



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

AGING IN PLACE - PRIORITIZE YOUR HEALTH

Keeping yourself in good physical health is important to maintaining your independence at home. There are several things you can do to help ward off serious health conditions like diabetes, heart disease, arthritis, dementia, and depression.

- Eat a balanced diet
- Get regular exercise
- See your doctor at least once per year
- Take medication as scheduled
- Reduce your stress
- Brush your teeth twice per day
- Focus on connections and stay social

There are free wellness programs available in Clinton County. Cornell Cooperative Extension, Plattsburgh YMCA, and the Senior Center all have exercise programs. Free Chronic Disease Self-Management Workshops are available in different areas throughout the county.

There are many volunteer opportunities, congregate dining sites, and activities to choose from. The Senior Center offers many activities, but it's also worth looking at your local library or art center for more options.

Whatever you choose to do, keeping your health as a priority can enable you to remain active and independent longer.

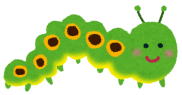


**Celebrate the
Senior Nutrition Program**
2024 · CONNECTION IN EVERY BITE

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MESSAGE FROM THE DIRECTOR

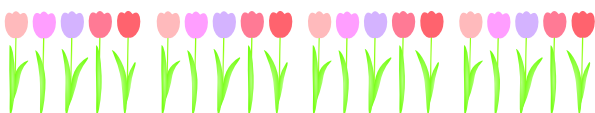


BY: DARLEEN COLLINS

The United Way of the Adirondack Region's Annual Day of Caring will be held on Saturday, April 27th.

There are several ways to get involved.

- Promote mental health & wellness by visiting, calling, or messaging people who may need your kindness to share messages of wellness.
- Donate needed funds to a local or regional charity.
- Help your elderly or disabled neighbors with yard work, minor repairs, or spring cleaning.
- Help clean and beautify public spaces.
- Donate food to alleviate hunger. Contact your local food shelf directly to arrange for drop-off.
- Create your own opportunities for random acts of kindness.
- Contact the United Way for more information at 518-563-0028.



ACTIVITIES

Volunteer Opportunities

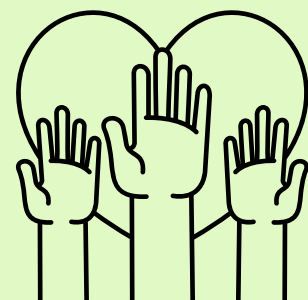
Have you been thinking about volunteering? Do you know about all the positive health benefits associated with volunteering?

Volunteering can reduce stress, anxiety and depression. It can lead to increased physical activity, boost happiness, and improve mental wellbeing.

There are many agencies that can use a helping hand as they provide services to the community.

Would you like to learn more? Would you like assistance in matching your interests to a volunteer opportunity?

If so, contact Kate at AmeriCorps Senior RSVP by calling 518-566-0944 to learn more.





CAREGIVER CORNER

Long Distance Caregiving

Many people do not live nearby their loved ones that need care. Did you know there are still many ways you can help, even when you are far away? If your loved one has support near them, reach out to find ways to support their primary caregivers.

Look to help with tasks that can be done from a distance. You may be able to help with finances, scheduling appointments, arranging for services, or even ordering groceries or supplies to be delivered. You may be able to travel to stay with your loved one to give the primary caregiver a break.

If you don't have other supports for your loved one, reach out to the local Area Agency on Aging near them to learn about supports and services in the community. The Clinton County Office for the Aging FOCUS Services Directory may be found on our website at: <https://www.clintoncountyny.gov/aging>.

Long-Distance Caregiving: How Can I Help if I'm Far Away?

You can still provide support as a caregiver, even if you don't live close by.

From a distance, you may be able to:



Arrange for in-home care, such as a home health aide



Research long-term care options, such as assisted living or a nursing home



Plan occasional in-person visits to help out the day-to-day caregivers



Order medical equipment, medicines, and other supplies



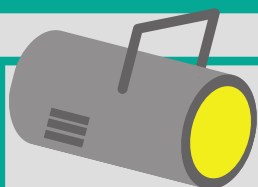
Assist with paying bills and managing insurance claims



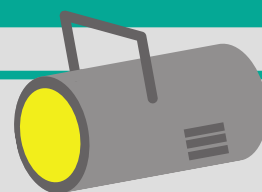
To learn more, visit www.nia.nih.gov/long-distance-caregiving.



