



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## MAY IS OLDER AMERICANS MONTH

Established in 1963, Older Americans Month (OAM) is celebrated every May. OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

Clinton County Office for the Aging, along with partner agencies, offer a variety of activities and opportunities to be engaged in your community. Whether it's attending an exercise or recreational program, a meal site, special events, or through volunteering.

How can you get more involved?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

If you are already active in your community, invite someone to join you that may not engaged. Reducing loneliness promotes healthy aging. See you soon!



POWERED BY CONNECTION: MAY 2024

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## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

A huge shout out to all volunteers in Clinton County. Page 7 shares a bit about the impact of volunteers in our county and highlights the contributions of Eve McGill. Volunteers are a vital part of our community and we are so grateful for each and every one!

We are happy to share that we will be holding another Chronic Disease Self-Management session that begins on May 22nd. If you are living with a chronic condition and want to learn tools to improve your health and well-being, then this class is for you. See page 11 for how to register.

Watch for our team at community events this spring. We will be attending as many events as possible to bring you valuable information and resources. Be sure to stop and say hello.



## 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

## Allowing Others to Help

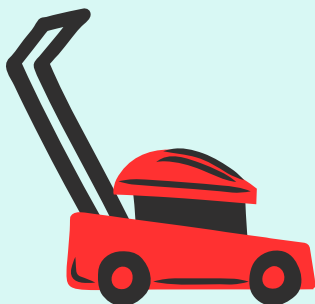
Caregiving can take a lot of time and energy. Do you let others help? Think about all the little things you do as a caregiver. Try making a list of those tasks.

Friends and family often say “Let me know if you need anything” or “Let me know how I can help.” You might not feel comfortable assigning a task, but getting even one small task off your plate can be a relief.

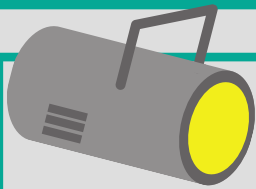
Maybe you aren’t comfortable having them sit with your loved one as it may be upsetting to the person in your care, but people can provide you support in other ways. Next time someone offers support, keep your list in mind. Perhaps someone could pick up groceries for you, or mow the grass, or do the dishes.

Think of these friends and family members as part of your support team. They don’t need to be providing direct care for your loved one to make a difference. It could be that you just need someone to visit with so you don’t feel isolated.

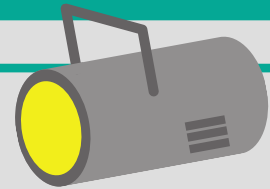
Keep in mind that your friends and family are often willing to help, but aren’t sure what to do. Next time someone offers, let them help. It can ease your burden while also giving them the opportunity to feel like a supportive member of your care team. You don’t have to do it all alone, but you will need to be receptive to assistance. It’s okay to share the load.



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



### **Senior Center**

The Senior Citizens Council of Clinton County operates the Senior Center located at 5139 North Catherine Street in Plattsburgh. The center is open Monday through Friday from 8:00 am to 3:30 pm.

The Senior Center offers social, recreational, and educational programming. Their exercise programs include Osteo/Arthritis Exercise, Tai Chi, Zumba Gold, and Yoga. Shuffleboard and Pickle Ball are also available.

Activities include Scrabble, Mah Jongg, Painting, Knitting, Crocheting, Quilting, Card Games, Wii Bowling, and craft days.

The Senior Center also hosts educational presentations and special events. These include Senior Celebration, Nature Chats, presentations by the Clinton County Historical Association, Nutrition Presentations by Cornell Cooperative Extension, and virtual live tours by Discover Live.

The Senior Center is also a congregate meal site and serves lunch at noon.

With so many different things to choose from, stop in to check it out, or call them at 518-563-6180 to learn more. Bring a friend or come by and make some new ones!

## EATING RIGHT FOR OLDER ADULTS

Healthy eating is recommended throughout life, but as we age certain factors can affect the nutrients we need. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine. The following tips can help you get started on your way:

**Make half your plate fruits and vegetables.** Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for "reduced sodium" or "no-salt-added" on the labels. Add fruits to meals, snacks or as a dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

**Make at least half your grains whole.** Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulger, millet and oats all count as whole grains too. Also look at fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases absorption as we age or due to some medications.

