



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Fire Prevention Tips

Older adults ages 65 and over are at greater risk of injury or death during a fire. Here are some safety tips to reduce your risk.

- **Keep it low** - If you don't live in an apartment building, consider sleeping in a room on the ground floor in order to make emergency escape easier. When looking for an apartment or high-rise home, look for one with an automatic sprinkler system. Sprinklers can extinguish a home fire in less time that it takes for the fire department to arrive.
- **Make sure that smoke alarms** are installed in every sleeping room and outside any sleeping areas. If anyone has a hearing impairment, consider installing using a smoke alarm with flashing lights or vibrations.
- **Open up** - Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside.
- **Do the drill** - Conduct your own, or participate in, regular fire drills to make sure you know what to do in the event of a home fire. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure that everyone is able to hear and respond to smoke alarms.
- **Stay connected** - Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke.
- **Never smoke around medical oxygen.**



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

October Events

There are a lot of great things happening in October. In this edition you will find the Medicare Open Enrollment Clinic schedule. This is your chance to get assistance in determining which plan will best fit your needs in 2027. We expect a lot of changes this year, so be sure to take time to review your options.

You will also find the schedule for the fall Senior Scholars session on pages 8 & 9. This is a great program for learning something new and for meeting new friends.

We also have an upcoming Healthy Living workshop. Details are on page 11.

Please take the time to review your safety plan in case of fire. Make sure to consider your specific needs. Reduce the chance of fire by not smoking or smoking outdoors, never leaving cooking unattended, keep flammable items away from heat sources like heaters and stoves, and not overloading electrical outlets, extension cords, or power strips.



Collage art from day 1 of
our Creative Aging
Workshop at the Strand





CAREGIVER CORNER

Caregiver Grief

Caregiver grief is the intense emotions that family members feel both while caregiving for a declining loved one and after they pass away.

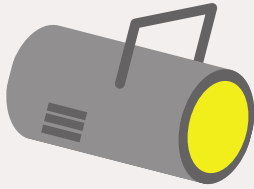
Anticipatory grief commonly occurs when a loved one has a terminal illness or condition like Alzheimer's that permanently alters their personality. Symptoms of anticipatory grief include emotional distress, loneliness and tearfulness, irritability or anger, withdrawal from social interactions, depression and anxiety, among others.

After a loved one's death it's normal to experience many different emotions such as shock, helplessness, anger, guilt, denial, sadness, and relief. Caregivers often experience grief differently, as caregiving can leave you physically and emotionally exhausted.

Caregivers must give themselves time to grieve fully. Each person experiences grief in their own way. Grief isn't linear. To help you cope with grief start by taking care of yourself. Prioritize sleep, food, movement, and basic self-care. This could also include journaling, meditation, taking care of your own health concerns, or spending time in nature. Engage in activities that feed your soul.

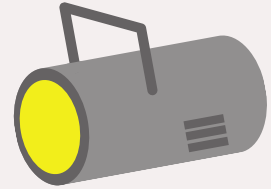
Seek out support by connecting with others who have also experienced loss. There are support groups, books or podcasts, and family and friends. If grief becomes overwhelming or interferes with daily activities seek therapy. Honor your loved one and remember them how they would want to be remembered.

If you need support or resources during your caregiving journey, call the Clinton County Office for the Aging Caregiver Resource Center at 518-565-4620.



Program Spotlight

Senior Fitness Program



Cornell Cooperative Extension of Clinton County has a Senior Fitness Program that is available free of charge for Clinton County residents age 60 and over. Program offerings include evaluated programs provided by trained instructors in the Arthritis Foundation Range of Motion and Tufts University Strong Bones Programs.

Classes are offered via livestream online and in-person. Online participants typically log in early before the 9 am exercise class to socialize with others before getting down to the work of exercise. Participants encourage each other and their joy is contagious. An added benefit of online classes is that you can log in from anywhere, even on vacation!

The in-person classes are offered on Tuesdays and Thursdays at the Robert S. Long apartment building and at Senior Planet in Champlain Centre mall. Livestreaming is available Monday - Friday. Classes are held at 9 am.

