



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

STAY SAFE ON WINTER ROADS

It's that time of year again. Snow is coming. Winter driving requires some extra caution. It can be harder to control or stop your vehicle on icy or snow-covered surfaces so slow down! Leave additional space between you and the vehicle in front of you. Don't crowd snow plows, they make wide turns, often overlap lanes, and stop frequently.

If you have an emergency, focus on yourself, your passengers, and your surroundings. Stay with your car and don't overexert yourself. Let your car be seen by putting bright markers on the antenna or windows and keep the interior dome light on. If you must run the car to keep warm, keep your exhaust pipe clear of snow and only run the car periodically to prevent carbon monoxide poisoning.

Prepare your car for winter. Check the tires and battery. Make sure you are familiar with any of your vehicle's safety technology, like anti-lock brakes. Check your headlights, brake lights, turn signals and emergency flashers. Use windshield washer fluid with de-icer in it.

When traveling in the winter, make sure to stock your vehicle with a shovel or broom, an ice scraper, sand or kitty litter in case you get stuck, jumper cables, flashlight, emergency markers, a blanket, a cell phone and charger, water, food, and any necessary medicines.

Keep your gas tank close to full as much as possible. If driving an electric or hybrid vehicle keep your battery charged.

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Have you tried anything new lately? A few months ago, my husband and I joined a gym. To be honest, that is something I was sure I would *never* do. Much to my surprise, I have really enjoyed it. The best part is all the older adults I've met. They are amazing people. I love seeing them working out and staying active. They have been so friendly.

My challenge to you is to try something new in the next few months. It could be anything! Go to the Senior Center or Congregate Meal Site. Join an exercise class, try volunteering, or just set a schedule to meet regularly with a few friends. Look for things to do within your community. See what activities are available at your local library.

Let us know how it goes. We are always looking for new ways to inspire people.



ACTIVITIES

Senior Center

5319 N. Catherine St., Plattsburgh

518-563-6180

Variety of Activities Mon-Fri

Zumba

Yoga

Tai Chi

Wii Bowling

Scrabble

Phase 10

Mah Jongg

Pinochle

Knitting & Crocheting

Shuffleboard

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

The Best Things About Being a Caregiver

Most people view caregiving as a burden. How about considering the benefits of being a caregiver? Here are some of the best things about caregiving:

- A Sense of Purpose - Giving back to someone who has cared for you can create stronger bonds with your loved ones and make you feel good about yourself.
- Learning New Skills - Caregiving may require you to learn new skills. These skills can be valuable throughout your life. You may learn how to prepare meals, dispense medication, manage complex schedules, and improve communication skills.
- Increased Gratitude - Caregiving makes us realize how much we have to be grateful for. It increases mindfulness and allows us to appreciate the simple things in life.
- Knowing Your Loved One is Well Cared For - When you are the caregiver, you have assurance that your loved one is being well cared for. You will be part of the conversation with healthcare providers and can ensure that their plan of care is being followed.
- Health Benefits - Caregiving may involve more physical activity such as walking, bending, or lifting. This can result in increased strength and stamina.

Caregivers who recognize the benefits of caregiving often report less depression and stress and a greater sense of satisfaction and well-being. If you need support during your caregiving journey, call the Caregiver Resource Center at 518-565-4620.



It's Respiratory Illness Season

Protect yourself by staying up-to-date on recommended vaccines

Fall and winter are known for colder temperatures and germs. Illnesses like flu (influenza), COVID-19, Pertussis (whooping cough) and RSV (respiratory syncytial virus) will all be circulating in our community. The good news—there are vaccines available that can help prevent you from getting sick or requiring hospitalization.

Vaccines for you

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases.

All adults ages 65 and older should make sure they're up to date on these vaccines:

- COVID-19 vaccine
- Flu vaccine (influenza)
- Pneumococcal vaccine
- Shingles vaccine (zoster)
- Tdap (tetanus, diphtheria, and whooping cough)
- RSV (respiratory syncytial virus)

Talk to your healthcare provider or pharmacist about what vaccines are right for you.

