



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

AGING IN PLACE - SENIOR NUTRITION PROGRAM

Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent. March is the anniversary of the National Senior Nutrition Program and the theme for 2024 is *Connection in Every Bite*.

In Clinton County, the Senior Nutrition Program is a vital resource for older adults. Clinton County Office for the Aging contracts with the Senior Citizens Council of Clinton County, Inc. to deliver meals to older adults through the Home Delivered Meals Program and to provide community-based meals through the Congregate Meals Program. These programs aim to reduce hunger, food insecurity, and malnutrition AND increase socialization.

In Clinton County, these programs are funded through the federal, state, and local government, as well as through participant contributions. Several hundred older adults throughout the county are provided home delivered meals five days per week. Participants at community dining sites are served healthy meals in group settings and are offered important opportunities for recreation, education, and social engagement. Four out of five meal program participants say a congregate meal program has helped improve their health. See the Program Spotlight on page 5 for additional program details.



**Celebrate the
Senior Nutrition Program**
2024 · CONNECTION IN EVERY BITE

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MESSAGE FROM THE DIRECTOR



BY: DARLEEN COLLINS

A huge thank you for all who attended our 2024 Public Hearing held on February 21st. We appreciate your feedback, questions, and concerns as we continue to improve services and advocate for residents in Clinton County.

This month we celebrate the Nutrition Program. If you haven't been to a community dining site, give it a try. It's a great way to meet new people. You may prefer to visit a site on a day when there is a party or an educational presentation. Debbie Alexander, the Director of the Congregate Meal Program can tell you all about it. She can be reached at 518-561-8320.

Are you looking forward to the total solar eclipse? Be sure to check out page 6 for details and safety tips.

Happy Spring!



ACTIVITIES

Senior Center

5319 N. Catherine St., Plattsburgh
518-563-6180

Variety of Activities Mon-Fri

March 20th

12:30 pm

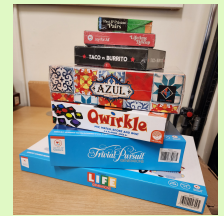
Reach Out and Play Board Game

Event with Shannon from

Office for the Aging

Play a favorite game or

learn a new one!



Cornell Cooperative Extension

Schedule of free classes available at

<http://cceclinton.org/fitness>

or by calling 518-561-7450

Plattsburgh YMCA

Aquatic Exercise Class

Mondays & Wednesdays 11-12

Free for ages 60+

No membership required

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

When You Suddenly Become a Caregiver

What happens when you suddenly become a caregiver? Sometimes caregiving responsibilities happen slowly over time, but it can also happen abruptly due to a sudden change of circumstances. How can you adjust to your new role and responsibilities?

The first step is acknowledging and accepting that there has been a significant life change. You may have to rearrange your own priorities and obligations to assist your loved one. This can be very overwhelming. Talk to a professional. There are caregiver supports available.

Educate yourself about your loved one's medical condition. Understanding their needs, limitations, and medical requirements will help you make informed decisions.

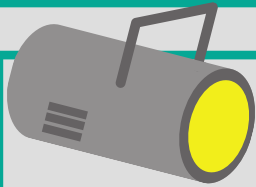
Build a team. Start with who, what, where, when, and why. Who can help? What can they contribute? Where can their time, talent, or expertise be used most effectively, where is it needed most? When do you need the assistance? Why are you seeking assistance for particular tasks? This process does not happen overnight. This requires thoughtful steps and coordination.

Establish a routine, with emphasis on safety. This structure benefits both the caregiver and the care receiver. Get input from your team members on what they are willing and able to do, then look for additional supports to fill the gaps. Are there family, friends, neighbors, volunteers, or professionals that can assist?

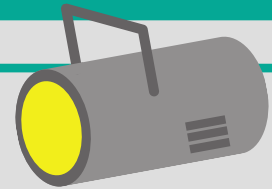
Take care of yourself. Eat nutritious meals, exercise regularly, and get enough sleep. Be patient and compassionate. Both with yourself and your loved one.

