



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## JUNE IS PRIDE MONTH



More than five decades after the Stonewall Riots of 1969, June is recognized as PRIDE month, a time dedicated to uplifting voices of the LGBTQ community which for too long were silenced. It is a time of celebration of LGBTQ culture and recognition of accomplishments of LGBTQ individuals such as Gilbert Baker, an American artist, gay rights activist, and U.S. Army veteran, who designed the now famous rainbow LGBT flag in 1978.

Still, unconscious, implicit, and institutional bias continue to effect LGBTQ individuals in ways many people never have to think about. Additionally, older adults who identify as part of the LGBT community are experiencing health disparities as they age after a lifetime of being invisible, underserved, and under resourced. Disparities run the gamut beginning with access to care and include higher rates of substance abuse and misuse, higher rates of mental health conditions especially anxiety and depression, higher rates of social isolation, higher rates of sexually transmitted infections, and higher rates of cervical cancer.

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## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

This time of year our office receives many calls about the Senior Farmers' Market Nutrition Program, or more commonly called Farmers' Market Coupons. The latest information we have from New York State is that our office may not receive all program material until July. Therefore, due to the uncertainties, we expect to set up distribution sites **beginning the week of July 18th**. Once again, farmers' market coupons will NOT be distributed in our office. Like last year, there will be distribution sites throughout the county, with a full schedule being published in our July newsletter.

If you would like to receive a copy of the schedule via email or US Postal Service, please notify our office at 518-565-4620. If you are unable to get to a distribution site, alternate arrangements can be made. JCEO Senior Outreach, among other partners, traditionally assist with distribution. We ask for your patience as we prepare for this season's distribution.



## LGBTQ Resources

**National Resource Center on LGBT Aging** - The National Resource Center on LGBT Aging is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and transgender (LGBT) older adults.  
[www.lgbtagingcenter.org/resources/index.cfm](http://www.lgbtagingcenter.org/resources/index.cfm)

**SAGE** - A national advocacy and services organization that's been looking out for LGBT elders since 1978.  
 877-360-LGBT  
<https://www.sageusa.org/>

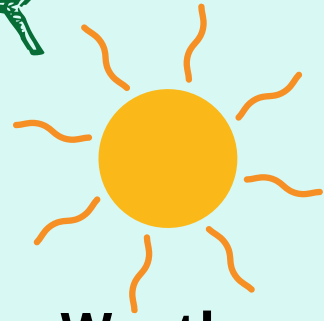
**The West Michigan Area Agency on Aging** has created a new resource guide for older LGBTQ adults.  
<https://www.aaawm.org/uploads/files/document/lgbt-senior-guide.pdf>

This article from **The American Society on Aging** looks overcoming barriers to care for LGBT seniors with Alzheimer's.  
<https://www.lgbtagingcenter.org/resources/pdfs/Generations%20Overcoming%20Barriers%20for%20LGBT%20Elders%20with%20Alzheimer's.pdf>





# CAREGIVER CORNER



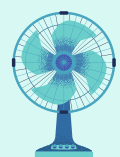
## Tips for Keeping Your Loved One Cool in Warm Weather

The nice weather is coming, that means it is time for heat related issues to arise. It does not need to be over 100 degrees out to cause a heat related issue. According to the CDC, 36% of heat-related deaths were among those over the age of 65. Older adults and persons with disabilities are at more risk for heat related issues for several reasons such as:

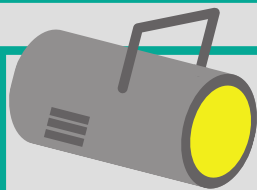
- Their skin is thinner so it offers less protection against the sun
- They cannot regulate their body temps as well as younger people
- They are more likely to be dehydrated
- They tend to suffer from poor circulation causing damage to vital organs which increases risk for heat stroke
- If there is a verbal communication barrier they cannot express discomfort as well
- If there is a cognitive issue they may not “feel” the temp the way they should
- Medications may also cause an issue with body temp regulation

There are various ways to stay cool, and keep older adults safe. They include:

- Dressing for the weather- cool, light cloths (avoid dark colors or harsh fabrics)
- Eat lighter meals (avoid hot, heavy meals)
- Eat cooling snacks such as popsicles (preferably homemade to avoid high sugar content), or slightly frozen fruits and veggies
- Utilize cool washcloths on the back of the neck when necessary
- Sit with feet in a cool pan of water
- Keep the house cool (whether it be with fans, an air conditioner, keeping the curtains closed during the hottest times of day)
- Visit public cooling areas such as recreation centers, shopping malls, library, or the senior center
- Take cooler baths or showers
- Keep cups of ice around to stay cool and hydrated
- Do not just offer drinks when someone says they're thirsty, keep glasses of water coming!

