



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## MAY IS OLDER AMERICANS MONTH

May is Older Americans Month. A time to acknowledge and celebrate the many contributions of older adults that benefit our community. Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way.

That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose. While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please watch for activities and volunteer opportunities that may be of interest. This newsletter, as well as our facebook page, contain information about programs, activities and events.

OLDER  
AMERICANS  
MONTH



AGE MY WAY: MAY 2022



*Age my way!*

### IN THIS ISSUE

- Message from the Director
- Caregiver Corner
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- Menu & Activities
- And More!

## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

As we celebrate Older Americans Month in May, I want to extend my appreciation for all of the staff, volunteers, family and friends that make up our aging services network.

It takes all of us to make our community a place where people can age in place. There is a network of services and supports, including programs and activities that make it possible to live a healthier life. This network is made up of voluntary, private, and public organizations.

Successful aging in place takes planning. Changes can come about gradually or they can happen suddenly. Things to consider when making a plan include: personal care, household chores, meals, money management, home modifications, health care, transportation, maintaining social connections, and planning for transitions. Planning is an ongoing thing, not a one-time event. Talk with family and friends as you build your plan.



## 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](mailto: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](mailto: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

## Legal Documents to Help Honor a Person's Wishes

As a caregiver, it is important to honor the care receiver's wishes. There are some legal documents that can help.

In New York State, there are three types of Advance Directives. Advance Directives are an excellent way to make sure the person's wishes are known and honored.

- Health Care Proxy
  - A health care proxy allows a person to name a health care agent that they trust to make health care decisions on their behalf.
- Living Will
  - Allows a person to leave written instructions that explain their health care wishes, especially about end-of-life care.
- Do Not Resuscitate Order (DNR)
  - A DNR can be arranged with a doctor or provider before an emergency occurs. It expresses a person's wish to do without cardiopulmonary resuscitation (CPR) or other lifesaving emergency treatment.

### Medical Orders for Life Sustaining Treatment (MOLST)

- The MOLST tool is used to help physicians and other health care providers discuss and honor a person's preferences for treatments such as cardiopulmonary resuscitation (CPR) or artificial nutrition. See [www.https://www.health.ny.gov/professionals/patients/patient\\_rights/molst/](https://www.health.ny.gov/professionals/patients/patient_rights/molst/) for more information.

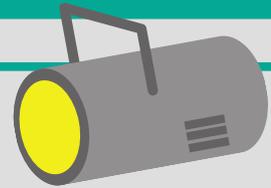
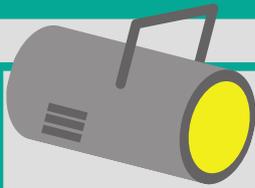
### Durable Power of Attorney

- This legal document allows someone to name another person to act on their behalf in specific personal or business matters. It cannot be used for health care decisions. If the person you're providing care for needs help with money matters like banking or paying bills, you may need to ask them to consider naming someone to act on their behalf through a durable power of attorney. A lawyer can help complete the form.



*Information from New York State Department of Health  
Contact Clinton County Office for the Aging's  
Caregiver Resource Center at 518-565-4620*





## Program Spotlight

# PERS

## Personal Emergency Response System

A personal emergency response system is a device that allows you to call for help at the push of a button. A PERS has three components: a small radio transmitter, a console connected to your telephone, and an emergency response center that monitors calls. The transmitter is a light-weight, battery-powered device that you wear, typically as a pendant around your neck, or on a wristband.

There are several providers of PERS, offering a variety of options. There are basic units that work with a landline, units that work with cell phones, some that provide auto fall detection, and some that also include a GPS locator for use in areas with excellent cell coverage.

Some insurance plans provide PERS as a benefit of the plan. There may also may be coverage through certain government programs.

You will need to provide a list of responders, at least three, who can assist when you push the button. When the call center answers, if you are having an emergency that requires first responders, officials will be notified. If you need assistance, but not first responders, the call center will notify your chosen emergency contacts for assistance. It is important to choose responders that are willing and able to assist you with your needs. For example, you may fall and need help getting up. You may not be injured, but need some assistance getting to your feet.

