



St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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

Inside this issue:

SLC Senior Picnic	1
Hospice of St. Lawrence Valley	2
Caregiver Support Group Fun	3
Foster Grand Parent/ Food Sense	4
Eat the Rainbow	5
Recipe/ Loretta's Flowers	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



Mature Living

August 2024

We are gearing up for the Senior Picnic on August 15th! Last call to reserve your lunch tickets! They must be reserved by August 6th by calling (315) 386-4730. No tickets will be available at the door!

ST. Lawrence County Office for the Aging &
County Council of Senior Citizens

**ANNUAL
SENIOR
PICNIC**

August 15, 2024

Gouverneur Community Center: 4673 SH 58, Gouverneur

8:45 am: Registration
(Coffee/Donuts for Sale by County Council of Senior Citizens)

9:15 am: Free BINGO (Bring your own Daubers)

11:30 am: Lunch - Menu: Hamburgers, Hot Dogs, Pasta Salad, Broccoli Salad, Cubed Watermelon & Brownie

12:15 pm - 1:15 pm: Musical Entertainment by Microburst
(Outdoor Pavillion)

Lunch Tickets MUST be Reserved in Advance
Call (315) 386-4730 / RSVP by August 6th!

Suggested Lunch Contribution for 60 and up: \$3.00
Guest Fee (Under 60): \$8.00

***No lunch tickets or take out meals will be available at the registration table that day.**

REMINDER — If you received Farmer Market Coupons, don't forget to redeem them prior to September 30th! Each year, over 1/2 off all the coupons distributed in our County **are not redeemed!** This could impact the amount of booklets we receive next year, so please make sure to use them. Thank you!

The Care That Makes A Difference

By Jonathan Brown



I've worked at **Hospice of St. Lawrence Valley** for only a few months. It's been eye opening. My first surprise was the level of care that Hospice patients receive.

Take house calls, for example. How many home visits have you had from nurses and other healthcare professionals? If you're an American under the age of 65, the answer is probably zero or close to it.

Hospice patients get house calls – lots of them. Nurses come at least once a week. Our social workers and spiritual counsellor come every other week. Home health aides and volunteers might also be scheduled to drop in and help with care or simply spend time with Hospice patients. The effect these visits have on those under our care is remarkable and often immediate. Still, our patients and their families only begin to see the full benefit of Hospice after a month of care.

Here are a few reasons why:

Our **nurses** go to patients' homes to meet the people under our care, which includes family members'. While in the home, nurses evaluate each patient's health and quality of life, which includes pain management. Hospice **social workers** talk with the patient and family about the patient's mental health. This can include assessments for stress, anxiety, depression, or other conditions that can affect the people we serve. Hospice social workers also share strategies that family caregivers can use to balance their time between caring, other responsibilities, and the daily acts of living life. (Hospice does not provide 24\7 care in the home. We recognize, teach, and support the caregivers who do the heavy lifting of caring for the patients.) Our **chaplain** visits to inquire about the patient's religious/spiritual needs and to listen to the patient's thoughts about life and its meaning.

But all these services are just the beginning. Every other week, our nurses, social workers, and chaplain meet with our medical director, bereavement counsellors, the Hospice volunteer coordinator, and our director of quality and compliance. In a meeting that spans three hours or more, we talk about each patient *and each patient's family*. The depth of detail is powerfully heartening. Discussion begins with the condition that led to each person becoming a Hospice patient. A lot of cancers, degeneration, dementia, and other diseases – usually whispered. Not here. How is the disease presenting itself now? Has it progressed? The nurses, social workers and the spiritual counselor paint a picture. What emerges is a multi-faceted view of each patient's quality of life and the discussion turns to what can be done to make it better.

Then, another surprise: everyone – really, everyone – begins talking about the patient's family members who care for the person in Hospice and may need support. This is often a spouse, but children, siblings, cousins, grandkids, and sometimes entire family trees enter the conversation. Members of the Hospice care staff have met and talked with most of them. They know what these family members do for their loved ones. They know their schedules, what jobs, chores, or personal needs pull each one away, what concerns them and compels them to care, and what these family caregivers need.

The discussion doesn't end until the details about our patients and their family members coalesce into a plan aimed at improving the quality of life for *all* the people we serve. This is the difference between Hospice and other forms of care: The compassionate care we provide must include care for patients *and* their families. And we continue to work with family members even after our patients die. Bereavement counselors help survivors with their grief.

These are some of the main reasons behind the creation of Hospice. We have found that the discussions about need, and care and quality of life have benefits beyond serving patients and their families. These things help our patients see the meaning of their lives, they are the foundation of remembrance – and they build a compassionate community.

There really is nothing like it.

For more information about Hospice of the St. Lawrence Valley, call us at (315) 265-3105 or visit Our website at www.hospiceslv.org.