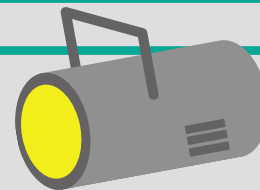


*Contact Clinton County Office for the Aging's  
Caregiver Resource Center at 518-565-4620*



Program Spotlight

## HIICAP



### **Health Insurance Information, Counseling, and Assistance Program**

HIICAP is part of the federal State Health Insurance Assistance Program (SHIP) providing local help for people with Medicare. HIICAP works directly with Medicare-eligible individuals, their families, and caregivers. The program provides in-depth, and objective insurance counseling and assistance intended to educate individuals about the benefits and the gaps of Medicare. HIICAP can help you understand the Medicare Program, employer-sponsored insurance, and other health insurance programs that are available in New York State.

Healthcare can be confusing, we can provide you the guidance you may need in order to make an informed decision. You can speak one-on-one with a trained counselor that has the skills needed to answer questions about your Medicare insurance options.

There is no fee for services provided by HIICAP; though voluntary contributions are accepted. Contributions are used to improve upon and support the program. You will not be denied services due to an inability or unwillingness to contribute.

For HIICAP in Clinton County, call Office for the Aging at 58-565-4620 and JCEO Senior Outreach at 518-561-6310. Both agencies have trained counselors.

Information is also available seven days a week by calling the toll free number on the back of your Medicare card, and online at <https://www.medicare.gov/>.

*This article was funded in part by the Administration for Community Living.*

# 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).

## Activities Available

**Cornell Cooperative Extension Fitness Classes** - for information on how to join any of these classes contact Mary P. Breyette at [mba32@cornell.edu](mailto:mba32@cornell.edu) or 518-561-7450. Classes offered Monday through Friday.

**Plattsburgh YMCA Arthritis Water Exercise Class** -for information on how to join call 518-561-4290 This class is free and sponsored by the Clinton County Office for the Aging. You do not need to be a YMCA member to participate.  
Monday, Wednesday 11:00-12:00

**Senior Center Activities** - 5139 North Catherine St, Plattsburgh  
Activities include: Fitness, Zumba, Yoga, Scrabble, Mah Jongg, Crocheting, Shuffleboard, Wii Bowling, Knitting, Card Games and More. The complete schedule may be viewed at <https://www.seniorsinclintoncounty.com/Activities/> or call 518-563-6180 for more information.

## Eating Right With Less Added Sugars

Sugar is found naturally in some food and drinks, like fruit and milk, but it is also added to many of them. Sugars added to foods and beverages give them a sweet taste but offer very little nutrition compared to foods and drinks that are naturally sweet. Most individuals get too many calories from added sugars and over time this may affect their weight and health.

Many people think of desserts as the main source of added sugar, but many foods and drinks may contain added sugars. For example, sweetened drinks like regular soft drinks, some fruit drinks and energy drinks are all sources of added sugars. Snack foods, like crackers and even ready-to-eat foods, like pizza and pasta sauces, can be made with added sugars. Some people may also add sugar to what they eat and drink, for example sprinkling sugar over cereal or pouring flavored creamer in coffee.

### How to Identify Sources of Added Sugars

The new Nutrition Facts Label can help you identify sources of added sugars. You can also review the ingredients list. The ingredients that appear first are in the largest amount. Be sure to look for foods and drinks that don't have sugar (or some other sweetener) listed as the first ingredient. Other examples of sweeteners and sources of added sugars include brown sugar, corn syrup, dextrose, fructose, high-fructose corn syrup, honey, maple syrup, molasses, sucrose, white granulated sugar.

Sources of added sugars often lack nutrients needed for good health, while foods and drinks that contain natural sources of sugar provide nutrients like vitamins and minerals. For example, fruits like strawberries are a great source of Vitamin C, and milk provides vitamins A and D and calcium.

