



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## AGING IN PLACE - PREVENTING LONELINESS & ISOLATION

Social connections are important at every age. We need social connections to thrive. As we age there are many factors that can impact our ability to stay connected. Retirement, friends moving away, or a decrease in the ability to drive are a few things that may interfere with our ability to stay engaged. Older adults that describe themselves as lonely have a much higher risk of functional decline. It is estimated that 20% of adults age 50 and over are affected by loneliness.

As you make your plan for aging in place, consider how future changes may impact your ability to stay socially connected. Make a plan in advance to maintain or make new connections.

A few suggestions:

- Make an effort to stay connected to friends and relatives. You could set up a time to call weekly, or to go out for coffee or a movie.
- Take a class to learn something new, or brush off an old hobby and connect with people that share your interests.
- Volunteer. Volunteering gives you many opportunities to connect with people. There are a wide variety of needs, and helping some one can increase your sense of purpose.
- Use social media to stay in touch with long-distance friends and family.
- Stay physically active. There is a variety of wellness activities available online and in-person.



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## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Our 2024 Public Hearing will be held on February 21st at 11 am at the Senior Center. See page 6 for further details. We hope you can join us to share in the discussion, have lunch, and stay and play some board games.

Our office still has animatronic dogs and bluebirds. The bluebirds are Walker Squawkers and can ride on top of a walking device. These robotic pets are available free of charge to Clinton County residents age 60+ to combat social isolation and loneliness, and in the case of the bluebird, to encourage individuals to use their devices.

Watch our Facebook page and future newsletters to learn more about upcoming programs. We expect to offer additional Creative Aging programs, Reach Out and Play Board Game Events, and additional Chronic Disease Self-Management workshops. These, and other programs, are offered to enrich and improve lives as we age.

You are always encouraged to try something new!

## ACTIVITIES

### Senior Center

5319 N. Catherine St., Plattsburgh

518-563-6180

Variety of Activities Mon-Fri

February 21st

12:30 pm

Board Games

Play a favorite game or learn a new one!



### 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

## Alzheimer's Association Support Groups Available

### ALZHEIMER'S ASSOCIATION SUPPORT GROUPS



**Plattsburgh Caregiver Support Group at CVPH** | 1st Tuesday of the month | 6:00 –7:00 p.m.  
CVPH Medical Center, Auditorium C, 75 Beekman Street, Plattsburgh, NY 12901

#### Malone Caregiver Support Group

2nd Thursday of the month | 2:00—3:00 p.m. | 155 Finney Blvd. Suite 2, Malone, NY 12953

#### Akwesasne Caregiver Support Group

2nd Tuesday of the month | 11:00 a.m.—12:00 p.m. | Office for the Aging, Sunrise Room,  
29 Margaret Terrance Memorial Way, Akwesasne, NY 13655 (Starting January 9, 2024)

#### Lake Placid Baptist Caregiver Support Group

4th Monday of the month | 10:00 –11:00 a.m. | Lake Placid Baptist Church  
2253 Saranac Ave, Lake Placid, NY 12946

#### Willsboro Caregiver Support Group

2nd Monday of the month | 6:00 –7:00 p.m. | CVSC 10 Gilliland Lane, Willsboro, NY 12996

#### North Country Virtual Caregiver Support Group

2nd Monday of the month | 10:00 –11:00 a.m. | Call Brooke Dubuque to receive a Zoom Link

For more information or to RSVP contact:  
Brooke Dubuque at 518.915.3115 or email [bmdubuque@alz.org](mailto:bmdubuque@alz.org)

This program is presented in partnership with the Alzheimer's Disease Caregiver Support Initiative, the Center for Neurobehavioral Health at SUNY Plattsburgh and is supported in part by a grant from the New York State Department of Health.



**alzheimer's association®**

Northeastern New York Chapter

If you need support or resources during your caregiving journey, call the Clinton County Office for the Aging Caregiver Resource Center at 518-565-4620.

