



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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



September 2024



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Mature Living

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Medicare Open Enrollment starts October 15th. Navigating the Medicare process can be challenging and confusing. We are here to help!

This year we are offering **7 Public Medicare 101 Informational Presentations** in the Community to help answer your questions! As we only have 1 Medicare Counselor, it can be difficult to schedule a one-on-one meeting during Open Enrollment with over 26,000 older adults in our County! **Please take advantage of this great opportunity to learn more about Medicare and how to make informed choices about your health insurance options!**

Medicare 101 & What you need to know about Open Enrollment

- September 3rd at 1:00 pm
Colton: Clifton-Fine Senior Club / Colton Fire Station / Riverside Drive
- September 24th at 11:30 am
Potsdam-Hospice of St. Lawrence Valley 6805 US Highway 11
- September 25th at 6:00 pm
Ogdensburg: Ogdensburg Public Library / 312 Washington St
- October 1st at 5:30 pm
Potsdam: Hospice of St. Lawrence Valley / 6805 US Highway 11
- October 3rd at 10:00 am
Canton: Human Resource Building, 80 State Hwy 310, 2nd Floor Conf. Room
- October 8th at 11:00 am
Gouverneur: Community Center / 4673 NY 58
- October 10th at 10:00 am
Massena: Community Center, 61 Beach St.



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

The Medicare Open Enrollment Season will soon be upon us! 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 do 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, 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.



There are Four Parts of Medicare: Part A, Part B, Part C, and Part D.

[Part A](#) provides inpatient/hospital coverage.

[Part B](#) provides outpatient/medical coverage.

[Part C](#) offers an alternate way to receive your Medicare benefits (see below for more information).

[Part D](#) provides prescription drug coverage.

Generally, the different parts of Medicare help cover specific services. Most beneficiaries choose to receive their Part A and B benefits through Original Medicare, the traditional fee-for-service program offered directly through the federal government. It is sometimes called Traditional Medicare or Fee-for-Service (FFS) Medicare. Under Original Medicare, the government pays directly for the health care services you receive. You can [see any doctor and hospital that takes Medicare](#) (and most do) anywhere in the country.

In Original Medicare:

- You go directly to the doctor or hospital when you need care. You do not need to get prior permission/authorization from Medicare or your primary care doctor.
- You are responsible for a monthly premium for Part B. Some also pay a premium for Part A.
- You typically pay a coinsurance for each service you receive.

There are limits on the amounts that doctors and hospitals can charge for your care.

If you want prescription drug coverage with Original Medicare, in most cases you will need to actively choose and join a stand-alone Medicare private drug plan (PDP).

Note: There are a number of government programs that may [help reduce your health care and prescription drug costs](#) if you meet the eligibility requirements.

Unless you choose otherwise, you will have Original Medicare. Instead of Original Medicare, you can decide to get your Medicare benefits from a **Medicare Advantage Plan**, also called **Part C or Medicare private health plan**. Remember, you still have Medicare if you enroll in a Medicare Advantage Plan. This means that you must still pay your monthly Part B premium (and your Part A premium, if you have one). Each Medicare Advantage Plan must provide all Part A and Part B services covered by Original Medicare, but they can do so with different rules, costs, and restrictions that can affect how and when you receive care.

It is important to understand your Medicare coverage choices and to pick your coverage carefully. How you choose to get your benefits and who you get them from can affect your out-of-pocket costs and where you can get your care. For instance, in Original Medicare, you are covered to go to nearly all doctors and hospitals in the country. On the other hand, Medicare Advantage Plans typically have network restrictions, meaning that you will likely be more limited in your choice of doctors and hospitals. However, Medicare Advantage Plans can also provide additional benefits that Original Medicare does not cover, such as routine vision or dental care.

Source: <https://www.medicareinteractive.org/get-answers/medicare-basics/medicare-coverage-overview/original-medicare>

Do you love Bingo? Do you like to win prizes? Are you looking for ways to help prevent falls and to increase your fitness level? YES?!!

Call today to sign up for Bingocize! This FREE class is being held in Brasher Falls at LBSH - at our Nutrition Center. Spaces are limited, so call (315)386-4730 to register!

In collaboration with St. Lawrence County Office for the Aging
and Cornell Cooperative Extension



Bingo + Exercise = Bingocize

A fun **10-week** health promotion program that combines the game of bingo with inclusive exercises for everyone!