If you have a taste for something sweet, try eating some fruit first. When you are thirsty reach for water or milk. Other ways to reduce sources of added sugars include making or buying healthier versions of baked goods; including foods and drinks with added sugars less often; and eating or drinking sweet treats in smaller portions.



### Tips on How to Reduce Sources of Added Sugars

- Sweeten low-fat plain yogurt with fresh, frozen or canned fruit (in its own juice).
- Add cinnamon and dried fruit to plain cooked oats instead of using instant flavored oatmeal.
- Substitute 100% fruit juice for fruit punch and other fruit-flavored drinks.
- Switch from sweetened to unsweetened applesauce.
- Drink plain low-fat milk instead of chocolate milk.
- Use jams and jellies with no sugar added.
- Enjoy a homemade smoothie with frozen fruit, low-fat milk and yogurt in place of ice cream.
- Quench your thirst with water or plain low-fat milk instead of sweetened beverages, like energy, soft and sports drinks.

Include healthier choices from MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs. You should limit the amount of added sugars to less than 10% of your daily calorie needs.

Visit [www.MyPlate.gov](http://www.MyPlate.gov) or [www.eatright.org](http://www.eatright.org) for more information.

*Submitted by: Jo Dragoon-Morse, Registered Dietician*

*All Clinton County residents, ages 60 and over, are eligible to consult with the Registered Dietician. Contact Clinton County Office for the Aging at 518-565-4620 for more information.*



### June 15th is World Elder Abuse Awareness Day

Older people throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation. Elder abuse also creates health care and legal costs for our society.

#### What Is Elder Abuse?

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to an older person. Elder abuse takes many forms, including: • Neglect or Isolation • Physical abuse • Sexual abuse • Financial abuse and exploitation • Emotional or psychological abuse (including verbal abuse and threats)

Learn more: <http://eldermistreatment.usc.edu/weaad-home> #WEAAD

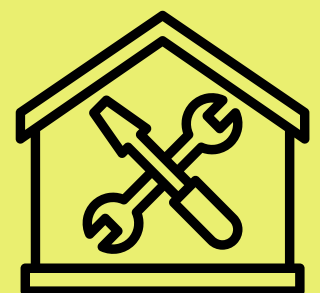


# Most Common Older Adult Scams



You are probably already familiar with most, if not all, of these scams. But, it's always good to know the various trends. It's not always a phone call or email, sometimes it's on paper. It's always good to verify the source, but know what you're dealing with. According to the FBI's website, these are the most common elder fraud schemes:

- **Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.
- **Tech support scam:** Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Home repair scam:** Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.
- **TV/radio scam:** Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.
- **Family/caregiver scam:** Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.







## Bicycle Safety for Older Adults



Riding a bicycle is not only a fun family activity, it's also a great way to exercise. Some people even use their bicycle to commute to work, go to the grocery store, or visit friends and family. When you're out and about on your bike, it's important to know how to be safe.

- Ride a bike that fits you
- Always wear a helmet that fits correctly
  - Measure your head to find your size.
  - Position the helmet to sit level on your head and low on your forehead - one or two finger-widths above your eyebrow.
  - Adjust the slider on both straps to form a "V" shape under, and slightly in front of the ears. Lock the slider if possible.
  - Center the left buckle under the chin.
  - Buckle your chin strap. Tighten the strap until it is snug, so no more than one or two fingers fit under the strap.
- Wear bright colored clothing with reflective stripes so motorists can see you in low-visibility conditions
- Make sure brakes are working properly, and that tires are inflated to the correct pressure
- Ride your bicycle in the same direction as traffic
- Stop at all intersections before crossing the street
- Signal when you make turns
- Be careful near parked vehicles, someone might suddenly open the door
- Drive defensively - be focused and alert to the road and traffic around you
- Consider utilizing area bike paths to reduce interactions with traffic

*References: National Institute on Aging <https://www.nia.nih.gov/health/exercising-outdoors> and National Highway Traffic Safety Administration <https://www.nhtsa.gov/road-safety/bicycle-safety>*



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



*This menu is approved  
 by a Registered  
 Dietitian. Menu Subject to  
 Change.  
 \*Watch for New Items*

**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

Clinton County  
 Senior Nutrition  
 Program  
 Sponsored by  
 Senior Citizens  
 Council of Clinton  
 County, Inc.  
 Founded by Clinton  
 County Office for  
 the Aging  
 and New York  
 State Office for the  
 Aging

