



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## CREATIVE AGING AT IT'S BEST

The Creative Aging Initiative continued this winter with another Chinese Brush Painting course. Participants in this course built upon skills learned in the previous course. This class included landscapes, butterflies, rabbits, and flowers. The artwork created was incredible. You will find photos throughout this edition.

We asked some of the participants what was their favorite painting from this class. Aisha and Connie both said the Lotus. Aisha said it taught her brush control and came out really beautiful. Connie felt that this flower was very forgiving. If there were any errors you could work it right into your painting.

Aisha first participated in the Creative Aging workshops during a difficult time in her life. She was able to participate from home, and found the painting and drawing classes to have a calming effect. Now she is taking the skills she learned and creating personalized cards, like the one shown above, to share with friends.

Both of these women are very appreciative of the opportunity to take classes, and found the instructor, Jade Lam, to be an excellent teacher. This initiative also provided the materials needed, so participants just needed to log in during class time and start learning. Both hope to see more drawing and painting classes offered in the future.



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## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS



It's Spring! We made it through another winter. Just a quick reminder to watch your footing in the rain and mud. It can be as slippery as snow and ice. Be sure to clean the mud off your shoes for the best traction and never walk into flood waters.

Have you made plans to get out to enjoy the weather and the longer daylight hours? Maybe stop by a nutrition site to have a meal? Or go have lunch with some friends you haven't seen in a while? Whatever you decide to do, I hope it brings you joy.

If you know of someone who may need some assistance or information about programs, they can call Office for the Aging at 518-565-4620 or JCEO Senior Outreach at 518-561-6310 for more information.



## ACTIVITIES

### **Cornell Cooperative Extension**

Schedule of classes available at <http://cceclinton.org/fitness> or by calling 518-561-7450

### **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.

### **GetSetUp Classes**

Older adults in New York State still have access to GetSetUp classes. These classes are available for FREE! Check out the website at [www.getsetup.io/partner/NYSTATE](http://www.getsetup.io/partner/NYSTATE) to see what classes are being offered.

**AmeriCorps Seniors** - A variety of opportunities are available. Contact Kate Gardner by telephone at 518-566-0944 or by email at [kgardner@cathcharities.org](mailto:kgardner@cathcharities.org).



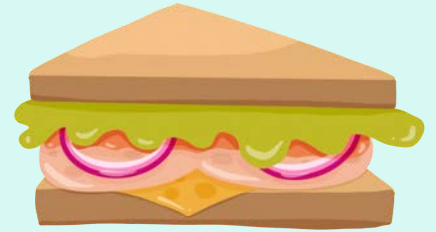


# CAREGIVER CORNER

## The "Sandwich Generation"

What is the "Sandwich Generation"?

This caregiver generation was first identified in the early 1980s as an underserved population facing unique challenges and considerable stress. This was identified even before life expectancy increased to today levels and before adults began to wait longer to settle down and start families. These caregivers are caring for both their parents and their children at the same time. All of these factors have added complexity to the sandwich generations circumstances.



### 7 Tips for Navigating Life in the "Sandwich Generation"

- Have open and honest discussions about finances with your parents, siblings and other family members that are involved.
- Be productive in creating a savings "emergency fund."
- Set boundaries for mental and physical space.
- Recognize stressors and take steps to alleviate them.
- Learn about professionals and organizations that can provide assistance.
- Share care obligations for your parents with siblings, professionals, friends, family members so you can take time for yourself.
- Be kind and patient with yourself just as you are as a caregiver to your parents.

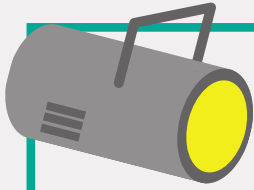
Nearly half (47%) of adults in their 40s and 50s have a parent age 65 or older and are either raising a young child or financially supporting a grown child (age 18 or older).

### What are some benefits to being a Caregiver in the "Sandwich Generation"?

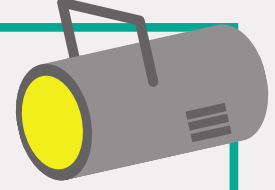
- More time with family members.
- Stronger intergenerational bonds.
- Children can model their future caretaking after what their parents have demonstrated.

(Continued on Page 9)

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



## Program Spotlight



# Third Age Adult Day Center

### What is Third Age Adult Day Center?

A specialized program for seniors over the age of 55 who need supervision and/or assistance in order to perform activities of daily living due to dementia and/or memory loss or physically frail. Third Age Adult Day Center has been serving Plattsburgh seniors and families since 1990. This program is also appropriate for families who want their loved one to remain at home but need assistance in providing their care.

