



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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

May 2024



Older Americans Month 2024

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate:

- Share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.
- Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- Encourage partners to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.

The Winners of the 2024 Senior Citizens of the Year Award for St. Lawrence County are Marlene and Lee Carvel from Hermon!

The Carvels have a long history of volunteerism and giving back to their community - both individually and together! They both are dedicated to the DeKalb-Hermon Senior Club and have held a variety of roles in the group. They are credited with keeping the events lively and fun! Marlene and Lee have 6 children, 12 grandchildren, and 7 great grandchildren. They have over 40 years of dedicated volunteer service to their town and community!



Our 2024 Winners will be honored by the New York State Office for the Aging on May 14th at a reception in Albany for Older Americans Month!

Congratulations Marlene and Lee!



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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



POWERED BY CONNECTION: MAY 2024



Looking for Home Health Care Services or Respite Services?

Are you 60 or over and in need of home care services? Or are you the Caregiver of an older adult and need some respite care? The Office for the Aging is seeking 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 may be provided on a cost-share basis; depending on income levels. Call today to learn more!

Contact: NY CONNECTS - (315) 386-4730



Celebrating Our Fallen Veterans / Honoring the Heroes that Served Our Country

Memorial Day honors the brave men and women who have sacrificed their lives in service to our country. These courageous individuals have given everything they had to defend our freedoms and way of life. Memorial Day reminds us of the high price of freedom and the debt of gratitude we owe to those who have made the ultimate sacrifice. It is a day to reflect on their sacrifice and to honor their memory with gratitude.

Memorial Day is marked by parades, speeches, and ceremonies at military cemeteries and other sites across the country. It serves as a solemn reminder of the sacrifices made by the men and women who have died in service to our country, and a time to reflect on the true cost of freedom.

Facts about Memorial Day

- **American flags** are flown at half-staff until noon on Memorial Day and then raised to full-staff for the rest of the day as a symbol of the nation’s resilience and determination.
- **The National Moment of Remembrance** was established by Congress in 2000 as a way to encourage Americans to pause for one minute at 3 p.m. on Memorial Day to remember and honor the sacrifices of those who died in service to the country.
- **The red poppy** has become a symbol of Memorial Day. This tradition dates back to World War I when a poem called “In Flanders Fields” described red poppies growing on the graves of fallen soldiers.
- **Arlington National Cemetery** in Virginia is one of the most famous military cemeteries in the United States. It was established during the Civil War, and today it is the final resting place for more than 400,000 military veterans and their families.
- **Memorial Day** was originally known as Decoration Day, and it was first observed on May 30th, 1868. One hundred years later In 1968, Congress passed the Uniform Monday Holiday Act which made Memorial Day a federal holiday that always landed on the last Monday of May.

Source: https://www.carrytheload.org/carry-the-flag/memorial-day/?gad_source=1&gclid=Cj0KCCQjw8pKxBhD_ARIsAPrG45Iautkn1qSnS7XWN0-RA0mJSjFLFVH1xJWvNwKURP5SFLnyPgY5MvsaAn1vEALw_wcB



NEW YORK STATE OFFICE for the Aging | **New York Caregiving Portal** | Powered by Truista

Provided in Partnership With: Association on Aging in New York

Free online training and support is available to caregivers like you

- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources to suit your schedule
- Suit your learning preference with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

NewYork-Caregivers.com

"The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care."

Laura W, caring for her mother

Sign up today!
NewYork-Caregivers.com



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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>

Life Story Project

Tuesday, May 7th
6:30 - 8 p.m.

Sponsored by
Hospice of St. Lawrence Valley



Your life is made of little stories of the people and events that shaped you, the places you've been along with the love, laughter & tears you've shared.

Bring a notebook and we will supply prompts, activities and inspiration to create with word and artwork your Life Story Project.

Space is limited.
Call to 315-265-3105 to reserve your spot for this free event.

