



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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

## April 2024

### Inside this issue:

Total Solar Eclipse	1
Caregiver Support Group Survey	2
Packing List for Your Life's Journey	3
Chronic Disease Self-Management	4
Spring Fling	5
Recipe/ Medicare Savings Program	6
Menu	7
Calendar	8

### Mature Living

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



**Total Solar Eclipse Safety**

News about the upcoming Solar Eclipse on April 8th seems to be everywhere! The County is anticipating at least 50,000 additional people in the area that day to view the eclipse. There is quite a bit of concern of how the influx of these individuals will impact our infrastructure and resources. There could be lengthy traffic jams, a shortage of supplies, and communication tower issues due to so many extra people.

As a safety precaution to keep our hdm volunteers and staff off the roads this day, **we are canceling home delivered meals for Monday, April 8th.** All clients will receive a frozen meal the Friday before and still will receive their daily wellness check on the 8th.

The Office for the Aging strongly recommends that older adults should begin planning now to ensure they have enough food, medication and other essentials prior to April 8th, so that they may stay in place to view this historic event from the comfort of their own home.

## ECLIPSE SAFETY

VISIT: [yorku.ca/science/observatory/solar-eclipse-2024](http://yorku.ca/science/observatory/solar-eclipse-2024)

**IT IS NEVER SAFE TO LOOK DIRECTLY AT THE SUN, ESPECIALLY DURING AN ECLIPSE! DO NOT USE SUNGLASSES OF ANY KIND!**

The Sun's light can seriously damage eyes and can cause permanent blindness. Even small exposures to direct sunlight have been known to damage eyes, so use caution. You can use special eclipse safety rated glasses OR a technique to project the sun.

**Some popular methods are:**

- Pinhole cameras and box projectors; [science.nasa.gov/eclipses/safety](http://science.nasa.gov/eclipses/safety)
- Telescopes or binoculars with a solar filter; [solarcenter.stanford.edu/observe](http://solarcenter.stanford.edu/observe)

**ECLIPSE SAFETY RESOURCES:**

**Eclipse Safety Tips:**  
[timeanddate.com/eclipse/eclipse-tips-safety.html](http://timeanddate.com/eclipse/eclipse-tips-safety.html)

**Eclipse Safety Glasses:**  
[eclipse.aas.org/eye-safety/viewers-filters](http://eclipse.aas.org/eye-safety/viewers-filters)

### WAYS TO SAFELY OBSERVE THE SUN



Special solar filters on a telescope  
Image Credit: AICO, Elana Hyde 2021



Pinhole camera, a type of projector  
Image Credit: AICO, Elana Hyde 2021



Solar viewing glasses for eclipses  
Image Credit: solar-center.stanford.edu/observe

### ECLIPSE PROJECTOR

An eclipse projector can be made with many different materials. A simple shoebox projector is shown on the right. All you need is a pinhole or a very round small hole to project the light.

You can also easily and safely observe the Sun by projecting it through a tiny hole onto a white sheet of paper or wall. This simple device is called a "pinhole camera". The same technique can be used with pasta strainers, and many other objects making it one of the most popular solar viewing techniques.



Image Credit: solar-center.stanford.edu/observe



Using a pasta strainer to create images of the Sun  
Image Credit: benbackyardastro.com/2017



Projecting the Sun through a tiny hole onto a white sheet of paper  
Image Credit: solar-center.stanford.edu

ALLAN I. CARSWELL ASTRONOMICAL OBSERVATORY

science

**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)

\*\*\*\*\*



Hospice of St. Lawrence Valley &  
The St. Lawrence County Office for the Aging Present:

*Packing for Your Life's Journey*

Join us for a fun and informative presentation where we explore everything you need to "pack" so you can enjoy life's journey!

Each organization will provide an overview of their programs and services. The presentation will review important documentation and information you need to have in place to experience a retirement filled with less stress and more fun!

PRESENTATION DATES:

April 25th: 6:30 pm – Massena Community Center  
 April 29th: 6:30 pm – Potsdam Town Hall  
 April 30th: 9:30 am – Gouverneur Community Center  
 May 3rd: 1:30 pm – Ogdensburg Dobisky Center  
 May 10th: 10:00 am – Clifton Fine Community Center

For More Information:  
(315) 386-4730



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!

