



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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



## March 2025



### Home Care Options As We Age

#### Inside this issue:

Home Care Options	1
Important Health/ Legal Forms	2
ALZ Presentation on Dementia	3
Colorectal Cancer Awareness	4
AARP Tax Assistance	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



There tends to be a lot of confusion about what our choices are for home care as we age. Many people assume that it will be easy to find 24/7 care in the home. Unfortunately, this is not the case. It can be difficult to find Home Health Care Aides in our County and often a client may only receive a few hours a week of care due to the lack of aides. It is critically important to research options and plan ahead on how you will pay for your home care needs. Below is a list of the most common options. Other options can include Private Long Term Care Insurance and/or Family Members providing help. For more information on the programs below, please call our NY Connects staff at (315) 386-4730.

**Home Care Program** through Office for the Aging – Available for individuals who do not have Medicaid. Clients need to have some form of personal care need (bathing assistance, toileting, etc.) in order to qualify. Aides can also help with light housekeeping and cooking. Average client receives 2-10 hours of care per week.

**Managed Long Term Care** – Available for individuals with Medicaid or Medicaid with a spend down – depending on income levels. Program can provide aides for personal care, cooking, housekeeping and grocery shopping. The number of Aide hours per week depends on client needs and Aide availability.

**Medicare** – Unfortunately, Medicare does not cover generally in home personal care. If someone is hospitalized and needs therapies upon return to their home, Medicare will cover this for a limited time.

**Consumer Direct Program** – If an individual has Medicaid and is enrolled in Managed Long Term Care, they may qualify for this program, where the individual is able to hire his or her own Aide and the services are funded by Medicaid.

**Private Pay** – Depending on income levels, an individual can choose to private pay someone to come in to assist him or her with daily living skills. The average cost can range from \$25 - \$35 per hour.

**Assisted Living/Nursing Home** – The individual would have to be assessed by nurse with a PRI (Patient Review Instrument) to determine level of care needs to see if he or she qualifies for assistive living or nursing home care placement. If qualified for said care, there are two ways to pay. A client with Medicaid will have their stay paid for. If the client does not have Medicaid, they would be responsible for the monthly payment – around \$10,000 - \$12,000 per month.

Pre-Planning takes a lot of stress out of the aging process. It is critically important to have many of these forms in place. Do you know the difference between the Types of Power of Attorney's?

Do you have a Health Care Proxy? If so, do you have a copy? Does your doctor have a copy? Does your Health Care Agent have a copy?

A MOLST form is a medical document for patients with advanced illness to make their wishes known about life sustaining treatments.

For more information on these options, please call our NY Connects staff at (315) 386-4730. We can also mail or email forms to you!

## Types of Power of Attorney

Type	Use	Most useful for
<b>Durable Power of Attorney</b>	Can be used whether the Principal is incapacitated or not.	Estate planning and Delegating your financial affairs.
<b>Springing Power of Attorney</b>	Activates on a future date or when a specified event occurs.	Planning for your incapacity or absence.
<b>Special Power of Attorney</b>	Allows an Agent to perform only one or two specific duties.	Delegating tasks to experts (such as realtors or brokers).
<b>Medical Power of Attorney</b>	Lets the Agent make medical decisions for the Principal.	Planning for medical emergencies in the future.



## MOLST vs. Health Care Proxy form

	MOLST	HEALTH CARE PROXY
Form type	Medical document	Legal document
Form users	Patients of any age with advanced illness	All adults, healthy or sick
Form contains	Current medical orders about life-sustaining treatments	Name of person's appointed health care agent(s) for future shared decision-making
Form signer(s)	The patient* <u>and</u> clinician	The person and two witnesses of the person's choice
Goes into effect	Immediately upon signing	Only if person is declared to lack capacity to make own health care decisions

*\*Or patient's health care agent (only if the patient lacks capacity)*

## THE EMPOWERED CAREGIVER SERIES RESPONDING TO DEMENTIA-RELATED BEHAVIORS

An education program presented by the Alzheimer's Association®  
This program is supported, in part, by a grant from the New York State Department of Health.



People living with dementia may use behaviors as a way to communicate their needs and feelings as the disease progresses. Learn how dementia can change a person's behavior, possible triggers and person-centered care approaches to address behaviors.

**Topics in the program include:**

- » How dementia affects behavior.
- » Identifying and understanding possible triggers.
- » Non-medical and medical approaches to addressing behaviors.
- » Four steps for managing behaviors.

