



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

MEDICARE PREVENTIVE SERVICES

Do you have Medicare? Then it may be time for your Medicare "Annual Wellness Visit." If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors. This includes:

- **Health risk assessment** - Your doctor or health professional will ask you to answer some questions before or during your visit, which is called a health risk assessment. Your responses to the questions will help you and your health professional get the most from your yearly "Wellness" visit.
- **Review of medical and family history**
- **Develop or update a list of current providers and prescriptions**
- **Height, weight, blood pressure, and other routine measurements**
- **Detection of any cognitive impairment**
- **Personalized health advice**
- **A list of risk factors and treatment options for you**
- **A screening schedule (like a checklist) for appropriate preventive services**

If you are new to Medicare, you are eligible for a one-time preventive visit within the first 12 months, called the "Welcome to Medicare" preventive visit. This visit is a great way to get up-to-date on important screenings and shots and to talk to your doctor about your family history and how to stay healthy.



This information is funded in part by
The Administration for Community Living.

For a full list and more information about Medicare Preventive Services visit CMS publication "Your Guide to Medicare Preventive Services"
www.medicare.gov/sites/default/files/2021-08/10110-Your-Guide-to-Medicare-Preventive-Services.pdf



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

There are many organizations that provide a wide variety of services in our county. Did you know that several of them rely on the assistance of volunteers? Older volunteers, ages 55+, provide more than \$75 million in services each year, in Clinton County!

In addition to helping our community thrive, volunteers also get the added benefits of:

Better physical and mental health - Volunteering can reduce stress and lead to a reduced risk of heart disease, stroke, depression, and anxiety.

Increase feeling of purpose - Older volunteers experience an increase in life satisfaction that may even translate into motivation to set and achieve other goals.

Opportunities to meet new friends - Volunteering is a great way to meet new people with like interests. It also can reduce isolation and loneliness.

If you would like to try volunteering, there are a few options listed at the right, or call your favorite organization to ask if they could use some help. There are even some opportunities to volunteer from the comfort of your own home! Try something new!

VOLUNTEERS NEEDED

Rural Transportation Program (RTP) Driver - Transport older adults to medical appointments



Telephone Reassurance Program Volunteer - Call older adults on a regular basis, specifically those who are home-bound or who live alone



For more information call JCEO Senior Outreach at 518-561-6310.



2nd Emergency HEAP Benefit

A 2nd Emergency HEAP benefit has been made available for households that have exhausted the regular and 1st Emergency HEAP benefits, and who are in a heat or heat-related emergency. Please check with your vendor to see if you have a credit on your account. The same guidelines remain in place for the 2nd emergency benefit. If you are a Clinton County resident, age 60+, you may contact the Clinton County Office for the Aging at 518-565-4620 for assistance.



CAREGIVER CORNER

Home Modifications

Keeping your loved one safe at home is an important goal. There may be times when a home modification is appropriate. There are many different types of home modifications. Some that are relatively easy and inexpensive, and others that may be more complex or costly.

Some things to consider:

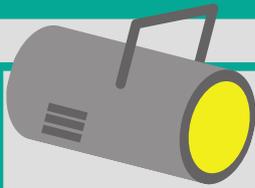
- Grab bars - near the toilet, in the tub or shower, and near the bed
- Change door knobs from round to lever style
- Remove throw rugs
- Replace faucets with lever or touchless style faucets
- Install anti-scald faucets or lower the maximum temperature of the hot water tank
- Improve lighting by adding fixtures and increasing the bulb wattage
- Install outdoor ramps and threshold ramps
- Replace the bathtub with a walk-in shower
- Stairs, both indoors and outdoors, should have firmly attached handrails that run the entire length of the staircase
- Install slip-resistant flooring
- Widen doorways and hallways for wheelchair accessibility
- Lower sink and cabinet heights if needed for wheelchair accessibility
- Install a stair lift

These are just some examples of modifications that can be made to a home to make the environment safer. While some of these modifications are not costly, others are. There are some programs that **may** be able to help. For more information and assistance applying to eligible programs, contact JCEO Senior Outreach at 518-561-6310. Removing obstacles and hazards at home, can improve safety and reduce stress for everyone.