Class Schedule

Monday: Range of Motion - 9:00am-10am (offered by CCE)

Tuesday: Growing Stronger/Bones - 9:00am-10:00am (offered by Senior Planet)

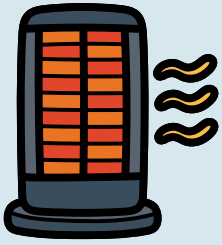
Wednesday: Chair Chi - 9:00am-10:00am (offered by CCE)

Thursday: Growing Stronger/Balance - 9:00am-10:00am (offered by Senior Planet)

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

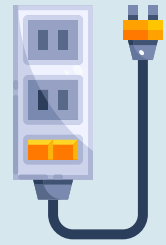
For links to the livestream classes, as well as schedule updates, please see the Cornell Cooperative Extension's website at: <https://cceclinton.org/fitness>.

Consult a healthcare professional before beginning any fitness program, particularly if you have pre-existing conditions or have been physically inactive for some time. Once cleared, come join the fun!



The Dangers of Space Heaters, Power Strips & Extension Cords

By Ray Alexander



The weather is starting to get colder, and people are pulling out their space heaters. While useful in keeping us warm, there are certain precautions that must be followed to use them safely.

- Always plug directly into the wall outlet. Never plug into a power strip or extension cord (and don't plug anything else into the wall outlet).
- Keep a three-foot safety zone around the heater.
- Turn the heater off whenever you leave the room or go to bed.
- Install smoke alarms on every floor and outside sleeping areas (test them monthly).

Space heaters can reach up to 600 degrees while in use. Between 2009 to 2013, heating equipment caused an estimated 56,000 fires in this country killing over 400 people and causing over a billion dollars in damage. Most of these fires occur in December, January, and February. Heaters are not the only device that should not be plugged into power strips and extension cords, here are four more items that shouldn't.

- Air Conditioners- When the compressor on your AC kicks on, it requires a huge surge that may cause the added cord/strip to heat up in a matter of seconds, causing it to melt and eventually catch fire.
- Countertop Appliances- This includes air fryers, coffee makers, and toasters. Many of these devices have high wattages and pose the same risk as a space heater.
- Refrigerators- Even a mini fridge can be damaged if used with an extension cord/power strip (since it's another device that relies on an internal compressor. On top of the power surges that occur every time the compressor kicks on, your fridge is constantly running, which puts a high demand on cords that are intended for short term use.
- Other Extension Cords- Known as "daisy chaining," linking multiple extension cords is another fire hazard, since it creates an excessive buildup of heat in the cord. It also leads to a drop in voltage as electricity travels through the cord. This will affect the performance of your devices and could cause irreparable damage. Extension cords should never be used with power strips for the same reason.

Medicare Open Enrollment is here!

Beginning October 15 Ending December 7 Every Year

Clinton County HIICAP

Health Insurance Information Counseling and Assistance Program

Invites you to 2026 Medicare Open Enrollment Clinics

Your source for **Unbiased** Counseling & Information

FREE and Open to the Public!

Date	Time	Location
October 21, 2026 Wednesday	9 am – 3 pm	Rainbow Wedding/Banquet Hall (Blue Room) 47 Woods Falls Road, Altona *
October 27, 2026 Tuesday	9 am – 3 pm	Town of Jay Community Center 11 School Lane, Ausable Forks (Joint w/ Essex County)
October 28, 2026 Wednesday	9 am – 3 pm	Virtual by Telephone or Computer Pre-register at 518-565-4620 by 10/23
October 30, 2026 Friday	9 am – 3 pm	St. Joseph's Community Outreach Center 1349 Military Turnpike, Plattsburgh
November 5, 2026 Thursday	9 am – 3 pm	PHA Russell H. Barnard Apartments 46 Flynn Ave, Plattsburgh
November 9, 2026 Monday	9 am – 3 pm	American Legion Post 912 29 Pratt St, Rouses Point
November 13, 2026 Friday	9 am – 3 pm	St. Joseph's Community Outreach Center 1349 Military Turnpike, Plattsburgh
November 17, 2026 Tuesday	9 am – 3 pm	American Legion Post 1618 275 Wilson Road, Saranac *
November 19, 2026 Thursday	9 am – 3 pm	Peru Community Church Hall 13 Elm St, Peru
November 23, 2026 Monday	9 am – 3 pm	Virtual by Telephone or Computer Pre-register at 518-565-4620 by 11/18
December 1, 2026 Tuesday	9am – 3 pm	Senior Center 5139 N. Catherine Street, Plattsburgh

Meet one-on-one with a certified HIICAP counselor to determine the coverage that best fits *your* needs based on your health and medication needs.

