



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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



November 2024



Santa for Seniors & Holiday Gift Drive

The St. Lawrence County Office for the Aging is sponsoring the **11th Annual Santa for Seniors & Holiday Gift Drive** to benefit older adults enrolled in the department's Home Delivered Meal Program that are most in need. Last year, over 275 gifts and gift cards were given away to senior citizens in St. Lawrence County! **The office is collecting gift cards and/or financial contributions to purchase gift cards/gift baskets.** Please consider adopting a local senior and help us spread a little holiday cheer to vulnerable adults in our county!

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Mature Living

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Santa for Seniors & Holiday Gift Drive

THE OFFICE FOR THE AGING IS SPONSORING THE **11TH ANNUAL SANTA FOR SENIORS & HOLIDAY GIFT DRIVE FOR OLDER ADULTS IN SLC!**

WE ARE COLLECTING GIFT CARDS TO LOCAL BUSINESSES SUCH AS GROCERY STORES, PHARMACIES, & GENERAL STORES. WE ARE ALSO COLLECTING FINANCIAL CONTRIBUTIONS TO PURCHASE GIFT CARDS AND/OR GIFT BASKETS FOR OLDER ADULTS IN OUR HOME DELIVERED MEAL PROGRAM THAT ARE MOST IN NEED.

PLEASE CONSIDER HELPING US TO MAKE THE HOLIDAYS BRIGHTER FOR SENIORS IN OUR COMMUNITY!

PLEASE MAIL YOUR CONTRIBUTION BY 12/6 TO:
OFFICE FOR THE AGING, 80 STATE HIGHWAY 310,
SUITE 7, CANTON, NY 13617

NOTE IT IS FOR THE HOLIDAY GIFT DRIVE

CALL (315) 386-4730 FOR MORE INFORMATION!

THANK YOU FOR YOUR SUPPORT!



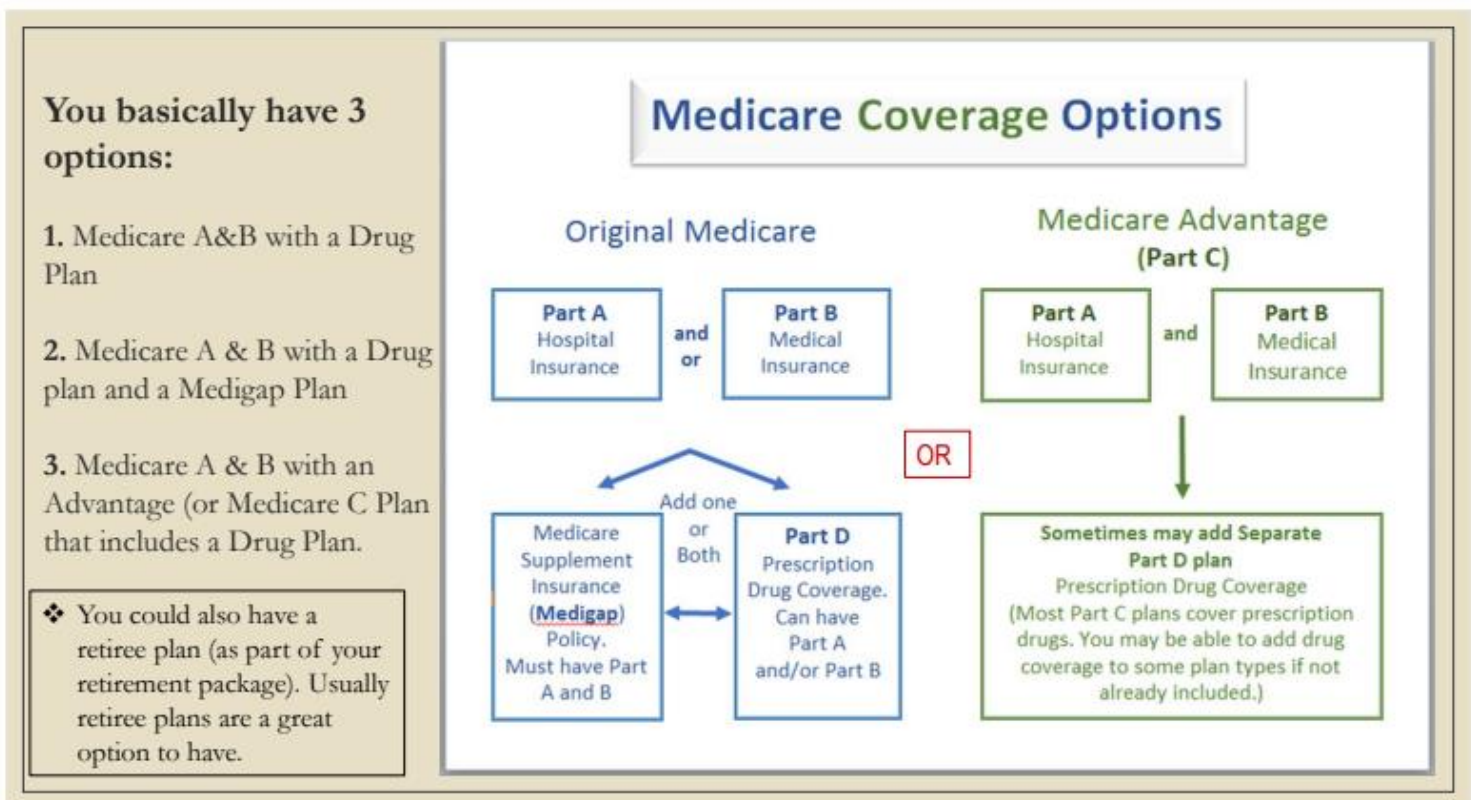
Medicare Open Enrollment: Oct. 15th - Dec. 7th