# AARP Foundation<sup>®</sup> Tax-Aide

**VOLUNTEER SERVICE  
OFFERED TO LOW &  
MODERATE INCOME  
TAXPAYERS**



IRS Certified Volunteers Providing  
**FREE TAX PREPARATION**

**AARP  
MEMBERSHIP  
NOT REQUIRED**



**MAKE AN  
APPOINTMENT**

**STARTING JANUARY 16TH**



- **CALL 518-314-9762**
- **LEAVE A MESSAGE**



**CLINTON COUNTY  
SENIOR CENTER**

**5139 NORTH CATHERINE ST  
PLATTSBURGH**

**SERVICES BY APPOINTMENT ONLY**



**THIS FREE SERVICE IS FOR**

- **INDIVIDUALS**
- **SENIORS**
- **FAMILIES**



**QUESTIONS**

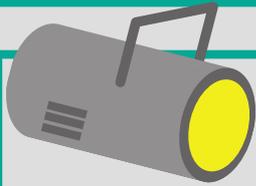
**TAXCLINTONCOUNTY@GMAIL.COM**

**518-314-9762**

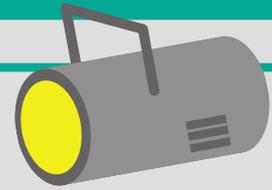
**OPEN MONDAYS, TUESDAYS, FRIDAYS 9:00 - 3:00**

**THURSDAYS NOON - 6:00, SATURDAY 9:00 - 3:00**

**(CLOSED FEB 19TH)**



## Program Spotlight



### **Caregiver Support Program Clinton County OFA Caregiver Resource Center**

Clinton County Office for the Aging operates a Caregiver Resource Center to support caregivers. Many caregivers do not identify with the term caregiver, often saying “I’m just a... son, daughter, spouse, neighbor, etc.” Any care counts.

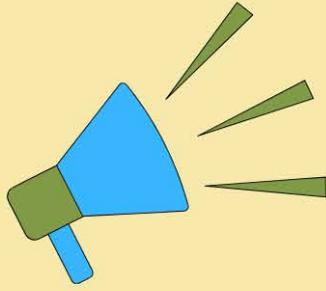
#### Services Include:

- 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

Use the screening tool located on our website at [www.clintoncountyny.gov/aging/services-for-the-aging/caregiver-services](http://www.clintoncountyny.gov/aging/services-for-the-aging/caregiver-services) to get started or call Clinton County Office for the Aging at 518-565-4620 for assistance. 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.



# Clinton County Office for the Aging Public Hearing



**February 21, 2024 11am to Noon**

at the Senior Center - 5139 North Catherine Street, Plattsburgh

**Learn about Community Based Services for Older Adults and the Clinton County Office for the Aging's Service Plan for the 2024-2025 program year.**

**Guest Speaker - Heather Deare West, Esq. will share information about legal services available at Rural Law Center.**

The purpose of the public hearing is to receive input from older adults, caregivers, and community members about Office for the Aging service plans for the upcoming program year and to learn what current needs exist. Please join us to discuss aging in Clinton County.

If you are unable to attend the hearing, comments may be provided by mail to Clinton County Office for the Aging, 135 Margaret St. Suite 105, Plattsburgh, NY 12901 or by email to [aging@clintoncountygov.com](mailto:aging@clintoncountygov.com).



Lunch will be provided by the Clinton County Nutrition Program at Noon.

**Pre-register by calling Clinton County Office for the Aging at 518-565-4620 no later than February 16th.**

There will also be a Reach Out and Play Board Game Event at 12:30 pm for anyone who would like to stay and play.



In compliance with the Americans with Disabilities Act, special accommodations, within reason and upon request no later than December 1st, will be provided for persons with disabilities. For more information, please call Clinton County Office for the Aging at 518-565-4620.



## 2024 Services for Older Citizens and their Caregivers

*(Services are sponsored by the New York State and Clinton County Office for the Aging)*

[www.clintoncountynv.gov](http://www.clintoncountynv.gov)

