



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER



## Fire Safety Awareness

Did you know that people ages 65 and over have an increased risk of dying in a fire? The following risk factors can make older adults more vulnerable to fire injury or death: having physical or mental impairments, using chemical substances such as medicines and alcohol, and living with smokers or in substandard housing.



There are several things you can do to reduce your risk.

- Ensure you have working smoke detectors. Smoke detectors should be located in every sleeping room and outside of sleeping areas. If you are unable to hear the alarm, consider alternate systems that can include flashing lights or vibrations.
- Create and practice a fire escape plan. If you cannot escape on your own, have a designated household member assigned to help. Have a back up plan in case the designated person is not home.
- Make sure you can open all your doors and windows in your home and keep escape routes clear of clutter.
- Reduce fire hazards - don't overload circuits, keep flammable materials away from heat sources, and use a timer to remind you that you are cooking.
- If you smoke, never do so around medical oxygen, smoke outside if you are able, never smoke while laying down or if you are drowsy, or in bed. Wet cigarette butts and ashes before emptying them into the trash.
- Know how to use a fire extinguisher.
- Keep your glasses, cane or wheel chair, and a phone near your bed in case of emergency.

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## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Medicare Open Enrollment is from October 15th through December 7th. Please see the clinic information on pages 6 and 7. Don't wait, stop by a free clinic to consult with a New York State trained, unbiased health insurance counselor to determine your best options for 2025.

You may love your current plan, but there may be changes to that plan for 2025. Don't be surprised by high costs in January, come to a clinic and review your options.



Fall has arrived and it's time to make sure your vehicle is ready for winter. Check your tires, test your battery, replace wiper blades, keep your washer fluid full, prepare an emergency kit, and carry a flashlight and blankets in your car.



### Volunteer Opportunities

**Did you know that volunteering has positive health impacts?**

**For more information about volunteer opportunities in Clinton County please contact the following:**

**Literacy Volunteers**  
**518-564-5332 or email**  
**sarah@lvcef.org**

**AmeriCorps Seniors RSVP**  
**518-566-0944**

**New York State**  
**Ombudsman Program**  
**518-562-1732**

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

*Help your  
 neighbors,  
 help yourself!*

**VOLUNTEERS  
 NEEDED**



# CAREGIVER CORNER

## Fire Safety Checklist for Caregivers of Older Adults

Older adults are more likely to die in home fires because they may move slower or have trouble hearing the smoke alarm. Make sure the people you know are prepared and safe.

Put a check in front of each statement that is true for your home.

### Smoke Alarms

- Smoke alarms are on every level of the home.
- Smoke alarms are inside and outside sleeping areas.
- Smoke alarms are tested each month.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.
- People can hear smoke alarms from any room.



#### Can everyone hear the alarm?

If not, consider another type of smoke alarm – like one that has a different sound or one that comes with a bed shaker or strobe light.

### Cooking Safety

- The cooking area has no items that can burn.
- People stay in the kitchen when they are frying, grilling, boiling, or broiling food.

### Smoking Safety

If they smoke, make sure they are a fire-safe smoker:

- People only smoke outside and never in bed.
- People put cigarettes out safely in an ashtray with a wide base that will not tip over.
- People never smoke around medical oxygen.

### Heating Safety

- Space heaters are least 3 feet away from anything that can burn.
- People blow out candles before leaving the room.

### Escape Plan

- There is a fire escape plan that shows 2 ways out of every room.
- Exits are always clear and not blocked with furniture or other items.
- Everyone knows where the safe meeting place is outside the home.
- The escape plan works for everyone, including people who use a wheelchair, a hearing aid, or glasses.
- There is a phone near the bed to call a local emergency number in case of a fire.



#### Can everyone get out?

Make sure people who use a wheelchair or a cane can get to them and get out quickly. Tell them to keep glasses or hearing aids next to the bed.

### Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

### Electrical and Appliance Safety

- No electrical cords run under rugs.
- All electrical cords are in good condition and not broken or cut.
- People clean the dryer of lint after every use.
- All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)

Learn more about fire prevention:  
[www.usfa.fema.gov](http://www.usfa.fema.gov)

U.S. Fire  
Administration



FEMA



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.

a concert to benefit **HOSPICE OF THE NORTH COUNTRY**  
event made possible by Tom & Sue LaRocque

# Melodies & Memories



sweet sounds of the 50s & 60s



Saturday, October 12  
6:00 - 8:00 p.m.

