



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

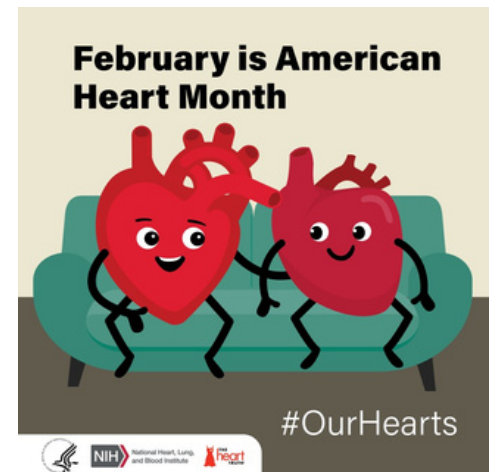
Celebrate American Heart Month This February

Heart disease is the leading cause of death for men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk of heart disease. The good news is that there's a lot we can do to prevent it.

Connecting with Others is Good for Your Heart

Research shows that people with close relationships at home, work, or in their community tend to be healthier and live longer. One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others.

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship. (continued on page 8)



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MESSAGE FROM THE DIRECTOR



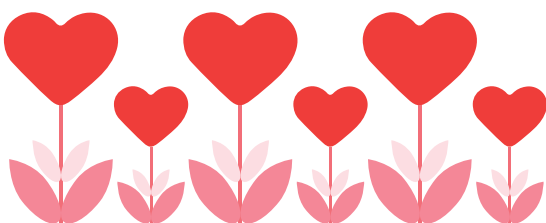
BY: DARLEEN COLLINS



Are you ready to exercise your brain? Our first Wits Workout programs will be happening later this month. See page 4 for details.

We will be hosting a new workshop designed for individuals living with the signs and symptoms often associated with chronic pain, as well as family members, friends, and caretakers. Take Your Life Back from Chronic Pain: Pathways to Feeling Better begins in March. If you are interested, please contact Tammy at Office for the Aging at 518-565-4666 or go to gethealthynoco.org to register.

GetSetUp classes are available free of charge through a partnership with New York State Office for the Aging, the Association on Aging in New York, and GetSetUp. Online classes are available in a wide variety of topics, including: Fitness, Technology, Arts and Creative, Food, Health and Wellness, Medicare, Money and Jobs, Lifestyle, and Travel and History. See page 5 for participation details. Let us know which classes are your favorites!



Did you know that volunteers are needed to support programs in our community?

Would you be willing to help a few hours a week?

If so, contact:

Kate at AmeriCorps
Seniors RSVP at
518-566-0944

Raelyn at JCEO Senior
Outreach at
518-561-6310

Rebecca at Cycling
Without Age at
518-578-2369



CAREGIVER CORNER

Caring for Someone with Dementia

Your loved one received a dementia diagnosis. Now what? Some things to keep in mind as you navigate a progressive disease and changing circumstances:

- Routines are a good tool. Try keeping a routine for tasks such as bathing, dressing, and eating.
- Allow the person to do as much as possible when bathing or dressing.
- Be gentle and respectful. Tell the person what you are going to do, step by step while you help them bathe or get dressed.
- Use a sturdy shower chair to support a person who is unsteady and to prevent falls. You can buy shower chairs at drug stores and medical supply stores or online.
- Buy comfortable, easy-to-use clothing, such as clothes with elastic waistbands, fabric fasteners, or large zipper pulls instead of shoelaces, buttons, or buckles.
- Plan activities that the person enjoys and try to do them at the same time each day.
- Help the person write down to-do lists, appointments, and events in a notebook or calendar.
- Consider a system or reminders for helping those who must take medications regularly.
- Serve meals in a consistent, familiar place and give the person enough time to eat.

Source: <https://www.alzheimers.gov/life-with-dementia/tips-caregivers>



You are never too old to exercise your brain!

As seniors we spend a significant amount of time exercising our bodies as we age. Shouldn't we use the same level of care for our brain? Now the Clinton County Office for the Aging is offering the WITS WORKOUT an engaging, interactive, and educational brain health program. The program can help improve your memory, attention and thinking skills. In the classes, you will solve puzzles, discuss different topics and learn ways to take care of your brain. WITS WORKOUT has two main goals- to provide purposeful opportunities for older adults to engage intellectually, and to increase their socialization through ongoing group participation.

