



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER



"Glory & Joy" c.1950s painted by class participant Jean F.



CREATIVE AGING PROGRAM A SUCCESS

A celebration was held on December 14th for participants from our most recent Creative Aging program, "How Do We Bring Objects to Life with Watercolor?" During the event the artists were able to showcase their paintings to guests, and discuss techniques used to create the image. The event was the culmination of a six-week workshop lead by a professional teaching artist.

Class participants learned a variety of techniques and the use of observation to depict objects in their surroundings. The artists encouraged each other creating a supportive learning environment.

Jean F. says "Expressing myself in watercolor is very exciting."

The first program in the series was "Reflections of Myself: An Exploration of Memoir Writing," where participants were able to write their own original short memoirs with the support of a professional teaching artist.

The program was made possible through a partnership with the New York State Council on the Arts, the New York State Office for the Aging, and Lifetime Arts.

Clinton County Office for the Aging will be hosting two additional workshops in 2022. A survey is currently being conducted to determine the art form. To participate use the following site: <https://www.surveymonkey.com/r/GG7296C> or call Aspen at 518-565-4620 to complete the survey via telephone. The new classes will also be offered virtually.

Further details will be provided when they become available.

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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS, DIRECTOR

Our office is introducing this new newsletter to keep people informed about issues of importance as we age. To be sure, we are all aging. From the moment we are born. It is our responsibility to do so as best as we are able.

In each monthly edition of *Resilient Aging*, you will find valuable information on services; education on important topics like nutrition, caregiving, scams, and much more.

We welcome feedback from readers. Our newsletter will be available electronically or in print. If you are interested, please contact us at 518-565-4620 or email us at agingnews@clintoncountygov.com.

In this first issue, I am including a beautiful poem written by a seventh grade student. I believe it has significance to many of us and she is a remarkable young lady.

I urge you to find meaningful ways to connect with your community. It could be taking a class, either in person or online, having a meal at a congregate site, checking on friends and neighbors, or volunteering. We all need a little help from time to time, but we can all benefit from the pick-me-up we get from volunteering. How do you stay busy? Do you have ideas that could help others? Let us know and keep reading for more ideas.



2021-2022

Emergency HEAP Opens January 3rd

Emergency HEAP benefits and eligibility are based on:

- Income, household size and available resources.
 - Your household's available resources must be less than \$3,000 if any member of your household is age 60 or older.

You may qualify for Emergency benefit if:

- You received a shut-off notice from your electric company and your electricity is necessary for your heating system to work.
- You heat with natural gas or electric and it is off or scheduled to be shut-off or
- You are at or below one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other heat source.

If you reside in Clinton County and are in need of Emergency HEAP and you are 60 years of age or older please call Clinton County Office for the Aging at 518-565-4620.



DIETARY SUPPLEMENTS

SUBMITTED BY: JO DRAGOON MORSE, RD

What is a Dietary Supplement? Dietary supplements are substances that you may use to add nutrients to your diet. Often, they are used to help lower your risks of health problems. Dietary supplements can come in the form of pills, capsules, powders, extracts or liquids. They may contain vitamins, minerals, fiber, amino acids, herbs or other plants. Dietary supplements can be added to foods and also drinks. A doctor's prescription is not required to purchase dietary supplements.

Do you need a supplement? Sometimes yes, but usually not. If you are considering one, ask yourself why you think you need to take one. Are you concerned your diet is lacking certain nutrients? Do you have a friend, neighbor, or is it a commercial encouraging you to take one? TV ads often promise that these supplements will make you feel better, prevent you from getting sick, or even help you live longer. Sometimes, there is little, if any good scientific research that supports such claims. Dietary supplements may provide you with nutrients that may be missing from your diet. But consuming a variety of healthy foods is the best way of obtaining the nutrients you need.

Individuals over 50 may require more vitamins and minerals than younger adults do. A doctor or dietitian can help assess your need to either change your diet or take vitamins or minerals to get enough of the following:

Vitamin B12. Vitamin B12 aides in keeping your red blood cells and nerves healthy. The vitamin is primarily found in fish, shellfish, meat and dairy products. As people age,

some have trouble absorbing Vitamin B12 that is naturally found in foods. Therefore, you can select foods like fortified cereals that have this vitamin added or use a B12 supplement.

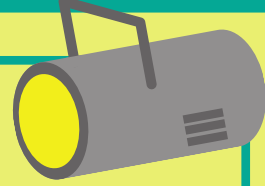
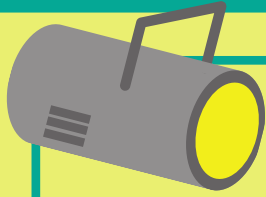
Calcium. Calcium and Vitamin D work together to keep bones strong at all ages. Bone loss can lead to fractures. Calcium is found in milk and milk products, canned fish with soft bones, dark green leafy vegetables, and foods fortified with calcium.

