



Mature Living

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

February 2023

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February is Heart Health Month. Heart disease is the leading cause of death for both men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

On **February 3rd**, the department is participating in **National Wear Red Day** to raise awareness about women and heart disease. Please wear red to a nutrition center and we will take your picture to be featured in an upcoming newsletter and on Face Book! Or stop by the Office!

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To Lower Your Risk:

Watch your weight.

Quit smoking and stay away from secondhand smoke.

Control your cholesterol and blood pressure.

If you drink alcohol, drink only in moderation.



ST. LAWRENCE COUNTY
OFFICE FOR THE AGING
AND
YOUTH BUREAU

VALENTINE'S CARD DRIVE

Students, of all ages, are invited to make cards, notes, or drawings for SLC older adults. Let's spread some love and happiness this Valentine's Day!

Please mail or deliver cards by **Friday, 2/10/23** to:
SLC Youth Bureau 80 SH 310 Suite 4 Canton, NY 13617
For more information, email ACHase@stlawco.org
or call 315.379.9464

7 Steps To A Healthier Heart

- Avoid Smoking
- Move Your Body
- Improve Your Diet
- Get To A Healthy Weight
- Maintain Healthy Cholesterol, Blood Pressure/Sugar
- Lower Your Stress Levels
- Practice Good Hygiene

Mature Living

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Caregiver Support Group Survey

The St. Lawrence County Office for the Aging is pleased to announce that we will soon be offering an **in- person caregiver support group!** The group will meet once a month in-person at the Human Services building in Canton, NY. Pending group size, a new location may be determined a better fit in the future.

The group is intended to provide emotional, educational, and social support for seniors who are providing care to their spouse, partner, family, or friend. This group aims to encourage caregivers to maintain their own wellbeing; while they continue to care for another.

The main goals of this group are as follows:

- Develop an extended support system
- Exchange practical ideas and solutions for caregiver challenges
- Share feelings and concerns
- Talk through issues and discover new ways of coping

If you or someone you know would be interested in this support group, please take a moment to answer a few questions. Please return the completed form to the address listed below.

Directions: Please circle the appropriate answerd.

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

Yes No

2. If unable to attend in person would you be interested in participating in the group online?

Yes No

3. Please circle 1-3 days of the week that would work for you to meet for this support group.

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

First Name: _____ **Last Name:** _____

Home Address: _____

Phone Number: _____

Please mail or fax to:

St. Lawrence County Office for the Aging, 80 State Highway 310 Suite 7, Canton, New York 13617

Fax: 315-386-8636

10 Fast Facts about Senior Heart Health

Heart health is essential for living well. This is true for people of all ages, but especially for seniors. The umbrella term “heart disease” covers many conditions affecting the heart and blood vessels, including heart failure, an irregular heartbeat, valve problems and plaque buildup in the arteries.

There is a mountain of highly scientific information about senior heart [health](#). In fact, there is so much information that it would take you a lifetime to read it all. To save you time, here are ten fast facts about senior heart health that you can use to move closer to your goal of living well in your senior years.

1. Heart disease is a major killer of Americans

About one in every four deaths is the result of heart disease, according to the [Centers for Disease Control and Prevention](#). In fact, heart disease is the leading cause of death for both men and women.

2. There’s no such thing as “too early” when it comes to heart health

Senior heart health is a lifelong goal that begins even before you are born. An embryo’s first heart cell begins to beat as early as 4 weeks, according to [Cleveland Clinic](#).

3. Heart disease is common, but heart cancer is rare.

Because the cells of your heart stopped dividing early in your life, unlike your other organs that replace old and worn out cells with new ones, you have the same heart your whole life. In fact, that heart cell that started beating at four weeks is still beating inside your chest today. That means less chance for new, cancerous cells to appear.

4. Smoking, high blood pressure and high cholesterol levels are key risk factors for the development of heart disease.

Nearly half of all American adults have at least one of those three risk factors. Other risk factors for heart disease include diabetes, being overweight or obese, a sedentary lifestyle, and excessive use of alcohol.

5. Where you live and went to school matters.

Higher education and socioeconomic status is associated with lowered risk for heart health, according to [UC Davis Health System](#).

6. There are 3 major weapons in the fight against heart disease: Exercise, Diet, and Stress management

7. Exercise is the single most important thing you can do to maintain a healthy heart.

Just 15 minutes of cardio endurance activities gives the muscles of your heart a good workout to keep them strong. Cardio endurance exercise includes walking, swimming, climbing stairs, hiking, cycling, tennis, and dancing.

8. People of all abilities can improve their heart health.

Chair-bound seniors can still exercise for a healthy heart, although it requires a little personalization and creativity. Use dumbbells, resistance bands or even cans of soup to build strength, chair yoga to improve flexibility and pool therapy or rapid leg lifts for a good cardio workout.

