



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

AGING IN PLACE - HOME-BASED CARE

Home-based care includes health, personal, and other support services to help you stay at home and live as independently as possible. In-home services may be short-term or long-term.

In many cases home-care is provided through informal caregivers such as family members, friends, and neighbors. It may also be supplemented by formal caregivers and community services.

Help you can receive at home includes:

- **Personal care:** Help with everyday activities, also called “activities of daily living,” including bathing, dressing, grooming, using the toilet, eating, and moving around — for example, getting out of bed and into a chair
- **Household chores:** Housecleaning, yard work, grocery shopping, laundry, and similar chores around the house
- **Meals:** Shopping for food and preparing nutritious meals
- **Money management:** Tasks such as paying bills and filling out health insurance forms
- **Health care:** Help with many aspects of health care, including giving medications, caring for wounds, helping with medical equipment, and providing physical therapy
- **Transportation:** Assistance getting around, such as rides to the doctor’s office or grocery store
- **Safety:** Home safety features and help in case of a fall or other emergency

Source: <https://www.nia.nih.gov/health/aging-place/aging-place-growing-older-home>



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MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

I hope you have been enjoying the summer and finding ways to beat the heat.

We have a new Creative Aging 8-week workshop beginning in September. See page 6 for details.

We also anticipate early outreach HEAP applications will be sent to consumers in late August or early September, so keep an eye out if you are expecting one.

We did receive more animatronic pets, so if you or someone you know could use a companion, let us know. Eligible individuals are age 60+, live at home in Clinton County, do not have a pet, and are at risk for isolation and loneliness. We have cats, dogs, and Walker Squawker birds that ride on a walker.



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

Help your neighbors through a wide variety of programs.
Call for more details.

**VOLUNTEERS
NEEDED**



CAREGIVER CORNER



Does Your Loved One Have a Poor Appetite?

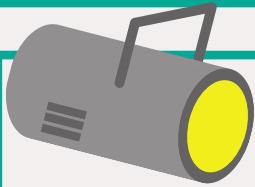
As people age, their appetite may be affected by many things. It could be a condition that makes eating painful or difficult such as poorly fitted dentures, gum disease, or dry mouth. Food may not taste as good due to side effects of certain medications, or a diminished sense of taste or smell. Other things impacting appetite could be loneliness, depression, or grief. Sometimes people don't like fixing a meal just for themselves.

Whatever the cause, there are strategies you can use to encourage them to eat more.

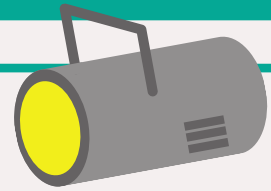
- Offer several smaller meals instead of three larger meals.
- Stock the cupboard and refrigerator with lots of healthy, ready-to-eat snacks such as yogurt, cottage cheese, cut up vegetables with dip, and fruit.
- Offer comfort foods that may bring back good memories, like mac and cheese, meatloaf with mashed potatoes and gravy, or other family favorites.
- Try finger foods or sandwiches, avoiding items that may cause choking.
- Eat meals together.
- Invite a neighbor or friend over for a meal and dessert.
- Invite your loved one to cook with you.
- Eat outside on the porch.
- Take a walk with your loved one before your meal.



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



HOME ENERGY ASSISTANCE PROGRAM - HEAP

The Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat and cool their homes.

If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

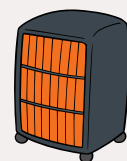
Regular HEAP eligibility and benefits are determined by income, household size, primary heating source, and the presence of a household member younger than 6, age 60 or older, or permanently disabled.

HEAP may be able to help if your heat source is electricity, natural gas, oil, coal, propane, wood/wood pellets, kerosene, or corn.

There is also a Clean and Tune Benefit. Eligible households can receive energy efficiency services, which includes the cleaning of primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed to allow for the safe, proper and efficient operation of the heating equipment.

The Heating Equipment Repair or Replacement Benefit can help eligible homeowners repair or replace your furnace, boiler, and other direct heating equipment necessary to keep your home's primary heating source working.

Call Clinton County Office for the Aging at 518-565-4620 for additional details.





Melanoma



Melanoma is the most serious type of skin cancer. Melanoma is much less common than other types of skin cancer but much more likely to invade nearby tissue and spread to other parts of the body. Most deaths from skin cancer are caused by melanoma.

Melanoma can occur anywhere on the skin. In men, melanoma is often found on the trunk (the area from the shoulders to the hips) or the head and neck. In women, melanoma forms most often on the arms and legs. Melanoma can also occur in mucous membranes or the eye.

