



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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



## February 2025



### **2025 ST. LAWRENCE COUNTY: SENIOR CITIZEN OF THE YEAR AWARD**

#### **Now Seeking Nominations**

Senior Citizen of the Year Award, presented by St. Lawrence County Office for the Aging, recognizes a senior citizen who has tirelessly advocated on behalf of senior citizens.

Qualifications for consideration by St. Lawrence County Office for the Aging selection committee are as follows:

- ◆ Nominee must be a St. Lawrence County resident 60 years or over.
- ◆ Nominee must have tirelessly advocated on behalf of seniors.
- ◆ Nominee must have shown leadership in assisting with needed support services and activities which have helped improve the lives of senior citizens..
- ◆ Nominee may be nominated by an individual or group.

Please call the Officer for the Aging at (315) 386-4730 to have an application mailed or emailed to you.

**NOMINATIONS ARE DUE BY FEBRUARY 21, 2025!**



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#### **Mature Living**

- ◆ *Published by:* St. Lawrence County Office for the Aging
- ◆ *Supported by:*  
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## February is National Heart Health Month



### **Celebrate someone you love!**



- Take a walk 3 times this week**
- Cook a heart-healthy meal together**
- Schedule a health check-up**

## Free Tax Assistance from AARP

AARP Tax-Aide Program will have one site open in St. Lawrence County for the 2024 tax year. Massena Community Center, 61 Beach St., will be open **Mondays** and **Tuesdays** from 8:30 a.m. - 12:30 p.m.

- ◆ Taxpayers must come during site hours to pick up and fill out an intake sheet.
- ◆ Taxpayers will be interviewed and asked to leave their documents in a large tax envelope.
- ◆ Please bring all documents showing income for 2024; plus last year's tax return.

As this is the main site in the County, there may be a number of returns in the queue to be processed. Returns will be processed in the order that they are received. Taxpayers can wait at the site, in their car or at home. Taxpayers will be called with questions and to pick up their returns when complete.

It is important that we have a good working number to call you when we are completing the return and able to be picked up.

The Tax-Aide Program is not limited to serving senior citizens; AARP does not discriminate based on age.

