



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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



January 2024



Happy New Year!

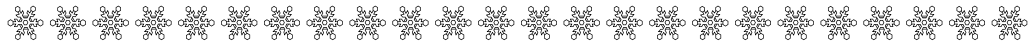
I hope you all had a wonderful holiday season with family and friends! The New Year always brings on a feeling of a fresh start. A chance to change old habits and perhaps develop healthier ones. What are your goals for 2024? How can the Office for the Aging help you this year?

We are in the thick of Winter here in the North Country. January and February are the hardest and what seem like longest months of the year! On page 4 of this newsletter, we are featuring information about Seasonal Affective Disorder (SAD). It is a type of depression that happens at the same time each year. In our area, it typically occurs in the fall and winter months. If you find yourself feeling down or low during these months, talk to your doctor to see if SAD might be the cause. There are a wide variety of treatments that can help you feel better!

Also featured this month is a Fire Safety Checklist on page 2. Sadly, winter tends to be a time where there is a higher likelihood of fires in the home. There are many hazards we all have in our home that we need to be mindful about. Please look through this list to ensure your home is safe!

On behalf of the Office for the Aging staff, we wish you all a wonderful 2024! We have a lot of exciting things planned, so stay tuned!

By Andrea Montgomery, OFA Director



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Mature Living

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Tips to Help Overcome Loneliness and Isolation

- * Try exercising, eating healthy, getting enough sleep and planning enjoyable activities to help manage stress
- * Schedule time each day to reach out to family, friends and neighbors in person, by email, social media, voice call or text
- * Send cards and letters to friends and family
- * Find a new activity you enjoy or resume an old hobby
- * Use communication technologies such as video chat, smart phones or companion pets/robots to help keep you engaged and connected
- * Find a faith-based organization where you can deepen your spirituality and engage with others in activities and events
- * Check out online resources such as *Senior Planet*; or websites for museums or national parks that offer virtual tours
- * Reach out to the Office for the Aging at (315) 386-4730 to see how we can help!



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.)

January Food \$en\$e

Package (\$20.50)

Specials

Italian Meatballs, 1lb
 Chicken Breasts, 1.75lbs
 Italian Sausage, 1lb
 Ground Turkey, 1lb
 Mozzarella Cheese, 8oz
 Cheese Ravioli, 13oz
 Pasta Sauce, 24oz
 Pizza Rolls, 7.5oz
 Cannellini Beans, 15oz
 Diced Tomatoes, 15oz
 Fresh Produce #1
 Fresh Produce #2

Stuffed Pork Chops, 2lbs for \$9;
 stuffed with a bread, apple and
 cranberry mix.
Chicken Wings, 5lbs for \$10;
 ready for oven or fryer.
American Cheese, 5lbs for
 \$12.50; Not individually wrapped.
Breaded Shrimp, 3 lbs for \$13;
 Butterflied, breaded, 21-25 per lb.
Meatloaf, 2lbs for \$9; traditional
 meatloaf made with 100%
 ground beef.
Stuffed Shells, 3lbs for \$7.50;
 Frozen, 18 per order.

*Orders due 1/11
 Snap deducted 1/14
 Pick up 1/25*

Payment is due at time of order. Cash, check, SNAP 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
 Parishville 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
 Knapp Station Community Church: 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



Seasonal Affective Disorder

From the NATIONAL INSTITUTE of MENTAL HEALTH

What is seasonal affective disorder?

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel “down” or have the “winter blues” when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

What are the signs and symptoms of SAD?

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

Not every person with SAD experiences all the symptoms listed below. Learn more about signs and symptoms of depression at www.nimh.nih.gov/depression.

Symptoms of depression can include:

- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down

- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like “hibernating”)

For summer-pattern SAD, additional symptoms can include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior

Winter-pattern SAD should not be confused with “holiday blues”—feelings of sadness or anxiety brought on by stresses at certain times of the year. The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

The National Institute of Mental Health (NIMH) has information on ways to get help and find a health care provider or access treatment at www.nimh.nih.gov/findhelp.

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at **988** or chat at 988lifeline.org. In life-threatening situations, call **911**.

The Substance Abuse and Mental Health Services Administration has an online tool to help you find mental health services in your area at <https://findtreatment.gov>.



WINTER



F P A M O T I U S W O N S Q B S
 R X G O Y D S H O V E L Z J N C
 Q T L B N K L W R S M A G O U F
 V G S R A P E N G U I N W Y H D
 I W N T E J G X M Q S B R E O Z
 U C E A Y T N D P I O H F K L R
 M S I Z G Q A V B A T L X C I J
 Y H K C F G W E R N U T P O D G
 S J M V L S O D W R X Q E H A N
 E N T G K E N B R S F M C N Y I
 V L O I N H S I O X J U Q A S D
 O F I W P E E R S T O O B M C D
 L N X U B S Z J Y P N I H W K E
 G I P E T A L O C O H C T O H L
 B S C A R F L D R E M Z U N J S
 H R E T N I W L X F P G Y S O K



boots	hot chocolate	shovel	snowboard
flurries	icicle	skates	snowman
frozen	igloo	skiing	snowsuit
gloves	mittens	sledding	sweater
hockey	penguin	snow angels	toboggan
holidays	scarf	snowball	winter

