



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

Mature Living



September 2023



Inside this issue:	
Medicare Presentations	1
Food Sense	2
John B Miller Jr Community Spirit Award	3
Food Pantries	4
<i>Eddie Rarely Misses a Meal</i>	5
Recipe	6
Menu	7
Calendar/ Falls Prevention Tips/ Home Care in Star Lake Area	8

Mature Living

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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 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 opportunity to learn more about Medicare and 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

Monday, September 25th:

- ⇒ Massena Community Center - 10 am / 61 Beach Street, Massena
- ⇒ Dobisky Center, Ogdensburg - 2 pm / 100 Riverside Avenue, Ogdensburg

Thursday, September 28th:

- ⇒ Gouverneur Community Center - 10 am / 4673 SH 58, Gouverneur

Thursday, October 5th:

- ⇒ Potsdam Library's Community Room - 10 am / Potsdam Civic Center's Community Room, 2 Park Street; 2nd Floor (Elevator Available)

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, 2024.

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-in appointments 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.



Food Sense Program

Food Sense is a monthly food buying co-op for anyone who wants to stretch their grocery dollars. Food Sense provides a monthly box of 12-15 staple grocery items at a discounted price. **There are no qualifications, no subscriptions, and no requirements to participate in Food Sense.** Each package costs \$20.50 without limitation to the number of packages you may buy. Rotating monthly specials are also available for purchase.



**SEPTEMBER
FOOD SENSE**

September Package (\$20.50):

- Italian Meatballs, 1lb
- Chicken Thighs, 2.5lbs
- Italian Sausage, 1lb
- Ground Turkey, 1lb
- Shredded Mozzarella, 8oz
- Spaghetti Sauce, 24oz
- Spaghetti, 1lb
- Diced Tomatoes, 14.5oz
- Mixed Vegetables, 10oz
- Applesauce, 15oz
- Fresh Produce #1
- Fresh Produce #2

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

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:

- Stuffed Pork Chops.** 2lbs for \$9: Stuffed with apples and cranberries.
- American Cheese.** 5lbs for \$12.50: Sliced American cheese, is NOT individually wrapped.
- French Fries.** 5lbs for \$6.75: Ready to be cooked in oven or air fryer.
- Shrimp Scampi.** 24oz for \$6: Complete meal with shrimp, linguini, and vegetables in a creamy garlic sauce.
- Meatloaf.** 2lbs for \$10: Traditional meatloaf made with 100% ground beef.
- Chicken Wings.** 5lbs for \$9.50: Individually quick frozen and ready to be cooked in air fryer or oven.

Orders due: 9/15
SNAP deducted: 9/18
Pick-up: 9/28

2023-2024 HEAP Season (Home Energy Assistance Program)

Early outreach applications to re-certify for HEAP will start being sent 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.

Office for the Aging Presents John B. Miller Jr. Community Spirit Award



The St. Lawrence County Office for the Aging recently held a reunion reception for the residents of Riverview Towers in Ogdensburg who were displaced from the fire at the towers in March 2022. The residents wanted a chance to be reunited with the first responders and volunteers who helped them during such a tragic and frightening event. Over 50 residents, volunteers and first responders joined the celebration at the Dobisky Center for food, drinks and laughter. During the event, Office for the Aging Director, Andrea Montgomery, presented a new Community Spirit Award created by her office. The award is named the **John B. Miller Jr. Community Spirit Award** and its inaugural recipient is John B. Miller Jr.

Mr. Miller is a beloved teacher at Ogdensburg Free Academy and was one of the first to arrive at the staging area to offer support. Mr. Miller immediately took charge to organize the emergency response for the displaced residents. He led the efforts to move the residents to the emergency shelter at Wadham's Hall and stayed there over the course of the next 10 days helping to provide the fire victims with food, comfort, support, entertainment and access to needed services.

John B. Miller Jr. embodies the term community spirit through his leadership, compassion, integrity and vision. The Office for the Aging was honored to create an award in John's name that will be given out annually to others who exemplify what it means to be a good human.



Food Insecurity Amongst Older Adults

The cost of groceries is making it very difficult for older adults on a limited budget. In this newsletter, we have included a list of Food Pantries and Community Meals that was compiled by GardenShare. Please call GardenShare at 315-261-8054 if any of this information needs to be updated.