<b>2ND TUESDAY OF THE MONTH 10:00 AM</b>	<b>HUMAN SERVICES BUILDING</b> 80 St. Hwy. 310, Canton 2nd Floor Conference Room
--	---

Call Barbara to Register:  
(315) 386-4730

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



988 Suicide & Crisis Lifeline  
988 or 988Lifeline.org

Veterans Crisis Line  
Dial 988 (press 1)

Disaster Distress Helpline  
1-800-985-5990

You're not alone.  
*Help is available.*

SAMHSA's National Helpline  
1-800-662-HELP (4357)

FindSupport.gov  
FindTreatment.gov

**Volunteer Appreciation Week: April 21 - 27**

**2024 Theme: SHINING A LIGHT ON THE PEOPLE & CAUSES THAT INSPIRE US TO SERVE.**



We are very fortunate at the Office for the Aging to have **AMAZING** volunteers! On average, we have about 50 - 75 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 600 clients we do 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. **THANK YOU ALL!**



## Get Healthy North Country

Brought to you by the North Country Chronic Disease Prevention Coalition

Do you or someone you love live with a chronic condition? We can help.

### FREE WELLNESS PROGRAM CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Come learn & discover a range of strategies that can enhance your health and well-being at **no cost to you.**

#### TOPICS INCLUDE:

- Collaboration with healthcare experts
- Nutrition and label comprehension
- Improving communication abilities
- Formulating action plans
- Improving sleep quality
- Relaxation techniques
- Enhancing breathing
- Physical activity
- Problem-solving
- Decision-making
- Pain management
- Stress education
- Preventing falls

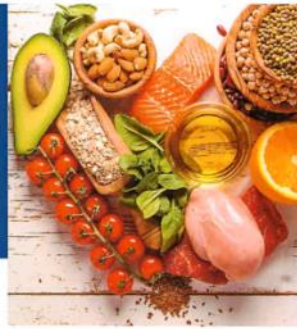
#### DETAILS

Wednesdays

April 3 to May 8, 2024

1:00 to 3:30 p.m.

CHMC's Lions Diabetes Education Conference Room



**IN-PERSON** or **VIRTUAL** OPTIONS  
**CONTACT:**

Claxton-Hepburn Medical Center's  
Diabetes Education Department at  
315-713-5251 or 315-713-5116.

Get a free \$10 grocery store gift card for attending Session One!



This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1.2 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

# VOLUNTEER WITH HOSPICE



## URGENT NEED IN YOUR AREA!

Have you ever wondered what Volunteers for Hospice actually DO? Come find out! Meet the Volunteer Manager for Hospice of St. Lawrence Valley to learn about how you can help your neighbors and friends at a very tender time in their lives.

A brief talk will be given in coordination with the St. Lawrence Valley Office for the Aging at their Nutritional Sights in April. Call for **MEAL RESERVATIONS** ph#315-386-4730.

## Lunch & Learn 11:00 -12:00

Tuesdays

April 2<sup>nd</sup> – Morristown Fire Station

April 9<sup>th</sup> – Gouverneur Community Center

April 16<sup>th</sup> – DeKalb Junction United Helpers

For more information on  
Volunteering, call Hospice Volunteer  
Manager Diane Warburton at  
#315-265-3105.

## April Food Sense

### April Package (\$20.50)

- Meatballs, 1lb
- Italian Sausage, 1lb
- Tilapia, 1lb
- Boneless Chicken Drumsticks, 1lb
- Mozzarella Cheese, 8oz
- Tomato Soup, 18.5oz
- Spaghetti Sauce, 24oz
- Rigatoni, 1lb
- Diced Tomatoes, 14.5oz
- Pears, 14.5
- Produce #1
- Produce #2

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
- Knap Station Community Church: 315-353-5093

### April Specials

- Breaded Shrimp, 3lbs for \$13; butterfied and breaded, 21-25 per pound.
- Stuffed Chicken, 2lbs for \$10; stuffed with apples and cranberries.
- Beef with Broccoli, 22oz for \$6.50; beef strips, broccoli florets, red bell peppers with white rice in savory soy sauce.
- Mezzarella Sticks, 3lb for \$11.50; par-cooked and oven-ready.
- Pantry Box, 10lbs for \$11.50; Corn Flakes, 7oz; Pancake Mix, 32oz; Instant Potatoes, 13.3oz; Chicken in a Pouch, 4.5oz; Elbow Macaroni, 1lb; Peanut Butter, 18oz; Strawberry Spread, 19oz; Applesauce, 15oz; Carrots, 14.5oz.
- Stuffed Shells, 3lbs for \$7.50; frozen, 18 shells per special.

