



# RESILIENT AGING

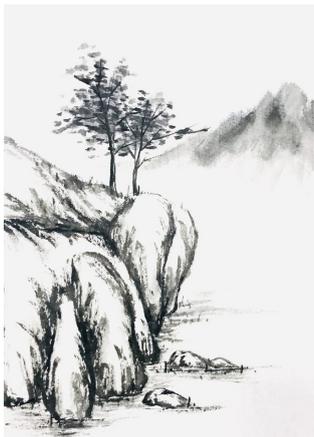
CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## CREATIVE AGING PROGRAM COMING SOON!

Another Creative Aging class is coming our way. Clinton County Office for the Aging has received funding for two additional courses. The first of those offerings will begin May 11th.

An Introduction to Chinese Brush Painting will be taught by Jade Lam. This six week workshop will be offered online via Zoom. The program is offered FREE to county residents ages 55 and over. All materials will be provided. Space is limited, so register early.

This course will introduce participants to the fundamental concepts and techniques of Chinese brush painting. Learners will study and practice brushstrokes unique to this art form, mastering basic techniques which will allow them to develop their artistic expression. The class will explore the beauty and meaning of "The Four Noble Plants" as well as Chinese landscape painting.



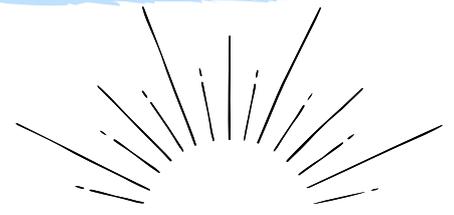
Photos provided by Jade Lam

An Introduction to Chinese Brush Painting is 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 activity is 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.

### An Introduction to Chinese Brush Painting

Wednesdays from  
1 to 2:30 pm via Zoom  
Beginning May 11th  
For Ages 55+

FREE - Class size is limited  
Materials provided  
Call 518-565-4620  
to register.



### IN THIS ISSUE

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## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

While spending time outside with family recently, we stumbled across a tiny patch of flowers poking out of the ground. (Photo below.) Mother Nature's way of saying here comes Spring!

I don't know about you, but I am most definitely looking forward to warmer weather and no more snow and ice. We have a beagle who loves to be outside, and it helps us get motivated to be more active. The longer, warmer days feel so nice and provide more opportunity to get outside after work too.

I hope you have things to look forward to this spring. We are working on additional programming, working with new partners in our region and offering additional Creative Aging classes, including Chinese Brush Painting. Stay tuned. In the meantime, enjoy the weather. Be well!



## Activities Available

**Village of Champlain Exercise Program** - Free classes in April and May at Champlain Meeting House  
Pre-registration & questions to village office at 518-298-4152 or mayor@vchamplain.com

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





# CAREGIVER CORNER

## Did you know about Paid Family Leave?

In 2016, New York enacted the nation's strongest and most comprehensive Paid Family Leave policy so working families would not have to choose between caring for their loved ones and risking their economic security. Paid Family Leave provides eligible employees job-protected, paid time off that may be used for a few reasons. One of those being to care for a family member with a serious health condition. Most employees who work in New York State for private employers are eligible to take Paid Family Leave. There are some exclusions, so check out the NYS Paid Family Leave program online at the website listed below.

Covered employees become eligible to take Paid Family Leave for a qualifying event once they have met the minimum time-worked requirements:

- Full-time employees: Employees who work a regular schedule of 20 or more hours per week are eligible after 26 consecutive weeks of employment.
- Part-time employees: Employees who work a regular schedule of less than 20 hours per week are eligible after working 175 days, which do not need to be consecutive. Employees with irregular schedules should look at their average schedule to determine if they work, on average, fewer than 20 hours per week.
  - More details are available on the NYS Paid Family Leave website.

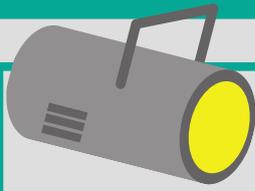
Once employees meet the eligibility requirements, they remain eligible for that employer until employment is terminated. If employees start a new job, they must work long enough with their new employer to meet the eligibility requirement. Citizenship and/or immigration status is not a factor in employee eligibility.

