



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

NATIONAL FAMILY CAREGIVER MONTH

November is National Family Caregiver Month. It's a time to celebrate the efforts of family caregivers, educate family caregivers about self-identification, raise awareness of family caregiver issues, increase support for family caregivers, and reduce feelings of isolation.

This year the theme is Caregivers Connect. Caregiver connections are so important. Every year, 4.1 million New Yorkers assume the role of caregiver at some point, providing more than 2.6 billion hours of direct, hands-on care to loved ones. You are not alone!

Connections are essential for learning about your loved one's disease or condition, their needs, and their wants. Connections inform you of services that are available to help. Area professionals can assist you with identifying your options.

Connections with fellow caregivers can be a great source of support because they may be experiencing some of the same things you are. Maybe they have a creative solution to a problem you are facing, maybe you have something to share to help their situation.

Connections with family and friends can reduce feelings of isolation. Can't travel to visit, try a video chat instead.

Whether a new caregiver, a long-time caregiver, or a long-distance caregiver, there are resources available to help. Contact Clinton County Office for the Aging's Caregiver Resource Center at 518-565-4620 for more information.

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS



A big shout out to Louis “Buzz” Thompson, the Clinton County honoree for Older New Yorkers’ Day 2023! See page 4 to learn more.

Volunteers are so important to our community. Our programs, as well as many others, are enhanced by the many volunteers that use their time and talent to make a difference for others.

Page 5 highlights one program that matches volunteers with service opportunities.

A huge thank you to Buzz, and all the volunteers in our community!

ACTIVITIES

Senior Center

5319 N. Catherine St., Plattsburgh

518-563-6180

Variety of Activities Mon-Fri

Fitness Classes

Knitting/Crocheting

Scrabble

Shuffleboard

Card Games

Craft Day

And more!

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

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 are the True Needs?

While many caregivers do not identify with that term, many people are providing informal supports to a loved one, friend, or neighbor. Is your loved one clear about what their needs are or do they minimize their needs, saying that everything is fine? What can you do to assess needs they might not be sharing?

Things to look out for include:

- Physical and Cognitive Changes
 - Have they lost weight or seem more frail? Are they squinting or tripping more than normal?
- Getting Around
 - Do you feel safe if they drive you someplace? Are there new dents or scratches on the car?
- Social Life
 - Are they keeping up with usual activities? Are they reluctant to leave the house?
- House
 - Is the house dirtier or messier than normal? Are there broken household items like clogged drains, broken appliances, or burned out lightbulbs?
- Kitchen
 - Is the refrigerator stocked with fresh foods? Are there moldy or expired foods? Are there burned pots and pans or burn marks on the counters or floors?
- Medications
 - Are there new medications? Are they organized so it's easy to take the correct dosage at the correct time? Are expired medications mixed with current ones?

Take time to assess the situation, then start a conversation about how to make some changes that need to be made. Check for minor home modifications that can improve circumstances. Better lighting, reducing tripping hazards, or adding grab bars where needed can make the home safer.

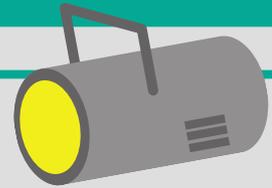
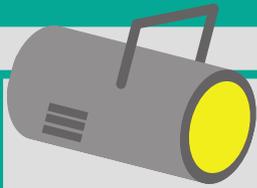
Clinton County Volunteer Honored as Part of Older New Yorkers' Day

New York State Office for the Aging held a recognition ceremony on November 3rd to celebrate amazing volunteers that serve communities across the state. One of those volunteers was from Clinton County. Meet Louis "Buzz" Thompson.



Kate Gardner from AmeriCorps Seniors RSVP brought Mr. Thompson to our attention. She had this to say about him:

Buzz began "helping out" struggling veterans at Post 1619 a decade ago and is a member of the Sons of the American Legion (his father was a World War II veteran). Through his veteran service, Buzz started volunteering with the Vets Feeding Vets Program in Clinton County two years ago by delivering food and visiting homebound and isolated veterans and widows of veterans as an AmeriCorps Seniors RSVP volunteer at St. Joseph's Community Outreach Center in Plattsburgh. Buzz also transports veterans from outlying areas and serves as their companion to their medical appointments at Plattsburgh VA Clinic. He volunteers as an RSVP Reading Buddy, tutoring students in Math to help with "summer slump". Buzz has recently begun driving a male teen New American from Columbia to baseball and soccer practice. He brought him to buy a bike and helmet. The young man, who has no father, told Buzz he considers him his godfather.



