



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

[Office for the Aging](#)  
[St. Lawrence County](#)

## April 2026

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### Mature Living

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- ♦ *Supported by:* The Administration for Community Living, NYS Office for the Aging and St. Lawrence County



**Are you a caregiver?** The St. Lawrence County Office for the Aging is hosting a luncheon for senior caregivers and the family member, friend or neighbor receiving the care. Please join us for good food and good company at 11:00 am at the Gouverneur Community Center. We will provide a welcoming and supportive space to have tea, coffee and a luncheon, while enjoying the opportunity to socialize with others. OFA staff will be attending for assistance and information, as needed. We look forward to seeing you there!

**Please call our office at (315) 386-4730 and ask for Barbara to reserve your lunch; as space is limited!**

ST. LAWRENCE COUNTY OFFICE FOR THE AGING

# Let's Do LUNCH

ST. LAWRENCE COUNTY OFFICE FOR THE AGING IS HOSTING A LUNCHEON FOR CAREGIVERS AND CARE PARTNERS (THE ONE YOU ARE CARING FOR) IN A WELCOMING AND SUPPORTIVE SPACE.

**APRIL 27, 2026**  
Gouverneur Community Center  
Coffee, Tea and Social Time: 11:00 - 11:30  
Lunch: 11:30

**Menu: Taco Monday**

CALL BARBARA TO RESERVE YOUR SPOT!  
(315) 386-4730

**Office for the Aging Home Care and Respite Programs**

Are you looking for some assistance around the home with services such as food preparation, light housekeeping, shopping, etc.? Do you need assistance with personal care? The Office for the Aging has a **Home Care Program** that may be able to help! Now accepting referrals for this amazing program that helps older adults age in place! Eligible clients must have some form of personal care need, in addition to the other household chores requested. Also, this program is for those who are non-Medicaid eligible. If a client has Medicaid, we would refer them to the department of Social Services Medical Assistance programs.

The Office for the Aging also offers a **Respite Program** for Caregivers that are looking for care in the home to stay with their loved one while they run errands, take a break or just get out of the house!

**To learn more about these programs and to see if you qualify,  
please call (315) 386-4730!**

**OFFICE FOR THE AGING**

**IN HOME SERVICES FOR THE ELDERLY EISEP**

NON-MEDICAL HOME CARE THAT ASSISTS PEOPLE 60 YEARS OF AGE OR OLDER, WHO ARE NOT RECEIVING HOME CARE SERVICES THROUGH ANOTHER GOVERNMENT PROGRAM, OR MEDICAID ELIGIBLE

**AFTER AN IN-HOME EVALUATION, SERVICES MAY INCLUDE:**

- ~ Bathing ~ Dressing ~ Toileting ~ Personal Hygiene
- ~ Grooming ~ Skin Care ~ Medicine Prompt
- ~ Ambulation ~ Transfer Assistance
- ~ Record Keeping ~ Record Keeping
- ~ Light Housekeeping ~ Meal Assistance ~ Laundry

**CONTACT US**

**NY Connects  
315-386-4730**

## April Food Sense

### April Package (\$20.50)

- Meatballs, 1lb
- Tilapia Fillets, 1lb
- Italian Sausage, 1lb
- Ground Chicken, 1lb
- Cheese Ravioli, 13oz
- Pasta Sauce, 24oz
- Cauliflower Florets, 1lb
- Spaghetti, 1lb
- Fruit Mix, 15oz
- Peas, 15oz
- Produce #1
- Produce #2

### April Specials

- Pork Ribs, 3lbs for \$10;** St. Louis style ribs, uncooked and vacuum-sealed for freshness.
- Chicken Tenders, 5lbs for \$11;** Fully-cooked and oven or air fryer-ready.
- Produce Box, 12lbs for \$13.50;** 1 wrapped lettuce, 1 celery sleeve, 5 oranges, 1 pint grape tomatoes, 2lbs onions, 2lbs carrots, and 3lbs potatoes.
- Onion Rings, 2.5lb for \$9;** Ready to cook in the oven or air fryer.
- Shrimp Florentine, 24oz for \$8;** Tender shrimp, spinach, and farfalle pasta in a creamy Florentine sauce.
- Mozzarella Sticks, 3lbs for \$12;** Par-cooked and ready for the oven.