Every Tuesday and Thursday
Starting September 3rd, 2024
at 10am in the cafeteria at:

LBSH Housing
32 S. Church St.
Brasher, NY 13613



Registration is limited AND required.
Call 315-386-4730 to be connected with a NY Connects Staff Member to register.

Free prizes and lots of smiles!!



Cornell Cooperative Extension
St. Lawrence County

Fall Prevention Workshop!

CORNELL COOPERATIVE EXTENSION IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR VALUING AA/EEO, PROTECTED VETERANS, AND INDIVIDUALS WITH DISABILITIES AND PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES. PLEASE CONTACT THE CORNELL COOPERATIVE EXTENSION OF ST. LAWRENCE COUNTY OFFICE IF YOU REQUIRE ACCOMMODATIONS.



NEW HORIZONS BANDS OF NNY

INVITES YOU TO FILL YOUR LIFE WITH MUSIC, FRIENDS, AND FUN!

Have you always wanted to learn to play an instrument (or relearn an instrument from your youth)?

New Horizons Bands of NNY offers:

- Concert and Swing Bands
- New Beginner Program

Come try out instruments with help from New Horizons musicians, directors, and Brick & Mortar Music!

MEET & GREET FOR ADULTS 55+

No experience necessary!

Wednesday, August 14, 2024, 2-5 pm

Potsdam Public Library

2 Park Street

Potsdam, NY 13676

Come join the fun!

For more information and to register, contact us at

newhorizonsnny@gmail.com or www.newhorizonsbandsnny.org

There will be an Advisory Council Meeting on Monday, September 9th at 10 am. The meeting is held at the HSC—80 SH 310, Canton, 2nd Floor Conference Room. The public is welcome!

Do you know 1 in 3 of the elderly... Preventing Falls in Older Adults

Why Fall Prevention is Important

- * A third of people age 65 and over and half of those 80 and over fall each year.
- * Elderly results in a serious injury, such as a hip fracture or head injury.
- * Falls are the leading cause of injury deaths among elderly.
- * Falls could impact the independency of daily life.

Risks Factors

- Biological**
 - 1) Mobility problems due to muscle weakness.
 - 2) Chronic health conditions such as arthritis and stroke.
 - 3) Vision changes and vision loss
- Behavioural**
 - 1) Inactivity
 - 2) Medication side effect and/or interactions
 - 3) Alcohol Use
- Environmental**
 - 1) Home and environmental hazards (clutter, poor lighting, etc.)
 - 2) Incorrect size, type, or use of assistive devices (walkers, canes, crutches, etc.)
 - 3) Poorly designed public spaces.

Prevention

SAFE HOME

- Install handrails and grab bars
- Remove Clutters and cord from floor
- Improve Lighting
- Use Non-Slip Mat

SAFETY TIPS

- Get your vision and hearing checked
- Wear well fitting shoes
- Exercise Regularly
- Review Medication With Your Doctor

Reference: 2 ways to wear cracs - willflow. (2019, January 16). willflow: How to install them you can trust. Retrieved April 9, 2022, from <https://www.willflow.com/Wear-Cracs-2-ways-1>

Enjoy these elderly women lose weight for free. (2022, March 26). Freepik. <https://www.freepik.com/vector/story/elderly-woman-lose-weight>

How to be hot even if you wear glasses. (2007, September 1). willflow. Retrieved April 9, 2022, from <https://www.willflow.com/Be-Hot-Even-If-You-Wear-Glasses>

How to change a light bulb. (2005, September 27). willflow. Retrieved April 9, 2022, from <https://www.willflow.com/Change-a-Light-Bulb>

fall.preventions

SEPTEMBER FOOD SENSE

September Package (\$20.50):

- Italian Meatballs, 1lb
- Pollock Fillets, 1lb
- Italian Sausage, 1lb
- Ground Chicken, 1lb
- Mozzarella Cheese, 8oz
- Stuffed Rigatoni, 12oz
- Pasta Sauce, 24oz
- Spaghetti, 1lb
- Mixed Vegetables, 1lb
- Mandarin Oranges, 11oz
- Fresh Produce #1
- Fresh Produce #2

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

September Specials:

- Pork Baby Back Ribs**, 2lbs for \$8.50: Fully cooked and in traditional BBQ sauce.
- Garlic Chicken Meal**, 24oz for \$6: Pasta in garlic sauce with broccoli, carrots, corn, and white meat chicken.
- Breaded Shrimp**, 3lbs for \$15: Butterfied, breaded, 21-25 per pound.
- Stuffed Shells**, 3lbs for \$7.50: Frozen, 18 shells per special.
- American Cheese**, 5lbs for \$12.50: Sliced, NOT individually wrapped.
- Meatloaf**, 2lbs for \$9: Traditional meatloaf made with 100% ground beef.

