

FOR IMMEDIATE RELEASE:

**Office for the Aging Strongly Urges Older Adults to Stay Home
to Protect Themselves Against COVID-19**

The Office for the Aging has canceled all Health Promotion Programming, SHINE Nutrition Education Programming and Cyber Seniors Programming. Also, the Office for the Aging has closed all congregate dining centers, effective last week. Home delivered meal clients will continue to receive meals. All congregate clients have also been contacted to determine food options. If you are an older adult in need of food or basic necessities or know an older adult that needs assistance, please call our office at (315) 386-4730. The Office for the Aging will remain open during this pandemic and is committed to helping older adults during these stressful and uncertain times.

It is critically important that older adults; especially those with chronic health conditions heed the advice of the Centers for Disease Control (CDC) and remain home. Older adults are at a much higher risk of fatal complications of the Coronavirus (COVID-19). If you absolutely must go out, please practice social distancing which means staying away from crowds to reduce the spread of the novel corona virus, or COVID-19. Please keep a distance of six feet between yourself and others at all times. As a community, we all need to practice social distancing to protect those most at risk. Our local healthcare providers will not have the resources to cope with a large influx of sick patients at one time.

For more information on COVID-19, please contact the St. Lawrence County Public Health Department at 315-386-2325 or call the New York State Department of Health's Coronavirus Hotline at 1-888-364-3065.

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About St. Lawrence County Office for the Aging:

The Office for the Aging provides service and advocacy for county residents 60 years and older. Programs and services includes: Nutrition Centers and Home Delivered Meals; Home Care Services; Family Caregiver Support; Medical Transportation; Legal Services; Health Insurance Information Counseling and Assistance. The Office's mission is to develop a service system specifically designed to best meet the social and human needs of the elderly.

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