RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

National Family Caregivers Month

National Family Caregivers Month is observed every November in the United States to recognize and honor the millions of unpaid family caregivers who support aging parents, spouses, children, and friends with chronic, physical, or mental health needs.



If you know a caregiver, recognize their incredible efforts, offer to complete a task or sit with their loved one for a bit so they can have a break, and just listen. Show support in any way that you can. They are doing incredible things under trying circumstances. We are so thankful for all their efforts.

Clinton County Office for the Aging offers the National Family Caregiver Support Program funded through the Older Americans Act. This program supports informal caregivers - family, friends, and neighbors- who assist with caring for individuals ages 60 and over, individuals of any age with Alzheimer's Disease or related dementias, and older relatives caring for adults ages 18-59 with disabilities.

Caregivers are able to talk to a Case Manager for information, access assistance, counseling, caregiver training, and respite care. In conjunction with other state and community-based services caregivers are able to receive support to reduce caregiver depression, anxiety, and stress, as well as enable caregivers to provide care longer, avoiding or delaying the need for institutional care.

Contact Nicole at Clinton County Office for the Aging at 518-565-4620 to learn more.

IN THIS ISSUE

- Message from the Director
- Caregiver Corner - Powerful Tools for Caregivers
- Scam Prevention: The F.T.C Scam
- Program Spotlight - Social Enrichment Seniors Connect (New!)
- TRAID Program
- Creative Aging
- and more

MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Community Conversations

Our office hosted a Community Conversation and Public Hearing event on October 28th. We had some good conversations about services for older adults in Clinton County with a variety of individuals. The conversations don't stop at one event though. We continue to seek input from older adults, caregivers, and the community about what works well, what needs improvement, and gaps in service where there are needs not being met.

We all know conversation doesn't solve all the issues, and we certainly don't have a magic wand or unlimited funding, but we do strive to make meaningful improvements even when they are small.

If you were not able to attend, please send us your comments by mail at 135 Margaret St, Ste 105, Plattsburgh, NY 12901 or by email at aging@clintoncountyny.gov.



HEAP

The Home Energy Assistance Program (HEAP) can help eligible New Yorkers with assistance with heating costs. If you are eligible, you may receive one Regular HEAP benefit per program year to help you pay for heating your home.The 2026-2027 Regular HEAP season opens on November 2nd.

Eligibility and benefits are based on income, household size, primary heating source, and the presence of a household member under age 6, age 60 or over, or permanently disabled.

If you are 60 or over and have not already received or requested an application, and you believe you qualify for assistance, please call our office to request an application at 518-565-4620.

Household Size	Gross Monthly Income
1	$3,563
2	$4,659
3	$5,756
4	$6,852

Emergency HEAP will not open until January 4, 2027 and is based on income, available resources and type of emergency.



CAREGIVER CORNER

You're invited to our

POWERFUL TOOLS FOR CAREGIVERS VIRTUAL CLASS

Training Includes:

- Focusing on Your Well-Being
- Caregiver and Person Stress
- The Power of Communication
- Having Difficult Conversations
- What Our Emotions Tell Us
- Navigating Caregiving Transitions

6-week class via Zoom

January 12, 2027, 5:30 pm to 7;00 pm
January 19, 2027, 5:30 pm to 7:00 pm
January 26, 2027, 5:30 pm to 7:00 pm
February 2, 2027, 5:30 pm to 7:00 pm
February 9, 2027, 5:30 pm to 7:00 pm
February 16, 2027, 5:30 pm to 7:00 pm



Please call 518-565-4620
Or scan QR code to register



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

Social Enrichment Seniors Connect

Clinton County Office for the Aging is proud to announce we have purchased a passenger van equipped with a wheelchair lift that will be used to connect isolated individuals ages 60+ to events and activities in the community. OFA has contracted with JCEO to staff the van and schedule trips.

This van will be used to transport individuals to social activities in an effort to combat social isolations and loneliness, and to ensure older adults in Clinton County have access to meaningful community engagement.

The best part is YOU get to decide what is meaningful. We are open to suggestions for activities and destinations that are of interest to you. Some potential destinations already identified include libraries, museums, restaurants, bowling, craft shows, community events, concerts and plays, and more. There is no funding to pay activity or admission fees, or for meals at a restaurant, but we hope to offer a variety of low-cost or no-cost options to choose from.

To learn more, request a ride, or suggest a destination, please contact Raelyn or Julie at JCEO Senior Outreach by calling 518-561-6310.

We expect the service to ramp up slowly, starting a few days per week and ask for your patience as we work out the kinks. We are excited to see how this service can enrich the lives of older adults in our community!