9. Happiness helps to lower your risk for heart disease.

According to [Harvard School of Public Health](#), chronic anxiety and anger can disrupt the heart’s electrical stability, increase inflammation and accelerate atherosclerosis, also known as hardening of the arteries.

10. Senior heart health is on the cutting edge of technology.

Did you know that the [first pacemakers](#) had to be plugged into an electrical outlet in a wall? Today, pacemakers have batteries that last 4 to 12 years. Many modern pacemakers have additional feature which allow them to send information about your heart health straight from the device to your doctor.

A healthy heart is one of the keys to living well as a senior. Achieving optimal heart health takes a commitment to good lifestyle choices, including a healthy diet and exercise. Contact your doctor to learn more about what you could be doing to improve your heart health and better enjoy your golden years.

Ask the Dietician by Linda Buchanan, RD

“Is a low carb diet ideal for an individual that has Type 2 Diabetes?”

You may be surprised to learn that diabetes affects almost 1 out of every 10 Americans, and the prevalence is even higher if we were actually able to include people who don't even know they have diabetes. The most common form of this disease – known as type 2 diabetes – develops when your body can't produce enough insulin to keep your blood sugar in check. Your risk of getting diabetes increases as you age and if you're overweight. Over time, this can cause heart disease, vision loss, nerve damage, and kidney failure.

A “low carb diet” is one that restricts carbohydrates. Carbohydrate is the main nutrient (the other two being fat and protein) which is converted to glucose (or blood sugar) and is primarily found in bread, milk, fruit, starchy vegetables, cereals, pasta, and sugary foods. This way of eating is sometimes called a “keto diet”, so instead of eating carbs, you would eat mostly low starch vegetables, fats/oils, and protein foods (meat, fish, nuts, eggs). There is no doubt that drastically reducing carbohydrates in your meal plan will reduce blood sugar BUT there are very harmful side effects that include weakness, forgetfulness, irritability, muscle cramps, and fatigue. Also, because this diet is very high in fat, studies show that following this type of eating plan can increase the risk of heart and gall bladder disease. In addition, because other food groups are extremely limited, this can lead to nutritional deficiencies in fiber (which could cause constipation) and the lack of many vitamins and minerals that you need to stay healthy. A keto diet is by NO MEANS a dietary plan that should be adhered to long-term, not to mention, one that is definitely quite challenging to follow.

The American Diabetes Association recommends a diet that consists of approximately 45-65% of calories from complex carbohydrates (brown rice, whole wheat, oatmeal, quinoa, fruits, vegetables, beans and lentils) and that these foods be eaten on a consistent basis to provide steady energy. Other foods to include are healthy sources of protein such as lean meats, seafood, eggs, poultry, beans/legumes/lentils as well as healthy fats such as extra virgin olive oil.

Since every person has different calorie requirements and food preferences, there is no one blanket dietary recommendation that works. The best dietary plan is one that accommodates YOU and YOUR circumstances. If you would like help on this topic, please contact the St. Lawrence County Office for the Aging for more information or to submit questions on food and nutrition to our “Ask the Dietitian” section of our newsletter.



We love volunteers! Here are two SLU students who volunteered with us last semester chatting with a client and our staff member, Elaine! If you are interested in learning more about how YOU can help, call us at (315) 386-4730.

OFFICE FOR THE AGING

SET YOUR OWN SCHEDULE

YOU MAKE A DIFFERENCE

MILEAGE REIMBURSEMENT

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

28 Days Toward a Healthy Heart



Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

Day 1
Call a friend and join the #OurHearts movement.

Day 2
Make a heart-healthy snack.

Day 3
Schedule your annual physical. Discuss your heart health goals with your doctor.

Day 4
Sport red today for National Wear Red Day.

Day 5
Squat it out. Do 1 minute of squats.

Day 6
Make today a salt-free day. Use herbs for flavor instead of salt.

Day 7
Visit Smoketree.gov to take the first step to quitting smoking.

Day 8
Get your blood pressure checked.

Day 9
Walk an extra 15 minutes today.

Day 10
Aim for 30 minutes of physical activity today.

Day 11
Plan your menu for the week with heart-healthy recipes.

Day 12
Reduce stress using relaxation techniques.

Day 13
Give the elevator a day off and take the stairs.

Day 14
Protect your sweetheart's heart: Plan a heart-healthy date.

Day 15
Swap the sweets for a piece of fruit for dessert.

Day 16
Stress less. Practice mindful meditation for 10 minutes.

Day 17
Head to bed with enough time to get a full 7-8 hours of sleep.

Day 18
Add a stretch break to your calendar to increase your flexibility.

Day 19
Eat vegetarian for a day.

Day 20
Share a funny video or joke that makes you laugh.

Day 21
Dance for 15 minutes to your favorite music.