Know that you are not alone. New York State has additional resources in the New York Caregiver Portal which can be found at <https://newyork-caregivers.com>.

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



Senior Nutrition Program

The Senior Citizens Council of Clinton County is the provider of congregate and home delivered meals program through a contract with Clinton County Office for the Aging. The two agencies have a long standing partnership to provide nutritional services to older adults in Clinton County.

What are Congregate Meals?

Congregate meals are healthy, nutritious, balanced meals served at community dining sites. Anyone 60 years old or older may dine at a congregate site. (A complete list of locations may be found on page 5.) If you are married, your spouse may dine as well, even if they are younger than 60. This is not an income-based program. There is no charge for meals, nutrition information or counseling, but each person is given the opportunity to make a suggested voluntary contribution for meals. All contributions are used locally to help serve more people. Visitors under age 60 are charged a guest fee.

Sites not only provide a nutritious meal, but also provide a place to socialize, activities, recreational and educational opportunities, and the opportunity to meet with a registered dietician.

What are Home Delivered Meals?

Home Delivered Meals are healthy, nutritious, balanced meals delivered to participants homes up to 5 days per week. You are eligible if you are 60 years old or older and have completed an assessment that shows you are not able to prepare meals for yourself and don't have help from friends or family. This is not an income-based program. If you are married, your spouse may get meals even if they are not 60 years old. If a person with a

disability younger than 60 is living with you, they may get meals, too. Providing meals to a spouse or person with a disability living with you is done on a case-by-case basis. There is no charge for meals, nutrition information or counseling, but each person is given the opportunity to make a suggested voluntary contribution for meals. All contributions are used locally to help serve more people.

Information is provided about wellness and healthy eating habits. A registered dietician is available to provide nutrition counseling.

For more information about congregate dining or home delivered meals, please contact the Nutrition Program at 518-561-8320.

Congregate Dining Locations

Please notify the site 24 hours in advance if you will be attending.

Thank you.

Dannemora Community Center - 40 Emmons St

Open Tuesdays & Thursdays, Lunch served at 11:30 am
518-310-9089

St. Edmunds Church Hall, Ellenburg - 5538 Route 11

Open Monday - Friday, Lunch served at 11:00 am
518-594-7311

Senior Center, Plattsburgh - 5139 N. Catherine Street

Open Monday - Friday, Lunch served at Noon
518-561-7393

Beekman Towers, Plattsburgh - 50 Truman Avenue

Open Monday - Friday, Lunch served at 11:45 am
518-561-5360

Lakeview Towers, Plattsburgh - 34 Flynn Avenue

Open Monday - Friday, Lunch served at Noon
518-561-8696

St. Patrick's Parish Center, Rouses Point - 9 Liberty Street

Open Monday - Friday, Lunch served at 11:30 am
518-534-1852

Total Solar Eclipse on April 8th



APRIL 8, 2024

LOCATION	DURATION OF TOTALITY	PARTIAL ECLIPSE BEGINS	FULL ECLIPSE BEGINS	FULL ECLIPSE ENDS	PARTIAL ECLIPSE ENDS
Plattsburgh	3m 34s	2:14:03 pm	3:25:44 pm	3:29:18 pm	4:37:07 pm

There will be a total solar eclipse on April 8th and we are fortunate enough to be in the path of totality. Totality is the stage of a solar eclipse in which the moon completely blocks the sun.

Be aware that there will likely be additional traffic in the region as there is an expected influx of visitors. We have also been cautioned that it is possible that cell service may be impacted due to the increased demand on the system.

Eclipse Viewing Safety Tips

- Do not look directly at the sun during the eclipse. Except during the brief phase of totality, specialized eye protection is necessary.
- Regular sunglasses will NOT protect your eyes during an eclipse. Use safe certified solar eclipse glasses or a safe handheld solar viewer.
- Viewing any part of the bright Sun through a camera lens, binoculars, or a telescope without a special-purpose solar filter secured over the front of the optics will instantly cause severe eye injury.