The center is located at Sibley Hall Room 320G at the Plattsburgh State University campus. This program is a member of New York State Social Adult Day Services Association so their services are based on the philosophy that each individual has a need and capacity for socialization which does not go away while you age. Socialization can help prevent:

- Depression
- Loneliness
- Premature institutionalization

Third Age Adult Day Center is a provider of Structured Day Program Services through the Nursing Home Transition, Diversion Medicaid Waiver Program and the Group Day Habilitation Services through their affiliation with the Office for People with Developmental Disabilities.

What factors to look for if you are deciding whether yourself or a loved one should join Third Age Adult Day Center:

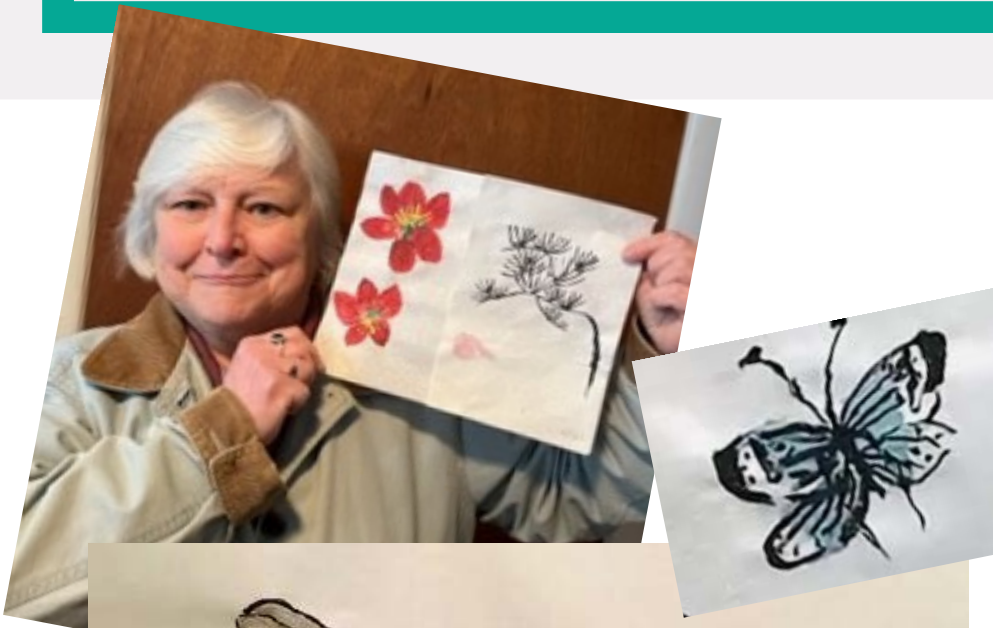
- Experiencing a decrease in physical, mental and social functioning.
- Have Alzheimer disease or related dementia difficulties.
- Frail.
- Difficulty communicating.
- Developmental disabilities.
- Emotional problems.



Why would you consider Third Age Adult Day Center for your family member?

- An alternative way to placing your loved one in a nursing home.
- Worried about leaving your loved one at home alone.
- You are starting to feel burnt out as a caregiver and need some help.
- Looking for qualified and experienced staff.
- Help to manage the care of your parent, spouse, or family member without having to do it by yourself.
- Going out of town and want to be sure your loved one is cared for during the day while you're gone.
- Your loved one is getting lonely or depressed.

Third Age Adult Day Center may be appropriate for families who want their loved one to remain at home as long as possible but are in need of assistance for their care.





## Food Safety with Dan



Adults aged 65 and older are more likely to be hospitalized or die from foodborne illness. This increased risk of foodborne illness is because organs and body systems go through changes as people age:

- The body's immune response to disease grows weaker.
- The gastrointestinal tract holds onto food for a longer period of time, allowing bacteria to grow.
- The liver and kidneys may not properly rid the body of foreign bacteria and toxins.
- The stomach may not produce enough acid. The acidity helps to reduce the number of bacteria in our intestinal tract.
- Underlying chronic conditions, such as diabetes and cancer, may also increase a person's risk of foodborne illness.

