



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

HOW TO MAINTAIN GOOD ORAL HEALTH

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

- Drink fluoridated water and brush with fluoride toothpaste.
- Practice good oral hygiene. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- Visit your dentist at least once a year, even if you have no natural teeth or have dentures.
- Do not use any tobacco products. If you smoke, quit.
- Limit alcoholic drinks.
- If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.
- If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.
- See your doctor or a dentist if you have sudden changes in taste and smell.
- When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS



As distribution of Farmers' Market Coupons is underway, I wanted to share a reminder to use your coupons before they are lost or forgotten about. There is some great local produce available, so get some and enjoy!



Have you tried anything new lately? 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 to see what classes are being offered.

There is also free caregiver training available at newyork-caregivers.com/login. This means anyone who provides care. Even those who think they are "just a"... husband, wife, son, daughter, neighbor, friend, helper.

ACTIVIES

Chronic Disease Self-Management Classes

Call Sean at 518-565-4620 to learn more about the various classes offered. In-person, virtual, and telephonic classes available.

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/> or call 518-563-6180 for more information.



CAREGIVER CORNER

Communication and Dementia

Communication is important; just because someone may be diagnosed with Alzheimer's Disease or another form of dementia, it doesn't mean they don't understand anything. They often feel frustrated because they cannot find the right word, lose their train of thought, may rely on body language, or experience difficulty organizing words into a logical thought. However, it is important to know how to communicate with someone suffering from one of these illnesses for everyone's benefit.

Four Tips for Better Communication

- Engage the person in one-on-one conversation in a quiet space with minimal distractions. Turn off the tv and radio. Focus your attention on the conversation. Treat them with dignity and respect.
- Non-verbal cues are important. Maintain eye contact. It shows you care about what he or she is saying. Smile. It can help put your loved one at ease. Facial expressions and tone of voice can help communicate messages that your loved one is having difficulty understanding. Demonstrate a task to encourage participation.
- Ask one question at a time. Use short sentences and give instructions one step at a time. Ask yes or no questions. For example, "Would you like some coffee?" rather than "What would you like to drink?" Give the person plenty of time to respond so he or she can think about what to say.
- Listen actively. If you don't understand what your loved one said, politely let them know. You can also repeat back what you understood and ask them if it is correct. Avoid criticizing or correcting. Instead, listen and try to find the meaning in what the person says. Avoid arguing. If the person says something you don't agree with, let it be.

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



Program Spotlight



Rural Transportation Program

The Rural Transportation Program helps adults age 60 and over in Clinton County, who no longer drive or have no transportation, get to their medical appointments. Senior Outreach Workers link older adults to volunteers in the community who provide a ride to medical appointments throughout Clinton County.

To access the service, seniors may contact the Community Outreach Center in their town. Seniors residing in the Towns of Schuyler Falls and Beekmantown, as well as in the City of Plattsburgh, should contact the JCEO main office for assistance at 518-561-6310. While there is no fee to use the service, voluntary contributions are accepted. No one will be denied service due to an inability or unwillingness to contribute.

Volunteers are needed, if you may be interested in helping someone from your community please contact JCEO Senior Outreach at 518-561-6310 for more details.

This service is funded through a cooperative effort by the Clinton County Office for the Aging and the New York State Office for the Aging.



Economic Insufficiency

No one is immune from noticing the recent impacts of inflation and other factors on our economy resulting in increased costs for necessities such as fuel and food. These increasing costs disproportionately burden older adults living on fixed incomes. Sometimes older adults need some assistance, but do not know what might be available to them.

Programs that may help include:

Supplemental Nutrition Assistance Program (SNAP) benefits help low-income working people, older adults, people with disabilities, and others put healthy food on the table. Benefits are provided through an electronic benefit card (EBT), similar to a debit or credit card. Eligibility and benefit levels are based on household size, income, expenses and other factors. You can apply at: <https://www.mybenefits.ny.gov/mybenefits/begin> or in person at your local Department of Social Services. You can also reach out to JCEO Senior Outreach at 518-561-6310 or Clinton County Office for the Aging at 518-565-4620 for assistance.