Payment is due at time of order. Please make checks payable to: **Potsdam Neighborhood Center**

Orders due: 9/9
SNAP deducted: 9/15
Pick-up: 9/26

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!

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

NATIONAL ELDER FRAUD HOTLINE
1-833-FRAUD-11
1-833-372-8311

THE EMPOWERED CAREGIVER SERIES BUILDING FOUNDATIONS OF CAREGIVING

An education program presented by the Alzheimer's Association®



Caring for someone living with dementia brings a unique set of challenges and rewards. With the right help and support, you can empower yourself to provide quality care while managing your own well-being.

Topics in the program include:

- » The role of a caregiver and changes you may experience.
- » Using a person-centered care approach.
- » Building a support team.
- » Managing caregiver stress.

**Tuesday, September 10
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/4aZ2UNb>
or call 800.272.3900**

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

Are you the Caregiver of a loved one with Dementia or know someone who is?

Please consider attending this wonderful presentation on Tuesday, September 10th at 11:30 am. The Alzheimer's Association will lead the program.

The presentation will be held in the Human Services Building located at 80 SH 310, Canton in the 2nd Floor Conference Room.

Refreshments will be served.

**ALZHEIMER'S
ASSOCIATION**
Central New York Chapter

20231368



Office for the Aging Home Care Program & Respite Program

ARE YOU IN NEED OF HOME CARE? OR HAVE A LOVED ONE WHO IS?

Are you 60 or over and in need of home care services or respite services? The Office for the Aging is accepting referrals for the Expanded In-Home Services for the Elderly Program (*EISEP*). The 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. The Respite Program offers respite opportunities to qualifying caregivers. Call today to learn more!

Contact: NY CONNECTS - (315) 386-4730

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

Recipe Corner ...

Slow Cooker Chicken, Bacon & Potato Soup**Ingredients:**

- 4 center-cut bacon slices, diced
- 1 ½ pounds bone-in chicken thighs, skinned
- 2 teaspoons salt-free garlic-and-herb seasoning blend (such as Mrs. Dash)
- 2 cups thinly sliced leek (from 2 large leeks)
- 1 cup sliced carrot (from 2 large carrots)
- 1 cup sliced celery (from 2 large stalks)
- 4 cups unsalted chicken stock (such as Swanson), divided
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 5 thyme sprigs
- 12 ounces baby potatoes
- 2 cups coarsely chopped baby spinach

**Directions:**

Cook bacon in a large skillet over medium-high until crisp. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Set bacon aside.

Sprinkle chicken with seasoning blend. Add chicken to bacon drippings in pan; cook 8 minutes, browning on all sides. Transfer chicken using a slotted spoon to a 6-quart electric slow cooker, reserving any drippings in pan. Add leek, carrot, and celery to drippings in pan; sauté 5 minutes. Stir in 1 cup stock, scraping pan to loosen browned bits. Add leek mixture, bacon, remaining 3 cups stock, salt, pepper and thyme sprigs to slow cooker. Cover and cook on LOW for 2 hours. Add potatoes; cover and cook on LOW for 2 more hours or until potatoes are tender.

Remove chicken from slow cooker with a slotted spoon; discard thyme sprigs. Cut chicken into bite-size pieces; discard bones. Return chicken to slow cooker; add spinach, stirring until spinach wilts.

Nutrition Facts (Per Serving): 174 Calories, 4g Fat, 14g Carbs, 19g Protein

Source: <https://www.eatingwell.com/recipe/400413/slow-cooker-chicken-bacon-potato-soup/>

2024-2025 HEAP Season (Home Energy Assistance Program)

Early outreach applications to re-certify for HEAP started mailing out the last week of August for **those clients who already receive HEAP**. Please fill out your application as soon as you receive it and mail it back in to be processed. The HEAP season will not officially open until early November, but it is a good idea to have your application processed before the rush of the season.

If you have never received HEAP before, you will need to wait for the HEAP season to open in November to obtain an application. We will have more firm dates and eligibility information in next month's newsletter; once it is released from New York State. *If you receive SNAP benefits, you automatically qualify for HEAP, but do need to fill out a HEAP application.

Please call the DSS HEAP unit at (315) 379-2303 for information and questions.