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.



Program Spotlight



Medicare Improvement for Patients and Providers Act (MIPPA)

The Medicare Improvement for Patients and Providers Act (MIPPA) helps Medicare beneficiaries with limited income and assets learn about programs that may save them money on their Medicare costs. Through MIPPA, ACL provides grants to support targeted outreach and education to eligible Medicare beneficiaries, especially those who are:

- Low-income with limited resources
- Residents of rural areas
- Members of American Indian, Alaskan Native, and Native Hawaiian communities
- People with disabilities under age 65
- Speakers of English as a secondary language

Grantees educate Medicare beneficiaries about existing programs that can help them save money on their health care costs. These programs include:

- Medicare Part D Low-Income Subsidy (LIS)/Extra Help: Administered by the Social Security Administration, this program helps to lower Medicare Part D costs – including out-of-pocket costs for premiums, deductibles, and prescription drugs – for beneficiaries who meet certain income and resource eligibility requirements.
- Medicare Savings Programs (MSPs): Administered by state Medicaid agencies, MSPs can help pay some Medicare costs for health care, including Medicare Part B premiums, for eligible beneficiaries. These programs have four levels of benefits, each with its own eligibility requirements: Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), Qualifying Individual (QI), and Qualified Disabled Working Individual (QDWI).

Medicare Preventive Services: MIPPA grantees also educate the community about Medicare Preventive Services, which cover many preventive health services such as the “Welcome to Medicare” preventive visit, yearly “Wellness” visits, vaccinations like the flu and COVID-19, screenings for cancer and heart disease, and more. These services are available to all Medicare beneficiaries, regardless of their income and assets.

Preventive Services

- Abdominal aortic aneurysm screenings
- Alcohol misuse screenings & counseling
- Blood-based biomarker tests
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
- Cervical & vaginal cancer screenings
- Colorectal cancer screenings
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Flu shots
- Glaucoma tests
- Hepatitis B shots
- Hepatitis B Virus (HBV) infection screenings
- Hepatitis C screening tests
- HIV screenings
- Lung cancer screenings
- Mammograms (screening)
- Medicare Diabetes Prevention Program
- Nutrition therapy services
- Obesity screenings & counseling
- One-time “Welcome to Medicare” preventive visit
- Pneumococcal shots
- Prostate cancer screenings
- Sexually transmitted infections screenings & counseling
- Shots:
 - COVID-19 vaccines
 - Flu shots
 - Hepatitis B shots
 - Pneumococcal shots
- Tobacco use cessation counseling
- Yearly “Wellness” visit



April is Distracted Driving Awareness Month

According to the United States Department of Transportation distracted driving accounted for 3,522 deaths during 2021. Distracted driving includes any behaviors while driving that takes your attention away from safe driving. Examples include talking or texting on your phone, changing the radio or GPS, eating and drinking, to name a few. We can also become distracted by excessive worry, day dreaming, talking, or singing.

General safety tips to reduce distracted driving:

- Pull over and park your car if you need to text with your phone or designate another person in the car responsible for responding to messages for you.
- Keep your hands on the wheel. Avoid eating or drinking when driving and do not groom yourself while driving. If you need to do these things, pull over and park the car.
- Set a play list or pod cast you want to listen to before you drive. This will allow you to avoid adjusting your radio and in vehicle apps.
- Ensure your Bluetooth is connected properly before departure.
- Secure any loose items in your vehicle and ensure you have plenty of travel time to get to your destination.
- Use sunglasses to protect your eyes and avoid distractions caused by the sun's glare.





Senior Celebration Coming to the Senior Center May 3rd



Bring your friends and join us for a
fun-filled day of dancing, food,
information, and giveaways.

