



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

ANOTHER SUCCESSFUL CREATIVE AGING PROGRAM



An Introduction to Chinese Brush Painting, taught by Jade Lam, recently concluded. Participants in the six-week workshop learned about the artform, built a new skillset, and created beautiful works of art. The workshop was made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

This fall, beginning September 7th, we will be offering *Drawing to See*, taught by Karen Fitzgerald. This free drawing workshop will also be held via Zoom, and all materials will be provided. If you are interested in this workshop, call us at 518-565-4620 or email us at aging@clintoncountygov.com to register. Space is limited.

These activities are made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with E.A. Michelson Philanthropy and supported by Lifetime Arts.

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Resilient Aging Newsletter is an information source about local programs and topics of interest to older adults and caregivers.

We appreciate reader feedback. Tell us if you like what you see, if you have suggestions for improvements, or topics you would like to see covered. We try to provide a variety so there is something for everyone.

A few ways to provide feedback:

Email us at:
aging@clintoncountygov.com

Send us a note in the mail:
Clinton County Office for the Aging
135 Margaret St, Suite 105
Plattsburgh, NY 12901

Call and leave a message at:
518-565-4620

If you, or someone you know, would like to receive a copy of the newsletter via email or US Postal Service, please notify our office using one of the contact methods listed above.



ACTIVIES

Cornell Cooperative Extension Fitness Classes - for information on how to join any of these classes contact Mary P. Breyette at 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.

Chronic Disease Self-Management Classes
Call Sean at 518-565-4620 to learn more about the various classes offered. In-person, virtual, and telephonic classes available.



CAREGIVER CORNER



New York Caregiving Portal

New York has launched a new online Caregiver Portal. Designed for families, the portal has articles, videos, tip-sheets, and professional level training. The learning portal can help reduce stress, find local resources, and provide better care for loved ones. Customize your learning with the help of this **free** resource. Access any time of day, choose which topics interest you, and enhance your knowledge and skill level with a variety of short lessons.



Office for the Aging

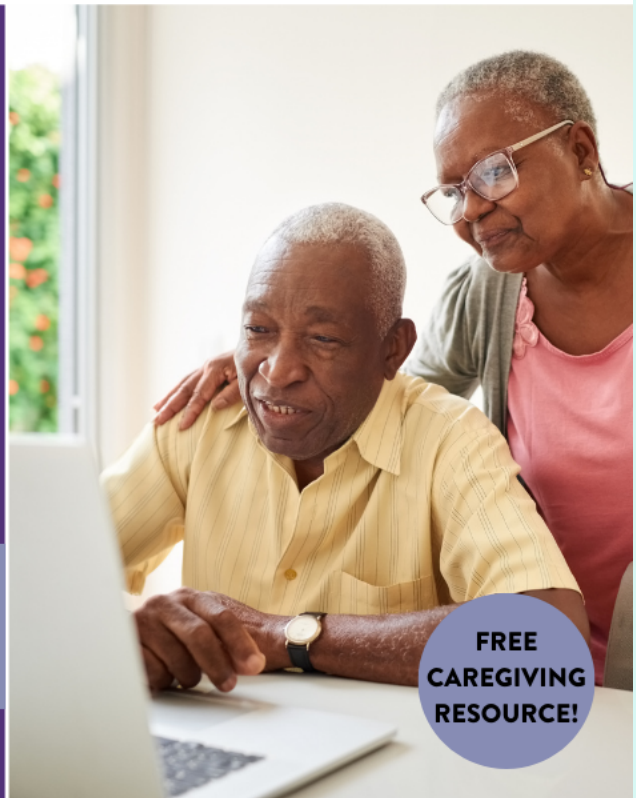
New York Caregiving Portal
Powered by Trualta

Provided in Partnership with the Association on Aging in New York

Caring for your loved one but don't feel like you're doing all you can?

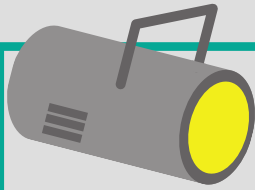
Start here.

Sign up for FREE today!
NewYork-Caregivers.com



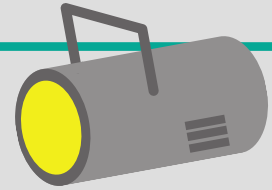
FREE CAREGIVING RESOURCE!