Day 22
Call a relative and ask about your family health history.

Day 23
March in place during commercial breaks to get your heart going.

Day 24
Get a tape measure and find out the size of your waist.

Day 25
Ask a family member or neighbor to join you for a walk.

Day 26
Fill half of your lunch and dinner plates with vegetables.

Day 27
See how many push-ups you can do in 1 minute.

Day 28
Pay it forward and tell a friend about The Heart Truth.

nhlbi.nih.gov/heartmonth



Unused Medication Drop off Locations

- St. Lawrence County Sheriff's Department**
48 Court St Canton
located in public safety building and is available 24 hours, 7 days a week
- Claxton Hepburn Medical Center**
214 King St Ogdensburg
located off the main lobby near elevator (normal business hours)
- Kinney Drugs**
All St. Lawrence County Locations during normal business hours at the designated Kiosks
- Bonapart Pharmacy**
8210 Main St. Harrisville
DEA Controlled Substance drop off location during normal business hours
- Gouverneur Hospital**
77 West Barney St. Gouverneur
Located off of main lobby available during normal business hours
- St. Regis Tribal Mohawk Police Department**
545 State Route 37 St. Regis Mohawk Reservation
available 24 hours a day, 7 days a week
- Watertown Police Department**
905 Coffeen St. Watertown
available 24 hours a day, 7 days a week
- Canton Police Department**
60 Main St. Canton
Available 24 hours a day, 7 days a week
- Potsdam Police Department**
38 Main St. Potsdam
Available 24 hours a day, 7 days a week
- Massena Police Department**
60 Main St Massena
available 24 hours a day, 7 days a week
- Ogdensburg Police Department**
800 Park St. Ogdensburg
available 24 hours a day 7 days a week

Mature Living Newsletter

Did you know that you can receive the *Mature Living* through email? We also post the monthly newsletter on our Facebook page and website.

If you or someone you know would like to be added to the email list, please contact: Chiara at:

(315) 386-4730
cdelosh@stlawco.org



RECIPE CORNER...**Baked Cod with Feta and Tomatoes**

The mildness of cod takes well to bolder flavor pairings such as feta cheese and tomato. Sprinkle with oregano.

Ingredients: 1 tablespoon extra-virgin olive oil, 1 ½ cups chopped onion, 3 cups chopped tomato, ¼ cup dry white wine, 2 teaspoons fresh oregano (*divided*), 1 teaspoon red wine vinegar, 3/8 teaspoon kosher salt (*divided*), ¼ teaspoon freshly ground black pepper, dash of crushed red pepper, 4 (6-ounce) cod fillets, 1 tablespoon chopped fresh flat-leaf parsley, 2 ounces feta cheese (*crumbled about ½ cup*)

Preparation:

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium heat. Add oil; swirl to coat. Add onion; sauté 5 minutes or until tender. Stir in tomato, wine, 1 teaspoon oregano, vinegar, 1/8 teaspoon salt, black pepper, and crushed red pepper; bring to a simmer. Cook 3 minutes, stirring occasionally. Sprinkle fish evenly with remaining ¼ teaspoon salt. Nestle fish in tomato mixture.
3. Bake at 400° for 18 minutes or until fish flakes easily when tested with a fork.
4. Sprinkle with remaining 1 teaspoon oregano, parsley, and feta.

Nutritional Information (*amount per serving*) calories 247, fat 7.5 g, satfat 2.8 g, monofat 3.3 g, polyfat 0.8 g, protein 30 g, carbohydrate 12 g, fiber 3 g, cholesterol 93 mg, iron 1 mg, sodium 470 mg, calcium 117 mg

Source: <https://www.myrecipes.com/recipe/baked-cod-feta-tomatoes>

AARP Tax Assistance Program

AARP Tax Aides are providing free tax assistance to older adults again this year. Tax assistance will be available at the **Massena Community Center, February 1st - April 15th.**

Drop-Off Hours will be 8:30-am -12:30 pm on Mondays and Tuesdays.

Tax Drop-Off Procedures:



- ◆ Clients will pick up and fill out an intake form.
- ◆ Drop off all tax documents in the tax envelope provided in the entranceway of the Community Center.
- ◆ Volunteers will call the customers and perform the interview over the phone.
- ◆ Volunteers will call the customers back when their taxes are completed and ready to be picked up.