Program	Contact	Services
<b>Clinton County Office for the Aging</b>	<b>CCOFA</b> Darleen Collins, Director Kristin Wheatley, Administrative Assistant 518-565-4620	Focus on the Elderly (Directory of Services). Advocacy, planning, information and assistance, and case assistance. Collaboration on Senior Celebration, Senior Scholars, Cycling Without Age, etc. with various agencies.
<b>Benefits Counseling</b>	<b>CCOFA</b> Trisha Blaise, Tammy Collins, Meredith LaPoint, Christa Tyler Services for the Aging Specialists 518-565-4620	Benefits counseling; HEAP, EPIC, IT-214, Lifeline telephone discount, Weatherization, Farmer Market Coupons and insurance counselors (trained to help sort through medical insurance issues).
<b>Benefits Counseling</b>	<b>JCEO</b> Julie Stalker, Director Tina Silver, Jane Thwaites, Raelyn Longtemps, Amanda Buck, Lisa Defayette, Nichole Lee 518-561-6310	Benefits counseling; HEAP, EPIC, IT-214, Lifeline telephone discount, Weatherization, Farmer Market Coupons and insurance counselors (trained to help sort through medical insurance issues).
<b>Expanded In-Home Services for the Elderly (EISEP)</b>	<b>CCOFA</b> Colleen Monty, Stephanie Richards and Nicole Durgan Case Managers 518-565-4620	The EISEP Program provides case management and non-medical in-home services such as housekeeping and personal care to frail/disabled residents who are not eligible for services under another program. In-home services are provided through North Country Home Services, HCR Home Care and Seniors Helping Seniors. Adult Day Care is also available at the Third Age Center at SUNY.
<b>Caregiver Resource Center</b>	<b>CCOFA</b> Nicole Durgan, Case Manager 518-565-4620	Assists family caregivers of the elderly with information and referral, training, support, counseling and lending library. Caregivers may apply for Respite help through the Caregiver Resource Center.



<b>Resilient Aging Newsletter</b>	<b>CCOFA</b> Darleen Collins, Director Shannon Rock, Project Coordinator 518-565-4620	Newsletter for older adults and their caregivers, which is published monthly. Available on the Clinton County Office for the Aging website, email, or postal service.
<b>Home Delivered Meals</b>	<b>SCCCC - Nutrition</b> Terry Lemieux, Director 518-561-8320	Meals delivered five days a week to the homes of seniors who are homebound, isolated or unable to cook for themselves. No sugar added dessert, cut, or pureed meals are available, as are extra meals for weekends.
<b>Congregate Meals</b>	<b>SCCCC - Nutrition</b> Debbie Alexander, Director 518-561-8320	Dining sites serve a nutritious midday meal along with socialization, education, and recreational opportunities. Most sites are open Monday through Friday. Call for locations.
<b>Nutrition Counseling and Nutrition Education</b>	<b>Jo Morse</b> 518-561-8320	A registered dietitian assists adults age 60+ in making informed decisions about their diets by providing nutrition counseling and education.
<b>Transportation</b>	<b>Clinton County Public Transit</b> 518-565-4713 Call 518-561-1452 to schedule a ride	Transportation services cover the more rural parts of Clinton County. The bus travels to 4 zones 3 times on a weekly basis. The bus will pick you up at your home and bring you to Plattsburgh and back to your home. The service can be used for medical appointments, socializing with friends, grocery shopping, etc.
<b>Rural Transportation Program (RTP)</b>	Call <b>JCEO</b> Community Outreach Coordinator in your town for assistance. If you do not have an Outreach Center, call JCEO 518-561-6310	Volunteer drivers provide transportation to and from medical appointments for seniors who have no other ride available.
<b>Senior Outreach Program</b>	<b>JCEO</b> Julie Stalker, Director 518-561-6310	Links seniors with assistance they may need. If helpful, an outreach worker will meet with you in your home.
<b>Telephone Reassurance/ Friendly Visitors</b>	<b>JCEO</b> Raelyn Longtemps Program Specialist 518-561-6310	A volunteer "friendly visitor" can pay a visit to the home on a regular schedule; frequent phone calls from a volunteer can also be made to the homebound senior.
<b>Senior Care Service/ Senior Repair Service</b>	<b>JCEO</b> Raelyn Longtemps, Program Specialist 518-561-6310	If in need of help within the home or with yard work, small repairs or other odd jobs, call and ask about the Senior Care and Senior Repair Service.
<b>Living Healthy With Chronic Conditions</b>	<b>CCOFA</b> Tammy Collins, Services for the Aging Specialist 518-565-4620	Chronic disease self-management program is a six-week program for 2.5 hours per week held in various parts of Clinton County, as well as virtually. The participants learn how to self-manage their conditions through this evidence-based program.

