



# Mature Living

St. Lawrence County  
Office for the Aging  
(315) 386-4730



## April 2023

### Inside this

#### Issue:

Caregiver Support Group	1
Food Sense Program	2
Volunteer Appreciation Week	3
Senior Clubs List	4
Healthy Snack Ideas	5
Recipe	6
Menu	7
Calendar	8

Happy Spring! We are looking forward to sunny, warm days! The Office for the Aging is incredibly excited to announce that we are starting a **Caregiver Support Group**. Caregiving for our loved ones can be so rewarding, but also exhausting, stressful and challenging. **Let us help you take care of YOU!** Please consider joining this **Caregiver Support Group**. It will meet once a month in Canton. Our Caregiver Coordinator, Barbara will facilitate the group. You will discuss ways to prioritize your own well-being; as well as meet other caregivers to share stories and support. To learn more, please call (315) 386-4730.

OFFICE FOR THE AGING PRESENTS

# CAREGIVER SUPPORT GROUP

We welcome anyone 60 or older who is a caregiver for a loved one.

Refreshments will be served.

**2ND TUESDAY OF EACH MONTH**

**10AM**

**HUMAN SERVICES BUILDING**

2nd Floor Conference Room  
80 State Highway 310  
Canton, NY 13617

**First Meeting: April 11th**

**Call Barbara to Register:**  
315-386-4730

### Mature Living

- Published by: St. Lawrence County Office for the Aging
- Supported by: The Administration for Community Living, NYS Office for the Aging and



### Food Sense Program

Food Sense is a monthly food buying co-op for **anyone** who wants to stretch their grocery dollars. Food Sense provides a monthly box of 12-15 staple grocery items at a discounted price. There are no qualifications, no subscriptions, and no requirements to participate in Food Sense. Each package costs \$20.50 without limitation to the number of packages you may buy. Rotating monthly specials are also available for purchase. Please call your local Neighborhood Center to learn more about this great monthly program.

## April Food Sense



Orders Due 4/14  
SNAP deducted 4/17  
Pick up 4/27

### April Package (\$20.50)

Chicken Tenderloins, 1.5lb avg  
Ground Beef, 1lb  
Diced Pork, 1lb  
Fish Sticks, 1lb  
Eggs, 1 dozen  
Mexican Cheese, 8oz  
Brown Rice, 1lb  
Black Beans, 15oz  
Frozen Corn, 1lb  
Diced Tomatoes, 14.5oz  
Fresh Produce #1  
Fresh Produce #2

### April Specials

Chicken Wings, 5lbs for \$7.50; fully cooked with a hint of honey flavor.  
Lobster Bites, 15oz for \$5; can be fried, baked, or air-fried.  
St. Louis Style Ribs, 1 piece for \$8.50; pork ribs are a St. Louis style spare rib.  
Italian Meatballs, 5lbs for \$15; fully-cooked.  
Mezzarella Sticks, 3lbs for \$13; par-cooked and ready for the oven.  
Produce Box, 14lbs for \$13; Includes: 2lbs onions, 3lbs apples, 1lb carrots, 5lbs potatoes, 1 sleeve celery, 4 oranges, 2 zucchini.



Orders are accepted at the following Neighborhood Centers:

Potsdam NC: 315-265-3920  
Canton NC: 315-386-3541  
Parishville NC: 315-244-0069  
Gouverneur NC: 315-287-3370  
Massena NC: 315-764-0050

Payment is due at the time of order.

Cash, check, SNAP only.  
Please make checks payable to:  
Potsdam Neighborhood Center.



**NY Connects**  
Your Link to Long Term  
Services and Supports

St. Lawrence County

(800) 342-9871 (888) 730-4730

## National Volunteer Week April 16 - 23

April is Global Volunteer Month. National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. *Source: pointsoflight.org*



In Recognition of National Volunteer Week, St. Lawrence County Office for the Aging would like to thank all of our program volunteers for their dedicated assistance to older adults. Each year, volunteers provide over 10,000 hours of support to Office for the Aging programs and services. Our Nutrition Centers will be hosting celebrations during this week for the amazing volunteers who help deliver meals and help at the Centers. You can measure the strength of our communities by the

strength of our volunteers!

