



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

Office for the Aging | St.
Lawrence County

February 2024

Inside this issue:

Need Updated Contact Info	1
Free Tax Help from AARP	2
Food Sense Program	3
Heart Health Month	4
Medigap vs Advantage Plan	5
Recipe	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



We Need Your Updated Contact Information!

It is critically important that our office have your updated contact information! When a client isn't home for a meal, we perform a wellness check where we call the client and the emergency contacts to ensure the client is safe!

*Please let us know if **any** of the following information has changed for you in past the six months:*

- Address Changes
- Home Phone Number Changes
- Cell Phone Number Changes
- Emergency Contacts Phone Number Changes



House Numbers



Is your house number clearly visible from the road? Is your house number on your mailbox? This is very important for emergency services to find your house quickly when you call 911. It is also very helpful for our delivery drivers, as often we have someone filling in who isn't familiar with the route.

Snow Removal from Driveways and Sidewalks



The snow has finally arrived. If you are a home delivered meal client, please keep your driveway and/or sidewalk cleaned out. We understand it can be difficult to find someone to perform this task for you. Please consider asking a family member, friend, neighbor or church member to help.

If a driveway is impassable, we won't be able to deliver your meal. Our delivery drivers have been getting stuck frequently in driveways. Each time this happens, we have to call a tow truck and it impacts the rest of the deliveries; if they can be delivered at all.

We appreciate your help and cooperation!

Free Tax Assistance from AARP

AARP Tax-aid 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.



As this is the main site in the County, there may be a number of returns in the queue to be processed. Returns will be processed in the order that they are received. Taxpayers can wait at the site, in their car or at home. Taxpayers will be called with questions and to pick up their returns when complete.

It is important that we have a good working number to call you when we are completing the return and able to be picked up.

The Tax-Aide program is not limited to serving senior citizens; AARP does not discriminate based on age.

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

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

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>

February Food Sense

<p><i>February Package \$20.50</i></p> <ul style="list-style-type: none"> Chicken Breasts, 1.8oz Pork Kabobs, 1lb Ground Beef, 1lb Kielbasa, 13oz Fish Sticks, 1lb Pierogi, 13oz Cheddar Cheese, 8oz Fingerling Potatoes, 12oz Applesauce, 15oz White Rice, 1lb Produce #1 Produce #2 <p><i>Order Due: 2-2</i> <i>SNAP deducted: 2-11</i> <i>Pick Up: 2-22</i></p> <p>Payment is due at time of order: Cash, check, SNAP only. Please make checks payable to Potsdam Neighborhood Center.</p> <p>Orders are accepted at the following locations:</p> <table border="0" style="width: 100%;"> <tr> <td><u>Potsdam NC:</u> 315-265-3920</td> <td><u>Massena NC:</u> 315-764-0050</td> </tr> <tr> <td><u>Canton NC:</u> 315-386-3541</td> <td><u>Massena Salvation Army:</u></td> </tr> <tr> <td><u>Parishville NC:</u> 315-244-0069</td> <td>315-769-5154</td> </tr> <tr> <td><u>Gouverneur NC:</u> 315-287-3370</td> <td><u>Knapp Station Community Church:</u></td> </tr> <tr> <td><u>Canton Housing:</u> 315-386-8381</td> <td>315-353-5093</td> </tr> </table>	<u>Potsdam NC:</u> 315-265-3920	<u>Massena NC:</u> 315-764-0050	<u>Canton NC:</u> 315-386-3541	<u>Massena Salvation Army:</u>	<u>Parishville NC:</u> 315-244-0069	315-769-5154	<u>Gouverneur NC:</u> 315-287-3370	<u>Knapp Station Community Church:</u>	<u>Canton Housing:</u> 315-386-8381	315-353-5093	<p><i>February Specials</i></p> <ul style="list-style-type: none"> <u>Pork Baby Back Ribs</u>, 2lbs for \$10.50; fully cooked and in a traditional BBQ sauce. <u>Stuffed Chicken</u>, 2lbs for \$10; stuffed with apples & cranberries. <u>Onion Rings</u>, 2.5lbs for \$9; ready to cook in oven or air fryer. <u>Shrimp Scampi</u>, 1.5lb for \$6; complete meal with shrimp, linguini, & veg in creamy garlic sauce. <u>Protein Box</u>, 5lbs for \$14; 1lb ground turkey, 1lb Italian sausage, 26oz breaded chicken strips, 1lb salmon portions, 1lb bologna. <u>Meatballs</u>, 5lbs for \$13.25; fully cooked and are in a 5lb bag.
<u>Potsdam NC:</u> 315-265-3920	<u>Massena NC:</u> 315-764-0050										
<u>Canton NC:</u> 315-386-3541	<u>Massena Salvation Army:</u>										
<u>Parishville NC:</u> 315-244-0069	315-769-5154										
<u>Gouverneur NC:</u> 315-287-3370	<u>Knapp Station Community Church:</u>										
<u>Canton Housing:</u> 315-386-8381	315-353-5093										

Food Sense Program

Everyone is struggling with the incredibly high prices of food these days.

