



St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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

Mature Living



August 2026



Seniorama is sponsored by the North Country Chapter of
StateWide Senior Action Council

Inside this issue:

NC StateWide's Seniorama	1
Home Safety Checklist	2
Eat the Rainbow this Summer	3
Food Sense/ Cell Phone Class	4
Hospice / Appointments	5
Recipe/ EISEP Program	6
Menu	7
Calendar	8

Mature Living

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32ND ANNUAL SENIORAMA!

MORE THAN A HEALTH FAIR - IT'S A CELEBRATION!

2026 SENIORAMA

Presented by the North Country Chapter of NY StateWide Senior Action Council

WE'RE EXCITED TO WELCOME

Whinee WIENERS FOOD TRUCK

WILL BE HERE ON EVENT DAY!

Delicious food for everyone to enjoy!

OPEN TO ALL ADULTS!

Whether you're planning for the future, caring for a loved one, approaching retirement, or already enjoying retirement, StateWide Seniors welcomes adults of all ages.

Join us for a day of information, resources, friendship, fun, and community!

MONDAY AUGUST 10, 2026
10:00 AM - 2:00 PM

Event Space at Ogdensburg International Airport - Great Room
5900 NY-812, Ogdensburg, NY

DOOR PRIZES!
Drawings Throughout the Event!

FUN, FRIENDS & ACTIVITIES FOR EVERYONE!

PROGRESSIVE BINGO!

B	I	N	G	O
12	24	37	52	63
3	16	42	60	75
7	21	★	48	70
1	22	35	54	68
9	17	32	50	74

★ Bingo runs all day!
★ One card per registrant.
★ Win prizes throughout the event!

ICE CREAM SOCIAL!

★ Complimentary treats
★ Meet new friends
★ Relax and enjoy sweet treats!

PHOTO-OP WITH FRIENDS!

★ Fun themed backdrop
★ Capture memories
★ Share the smiles!

DOOR PRIZES & GIVEAWAYS!

★ Exciting prizes
★ Drawings all day
★ Must be present to win!

COMMUNITY VENDORS & RESOURCES!

★ Local organizations
★ Health & wellness info
★ Services, programs, and more!

INFORMATION & RESOURCES

- Health & Wellness Information
- Medicare & Patient Rights Assistance
- Financial & Social Service Resources
- Wellness & Healthy Aging Resources
- Local Agencies & Community Organizations
- County & State Government Programs
- Senior Advocacy Information
- Benefits & Support You Can Use

Why Attend?

Discover valuable resources, enjoy fun activities, reconnect with friends, and learn about programs that help you live healthy, safe, and independent lives!

Something for Everyone. Something for Every Stage of Life!

For More Information
315-723-0819
mjbvero1@yahoo.com

Mary Jane Barnes
North Country Chapter President
NY StateWide Senior Action Council

STATE WIDE
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Fax 518-436-7642 • www.nysenior.org • 800-333-4374

Join us for the 32nd Annual Seniorama!
A DAY OF INFORMATION, FRIENDSHIP, FUN & COMMUNITY!



HOME SAFETY CHECKLIST

For Seniors

Prevent Falls

- ☐ Clear hallways, walking paths, and stairs of tripping hazards including piles and furniture that is sticking out.
- ☐ Remove throw rugs and loose flooring.
- ☐ Add non-slip mats to bathroom and kitchen.
- ☐ Place safety adhesive tread in tub or shower.
- ☐ Install handrails on both sides of stairs and grab bars in tub/shower and by toilet for support.
- ☐ Check toilet seat height and add raised seat if needed.
- ☐ Include color contrasting anti-slip tape on the edges of stairs.
- ☐ Move frequently used items to places that are easily accessible without step stool.
- ☐ Add plenty of lighting to the house. Wireless motion sensing and touch/clap on lighting works well.

Store Chemicals And Cleaners Correctly

- ☐ Keep cleaners and chemicals in their original containers.
- ☐ Store these products away from food and heat sources.
- ☐ Avoid storing propane, gas cans, automotive and lighter fluids in the house.
- ☐ Dispose of expired or leaking products safely. Consult local waste management for info. about doing so.

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Reduce Fire Risks

- ☐ Install fire detectors outside of each bedroom and on every level of the home. (Don't forget carbon monoxide detectors, also.)
- ☐ Get automatic stove turn off device to prevent burners and oven on too long.
- ☐ Remove frayed electrical cords and too many plugs to outlets.
- ☐ Hire professionals to inspect home heating system and fireplace yearly.
- ☐ Put small fire extinguisher in kitchen and/or near main exit door.
- ☐ Maintain at least 3 foot distance between space heaters and clothes, curtains, people, etc..