MOCKTAILS FOR A SOBER SUMMER

cucumber mint lime fizz

cucumber slices, fresh mint leaves, fresh lime juice, simple syrup (or honey), top with sparkling water



strawberry basil lemonade

fresh strawberries, fresh basil leaves, fresh lemon juice, simple syrup (or honey), top with still water



tangerine mojito

one can tangerine sparkling water, lime & tangerine juice, simple syrup (or honey), fresh mint & sliced tangerines



blueberry spritz

muddled blueberries & rosemary, sparkling water, fresh lime



ginger "buck"

non-alcoholic ginger beer, fresh lime juice, fresh muddled strawberry & mint leaves



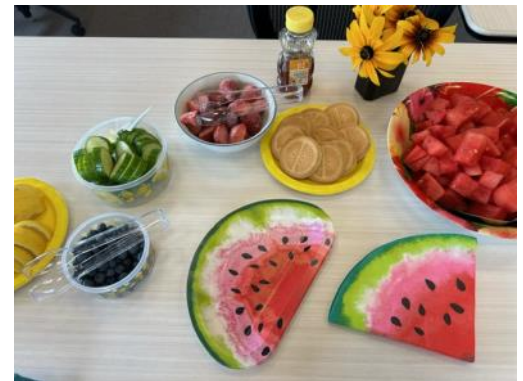
"sleepy girl"

sparkling water, tart cherry juice, magnesium powder



Our Caregiver Support Group had a lot of fun this month making Mocktails! We all know how hard caregiving can be!

Taking care of YOU is so important. So take a moment this month to celebrate how amazing you are with one of these festive drinks! Cheers!



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>



NEW HORIZONS BANDS OF NORTHERN NEW YORK, INC.
Making Music Since 2009!

NEW HORIZONS BANDS OF NNY
INVITES YOU TO FILL YOUR LIFE WITH MUSIC, FRIENDS, AND FUN!

Have you always wanted to learn to play an instrument (or relearn an instrument from your youth)?

New Horizons Bands of NNY offers:

- Concert and Swing Bands
- New Beginner Program

Come try out instruments with help from New Horizons musicians, directors, and Brick & Mortar Music!

MEET & GREET FOR ADULTS 55+
No experience necessary!

Wednesday, August 14, 2024, 2-5 pm
Potsdam Public Library
2 Park Street
Potsdam, NY 13676
Come join the fun!

For more information and to register, contact us at
newhorizonsnny@gmail.com or www.newhorizonsbandsnny.org

JOIN THE FOSTER GRANDPARENT PROGRAM TODAY

Call (516) 359-7668 for more info

The Foster Grandparent Program is hosted by the Catholic Charities of the Diocese of Ogdenburg and supported by AmeriCorps Seniors, a federally funded agency responsible for building volunteer-based programs for over 50 years and counting.



Roy Foote
age 83
Foster
Grandson

Sometimes when you get to be my age, you wake up and say what good am I and along came the Foster Grandparent Program that keeps me going! ²⁷



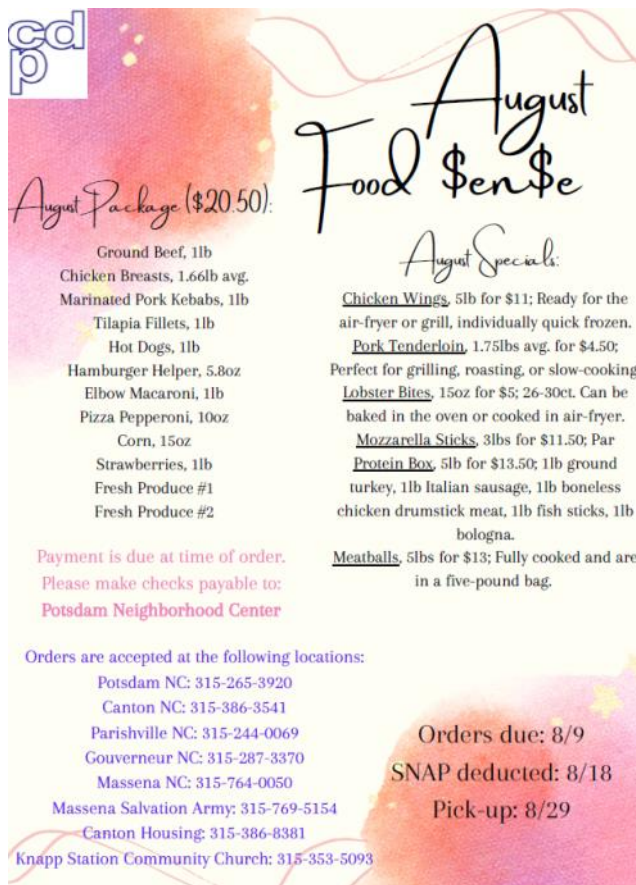
You'll also receive a small bi-weekly, non-taxable stipend that cannot be held against any current benefits you may already have as well as paid mileage for your travel. Additionally, you receive paid holidays, vacations, sick and personal leave.