WITS Workout Schedule for February 2026

Friday February 20th 10:00 am - Champlain

Town of Champlain Town Office 10729 Route 9 Champlain NY

Thursday February 26th 11:00 am - Plattsburgh

Senior Citizens Council of Clinton County
5139 North Catherine Street Plattsburgh

Friday February 27th 11:00 am - Keeseville

Keeseville Free Library
1721 Front Street Keeseville NY

For more information contact
Ray at Office for the Aging at 518-565-4629



Try a FREE Online Class Today!

Go to www.getsetup.org/partner/NYSTATE

New York State Office For The Aging has partnered with the Association on Aging in New York and GetSetUp to provide free virtual classes for older adults taught by peers - ask questions, make friends, learn new things, and have fun.

Use coupon code: NYSTATE

Most Popular Classes



Core Fitness, Yoga



Virtual Travel



Food and Nutrition



Restarting
Your Career

Take Classes From the Comfort of Your Home



Internet



iPad/Tablet



Computer



Smartphone

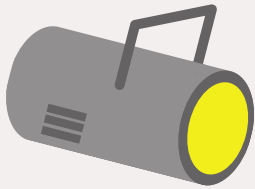
For Help Contact GetSetup:



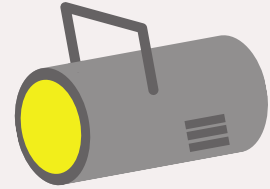
1-888-559-1614



info@getsetup.io



Program Spotlight



AARP Foundation Tax-Aide

The AARP Foundation Tax-Aide program is once again offering free income tax preparation service to individuals, seniors, and families. IRS certified volunteers will assist low and moderate income taxpayers by appointment only.

To make an appointment, call 518-314-9762. Leave a message with your name and telephone number. Please leave only one message and wait for a call back. You should add 518-314-9762 to your contact list so can distinguish it from spam. Foundation volunteers will contact you to arrange an appointment time. Appointments usually take about two hours.

AARP Foundation Tax-Aide in Plattsburgh

Located at 5139 North Catherine Street

Make an appointment

Tax Preparation is open Mondays, Tuesdays, Wednesdays, and
Fridays from 8:30 am to 3 pm
Thursdays from 11:30 am to

Volunteers able to complete returns for NYS residents only, but can do a return for someone who lived in NY and worked in Vermont. There are a few other items that they are unable to do. If you want to use the service and need a basic return then you should be fine. If you are concerned that your situation may be beyond the scope of what can be done, please ask when making your appointment.

The Romance Scam

By Ray Alexander

Humans are blessed with an innate desire to be loved. This can become a curse when you are dealing with a scammer. This is one of the world's oldest scams, but it took the advent of computers and smartphones for it to climb to epic proportions. In romance scams, a criminal uses a fake identity to gain a victim's affection and trust. The scammer then uses the illusion of a romantic relationship to steal money from the victim. They will attempt to establish trust as soon as possible through frequent communication and declarations of affection.

Scammers frequently state they are in the military or construction industries working overseas, and this makes it easier to avoid meeting in person. These criminals are experts at what they do and will seem genuine, caring, and believable. These con artists are present in most dating apps, social media sites, messaging apps, and online forums. Once trust is established the scammer will typically make up a story about some form of a financial crisis that they need money for, such as medical expenses, car repair, travel costs or investments. They will then attempt to convince the victim to send them money. These payments are usually made through some form of untraceable medium such as gift cards, cryptocurrency, or wire transfer. The scammer will state they want to meet but something always comes up preventing the meeting from happening.

Red Flag Indicators of Romance Scams

- Claims they live, work or are traveling abroad.
- Claims to be notably younger than you.
- Quickly professes love to you.
- Has a story that is inconsistent.
- Has a minimal online presence.
- Sends general photos (mostly fake/AI generated) of themselves traveling, shopping or dining.
- Mentions the idea of meeting in person but is never able to.
- Requests to have conversations/texts be moved to a separate app (e.g., WhatsApp, Telegram).
- Provides excuses for being unable to do a video call (e.g., Facetime)
- **ASKING FOR MONEY!!!** Usually via nontraditional methods such as cryptocurrency or gift cards. (continued on page 8)



It is estimated that romance scams have cost victims in this country over \$1 billion in 2024 alone. Just recently one of our customers at Office for the Aging recounted how they had been scammed to me. This is not something that only happens somewhere else!

