# **St. Lawrence County Office for the Aging (OFA)**

# **Advisory Council Meeting Minutes**

# **September 10, 2024**

**Meeting called to order:** 10:02 AM by Roger Bennett, Joan Howlett

**Present:** *(voting members)* Roger Bennett, Larry Denesha, Linda Wilkinson, Russ Backus, Matt Manierre, Gary Berk, Joan Howlett, Gail Teele

**Present:** *(non-voting members):* Andrea Montgomery, Michael Boprey, Gabrielle Lucas

**Absent:** Mary Jones, Erin Streiff, Barb McBurnie, Kathy Skelly

**Public Attending:** None

**Meeting Location:** HSC

**♦Introductions** –Meeting brought to order by L. Wilkinson. Opened with Pledge of Allegiance.

**♦Moment of Reflection** – Andrea Montgomery, OFA Director

**♦Guest Speaker** – Dr. Gary Berk – Lyme Disease

* 70,000 cases reported last year, but more accurately there was 500,000 cases altogether
* Ticks cause ¾ of diseases in animals
* The most popular tick around our area is the Deer Tick
* Ticks do spread other diseases aside from Lyme Disease
* More often than not ticks will give you rashes and hives
* June, July & August are more dangerous to get tick bites due to the younger ticks and smaller size, it is harder to see them.
* Blood tests are not very accurate to determine Lyme or other tick born illnesses.
* Tests CAN say you are negative for Lyme Disease but you can still be positive.
* If you have Lyme Disease it is important to take the medicine for the full 3 weeks as to hopefully stop long term effects.

**Prevention For Lyme Disease:**

* Yard Upkeep; Mow and trim up tall grass to create a tick free perimeter.
* Do daily Tick checks
* Spray your clothing if you are to go out into the woods
* Bath within 2 hours of coming back inside as to wash off any ticks that have not attached to you.
* Put your clothing into the dryer for 10 minutes as doing so the heat will kill any and all ticks.

**♦Public Comment** – None.

♦**Approval/Minutes** – motion to approve minutes by R. Bennett, seconded by Joan Howlett. Motion passed.

♦**Correspondence** – Joan Howlett

**♦Old Business**– None.

**♦New Business** – None.

**County Legislator’s Report** – *(Larry Denesha)* New Public Health Director is Erin Streiff. The Senior Picnic was a very big success. The public safety renovations are expected to be back mid to late winter and are so far under budget, Which is a good thing. RSV Vaccinations should be a top priority, especially in infants and 70 and up citizens. As of right now RSV Immunization is one shot for life.

**Public Health Report** – *(Erin Streiff)* None.

**County Council of Senior Citizens Report** – *(Linda Wilkinson)*

**StateWide Senior Action Council Report** – *(Barb McBurnie)*

**Veterans Services Report** – *(Mike Boprey)* VA wants to start Outreach again. VA shows that claims for Toxic exposure are increasing.

**Members Updates** – None

**Office for the Aging Report** – *(Andrea Montgomery)*

* Senior Picnic went very well, Served over 180 people.
* Next years Senior Picnic Idea- Air conditioning.
* Congratulations Jacob Kormanyos on the arrival of his second baby boy!
* Nicole is the new Fiscal Officer, John is retiring.
* Successful Farmer Market coupon season.
* Bingosize- Located in LSBH in Brasher is going very well. So far there is 15 people in a class. Very positive feedback.
* Medicare open enrollment is October through December.
* Much praise for Cindy being our only Medicare counselor serving anywhere around 26,000 seniors.
* Be careful with scams, the most popular being the social security scam. Social Security will never call.
* Cyber Seniors is returning. This is the class in which you may receive help with your smart phone, Tablet, and computer classes and it is through BOCES. The first class will be September 26th.
* 2025 Budget is in for review. Asking $750,000.
* Asked for more county vehicles for the Home Delivered Meals program.
* Also asked for $75,000 for the new Potsdam Nutrition Freezer as it will not make it another winter and is located outside causing safety risks. Still waiting for an answer if we are approved or not.
* Potsdam does have the most routes and congregate.
* Andrea will be writing up her third- 4 Year Plan, being anywhere between 500 – 600 pages, and takes 80 + hours to complete. Will need multiple advisory council members to review it before sending it in.

**♦Adjournment** – Motion to adjourn by R. Bennett, seconded by R. Backus, all in favor. R. Bennett adjourned meeting.

**♦Next Meeting** – Monday, November 18, 2024 at 10AM

*(Electronic Meeting Minutes respectfully submitted by Gabrielle Lucas)*