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

Orders Due 4/5  
SNAP deducted 4/14  
Pick up 4/25



## Food Sense Program

The Food Sense Program is a fantastic option to help stock up your pantry and refrigerator at a low cost.

**There are no income limits for this program. It is open to anyone.** If you do have SNAP benefits, you can use your card for payment!

Check out the many locations throughout the County where you can access this program. Feel free to call the center closest to you with questions or for more information!

### Free Tax Assistance from AARP

AARP Tax-aide Program will have one site open in St. Lawrence County for the 2023 tax year. Massena Community Center, 61 Beach St., will be open **Mondays** and **Tuesdays** from February 5th - April 16th, from 8:30 a.m. - 12:30 p.m.

- ◆ Taxpayers must come during site hours to pick up and fill out an intake sheet.
- ◆ Taxpayers will be interviewed and asked to leave their documents in a large tax envelope.
- ◆ Please bring all documents showing income for 2023; plus last year's tax return.



**For more information, please call: AARP Tax-Aide, Sheryl Campbell, (315) 212-0450.**

St. Lawrence County  
Office for the Aging

# Spring Fling

Enjoy Lunch, Friends,  
Music & Crafts

Thursday, April 11th  
10:30 am - 1:30 pm

HERMON FIRE HALL  
1651 COUNTY ROUTE 21, HERMON

Pre-Registration required!  
(315) 386-4730

St Lawrence County Office for the Aging will be hosting the first ever **Spring Fling!** It can be hard being home all winter, but warmer weather is ahead! We wanted to celebrate Spring by getting together to visit with old friends and meet new friends. This event will be held at the Hermon Fire Hall, April 11, 2024 from 10:30 am – 1:30 pm.

We will be playing new games from the New York State Office for the Aging. These games were designed to be played by all ages and some are a twist on old favorites. There will be a hands on craft and painting project; along with some music and socializing. A picnic style lunch will be served at noon with assorted salads and hotdogs.

There is no charge for this event. There is a suggested lunch contribution of \$3 for those 60 and older; however no eligible client is turned away due to inability or unwillingness to pay.

However, **attendees must pre-register**; as space is limited.

Please call our office at (315) 386-4730 to pre-register. **The deadline to pre-register is April 5th.**



**RECIPE CORNER... Easy Loaded Baked Omelet Muffins**

Protein-packed omelet muffins, or baked mini omelets, are a perfect breakfast for busy mornings. Make a batch ahead and freeze for the days when you don't have time for your typical bowl of oatmeal. You can also serve these fresh with fruit salad for a simple weekend brunch.

**Ingredients:** 3 slices bacon (chopped), 2 cups finely chopped broccoli, 4 scallions (sliced), 8 large eggs, 1 cup shredded cheddar cheese, 1/2 cup low-fat milk, 1/2 teaspoon salt, 1/2 teaspoon ground pepper

**Directions:**

1. Preheat oven to 325 degrees F. Coat a 12 cup muffin tin with cooking spray.
2. Cook bacon in a large skillet over medium heat until crisp, 4-5 minutes. Remove with a slotted spoon to a paper towel-lined plate, leaving the bacon fat in the pan. Add broccoli and scallions and cook, stirring, until soft, about 5 minutes. Remove from heat and let cool for 5 minutes.
3. Meanwhile, whisk eggs, cheese, milk, salt and pepper in a large bowl. Stir in the bacon and broccoli mixture. Divide the egg mixture among the prepared muffin cups.
4. Bake until firm to the touch, 25-30 minutes. Let stand for 5 minutes before removing from the muffin tin.



