



# Mature Living

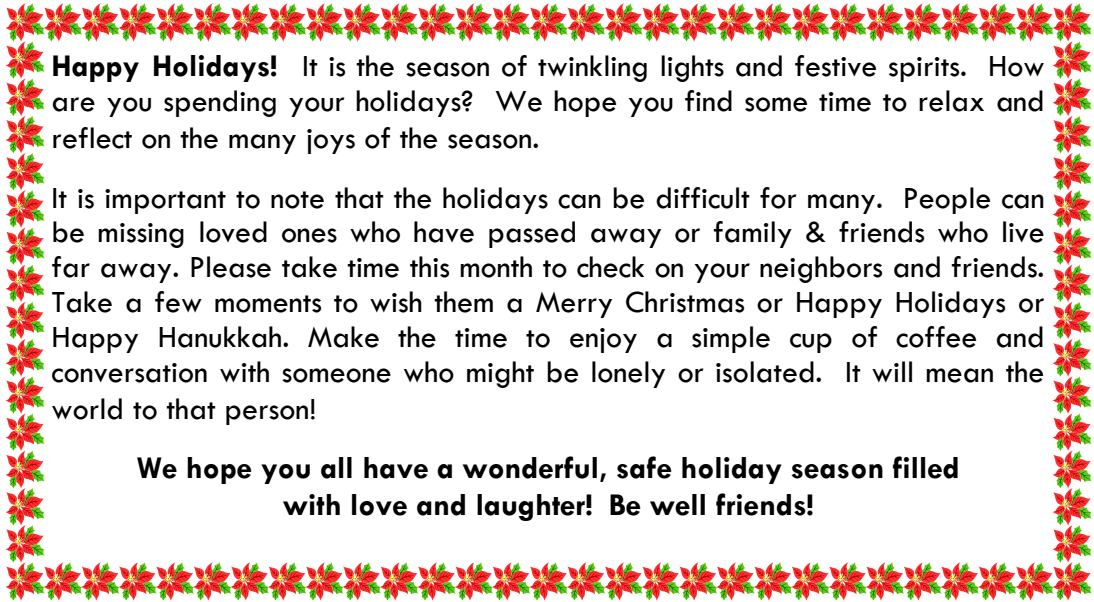
St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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

## December 2024



**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. Make 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 hope you all have a wonderful, safe holiday season filled with love and laughter! Be well friends!**

### Inside this issue:

|  |   |
|--|---|
| Santa for Seniors & Holiday Gift Drive | 1 |
| Healthy Holiday Eating Habits          | 2 |
| HEAP/ Weather Related Closings         | 3 |
| Food Sense/ Elder Abuse                | 4 |
| Enjoying the Holidays                  | 5 |
| Recipe/ Resources                      | 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



*Santa for Seniors  
& Holiday Gift Drive*

THE OFFICE FOR THE AGING IS SPONSORING THE  
**11TH ANNUAL SANTA FOR SENIORS & HOLIDAY  
GIFT DRIVE FOR OLDER ADULTS IN SLC!**

WE ARE COLLECTING GIFT CARDS TO LOCAL BUSINESSES SUCH AS GROCERY STORES, PHARMACIES, & GENERAL STORES. WE ARE ALSO COLLECTING FINANCIAL CONTRIBUTIONS TO PURCHASE GIFT CARDS AND/OR GIFT BASKETS FOR OLDER ADULTS IN OUR HOME DELIVERED MEAL PROGRAM THAT ARE MOST IN NEED.

**PLEASE CONSIDER HELPING US TO MAKE THE HOLIDAYS  
BRIGHTER FOR SENIORS IN OUR COMMUNITY!**

\* PLEASE MAIL YOUR CONTRIBUTION BY 12/6 TO:  
OFFICE FOR THE AGING, 80 STATE HIGHWAY 310,  
SUITE 7, CANTON, NY 13617  
\*NOTE IT IS FOR THE HOLIDAY GIFT DRIVE\*

CALL (315) 386-4730 FOR MORE INFORMATION!