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



Program Spotlight

Senior Center



The Senior Center is available to provide older adults in Clinton County a wide variety of opportunities to be active and engaged. There are significant improvements in overall health and quality of life for individuals that are socially active.

The Senior Center is located at 5139 North Catherine Street in Plattsburgh and is open from 8 am to 3:30 pm Monday - Friday, excluding holidays.

There are many different activities to choose from. You can enjoy a midday meal provided by the Clinton County Nutrition Program. There are educational, recreational, and social activities to choose from. Examples include presentations with varying topics such as fraud prevention, food safety, and financial planning. Recreational options include wii bowling, shuffleboard, Zumba, Tai Chi and more. Social activities include themed parties, musical entertainment, board games, card games, puzzles, and crafts.

More information about the Senior Center events and activities can be found on their Facebook page, on their website at <https://www.seniorsinclintoncounty.com/>, or by calling them at 518-563-6180.



The Senior Center is operated by Senior Citizens Council of Clinton County with federal funding through the Older Americans Act, local funding from Clinton County, and through participant contributions.

July is Americans with Disabilities Month!

July 26, 2022 will be the 32nd birthday of the Americans with Disabilities Act (ADA)! The Americans with Disabilities Act (ADA) of 1990 was the first time there was codified federal legislation to provide comprehensive civil rights protections to individuals with disabilities in the areas of employment, state and local government services, public accommodations, transportation, and telecommunications.

New York State has 3,725,215 adults with disabilities. This is equal to about 25 percent; approximately 1 in 4 adults have a disability. As individuals age, the chances of acquiring a disability increase. Many older adults don't identify as having a disability but based on functional impairment do qualify for protection under the ADA.

The following are examples of areas in which someone may have a disability:

Mobility: Serious difficulty walking or climbing stairs

Cognition: Serious difficulty concentrating, remembering, or making decisions

Independent Living: Serious difficulty doing errands alone, such as visiting a doctor's office

Hearing: Deafness or serious difficulty hearing

Vision: Blind or serious difficulty seeing, even when wearing glasses

Self-care: Difficulty dressing or bathing

There are resources to help if you or someone you know needs assistance due to a disability.

TRAID Centers: You can borrow equipment from IPADS to commodes and everything in between for FREE for individuals to try out, borrow in an emergency and for short and long term loans the same way you borrow a library book. <https://www.justicecenter.ny.gov/traid-program>

The Equipment Loan Fund is a loan that can be used to purchase equipment that will improve the quality of your daily life. The Equipment Loan Fund allows you to borrow up to \$4,000, with an interest rate of 4%, and can be used to purchase wheelchairs, wheelchair van lifts, ramps, and adaptive equipment. This is a New York State Program open to anyone with any kind of disability. <https://ocfs.ny.gov/programs/nyscb/programs/equipment-loan-fund.php>

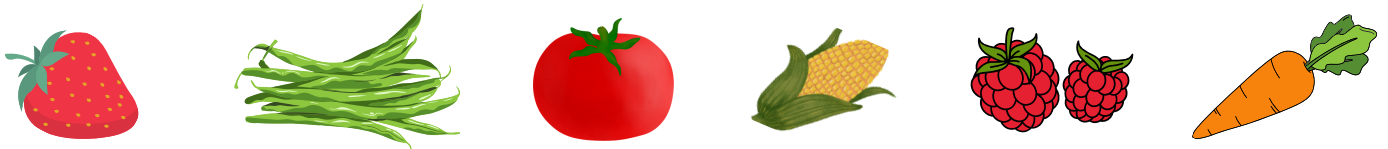
Senior Farmers' Market Nutrition Program

Each year Clinton County Office for the Aging, along with community partners, distribute Farmers' Market Coupons to eligible individuals ages 60 and over. You must meet age **and** income guidelines. If you are unable to get to one of the pick-up sites, please call Office for the Aging at 518-565-4620 to arrange an alternate method. Distribution will begin the week of July 18th at the following locations:

2022 DATES	LOCATION	TIME
Monday, July 18th *2 Locations*	Lake View Towers/Russell Barnard - Outdoor Seating Area Robert S. Long - Gazebo	10 am - Noon
Tuesday, July 19th *2 Locations*	Beekman Towers - Outside Main Entrance , 50 Truman Ave. Dannemora - Dannemora Community Outreach Center Meal Site, 40 Emmons St.	10 am - Noon
Wednesday, July 20th *2 Locations*	Senior Center - 5139 North Catherine St. Peru - Rulfs Orchard Parking Lot, 531 Bear Swamp Rd	10 am - Noon
Thursday, July 21st	Ellenburg - St. Edmunds Hall Meal Site, 5538 Route 11	10:30 - Noon
Friday, July 22nd *2 Locations*	Champlain – Town Hall Parking Lot, 10729 Route 9 Beekmantown - Town Hall Parking Lot, 571 Spellman Rd	10 am - Noon

Who is Eligible?