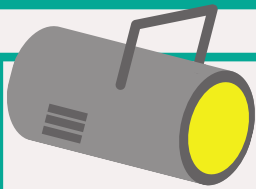
Northern Adirondack School  
Middle High School Auditorium  
5572 Route 11  
Ellenburg Depot

**\$20**  
kids 10 & under are free

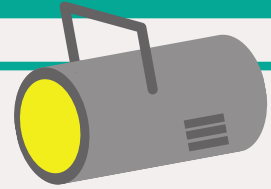
tickets available at door

scan  
for  
tickets





## Program Spotlight



### **SENIOR PLANET EXPLORATION CENTER**

Senior Planet in Plattsburgh, New York provides North Country residents ages 60+ with a technology-themed community center dedicated to leveraging the power of technology to change the way we age.

Senior Planet offers a variety of classes, workshops, and seminars. There are in-person classes, online classes, exercise programs and more. You can also drop in to use their computers and wifi, play a video game, or check out some new gadgets.

Stop by the center at Champlain Centre mall at 60 Smithfield Blvd. to learn more. You can also visit their website at: <https://seniorplanet.org/locations/north-country/plattsburgh-center/> or by giving them a call at 518-612-4153.



Participants at Senior Planet's Luau on August 30, 2024

# 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 2024 Medicare Open Enrollment Clinics  
 Your source for **Unbiased** Counseling & Information  
**FREE** and Open to the Public!

Date	Time	Location
October 29, 2024 Tuesday	9 am – 3 pm	Virtual by Telephone or Computer <b>Pre-register at 518-565-4620 by 10/17</b>
November 1, 2024 Friday	9 am – 3 pm	St. Joseph’s Community Outreach Center 1349 Military Turnpike, Plattsburgh
November 6, 2024 Wednesday	9 am – 3 pm	Rainbow Wedding/Banquet Hall (Blue Room) 47 Woods Falls Road, Altona
November 8, 2024 Friday	9 am – 3 pm	PHA Russell H. Barnard Apartments 46 Flynn Ave, Plattsburgh
November 12, 2024 Tuesday	9 am – 3 pm	American Legion Post 912 29 Pratt St, Rouses Point
November 15, 2024 Friday	9 am – 3 pm	St. Joseph’s Community Outreach Center 1349 Military Turnpike, Plattsburgh
November 18, 2024 Monday	9 am – 3 pm	Peru Community Church Hall 13 Elm St, Peru
November 20, 2024 Wednesday	9 am – 3 pm	American Legion Post 1618 275 Wilson Rd., Saranac
November 25, 2024 Monday	9 am – 3 pm	Virtual by Telephone or Computer <b>Pre-register at 518-565-4620 by 11/20</b>
December 3, 2024 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.

Remember: Plans change from one year to the next – always review your options.

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

**Pre-registration is required for Virtual Clinics only (October 29 & November 25)**

## What to Bring With You to the Open Enrollment Clinic

- MyMedicare.gov User Name 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



## Breast Cancer Awareness



Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer.

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include:

- Any change in the size or shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk, including blood
- A new lump in the breast or underarm
- Irritation or dimpling of breast skin

Breast cancer screenings can help find breast cancer early, when it's easier to treat. The US Prevention Services Task Force recommends that women who are 40 to 74 years old and are at average risk for breast cancer get a mammogram every 2 years. Discuss with your health care provider what screening is right for you.

If cost is a concern, the Cancer Services Program at the University of Vermont Health Network Champlain Valley Physicians Hospital may be able to help. To determine your eligibility, contact the Cancer Services Coordinator at 518-324-7660.

Some breast cancer risk factors you cannot change, but there are some you can. To reduce your risk: Maintain a healthy weight and exercise regularly, drink less alcohol or none at all; talk to your doctor about the risks of hormone replacement therapy; and don't smoke.





## October is National Apple Month!

### *Did you know these fun facts?*

- There are over 7,500 varieties of apples grown throughout the world!
- Apples are a good source of dietary fiber and vitamin C!
- Apples are very low in saturated fat, cholesterol, and sodium content!
- The science of apple growing is called Pomology!

