



St. Lawrence County
Office for the Aging
(315) 386-4730

Mature Living

September 2022



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Medicare Open Enrollment starts October 15th. Navigating the Medicare process can be challenging and confusing!

This year we are offering **4 Public Medicare 101 Informational Presentations in the Community** to help answer your questions! As we only have 1 Medicare Counselor, it can be hard to get a one-on-one meeting during Open Enrollment with over 25,000 older adults in our County! Please take advantage of this opportunity to learn more about Medicare and learn how to make informed choices about your health insurance options!

Please join us at these free presentations to have your questions answered!

[Medicare 101 Informational Presentations](#)

Tuesday, September 27th:

- ⇒ Massena Community Center - 10 am
- ⇒ Dobisky Center, Ogdensburg - 2 pm



Wednesday, September 28th:

- ⇒ Gouverneur Community Center - 10 am

Thursday, September 29th:

- ⇒ Potsdam Library's Community Room - 10 am



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, 2023.

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**.

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.

Mature Living

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Fall Prevention: Simple Tips to Prevent Falls

September is Falls Prevention Awareness Month! Start by making an appointment with your health care provider to assess your risk and discuss fall prevention strategies. Your health care provider may want to talk about the following:

- Your medications
- Any previous falls
- Your health conditions



Keep moving— Physical activity can go a long way toward fall prevention. With your health care provider's OK, consider activities such as walking, water workouts or tai chi - a gentle exercise that involves slow and graceful dance-like movements. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

Wear sensible shoes— Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

Remove home hazards— Take a look around your home for potential fall hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip resistant backing - or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

Light up your living space— Keep your home brightly lit to avoid tripping on objects that are hard to see.

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed in case you need to get up in the middle of the night.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

Use assistive devices— Your health care provider might recommend using a cane or walker to keep you steady. If necessary, ask your health care provider for a referral to an occupational therapist. An occupational therapist can help you brainstorm other fall prevention strategies.

Source: [Fall prevention: Simple tips to prevent falls - Mayo Clinic](#)

GREAT NEWS! Congregate Dining has re-opened in Brasher, Canton, Gouverneur, Morristown & Potsdam! Check out our new and improved program - Sit & Stay!

St. Lawrence County Office for the Aging Nutrition Program

Sit & Stay Congregate Dining Program

Policy & Procedure

St. Lawrence County Office for the Aging is providing a Sit and Stay Congregate Program to eligible older adults (60 and over).

Meals will be served at 11 am Monday through Friday at the following Nutrition Centers: Brasher, Canton, Gouverneur, Morristown and Potsdam.

Procedure:

- Clients **MUST reserve your meal at least 24 hours in advance.**
- To reserve a meal, clients must call the Office for the Aging at 315-386-4730.
- There will also be a reservation sheet posted in the dining room for those that live in senior housing. Clearly print your name on the sheet.
- If clients reserve a meal and are unable to attend, **please call the office to cancel your meal by 9 am.** Failure to cancel reserved meals could impact the client's continuation of the program.
- Meals **will not be served after 11:30 a.m.**
- The dining room will be open for 1 hour from the time meals are served, 11:00 am-12:00 pm.
- Facial coverings are recommended, but not mandatory.
- If clients 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.

Suggested Contribution: \$3.00/Meal

To help support the continuation 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 back directly into the Nutrition Program. (Actual Cost of Meal: \$12.40/meal)

**For More Information: Call Danielle Durant at 315-386-4730
or email: ddurant@stlawco.org**

Farmer Market Coupons - Reminder to Use them Before they Expire!

Please remember to use your Farmer Market Coupons before the end of the season. Last year the redemption rate for the coupons was only 67% in St. Lawrence County. If you received the coupons, but you are unable to get to the Farmer's Market to use them, you can have a family member, friend, neighbor, caretaker, etc. go to the Farmer's Market and purchase your fruits and vegetables with the coupons.

Remember!