When: May 3rd

Doors open at 9 am

Where: Senior Center

5139 North Catherine Street
Plattsburgh, NY

If you will be joining us for lunch please RSVP with Debbie
Alexander at our Nutrition Office at 518-561- 8320 OR with
the Senior Center at 518- 563-6180.



Personal Needs Allowance (PNA)

What is the PNA you might ask? The PNA is a monthly allowance a Medicaid nursing home resident may keep of their personal income. If a resident receives \$1,000 in Social Security, they would be allowed to keep \$50 of that money to hold in an account at their facility to purchase items or services of their choosing. For example, if a resident would like to have a haircut, they could use their PNA funds to pay for it. If they wanted to order a pizza, they could use that money as well. However, it is not to be used to cover basic items that are required to be supplied by the facility, such as toothbrushes, toothpaste, shampoo etc. If a resident wanted a particular specialty item such as an electric toothbrush, then they would need to use their personal funds to do so. If they wanted a particular brand of soap or shampoo like we all do, then they could use these funds to purchase these items as well.

The amount currently allowed in NYS for personal needs funds is just \$50 per month and this has not changed in over 30 years. Many residents now must choose between having a phone or getting their hair cut. When we stop to think about how much things cost these days because of inflation, it is hard to imagine that we could only have \$50 above our normal household spending to purchase items that truly enhance our quality of life.

As ombudsman we see every day how important these funds are to the residents and we don't want to see our residents forgo a haircut, the ability to have a phone in their room, or perhaps the satisfaction of giving a grandchild a birthday card because the current amount is so low.

The Long-Term Care Ombudsman Program strongly supports bill # S7786 (Mannion)/A8396 (Solages) that increases the current personal needs allowance of \$50 per month for residents of nursing facilities which has been in place for over 30 years. The proposed legislation would increase this amount to \$128 per month. The Federal law allows up to \$200 per month. Many other states have increased their PNA's over the years. New York has not done so. This is wrong.

Please consider supporting this vital legislation. The increase would be a first, meaningful step to ensuring the State's aging residents are enjoying life with dignity and is a crucial part in maintaining a higher standard of living and increasing positive health outcomes.

You can go directly to the action center at [Nursing Home 411.org](https://NursingHome411.org). for more information. Should you have any questions around this please contact your local ombudsman program for Clinton, Essex, and Franklin Counties at 518-562-1732.

Submitted by: Amy Gehrig, Ombudsman Coordinator



Scam Alert: Nanny or Caregiver Job Scam



As a nanny or caregiver, you know that families and employers trust you to take care of their children or older adults. It's the same trust that scammers want to build with you when they post ads for fake jobs to steal your money and personal information. So how do you spot the scam?

Here's how it works. You see an ad for a job, maybe at a job site, and apply. The "employer" sends you a check upfront and tells you to deposit it. "Keep part of the money," they say, and send the rest to buy supplies or even toys for the children in your care. Don't do it — while the position seems real, it's not. It's a scam. Days later, you'll find out from your bank that the check was fake, and you'll lose any money you sent. Then you'll be stuck repaying the money to the bank.

Here are more ways to spot and avoid
phony nanny or caregiver jobs:

- Don't send money to someone who says they want to hire you. An honest employer will never send you a check and then tell you to send them, or someone else, part of the money. That's a scam.
- Don't feel pressured to act immediately. Scammers want you to act without having time to think about what information you're giving. Before you provide personal or financial information to a prospective employer, check out their story. Search online to see if others report problems with this employer.
- Talk to someone you trust. Before you give any personal information, describe the offer to them. What do they think? Report job scams to the job site and to [ReportFraud.ftc.gov](https://reportfraud.ftc.gov).

