform, powered by Trualta, is an interactive eLearning environment that is completely private, and available 24/7. Trualta may be viewed on any browser, computer, laptop, smartphone or tablet. Why not give it a try?

Trualta can help:

- Prevent unwanted trips to the hospital with safety & injury prevention
- Create meaningful activities in daily routines
- Make personal care & bathroom tasks easier
- Support daily activity after a stroke
- Use grief tips to cope with pain, change, and loss

### How Other Caregivers Using Trualta



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

## Free Workshop for Ages 55 & Better!



Student artwork from previous class.

### Intermediate Drawing: A Study of Perspective and Portraiture

#### When:

Tuesdays, 1:30-3:00 pm ET  
September 12 - November 14, 2023  
\*No class Oct 17th or 24th\*

#### Where:

Online, via Zoom  
All materials included

This course will be taught by Professional Teaching Artist Karen Fitzgerald. Participants will develop drawing skills that reflect their exploration of learning to see as an artist sees and to develop a deeper understanding of drawing practices and processes, utilizing library resources to explore several specific traditions.

**Registration required.**

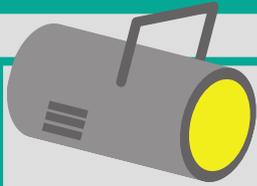
**Enrollment is limited.**

To sign up contact:

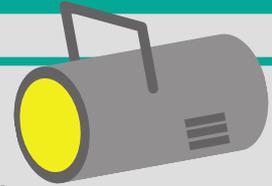
**Clinton County Office for the Aging  
at 518-565-4620**



Lifetime Arts 



## Program Spotlight



# Health Insurance Information, Counseling and Assistance Program

The Health Insurance Information Counseling and Assistance Program, commonly referred to as HIICAP, is your resource for information about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance issues. HIICAP is part of the federal State Health Insurance Assistance Program (SHIP) providing local help for people with Medicare.

New York State Office for the Aging provides training for HIICAP counselors throughout New York State. Locally trained counselors are available at Clinton County Office for the Aging and Joint Council for Economic Opportunity (JCEO.) HIICAP counselors are not working for any insurance plan, and provide **free, unbiased** information to individuals, who then choose the plan that best fits their needs.

The Medicare Open Enrollment Period for 2023 will be from October 15th through December 7th. This is the time of year when individuals can:

- Join, drop, or switch to another Medicare Advantage Plan (or add or drop drug coverage).
- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare drug plan if you're in Original Medicare.
- Switch from one Medicare drug plan to another if you're in Original Medicare.

Changes elected during Open Enrollment become effective on January 1st. Please review all options, as plans benefits and coverage can change from year to year.

**Open Enrollment Clinics will be held at various locations in Clinton County. A full schedule will be available in the October edition of Resilient Aging.**



## Autumn Safety Tips for Older Adults



As autumn leaves start to fall and the air turns crisp, older adults face seasonal challenges to their health. The cold and flu season is just getting started, and there are other cold-weather threats to an older adult's health and safety that can be minimized by following a few basic guidelines.

Here are some tips for seniors to follow to stay healthy and safe as the colder temperatures arrive.

- Be wary of tripping hazards. Beautiful fall foliage is certainly pleasing to look at, but be sure to clear fallen leaves from sidewalks and driveways. Fallen leaves can result in slips and falls, and can be especially slippery and soggy from rain.
- Stay warm. Although autumn does not present the same bitter weather as winter, older adults can still be at risk in relatively mild temperatures, according to the National Institute on Aging (NIA). When venturing outside, it's important to dress in layers of loose fitting clothing.
- Reduce the risk of fire. As the temperature starts to fall, it's common to start using space heaters or fireplaces to warm up the home. Ensure that flammable objects are kept far away from the heat source. Fire extinguishers should be inspected, and batteries replaced in smoke detectors.
- Get vaccinated. The Centers for Disease Control and Prevention recommends that all persons age 6 months and older, with rare exceptions, get a flu vaccine each year. Adults age 65 and older and people with chronic health conditions are at higher risk for complications from the flu, such as pneumonia, bronchitis and ear infections. September and October are good times to get vaccinated. However, as long as flu viruses are circulating, vaccination should continue, even in January or later.
- Reduce the risk of influenza. In addition to vaccination, additional steps can reduce your risk. Avoid contact with those who are sick, wash your hands frequently, regularly disinfect commonly touched surfaces, and improve the immune system with good sleep and exercise (with physician approval.)