**Nutrients:** Calories 212; Total Fat 14.5g; Saturated Fat 6.3g, Cholesterol 271.8mg; Sodium 485.8mg; Total Carbohydrate 4.6g; Dietary Fiber 1.1g; Total Sugars 2g; Protein 15.7g

Source: <https://www.eatingwell.com/recipe/265845/easy-loaded-baked-omelet-muffins>

Program	2024 New York gross monthly income limits		2024 New York asset limits	
	Individuals	Couples	Individuals	Couples
QI	\$2,355	\$3,189	No limit	No limit
QMB	\$1,752	\$2,371	No limit	No limit
Medicaid	\$1,752	\$2,371	\$31,175	\$42,312

Income limits are based on the 2024 Federal Poverty Level (FPL). These limits include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicaid counselor about whether you can subtract certain expenses from your income.

Note: New York disregards/excludes the cost of certain health insurance premiums from your income. For example, if you are over the income limit for an MSP but pay a premium for a Medigap or other secondary health insurance, you may deduct the premium from your gross monthly income to qualify. Sometimes a portion of your Part D premium can also be deducted from your income. The Part B premium (\$174.70) deducted from your Social Security award) cannot be used as a disregard.

**Applying for a Medicare Savings Program**

If you meet the income limits above and live in New York, the Medicare Rights Center can help you apply for a Medicare Savings Program. Call 800-333-4114 for more information or to apply. You can also contact your local Medicaid office (Department of Social Services) and ask for a copy of the application to mail in or apply in person. Call the Medicaid Helpline at 800-541-2831 to find your local Medicaid office.

Note: If you enroll in an MSP, you will also automatically get Extra Help, the federal program that helps pay your Medicare prescription drug (Part D) plan costs.

If you apply, you will be required to submit a signed application and copies of the following documents:

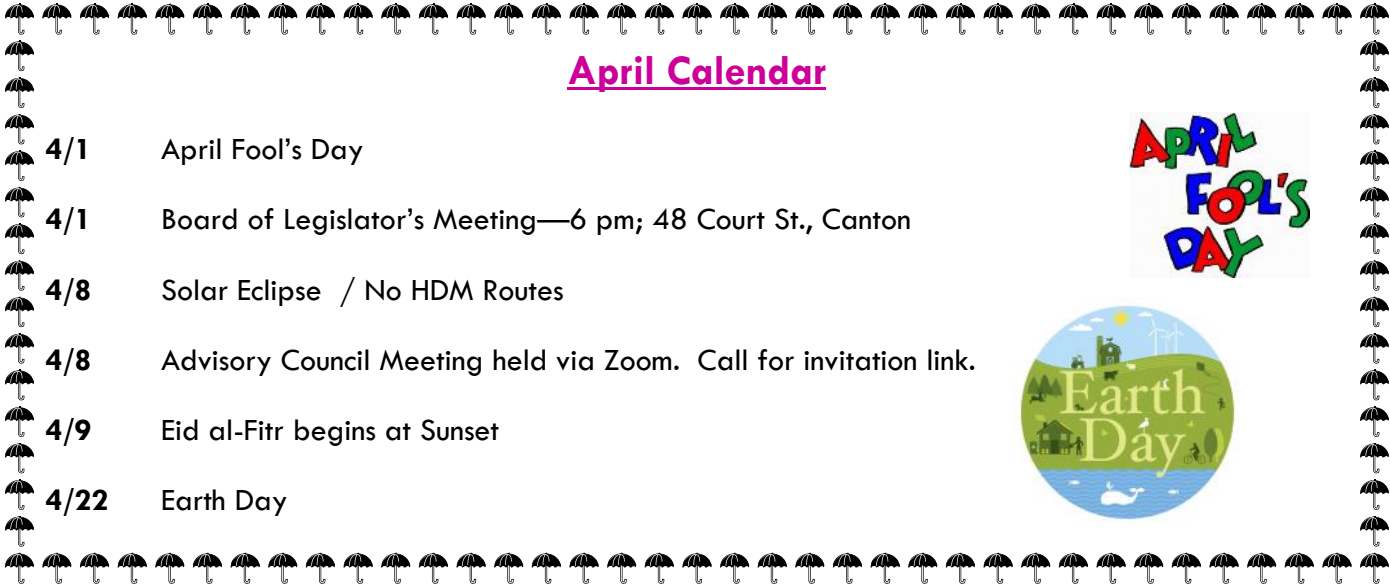
- Social Security card
- Medicare card
- Birth certificate, passport, or green card
- Proof of address (e.g., electric or phone bill)
- Proof of income (e.g., Social Security Administration award letter, income tax return, pay stub)