- Must be **60 years or older**
- Monthly Income at or below 185% of Federal Poverty Level
 \$2,096/month for a one-person household; or
 \$2,823/month for a two-person household; or
 \$3,551/month for a three-person household
 Inquire for larger household sizes
- Only one coupon booklet per eligible senior in each household; while quantities last
- The eligible individual must sign up in person. An eligible Power of Attorney or Proxy with required paperwork can sign for the coupons.





Coming Soon

Senior Scholar Summer Semester 2022



Senior Scholar, the Plattsburgh-based series of seminars for retirees and other adults, is happy to announce this year's program of summer talks. All sessions will be on Thursday mornings at 10:00 AM, perfectly timed for your second or third cup of coffee or tea, yet finished in time for lunch and your afternoon activities. All talks will be delivered via Zoom.

Cost for the full series is a modest \$10.00. Even if you only "attend" a couple of the talks, we think it'll be a good value. Of course, we'd prefer you sign in every week. And if you've enjoyed these programs in the past, we hope you'll tell your family, neighbors, and friends about them.

Please send your checks, phone number and a current e-mail address, to:

Senior Citizens Council of Clinton County
5139 North Catherine Street
Plattsburgh NY 12901

Questions? Call 518-563-6180, or e-mail Rachel@seniorcouncil.net

SCHEDULE (All talks at 10:00 AM via Zoom)

July 14—Brad Edmondson, Author

A Wild Idea: How Environmental Movement Tamed the Adirondacks
How the Adirondacks Almost Became a National Park

July 21—Ryan Alexander, Associate Professor of History, SUNY Plattsburgh
Good Neighbor? The Consequences of a Century of U.S. Entanglements in Latin America

July 28—Dan Berggren, Musician and Composer
Adirondack Folk Music Traditions

August 4—Helen Nerska, Executive Director, Clinton County Historical Association

History of Clinton County Citizens of African Descent from 1785 to 1865

August 11—Dave Mason, Project Director,
Mapping the Future of the Adirondack Park: Adirondack Futures-- A 10 Year Update

August 18—Erin Tobin, Executive Director, Adirondack Architectural Heritage
The Greenest Building is the One Already Built

August 25—Brian Mann, News Correspondent, National Public Radio
Perspectives from Two Assignments to the Ukraine

Senior Scholar is a collaboration of Senior Citizens Council of Clinton County, Clinton County Office for the Aging, JCEO, and Chapel Hill Foundation.



Where Do You Report Scams



Have you been scammed, or are you experiencing suspicious activity? Scams are getting worse, and often target older adults.

USA.gov recommends the first step you take is reporting scams to your state consumer protection department. In New York State, the Division of Consumer Protection is the place to report. You can file a complaint online at <https://dos.ny.gov/file-consumer-complaint> or call the Consumer Assistance Hotline at 1-800-697-1220. If you lost money or other possessions in a scam, report it to your local police too.

You can also report scams to the federal government. The Federal Trade Commission (FTC) accepts complaints about most scams, including phone calls, emails, computer support scams, imposter scams, fake checks, demands for you to send money (check, wire transfers, gift cards), student loan or scholarship scams, prize, grants, and sweepstakes offers, or identity theft. Complaints may be made online at <https://reportfraud.ftc.gov/#/> or by calling 1-877-382-4357. Report identity theft online at <https://www.identitytheft.gov/#/> or by phone at 1-877-438-4338.

Other places to notify are your card issuer or bank if you used your credit card or bank account. Report the scam to the major credit reporting agencies and place a fraud alert on your credit report to prevent someone from opening credit accounts in your name.

Remember, if it sounds too good to be true, it probably IS too good to be true. Don't let anyone pressure you into making quick decisions, don't believe everything you hear (especially if they say they are from social security or the IRS), and don't click on links in unsolicited emails or on social media. Keep your information protected.