<b>Legal Assistance</b>	<b>Rural Law Center</b> Heidi Dennis, Esq. 518-561-5460	Priority on legal matters is given to public assistance entitlements (SSI, Social Security, Medicaid eligibility, food stamps, etc.), asset transfers, powers of attorney, landlord/tenant problems, marital and consumer problems.
<b>Personal Emergency Response Services</b>	<b>CCOFA</b> Meredith LaPoint, Services for the Aging Specialist 518-565-4620	A device connected to the telephone is voice activated or triggered by a button, which is held by the senior. When the call center receives an emergency signal, someone checks to see if assistance is needed.
<b>Senior Recreation and Education</b>	<b>Senior Citizens Council of Clinton County (SCCCC)</b> Maria Alexander, Exec. Dir. 518-563-6180	Senior Center Recreation and Education programs that include health promotion and education. Opportunities are available at the Senior Center as well as all congregate meal sites throughout the county.
<b>Swim Program</b>	<b>Plattsburgh YMCA</b> Rick Almond-Goerlitz, Aquatics Director 518-561-4290	Arthritis Foundation Aquatics Program is a water-based exercise program.
<b>Gym Program</b>	<b>Cornell Cooperative Extension</b> Mary Breyette, Program Instructor 518-561-7450	Arthritis Foundation Exercise Program is an evaluated, community-based, recreational group exercise and education program designed specifically for those who have arthritis and related disease.
<b>NY Connects</b>	<b>CCOFA</b> Trisha Blaise, Tammy Collins, Meredith LaPoint, Christa Tyler Services for the Aging Specialists 518-565-4620	Aging and Disability Resource Center for all ages, all disabilities, caregivers, etc. Unbiased long term care information.
<b>NY Connects</b>	<b>JCEO</b> Julie Stalker, Director Tina Silver, Jane Thwaites, Raelyn Longtemps, Amanda Buck, Lisa Defayette, Nichole Lee 518-561-6310	Aging and Disability Resource Center for all ages, all disabilities, caregivers, etc. Unbiased long term care information.

The Clinton County Office for the Aging budget for 2024, including grants, is \$4,314,484. Funds are received from the following sources: County - 56%; Federal government - 13%; State government - 26% and contributions from users of services - 5%. Suggested contributions are encouraged for most programs. Some of the suggested amounts include: Home Delivered Meals (\$3.00 per meal), Congregate Meals (\$3.00 per meal), Resilient Aging Newsletter (\$12.00 per year), Lifeline (\$20.00 per month), Transportation (\$5.00 per ride each way) and Rural Transportation (\$2.00 per ride each way). According to the 2020 Census, Clinton County's population is 79,843 and 15,552 of those individuals are 60 and older. That represents 19% of the county population.

There are many volunteer opportunities so if you have the time and are willing to serve your community, contact JCEO Senior Outreach at 518-561-6310 or AmeriCorps Seniors RSVP of Clinton County at 518-566-0944 for more information.

# Additional Projects

## Animatronic Pets

In partnership with the NYS Office for the Aging and the Association on Aging in New York, we have distributed hundreds of animatronic pets to older adults in Clinton County in the past five years. We still have dogs and bluebirds available and hope to receive more in 2024.



## Creative Aging

Funding was received for Creative Aging program for the past few years. Classes were offered via Zoom, with supplies provided. Workshops included Chinese Brush Painting, Drawing, Water Color Painting, and Memoir Writing. We expect to offer additional sessions this year.



## ElliQ

NYS Office for the Aging has made more than 800 ElliQ units available across the state for use in older adults' homes. Are you an ideal candidate? Do you spend a lot of time home alone? ElliQ is a pro-active, voice-activated robotic companion designed for older adults to keep them engaged, connected, and independent. To learn more contact Shannon at Office for the Aging.



## New York Caregiving Portal

NYS Office for the Aging in partnership with the Association on Aging in New York offer free Caregiver programs through the New York Caregiving Portal. Get started at [NewYork-Caregivers.com](http://NewYork-Caregivers.com).



## GetSetUp Classes

Go to [www.getsetup.org/partner/NYSTATE](http://www.getsetup.org/partner/NYSTATE) to sign up for free classes in a variety of subjects.





## Money Transfer Scam

Many impersonation schemes start with a call about a routine problem, like suspicious activity in your Amazon account. But in a new twist, the story quickly takes a more serious turn when you're told someone is using your information to commit crimes and all your money is at risk.