The “F.T.C.” Scam

By Ray Alexander



Another day another scam (at least it feels like it). Technically this new scam is a just a variant of the “Impersonation and Authority Scam”, but the scammers have had added a few new wrinkles. In this case the organization being impersonated is the Federal Trade Commission (F.T.C. for short). There are two variations that seem to be prevalent.

Version #1

You get a phone call from someone claiming to be an FTC official, he or she is a scammer (they may even read off a fake badge ID number). They state that your phone number is being used by scammers to commit scams and/or illegal activity. To make the story sound real, the FTC impersonator will transfer you to a (fake) police officer to file a report. If you don’t cooperate, they threaten to deactivate your phone number. They may even direct you to a fraudulent website to verify their request (the site is a part of the scam too). They ask for your ID and other personal information for their “report” and will tell you to keep everything secret while they conduct their investigation. Later they will tell you that you are facing arrest for the scams unless you send money for a security deposit (usually payment requested is in the form of a gift card or bitcoin).

Version #2

In this variant a “special agent” (scammer) calls you and states that your social security number has been located on the “dark web”. What makes this scam convincing is that they actually have your social security number already! The scammer then tells you that this is a part of a massive investigation and that you should not tell anyone, not your friends, family, or financial people (bank, credit union etc.). They state that they will be giving you a new social security number, but first your money should be removed from your financial institution(s) and given to a special courier (also a scammer) for safekeeping. They instruct you to place the funds (cash) in a box that you label with your personal information (that way it can be identified as yours when it is placed in storage). When you comply, just like that your money is gone.

Just in case you are wondering, this is not something that just happens somewhere else but not here in the North Country. There have been several documented cases of these scams in upstate New York and one person lost over $100,000! (*continued on page 6*)

(*Continued from page 5)*

Here are a few things to keep in mind.

- A real FTC employee will never ever reach out to ask you to send money, and they will never connect you to someone who says to send money. That's a scam.
- A real FTC employee will never ever threaten to disconnect your phone. That's a scam.
- A real FTC employee will never ever tell you to keep your conversations secret. That's always a scam.
- A real FTC employee will never ever text you a photo of their employee ID to "verify" their identity.

For more information check the FTC's web page www.ftc.gov

Medicare Open Enrollment

The Medicare Open Enrollment period is underway. Staff have limited availability for in-office appointments at this time. Please attend a Medicare Open Enrollment Clinic for assistance.

Clinic hours are 9 am to 3 pm

November 9, 2026 - American Legion Post 912, 29 Pratt St, Rouses Point

November 13, 2026 - St. Joseph's Community Outreach Center, 1349 Military Tpk, Plattsburgh

November 17, 2026 - American Legion Post 1618, 275 Wilson Road, Saranac

November 19, 2026 - Peru Community Church Hall, 13 Elm St, Peru

November 23, 2026 - Virtual by Telephone or Computer

(Must pre-register at 518-565-4620 by 11/18 for virtual clinic)

December 1, 2026 - Senior Center, 5139 N. Catherine Street, Plattsburgh



NEW YORK STATE

Homeland Security and Emergency Services
Office of Fire Prevention and Control

Smoke Alarm and Carbon Monoxide Alarm Safety List

Where Should Alarms be?

Smoke Alarm

- Inside ***every*** bedroom
- Outside ***every*** sleeping area
- On ***every*** level of your home, including the basement.





Carbon Monoxide Alarm

- Outside sleeping areas (within 15 ft)
- On ***every*** level of the home
- Near fuel burning appliance (furnace, water heater, fireplace)
- Do not install near Vents, Flues, or Chimneys



PRESS THE TEST BUTTON EVERY MONTH

you should hear the alarms

- If your alarm has a sealed 10-year battery, replace the entire alarm when it chirps or reaches 10 years old.
- Keep alarms free of dust and paint.

For traditional smoke alarms with replaceable batteries (such as a 9-volt battery), replace the batteries at least once a year. When the alarm chirps to indicate a low battery, replace the battery immediately—never remove it to silence the noise, since a disabled alarm cannot protect you during a fire.



Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov @niddkgov



WHAT IS TRAID?

