



# Mature Living

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



## December 2022



**Happy Holidays!** It is the season of twinkling lights and festive spirits. How are you spending your holidays? We hope you find some time to relax and reflect on the many joys of the season.

It is important to note that the holidays can be difficult for many. People can be missing loved ones who have passed away or family & friends who live far away. Please take time this month to check on your neighbors and friends. Take a few moments to wish them a Merry Christmas or Happy Holidays or Happy Hanukkah. Take the time to enjoy a simple cup of coffee and conversation with someone who might be lonely or isolated. It will mean the world to that person!

We have been busy at the Office for the Aging with our Holiday Gift Drive. Our community members have been incredibly generous with contributions. We will be drawing names out of a hat and sending gift cards to clients in our home delivered meal program. Last year, over 250 clients were able to receive a gift and we hope to be able to send out even more gifts this season!

We hope you all have a wonderful, safe Holiday season filled with love and laughter! Be well friends!  
By Andrea Montgomery, OFA Director



### Inside this issue:

Holiday Message	1
Fire Safety Checklist	2
Senior Scams	3
BOCES Volunteers	4
HEAP	5
Recipe/ 988 Hotline	6
Menu	7
Calendar	8

### Mature Living

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ST. LAWRENCE COUNTY STUDENTS AND FAMILIES-

## WE NEED YOUR HOMEMADE HOLIDAY CARDS

SLC YOUTH BUREAU IN PARTNERSHIP WITH OFFICE FOR THE AGING

Students of all ages are invited to make holiday cards, notes, or pictures for older adults this holiday season. Let's spread some cheer!

Please mail your cards by Friday, December 10th to SLC Youth Bureau 80 SH 310 Canton, NY 13617

For more information, email [ABackus@stlawco.org](mailto:ABackus@stlawco.org) or call 315.379.9464

OFFICE FOR THE AGING

SET YOUR OWN SCHEDULE

YOU MAKE A DIFFERENCE

WELCOME RETIREMENT

## VOLUNTEERS NEEDED

9:30AM TO 12PM M-F

HOME DELIVERED MEALS

MEAL SITES: BRASHER FALLS, CANTON, GOUVERNEUR, MORRISTOWN, POTSDAM

We are looking for volunteers for our home delivered meal program throughout St. Lawrence County. We provide meals to over 600 local senior citizens and could use your help!

FOR MORE INFORMATION CALL: 315-386-4730



# Fire Safety Checklist for Caregivers of Older Adults

Older adults are more likely to die in home fires because they may move slower or have trouble hearing the smoke alarm. Make sure the people you know are prepared and safe.

Put a check in front of each statement that is true for your home.

## Smoke Alarms

- Smoke alarms are on every level of the home.
- Smoke alarms are inside and outside sleeping areas.
- Smoke alarms are tested each month.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.
- People can hear smoke alarms from any room.



### Can everyone hear the alarm?

If not, consider another type of smoke alarm – like one that has a different sound or one that comes with a bed shaker or strobe light.

## Cooking Safety

- The cooking area has no items that can burn.
- People stay in the kitchen when they are frying, grilling, boiling, or broiling food.

## Smoking Safety

If they smoke, make sure they are a fire-safe smoker:

- People only smoke outside and never in bed.
- People put cigarettes out safely in an ashtray with a wide base that will not tip over.
- People never smoke around medical oxygen.

## Heating Safety

- Space heaters are least 3 feet away from anything that can burn.
- People blow out candles before leaving the room.

## Escape Plan

- There is a fire escape plan that shows 2 ways out of every room.
- Exits are always clear and not blocked with furniture or other items.
- Everyone knows where the safe meeting place is outside the home.
- The escape plan works for everyone, including people who use a wheelchair, a hearing aid, or glasses.
- There is a phone near the bed to call a local emergency number in case of a fire.



### Can everyone get out?

Make sure people who use a wheelchair or a cane can get to them and get out quickly. Tell them to keep glasses or hearing aids next to the bed.

## Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

## Electrical and Appliance Safety

- No electrical cords run under rugs.
- All electrical cords are in good condition and not broken or cut.
- People clean the dryer of lint after every use.
- All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)

## Protect Yourself from Scams

Scams are everywhere and can cost victims thousands of dollars! We must all stay vigilant. Here are some ways to protect yourself and your loved ones!

- ◆ Please **do not give out personal information** over the phone or to a stranger at your door. No reputable company will ask you to buy gift cards and send them in for payment of a debt. Or wire funds!
- ◆ We recommend people **screen their calls**; particularly from unknown numbers.
- ◆ Social Security or the IRS **will not** call you. They send letters via the mail.
- ◆ Please don't click on attachments in emails, Facebook messages or texts from someone you don't know. It is also a good idea to question a Facebook message or text from someone you do know if it seems strange or asks you to click on something, as their account may have been hacked.
- ◆ If you receive an email or call from a bank, utility, creditor, etc. - don't call the number given back. Look up the number and call them.