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><u>6</u>                      Honey Mustard Chop                      Red Potatoes                      Mixed Vegetable                      Wheat Roll                      Apple Sauce</p>	<p><u>7</u>                      Spaghetti w/Meat Sauce                      Tossed Salad                      Sourdough Bread                      Sugar Cookie</p>	<p><u>8</u>                      Roast Turkey                      w/Gravy                      Mashed Potatoes                      Squash                      Chocolate Mousse</p>	<p><u>9</u>                      Ham &amp; Provolone                      On Rye                      Carrot Raisin Salad                      Lettuce &amp; Tomato                      Birthday Cake</p>	<p><u>10</u>                      Barbeque Chicken                      Seasoned Potatoes                      French Green Beans                      Wheat Bread                      Fresh Fruit</p>
<p><u>13</u>                      Chicken &amp; Biscuit                      Mashed Potato                      Baby Carrot                      Pears</p>	<p><u>14</u>                      Michigan on a Bun                      Home Fried Potatoes                      Harvest Blend                      Peanut Butter Cookie</p>	<p><u>15</u>                      Fettuccine Alfredo                      Broccoli                      Tossed Salad                      Lemon Mousse</p>	<p><u>16</u>                      Hot Roast Beef Sandwich                      Red Potatoes                      Garden Vegetables                      Cheesecake</p>	<p><u>17</u>                      Breaded Chicken                      Oven Roasted Potatoes                      Peas &amp; Carrots                      Dinner Roll                      Fresh Fruit</p>
<p><u>20</u>                      Holiday  <b>Juneteenth</b></p>	<p><u>21</u>                      Macaroni &amp; Cheese                      Stewed Tomatoes                      Wheat Bread                      Mandarin Oranges</p>	<p><u>22</u>                      Chicken Salad Sandwich on                      Wheat                      Pasta Salad                      Lettuce &amp; Tomato                      Maple Walnut Cookie</p>	<p><u>23</u>                      Meatloaf w/Gravy                      Mashed Potatoes                      Beets                      Strawberry Shortcake</p>	<p><u>24</u>                      Battered Cod                      Rosemary Potatoes                      Sliced Carrots                      Rye Bread                      Fresh Fruit</p>
<p><u>27</u>                      Hamburger on a Bun                      Oven Browned Potatoes                      Green Beans                      Peaches</p>	<p><u>28</u>                      Salsa Chicken                      Rice Pilaf                      California Blend                      Whole Wheat Bread                      Jell-O Cake</p>	<p><u>29</u>                      Roast Pork w/Gravy                      Baked Potato                      Peas                      Apple Crisp</p>	<p><u>30</u>                      Vegetable Lasagna                      Tossed Salad                      Sour Dough Bread                      Fresh Fruit Cup</p>	



## Robotic Pets



### *All the Love with None of the Mess or Costs*

Looking for a pet that you don't have to clean up after? New York State Office for the Aging will be providing us with additional robotic pets, but in limited supply. They are Ageless Innovations "JOY FOR ALL Companion Pets" which help combat that lonely feeling and offer the chance for people to share affection. Since their development in 2015, these pets have been received with high praise. They have been proven to have a positive impact on isolation, loneliness, depression, and all forms of cognitive decline such as Alzheimer's and Dementia. We are currently accepting names for our waitlist. You can give our office a call at 518-565-4620 to learn more about eligibility, add your name or refer someone else.

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.

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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 _____      |



## Preventing Falls in the Summer Months

**Weather** - the weather is still changing and can cause unsafe conditions. Summer storms can cause wet, slippery, and muddy conditions. It is important to watch for this and try to avoid these types of walkways. If you do end up walking through mud, be sure to clean your shoes off as soon as you get the chance.

**Shoes** - Summertime brings the change in wardrobe as well as weather, which typically means changing the shoe style as well. Stick to shoes with good support and traction.

**Terrain** - the terrain isn't always reliable just because it's nice out. Keep an eye out for uneven ground, potholes, muddy or wet grounds; also watch for walkway tripping hazards such as trash, hoses, cables, or wires of any sort, tree roots, and overgrown brush.

**Outdoor Events**- there is an increase in outdoor events in the summer months, and it is important to be aware of fall hazards here as well. Crowds can be hazardous because they can affect the way you walk and cause you to trip or be knocked over. Consider attending events and attractions during off-peak times, such as early in the day and on weekdays, to avoid large crowds.



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