You should test your button monthly. Simply push the button and tell the operator that you are testing your button and do not need help at this time. This is a good way to check that your PERS remains in proper working order.

If you accidentally push your button, just let the operator know that you do not need help. Some providers may still notify one of your responders to make a follow up call to verify with you.

For more information about PERS, contact Clinton County Office for the Aging at 518-565-4620.

## Immortality and Glory

by: Sophie Meseck

People strive to be immortal  
Both past present,  
And most likely future as well.  
Artist create beauty to create a legacy.  
Scientist discover wonders  
And historians uncover mysteries  
To have their names  
Written down in history.  
Writers write to have something to  
Pass down and be remembered by.  
Businesses create products and labels  
That are mentioned throughout  
The known world

For glory and long lasting profits  
Although most people don't realize  
that,  
The goal to become  
Immortal is their intent deep down  
We all strive for it.  
Fame and glory.  
For Immortality.



## Tips for Getting Nutrients that May be Lacking

The U.S. Dietary Guidelines provide recommendations for healthy dietary patterns. A pattern of eating is a combination of the foods and beverages you eat and drink over time.

A healthy eating routine includes a variety of foods from each of the food groups. This helps us get the nutrients we need at each stage of life. But when we aren't meeting targets for the different food groups, we may be at risk of missing out on certain nutrients, and this can affect our health.

### Potassium

Potassium is important for many of the things our body does. It plays a role in muscle movement, managing blood pressure, and heart and nerve function. Yet, many Americans do not consume enough of the foods that provide this important nutrient.

Where it's found



Vegetables, fruits and dairy products contain potassium. Good choices include sweet and white potatoes, white beans, kidney beans, plain yogurt, apricots, cooked lentils, acorn squash, bananas and raisins.

### Iron

Iron is important for growth and development. It also plays an important role in transporting oxygen throughout the body.

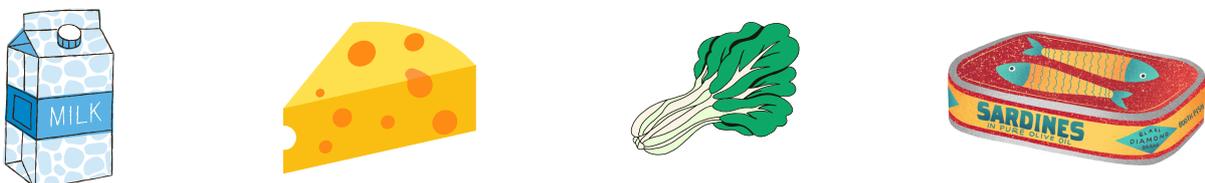
Where it's found



Iron-fortified cereals and breads, meats, seafood, poultry and beans are a few examples of foods that provide iron. Including a source of vitamin C, such as citrus fruit, strawberries or bell peppers can help the body increase its absorption of iron from these foods.

### Calcium and Vitamin D

Calcium and Vitamin D do more than help with healthy bones. Calcium plays a role in heart health and both calcium and vitamin D play a role in nerve function.



### Where it's found

Dairy products like milk, yogurt and cheeses are good sources of calcium. Fortified foods and beverages, including soymilk and calcium-set tofu, also provide this important nutrient. Other options are fish with edible bones, such as sardines and canned salmon, and some types of leafy, green vegetables.

Food sources of Vitamin D include certain types of fish, such as salmon, herring, mackerel and tuna and fortified foods and beverages like milk, soymilk, yogurt and breakfast cereals.

### Dietary Fiber

Although the body can't digest dietary fiber, it plays an important part in healthful eating. Foods with fiber tend to be filling, which may help with weight management. Fiber also promotes regular bowel habits and may lower risk for certain chronic diseases, such as heart disease.