The risk factors for melanoma include: fair complexion, light colored eyes, red or blond hair, exposure to natural or artificial sunlight, a history of many blistering sunburns, having several large or small moles, having a family or personal history of melanoma, having a weakened immune system, or being white, although people with dark skin can also have melanoma.

Often the first sign of melanoma is a change in the size, shape, color, or feel of a mole. Most melanomas have a black or black-blue area. Melanoma may also appear as a new mole. It may be black, abnormal, or "ugly looking."

Thinking of "ABCDE" can help you remember what to watch for:

- Asymmetry - the shape of one half does not match the other
- Border - the edges are ragged, blurred or irregular
- Color - the color is uneven and may include shades of black, brown and tan
- Diameter - there is a change in size, usually an increase
- Evolving - the mole has changed over the past few weeks or months

Surgery is the first treatment of all stages of melanoma. Other treatments include chemotherapy and radiation, biologic, and targeted therapies. Biologic therapy boosts your body's own ability to fight cancer. Targeted therapy uses substances that attack cancer cells without harming normal cells.

Talk to your doctor about your risk factors and ask if screening is appropriate for you.

Free Workshop for Ages 55 & Better!



Credit: Linda Turner

How do we Bring Objects to Life With Watercolor?

Beautiful objects occupy the space all around us. Students in this class will interpret that beauty by looking intently and using watercolor to bring what they see to life on paper. Taught by professional teaching artist Antonia Perez, participants in this 8-session series will learn traditional and contemporary watercolor painting techniques to depict still-life objects from their personal surroundings.

When:

Mondays, 1:30-3:00 pm ET
 September 16, 23, 30
 October 7, 14, 21
 November 4, 18

Where:

Online
 Via Zoom
 All materials included

Registration required. Spaces are limited.

To sign up, or for more information contact:

Clinton County Office for the Aging at 518-565-4620

How do we Bring Objects to Life With Watercolor? is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature. This activity is made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with E.A. Michelson Philanthropy and supported by Lifetime Arts.

National Assembly of
 State Arts Agencies
 KNOWLEDGE ★ REPRESENTATION ★ COMMUNITY

e.a. michelson
 — PHILANTHROPY

Lifetime Arts



Am I Still Safe to Drive?

Most people associate driving with independence, but how do you know when it's time to give up the keys? Changes in vision, physical fitness and reflexes may cause safety concerns. Have you conducted a self-assessment? There may be some adjustments that can be made to stay safe or it may be time to look at alternate forms of transportation.

If you are experiencing difficulty reading signs, seeing pavement markings, other vehicles or pedestrians, you should see an eye doctor to check for conditions that impair vision. Avoid driving at dawn, dusk, or at night as those can be the most challenging times of day for light sensitivity.

Do you have symptoms of decreased physical ability? Are you able to look over your shoulder to change lanes or have trouble moving your foot from the gas to the brake pedal? Check with your doctor to see if there are exercises, medication, or physical therapy that can help your symptoms. There are also programs, such as CarFit, that are designed to help older drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility.

Another cause for concern is a decrease in attention or reaction time. Do you take medication that makes you sleepy, get lost or confused, or get overwhelmed by all the things to keep track of like signs, signals, pedestrians and other cars? If this is an issue, plan your routes carefully to avoid rush hour, drive during the day, and keep a safe distance between you and the car in front of you.

Be honest with yourself and stop driving before a tragedy happens. Talk to your loved ones or community agencies about transportation alternatives so you can still be active in your community and access the things you need safely.



Immunizations play an important role in keeping your family and your community healthy. Vaccinations are important because they not only protect the person who is receiving the vaccine, but they also help to keep diseases from spreading to others such as your family, neighbors, classmates, coworkers, and other members of the community. Immunization helps protect those who are the most vulnerable to illness, such as infants, elders, and those with weakened immune systems.

Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death. In the United States, vaccines have greatly reduced infectious diseases that once routinely caused severe illness and death. According to the CDC, prior to the COVID-19 pandemic approximately 50,000 adults died every year from vaccine-preventable illnesses. During National Immunization Awareness Month, we encourage you to talk to your doctor, nurse, or healthcare professional to ensure that you and your family are protected against serious diseases by getting caught up on routine vaccinations.

Although no vaccine is 100% effective, it is the first step in protecting yourself, your family, and others from serious illness.

Source: www.cbp.gov/employee-resources/health-wellness/august-national-immunization-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



AUGUST IS NATIONAL PEACH MONTH

Fun facts:

- Peaches are an moderate source of vitamins and minerals. They contain Vitamin C and A, and also contain Potassium.
- Peaches are high in fiber, which can help with digestion.
- Peaches contain high levels of beta-carotene, an antioxidant that can improve blood circulation



25th National Farmers Market Week: August 4-10

An annual celebration that highlights the vital role farmers markets play in our nation’s food system.