Program Spotlight

AmeriCorps Seniors RSVP

AmeriCorps Seniors is a program that engages volunteers age 55 and older to serve their communities. The program improves lives and strengthens communities through service and volunteering.

Clinton County AmeriCorps Seniors RSVP volunteers support our community in numerous ways, partnering with more than 20 agencies, schools, and health facilities. These organizations include: Interfaith Food Shelf, JCEO, Senior Citizens Council, Literacy Volunteers, United Way, AARP Tax Aide, Journey Into Reading, Meals on Wheels, Vets Feeding Vets, elementary schools, CVPH/UVM and many more. Last year Clinton County volunteers served 15,000 hours providing needed support to our community.

It's not *just* the community that benefits. 84% of AmeriCorps Seniors volunteers report improvements in health and wellbeing after just 1 year of service.

AmeriCorps Seniors RSVP volunteers are able to choose how they want to give back, and in a way that suits your schedule, skills, and interests.

To learn more, contact AmeriCorps Seniors Clinton County at 518-566-0944 or kgardner@cathcharities.org.



Avoiding the Grandparent Scam

Grandparents often have a hard time saying no to their grandchildren, which is something scam artists know all too well.

Scammers who gain access to consumers' personal information – by mining social media or purchasing data from cyber thieves – can create storylines to prey on the fears of grandparents. The scammers call and impersonate a grandchild – or another close relative – in a crisis situation, asking for immediate financial assistance. Sometimes these callers “spoof” the caller ID to make an incoming call appear to be coming from a trusted source. These calls often come in during the night or early morning hours, hoping to catch grandparents while disoriented from sleep.

Often the imposter claims to have been in an accident or arrested. The scammer may ask the grandparent “please don’t let mom and dad know,” and may hand the phone over to someone posing as a lawyer seeking immediate payment.

Unfortunately, artificial intelligence technology can be used to mimic voices, convincing people, often the elderly, that their loved ones are in distress. With just a small snippet of a recording, voices can be cloned.

The first step in avoiding the scam is to slow down. Write down the phone number and hang up. Call your grandchild, or another trusted relative, to verify their whereabouts and well-being. Never give out credit card, banking information, or other personal information. Never wire money, send cryptocurrency, or buy gift cards.

These scams can also happen via email or text message.

Many people have been victims of this scam trying to help a loved one. Most people know someone who has been on the receiving end of this scam. Talk about these scams with family and friends.



CONCERNED ABOUT THE MISTREATMENT OF AN OLDER ADULT?

Elder Abuse Helpline for Concerned Persons

-  Support and assistance for family, friends, neighbors in the lives of mistreated older adults
-  Concerned Persons live anywhere in the world
-  The mistreated older adult they care about lives in New York State



844-746-6905

In an emergency call 911

 **1 in 10**
older adults are mistreated in the U.S.

 **73M**
adults have had personal knowledge of a victim

 **44M**
became involved in helping



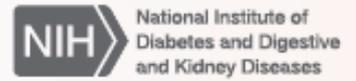
**Free • Confidential
No Judgment • No Expectation**



The Elder Abuse Helpline for Concerned Persons is made possible with a grant to the New York City Elder Abuse Center, Weill Cornell Medicine, from the New York State Office of Victim Services. Funded by New York State Office for Victim Services, Grant No. 2018-VA-GX-0047, Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. This material does not necessarily reflect the opinion of the funder.

Elder Abuse Helpline for Concerned Persons | 844-746-6905 | www.nyceac.org

Take Charge of Tomorrow



Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you manage your diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov @niddkgov

Why is Protein Important to Older Adults?

Protein is a macronutrient essential for life. This means every single person needs this nutrient in order to stay alive. Protein plays a role in immunity, maintaining muscle, and maintaining physical function for older adults.

What is Protein?

Protein is made up of building blocks called amino acids. There are 20 different amino acids that our bodies need. Of these, 9 are considered "essential" meaning our bodies cannot make them and we must get them from diet.

Animal-based protein sources are often called "complete" proteins because they contain all of these amino acids. This includes meat, eggs, and dairy.

Plant-based protein sources are called "incomplete" proteins because they contain some, but not all, amino acids. Those following a plant-based diet just need to make sure they eat a variety of plant-based proteins throughout the day to ensure their body is getting the protein they need.