Orders Due: 3/13  
Pick Up: 3/26

Payment is due at the time of order. Cash or check only when ordering in person. 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
- Online at: [foodsense.foodbankcny.org](http://foodsense.foodbankcny.org)

- Other ordering locations include:
- Heuvelton: 315-528-4680 or 315-414-1934
  - Ogdensburg: 315-393-2510
  - Hammond: 315-528-9067

Credit/debit card and EBT/SNAP card payments are accepted for online orders.

\*These locations are not associated with the Potsdam Neighborhood Center. We are unable to provide further information. Please call the numbers above for more details. Thank you.



## Medicare 101

Offered by St. Lawrence County Office for the Aging

### Join us on the following Mondays:

Human Services Building, Canton

April 20<sup>th</sup> 10:00am

May 18<sup>th</sup> 10:00am

June 15<sup>th</sup> 10:00am

Come and get your questions answered....

When do I sign up for Medicare?

What does Medicare cover?

Do I need to add other insurance?

What do I do during Open Enrollment?



Medicare 101 will be held in the Human Services Building

80 State Highway 310, Canton

2nd floor conference room

(in the same building as the Office for the Aging and DMV)

Call the Office for the Aging with any questions.

(315) 386-4730



## Prescription Safe Storage



### Key Rx Safe Storage Tips

To prevent misuse, especially among teenagers, medications should be kept secure:

- **Use Lock Boxes:** Store medication in a locked cabinet, box, or bag.
- **Keep in Original Container:** Keeps medications identified and trackable.
- **Monitor Quantities:** Note how many pills are in the bottle to notice if any go missing.
- **Remove from Common Areas:** Store medicines out of sight and reach of children and visitors.



Lock up your Rx drugs



Keep in Original Container



Monitor quantities

# St. Lawrence County FREE RABIES CLINIC SCHEDULE



**ALL CLINICS REQUIRE  
PRE-REGISTRATION**

**WALK-INs ARE  
NOT ACCEPTED**

Sunday, February 8, 2026	10:00 am - 12:00 pm	Canton Human Services Building 315-229-3456
Wednesday, April 15, 2026	6:00 pm - 7:30 pm	Louisville Highway Department 315-764-7473
Thursday, April 16, 2026	6:00 pm - 7:30 pm	Lisbon Fire Station 315-393-5988
Monday, April 27, 2026	5:30 pm - 6:30 pm	Hammond Town Barn 315-324-5321 ext. 11
Tuesday, May 5, 2026	6:00 pm - 8:00 pm	Waddington Town Barn 315-388-5629
Wednesday, May 6, 2026	5:00 pm - 7:00 pm	Ogdensburg Fire Department 315-393-5191
Thursday, May 7, 2026	5:00 pm - 7:00 pm	Macomb Highway Barn 315-578-2721
Wednesday, May 13, 2026	6:00 pm - 7:00 pm	Norfolk Dominic Zappia Arena 315-384-4821
Wednesday, May 20, 2026	6:00 pm - 8:00 pm	Potsdam Town Barn 315-265-3430
Thursday, May 21, 2026	5:00 pm - 7:00 pm	Gouverneur Friends 4 Pound Paws Shelter 315-842-7297
Thursday, June 18, 2026	6:00 pm - 8:00 pm	Tri-Town Arena 315-740-0133
Thursday, June 18, 2026	5:00 pm - 7:00 pm	Clifton Highway Department (315)-848-3121
Thursday, July 9, 2026	5:00 pm - 7:00 pm	Gouverneur Town Barn 315-287-2340 ext. 101
Thursday, August 20, 2026	6:00 pm - 8:00 pm	Fowler Town Barn 315-287-0045 ext. 101
Tuesday, Sept. 8, 2026	6:00 pm - 8:00 pm	Waddington Highway Department 315-388-5629
Tuesday, Sept. 22, 2026	5:30 pm - 7:00 pm	Massena Village Garage 315-769-5228 ext. 3
Wednesday, Oct. 7, 2026	5:00 pm - 7:00 pm	Ogdensburg Fire Department 315-393-5191
Sunday, Oct. 18, 2026	10:00 am - 12:00 pm	Canton Human Services Building 315-229-3456