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!



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

HEART MONTH

- February -

February is American Heart Month, a good time to think about the facts about heart disease.

BE IN THE KNOW



1 IN 3
U.S. adults is currently living with a type of heart disease.



HEART DISEASE
Is the leading cause of death in the United States and a major cause of disability.



DENTAL HYGIENE
Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or a stroke by 50%.



MORNING IS PEAK TIME FOR HEART ATTACKS
The majority of heart attacks happen during the hours of 8 and 9 in the morning.

STATISTICALLY MOST
HEART ATTACKS
OCCUR ON MONDAYS

\$444 BILLION DOLLARS

In 2010, heart disease cost the United States \$444 billion. This total includes the cost of health care services, medications, and lost productivity.



START MOVING
The risk of heart disease doubles in inactive people versus people who get regular exercise. Aerobic activity, like running, swimming, jump roping and biking, are good choices for reducing the risk of heart disease.

The American Heart Association recommends following "Life's Simple 7" for good heart health.

INCREASE HEART HEALTH



GET ACTIVE



CONTROL YOUR CHOLESTEROL



EAT BETTER



MANAGE YOUR BLOOD PRESSURE



LOSE WEIGHT



REDUCE YOUR BLOOD SUGAR



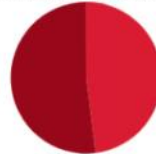
STOP SMOKING

February is American Heart Month

DATA AND STATISTICS

48%

of U.S. adults have a form of cardiovascular disease.



Heart Disease is the number one leading cause of death in the United States.



Risk Factors for Heart Disease

- High Blood Pressure
- High Cholesterol
- Obesity
- Physical Inactivity
- Smoking



Cardiovascular Diseases claim more lives each year than all cancer and respiratory diseases.

Every **40 seconds** someone in the United States has a heart attack



1 in 3 women will develop heart disease.



Component Supply
REAP research engagement and awareness program
www.componentsupplycompany.com

7 Steps To A Healthier Heart

1. Avoid Smoking
2. Move Your Body
3. Improve Your Diet
4. Get To A Healthy Weight
5. Maintain Healthy Cholesterol, Blood Pressure/Sugar
6. Lower Your Stress Levels
7. Practice Good Hygiene

Medicare Medigap Plans VS Medicare Advantage Plans

St Lawrence County Health Insurance Information Counseling Assistance Program (HIICAP)

St. Lawrence County Office for the Aging

(315) 386-4730

2024

Supplement (Medigap) Plans

- Must have Medicare A & B
- High monthly Premium (around \$225/mo plus your Medicare Part B premium)
- Minimal copays and deductible-may have to pay the Part B deductible each year (\$240/year) and up to \$20 copay at the Doctors, NO other copays. (you pay nothing for physical therapy, hospitals stays, tests or procedures after meeting the Part B deductible)
- No Drug coverage-You will need to sign up for a separate drug plan. (Medicare D Plan) No extras like dental, optical or help with over the counter costs.
- *Large* choice of providers. Can see almost any Doctor in the United States-No network of Doctors or hospitals. *No* prior authorization needed.
- Some coverage outside of the United States.

Costs per year: \$2700 for premiums (average cost), Part B deductible \$240/year, possible \$20 copay for Doctor visits **AND** the cost of your Drug Plan premium (along with drug copays).

Advantage Plans

(Medicare C Plan)

- Must have Medicare A & B
- Low monthly Premium (some are free but you still pay your Part B premium)
- Higher copays - you pay for services as you use the plan. Primary Doctor may have a \$0-10 copay, physical therapy may be \$45/visit, MRI-\$175-200, Inpatient stay around \$350/day for the first 5 days. Each plan may have different copays.
- Often includes a drug plan (Medicare D Plan) but you will still have drug copays. May have extra coverage such as some dental, optical or help with over the counter costs.
- *Limited* provider choice. May need to stay within a network of Doctors and Hospitals which could be specific to the area you live. Each plan has a specific list. If you go out of network your copays could be much higher or the plan may not pay. May need prior authorization for test or procedures.
- No coverage outside of the United States.

Costs per year: \$0-\$460/premiums -Up to \$6,000-\$10,000 out of Pocket Max for copays (along with drug copays)

* Part B premium is the **same** for either plan (\$174.70/mo for 2024)

* Prescription **drug copays** are about the same between both options.

White Turkey Chili

This Turkey chili recipe is gorgeous, with flecks of green from zucchini, oregano and green chiles. To keep the saturated fat low, we use one pound of ground turkey and add whole-grain bulgur to boost the volume and fiber in this chili recipe.

