



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

Office for the Aging | St.  
Lawrence County



## November 2023



### Holiday Gift Drive for Seniors

The St. Lawrence County Office for the Aging is sponsoring the **10<sup>th</sup> Annual Holiday Gift Drive for Seniors** to benefit older adults enrolled in the department's Home Delivered Meal Program. Last year, over 300 gift baskets and gift cards were given away to senior citizens in St. Lawrence County! **The office is collecting financial contributions to purchase gift cards.** Please consider adopting a local senior and help us spread a little holiday cheer to vulnerable adults in our county!

#### Inside this issue:

Holiday Gift Drive	1
Medicare Open Enrollment	2
HEAP/ Weather Related Closings	3
Public Hearing Notice/2023 Senior Award	4
Veterans Day	5
Recipe/ Newsletter	6
Menu	7
Calendar	8

#### Mature Living

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## Holiday Gift Drive \* for Older Adults

THE OFFICE FOR THE AGING IS SPONSORING  
THE 10TH ANNUAL HOLIDAY GIFT DRIVE  
FOR OLDER ADULTS IN SLC!

WE ARE COLLECTING FINANCIAL CONTRIBUTIONS TO PURCHASE GIFT CARDS AND/OR GIFT BASKETS FOR OLDER ADULTS IN OUR HOME DELIVERED MEAL PROGRAM. PLEASE CONSIDER HELPING US TO MAKE THE HOLIDAYS BRIGHTER FOR SENIORS IN OUR COMMUNITY!

PLEASE MAIL YOUR CONTRIBUTION BY 12/8 TO:  
OFFICE FOR THE AGING, 80 STATE HIGHWAY 310,  
SUITE 7, CANTON, NY 13617.  
CALL (315) 386-4730 FOR MORE INFORMATION!  
THANK YOU FOR YOUR SUPPORT!



## Medicare Open Enrollment: Oct. 15<sup>th</sup> - Dec. 7<sup>th</sup>

The Medicare Open Enrollment Season opened October 15th! This is your opportunity to shop around for a new **Medicare Part D Plan** or **Medicare Advantage Plan**. Any changes you make will take effect January 1, 2024.

If you are happy with your current plan, you don't need to change anything.

If you want a new plan and need guidance, please call the office at 315-386-4730 and a staff member will assist you. Due to extremely high call volume during this time period, it may take several days for a staff member to return your call. For immediate assistance, clients can also call **1-800-MEDICARE (1-800-633-4227)** or visit [www.medicare.gov](http://www.medicare.gov).

Due to limited staffing, **we do not accept walk-ins for Medicare Counseling**. You must make an appointment, in advance, by calling the office. St. Lawrence County Office for the Aging is dedicated to assisting our clients with their Medicare questions and concerns.

### Helpful Medicare Informational Websites:

- ◆ Medicare: <https://www.medicare.gov/>
- ◆ Centers for Medicare & Medicaid Services: <https://www.cms.gov/>
- ◆ Medicare Interactive: <https://www.medicareinteractive.org/>
- ◆ Medicare Rights: <https://www.medicarerights.org/>

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY <b>JOHN DOE</b>	
MEDICARE CLAIM NUMBER <b>000-00-0000-A</b>	SEX <b>MALE</b>
IS ENTITLED TO <b>HOSPITAL (PART A)</b>	EFFECTIVE DATE <b>01-01-2007</b>
	<b>MEDICAL (PART B) 01-01-2007</b>
SIGN HERE → _____	

Get **free** COVID test kits at  
**COVIDtests.gov** or  
**1-800-232-0233**

- ▶ There are no shipping costs.
- ▶ You don't have to give a credit card or bank account number.
- ▶ You only need to give your name and address.

**Anyone who asks for more information than that is a scammer.**

Report them to the FTC at  
**ReportFraud.ftc.gov** or your attorney  
 general at **ConsumerResources.org**.



## Weather Related Program Closings

When inclement weather conditions occur, Office for the Aging Nutrition Sites may need to cancel home delivered meals. If you are receiving Home Delivered Meals, the Office for the Aging will provide you, in advance, with a frozen emergency meal to be used on a day we are unable to deliver. Staff will also call clients to perform the daily wellness check.

**Watch for weather closings to be announced on the following radio and television stations:**

WNCQ/FM.WCIZ (102.9FM/98.7 FM); WPDM (1470 AM/99.3 FM); NORTH COUNTRY PUBLIC RADIO (89.5 FM); WMSA (1340AM); YESFM (96.7 FM); Channel 7 TV (WWNYTV); News 10 Now

## HEAP (Home Energy Assistance Program)

The **2023-2024 Regular HEAP** season opens on **November 1, 2023**. New applications for Regular HEAP will not be available until this date.

