



St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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

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### Mature Living

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# Mature Living

## December 2025

**Happy Holidays!** It is the season of twinkling lights and festive spirits. How are you spending your holidays? We hope you find some time to relax and reflect on the many joys of the season.

It is important to note that the holidays can be difficult for many. People can be missing loved ones who have passed away or family & friends who live far away. Please take time this month to check on your neighbors and friends. Take a few moments to wish them a Merry Christmas or Happy Holidays or Happy Hanukkah. Make the time to enjoy a simple cup of coffee and conversation with someone who might be lonely or isolated. It will mean the world to that person!

**We hope you all have a wonderful, safe holiday season filled with love and laughter! Be well friends!**

### SLC Youth Bureau's

## 5TH ANNUAL HOLIDAY CARD DRIVE

SLC YOUTH BUREAU  
IN PARTNERSHIP WITH  
OFFICE FOR THE AGING

Students of all ages are invited to make  
holiday cards, notes, or pictures for  
older adults this holiday season.  
Let's spread some cheer!



Mail (or drop off) cards by  
**Friday, December 12th 2025**  
to SLC Youth Bureau 80 SH 310 Canton, NY 13617

Contact us  
if your organization would like  
to receive cards

Questions?  
Email [achase@stlawco.gov](mailto:achase@stlawco.gov) or  
call 315.379.9464



### Eating Healthy During the Holidays

The holiday season often brings festive meals and sweet treats, but maintaining a healthy diet is especially important for older adults. While it's tempting to indulge in rich foods, it's essential to prioritize nutrition to support overall health, energy, and immune function. Here are some simple tips for eating well during the holidays:

- 1. Plan Balanced Meals:** Aim for meals that include a variety of foods—lean proteins (like turkey, chicken, or plant-based options), plenty of vegetables, whole grains, and healthy fats. Incorporating colorful vegetables can add nutrients and fiber, which aid digestion and help manage weight.
- 2. Watch Portion Sizes:** Holiday meals can be abundant, but it's easy to overeat. Choose smaller portions and savor the flavors. Eating mindfully helps prevent overeating and supports digestive health.
- 3. Stay Hydrated:** During colder months, people often forget to drink enough water. Aim for 6-8 cups of water daily. Herbal teas and water with a slice of lemon can be enjoyable alternatives.
- 4. Limit Sugary Treats:** Holiday sweets can be high in sugar, which can lead to energy crashes or spikes in blood sugar. While it's okay to enjoy a small treat, try to focus on the flavor rather than the quantity. Opt for healthier desserts like fruit salads or yogurt parfaits.
- 5. Manage Special Diets:** Many older adults have dietary restrictions due to health conditions such as diabetes, heart disease, or hypertension. It's essential to stick to doctor-recommended diets, choosing lower-sodium options, whole grains, and healthier fats.
- 6. Stay Active:** Physical activity is key to maintaining good health. Short walks or stretching can help boost circulation and prevent overeating from sedentary habits.

**By making mindful choices and planning ahead, older adults can enjoy the holiday season while supporting their long-term health and well-being.**

## TIPS FOR MANAGING HOLIDAY STRESS



Wake up and go to sleep at the same time every day



Do a minimum of 30 minutes of cardiovascular exercise every day



Maintain a well-rounded diet and avoid overindulging in alcohol and high-carbohydrate foods



Practice 15 minutes of Transcendental Meditation daily



Reach out for professional help when needed

Make an effort to socialize daily; avoid isolating yourself because of stress







# December Food Sense

<b>DECEMBER PACKAGE (\$20.50)</b>	<b>DECEMBER SPECIALS</b>
CHICKEN THIGHS, 1.68LBS AVG	<b>BONE-IN HAM</b> , 7.5lbs avg. for \$13.50; Fully cooked and averages 7.5lbs.
GROUND BEEF, 1LB	<b>MOZARELLA STICKS</b> , 3lbs for \$12; Par-cooked and ready for the oven.
MARINATED PORK, 1LB	<b>CHICKEN GARLIC MEAL</b> , 24oz for \$6.50; Pasta in a garlic sauce with broccoli, carrots, corn, & seasoned white meat chicken.
EGGS, 1 DOZEN	<b>PANTRY BOX</b> , 8 items for \$12; Baking mix (40oz), Mac & Cheese (7oz), Peaches (15oz), Elbow Macaroni (1lb), Strawberry Spread (19oz), Pasta Sauce (24oz), Au Gratin Potatoes (4.7oz), and Peanut Butter (16oz).
1% MILK, 32OZ	<b>MEATLOAF MIX</b> , 2lbs for \$11; Equal blend of beef, pork, and veal.
TOASTED OATS CEREAL, 15OZ	<b>LASAGNA ROLL-UPS</b> , 42oz for \$6.50; Stuffed with ricotta and romano cheese.
PLAIN BAGELS, 14OZ	
PANCAKE MIX, 6.75OZ	
STRAWBERRIES, 1LB	
PEARS, 15OZ	
FRESH PRODUCE #1	
FRESH PRODUCE #2	