Held at
Canton First Presbyterian Church
17 Park Street, Canton

Hospice of St. Lawrence Valley & The St. Lawrence County Office for the Aging Present:

Packing for Your Life's Journey

Join us for a fun and informative presentation where we explore everything you need to "pack" so you can enjoy life's journey!

Each organization will provide an overview of their programs and services. The presentation will review important documentation and information you need to have in place to experience a retirement filled with less stress and more fun!

PRESENTATION DATES:

- April 25th: 6:30 pm - Massena Community Center
- April 29th: 6:30 pm - Potsdam Town Hall
- April 30th: 9:30 am - Gouverneur Community Center
- May 3rd: 1:30 pm - Ogdensburg Dobinsky Center
- May 10th: 10:00 am - Clifton Fine Community Center

For More Information:
(315) 386-4730





walk WITH a DOC
educate. exercise. empower.

May 4, 2024
10:00 - 11:00 AM
Remington Trail at Partridge Run
Golf Course 70 Sullivan Drive, Canton

Join this walk for a chance
to win free On shoes!



WALKwithaDOC.org



NEW YORK STATE OF OPPORTUNITY | Office for the Aging

New York **Caregiving Portal**
Powered by Trualta

Provided in Partnership With:
Association on Aging in New York

Caring for your loved one but don't know where to start?
Let Trualta help you on your caregiving journey!

- Explore options for challenging behaviors
- Discover ways to connect with your loved one
- Share and learn with fellow caregivers




Scan me with your camera to visit!

NewYork-Caregivers.com

POWERED BY TRUALTA



MAY
Food sense

May Package (s20.50)

- Chicken Breast, 1.66lb avg
- Marinated Beef Portions, 1lb
- Ground Turkey, 1lb
- Fish Sticks, 1lb
- Hotdogs, 1lb
- French Fries, 30oz
- Mac & Cheese, 7.25oz
- Frozen Strawberries, 1lb
- Applesauce, 15oz
- Frozen Carrots, 16oz
- Fresh Produce #1
- Fresh Produce #2

May Specials

- Chicken Wings, 5lbs for \$11.25; ready for air-fryer or grill.
- Protein Box, 6lbs for \$14.50; 1lb beef, 1lb Italian sausage, 2.2lbs chicken drumsticks, 1lb Pollock fillets, 1lb Bologna.
- American Cheese, 5lbs for \$13; Sliced American cheese is **NOT** individually wrapped.
- Shrimp Scamp, 1.5lbs for \$6; Complete meal with shrimp, linguini, and vegetables in a creamy sauce.
- Baby Back Ribs, 2lbs for \$10.50; Fully cooked and in a BBQ sauce.
- Meatballs, 5lbs for \$13.25; Fully cooked Italian meatballs.

Orders are accepted at the following
Neighborhood Centers:

- 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
- Canton Housing: 315-386-8381
- Massena Salvation Army: 315-769-5154
- Knapp Station Community Church: 315-353-5093

PAYMENT IS DUE AT THE TIME OF ORDER.

ORDERS DUE: 5/3
SNAP DEDUCTED: 5/12
PICK UP: 5/23

Please make checks payable to:
Potsdam Neighborhood Center

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!

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!



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



National Elder Fraud Hotline

**If you or someone you know 60+ has been a victim
of fraud, call the National Elder Fraud Hotline**

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline.



**1-833-372-8311 / Monday-Friday,
10:00 am - 6:00 pm**

Financial scams and abuses that target older people are happening more and more.

[National Elder Fraud Hotline | Office for Victims of
Crime \(ojp.gov\)](https://www.ojp.gov)

Spring Pasta Salad W/ Asparagus, Mushrooms & Lemon Parsley Dressing

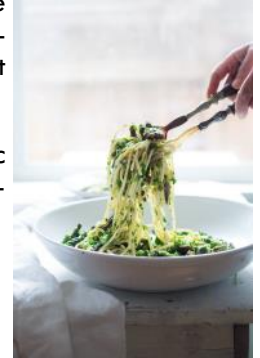
A flavorful Spring-inspired Pasta Salad with Spring Vegetables and a Zesty Lemon Parsley dressing.