PRE-REGISTER ON THE ST. LAWRENCE COUNTY PUBLIC HEALTH DEPARTMENT WEBPAGE OR FACEBOOK PAGE. LINKS TO REGISTER WILL BE POSTED **ONE WEEK PRIOR** TO THE CLINIC. FOR ASSISTANCE WITH REGISTRATION, CONTACT THE HOST TOWN'S CLERK.



**For Questions or Registration Confirmation**

Call the Hosting Town Clerk or the St. Lawrence County Public Health Department at 315-229-3456.



**CLINICS ARE SUBJECT TO CHANGE**



# 10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®  
This program is supported, in part, by a grant from the New York State Department of Health.



## WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

### Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Tuesday, April 14, 2026  
11:30 AM - 12:30 PM

St. Lawrence County Office for the Aging  
80 State Highway 310  
2nd Floor Conference Room  
Canton, NY 13617

To register, please visit  
<https://bit.ly/45hqHbQ>  
or call 800.272.3900

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs online and in your area.



2/20/2024

In collaboration with St. Lawrence County Office for the Aging and Cornell Cooperative Extension



Bingo + Exercise = Bingocize

A fun **10-week** health promotion program that combines the game of bingo with **inclusive exercises for everyone!**

**Every Monday & Thursday\***

**April 6<sup>th</sup> through June 15<sup>th</sup>**

**at 2:30pm**

**\*No session on 4/30\***



**Gouverneur Community Center  
4673 State Highway 58,  
Gouverneur, NY 13642**

**Registration is limited AND required.  
Call 315-386-4730 and ask for Barbara  
to register.**



**Cornell Cooperative Extension  
St. Lawrence County**

**Free prizes and lots of smiles!**

CORNELL COOPERATIVE EXTENSION IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR PROVIDING EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES IN ACCORDANCE WITH APPLICABLE LAWS. PLEASE CONTACT THE CORNELL COOPERATIVE EXTENSION OF ST. LAWRENCE COUNTY OFFICE IF YOU REQUIRE ACCOMMODATIONS.



**Office for  
the Aging**

**New York  
Caregiving Portal**

Powered by Trualta

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**

POWERED BY TRUALTA

**RECIPE CORNER...****Maple Pecan Chicken**

**Ingredients:** 1 lb. boneless skinless chicken breast (cut into six pieces), 1/2 cup halved pecans, 1/4 cup plain bread crumbs, 1 tsp. pepper, and 1/2 cup reduced calorie maple syrup.

**Preparation:**

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Put the pecans and bread crumbs into a food processor. Combine until all of the pecans are chopped into the same consistency as the bread crumbs. Put the chicken into the pecan and breadcrumb mixture. Coat each side completely. Lay the breaded chicken on the prepared baking sheet. Coat the rest of the chicken pieces. Bake for 30-35 minutes, or until all of the chicken is cooked through. Drizzle maple syrup over the top of the baked chicken pieces.

Number of Servings: 6 / **Nutrition: Per serving :** 192.4 Calories; 7.4 g Fat; 1 g Sat; 3.8 g Mono; 43.9 mg Cholesterol; 13 g Carbohydrates; 18.9 g Protein; 1.1 g Fiber; 119.4 mg Sodium; 241.9 mg Pot.