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, 2025.

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.

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	
JOHN DOE	
MEDICARE CLAIM NUMBER	SEX
000-00-0000-A	MALE
IS ENTITLED TO	EFFECTIVE DATE
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007
SIGN HERE →	

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 **2024-2025 Regular HEAP** season opens on **November 1, 2024**. New applications for Regular HEAP will not be available until this date.

2024-2025 INCOME GUIDELINES



<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$3,322
2	\$4,345
3	\$5,367
4	\$6,390



HEAP funding for the **2024 - 2025 Heating Repair & Replacement and Clean & Tune** began on October 1, 2024. 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)** 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

Food Bank CNY & SLCCDP present

November Food \$en\$e

November Package (\$20.50)

- Pork Tenderloin, 1.75lb avg.
- Chicken Breast, 1.66lb avg.
- Pollock Fillets, 1lb
- Ground Beef, 1lb
- Instant Potatoes, 13.3oz
- Stuffing Mix, 6oz
- Turkey Gravy, 10.5oz
- Sweet Potatoes, 15oz
- Whole Cranberries, 1lb
- Canned Corn, 15oz
- Fresh Produce #1
- Fresh Produce #2

November Specials

- Whole Turkey**, 14-16 lbs avg, for \$15.75; Pre-basted and has a pop-timer.
- Breaded Shrimp**, 3lbs for \$13.00; Butterflied, breaded, 21-25 per pound.
- American Cheese**, 5lbs for \$13.50; NOT individually wrapped.
- Produce Box**, 18lbs for \$14; Includes Onions (2lbs), Apples (3lbs), Carrots (2lbs), Potatoes (5lbs), Celery (1 bunch), Sweet Potatoes (3lbs), Winter Squash (1 each).
- Italian Meatballs**, 5lbs for \$13; Fully cooked and in a 5-lb bag.
- Stuffed Shells**, 3lbs for \$7.50; 18 frozen shells.

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

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

*Orders due 11/8
SNAP deducted 11/10
Pick up 11/21*




LIFE LITERACY IS FOR
EVERYONE
AT THE *Potsdam Public Library*

ESL and Adult Literacy

Group ESL classes and personalized one-on-one tutoring are available to anyone in St. Lawrence County at no cost at the Potsdam Public Library! Contact Bobby Gordon at bgordon@potsdamlibrary.org for information or call (315) 265-7230.

Our tutors help adults (and teens ages 14 and up) with:

- Reading
- Writing
- Speaking in English (ESL)
- Math skills
- Test preparation for NYSED High School Equivalency Test (TASC)

Join the Potsdam Public Library's **adult online conversation group**. Experience informal discussions and get a chance to practice speaking and listening skills. All proficiency levels welcome.

Conversation Partners

LIFE's new conversation partner program is perfect for folks who know English but would like some extra speaking and listening practice. Individuals are paired with native English speakers for conversation and friendship.

- Sessions will be with one person, and there won't be actual instruction
- Topics for discussion will be decided by the partners
- Meetings will be at a time and place chosen by the partners
- Meetings will be in a public place, not in either person's home

The program is informal, fun, and free of charge.

*We are also recruiting native English speakers to be conversation partners. Participants need only be friendly and interested in getting to know someone from another country. The time commitment is small, and times for conversations are entirely up to the two partners.

THE EMPOWERED CAREGIVER SERIES

COMMUNICATING EFFECTIVELY

An education program presented by the Alzheimer's Association®

Dementia affects a person's ability to communicate, making it hard to convey their wants and needs to the people around them. Caregivers can learn how to use a person-centered approach to communicate more effectively at any stage of the disease.

Topics in the program include:

- » How dementia affects communication.
- » Using a person-centered communication approach.
- » Tips for communicating with family, friends and health care professionals.

Tuesday, November 12
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/3wUkkwn>
or call 800.272.3900

Visit **alz.org/CRF** to explore additional caregiver education programs in your area.