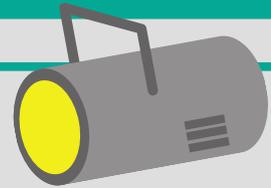


Contact Clinton County Office for the Aging's
Caregiver Resource Center at 518-565-4620





Program Spotlight



Nutrition Program

This March marks the 50th anniversary of the Senior Nutrition Program. Since 1972, the Senior Nutrition Program has supported nutrition services for older adults. Funded by the Older Americans Act, New York State, Clinton County, and participant contributions, the nutrition program serves as a hub for older adults (60 and older) to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

Congregate Nutrition Services Eligibility

- Any person age 60 or older and the spouse of such a person
- Individuals with disabilities under the age of 60 who reside in housing facilities occupied primarily by older individuals at which congregate nutrition services are provided

Home Delivered Nutrition Services Eligibility

- Any person age 60 or older is eligible to receive home delivered meals, provided that such person:
 - is incapacitated due to accident, illness, or frailty;
 - lacks support of family, friends, or neighbors; and
 - is unable to prepare meals due to lack of or inadequacy of facilities, and inability to shop, cook, or prepare meals safely, or a lack of appropriate knowledge or skill.
- The spouse of an eligible an eligible recipient, regardless of age or condition, may receive home delivered meals if, according to criteria established, receipt of such meals is in the best interest of the eligible participant.

SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE





One recent menu item was baked ham with raisin sauce, sweet potato, tri-slaw, fruited jello, and milk.



Participants at congregate meals sites.

Menus are certified by a registered dietician and provide a minimum of one-third of the dietary reference intakes. Comprehensive in-home assessments are conducted to determine eligibility for home delivered meals. For more information contact the Nutrition Program at 518-561-8320.

Nutrition Tips to Support Weight Loss

You will have a better chance of succeeding at weight loss by changing some of your eating habits. Changing habits is not always easy, so here are some tips to help you achieve your goal.

Set yourself up for Success

Keeping a food diary to record everything you eat, and drink can make you be mindful of your food choices. Your diary is your tool, so use whatever approach that works best for you: smartphone app, website, or paper/pencil. Record what you eat or drink immediately after you finish eating. It might seem overwhelming to write down everything but very important to do.

Additional strategies that can set you up for success:

- Measure your foods to be sure they match the portions on your daily plan. Keep your measuring cups and the food scale on the kitchen counter to help you remember to measure.
- Find a friend to help support your change in habits. Be sure to tell your friend what kind of help will meet your needs. For example, do you need a walking partner, or do you want a sounding board when the eating plan is challenging?
- Believe in yourself. Changing behavior is not just about willpower. It is also believing you can do it!!

Consider adopting the following strategies to help with weight loss:

- Keep fresh fruit on your counter or at eye-level in the refrigerator so you are reminded it's available for a snack.
- Add your own vegetables to frozen meals designed for weight-loss to get extra nutrients.
- Exercise daily (and/or as approved by your medical provider).

Cooking to Lose Weight

If you never cook for yourself, now is a great time to start! Cooking for yourself is one of the best ways to control your diet and know exactly what ingredients are in the food. Think about how you prepare foods to figure out where you can cut some calories and fat without losing flavor. Here are some ideas:

- Oil: use a nonstick skillet and use a splash of oil instead of deep frying.
- Dairy: Use lower-fat dairy products in place of full-fat versions. For example, use low-fat yogurt instead of sour cream, or skim or 1% milk instead of 2% or whole milk.

- **Vegetables:** Vegetables taste better when roasted or browned. Find ways to add vegetables to your meals, like scrambled eggs with green peppers, mushrooms and zucchini in pasta sauce, or vegetables instead of meat on pizza.
- **Fruit:** Find interesting ways to prepare fruits. For example, eat apple wedges with a little peanut butter, sprinkle cinnamon or a dollop of light whipped cream to peaches.