### 2023-2024 Income Guidelines



<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$3,035
2	\$3,970
3	\$4,904
4	\$5,838



HEAP funding for the **2023 - 2024 Heating Repair & Replacement and Clean & Tune** began on October 2, 2023. If you are a homeowner and eligible, the Heating Equipment Repair and Replacement benefit can help you repair or replace your furnace, boiler and other direct heating equipment necessary to keep your home's primary heating source working.

Those applying are encouraged to utilize the **My Benefits link ([www.mybenefits.ny.gov](http://www.mybenefits.ny.gov))** or call the DSS HEAP unit at 315-379-2303 to receive an application.

### 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**

### Public Hearing Notice



St. Lawrence County Office for the Aging has prepared the **2024 Plan for Programs on Aging** under the Title III of the Older Americans Act of 1965; as amended, and under the Community Services Program for the Elderly (Section 541 of the Executive Law of New York), as amended, under the Wellness in Nutrition (Win - formerly SNAP) of New York State, Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly (CSE), Congregate Services Initiative (CSI), AAA Transportation, and NY Connects.

One Public Hearing will be held for discussion of the 2024 St. Lawrence County Annual Update Plan for senior services. If you should need any special accommodations, such as a sign language interpreter, language interpretation services, braille, or any other type of accommodative service, please call ahead to make this request and accommodations will be made to serve your needs.

This hearing will provide older adults, caregivers, and other beneficiaries an opportunity to comment on proposed program changes and service modifications of Older Americans Act Programs. Copies of the 2024 Plan for Programs on Aging are available in the office or by mail as requested.

**Public Hearing Date & Time: Monday, November 6th; 10:00 am, Human Services Building, 80 State Highway 310, 2<sup>nd</sup> Floor Conference Room, Canton**

**Please call (315) 386-4730 for more information or to request an accommodation.**

### 2023 Senior Citizen of the Year - Claudia Moulton!



Congratulations to Claudia—the well deserved winner of the 2023 Senior Citizen of the Year Award! Claudia has lived in St. Lawrence County her whole life, residing in Stockholm. She began her career teaching 1<sup>st</sup> grade at Madrid-Waddington Central School District from September 1969 - June 1985 and then started teaching kindergarten from September 1985 - June 2009 for a total of 40 years of teaching in the same school district! She was a very strong supporter of all her students - their whole school careers. Claudia would attend their many sports games, plays and other events. She coached the girls JV basketball team from 1981-1982. Claudia has volunteered for over 54 years, participating in several groups to help out the community. She has volunteered her time at the Madrid-Waddington School Athletics Community, Tri-Town Food Pantry and the Brasher Falls

United Methodist Church, where she is a member, helping with their public suppers, etc. She is very involved with the Canton, Massena, Quad Town, Seaway Valley and Norwood Golden Agers Senior Clubs. She attends their meetings and assists with Club fundraisers. Claudia has been a member of the New York StateWide Senior Action Council for years; recently providing great Door Prizes at Seniorama. She has been a member of the St. Lawrence County Council of Senior Citizens for many years, presently representing the Quad Town Senior Club. Claudia is described as a very humble lady that helps anyone and everyone. She asks for nothing in return. She is truly a wonderful soul! She has touched so many lives in her own quiet, special way. *Thank you for all you do Claudia!*

**When asked why someone should volunteer, Claudia states, “Does your heart good.”**

**The New York State Office for the Aging will host a virtual event to honor Older New Yorkers Day on November 3rd at 1:00 pm. The link to view the ceremony is: <https://aging.ny.gov/2023-older-new-yorkers-day>**

## Honoring Veterans Day - Thank You for Your Service!

Veterans Day is an important day to "thank veterans" as we show appreciation to members of our military, past and present. If you're looking for an appropriate way to honor a veteran in your life, or would like to contribute in a way that's meaningful for veterans everywhere, here's a list of suggestions to start you off.

**1. Say "Thank You Veterans" by Showing Up:** Attend a Veterans Day event in your area -- not just a picnic with friends but an honest-to-goodness parade or service for veterans. Roy Rogers said, "We can't all be heroes; someone has to sit on the curb and clap as they go by." Veterans Day is a great opportunity to do just that.

**2. Donate to Veteran-Focused Charities:** There are a plethora of wonderful organizations that offer all manner of support, services and appreciation for our service members.