The caller convinces you that the court will seize the money in your bank account or retirement savings. The person you're talking to – who claims to be a helpful agent from the FTC, or another agency or organization – is really a scammer.

How can you tell it's a scam? If the caller says you need to buy gift cards, go to a cryptocurrency ATM, or go to the bank in person while they stay on the phone with you, that's a scammer. And if the caller tells you to lie to anyone who asks why you're transferring or withdrawing so much money, that's also a clear sign of a scam.

Here's what else to know and do about this scam:

- The FTC will never tell you to move your money to “protect” it. Anyone who does is a scammer impersonating the FTC.
- Ignore all unexpected requests for money. Never transfer or send money, cryptocurrency, or gold to someone you don't know in response to an unexpected call or message.
- Verify the story. If you think there's a real problem with one of your accounts, use a phone number, website, or app you know is real to contact the company. Don't use contact information in the message you got.

Source: [https://consumer.ftc.gov/consumer-alerts/2024/01/did-someone-tell-you-move-or-transfer-your-money-it-could-be-scam?utm\\_source=govdelivery](https://consumer.ftc.gov/consumer-alerts/2024/01/did-someone-tell-you-move-or-transfer-your-money-it-could-be-scam?utm_source=govdelivery)

## CHRONIC KIDNEY DISEASE

Having kidney disease increases the chances of having heart disease, heart attacks, and strokes. Keeping your kidneys healthy will help take care of your heart.

Your kidneys may not work well if you have Diabetes. Diabetes can cause kidney disease, often referred to as chronic kidney disease (CKD). The good news is that there is a lot you can do to prevent kidney problems, including keeping your blood sugar and blood pressure under control.

### What Happens If You Have Kidney Damage?

Damage or changes to your kidneys may cause your kidneys to fail. If your kidneys fail, your blood must be filtered (dialysis treatments) several times a week. You may also need to have a kidney transplant.

### If You Have Diabetes, Take These Steps:

Meet blood sugar targets as often as you can.

- Get tested for your average level of blood sugar over the past three months (A1C test).
- If your blood pressure is high, check it regularly and get it under control.
- Talk to your doctor about medicines that harm your kidneys and other ways to lower your blood pressure.

### What Can you do to Keep Your Kidneys Healthy?

- Keep your blood pressure below 140/90 or ask your doctor what the best blood pressure target is for you.
- Stay in your target cholesterol range.
- Eat foods lower in salt.
- Eat more fruits and vegetables.
- Stay active.
- Take medications as directed.

### Who is at Higher Risk of developing CKD?

Approximately 1 of 3 adults with diabetes and 1 of 5 adults with high blood pressure may have CKD. In addition to diabetes and high blood pressure, other problems that can put you at greater chance of CKD include: heart disease, obesity, and a family history of CKD.

### What Can You do to Prevent Kidney Failure?

Get tested for CKD regularly if you are at risk.

Ask your doctor to test your blood or pee. If you have diabetes, get tested yearly.

If you have diabetes, stay in your target blood sugar range as much as possible.

- Lose weight if you are overweight.
- Get active.
- Quit smoking.
- Take medications as directed.

Learn more: [www.cdc.gov/ckd](http://www.cdc.gov/ckd)

## General Tips for Healthy Dining Out and Take-Out

- Be aware of foods high in calories, total fat, and saturated fat.
- Review the menu online beforehand so you have an idea of what you would like/any questions you have
- Ask questions- Your server will be able to tell you how foods are prepared or suggest substitutions on the menu.
  - Serve fat-free (skim) milk rather than whole milk or cream
  - Reveal the type of cooking oil used
  - Trim visible fat off poultry or meat
  - Leave butter, gravy, or cream sauces off the side dish or entrée
  - Serve salad dressing on the side
- To reduce portion sizes, try ordering a low-fat appetizer as your main meal, or share an entree with a friend or family member.

