



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

www.stlawco.org



July 2023



Seniorama 2023

Seniorama is back! Presented by the North Country Chapter of StateWide Senior Action Council, this is a can't miss event! Seniorama is the largest health and information fair that will be held this year! Stop by and join the fun!

Inside this

Seniorama 2023	1
Farmers Market Coupons	2
Grief Support Group	3
Senior Picnic	4
Medical Bills	5
Recipe	6
Menu	7
Calendar/Senior News & Events/ VTC	8



Presented by the North Country Chapter of
StateWide Senior Action Council

Free Health & Information Fair

For Older Adults and Caregivers

DOOR PRIZES & RAFFLES!

July 24, 2023

10 AM - 2 PM

Akwasasne Mohawk Casino Resort Bingo Palace
State Route 37, Hogansburg

For more information, contact:

Barb McBurnie

(315) 261-2980



Mature Living

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Farmers Market Coupons

Farmers Market Coupons will be available **starting July 3rd** at the Office for the Aging. Eligible clients will be able to pick them up in person at the office, Monday - Friday between the hours of 8 am - 4 pm. Please note that the office will be closed on July 4th.

Please see the distribution schedule below for when we will be in your area with the coupons. For more information, please call 315-386-4730. Schedule subject to change based on coupon availability.

**If you need a ride to a Distribution Site, please call Public Transportation at 315-386-2600.*

Rules and Procedures For All Locations:

- ◆ Only one coupon booklet, per eligible senior in each household; while quantities last.
- ◆ **The eligible senior must sign up in person.** An eligible Health Care Proxy or Power of Attorney with proper paperwork; can sign for the coupons. At-

Farmers Market Coupon Eligibility Requirements:

1. Must be age 60 or above **AND**

2. **Monthly Income at/or Below 185% of Federal Poverty Level:** \$2,248/one person household; \$3,041/two-person household; \$3,833/three-person household; \$4,625/four-person household; \$ 5,418/five-person household

2023 Farmers Market Coupon Distribution Schedule

<u>Date</u>	<u>Time</u>	<u>Location</u>
7/6	9:30 am - 10:30 am	Massena - Laurel Terrace
7/6	11:00 am - 12:00 pm	Massena - Grasmere Terrace
7/7	9:30 am - 10:30 am	Potsdam Nutrition Center - Midtown Apartments
7/7	11:00 am - 12:00 pm	Potsdam - Mayfield Senior Housing Community Room
7/10	9:30 am - 10:30 am	Ogdensburg Nutrition Center - Centennial Terrace
7/10	11:00 am - 12:00pm	Ogdensburg - Parkview Senior Housing
7/11	10:30 am - 11:30am	Brasher Nutrition Center, LBSH
7/12	9:30 am - 10:30 am	Gouverneur Nutrition Center
7/12	11:00 am - 11:30 am	Gouverneur - Cambray Terrace
7/13	9:30 am - 10:30 am	Canton Nutrition Center, Riverside Dr. (Community Rm)
7/14	9:30 am - 10:30 am	Star Lake Nutrition Center
7/21	9:00 am - 12:00 pm	Canton Farmers Market - Village Park
7/22	9:00 am - 12:00 pm	Potsdam Farmers Market - Ives Park
7/23	10:00 am - 12:00 pm	Massena Farmers Market - Tractor Supply Parking Lot
7/26	9:00 am - 11:00 am	HSB Drive Thru

Navigating Grief Support Group

Navigating Grief Together

When:
Mondays
July 10, 17, 24, 31
August 7 & 14
4-5pm

Where:
Massena Community Center
61 Beach Street
Massena, New York

A 6-week grief support group for adults grieving any type of loss.

For more information contact
Hospice of St. Lawrence Valley at 315-265-3105

Hospice of St. Lawrence Valley will be hosting “Navigating Grief Together”, a six-week support group, in Massena for those grieving any type of loss. Navigating Grief Together is designed to provide a supportive space in which members can learn about grief, discuss their unique experiences, and empower each other to grieve in a healthy and effective manner that works for them. Each week the group will explore a different topic related to grief including acute grief, how grief can be emotional and physical, ideas for coping, and how to create an enduring connection with the person who died, if appropriate. People who would benefit from this group include those grieving a loss that occurred at least six months ago. This is not a

therapeutic support group but rather a social support group for adults in the community already working on their grief.

The group will meet in person Mondays starting July 10th, from 4-5pm, at the Massena Community Center (61 Beach Street, Massena). For more information, please contact Hospice of St. Lawrence Valley’s Bereavement Program at 315-265-3105.

HEAP Cooling Assistance Benefit

The **2022-2023 Cooling Assistance benefit** opened in May. 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 315-379-2303.