Services will be provided on a first-come, first-served basis.

Pre-registration is required for Virtual Clinics only (October 28th & November 23rd)

* Kinney Drugs will have a pharmacist on site to offer the following vaccinations:

Flu, covid, Pneumonia, Shingles and RSV to eligible patients. (Please bring insurance cards.)

What to Bring with You to the Open Enrollment Clinic

- ☐ MyMedicare.gov Username and Password (if you have one)
- ☐ A list of your prescription medication with dose & frequency
- ☐ Your Medicare card
- ☐ Health Insurance card for any other health insurance you use
- ☐ Proof of income to review eligibility for Medicare Savings Programs

What HIICAP Provides:

- Education to the public about **Medicare, Medicaid, Medicare Savings Programs, Medicare Advantage Plans, Medigap, Employer/Retiree Coverage, and Other Health Insurance Options**
- **Empowers** all Medicare beneficiaries and their representatives to understand their options so they can make an informed decision
- **Unbiased free counseling and information**

What are Open Enrollment Clinics?

Anyone with Medicare can enroll, disenroll, or change their coverage for the following year during the open enrollment period. Open Enrollment Clinics provide the opportunity to:

- Determine the coverage that best fits your needs, plans change from one year to the next, so current coverage may or may not be the best fit for next year
- View, discuss, and take-home plan information
- Find out if you are eligible for Medicare Savings Programs based on your income
 - **Bring proof of income to review eligibility**
- Meet one-on-one with a trained HIICAP counselor to enter your medications in Medicare Plan Finder to review lowest out of pocket cost options for Part D and Medicare Advantage Plans
- Find the best fit plan for your health and medication needs
- Receive enrollment assistance

For more information, contact a Certified HIICAP Counselor:

Office for the Aging/NY Connects (518) 565-4620 or JCEO/NY Connects (518) 561-6310



FALL 2026

SENIOR SCHOLARS

Five-Week Sessions at West Side Ballroom
Tuesdays October 20 - November 17, 2026

Morning Seminars

Participants will select **one** of the four morning seminars (details on page 2); each will run five weeks; beginning at 10:30 am unless otherwise noted. Morning sessions have a limited number of participants, so please register early to get your choice.

Lunch at Noon

All groups will gather together for lunch

Afternoon Seminar at 1 pm - All participants are invited to attend

Threads of History: The American Revolution in the Champlain Valley

John Krueger, Historian and Heritage Advocate

The War for Independence was undertaken by thousands of individual men and women, each with a story to tell. The war they fought was the most important in our history. These stirring presentations will share the stories of some of those remarkable figures, many of whom lived or served in the Champlain Valley.

Cost of program is \$80

(\$110 after October 1st)

Includes the morning seminar, lunch, and the afternoon program.

Send payment (check payable to Senior Citizens Council of Clinton County), your choice of morning seminar, address, phone number and email to:

Senior Citizens Council of Clinton County
5139 North Catherine Street
Plattsburgh, NY 12901

Questions?

Contact Angie, Maria or Patricia at 518-563-6180

Presented by Senior Citizens Council of Clinton County, Clinton County Office for the Aging, JCEO, Clinton County Historical Association, and the Chapel Hill Foundation



Morning Seminars - Choose One of the Following

"Archaeology of the Sacred and Profane"

*Justin Lowry, Associate Professor of Archaeology, Co-chair,
Department of Anthropology, SUNY Plattsburgh*

What is sacred and what is profane? How do we construct these ideas and are we blundering into archaeological questions while trampling the most holy of holies? Or, are we working to elevate mundane vulgarities to high and honored status just by their antiquity? Come along with Justin to take a new approach and discuss some archaeological mind benders. This course will include sites like the bog bodies, the penises at Pompeii, the Oracle at Delphi, and the Pirate wrecks of the Caribbean. We are hoping to make it discussion-based so please come prepared to talk the talk and travel the paths of the dead.

"Poetry for All!"