Home Improvement Scams



Looking to have some home improvements completed? Finding a trustworthy contractor is an important, and difficult, first step. Scammers will promise to do the work, but leave you and your home worse off than when you started. They may do shoddy work, damage your home, overcharge you, or just take your money without performing any services. So how do you tell the difference between a trustworthy contractor and a scammer? Before you hire a contractor, learn how to recognize the signs of a home improvement scam.

How can you tell if a contractor might not be reputable?

Here are some tactics scammers use:

- Scammers knock on your door looking for business because they are “in the area.”
- Scammers say they have materials left over from a previous job.
- Scammers pressure you for an immediate decision.
- Scammers ask you to pay for everything up front or only accept cash.
- Scammers ask you to get any required building permits.
- Scammers suggest you borrow money from a lender they know.

How to Avoid a Home Improvement Scam

- Consider only contractors who are licensed and insured.
- Get contractor recommendations from people you know and trust.
- Check with the local Home Builders Association and consumer protection officials to see if they have complaints against the contractor.
- Read reviews with a critical eye.
- Get multiple estimates.
- Read the contract carefully.
 - Before you sign a contract, make sure it includes the contractor’s name, address, phone number, and license number
 - an estimated start and completion date
 - any promises made during conversations or calls related to issues such as the scope of work and the cost of labor and materials
 - a written statement of your right to cancel the contract within three business days, if you signed it in your home or at a location other than the seller’s permanent place of business
 - And, make sure all blank spaces are filled in.
- Don’t pay the full amount for the project up front.

Source: <https://consumer.ftc.gov/articles/how-avoid-home-improvement-scam>

MANAGE BLOOD SUGAR

It is important to keep your blood sugar levels in your target range as much as possible to help or prevent or delay long-term, serious health problems, such as heart disease, vision loss, and kidney disease. Staying in your target range can also help improve your energy and mood.

What are blood sugar targets?

A blood sugar target is the range you try to reach as much as possible. These are typical targets:

- Before a meal: 80 to 130 mg/dL.
- Two hours after the start of a meal: Less than 180 mg/dL.

Your blood sugar targets may be different depending on your age, any additional health problems you have, and other factors. Be sure to talk to your health care team about which targets are best for you.

What causes low blood sugar?

Low blood sugar (also called hypoglycemia) has many causes, including missing a meal, taking too much insulin, exercising more than normal, and drinking alcohol. Blood sugar below 70 mg/dL is considered low.

Signs of low blood sugar are different for everyone. Common symptoms include:

Shaking, sweating, nervousness or anxiety, irritability or confusion, dizziness and hunger.

Know what your individual symptoms are so you can catch low blood sugar early and treat it. Low blood sugar **can be dangerous** and should be treated as soon as possible

What causes blood sugar to be high?

Many things can cause high blood sugar (hyperglycemia), including being sick, being stressed, eating more than planned, and not giving yourself enough insulin. Over time, high blood sugar can lead to long-term, serious health problems.

Symptoms of high blood sugar include:

- feeling very tired
- feeling thirsty
- having blurry vision
- needing to urinate more often

Talk to your doctor.

Talk to your doctor about how best to manage your blood sugar.

Consider participating in a Chronic Disease Self-Management Workshop to learn how to improve your health and wellbeing.

Submitted by: Jo Morse, Registered Dietician

National Nutrition Month

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people.

Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keeping the following on hand for quick, easy-to-fix dishes.

