



St. Lawrence County  
Office for the Aging

(315) 386-4730

www.stlawco.org

# Mature Living

## March 2023

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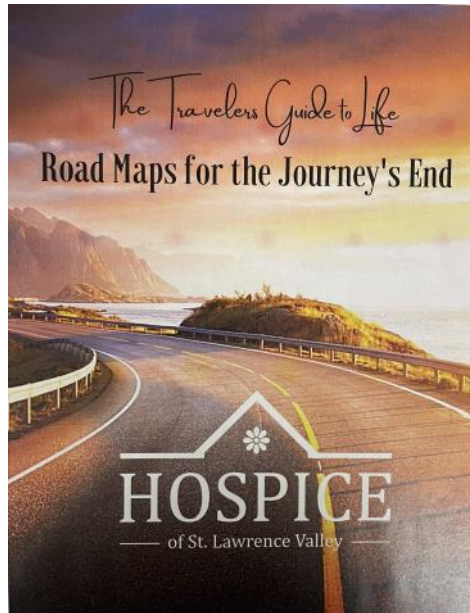
### Mature Living

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- ♦ *Supported by:* The Administration for Community Living, NYS Office for the Aging and St. Lawrence County



### Roadmaps for the Journey's End

As part of its 40th anniversary celebration, Hospice of St. Lawrence Valley is releasing *Road Maps for the Journey's End*, a workbook for everyone to navigate and understand advance planning. Topics include: Advance Directives, Health Care Proxy, Legal Documents, Funeral Planning, Managing Your Online Presence, Legacy & What You Leave Behind and Checklists to Create Your Personal Road Maps.



Through interactions and conversations with patients and families over the past four decades, Hospice of SLV knows that **Recording, Organizing And Decisions Make Advance Planning Simple.**

A free eBook of Road Maps for the Journey's End is available for download at [www.hospiceslv.org](http://www.hospiceslv.org). Seniors in St. Lawrence County can obtain a free print copy of the book by contacting the Office for the Aging at 315-386-4730; while supplies last. Additional print copies of the book can be purchased through the Hospice of SLV website.

The Office for the Aging is thrilled to partner with Hospice to present this incredible tool to our clients. We will be holding the following free presentations in March. Please come join us for the presentation and stay for lunch at 11:00 am.

### Road Maps for the Journey's End Presentations

- ♦ **March 6th:** Canton Nutrition Center: 9:30 am (37 Riverside Drive, Canton)
- ♦ **March 7th:** Potsdam Nutrition Center: 9:30 am (Midtown Apartments - 48 Munson Street)
- ♦ **March 9th:** Brasher Nutrition Center: 9:30 am (LBSH Housing - 32 Church Street)
- ♦ **March 14th:** Gouverneur Nutrition: 9:30 am (Gouverneur Community Center - 4673 SH 58)



### Jacqueline Sears Volunteer Award Winner

Congratulations to Jerry Mahoney for winning the **2022 Jacqueline Sears Volunteer Award** from the St. Lawrence County Council of Senior Citizens! Jerry has dedicated his life to the Tri-Town Community. Jerry was a teacher at St. Lawrence Central for over 30 years. Mr. Mahoney has devoted himself to serving with the Brasher-Stockholm Recreation Commission for more than 45 years. He has been actively involved in providing year-round recreation opportunities in the area. Jerry has spent his life volunteering in the following roles: as a coach for various sports & teams, as a fireman, working with St. Mary's Church, as a trustee for St. Patrick's Church, and has served as the Brasher Town Justice for over 50 years. Mary Stickney nominated Jerry and said, "Mr. Mahoney has dedicated his life to serving his community by the professions he chose, but most admirably, in his volunteer service and community spirit. There is no doubt he has made a measurable impact on the Tri-Town Community, both past and present, and undoubtedly, his legacy will live on for future Tri-Town generations to enjoy." Congratulations on this well-deserved award Jerry!

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



St. Lawrence County Public Transportation  
For more info PH: 315 386-2600 (Mon. – Fri.)