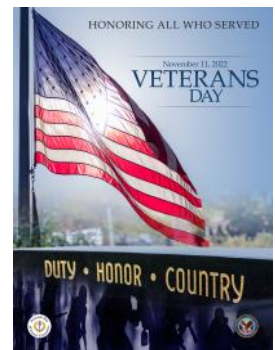
**3. Fly a Flag – Correctly:** Veterans Day is a great opportunity to fly the flag. Just make sure you're observing the proper rules for display. Here are a few of those important tips:

- Never drag a U.S. flag on the ground or let it touch the ground.
- Don't drape it over the hood, top, sides or back of a vehicle.
- Don't display the U.S. flag above any other flag, and keep it at the center when it's surrounded by other flags.
- Don't display a tattered or torn flag. Flags that are tattered and torn should be disposed of in a respectful way, preferably by burning.

**4. Ask Someone About Their Service:** It seems like we all know someone who has served, and Veterans Day is a great time to ask them about their service. Learning more about their service can help you appropriately say "thank you."

**Questions to ask a veteran -** Here are some questions to get you started:

- What did you do in the military?
- How long did you serve?
- What was your favorite moment in all your time in the service?
- Did anyone else in your family serve?
- Why did you go into the service branch you did?



Do not ask whether they've killed anyone, and should your veteran be a combat vet who is either unwilling to share or plainly states what they went through, be supportive without being intrusive. Sometimes you don't have to say anything; just listen and give them your full attention.

**5. Write a letter to say "thank you veterans":** If you know a veteran, write a simple letter, postcard or email that recognizes them on Veterans Day. If you don't know a veteran, look up the closest military installation and send one there. Small acts of recognizing someone's service, even anonymously, are appreciated.

**6. Don't Confuse Veterans Day with Memorial Day:** Veterans Day is a time to thank those who are serving or have served and are still with us. Memorial Day is to reflect and remember those who lost their lives in service to their country. Confusing the two or combining the two diminishes the importance of both.

**7. Visit a VA Hospital:** Find out what the policies are at your nearest VA hospital for interacting with patients or volunteering, and spend the day with a veteran. Many VA facilities will have events on Veterans Day or a special lunch you can help prepare. Even if you never interact with a veteran, helping at a facility is a way to give back and saying "thank you veterans."

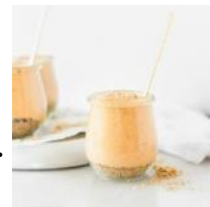
**8. Get Outdoors with a Veteran:** Invite a veteran or a military family to explore a national park; admission is free for all visitors on Veterans Day. Being outside helps improve physical and mental health, boosts emotional well-being and is a great way to celebrate the day with a veteran.

*Source: [www.military.com](http://www.military.com)*

## Healthy No-Bake Pumpkin Cheesecake

Creamy, dreamy spiced no-bake pumpkin cheesecake with pecan graham cracker crust is the perfect healthy fall dessert. It's easy to make, perfect for serving in individual jars, and tastes amazing!

**Ingredients:** 4 full-sized sheets graham crackers; 1/3 cup pecans; 1/2 tsp cinnamon; 16 oz. reduced fat cream cheese softened; 2/3 cup nonfat plain Greek yogurt; 2 cups pumpkin puree; 2 tsp pumpkin pie spice; 2 tsp vanilla extract; 3/4 cup pure maple syrup



### Directions:

1. In a food processor, pulse graham crackers and pecans until they form crumbs. Set aside.
2. Wipe out the bowl of the food processor and add the cream cheese, yogurt, pumpkin puree, pumpkin pie spice, vanilla, and maple syrup. Pulse filling ingredients until smooth and fluffy, about 5 minutes. Place in the refrigerator to chill for at least 30 minutes. The filling will taste better the longer you chill it.
3. To assemble cheesecakes, spoon crust into the bottom of 8 dishes. Divide filling among dishes and top with whipped cream or additional crust crumbs (optional). Return to the refrigerator until ready to serve.