Visit local Markets to show your support!

- Plattsburgh: Saturdays, 9 am—2 pm
- Champlain: Saturdays, 9 am—12 pm
- Rouses Point: Fridays, 3 pm—6 pm
- Malone: Wednesdays, 12 pm—4:30pm
- Saranac Lake: Saturdays 9 am—1 pm

Peach Salsa

Serving Size: 2 Tablespoons

Ingredients:

- 1 cup chopped peaches, canned or fresh
- 1 large tomato, chopped
- 1 Bell Pepper, seeded and chopped
- 1/2 cup chopped onion (1/2 medium onion)
- 1/2 cup chopped cilantro
- 1 Tablespoon lime juice
- 1/4 teaspoon each salt and pepper

Nutrition Information:

Calories: 20; **Total Fat:** 0 Grams; **Saturated Fat:** 0 grams; **Cholesterol:** 0 milligrams; **Sodium:** 40 milligrams; **Total Carbohydrates:** 5 Grams; **Dietary Fiber:** 1 Gram; **Total Sugars:** 1 Gram; **Protein:** 0 Grams

Total Serving Per Recipe: 16

Directions:

- 1.) Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add Lime.
- 2.) Cover and refrigerate until ready to serve.
- 3.) Refrigerate leftovers within 2 hours.

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.**

DINE-IN

SITES:

- PLATTSBURGH**
518-561-7393
- BEEKMAN TOWERS**
518-561-5360
- ELLENBURGH**
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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  Don't worry, Bee happy... 				
5 CHICKEN PARMESAN CASSEROLE Italian Blend Vegetables Sourdough Bread Pears	6 TURKEY & PROVOLONE SANDWICH Broccoli Corn Salad Lettuce & Tomato Chocolate Chip Cookie	7 BEEF TIPS Egg Noodles Sliced Carrots Rye Bread Lemon Mousse	1 SPAGHETTI w/ MEAT SAUCE Tossed Salad Italian Bread Sugar Cookie	2 SALSA CHICKEN Rice Pilaf Corn Wheat Bread Fresh Fruit
12 SPANISH RICE Peas & Carrots Whole Wheat Bread Mandarin Oranges	13 HAWAIIAN PORK CHOP Mashed Potatoes Oriental Vegetables Almond Cookie	14 MICHIGAN ON BUN Home Fries Four Bean Salad Fruit Parfait	15 SWEDISH MEATBALLS Egg Noodles California Blend Veggies Carrot Cake	16 MACARONI & CHEESE Stewed Tomatoes Wheat Dinner Roll Fresh Fruit
19 BREADED CHICKEN Mashed Potatoes Peas Fruit Cocktail	20 SAUSAGE, PEPPERS & ONIONS ON ROLL Roasted Potatoes Broccoli Strawberry Shortcake	21 TUNA SALAD ON WHOLE WHEAT GRAVY Pasta Salad Cucumber Onion Salad Jello Cake	22 ROAST BEEF w/ GRAVY Red Smashed Potatoes Green Beans Oatmeal Raisin Cookie	23 CHICKEN & BISCUITS Mashed Potatoes Mixed Veggies Fresh Fruit
26 HONEY MUSTARD PORK CHOP Red Potatoes Spinach Whole Wheat Bread Pineapple	27 GOULASH Wax Beans Dinner Roll Tapioca Pudding	28 ROAST TURKEY w/ GRAVY Mashed Potatoes Harvest Blend Vegetables Molasses Cookie	29 HAM & SWISS ON RYE Potato Salad Tri Slaw Blueberry Crisp	30 BAKED FISH Home Fries Beets Rye Bread Fresh Fruit

EMERGENCY PREPAREDNESS FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT
TO HELP YOU IN CASE OF AN EMERGENCY.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care provider about what to do



identify an alternative power source for devices



inform your emergency contacts of the plan



Plan how you will **communicate** if you have a communication disability.



Plan for your **transportation** if you need help evacuating.



Plan how you will evacuate with any **assistive devices**.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Styles and serial numbers of all medical and assistive devices
- Need-to-know information for first responders and others who might need to help you



Food, water, and essentials for you and pets or service animals



Medicines, medical supplies, batteries, and chargers



Copies of Medicaid, Medicare, and other insurance cards



Learn more: acl.gov/programs/emergency-preparedness

Reminder: Don't forget to use your Farmers' Market Coupons

There is a large selection of locally grown fruits and vegetables to choose from. Use your coupons to get some of your favorites!

If you didn't get coupons, call Office for the Aging at 518-565-4620 for more information.



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