



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## JUNE IS NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

According to the CDC, in 2023 it was reported that 6.2 million people age 65 and older have Alzheimer's disease. Alzheimer's disease is the most common type of dementia. According to the University of California, as people age there are normal changes in a person's ability to process information and maintain attention. This normal change is very subtle, but with Alzheimer's disease these changes are more noticeable and show a rapid change in their abilities.



Symptoms of Alzheimer's include decreased ability related to language, memory, attention, recognition, problem solving, and decision making. People with this disease may repeat questions or statements. They may forget where they placed item or have difficulty recalling what common items are used for. In general, someone with Alzheimer's may show they need more time to complete activities they used to be able to complete at a quicker speed. People with Alzheimer's disease may also begin to show behavior changes, such as acting in a manner that is outside of socially appropriate behavior.

According to the Alzheimer's Association, the following are 10 healthy habits for your brain:

- Challenge your mind by trying to learn something new
- Continue your education by taking classes through local resources
- Stay physically active
- Protect your head by wearing helmets when playing sports, wear your seatbelt in the car, and prevent falls
- Be smoke-free
- Control your blood pressure
- Manage diabetes
- Eat right
- Maintain a healthy weight
- Get good quality sleep

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## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

A quick reminder about Farmers' Market Coupons - the program does not begin until July.

In order to qualify to receive these \$25 coupon booklets, clients must be 60 years old and meet income eligibility guidelines.

We look forward to seeing you at our distribution sites throughout the county in July. The full schedule and eligibility guidelines will be shared in the July newsletter and on our Facebook page.

If you would like more information about Alzheimer's disease please check out the following sites:

Alzheimer's Association -  
<https://www.alz.org>

Center for Disease Control (CDC) -  
<https://www.cdc.gov/aging/aginginfo/alzheimers.htm>



## 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



## Caregiver Self-Care

According to the Valuing the Invaluable 2023 AARP Public Policy Institute, approximately 11.1% of New York residents are unpaid caregivers. In general, caregivers are less likely than non-caregivers to maintain their own preventative care appointments and engage in self-care behaviors. Problems that caregivers report include sleep deprivation, poor lifestyle habits such as poor eating habits and decreased physical activity, not allowing themselves time to recover from illness, and postponing or not completing their own medical appointments. Caregivers are also at increased risk for depression, excessive use of alcohol, tobacco, and other drugs.

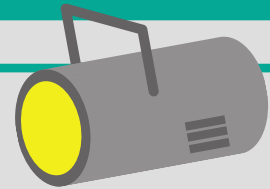
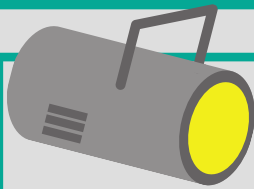
There are many reasons that caregivers do not engage in self-care, but lack of self-care increases the risk of caregiver burnout. Some reasons that caregivers may not engage in self-care come from their own beliefs.

Common beliefs that impact caregiver self-care include:

- They are responsible for their family member's health
- If the caregiver doesn't take care of it no one else will
- If they take care of the family member, the family member will get love, attention, and respect that the caregiver deserves
- Negative self-talk in general impacts our beliefs and thoughts of what we are able to accomplish. An example may be that there's no way to make time to care for yourself or that you're never able to do things right. Be leery of thoughts that contain the words "always" or "never," these words suggest something is missing from the statement and can make us feel that there is no way to improve a situation.

Continued on page 8.

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

### **GoGoGrandparent**

With funding through the New York State Office for the Aging, GoGoGrandparent is now available for transportation needs.

This ride service was developed specifically for older adults and utilizes specially trained Uber and Lyft drivers. GoGoGuardians monitor ride requests and match you with the best driver on the road at that time to meet your needs. GoGo screens drivers and notes if you have a preference of which type of vehicle is easier for you to get in and out of.

This service may be used for any transportation need: medical appointments, shopping, church, visits with friends, and more.

