



Mature Living

June 2024

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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

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Mature Living

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June is World Elder Abuse Awareness Month. If you see something, say something. Too many older adults fall victim to emotional, physical or financial abuse each year.

If you suspect elder abuse of any kind, please call **Adult Protective Services at (315) 379-2148**. If you are in immediate danger, please call 911.

Common Signs of Potential Abuse

- Lack of basic amenities
- Clutter, filthy living environment
- Unexplained or uncharacteristic changes in behavior
- Unexplained sexually transmitted diseases
- Unpaid bills, new credit cards or increased cash withdrawals
- Signs of harassment, coercion, intimidation, humiliation
- Caregiver isolates older adult



For more information on Spotting the Signs of Elder Abuse:

[Spotting the Signs of Elder Abuse | National Institute on Aging \(nih.gov\)](#)



WHAT IS ELDER ABUSE?

Elder abuse refers to intentional or negligent acts by a caregiver or "trusted" individual that causes (or potentially causes) harm to an older adult.

1 in 10 older Americans will experience some form of elder mistreatment

1 in 2 individuals with dementia will suffer mistreatment



Farmers Market Coupons Availability Information

The Office for the Aging will not have any coupons available until July 1st. This is a program run through the NYS Department of Agriculture & Markets and it is their rule that coupons cannot be distributed until this date. In order to qualify to receive these \$25 coupon booklets (used for fruits and vegetables), clients must be 60 years old, sign for the coupons in person (or have POA with paperwork sign for them) and meet income eligibility guidelines.

We know everyone is always very excited about this program and anxious to receive their booklets. We look forward to seeing you at our Distribution locations in July! The full schedule and eligibility guidelines will be posted in the **July Mature Living**; as well as posted in local newspapers.

HAVE YOUR MEDICARE
QUESTIONS ANSWERED

MEDICARE 101

Presented by the St. Lawrence
Office for the Aging

Date: June 13th

Time: 10:00

Human Services Building
80 State Highway 310, Canton
2nd Floor Conference Room
Call to register (315) 386-4730



Medicare Health Insurance

Member: JOHN L. SMITH

Medical Number/Member ID: 1E04-TE3-MK72

Special Enrollment: HOSPITAL (PART A) 03-01-2016

Special Enrollment: MEDICAL (PART B) 03-01-2016

When do I sign up for Medicare?
Do I need other insurance?
What does Medicare cover?
and much more.....

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](https://stlawco.gov/Departments/OfficefortheAging)

Office for the Aging Advisory Council Meeting: June 10th!

There will be a public meeting of the St. Lawrence County Office for the Aging Advisory Council on **Monday, June 10th at 10 am**. The meeting will be held in the 2nd Floor conference room at the Human Services Building located at 80 State Highway 310, Canton. This meeting is open to all interested parties!

For more information, please call (315) 386-4730.

June is Pride Month!

The St. Lawrence County Office for the Aging is a safe, inclusive organization for LGBTQ+ older adults and their families. Please reach out to us with any questions on services, programs and supports available! We are here to help - call us anytime at (315) 386-4730.

Individuals in the LGBT+ community have a long history of facing discrimination in the United States. The effects of prejudice, hostility and mental, emotional and physical harm are felt by all generations of the community, from youths to older adults. Many LGBT+ older adults age into systems that may not fully accept and support them, and may directly or indirectly stand in the way of them getting the physical and mental health assistance they need.

What challenges exist for LGBT+ older adults?

Increased discrimination in care settings and in the community: Discrimination remains one of the biggest challenges for the LGBT+ community at large. Older adults may face discrimination from peers, caregivers, physicians, service providers and other people involved in their care, in ways including, but not limited to:

- Denial of service or treatment
- Use of slurs or harmful language
- Avoidance of physical contact
- Intentional mis-gendering
- Hostility



Discrimination can increase the stress, anxiety, isolation and loneliness of LGBT+ older adults, and also negatively impact their health, especially if discrimination is a barrier to receiving the care they need.