Ageless Innovation's Reach Out and Play initiative, sponsored by AARP, is designed to create meaningful social connections for older adults by bringing people of all ages together through the power of play.

Join Clinton County Office for the Aging and area partners for a Reach Out and Play Board Game Event near you! Bring the whole family - games to play for ages 3 to 103!

## Event Locations

September 10th 2-5 pm @  
Champlain Centre

September 12th 2-4 pm @  
Keeseville Country Gardens

September 13th 4-7 pm @  
Plattsburgh Public Library

September 15th 1-3:30 pm @  
Lake View Towers

September 18th 1-3 pm @ the  
Senior Center

September 24th 2-4 pm @ the  
Champlain Meeting House



**To register:**

Call 518-565-4620 or email  
[aging@clintoncountygov.com](mailto:aging@clintoncountygov.com)  
Be sure to tell us which event  
you will be attending.

# Amazon Scams To Be Aware Of

One of the most recent scam targeting older adults is the Amazon Scams. There are a few different scams that have been targeting the community claiming they are from Amazon and are asking for information to claim your account. Below are a list of the various types of Amazon Scams to look out for.

## Unsolicited Phone Call Claiming to be Amazon

Scammers use fake caller ID information to trick you into thinking that they're someone who can be trusted. The practice is called "caller ID spoofing", and scammers can fake anyone's phone number. You may receive an unsolicited call from someone stating they're a member of Amazon Customer Service. They may say that your account is frozen and you must purchase Amazon.com or other branded gift cards and provide the claim codes over the phone to remove the freeze on your account. They might also ask for your Amazon password, full credit card ID, or bank account number. Amazon **NEVER** calls you to ask you to purchase gift cards to unlock your account. Amazon never asks you to provide sensitive personal information like your social security number, tax ID, bank account number, credit card information, or Amazon account related information, e.g., your password.

## Email or Text Scams

If you receive an email or text saying that you've been gifted an Amazon.com Gift Card, verify that it's from Amazon. Customers can send gift cards by text message. A text message gift card from Amazon will be from this number: 455-72.

Here is an example of how a text message gift card from Amazon will appear:

From: Jane Doe - Happy Birthday to you! -  
<https://www.amazon.com/g/EXAMPLECLAIMCODE>.

## Family Emergency Scams

You receive an unsolicited email or phone call from someone claiming to be a lawyer, law enforcement agent, or representative of a family member in distress who needs your immediate financial help. Some callers even try to impersonate your family member. You may be instructed to purchase Amazon.com Gift Cards or another gift card brand sold on Amazon to resolve the situation. Contact your family member immediately using a phone number that you know is theirs, or contact another relative who can assist you.



## September is Food Safety Education Month

If you are someone who has a weakened immune system due to illness or medical treatment or you are 65 years of age or older, you are at an increased risk of getting sick from food poisoning.

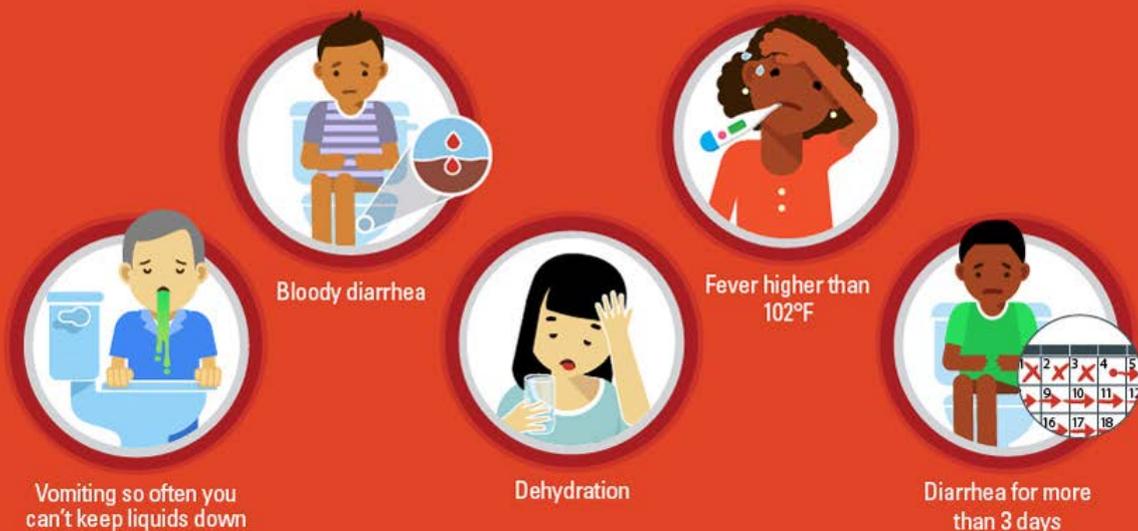
Safe food handling is very important to prevent bacteria and other substances from growing and contaminating your food and making you sick.

