



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Aging in Place - Signs That Extra Supports are Needed

Many people want to stay in their home as they age. This can require careful planning and consideration. There are signs to watch for that may indicate that you or a loved one may need extra support to stay home safely.



Changes at home:

- Is the home clean and relatively clutter free?
- Is the individual bathing regularly and wearing clothes appropriate for the weather?
- Does the individual have the medications they need, and are they taking them regularly?
- Can the individual prepare meals on the stove safely?

Mental Health Concerns:

- Has the individual's mood changed? Could it be depression?
 - A person may be able to hide their symptoms during a brief call or visit, but are unlikely to do so during an extended visit.

Memory Issues:

- Occasional forgetfulness is normal, however, changes in thinking ability or personality, more significant memory problems, or poor decision making could indicate a serious condition that requires a medical evaluation.

Other Health Concerns:

- Significant weight loss or gain
- Poor hygiene
- Confusion
- Falls or Mobility Issues

If you notice concerning changes, ask for assistance.

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MESSAGE FROM THE DIRECTOR



BY: DARLEEN COLLINS

The holidays are rapidly approaching. Many people spend the holidays alone. I encourage everyone to think about friends and neighbors.

Do you know someone who may be spending the holidays alone? Is there a way you can include someone in your plans. Maybe invite them to join your family for dinner, or make a special trip to visit them.

Will you be attending a special holiday show or event? Can you offer to bring an isolated friend, family member, or neighbor with you?

Other ways to help people feel less lonely include: send a card or letter, send or drop off a small treat or gift, call to check in and visit for a bit.

A small gesture can make the world of difference to someone.



Volunteer Opportunities



Did you know that volunteering has positive health impacts?

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

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

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

*Help your neighbors,
help yourself!*



CAREGIVER CORNER

National Family Caregiver Month

National Family Caregiver Month is celebrated each November to honor caregivers and raise awareness of the challenges they face.

Caregivers often feel like they are the only ones facing the challenges of caring for a loved one. Did you know that there are about 9,000 family caregivers in Clinton County? You are NOT alone. Caregivers in Clinton County provide over 8 million hours of care each year. This equates to an economic value of \$157 million annually. These statistics are staggering. Our caregivers should be celebrated.

It is important for caregivers to take time for self-care. Some things that can help: Get exercise, get enough sleep, stay socially connected to people you enjoy being with, get regular medical checkups, ask for and accept help when it is offered, watch for signs of depression, and seek support and information from other caregivers. Build a support team of family, friends, and professionals.

Are you an employer? Are you able to provide more flexibility for caregivers. Making it easier to get their family member to appointments, or adjust their work hours to accommodate a caregiving need can make the employee feel supported and can make them a more productive employee.

Caregivers, you are amazing, we are so thankful for all that you do.

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.

National Diabetes Month

What Is Diabetes?

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Glucose is your body's main source of energy. Your body can make glucose, but glucose also comes from the food you eat.

Insulin is a hormone made by the pancreas that helps glucose get into your cells to be used for energy. If you have diabetes, your body doesn't make enough—or any—insulin, or doesn't use insulin properly. Glucose then stays in your blood and doesn't reach your cells.

Diabetes raises the risk for damage to the eyes, kidneys, nerves, and heart. Diabetes is also linked to some types of cancer. Taking steps to prevent or manage diabetes may lower your risk of developing diabetes health problems.

Health Living With Diabetes

Healthy living is a way to manage diabetes. To have a healthy lifestyle, take steps now to plan healthy meals and snacks, do physical activities, get enough sleep, and quit smoking or using tobacco products.

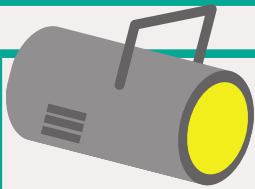
Healthy living may help keep your body's blood pressure, cholesterol, and blood glucose level, also called blood sugar level, in the range your primary health care professional recommends. Your primary health care professional may be a doctor, a physician assistant, or a nurse practitioner. Healthy living may also help prevent or delay health problems from diabetes that can affect your heart, kidneys, eyes, brain, and other parts of your body.

Making lifestyle changes can be hard, but starting with small changes and building from there may benefit your health. You may want to get help from family, loved ones, friends, and other trusted people in your community. You can also get information from your health care professionals.

