



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Aging in Place - What's Your Plan?

Nearly 90% of older adults want to stay in their own homes as they age. If you are one of them, you should have a plan in place. It can be difficult to think about a time when you may not be able to take care of your own needs, but knowing what resources you have available can help you stay safely at home for a longer period of time.



The best place to start is to by considering what help you need now and what help you may need in the future. Take some time to learn what services are available in the community. Talk to your family, friends, and other caregivers about what support is needed for you to stay in your home over time. Most home-based support is provided by informal caregivers, that is family members, friends, and neighbors. It may be supplemented by formal caregivers and community services.

Be sure to consider any illnesses you have that may impact your ability to care for yourself in the future. Your health care provider can help answer your questions.

Help you can receive at home include services such as: personal care, household chores, meals, money management, health care, transportation, and home safety features.

An important part of the planning process is planning for how you will pay for the services you need. People often rely on a variety of funds including personal funds, federal and state government programs, and private financing.

You need to communicate your wishes to your loved ones and enlist their assistance with planning.

IN THIS ISSUE

- **Message from the Director**
- **Caregiver Corner**
- **Program Spotlight - Expanded In-home Services for the Elderly Program**
- **Social Security Scams**
- **and more**

MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS



It's not often you get to see a project from the start. Early in the process I was invited to be a part of the group trying to get a Cycling Without Age chapter started locally. This was many months ago. What an adventure it has been. Check out page 4 to learn more.

If you might be interested in volunteering for this amazing program - look to the column at the right. I am so grateful for all of the people who helped get this program started and for those who are providing the rides and so much joy in our communities. This is truly a community effort.

Wishing you all a happy holiday season and a wonderful new year!



CALL for VOLUNTEERS

Cycling Without Age Adirondack Coast Chapter is seeking volunteers for a variety of roles.

Volunteer Leader
 Photographer (casual)
 Corresponding Secretary
 Grant Writer
 Graphic Designer for Brochure and Newsletter Template
 Seamstress (for Cushions)
 Bike Mechanic
 Ambassadors
 Location Specific Lead Pilots
 Training Video Creator
 and so much more!

Contact CWA via their website at www.cyclingwithoutageadkcoast.com or by calling Rebecca at 518-578-2369 for more information.

For additional 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**



CAREGIVER CORNER

Tips for Balancing Work and Caregiving

Balancing work and caregiving responsibilities can be a struggle. According to an AARP survey, 67% of family caregivers have difficulty balancing work and life duties. Below are some tips that may help.

- Set priorities. By deciding what is most important - for your needs, your families needs, your job needs, and your care receiver's needs. Priorities may change day to day or week to week, but having that list can help.
- Talk to your employer. You may be able to work out a flexible schedule or your employer may be aware of additional resources available. Review your employee benefits. At a minimum, your employer is likely to be more understanding if a situation causes you to miss work and will understand that work is still one of your main priorities.
- Practice self-care. Caregivers tend to put everyone else's needs ahead of their own. A healthy diet, getting enough rest, and getting some form of exercise can help you keep your energy up, be a more relaxed caregiver, and avoid burn out.
- Meet with other caregivers for support. Sharing your story and knowing you are not alone can relieve stress.
- Accept your limitations. Get help from another family member, a neighbor, or community services. Communicate your needs to others in your support team.

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.

Community Shout Out

Have you heard about Cycling Without Age - Adirondack Coast Chapter? If you haven't - you are missing out on a good thing! What started with an idea, then a request for help, became a community movement. Take a look at the results for the 1st cycling season. A huge thank you and congratulations!



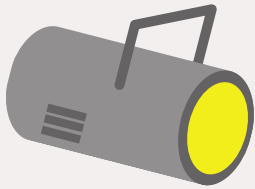
May 19th - Oct 21st
 Number of bikes: 1 Trio bike Taxi
 Total Number of rides: 128
 Total Number of riders: 186
 Total hours: 171 hours
 Avg length of ride: 1 hour (30 minutes at facilities)
 Age range served: 11 - 103 years old
 # of Accidents: 0
 Website: www.cyclingwithoutageadkcoast.com

Numbers only tell part of the story though. Here's what one pilot has to say:

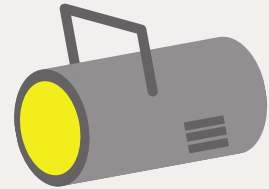
Cycling Without Age, has literally been a breath of fresh air. I've enjoyed cycling since a very young age, so this is a win for me. I get to do something I love, AND it brings a smile to those around me. People who are experiencing a ride, and people who observe the trishaw on the road or on the paths, always smile. I've piloted for people who are physically and/or mentally less abled, and elder adults. For me it is always fun to meet people and I provide them with entertainment. They get out of their regular routine; they do something different; they do something fun, and I'm there to witness it! CWA gives me the flexibility to do something I enjoy, any day of the week, any time of day. I highly recommend people to give it a shot, and after training bring, friends and family for rides to build confidence, learn routes, and put smiles on faces!