**For more information, please call: AARP Tax-Aide, Sheryl Campbell, (315) 212-0450**

# 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 → 

**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

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>

# HAPPY



**GROUNDHOG DAY**

*February Food \$ense*

|  |  |                                 |                                |                                |                                     |              |                                    |                  |                                     |  |  |
|--|--|---------------------------------|--------------------------------|--------------------------------|-------------------------------------|--------------|------------------------------------|------------------|-------------------------------------|--|--|
| <p><i>February Package: \$20.50</i></p> <p>Marinated Beef Portions, 1lb<br/>             Boneless Chicken Breast, 1.25lb<br/>             Loop Kielbasa, 15oz<br/>             Fish Sticks, 1lb<br/>             Ground Turkey, 1lb<br/>             Potato &amp; Cheese Pierogis, 13oz<br/>             Green Beans, 15oz<br/>             French Fries, 24oz<br/>             White Rice, 1lb<br/>             Applesauce, 15oz<br/>             Produce #1<br/>             Produce #2</p> <p><i>Order Due: 2-14</i><br/> <i>SNAP deducted: 2-16</i><br/> <i>Pick Up: 2-27</i></p> <p>Payment is due at time of order. Cash, check, SNAP only.<br/>             Please make checks payable to Potsdam Neighborhood Center.</p> <p>Orders are accepted at the following locations:</p> <table border="0" style="width: 100%;"> <tr> <td><u>Potsdam NC:</u> 315-265-3920</td> <td><u>Massena NC:</u> 315-764-0050</td> </tr> <tr> <td><u>Canton NC:</u> 315-386-3541</td> <td><u>Massena Salvation Army:</u></td> </tr> <tr> <td><u>Parishville NC:</u> 315-244-0069</td> <td>315-769-5154</td> </tr> <tr> <td><u>Gouverneur NC:</u> 315-287-3370</td> <td>Online Ordering:</td> </tr> <tr> <td><u>Canton Housing:</u> 315-386-8381</td> <td><a href="http://foodsense.foodbankcny.org">foodsense.foodbankcny.org</a></td> </tr> </table> | <u>Potsdam NC:</u> 315-265-3920  | <u>Massena NC:</u> 315-764-0050 | <u>Canton NC:</u> 315-386-3541 | <u>Massena Salvation Army:</u> | <u>Parishville NC:</u> 315-244-0069 | 315-769-5154 | <u>Gouverneur NC:</u> 315-287-3370 | Online Ordering: | <u>Canton Housing:</u> 315-386-8381 | <a href="http://foodsense.foodbankcny.org">foodsense.foodbankcny.org</a> | <p><i>February Specials</i></p> <p><u>Baby Back Ribs</u>, 2lbs for \$6; fully cooked and in a traditional BBQ sauce.</p> <p><u>Breaded Chicken Fritters</u>, 5lbs for \$10; Fully cooked breaded chicken.</p> <p><u>Italian Meatballs</u>, 5lbs for \$13; Fully cooked and in a 5lb bag.</p> <p><u>Shrimp Scampi</u>, 24oz for \$6; complete meal with shrimp, linguini, &amp; veg in creamy garlic sauce.</p> <p><u>Protein Box</u>, 8lbs for \$15; 1lb Ground beef, 1.7lb Pork tenderloin, 3.5lb Chicken drumsticks, 1lb Pollock fillets, 1lb Bologna.</p> <p><u>Lasagna Roll-Ups</u>, 42oz for \$6.50; filled with ricotta &amp; Romano cheese.</p> |
| <u>Potsdam NC:</u> 315-265-3920  | <u>Massena NC:</u> 315-764-0050  |                                 |                                |                                |                                     |              |                                    |                  |                                     |  |  |
| <u>Canton NC:</u> 315-386-3541   | <u>Massena Salvation Army:</u>   |                                 |                                |                                |                                     |              |                                    |                  |                                     |  |  |
| <u>Parishville NC:</u> 315-244-0069  | 315-769-5154   |                                 |                                |                                |                                     |              |                                    |                  |                                     |  |  |
| <u>Gouverneur NC:</u> 315-287-3370   | Online Ordering:   |                                 |                                |                                |                                     |              |                                    |                  |                                     |  |  |
| <u>Canton Housing:</u> 315-386-8381  | <a href="http://foodsense.foodbankcny.org">foodsense.foodbankcny.org</a> |                                 |                                |                                |                                     |              |                                    |                  |                                     |  |  |



**Food Sense Program**

Everyone is struggling with the incredibly high prices of food these days.

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 the many locations throughout the County where you can access this program. Feel free to call the center closest to you with questions or for more information!



**Office for the Aging Home Care Program:**

If you are 60 or over and in need of home care services, the Office for the Aging is accepting referrals for the Expanded In-Home Services for the Elderly Program (EISEP). This home care program assists elderly, fragile, individuals to help maintain quality of life at home. **EISEP** provides personal care including bathing, dressing, grooming, and meal preparation to County residents who **are non-Medicaid eligible**. Services provided may be on a cost-share basis depending on income levels.

**Contact: NY CONNECTS - (315) 386-4730**

## TIPS TO KEEP YOUR HEART HEALTHY

YOU CAN PREVENT HEART DISEASE BY MAKING THESE LIFESTYLE CHOICES.



### KNOW YOUR FAMILY HISTORY

You have a greater risk if a parent or grandparent had heart disease.



### DRINK IN MODERATION

Four fluid ounces of red wine a day can be all right, according to some physicians.



### KNOW YOUR NUMBERS

Do you know what your good and bad cholesterol numbers are? Your body mass index? Check the Weight Control Information Network website created by the National Institutes of Health.



### DON'T SMOKE

That means avoiding secondhand smoke, too.



### EAT A HEART-HEALTHY DIET

Make sure you get lots of fruits, vegetables, omega-3 fatty acids, and fiber-rich whole grains. Stick to less than 1,500 mg of sodium a day, and avoid sugar-sweetened beverages.

