



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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



March 2024



Home Care Options As We Age

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Mature Living

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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. Client needs 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 \$20 - \$30 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 know 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
Durable Power of Attorney	Can be used whether the Principal is incapacitated or not.	Estate planning and Delegating your financial affairs.
Springing Power of Attorney	Activates on a future date or when a specified event occurs.	Planning for your incapacity or absence.
Special Power of Attorney	Allows an Agent to perform only one or two specific duties.	Delegating tasks to experts (such as realtors or brokers).
Medical Power of Attorney	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)*

MARCH

FOOD \$ENSE

<p>March Package (\$20.50)</p> <p>Pork Tenderloin, 1.8lb avg Chicken Drumsticks, 2.4lb avg Marinated Beef Portions, 1lb Pollock Fillets, 1lb Ground Turkey, 1lb Stuffed Rigatoni, 12oz Peas and Carrots, 1lb Frozen Strawberries, 1lb Elbow Macaroni, 1lb Applesauce, 15oz Fresh Produce #1 Fresh Produce #2</p>	<p>March Specials</p> <p><u>Spiral Ham</u>, 9lbs avg for \$13.50: spiral honey ham, bone-in. Avg 9lbs. Fully cooked.</p> <p><u>Lasagna Roll-Ups</u>, 2.5lbs for \$6.50: stuffed with ricotta & Romano cheese.</p> <p><u>Meatloaf</u>, 2lbs for \$9: traditional meatloaf made with 100% beef.</p> <p><u>Stuffed Pork Chops</u>, 2lbs for \$9: stuffed with apples and cranberries.</p> <p><u>American Cheese</u>, 5lbs for \$12.50: is NOT individually wrapped.</p> <p><u>Chicken Wings</u>, 5lbs for \$11.50: ready for air fryer or oven and come in a resealable bag.</p>
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**Orders due 3/8
SNAP deducted 3/17
Pick up 3/28**

Payment is due at time of order. Cash, check, SNAP only. Please make checks payable to **Potsdam Neighborhood Center.**

If ordering online, please call Kristal at Potsdam Neighborhood Ctr to notify her of your preferred pick-up location.

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
- Ogdensburg NC: 315-713-8036
- Canton Housing: 315-386-8381
- Massena Salvation Army: 315-769-5154
- 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

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

Joining one of the many local Senior Clubs is a great way to keep connected to your community! In addition to their regular meetings, many of the clubs plan regular activities and trips. It is a fantastic way to meet new people and have fun. You can join as many clubs as you want!

2024 St. Lawrence County Senior Clubs

St. Lawrence County Council of Senior Citizens

President: Brenda Sanderson / 315-854-8121

Meetings: 2nd Thursday / month @ 10 am

Location: Potsdam Nutrition Center

Canton Senior Citizen Club

President: Myrtle Regan / 315-386-8917

Meetings: 1st Tuesday / month @ 1pm

Location: 35 Riverside Drive, Canton

Clifton-Fine Senior Club

President: John Burns / 315-848-3238

Meetings: 3rd Tuesday / month @ 1pm

Location: Clifton-Fine Community Center

Colton-Pierrepont Seniors

President: Cyndy Hennessy / 315-262-2524

Meetings: 1st Tuesday / month @ 12pm

(potluck lunch)