**Tuesday, March 11  
11:30 a.m. - 12:30 p.m.**

**St. Lawrence County Office for the Aging  
2nd Floor Conference Room  
80 State Hwy  
Suite 7  
Canton, NY 13617**

To register, please visit  
<https://bit.ly/3VkyN2T>  
or call 800.272.3900

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional caregiver education programs in your area.



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>

*There is hope.* If you or someone you know needs support now, call or text 988 or chat [988lifeline.org](http://988lifeline.org)

988

SUICIDE & CRISIS  
LIFELINE

**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**

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


## March is Colorectal Cancer Awareness Month

The risk of colorectal cancer increases as people get older. Colorectal cancer can occur in young adults and teenagers, but the majority of colorectal cancers occur in people older than 50. For colon cancer, the average age at the time of diagnosis for men is 66 and for women is 69. For rectal cancer, it is age 62 for men and 63 for women. Adults 65 and older who are diagnosed with colorectal cancer face unique challenges, specifically with regard to cancer treatment. Learn more about [aging and cancer](#).

It is important to note that while colorectal cancer is still diagnosed most common in older adults, the incidence rate for colorectal cancer declined by about 3.6% per year in adults 55 and older, based on the latest statistics. Meanwhile, the incidence rate increased by 2% per year in adults younger than 55. The increase is due in large part to rising numbers of rectal cancer. Source: [www.cancer.net](http://www.cancer.net)

MARCH IS  
**COLORECTAL CANCER  
AWARENESS MONTH**

**THE FACTS**



During 2023, colorectal cancer cases are expected to cause  
**52,550 DEATHS**

SOURCE: American Cancer Society

But there is  
**GOOD NEWS**







Over the last several decades, the death rate for colorectal cancer has been **DROPPING** for both

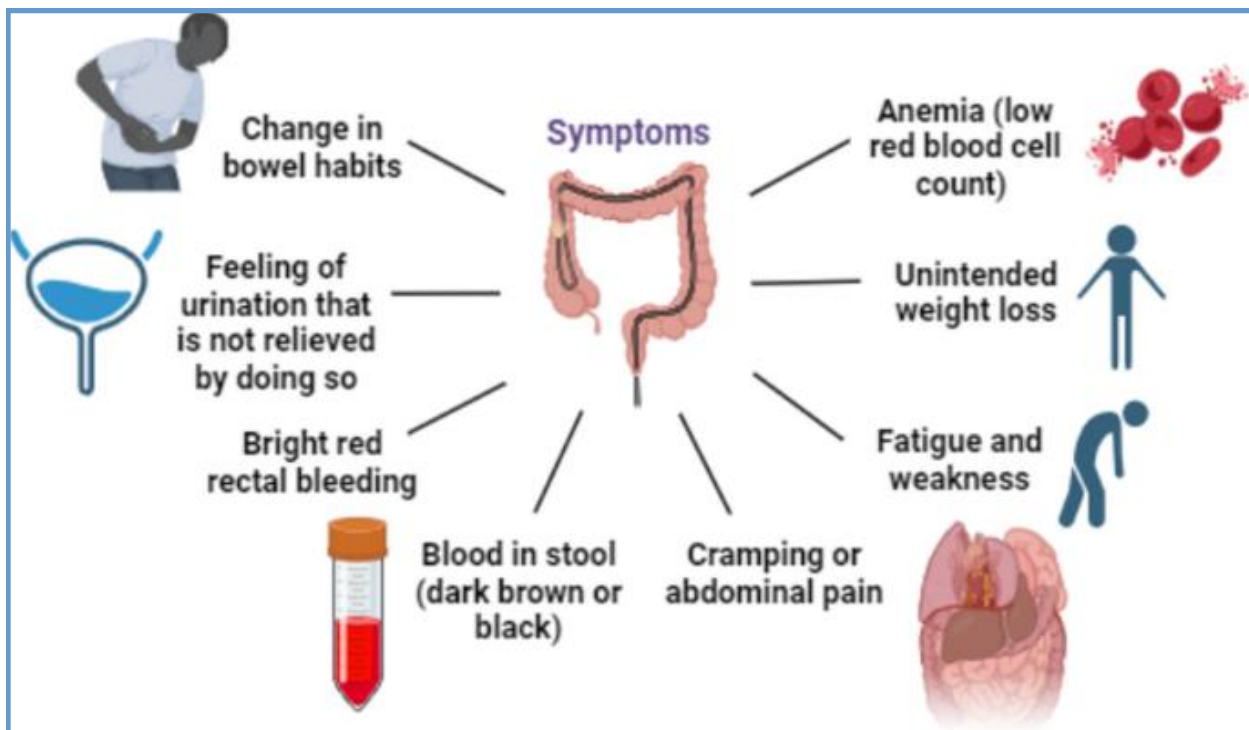
**MEN & WOMEN.**

The most likely reasons for this are:

- Screening has helped **detection** of polyps for earlier removal
- Treatments have **improved** over the years

**REDUCE YOUR RISK**

- Regular screenings** [especially after 50] 
- Maintaining a body mass index of 18-25** 
- Exercising daily** 
- Eating a healthy diet rich in fiber** 
- Quit smoking** 
- Limiting alcohol:**
  - 2 drinks daily for men
  - 1 drink for women



### Free Tax Assistance from AARP

AARP Tax-Aide Program will have one site open in St. Lawrence County for the 2024 tax year. Massena Community Center, 61 Beach St., will be open **Mondays** and **Tuesdays** 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 2024; 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.

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**

## PREVENTING HEART ATTACKS DURING WINTER

- Staying warm by dressing in layers, and wearing a hat and gloves
- Limiting time outdoors in extreme cold
- Taking frequent breaks when outside
- Avoid strenuous activities like heavy snow shoveling
- Maintain a healthy diet
- Stay hydrated



**Consult your doctor:** Talk to your doctor about any concerns regarding your heart health during winter, especially if you have pre-existing heart conditions.

<https://www.nia.nih.gov/health/safety/cold-weather-safety-older-adults>



DON'T LET A WINTER STORM TAKE YOU BY SURPRISE  
**AT HOME AND WORK**

- ❄ First-aid supplies
- ❄ Battery-powered NOAA Weather Radio
- ❄ Heating fuel: refuel before you are empty
- ❄ Flashlight and extra batteries
- ❄ Extra food and water
- ❄ Extra pet food and warm shelter for pets



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



**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/>



# Medicare 101

Presented by St. Lawrence County Office for the Aging

Join us on the following Mondays:

**March 3rd: 10:00-11:00 am**

**April 7th: 2:00-3:00 pm**

**May 12th: 10:00-11:00 am**

**June 2nd : 2:00-3:00 pm**

Come and get your questions answered....

When do I sign up for Medicare?

What does Medicare cover?

Do I need to add other insurance?

What do I do during Open Enrollment?

**Human Services Building**

80 State Highway 310, Canton

2nd floor conference room

(in the same building as the Office for the Aging and DMV)