**Orders Due 12/1**  
**SNAP deducted 12/7**  
**Pick up 12/18**

Payment is due at time of order.  
 Cash or check only.  
 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](http://foodsense.foodbankny.org)

**Other ordering locations include:**  
 Hewletten: 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.

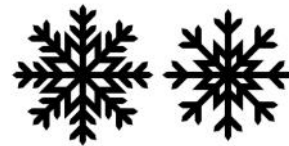
## Weather Related Program Closings

When inclement weather conditions occur, Office for the Aging Nutrition Sites may need to cancel home delivered meals. If you are receiving Home Delivered Meals, the Office for the Aging will provide you, in advance, with a frozen emergency meal to be used on a day we are unable to deliver.

Staff will also call clients to perform the daily wellness check.

Watch for weather closings to be announced on the following radio and television stations:

WNCQ/FM.WCIZ (102.9FM/98.7 FM);  
 WPDM (1470 AM/99.3 FM); NORTH  
 COUNTRY PUBLIC RADIO (89.5 FM);  
 WMSA (1340AM); YESFM (96.7 FM);  
 Channel 7 TV (WWNYTV); News 10 Now




**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





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

## Winter Webinar Series - Wednesdays at 5pm

**Hosted by St. Lawrence County OFA**

12/3/2025 - Understanding Alzheimer's and Dementia  
12/10/2025 - 10 Warnings Signs of Alzheimer's  
12/17/2025 - Healthy Living for Your Brain & Body

**Hosted by Jefferson County OFA**

1/7/2026 - Empowered Caregiver: Building Foundations of Caregiving  
1/14/2026 - Empowered Caregiver: Supporting Independence  
1/21/2026 - Empowered Caregiver: Communicating Effectively  
1/28/2026 - Empowered Caregiver: Responding to Dementia-Related Behaviors  
2/4/2026 - Empowered Caregiver: Exploring Care and Support Services





315.472.4201 | alz.org/cny

These programs are supported in part by grants from the New York State Department of Health.

### Enjoying the Holidays: A Guide for Older Adults

The holiday season is a time of joy, togetherness, and reflection, but for many older adults, it can also bring challenges. With a few thoughtful adjustments, you can fully embrace the season's festive spirit and create meaningful memories.

**1. Stay Connected:** Whether in person, via phone, or through video calls, maintaining connections with family and friends is key. Socializing, even in small doses, can help combat loneliness and lift spirits. Don't hesitate to reach out to loved ones or join community events to stay engaged.

**2. Simplify Celebrations:** The holidays don't need to be extravagant to be enjoyable. Focus on what truly matters - quality time, good conversation, and simple traditions. Consider smaller gatherings or quiet moments that are easy on both your schedule and energy.

**3. Stay Active:** Physical activity doesn't mean intense workouts. Enjoy a gentle walk, chair exercises, or dancing to your favorite holiday music. It's a great way to reduce stress and stay energized throughout the season.

**4. Practice Self-Care:** The holidays can be busy, but it's essential to prioritize your own well-being. Rest when you need to, hydrate, and eat nourishing foods. Taking care of yourself helps ensure you have the energy to enjoy all the festivities.

**5. Make New Traditions:** While cherished family customs are always special, it's also a wonderful time to explore new traditions. Whether it's trying a new holiday recipe, crafting handmade decorations, or volunteering to help others, new activities can bring fresh joy.