Cook Time: 40 Minutes / Servings: 6

Ingredients

- 3 tablespoons extra-virgin olive oil or canola oil
- 1 pound 93%-lean ground turkey
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 medium zucchini, diced (about 3 1/2 cups)
- 1/2 cup bulgur
- 2 tablespoons dried oregano
- 4 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon white pepper
- 1/4 teaspoon salt
- 2 15-ounce cans no-salt-added white beans, rinsed
- 2 4-ounce cans green chiles, mild or hot
- 4 cups reduced-sodium chicken broth



Directions

1. Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally

Source: <https://www.eatingwell.com/recipe/250833/white-turkey-chili/>

New Health Insurance Cards

As a friendly reminder, please be sure to show your new insurance cards to your doctors or pharmacy - starting January 1st!

Also, there could be a deductible with your drug plan. This is the amount you must pay each year for your prescriptions **before** your Medicare drug plan pays its share.


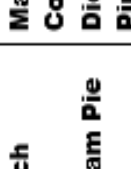

Office for the Aging Advisory Council Meeting

There will be an Office for the Aging Advisory Council Meeting on **Monday, February 12, 2024.**

The meeting will be held at 10 am in the 2nd Floor Conference Room in the Human Services Center; 80 SH 310, Canton.

The public is welcome to attend!

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Happy Valentine's Day</i></p>				
<p>2/5 <u>Beef Pepper Steak</u> Over Brown Rice Steamed Carrots Homemade Cookie</p>	<p>2/6 <u>Maple Garlic Pork Loin</u> Capri Blend Vegetables Mashed Potatoes/Gravy Assorted Muffin Fruited Jell-O w/ Topping</p>	<p>2/7 <u>Chicken ala King over Egg Noodles</u> Steamed Spinach WW Dinner Roll Homemade Cream Pie</p>	<p>2/8 <u>Salisbury Steak w/gravy</u> Mashed Potatoes Country Style Biscuit Diced Beets Pineapple Tidbits</p>	<p>2/9 <u>Baked Fish Scandia</u> Rice Pilaf Harvard Beets WW Dinner Roll Assorted Dessert</p> <p>Chef's Choice</p> 
<p>2/1 <u>Cheeseburger on Bun</u> Lettuce/Tomato Brussel Sprouts Sweet Potato Fries Assorted Dessert</p>	<p>2/13 <u>Turkey Dinner</u> Mashed Potatoes/Gravy Stuffing Cranberry Sauce Green Beans Fruit Crisp w/Topping</p>	<p>2/14 <u>Fish Florentine</u> Creamy Mushroom Brown Rice Yellow Sweet Corn w/Red Peppers Chocolate Mousse</p>	<p>2/15 <u>Pennsylvania Dutch Casserole</u> Mixed Vegetables Cornbread Muffin Cinnamon Sliced Apples</p>	<p>2/16 <u>Baked Ziti w/Marinara Sauce</u> Italian Blend Veggies Tossed Salad Garlic Knot Ice Cream</p>
<p>2/19 <u>PRESIDENT'S DAY</u> All county offices CLOSED for the holiday. Use frozen meal.</p>	<p>2/20 <u>Southern BBQ Chicken</u> Sweet Mashed Potatoes Broccoli Mandarin Orange Fluff</p>	<p>2/21 <u>Irish Beef Stew</u> Country Style Biscuit Beets Pudding Parfait</p>	<p>2/22 <u>Chef's Choice</u></p> 	<p>2/23 <u>Macaroni and Cheese</u> Stewed Tomatoes Asst. Muffin Fresh Fruit in Season</p>
<p>2/26 <u>Sweet-n-Sour Pork over Brown Rice</u> Oriental Veggies WW Dinner Roll Fruit Cocktail</p>	<p>2/27 <u>Chicken Pot Pie Casserole</u> Buttered Beets Peaches and Cream</p>	<p>2/28 <u>Au gratin Potatoes and Ham</u> Buttered Peas Banana Muffin Spiced Peas</p>	<p>2/29 <u>Pasta with Meat Sauce</u> Green & Yellow Beans Tossed Salad Italian Bread Ice Cream</p>	<p>3/1 <u>Tuna Salad Cold Plate Over Lettuce</u> Leaf Tomato Slices WW Bread 3-Bean Salad Pasta Salad Frosted Cake</p>

*All meals are served with beverage and bread or dinner roll

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM
 Nutrition Centers Located in Brazer, 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 Connecta (315-386-4730)

February Calendar

happy Valentine's day

2/2 Groundhog Day

2/5 SLC Board of Legislators' Meeting; 6 pm - 48 Court Street

2/10 Lunar New Year



2/14 Valentine's Day

2/19 President's Day; All County Offices and Nutrition Centers are closed.



NC Chapter of StateWide Senior Action Council

No meetings in January or February!

Contact Barb at (315) 261-2980



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



SAMHSA

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

There is hope.



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

988 SUICIDE & CRISIS LIFELINE



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**