### 2023 SENIOR PROJECT

Operating 2<sup>nd</sup> & 4<sup>th</sup> Friday of every Month  
\$4.00 Per Person/Round Trip

Scheduled Dates.....					
January	13 <sup>th</sup> & 27 <sup>th</sup>	February	10 <sup>th</sup> & 24 <sup>th</sup>	March	10 <sup>th</sup> & 24 <sup>th</sup>
April	14 <sup>th</sup> & 28 <sup>th</sup>	May	12 <sup>th</sup> & 26 <sup>th</sup>	June	9 <sup>th</sup> & 23 <sup>rd</sup>
July	14 <sup>th</sup> & 28 <sup>th</sup>	August	11 <sup>th</sup> & 25 <sup>th</sup>	September	8 <sup>th</sup> & 22 <sup>nd</sup>
October	13 <sup>th</sup> & 27 <sup>th</sup>	November	10 <sup>th</sup> & 24 <sup>th</sup>	December	8 <sup>th</sup> & 22 <sup>nd</sup>

\*\* If in need of wheelchair access, please call 386-2600, 24 hours before trip\*\*  
\*\*\*Please call the day before to let us know how many are going\*\*

Approximate P/U	Departure Times	Return Times
1. <u>Edwards-14 Trout Lake Rd.</u> 562-4015	9:45 AM	1:30 PM
2. <u>Hermon-McBrier Court</u> 347-4100	10:20 AM	1:05 PM
3. <u>Dekalb-Josephine St.</u> 347-3654	10:40 AM	1:00 PM
11:00 AM / Bus Arrives at Potsdam Walmart	12:30 PM / Bus Leaves Potsdam Walmart	

### 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](mailto:cdelosh@stlawco.org)

## March is Colorectal Cancer Awareness Month

**Colorectal cancer screening saves lives.** Regular screening, beginning at age 45, is the key to preventing colorectal cancer (cancer of the colon or rectum). If you're 45 to 75 years old, get **screened** for colorectal cancer regularly. If you're younger than 45 and think you may be at high risk of getting colorectal cancer, or if you're older than 75, talk to your doctor about screening.

Colorectal polyps and colorectal cancer don't always cause **symptoms**, especially at first. That is why getting screened regularly for colorectal cancer is so important.

Source: <https://www.cdc.gov/cancer/dcp/resources/features/colorectalawareness/index.htm>

# COLORECTAL CANCER

### SIGNS & SYMPTOMS

(many people experience no symptoms)








- Change in bowel habits, including diarrhoea/constipation
- Rectal bleeding or blood in stools
- Persistent abdominal discomfort (cramps, gas or pain)
- A feeling that the bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

### EARLY DETECTION IS KEY


The risk for **30%** of cancers can be reduced by changing your diet and lifestyle


- Go for regular colon screening tests such as a colonoscopy as from age 50 - every 10 years
- Some CANSA Care Centres & Mobile Health Clinics countrywide offer faecal occult blood tests (sample of stool collected on end of an applicator to help detect small quantities of blood). Although not always an indication of cancer, positive results require a referral to a doctor

### Lifestyle factors that contribute to increase the risk of colorectal cancer:

-  Lack of regular exercise
-  Low fruit/vegetable intake
-  Being overweight (obesity)
-  Low-fibre & high-fat diet
-  Insufficient intake of clean safe water
-  Alcohol consumption
-  Tobacco use


### RISK FOR COLON CANCER INCREASES WITH AGE (50+)






Most colorectal cancers begin as a **POLYP**, a small growth of tissue that starts in the lining & grows into the centre of the colon or rectum. Doctors can remove polyps during the colonoscopy procedure

**Male lifetime risk 1:114 in SA\***



**POLYP**



**Female lifetime risk 1:182 in SA\***

### Other risk factors:

- Inflammatory bowel disease
- Personal or family history of:
  - Colorectal polyps
  - Colorectal cancer



### Ask the Dietician by Linda Buchanan, RD



#### Which is Better: Olive Oil or Avocado Oil?

When planning our meals, we usually we spend a lot of time deciding on what meat or vegetable to make, but it can get very confusing deciding which oil to use to prepare them! Recent nutrition marketing tells us that extra virgin olive oil (EVOO) and avocado oil are smart choices, but which is better? When we look at the facts, they're VERY much alike -- both oils have similar nutrient breakdown and chemical structures making them great nutrition rich choices for heart, brain, eye, and gut health. In addition, they each contain antioxidants which are linked to preventing or lowering chronic inflammation (known to cause conditions such as arthritis and cancer). So then, what are the differences? Well, if you are cooking with high heat like sautéing, baking, or broiling, go with avocado oil because of its higher smoke point (which is when the oil breaks down and can create dangerous compounds in the body). But, if you're looking for more flavor and are not cooking at high temperatures, EVOO may be better choice as it offers a nice bold and a bit of peppery taste to your food (avocado oil has a much milder and provides more of a buttery taste). As you can see, you can't go wrong with either EVOO or avocado oil – both of these fantastic oils bring a lot to the table when it comes to nutrition AND taste and are perfect to use on a daily basis!