**If you are 65 or older, or prepare food for someone who is,  
always follow the four steps:**

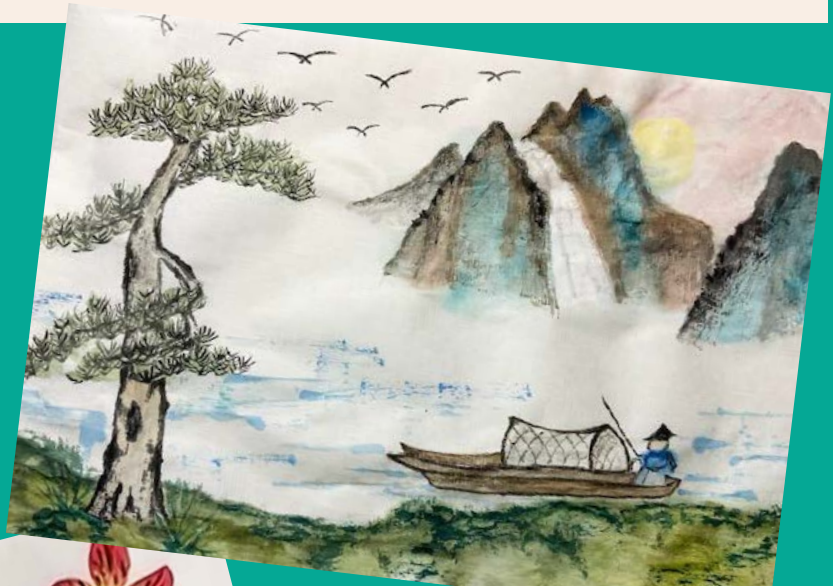
1. **Clean:** Wash hands, utensils and surfaces often. Germs can spread and survive in many places.
2. **Separate:** Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, so keep them separate.
3. **Cook:** Food is safely cooked only when the internal temperature is high enough to kill germs that can make you sick.
4. **Chill:** Refrigerate perishable food within 2 hours. If the food is exposed to temperatures above 90°F (like a hot car or picnic), refrigerate it within 1 hour.

**For more information or any questions on food safety, please call:  
Dan Sweet SHINE Educator at (518) 483-7403**



### U.S. Department of Agriculture/U.S. Food and Drug Administration Recommended Safe Minimum Internal Temperatures

Category	Food	Temperature (°F)	Rest Time
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160°F	None
	Turkey, Chicken	165°F	None
Fresh Beef, Veal, Lamb	Steaks, Roasts, Chops	145°F	3 minutes
Poultry	Chicken & Turkey, Whole	165°F	None
	Poultry Breasts, Roasts	165°F	None
	Poultry Thighs, Legs, Wings	165°F	None
	Duck & Goose	165°F	None
	Stuffing (Cooked Alone or in Bird)	165°F	None
Pork & Ham	Fresh Pork	145°F	3 minutes
	Fresh Ham (Raw)	145°F	3 minutes
	Precooked Ham (To reheat)	140°F	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm.	None
	Egg Dishes	160°F	None
Leftovers (of any kind) & Casseroles	Leftovers (of any kind)	165°F	None
	Casseroles	165°F	None
Seafood	Fin Fish (Cod, Snapper, Tilapia)	145°F or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, Lobster, & Crabs	Cook until flesh is pearly and opaque.	None
	Clams, Oysters, & Mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None



# How to Prevent Suicide in an Aging World

Suicide is an important problem among older adults often associated with the development of depression. Some risk factors for suicide in older adults may include:

- Loss of a loved one
- Loneliness
- Physical illness
- Development of depression
- Grief or mourning
- Loss of physical health and independence
- Feelings of abandonment

This sad phenomenon is occurring at a disturbing rate in older adults. More often in older men particularly those over 80 years of age. Entering the older adult status of our life can be paired with unique challenges we must face. Such as loss of personal reputation and dignity or if there is a dramatic change in status and social role. In order to interfere caregivers or care providers must be able to recognize the warning signs of suicide in older adults. Being aware of certain behaviors that can indicate thoughts of self-harm may help save a life. Examples of these behaviors may be:

- Talking about wanting to die or kill themselves
- Increasing the use of alcohol or drugs
- Withdrawing or feeling isolated
- Displaying extreme mood swings.

Although observing a single warning sign may not indicate thoughts of suicide, noting multiple signs and other risk behaviors may help identify a larger problem going on.

Some simple steps to take if you believe someone you care about is experiencing suicidal thoughts:

- Help the older adult get connected with others in their community.

Some local examples of this is joining in on congregate meals in our area or going to the Senior Center for activities or classes they may currently be having there.

- Join in on an exercise program, if the older adult has access to internet they could utilize the GetSetUp program that offer a variety of exercise classes.
- Call, visit or send postcards to the person often, this is a small gesture that goes a long way with someone's mental health.

JCEO has two services that are provided by volunteers to help provide comfort to lonely seniors. The Telephone Reassurance Program where volunteers call seniors on a regular basis, specifically seniors that are home bound and those who live alone and Friendly Visitors are volunteers that visit seniors in their home, they offer companionship and security to seniors unable to leave their homes.



- Help the person get equipment that will increase their comfort and mobility. Locally we have the TRAIID Program offered by SUNY Plattsburgh where they give you the option to borrow assistive devices, the Senior Citizen Center may also have devices for loan.

