



St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

[Office for the Aging](#)  
[St. Lawrence County](#)

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### Mature Living

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Office for the Aging and  
St. Lawrence County

APRIL

# Mature Living

## April 2025

**Are you a caregiver?** The St. Lawrence County Office for the Aging is hosting a luncheon for senior caregivers and the family member, friend or neighbor receiving the care. Please join us for good food and good company on 4/10/25 from 10:30 am -12:30 pm at the Gouverneur Community Center. We will provide a welcoming and supportive space to have tea, coffee and a Chicken and Biscuit meal, while enjoying the opportunity to socialize with others. OFA staff will be attending for assistance and information, as needed. We look forward to seeing you there!

**Please call our office at (315) 386-4730 and ask for Barbara to reserve your lunch; as space is limited**



St. Lawrence County Office for the  
Aging is hosting a luncheon for  
caregivers and care partners  
(the one you are caring for) in a  
welcoming and supportive space.

**Thursday, April 10th**

Coffee, tea and social time: 10:30-11:00  
Lunch at 11:00

**Menu:** Chicken and Biscuits

**Location:** Gouverneur Community Center

Call Barbara at  
Office for the Aging  
to reserve your spot.  
**(315) 386-4730**

### CAREGIVER SUPPORT GROUP SURVEY

Due to the incredible success of our Caregiver Support Group in Canton, we are looking to expand the program to other areas. **If you would be interested in participating, please fill out the survey below.**

**1. Would you be interested in an in-person support group?**

Yes

No

**2. Would you be interested in a *virtual* support group held via Zoom?**

Yes

No

**3. Is there a day of the week that would be best for you to attend?**

Please circle up to three choices:

Monday

Tuesday

Wednesday

Thursday

Friday

**4. What time of day would be best for you to attend?**

Morning

Afternoon

Evening

**5. How far would you be willing to travel to attend the support group?**

10 minutes

20 minutes

30 minutes

30+ minutes

**Please include your contact information when returning this form. Thank you!**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Mailing Address: Office for the Aging, 80 State Highway 310, Suite 7, Canton, NY 13617**



### 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 - (315) 386-4730**

(EISEP is supported by the NYS Office for the Aging and St. Lawrence County)

### Grief in Spring

The snow is melting, royal purple crocuses are pushing through the soil, the whole world seems to be waking up again. After a long winter this is lovely but, when you're grieving, it can be hard to be surrounded by this sense of renewal and hope.

While working through grief in the spring it can be helpful to focus on the idea of "duality." At its core this is the idea that two things, even opposite things, can be true at the same time. For example, you can adore spring and the flowers it brings and hate how much mud ends up in your house. Putting this idea through a grief lens, you can miss someone terribly who has died and be thankful they're not suffering. Two things are true at the same time.

Spring teaches us winter breaks and warmth returns, that bulbs planted and nurtured long ago still bloom. Similarly, spring reminds us, if you've had a loving bond with a person who died, remaining connected to them lets their memory bloom again. Focus on bringing warm memories of the person with you into this new season.

If you're struggling with feelings of grief, Hospice is here to help. We offer one-on-one support, even if the person who died wasn't on Hospice. Call 315-265-3105 for more information.



## Medicare 101

*Presented by*

St. Lawrence County Office for the Aging

### Join us on the following Mondays:

March 3rd: 10:00-11:00

April 7th: 2:00-3:00

May 12th: 10:00-11:00

June 2nd: 2:00-3:00

Come and get your questions answered....

When do I sign up for Medicare?

What does Medicare cover?

Do I need to add other insurance?

What do I do during Open Enrollment?

### Human Services Building

80 State Highway 310, Canton

2nd floor conference room

(in the same building as the Office for the Aging and DMV)

Call the Office for the Aging with any questions

(315) 386-4730

### Advisory Council Meeting

**Monday, April 14th at 10 am**

Human Services Building, 80 SH 310, Canton / 2nd Floor Conference Room

The public is welcome to attend!

### Volunteer Appreciation Week: April 20 - 26, 2025

**2025 Theme:** *Volunteers Make Waves*, recognizing and celebrating the impact of volunteers in creating positive change and ripples of difference in communities.



We are very fortunate at the Office for the Aging to have **AMAZING** volunteers! On average, we have about 100 people helping us each week in our home delivered meal program. These wonderful individuals help us by: delivering meals, preparing meals, preparing the hdm bags, and other general kitchen related duties. They volunteer hundreds of hours per year!