**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.**

**COLON CANCER AWARENESS**

90,000  
70,000  
50,000

2017

**1+ MILLION**

There are 1+million current colon cancer survivors in the United States

Colon cancer is the **#2 leading cause of cancer deaths** among men and women in the United States

A colonoscopy examines the entire colon for polyps and is recommended every 10 years

**2-3x**

There is a 2-3 times greater risk of developing colon cancer with a family history of it

Source: American Cancer Society

There is a **1 in 20** average individual risk of colon cancer

90% of new cases occur in people 50 or older

**PREVENTABLE • TREATABLE • BEATABLE**

**ENSURING INDEPENDENCE**  
*by* **TRANSPORTING NEIGHBORS**

*For more information call*  
**Jefferson County 788-0422**  
**St. Lawrence County 714-2034**

[www.VolunteerTransportationCenter.org](http://www.VolunteerTransportationCenter.org)

Volunteer Transportation Center, Inc.



Staff members from the Office for the Aging participated in National Wear Red Day in February to raise awareness of Heart Disease! Pictured below are staff from Potsdam Nutrition Center and the OFA main office!



**Hospice of St. Lawrence Valley** will be hosting “**Navigating Grief Together**”, a six-week support group, in Ogdensburg for widows and widowers. Navigating Grief Together is designed to provide a supportive space in which members can learn about grief, discuss their unique experiences and empower each other to grieve in an effective and healthy manner that works for them. Each week the group will explore a different topic related to grief including acute grief, how grief can be emotional and physical, ideas for coping, and how to create an enduring connection with the person who died. People who would benefit from this group include those who had a spouse/life partner/significant other die at least six months ago. This is not a therapeutic support group but rather a social support group for those in the community already working on their grief. The group will meet in person Thursdays starting March 9<sup>th</sup>, from 10:30-11:30am, at the Seaway Valley Prevention Council Training Center (206 Ford Street, First Floor). **For more information, please contact Hospice of St. Lawrence Valley’s Bereavement Program at 315-265-3105.**

**Navigating Grief Together**

**When:**  
Thursdays  
March 9, 16, 23, 30  
April 6 & 13  
10:30-11:30am

**Where:**  
206 Ford Street  
Seaway Valley Prevention Council  
Training Center- 1st Floor  
Ogdensburg, New York

**HOSPICE**  
of St. Lawrence Valley

A 6-week grief support group for widows & widowers.

For more information contact  
Hospice of St. Lawrence Valley at 315-265-3105

working on their grief. The group will meet in person Thursdays starting March 9<sup>th</sup>, from 10:30-11:30am, at the Seaway Valley Prevention Council Training Center (206 Ford Street, First Floor). **For more information, please contact Hospice of St. Lawrence Valley’s Bereavement Program at 315-265-3105.**

**RECIPE CORNER...****Crock Pot Corned Beef and Cabbage****Ingredients**

- 2 lbs lean corned beef brisket, all fat trimmed off
- 1 cup frozen pearl onions
- 2 medium carrots, peeled and cut into chunks
- 2 medium parsnips, peeled and cut into chunks
- 1 small head cabbage, cut into 6 wedges
- 1/4 cup chopped fresh parsley
- 2 bay leaves
- 1/8 tsp whole peppercorns

**Instructions**

In a 5-6 qt. crock pot, place brisket, carrots, parsnips, pearl onions, parsley, bay leaves, peppercorns and 3 cups of water. Cover and cook on high 4 hours. Add cabbage, cook on high 1 hour 20 minutes more.