Vitamin D. People who are in the sun for 10 to 15 minutes at least twice a week usually can make enough Vitamin D. Many older adults are not able to do this. Therefore, try adding Vitamin D fortified milk and milk products, Vitamin D fortified cereals, and fatty fish to your diet, and/or use a Vitamin D supplement.

Vitamin B6. This vitamin is necessary to form red blood cells. It can be found in potatoes, bananas, chicken breasts, and fortified cereals.

Are Dietary Supplements Safe? The answer to this question is still being worked on by Scientists. The U.S. Food and Drug Administration (FDA) checks prescription medicines to ensure they are safe and do what they promise. This is also true for over-the-counter drugs like pain and cold medicines. The FDA does not consider dietary supplements to be medicines. The FDA does not monitor dietary supplements the same way it does prescription medicines. The Federal Government does not routinely test what is in dietary supplements. Therefore, be aware, just because you see a dietary supplement on a store shelf does not mean that it is safe, that it does what the label says it will, or that it contains what the label says.

Reference source: National Institute on Aging, AgePage



Program Spotlight

NY Connects

NY Connects is an Aging & Disability Resource Center that provides free, unbiased information about long-term services and supports for people of all ages or with any type of disability.

NY Connects staff can help link you to long-term services and supports, such as home care, transportation, and meals. The goal is to help you live as independently as you wish to while meeting your medical, social, and functional needs that arise from aging or disability. We help individuals, families, caregivers, and professionals.

In Clinton County both the Office for the Aging and JCEO Senior Outreach provide NY Connects services.

Services include:

Information and Assistance, Application and Enrollment Assistance for Public Benefit Programs, including Medicaid where applicable, Person Centered Assistance, Options Counseling, and Public Education.

For assistance contact:

Clinton County Office for the Aging at 518-565-4620
or aging@clintoncountygov.com or
JCEO Senior Outreach at 518-561-6310



CAREGIVER CORNER

Finding Joy in Caregiving

Too often we hear from caregivers that are stressed and on the verge of caregiver burnout. Burnout can happen to anyone providing care to another whether it is hands-on care, occasional, or from a distance. Many people don't recognize it. In fact, 50% of caregivers don't identify as a caregiver. One way to stave off burnout is to find the joy in caregiving. How do you do that? Try one or more of the following:

MUSIC - Play your loved one's favorite genre of music. Music can reduce pain, anxiety, and stress. It can lift your mood and the mood of your loved one.

ACTIVITY - Stay active. Dance around the living room or dance in your chair. Try yoga or go for a short walk. Exercise can be an instant pick-me-up.

NATURE - Nature often has a calming effect. Visit a garden or plant some flowers. Build a snowman. Take a drive. Sit by the lake.

HUMOR - Laugh often. Be silly, tell jokes, watch funny movies, read funny stories. The benefits of laughter are real. Laughter can reduce stress, improve your mood and immune system, and may relieve pain.

INTERGENERATIONAL EXCHANGES - Bring children and older adults together. Teach a grandchild or neighbor a skill or have your grandchild or neighbor teach you a skill - think baking, building, reading, technology and hobbies. Connections matter.



*Contact Clinton County Office for the Aging's
Caregiver Resource Center at 518-565-4620
for more information about caregiver
supports, including counseling, support groups,
trainings, and respite.*



Emergency Preparedness - Make a Plan



Emergency preparedness should start with a plan.

Identify likely disasters. Which disasters are most likely to occur where you reside. Winter storms? Power outages? Floods? Fires? Heat waves?

How will you know if there is an emergency? Does your television or radio station provide alerts? Have you signed up for alerts through another source, such as NY-Alert, to get alerts for your area? Sign up at www.alert.ny.gov.

Assess your needs. Your medical, physical, and cognitive needs may affect your ability to respond to a disaster or emergency. Do you live alone? Do you drive? Has your sense of hearing or vision decreased? Are you reliant on a caregiver? All of these things should be considered as you build your plan.

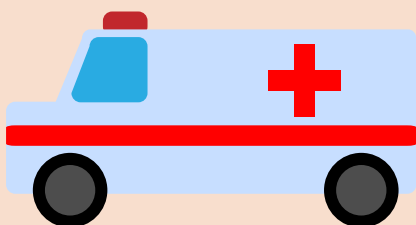
Identify helpers by enlisting your support network in making a plan. This includes family, friends, neighbors and caregivers.