## 6 TIPS FOR A Stress-free holiday

- 1 During stressful situations, count to 10 in your head before reacting
- 2 Meditate or listen to some relaxing music
- 3 If the situation that's causing you stress isn't urgent, sleep on it
- 4 Take deep, calming breaths to reduce stress levels
- 5 Break down big problems into smaller steps
- 6 Stay active

# Local Resources

## Mental Health Outpatient Services :

### St. Lawrence Health Systems

315-261-5420 (Potsdam)  
 315-261-5405 (Potsdam)  
 315-261-5415 (Gouverneur)  
 315-261-5680 (Massena)  
 315-261-5395 Emotional Support Line 24/7

### St. Lawrence County Mental Health

315-386-2048 (Canton)

### St. Lawrence Psychiatric Center

315-541-2001 (Ogdensburg)

### United Helpers Mosaic

315-386-0264 (Canton)  
 315-541-3042 (Ogdensburg)

### Community Health Center of the North Country

315-379-8130

### Massena Wellness Center

315-769-8441

### Gouverneur Wellness Center

315-287-2811

### Ogdensburg Wellness Center

315-394-0101

Scan the QR  
Code for this list  
of life-saving  
numbers



SCAN ME!

### Citizens Advocates

315-713-9090 (Ogdensburg)  
 315-764-0876 (Massena)  
 518-483-3261 (Malone)

### Claxton Hepburn Medical Center

315-713-5720

### Mental Health Counseling Services

315-268-0264 (Potsdam)

## Additional Resources :

### Seaway Valley Prevention Council

315-713-4861

### Domestic Violence Hotline

1-800-942-6906

### St. Lawrence Valley Renewal House

### Domestic Violence Resources

315-379-9845

### St. Lawrence County Sheriff's Office

315-379-2222

### St. Lawrence County Addiction Services

315-386-2189

There is hope.



If you or someone you know  
needs support now,  
call or text **988**  
or  
chat **988lifeline.org**

**988** SUICIDE & CRISIS  
LIFELINE



988lifeline.org

Happy  
Holidays!





## Recipe Corner.....

### Cranberry Salsa with "Tree" Chips



#### Ingredients:

1 bag (12 oz.) fresh or frozen cranberries (no need to thaw), 1 Granny Smith apple (peeled, cored and cut in eighths), 1/2 large red pepper (cut in large chunks), 1/2 medium red onion (cut in large chunks), 3/4 cup sugar, 1/3 cup apple juice, 3 tbsp. chopped fresh cilantro, 2 tbsp. chopped pickled jalapeno pepper, 1 tsp grated lime zest, 1 pkg (14 oz.) spinach tortillas

**Salsa:** Put cranberries, apple, red pepper and onion in food processor; pulse till chopped. Transfer to a large glass bowl. Stir in remaining ingredients till blended. Cover and refrigerate, or spoon into crocks or jars and refrigerate.

**Chips:** Heat oven to 375 degrees. Have ready a 3-inch tree-shape cookie cutter and baking sheet(s). Using cookie cutter, cut six trees from each tortilla. Place on ungreased baking sheet(s) and bake 8 min. or till crisp. Remove to wire rack to cool completely. Put in plastic bags; serve (or give as gifts) with salsa.

[https://everythingandnothing.typepad.com/mississippi/2005/11/cranberry\\_salsa.html](https://everythingandnothing.typepad.com/mississippi/2005/11/cranberry_salsa.html)

### Grieving During the Holidays

The holiday season can be a particularly challenging time for people who are grieving, whether the loss happened recently or long ago. Participating in certain traditions can feel different when you've experienced a loss, and at times, hard to navigate.



It's important to be gentle with yourself when grieving, and especially around times you know will be particularly hard. For the holidays, this might mean changing traditions, choosing not to participate in certain activities, or creating new ways to stay connected to the person you are grieving. Dedicating a dinner or gift to someone who you've lost can help continue your bond with them through the holidays. But if you know there are traditions that will just be too hard, it's okay to skip them this year.

Grieving during a time that is dedicated to family can feel very isolating but it's also a perfect time to take advantage of what the holidays are all about, family support. It's ok to express yourself and talk about how you're feeling to a trusted friend or family member. When you are actively grieving, it's hard to keep the holidays happy for yourself, and others. Making someone aware of what you're going through, or what you anticipate struggling with, is the best way to get support during the holidays. Having a support system is important for all aspects of grief, and you might find that you need to lean on it more heavily during this time of year.