For more information about the NYS Paid Family Leave Program, including how to apply, check out the following website: <https://paidfamilyleave.ny.gov/> or call the Paid Family Leave Helpline for assistance: (844) 337-6303. The Helpline is available Monday through Friday, 8:30 a.m. to 4:30 p.m.



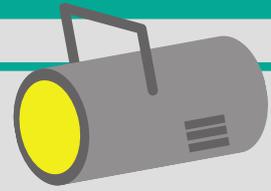
Contact Clinton County Office for the Aging's  
Caregiver Resource Center at 518-565-4620





## Program Spotlight

# EISEP



### Expanded In-Home Services for the Elderly Program

As people age, they may struggle with basic activities of daily living. In 1987, the Expanded In-home Services for the Elderly Program was established in order to assist adults who may have unmet non-medical needs at home who are not eligible to receive services through Medicaid or other programs. The overall goal of this service is to continue to allow older adults to age in place with safety, dignity, and respect, and avoid nursing home placement. Locally, EISEP is offered by the Clinton County Office for the Aging and is funded through the New York State Office for the Aging, Clinton County, client cost share, and voluntary contributions.

### Services

**Case Management** - This service must be provided to all clients receiving in-home services, ancillary services or non-institutional respite under EISEP. Case management consist of the following functions: screening, assessment, care planning, determining eligibility for program subsidy, arranging and authorizing service delivery, services follow-up and client monitoring, reassessment and discharge. Financial assessment allow the determination of the cost share.

**In-home Aide Services** - These services are designed to assist with non-medical needs. The services are described under two categories:

- Personal Care level 1- includes help with light housekeeping, laundry, shopping, meal preparation, telephoning, and running errands

- Personal Care Level 2- includes help with bathing, grooming, feeding, toileting, transferring, ambulation, and dressing
- Social Adult Day Care - non-institutional day program that provides companionship and supervision. It allows the client to receive socialization while the caregivers get a respite to support their ability to continue this role.
- Ancillary Services - may address unique needs that allow the client to remain at home safely.

## Eligibility

To be eligible for EISEP service, an individual must:

- Must be 60 years or older
- Be functionally impaired as shown by a need for assistance of another person in at least one activity of daily living (ADLs) or two instrumental activities of daily living (IADLs)
- Be able to maintained safely in his/her own home environment
- Do not appear to be eligible for Medicaid
- Ineligible for the same or equal services in other programs

## How to Receive Services

Referrals, including self-referrals, can be made by contacting Clinton County Office for the Aging at 518-565-4620. Please be aware that there is frequently a waitlist for services, however, that should not prevent a referral. The assessment process may identify other services or programs that can help with some unmet needs.

## What are ADLs and IADLs?

**ADLs** - Activities of Daily Living include self-care tasks such as bathing, dressing, toileting, continence, transferring and eating.

**IADLs** - Instrumental Activities of Daily Living include housekeeping, shopping, preparing meals, managing money, laundry, transportation, and using the telephone.

# Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutritional needs. Choosing a variety of foods from all the food groups will help you build a healthy eating routine.

The following tips can help get you started on your way to eating right.

## Make half your plate fruits and vegetables.



Eat a variety of different colored vegetables, including ones that are dark-green, red and orange. Beans, peas and lentils are also great choices. Fresh, frozen and canned vegetables can all be healthful options. Look for "reduced sodium" or "no-salt-added" on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

## Make at least half your grains whole.



Choose breads, cereals, crackers and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulger, millet and oats all count as whole grains also.

It is good to look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12. This vitamin decreases in absorption as we age or due to some medications.



## Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep our bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

## Vary your protein choices.

Try eating a variety of foods from the protein group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12.



### **Limit sodium, saturated fat and added sugars.**

Look out for salt, or sodium, in foods you consume. Compare sodium in the foods you buy and select those with lower amounts. Add spices or herbs to season food instead of adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices. Example of these foods include desserts, fried foods and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.



### **Stay well-hydrated.**

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices.