Source: https://consumer.ftc.gov/consumer-alerts/2024/03/it-caregiving-job-or-scam?utm_source=govdelivery

MEALS ON WHEELS
45 Veterans Lane
Plattsburgh, NY 12901
(518) 561-8820



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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<u>DINE-IN SITES</u> <u>Plattsburgh</u> 518-561-7393 <u>Beekman</u> <u>Towers</u> 518-561-5360 <u>Ellenburg</u> 518-594-7311 <u>Dannemora</u> 518-310-9089 <u>Lakeview</u> 518-561-8696 <u>Rouses Point</u> 518-534-1852				
<u>1</u> Hawaiian Pork Chop Rice Pilaf Oriental Vegetables Wheat Bread Pears	<u>2</u> Hamburger on Bun Baked Beans Broccoli Peanut Butter Cookie	<u>3</u> Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Chocolate Mousse	<u>4</u> BBQ Pork on Bun Oven Roasted Potatoes Creamy Coleslaw Carrot Cake	<u>5</u> Goulash Corn Dinner Roll Fresh Fruit
<u>8</u> Breaded Chicken on a Bun Oven Browned Potatoes Beets Peaches	<u>9</u> Macaroni & Cheese Stewed Tomatoes Dinner Roll Fruited Jell-O	<u>10</u> Honey Mustard Pork Chop Oven Roasted Potatoes Peas Sugar Cookie	<u>11</u> Hot Roast Beef Sandwich w/Gravy Red Smashed Potatoes Green Beans Birthday Cake	<u>12</u> Chicken Parm Casserole Italian Blend Vegetable Sourdough Bread Fresh Fruit
<u>15</u> Spanish Rice Mixed Vegetables Whole Wheat Bread Pineapple	<u>16</u> Sausage, Peppers & Onions on a Roll Home Fries Wax Beans Molasses Cookie	<u>17</u> Beef Tips Egg Noodles Sliced Carrots Rye Bread Strawberry Mousse	<u>18</u> Roast Pork w/Gravy Mashed Potatoes Tri Slaw Apple Crisp	<u>19</u> Chicken Stew Capri Blend Vegetables Dinner Roll Fresh Fruit
<u>22</u> Sweet & Sour Chicken Rice California Blend Veg. Wheat Bread Fruit Cocktail	<u>23</u> Spaghetti w/Meat Sauce Cauliflower Sourdough Bread Cheesecake	<u>24</u> Ham & American Cheese Sandwich on Rye Bread Pasta Salad Lettuce & Tomato Chocolate Chip Cookie	<u>25</u> Meatloaf w/Gravy Mashed Potatoes French Green Beans Sally's Mexican Cake	<u>26</u> Baked Fish Oven Roasted Potatoes Sliced Carrots Wheat Bread Fresh Fruit
<u>29</u> Chicken & Biscuits Mashed Potatoes Peas & Carrots Mandarin Oranges	<u>30</u> Scalloped Potatoes w/Ham Spinach Wheat Bread Chocolate Cake w/ Peanut Butter Frosting			

Senior Citizens
Council of Clinton
County, Inc.
Nutrition Program

Funded by Clinton
County Office for
the Aging and
New York State
Office for the
Aging.
Nutrition Program
Funded by Clinton
County Office for



Spring Cleaning Safety Tips



As the weather gets nicer we tend to take on spring cleaning. To ensure safety while cleaning up this spring consider the following:

1. Declutter areas before going in to clean them.
2. Spring cleaning can be a large task. Make sure to take breaks and stay hydrated.
3. Ask for help. Avoid trying to lift heavy objects on your own.
4. If there are a lot of things to carry, make multiple trips to avoid injuries.
5. Ensure the area is ventilated and avoid using harsh chemicals or disinfectants. Remember to never mix ammonia and bleach. This creates harmful toxic fumes.
6. Dump any cleaning water that is going to be unattended. Pets or people could accidentally ingest harmful chemicals in unmarked containers of cleaning water.

These few steps can help avoid falls and injuries.



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 (\$2,322 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 _____



April is National Minority Health Month



April is National Minority Health Month (NMHM), a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities.



Health disparities are differences in health outcomes and their causes among groups of people. Reducing health disparities creates better health for all Americans.



What You Can Do

- Know your numbers and check your blood sugar regularly (if diabetic)
- Get all appropriate cancer screenings in a timely way (mammograms, colonoscopies, etc.)
- Do not ignore changes to your health or symptoms that develop; always consult your health care provider.



Clinton County Office for the Aging
135 Margaret St, Suite 105
Plattsburgh, NY 12901