We literally could not serve the over 1000 clients we do each week without their support and dedication! Please join us in sending our love and appreciation to the generous souls who support our older adults. We are so very grateful. Our Nutrition Centers will be holding celebrations for the volunteers all week. We will feature pictures of the festivities in next month's *Mature Living*. **THANK YOU ALL!**



# St. Lawrence County FREE RABIES CLINIC SCHEDULE

# 2025

**ALL CLINICS REQUIRE  
PRE-REGISTRATION**

**WALK-INS ARE  
NOT ACCEPTED**

Thursday, April 3, 2025	6:00 pm - 7:30 pm	Lisbon Fire Station 315-393-5988
Tuesday, April 15, 2025	6:00 pm - 7:30 pm	Louisville Highway Department 315-764-7473
Wednesday, April 30, 2025	5:00 pm - 6:00 pm	Hammond Town Barn 315-324-5321 ext. 11
Tuesday, May 6, 2025	6:00 pm - 8:00 pm	Waddington Highway Department 315-388-5629
Wednesday, May 7, 2025	5:00 pm - 7:00 pm	Ogdensburg Fire Department 315-393-3540
Thursday, May 8, 2025	5:30 pm - 6:30 pm	Norwood Kiwanis at Norwood Fire Department 315-261-0099
Thursday, May 8, 2025	5:00 pm - 7:00 pm	Macomb Highway Barn 315-578-2721
Tuesday, May 13, 2025	6:00 pm - 7:00 pm	Norfolk Dominic Zappia Community Center 315-384-4821
Thursday, May 22, 2025	6:00 pm - 8:00 pm	Potsdam Town Barn 315-265-3430
Thursday, May 22, 2025	5:00 pm - 7:00 pm	Gouverneur Friends 4 Pound Paws Shelter 315-842-7297
Thursday June 12, 2025	6:00 pm - 8:00 pm	Tri-Town Arena 315-740-0133
Tuesday, June 17, 2025	5:30 pm - 7:30 pm	Pierrepont Town Barn 315-386-8311
Thursday, June 26, 2025	5:00 pm - 7:00 pm	Clifton-Fine Arena (Star Lake) (315)-848-3121
Thursday, July 10, 2025	5:00 pm - 7:00 pm	Gouverneur Town Barn 315-287-2340 ext. 101
Thursday, August 14, 2025	6:00 pm - 8:00 pm	Fowler Town Barn 315-287-0045 ext. 1
Tuesday, Sept. 2, 2025	6:00 pm - 8:00 pm	Waddington Highway Department 315-388-5629
Tuesday, Sept. 23, 2025	6:00 pm - 7:00 pm	Massena Village Barn 315-769-5228 ext. 3
Wednesday, October 8, 2025	5:00 pm - 7:00 pm	Ogdensburg Fire Department 315-393-3540
Sunday, October 19, 2025	10:00 am - 12:00 pm	Canton Human Services Building 315-386-2325

PRE-REGISTER ON THE ST. LAWRENCE COUNTY PUBLIC HEALTH DEPARTMENT WEBPAGE OR FACEBOOK PAGE. LINKS TO REGISTER WILL BE POSTED **ONE WEEK PRIOR** TO THE CLINIC. FOR ASSISTANCE WITH REGISTRATION, CONTACT THE HOST TOWN'S CLERK

**For Questions or Registration Confirmation**

Call the Hosting Town or the St. Lawrence County Public Health Department at 315-229-3433.



**CLINICS ARE SUBJECT TO CHANGE.**



## THE EMPOWERED CAREGIVER SERIES EXPLORING CARE AND SUPPORT SERVICES

An education program presented by the Alzheimer's Association®



Caring for someone living with dementia can be challenging, but you don't have to do it alone. There are resources and support for every stage of the disease to help you feel empowered as a caregiver.

### Topics in the program include:

- » Planning for care changes.
- » Types of respite, long-term and residential care.
- » End of life care options.
- » Moving care settings.

**Tuesday, April 8**  
11:30 a.m. - 12:30 p.m.

**St. Lawrence County Office for the Aging**  
2nd Floor Conference Room  
80 State Hwy  
Suite 7  
Canton, NY 13617

To register, please visit  
<https://bit.ly/3X4UcJY>  
or call 800.272.3900

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional caregiver education programs in your area.