Location: Colton Fire Station

Dekalb-Hermon Seniors

President: Susan Allen / 315-854-2646

Meetings: 2nd Wednesday / month @ 11:00am

Location: Dekalb Community Center

Gouverneur Senior Citizens

Contact: Barbara Bayne / 315-323-7029

Meetings: 2nd Tuesday / month @ 12pm

Location: Gouverneur Community Center

Massena Senior Citizens Club

President: Cheeta Lazore-Dietlein / 315-769-7810

Meetings: 2nd Wednesday / month @ 1:00pm

Location: Massena Community Center

Facebook: Massena NY Senior Citizens & Friends

Norfolk Jolly Agers

President: Kathleen Wolfe / 315-384-4946

Meetings: 3rd Wednesday / month @ 12pm

Location: Community Hall, Raymondville

Norwood Golden Agers

President: Ellie Woods Durant / 315-261-4403

Meetings: 4th Wednesday / month @ 1pm

Location: Municipal Building / Norwood

Parishville Hilltoppers Senior Citizens Club

President: Barb McBurnie / 315-261-2980

Meetings: 2nd Tuesday / month @ 12pm / lunch, meeting to follow

No mtgs. Jan, Feb, July, Aug, and Dec

Location: Parishville Town Hall

Potsdam Active Senior Citizen Club

President: Mary Wellings / 315-261-4761

Meetings: 3rd Thursday / month @ 12:30pm

Location: Mayfield Apts. Community Room

Potsdam Sandstoners Senior Club

President: Linda Wilkinson / 315-265-4464

Meetings: 1st Monday / month @ 11:30am

Location: Midtown Apts. Community Room

Quad Town Senior Citizens

Contact: Laura Jandrew / 315-764-5141

Meetings: 1st Tuesday / month @ 7pm / potluck 6pm

Location: LBSH, Brasher Falls

Seaway Valley Senior Club

President: Anna Campbell / 315-265-2047

Meetings: 2nd Tuesday / month @ 12pm

Location: Alternates

Madrid/Waddington/Louisville

North Country Statewide Senior Action Council

President: Barb McBurnie / 315-261-2980

Meetings: 1st Thursday / month @ 10 am

Location: TBA

(No meetings Jan, Feb, July or Aug)



Free Tax Assistance from AARP

AARP Tax-aide 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.



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

St. Lawrence County
Office for the Aging

Spring Fling

Enjoy Lunch, Friends,
Music & Crafts

Thursday, April 11th
10:30 am - 1:30 pm

HERMON FIRE HALL
1651 COUNTY ROUTE 21, HERMON

Pre-Registration required!
(315) 386-4730

St Lawrence County Office for the Aging will be hosting the first ever **Spring Fling!** It can be hard being home all winter, but warmer weather is ahead! We wanted to celebrate Spring by getting together to visit with old friends and meet new friends. This event will be held at the Hermon Fire Hall, April 11, 2024 from 10:30 am – 1:30 pm.

We will be playing new games from the New York State Office for the Aging. These games were designed to be played by all ages and some are a twist on old favorites. There will be a hands on craft and painting project; along with some music and socializing. A picnic style lunch will be served at noon with assorted salads and hotdogs.

There is no charge for this event. There is a suggested lunch contribution of \$3 for those 60 and older; however no eligible client is turned away due to inability or unwillingness to pay.

However, **attendees must pre-register**; as space is limited.

Please call our office at (315) 386-4730 to pre-register. **The deadline to pre-register is April 5th.**

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/>

Come and join us for an **in-person**
Chronic Disease Self-Management Program

Come learn and discover a range of strategies that can enhance your health and well-being **without any cost!**

Topics include:

- Collaboration with healthcare experts
- Nutrition and label comprehension
- Improving communication abilities
- Formulating action plans
- Improving sleep quality
- Relaxation techniques
- Enhancing breathing
- Physical activity
- Problem-solving
- Decision-making
- Pain management
- Stress education
- Preventing falls

All classes will be held at the:

Potsdam Town Office Building
18 Elm Street
Potsdam, NY 13676

This **six-week** workshop begins on **March 4, 2024**, and meets **every Monday*** through **April 15, 2024** from **9:00am - 11:30am**.

*Classes will occur on 3/1, 3/11, 3/18, 3/25, 4/8, and 4/15.

NOTE: There will be **NO** workshop on **Monday, April 1st**.