### Where it's found

Dietary fiber can be found in a variety of sources, including whole fruits, vegetables, beans, nuts and seeds. Whole grains like oatmeal and quinoa and foods made with whole grains, such as bread, cereal and pasta also provide dietary fiber.

To identify good sources of these nutrients using the new Nutrition Facts Label, check the % Daily Values (DV).

- \* Good source of-  
Provide at least 10% of the DV of a particular nutrient per serving.
- \* Excellent source of-  
Provides 20% or more of the DV of a specified nutrient per serving.

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

## Living Healthy with a Chronic Condition

This six-week workshop will be held in-person at the Champlain Meeting House in Champlain beginning May 20th from 10 am - 12:30 pm. Residents ages 18 and up are eligible to attend this free workshop. Pre-registration is required. For more information or to register, please call Sean at the Clinton County Office for the Aging at 518-565-4620 by May 10th. Sponsored by the Administration for Community Living, New York State Office for the Aging, and Clinton County Office for the Aging.



# Medical Equipment Scams

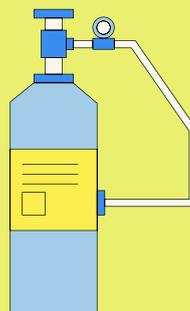


In a medical equipment scam, someone reaches out to you with an offer of a "free" brace, wheelchair, or other device. Usually saying Medicare will pay for it. You might get an unsolicited phone call, see an advertisement, or be approached at an event.

Protect your Medicare, Medicaid, and Social Security numbers. Don't give out your Medicare number during a sales pitch or at a presentation. Don't accept money, gifts, or unnecessary equipment from a supplier in exchange for your Medicare number. Don't accept delivery of equipment unless it was ordered by **your** doctor. If you accept an offer of medical equipment, you could be responsible for 20% of the cost. Don't be swayed by scare tactics.

Some older adults have reported receiving unsolicited prerecorded messages, known as "robocalls," offering free medical alert devices, along with money saving coupons. When answered, the message urges consumers to press 1 to receive a free device by providing an address and credit card information. Pressing 1 puts the consumer through to a live operator, who uses scare tactics to elicit personal and financial information from the consumer. The message also offers the option of pressing another number to opt out of future calls. Pressing that number, however, alerts the scammers to a working phone number, which can be used for future scam calls.

So hang up on unsolicited calls and carefully review your Medicare Summary Notice or explanation of benefits. If you have questions, concerns, or complaints about medical equipment fraud, contact NYS Senior Medicare Patrol at 1-800-333-4374.



## Volunteers Needed

**JCEO 518-561-6310**

Call JCEO Senior Outreach Program for volunteer opportunities.

**AmeriCorps Seniors 518-566-0944**

Call Kate about volunteer opportunities.

## How much and what type of physical activity do I need?

Keep in mind that some physical activity is better than none. Aim to keep moving as often as you can.

Healthy older adults should regularly do five types of activities

- aerobic (also called endurance or cardio) activities
- activities to strengthen muscles
- activities to improve balance
- activities to increase flexibility
- activities that combine more than one type of physical activity, such as aerobic, muscle strengthening, and balance training (called “multicomponent” activities)

If you have a serious health problem like diabetes or heart disease, stay aware of how it might limit how much activity you can do safely.

You can divide your activity throughout the day or week—whatever works best for you. Studies show that spreading activity across at least 3 days a week can improve your health, lower your chances of getting hurt, and keep you from feeling tired.

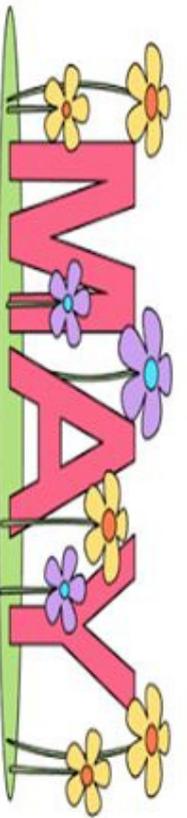
Many activities give you more than just one benefit! Water aerobics with weights give you both aerobic and strengthening benefits. Yoga combines aerobics, balance, flexibility, and strengthening. Choose activities you enjoy.