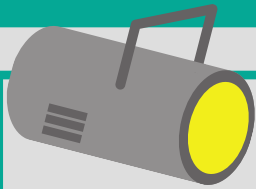
Learn more

Download our Fall Safety Guide for more tips to stay healthy and well this fall. Available at:

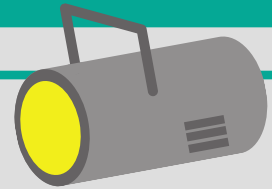
www.clintonhealth.org/news_letters/FallSafetyGuide2023.pdf.

Good health habits

- **Wash your hands frequently**, for at least 20 seconds, with soap and water.
- **Avoid close contact** with sick people.
- **Stay home when you're sick.** If you or your child gets sick, stay at home for at least 24 hours after the fever is gone without the use of a fever-reducing medicine (e.g., Tylenol or ibuprofen).
- **Cover your mouth and nose with a tissue** (or your elbow) when coughing or sneezing. Throw the tissue away after use.
- **Avoid touching your eyes**, nose or mouth.
- **Routinely clean and disinfect frequently touched surfaces** and objects at home, especially when someone is ill.
- **Practice all good health habits.** Stay smoke-free, eat nutritious foods, drink plenty of fluids, stay active, manage stress and get enough sleep.



Program Spotlight



Expanded In-Home Services for the Elderly Program

The Expanded In-Home Services for the Elderly Program (EISEP) provides assistance for older adults who struggle with activities of daily living. EISEP provides non-medical in-home services, case management, and ancillary services.

The EISEP program was established in 1987 to address the non-medical needs of older adults who are not eligible to receive support from Medicaid and other programs.

Individuals receive a comprehensive in-home assessment to determine a person's needs and circumstances. Case Managers work with the client and family to develop a care plan, then authorize services. Case Managers provide information and referral, client monitoring, and follow up.

Non-medical in-home services provided include Personal Care Level 1 and Personal Care Level 2. Level 1 provides assistance with light housekeeping, meal preparation, running errands, and food shopping. Personal Care Level 2 provides all tasks in Level 1 care plus bathing, grooming, dressing, toileting, transferring and ambulation, and feeding.

Eligibility requirements:

- 60 years of age or older
- Functionally impaired in at least one activity of daily living (ADL) or two instrumental activities of daily living (IADL)
- Ineligible for the same or similar service under other public programs
- Able to be maintained safely at home

ADLs are self-care tasks such as bathing, dressing, toileting, continence, transferring, and eating.

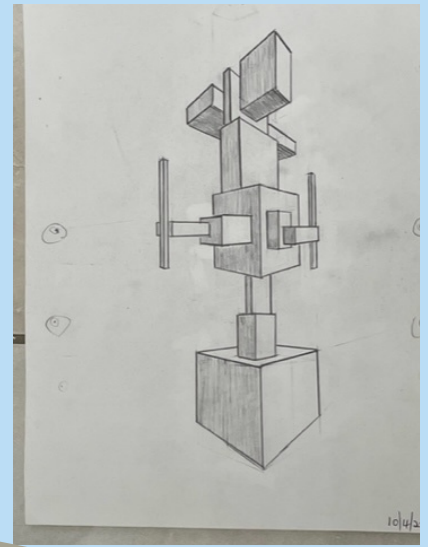
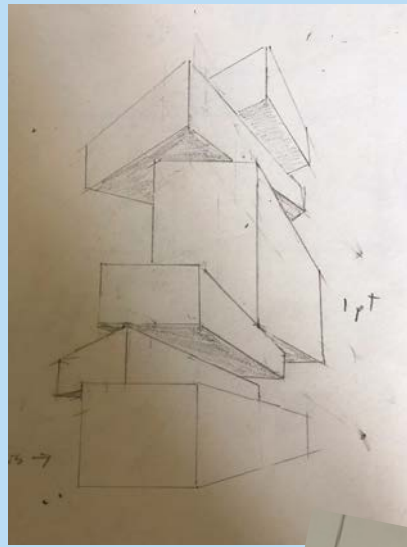
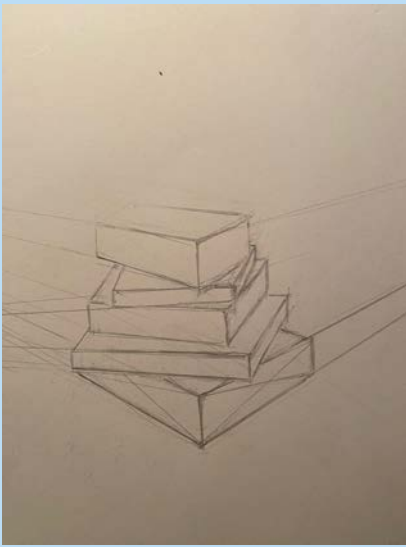
IADLs include housekeeping, shopping, preparing meals, managing money, laundry, using transportation, telephoning, and getting outside the home.