2022 Senior Club Directory

Participating in local Senior Clubs is a great way to have fun and meet new people! You can choose to join any club or multiple clubs!

St. Lawrence County Council of Senior Citizens

President: Brenda Sanderson / 315-854-8121

Meetings: 2nd Thursday / month @ 10 am

Location: Potsdam Nutrition Center

Canton Senior Citizen Club

President: Myrtle Regan / 315-386-8917

Meetings: 1st Tuesday / month @ 1pm

Location: 35 Riverside Drive, Canton

Clifton-Fine Senior Club

President: John Burns / 315-848-3238

Meetings: 3rd Tuesday / month; after lunch

Location: Clifton-Fine Community Center

Colton-Pierrepoint Seniors

President: Cyndy Hennessy / 315-262-2524

Meetings: 1st Tuesday / month @ 12pm (potluck lunch)

Location: Colton Fire Station

Dekalb-Hermon Seniors

President: Brenda Sanderson / 315-854-8121

Meetings: 2nd Wednesday / month @ 11:00am

Location: Dekalb Community Center

Gouverneur Senior Citizens

Contact: Barbara Bayne / 315-323-7029

Meetings: 2nd Tuesday / month @ 12pm

Location: Gouverneur Community Center

Massena Senior Citizens Club

President: Sylvia Despaw / 315-769-7810

Meetings: 2nd Wednesday / month @ 1:00pm

Location: Massena Community Center

Norfolk Jolly Agers

President: Paulette Reid / 315-384-4312

Meetings: 3rd Wednesday / month @ 12pm

Location: Community Hall, Raymondville

Norwood Golden Agers

President: Eva Conklin / 315-353-5080

Meetings: 4th Tuesday / month @ 1pm / lunch at 12pm /

Coffee hour Fridays 9:30-11:00am

Location: 1 / 2 Harrison St. (Sunday School Building)

Parishville Hilltoppers Senior Citizens Club

President: Barb McBurnie / 315-261-2980

Meetings: 2nd Tuesday / month @ 11am / lunch to follow
No mtgs. Jan, Feb, July, Aug, and Dec

Location: Parishville Town Hall

Potsdam Active Senior Citizen Club

President: Mary Wellings / 315-261-4761

Meetings: 3rd Thursday / month @ 12:30pm

Location: Mayfield Apts. Community Room

Potsdam Sandstoners Senior Club

President: Linda Wilkinson / 315-265-4464

Meetings: 1st Monday / month @ 12:00pm

Location: Midtown Apts. Lounge

Quad Town Senior Citizens

Contact: Laura Jandrew / 315-764-5141

Meetings: 1st Tuesday / month @ 7pm / potluck 6pm

Location: LBSH, Brasher Falls

Seaway Valley Senior Club

President: Laura McGrath / 315-764-5804

Meetings: 2nd Tuesday / month @ 12pm

Location: Alternates Madrid/Waddington/Louisville

AARP American Association of Senior Citizens

President: Vicki Clark / 315-265-6964

Meetings: announced in Member Newsletter

North Country Statewide Senior Action Council

President: Barb McBurnie / 315-261-2980

Meetings: 1st Thursday / month @ 10 am

Location: Lobster House, Rt. 56, Norwood

(No meetings Jan, Feb, July or Aug)





Ask the Registered Dietician: Linda Buchanan, RD



"I am concerned about calcium loss as I age. What foods will help me retain the calcium in my bones?"

You definitely want to do what you can to keep your bones strong. Without enough calcium, you can suffer from bone loss called osteoporosis. Osteoporosis affects over 44 million people in the US and is when the bones become weak and brittle, leading to fractures.

Your body doesn't produce enough calcium, so you have to get it in your diet. The most obvious assumption is that you get calcium primarily from dairy foods such as yogurt, cheese, and milk for strong bones. Even though that is true, there are more food sources rich in calcium that include canned salmon and sardines, soybean products (including tofu), dark-green leafy vegetables, broccoli, asparagus, blackstrap molasses, sunflower seeds, sesame seeds, walnuts, almonds, legumes, and corn tortillas.

