



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

www.stlawco.org



July 2022



Annual Senior Picnic

We are so pleased to announce that the **Annual Senior Picnic** will be held for the first time in 2 years! Save the Date!

Thursday, August 11th: Gouverneur Community Center

10 am - 11:15 am: Visit Senior Club Tables/Raffles

11:30 am: Lunch - BBQ Chicken, Mac & Cheese, Coleslaw, Zucchini/Squash Mixed Veg., Corn Muffin, & Strawberry Shortcake!

12:30 pm - 2:30 pm: Musical Entertainment by Lou Allen; Country music from the 50s and 60s

***Lunch Tickets will need to be reserved IN ADVANCE.** Please call 315-386-4730 to reserve your lunch tickets. No tickets will be available at the door. We hope you will join us for this fun filled day!



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Mature Living

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Farmers Market Coupons

Farmers Market Coupons will be available sometime **after July 1, 2022**. As of press time, we are still waiting to hear an exact date that our office will receive the coupons from the Department of Agriculture and Markets. We do not have them at this time. Once they arrive at our office, we will send out a press release with all the distribution dates. You will also be able to find this information on our Facebook page - *St. Lawrence County Office for the Aging* or our website: <https://www.stlawco.org/Departments/OfficefortheAging>



We will have many opportunities for you all to receive your coupons! We will hold a Drive-Thru distribution, distributions at senior housing, distribution at local farmers markets, and at our office! We

apologize that we don't have this information for you yet, but we didn't want to schedule distribution dates and then have to cancel if we had not received our allotment of coupons! Thank you for your patience!



RURAL DEMENTIA CAREGIVER PROJECT

Online caregiver workshop

Are you a stressed caregiver for someone with memory loss? A free workshop might help. Sponsored by a federal government grant, this workshop is for family and friends who care for people with memory loss and live in a rural, farming, or small town area. Participants will receive up to \$80 in cash for completing 4 surveys (\$20 per survey). Zoom and video are not required to participate. For more information go to <https://caregiverproject.ucsf.edu> or call toll-free 1-833-634-0603. Online registration is ongoing.

Do you care for someone with memory loss?



If you live in rural, farming, or small town community and care for a person with memory loss...

A free 6-week online workshop may help you!

Check if you are eligible at: caregiverproject.ucsf.edu

Do you care for someone with memory loss and live in a rural or farming area?

Researchers at the University of California, San Francisco need caregivers to participate in the study of an online workshop. If you are a caregiver living in a rural, farming, or small town area, care for someone with memory loss, are 18 years of age or older, and provide care for at least 10 hours per week, you may qualify. Participants will receive up to \$80 in cash for completing 4 study surveys on their caregiving experiences. The study offers a free online workshop, caregiver handbook, and support from trained staff and other caregivers. In addition, Zoom and video capabilities are not required to participate.

Join a research study of the University of California, San Francisco

Rural Dementia Caregiver Project



Medicare Savings Programs

Medicare Savings Programs (MSPs), also known as Medicare Buy-In programs, are state programs that assist you with paying your Medicare costs. There are three main programs*, each with different benefits and eligibility requirements:

MSP	What Costs does it cover?	Monthly Income Limit	Asset Limit
<ul style="list-style-type: none"> QMB Qualified Medicare Beneficiary SLMB Specified Low-Income Medicare Beneficiary QI Qualifying Individual 	<ul style="list-style-type: none"> Part A and B premiums Part A and B cost-sharing (deductibles, copayments, and coinsurances) Part B premium Part B premium 	<ul style="list-style-type: none"> Individual: \$1,153 Couple: \$1,546 Individual: \$1,379 Couple: \$1,851 Individual: \$1,549 Couple: \$2,080 	<ul style="list-style-type: none"> Individual: \$8,400 Couple: \$12,600 Individual: \$8,400 Couple: \$12,600 Individual: \$8,400 Couple: \$12,600

Qualified Disabled Working Individual (QDWI) is a fourth MSP, which is available to some beneficiaries under the age of 65 who work. For more information, contact your State Health Insurance Assistance Program (SHIP) by calling 877-839-2675 and saying "Medicare" when prompted, or use the online SHIP Locator at www.shiphelp.org.

This project was supported, in part, by grant numbers 90SATCD002 and 90MPRC002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



HEAP Cooling Assistance Benefit



The **2021-2022 Cooling Assistance benefit opened May 2, 2022**. 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, will be provided per applicant household. No additional HEAP cash benefits are available.

Please call the DSS HEAP Unit for more information at 315-379-2297.

St. Lawrence County Office for the Aging Nutrition Centers

[NEW GRAB & GO PROGRAM!](#)

St. Lawrence County Office for the Aging is providing a Grab and Go program to eligible seniors (60 and over). Meals will be available for **pick-up** Monday through Friday at the following Nutrition Centers: Brasher, Canton, Gouverneur, Morristown and Potsdam.