Want more info about
how to get started?

Contact Melissa Howard, Volunteer Coordinator
PHONE: (518) 359-7688 | EMAIL: mhoward@cathcharities.org
80 Park Street, Suite 2, P.O. Box 701, Tupper Lake, NY 12986

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!



SUMMER TIME – EAT THE RAINBOW!



There's no excuse not to make eating plenty of fruits and vegetables a priority in your life right now, the more the better! In addition to the vitamins, minerals, fiber, hydration, and antioxidants they provide, those rich color pigments – red, orange, yellow, green, blue, and purple provide protective compounds to help fight cancer and boost your immunity.

The red fruits and vegetables such as tomatoes, strawberries, peppers, and watermelon are excellent sources of lycopene which is known to reduce breast and prostate cancer risk, but also boost brain, heart, and eye health. What about yellow/orange fruits and vegetables, like cantaloupe, peaches, and pumpkin? These provide a healthy source of beta-carotene which boosts vision, fights cancer, and reduces inflammation. The green color of the fruit and vegetable rainbow contain plenty of options such as leafy greens, peas, and cucumbers offer lutein is very important for eye health. The purple and blue pigments from berries, eggplant, and plums offer us two compounds (anthocyanins and resveratrol) that boost brain and heart health, destroy compounds that cause cellular damage in our bodies, and reduces inflammation. So, make a point to visit the local farmers markets or produce sections of the grocery store and grab a bunch of fruits and vegetables to incorporate in your meals by putting them on sandwiches, making salads, adding them to casseroles, soups, and stews. It's super easy to keep some raw veggie sticks on hand, and on hot days, try munching on some frozen grapes, berries, peas, or bananas. The ideas are endless! For more help on how to incorporate fruits and vegetables in your diet feel free to contact the St. Lawrence County Office for the Aging and the registered dietitian will be happy to help you.

By Linda Buchanan, RD

The Seaway Parkinson's Coalition will hold its monthly support and educational meeting on **Thursday, August 15, 2024** at the **Brasher Falls Town Court**, 11 Factory St., Brasher Falls, NY. The one-hour meeting will begin at 2:00 PM.

Dr. Rebecca Martin will present a topic on issues related to Parkinson's. Refreshments will be served. The group usually meets the third Thursday of each month. If you wish to confirm the meeting, are attending, or have questions, we can be reached at seawaypdcoalition@gmail.com or (315)250-7798. There are no fees.

Anyone who has Parkinson's, their family, friends or caregivers, or anyone seeking information about Parkinson's are welcome!

Office for the Aging Home Care Program & Respite Program

ARE YOU IN NEED OF HOME CARE? OR HAVE A LOVED ONE WHO IS?

Are you 60 or over and in need of home care services or respite services? The Office for the Aging is accepting referrals for the Expanded In-Home Services for the Elderly Program (*EISEP*). The 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. The Respite Program offers respite opportunities to qualifying caregivers. Call today to learn more!

Contact: NY CONNECTS - (315) 386-4730

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

Recipe Corner ...**Grilled Chicken Bruschetta**

Grilled Chicken Bruschetta is a summer staple. Basically a caprese made with juicy tomatoes, mozzarella, basil, red onion, garlic and balsamic; a delicious weeknight meal!

Ingredients:

3 medium vine ripe tomatoes, 2 small cloves garlic (minced), 1/4 cup chopped red onion, 2 TBSP fresh basil leaves (chopped), 1 TBSP extra virgin oil, 3 oz. part skim mozzarella (diced), 1.25 lbs. 8 thin sliced chicken cutlets

Directions:

1. Combine onion, olive oil, balsamic, 1/4 tsp kosher salt and pepper. Set aside a few minutes.
2. Chop tomatoes and place in a large bowl. Combine with garlic, basil, onion-balsamic combo and additional 1/8 tsp salt and pepper to taste, Set aside and let it sit at least 10 minutes or as long as overnight.
3. Toss in the cheese when ready to serve.
4. Season chicken with salt and fresh pepper.
5. Preheat the grill to medium-high, clean and oil the grates to prevent sticking.
6. Grill the chicken 2 minutes on each side, set aside on a platter and top with bruschetta and serve.