Congregate Dining Sites - Healthy, nutritious, balanced meals are served to older New Yorkers, age sixty and older, up to five days a week, in multiple locations throughout the county. Contact the Nutrition Program at 518-561-8320 for more details. The sites also offer social activities and educational opportunities. Want to learn more about healthy eating? You can even meet with a dietician.

The Senior Community Service Employment Program (SCSEP) exists for New York State residents who are income eligible and age 55 or over. SCSEP helps adults aged 55+ return to or remain active in the workforce by providing job training, job search services, and on-the-job experience. For more information contact Rick Smedley at rsmedley@a4td.org or 802-370-6161.



Triglycerides: Why do they matter?

Triglycerides are a type of fat in the blood. High levels of triglycerides can increase a person's risk for heart disease. Luckily, many of the same recommendations that are advised for a number of other conditions, such as losing weight, being physically active and limiting refined carbohydrates, may also help lower triglycerides.

When too many calories are consumed, the body stores them as triglycerides for use at a later time but when triglyceride levels become too high, they may increase risk for heart disease. A normal triglyceride level is considered to be below 150 mg/dL whereas a level above 200 mg/dL is high. For many, a healthy level can be achieved through the following lifestyle changes.

A Focus on Fats

Fats tend to get a lot of attention in heart healthy eating plans but that doesn't mean it is necessary to eliminate it. Instead, focus on replacing sources of saturated fat (like butter) with unsaturated fats, such as olive oil and vegetable oils, nuts and seeds, avocados and fatty fish. Seafood with higher amounts of omega-3 fatty acids, that help reduce triglyceride levels, include salmon, herring, Atlantic and Pacific mackerel, rainbow trout and sardines.

If you have high or very high triglycerides, your doctor may also recommend a prescription dose of supplemental omega-3 fatty acids. This should only be done under the advice and supervision of a doctor.

Be Carbohydrate Savvy

While extra calories from any source can be stored as triglycerides, excess calories from added sugars and alcohol may have a greater effect on raising triglycerides. When choosing carbohydrate-rich foods, focus on whole grains, fruits, vegetables and low-fat dairy. Limit refined grains and sources of added sugars, such as desserts, baked goods and sugar-sweetened beverages. And, limit or avoid alcohol. Mediterranean-style eating plans are often associated with improved heart health.

Consult a Professional

If your triglyceride level is above 150 mg/dL, discuss lifestyle changes with your doctor and registered dietitian.



LITERACY VOLUNTEERS OF CLINTON, ESSEX, AND FRANKLIN COUNTIES



TUTORING SERVICES

Free of charge

**50 YEARS OF EMPOWERING RESIDENTS WHO
SEEK TO IMPROVE THEIR LITERACY SKILLS.**

- One-On-One Support for Adult Learners
- Classes & Tutoring in Reading, Math, and English as a Second Language
- Imagination Library Enrollment
- Volunteer Opportunities



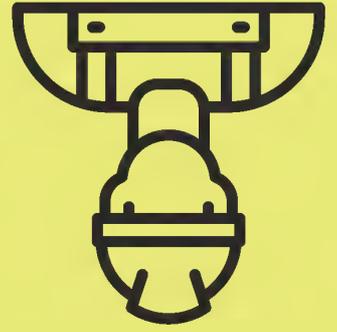
www.lvcef.org

Literacy Volunteers

Literacy Volunteers of Clinton, Essex, and Franklin Counties (LVCEF) strive to help adults improve their reading and math skills. We provide tutoring to individuals working towards earning their High School Equivalency/GED. In addition, we serve non-native English speakers who would like to improve their speaking and language comprehension skills. We accept adult learners at all levels. Each of LVCEF'S tutors guides our students toward their goals. Learners receive individualized assistance from well trained tutors, and our staff members often provide learners with information about employment opportunities or training programs in the region. All of our program services are free of charge to the learners.

For those interested in becoming a volunteer tutor, we provide access to a free online training module offered through Literacy New York. Once this module is completed, every tutor is provided with additional resources that will enable them to prepare lessons. If you have any questions about our services, please give us a call at 518-564-5332 or send an email to info@lvcef.org.





checks.

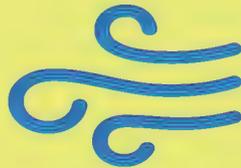
If you are not sure if the person is trustworthy, refuse their offer and call your local law enforcement. Do not be afraid to tell them "No" and do some of your own digging or safety

you written information about their work.