Source: <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=14136>

**National Healthcare Decisions Day**

Ben Franklin once said, "In this world nothing can be said to be certain, except death and taxes." April 15th is Tax Day, so naturally April 16th is National Healthcare Decisions Day. This day was created to educate the public on the importance of advance care planning and to empower people to have conversations about it before there is a crisis. Talking about who you want to make medical decisions for you and what treatments you would or would not want, sooner rather than later, may bring comfort in times of crisis. Having an advance care plan means that during an emergency there are fewer questions to ask, fewer last-minute decisions to make, and more time to spend together focused on each other.

**Here are some ideas for getting the conversation started:**

- What does "healthy" mean to you?
- What concerns you most about being sick?
- What does a "good day" look like to you?
- Who supports you when you have a difficult day?
- Have you ever thought about who you'd like to make healthcare decisions for you if, *and only if*, you cannot make them for yourself?



These conversation starters are designed to introduce the topic of advance care planning, but they're broad by design. These types of conversations can, and should, be had regardless of a person's age or health status. Starting with general questions like these can be a great first step in making a plan for your healthcare as you age.

Looking for more information on advance care planning? Contact Hospice of St. Lawrence Valley at 315-265-3105 to learn about the three easiest steps you can take to make your wishes known and ensure your loved ones understand your decisions.

## April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All Meals are served with 1% milk and ww bread or equivalent</i></p> <p><i>*Menu Follows a no salt added and low sugar diet.</i></p>	<p><i>Note: If you need to cancel your meal or you will not be home to receive your meal, please call 24 hours in advance: 315-386-4730</i></p>	<p>1 <u>Beef Stroganoff over Noodles</u> Gingered Carrots Warm Dinner Roll Assorted Fruit Homemade Dessert</p>	<p>2 <u>Cheeseburger on Bun</u> Mixed Vegetables Seasoned Potatoes Fruit Cup Assorted Yogurt</p>	<p>3 <u>Spinach &amp; Cheese Strata</u> Corn Niblets Warm Spiced Fruit Yogurt Cup Homemade Dessert</p>
<p>6 <u>Stuffed Pepper Casserole</u> Cauliflower w/Cheese Sauce Warm Corn Muffin Fruit Salad</p>	<p>7 <u>Tortellini Tuesday</u> Italian Veg Blend Warm Garlic Knot Fresh Fruit Pudding Cup</p>	<p>8 <u>Meatloaf/Gravy</u> Mashed Pot./Gravy Green Beans Dinner Roll Homemade Dessert</p>	<p>9 <u>Saucy California Pork</u> Parlied Potatoes Vegetable D'Jour Asst Muffin Fruit Mix</p>	<p>10 <u>Chicken, Potato &amp; Vegetable Pot Pie</u> Diced Beets Warm Fruit Cup Homemade Dessert</p>
<p>13 <u>Hawaiian Ham with Pineapple</u> Whipped Sweet Pot. Buttered Peas Dinner Roll Assorted Fruit</p>	<p>14 <i>All Nutrition Centers Closed for Staff Meeting.</i>  <i>Use Frozen Meal</i></p>	<p>15 <u>Honey Garlic Chicken</u> <u>Over Brown Rice</u> Mixed Vegetables Warm Raisin-Bread Pudding Fresh Fruit</p>	<p>16 <u>Savory Roast Pork with Gravy</u> Mashed Potatoes/Gravy Seasoned Cabbage WW Bread Fruit Cup</p>	<p>17 <u>Turkey Broccoli Bake over Noodles</u> Stewed Tomatoes Warm Asst Muffin Fresh Fruit Homemade Dessert</p>
<p>20 <u>Chicken Parmesan Over Penne</u> California Mix Veg Warm Dinner Roll Assorted Fruit</p>	<p>21 <u>Herb Encrusted Baked Fish</u> Rice Pilaf Peas and Carrots Assorted Muffin Fresh Fruit</p>	<p>22 <u>BBQ Riblet o/Bun</u> Macaroni &amp; Cheese Brussel Sprouts Assorted Fruit Homemade Dessert</p>	<p>22 <u>American Goulash</u> Buttered Broccoli Warm Blushed Peas Corn Muffin Fresh Fruit</p>	<p>23 <u>French Toast Casserole</u> Breakfast Sausage Creamed Spinach Hashbrowns Homemade Dessert</p>
<p>27  Mexican Monday!!  (Chef's Choice)</p>	<p>28 <u>Pasta with Meat Sauce</u> Italian Veg Blend Warm Garlic Knot Pudding Cup Fresh Fruit</p>	<p>29 <u>Meat &amp; Cheese Sub</u> Three Bean Salad Potato Salad Homemade Dessert</p>	<p>30 <u>Creamy Tuscan Chicken over Buttered Brown Rice w/Mushrooms</u> Vegetable Medley Warm Dinner Roll Fruit Cup</p>	<p><u>MEAL CONSTITUTION</u> <i>Protein – 2oz min</i> <i>Vegetables – ½ - 1 cup</i> <i>Fruit – ½ - 1 cup</i> <i>Starch – 2oz minimum at least 1oz whole grain</i> <i>Dairy – 1 cup</i></p>