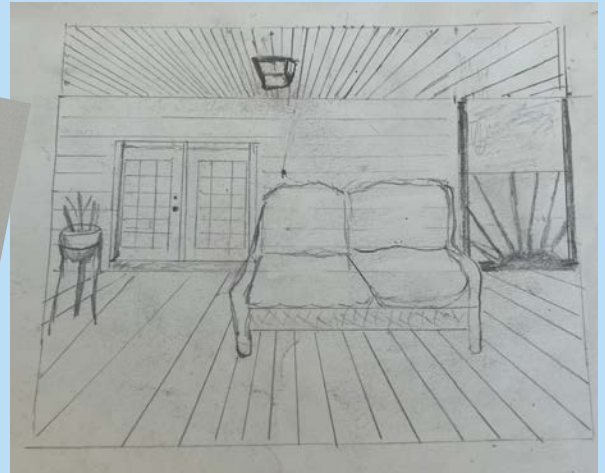
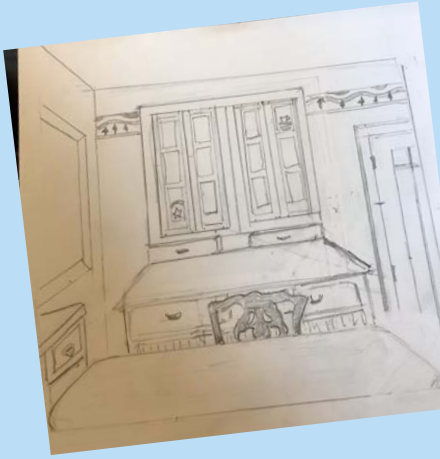
For more information, call Clinton County Office for the Aging at 518-565-4620.

Creative Aging

Intermediate Drawing Workshop

The latest offering in the Creative Aging series was Intermediate Drawing: A Study of Perspective and Portraiture taught by Professional Teaching Artist Karen Fitzgerald. The participants were able to build their skills during this 8-week workshop.





Four Things To Know About Depression and Older Adults

Everyone has feelings of uneasiness, stress, and sadness at some point during their life.

However, clinical depression is more than just feeling sad or blue. It's a serious condition that affects many older adults and requires treatment.



Signs and symptoms of depression vary from person to person. Look for changes in your mood or your interest in participating in activities.



Depression can be treated. If you have symptoms of depression that last for more than two weeks, talk with your doctor. There are many effective treatment options, so it's important to seek help early on.



Get support from family and friends. Though they cannot provide treatment, loved ones can help someone with depression by listening, watching for symptoms, participating in activities the person enjoys, and encouraging them to seek treatment.



A healthy lifestyle can help feelings of depression. Staying active, eating a healthy diet, getting enough sleep, and connecting with friends and family can benefit your mental health.

Visit www.nia.nih.gov/health/depression-and-older-adults for more information about depression and older adults.