**THANK YOU FOR YOUR SUPPORT!**

## Eating Healthy During the Holidays

The holiday season often brings festive meals and sweet treats, but maintaining a healthy diet is especially important for older adults. While it's tempting to indulge in rich foods, it's essential to prioritize nutrition to support overall health, energy, and immune function. Here are some simple tips for eating well during the holidays:

- 1. Plan Balanced Meals:** Aim for meals that include a variety of foods—lean proteins (like turkey, chicken, or plant-based options), plenty of vegetables, whole grains, and healthy fats. Incorporating colorful vegetables can add nutrients and fiber, which aid digestion and help manage weight.
- 2. Watch Portion Sizes:** Holiday meals can be abundant, but it's easy to overeat. Choose smaller portions and savor the flavors. Eating mindfully helps prevent overeating and supports digestive health.
- 3. Stay Hydrated:** During colder months, people often forget to drink enough water. Aim for 6-8 cups of water daily. Herbal teas and water with a slice of lemon can be enjoyable alternatives.
- 4. Limit Sugary Treats:** Holiday sweets can be high in sugar, which can lead to energy crashes or spikes in blood sugar. While it's okay to enjoy a small treat, try to focus on the flavor rather than the quantity. Opt for healthier desserts like fruit salads or yogurt parfaits.
- 5. Manage Special Diets:** Many older adults have dietary restrictions due to health conditions such as diabetes, heart disease, or hypertension. It's essential to stick to doctor-recommended diets, choosing lower-sodium options, whole grains, and healthier fats.
- 6. Stay Active:** Physical activity is key to maintaining good health. Short walks or stretching can help boost circulation and prevent overeating from sedentary habits.

**By making mindful choices and planning ahead, older adults can enjoy the holiday season while supporting their long-term health and well-being.**

**SLC Youth Bureau's**

## ANNUAL HOLIDAY 2025 CARD DRIVE

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!

Mail (or drop off) cards by  
**Friday, December 13th**  
to SLC Youth Bureau 80 SH 310 Canton, NY 13617

\* Contact us \*  
if your organization would like to receive cards

Questions?  
Email [achase@stlawco.gov](mailto:achase@stlawco.gov) or  
call 315.379.9464



## DON'T SAY "YES"

- "Can you hear me?"
- "Are you on Medicare?"
- "Do you have your RW&B card?"
- "Are you a veteran?"

These are questions phrased to get the caller to say "Yes" in an attempt to record and process fraudulent products or services billed to Medicare.

**DON'T ANSWER CALLS FROM UNKNOWN NUMBERS. IF YOU SUSPECT FRAUD CALL THE NYS SMP AT 800-333-4374.**

This project was supported, in part by grant number 90MPPG01701 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20208.





## Weather Related Program Closings

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

## HEAP (Home Energy Assistance Program)

The 2024-2025 Regular HEAP season opened on November 1.

### 2024-2025 INCOME GUIDELINES



| <u>Household Size</u> | <u>Gross Monthly Income</u> |
|-----------------------|-----------------------------|
| 1                     | \$3,322                     |
| 2                     | \$4,345                     |
| 3                     | \$5,367                     |
| 4                     | \$6,390                     |



HEAP funding for the **2024 - 2025 Heating Repair & Replacement and Clean & Tune** began on October 1, 2024. If you are a homeowner and eligible, the Heating Equipment Repair and Replacement benefit can help you repair or replace your furnace, boiler and other direct heating equipment necessary to keep your home's primary heating source working.