Proud Pilot,
 Karen DuFour





Program Spotlight



Expanded In-home Services for the Elderly Program

The Expanded In-Home Services for the Elderly Program (EISEP) provides assistance for older adults who need assistance with activities of daily living. EISEP provides non-medical in-home services, case management, and ancillary services.

Individuals receive a comprehensive in-home assessment to determine a person's needs and circumstances. Case Managers work with the client and family to develop a care plan, then authorize services. Case Managers provide information and referral, client monitoring, and follow up.

Non-medical in-home services provided include Personal Care Level 1 and Personal Care Level 2. Level 1 provides assistance with light housekeeping, meal preparation, running errands, and food shopping. Personal Care Level 2 provides all tasks in Level 1 care plus bathing, grooming, dressing, toileting, transferring and ambulation, and feeding.

Eligibility requirements:

- 60 years of age or older
- Functionally impaired in at least one activity of daily living (ADL) or two instrumental activities of daily living (IADL)
- Ineligible for the same or similar service under other public programs
- Able to be maintained safely at home

ADLs are self-care tasks such as bathing, dressing, toileting, continence, transferring, and eating.

IADLs include housekeeping, shopping, preparing meals, managing money, laundry, using transportation, telephoning, and getting outside the home.

For more information, call Clinton County Office for the Aging at 518-565-4620.

Chronic Obstructive Pulmonary Disease (COPD) Nutrition Therapy

Symptoms of COPD such as cough, shortness of breath, and fatigue can make it more difficult for you to eat enough. It is important that you conserve your energy and make sure you have enough calories and protein in your diet. The nutrition therapy for COPD may help improve your food choices and meal patterns to help meet your nutrition goals.

Mealtime Strategies

- Eat when you are hungry. Experiment with timing of meals to find out when you have a larger appetite.
- Eat small meals and snacks 5-6 times per day. Try to eat even when you are not feeling hungry.
- Reduce activity around mealtimes to preserve energy levels.
- Eat slowly. Select foods that are easy to chew and swallow and be sure to chew your foods well.
- Limit carbonated beverages like soda and seltzer to help reduce symptoms of bloating and fullness.
- Let others (family, friends, neighbors) help, including with shopping, preparation, and clean up.
- Use supplemental oxygen around mealtimes if prescribed. Use good posture while eating to make it easier to eat and breathe.

Choose Foods and Beverages High in Nutrients and Calories

- Replace light or diet foods and beverages and low-calorie beverages and broths with nutrient-dense choices.
- Choose a variety of easy-to-prepare and easy-to-eat fruits, vegetables, and whole grains to meet your vitamin, mineral and fiber needs.
- Drink beverages high in calories and nutrients such as full fat dairy products and oral nutrition supplements.
- Choose a variety of high-calorie and high-protein foods that you enjoy such as nuts, soy nuts, nut butter, cheese, fish, poultry, tofu and prepare with oil or sauces.
- Take medical food supplements as recommended.

Stay Hydrated

- Keep a water bottle with you at all times to help you meet your fluid goals.
- Drink fluids, including water, throughout the day and evening.

COPD can cause many nutritional challenges, hopefully some of these tips can keep them in check.

Submitted by Jo Dragoon-Morse, Registered Dietician

Protect Yourself from Social Security Scams

Be on the lookout for fake calls and emails



Securing today
and tomorrow

Telephone and email scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

1. **HANG UP**
2. **DO NOT GIVE MONEY OR PERSONAL INFORMATION**
3. **REPORT THE SCAM AT [OIG.SSA.GOV](https://www.oig.ssa.gov)**



What to look out for



The caller says there is a **problem** with your Social Security number or account.



Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.



Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.



Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will **never**:

- » Threaten you
- » Suspend your Social Security number
- » Demand immediate payment from you
- » Require payment by cash, gift card, pre-paid debit card, or wire transfer
- » Ask for gift card numbers over the phone or to wire or mail cash



Be Active

Protect yourself, friends, and family!