Call the Office for the Aging with any questions (315) 386-4730



## March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <u>Chicken Tenders</u> w/ Dipping Sauce Baked Beans Chef's Vegetable WW Bread Fresh Fruit	<b>4</b> <u>Swedish Meatballs</u> over <u>Noodles</u> Broccoli Dinner Roll Assorted Fruit	<b>5</b> <u>Lemon-Herb Fish</u> Rice Pilaf Green Beans Dinner Roll Fruit Cup Birthday Cupcake!	<b>6</b> <u>Salisbury Steak</u> w/Gravy Mashed Potatoes Country Style Biscuit Diced Beets Fresh Fruit	<b>7</b> <u>Macaroni and</u> <u>Cheese</u> Stewed Tomatoes Dinner Roll Assorted Fruit Homemade Dessert
<b>10</b> <u>Monterey Chicken</u> Au gratin potatoes California Blend Vegetables WW Bread Fresh Fruit	<b>11</b> <u>Cheddar Sausage</u> <u>Egg Bake</u> Hash Browns Seasoned Spinach Assorted Muffin Fruit Cup	<b>12</b> <u>Pasta w/ Meat Sauce</u> Italian Medley Veg. Garlic Knot Fruit Cup Homemade Dessert	<b>13</b> <u>Turkey/Gravy over</u> <u>Stuffing</u> Mashed Potatoes Diced Beets Dinner Roll Fruit Cup	<b>14</b> <u>Vegetarian Chili</u> <u>with Beans over</u> <u>Rice</u> Chuck Wagon Corn WW Bread Pudding Cup Homemade Dessert
<b>17</b> <u>BBQ Riblet</u> <u>on Bun</u> Seasoned Potato Wedges Sweet Peas Assorted Fruit	<b>18</b> <u>Spanish Rice</u> Cauliflower with Cheese Sauce Corn Muffin Fruit Cup	<b>19</b> <u>Beef, Potato and</u> <u>Vegetable Pot Pie</u> Stewed Tomatoes Fresh Fruit WW Bread Homemade Dessert	<b>20</b> <u>Sweet &amp; Sour</u> <u>Chicken over Rice</u> Oriental Vegetables Assorted Muffin Assorted Fruit	<b>21</b> <u>Fluffy Spinach</u> <u>Strata</u> Buttered Carrots Dinner Roll Fruit Cup Homemade Dessert
<b>24</b> <u>Chicken and</u> <u>Biscuits</u> Buttered Mashed Potatoes Harvard Beets Fruit Cup	<b>25</b> <u>Teriyaki Beef</u> <u>Vegetable Stir Fry</u> <u>over Rice</u> Yellow Beans Assorted Muffin Fresh Fruit	<b>26</b> <u>Ham and Au gratin</u> <u>Potato Casserole</u> Broccoli Dinner Roll Fresh Fruit Homemade Dessert	<b>27</b> <u>Meatloaf w/Gravy</u> Mashed Potato/Gravy Mixed Vegetables Dinner Roll Assorted Fruit	<b>28</b> <u>Homemade</u> <u>French Toast</u> Cheesy Hash Browns Warm Cinnamon Carrots & Apples Dessert
<b>31</b> <u>Hamburger on</u> <u>Bun</u> Peas and Carrots Seasoned Potato Wedges Fruit Cup			<i>All Meals are served            with 1% milk            *Menu Follows a no            salt added and low            sugar diet.            *If you have a Food            Allergy, please notify            our office.</i>	<i><u>Note: If you need            to cancel your meal            or you will not be            home to receive            your meal, please            call 24 hours in            advance:            315-386-4730</u></i>

### ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTERS

**Brasher-** LBSH, 32 Church St. Lunch is at 11:30 am.  
**Canton-** Canton Sr. Housing, 37 Riverside Drive. Lunch is at 11:00.  
**Gouverneur-** GCC, 4673 SH 58. Lunch is at 11:00 am.  
**Morristown-** Morristown Fire Hall, 200 Morris St. Lunch is at 11:00.  
**Potsdam-** Midtown Apt., 28 Munson St. Lunch served at 11:00 am.

All Nutrition Centers are open Monday-Friday.  
Doors open at 10 am.

**Suggested Contribution: \$3.00 (age 60+)**  
**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



- 3/1** First night of Ramadan
- 3/3** SLC Board of Legislators meeting; 6 pm—48 Court St., Canton
- 3/5** Ash Wednesday
- 3/9** Daylight Savings Time—Set clocks ahead one hour!
- 3/14** Holi
- 3/17** St. Patrick's Day
- 3/30** Eid al-Fitr
- 3/31** Eid al-Fitr (Observed)



### Senior Club Trip to Cape Cod

**Dates:** 9/15/25—9/19/25

**Areas Visited:** Provincetown, Hyannis, Plymouth, Sandwich, & Chatham

**Price Per Person** (Double Occupancy):  
\$829

**Organized by the DeKalb-Hermon Senior Citizens Club.** For more information, please contact Lee Carvel at (315) 347-2442 or (315) 854-4636



[https://www.facebook.com/  
stlawrencecountyofficefortheaging](https://www.facebook.com/stlawrencecountyofficefortheaging)

### NC Chapter of StateWide Senior Action Council

**Next Meeting:** March 6th - 10:00 am

**Location:** Midtown Apts. - 28 Munson St, Potsdam

**Lunch:** *Lunch Available for attendees.*

**Parking:** Due to Village Winter parking restrictions, please do not park in the parking lot across the street. Parking is available at Midtown in non-resident designated parking spots.

**\*New members welcome!**

**Contact Barb at (315) 261-2980**

### County Council of Senior Citizens

**Next Meeting:** March 13th - 10:00 am

**Location:** Midtown Apts. - 28 Munson St, Potsdam

**Parking:** Due to Village Winter parking restrictions, please do not park in the parking lot across the street. Parking is available at Midtown in non-resident designated parking spots.

## 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](mailto:ddurant@stlawco.gov)**