### Look for terms such as:

Baked	Lightly sauteed
Boiled (In wine or lemon juice)	Poached
Broiled	Roasted
Grilled	Steamed in its own juice (au jus)

### Watch out for terms such as:

Alfredo	Buttery	Escalloped
Au Fromage	Casserole	Fried
Au Gratin	Cheese sauce	Gravy
Basted	Creamed	Hollandaise
Bearnaise	Crispy	In cream or cream sauce
Breaded	Crusted	Pastry crust
Butter Sauce	Deep fried	Pot pie

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](mailto:alexandra.hooker@franklincountyny.gov)



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



*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	5 Sweet & Sour Chicken Rice	6 Marinated Pork Chops Roasted Potatoes Green Beans	7 Swedish Meatballs Egg Noodles	8 Egg Salad Sandwich Potato Salad Lettuce & Tomato Birthday Cake	9 Goulash Mixed Vegetables Dinner Roll Fresh Fruit
<b>Ellenburg</b> 518-594-7311	5 Sweet & Sour Chicken Rice	6 Marinated Pork Chops Roasted Potatoes Green Beans	7 Swedish Meatballs Egg Noodles	8 Egg Salad Sandwich Potato Salad Lettuce & Tomato Birthday Cake	9 Goulash Mixed Vegetables Dinner Roll Fresh Fruit
<b>Dannemora</b> 518-310-9089	5 Sweet & Sour Chicken Rice	6 Marinated Pork Chops Roasted Potatoes Green Beans	7 Swedish Meatballs Egg Noodles	8 Egg Salad Sandwich Potato Salad Lettuce & Tomato Birthday Cake	9 Goulash Mixed Vegetables Dinner Roll Fresh Fruit
<b>Lakeview</b> 518-561-8696	5 Sweet & Sour Chicken Rice	6 Marinated Pork Chops Roasted Potatoes Green Beans	7 Swedish Meatballs Egg Noodles	8 Egg Salad Sandwich Potato Salad Lettuce & Tomato Birthday Cake	9 Goulash Mixed Vegetables Dinner Roll Fresh Fruit
<b>Rouses Point</b> 518-534-1852	12 Scalloped Potatoes w/ Ham Spinach Rye Bread Pineapple	13 Meatloaf w/Gravy Mashed Potatoes California Bled Veg. Chocolate Cake w/Peanut Butter Frosting	14 <b>ASH WEDNESDAY</b> Vegetable Lasagna Tossed Salad Wheat Roll Fruit Parfait	15 BBQ Pork on Bun Oven Browned Potatoes Creamy Coleslaw Apple Crisp	16 Baked Fish Red Smashed Potatoes Sliced Carrots Wheat Bread Fresh Fruit
Clinton County Senior Nutrition Program Sponsored by Senior Citizens Council of Clinton County, Inc.	19 CLOSED 	20 Breaded Chicken Oven Browned Potatoes Beets Fruit Cocktail	21 Spaghetti w/Meat Sauce Italian Blend Vegetables Sourdough Bread Cheesecake	22 Ham & American Cheese Sandwich Pasta Salad Lettuce & Tomato Chocolate Chip Cookie	23 3 Bean Chili Wax Beans Corn Muffins Fresh Fruit
Funded by Clinton County Office for the Aging and New York State Office for the Aging	26 Spanish Rice Corn Whole Wheat Bread Pears	27 Hawaiian Pork Chop Rice Pilaf Oriental Vegetables Wheat Bread Almond Cookie	28 Beef Tips Egg Noodles Sliced Carrots Rye Bread Strawberry Mousse	29 Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Vegetables Pumpkin Pie	

## The IRS Doesn't Sent Tax Refunds by Email or Text

If someone contacts you unexpectedly about a tax refund, the most important thing to know is that the real IRS won't contact you by email, text message, or social media to get your personal or financial information. Only scammers will.

If someone does reach out, here's what to do:

- Never click on any links, which can put malware on your computer or phone, letting scammers steal from you.
- Check the status of any pending refund on the IRS official website. Visit Where's My Refund to see if you're really getting a refund.
- Share what you know. By telling your friends and family members about the scam, you can help protect your community.

If you clicked on a link in one of these messages, or you shared personal or financial information, report it at IdentityTheft.gov to get a free, customized recovery plan.

If you see this or any other a scam, even if you didn't lose money, report it to the FTC at ReportFraud@ftc.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 _____

# February is American Heart Month



**Manage Stress**

**Eat Healthy**

**Get Active**

**Control Blood Pressure**

**Quit Smoking**

**Drink alcohol in**

**Moderation**

**Control Cholesterol**

**Maintain a Healthy**

**Weight**



**#OurHearts**

**Self-care helps keep your blood pressure in the healthy range and reduces your risk of heart disease.**



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.*