Ingredients: 8 ounces pasta (use rice noodles to make this gluten-free), 1-2 TBSP olive oil, 1 shallot finely chopped, 6 ounces mushrooms, 1 bunch asparagus (2-3 cups) cut into 1-inch pieces (snap off tough ends), salt and pepper, 1 bunch Italian Parsley chopped (about 1 cup packed), 3-4 scallions chopped, optional 1-2 TBSP fresh tarragon

Dressing: zest of one small lemon (plus 1-2 TBSP juice), 4 TBSP olive oil, 1 clove garlic finely minced, 3/4 TSP salt, fresh cracked pepper, garnish with grated Parmesan or Peco-rino cheese (optional)

Directions:

1. Place salted pasta water to boil on the stove, cook pasta according to directions.
2. Finely chop the shallot and prep the mushrooms (cut in half or bite-size pieces).
3. Heat 1-2 TBSP oil in skillet over medium heat, add shallot and cook 3 minutes, until fragrant. Add mushrooms, season with salt and stir occasionally until lightly cooked about 5 minutes. Set aside and sauté the asparagus, seasoning again with salt and cook just until tender and bright green.
4. Drain the pasta and place in a bowl. Top with the mushrooms, asparagus, the chopped parsley and scallions. Add the lemon zest and 1 TBSP lemon juice. Add garlic, optional tarragon, olive oil, salt and pepper toss well to combine. Taste, adding more lemon juice or salt if you like.
5. Add cheese if you like-keep in mind the cheese will add salt, as well.



Nutrients: Calories 272; Total Fat 12.2g; Sodium 567mg; Total Carbohydrates 37.1g; Dietary Fiber 3.2g; Total Sugars 3g; Protein 5.3g

Source: [Spring Pasta Salad with Asparagus & Mushrooms | Feasting At Home](#)

Be a Lifeline  Do you know someone in crisis? You can be a lifeline & help support them! 

Here are five steps you can take that are known to help:

1. ASK:

Are you thinking about suicide? How do you hurt? How can I help?

2. BE THERE:

In person or on the phone. Show support. Listen. Keep promises to connect.

3. HELP KEEP THEM SAFE:

If the person in crisis is suicidal, details matter: Do they have a plan, or ideas about timing or method? You can call 988 to support their crisis care.

4. HELP THEM CONNECT:

When someone is in crisis, connecting them with ongoing supports can help establish a safety net. Remind them they can call, text or chat 988 to connect with a trained crisis counselor 24/7.

5. FOLLOW UP:

After the immediate crisis is over, check in. That text or call afterwards makes a real difference.