However, calcium needs a nutritional team to be effective and works closely together with vitamin D to get absorbed by your body. You can get vitamin D through sunlight, but good dietary sources are fatty fish such as salmon, cod liver oil, eggs, mushrooms, and fortified foods such as orange juice, milk, and cereals. Other important nutrients very helpful in keeping your bones strong are vitamin C, vitamin K, magnesium, and phosphorus and can all be obtained by eating leafy green vegetables, dried plums, and cabbage. But keep in mind, there are a number of foods, beverages, and habits that can rob calcium from your body by consuming too many foods and drinks that contain a lot of caffeine, sugar, and alcohol.

As you can see, there's a lot you can get through your diet to nurture your skeleton! Please contact St. Lawrence County Office for the Aging for more information and to submit questions on food and nutrition to our "Ask the Dietitian" section of our newsletter.

Senior Club & Council News/Events

Parishville Hilltoppers Senior Citizens Club:

Contact Barb at (315) 261-2980

Dance – September 9, from 6-9: Location: Fireman's field hall on Rutman Road in Parishville.

Admission: \$5 / Band: Stealing Country.

NC Chapter of StateWide Senior Action Council

Next Meeting: Thursday, September 1st at 10 AM

Location: Lobster House, 95 South Main St

Lunch: order from menu

Guest Speaker: Jolene Munger, PH Director

Contact Barb at 315-261-2980



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

Hearty Tomato Soup with Beans & Greens

Garlicky kale and creamy white beans elevate simple canned tomato soup into a 10-minute lunch or dinner that really satisfies

Ingredients: 2 (14 ounce) cans low-sodium hearty-style tomato soup, 1 TBSP olive oil, 3 cups chopped kale, 1 TSP minced garlic, 1/8 TSP crushed red pepper (Optional), 1 (14 ounce) can no-salt-added cannellini beans (rinsed), 1/4 cup grated Parmesan cheese

Preparation: Heat soup in a medium saucepan according to package directions; simmer over low heat as you prepare kale. Heat oil in a large skillet over medium heat. Add kale and cook, stirring, until wilted, 1-2 minutes. Stir in garlic and crushed red pepper (if using) and cook for 30 seconds. Stir the greens and beans into the soup and simmer until the beans are heated through, 2-3 minutes. Divide the soup among 4 bowls. Serve topped with Parmesan.



Nutrition Facts:

Amount per serving: Calories: 200 kcal; Fat: 5.8 g; Carbs: 29 g; Protein: 8.6 g; Cholesterol: 3.6 mg; Sodium: 354.9 mg.

Source: [Hearty Tomato Soup with Beans & Greens Recipe | EatingWell](#)

Upcoming Office for the Aging Events: Save the Dates!

October 19th: Durable Medical Equipment Tune-Up & Exchange with Clarkson University

- ◆ 12 pm - 4 pm: 2 Locations - 37 Riverside Drive Community Room, Canton & Mayfield Housing, Potsdam
- ◆ Do you have a walker, cane, wheelchair or other assistive device that needs a tune up? Or do you need a new one? Join us from 12 pm - 4 pm where Physical Therapy Students from Clarkson University will be checking your DME and presenting on Fall Prevention and Diabetic Foot Management. This event is free and open to all older adults.

October 26th: "All the Lonely People" Documentary Film Screening at SUNY Canton

- ◆ 2 pm: Kingston Theater, 34 Cornell Drive, SUNY Canton
- ◆ This free, exciting event will screen the amazing documentary "All the Lonely People" detailing the epidemic of loneliness in our world; particular amongst older adults. The film creators and representatives from the New York State Office for the Aging will be there to present the film and answer questions. There will be a reception following the film with refreshments.