**April 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
4/1 <u>Sloppy Jo's</u> Coleslaw Corn French Fries Jell-O w/Topping	4/2 <u>Chicken Cordon Bleu</u> Buttered Noodles Beets WW Dinner Roll Fresh Orange	4/3 <u>California Pork Chops</u> Baked Potato w/Sour Cream Yellow/Green Beans WW Dinner Roll Frosted Cupcake	4/4 <b>Chef's Choice</b>	4/5 <u>Seasoned Haddock</u> Wild Rice Asparagus Brownies
4/8 <b>SOLAR ECLIPSE</b> No Home Delivered Meals <u>USE FROZEN MEAL.</u>	4/9 <u>Spanish Rice</u> Mixed Vegetables Corn Muffin Ice Cream	4/10 <u>Chicken Parmigiana</u> Pasta/Sauce Italian Blend Veg Tossed Salad/Dressing Garlic Knot Homemade Cookie	4/11 <u>Hawaiian Ham</u> Oven Roasted Potatoes Cauliflower w/ Cheese Sauce Strawberry Bavarian	4/12 <u>Egg Salad Cold Plate</u> Macaroni Salad Three Bean Salad WW Bread Fruited Jell-O w/Topping
4/15 <u>Meatloaf w/Gravy</u> Mashed Potato w/Gravy Glazed Carrots Dinner Roll Pudding Parfait	4/16 <u>Country Fried Chicken with White Gravy</u> Sweet Potato Fries Capri Blend Vegetables Home-style Biscuit Fruit Crisp w/Topping	4/17 <u>French Toast</u> Sausage Hash Browns Creamed Spinach Yogurt Parfait Fruit Juice	4/18 <b>Chef's Choice</b>	4/19 <u>Turkey Tetrazzini</u> Broccoli Apple Sauce Choc Chip Pumpkin Cookies
4/22 <u>Taco Pie</u> Fiesta Blend Veg Pineapple Tidbits Assorted Cookie	4/23 <u>Goulash</u> Wax Beans Italian Bread Fresh Fruit	4/24 <u>Monterey Chicken</u> Mashed Sweet Potatoes California Blend Veg. Chocolate Mousse	4/25 <u>Pot Roast/Gravy</u> Mashed Pot./Gravy Peas and Carrots Dinner Roll Cinnamon Pears	4/26 <u>Tuna Noodle Casserole</u> Peas Assorted Muffin Scalloped Apples
4/29 <u>Swedish Meatballs</u> <u>Over Brown Rice</u> Broccoli Dinner Roll Mandarin Oranges	4/30 <u>Cheesy Baked Ziti</u> Buttered Zucchini Garlic Bread Pudding w/Topping			

\*All meals are served with beverage and bread or dinner roll!  
 ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM  
 Nutrition Centers Located in Brasher, Canton, Gouverneur, Morristown, and Potsdam  
 Suggested Contribution: \$3.00 (age 60+) Guest Fee \$5.00 (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

<p>4/1</p> <p>4/1</p> <p>4/8</p> <p>4/8</p> <p>4/9</p> <p>4/22</p>	<p>April Fool's Day</p> <p>Board of Legislator's Meeting—6 pm; 48 Court St., Canton</p> <p>Solar Eclipse / No HDM Routes</p> <p>Advisory Council Meeting held via Zoom. Call for invitation link.</p> <p>Eid al-Fitr begins at Sunset</p> <p>Earth Day</p>	  
--	--	--

### Senior Club News & Events

**Norwood Golden Agers:**

Chair Yoga held every 2nd and 4th Thursday of the month at St. Phillips.

Contact Ellie at (315) 315-261-4403 for more information

---

\*If you would like your Club's information included in future newsletters—please email information to [cdelosh@stlawco.gov](mailto:cdelosh@stlawco.gov). The deadline for the upcoming month's newsletter is the **2nd Friday of the month**.

### NC Chapter of StateWide Senior Action Council

**Next Meeting:** April 4th - 10:00 am

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

**Lunch:** *Lunch Available for attendees.*

**\*New members welcome!**

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

### County Council of Senior Citizens

**Next Meeting:** **No Meeting** in April due to Spring Fling in Hermon



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

## 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!**

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)**