- » If you receive a questionable call, hang up and report it at [oig.ssa.gov](https://www.oig.ssa.gov)
- » Don't return unknown calls
- » Ask someone you trust for advice before making any large purchase or financial decision
- » Don't be embarrassed to report if you shared personal information or suffered a financial loss
- » Learn more at [oig.ssa.gov/scam](https://www.oig.ssa.gov/scam)
- » Share this information with others

Preventing Unsafe Exposure to Cold Outdoors



Here are some tips for keeping warm when the temperature drops outside:

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature – try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as you can.



December is National Pear Month!

Cinnamon Baked Pears Recipe

Makes: 4 Servings

Prep Time: 5-10 minutes

Cook Time: 25-35 minutes

Ingredients:

- 2 Ripe Pears
- 3 tablespoons chopped walnuts
- 2 teaspoons honey OR brown sugar
- 1/4 teaspoon cinnamon
- 1 tablespoon dried cranberries

Directions:

- 1) Pre-heat oven to 350 degrees.
- 2) Cut pears in half lengthwise. Scoop out the seeds with a spoon.
- 3) Place pears in a baking dish. Fill centers with chopped walnuts & drizzle about half a teaspoon of honey OR brown sugar over each pear half.
- 4) Sprinkle each half with cinnamon and cranberries
- 5) Bake at 350 degrees for 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.

Recipe Nutrition Facts:

Serving size: 1/2 a pear

Calories.....	69 cal
Total Fat.....	0 g
Saturated Fat.....	0 g
Cholesterol.....	0 g
Sodium.....	0 mg
Total Carbohydrates.....	0 mg
Dietary Fiber.....	1 g
Total Sugars.....	14 g
Added Sugars included.....	0g
Protein.....	1 g

Not only are Pears delicious, but did you know that they are also...

- Packed with dietary fiber!
- Rich in anti-oxidants!
- A tasty way to include some essential vitamins such as Vitamin C and K!
- Naturally low in saturated fat!
- A low sodium snack!
- In season for the availability period in New York from August until the end of February!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider and employer.

If you would like to request reasonable accommodations to participate in events,

please contact Alexandra Hooker at (518)-481-1532 or by email at

alexandra.hooker@franklincountyny.gov



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:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER 518-561-7393	2 HAMBURGER ON BUN Baked Beans Mixed Veggies Pears	3 BAKED HAM Sweet Potatoes Spinach Tapioca Pudding	4 SAUSAGE, PEPPERS & ONION ON BUN Home Fries Peas Sugar Cookie	5 CHICKEN & BISCUIT Mashed Potatoes California Blend Veggies Strawberry Mousse	6 BEEF STROGANOFF Spiral Noodles Diced Carrots Wheat Bread Fresh Fruit
BEEKMAN TOWERS 518-561-5360	9 MICHIGAN ON BUN Oven Roasted Potatoes Green Beans Peaches	10 SWEET & SOUR CHICKEN Rice Oriental Blend Veggies Lemon Mousse	11 MACARONI & CHEESE Stewed Tomatoes Dinner Roll Molasses Cookie	12 BBQ PORK ON BUN Oven Browned Potatoes Coleslaw Birthday Cake	13 MEATLOAF W/ GRAVY Mashed Potatoes Harvest Blend Veggies Dinner Roll Fresh Fruit
ELLENBURG 518-594-7311	16 BREADED CHICKEN Rosemary Potatoes Sliced Carrots Wheat Roll Pineapple	17 SWEDISH MEATBALLS Egg Noodles Capri Blend Veggies Carrot Cake	18 ROAST PORK W/ GRAVY Mashed Potatoes Peas W/ Pearl Onions Chocolate Chip Cookie	19 LASAGNA Wax Beans Italian Bread Blueberry Crisp	20 MARINATED CHICKEN Red Smashed Potatoes French Green Beans Wheat Roll Fresh Fruit
DANNEMORA 518-310-9089	23 CHICKEN STEW California Blend Veggies Wheat Bread Fruit Cocktail	24 SPAGHETTI W/ MEAT SAUCE Italian Blend Veggies Sourdough Bread Yellow Cake W/ Chocolate Frosting	25 CLOSED MERRY CHRISTMAS!	26 CHILI Corn Corn Muffins Cookie	27 BAKED FISH Home Fries Beets Rye Bread Fresh Fruit
LAKEVIEW 518-561-8696	30 SLOPPY JOE ON BUN Whole Potatoes Capri Blend Veggies Mandarin Oranges	31 HONEY MUSTARD PORK CHOP Mashed Potatoes Broccoli Cheesecake		"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR TO DREAM A NEW DREAM." C.S. LEWIS	
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.

Looking for information about community services? Call NY Connects.



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 _____



Happy Holidays



*From All of Us at
Clinton County Office for the Aging*



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.