## Apple Wraps Recipe

### Ingredients:

- 1 large apple      -2 (8-inch) whole wheat tortillas
- 2 tablespoons peanut butter      -2 medium, ripe bananas

### Directions:

- 1) Rinse and cut apple in half, lengthwise. Remove any stems. Cut out center core that contains the seeds. Do not peel.
- 2) Lay apple halves flat side down. Cut into ¼-inch thick slices. Cut slices into small cubes.
- 3) Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.
- 4) Add peanut butter to mashed banana. Stir well to blend.
- 5) Spread peanut butter mixture over one side of each tortilla.
- 6) Sprinkle diced apple over peanut butter. Tightly roll each tortilla. Cut each wrap in half.

Average Cost: \$4.99  
Prep Time: 15 minutes  
Servings: 4

### Nutrition Information

Serving Size: ½ Wrap	
<b>Nutrients</b>	<b>Amount</b>
<b>Calories:</b>	190 g
<b>Total Fat:</b>	6 g
<b>Saturated Fat:</b>	1.5 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	200 mg
<b>Total Carbohydrates:</b>	34 g
<b>Dietary Fiber:</b>	3 g
<b>Total Sugars:</b>	14 g
<b>Added Sugars:</b>	0 g
<b>Protein:</b>	5 g

## Upcoming Events-

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



## 10/22 @ 11AM

10 Tips for  
Adults Series  
A

**MEALS ON WHEELS**

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



*This menu is approved  
by a Registered  
Dietitian.  
MENU 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  
TOWERS**  
518-561-8696  
**ROUSE'S 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
 <b>7 CHICKEN &amp; BISCUITS</b> Mashed Potatoes Peas & Carrots Peaches	<b>1 TURKEY w/ PROVOLONE SANDWICH</b> Lettuce & Tomato Potato Salad Chocolate Chip Cookie	<b>2 HAWAIIAN PORK CHOP</b> Rice Pilaf Oriental Veggies Wheat Bread Vanilla Pudding	<b>3 ROAST BEEF w/ GRAVY</b> Mashed Potatoes Red Slaw Sally's Mexican Cake	<b>4 BAKED FISH</b> Red Potatoes Mixed Veggies Wheat Bread Fresh Fruit
<b>8 MACARONI &amp; CHEESE</b> Stewed Tomatoes Dinner Roll Fruited Jello	<b>9 MEATLOAF w/ GRAVY</b> Mashed Potatoes California Blend Veggies Carrot Cake	<b>10 BBQ PORK ON BUN</b> Oven Browned Potatoes Creamy Coleslaw Birthday Cake	<b>11 MARINATED CHICKEN</b> Rosemary Potatoes Capri Blend Veggies Fresh Fruit	
<b>14 CLOSED</b> 	<b>15 BREADED CHICKEN</b> Baked Beans Beets White Bread Fruit Cocktail	<b>16 MARINATED PORK CHOP</b> Roasted Potatoes Green Beans Tapioca Pudding	<b>17 SWEDISH MEATBALLS</b> Egg Noodles Harvest Blend Veggies Chocolate Cake w/ Peanut Butter Frosting	<b>18 CHICKEN ALFREDO</b> Broccoli Italian Bread Fresh Fruit
<b>21 CHILI</b> Wax Beans Corn Muffins Pears	<b>22 SWEET &amp; SOUR CHICKEN w/ RICE</b> Peas & Carrots Wheat Bread Lemon Mousse	<b>23 ROASTED TURKEY w/ GRAVY</b> Mashed Potatoes Harvest Blend Veggies Pumpkin Pie	<b>24 SPAGHETTI w/ MEAT SAUCE</b> Italian Blend Veggies Sourdough Bread Sugar Cookie	<b>25 BEEF TIPS</b> Mashed Potatoes Sliced Carrots Rye Bread Fresh Fruit
<b>28 CHICKEN STEW</b> California Blend Veggies Wheat Bread Pineapple	<b>29 BEEF STROGANOFF</b> Spiral Noodles Diced Carrots Jello Cake	<b>30 MARINATED CHICKEN</b> Red Smashed Potatoes French Green Beans Wheat Roll Chocolate Mousse	<b>31 BAKED HAM</b> Sweet Potatoes Peas & Onions Apple Crisp	

We Are **So Thankful** For Each and Every One Of You!



**General Election**  
**Tuesday**  
**November 5, 2024**  
 Early voting will be held  
 Saturday, October 26th through  
 Sunday, November 3rd.

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.

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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 \_\_\_\_\_

# Stop scams that target older adults

Share what you know:

**[ReportFraud.ftc.gov](https://ReportFraud.ftc.gov)**



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.*