There are thousands of scams and it is impossible to list them all. These scammers are criminal experts at what they do and may have personal information on you; which can be terribly distressful and confusing. It is always better to take extra precautions, than to be sorry later. **If you have questions on if something is a scam, please call our office at (315) 386-4730 for help. Or call the police to report it.**

Stop Senior Scams

<span style="font-size: 24px; font-weight: bold;">1</span> Common scams	<span style="font-size: 24px; font-weight: bold;">2</span> Scam signs	<span style="font-size: 24px; font-weight: bold;">3</span> What to do
<div style="display: flex; align-items: center; margin-bottom: 10px;"> <div> <p><b>▶ GRANDPARENT SCAM</b> Claims your grandchild is in trouble and needs money</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div> <p><b>▶ LOTTERY SCAM</b> You've won a prize that requires you to pay to collect winnings</p> </div> </div> <div style="display: flex; align-items: center;"> <div> <p><b>▶ ROMANCE SCAM</b> A fake online profile asks you for money</p> </div> </div>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> <div> <p><b>▶ INSISTENCE</b> You must wire money immediately</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div> <p><b>▶ SECRETS</b> You are warned not to tell others</p> </div> </div> <div style="display: flex; align-items: center;"> <div> <p><b>▶ UNPROFESSIONAL</b> You notice misspellings and poor grammar</p> </div> </div>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> <div> <p><b>▶ USE CAUTION</b> Only send money to people you know</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div> <p><b>▶ COMMUNICATE</b> Reach out and talk about it with others</p> </div> </div> <div style="display: flex; align-items: center;"> <div> <p><b>▶ BE VIGILANT</b> When in doubt, hang up the phone</p> </div> </div>
<p style="font-size: 10px; margin: 5px 0;">SUPPORTED BY MEASURE R <b>LOCAL FUNDS LOCAL NEEDS</b> <a href="http://WWW.SMCGOV.ORG">WWW.SMCGOV.ORG</a></p>		
<p><b>GET HELP</b> Call San Mateo County TIES at 1 (800) 675-8437 for confidential help or 911 during an emergency <b>LEARN MORE</b> Visit <a href="http://www.smchealth.org/ElderAbuse" style="color: white;">www.smchealth.org/ElderAbuse</a></p>		

### Office for the Aging Partners with BOCES Students



The Office for the Aging recently received a generous gift from BOCES – Seaway Career and Technical Center’s Welding Program. Students, Brody Chase (Norwood-Norfolk Central) and Brian Hurlbut (Massena Central), worked together to weld five metal inserts for the Potsdam Nutrition Center’s home delivered meal program. The metal inserts are used to protect and maintain the heat in the home delivered meal bags that are used to transport meals to vulnerable, homebound seniors throughout St. Lawrence County. The students cut and TIG welded the sheet metal to create the inserts, under the instruction of Nanci Collins. The Office for the Aging is grateful for their support of this critical program that helps older adults age in place.

**Pictured Left to Right:** Suzanne LaPage (Nutrition Assistant), Danielle Durant (Nutrition Manager), Brian Hurlbut (Massena Central Student), and Brody Chase (Norwood-Norfolk Student)



### Office for the Aging Hosts Film Screening of *All the Lonely People*

Thanks to generous support from the New York State Office for the Aging, Association on AgingNY and SUNY Canton’s Applied Psychology Program, the Office for the Aging was able to host a film screening of *All the Lonely People*; a film that explores the epidemic of loneliness in our world from the Clowder Group. Loneliness is a universal feeling that we all can relate to experiencing. This incredibly moving film discusses ways we can all help to ease our own loneliness and the loneliness of others. Pictured from left to right in the photo above: Stu Maddux (Writer/Director), Christina Lesyk (SUNY Canton), Joe Applebaum (Producer), Andrea Montgomery (SLCOFA Director), and Crystal Collette (Lewis OFA Director). It was a wonderful time and we thank all those whose support made this happen!

To learn more about this film, visit: <https://www.allthelonelypeoplefilm.com/>

**HEAP (Home Energy Assistance Program)**

The **2022-2023 Regular HEAP season is open** and operates through March 15, 2023, or until funds are exhausted. The 2022-2023 *Emergency HEAP* Season is due to open on Tuesday, January 3, 2023, through March 15, 2023, or until benefits are exhausted.

The New York State OTDA has waived in-person interviews, but those applying are encouraged to utilize the My Benefits link ([www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)) or call the **DSS HEAP unit at 315-379-2303** to receive an application.

**Total household gross monthly income for your household size:**



<u>Household Size</u>	<u>Gross Monthly Income Guidelines</u>
1	\$2,852
2	\$3,730
3	\$4,608
4	\$5,485



**NC Chapter of Statewide Senior Action Council**

**Next Meeting:** Thursday, December 1st at 10 am

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

**New Members Welcome!**

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

**Happy Holidays!**

**Weather-Related Home Delivered Meal Cancellations**

When inclement weather conditions occur, Office for the Aging Nutrition Sites may need to cancel home delivered meals. If you are receiving Home Delivered Meals, the Office for the Aging will provide you, in advance, with a frozen emergency meal to be used on a day we are unable to deliver. Staff will also call clients to perform the daily wellness check.