Marcie Johnson, retired English and French teacher

Too often, Poetry is thought of as the domain of literary elites and eggheads, inaccessible to the rest of us. This session aims to prove that idea WRONG, by presenting fun, enjoyable and/or accessible poems on universal topics that excite discussion! Some of these poems will be familiar, others new to the participants. Works will be drawn from a wide variety of poets, from Wordsworth, Hopkins and Keats to Emily Dickinson, Robert Frost, e e cummings, and others. Participants will be encouraged to share THEIR favorite poems. Class 1: What is Poetry? Class 2: Poems about Nature Class 3: Love Poems Class 4: Poems about Mortality Class 5: Poems about the Meaning of Human Experience

"Goofy gimmicks and madcap marketing methods in ye olde Hollywood"

Andy Macdougall, former movie reviewer, Press-Republican

Once upon a time, outrageous promotional tactics unimaginable by today's standards were commonplace in Hollywood (e.g. sales pitches based strictly on wildly sensational poster-design with barely an outline for a script). In his new Senior Scholars seminar, "Goofy gimmicks and madcap marketing methods in ye olde Hollywood," Andy MacDougall will illustrate this theme with 16mm screenings of cult classics like Vincent Price's "The Tingler" (whose original 1959 release saw select theater seats wired to be virtual joy buzzers). **THIS PROGRAM BEGINS AT 10:00 AM**

"Plattsburgh's Historic Architecture"

Jim Lindgren, Professor Emeritus of History, SUNY Plattsburgh

Learn about the city of Plattsburgh through its built environment. Beginning with an introduction to the City of Plattsburgh's preserved buildings, subsequent classes will explore three historic districts, a major 'urban renewal' project, and, finally, the many historic buildings lost over the many years.

MEALS ON WHEELS

45 Veterans Ln
Plattsburgh, NY
(518) 561-8320



October



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



DINE-IN

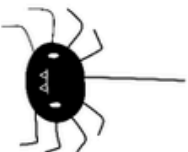
SENIOR CENTER
518-561-7393

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
 5 Sweet & Sour Pork Rice Bahama Veggies Wheat Bread Applesauce	 6 Pulled BBQ Chicken on a Bun Roasted Potatoes Cali Blend Veggies Molasses Cookie	 7 Turkey & Swiss on Sourdough Macaroni Salad Lettuce & Tomato Strawberry Mousse	1 Beef Stroganoff Mashed Potatoes Mixed Veggies Yellow Cake w/ Chocolate Frosting	2 Veggie Quiche Home Fries Blueberry Muffin Fresh Fruit
12 CLOSED	13 Spanish Rice Broccoli Wheat Bread Mandarin Oranges	14 Marinated Chicken Roasted Potatoes Cole Slaw Italian Bread Carrot Cake	15 Roast Pork w/ Gravy Red Potatoes French Green Beans Fruited Jello	16 Cheeseburger Tater Tots Peas & Carrots Fresh Fruit
19 Swiss Steak Mashed Potatoes Cali Blend Veggies White Bread Pineapple	20 Chicken Parmesan Casserole Tossed Salad Sourdough Bread Tapioca Pudding	21 Hawaiian Chicken Rice Bahama Blend Veggies Lemon Supreme Cake	22 Roast Turkey w/ Gravy Mashed Potatoes Harvest Blend Veggies Maple Walnut Cookie	23 Enchilada Casserole Fiesta Corn Fresh Fruit
26 Scalloped Potatoes w/ Ham Spinach Rye Bread Peaches	27 Shepards Pie Green Beans Peanut Butter Cookie	28 Sausage, Peppers, & Onions on a Bun Home Fries Chef's Choice Veggie Jello Cake	29 Chicken & Biscuits Mashed Potatoes Capri Blend Veggies Chocolate Mousse	30 Macaroni & Cheese Stewed Tomatoes Wheat Roll 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

FREE!**Ages 18 and up
welcome!**

Healthy Living PATHWAYS TO POSITIVE CHANGE

Build confidence and take control of your health.

A workshop series to help manage health and well-being.

Details:

MONDAYS AT THE
SENIOR CENTER
5139 NORTH CATHERINE ST
PLATTSBURGH
11 AM to NOON
OCTOBER 5 – NOVEMBER 16*

Learn More:

CONTACT KELLY AT
518-565-4620
TO REGISTER OR FOR
MORE INFORMATION



To see all of our workshops, scan the
QR code or visit:

GetHealthyNoCo.org



*NO CLASS OCTOBER 12



**Get Healthy
North Country**

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$12 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Interested in protecting yourself from scams? Call Ray at Office for the Aging at 518-565-4620 to learn more or sign up.

FREE!



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.