St. Lawrence County Food Pantries

Location	Name	Hours	Phone
Brasher Falls	St. Patrick-St. Lawrence Food Pantry	Appointment Only	(315) 389-5401
Brasher Falls	Tri-Town Food Pantry	Second Fri of each month 8:30-12	(414) 491-3506
Canton	Canton Neighborhood Center	Wed-Thurs 8-12 and 1-3	(315) 386-3541
Canton	Church and Community Program	Tues 11-1 and Wed 12-3:30	(315) 386-3534
Canton	Pierrepont Neighborhood Center	Tues and Wed 8-1	(315) 244-0069
Canton	Canton Neighborhood Center	Wed and Thurs 8-12 and 1-3	(315) 386-3541
Canton	Renzi Food Pantry (SUNY Canton)	Mon-Fri 9-3	(315) 386-7314
Chase Mills	Louisville Food Pantry	First & Third Wed of each month at 10:30	(315) 764-7473
Colton	Colton Neighborhood Center	Mon and Fri 8-1	(315) 244-0069
DeKalb	Hermon-DeKalb Junction Food Pantry	Appointment Only	(315) 347-3016
Edwards	Edwards Food Pantry	Appointment Only	(315) 562-3296
			(315) 562-3279
Gouverneur	Gouverneur Christian Fellowship	Second Thurs of each month 12-3 and 5-6:30	(315) 523-7633
Gouverneur	Gouverneur Neighborhood Center	Mon-Tues 9-12 and 1-3	(315) 287-3370
Gouverneur	Grace Food Pantry	Thurs 9-11:45	(315) 286-7656
			(315) 286-2777
Hammond	Hammond Food Pantry	Third or Fourth Thurs of each month 9-11	(315) 324-5517
Hannawa Falls	Helping Hands Food Pantry	Mon-Thurs 9-12 and 12:30-1:30	(315) 268-0633
Hermon	Edwards-Knox Food Pantry	Mon-Fri 8-3 & by appointment after 3pm	(315) 572-8130
Heuvelton	Heuvelton Central School Food Pantry	Fourth Thurs of each month 3:30-5	(315) 344-2414
Heuvelton	St. Raphael's Food Pantry	Fri 9:30-11	(315) 393-2920
			(315) 344-2383
Heuvelton	Heuvelton UMC Food Pantry	Third Thurs of each month 4-5	(315) 344-7112
Hopkinton	Hopkinton Food Pantry	Second Fri of each month 10:30-12	(315) 261-1653
Madrid	CFC Food Pantry	Third Thurs of each month 10-1 and 5-6:30	(315) 262-0222
Madrid	New Beginnings Center	Wed 1-5 and Sat 9-3	(315) 322-4073
Massena	Massena Neighborhood Center	Mon-Fri 9-2	(315) 764-0050
Massena	Massena Salvation Army	Mon-Thurs 10-2	(315) 769-5154
Massena	St. Peter's Outreach Ministry	Mon-Fri 10-3	(315) 769-1200
Norfolk	Norfolk-Raymondville Food Pantry	Third Sat of each month at 9	(315) 212-0520
Norwood	Norwood Food Pantry	Second and fourth Mon of each month 10-11:30	(315) 244-5048
Ogdensburg	Ogdensburg Neighborhood Center	Mon-Fri 8-12 and 1-3	(315) 713-8036
Ogdensburg	Ogdensburg Salvation Army	Mon/Wed/Fri 9-12 and Thurs 12-6	(315) 393-3351
Ogdensburg	St. John's Episcopal Food Pantry	Last Tues of each month 9:30-11	(315) 393-5470
Parishville	Parishville Neighborhood Center	Thurs 9-1	(315) 244-0069
Potsdam	Clarkson Food Pantry	Open 24/7	(315) 268-4018
Potsdam	Potsdam Neighborhood Center	Mon-Fri 8-12 and 1-3	(315) 265-3920
Potsdam	Potsdam Presbyterian Church	---	---
Potsdam	P2 Food Market (Potsdam Central)	---	---
Potsdam	SUNY Potsdam Food Pantry	Sun-Sat 7-11	(315) 267-3132
Richville	Richville Baptist Chapel Food Pantry	Second Thurs of each month by appt.	(315) 287-0259
			(315) 287-2680
Russel	Grasse River Food Pantry	Second Wed of each month 4-5:30	(315) 562-3450
Star Lake	Star Lake Food Pantry	Second & Fourth Wed of each month 9:30-11:30	(315) 848-3562
Waddington	Waddington Family Resource Center	Mon/Wed/Sat 9-12 and Fri 9-3	(315) 388-4888
			(315) 261-1819