NY Connects
Your Link to Long Term Services and Supports

St. Lawrence County

(800) 342-9871 (888) 730-4730



Dial 988



Text 988



Chat Online

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>Hot Dog on ww Bun</u> <u>Baked Beans</u> <u>Carrots</u> <u>Pudding w/Whipped Topping</u>	2 <u>Turkey Dinner</u> <u>Mashed Pot./Gravy</u> <u>Cranberry Sauce</u> <u>Butternut Squash</u> <u>ww Roll, Angel Food Cake w/ Fruit Top</u>	3 <u>Cabbage Rolls</u> <u>Peas & Carrots</u> <u>Italian Bread</u> <u>Assorted Desserts</u>
6 <u>Glazed Ham</u> <u>Sweet Potatoes</u> <u>California Medley</u> <u>ww Bread</u> <u>Fig Newton</u>	7 <u>Chicken Pot Pie</u> <u>Spinach</u> <u>Biscuits</u> <u>Ice Cream</u>	8 <u>Chef's Choice</u>	9 <u>Chicken Stir Fry</u> <u>Brown Rice</u> <u>Stir Fry Vegetables</u> <u>Fruit Cup</u>	10 <u>Salisbury Steak</u> <u>Mashed Potatoes w/ gravy</u> <u>Capri Blend</u> <u>Brownie</u>
13 <u>Baked Fish</u> <u>Rice Pilaf</u> <u>Broccoli</u> <u>Roll</u> <u>Assorted Desserts</u>	14 <u>Pennsylvania Dutch Casserole</u> <u>Brussel Sprouts</u> <u>Molasses Cookie</u>	15 <u>Sweet and Sour Pork</u> <u>Brown Rice</u> <u>Oriental Blend Veggie</u> <u>Blondie Cookie Bar</u>	16 <u>Lasagna Bake</u> <u>Waxed Beans</u> <u>Italian Bread</u> <u>Strawberry Fluff</u>	17 <u>Ravioli and Sausage</u> <u>Sautéed String Beans</u> <u>Tossed Salad</u> <u>Garlic Roll</u> <u>Fruit Cocktail</u>
20 <u>Ham and Cheese Quiche</u> <u>Home Fries</u> <u>Spinach</u> <u>Muffin</u> <u>Yogurt</u>	21 <u>Meatball Sub</u> <u>Green/Yellow Beans</u> <u>Chips</u> <u>Chocolate Chip Cookie</u>	22 <u>Lemon Pepper Fish</u> <u>Rice Pilaf</u> <u>4 Way Mix Vegetables</u> <u>Dinner Roll</u> <u>Fruit Cup</u>	23 <u>Chef's Choice</u>	24 <u>Roast Pork w/Gravy</u> <u>Roasted Potatoes</u> <u>Butternut Squash</u> <u>Fruited Gelatin w/ topping</u>
27 <u>Memorial Day!</u> <u>All Nutrition Sites & County Offices Closed.</u> <u>USE FROZEN MEAL.</u>	28 <u>Chicken Patty with Cheese on Bun</u> <u>Tator Tots</u> <u>Mixed Veggies</u> <u>Oatmeal Raisin Cookie</u>	29 <u>Pork Carnitas</u> <u>Brown Rice Bowl</u> <u>Catalina Blend</u> <u>Vegetable</u> <u>Mandarin Oranges</u>	30 <u>Tuna Salad</u> <u>Crackers</u> <u>Pea/Cheese Salad</u> <u>Pickled Beets</u> <u>Pudding Parfait</u>	31 <u>Country Fried Steak with Milk Gravy</u> <u>Baked Potato w/SC</u> <u>Carrots</u> <u>Fresh Fruit</u>

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

Nutrition Centers Located in Brasher, Canton, Gouverneur, Morrisstown, 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)

May Calendar

- May 3** Packing for Your Life’s Journey; 1:30 pm —Dobisky Center, Ogdensburg
- May 5** Cinco de Mayo
- May 6** SLC Board of Legislators Meeting; 48 Court Street
- May 7** Life Project by Hospice
- May 10** Packing for Your Life’s Journey; 10 am—Clifton Fine Community Center
- May 12** Mother’s Day
- May 27** Memorial Day; All County Offices and Nutrition Centers are closed.

HAPPY Mother's DAY



Senior Club News & Events

Norwood Golden Agers:

Chair Yoga held every 2nd and 4th Thursday of the month at St. Phillips.

Contact Ellie at (315) 315-261-4403 for more information

*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.**



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

NC Chapter of StateWide Senior Action Council

Next Meeting: May 2nd - 10:00 am

Location: Midtown Apts. - 28 Munson St, Potsdam

Lunch: Lunch Available for attendees.

***New members welcome!**

Contact Barb at (315) 261-2980

County Council of Senior Citizens

Next Meeting: May 9th - 10:00 am

Midtown Apts. - 28 Munson St., Potsdam



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

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**