**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.**

### 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**

# December FoodSense

|                                   |  |
|-----------------------------------|--|
| <b>DECEMBER PACKAGE (\$20.50)</b> | <b>DECEMBER SPECIALS</b>   |
| CHICKEN BREAST NUGGETS, 27OZ      | <u>SPIRAL HAM</u> , 10lbs avg. for \$16; Fully cooked and honey-glazed.                  |
| BREAKFAST SAUSAGE, 6.4OZ          | <u>LOBSTER BITES</u> , 15oz for \$5.25; Can be baked in the oven or cooked in air-fryer. |
| MARINATED PORK PORTIONS, 1LB      | <u>CHICKEN TENDERLOINS</u> , 3lbs for \$7; in a 3-lb resealable bag.                     |
| GROUND TURKEY, 1LB                | <u>MOZARELLA STICKS</u> , 3lbs for \$11.50; Par-cooked and ready for the oven.           |
| LARGE EGGS, 1 DOZEN               | <u>MEATLOAF MIX</u> , 2lbs for \$9.50; Equal blend of beef, pork, and veal.              |
| PANCAKE MIX, 14OZ                 | <u>LASAGNA ROLL-UPS</u> , 6lbs for \$17; Stuffed with ricotta and romano cheese.         |
| BREAKFAST BITES, 19.5OZ           |  |
| FROZEN BLUEBERRIES, 16OZ          |  |
| FRENCH FRIES, 24OZ                |  |
| MANDARIN ORANGES, 11OZ            |  |
| FRESH PRODUCE #1                  |  |
| FRESH PRODUCE #2                  |  |

Orders Due 12/6  
S/NY/P deducted 12/8  
Pick up 12/19

Payment is due at time of order.  
Cash, check, S/NY/P only.  
Please make checks payable to:  
Potsdam Neighborhood Center.

Orders are accepted at the following locations:

- Potsdam NC: 315-265-3920
- Canton NC: 315-386-3541
- Parisville NC: 315-244-0069
- Gouverneur NC: 315-287-3370
- Massena NC: 315-764-0050
- Massena Salvation Army: 315-769-5154
- Canton Housing: 315-386-8381

## Navigating Grief Together

When:  
Tuesdays  
November 12, 19, 26  
December 3, 10, 17

11am-12pm

Where:  
Hospice of St. Lawrence Valley  
6805 US Highway 11  
Potsdam, New York

A six-week grief support group for adults grieving any type of loss.

There will be a special focus on grief during the winter holidays.

For more information contact Hospice at 315-265-3105



**Medicare Open Enrollment: Oct. 15<sup>th</sup> - Dec. 7<sup>th</sup>**

The Medicare Open Enrollment Season will end on December 7th! This is your opportunity to shop around for a new **Medicare Part D Plan or Medicare Advantage Plan**. Any changes you make will take effect January 1, 2025. If you are happy with your current plan, you don't need to change anything.

If you want a new plan and need guidance, please call the office at (315) 386-4730 and a staff member will assist you.

Due to extremely high call volume during this time period, it may take several days for a staff member to return your call. For immediate assistance, clients can also call **1-800-MEDICARE (1-800-633-4227)** or visit [www.medicare.gov](http://www.medicare.gov).

Due to limited staffing, **we do not accept walk-ins for Medicare Counseling**. You must make an appointment, in advance, by calling the office. St. Lawrence County Office for the Aging is dedicated to assisting our clients with their Medicare questions and concerns.

# CONCERNED ABOUT THE MISTREATMENT OF AN OLDER ADULT?

## Elder Abuse Helpline for Concerned Persons

- Support and assistance for family, friends, neighbors in the lives of mistreated older adults
- Concerned Persons live anywhere in the world
- The mistreated older adult they care about lives in New York State

**844-746-6905**  
In an emergency call 911

**1 in 10**  
older adults are mistreated in the U.S.

**73M**  
adults have had personal knowledge of a victim

**44M**  
became involved in helping

Free • Confidential  
No Judgment • No Expectation

Well Cornell Medicine Geriatrics & Palliative Medicine | NYC ELDER ABUSE CENTER | Lifespan

The Elder Abuse Helpline for Concerned Persons is made possible with a grant to the New York City Elder Abuse Center, Well Cornell Medicine, from the New York State Office of Victim Services, funded by New York State Office for Victim Services, Grant No. 2018-VA-GX-0047, Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. This material does not necessarily reflect the opinion of the funder.

Elder Abuse Helpline for Concerned Persons | 844-746-6905 | [www.nyceac.org](http://www.nyceac.org)

## Enjoying the Holidays: A Guide for Older Adults

The holiday season is a time of joy, togetherness, and reflection, but for many older adults, it can also bring challenges. With a few thoughtful adjustments, you can fully embrace the season's festive spirit and create meaningful memories.