Ensure Medicine Safety

- ☐ Store medicine in original packaging with instructions unless using dispensing device.
- ☐ Keep list of current medications handy for doctor visits, yourself, and/or caregivers.
- ☐ Place medicine in locations that children and adults with dementia cannot easily access. Do not leave laying around. Put safety latch on medicine cabinet if needed.
- ☐ Use medicine dispensing device or hire assistance if needed to properly take medicines.

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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](#)

August Food Sense

August Package (\$20.50):

- Chicken Breast, 1.6 lbs avg.
- Marinated Pork, 1 lb
- Ground Beef, 1 lb
- Flounder, 1 lb
- Instant Potatoes, 13.3 oz lb
- Carrots, 1 lb
- Strawberries, 1 lb
- Elbow Macaroni, 1 lb
- Applesauce, 15 oz
- Corn, 15 oz
- Fresh Produce #1
- Fresh Produce #2

August Specials:

- Pork Ribs, 3lb for \$11; St. Louis style ribs, uncooked, vacuum-sealed.
- Chicken Nuggets, 5lbs for \$11; Fully cooked and ready for oven or air fryer.
- Mozzarella Sticks, 3lb for \$12; Par-cooked and ready for the oven.
- Shrimp Lo Mein, 24 oz for \$5; Has tender shrimp, noodles, and vegetables with an oyster & soya sauce.
- Key West Vegetable Blend, 4 lb for \$9; A mix of whole green beans, sliced carrots, and red pepper strips.
- Italian Meatballs, 5 lbs for \$13; Fully cooked and in a 5-lb bag.

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

Online at: foodsense.foodbankny.org

Orders due: 8/14
Pick-up: 8/27

Other ordering locations include:

- Heuvelton: 315-528-4680 or 315-414-1934
- Ogdensburg: 315-393-2510
- Hammond: 315-528-9067

*These locations are not associated with the Potsdam Neighborhood Center, and we are unable to provide further information.

Cornell Cooperative Extension
St. Lawrence County

ARE YOU HAVING ISSUES USING YOUR CELL PHONE?

Cornell Cooperative Extension of St. Lawrence County and Office for the Aging are offering tech support classes for YOU.

THE CLASS WILL COVER:

- Navigating some Facebook features including managing Facebook Marketplace
- How to use Gmail
- And much more!

WHY ATTEND?

- Presentation will provide how-to instructions
- We will provide one-on-one support to address any questions you are having with your phone or other devices

Monday, August 17th, 2026, 10-11:30am

Class Location:

CCE Extension Learning Farm-
2043B State Highway 68, Canton, NY 13617

Where Do I Go Once I arrive?:

Go to the **Back Classroom** entrance.
Located at the far end of the parking lot.
Accessible parking available.

Registration is limited AND required. Please call 315-386-4730 to register.

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.

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!

BLANCHING TIME FOR VEGGIES

- okra 2-3 minutes
- leafy greens 1-2 minutes
- summer squash/zucchini 3 minutes
- chopped broccoli 2 minutes
- chopped cauliflower 3 minutes
- field peas 2 minutes
- Brussels sprouts 3-5 minutes
- diced carrots 2 minutes
- green beans 3 minutes

©how it works

If you or someone you know 60+ has been a victim of fraud, call the National Elder Fraud Hotline

NATIONAL ELDER FRAUD HOTLINE
1-833-FRAUD-11
1-833-372-8311



How does Hospice support family members?

Hospice care is provided by a team of professionals who support both the person at the end of life and their family. While the support provided to the patient is what most people picture when they think of hospice, it's important to know that hospice care truly extends to the entire family.



Nurses coordinate the patient's medications and durable medical equipment while conducting routine assessments and monitoring their condition. They also provide invaluable education for family members on how to care for their loved one, including safe transfers, repositioning, medication administration, and what to expect at the time of death. Our nurses are on call 24 hours a day, 7 days a week, 365 days a year to provide families with practical support and guidance for medical concerns.

Home Health Aides provide compassionate personal care to patients several times each week. While they are caring for the patient, family caregivers have an opportunity for respite, even if it's just stepping into another room to read a book or take a nap.

Social Workers assist patients in navigating the emotions that may arise during the dying process and help them develop strategies to manage anxiety. Family members also benefit from the support of Social Workers, who can assist with FMLA paperwork, applying for benefits, facilitating family meetings, and identifying respite care options.

The Spiritual Care Coordinator supports patients in exploring their spirituality, recognizing that spirituality is unique to each individual. They help patients connect with what brings them comfort and meaning through prayer, music, crafts, and life review. Families often benefit from these conversations and activities as well, exploring their own spirituality and finding support throughout the dying process.

Many patients and families also benefit from trained hospice volunteers. These dedicated individuals provide companionship and opportunities for socialization and life review for the patient. For family caregivers, volunteers offer valuable respite, allowing them to step away with the reassurance that their loved one is not alone.