Source: [Aging Challenges for Older Adults in the LGBT Community \(benrose.org\)](https://benrose.org)

Top 10 Recommended Resources About LGBTQ+ Aging & Older Adults

[AARP's "Dignity 2022: The Experience of LGBTQ Older Adults" \(June, 2022\)](#)

[AARP's "Maintaining Dignity: A Survey of LGBT Adults Age 45 and Older" \(March, 2018\)](#)

["The Aging and Health Report: Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults" \(Fredriksen-Goldsen et al., 2011\)](#)

[Alzheimer's Association's LGBTQ Community Resources for Dementia](#)

[LGBTQ Caregiver Center](#)

[The Goldsen Institute](#)

[GLMA \(Health Professionals Advocating for LGBTQ Equality\)](#)

[SAGE, USA \(Advocacy and Services for LGBTQ+ Elders\)](#)

[Fenway Institute's National LGBTQIA+ Health Education Center](#)

[Johns Hopkins Medicine's Office of Diversity, Inclusion, and Health Equity: LGBTQ+ Resources](#)

Source: [Top 10 Recommended Resources About LGBTQ+ Aging & Older Adults – Center on Aging and Health \(jhu.edu\)](#)



Chronic Disease Self-Management Program

Join our Chronic Disease Self-Management Program! Designed for adults dealing with cancer, heart disease, stroke, diabetes, arthritis, or any chronic condition. This program welcomes individuals and their caregivers, offering support, empowerment, and practical strategies for improved quality of life. Attend our upcoming in-person session and connect with others facing similar challenges.

What you will learn:

- Engage in breathing and distraction techniques
- Improve communication with healthcare teams
- Set goals through actionable plans
- Understand the nutritional value of food
- Establish connections with your peers
- Increase physical activity
- Recognize warning signs and symptoms
- Choose healthier food alternatives

SIX-WEEK IN-PERSON WORKSHOP
May 29 – July 3, 2024

Meets every Wednesday
Classes occur on 5/29, 6/5, 6/12, 6/19, 6/26, and 7/3

10:00am - 12:30pm

Massena Public Library
41 Glenn Street
Massena, NY 13662

Cost: **FREE**



or contact Rachel LaPoint (315) 261-5041
rachel.lapoint@rochesterregional.org

ST LAWRENCE HEALTH
An Affiliate of Rochester Regional Health

Get Healthy North Country

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$72 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Diabetes Self-Management Program

Discover a path to improved health and well-being with our Diabetes Self-Management Program! Designed for adults with type I or type II diabetes, at-risk individuals, and their support network. Explore diverse strategies to enhance your health and thrive in our workshop by refining self-management skills in key areas.

SIX-WEEK WORKSHOP

May 29 – July 3, 2024

Meets every Wednesday
Classes occur on 5/29, 6/5, 6/12, 6/19, 6/26, and 7/3

5:30pm - 8:00pm

Massena Public Library
41 Glenn Street
Massena, NY 13662

Cost: **FREE**

SCAN THE CODE TO:



or contact Rachel LaPoint (315) 261-5041
rachel.lapoint@rochesterregional.org

FREE & in-person

What you will learn:

- Enhancing strength and endurance through suitable exercises
- Glucose monitoring for daily decision making and sick day management
- Promoting healthy eating habits
- Understanding proper medication usage
- Enhancing collaboration with healthcare professionals
- Suggested tests for preventing or delaying complications
- Ensuring adequate foot care
- Developing action plans, solving problems, and making decisions

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Registrations are still open for these programs! They are a wonderful tool to help you manage your chronic disease or illness so you can be a healthier you!

Call today at (315) 261-5041 or scan the QR code to register!



JUNE FOOD SENSE

JUNE PACKAGE (\$20.50)

- PORK TENDERLOIN, 1.75LB AVG.
- BONELESS CHICKEN BREAST, 1LB
- GROUND BEEF, 1LB
- POLLOCK FILLET, 1LB
- BOLOGNA, 1LB
- CHEDDAR CHEESE, 8OZ
- TACO KIT, 11.4OZ
- BROWN RICE, 1LB
- GREEN BEANS, 15OZ
- MANDARIN ORANGES, 11OZ
- FRESH PRODUCE #1
- FRESH PRODUCE #2

JUNE SPECIALS

- CHICKEN THIGHS, 5LBS FOR \$6. FREE OF ANTIBIOTICS, HORMONES, & BY-PRODUCTS.
- PULLED PORK, 1LB FOR \$6.50; FULLY COOKED, IN A CAROLINA BBQ SAUCE.
- ONION RINGS, 2.5LBS FOR \$8.50; READY TO COOK IN THE OVEN OR AIRFRYER.
- LASAGNA ROLLS, 42OZ FOR \$6.50; CHEESE LASAGNA ROLL-UPS WITH RICOTTA & ROMANO CHEESE.
- BEEF & BROCCOLI, 22OZ FOR \$6; BEEF STRIPS, BROCCOLI FLORETS, AND RED BELL PEPPERS WITH WHITE RICE IN A SAVORY SOY SAUCE.
- LOBSTER BITES, 15OZ FOR \$5. CAN BE BAKED IN THE OVEN OR COOKED IN THE AIRFRYER.