**We appreciate everyone's help and support. For more information on volunteer opportunities, please call (315) 386-4730.**



**St. Lawrence County  
Office for the Aging**



### **AARP Tax Assistance Program**

AARP Tax Aides are providing free tax assistance to older adults again this year. Tax assistance will be available at the **Massena Community Center**.

Drop-Off Hours will be 8:30-am -12:30 pm on Mondays and Tuesdays.

#### **Tax Drop-Off Procedures:**

- ◆ Clients will pick up and fill out an intake form.
- ◆ Drop off all tax documents in the tax envelope provided in the entranceway of the Community Center.
- ◆ Volunteers will call the customers and perform the interview over the phone.
- ◆ Volunteers will call the customers back when their taxes are completed and ready to be picked up.



**\*\*Please bring all documents showing income for 2022; plus last year's tax return.\*\***

Joining a local Senior Club is a great way to meet new people, enjoy trips and activities. You do not have to live in a certain area to join a club. All are welcome. Many people choose to join several clubs to take part in all the fun things they do! Please consider attending a meeting to see what the clubs are all about!

## 2023 St. Lawrence County Senior Clubs

### St. Lawrence County Council of Senior Citizens

**President:** Brenda Sanderson / 315-854-8121

**Meetings:** 2<sup>nd</sup> Thursday / month @ 10 am

**Location:** Potsdam Nutrition Center

### Canton Senior Citizen Club

**President:** Myrtle Regan / 315-386-8917

**Meetings:** 1<sup>st</sup> Tuesday / month @ 1pm

**Location:** 35 Riverside Drive, Canton

### Clifton-Fine Senior Club

**President:** John Burns / 315-848-3238

**Meetings:** 3<sup>rd</sup> Tuesday / month @ 1pm

**Location:** Clifton-Fine Community Center

### Colton-Pierrepont Seniors

**President:** Cyndy Hennessy / 315-262-2524

**Meetings:** 1<sup>st</sup> Tuesday / month @ 12pm

(potluck lunch)