### Four Basic Steps to Food Safety

1. Clean - Wash hands and surfaces often.
2. Separate - Separate raw meat and poultry from ready to eat foods.
3. Cook - Cook food to the right temperature.
4. Chill - Chill raw meat and poultry as well as cooked leftovers within two hours to prevent bacterial growth.

## FIVE SIGNS of SEVERE FOOD POISONING

Do you have any of these symptoms? IF SO, SEE A DOCTOR!



This institution is an equal opportunity provider and employer.

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

# September

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

DINE-IN SITES	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Plattsburgh</b> 518-561-7393					
<b>Beekman Towers</b> 518-561-5360					
<b>Ellenburg</b> 518-594-7311					
<b>Dannemora</b> 518-310-9089					
<b>Lakeview</b> 518-561-8696	<u>11</u> Breaded Chicken Rosemary Potatoes Beets White Bread Fruit Cocktail	<u>12</u> BBQ Pork Chop Oven Roasted Potatoes Diced Carrots Lemon Mousse	<u>13</u> Meatloaf w/Gravy Mashed Potatoes California Blend Veg. Chocolate Chip Cookies	<u>14</u> Chicken Salad Sand. on Wheat Bread Carrot-Raisin Salad Lettuce & Tomato Birthday Cake	<u>15</u> Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Vegetables Dinner Roll Fresh Fruit
<b>Rouses Point</b> 518-534-1852	<u>18</u> Sloppy Joe on a Bun Roasted Potatoes Corn Peaches	<u>19</u> Egg Salad Sandwich Four Bean Salad Lettuce & Tomato Chocolate Cake w/Peanut Butter Frosting	<u>20</u> Michigan on a Bun Oven Diced Potatoes Peas Vanilla Pudding	<u>21</u> Roast Pork w/Gravy Mashed Potatoes Sliced Carrots Strawberry Shortcake	<u>22</u> Chicken Parm Casserole Wax Beans Italian Bread Fresh Fruit
<b>Clinton County Senior Nutrition Program</b> 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	<u>25</u> Chicken & Biscuits Mashed Potatoes Peas & carrots Mandarin Oranges	<u>26</u> Marinated Chicken Breast Red Potatoes Green Beans Sally's Mexican Cake	<u>27</u> Spaghetti w/Meat Sauce Italian Blend Vegetables Sourdough Bread Cheesecake	<u>28</u> Turkey & Swiss on Wheat Bread Broccoli-Corn Salad Macaroni Salad Oatmeal Raisin Cookie	<u>29</u> Scalloped Potatoes w/Ham Spinach Wheat Roll Fresh Fruit

# Aging in Place Housing Forum

## September 20, 2023

**4:30-6:30 pm at St. Joseph's Outreach Center  
1349 Military Turnpike, Plattsburgh**

Join us for an informational session about:

- Different types of housing
- How home modifications can help maintain independence and prevent accidents
- Various housing programs in Clinton County



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.

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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 _____

## PREVENTION OF ELDER ABUSE

To prevent elder abuse, we must understand and address the factors that put people at risk for or protect them from violence.

- Listen to older adults and their caregivers to understand their challenges and provide support.
- Report abuse or suspected abuse to local adult protective services, long-term care ombudsman, or the police.
- Educate oneself and others about how to recognize and report elder abuse.
- Learn how the signs of elder abuse differ from the normal aging process.
- Check-in on older adults who may have few friends and family members.
- Provide over-burdened caregivers with support such as help from friends, family, or local relief care groups; adult day care programs; counseling; outlets intended to promote emotional well-being.
- Encourage and assist persons (either caregivers or older adults) having problems with drug or alcohol abuse in getting help.

Many older adults require care and are vulnerable to violence perpetrated by a caregiver or someone they trust.



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.*