- 1. Stay Connected:** Whether in person, via phone, or through video calls, maintaining connections with family and friends is key. Socializing, even in small doses, can help combat loneliness and lift spirits. Don't hesitate to reach out to loved ones or join community events to stay engaged.
- 2. Simplify Celebrations:** The holidays don't need to be extravagant to be enjoyable. Focus on what truly matters - quality time, good conversation, and simple traditions. Consider smaller gatherings or quiet moments that are easy on both your schedule and energy.
- 3. Stay Active:** Physical activity doesn't mean intense workouts. Enjoy a gentle walk, chair exercises, or dancing to your favorite holiday music. It's a great way to reduce stress and stay energized throughout the season.
- 4. Practice Self-Care:** The holidays can be busy, but it's essential to prioritize your own well-being. Rest when you need to, hydrate, and eat nourishing foods. Taking care of yourself helps ensure you have the energy to enjoy all the festivities.
- 5. Make New Traditions:** While cherished family customs are always special, it's also a wonderful time to explore new traditions. Whether it's trying a new holiday recipe, crafting handmade decorations, or volunteering to help others, new activities can bring fresh joy.

**The holidays are about connection, reflection, and joy. By focusing on what brings you peace and happiness, you can enjoy a fulfilling holiday season at any age.**



### 6 TIPS FOR A *Stress-free holiday*

- 1** During stressful situations, count to 10 in your head before reacting
- 2** Meditate or listen to some relaxing music
- 3** If the situation that's causing you stress isn't urgent, sleep on it
- 4** Take deep, calming breaths to reduce stress levels
- 5** Break down big problems into smaller steps
- 6** Stay active



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

**988 SUICIDE & CRISIS LIFELINE**



**Happy  
Holidays!**



**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)



**Are you in need of a standard walker or a commode?**

**MILC has FREE gently used standard walkers and commodes to give away!**




For more information, please call the **Massena Independent Living Center** at 315-764-9442 x101.

## Local Resources

**Mental Health Outpatient Services :**

|  |  |
|--|--|
| <p><b>St. Lawrence Health Systems</b><br/>315-261-5420 (Potsdam)<br/>315-261-5405 (Potsdam)<br/>315-261-5415 (Gouverneur)<br/>315-261-5680 (Massena)<br/>315-261-5395 Emotional Support Line 24/7</p> <p><b>St. Lawrence County Mental Health</b><br/>315-386-2048 (Canton)</p> <p><b>St. Lawrence Psychiatric Center</b><br/>315-541-2001 (Ogdensburg)</p> <p><b>United Helpers Mosaic</b><br/>315-386-0264 (Canton)<br/>315-541-3042 (Ogdensburg)</p> <p><b>Community Health Center of the North Country</b><br/>315-379-8130</p> <p><b>Massena Wellness Center</b><br/>315-763-8441</p> <p><b>Gouverneur Wellness Center</b><br/>315-287-2811</p> <p><b>Ogdensburg Wellness Center</b><br/>315-394-0101</p> | <p><b>Citizens Advocates</b><br/>315-713-9090 (Ogdensburg)<br/>315-764-0876 (Massena)<br/>518-483-3261 (Malone)</p> <p><b>Claxton Hepburn Medical Center</b><br/>315-713-6720</p> <p><b>Mental Health Counseling Services</b><br/>315-258-0264 (Potsdam)</p> <p><b>Additional Resources :</b></p> <p><b>Seaway Valley Prevention Council</b><br/>315-713-4861</p> <p><b>Domestic Violence Hotline</b><br/>1-800-942-6906</p> <p><b>St. Lawrence Valley Renewal House</b><br/><b>Domestic Violence Resources</b><br/>315-379-9845</p> <p><b>St. Lawrence County Sheriff's Office</b><br/>315-379-2222</p> <p><b>St. Lawrence County Addiction Services</b><br/>315-386-2189</p> |
|--|--|

Scan the QR Code for this list of life-saving numbers



SCAN ME!