For more information, check out the online Food Guide on GardenShare's website www.gardenshare.org

Eddie Rarely Misses a Meal by John Turcotte



But the 14-year-old Labrador Retriever owned by John and Judy Turcotte of Canton, seldom gives up the opportunity to help deliver one as well. Eddie has been on board ever since the Turcottes' retired and decided to join scores of volunteers who deliver for the **St Lawrence County Office of the Aging Home Delivered Meal** program. Eddie gave 'paws' when asked to comment for this article. A dog of few words, he eventually declined comment. But Eddie has made it well known that he's determined to never miss a meal run. He circles the Turcotte's car and, at first opportunity, makes sure he jumps into his crate and is securely aboard when it's time to hit the road.

"Eddie is a great dog," said Mr. Turcotte. "He has a mind of his own and he's not going to miss delivering meals." No bones about it. Eddie has helped deliver meals to Potsdam, Colton, Norwood, Norfolk and Parishville during his volunteer tenure. Robert G. has been getting meals delivered for the past several years and looks forward to Eddie's arrival. "First off all, it's fun to see Eddie. Number two, he brightens my day. I love dogs," said Robert who notes that Eddie always receives a quality treat for his efforts. Eddie's key role in meal delivery is giving his bark of approval. "He smells the enticing aromas of the fresh, hot meal and gives his endorsement for every one of them," said Turcotte. Though Eddie has a few health issues, he has no plans to retire any time soon. "He's looking forward hopefully to many, many more meal runs," Turcotte said.

What's it like being a Hospice volunteer?

"Great!" "Enriching!"
 "Rewarding!" "Humbling!"
 "Life-affirming!" "Fulfilling!"



To apply for our upcoming training call
 315-265-3105

NC Chapter of StateWide Senior Action Council

Next Meeting: Thursday, September 7th at 11 AM

Location: Lobster House, 95 South Main Street

Lunch - order from menu / New members welcome!

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](#)

St. Lawrence County Community Meals

Location	Name	Hours	Phone
Canton	Canton UMC Free Will Meal	Wed 4-5	(315) 386-4500
Canton	Grace Episcopal	---	---
Canton	Campus Kitchens (UU Church of Canton)	Mon 5-6:30	(585) 683-2341 (315) 229-5135
Hannawa Falls	Helping Hands Free Lunch	Mon-Thurs 9-1:30	(315) 268-0633 (315) 262-4136
Heuvelton	Heuvelton Presbyterian Church	---	---
Massena	Massena First UMC Meal	Thurs 11-12:30	(315) 769-8036
Norfolk	Norfolk UMC Meal	---	---
Norwood	St. Philips Church	Last Wed of each month 11:30-1	(315) 212-5507
Ogdensburg	Ogdensburg First Presbyterian Church	Sat 11-11:30	(315) 393-2510
Potsdam	Potsdam First Presbyterian Church	Third Thurs of each month 5-6:30	(315) 265-9434 (315) 244-0067
Potsdam	Potsdam Trinity Episcopal Church	Fourth Thurs of each month 5-6	(315) 265-5754 (315) 244-0067
*Star Lake	Star Lake Free Meal	Wed at 5	(315) 848-3612