Don't forget to plan how you will communicate with your helpers. Carry emergency contact information in your wallet. Have an out-of-town contact built into your plan because there are times when long-distance calls may be easier to make than local calls in a disaster area.

Include the best routes out of your home and neighborhood, include a meeting place outside your neighborhood in the event you are not able to return home. If you or someone in your household uses a wheelchair, make sure all exits are wheelchair accessible. Be sure to include transportation in your plan if you need a ride to a shelter.

Make sure your plan includes what to do when you need to evacuate and what to do when you need to shelter in place. Planning ahead can reduce anxiety.

Remember to review your plan regularly and make updates as needed. Practice your plan every six months so it becomes more familiar. It will help you react better during an actual emergency situation.



Clinton County Office for the Aging Seeks Nominees

We need your help! We have amazing volunteers throughout our county, so please submit a nomination so we can recognize them appropriately. Clinton County Office for the Aging will be accepting nominations for Recognition Awards including: Older New Yorker of the Year and Outstanding Contribution by an Older New Yorker. If you know an exceptional older adult, 60 years of age or older, who volunteers time within our community, please fill out a nomination form to recognize them!

Please send your nominations to Darleen Collins at Clinton County Office for the Aging, 135 Margaret Street, Suite 105, Plattsburgh, NY or email to aging@clintoncountygov.com. Please include the following information:

- Nominee name, address, telephone number, and email address
- Number of children and grandchildren
- Number of years of volunteer service
- Previous or current profession
- Military Branch
- Names of organizations for which the nominee has/does volunteer for
- Brief biography of the nominee (Approximately 100 words)
 - Are they a native New Yorker? How long have they lived in New York?
 - Past/present career
 - Family details
- Details about how the nominee has made a difference in our community through civic engagement
- What advice does the nominee have about volunteering for other New Yorkers?

We will also need a current picture of the nominee. Award winners will be honored at Older New Yorkers' Day in Albany in May. The deadline for nominations is Wednesday, February 16th.

Previous Honorees

Alan Bechard (2004) * Bill Glidden (2005) * Ed Shiffler (2006) * Jean Shiffler (2006) Tom Nagowski (2007) * Lucille Johnson (2008) * Diane Lagree (2008) Naomi Bradshaw (2009) * Joan Riani (2009) * Kaye Curry (2012) Carolyn Tyndall (2013) * Eileen Barnes (2013) * Barbara Martin (2014) Alice Heckard (2015) * Cynthia Lacki (2016) * Donna Trombley (2016) Martha Bachman (2017) * William Laundry (2018) * Dorothy Latta (2018) Calvin Castine (2019) * Janet McFetridge (2019) * Shirley Coffey (2020) * Mary Racicot (2020)

THE FEELING OF LONELINESS

BY: SOPHIE MESECK

Dedicated to Charlie.

There are many feelings
That people mistake for loneliness.
Fear,
Anger,
Hatred,
And sadness.
It isn't anyone's fault,
It's nearly impossible
To tell the difference
When you're feeling these emotions
Yourself.
However,
True loneliness
Can never be felt
Unless you lose something
First.
What I mean
Is really simple,
If you have a best friend,
Then you won't feel very lonely
Until you lose them.
This can be complicated,
However,
Because you could have
All the friends in the world,
But be as lonely as ever
If you lose your best friend
or a family member.
It works in reverse,
You could have never had a friend
Or even a family,
But never have felt lonely
in your life,

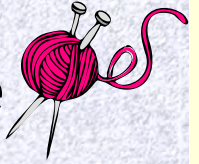
Because you can't crave
what you have never had.
Loneliness isn't feeling alone,
It's feeling the loss
Of something
That takes a part of you.
Something you know
That it's going to be impossible
to get back
And possibly even harder
to replace.

The emotion
I commonly mistake it with
is grief.
Despite what people say,
Grief is mourning
The loss of something,
While feeling lonely
Is the empty void inside
That was left
when the loss
and grief
Came into your life.
While the pain
never
goes
away,
You can ease it.
Getting rid of loneliness
Is going to feel
Similar to
Freezing over
the inevitable volcano
of emotions and grief.
There is one way
that I know
of helping this,
However,
It's not the whole solution.

Build.
 Build friendships,
 Build family,
 Building
 And thriving
 with these
 Friendships
 and family
 Will strengthen something
 Deep down in your heart.
 While it may not cure
 The feeling
 It should help.

Eventually you may
 Be able
 To move on
 from those dreadful feelings,
 But you will never entirely
 forget
 the loss.
 You never should forget
 the loss.
 People will say
 That it's wrong to move
 On by replacing one loss
 with something else,
 But as long as you never forget
 Or speak ill
 Of that loss
 you are doing
 the right thing,
 For hiding yourself in isolation,
 Ignoring the rest of the world
 Or simply forgetting it happened
 Is truly evil to yourself
 And eventually
 The others around you.
 That's why you,
 Build up
 Rise where others fall.