**Location:** Colton Fire Station

### Dekalb-Hermon Seniors

**President:** Susan Allen / 315-854-2646

**Meetings:** 2<sup>nd</sup> Wednesday / month @ 11:00am

**Location:** Dekalb Community Center

### Gouverneur Senior Citizens

**Contact:** Barbara Bayne / 315-323-7029

**Meetings:** 2<sup>nd</sup> Tuesday / month @ 12pm

**Location:** Gouverneur Community Center

### Massena Senior Citizens Club

**President:** Cheeta Lazore-Dietlein / 315-769-7810

**Meetings:** 2<sup>nd</sup> Wednesday / month @ 1:00pm

**Location:** Massena Community Center

**Facebook:** Massena NY Senior Citizens & Friends

### Norfolk Jolly Agers

**President:** Kathleen Wolfe / 315-384-4946

**Meetings:** 3<sup>rd</sup> Wednesday / month @ 12pm

**Location:** Community Hall, Raymondville

### Norwood Golden Agers

**President:** Ellie Woods Durant / 315-250-2385

**Meetings:** 4<sup>th</sup> Wednesday / month @ 1pm

**Location:** Municipal Building / Norwood

### Parishville Hilltoppers Senior Citizens Club

**President:** Barb McBurnie / 315-261-2980

**Meetings:** 2<sup>nd</sup> Tuesday / month @ 11am / lunch

to follow

No mtgs. Jan, Feb, July, Aug, and Dec

**Location:** Parishville Town Hall

### Potsdam Active Senior Citizen Club

**President:** Mary Wellings / 315-261-4761

**Meetings:** 3<sup>rd</sup> Thursday / month @ 12:30pm

**Location:** Mayfield Apts. Community Room

### Potsdam Sandstoners Senior Club

**President:** Linda Wilkinson / 315-265-4464

**Meetings:** 1<sup>st</sup> Monday / month @ 12:00pm

**Location:** Midtown Apts. Lounge

### Quad Town Senior Citizens

**Contact:** Laura Jandrew / 315-764-5141

**Meetings:** 1<sup>st</sup> Tuesday / month @ 7pm /

potluck 6pm

**Location:** LBSH, Brasher Falls

### Seaway Valley Senior Club

**President:** Norma Vincent / 315-214-9273

**Meetings:** 2<sup>nd</sup> Tuesday / month @ 12pm

**Location:** Alternates

Madrid/Waddington/Louisville

### AARP American Association of Senior Citizens

**President:** Vicki Clark / 315-265-6964

**Meetings:** announced in Member Newsletter

### North Country Statewide Senior Action Council

**President:** Barb McBurnie / 315-261-2980

**Meetings:** 1<sup>st</sup> Thursday / month @ 10 am

**Location:** Lobster House, Rt. 56, Norwood

(No meetings Jan, Feb, July or Aug)





## Healthy Snack Ideas for Seniors That Will Make You Feel Better!

Source: <http://carpevitahomecare.com/healthy-snack-ideas-for-seniors/>

Healthy snacks are important for seniors, especially when addressing health issues that are involved with aging. Eating the wrong snacks can worsen illnesses such as diabetes and arthritis, while eating the right snacks can improve them. Eating the right snacks can help seniors feel better. Knowing what snacks to eat can be a difficult task because many seniors are faced with a variety of diet challenges.

While there is a wide range of snacks that are available for seniors to help improve one's health, there are just as many "bad" snacks that seniors should avoid.

### Snacks to Avoid

- Pre-packaged snacks typically contain large amounts of salt, sugar and artificial additives, all of which should be avoided.
- Snacks that are high in saturated fats and salt should be avoided, as they can lead to or worsen heart conditions.
- Pastries and sugary desserts should be avoided since they can lead to or worsen diabetes.

Healthy snacks for the elderly do not have to be as hard as it seems. Seniors can use this list of healthy snack ideas to make a difference in how they feel and to improve their health. Create your own healthy snack idea list that you can add to over time when you determine what snacks work and what ones do not.

### Healthy Snacks

**Precut Veggies** – Vegetables provide much needed nutrients. Precut veggies are colorful and stimulating to the senses. Seniors can up carrots, broccoli and cucumbers, or even purchase baby carrots or grape tomatoes.

**Fresh Fruit** – Seniors frequently experience constipation as a consequence of reduced activity, and they can easily become dehydrated which causes seniors to lose their sense of thirst. The juice from fresh fruit is an excellent way to hydrate and also provides a healthy dose of fiber. It is a natural way to satisfy a sweet tooth by providing antioxidants.

**Nuts and Seeds** – Nuts and seeds are an alternative to unhealthy crunchy snacks. Nuts and seeds provide protein and healthy fats, and satisfies the urge to eat something crunchy like potato chips.

**Cheese** – Cheese is an easy snack and another source of protein. This snack helps lessen frailty syndrome by serving to repair cells and tissues. Cheese produces red blood cells that carry oxygen and antibodies that help fight disease.

**Hard-Boiled Eggs & Deviled Eggs** – Hard-boiled eggs make a convenient, satisfying snack and are another great source of protein.

**Yogurt** – Yogurt is not only a convenient and easy snack to eat; it also provides much needed calcium for bone health.

**Homemade Granola** – Granola can be a healthy treat when you make it yourself. By making the granola homemade you have control what you put in it. Mix up oats, nuts, and seeds with real maple syrup and bake. It's delicious and healthy! Homemade granola can be eaten by itself or make it into a cereal by adding milk or almond milk.

**Raisins & Prunes** – Raisins and prunes provide fiber that supports healthy digestion and reduces constipation. They are also a chewy treat that helps combat bacteria that leads to gum disease and cavities.

**Dark Chocolate** – In moderation, dark chocolate is essentially considered to be healthy. It is packed with antioxidants, which help fight disease, and it delivers serotonin, which creates the feeling of happiness and excitement.

**Green Tea** – Green tea has been studied excessively and seems to have the potential to fight cancer, heart disease, lower cholesterol, burn fat, prevent diabetes and stroke, and stave off dementia.