Caring.com



## Signs of Heart Disease

Early heart disease often doesn't have symptoms or the symptoms may be barely noticeable. That's why regular checkups with your doctor are important.

- Pain, numbness, and/or tingling in the shoulders, arms, neck, jaw, or back
- Shortness of breath when active, at rest, or while lying flat
- Chest pain during physical activity that gets better when you rest
- Lightheadedness
- Dizziness
- Confusion
- Headaches
- Cold sweats
- Nausea/vomiting
- Tiredness or fatigue
- Swelling in the ankles, feet, legs, stomach, and/or neck
- Reduced ability to exercise or be physically active
- Problems doing your normal activities

\*\* Information source: <https://www.nia.nih.gov/health/heart-health-and-aging#heart-disease>



## TIPS FOR A HEALTHY HEART

**Eating Healthy Food**

**Regular Physical Exercise**

**Avoiding Smoking**

**Keep Cholesterol In Check**

**Keep Blood Pressure In Check**

**Keep Blood Sugar In Check**

**Manage Stress**

**Taking Alcohol In Moderation**

**Maintaining Healthy Weight**

**Regular Checkup**

www.uscpronline.com

## **Attention Home Delivered Meal Clients: We Need Your Updated Contact Information!**

It is critically important that our office have your updated contact information! When a client isn't home for a meal, we perform a wellness check where we call the client and the emergency contacts to ensure the client is safe! Please call us at (315) 386-4730 if you need to update your contact information!

Please let us know if **any** of the following information has changed for you in past the six months:

1. Address Changes
2. Home Phone Number Changes
3. Cell Phone Number Changes
4. Emergency Contacts Phone Number Changes



### **House Numbers**



Is your house number clearly visible from the road? Is your house number on your mailbox? This is very important for emergency services to find your house quickly when you call 911. It is also very helpful for our delivery drivers, as often we have someone filling in who isn't familiar with the route.

### **Snow Removal from Driveways and Sidewalks**

If you are a home delivered meal client, please keep your driveway and/or sidewalk cleaned out. We understand it can be difficult to find someone to perform this task for you. Please consider asking a family member, friend, neighbor or church member to help.

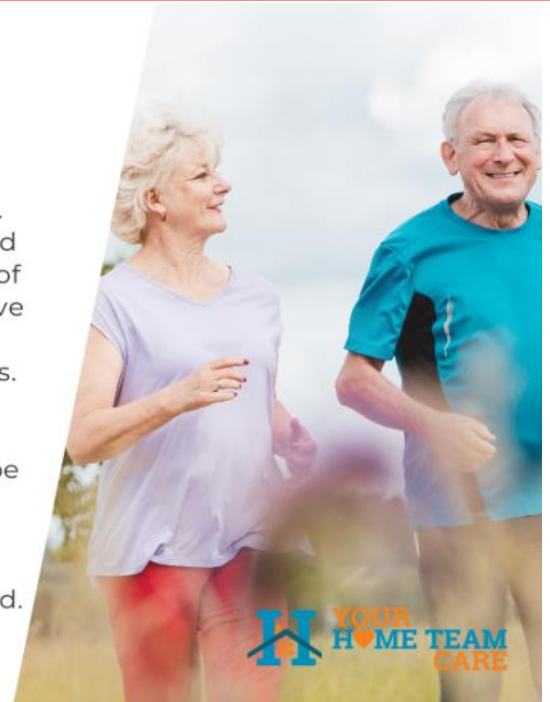


If a driveway is impassable, we won't be able to deliver your meal. Our delivery drivers have been getting stuck frequently in driveways. Each time this happens, we have to call a tow truck and it impacts the rest of the deliveries; if they can be delivered at all. We appreciate your help!

## **Tips For a Healthy Heart**

- **Be More Physically Active:** Try to be more physically active. Talk with your doctor about the type of activities that would be best for you. If possible, aim to get at least 150 minutes of physical activity each week. Every day is best. It doesn't have to be done all at once.
- **Quit Smoking:** Smoking adds to the damage to artery walls.
- **Follow a heart-healthy diet:** Choose foods that are low in trans and saturated fats, added sugars, and salt.
- **Manage stress:** Learn how to manage stress, relax, and cope with problems to improve physical and emotional health.
- **Keep your diabetes, high blood pressure, and/or high cholesterol under control:** Follow your doctor's advice to manage these conditions, and take medications as directed.