### **Enjoy the food but be mindful of portion sizes.**

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

*Submitted by: Jo Dragoon-Morse, Registered Dietician*



## **Ombudsmen Needed**



**Office of the State  
Long Term Care  
Ombudsman**

Ombudsmen are a group of trained volunteers who provide valuable and much needed advocacy for older adults and persons with disabilities who live in nursing homes and other adult care facilities. These dedicated individuals play an important role in protecting the quality of care and rights of residents.

Ombudsmen spend between 2-4 hours a week meeting with residents; providing education and advocacy to ensure that residents know what their rights are and that their rights are being respected. We provide free training and unlimited support to help you advocate for the residents. Please consider becoming a volunteer so you can serve as a voice for those who may not be able to advocate for themselves. Contact Amy Gehrig at 518-562-1732. YOU can make a difference!



# IRS Imposter Scam



IRS imposter scams occur when someone contacts you pretending to be from the IRS. Be alert to this “phishing” scam, one of the most sophisticated telephone scams to date. In fact, according to the Internal Revenue Service (IRS), at least 20,000 taxpayers have been targeted.

By impersonating IRS agents, these phone scammers demand immediate payment of overdue taxes from victims via debit card or wire transfer to avoid being arrested. These scammers may even know the last four digits of a victim’s Social Security number.

In addition, victims report that scammers follow up with emails after a call. If you receive an unexpected call from the IRS, it is most likely a scam. Many times it’s difficult to determine if the call is a scam, but remember the IRS generally sends out prior notification of any action in the mail and never requires immediate payment over the phone.

When in doubt, hang up and call back using a number that the IRS advertises on a government website or in the phonebook: 1-800-829-1040.

*Reference: Department of State (2022) New York State: Scams Targeting Older Adults. Retrieved from: <https://dos.ny.gov/scams-targeting-older-adults>*




- ? **Buying a gift card to pay someone?**
- ! **STOP. It’s a scam!**
- ! **Gift cards are for gifts.**

Do NOT use a gift card to pay: the IRS or Social Security, tech support, a family member in trouble, ransom or to avoid arrest or deportation, a member of the military, or to keep your utilities on.

Report gift card scams at: **ReportFraud.ftc.gov**

# Volunteers Needed

## North Star Underground Railroad Museum

The North Star invites volunteers to make history come alive in a mid-May Docent/Guide Training course. Volunteers would work in pairs for a 4-hour shift at times of their choosing Memorial Day weekend through Columbus/Indigenous Day weekend. If you enjoy interacting with the public and have some light computer skills, this could be your summer volunteer service! Scripts provided for all exhibits. Email [kgardner@cathcharities.org](mailto:kgardner@cathcharities.org) or by phoning 518-546-3565, AmeriCorps Seniors office.

## Keeseville Country Gardens Grocery Van

Residents at Keeseville Country Gardens need a driver to bring them to Grand Union in Peru once a week or every other week. They also need volunteers to bring individual residents to the grocery store if you prefer. If you have a couple hours to help with groceries in the Peru/Keeseville area, email [kgardner@cathcharities.org](mailto:kgardner@cathcharities.org) or phone AmeriCorps Seniors at 518-566-0944.

## Meals on Wheels Drivers

Clinton County Home Delivered Meals Program is serving more homebound and isolated seniors than ever. You'll use your own vehicle, and you'll receive \$.55 per mile travel reimbursement. If you'd like to find out more about being a Meals on Wheels transporter or substitute driver in your area, email [kgardner@cathcharities.org](mailto:kgardner@cathcharities.org). Great opportunity for couples who want to volunteer together, as substitutes, or seasonally.

## Vets Feeding Vets

You can make a difference with food distribution to local veterans in Clinton County who don't have enough to eat. Vets Feeding Vets package boxes of food the 2nd and 4th Tuesday mornings of the month. If you can help, email [kgardner@cathcharities.org](mailto:kgardner@cathcharities.org) or phone 518-566-0944.

