



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

FARMERS' MARKET COUPONS

The New York State Department of Agriculture and Markets collaborates with the New York State Department of Health, the New York State Office for the Aging, and Cornell Cooperative Extension in administering the Farmers' Market Nutrition Program (FMNP). The purpose of the program is to promote local farmers by expanding their sales at farmers' markets and farm stands, and to foster healthy communities through the consumption of locally grown, fresh fruits and vegetables.



FARMER'S MARKET

In Clinton County, the Office for the Aging works with area partners to distribute farmers' market coupons to eligible older adults at various sites throughout the county. A list of sites is available on page 7.

Each SFMNP coupon booklet is worth \$25 and contains five (5) \$5.00 coupons. Eligibility is determined by two factors, age and income. Each older adult in a household is eligible to receive a booklet if they meet the age and income requirements.

Coupon distribution will begin on July 8th and may be used to purchase locally grown fruits and vegetables at participating farmers' markets and farm stands. A list of participating sites will be included with the coupons.



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS



There are some great things happening in our community. Check out page 4 to learn more about Cycling Without Age - Adirondack Coast. This organization is volunteer run and is accomplishing amazing things in our community.

Page 7 has the Farmers' Market Coupon Distribution schedule. If you are eligible, we hope you stop at a site to get your coupons. Please let our staff know if you would like assistance applying for federal SNAP benefits as well. We look forward to seeing you out in the community.

If you are unable to get to a site, please contact JCEO Senior Outreach at 518-561-6310 for further assistance.



ACTIVITIES

Senior Center

5319 N. Catherine St., Plattsburgh
518-563-6180

Variety of Activities Mon-Fri
Craft days, fitness classes, cards, games, Discover Live virtual travel tours and more!

Cornell Cooperative Extension

Schedule of classes available at
<http://cceclinton.org/fitness>
or by calling 518-561-7450

Plattsburgh YMCA

Aquatic Exercise Class
Mondays & Wednesdays 11-12
For ages 60+

Volunteer Opportunities

AmeriCorps Senior
Variety of volunteer opportunities.
Call Kate at 518-566-0944

Joint Council of Economic
Opportunity (JCEO)
Senior Outreach Program
518-561-6310

Volunteers
needed



CAREGIVER CORNER



Art Therapy for People With Memory Loss

Did you know that painting, drawing, and other forms of art therapy can help people with dementia express themselves? Art projects can create a sense of purpose and accomplishment. Art can also help create new memories, as well as reduce anxiety and agitation.

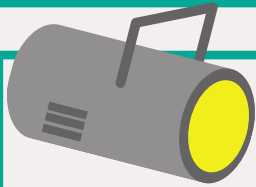
Some helpful tips when choosing an art project:

- Keep the project on an adult level. Projects that seem childlike can be demeaning.
- Help the person begin the activity.
- Build conversation into the activity by providing encouragement, and discussing what the person is creating.
- Use safe materials. Avoid toxic substances or sharp tools.
- Reducing distractions by turning off the tv or radio can help with focus.
- Focus on enjoyment rather than the “right way” to do things.
- Allow plenty of time. Projects don’t need to be completed in one session.

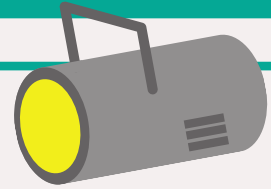
The Alzheimer’s Disease Caregiver Support Initiative hosts Memory Cafés.

A memory café provides a gathering place for friends with Alzheimer’s disease or other dementias and their caregivers and families to relax. Join us for free monthly memory café events featuring light refreshments, social hours, creative art projects, or group activities. For more information contact them at 1-800-388-0199.

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



Cycling Without Age - Adirondack Coast

Cycling Without Age is a movement started in 2012 by Ole Kassow in Copenhagen, Denmark. Ole wanted to help the elders get back on their bicycles, but he had to find a solution to their limited mobility. His solution was a trishaw on which he started offering free bike rides to local nursing home residents. Cycling Without Age is now an international program in 30+ countries for mobility-challenged people.

The Adirondack Coast Chapter

Founded in 2022, Cycling Without Age Adirondack Coast (CWA ADK Coast) is located in New York State along Lake Champlain, the northernmost part of the Adirondacks.