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."

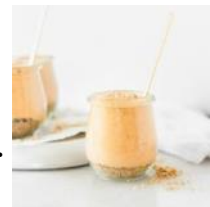
8. Get Outdoors with a Veteran: Invite a veteran or a military family to explore a national park; admission is free for all visitors on Veterans Day. Being outside helps improve physical and mental health, boosts emotional well-being and is a great way to celebrate the day with a veteran.

Source: www.military.com

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.
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/>



St. Lawrence County Office for the Aging:

<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**

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>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</i></p>		<p><i>*All Meals are served with 2% milk & WW Bread *Menu Follows a no salt added and low sugar diet. *If you have a Food Allergy, please notify our office.</i></p>		<p>1 <u>Chef's Choice</u></p>
<p>4 <u>Crispy Baked Chicken</u> Cheesy Rice Brussel Sprouts Fruit Cup</p>	<p>5 <u>Assorted Quiche</u> Seasoned Potato Wedges Spinach Assorted Muffin Pudding Parfait</p>	<p>6 <u>BBQ Pulled Pork/Bun</u> Parslied Butter Potatoes Coleslaw Warm Fruit Crisp</p>	<p>7 <u>Chili over Rice</u> Buttered Corn Corn Bread Homemade Cookie</p>	<p>8 <u>Chef's Choice</u></p>
<p>11 <u>Veteran's Day</u> <i>All County Offices & Nutrition Centers Closed</i> <i>Use Frozen Meal</i></p>	<p>12 <u>Chuck Wagon</u> <u>Steak w/Gravy</u> Mashed Potatoes/Gravy Buttered Carrots Fresh Fruit</p>	<p>13 <u>Spaghetti with Meat Sauce</u> Italian Medley Garlic Bread Fruited Yogurt</p>	<p>14 <u>Savory Baked Fish</u> Rice Pilaf Winter Blend Vegetables Blonde Brownie</p>	<p>15 <u>Chef's Choice</u></p>
<p>18 <u>Meatball Parm Sub</u> Cauliflower w/Cheese sauce Chips Fruit Cocktail</p>	<p>19 <u>Ham and Au gratin</u> <u>Potato Casserole</u> Green Beans Dinner Roll Chocolate Mousse</p>	<p>20 <u>Hamburger Cheese Bake</u> Broccoli Italian Bread Birthday Cake!</p>	<p>21 <u>Turkey/Gravy over Stuffing</u> Mashed Pot. w/Gravy Mixed Vegetables Peaches and Cream</p>	<p>22 <u>Chef's Choice</u></p>
<p>25 <u>Cheeseburger on a Bun</u> Baked Beans Green/Yellow Beans Fresh Fruit</p>	<p>26 <u>Chicken & Veg. Pot Pie</u> California Blend Vegetables Black Forest Pudding</p>	<p>27 <u>Macaroni and Cheese</u> Stewed Tomatoes Assorted Muffin Fruit Crisp with Topping</p>	<p>28 All County Offices & Nutrition Centers <u>CLOSED</u> for the holiday. <u>USE FROZEN MEAL.</u></p>	<p>29 All County Offices & Nutrition Centers <u>CLOSED</u> for the holiday. <u>USE FROZEN MEAL.</u></p>

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)

November Calendar

- 11/1 Diwali
- 11/3 Daylight Savings Time Ends
- 11/4 SLC Board of Legislators Meeting; 6 pm, 48 Court Street
- 11/5 Election Day! 
- 11/11 Veterans Day; SLC Offices & Nutrition Centers are Closed.
- 11/18 OFA Advisory Council Meeting; 10 am
- 11/28 Thanksgiving - All County Offices & Nutrition Centers are Closed.
- 11/29 All County Offices & Nutrition Centers are Closed.



NC Chapter of StateWide Senior Action Council

Next Meeting: Thursday, November 7th at 11:00 am

Location: Midtown Apts., Potsdam

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 18th 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!

Lifespan Presentation: Scams 101

Protect Yourself and Loved Ones from Scams, Fraud, & Identity Theft

Date: Wednesday, November 6th

Location: Brasher Falls Nutrition Center (LBSH) 32 Church Street, Brasher Falls

Time: 11:30 am

The presentation is free and open to the public! Come for the presentation and enjoy lunch!

Criminals often target older adults to steal their money. They will do this by using personal information, threats, intimidation, false promises, and persistence. They often appear trustworthy and seem sincere, but will turn quickly when they do not get what they want. Unfortunately, scam victims may be too embarrassed or fearful to admit doubts to family or friends. Con artists usually appear to be trustworthy and sincere, and one can easily be taken in by an offer that seems too good to resist, especially from someone who sounds like a nice person.

This workshop will help you learn ways to protect yourself and your loved ones!

Call (315) 386-4730 for more information.