**Watch for weather closings to be announced on the following radio and television stations:**

WNCQ/FM.WCIZ (102.9FM/98.7 FM); WPDM (1470 AM/99.3 FM); NORTH COUNTRY PUBLIC RADIO (89.5 FM); WMSA (1340AM); YESFM (96.7 FM); Channel 7 TV (WWNYTV); News 10 Now



Recipe Corner.....



Cranberry Salsa with "Tree" Chips



**Ingredients:**

1 bag (12 oz.) fresh or frozen cranberries (no need to thaw), 1 Granny Smith apple (peeled, cored and cut in eighths), 1/2 large red pepper (cut in large chunks), 1/2 medium red onion (cut in large chunks), 3/4 cup sugar, 1/3 cup apple juice, 3 tbsp. chopped fresh cilantro, 2 tbsp. chopped pickled jalapeno pepper, 1 tsp grated lime zest, 1 pkg (14 oz.) spinach tortillas

**Salsa:** Put cranberries, apple, red pepper and onion in food processor; pulse till chopped. Transfer to a large glass bowl. Stir in remaining ingredients till blended. Cover and refrigerate, or spoon into crocks or jars and refrigerate.

**Chips:** Heat oven to 375 degrees. Have ready a 3-inch tree-shape cookie cutter and baking sheet(s). Using cookie cutter, cut six trees from each tortilla. Place on ungreased baking sheet(s) and bake 8 min. or till crisp. Remove to wire rack to cool completely. Put in plastic bags; serve (or give as gifts) with salsa.

[https://everythingandnothing.typepad.com/mississippi/2005/11/cranberry\\_salsa.html](https://everythingandnothing.typepad.com/mississippi/2005/11/cranberry_salsa.html)



Office for the Aging Website:

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



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








*There is hope.*



If you or someone you know needs support now, call or text 988 or chat 988lifeline.org



## December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				
12/5 <u>Shepherd's Pie</u> Green Beans WW Bread Fresh Fruit	12/6 <u>Goulash</u> Italian Melody Italian Bread Chocolate Mousse	12/7 <u>Chicken &amp; Biscuits</u> Mashed Potatoes Diced Beets Blueberry Crisp w/whipped topping	12/8 <u>Baked Fish Scandia</u> Rice Pilaf Broccoli, WW Bread Apricots	12/9 Italian Sausage w/peppers & onions Baked Pot. w/SC Mixed Veggies, Roll Assorted Desserts
12/12 <u>Cheeseburger on Bun</u> Baked Beans Cauliflower Pears	12/13 <u>Salisbury Steak</u> Mashed Potato w/gravy, Peas/Carrots ww bread Ambrosia	12/14 <u>Turkey Tetrazzini</u> Brussel Sprouts Ww bread Butterscotch Pudding	12/15 <u>Glazed Ham</u> Sweet Potatoes Green Bean Casserole, WW Dinner Roll, Chef's Choice Pie	12/16 Chef's Choice 
12/19 <u>Baked Ziti</u> Mixed Veggies Garlic Roll Toss Salad Fresh Orange	12/20 <u>Santé Fe Chicken</u> Black Beans & Rice Chuckwagon Corn Corn Muffin Birthday Cake!	12/21 <u>Breakfast for Lunch!</u> French Toast Turkey Sausage Links Applesauce Juice	12/22 <u>Homestyle Meatloaf</u> Cheesy Mashed Pot. Baby Carrots, Bread, Fudge Brownie	12/23 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>
12/26 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>	12/27 <u>Meatball Sub w/Cheese</u> Seasoned Wedges Buttered Peas Ww bun Fruit Cup	12/28 <u>Chicken Rice</u> <u>Casserole</u> Broccoli Italian Bread Peanut Butter Cookie	12/29 <u>BBQ Pulled Pork</u> Baked Sweet Pot. Cole Slaw, ww roll Apple Cinn. Muffin Pineapple Tidbits	12/30 Chef's Choice 

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

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)

**December Calendar**

- 12/5 St. Lawrence County Board of Legislators Meeting; 48 Court St., Canton/ 6 pm
- 12/18 Hanukkah Begins
- 12/21 First Day of Winter *Happy Hanukkah*
- 12/23 All County Offices and Nutrition Centers are CLOSED.
- 12/24 & 12/25 Christmas Eve / Christmas Day
- 12/26 All County Offices and Nutrition Centers are CLOSED. / Kwanzaa Begins
- 12/31 New Year's Eve
- 1/1 New Years Day - Happy 2023!
- 1/2 All County Offices and Nutrition Centers are CLOSED.



New York  
**Caregiving Portal**  
Powered by Truaita

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



**Access free training and resources to help you build skills and confidence to provide care at home.**

New York's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Thousands of family caregivers across North America need support. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.



Sign up for FREE today!  
[NewYork-Caregivers.com](http://NewYork-Caregivers.com)

Scan me with your camera to visit!



**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**