



St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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

### Inside this issue:

Annual Senior Picnic	1
Farmers Market Coupons	2
Eat the Rainbow this Summer	3
Food Sense/ Canton Bingocize	4
Hospice Myths/ Trualta Program	5
Recipe/ EISEP Program	6
Menu	7
Calendar	8

### Mature Living

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# Mature Living



## August 2025



Join us for a fun filled day at the Senior Picnic! We have added a Turkey Roll-Up to the menu seen below.

Attendees who plan to come for lunch **MUST** reserve their lunch ticket in advance by calling (315) 386-4730 by August 7th! No lunch tickets or takeout meals will be available the day of the picnic. Inside seating for lunch is first come, first served. There is an outdoor pavilion with picnic tables that will have plenty of seating available. We hope to see you there!

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

**ANNUAL SENIOR PICNIC**

**August 14, 2025**

**Gouverneur Community Center: 4673 SH 58, Gouverneur**

**9:00 am: Registration**  
(Coffee/Donuts for Sale by County Council of Senior Citizens)

**9:30 am: Free BINGO** (Bring your own Daubers)

**11:45 am: Lunch Menu:** Egg Salad over greens, Bow Tie Pasta Salad, Cucumber Salad, Fresh Fruit Salad, & Blueberry Crisp

**12:30 pm - 1:30 pm: Musical Entertainment by The Bloom Brothers** (Outdoor Pavillion)

**Lunch Tickets MUST be Reserved in Advance**  
**Call (315) 386-4730 / RSVP by August 7th!**

**Suggested Lunch Contribution for 60 and up: \$5.00**  
**Guest Fee (Under 60): \$10.00**

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

## Farmers Market Coupons

If you have not received your Farmers Market Coupons this year, we still have some available at our main office! Eligible clients can pick them up in person at the office, Monday - Friday between the hours of 8 am - 4 pm. We plan to be at various Farmers Markets distributing coupons in August, but do not have the schedule set as of press time. We will publish the schedule in local media, on our FB page and website when available.

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 and ask about the First Mile, Last Mile Program!*

### 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/ Power of Attorney with proper paperwork; can sign for the coupons with a signed proxy form signed in advance by the client!

### Farmers Market Coupon Eligibility Requirements:

1. Must be age 60 or above **AND**
2. **Monthly Income at/or Below 185% of Federal Poverty Level:** \$2,413/month (for a one-person household); Or \$3,261/month (for a two-person household); Or \$4,109/month (for a three-person household)

Farmers Market Coupons can only be used at participating vendors at the Farmers Market. **Coupons also can only be used for fruits and vegetables.**

While the eligible senior must sign for the coupons in person or a POA on their behalf, anyone can shop for them using the coupons!

**Each year only 1/2 of all distributed coupons are redeemed.** Please make sure to use your coupons once you receive them. They can be used at any participating Farmers Market in New York State!

Garden Share's Bonus Bucks is a cost-sharing program that allows income-eligible St. Lawrence County residents to stretch their food dollars, support their local farmers, and take advantage of the great local food we have right here in St. Lawrence County.



Purchase a Community Supported Agriculture (CSA) Share, or shop at any of the following five St. Lawrence County farmers markets: Canton, Potsdam, Massena, Gouverneur, and Hammond!

**Call GardenShare at (315) 261-8054 to learn more about this program!**

## Appointments Appreciated

With summer here and staff taking much deserved vacations, there will be days where we have more limited staffing levels in the office than normal. If you have a question or concern, please call ahead to make an appointment, rather than just stopping by, as we might not have a staff member here to readily assist you. Scheduled appointments allow us to plan for the time needed to spend helping you with your concerns. We want to give you our fullest attention and be able to best serve you. Making an appointment in advance allows us the opportunity to provide better service to you. Please call (315) 386-4730 to schedule an appointment. *Thank you!*

## SUMMER TIME – EAT THE RAINBOW!

Each of these colors has health benefits, including:

- Improved vision
- Decreased inflammation
- Reduced risk of chronic diseases, including cancer, heart disease, diabetes
- Strengthened immune system

These benefits are due to the [phytochemicals](#) that occur naturally within these foods. Phytochemicals also give foods their distinct aroma and taste.