Worried about health insurance costs stopping you from getting the help you need when it comes to mental health? Medicare Part A (hospital insurance) helps cover mental health care if you're a hospital inpatient. Covers your room, meals, nursing care and other related services and supplies. Medicare Part B (Medical Insurance) helps cover mental health services that you would get from a doctor as well as services that you generally would get outside of a hospital such as visits with a psychiatrist, clinical psychologist or clinical social worker. Medicare Part D (prescription drug coverage) will help cover drugs you may need to treat a medical condition.

**Suicide and Crisis Lifeline:  
Call or Text 988  
Call 1-800-273-8255  
Suicide Hotline 1-800-784-2433**

(Caregiver Corner Continued from Page 3)

"Caregivers kind of become what's referred to as "the hidden patient" says Debbie Oberlander, LCSW a psychotherapist in the New Jersey area. It is very important for caregivers to find time to take care of themselves, failing to take care of yourself will eventually lead to burnout resulting in not being able to care for yourself or the family member in need."

### **How can "Sandwich Generation" caregivers get the help they need?**

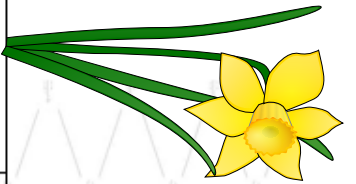
- Prioritize self-care.
- Don't underestimate the benefits of therapy and support groups.
- Build a support network with neighbors, family, friends etc.
- Take breaks, physically and mentally.
- Take advantage of the resources that are available for caregivers.
- Most importantly ASK FOR HELP!

Allen, L. (2022) *What is The sandwich generation? stress, burdens, and more*, Healthline. Healthline Media. Available at: <https://www.healthline.com/health/parenting/the-sandwich-generation-needs-help#What-sandwich-generation-caregivers-can-do> (Accessed: February 13, 2023).

*The sandwich generation (2022) Seniors Helping Seniors® Northern NY In-Home Care Services.* Available at: <https://seniorcarenorthernny.com/need-help/the-sandwich-generation/> (Accessed: February 13, 2023).

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

DINE-IN SITES



*This menu is approved  
 by a Registered  
 Dietitian.  
 Menu Subject to Change.*

- 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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Shepherd's Pie Green Beans Whole Wheat Bread Pears	4 Italian Sausage w/ Peppers & Onions on a Bun Oven Roasted Potatoes Cauliflower Sugar Cookie	5 Marinated Chicken Sweet Potatoes Garden Blend Veg Chocolate Cake w/ Peanut butter Frosting	6 Roast Beef w/Gravy Mashed Potatoes Coleslaw Tapioca Pudding	7 Fettuccine Alfredo w/Roasted Red Peppers Broccoli Italian Bread Fresh Fruit
10 Teriyaki Chicken Rice Pilaf Oriental Vegetables Dinner Roll Mandarin Oranges	11 Hamburger on a Bun Macaroni Salad California Blend Veg. Yogurt Parfait	12 Honey Mustard Pork Chop Red Potatoes Peas & Carrots Almond Cookie	13 Turkey w/ Gravy Mashed Potatoes Harvest Blend Veg. Birthday Cake	14 Scalloped Potatoes w/ Ham Spinach Rye Bread Fresh Fruit
17 Battered Cod Rosemary Potatoes Mixed Vegetables Dinner Roll Peaches	18 Michigan on a Bun Oven Roasted Potatoes Broccoli/Corn Salad Chocolate Chip Cookie	19 Spaghetti w/ Meat Sauce Tossed Salad Sour Dough Bread Lemon Mousse	20 Roast Pork w/Gravy Mashed Potatoes Capri Blend Veg. Apple Crisp	21 Breaded Chicken Red Potatoes Garden Blend Veg. Rye Bread Fresh Fruit
24 Turkey Burger on a Bun Baked Beans Sliced Carrots Applesauce	25 Baked Ham w/ Raisin Sauce Sweet Potatoes French Green Beans Jell-O Cake	26 Beef Trip w/ Gravy over Wide Noodles Diced Carrots Chocolate Cream Pie	27 Meatloaf w/ Gravy Mashed Potatoes Beets Molasses Cookie	28 Chicken Breast w/ Gravy Baked Potatoes Peas Whole Wheat Bread Fresh Fruit

## Living Healthy With Chronic Conditions

Do you have one or more chronic conditions? Are you age 18 or over? Would you like to learn how to better manage your condition? You can join a FREE 6-week workshop beginning in late April.

Topics covered include:

Healthy Eating; Working more effectively with healthcare providers; Communicating with family, friends, and oneself; Appropriate use of medications; Better breathing techniques

For more information or to register call Tammy at 518-565-4620

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 (\$2,248 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 Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



**Reduce feelings of depression and stress**

**Enhance your mood and overall emotional well-being**

**Increase your energy level**

**Improve sleep**

To learn more about the benefits of exercise visit [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise).



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.*