Hospice care does not end when the patient's life ends. Our bereavement staff reaches out to families to offer ongoing support and resources. Family members have access to bereavement services, in whatever form best meets their needs, for 13 months following the death of their loved one. These visits provide education about the grieving process and compassionate support as families learn to adjust to their loss.

Hospice care benefits the entire family as they navigate the end-of-life journey together. If you're interested in learning more about how and when hospice can help, please call 315-265-3105.

SAVE THE DATE: 2026 SENIOR FALL FESTIVAL

With the Seniorama event in August, County Council of Senior Citizens decided to move the Annual Senior Picnic to September. It will now be called the **Senior Fall Festival!** The event will be held on **Thursday, September 17th at the Gouverneur Community Center!** As in the past, guests will enjoy Bingo, door prizes, raffles, a delicious lunch and musical entertainment! Lunch will be Turkey Dinner with all the trimmings! Stay tuned to the September newsletter for full information! Attendees must reserve their lunches in advance; as no lunch tickets will be available that day.

Please call (315) 386-4730 to reserve your lunch ticket!

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 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Honey Garlic Chicken</u> Seasoned Potatoes Buttered Carrots Dinner Roll Homemade Dessert	4 <u>Pasta with Meat Sauce</u> Italian Style Green Beans Warm Garlic Knot Assorted Fruit	5 <u>Savory Glazed Pork</u> Creamy Rice Pilaf Mixed Vegetables Dinner Roll Homemade Dessert	6 <u>Amish Breakfast Casserole</u> Tomatoes/Zucchini Warm Cinnamon Applesauce Assorted Muffin Fresh Fruit	7 <u>Ham Salad over Lettuce Leaf w/Sliced Tomatoes</u> Cottage Cheese w/Peaches Pasta Salad WW Bread Homemade Dessert
10 <u>Sausage Subs</u> Peppers and Onions Summer Squash Potato Wedges Homemade Dessert	11 <i>All Nutrition Centers Closed for Staff Meeting/Training.</i> <u>Use Frozen Meal</u>	12 <i>Chef's Choice</i>	13 <u>Southern BBQ Chicken</u> Baked Beans Sweet Peas Buttermilk Biscuit Assorted Fruit	14 <u>Tuna & Egg Macaroni Salad</u> Cottage Cheese 3-Bean Salad Banana Muffin Happy Birthday Cake!
17 <u>Hawaiian Ham w/Pineapple</u> Whipped Sweet Potatoes Brussel Sprouts Dinner Roll Homemade Dessert	18 <u>Fish Scandia</u> Rice Pilaf Harvard Beets Assorted Muffin Fresh Fruit	19 <u>Chicken Kiev Casserole</u> Spinach Warm Dinner Roll Homemade Dessert	20 <u>Carolina Pulled Pork on Bun</u> Sautéed Cabbage & Onions Macaroni & Cheese Assorted Fruit	21 <u>Assorted Deli Wraps</u> Lettuce/Tomatoes Potato Salad Homemade Dessert
24 <u>Spanish Rice</u> Broccoli w/Cheese Sauce Garlic Knot Homemade Dessert	25 <u>Fishwich w/Cheese</u> Sweet Potato Fries Warm Spiced Pears Coleslaw Fresh Fruit	26 <i>Chef's Choice</i>	27 <u>Turkey over Stuffing w/Gravy</u> Potatoes/Gravy Gingered Carrots Dinner Roll Assorted Fruit	28 <u>Mediterranean Salad w/Chicken and Corn</u> Assorted Muffin Macaroni Salad Homemade Dessert
31 <u>Philly Cheesesteak</u> California Mix Veg Seasoned Potatoes Homemade Dessert	<i>Do you have any nutrition questions or need help with your diet? Contact the Registered Dietitian at: 315-386-4730</i>	<u>MEAL CONSTITUTION</u> Protein – 2oz min Vegetables – ½ - 1 cup Fruit – ½ - 1 cup Starch – 2oz minimum at least 1oz whole grain Dairy – 1 cup	<i>All Meals are served with milk and WW bread or equivalent</i> <i>*Menu Follows a no salt added and low sugar diet.</i>	<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>

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)

August Calendar



- 8/3** SLC Board of Legislators Meeting; 6 pm - 48 Court Street, Canton
- 8/10** NC StateWide Seniorama; 10 am @ Ogdensburg Airport
- 9/7** Labor Day; All County Offices and Nutrition Centers are closed.

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.

USDA Food Safety and Inspection Service
U.S. DEPARTMENT OF AGRICULTURE

NC Chapter of StateWide Senior Action Council

Thursday, August 6th @ Best Western Golf Lounge

Contact Mary Jane Barnes at 315-723-0819

County Council of Senior Citizens

Next Meeting: No August mtg.



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

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



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