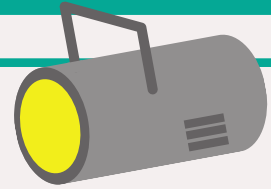
Living Healthy Workshops

Another option is participating in Living Healthy With Chronic Conditions or Chronic Disease Self-Management Workshops. Call Tammy Collins at Clinton County Office for the Aging at 518-565-4620 for more information.

Source: <https://www.niddk.nih.gov/health-information/diabetes/overview/healthy-living-with-diabetes>



Program Spotlight



REGISTERED DIETITIAN

Clinton County Office for the Aging provides access to Nutrition Counseling and Nutrition Education through a contract with Registered Dietitian Jo Morse. Jo works part-time working with Clinton County residents ages 60 and over.

The Registered Dietitian is able to provide individualized guidance to individuals who are at nutritional risk because of their health or nutrition history, dietary intake, chronic illnesses, or medications use.

Counseling is provided one-on-one with the Registered Dietitian, who evaluates the person's nutritional needs, develops and implements a nutrition counseling plan, evaluates the client's outcome, maintains documentation and distributes appropriate literature.

Appointments are available in-person or via telephone. If you are interested in this service, please call Clinton County Office for the Aging at 518-565-4620. There is no fee for this service, however voluntary contributions are accepted. Service will not be denied due to a lack of ability or willingness to contribute.



Tips to Increase Physical Activity

It is recommended that adults need 150 minutes of moderate intensity aerobic activity per week or 75 minutes per week of vigorous intensity activity. Try to start with 10-20 minutes and work up to increasing time and intensity.

- At least 2 of these days should be activities that strengthen muscles.
- You should also include activities to improve balance.

Tips for being physically active:

- Try to do a variety of activities. This can make physical activity more enjoyable and reduce your risk of injury.
- Even if it's hard to do some types of activities, such as climbing stairs or walking, you can safely do other types of physical activity. Try airplane stretches and chair exercises to start.
- Lots of activities count, even things like mowing the lawn or carrying groceries, and it all adds up. Find what works for you.
- If you take a break from your regular activity due to an illness or travel, start again at a lower level and slowly work back up to your usual level of activity.
- If it is too hot, cold, or wet to be outside, try walking in a mall or look for an online fitness program you can do at home.

Doing physical activity that requires moderate effort is safe for most people. But if you have been inactive, are overweight, or have concerns, talk to your doctor before starting vigorous-intensity physical activity, such as jogging.

10 Tips for Adults

Senior Health Improvement and Nutrition Education Workshop

When: 11:00am on the following Tuesdays

October 22nd, November 19th, December 17th, January 21st

Where: Northern Housing Development

1 Northern Tier Way Champlain, NY 12919

Topics: Workshop 1- Introduction to MyPlate

Workshop 2- Make Half Your Plate Fruits and Vegetables

Workshop 3- Make Half Your Grains Whole Grains

Workshop 4- Vary Your Protein Routine

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





Unexpected Gift with QR Code



New Scam Alert!

Beware of Unexpected Gifts with QR Code Traps

Scammers will send a person a package in the mail from Amazon or another company. The package may contain gifts such as rings, bracelets, bluetooth speakers, etc. The person's name and address will be listed on the package, but no sender information. Inside is a note with a QR code, telling the person to scan it in order to find out who sent the gift.

Once scanned, all information from that phone will be taken by the hacker, ultimately allowing them access of all personal & financial information connected to the device. These scams can appear everywhere.

Watch for signs of code tampering, as hackers have been known to paste fake QR codes over legitimate ones in public settings. (information centers, parking meters, etc.)

Scan Me! 



Safety Tips for the Holidays



Holiday Decorations

- Make sure holiday decorations do not create clutter or tripping hazards - be particularly aware of extensions cords.
- Instead of candles use bright colored centerpieces or battery powered candles.
- Don't decorate surfaces used for balance, such as handrails.
- Make sure all areas of your home are properly lit.
- If using a live tree, make sure it is fresh and keep it watered to reduce fire hazards.



Maintain a Healthy Diet and Lifestyle

- If you should be watching your sugar or salt intake, maintain it.
- Minimize, or eliminate, alcohol. Beware of side effects if your medications if mixed with alcohol.
- Drink plenty of water.
- Let yourself rest. It's easy to overdo with busy schedules during the holidays, so take a break to recharge.
- Ask for help. Families often have traditions, but it's okay to ask for assistance, pass the torch to another family member, or make new traditions.
- Mind your medications. Schedules and routines are often disrupted during the holidays, use a pillbox or reminders to take your medications as prescribed.
- Follow safe handling instructions for food preparation and storage.