Orders are accepted at these Centers:

- Potsdam: 315-265-3920
- Canton: 315-586-3541
- Parishville: 315-244-0069
- Gouverneur: 315-287-3370
- Massena: 315-764-0050
- Canton Housing: 315-586-8381
- Massena Salvation Army: 315-769-5154
- Knapp Station Comm. Church: 315-353-5093

Payment is due at time of order.
Please make checks payable to:
Potsdam Neighborhood Center

Orders due: 6/7
SNAP deducted: 6/9
Pick-up: 6/20



Food Sense Program

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!



HEAP Cooling Assistance Benefit

If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool. In circumstances where an air conditioner cannot be safely installed, a fan will be provided.

Only one air conditioner or fan, not to exceed \$800 with installation for a window, portable air conditioner, or fan and not to exceed \$1,000 for an existing wall sleeve unit, will be provided per applicant household. No additional HEAP cash benefits are available.

**For more information, please call the DSS HEAP unit at (315) 379-2303
or NY Connects at (315) 386-4730.**

**Your total household gross monthly income for your household
size must be at or below the following guidelines:**

2023-2024 HEAP Benefit Gross Monthly Income Guidelines	
Household Size	Maximum Gross Income
1	\$3,035
2	\$3,970
3	\$4,904
4	\$5,838
5	\$6,772



Office for the Aging Home Care Program & Respite Program

Are you 60 or over and in need of home care services or respite services? The Office for the Aging is accepting referrals for the Expanded In-Home Services for the Elderly Program (*EISEP*). The 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. The Respite Program offers respite opportunities to qualifying caregivers. Call today to learn more!

Contact: NY CONNECTS - (315) 386-4730

Healthy Blackberry Cobbler

This tasty treat is a way to stay healthy, lose weight and still be able to enjoy dessert! Other kinds of berries or even fresh peaches are just as delicious in this cobbler.

Ingredients: 1/2 cup sugar, 4-1/2 tsp quick-cooking tapioca, 1/4 tsp ground allspice, 5 cups fresh or frozen blackberries (thawed), 2 tbsp. orange juice

Dough: 1 cup all-purpose flour, 1/3 cup plus 1 tbsp. sugar (divided), 1/4 tsp baking soda, 1/4 tsp salt, 1/3 cup vanilla yogurt, 1/3 cup fat-free milk, 3 tbsp. butter (melted)



Directions:

1. Preheat oven to 350. In a large bowl, combine sugar, tapioca and allspice. Add blackberries and orange juice; toss to coat. Let stand for 15 minutes. Spoon into a greased 2-qt baking dish.
2. In a large bowl, combine flour, 1/3 cup sugar, baking soda and salt. Combine yogurt, milk and butter; stir into dry ingredients until smooth. Spread over the berry mixture.
3. Bake for 20 minutes; sprinkle with remaining sugar. Bake until golden brown, 25-30 minutes. Serve warm.

Nutrients: Calories 194 ; Total Fat 4g; Sodium 128mg; Total Carbohydrates 38g; Dietary Fiber 4g ; Total Sugars 23g ; Protein 3g

Source: [Healthy Blackberry Cobbler Recipe: How to Make It \(tasteofhome.com\)](https://www.tasteofhome.com/recipes/healthy-blackberry-cobbler)



2024 Senior Picnic

The Senior Picnic will be held on **Thursday, August 15th** at the Gouverneur Community Center; located at 4673 NY-58, Gouverneur.

Schedule of Events:

- ◆ 9:15 am - Bingo / Raffles
- ◆ 11:15 am - Lunch
- ◆ 12:15 - 1:30 pm - Musical Entertainment in Outdoor Pavilion (weather permitting).



More details to come in the July issue of *Mature Living*! We hope you will join us for this fun, filled day!