**This holiday season, we at Hospice of St. Lawrence Valley encourage you to take the time and be gentle with yourself, and to enjoy the holidays to whatever extent you're comfortable.**

**315-265-3105**

## December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <u>Pasta with Meat Sauce</u> Italian Medley Garlic Knot Assorted Fruit Pudding Cup	<b>2</b> <u>Cheddar Sausage Egg Bake</u> Hashbrowns Seasoned Spinach Fruited Yogurt Assorted Muffin Fresh Fruit	<b>3</b> <u>Mustard Rosemary Chicken</u> Sweet Potatoes Corn Niblets WW Bread Homemade Dessert	<b>4</b> <u>Ham and Scalloped Potato Casserole</u> Broccoli Dinner Roll Assorted Fruit	<b>5</b> <u>Homestyle Meatloaf w/Gravy</u> Mashed Potato/Gravy Mixed Vegetables Dinner Roll Homemade Dessert
<b>8</b> <u>Chicken Teriyaki over Brown Rice</u> Oriental Vegetables Warm Cinnamon Applesauce Assorted Muffin Fresh Fruit	<b>9</b> <i>All Nutrition Centers Closed for Staff Meeting.</i>  <i>Use Frozen Meal</i>	<b>10</b> <u>Beef Stroganoff Over Egg Noodles</u> Peas and Carrots WW Bread Warm Spiced Fruit Pudding Cup	<b>11</b> <u>Turkey over Stuffing w/Gravy</u> Mashed Potato/Gravy Squash Dinner Roll Homemade Dessert	<b>12</b> <u>Sausage with Peppers and Onions on a Sub Roll</u> Assorted Potatoes Yellow Beans Homemade Dessert
<b>15</b> <u>Fish Burger</u> Stewed Tomatoes Mac and Cheese Assorted Fruit Fruited Yogurt	<b>16</b> <u>Meatball Parmesan Subs</u> Cauliflower Potato Chips Fresh Fruit Fruited Yogurt	<b>17</b> <u>Pork Sauerbraten w/Gravy over Egg Noodles</u> Seasoned Cabbage Warm Dinner Roll Happy Birthday Cake!	<b>18</b> <u>Crispy Breaded Chicken</u> Oven Fries Seasoned Green Beans WW Bread Fresh Fruit	<b>19</b> <u>Cook's Choice</u> <u>Warm Winter Stew</u> Roasted Brussel Sprouts Warm Spiced Peaches Country Biscuit Homemade Dessert
<b>22</b> <u>Baked Ziti with Sausage</u> Vegetable DuJour Warm Garlic Knot Fresh Fruit Fruited Yogurt	<b>23</b> <u>Chicken and Biscuits</u> Mashed Potato/Gravy Harvard Beets Fresh Fruit Pudding Cup	<b>24</b> <i>All Nutrition Centers Closed for Holiday</i>  <i>Use Frozen Meal</i>	<b>25</b> <u>Merry Christmas!</u>  <i>All Nutrition Centers Closed</i>  <i>Use Frozen Meal</i>	<b>26</b> <u>Savory Baked Fish</u> Rice Pilaf Creamed Spinach WW Bread Homemade Dessert
<b>29</b>  <u>Mexican Monday!</u>  <i>Chef's Choice</i>	<b>30</b> <u>Cabbage Roll Casserole</u> Buttered Carrots Warm Corn Muffin Assorted Fruit Pudding Cup	<b>31</b> <u>Chicken Riggies</u> Italian Mix Veg Warm Garlic Knot Fresh Fruit Homemade Dessert	<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:</i> <div style="text-align: right;">315-386-4730</div>	<i>All Meals are served with 1% milk and ww bread or equivalent</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>

### 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 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)**

## December Calendar

12/1	SLC Board of Legislator's Meeting; 6 pm at 48 Court Street, Canton
12/14	Hanukkah Begins
12/21	First day of Winter
12/24	Christmas Eve
12/25	Christmas Day
12/26	Kwanzaa begins
12/31	New Year's Eve
1/1	New Year's Day



### NC Chapter of StateWide Senior Action Council

**Next Meeting:** Thursday, December 4th at 11:00 am

**Location:** Lobster House

**Contact Barb at (315) 261-2980**

### Senior Club News & Events

#### Massena Senior Citizens

**Dance Night: December 27th**

6 pm - 10 pm

Band: North County Band

Ham & Turkey Dinner

\$30 for Dinner & Dance

Call 315-769-7810



Find us on:  
**facebook®**

St. Lawrence County Office for the Aging:

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

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>