They bridge the gap for those who can no longer cycle on their own, reconnecting them with the outdoors and their community. This is achieved by offering complimentary rides on e-assisted three-wheeled bikes (Trishaws), piloted by dedicated volunteer cyclists.

For more information, to request a ride, or volunteer, see their website at: <https://www.cyclingwithoutageadkcoast.com/>



Preventing Calcium Oxalate Kidney Stones

The most common type of kidney stones consist of calcium oxalate. You can lower the risk of developing these stones by drinking enough fluids, getting the right amount of calcium, and maintaining a healthy diet and weight.

How can I Prevent Calcium Oxalate Kidney Stones?

Nutrition therapy is individualized according to each person's specific needs and risks. Here are some of the most common ways to prevent calcium oxalate kidney stones.

What to Drink and Eat

Water, water, water. The best way to prevent kidney stones is to get plenty of water. You should drink at least 8 cups (64 ounces) daily. If you are on dialysis or have a fluid restriction, ask your medical provider or dietitian what the right amount of fluid is for you.

Calcium rich foods and beverages. Aim for 1000-1500 milligrams (mg) of daily calcium. Milk, yogurt and canned salmon are good choices and offer 200 to 300 mg of calcium. Try to add a good source of calcium at each meal.

Fruits, Vegetables, Low-fat Dairy, Whole Grains, and Lean Proteins. A balanced eating plan is one of the best ways to promote health and prevent kidney stones. Choose 5 servings of fresh fruits and vegetables each day and limit lean meats to a 3-ounce serving at meals.

What to Limit

Added sugars. Limit or avoid any food or beverage with added sugar and other sweeteners. Examples include soda, candy and snacks, sweetened tea, coffee or energy drinks. You can check ingredient lists to see if sugar or other sweeteners has been added.

High-sodium foods. A diet high in sodium can increase your risk of kidney stones. Look for lower sodium foods or foods with no added salt. Try cooking from scratch instead of eating restaurant and processed convenience foods.

Calcium and Vitamin C supplements. Talk to your healthcare provider before taking calcium or vitamin C supplements. Large amounts may increase your risk of kidney stones.

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What else can you do?

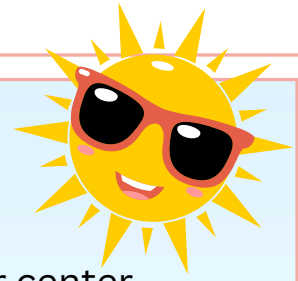
If you keep getting calcium oxalate stones, you may need to limit high oxalate foods or pair a high calcium food with each high oxalate food.

High-Oxalate Foods

- beets and beet greens
- spinach
- rhubarb
- nuts and nut butters, especially almonds

Submitted by: Jo Morse, Registered Dietitian

Activities for Summer Days



- Take a course at the local recreation center, library, senior center, or Senior Planet. Courses range from art classes to language lessons to computer classes and much more, usually for very reasonable prices.
- Take in a movie with friends, especially on a hot afternoon when the prices are lower and the air conditioning feels great!
- Go “mall walking”. Many malls offer early hours when the mall is open specifically for walkers, but you can also go stroll around any time if you don’t mind the shoppers.
- Consider swimming and water aerobics as an option.
- Check out local bike and walking trails. A trail map may be found at: <https://health.clintoncountyny.gov/pdf%20files/TrailMap.pdf>

Farmers Market Coupons

will be available to pick up at the following locations:

2024 DATES	LOCATION	TIME
Monday, July 8th	Peru - Rulfs Orchard Parking Lot, 531 Bear Swamp Rd	10:30 am - Noon
Tuesday, July 9th	Beekman Towers - Outside Main Entrance , 50 Truman Ave	10:30 am - Noon
Wednesday, July 10th	Lake View Towers/Russell Barnard - Outside Seating Area	10:30 am - Noon
Thursday, July 11th	Dannemora - Dannemora Community Outreach Center Meal Site, 40 Emmons St	11 am - Noon
Thursday, July 11th	St. Joseph's Outreach Center - 1349 Military Turnpike, Plattsburgh	1:30 pm - 3:30 pm
Friday, July 12th	Champlain – Town Hall Parking Lot, 10729 Route 9	10:30 am - Noon
Saturday, July 13th	Plattsburgh Farmers Market - 26 Green St	9 am - Noon
Monday, July 15th	Senior Center - 5139 North Catherine St.	10:30 am - Noon
Tuesday, July 16th	Beekmantown - Town Hall Parking Lot, 571 Spellman Rd	10:30 am - Noon
Wednesday, July 17th	Robert S. Long - Gazebo	10 am - Noon
Thursday, July 18th	Ellenburg - St. Edmunds Hall Meal Site, 5538 Route 11	10:30 am - Noon
Friday, July 19th	Rouses Point Farmers Market - Dodge Memorial Library 144 Lake St	3 pm - 6 pm
Saturday, July 20th	Champlain Farmers Market - Paquette Park Gazebo Main St (Route 9)	9 am - Noon