## CAREGIVER TRAINING

**Topic: Effective Communication - Get Tips to Better Communicate With People Living With Dementia**

Speaker: Lindsay Stanislawsky, Alzheimer's Association

Tuesday, April 12th at 10 am via Zoom (computer or telephone)

Call 518-565-4620 to register

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

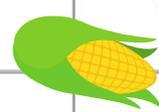


*This menu is approved by a Registered Dietitian. Menu Subject to Change. \*Watch for New Items*

**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
 <b>4</b> Spanish Rice Fiesta Corn Whole Wheat Bread Pineapple	 <b>5</b> Herbed Chicken Breast Mashed Potatoes Peas & Carrots Dinner Roll Cheesecake	<b>6</b> Baked Ham w/Raisin Sauce Sweet Potatoes Tri Slaw Apple Sauce	<b>7</b> Roast Beef w/Gravy Mashed Potatoes Mixed Vegetable Carrot Cake	 <b>8</b> Vegetable Lasagna Italian Green Beans Sour Dough Bread Fresh Fruit
 <b>11</b> Beef Stew Broccoli Biscuit Fruit Cocktail	<b>12</b> BBQ Chicken Oven Roasted Potatoes Capri Blend Vegetables Rye Bread Chocolate Mousse	<b>13</b> Sweet & Sour Pork Rice Oriental Blend Oatmeal Raisin Cookie	<b>14</b> Swedish Meatballs Egg Noodles California Blend Veg. Birthday Cake	<b>15</b> Breaded Cod Rosemary Potatoes Baby Carrots Whole Wheat Bread Fresh Fruit
<b>18</b> Turkey Tetrazzini Peas Dinner Roll Mandarin Oranges	<b>19</b> Honey Mustard Pork Chop Oven Roasted Potatoes Wax Beans Whole Wheat Bread Chocolate Chip Cookie	<b>20</b> Michigan w/Bun Home Fried Potatoes Cauliflower Lemon Mousse	<b>21</b> Roasted Pork w/Gravy Mashed Potatoes Peas & Onions Blueberry Crisp	<b>22</b> Beef Stroganoff Spiral Noodles Fresh Green Beans Rye Bread Fresh Fruit
<b>25</b> Scalloped Potatoes w/Ham Spinach Whole Wheat Bread Pears	<b>26</b> Meatloaf w/Gravy Baked Potato Beets Jell-O Cake	<b>27</b> Turkey Burger w/Bun Oven Roasted Potato Harvest Blend Veg. Yogurt Parfait	<b>28</b> Spaghetti w/Meat Sauce Tossed Salad Italian Bread Sugar Cookie	 <b>29</b> Salsa Chicken Rice Pilaf Sliced Carrots Whole Wheat Bread Fresh Fruit

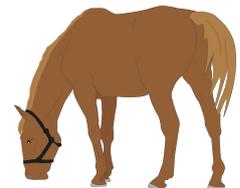
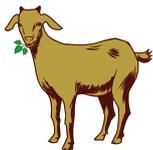
# Pets Together

Looking for something to combat social isolation and loneliness without leaving your home? Have access to the internet? Love animals?

A new virtual program is helping older adults fight the growing concern of social isolation. Pets Together is a new program that is held virtually via Zoom in which people get to “visit” with volunteers and their pets. As an alternative to face-to-face visits, this program allows you to visit various types of animals and talk to their owners. Animals can include, dogs, cats, horses, goats, etc. Zoom sessions are about 30 minutes long and you’ll get to chat with up to 6 volunteers at a time. The volunteers are from all across the country and are able to show interactions of all kinds of animals. This is a free program (donations are always welcome) developed in order to fight against that isolation which can have negative health effects. More information may be

found on the Pets Together websites at:

<https://petstogether.org/>



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 With the Changing Season



It's great to see nicer weather, but unpredictable spring conditions can create fall hazards. Here are some springtime tips:

**Rain and Mud** – Mud can be as slippery as snow and ice and can get on a variety of surfaces indoors and out. Avoid walkways that are covered with mud (wet or dry). Clean mud off of your shoes and walking aids to maintain the most traction.



**Storms** – Spring and summer storms can cause a variety of tripping hazards from power outages to debris in outdoor walkways. If you can't see the path before you, find another way.



**Flooding** – Never walk or drive into flood waters! Still water can make you trip and moving water can knock you off your feet.

**Increased activity** – Ask your doctor or physical therapist about strategies to safely increase your activity level. And check into local fitness programs.



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