Protein Requirements for Older Adults

Protein requirements for older adults may be different for younger adults. The Dietary Reference Intake (DRI) tells us how much protein we should be eating every day. The DRI for protein in adults is 0.8 grams of protein per kilogram body weight. For an individual who weighs 150 pounds, they would need approximately 55 grams of protein per day.

How to Get Enough Protein

Getting enough protein requires eating high quality protein food sources throughout the day. Most older adults do not need protein supplements, but they are available for those who cannot get enough protein in their diet through food alone.

Some people only eat one large meal per day. Or they eat minimal to no protein at certain meals. Protein intake should be eaten throughout the day. Research suggests that approximately 30 grams of protein at a time is needed for maximal muscle protein synthesis. A more even distribution of protein during the day has been shown to be associated with higher muscle mass in older adults. Therefore, spreading protein throughout the day (with 3 meals or adding high protein snacks) is a good way to ensure our bodies are able to use the protein we are consuming.

Food Sources High in Protein

*beans, peas, or lentils *egg or egg substitute *nuts or nut butters
*meat, poultry, fish or seafood *seeds *soybeans *tofu *milk
*yogurt, Greek yogurt

Submitted by Jo Dragoon-Morse, Registered Dietitian

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p><u>6</u> Macaroni & Cheese Stewed Tomatoes Rye Bread Pears</p>	<p><u>7</u> Meatloaf w/Gravy Mashed Potatoes California Blend Veg. Lemon Mousse</p>	<p><u>1</u> Marinated Chicken Breast Red Potatoes Green Beans Cheesecake</p>	<p><u>2</u> Spaghetti w/ Meat Sauce Italian Blend Veg. Sourdough Bread Birthday Cake</p>	<p><u>3</u> BBQ pork Chop Oven Roasted Potatoes Chef's Choice Vegetable Wheat Bread Fresh Fruit</p>
<p><u>13</u> Chicken Stew Capri Blend Veg. Dinner Roll Peaches</p>	<p><u>14</u> Scalloped Potatoes w/Ham Spinach Wheat Roll Sally's Mexican Cake</p>	<p><u>15</u> Swiss Steak Egg Noodles Peas Chocolate Pudding</p>	<p><u>16</u> Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Dinner Roll Pumpkin Pie</p>	<p><u>17</u> Honey Mustard Pork Chop Oven Roasted Potatoes Diced Carrots Fresh Fruit</p>
<p><u>20</u> Spanish Rice Corn Whole Wheat Bread Pineapple</p>	<p><u>21</u> Chicken & Biscuits Mashed Potatoes Peas & Carrots Chocolate Chip Cookie</p>	<p><u>22</u> Hamburger on a Bun Baked Beans Broccoli Strawberry Mousse</p>	<p><u>23</u> THANKSGIVING </p>	<p><u>24</u> Baked Fish Mashed Potatoes Mixed Vegetables Wheat Bread Fresh Fruit</p>
<p><u>27</u> Breaded Chicken Rosemary Potatoes Beets White Bread Fruit Cocktail</p>	<p><u>28</u> Swedish Meatballs Egg Noodles California Blend Veg Chocolate Cake w/ Peanut Butter Frosting</p>	<p><u>29</u> Marinated Pork Chop Roasted Potatoes Green Beans Butterscotch Pudding</p>	<p><u>30</u> Roast Beef w/Gravy Mashed Potatoes Red Slaw Oatmeal Raisin Cookie</p>	



Apple Donation



The Franklin County Region SHINE program received a contribution of McIntosh and Honey Crisp apples from Northern Orchard Company Inc in October. We partnered with JCEO in Plattsburgh to assist with the distribution of the apples to the Clinton County older adult population. We were able to give one of each apple variety received to 100 older adults of Clinton County along with a couple of recipes and additional recipes about apples! Thank you, Northern Orchard Company Inc, for your generous contribution!

This institution is an equal opportunity provider and employer.

If you have any questions or concerns please contact
Alexandra Hooker 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 _____ |

Get **free** COVID test kits at
COVIDtests.gov or
1-800-232-0233



- ▶ There are no shipping costs.
- ▶ You don't have to give a credit card or bank account number.
- ▶ You only need to give your name and address.

Anyone who asks for more information than that is a scammer.

Report them to the FTC at
ReportFraud.ftc.gov or your attorney
general at **ConsumerResources.org**.



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.