If you are a Clinton County resident age 60 or over, and you complete the registration and consent forms, you are eligible to ride. Each rider may have up to 8 one-way trips per month.

Nervous about trying something new? Ask a friend or family member to be your backup for your first few attempts. If you are using the service for a ride to a medical appointment, allow for additional time.

Contact Clinton County Office for the Aging at 518-565-4620 for registration forms or more information. This service just might be the way to increase your transportation options.

## Are You at Risk for Osteoporosis?

Osteoporosis is a disease in which the bones become weak and are more likely to break. People with osteoporosis most often break bones in the hip, spine, and wrist.

### Who Gets Osteoporosis?

More than 53 million people either already have osteoporosis or are at risk due to low bone mass. Osteoporosis can strike at any age, but it is most common in older woman. One out of every two women and one in four men over age 50 will break a bone in their lifetime due to osteoporosis.

### What Causes Osteoporosis?

Many risk factors can lead to bone loss and osteoporosis. Some of these risk factors you cannot change, while others you can.

#### Risk Factors You Cannot Change

- Sex: Women develop osteoporosis more often than men.
- Age: the older men and women are, the greater the risk for osteoporosis.
- Frame size: small, thin women with a small bone structure are at greater risk.
- Ethnicity: white and Asian women are at the highest risk.
- Family history: osteoporosis tends to run in families; if a family member has osteoporosis, or a history of broken bones, there is a greater chance you might develop it as well.

#### Risk Factors You Can Change

- Hormones: low estrogen levels due to menopause or missing menstrual periods in women and low testosterone levels in men can lead to osteoporosis.
- Nutrition: a diet low in calcium and Vitamin D raises the risk of bone loss.
- Medication use: some medicines increase the risk of osteoporosis.
- Activity level: lack of exercise or long-term bed rest can weaken bones.
- Alcohol intake: consuming more than two or three alcoholic beverages a day can cause bone loss that can lead to a broken bones.
- Smoking and tobacco: using tobacco is linked to decreased bone density.

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Continued from page 5.

### How can I Reduce My Risk?

There are many steps you can take to keep your bones healthy and strong. Concentrate your efforts on the risk factors you can change. Eat a healthy diet that includes calcium and Vitamin D. Participate in regular weight-bearing exercises that can maintain and increase bone strength. Do not drink alcohol in excess or smoke.

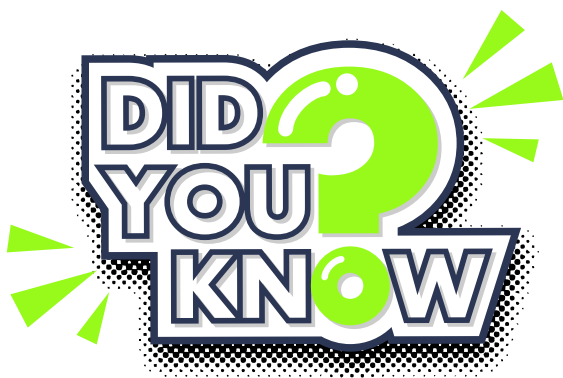
To help reduce your risk of osteoporosis, consider increasing your intake of the following foods:

- Fat-free or low-fat dairy products.
- Beans such as navy, black, kidney, chickpeas, pinto and cannellini.
- Calcium-fortified products such as orange juice and cereal.
- Canned fish with bones, such as sardines and salmon.
- Calcium-fortified soy products such as soy beverages and tofu.
- Dark green leafy vegetables such as broccoli, bok choy, collards, and spinach.

Try the following to boost calcium content of your meals and snacks.

- Add fat-free or low-fat cheese to an English muffin, bagel, or toast.
- Drink fat-free or low-fat milk instead of sugar-sweetened or other beverages at meals.
- Add broccoli or beans to a leafy green salad.
- Add nonfat dry milk powder to recipes (meatballs, meatloaf, creamed soups).
- Choose fat-free or low-fat yogurt for breakfast or a snack.