2022-2023 HEAP Monthly Income Limits



<u>HOUSEHOLD SIZE</u>	<u>MAXIMUM GROSS MONTHLY INCOME</u>
1	\$2,852
2	\$3,730
3	\$4,608
4	\$5,485



Church & Community Program Pantry Offers New Service for Lisbon

Church & Community Program is setting up a new mobile site to help make it easier for Lisbon residents to access the pantry. The main pantry in Canton is open from 11-1 on Tuesdays and from noon to 3:30 on Wednesdays. People from CCP's service area (residents of the Towns of Canton, Clare, DeKalb, Hermon Lisbon, and Russell, and the Village of Heuvelton) can pick up groceries twice a month. In addition, the pantry delivers to senior citizens and others who can't physically get to the pantry at two locations in Canton on Mondays. "We were able to purchase our first-ever vehicle in January, thanks to a grant from the Grassroots Fund," said CCP Director Connie Jenkins. "We know there are people outside of Canton who need our pantry but can't easily get to us so our focus is on outreach. Hepburn Library has kindly given us permission to use their parking lot as a meeting place, so we just need people to sign up with us and then we can pack their food and meet them there at a certain time each Tuesday."

If you live in Lisbon and need food, or know of someone who does, please spread the word. The outreach will begin as soon as people sign up. The more the better, but even a few will work. To sign up, call the pantry at 315-386-3534.

Save the Date!

The Annual Senior Picnic will be held Thursday, August 17th at the Morristown Fire Hall. All County Seniors are welcome!

OFFICE FOR THE AGING PRESENTS

CAREGIVER SUPPORT GROUP

We welcome anyone 60 or older who is a caregiver for a loved one.
Refreshments will be served.

2ND TUESDAY OF EACH MONTH 10AM

HUMAN SERVICES BUILDING
2nd Floor Conference Room
80 State Highway 310
Canton, NY 13617

First Meeting: April 11th

Call Barbara to Register:
315-386-4730

New members welcome!

Next meeting is July 10th!

St. Lawrence County Office for the Aging & County Council of Senior Citizens

ANNUAL SENIOR PICNIC

August 17, 2023

Morristown Fire Hall: 200 Morris Street, Morristown

8:30 am: Registration/Senior Tables (Coffee/Donuts for Sale)

9:15 am: Free BINGO (Bring your own Daubers)

11:30 am: Lunch (Chicken BBQ, Mac Salad, Baked Beans, Fresh Fruit Salad, Cucumber/Tomato Salad & Raspberry Filled Cookie)

12:15 pm: The Bloom Brothers - musical entertainment in the pavillion (weather permitting or in the fire hall)

Lunch Tickets MUST be reserved in advance by calling (315) 386-4730. RSUP by August 4th!

Suggested Lunch Contribution for 60 and up: \$3.00
Guest Fee (Under 60): \$10.00

***No lunch tickets or take out meals will be available at the registration table that day.**

Many Older Adults Face Unpaid Medical Bills Despite Insurance Coverage

By Julie Carter

This week, the Consumer Financial Protection Bureau (CFPB) Office for Older Americans released [an issue spotlight](#) on medical billing and collections showing that many older adults have unpaid medical bills and are in collections. This is despite most older adults having health insurance coverage, including Medicare and Medicaid. The findings reveal that these bills are often the result of improper and inaccurate billing.

According to the CFPB data, most people aged 65 and older have health insurance (98%). But nearly four million had medical bills that they were unable to pay in full in 2020. The highest incidence (13%) was among those without insurance, and the lowest was for those with Medicare plus employer-sponsored coverage (4%). Over two-thirds of those with unpaid bills (70%) had coverage from more than one source such as Medicare, Medicaid, Medigap, employer-based coverage, or Tricare.

While the incidence of unpaid bills is lower for older adults (7%) than younger ones (11%), probably due to near-universal Medicare coverage, the dollar amount unpaid is increasing. In 2019, older adults reported \$44.8 billion in debt; in 2020, that number rose to \$53.8 billion. Those with unpaid bills were more likely to be older adults of color, to be in poor health, to have other debts, or to have incomes between 100 and 200% of the federal poverty level.

CFPB flags inaccurate billing as one of the main drivers of unpaid bills, showing that older adults are more likely to have numerous chronic health needs, conditions that are billed at a higher intensity which require greater documentation, and to rely on coverage from multiple sources. This combination can lead to delays in payment, errors in who is billed for what services, and providers seeking inappropriate reimbursement from patients.

People who are dually eligible for Medicare and Medicaid see disturbingly high levels of unpaid medical bills. Most dually eligible individuals should have little out-of-pocket exposure to medical costs, but they report both higher incidence of unpaid bills and higher dollar figures for the bills than their non-dual counterparts. CFPB notes that this suggests providers are billing beneficiaries for amounts they do not owe.

Unpaid medical bills cause personal and financial stress, landing people in collections and having negative effects on credit ratings. [Recently, the three major credit bureaus](#) stopped reporting cleared medical debt, medical debt in collection below \$500, or medical debt in collections for under one year. But this does not alleviate the stress of unpaid bills or eliminate collections activities.