**ALZHEIMER'S  
ASSOCIATION**  
Central New York Chapter

ST. LAWRENCE COUNTY  
OFFICE FOR THE AGING

# CAREGIVER SUPPORT GROUP

Caregiving for a loved one is a tough job! If you are 60+ and a Caregiver, please join this wonderful peer support group.

New members welcome anytime!

**2ND TUESDAY  
OF THE MONTH  
10:00 AM**

**HUMAN SERVICES  
BUILDING**  
80 St. Hwy. 310, Canton  
2nd Floor  
Conference Room

Call Barbara to Register:  
(315) 386-4730

<https://stlawco.gov/Departments/OfficefortheAging>

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EMPOWERING



**Office for  
the Aging**

New York  
**Caregiving Portal**  
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Provided in Partnership With:  
**Association on Aging  
in New York**

**Caring for your loved one but  
don't know where to start?**

**Let Trualta help you on your  
caregiving journey!**

- Explore options for challenging behaviors
- Discover ways to connect with your loved one
- Share and learn with fellow caregivers



Scan me with  
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to visit!

**NewYork-Caregivers.com**

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## 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>

## April Food Sense

### April Package (\$20.50)

Italian Meatballs, 1lb  
Flounder Fillets, 1lb  
Italian Sausage, 1lb  
Ground Turkey, 1lb  
Shredded Mozzarella Cheese, 8oz  
Cheese Ravioli, 13oz  
Pasta Sauce, 24oz  
Crinkle Cut Carrots, 1lb  
Fruit Mix, 15oz  
Peas, 15oz  
Produce #1  
Produce #2

### April Specials

Baby Back Ribs, 2lbs for \$6; Fully cooked and in a BBQ sauce.  
Beef & Broccoli, 22oz for \$6; Beef strips, broccoli florets, and red bell peppers w/ white rice in a savory soy sauce.  
Produce Box, 12lbs for \$12; 1 wrapped lettuce, 1 celery sleeve, 5 oranges, 1 pint grape tomatoes, 2lbs onions, 2lbs carrots, and 3lbs potatoes.  
Mozzarella Sticks, 3lb for \$12; par-cooked and oven-ready.  
Chicken Wings, 5lbs for \$10; Ready for the air-fryer or grill, individually quick-frozen.  
Lasagna Roll-ups, 42oz for \$6.50; Cheese lasagna roll-ups, stuffed with ricotta and Romano cheese.

Orders Due 4/4  
SNAP deducted 4/6  
Pick up 4/17

Orders are accepted at the following locations:

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  
Canton Housing: 315-386-8381  
Massena Salvation Army: 315-769-5154  
Online at: [foodsense.foodbankny.org](http://foodsense.foodbankny.org)

Payment is due at the time of order.  
Cash, check, SNAP only.  
Please make checks payable to:  
Potsdam Neighborhood Center.