Social Relationships Can Keep Older Adults Healthy

Social relationships can have a large impact on older adults and their overall wellness. Building and maintaining these relationships can combat feelings of isolation one may be experiencing, especially from the winter months. In order to help fight the feelings of loneliness, it is important to engage in more social activities and functions in your local community. According to an article in 'Great Senior Living' (2022) there are various benefits that can improve your health and wellness.

Here are a few benefits older adults can experience from being socially active:

- **Improved cognitive function:** Social activities can help you stay mentally sharp. Research has revealed that people who maintain supportive relationships with family, friends, and neighbors have better overall mental health. A study in the American Journal of Public Health found that elderly women who enjoyed daily social contact with a large network of people had a significantly lower risk of developing cognitive impairments or dementia.
- **Reduced stress:** Seniors who feel stronger connections to other people have lower levels of stress, anxiety, and depression. The way you keep in touch matters, too: Face-to-face socializing has been shown to be more effective at staving off depression than communicating only by phone or email.
- **Better physical health:** Research has demonstrated that socially integrated adults are less likely to be obese, experience inflammation, or develop high blood pressure. In fact, being socially isolated elevates older adults' risk of developing high blood pressure even more than having diabetes.
- **Increased longevity:** People who maintain good social ties tend to live longer than those who don't. A study in the Journal of Health and Social Behavior noted that the risk of death among people with the fewest social connections was over twice as high as the risk among men and women with the greatest number of social connections.



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.