Who is Eligible?

- Must be **60 years or older**
- Monthly Income at or below 185% of Federal Poverty Level
\$2,322/month for a one-person household; or
\$3,152/month for a two-person household; or
\$3,981/month for a three-person household
Inquire for larger household sizes
- Only one coupon booklet per eligible senior in each household; while quantities last
- The eligible individual must sign up in person. An eligible Power of Attorney or Proxy with required paperwork can sign for the coupons.

National Minority Mental Health Month

CDC observes National Minority Mental Health Awareness Month each July. This observance raises awareness of the challenges that affect the mental health of racial and ethnic minority groups

There is no single cause for mental illness. Multiple mental illnesses can occur at the same time and at random. They can also last for a short or long period of time.

Your mental health can change at any point. Some risk factors that can play a role in developing mental illness include:

- Use of alcohol or drugs
- Feeling lonely or isolated
- Biological factors or chemical imbalances in the brain
- Adverse childhood experiences, like child abuse or sexual assault
- Experiences tied to ongoing medical conditions, like cancer or diabetes

Symptoms of a Mental Illness

- Pulling away from people and usual activities
- Appetite or weight changes
- Ongoing sadness or feelings of hopelessness
- Intense changes in eating or sleeping habits
- Clear changes in mood, energy level, or appetite

Managing Your Mental Health

Here are a few ways to manage your mental health overall:

- Get enough sleep each night (at least 7 hours)
- Engage in healthy habits, like exercising and eating well
- Stick to a treatment plan given by your health care provider
- Find a support group and seek out your health care provider for support



Source: U.S. Food and Drug Administration
<https://www.fda.gov/consumers/knowledge-and-news-women-owh-blog/national-minority-mental-health-awareness-month>

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer.

If you have any questions or concerns please contact Alexandra Hooker MS RD at (518) 481-1532 or by email at alexandra.hooker@franklincountyny.gov



JULY IS NATIONAL BLUEBERRY MONTH

FUN FACTS:

- Blueberries are rich in antioxidants
- These protect your body from radicals
- Low in calories, fat, and sodium
- Blueberries:
 - Are rich in vitamin K
 - Contain Fiber
 - May lower blood pressure

How do you fix a Blueberry?

...With a Blueberry Patch

Fruit Pizza

Serving Size: 1/2 Muffin + Fruit

Total Servings Per Recipe: 2

Ingredients:

- English Muffin (try Whole-Grain)
- 2 tablespoons reduced-fat cream cheese
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons Crushed Pineapple

Nutrition Information:

Calories: 120; Total Fat: 3 grams; Saturated Fat: 1.5 grams; Cholesterol: 10 milligrams; Sodium: 170 milligrams; Total Carbohydrates: 19 grams; Dietary Fiber: 2 grams; Total Sugars: 7 grams; Protein 4 Grams

Directions:

- 1) Wash hands with soap and water
- 2) Split open the English muffin and toast the halves until lightly browned
- 3) Spread cream cheese on both halves
- 4) Divide the fruit between the two muffin halves and arrange on top of cream cheese
- 5) These are best when served immediately. Refrigerate leftovers within 2 hours.



MEALS ON WHEELS

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

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

Senior Citizens
 Council of
 Clinton County,
 Inc.