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9/4</p> <p>Happy Labor Day Nutrition Centers are Closed Use Frozen Meal</p>	<p>9/5</p> <p>Italian Sausage Sub with Onions and Peppers Sweet Potato Fries Tuscan Blend Vegetables Fruit Cup</p>	<p>9/6</p> <p>Chicken and Biscuits Mashed Potatoes Peas and Carrots Butterscotch Pudding</p>	<p>9/7</p> <p>Tuna Salad Cold Plate over Lettuce Leaf Pea and Cheese Salad Potato Salad Gingerbread Cake With Whipped Topping</p>	<p>9/8</p> <p>Spanish Rice Cauliflower Oatmeal Raisin Cookie</p>
<p>9/11</p> <p>Manicotti with Marinara Sauce Sonoma Wine Country Garlic Roll Blend Vegetables Pudding Parfait</p>	<p>9/12</p> <p>CHEF'S CHOICE</p>	<p>9/13</p> <p>Beef Stroganoff Buttered Egg Noodles Mixed Vegetables Apple Crisp with Topping</p>	<p>9/14</p> <p>Roasted Chicken and Cheese Sub Potato Chips Marinated Cukes & Tomatoes Ice Cream Cup</p>	<p>9/15</p> <p>Baked Haddock Rice Pilaf Minced Coleslaw Pineapple Tidbits</p>
<p>9/18</p> <p>Swedish Meatballs over Buttered Rice Buttered Carrots Fruited Yogurt</p>	<p>9/19</p> <p>Chicken ala King Over Spiral Pasta Catalina Blend Vegetables Cookie</p>	<p>9/20</p> <p>Deli Meat and Cheese Cold Plate 3 Bean Salad Macaroni Salad Strawberry Shortcake with Whipped Topping</p>	<p>9/21</p> <p>Hamburger Stew County Style Biscuit Beets Cinnamon Applesauce</p>	<p>9/22</p> <p>Philly Steak/Cheese Sub w/Onions and Peppers Hash Brown Rounds Brussel Sprouts Grapes</p>
<p>9/25</p> <p>CHEF'S CHOICE</p>	<p>9/26</p> <p>Basil Chicken and Parm Casserole w/Bowties Italian Vegetable Blend Garlic Knot Peach Fluff</p>	<p>9/27</p> <p>Chuck Wagon Steak with Gravy Parslied Butter Potatoes Spinach Fresh Fruit</p>	<p>9/28</p> <p>Chicken Cordon Bleu Cheesy Rice Green Beans Birthday Cake w/Sprinkles</p>	<p>9/29</p> <p>Macaroni and Cheese Stewed Tomatoes Blueberry Muffin Assorted Dessert</p>

All meals are served with 2% milk and bread or dinner roll

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM *J. J. J. J.* 8/8/23

Nutrition Centers Located in Brasher, Canton, Gouverneur, Morrisstown, 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)

September Calendar

- 9/4 Labor Day - All County Offices and Nutrition Centers are CLOSED.
- 9/10 Grandparents Day
- 9/11 Office for the Aging Advisory Council Meeting: 10 am, Canton
- 9/11 St. Lawrence County Board of Legislators meeting; 6 pm, Canton
- 9/15 Rosh Hashanah Begins at Sunset
- 9/22 1st Day of Autumn / Falls Prevention Awareness Day
- 9/24 Yom Kippur Begins at Sunset



Are You or a Loved One in Need of Home Care?

ATTENTION For those that live in the southern tier of St. Lawrence County.

Struggling with Daily Tasks or Need a Break? We're Here to Help!

The St. Lawrence County Office for the Aging offers compassionate and reliable in-home personal care and respite services from Pierceland to Gouverneur and all points in between. Whether you need assistance getting in and out of the shower, bathing, or maintaining personal hygiene, we have you covered.

EISEP Program: Enhancing Quality of Life at Home

Our Expanded In-Home Services for the Elderly Program (EISEP) is designed to support seniors aged 60 and over who are non-Medicaid eligible. With EISEP, you'll receive personalized care assistance, and our case management ensures you access other essential services too. Plus, our fees are based on a sliding scale, making it affordable for everyone.

Caregiver Respite Program: You Deserve a Break

As a full-time caregiver, you deserve some time for yourself too. Our Caregiver Respite Program offers the perfect solution. We'll provide the care your loved one needs, giving you the opportunity to recharge and take care of yourself.

Limited Availability - Act Now!

Don't miss out on this opportunity for invaluable support. Reach out to NY CONNECTS at (315) 386-4730 to check eligibility and get started today. We're here to assist you every step of the way.

Discover Other Long Term Care Support and Services

Our Information and Assistance team can also guide you through a wide range of long term care support and services, including home care, available across the County. Reach out to us for more information.

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

<p>Biological</p> <ol style="list-style-type: none"> 1) Mobility problems due to muscle weakness. 2) Chronic health conditions such as arthritis and stroke. 3) Vision changes and vision loss 	<p>Behavioural</p> <ol style="list-style-type: none"> 1) Inactivity 2) Medication side effect and/or interactions 3) Alcohol Use 	<p>Environmental</p> <ol style="list-style-type: none"> 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.
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Prevention

<p>SAFE HOME</p> <ul style="list-style-type: none"> Install handrails and grab bars Remove Clutters and cord from floor Improve Lighting Use Non-Slip Mat 		<p>SAFETY TIPS</p> <ul style="list-style-type: none"> Get your vision and hearing checked Wear well fitting shoes Exercise Regularly Review Medication With Your Doctor
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fall.preventions

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