How to Protect Yourself

- Never send money - in any form.
- Verify via Video: insist on a video call early on. If they refuse or use filters to hide their face, discontinue contact.
- Consult Trusted Peers: Share the details of your new online relationship with friends or family; they may spot inconsistencies that you have missed.
- Reverse Image Search: Use tools like Google Lens or Bing Visual Search to see if their profile photo appears under different names.

Where to Report Scams

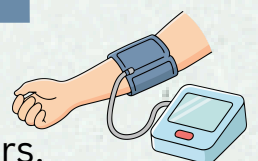
- Financial Institutions: Contact your bank or credit card company to report the fraud.
- Federal Trade Commission (FTC): File a report at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud).
- FBI Internet Crime Complaint Center (IC3): Report the incident at [IC3.gov](https://www.ic3.gov).
- AARP Fraud Watch Network: Call 877-908-3360 for guidance and support.

(continued from page 1)

Lifestyle Tips

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health. Follow these lifestyle tips to protect your heart.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Manage stress.
- Get 7-9 hours of quality sleep.
- Track your blood pressure, cholesterol, and blood sugar numbers.



You don't have to make big changes all at once. Small steps will get you where you want to go.

Source: <https://www.nhlbi.nih.gov/education/heart-month>

Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan.



Older Adults' Unique Nutrition Needs



Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

Source: www.nia.nih.gov/health/healthy-eating-nutrition-and-diet/healthy-meal-planning-tips-older-adults

MEALS ON WHEELS

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

February

This menu is approved by a registered dietitian.
Menu is subject to change.



DINE-IN

SITES:

SENIOR CENTER
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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Spanish Rice Fiesta Corn Whole Wheat Bread Pear	3 Beef Tips Egg Noodles Sliced Carrots Strawberry Mousse	4 Sweet & Sour Pork Rice Bahama Vegetables Wheat Bread Almond Cookie	5 Roast Turkey w/ Gravy Mashed Potatoes Harvest Blend Veggies Pumpkin Pie	6 Chicken Alfredo Diced Carrots Italian Bread Fresh Fruit
9 Sloppy Joe on a Bun Roasted Potatoes Capri Blend Veggies Mandarin Orange	10 Goulash Mixed Vegetables Dinner Roll Oatmeal Raisin Cookie	11 Chicken Divan Rice Pilaf Sliced Carrots Wheat Bread Fruited Jello	12 Swedish Meatballs Egg Noodles Winter Blend Veggies Chocolate Chip Cookie	13 Turkey Burger on a Bun Baked Beans Green Beans Fresh Fruit
16 CLOSED	17 Breaded Chicken Oven Brownd Potatoes Beets Whole Wheat Bread Fruit Cocktail	18 Vegetable Lasagna Tossed Salad Italian Bread Chocolate Cake w/ Peanut Butter Frosting	19 Michigan on a Bun Rosemary Potatoes California Blend Veggies Fruit Parfait	20 Baked Fish Red Smashed Potatoes Sliced Carrots Wheat Bread Fresh Fruit
23 Scalloped Potatoes w/ Ham Spinach Rye Bread Pineapple	24 Marinated Chicken Red Potatoes Capri Blend Veggies Wheat Roll Sugar Cookie	25 Spaghetti w/ Meat Sauce Italian Blend Veggies Sourdough Bread Lemon Mousse	26 Roast Beef w/ Gravy Mashed Potatoes French Green Beans Carrot Cake	27 3 Bean Chili Wax Beans Corn Muffin Fresh Fruit



Funded by Clinton County Office for the Aging
and New York State Office for the Aging.

Senior Citizens Council of Clinton County, Inc. Nutrition Program



5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.



Read food labels to learn what's in your food.



Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



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 (\$2,322 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 _____



Office for
the Aging

New York
Caregiver Portal
Powered by Tualta



Do you advocate for your loved one's health care needs? You're a caregiver.

Let Tualta help your caregiving journey!

- » Explore options for challenging situations
- » Discover ways to connect with your loved one
- » Share and learn with fellow caregivers



Sign up for free today
newyork-caregivers.com



Provided in Partnership with the
**Association on Aging
in New York**



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.