**Nutrients:** Calories 335 ; Total Fat 13.3g; Saturated Fat 5.6g; Sodium 333.3mg; Total Carbohydrates 45.6g; Dietary Fiber 3.3g; Total Sugars 28.9g; Protein 10.2g

<https://livelytable.com/healthier-no-bake-pumpkin-cheesecake/>



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

# November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*If you have a food allergy, please notify staff!</b></p> <p>6 Shepherd's Pie Winter Blend Veg. Pineapple Chunks Whole Wheat Bread</p>	<p>7 Asian Teriyaki Chicken with Broccoli over Noodles Sliced Carrots Mandarin Oranges</p>	<p>1 Ham, Egg, Broccoli, and Cheese Bake Hash Brown Rounds English Muffin Fruited Yogurt 100% Fruit Juice</p>	<p>2 Crispy Onion Fried Chicken Au Gratin Potatoes California Blend Veg. Blueberry Crisp w/Topping</p>	<p>3 Stuffed Shells Tossed Salad Garlic Roll Chocolate Mousse</p>
<p>13 Cheesy Salsa Chicken over Mexican Rice Roasted Corn and Black Beans Fresh Banana</p>	<p>14 Garlic Pepper Pork Loaded Mashed Potatoes Sugar Snap Peas Italian Bread Peaches</p>	<p>8 Scalloped Potatoes with Ham Brussel Sprouts Warm Cinnamon Applesauce Chocolate Chip Muffin</p>	<p>9 Cabbage Roll Casserole Warm Spiced Pears WW Dinner Roll Ice Cream</p>	<p>10 Centers Closed for Veteran's Day Holiday. <u>USE FROZEN MEAL</u></p>
<p>20 Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll Homemade Cookie</p>	<p>21 Chicken and Biscuits Peas and Carrots Mashed Potatoes Fruit Cup</p>	<p>15 Baked Rigatoni w/ Meat Sauce &amp; Mozzarella Green Beans Assorted Pudding</p>	<p>16 Thanksgiving Dinner! With Chef's Choice Homemade Pie</p>	<p>17 <u>Chef's Choice</u></p>
<p>27 Italian Sausage w/Peppers &amp; Onions Parslied Red Potatoes ww Bun, Orange Pineapple Jell-O w/Topping</p>	<p>28 Home-Style Meatloaf Mashed Pot. w/gravy Baby Carrots Cheddar Biscuit Fudge Brownie</p>	<p>22 Hot Ham &amp; Swiss on a Roll Seasoned Potato Wedges Mixed Vegetables Strawberry Fluff</p>	<p>23 All County Offices &amp; Nutrition Centers <u>CLOSED</u> for the holiday. <u>USE FROZEN MEAL.</u></p>	<p>24 All County Offices &amp; Nutrition Centers <u>CLOSED</u> for the holiday. <u>USE FROZEN MEAL.</u></p>
			<p>30 Garlic Butter Cod Rice Pilaf Minced Coleslaw Lemon Parfait</p>	<p>30 2% Milk &amp; Whole Wheat Bread offered daily.</p>

\*All meals are served with 2% milk 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)

## November Calendar

- 11/5 Daylight Savings Time Ends - Turn your clocks back!
- 11/6 OFA Advisory Council Meeting; 10 am & Public Hearing
- 11/6 SLC Board of Legislators Meeting; 6 pm, 48 Court Street
- 11/7 Election Day! 
- 11/10 Veterans Day (Observed); SLC Offices & Nutrition Centers are Closed.
- 11/11 Veterans Day -Thank you for your service!
- 11/23 Thanksgiving - All County Offices & Nutrition Centers are Closed.
- 11/24 All County Offices & Nutrition Centers are Closed.



### NC Chapter of StateWide Senior Action Council

**Next Meeting:** Thursday, November 2nd at 11:00 am

**Location:** Lobster House, 95 South Main St, Norwood

**New members welcome!**

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

### Office for the Aging Advisory Council Meeting

There will be a meeting of the Office for the Aging's Advisory Council on Monday, November 6th at 10:00 am. The meeting will be held in the Human Services Building located at 80 SH 310, 2nd Floor Conference Room.

**The public is welcome to attend!**

## CONCERNED ABOUT THE MISTREATMENT OF AN OLDER ADULT?

### Elder Abuse Helpline for Concerned Persons

-  Support and assistance for family, friends, neighbors in the lives of mistreated older adults
-  Concerned Persons live anywhere in the world
-  The mistreated older adult they care about lives in New York State

 **1 in 10**  
older adults are mistreated in the U.S.

 **73M**  
adults have had personal knowledge of a victim

 **44M**  
became involved in helping



**844-746-6905**

In an emergency call 911



Free • Confidential  
No Judgment • No Expectation



The Elder Abuse Helpline for Concerned Persons is made possible with a grant to the New York City Elder Abuse Center, Weill Cornell Medicine, from the New York State Office of Victim Services. Funded by New York State Office for Victim Services, Grant No. 2018-VA-GX-0047, Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. This material does not necessarily reflect the opinion of the funder.