At Medicare Rights, we urge CFPB, Medicare, and policymakers to do more to protect everyone, including older adults and people with disabilities, from [high out-of-pocket costs](#) and inaccurate billing. We support limiting Medicare beneficiary spending, expanding financial assistance, educating providers about billing rules, and improving oversight of providers and insurance payers. Stronger guardrails are needed system-wide.

Source: [Many Older Adults Face Unpaid Medical Bills Despite Insurance Coverage - Medicare Rights Center](#)

**If you are struggling to understand your medical bills, the Office for the Aging can help!
Please call us at 315-386-4730.**

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.



Office for
the Aging

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- Share and learn with fellow caregivers



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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**

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>BBQ Pork on Bun</u> <u>Sweet Potato Fries</u> <u>Summer Squash</u> <u>Cookie</u>	4 <u>Happy 4th of July!!</u> Nutrition Centers Closed. <u>USE FROZEN MEAL</u>	5 <u>Chicken Pot Pie</u> <u>Stewed Tomatoes</u> <u>Fruit Cobbler</u> <u>Assorted Muffin</u>	6 <u>Savory Pot Roast</u> <u>with Gravy</u> <u>Mashed Potatoes</u> <u>Mixed Vegetables</u> <u>WW Dinner Roll</u>	7 <u>Pub House</u> <u>Battered Fish</u> <u>Mac and Cheese</u> <u>Coleslaw</u> <u>Pudding Parfait</u>
10 <u>BLTs on WW Bread</u> (Bacon, Lettuce, Tom.) <u>Carrot Raisin Salad</u> <u>Cottage Cheese</u> <u>Fruited Jello w/top.</u>	11 <u>Beef and Broccoli</u> <u>o/Low Mein Noodles</u> <u>Seasoned Steamed</u> <u>Cabbage, Pineapple</u> <u>Frosted Cup Cake</u>	12 <u>Chicken Cordon Bleu</u> <u>Casserole</u> <u>Asparagus</u> <u>Apple Crisp</u> <u>w/Topping</u>	13 <u>Chef's Choice</u> 	14 <u>Tuna Noodle</u> <u>Casserole</u> <u>Peas</u> <u>Asst. Muffin</u> <u>Fresh Fruit</u>
17 <u>Vegetable Lasagna</u> <u>Green Beans</u> <u>Garlic Knot</u> <u>Banana</u> <u>Brownie</u>	18 <u>Fried Chicken</u> <u>Garlic Potatoes</u> <u>Brussel Sprouts</u> <u>Fruit Medley</u>	19 <u>Kielbasa over</u> <u>Sauerkraut</u> <u>Mini-pierogis</u> <u>Peas and Carrots</u> <u>Fruited Yogurt</u>	20 <u>Julienne Salad</u> <u>Hard Boiled Egg</u> <u>Pasta Salad</u> <u>WW Roll</u> <u>Birthday Cake!</u>	21 <u>Turkey and Stuffing</u> <u>Potatoes/Gravy</u> <u>Harvard Beets</u> <u>Homemade Pumpkin</u> <u>Pie</u>
24 <u>Sesame Chicken</u> <u>Fried Rice</u> <u>Oriental Vegetables</u> <u>Lemon Pudding</u>	25 <u>Marinated Pork</u> <u>Buttered Noodles</u> <u>Creamed Spinach</u> <u>Coleslaw</u> <u>Chocolate Cake</u>	26 <u>Country Fried Steak</u> <u>w/Gravy</u> <u>Mashed Potatoes</u> <u>Green/Yellow Beans</u> <u>Asst. Homemade Pie</u>	27 <u>Chef's Choice</u> 	28 <u>Chicken Quesadilla</u> <u>Casserole</u> <u>Seasoned Rice</u> <u>Refried Beans</u> <u>Fresh Melon</u>
31 <u>Chicken Marsala</u> <u>Parslied Potatoes</u> <u>Italian Blend Veg</u> <u>Fresh Fruit</u>				<i>2% Milk & Whole</i> <i>Wheat Bread offered</i> <i>daily.</i>

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM
Nutrition Centers Located in Brasher, Canton, Gouverneur, Morristown, 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)

July Calendar

- 7/3 Board of Legislators Meeting: 6 pm, 48 Court Street, Canton
- 7/4 Independence Day! All County Offices and Nutrition Centers are CLOSED.
- 7/24 SENIORAMA



Senior Club News & Events:

Massena Senior Citizens Club: Contact Cheeta at 315-769-7810 /Musical Entertainment: JULY 15 – PLAY BACK, AUGUST 12 – STEELIN COUNTRY/ Cover Charge \$5 Kitchen open 4:30-7:00 PM

North Country Chapter of StateWide Senior Action Council

No meetings in July or August!



St. Lawrence County Office for the Aging



NY Connects
Your Link to Long Term Services and Supports

St. Lawrence County

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

ENSURING INDEPENDENCE
by **TRANSPORTING NEIGHBORS**

Become a Volunteer Driver

Jefferson County 315-788-0422
Lewis County 315-376-3777
St. Lawrence County 315-714-2034



www.VolunteerTransportationCenter.org

Follow us:



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)