Nutrients: Calories 282; Total Fat 11g; Saturated Fat 3.5g; Cholesterol 116mg; Sodium 173 mg; Total Carbohydrates 7g; Dietary Fiber 1.5g; Total Sugars 0.5g; Protein 38.5g

Source: <https://www.skinnytaste.com/grilled-chicken-bruschetta/>

Loretta & Friends Flower Displays

If you go over to LBSH in Brasher Falls, you will notice some gorgeous flowers planted each year in the front of the building by Loretta & Friends. Residents of the building get together to pick plants and flowers for display! All the residents and visitors appreciate the beauty it brings to the building.



August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Chicken & Potato/Veg. Pot Pie</u> <u>Stewed Tomatoes</u> <u>Chocolate Mousse</u>	2 <u>CHEF'S CHOICE</u>
5 <u>Sweet-n-Sour Chicken</u> <u>Over Rice</u> <u>Oriental Vegetables</u> <u>Fresh Fruit</u>	6 <u>Roast Pork w/ Gravy</u> <u>Mashed Potatoes/Gravy</u> <u>Broccoli, Dinner Roll</u> <u>Fruited Bavarian</u>	7 <u>Cheeseburger on Bun</u> <u>Baked Beans</u> <u>Green/Yellow Beans</u> <u>Birthday Cake!</u>	8 <u>Amish Breakfast</u> <u>Casserole</u> <u>Spinach</u> <u>Assorted Muffin</u> <u>Fruited Jell-O w/topp.</u>	9 <u>CHEF'S CHOICE</u>
12 <u>Monterey Chicken</u> <u>Au Gratin Potatoes</u> <u>California Blend</u> <u>Fruit Cup</u>	13 <u>Tuna Fish Cold Plate</u> <u>Pea Salad</u> <u>Coleslaw</u> <u>Whole Wheat Bread</u> <u>Ambrosia</u>	14 <u>Ham & Cheese Quiche</u> <u>Seasoned Wedges</u> <u>Spinach</u> <u>Assorted Muffin</u> <u>Lemon Bar</u>	15 <u>Nutrition Centers are</u> <u>Closed for Senior</u> <u>County Picnic</u> <u>Use Frozen Meal</u>	16 <u>CHEF'S CHOICE</u>
19 <u>Chicken Tenders</u> <u>w/Dipping Sauce</u> <u>Whipped Sweet Potatoes</u> <u>Chef's Vegetable Blend</u> <u>Fresh Fruit</u>	20 <u>Salisbury Steak</u> <u>Mashed Potatoes/Gravy</u> <u>Buttered Carrots</u> <u>Assorted Dessert</u>	21 <u>Turkey/Gravy/Stuffing</u> <u>Mashed Potato/Gravy</u> <u>Green Beans</u> <u>Cranberry Sauce</u> <u>Dinner Roll</u> <u>Fruit Crisp/Topping</u>	22 <u>Meatball Parmesan</u> <u>Sub</u> <u>Cheesy Cauliflower</u> <u>Chips</u> <u>Fruit Cocktail</u>	23 <u>CHEF'S CHOICE</u>
26 <u>Beef Stroganoff</u> <u>Over Egg Noodles</u> <u>Brussel Spouts</u> <u>Fruit Cup</u>	27 <u>Shake & Bake Chicken</u> <u>Cheesy Mashed Potatoes</u> <u>Mixed Vegetables</u> <u>Fruit Cobbler w/Topping</u>	28 <u>Hawaiian Ham</u> <u>Sweet Potatoes</u> <u>Green Beans</u> <u>Dinner Roll</u> <u>Frosted Cupcake</u>	29 <u>Goulash</u> <u>Cauliflower</u> <u>Corn Muffin</u> <u>Black Forest Pudding</u>	30 <u>CHEF'S CHOICE</u>

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.—(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)

August Calendar

- 8/5** SLC Board of Legislator's Meeting: 6 pm; 48 Court Street, Canton
- 8/15** Annual Senior Picnic; Gouverneur Nutrition Center: 9 am—2 pm
- 9/2** Labor Day; All County Offices and Nutrition Centers are closed.



Senior Club News & Events

Norwood Golden Agers

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

Contact Elly at (315) 261-4403

Seaway Valley Seniors

- ♦ August 13th—Picnic: Madrid Power Museum at 12 pm

Call Anna at (315) 265-2047

All the local Senior Clubs welcome new members at anytime! Call our office at (315) 386-4730 to receive the latest Club Directory!

*If you would like your Club's information included in future newsletters—please email information to 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: No Meetings in July or August!

Contact Barb at (315) 261-2980

County Council of Senior Citizens

Next Meeting: No meeting in August.

Midtown Apartments, Potsdam

If you or someone you know 60+ has been a victim of fraud, call the National Elder Fraud Hotline



Find us on:
facebook®

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



NY Connects
Your Link to Long Term
Services and Supports

St. Lawrence County
(800) 342-9871 (888) 730-4730