### OFFICE FOR THE AGING NUTRITION CENTERS:

*Lunch is served at 11:30 am. All older adults 60 and up are welcome!*

Brasher- LBSH, 32 Church St.

Canton- Canton Sr. Housing, 37 Riverside Drive.

Gouverneur- Gouverneur Community Center, 4673 SH 58.

Morristown- Morristown Fire Hall, 200 Morris St.

Potsdam- Midtown Apartments, 28 Munson St.

All Nutrition Centers are open Monday-Friday.  
Doors open at 10 am.

Suggested Voluntary Contribution:  
\$3.00 (age 60+)

Guest Fee \$10.00—(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)

April Calendar

- 4/1 Passover
- 4/5 Easter
- 4/6 Board of Legislators Meeting—6 pm; 48 Court St., Canton
- 4/13 Advisory Council Meeting ; 10 am; Human Building, Canton
- 4/22 Earth Day
- 4/22 Administrative Professional's Day



ST. LAWRENCE COUNTY OFFICE FOR THE AGING

**CAREGIVER SUPPORT GROUP**

Caregiving for a loved one is a tough job! If you are 60+ and a Caregiver, please join this wonderful peer support group.

New members welcome anytime!

**2ND TUESDAY OF THE MONTH 10:00 AM**

**HUMAN SERVICES BUILDING**  
80 St. Hwy. 310, Canton  
2nd Floor Conference Room

Call Barbara to Register: (315) 386-4730

<https://stlawco.gov/Departments/OfficefortheAging>

**NC Chapter of StateWide Senior Action Council**

**Next Meeting:** April 2nd - 11:00 am

**Location:** Best Western Golf Lounge, Canton

**Contact Mary Jane Barnes: (315) 723-0819**

**Canton Senior Citizen Club**

**SPRING BAZAAR** on Saturday, April 11, 2026  
9:00 am - 2:00 pm: 37 Riverside Drive, Canton

FOOD SALE, SILENT AUCTION, ELEGANT JUNK, CRAFTS-KNITTED ITEMS, DOOR PRIZES, 50/50 DRAWING, LOTTERY TREE

Homemade Donuts, Chili, Soup, Hotdogs, Hamburgers, Apple Pie, coffee, soda

**Info: Call Myrtle Regan, Pres. 315-386-8917**

Find us on: **facebook**

<https://www.facebook.com/stlawrencecountyofficefortheaging>

**County Council of Senior Citizens**

**Next Meeting:** April 9th at 10:00 am

**Location:** Midtown Apts. - 28 Munson St, Potsdam

**Office for the Aging Advisory Council Meeting**

**Monday, April 13th at 10 am / Public Welcome!**

Human Services Building, 80 SH 310, Canton  
2nd Floor Conference Room