While each color provides certain benefits, when paired with other colors, the effects on your health are astonishing. That's why it's important to eat a wide variety of colors.



### See what eating a rainbow of colors can do for you:

- **Red fruits and vegetables**

These contain [lycopene](#), which improves heart health, decreases prostate and breast cancer risk, contributes to stroke prevention and increases brain function. Good sources of lycopene include tomatoes, beets, radish, cherries, strawberries, red onions and red peppers.

- **Orange and yellow fruits and vegetables**

These contain [carotenoids](#), which reduce the risk of heart disease and inflammation, strengthen the immune system, build healthy skin and improve vision. Good sources of carotenoids include carrots, winter squash, apricots, yellow peppers, sweet potatoes, bananas, pineapple, mangoes, pumpkins, peaches and oranges.

- **Green fruits and vegetables**

These contain indoles and isothiocyanates, which may help prevent cancer. Typically, these foods are high in vitamin K, potassium, fiber and antioxidants. They also contain folic acid, which helps prevent neural tube defects in babies. Good sources include spinach, arugula, broccoli, Brussels sprouts, avocados, kiwis, green tea, asparagus, fresh green herbs, kale and artichokes.

- **White and brown fruits and vegetables**

These contain flavonoids and allicin, which have anti-tumor properties. They also can reduce cholesterol and blood pressure, improve bone strength and decrease risk of stomach cancer. Good sources include onions, mushrooms, cauliflower, garlic and leeks.

- **Blue and purple fruits and vegetables**

These contain anthocyanins and antioxidants, which are associated with improved brain health and memory. They also help lower blood pressure and reduce the risk of stroke and heart disease. Good sources include blueberries, blackberries, eggplant, figs, purple cabbage, concord grapes and plums.

Source: [Eat the rainbow for good health - Mayo Clinic News Network](#)



**cd**  
**p**

# August Food \$ense

*August Package (\$20.50):*

- Chicken Kebab Pieces, 1 lb
- Kielbasa, 13 oz
- Ground Beef, 1 lb
- Pollock Fillet, 1 lb
- Buffalo Chicken Pizza, 2.19 lb
- Green Beans, 1 lb
- Mango Chunks, 1 lb
- Macaroni & Cheese, 7.25 oz
- Unsweetened Applesauce, 15 oz
- Carrots, 15 oz
- Fresh Produce #1
- Fresh Produce #2

*August Specials:*

- Pork Ribs, 3lb for \$10; St. Louis style ribs, uncooked, vacuum-sealed.
- Italian Meatballs, 5lbs for \$13.50; Fully cooked and in a 5lb bag.
- Mozzarella Sticks, 3lb for \$12; Par-cooked and ready for the oven.
- Breaded Cod, 1lb for \$7; Breaded cod fillets, wild caught, ready for oven or air fryer.
- Fajita Vegetable Blend, 2.25lb for \$5.50; Mix of onion, red pepper, and green pepper strips.
- Chicken Meal, 24oz for \$6; Pasta in a garlic sauce with broccoli, carrots, corn, and seasoned white meat chicken.

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
- Online at: [foodsense.foodbankny.org](http://foodsense.foodbankny.org)

Orders due: 8/15  
SNAP deducted: 8/17  
Pick-up: 8/28

## Food Sense Program

The Food Sense Program is a fantastic option to help stock up your pantry and refrigerator at a low cost.

**There are no income limits for this program. It is open to anyone.** If you do have SNAP benefits, you can use your card for payment!

Check out this great program!



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

# BINGO cize!

Bingo + Exercise = Bingocize

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

**Every Monday and Thursday**  
**Starting August 4th through**  
**October 9th, 2025**  
**at 1:00pm at:**

**The Riverside Dr. Apartment**  
**37 Riverside Dr, Canton, NY, 13617**

**Registration is limited AND required.**  
Call 315-386-4730 to be connected with a NY Connects Staff Member to register.

**Free prizes and lots of smiles!!**

**Fall Prevention Workshop!**

**Cornell Cooperative Extension**  
**St. Lawrence County**

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.

## UNDERSTANDING ALZHEIMER'S AND DEMENTIA

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.



### ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

#### Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

Thursday, August 28  
11:30 a.m. - Noon

LBSH Housing Corporation  
32 Church St  
Brasher Falls, NY 13613

To register, please email  
[vsokolowski@alz.org](mailto:vsokolowski@alz.org)  
or call 315.472.4201

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

**ALZHEIMER'S ASSOCIATION**  
Central New York Chapter



### **Hospice Myth Busters**

There are some common myths about Hospice that float around the community. Talking about Hospice and end-of-life care can make people anxious but knowing the truth about how Hospice helps can make those conversations a little easier.

**Myth 1:** Hospice only works with patients who have cancer.

The only requirement to qualify for Hospice care is a terminal diagnosis with a life expectancy of 6 months or less, if the disease runs its normal course. This can be a cancer diagnosis, but we also support people with Amyotrophic Lateral Sclerosis (ALS), Parkinson's, Chronic Obstructive Pulmonary Disease (COPD), Chronic Kidney Disease (CKD), Congestive Heart Failure (CHF) and more. The actual condition can be anything as long as a doctor has estimated a 6 month or less life expectancy.

**Myth 2:** Hospice patients can only use hospice doctors, not their own Primary Care Providers or Specialists.

If you have a medical provider with whom you're comfortable and have gotten to know over the years, they **can** be a part of your hospice team! The team of people who care for you at the end of life includes our staff and any outside doctors who you'd like and who are willing to follow you on hospice.

**Myth 3:** Hospice of St. Lawrence County has a "hospice house" on Route 11.

The large building on Route 11 between Potsdam and Canton is for the administrative offices of Hospice. There is no "hospice house" in St. Lawrence County. Instead, all patients are provided with hospice care wherever they call home, whether it's a family farmhouse, nursing home or other homelike setting.

To learn more about how Hospice of St. Lawrence Valley guides each journey, whether it is palliative care, end-of-life, or grief with compassion, comfort, and care call 315-265-3105.



Office for  
the Aging

New York  
**Caregiving Portal**  
Powered by Trualta

Provided in Partnership With:  
**Association on Aging  
in New York**



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don't know where to start?**

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- Discover ways to connect with your loved one
- Share and learn with fellow caregivers



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**NewYork-Caregivers.com**



**Recipe Corner ...****Strawberry-Chocolate Greek Yogurt Bark**

Lightly sweetened Greek yogurt gets studded with fresh strawberries and chocolate chips then frozen so you can break it into chunks just like chocolate bark (but healthier!). This colorful snack or healthy dessert is perfect for kids and adults alike. Use full-fat yogurt to ensure the creamiest bark possible.

**Ingredients:** 3 cups whole-milk plain Greek yogurt, 1/4 cup pure maple syrup or honey, 1 tsp vanilla extract, 1 1/2 cups slice strawberries, 1/4 cup mini chocolate chips

**Preparation:** Line a rimmed baking sheet with parchment paper, stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10 X 15 inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

**Nutrition Facts:**

Amount per serving: Calories: 34 kcal; Fat: 1.3 g; Carbs: 4 g; Protein: 2 g; Cholesterol: 2.8 mg; Sodium: 7.6 mg.