**Switch to fat-free or low-fat milk, yogurt and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or calcium-fortified soy beverage.

**Vary your protein choices.** Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified.

**Limit sodium, saturated fat, and added sugars.** Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausage and hot dogs.

Submitted by: Jo Morse, Registered Dietician

## Arthritis Awareness Month

Now that Spring is here, we are starting to offer the National Arthritis Foundation's Walk With Ease Program again!

- This is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.
- Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:
  - Reduce the pain and discomfort of arthritis
  - Increase balance, strength and walking pace
  - Build confidence in your ability to be physically active
  - Improve overall health
- The Walk with Ease program is an 18 session (6-week long program that meets 3 days per week) that meets for approximately 1 hour each session.

Upcoming Walk with Ease workshops:

1. Where: Saint Regis Mohawk Tribe Senior Center- Generations Park Walking Trail 71 Margaret Terrance Memorial Way, Hogansburg, NY  
When: Mondays/Wednesdays/Fridays April 10th until May 20th at 11am-12pm
2. Where: Sunrise Acres Training Center- 378 State Route 37, Hogansburg, NY  
When: Mondays/Wednesdays/Fridays May 20th until July 3rd at 11am-12pm  
(not meeting on 5/27 or 6/19 due to observed holidays)

Can't make it to the meeting time/location? Reach out to Alexandra Hooker at (518) 481-1532 and we may be able to come up with a plan to have you complete the program individually with weekly check-ins!

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 Volunteer Honored as Part of Older New Yorkers' Day



Eve McGill will be honored at the New York State Office for the Aging's Older New Yorkers' Day celebration on May 14th.

Volunteers ages 55+ volunteer more than 2 million hours annually in Clinton County. That service has an economic value of more than \$78 million. Our community is enriched by the generous actions of volunteers.

This year the Older New Yorkers' Day honoree for Clinton County is Eve McGill. We learned about Eve from AmeriCorps Seniors Program Coordinator, Kate Gardner.

Eve has been volunteering for over 20 years. She serves the community through service at St. Joseph's Community Outreach Food Pantry, as well as through Compassionate Companions, GriefShare, and Hospice. She delivers food and water to older adults and veterans. She assists people on the journeys of loneliness, loss, and end of life.

Eve is also a co-founder of North Country Mission of Hope, which empowers the people of Nicaragua with sustainable programs, as well as supporting local, national, and global areas impacted by disasters and poverty.

Eve highly recommends at least trying volunteering. "Step out of your comfort zone. It is a great way to meet new people and make life-long friends. Volunteering is a perfect way to give back; you get more than you give."

**OLDER ADULTS**

## How can I stay active as I get older?

These 3 types of physical activity can help you **stay healthy and independent**:



Aerobic activity



Muscle-strengthening activity



Balance activity



### Get your heart beating faster.

**Aerobic activity** can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood — or inside your home when the weather's bad
- Play a sport with friends — consider pickleball or tennis



Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

### Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.



### Build your muscle strength.

**Muscle-strengthening activity** can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights — or fill a plastic bottle with water and lift that instead



Aim for at least **2 days a week** of muscle-strengthening activity.



### Does pain make it hard to be active?

Physical activity can **ease** pain and help you feel better. If you're recovering from an injury, listen to your body and do what feels right for you. Walking is a good way to start.



### Work on your balance.

**Balance activity** can lower your risk of falls — and your risk of an injury if you do fall.

Try these balance activities at home:

- Stand on 1 leg
- Walk backwards or sideways
- Do an online yoga or tai chi video



Feeling unsteady? Try holding onto a chair or wall for support!

### What about stretching?

Stretching can help you stay flexible enough to do everyday tasks — like bending down to tie your shoes. Try stretching to cool down after activity.