National Root Vegetable Month

A part of the plant grown underground and eaten as food

❖ Ginger	❖ Jerusalem artichoke
❖ Garlic	❖ Radish
❖ Rutabaga	❖ Celery Root
❖ Carrot	❖ Daikon
❖ Onion	❖ Parsnip
❖ Jicama	❖ Beets
❖ Kohlrabi	❖ Potato
❖ Sweet Potato	❖ Burdock Root
❖ Cassava	❖ Shallots
❖ Galangal	❖ Horseradish
❖ Turnips	❖ Fennel
❖ Turmeric	❖ Yams

Nutritional Components:

- ❖ Typically low in calories
- ❖ Complex carbohydrates
- ❖ Fiber
- ❖ Vitamins- varies between vegetables
- ❖ Minerals
- ❖ Antioxidants

Vegetable Color and Highest Typical Nutrient Compositions:

Red/Orange/Yellow = Beta-carotene, Vitamin A, Vitamin C, Potassium, Vitamin K, B-Vitamins, Calcium, Iron, Carotenoids

Green = Vitamin A, Vitamin K, Vitamin C, Magnesium, Iron, Potassium, Calcium, Fiber, Antioxidants

White/Light Green = Fiber, Vitamin C, Vitamin K, Potassium, Magnesium, Vitamin E and B, Calcium

Purple/Blue = Vitamin A, Vitamin C, Vitamin K, Anthocyanins

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer.

If you have any questions or concerns please contact Alexandra Hooker MS RD at (518) 481-1532 or by email at alexandra.hooker@franklincountyny.gov



MEALS ON WHEELS
 45 Veterans Lane
 Plattsburgh, NY
 (518) 561-8320

December

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><u>4</u> Scalloped Potatoes w/Ham Spinach Rye Bread Pineapple</p>	<p><u>5</u> Meatloaf w/Gravy Mashed Potatoes California Blend Veg. Oatmeal Raisin Cookies</p>	<p><u>6</u> BBQ Pork on a Bun Oven Browned Potatoes Creamy Coleslaw Fruited Jell-O</p>	<p><u>7</u> Baked Manicotti Green Beans Italian Bread Sugar Cookie</p>	<p><u>1</u> Chicken Alfredo Broccoli Italian Bread Fresh Fruit</p>
<p><u>11</u> Chili Wax Beans Corn Muffins Pears</p>	<p><u>12</u> Sweet & Sour Chicken Rice Peas & Carrots Wheat Bread Lemon Mousse</p>	<p><u>13</u> Roasted Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Pumpkin Pie</p>	<p><u>14</u> Macaroni & Cheese Stewed Tomatoes Dinner Roll Birthday Cake</p>	<p><u>15</u> Beef Tips Egg Noodles Sliced Carrots Rye Bread Fresh Fruit</p>
<p><u>18</u> Chicken & Biscuits Mashed Potatoes Mixed Vegetables Peaches</p>	<p><u>19</u> Baked Ham Sweet Potatoes Peas & Onions Apple Crisp</p>	<p><u>20</u> Spaghetti w/Meat Sauce Italian Blend Veg. Sourdough Bread Cheesecake</p>	<p><u>21</u> Roast Beef w/Gravy Mashed Potatoes Corn Carrot Cake</p>	<p><u>22</u> Honey Mustard Pork Chop Oven Roasted Potatoes Winter Blend Vegetable Fresh Fruit</p>
<p><u>25</u>  CLOSED</p>	<p><u>26</u> Breaded Chicken Oven Browned Potatoes Beets White Bread Mandarin Oranges</p>	<p><u>27</u> Beef Stroganoff Spiral Noodles Diced Carrots Jell-O Cake</p>	<p><u>28</u> Hawaiian Pork Chop Rice Pilaf Oriental Vegetables Wheat Bread Vanilla Pudding</p>	<p><u>29</u> Goulash French Green Beans Dinner Roll Fresh Fruit</p>

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

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



Do you like Free? Take Advantage of December's Free Online Classes Through GetSetUp

Older New Yorkers across the state have already taken advantage of classes through NYSOFA's partnership with GetSetUp – Don't miss out! The online platform was designed by and for people who are 50 and older to learn new skills, connect with others, and unlock new life experiences. Users can browse and enroll in courses on the NYSOFA-GetSetUp partnership page at: <https://www.getsetup.io/partner/NYSTATE>

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 _____

HAPPY HOLIDAYS

*From All of Us at
Clinton County Office
for the Aging*



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.