Submitted by: Jo Morse, Registered Dietitian



**Clinton County residents ages 60 and over are eligible to meet with a registered dietitian at no cost. Call Clinton County Office for the Aging at 518-565-4620 for a referral.**



# PRIDE MONTH

Pride Month is celebrated every June as a tribute to those who were involved in the Stonewall Riots. There are roughly 3 million LGBTQ older adults in North America, with that number growing to more than 7 million by 2030, meaning creating LGBTQ+ friendly spaces for older adults is becoming more important.

Older adults in who identify as LGBTQ+ face social and health disparities. Despite the challenges still being faced by the LGBTQ+ community, everyone deserves to age with dignity and pride, and without having to hide who they are. Around the nation and around the world, LGBTQ older adults are living full, vibrant lives and their continued resiliency and optimism are why we celebrate this month.

GetSetUp is offering two classes this month to provide education about Pride Month and LGBTQ+ Identities. Register for these or other free online classes by signing up at: [www.getsetup.io/partner/nystate](http://www.getsetup.io/partner/nystate).

Other resources include:

New York State Office for the Aging's LGBTQ+ Resource Guide for Older Adults and Aging Services Networks

<https://aging.ny.gov/system/files/documents/2022/06/lgbtq-resource-guide-for-older-adults.pdf>

SAGE USA is a national advocacy and services organization that's been looking out for LGBT elders since 1978. 877-360-LGBT. [sageusa.org](http://sageusa.org)

The National Resource Center on LGBTQ+ Aging  
<https://www.lgbtagingcenter.org/>

### Pride Month Classes

- **Understanding LGBTQ+ Identities** on June 20 at 10:30 AM EDT
- **Pride Month - What's it All About** on June 20 at 10:00 AM EDT

**Try an Online Class Today!**  
[www.getsetup.io/partner/nystate](http://www.getsetup.io/partner/nystate)



## 3 Things Scammers Say

1

Scammers tell you to  
**move your money to  
protect it**

2

Scammers say you have to  
**get cash and drop it off**

3

Scammers tell you to  
**buy gold and give it to  
a courier**



**Don't do it.  
It's a scam.**



Caregiver Corner continued from page 3.

Methods to increase caregiver self-care include:

- Increasing positive self-talk.
- Recognize your own early warning signs for stress
- Identify the source of your stress
- Identify what you do have control over and what you do not have control over. If you do not have control over something, trying to change the situation will only increase your stress. At these times, accepting what you cannot control can ease frustration.
- Take action to reduce stress. This could be physical activity or connecting with a friend.
- Setting goals for yourself that target how you will improve your self-care. Examples could include taking a break from caregiving, finding someone to assist with the caregiving, make and follow through with your own appointments, increasing social connections and supports for yourself, or better manage your personal health.



Break these goals into smaller steps and check in with yourself to see how you feel your progress with self-care is going. If there is room for improvement you can brainstorm solutions.

Clearly communicate what support you need from others for caregiving to be successful. Ask for help and be willing to accept help from others.





# June is PTSD Awareness Month



Post-Traumatic Stress Disorder (PTSD) is a mental health condition that is caused from exposure to one or more traumatic events. Symptoms of PTSD include increased anxiety, recurring thoughts about the traumatic event, nightmares, flashbacks, and physical feelings that are similar to what the person experienced at the time of the traumatic event. Many times PTSD symptoms can be triggered by something the person hears, smells, sees, or sensations such as temperature or texture.

Anyone can develop PTSD, but the following experiences increase the chances that someone will develop PTSD:

- Combat veteran
- People in law enforcement or people in lines of work who are exposed to violent and/or dangerous situations
- Survivor of physical, sexual, or psychological abuse
- Survivors of natural disasters or those living in combat zones
- Survivors of accidents

Is there treatment for PTSD?

Yes, if you feel you may have PTSD speak to your health care provider. There are treatments such as mental health counseling and/or medications that a trained professional can guide you in making informed decisions regarding your care.

If you are having thoughts of suicide seek immediate help. Resources you can reach out to include your local Emergency Department or the National Suicide & Crisis Prevention Line by calling 988. Family members can also use the 988 to speak with a licensed professional if they are concerned about their family member's safety.