Grocery Shopping Strategies

- Buy fresh or frozen fruits and vegetables that you enjoy so that they are ready to snack on or add to meals.
- Wash and cut up vegetables as soon as you get home from the store, so they are ready to eat.
- Consider leaving snack chips, cookies, sweets, and other similar foods off your shopping list. You may choose to add them at a later time when you can figure out how they fit into your food plan.

It is never easy but remember: "Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." -Lou Holtz

Submitted by: Jo Dragoon-Morse, Registered Dietician

Living Healthy With Chronic Conditions

Chronic disease support programs are evidence-based programs, meaning specific programmatic activities and processes have been researched and appear to be related to positive outcomes for program participants.

People with chronic conditions need to live a healthy life while living with their disease(s). There are several programs offered in the North Country to help people learn to manage their conditions and improve their quality of life. To find a program that matches your need, call Sean at 518-565-4620.

Classes are facilitated by trained leaders. Learning how to manage your physical and emotional problems can be challenging, but you can do it!



Four Signs That It's a Scam

Top Tips from the Federal Trade Commission



1. Scammers **PRETEND** to be from an organization you know.
 - Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the Social Security Administration, the IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.
 - They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.
2. Scammers say there's a **PROBLEM** or a **PRIZE**.
 - They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer.
 - Some scammers say there's a problem with one of your accounts and that you need to verify some information.
 - Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.
3. Scammers **PRESSURE** you to act immediately.
 - Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.
 - They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.
4. Scammers tell you to **PAY** in a specific way.
 - They often insist that you pay by sending money through a money transfer company or by putting money on a gift card and then giving them the number on the back.
 - Some will send you a check (that will later turn out to be fake), tell you to deposit it, and then send them money.



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 or 518-561-7450.

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)

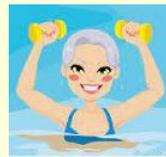
Range of Motion: Friday from 9:00am to 10:00am (offered by CCE)

Plattsburgh YMCA Arthritis Water Exercise Class -for information on how to join call 518-531-4290 This Class is designed to meet the needs of active older adults over 60. Choose either shallow or deep water for exercises that follow the Arthritis Foundation Aquatics Exercise program guidelines to help make your daily living easier and pain free. 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. Classes are free a donation is suggested

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



NY Connects Informational Session

Topic: Hospice

March 25th - 10 am - via Zoom

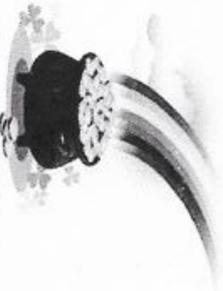
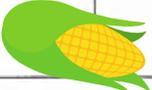
Our guest speaker is Cathlyn Lamitie from Hospice of the North Country. This event is free and open to the public and will be available via Zoom by computer or telephone. Call Sean at 518-565-4620 to register.