## December 2024

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| 2 <u>Chicken Tenders</u> w/ Dipping Sauce<br>Sweet Potato Fries<br>Chef's Vegetable Blend<br>Fresh Fruit   | 3 <u>Assorted Quiche</u><br>Seasoned Potato Wedges<br>Spinach<br>Assorted Muffin<br>Pudding Parfait    | 4 <u>Meatloaf w/Gravy</u><br>Mashed Potato/Gravy<br>Mixed Vegetables<br>Dinner Roll<br>Brownie                  | 5 <u>Goulash</u><br>Cauliflower<br>Assorted Muffin<br>Black Forest Pudding   | 6<br><br><u>Chef's Choice</u>   |
| 9 <u>Monterey Chicken</u><br>Au gratin Potatoes<br>California Blend<br>Vegetables<br>Fresh Fruit   | 10 <u>Beef Stroganoff</u><br>Over Egg Noodles<br>Brussel Spouts<br>Homemade Cookie                     | 11 <u>Lemon-Herb Fish</u><br>Rice Pilaf<br>Creamed Spinach<br>Happy Birthday Cupcake!                           | 12 <u>Turkey/Gravy over Stuffing</u><br>Mashed Potatoes/Gravy<br>Buttered Green Beans<br>Cherry Fruit Crisp with Topping   | 13<br><br><u>Chef's Choice</u>  |
| 16 <u>Sweet &amp; Sour Chicken over Rice</u><br>Oriental<br>Vegetables<br>Assorted Muffin<br>Fresh Fruit   | 17 <u>Homemade Pancakes over Sausage</u><br>Hash Browns<br>Warm Cinnamon Applesauce<br>Pudding Parfait | 18 <u>BBQ Riblet on Bun</u><br>Macaroni and Cheese<br>Peas<br>Mandarin Oranges                                  | 19 <u>Chicken and Biscuits</u><br>Mashed Potatoes<br>Harvard Beets<br>Fruit Fluff  | 20<br><br><u>Chef's Choice</u>  |
| 23 <u>Holiday Dinner</u><br>Baked Ham w/Raisin Sauce<br>Whipped Sweet Potatoes<br>Mixed Vegetables<br>WW Dinner Roll<br>Homemade Pie w/Vanilla Ice Cream | 24<br>All County Offices & Nutrition centers <b>CLOSED</b> for the holiday.<br><b>USE FROZEN MEAL.</b> | 25<br>All County Offices & Nutrition Centers <b>CLOSED</b> for the holiday.<br><b>USE FROZEN MEAL.</b>          | 26 <u>Spaghetti with Meat Balls</u><br>Italian Medley<br>Garlic Bread<br>Fruited Yogurt  | 27<br><br><u>Chef's Choice</u>  |
| 30 <u>Roasted Pork Loin with Mushroom Gravy</u><br>Au gratin Potatoes<br>Broccoli<br>Dinner Roll<br>Fresh Fruit  | 31 <u>Beef Stew over County Style Biscuit</u><br>Yellow Beans<br>Fruited Bavarian                      | 1/1<br><br>All County Offices & Nutrition Centers are <b>CLOSED</b> for the holiday.<br><b>USE FROZEN MEAL.</b> | <i>All Meals are served with 1% milk &amp; WW Bread</i><br><i>*Menu Follows a no salt added and low sugar diet.</i><br><i>*If you have a Food Allergy, please notify our office.</i> | <i><b>Note:</b> If you need to cancel your meal or you will not be home to receive your meal, please call 24 hours in advance:<br/>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)**

## December Calendar

|       |   |
|-------|---|
| 12/2  | SLC Board of Legislators Meeting; 6 pm at 48 Court Street, Canton |
| 12/21 | First day of Winter   |
| 12/24 | Christmas Eve   |
| 12/25 | Christmas Day   |
| 12/25 | Hanukkah begins at Sunset   |
| 12/26 | Kwanzaa begins  |
| 12/31 | New Year's Eve  |
| 1/1   | New Year's Day  |



**NC Chapter of StateWide Senior Action Council**

**Next Meeting:** Thursday, December 5th at 10:00 am

**Location:** Midtown Apts., Potsdam

**New members welcome!**

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

**Senior Club News & Events**

**Norwood Golden Agers**

**12/7 :** 1st Annual Christmas Bazaar Fundraiser; 11 am - 4 pm

**Location:** Norfolk American Legion

23 Vendors & Santa & Mrs. Claus!



St. Lawrence County Office for the Aging:

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

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>