To track your progress and stay aware of how you feel while you're active, you might want to keep an activity log.

For any new physical activity, start slowly and work up to your goal. Consult your physician before starting something new.

*Reference: National Institute of Diabetes and Digestive and Kidney diseases. (2022) Health Tips for Older Adults. Retrieved from: <https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/health-tips-for-older-adults?dkrd=/health-information/weight-management/health-tips-older-adults>*

**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*

**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>2</b> Beef Tips over Wide Noodles French Green Beans Wheat Roll Fruit Cocktail	<b>3</b> Barbeque Pork Chop Oven Roasted Potatoes Capri Blend Vegetables Strawberry Mousse	<b>4</b> Roast Turkey w/Gravy Red Smashed Potatoes Sliced Carrots Sally's Mexican Cake	<b>5</b> Egg Salad on Wheat Bread Four Bean Salad Lettuce & Tomato Choc. Chip Cookie	<b>6</b> Sausage, Peppers & Onions on a Bun Seasoned Whole Potatoes Fresh Fruit
<b>9</b> Chicken & Biscuit Mashed Potatoes Peas & Carrots Mandarin Oranges	<b>10</b> Michigan on a Bun Home Fried Potatoes Wax Beans Tapioca Pudding	<b>11</b> Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Molasses Cookie	<b>12</b> BBQ Pork on a Bun Oven Browned Potatoes Creamy Coleslaw Birthday Cake	<b>13</b> Teriyaki Chicken Rice Pilaf Oriental Vegetables Dinner Roll Fresh Fruit
<b>16</b> Breaded Fish Seasoned Potatoes Baby Carrots Whole Wheat Bread Pineapple Tidbits	<b>17</b> Hawaiian Pork Chop Rice Spinach Almond Cookie	<b>18</b> Turkey & Swiss on Rye Broccoli Salad Lettuce & Tomato Blueberry Crisp	<b>19</b> Stuffed Shells Italian Blend Vegetables Italian Bread Fruited Jell-O	<b>20</b> Hamburger on a Bun Oven Browned Potatoes Beets Fresh Fruit
<b>23</b> Swiss Steak Egg Noodles Garden Vegetables Pears	<b>24</b> Ham w/Raisin Sauce Sweet Potatoes Cauliflower Strawberry Shortcake	<b>25</b> Enchilada Casserole Rice Corn Fiesta Chocolate Mousse	<b>26</b> Roast Beef w/Gravy Mashed Potatoes Mixed Vegetables Carrot Cake	<b>27</b> Chicken Broccoli Divan Red Potatoes Green Beans Fresh Fruit
<b>30</b>  <b>MEMORIAL DAY</b> CLOSED	<b>31</b> Breaded Chicken Rosemary Potatoes 4 Way Blend Vegetables Dinner Roll Peaches			 MAY 8

### Upcoming Events

#### **An Introduction to Chinese Brush Painting Begins May 11th**

Free six-week workshop taught by a professional teaching artist.

**Wednesdays from 1 - 2:30 pm via Zoom**

All materials provided. Space is limited. Call 518-565-4620 to register.

*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.*

#### **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 older New Yorkers! Register for FREE classes today. Learn more:

<https://www.getsetup.io/partner/nystate>

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.

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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 _____      |

# Tips for Preventing Falls



Doing just one of the following could prevent a fall:

- Do exercises to improve strength and balance, such as tai chi.
- Wear sturdy, nonslip footwear that fits correctly to help with balance and mobility, and reduce injury to ankles.
- Get a dilated eye exam at least once a year to reduce the risk of irreversible vision loss and update glasses if needed.
- Talk to your doctor about evaluating risk for vision impairment and/or falls and how to prevent falls. Health care providers should review medications periodically to see if side effects, such as drowsiness or dizziness, could increase the risk of falls.



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