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
DINE-IN SITES					
Plattsburgh 518-561-7393	 <u>7</u> Scalloped Potatoes W/Ham Spinach	<u>1</u> BBQ Chicken Oven Roasted Potatoes Capri Blend Veg. Maple Walnut Cookie	<u>2</u> Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit Cup	<u>3</u> Roast Pork W/Gravy Sweet Potatoes Peas & Onions Apple Crisp	<u>4</u> Broccoli and Cheese Quiche Home Fries Blueberry Muffin Fresh Fruit
Beekman Towers 518-561-5360	<u>7</u> Scalloped Potatoes W/Ham Spinach	<u>8</u> Meatloaf W/Gravy Baked Potatoes Beets Peanut Butter Cookie	<u>9</u> Turkey Burger on a Bun Oven Roasted Potatoes Harvest Blend Vegetable Yogurt Parfait	<u>10</u> Spaghetti W/Meat Sauce Tossed Salad Italian Bread Birthday Cake	<u>11</u> Breaded Cod Rosemary Potatoes Baby Carrots Wheat Bread Fresh Fruit
Ellenburg 518-594-7311	<u>14</u> Swiss Steak Egg Noodles Corn	<u>15</u> Michigan on a Bun Home Fried Potatoes Cauliflower Lemon Mousse	<u>16</u> Chicken Parmesan Casserole Italian Blend Vegetable Sourdough Bread Sugar Cookie	<u>17</u> Hot Roast Beef Sandwich W/Gravy Mashed Potatoes 5 Way Mixed Vegetables Carrot Cake	<u>18</u> Vegetable Chili Wax Beans Corn Muffin Fresh Fruit
Dannemora 518-310-9089	<u>21</u> Chicken & Biscuit Mashed Potatoes Peas & Carrots Mandarin Oranges	<u>22</u> Swedish Meatballs Egg Noodles California Blend Veg. Chocolate Cake with Peanut Butter Frosting	<u>23</u> Italian Marinated Chicken Red Potatoes Mixed Vegetables Oatmeal Raisin Cookie	<u>24</u> BBQ Pork on a Bun Oven Browned Potatoes Creamy Coleslaw Fruited Jell-O	<u>25</u> Baked Ziti W/Marinara Green Beans Italian Bread Fresh Fruit
Lakeview 518-561-8696	<u>28</u> Breaded Chicken Rosemary Potatoes Sliced Carrots Pears	<u>29</u> Hawaiian Pork Chop Rice Broccoli Almond Cookie	<u>30</u> Roast Turkey W/Gravy Mashed Potatoes Garden Blend Veg. Pumpkin Pie	<u>31</u> Sausage W/Pep & Onions Seasoned Whole Potatoes Winter Blend Vegetables Tapioca Pudding	 
Rouses Point 518-534-1852	<u>14</u> Swiss Steak Egg Noodles Corn	<u>15</u> Michigan on a Bun Home Fried Potatoes Cauliflower Lemon Mousse	<u>16</u> Chicken Parmesan Casserole Italian Blend Vegetable Sourdough Bread Sugar Cookie	<u>17</u> Hot Roast Beef Sandwich W/Gravy Mashed Potatoes 5 Way Mixed Vegetables Carrot Cake	<u>18</u> Vegetable Chili Wax Beans Corn Muffin Fresh Fruit
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	<u>21</u> Chicken & Biscuit Mashed Potatoes Peas & Carrots Mandarin Oranges	<u>22</u> Swedish Meatballs Egg Noodles California Blend Veg. Chocolate Cake with Peanut Butter Frosting	<u>23</u> Italian Marinated Chicken Red Potatoes Mixed Vegetables Oatmeal Raisin Cookie	<u>24</u> BBQ Pork on a Bun Oven Browned Potatoes Creamy Coleslaw Fruited Jell-O	<u>25</u> Baked Ziti W/Marinara Green Beans Italian Bread Fresh Fruit

MARCH IS
COLORECTAL CANCER AWARENESS MONTH

THE FACTS



Colorectal cancer is **SECOND** most common cause of cancer deaths in the **UNITED STATES**

During 2021, colorectal cancer cases are expected to cause **52,980 DEATHS**

2021

SOURCE: American Cancer Society

But there is
GOOD NEWS

Over the last several decades, the death rate for colorectal cancer has been **DROPPING** for both

MEN & WOMEN.

The most likely reasons for this are:

- Screening has helped **detection** of polyps for earlier removal
- Treatments have **improved** over the years

REDUCE YOUR RISK

- Regular screenings** [especially after 50] 
- Maintaining a body mass index of 18-25** 
- Exercising daily** 
- Eating a healthy diet rich in fiber** 
- Quit smoking** 
- Limiting alcohol:**
 - 2 drinks daily for men
 - 1 drink for women

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 _____



Preventing Falls in the Bedroom



1. Keep a bedside lamp within easy reach.
2. Avoid throw rugs.
3. Accurate bed height - when sitting on the bed your knees should be bent at a 90 degree angle with feet flat on the floor.
4. Install bed rails.
5. Rise slowly to prevent feeling light-headed or dizzy.
6. Create more open space to allow you to move freely and safely.
7. Keep a telephone and flashlight near your bed.



Clinton County Office for the Aging
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Plattsburgh, NY 12901