****Please bring all documents showing income for 2022; plus last year's tax return.****

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

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		2/1 <u>Glazed Meatloaf</u> <u>Mashed Potatoes</u> <u>Mixed Veggies</u> <u>WW bread</u> <u>Butterscotch Pudding</u>	2/2 <u>BBQ Pulled Pork</u> <u>Baked Sweet Pot.</u> <u>Cauliflower</u> <u>Corn muffin</u> <u>Fudge Brownie</u>	2/3 <u>Baked Haddock</u> <u>Rice Pilaf</u> <u>Stewed Tomatoes</u> <u>Ww roll</u> <u>Assorted Desserts</u>
2/6 <u>Shepherd's Pie</u> <u>Green Beans</u> <u>WW Bread</u> <u>Fresh Apple</u>	2/7 <u>Chicken Stir Fry</u> <u>w/rice & Veggies</u> <u>Rye Bread</u> <u>Spiced Peaches</u>	2/8 <u>Goulash</u> <u>Waxed Beans</u> <u>Italian Bread</u> <u>Baked Cinn. Pears</u> <u>Birthday Cake!</u>	2/9 <u>Pork Loin w/Mushroom</u> <u>Gravy</u> <u>Mashed Potatoes</u> <u>Carrots, ww bread</u> <u>Strawberry Fluff</u>	2/10 <u>Chef's Choice</u> 
2/13 <u>Cheese Omelet</u> <u>Turkey Sausage Links</u> <u>Seasoned Spinach</u> <u>English Muffin w/PB</u> <u>Yogurt</u>	2/14 <u>Salisbury Steak</u> <u>Mashed Potato w/gravy,</u> <u>Peas/Carrots ww bread</u> <u>Ambrosia</u>	2/15 <u>Turkey Tetrazzini</u> <u>Tuscan Blend</u> <u>Garlic Roll</u> <u>PB Cookie</u>	2/16 <u>Ham w/Pineapple</u> <u>Sweet Potatoes</u> <u>Brussel Spouts</u> <u>Ww bread</u> <u>Lemon Parfait</u>	2/17 <u>Italian Sausage</u> <u>w/Peppers & Onions</u> <u>Parslied Potatoes</u> <u>Mixed Veggies</u> <u>ww Roll, Ice Cream</u>
2/20 <u>All County Offices & Nutrition Centers</u> <u>CLOSED for the Holiday.</u> <u>Use frozen meal.</u>	2/21 <u>Bacon Cheeseburger on Bun</u> <u>Baked Beans</u> <u>Winter Blend</u> <u>Fresh Fruit Salad</u>	2/22 <u>Mac & Cheese</u> <u>Stewed Tomatoes</u> <u>Blueberry Muffin</u> <u>Applesauce</u>	2/23 <u>Chicken & Biscuits</u> <u>Mashed Potatoes</u> <u>Diced Beets</u> <u>Mixed Berry Crisp</u> <u>w/whipped topping</u>	2/24 <u>Chef's Choice</u> 
2/27 <u>Italian Ziti</u> <u>Mixed Veggies</u> <u>Garlic Roll</u> <u>Toss Salad</u> <u>Fresh Orange</u>	2/28 <u>Zesty Chicken</u> <u>Scalloped Potatoes</u> <u>Peas & Pearl Onions</u> <u>Cheddar Biscuit</u> <u>Tapioca Pudding</u>	3/1 <u>Chili</u> <u>Chuckwagon Corn</u> <u>Corn Muffin</u> <u>Saltine Crackers</u> <u>Apricots</u>	3/2 <u>Swiss Steak</u> <u>Mashed Potatoes</u> <u>Capri Blend</u> <u>Ww bread</u> <u>Choc. Chunk Cookie</u>	3/3 <u>Baked Fish Scandia</u> <u>Rice Pilaf</u> <u>Broccoli</u> <u>ww Bread</u> <u>Assorted Desserts</u>

S.T. 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)

February Calendar



- 2/2 Groundhog's Day
- 2/6 SLC Board of Legislators Board Meeting; 6 pm - 48 Court Street, Canton
- 2/6 Office for the Aging Advisory Council Meeting; 10 am - Human Services Bldg., Canton
- 2/14 Valentine's Day
- 2/20 President's Day; All County Offices and Nutrition Centers are Closed.
- 2/22 Ash Wednesday



Self-Care for Caregiver Archetypes

Common Caregiver Problems

Becoming **problem-absorbers**

Burnout and **compassion** fatigue

Unchecked dedication and poor **boundaries**

Codependency Issues

Self-Care Ideas

Learn to **love** yourself

Set firm **boundaries**

Employ **critical** thinking

Express how you truly **feel**

Search for **inner** peace

Find your true **purpose**

Find **Balance**

Find more on [BlessingManifesting](#)

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




988 SUICIDE & CRISIS LIFELINE

Find us on: **facebook**® **St. Lawrence County Office for the Aging**

Office for the Aging Advisory Council Meeting Feb. 6th in Canton

Monday, Feb. 6th, is the next public meeting for Office for the Aging's Advisory Council. The meeting will be held at 10 AM at the Human Services Building in Canton in the 2nd Floor Conference Room. **The public is welcome and encouraged to attend!**

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 at (315) 386-4730

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