Nutrition
 Program

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



*This menu is approved
 by a Registered
 Dietitian.
 MENU SUBJECT
 TO CHANGE.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 HAWAIIAN PORK CHOP Rice Pilaf Oriental Veggies Pears</p>	<p>2 SPAGHETTI W/ MEAT SAUCE Italian Blend Veggies Sourdough Bread Lemon Mousse</p>	<p>3 HAMBURGER ON BUN Baked Beans Broccoli Sugar Cookie</p>	<p>HAPPY 4TH! Closed To Observe Independence Day</p>	<p>5 MACARONI & CHEESE Stewed Tomatoes Dinner Roll Fresh Fruit</p>
<p>8 SPANISH RICE Peas & Carrots Whole Wheat Bread Mandarin Oranges</p>	<p>9 CHICKEN ALFREDO Tossed Salad Italian Bread Chocolate Chip Cookie</p>	<p>10 ROAST BEEF & PROVOLONE SANDWICH Tri-Slaw Lettuce & Tomato Bluberry Crisp</p>	<p>11 PULLED BBQ CHICKEN ON BUN Oven Roasted Potatoes Peas Birthday Cake</p>	<p>12 BAKED FISH Red Smashed Potatoes Capri Blend Veggies Fresh Fruit</p>
<p>15 SWEET & SOUR CHICKEN W/ RICE California Blend Veggies White Bread Fruit Cocktail</p>	<p>16 BAKED HAM W/ RAISIN SAUCE Sweet Potatoes French Green Beans Sally's Mexican Cake</p>	<p>17 CHEF'S SALAD Cottage Cheese Roll Peanut Butter Cookie</p>	<p>18 SWISS STEAK Spiral Noodles Mixed Veggies Cheesecake</p>	<p>19 TURKEY BURGER ON BUN Whole Roasted Potatoes Sliced Carrots Fresh Fruit</p>
<p>22 BBQ PORK CHOP Oven Roasted Potatoes Spinach Peaches</p>	<p>23 EGG SALAD SANDWICH Macaroni Salad Lettuce & Tomato Oatmeal Raisin Cookie</p>	<p>24 ENCHILADA CASSEROLE Fiesta Corn Fruit Parfait</p>	<p>25 ROAST PORK W/ GRAVY Mashed Potatoes Peas W/ Pearl Onions Strawberry Shortcake</p>	<p>26 MICHIGAN Baked Beans Cut Green Beans Fresh Fruit</p>
<p>29 BREADED CHICKEN Rosemary Potatoes Beets Dinner Roll Pineapple</p>	<p>30 MEATLOAF W/ GRAVY Mashed Potatoes Harvest Blend Veggies Tapioca Pudding</p>	<p>31 HONEY MUSTARD PORK CHOP Red Potatoes Wax Beans Fruited Jello</p>	<p>"Looking Good" <i>My face in the mirror isn't wrinkled or drawn, My house isn't dirty, the cobwebs are gone, My garden looks lovely and so does my lawn, I think I might never put my glasses back on!</i></p>	

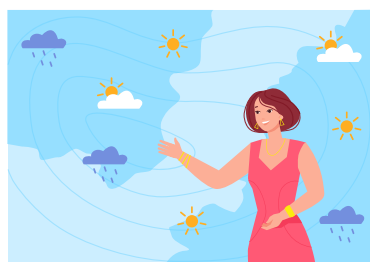
SUMMER STORM SAFETY: WHAT YOU SHOULD KNOW

It's summer! As much as we enjoy the pleasant weather, summer can also bring the threat of dangerous storms. How can you best protect yourself during storms? Pay attention to the weather forecast when you plan to be outside. If you hear thunder, lightning is close enough to be an immediate threat. No outdoor location provides adequate protection. Seek shelter as soon as possible.

Substantial buildings such as offices, schools, and homes would offer good protection. Once inside, stay away from windows and doors and anything that conducts electricity such as corded phones, wiring, plumbing, and anything connected to these.

If you are caught outside with no safe shelter anywhere nearby, the following actions may reduce your risk:

- Never shelter under an isolated tree, tower or utility pole. Lightning tends to strike the taller objects in an area.
- Immediately get off elevated areas such as hills, mountain ridges or peaks.
- Immediately get out and away from ponds, lakes and other bodies of water.
- Stay away from objects that conduct electricity, including wires and fences.
- Never lie flat on the ground.





ATTENTION PLEASE!



The Town of Champlain will be hosting a presentation by Heather Deare West from the Rural Law Center of New York on August 20th at Noon



Learn more about planning for your future.
All are welcome to attend.



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