For more information or to register call:

Call **Julie Cooke** at **(315) 261-4760, x-239**
or email: julie@gethealthyslc.org

You may also register by visiting us at <https://gethealthynoco.org>



**Get Healthy
North Country**
Community Integrated Health Network | gethealthynoco.org

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>

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<u>3/1 Tuna Salad Cold Plate Over Lettuce</u> <u>Tomato Slices</u> <u>WW Bread</u> <u>3-Bean Salad</u> <u>Pasta Salad</u> <u>Frosted Cake</u>
<u>3/4 Beef & Broccoli Teriyaki Lo-Mein</u> <u>Oriental Vegetables Pudding Parfait</u>	<u>3/5 Sausage with Peppers/Onions</u> <u>Buttered Corn</u> <u>Roasted Garlic and Olive Oil Potatoes</u> <u>Fruit Cup</u>	3/6 CHEF'S CHOICE	<u>3/7 Bacon Cheeseburger</u> <u>Peas and Carrots</u> <u>Sweet Potato Fries</u> <u>Assorted Dessert</u>	<u>3/8 Pub Fish</u> <u>Cheesy Rice</u> <u>Prince Edward Veg</u> <u>Coleslaw</u> <u>Fig Newton</u>
<u>3/11 Spaghetti with Meat Sauce</u> <u>Green Beans</u> <u>Garlic Knot</u> <u>Pineapple Tidbits</u>	<u>3/12 Chicken and Biscuits</u> <u>Mashed Potatoes</u> <u>Diced Beets</u> <u>Cranberry/Apple Crisp w/Topping</u>	<u>3/13 Pork Cutlet with Country Gravy</u> <u>Oven Stuffing</u> <u>Sugar Snap Peas</u> <u>Strawberry Fluff</u>	<u>3/14 Corn Beef & Cabbage</u> <u>Potatoes</u> <u>Carrots</u> <u>Country Biscuit</u> <u>Shamrock Cake</u>	<u>3/15 Macaroni & Cheese</u> <u>Stewed Tomatoes</u> <u>Dinner Roll</u> <u>Pumpkin Pudding</u>
<u>3/18 BBQ Chicken</u> <u>Baked Beans</u> <u>Mixed Vegetables</u> <u>Asst. Muffin</u> <u>Fresh Fruit</u>	<u>3/19 Cabbage Rolls</u> <u>Italian Blend Veggies</u> <u>Tossed Salad</u> <u>Italian Bread</u> <u>Ice Cream</u>	3/20 CHEF'S CHOICE	<u>3/21 Beef Stroganoff</u> <u>Over Egg Noodles</u> <u>Winter Mix</u> <u>Vegetables</u> <u>Lemon Mousse</u>	<u>3/22 Fish Burger</u> <u>w/Cheese</u> <u>Tator Tots</u> <u>Brussel Spouts</u> <u>Homemade Cookie</u>
<u>3/25 Ham and Scalloped Potatoes</u> <u>Buttered Peas</u> <u>Dinner Roll</u> <u>Cinnamon Pears</u>	<u>3/26 Firecracker Casserole</u> <u>Fiesta Blend Veg</u> <u>Corn Bread</u> <u>Fresh Fruit</u>	<u>3/27 Grilled Chicken</u> <u>Caesar Salad</u> <u>Macaroni Salad</u> <u>Italian Bread</u> <u>Homemade Cream Pie</u>	<u>3/28 Shepard's Pie</u> <u>Green/Yellow Beans</u> <u>Assorted Muffin</u> <u>Fudge Brownie</u>	<u>3/29 Cheese Tortellini Alfredo</u> <u>Broccoli</u> <u>Garlic Roll</u> <u>Fruited Jell-O w/Topping</u>

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

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM
 Nutrition Centers Located in Brasher, Canton, Gouverneur, Morristown, and Potsdam

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

- 3/4** SLC Board of Legislators Meeting; 6 pm - 48 Court Street, Canton
- 3/10** Ramadan begins at Sunset /Daylight Savings Time - Spring Forward!
- 3/12** OFA Caregiver Support Group - 10 am, Human Services Center
- 3/17** St. Patrick's Day
- 3/24** Palm Sunday / Holi begins at Sunset
- 3/29** Good Friday
- 3/31** Easter



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

NC Chapter of StateWide Senior Action Council

Next Meeting: March 7th - 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 14th - 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