**Source:** <https://www.eatingwell.com/recipe/259080/strawberry-chocolate-greek-yogurt-bark/>






**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

## August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>All Meals are served with 1% milk</i> <i>*Menu Follows a no salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please notify our office</i>	<b>Note:</b> <i>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>	<u>EACH MEAL CONSISTS OF:</u> Protein – 2oz min Vegetables – ½-1 cup Fruit – ½- 1 cup Starch – 2oz min Dairy – 1 cup		<b>1</b> <b>Tuna Boats</b> Pineapple Cole Slaw Marinated Fresh Summer Vegetables Homemade Dessert Fresh Fruit
<b>4</b> <b>Chicken Parm over Pasta</b> Summer Squash Blend Garlic Knot Assorted Fruit	<b>5</b> <b>Shepard's Pie</b> Parslied Cauliflower Assorted Muffin Fruit Cup	<b>6</b> <b>BBQ Pork on Bun</b> Baked Beans Broccoli with Cheese Sauce Fresh Fruit Homemade Dessert	<b>7</b> <b>Pot Roast w/Gravy</b> Mashed Pot./Gravy Mixed Vegetables Dinner Roll Assorted Fruit	<b>8</b> <b>Cabbage Roll Casserole</b> Summer Squash Blend Warm Corn Muffin Fresh Fruit Homemade Dessert
<b>11</b> <b>Hamburger Stroganoff over Noodles</b> Green Beans Buttered Corn Country Biscuit Assorted Fruit	<b>12</b> <i>All Nutrition Centers Closed (Staff Training)</i> <i>Use Frozen Meal</i>	<b>13</b> <b>Fish Florentine</b> Vegetable Rice Pilaf Stewed Tomatoes Dinner Roll Happy Birthday Cake!	<b>14</b> <b>SENIOR PICNIC</b>  All Nutrition Centers Closed. (Use Frozen Meal)	<b>15</b> <b>Egg Salad over Greens</b> Bow Tie Pasta Salad Cucumber Salad Fresh Fruit Cup Blueberry Crisp
<b>18</b> <b>Philly Steak Subs w/Pepper &amp; Onions</b> Seasoned Fries Buttered Carrots Assorted Fruit	<b>19</b> <b>California Pork Chop</b> Parslied Potatoes Green Peas Dinner Roll Melon Cup	<b>20</b> <b>Chef Salad with Turkey, Cheese, and Egg</b> Veggie Mac Salad Banana Muffin Fruit Cup Homemade Dessert	<b>21</b> <b>French Toast Casserole</b> Sausage Warm Cinnamon Carrots and Apples Cheesy Hash browns Fruit Juice	<b>22</b> <b>Chicken &amp; Biscuits</b> Mashed Pot/Gravy Harvard Beets Fruit Cup Homemade Dessert
<b>25</b> <b>Fluffy Spinach and Cheese Strata</b> Green/Yellow Beans Fruit Cup	<b>26</b> <b>Monterey Chicken Pasta Bake</b> Mixed Vegetables Zucchini & Tomatoes Garlic Knot Fresh Fruit	<b>27</b> <b>Hawaiian Ham w/Pineapple</b> Whipped Sweet Pot. Broccoli Dinner Roll Homemade Dessert	<b>28</b> <b>Deluxe Burger</b> Potato Wedges Brussel Sprouts Assorted Fruit	<b>29</b> <b>Sweet-n-Sour Pork over Brown Rice</b> Winter Mix Veggies Asst. Muffin Fruit Cup Homemade Dessert

### ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTERS

**Brasher-** LBSH, 32 Church St. Lunch is at 11:30 am.  
**Canton-** Canton Sr. Housing, 37 Riverside Drive. Lunch is at 11:00.  
**Gouverneur-** GCC, 4673 SH 58. Lunch is at 11:00 am.  
**Morristown-** Morristown Fire Hall, 200 Morris St. Lunch is at 11:00.  
**Potsdam-** Midtown Apt., 28 Munson St. Lunch served at 11:00 am.

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

Suggested 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)

## August Calendar

- 8/4 SLC Board of Legislators Meeting; 6 pm - 48 Court Street, Canton
- 8/14 Senior Picnic
- 9/1 Labor Day; All County Offices and Nutrition Centers are closed.



### NC Chapter of StateWide Senior Action Council

No Meeting in August!

Contact Barb at (315) 261-2980

### County Council of Senior Citizens

Next Meeting: No August mtg.



## YOUR FRIDGE & FOOD SAFETY

*Keeping your refrigerator clean and organized helps to minimize food spoilage and reduces your risk of foodborne illness.*

**MAIN COMPARTMENT**  
Temperature is more stable—store perishable foods like raw meat, dairy, and eggs here.

**ADDITIONAL TIPS**  
Clean refrigerator surfaces with hot, soapy water and diluted bleach solution.

Keep fridge smelling fresh by placing an opened box of baking soda on a shelf.

**RAW MEAT**  
Prevent juices from leaking by storing on a wrapped plate or in a sealed container.

**COOKED LEFTOVERS**  
Leftovers are safe for 3 to 4 days in the refrigerator.

**SEALED DRAWERS**  
Drawers are the best storage option for fruits and vegetables.



**FREEZER**  
Set to 0°F or below. Frozen food is safe forever though quality may suffer with lengthy storage.

**TEMPERATURE**  
An appliance thermometer lets you know your fridge is set to 40°F or below.

**DOORS**  
Temperature changes frequently—avoid storing perishable foods here.