By Ray Alexander



I was at a Community Care Partners meeting and heard guest speaker Beth Leitch, the Program Coordinator of TRAID (Technology Related Assistance for Individuals with Disabilities). Her organization is one of the North Country's best kept secrets. Her presentation was outstanding and I wanted to see and hear more so I interviewed her at her office at room 309 in Sibley Hall, 113 Rugar Street (a part of the SUNY Plattsburgh campus). She was kind enough to show me around and answer my questions. Her office also functions as an ad hoc storage facility for a cornucopia of equipment that enables people to live a better life. She explained to me that these items are available for short-term borrowing (up to 30 days), and long-term borrowing (up to one year). The length of term varies according to item being borrowed. Many times, she can "demo" the item at her office to show perspective clients if the item in question meets their needs. One of the benefits this provides is the ability to try an item BEFORE they purchase it (if long term usage is the goal). It would be impossible to list all the items she has available but here is a brief summary.

Daily Living - Bathing/toileting aids, adaptive dishware, electronic memory aids, automatic pill dispensers, dressing aids, grabbers/reachers, etc.
Mobility, Seating and Positioning - Wheelchairs, walkers, canes, swivel seats, bed rails, pacers, gait trainers, sit to stands, patient lifts, transfer boards etc.
Vision - Digital magnifiers, LED magnifiers, talking label wand, etc.
Hearing - Central alert devices, sound amplifiers, vibrating bed shakers, bone conduction headphones, etc.
Augmented Communication - Communication aides- GoTalk, Big Mack, voice boosters, etc.
Learning, Cognitive and Developmental - Reading pens, Livescribe smart pens, switches, time timers, etc.
Recreational - Adapted toys, games and leisure activities, sensory toys, etc.
Computer related- iPads, adaptive mice and keyboards, etc.

Besides the location at SUNY Plattsburgh, she also has lending locations at the Senior Citizens Council of Clinton County 5139 North Catherine Street Plattsburgh (518-563-6180) and Clarkson University 59 Main St 3rd Floor Potsdam (315-268-5981). Beth is at the SUNY Plattsburgh location on Monday, Wednesday and Friday from 8:00-4:00. Since she spends quite a bit of time on the road call 518-564-3362 to set up a time. Tell her Ray from Office for the Aging sent you!

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

November

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
2 **Turkey Burger on a Bun** Sweet Potatoes Beets Pears	3 **BBQ Porkchop** Oven Roasted Potatoes Spinach Dinner Roll Fruit Parfait	4 **Ham & Cheese Sandwich** Macaroni Salad Tri Slaw Maple Walnut Cookie	5 **Meatloaf** Mashed Potatoes Mixed Veggies Brownie	6 **Honey Mustard Chicken** Rice Pilaf Wax Beans Wheat Bread Fresh Fruit
9 **Beef Tips** Noodles Peas & Carrots Dinner Roll Apple Sauce	10 **Sweet & Sour Chicken** Rice Bahama Blend Veggies White Bread Fruited Jello	11 **CLOSED**	12 **Goulash** Italian Blend Veggies White Bread Birthday Cake	13 **Breaded Fish on a Bun** Roasted Potatoes French Green Beans Fresh Fruit
16 **Mac & Cheese** Stewed Tomatoes Sourdough Bread Mandarin Oranges	17 **Chili** Rice Fiesta Corn Corn Muffin Vanilla Pudding	18 **Chicken Salad Sandwich** Pasta Salad Lettuce & Tomato Chocolate Chip Cookie	19 **Roast Turkey w/ Gravy** Mashed Potatoes Harvest Blend Veggies Pumpkin Pie	20 **Hamburger on a Bun** Hashbrowns Peas Fresh Fruit
23 **Herb-Baked Pork Chop** Mashed Potatoes Sliced Carrots Rye Bread Pineapple	24 **Baked Ziti** Capri Blend Veggies Italian Bread Oatmeal Raisin Cookie	25 **Breaded Chicken on a Bun** Rosemary Potatoes Green Beans Chocolate Cake	26 **CLOSED**	27 **Chicken Stew** Broccoli Dinner Roll Fresh Fruit
30 **Swiss Steak** Baked Potato Cali Blend Veggies White Bread Peaches				

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

RESILIENT AGING NEWSLETTER

Free Workshop for Ages 55 & Better!



Creative Aging Pop-Up
Winter Watercolors

During this single-session workshop participants will create watercolor artwork inspired by holiday memories and traditions that have brought, or are currently bringing, them joy. At the conclusion of this class, participants will be able to frame and bring home their artwork.

When:

Single-session workshop,
choose one
Thursday, December 3rd
Thursday, December 10th
Thursday, December 17th
1 - 3 pm

Where:

Strand Center for the Arts
23 Brinkerhoff Street
Plattsburgh, NY 12901

Registration required. Spaces are limited.
To sign up, or for more information contact:
Clinton County Office for the Aging at 518-565-4620



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.