### Get a mix of activity types at the same time.

For even more health benefits, try something that counts as more than 1 activity type:



Try ballroom or salsa dancing



Rake leaves in the yard



Take a water aerobics class

Remember, it's never too late to start being active. So take the first step. Get a little more active each day. **Move your way.**

Find tips and videos to help you get moving at [health.gov/MoveYourWay](https://health.gov/MoveYourWay)

Build your weekly activity plan at [health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)



**MEALS ON WHEELS**  
**45 Veterans Lane**  
**Plattsburgh, NY 12901**  
**(518) 561-8320**



*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**

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u> Hamburger on a Bun Baked Beans Mixed Vegetables Lemon Mousse	<u>2</u> Sweet & Sour Chicken w/Rice Capri Blend Vegetables Wheat Bread Almond Cookie	<u>3</u> Swedish Meatballs Egg Noodles Broccoli Dinner Roll Fresh Fruit
<u>6</u> Breaded Chicken Rosemary Potatoes Diced Carrots Pineapple	<u>7</u> Ham & Swiss on Rye Cucumber & Onion Salad Lettuce & Tomato Strawberry Shortcake	<u>8</u> Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Molasses Cookie	<u>9</u> Michigan's Roasted Potatoes Wax Beans Birthday Cake	<u>10</u> Honey Mustard Pork Chop Red Potatoes Peas Dinner Roll Fresh Fruit
<u>13</u> Herbed Chicken Baked Potato California Blend Veg. Wheat Bread Peaches	<u>14</u> Goulash Corn Dinner Roll Yellow Cake w/ Chocolate Frosting	<u>15</u> Turkey Burger on Bun Oven Roasted Potatoes Sliced Carrots Fruit Parfait	<u>16</u> Roast Pork w/Gravy Mashed Potatoes Green Beans. Maple Walnut Cookie	<u>17</u> Beef Tips Egg Noodles Spinach Rye Bread Fresh Fruit
<u>20</u> Hawaiian Pork Chops Rice Pilaf Oriental Vegetables Pears	<u>21</u> Spaghetti w/Meat Sauce Italian Blend Vegetables Sourdough Bread Tapioca Pudding	<u>22</u> Baked Ham w/Raisin Sauce Sweet Potatoes French Green Beans Spice Cake	<u>23</u> Roast Beef and Provolone Sandwich Tri Colored Slaw Lettuce & Tomato Oatmeal Raisin Cookie	<u>24</u> Vegetable Quiche Home fries Blueberry Muffins Fresh Fruit
<u>27</u> <b>CLOSED</b> 	<u>28</u> Spanish Rice Peas & Carrots Whole Wheat Bread Fruit Cocktail	<u>29</u> Chicken Alfredo Tossed Salad Italian Bread Chocolate Chip Cookie	<u>30</u> BBQ Pork on Bun Oven Browned Potatoes Creamy Coleslaw Jell-O Cake	<u>31</u> Baked Fish Red Smashed Potatoes Sliced Carrots Wheat Bread Fresh Fruit

Senior Citizens  
Council of Clinton  
County, Inc.  
Nutrition Program

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



## Chronic Disease Self Management

The Chronic Disease Self-Management Program is an evidence-based program where individuals can learn a range of strategies to enhance their health and well-being. The program is free to individuals age 18 and over who have at least one chronic condition. Chronic conditions include, but are not limited to: diabetes, heart disease, arthritis, anxiety, depression, and more. Classes are led by certified leaders.

Clinton County Office for the Aging will be hosting the next six-week workshop beginning May 22nd. Classes will be held each Wednesday from 9:30 am - Noon at 260 Lake Street Retirement Community in Rouses Point.

Register at: <https://gethealthynoco.org>

Call Tammy or Kristin at Office for the Aging at 518-565-4620 for more information or assistance registering.



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 \_\_\_\_\_



Age joyfully!  
Consider your passions and interests and pursue something that brings you happiness and fulfillment.  
Remember that mental health support is available to you if you need it. Visit [samhsa.gov/resources-serving-older-adults](https://samhsa.gov/resources-serving-older-adults) to learn more. #MHAM2024



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.*