One-Pot Spaghetti with Meat Sauce

Ingredients: 1 pound extra-lean ground beef (95% lean), 2 garlic cloves (minced), 1 tsp sugar, 1 tsp dried basil, 1/2 tsp dried oregano, 1/4 tsp salt, 1/4 tsp paprika, 1/4 tsp pepper, 1 can (28 ounces) diced tomatoes (undrained), 1 can (15 ounces) tomato sauce, 2 cups water, 1/4 cup chopped fresh parsley, 8 ounces uncooked whole wheat spaghetti (broken in half), 1/4 cup grated Parmesan cheese, additional chopped parsley

Directions:

1. In a 6-qt stockpot, cook and crumble beef with garlic over medium-heat until no longer pink, 5-7 minutes. Stir in sugar and seasonings. Add tomatoes, tomato sauce, water and 1/4 cup parsley; bring to a boil. Reduce heat; simmer, covered, 5 minutes.
2. Stir in spaghetti, a little at a time; return to a boil. Reduce heat to medium-low; cook, uncovered, until spaghetti is al dente, 8-10 minutes, stirring occasionally. Stir in cheese. Sprinkle with additional parsley.



Nutrients: Calories 292; Total Fat 6g; Sodium 737mg; Total Carbohydrates 40g; Dietary Fiber 8g; Total Sugars 6g; Protein 24g

Source: [One-Pot Spaghetti with Meat Sauce \(eatingwell.com\)](http://eatingwell.com)

Medicare Advantage Plan Open Enrollment Period

Medicare Advantage Plan Open Enrollment Period (MAOEP) is **January 1st through March 31st** of each year. Changes that you make during the MAOEP go into effect the first day of the following month. During the MAOEP, you can make changes **only** if you have a Medicare private health plan. Medicare private health plans are also known as Medicare Advantage plans. You can add or drop drug coverage when you are switching to original Medicare.

You cannot make any changes if you just have Original Medicare.

For further information or assistance regarding insurance needs, please contact:



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

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.

January 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1/1 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>	1/2 <u>Chicken Cordon Bleu</u> Cheesy Mashed Pot. Diced Beets ww Bread / Orange	1/3 <u>Chili Cheese Mac Casserole</u> Brussel Spouts Corn Muffin Ice Cream	1/4 <u>Roast Pork with Mushroom Gravy</u> "Veggie-ful" Rice Pilaf WW bread Fruited Yogurt	1/6 <u>Cheesy Stuffed Shells</u> French Cut Beans Garden Salad Garlic Roll Asst. Pudding
1/8 <u>French Toast Bake</u> Sausage Links Home Fries Warm Cinnamon Applesauce Juice	1/9 <u>Spanish Rice</u> Asparagus Italian Bread Cottage Cheese Old Fashioned Hot Milk Cake	1/10 <u>Baked Ham with Country Gravy</u> Au gratin Potatoes Buttered Peas WW Bread Tapioca Pudding	1/11 <u>Monterey Jack Chicken</u> Creamy Parmesan Noodles Seasoned Zucchini WW dinner roll Cherry Crisp	1/12 <u>Chef's Choice</u> 
1/15 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>	1/16 <u>Hot Dog on Bun</u> Macaroni and Cheese Parm. Roasted Brussel Sprouts Pudding Parfait	1/17 <u>Creamy Tuscan Chicken</u> Sweet Potato Mash Capri Blend, WW Bread Asst. Cookie	1/18 <u>Lemon Pepper Fish</u> Cheesy Rice Mixed Veggies Assorted Muffin Mixed Berries & Cream	1/19 <u>Sausage & Milk Gravy</u> Mashed Potatoes Diced Beets Country Biscuit Assorted Dessert
1/22 <u>Cheesy Egg Breakfast Bake</u> Parm Potato Wedges Buttered Peas Fresh Grapes	1/23 <u>Chicken Patty w/Cheese on Bun</u> Tator Tots Mixed Veggies Raisin Bread Pudding	1/24 <u>Vegetable Lasagna</u> Green Beans Garlic Roll Chocolate Mousse	1/25 <u>Beef Stroganoff over Noodles</u> Winter Blend Veg. WW Dinner Roll Fruit Cobbler	1/26 <u>Chef's Choice</u> 
1/29 <u>Asst. Quiche</u> Stewed Tomatoes ww Bread Peaches	1/30 <u>Chicken Alfredo w/Pasta with Parmesan</u> Broccoli Florets Italian Bread Ice Cream	1/31 <u>Glazed Meatloaf</u> Mashed Potatoes Creamed Spinach ww bread Butterscotch Pudding	2/1 <u>BBQ Pulled Pork/Roll</u> Sweet Potato Fries Cauliflower w/Cheese Sauce Fruited Yogurt	2/2 <u>Baked Fish Scandia</u> Rice Pilaf Harvard Beets ww roll Assorted Dessert

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)

January Calendar

- 1/1 New Year's Day; All County Offices and Nutrition Centers are closed.
- 1/2 SLC Legislator's Organizational Mtg., 6 pm - 48 Court Street
- 1/15 Martin Luther King Jr. Day; All County Offices and Nutrition Centers are closed.

HAPPY NEW YEAR!

2024



NC Chapter of StateWide Senior Action Council

No meetings in January or February!

Contact Barb at (315) 261-2980

Become a CFVP Volunteer!

We are looking for dedicated volunteers to provide friendship, companionship, and a helping hand to senior residents within St. Lawrence County, serving as their advocates and helping them stay connected to their communities.

If interested, please contact:

Meghan Conklin
(315) 379-8346
mconklin@chcnorthcountry.org

FIND OUT MORE > **CHCNORTHCOUNTRY.ORG/CFVP**

Find us on: **facebook**

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

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

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**