- They claim they can start work immediately, have the materials left over from another job, or offer some other reason you should accept their offer right away.
- They ask for a large down payment or ask you to sign over your insurance settlement check.
- Once you've paid, they may not return to do the work, or the work they do may be incomplete or poor-quality.
- They pressure you to decide right away and refuse to give

Some signs include:

After severe weather, a contractor may go door-to-door to offer his help with repairs and meet potential new customers. This does not happen as often as it used to, so it is best to be aware; you should always use caution when strangers come to the door. People who pull this scam usually target older adults living alone.



Weather-Related or Contractor Scam



Pedestrian Safety Tips

How to Walk Safely and Avoid Injuries

It is important to take safety precautions to avoid injuries when walking.

- When going on a walk, always wear visual and/or hearing aids
- If you use a cane, walker or other supportive walking device use it **every time** you walk
- Wear reflective clothing (front and back) in low light conditions (dawn, dusk, nighttime)
- Carry a flashlight if you walk at night
- Wear light or bright clothing during the day
- Walk with a friend



Plan Your Route

- Choose well lit, well used routes
- Walk on a sidewalk or path if possible
- Avoid areas with heavy vehicle traffic, high speed roads or busy intersections
- Stop and look for traffic in all directions before crossing a street
- Allow yourself extra time to cross a street



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



AUGUST

*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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 Chicken & Biscuit Mashed Potatoes Green Beans Fruit Cocktail	2 Ham & Swiss on Rye Vegetable Salad Lettuce & Tomato Sugar Cookie	3 Roast Pork w/Gravy Baked Potato California Blend Veg. Tapioca Pudding	4 Spaghetti w/Meat Sauce Tossed Salad Sourdough Bread Fruit Parfait	5 Hamburger on a Bun Browned Potatoes Cauliflower Fresh Fruit
8 Breaded Fish Seasoned Potatoes Peas Dinner Roll Mandarin Oranges	9 Salsa Chicken Rice Pilaf Sliced Carrots Cheesecake	10 Roast Beef Sandwich Fiesta Salad Lettuce & Tomato Strawberry Mousse	11 BBQ Pork on a Bun Rosemary Potatoes Garden Blend Veg. Birthday Cake	12 Michigan on a Bun Baked Beans Chef's Choice Veg. Fresh Fruit
15 Swiss Steak Spiral Noodles Turnip Whole Wheat Bread Pears	16 Turkey Burger on a Bun Oven Roasted Potatoes Harvest Blend Veg. Chocolate Mousse	17 Sweet & Sour Pork White Rice Oriental Blend Veg. Oatmeal Raisin Cookie	18 Chicken Salad Sand. Tomato & Lettuce 4 Bean Salad Strawberry Shortcake	19 Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit
22 BBQ Pork Chop Sweet Potato Spinach Dinner Roll Apple Sauce	23 Turkey Tetrazzini Italian Blend Vegetables Italian Bread Blueberry Crisp	24 Tuna Salad Broccoli Salad Wheat Crackers Butterscotch Pie	25 Roast Beef w/Gravy Mashed Potatoes Broccoli Carrot Cake	26 Marinated Chicken Breast Oven Roasted Potatoes Beets Bread Fresh Fruit
29 Beef Tips w/Gravy Wide Egg Noodles Mixed Vegetables Pears	30 Herb Baked Chicken Rice Pilaf French Green Beans Dinner Roll Jell-O Cake	31 Meatloaf w/Gravy Mashed Potato Baby Carrots Chocolate Chip Cookie		

Tips To **BOOST** Your Health as You Age

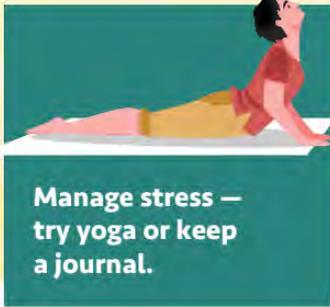
Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



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 _____ |



Medication Safety

- Keep all medications in their original containers so you don't mix up medicines.
- Ask your pharmacist to put large-print labels on your medications to make them easier to read.
- Take your medications in a well-lit room, so you can see the labels.
- Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.



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