If you are interested in participating in the Grab & Go program:

- ◆ You **MUST reserve your meal at least 24 hours in advance.**
- ◆ To reserve a meal, please the Office for the Aging at 315-386-4730.
- ◆ There will also be a reservation sheet posted in the dining room; clearly print your name on the sheet.
- ◆ If you reserve a meal and unable to pick it up, please call the office to cancel your meal by 9 am.
- ◆ Meals **MUST be picked up between 10:30 am -11:00 am** in the designated area located in the dining room.
- ◆ If you are sick or showing COVID 19 symptoms, please call the Nutrition Center prior to arriving for instructions on how to safely pick up your meal.



To help support the nutrition program, please consider making a contribution which will be used to maintain and enhance this service. No eligible client will be turned away for inability or unwillingness to make a contribution. 100% of the contributions go directly back into the nutrition program.

Suggested Contribution: \$3.00 a meal (Actual Cost of Meal: \$12.40 a meal)

**For any questions please call Danielle Durant at 315-386-4730 or
email: ddurant@stlawco.org**

Protecting Seniors from Dangerous Summer Heat

Heat is a potentially deadly problem—nearly 400 Americans die from heat waves each year. Most of them are elderly people who often don't realize when they are overheating and in danger.

Part of the problem lies in the fact that older people simply can't handle the heat as well as younger ones, because they don't sweat as effectively and have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound the risk. So can certain medications, especially diuretics or those prescribed for hypertension and Parkinson's disease.

To protect seniors, the standard advice is to get them into an air-conditioned building; have them dress lightly; and keep themselves hydrated. But this is easier said than done, since poorer circulation also makes many seniors feel too cold in air conditioned spaces and want to reach for a sweater, even when it's hot out. And some seniors prefer other kinds of drinks to water, even though they may be too sugary for their sedentary lifestyles or filled with caffeine, which is dehydrating.

Lisa Clark, a Dallas physician who specializes in geriatric medicine, told AgingCare.com that caregivers should stay on the alert for signs of confusion or altered mental states in seniors who are out in hot weather, as it could be a sign of heat stroke. If the elderly person should collapse or pass out, "it's a medical emergency," Dr. Clark said, and 911 should be called immediately. While you are waiting for help, remove as much clothing as possible and pour cold water all over the elderly person's body. Should your relative come to, have a cold drink ready, as hydration is critical.

Here are some other tips to protect seniors from the heat:

1. If elderly relatives complain of the heat indoors, turn up the air conditioning a bit. If they won't stay inside, have them sit on a shady porch under a ceiling fan or near a box fan.
2. To keep the house cooler without running the air conditioning, close curtains or blinds on the east side of the home during the morning, and the west side in the afternoon.
3. If the elderly person doesn't have air conditioning or refuses to use it in a heat wave, make sure they spend at least some time in a cool air-conditioned space like a mall or theater. "Even two or three hours a day can help," Dr. Clark said.
4. Offer plenty of drinks that seniors prefer, but stay away from iced coffee and other highly caffeinated drinks, or sodas loaded with sodium, which is bad for heart health. Do not serve alcohol, which is dehydrating.
5. Keep frozen treats available that have a high water and low sugar content, like sugar-free Popsicles (you can make your own using juice). Or serve fruit with a high water content, like water melon.
6. Seniors sometimes dress inappropriately for warm weather, so make sure that their clothing is lightweight, not form-fitting and light in color. Hats are useful, but make sure that they are loosely woven or ventilated so they don't trap heat and broad-brimmed so they shade the entire face.

Source: <https://www.agingcare.com/Articles/Protecting-Seniors-From-Dangerous-Summer-Heat-147205.htm>

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St. Lawrence County
 (800) 342-9871 (888) 730-4730

**Need an Interpreter to Help You
 Access Services?**

If you or someone you know has a **language barrier** and needs assistance with Long Term Care Services, **NY Connects can help!**

Call St. Lawrence County NY Connects:
1-800-342-9871

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 at (315) 386-4730

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



Recipe Corner:

Zucchini and Potato Bake

Ingredients: 2 medium zucchini (quartered and cut into large pieces), 4 medium potatoes (peeled and cut into large chunks), 1 medium red bell pepper (seeded and chopped), 1 clove garlic (sliced), 1/2 cup dry bread crumbs, 1/4 cup olive oil, paprika to taste, salt to taste, ground black pepper to taste.

Preparation: Preheat oven to 400 degrees F (200 degrees C). In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper. Bake 1 hour in the preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

Nutrition Facts:

Amount per serving: Calories: 243 kcal; Fat: 9.8 g; Carbs: 35g; Protein: 5.1 g; Cholesterol: 0 mg; Sodium: 108 mg.