Holiday Shopping

- Break up shopping trips. Shopping can be physically and mentally taxing so spread the shopping out over multiple trips rather than trying to do it all at once.
- Shop earlier in the day when stores are less crowded.
- Bring someone with you. You will have someone to help carry your bags and get some much needed socialization.

Use these tips to have a happier, healthier holiday season.





**FOCUSING ON
THE NEEDS OF
FAMILY
CAREGIVERS
IN THE NORTH COUNTRY**

**FRANKLIN, CLINTON, ESSEX,
WASHINGTON, WARREN,
AND HAMILTON COUNTIES.**

**Training, Education, Resources,
Supportive Community Groups, and Respite Vouchers***

We've been there!

Let us help you develop your plan for healthy caregiving. There is never a charge for our programs.



CAREGIVER WELLNESS & RESPITE.
Centering on you!

For more information, scan the QR code or contact Doris Green at dgreen@lifespan-roch.org or 585-287-6393



*Must meet eligibility requirements

This project was supported, in part by grant number # 90LRLI0043, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201, through the NYS Office for the Aging. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

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

ROUSES POINT

518-534-1852

Senior Citizens
Council of
Clinton County,
Inc.

Nutrition
Program

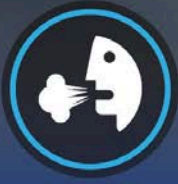
Funded by
Clinton
County

Office for
the Aging
and New
York State
Office for
the Aging.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| <p>DON'T FORGET Clocks "fall back" an hour on Sunday, November 3rd ...</p> | | | | <p>1 BAKED FISH Home Fries Beets Rye Bread Fresh Fruit</p> |
| <p>4 SLOPPY JOE ON BUN Whole Potatoes Capri Blend Vegies Peaches</p> | <p>5 MACARONI & CHEESE Stewed Tomatoes Wheat Roll Molasses Cookie</p> | <p>6 MARINATED CHICKEN Red Potatoes Peas Whole Wheat Bread Butterscotch Pudding</p> | <p>7 SAUSAGE, PEPPERS & ONIONS ON BUN Roasted Potatoes Broccoli Carrot Cake</p> | <p>8 GOULASH Diced Carrots Dinner Roll Fresh Fruit</p> |
| <p>11 CLOSED</p> | <p>12 BAKED HAM W/ RAISIN SAUCE Wheat Roll Mashed Potatoes Fresh Green Beans Peas</p> | <p>13 HAMBURGER ON BUN Baked Beans Mixed Vegies Strawberry Mousse</p> | <p>14 ROAST PORK W/ GRAVY Mashed Potatoes Harvest Blend Vegies Birthday Cake</p> | <p>15 SALSA CHICKEN Rice Pilaf Fiesta Corn Wheat Bread Fresh Fruit</p> |
| <p>18 CHICKEN STEW California Blend Vegies Wheat Bread Pineapple</p> | <p>19 SPAGHETTI W/ MEAT SAUCE Italian Blend Vegies Sourdough Bread Sugar Cookie</p> | <p>20 HONEY MUSTARD PORK CHOP Red Potatoes Spinach Whole Wheat Bread Fruit Parfait</p> | <p>21 ROAST TURKEY W/ GRAVY Mashed Potatoes Peas w/ Pearl Onions Pumpkin Pie</p> | <p>22 SCALLOPED POTATOES W/ HAM Sliced Carrots Rye Bread Fresh Fruit</p> |
| <p>25 SPANISH RICE Peas & Carrots Whole Wheat Bread Fruit Cocktail</p> | <p>26 PULLED CHICKEN ON BUN Home Fries Wax Beans Tapioca Pudding</p> | <p>27 MEATLOAF W/ GRAVY Mashed Potatoes Capri Blend Vegies Oatmeal Raisin Cookie</p> | <p>28 CLOSED HAPPY THANKSGIVING</p> | <p>29 BREADED CHICKEN Rosemary Potatoes Peas Wheat Roll Fresh Fruit</p> |

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

Some signs and symptoms of COPD:



Ongoing coughing



Shortness of breath



Wheezing



Chest tightness

nhlbi.nih.gov/breathebetter



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.

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 _____

A **FLU VACCINE** CAN TAKE **FLU** FROM



WILD TO *mild*

TALK TO YOUR
HEALTH CARE PROVIDER
TO TAME THE WORST OF FLU

#FIGHT FLU



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.