## April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <u>Amish Breakfast Casserole</u> Stewed Tomatoes Baked Beans Fresh Fruit	<b>2</b> <u>Orange Honey Baked Chicken</u> Brussel Sprouts Oven Roasted Potatoes Fruit Cup Homemade Dessert	<b>3</b> <u>Steak &amp; Cheese on Roll w/ Mushrooms and Onions</u> Macaroni Salad Winter Blend Vegetables Fresh Fruit	<b>4</b> <u>Meatless Baked Ziti</u> Italian Medley Garlic Bread Assorted Fruit Homemade Dessert
<b>7</b> <u>Sweet-N-Sour Meatballs</u> Buttered Rice Oriental Vegetables Assorted Muffin Fresh Fruit	<b>8</b> <i>All Nutrition Centers Closed</i>  <i>(Staff Training)</i>  <i>Use Frozen Meal</i>	<b>9</b> <u>Boiled Dinner (Ham, Potatoes, Cabbage, and Carrots)</u> Corn Bread Assorted Fruit Homemade Dessert	<b>10</b> <u>Chicken &amp; Biscuits</u> Buttered Mashed Potatoes Harvard Beets Fruit Cup	<b>11</b> <u>Savory Baked Fish</u> Rice Pilaf Mixed Vegetables Assorted Fruit Homemade Dessert
<b>14</b> <u>Beef Stew over Biscuit</u> Creamed Spinach Fruit Cup	<b>15</b> <u>BBQ Pulled Pork</u> Cheesy Cauliflower Warm Cinnamon Applesauce Seasoned Pot. Wedges Fresh Fruit	<b>16</b> <u>Chicken Ala King Over Rice</u> Stewed Tomatoes Dinner Roll Mixed Fruit Cup Homemade Dessert	<b>17</b> <u>Shepherd's Pie</u> Chef's Vegetable Medley Assorted Muffin Warm Spiced Fruit	<b>18</b> <u>Tuna Fish Salad Sandwich</u> Pea/Cheese Salad Coleslaw Assorted Fruit Homemade Dessert
<b>21</b> <u>Spaghetti &amp; Meat Balls</u> Italian Medley Garlic Bread Fresh Fruit	<b>22</b> <u>Creamy Tuscan Chicken</u> Buttered Brown Rice Mexican Corn Fruit Cup	<b>23</b> <u>Pennsylvania Dutch Noodle Casserole</u> Stewed Tomatoes Dinner Roll Homemade Dessert	<b>24</b> <u>Turkey over Stuffing with Gravy</u> Mashed Pot./Gravy Green Beans Dinner Roll Fruit Cup	<b>25</b> <u>Chuck Wagon Steak w/ Peppers &amp; Onions</u> Mac-n-Cheese Buttered Peas Fresh Fruit Homemade Dessert
<b>28</b> <u>Sloppy Jo's on Bun</u> Sweet Potato Fries Cauliflower Assorted Fruit	<b>29</b> <u>Roast Pork with Mushroom Gravy</u> Mashed Pot/Gravy Mixed Vegetables Dinner Roll Fresh Fruit	<b>30</b> <u>Turkey Broccoli Bake over Rice</u> Buttered Carrots Fresh Fruit Homemade Dessert	<i>All Meals are served with 1% milk</i> <i>*Menu Follows a no salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please notify our office.</i>	<i>Note: If you need to cancel your meal or you will not be home to receive your meal, please call 24 hours in advance: 315-386-4730</i>

### ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTERS

Brasher- LBSH, 32 Church St. Lunch is at 11:30 am.  
Canton- Canton Sr. Housing, 37 Riverside Drive. Lunch is at 11:00.  
Gouverneur- GCC, 4673 SH 58. Lunch is at 11:00 am.  
Morristown- Morristown Fire Hall, 200 Morris St. Lunch is at 11:00.  
Potsdam- Midtown Apt., 28 Munson St. Lunch served at 11:00 am.

All Nutrition Centers are open Monday-Friday.  
 Doors open at 10 am.

Suggested Contribution: \$3.00 (age 60+)  
 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)

## April Calendar

- 4/1 April Fool's Day
- 4/7 Board of Legislator's Meeting—6 pm; 48 Court St., Canton
- 4/12 Passover
- 4/13 Palm Sunday
- 4/14 Advisory Council Meeting ; 10 am; Human Svs. Center, Canton
- 4/20 Easter
- 4/22 Earth Day
- 4/23 Administrative Professional's Day



<https://www.facebook.com/stlawrencecountyofficefortheaging>

### Senior Club News & Events

**Canton Senior Club:** "SPRING BAZAAR"

**Saturday, April 5, 2025**

9:00am—2:00pm

37 Riverside Drive, Canton.

(Canton Housing Authority Bldg.)

**Featuring:** Food Sale, Silent Auction, Elegant Junk, Crafts, Knitted Items, Door Prizes, 50/50 Raff, Lottery Tree

Lunch is available for purchase.

\*If you would like your Club's information included in future newsletters—please email

### NC Chapter of StateWide Senior Action Council

**Next Meeting:** April 3rd - 10:00 am

**Location:** Midtown Apts. - 28 Munson St, Potsdam

**Contact Barb at (315) 261-2980**

### County Council of Senior Citizens

**Next Meeting:** April 10th at 10:00 am

**Location:** Midtown Apts. - 28 Munson St, Potsdam



## CRITICAL NEED FOR VOLUNTEERS

The Office for the Aging has a **critical need** for volunteers to help deliver meals! Nutrition Centers are open Monday - Friday from 7 am - 1 pm. Deliveries are between 10 am - 12 pm. **Mileage is reimbursed at \$.70 per mile!**

If you have a couple of hours available per week or per month to help with this incredibly important program for older adults in St. Lawrence County, please contact: **Danielle Durant: (315) 386-4730/**  
**Email: [ddurant@stlawco.gov](mailto:ddurant@stlawco.gov)**