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

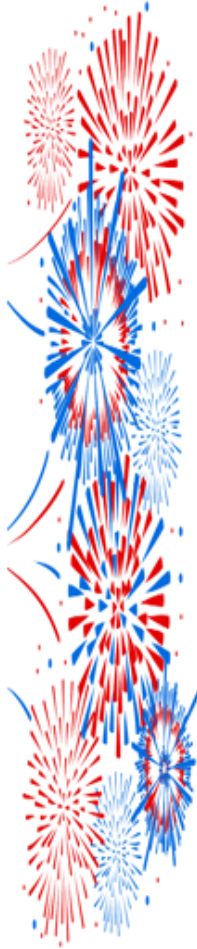
Monday

Tuesday

Wednesday

Thursday

Friday



CLOSED

5
Breaded Chicken
Seasoned Whole
Potatoes
Peas
Dinner Roll
Fruit Cocktail

6
Tuna Salad
Pasta Salad
Lettuce & Tomato
Wheat Crackers
Chocolate Chip Cookie

7
Meatloaf w/Gravy
Baked Potato
Baby Carrots
Sally's Mexican Cake

8
Rotini Casserole
Green Beans
Italian Bread
Fresh Fruit

11
Chicken & Biscuit
Mashed Potatoes
Harvest Blend Veg.
Mandarin Oranges

12
Egg Salad Sandwich
Vegetable Salad
Lettuce & Tomato
Molasses Cookie

13
Roast Pork w/Gravy
Mashed Potatoes
California Blend Veg.
Tapioca Pudding

14
Spaghetti w/Meat
Sauce
Tossed Salad
Italian Bread
Birthday Cake

15
Hamburger on a Bun
Oven Brownd Potatoes
Mixed Vegetables
Fresh Fruit

18
Spanish Rice
Fiesta Corn
Whole Wheat Bread
Pineapple Tidbits

19
Marinated Chicken
Breast
Oven Roasted Potatoes
Sliced Carrots
Oatmeal Raisin Cookie

20
Michigan on a Bun
Home Fried Potatoes
Wax Beans
Strawberry Shortcake

21
Roast Beef &
Provolone Sandwich
Lettuce & Tomato
Fiesta Salad
Lemon Mousse

22
Breaded Fish
Rosemary Potatoes
Broccoli
Whole Wheat Bread
Fresh Fruit

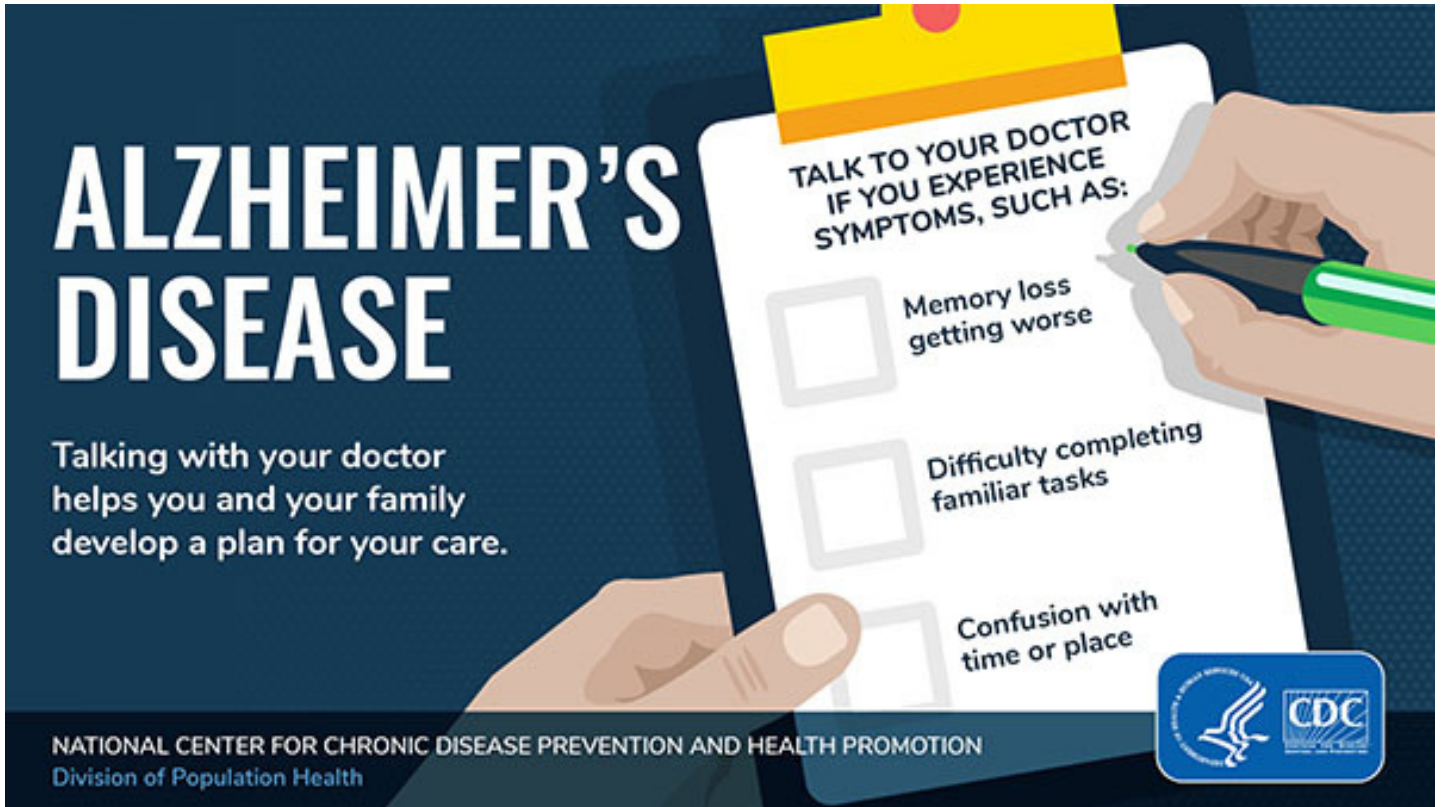
25
Macaroni & Cheese
Stewed Tomatoes
Whole Wheat Bread
Pears

26
Ham w/Raisin Sauce
Sweet Potato
Peas & Carrots
Apple Crisp

27
Roast Turkey w/Gravy
Mashed Potatoes
French Green Beans
Carrot Cake

28
Beef Tips w/Gravy
Egg Noodles
Beets
Banana Cream Pie

29
Sausage Peppers & Onions
On a Bun
Oven Roasted Potatoes
Capri Blend Vegetables
Fresh Fruit



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 _____ |



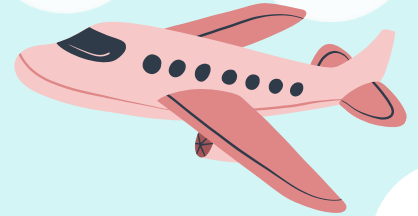
Do You Know About PALS?

Patient AirLift Services provide free medical flights to people who need to access medical care that may be too far to get to by car. Their mission is to help people on their path to wellness.

Patients, veterans, and those in need, the PALS team makes critical flights happen, at NO COST to passengers. PALS connects families in need with aviation partners to provide unlimited free flights when their care is far from home.

To learn more about this organization, see their website at:

**www.palsflight.org
or call
1-888-818-1231**



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