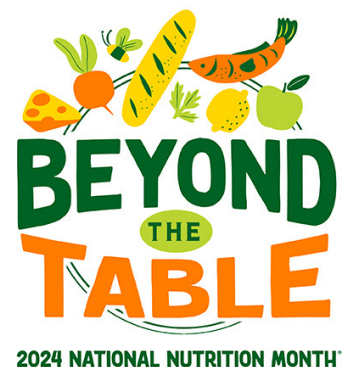
Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola or other vegetable oils
- Dried herbs and spices

Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood

Find more healthy eating tips at:
eatright.org
MyPlate.gov



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. If you have any questions or concerns please contact Alexandra Hooker MS RD at (518) 481-1532 or by email at alexandra.hooker@franklincountyny.gov

MEALS ON WHEELS

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

MAARCHIE

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

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

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
				
<p><u>4</u> Hamburger on a Bun Baked Beans Broccoli Mandarin Oranges</p>	<p><u>5</u> Chicken & Biscuits Mashed Potatoes Peas & Carrots Lemon Supreme Cake</p>	<p><u>6</u> Swedish Meatballs Wide Noodles Winter Blend Veg. Fruited Jell-O</p>	<p><u>7</u> Roast Beef & Provolone Sandwich Tri Colored Slaw Lettuce & Tomato Molasses Cookie</p>	<p><u>8</u> Stuffed Shells Italian Blend Veg. Sourdough Bread Fresh Fruit</p>
<p><u>11</u> Scalloped Potatoes w/Ham Spinach Rye Bread Applesauce</p>	<p><u>12</u> Roast Turkey w/Gravy Mashed Potatoes Harvest Blend Veg. Chocolate Pie</p>	<p><u>13</u> Irish Stew w/ Biscuit Wax Beans Sugar Cookie</p>	<p><u>14</u> Spaghetti w/Meat Sauce Tossed Salad Italian Bread Birthday Cake</p>	<p><u>15</u> Broccoli Cheese Quiche Sliced Carrots Blueberry Muffin Fresh Fruit</p>
<p><u>18</u> Chicken Stew California Blend Veg. Wheat Bread Peaches</p>	<p><u>19</u> Cabbage & Beef Casserole Mixed Vegetables Dinner Roll Jell-O Cake</p>	<p><u>20</u> Roast Pork w/Gravy Mashed Potatoes Green Beans Fruit Parfait</p>	<p><u>21</u> Chicken Salad Sandwich Macaroni Salad Lettuce & Tomato Peanut Butter Cookie</p>	<p><u>22</u> Vegetable Lasagna Italian Blend Veg Sourdough Bread Fresh Fruit</p>
<p><u>25</u> Breaded Chicken Rosemary Potatoes Diced Carrots Pineapple</p>	<p><u>26</u> Meatloaf w/Gravy Mashed Potatoes Corn Tapioca Pudding</p>	<p><u>27</u> Chicken Alfredo Tossed Salad Italian Bread Maple Walnut Cookie</p>	<p><u>28</u> Baked Ham w/Raisin Sauce Sweet Potatoes French Green Beans Spice Cake</p>	<p><u>29</u> Baked Fish Red Smashed Potatoes Beets Wheat Bread Fresh Fruit</p>



Spring Safety Tips

As the weather gets nicer, it's fun to get outside more.

- Use caution when walking on uneven or slippery surfaces. Wear shoes with good traction to reduce the risk of slips and falls.
- Remove tripping hazards from walkways and have supportive handrails.
- Watch out for storms. Severe weather can cause slippery conditions, power outages, and hazardous driving conditions.
- Ask your doctor or physical therapist about strategies to safely increase your activity level. There are several fitness programs available free of charge.
- Beware of flood risks. Don't walk or drive into floodwaters. Standing water can make you slip and moving water can knock you off your feet.



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 _____



SCREENING

SAVES

LIVES



March is National Colorectal Cancer Awareness Month

You have enough to worry about these days. You don't need to add colorectal cancer to the list. On-time screening tests can find polyps before they turn into cancer. Talk to your doctor and schedule a colorectal cancer screening test.

https://www.cdc.gov/cancer/colorectal/basic_info/screening/



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.