Information in this article is from the following sources and can be accessed if you would like additional information on PTSD:

United States Department of Veteran Affairs at

[https://www.ptsd.va.gov/understand/common/common\\_adults.asp](https://www.ptsd.va.gov/understand/common/common_adults.asp)

National Institute of Mental Health at

<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd>

Substance Abuse and Mental Health Services Administration at

<https://www.samhsa.gov/find-help/988>

# Staying Safe in Hot Weather

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and may take prescription medicines that alter the body's ability to control temperature or sweat.

## Staying Safe in Hot Weather



### Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



### Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at [www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety).

Source: National Institute of Health

<https://www.nia.nih.gov/health/safety/hot-weather-safety-older-adults>

# Join us at the Oval on June 21st for free activities, food, and fun!

Join the Plattsburgh Police Department and CDPHP®



4<sup>TH</sup> ANNUAL



## COMMUNITY ORIENTED PUBLIC SERVICES CELEBRATION



Friday, June 21 | 4 – 7 p.m.

YMCA on the Oval, 52 US Oval, Plattsburgh



**FREE  
EVENT!**

Health screenings  
Family and senior activities  
Food and games  
Music, giveaways,  
and MORE!



Cycling Without Age  
ADK Coast Ribbon Cutting  
Ceremony at 3:45 p.m.!

For more information and  
to RSVP, visit us on Facebook!  
[www.facebook.com/CDPHP/events](https://www.facebook.com/CDPHP/events)



CDPHP Universal Benefits® Inc. | Capital District Physicians' Health Plan, Inc. | Capital District Physicians' Healthplan Network, Inc.

36-77033

# Signs of Elder Abuse

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. Common types of elder mistreatment include physical, sexual, emotional/ psychological, or financial abuse, neglect, or self-neglect. Elder abuse impacts people of all ages, identities, and backgrounds.

## Did you know?

**1 in 10** community-dwelling older adults experiences abuse every year.

**1 in 2** older adults with cognitive impairment experiences abuse.

## What are the signs of mistreatment?

### Physical Signs



Dehydration or unusual weight loss



Missing daily living aids (glasses, walker, or medication)



Unexplained injuries, bruises, cuts, or sores



Torn, stained, or bloody underclothing



Unattended medical needs



Unexplained sexually transmitted diseases

### Emotional & Behavioral Signs



Increased fear or anxiety



Isolation from friends or family



Unusual changes in behavior or sleep



Withdrawal from normal activities

### Financial Signs



Fraudulent signatures on financial documents



Unusual or sudden changes in spending patterns



Unpaid bills

## Report known or suspected abuse as soon as possible:

Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at **1-800-677-1116** or visit **[www.eldercare.acl.gov](http://www.eldercare.acl.gov)**. In cases of urgent danger, call **911** or the local police or sheriff.



**Don't stand by, stand up to elder abuse.  
You can make a difference.**

**NCEA**  
National Center on Elder Abuse

**Keck School of  
Medicine of USC**

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(SNAP). This institution is an equal opportunity provider and employer.

If you have any questions or concerns please contact Alexandra Hooker MS RD (518)-481-1523



## JUNE IS NATIONAL DAIRY MONTH

### Fun Facts:

- Dietary Guidelines recommend that adults consume three 8-ounce servings of low fat or fat free dairy products per day
- Dairy products are full of important nutrients such as Vitamin D, Calcium, and Potassium:
  - Calcium promotes bone health
  - Potassium rich food may help to maintain healthy blood pressure
  - Vitamin D helps maintain proper levels of calcium and phosphorus, which helps build and maintain bones



What is a cow's favorite type of dance?

...The Milkshake!!!