June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Beef Stroganoff</u> <u>Over Egg Noodles</u> <u>Brussel Spouts</u> <u>Fruit Cup</u>	4 <u>Shake & Bake Chicken</u> <u>Cheesy Mashed Potato</u> <u>Mixed Veggies</u> <u>Fruit Cobbler w/ Topping</u>	5 <u>Hawaiian Ham</u> <u>Sweet Potatoes</u> <u>Green Beans</u> <u>Dinner Roll</u> <u>Frosted Cupcake</u>	6 <u>Goulash</u> <u>Cauliflower</u> <u>Corn Muffin</u> <u>Black Forest Pudding</u>	7 <u>Chef's</u> <u>Choice</u>
10 <u>Lemon-Herb Fish</u> <u>Rice Pilaf</u> <u>Winter Blend Vegetables</u> <u>Brownie</u>	11 <u>Chicken and Biscuits</u> <u>Mashed Potatoes</u> <u>Harvard Beets</u> <u>Peaches and Cream</u>	12 <u>French Toast</u> <u>Sausage</u> <u>Hash Browns</u> <u>Strawberry Shortcake</u> <u>w/Topping</u> <u>Fruit Juice & Yogurt</u>	13 <u>BBQ Pulled Pork</u> <u>on Bun</u> <u>Sweet Potato Fries</u> <u>Coleslaw</u> <u>Warm Cinnamon</u> <u>Applesauce</u> <u>Homemade Cookie</u>	14 <u>Chef's</u> <u>Choice</u>
17 <u>Spaghetti with Meat</u> <u>Sauce</u> <u>Italian Medley</u> <u>Garlic Bread</u> <u>Ice Cream</u>	18 <u>BBQ Riblet on Bun</u> <u>Macaroni and Cheese</u> <u>Peas</u> <u>Mandarin Oranges</u>	19 <u>Meatloaf with Gravy</u> <u>Mashed Potato/Gravy</u> <u>Buttered Corn</u> <u>Dinner Roll</u> <u>Blushed Poached</u> <u>Pears</u>	20 <u>Chicken &</u> <u>Potato/Vegetable Pot</u> <u>Pie</u> <u>Stewed Tomatoes</u> <u>Chocolate Mousse</u>	21 <u>Chef's</u> <u>Choice</u>
24 <u>Sweet-n-Sour Chicken</u> <u>Over Rice</u> <u>Oriental Vegetables</u> <u>Fresh Fruit</u>	25 <u>Cheeseburger on Bun</u> <u>Baked Beans</u> <u>Green/Yellow Beans</u> <u>Fruited Bavarian</u>	26 <u>Roast Pork w/ Gravy</u> <u>Mashed Pot. w/ Gravy</u> <u>Broccoli</u> <u>Dinner Roll</u> <u>Birthday Cake!</u>	27 <u>Amish Breakfast</u> <u>Casserole</u> <u>Creamed Spinach</u> <u>Assorted Muffin</u> <u>Fruited Jell-O</u> <u>w/Topping</u>	28 <u>Chef's</u> <u>Choice</u> <i>*All Meals are served with 1% milk, Bread or a Dinner Roll</i>

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)

June Calendar

- 6/3 SLC Board of Legislator’s Meeting; 6 pm - 48 Court Street, Canton
- 6/8 Potsdam Pride Event: Ives Park - 11 am - 4 pm
- 6/10 Advisory Council Meeting; 10 am, 2nd Floor Conference Room, Human Svs. Bldg., Canton
- 6/13 Medicare 101 Presentation: 10 am @ Humans Services Building, Canton
- 6/14 Flag Day
- 6/16 Father’s Day
- 6/19 Juneteenth
- 6/20 First Day of Summer!
- 6/22 Juneteenth Celebration in Ives Park; 4pm - 8 pm



Senior Club News & Events

Norwood Golden Agers:

- ◆ Chair Yoga held every 2nd and 4th Thursday of the month at St. Phillips.
- ◆ Boat Tour & Luncheon: June 1st
- ◆ Rummage Sale: June 13th
- ◆ Dance: June 23rd
- ◆ Paint & Sip Class: June 29th

Contact Elly at (315) 261-4403

Canton Senior Citizens:

- ◆ Lancaster Bus Trip: June 11th - 13th

Contact Myrtle at (315) 386-8917

All the local Senior Clubs welcome new members at anytime! Call our office at (315) 386-4730 to receive the latest Club Directory!

*If you would like your Club’s information included in future newsletters—please email information to cdelosh@stlawco.gov. The deadline for the upcoming month’s newsletter is the **2nd Friday of the month.**

NC Chapter of StateWide Senior Action Council

Next Meeting: June 6th - 10:00 am

Location: Midtown Apts. - 28 Munson St, Potsdam

Lunch: *Lunch Available for attendees.*

***New members welcome!**

Contact Barb at (315) 261-2980

Seniorama is Almost HERE!

The North Country Chapter of NY StateWide Senior Action Council is hosting **Seniorama**, an information and health fair for older adults.

Monday, July 22, 2024: Akwesasne Mohawk Casino Resort Bingo Palace

If interested in being a vendor and/or providing an ad for the Seniorama program booklet, please contact Barb McBurnie at mcburniebab@yahoo.com.

County Council of Senior Citizens

Next Meeting: June 13th - 10:00 am

Midtown Apts. - 28 Munson St., Potsdam