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>LABOR DAY</u> Nutrition Centers Closed for the Holiday. Use Frozen Meal.	3 <u>Cheesy Baked Fish</u> Rice Pilaf Peas Mandarin Oranges	4 <u>Chicken and Biscuits</u> Mashed Potatoes Harvard Beets Fruit Fluff	5 <u>Homemade French</u> Toast Sausage Hash browns Warm Cinnamon Applesauce Pudding Parfait	6 <u>Chef's Choice</u>
9 <u>Spaghetti with</u> <u>Meat Sauce</u> Italian Medley Garlic Bread Ice Cream	10 <u>BBQ Riblet on Bun</u> Macaroni and Cheese Broccoli Blushed Poached Pears	11 <u>Chicken</u> <u>Potato/Veggie Pot Pie</u> Stewed Tomatoes Chocolate Mousse	12 <u>Meatloaf w/Gravy</u> Mashed Potato/Gravy Mixed Vegetables Dinner Roll Brownie	13 <u>Chef's Choice</u>
16 <u>Sweet-n-Sour</u> <u>Chicken Over Rice</u> Oriental Vegetables Fresh Fruit	17 <u>Roast Pork w/ Gravy</u> Mashed Potatoes/Gravy Green/Yellow Beans Dinner Roll Fruited Bavarian	18 <u>Amish Breakfast</u> <u>Casserole</u> Creamed Spinach Assorted Muffin Fruited Jell-O w/Topping	19 <u>Hamburger Cheese</u> <u>Bake</u> Peas and Carrots Dinner Roll Birthday Cake!	20 <u>Chef's Choice</u>
23 <u>Crispy Baked</u> <u>Chicken</u> Au gratin Potatoes Brussel Sprouts Fruit Cup	24 <u>BBQ Pulled Pork/Bun</u> Sweet Potato Fries Coleslaw Warm Fruit Crisp	25 <u>Turkey Dressing</u> <u>Squares w/Gravy</u> Mashed Potato/Gravy Winter Blend Veggies Cranberry Sauce Dinner Roll Homemade Cookie	26 <u>Assorted Quiche</u> Seasoned Potato Wedges Green Bean Casserole Assorted Muffin Fruited Yogurt	27 <u>Chef's Choice</u>
30 <u>Meatball</u> <u>Parmesan Sub</u> Cauliflower with Cheese Sauce Chips Fruit Cocktail		Important Notice: 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>*All Meals are served with 2% milk & WW Bread</i> <i>*Menu Follows a not salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please notify our office.</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)**

September Calendar

- 9/2 Labor Day; All County Offices and Nutrition Centers are closed.
- 9/3 Bingocize starts at LBSH in Brasher.
- 9/9 Advisory Council Meeting: HSC @ 10 am
- 9/10 Alzheimer's Presentation in Canton.



Check It OUT ★ A New Ministry is Beginning:

GriefShare

GriefShare is a Christ-centered support group program designed to help individuals navigate the complexities of grief after the loss of a loved one.

- Through a 13-week curriculum featuring video teachings and group discussions, participants find comfort, understanding, and practical tools for coping with their emotions.
- With a focus on Biblical principles, GriefShare offers a safe and supportive environment where people can share their experiences, learn from others, and discover hope and healing in their journey through grief.
- The fall group will meet at Lisbon Wesleyan Church on Wednesdays from 10 AM-12 Noon.
- The fall session will meet each week from September 4th through November 27th.
- The cost is \$10 (which helps offset your individual workbook cost).
- Please see Barb Shoemaker to register.

315-394-0898

NC Chapter of StateWide Senior Action Council

Next Meeting: September 5th: 10:00 am

Contact Barb at (315) 261-2980

Meeting Location: Midtown Apartments, Potsdam

County Council of Senior Citizens

Next Meeting: September 12th

Midtown Apartments, Potsdam

REMINDER — If you received Farmers Market Coupons, don't forget to redeem them prior to September 30th! Each year, over 1/2 off all the coupons distributed in our County **are not redeemed!** This could impact the amount of booklets we receive next year, so please make sure to use them.

 **PARISHVILLE HILLTOPPERS**

OPEN HOUSE

Help Us Celebrate

50 Years

September 22, 2024

1:00 – 4:00 PM

Parishville AmVets(Fireman's)
Field Hall, 25 Rutman Road

No Admission Fee
Free Refreshments
Music
Door Prizes
Silent Auction

Join Us, Celebrate, Socialize, Dance, Enjoy!