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			9/1 <u>Homestyle Meatloaf</u> Mashed Pot. w/gravy Mixed Veggies Cheddar Biscuit Blueberry Cheesecake	9/2 <u>Chef's Choice</u> <u>Cold Plate</u>
9/5 All County Offices & Nutrition Centers Closed! Happy Labor Day!	9/6 <u>Hot Dog</u> On WW Bun Tater Tots Buttered Peas Fruit Cup	9/7 <u>Glazed Ham</u> Sweet Potato Mash Brussel Sprouts WW Bread Poke Cake w/topping	9/8 <u>Cabbage Rolls</u> California Blend Breadstick Baked Cinnamon Pears	9/9 <u>Baked Fish</u> <u>Scandia</u> Rice Pilaf, Sliced Carrots, Italian Bread, Ass. Dessert
9/12 <u>Cheese Omelet</u> Sausage, Tuscan Blend Home Fries, English Muffin w/ PB cup Fresh Grapes	9/13 <u>Spaghetti & Meatballs</u> Waxed Beans Garden Salad Garlic Knot Strawberry Fluff	9/14 <u>Ham & Swiss on Club</u> Macaroni Salad Carrot/Raisin Salad Chips PB Cookie	9/15 <u>Chicken & Biscuits</u> Mashed Potato Mixed Vegetables Apple Crisp w/whipped topping	9/16 <u>Chef's Choice</u>
9/19 <u>Grilled Chicken Sand.</u> w/lettuce & tomato Zucchini Slices Baked Beans Apple Slices	9/20 <u>Chili</u> Corn Muffin Yellow/Green Beans Pears	9/21 <u>Pennsylvania Dutch</u> Casserole Diced Carrots Italian Bread Fudge Brownie	9/22 <u>Swiss Steak</u> Mashed Potato Broccoli Florets WW bread Lemon Mousse	9/23 <u>Chef's Salad</u> Marinated Cukes Cottage Cheese Bread Stick Assorted Dessert
9/26 <u>Mushroom Swiss Burger</u> On WW Bun Seasoned Wedges Stewed Tomatoes Oatmeal Raisin Cookie	9/27 <u>Chicken Parmesan</u> over Penne Pasta Cauliflower Garlic Roll Mixed Berries & Cream	9/28 <u>Sweet & Sour Pork</u> Over brown rice Oriental Blend WW bread Pineapple Tidbits	9/29 <u>Roast Beef</u> Mashed Pot. w/gravy Carrots & Peas Cheddar Biscuit Carrot Cake w/frosting	9/30 <u>Chef's Choice</u>

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)

Janie Anderson 8/4/22

September Calendar

- 9/5** Labor Day - All County Offices and Nutrition Centers are CLOSED.
- 9/12** St. Lawrence County Board of Legislators meeting; 6 pm, Canton
- 9/19** Office for the Aging Advisory Council Meeting: 10 am, Canton
- 9/22** 1st Day of Autumn / Falls Prevention Awareness Day
- 9/25** Rosh Hashanah begins at Sunset.



Farm to Community Workshops
 Come learn the art of affordable cooking with fresh fruits and vegetables!
 Leave with fresh produce and a tasty recipe!

Join us August 4, 2022 at the Parkstead Gouverneur Community Room from 3pm-4pm. Workshops and produce box orders will be every Thursday through September 29, 2022.
****Registration required.****



To register please contact Wanda @ 315-379-9192 ext. 221 or email wlc24@cornell.edu
 Bring \$12 on your EBT to purchase a produce box worth \$24!

Cornell Cooperative Extension | **SNAP-Ed New York**
 SAVE TIME. SAVE MONEY. EAT HEALTHY.



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Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1** Find a good balance and exercise program
 Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2** Talk to your health care provider
 Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3** Regularly review your medications with your doctor or pharmacist
 Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4** Get your vision and hearing checked annually and update your eyeglasses
 Your eyes and ears are key to keeping you on your feet. 
- 5** Keep your home safe
 Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6** Talk to your family members
 Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 



To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

NCOA.org
 @NCOAging



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 Office for the Aging