**Smoothies** – Smoothies are a perfect snack for seniors because they don't involve any chewing. Smoothies are an easy way to pack in important nutrients needed for good health. To make a delicious smoothie, try blending spinach or kale, Greek yogurt, flaxseed meal, chia seeds, frozen fruit and water for a nutrient-dense yet delicious treat.

**Recipe Corner:****Maple Pecan Chicken**

**Ingredients:** 1 lb. boneless skinless chicken breast (cut into six pieces), 1/2 cup halved pecans, 1/4 cup plain bread crumbs, 1 tsp. pepper, and 1/2 cup reduced calorie maple syrup.

**Preparation:**

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Put the pecans and bread crumbs into a food processor. Combine until all of the pecans are chopped into the same consistency as the bread crumbs. Put the chicken into the pecan and breadcrumb mixture. Coat each side completely. Lay the breaded chicken on the prepared baking sheet. Coat the rest of the chicken pieces. Bake for 30-35 minutes, or until all of the chicken is cooked through. Drizzle maple syrup over the top of the baked chicken pieces.

Number of Servings: 6

**Nutrition: Per serving :** 192.4 Calories; 7.4 g Fat; 1 g Sat; 3.8 g Mono; 43.9 mg Cholesterol; 13 g Carbohydrates; 18.9 g Protein; 1.1g Fiber; 119.4 mg Sodium; 241.9 mg Potassium

Source: <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=14136>

**North Country Chapter of StateWide  
Senior Action Council**

**Next Meeting:** Thursday, April 6th, at 10 AM  
(Coffee at 9:30 AM)

**Location:** Lobster House, State Route 56,  
Norwood

**Guest Speaker:** Mary Jones from Hospice  
Presenting: *Road Maps for the Journey's End*

**Call Barb at 315-261-2980 for more  
information.**

**\*New members welcome!**

**Seniorama is Back!**

The North Country Chapter of NY StateWide Senior Action Council is excited to announce that **Seniorama**, an information/health fair, is coming back after a COVID hiatus!



**Monday, July 24, 2023:** Akwesasne Mohawk Casino Resort Bingo Palace. Save the date!

If interested in being a vendor and/or providing an ad for the Seniorama program booklet, please contact Barb McBurnie at [mcburniebab@yahoo.com](mailto:mcburniebab@yahoo.com).

**Office for the Aging Home Care Program:** If you are 60 or over and in need of home care services, the Office for the Aging is accepting referrals for the Expanded In-Home Services for the Elderly Program (EISEP). This home care program assists elderly, fragile individuals to help maintain quality of life at home. **EISEP** provides personal care including bathing, dressing, grooming, and meal preparation to County residents who **are non-Medicaid eligible**. Services provided may be on a cost-share basis depending on income levels.