### Yogurt Parfait

Serving Size: 6

#### **Ingredients:**

- 4 Bananas, Chopped or sliced
- 3 Cups (24 ounces) low-fat vanilla yogurt
- 2 cups low-fat granola

#### **Directions:**

- 1.) Wash hands with soap and water
- 2.) Divide half the chopped banana between six cups or bowls
- 3.) Place 1/4 cup granola on top of yogurt in each cup
- 4.) Sprinkle 1/4 cup granola on top of yogurt in each cup
- 5.) Repeat layers of banana, yogurt and granola. Eat right away or cover and refrigerate until eating.

Total Servings per recipe: 6 small bowls

#### Nutrition Information:

**Calories:** 300; **Fat:** 3.5 grams; **Saturated fat:** 1.5 grams; **Cholesterol:** 5 milligrams; **Sodium:** 75 milligrams; **Total Carbohydrates:** 60 grams; **Dietary Fiber:** 33 grams; **Total Sugars:** 33 grams; **Added Sugars:** 7 grams; **Protein:** 10 grams

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  
ELLENBURGH  
518-594-7311  
DANNEMORA  
518-310-9089  
LAKEVIEW  
518-561-8696  
ROUSES POINT  
518-534-1852

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 SWEET & SOUR CHICKEN w/ RICE California Blend Veggies White Bread <i>Fruit Cocktail</i>	4 SWISS STEAK Spiral Noodles Peas & Carrots Sugar Cookie	5 HAM & CHEESE ON RYE Potato Salad Tri-slaw <i>Fruited Jello</i>	6 SPAGHETTI w/ MEAT SAUCE Cauliflower Sourdough Bread Cheesecake	7 SALSA CHICKEN Rice Pilaf Corn <i>Fresh Fruit</i>
10 HONEY MUSTARD PORK CHOP Oven Roasted Potatoes Spinach Peaches	11 EGG SALAD SANDWICH Macaroni Salad Lettuce & Tomato <i>Chocolate Pudding</i>	12 MACARONI & CHEESE Stewed Tomatoes Dinner Roll <i>Oatmeal Raisin Cookie</i>	13 ROAST PORK w/ GRAVY Mashed Potatoes Peas w/ Pearl Onions <i>Birthday Cake</i>	14 HAMBURGER ON BUN Baked Beans Capri Blend <i>Fresh Fruit</i>
17 BREADED CHICKEN Rosemary Potatoes Diced Carrots <i>Pineapple</i>	18 MEATLOAF w/ GRAVY Mashed Potatoes Harvest Blend Veggies <i>Strawberry Shortcake</i>	19 <i>Closed To Observe Juneteenth</i>	20 SAUSAGE, PEPPERS & ONIONS ON A ROLL Home Fries Broccoli <i>Lemon Mousse</i>	21 CHICKEN & BISCUITS Mashed Potatoes Mixed Veggies <i>Fresh Fruit</i>
24 CHICKEN PARMESAN CASSEROLE Italian Blend Veggies Sourdough Bread <i>Pears</i>	25 TURKEY & SWISS SANDWICH Broccoli Corn Salad Lettuce & Tomato <i>Fruit Parfait</i>	26 MICHIGAN ON BUN Oven Browned Potatoes Four Bean Salad <i>Chocolate Chip Cookie</i>	27 ROAST BEEF w/ GRAVY Red Smashed Potatoes Green Beans Carrot Cake	28 BAKED FISH Oven Roasted Potatoes Sliced Carrots Wheat Bread <i>Fresh Fruit</i>



## 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 June 24th**. Classes will be held each Monday from 1:30 pm - 4:00 pm at the Plattsburgh Public Library.

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 \_\_\_\_\_

# The Impact of Older Adults in Clinton County



- » 45+ population: 36,390 (46%)
- » 45+ household income: \$1,699,519,400 (67%)
- » 60+ homeowners: 9,562
- » Federal Social Security dollars earned by county residents/economy (65+): \$275,880,000
- » 5,301 volunteers age 55+, 2.8 million hours of service, value = \$78.8 million annually

*\*Sources: AARP Longevity Economy State Profiles 2020; U.S. Census Bureau American Community Survey 2021; Woods & Poole Economics, Inc., 2022 State Profile*



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.*