**Nutrition**

Serving: 3 oz brisket & veggies, Calories: 294.5 kcal, Carbohydrates: 19 g, Protein: 18 g, Fat: 16.5 g, Saturated Fat: 5.5 g, Cholesterol: 83 mg, Sodium: 960 mg, Fiber: 5.5 g, Sugar: 3 g

Source: <https://www.skinnytaste.com/crock-pot-corned-beef-and-cabbage/>

**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**



# March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		3/1 <u>Chili</u> Chuckwagon Corn Corn Muffin Saltine Crackers Apricots	3/2 <u>Swiss Steak</u> Mashed Potatoes Capri Blend Ww bread Choc. Chunk Cookie	3/3 <u>Baked Fish Scandia</u> Rice Pilaf Broccoli ww Bread Assorted Desserts
3/6 <u>BQ Riblet</u> ww bun Seasoned Wedges Cheesy Cauliflower Fresh Grapes	3/7 <u>Spanish Rice</u> Italian Blend Veg. Bran Muffin Spiced Pears	3/8 <u>Chicken Cordon Bleu</u> Augratin Potatoes Harvard Beets Ww Bread Sherbet	3/9 <u>Roast Beef</u> Mashed Pot. w/gravy Baby Carrots Ww dinner roll Cherry Crisp	3/10 <u>Chef's Choice</u> 
3/13 <u>Baked Ham</u> Sweet Potatoes Prince Edward Blend Ww Roll Raspberry Cookie	3/14 <u>Chicken Teriyaki</u> Brown Rice Broccoli Florets Ww Bread Peaches	3/15 <u>Maple Glazed Pork Chop</u> Red Garlic Mash Pot. Brussel Spouts Ww Bread Mixed Berries & Cream	3/16 <u>Stuffed Shells</u> Waxed Beans Toss Salad, Garlic Roll Chocolate Parfait	3/17 <u>Corned Beef &amp;</u> <u>Cabbage</u> Boiled Potatoes Carrots, Rye Bread Shamrock Cake
3/20 <u>Philly Steak w/Cheese</u> w/peppers & onions Parslied Potatoes Winter Blend, Kaiser Roll, Fig Newton's	3/21 <u>Chicken Tenders</u> Rice Pilaf Diced Carrots Ww bread Mandarin Oranges	3/22 <u>Beef Stew</u> Green Beans Buttered Biscuit Warm Apple slices	3/23 <u>Turkey Dinner!</u> Mashed Pot. w/gravy Stuffing Squash, ww roll Blueberry Cobbler	3/24 <u>Chef's Choice</u> 
3/27 <u>Veggie Quiche</u> Turkey Sausage Links Seasoned Spinach English Muffin w/PB Yogurt	3/28 <u>Pulled Pork</u> Baked Sweet Potato Minced Coleslaw Corn Bread Pineapple Fluff	3/29 <u>Creamy Dijon Chicken</u> Scalloped Potatoes Peas & Pearl Onions Italian Bread Butterscotch Pudding	3/30 <u>Homestyle Meatloaf</u> Mashed Potatoes Corn Cheddar Biscuit Choc. Chip Cookie	3/31 <u>Mac &amp; Cheese</u> Stewed Tomatoes Banana Muffin Assorted Desserts

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)

### March Calendar

- 3/6 SLC Board of Legislators Meeting: 6 pm - 48 Court Street, Canton
- 3/12 Daylight Savings Time Begins!
- 3/17 St. Patrick's Day
- 3/20 First Day of Spring
- 3/22 Ramadan begins at Sunset



\*\*See the front page for the schedule for the ROADMAPS Presentations with Hospice! Join us for the presentations and a delicious lunch!

### Senior Clubs/Groups News & Events

- ◆ **North Country Chapter NY StateWide Senior Action Council Meeting:** Thursday, March 2, 2023 at 10 am. Meeting is held at the Lobster House Restaurant, Norwood. Order lunch from menu. Call Barb at (315) 261-2980 for more information.
- ◆ **Parishville Hilltoppers Seniors Meeting:** Parishville Town Hall, Tuesday, March 14, 2023 at 12 pm. Lunch followed by meeting: Bring a dish to pass. Note new meeting start time!

### Seniorama is Back!

The North Country Chapter of NY StateWide Senior Action Council is excited to announce that **Seniorama**, an information/health fair, is coming back after a COVID hiatus!

**Monday, July 24, 2023:** Akwesasne Mohawk Casino Resort Bingo Palace. Save the date!

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



**St. Lawrence County  
Office for the Aging**

There is hope.



If you or someone you know needs support now, call or text 988 or chat [988lifeline.org](https://988lifeline.org)



**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)*