Source: <http://allrecipes.com/recipe/89195/zucchini-and-potato-bake>



Office for
the Aging

New York
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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

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				7/1 * <i>holiday meal*</i> BBQ Chicken Baked Beans Cole Slaw Corn Bread Apple Crumble
7/4 All County Offices & Nutrition Centers Closed. <u>USE FROZEN MEAL.</u>	7/5 Meatball Subs Salt Potatoes Cheesy Cauliflower ww bun Fruit Cocktail	7/6 Turkey/Ham & Swiss On Club Roll, Creamy Cucumber/Onion Salad, 4 Bean Salad PB Cookie	7/7 Savory Pork Mashed Potato w/ gravy, Zucchini/ Yellow Squash, ww Bread, Carrot Cake	7/8 CHEF'S CHOICE 
7/11 Chili Cheese Dog On WW Bun Tatar Tots Buttered Peas Banana	7/12 Ham w/ Pineapple Sauce Sweet Potato Mash Brussel Sprouts WW Bread Pudding Parfait	7/13 Spanish Rice California Blend Italian Bread Baked Cinnamon Apples	7/14 Sausage & Gravy Mashed Potatoes Asparagus Country Biscuit Strawberry Rhubarb Crisp w/whip top.	7/15 Turkey Tetrazzini Italian Blend Veg. Garden Salad Garlic Roll Assorted Dessert
7/18 Broccoli & Cheddar Strata Home Fries Diced Carrots, English Muffin w/PB, Yogurt	7/19 Chicken Cordon Bleu Augratin Potatoes Harvard Beets WW Dinner Roll Fresh Grapes	7/20 Egg Salad Macaroni Salad Carrot/Raisin Salad Chips, Pita Bread Fudge Brownie	7/21 Pork Chop Supreme Baked Potato w/SC Seasoned Spinach Corn Muffin Birthday Cake!	7/22 CHEF'S CHOICE 
7/25 Chicken & Biscuits Mashed Potatoes Capri Blend Veg. Assorted Cookie	7/26 Cheese Tortellini w/meat sauce Green Beans Garlic Knot Pineapple Fluff	7/27 Baked Haddock Rice Pilaf Broccoli Florets Ww Roll Fresh Pear	7/28 Glazed Meatloaf Red Garlic Mashed Scalloped Corn Zucchini Muffin Blueberry Cobbler	7/29 Chicken Caesar Salad Carrot Sticks Cottage Cheese Bread Stick Spiced Apricots

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

Nutrition Centers Located in Brasher, Canton, DeKalb, Gouverneur, Morristown, Ogdensburg, Potsdam and Star Lake

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)

July Calendar

7/4 Independence Day! All County Offices and Nutrition Centers are CLOSED for the holiday.



7/11 Board of Legislators Meeting: 6 pm, 48 Court Street, Canton



Freezing Vegetables

Prepare Vegetables

- Wash hands with soap and water.
- Gather cooking tools and freezer containers.
- Rinse vegetables under running water.
- Trim, peel or cut vegetables as desired. Aim for pieces that are about the same size.
- The next step depends on the type of vegetable.

Freezing is a good way to store vegetables.



Package for Freezing

- Use containers that are airtight and freezer-safe. Label them with the vegetable name and date.
- Put vegetables into the container directly or place on a flat pan and freeze until firm, then put into the container.
- Leave as little air as possible in the container before closing and then put into the freezer.

Preparing Vegetables for Freezing	
Celery, onions, peppers, tomatoes	Package right after preparing.
Beets, potatoes, sweet potatoes, tomatoes, winter squash	Cook until done. Cut, mash or blend, if desired, then cool and package.
All others	Blanch using the picture directions below, then package.

How to Blanch for Freezing



- Bring 1 gallon (16 cups) of water to boil in a large pot.
- Lower 2 to 3 cups of vegetables into the boiling water.
- Return the water to a boil and begin timing (see minutes below).
- Move vegetables to a bowl of ice-cold water; cool completely.
- Drain the vegetables and pat them dry, then package.

Blanching Vegetables	
This short heat treatment protects the flavor and color of vegetables	
2 minutes	carrots, parsnips, peas (snap or snow), spinach and other leafy greens (except collards), turnips
3 minutes	asparagus, beans (green or wax), broccoli, cauliflower, celery, collards, okra, summer squash (including zucchini)
4 minutes	corn cob (after blanching, slice off kernels to package), eggplant



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. ©2020 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran status, rental or residential for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

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Do you yourself manage or know someone who is living with diabetes or other chronic condition?
(Examples: Arthritis, mental/behavioral health, heart disease, or high blood pressure)

Learn how to manage your health with self-management tools designed to help you:

- choose healthier eating options,
- set goals through action plans,
- increase your physical activity.

Workshops* available throughout the North Country!

Available in St. Lawrence, Franklin, Clinton, Essex, Washington, and Warren/Hamilton Counties

All workshops are FREE!

Registration is required!

Call NY Connects at 1-800-342-9871
or visit our webpage at <https://GetHealthyNoCo.org>

*Several options are available for individuals, family members, and care coordinators

- Interactive Online Workshops
- Weekly Telephonic Check-ins
- Self-Paced Online Courses
- In-Person Group Sessions

Get Healthy North Country

Need to borrow a laptop or tablet? Questions? Email health@gethealthynoco.org

Brought to you by the North Country Chronic Disease Prevention Coalition

Find us on: facebook

St. Lawrence County Office for the Aging



North Country Chapter of StateWide Senior Action Council

No meetings in July or August!