Activities Available



GetSetUp Classes - NYS Office for the Aging's partnership with The Association On Aging in NY and tech platform GetSetUp provides 300+ live, online classes for isolated older New Yorkers! Register for FREE classes today. Learn more: <https://www.getsetup.io/partner/nystate>

Cornell Cooperative Extension Fitness Classes - for information on how to join any of these classes contact Mary P. Breyette at mba32@cornell.edu

Range of Motion: Monday from 9:00am-10am (offered by CCE)

Growing Stronger-Strong Bones: Tuesday from 9:00am-10:00am (offered by Senior Planet)

Chair Chi: Wednesday from 9:00am - 10:00am (offered by CCE)

Growing Stronger/Balance: Thursday from 9:00am - 10:00am (offered by Senior Planet)

Range of Motion: Friday from 9:00am to 10:00am (offered by CCE)

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/?date=1/20/2022> or call 518-563-6180 for more information.



MEALS ON WHEELS
 45 Veterans Lane
 Plattsburgh, NY 12901
 (518) 561-8390



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken Stew Baby Carrots Biscuit Pears</p>	<p>4 Swiss Steak Egg Noodles Corn Tapioca Pudding</p>	<p>5 Breaded Cod Mashed Potatoes Green Beans Wheat Bread Blueberry Crisp</p>	<p>6 BBQ Pork on Bun Oven Browned Potatoes Creamy Coleslaw Fruited Jell-O</p>	<p>7 Marinated Chicken Red Potatoes Mixed Vegetables Wheat Bread Fresh Fruit</p>
<p>10 Shepard's Pie Capri Blend Veg. Whole Wheat Bread Pineapple Tidbits</p>	<p>11 Hawaiian Pork Chop Rice Broccoli Choc Chip Cookie</p>	<p>12 Beef Stew Cauliflower Biscuit Vanilla Mousse</p>	<p>13 Roast Turkey w/Gravy Mashed Potatoes Squash Dinner Roll Birthday Cake</p>	<p>14 Chicken Parmesan Casserole Italian Blend Veg. Sourdough Bread Fresh Fruit</p>
<p>17 I HAVE A DREAM MARTIN LUTHER KING JR. DAY CLOSED</p>	<p>18 Breaded Chicken Mashed Potatoes Peas & Carrots Mandarin Oranges</p>	<p>19 Honey Mustard Pork Chop Rosemary Potatoes Harvest Blend Veg. Chocolate Cake</p>	<p>20 Meatloaf w/Gravy Baked Potatoes Beets Butterscotch Pie</p>	<p>21 Sausage Peppers & Onions Seasoned Whole Potatoes Winter Blend Veg. Fresh Fruit</p>
<p>24 Salsa Chicken Rice Pilaf Sliced Carrots Peaches</p>	<p>25 Swedish Meatballs Egg Noodles California Blend Veg. Chocolate Pudding</p>	<p>26 Roast Pork w/Gravy Mashed Potatoes Peas & Onions Carrot Cake</p>	<p>27 Spaghetti w/Meat Sauce Tossed Salad Italian Bread Lemon Mousse</p>	<p>28 Scalloped Potatoes w/Ham Spinach Whole Wheat Bread Fresh Fruit</p>
<p>31 Beef Tips over Wide Noodles French Green Beans Wheat Roll Fruit Cocktail</p>				

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

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



Preventing Falls in the Bathroom



- Install grab bars
 - near toilets
 - on both the inside and outside of your tub and shower
- Install non-slip surfaces
 - on shower/tub floors and on tile floors that may get slippery when wet
- Remove obstacles and improve accessibility
 - remove items that can easily be tripped on
 - install a walk-in shower or walk-in bathtub
 - keep needed items within easy reach
- Improve visibility
 - remember to turn on night lights

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 _____



Grandparent Scams



Here's how they work: You get a call: "Grandma, I need money for bail." Or money for a medical bill. Or some other kind of trouble. The caller says it's urgent — and tells you to keep it a secret. But is the caller who you think it is? Scammers are good at pretending to be someone they're not. They can be convincing: sometimes using information from social networking sites, or hacking into your loved one's email account, to make it seem more real. And they'll pressure you to send money before you have time to think. **Here's what you can do:**

- 1. Stop.** Check it out. Look up your grandkid's phone number yourself, or call another family member.
- 2. Pass this information on to a friend.** You may not have gotten one of these calls, but chances are you know someone who will get one — if they haven't already.



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135 Margaret St, Suite 105
Plattsburgh, NY 12901