**Contact: NY CONNECTS at (315) 386-4730**

## April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4/3 <u>Boiled Dinner</u> (ham, potatoes, cabbage, carrots) <u>Cinn. Raisin Muffin</u> <u>Warm Applesauce</u>	4/4 <u>Vegetable Lasagna</u> <u>Mixed Vegetables</u> <u>Garlic Knot</u> <u>Lemon bars</u>	4/5 <u>Beef Stroganoff</u> <u>Egg noodles</u> <u>Carrots &amp; Peas</u> <u>Mandarin oranges</u>	4/6 <u>Monterey Jack Chicken</u> <u>Diced Sweet potato</u> <u>Steamed Broccoli</u> <u>Fruited Jell-o</u>	4/7 <u>Chef's Choice</u> 
4/10 <u>Turkey Tetrazzini</u> <u>Italian Bread</u> <u>Steamed Carrots, Cauliflower, Broccoli</u> <u>Warm Cinnamon Pears</u>	4/11 <u>Meatball Sub w/ Mozzarella</u> <u>Roasted Red Potatoes</u> <u>Peas/Pearl Onions</u> <u>Blueberry Cobbler</u>	4/12 <u>Sweet &amp; Sour Pork</u> <u>Over Brown Rice</u> <u>Brussel Sprouts</u> <u>Chocolate parfait</u>	4/13 <u>Fish Florentine with Parmesan Crumbs</u> <u>Mac &amp; Cheese</u> <u>Stewed Tomatoes</u> <u>Pineapple Fluff</u>	4/14 <u>BBQ Chicken</u> <u>Baked Beans</u> <u>Cole Slaw,</u> <u>Toss Salad,</u> <u>Ambrosia</u>
4/17 <u>Shepard's Pie</u> <u>Green Beans</u> <u>Warm Apple Cobbler</u>	4/18 <u>Honey Mustard Chicken</u> <u>Au Gratin Potatoes</u> <u>Harvard Beets</u> <u>Brownie w Strawberry topping</u>	4/19 <u>Cabbage Roll Casserole</u> <u>Garlic bread</u> <u>Baby Carrots</u> <u>Mixed Berries</u>	4/20 <u>Italian Baked Fish</u> <u>Brown Rice</u> <u>Steamed Broccoli &amp; Cauliflower</u> <u>Butterscotch Pudding</u>	4/21 <u>Chef's Choice</u> 
4/24 <u>Cheddar Sausage Egg Bake</u> <u>Seasoned Spinach</u> <u>Hash Browns</u> <u>Fruited yogurt</u>	4/25 <u>Baked Orange Chicken</u> <u>Brown Rice</u> <u>Zucchini/Squash</u> <u>Cookie</u>	4/26 <u>Lemon Pepper Fish</u> <u>Garlic buttered noodles, Toss salad, Peas, WW bread,</u> <u>Assorted Dessert</u>	4/27 <u>Baked Pork Chops with Apples</u> <u>Brown Rice</u> <u>Brussel Sprouts</u> <u>Fruit Cup</u>	4/28 <u>Homestyle meatloaf</u> <u>Mashed pot. w/gravy</u> <u>Yellow/Green Beans</u> <u>Cheddar Biscuit</u> <u>Strawberry Shortcake</u>
4/30 <u>Cheeseburger Supreme</u> <u>Steak Fries</u> <u>Mixed veggies</u> <u>Fresh Grapes</u>				

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM *Senior Nutrition Program 3/17/23*

Nutrition Centers Located in Brasher, Canton, Gouverneur, Morristown, and Potsdam

Suggested Contribution: \$3.00 (age60+) Guest Fee \$5.—(Under 60) No eligible client will be turned away due to the inability or unwillingness to contribute. MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE. For more information contact NY Connects (315-386-4730)

* * * * *	4/2	Palm Sunday	
* * * * *	4/3	Advisory Council Meeting; 10 am - Human Services Bldg., Canton	
* * * * *	4/3	SLC Board of Legislators Meeting; 6 pm - 48 Court Street, Canton	
* * * * *	4/5	Passover begins at Sunset	
* * * * *	4/7	Good Friday	
* * * * *	4/9	Easter	
* * * * *	4/16	Volunteer Appreciation Week Begins	
* * * * *	4/21	Eid al-Fitr begins at Sunset	
* * * * *	4/22	Earth Day	
* * * * *			



## The Travelers Guide to Life

### Road Maps for the Journey's End

A workbook for everyone to navigate and understand advance planning.

- Advance Directives
- Heath Care Proxy
- Legal Documents
- Funeral Planning
- Managing Your Online Presence
- Legacy & What You Leave Behind
- Checklists to Create Your Personal Road Maps

A free ebook is available for download and print copies are available for purchase at [www.HospiceSLV.org](http://www.HospiceSLV.org).

**Scan Me**

**Office for the Aging**  
**Advisory Council Meeting**

**Monday, April 3rd**, is the next public meeting for Office for the Aging's Advisory Council. The meeting will be held at 10:00 am at the Human Services Building in Canton, 2nd Floor Conference Room.

**The public is welcome and encouraged to attend!**

The **Advisory Council** meets five times a year to review programs and services provided through Office for the Aging. The Council advocates for needs of older adults and helps assure the development of the continuum of care within communities.

**For information, call**  
**Office for the Aging at**  
**315-386-4730.**