\*\* Information Source: <https://www.nia.nih.gov/health/heart-health-and-aging#heart-disease>



## White Turkey Chili

This Turkey chili recipe is gorgeous, with flecks of green from zucchini, oregano and green chilies. To keep the saturated fat low, we use one pound of ground turkey and add whole-grain bulgur to boost the volume and fiber in this chili recipe.

**Cook Time: 40 Minutes / Servings: 6**

### Ingredients

- 3 tablespoons extra-virgin olive oil or canola oil
- 1 pound 93%-lean ground turkey
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 medium zucchini, diced (about 3 1/2 cups)
- 1/2 cup bulgur
- 2 tablespoons dried oregano
- 4 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon white pepper
- 1/4 teaspoon salt
- 2 15-ounce cans no-salt-added white beans, rinsed
- 2 4-ounce cans green chilies, mild or hot
- 4 cups reduced-sodium chicken broth



### Directions

1. Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chilies, then pour in broth; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally

Source: <https://www.eatingwell.com/recipe/250833/white-turkey-chili/>

## New Health Insurance Cards

As a friendly reminder, please be sure to show your new insurance cards to your doctors or pharmacy - starting January 1st!

Also, there could be a deductible with your drug plan. This is the amount you must pay each year for your prescriptions **before** your Medicare drug plan pays its share.


## Office for the Aging Advisory Council Meeting

There will be an Office for the Aging Advisory Council Meeting on **Monday, February 10, 2025.**

The meeting will be held at 10 am in the 2nd Floor Conference Room in the Human Services Center; 80 SH 310, Canton.

**The public is welcome to attend!**

## February 2025

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <b>3</b><br><u>Chicken and Biscuits</u><br>Mashed Potatoes<br>Harvard Beets<br>Fresh Fruit                    | <b>4</b><br><u>Beef Stroganoff</u><br>Over Egg Noodles<br>Brussel Spouts<br>Dinner Roll<br>Fruit Cup                | <b>5</b><br><u>Goulash</u><br>Cauliflower with Cheese Sauce<br>Assorted Muffin<br>Fresh Fruit<br>Homemade Dessert                                   | <b>6</b><br><u>Assorted Quiche</u><br>Seasoned Potato Wedges<br>Spinach<br>Assorted Muffin<br>Fresh Fruit                              | <b>Chef's Choice</b>  |
| <b>10</b><br><u>Meatball Subs</u><br>Veggie Blend<br>Potato Chips<br>Warm Cinnamon Applesauce<br>Fresh Fruit  | <b>11</b><br><u>Tuna, Pea &amp; Macaroni Salad</u><br>Pickled Beets<br>Dinner Roll<br>Assorted Fruit                | <b>12</b><br><u>Oven Baked Chicken with Gravy</u><br>Whipped Potatoes w/Gravy<br>Green Beans<br>Fresh Fruit, Roll<br>Homemade Dessert               | <b>13</b><br><u>Beef and Broccoli Stir Fry over Rice</u><br>Yellow Beans<br>Assorted Muffin<br>Fruit Salad                             | <b>14</b><br><u>Breaded Fish</u><br>Stewed Tomatoes<br>Macaroni & Cheese<br>Dinner Roll<br>Assorted Fruit<br>Homemade Dessert<br>Happy Valentine's Day! |
| <b>17</b><br><u>President's Day</u><br>All County Offices & Nutrition Centers Closed.<br><br>Use Frozen Meal  | <b>18</b><br><u>Meatloaf w/Gravy</u><br>Mashed Potato w/Gravy<br>Buttered Carrots<br>Dinner Roll<br>Mixed Fruit Cup | <b>19</b><br><u>Chicken Cacciatore with Pasta</u><br>Italian Medley<br>Fresh Fruit<br>Garlic Knot<br>Homemade Dessert                               | <b>20</b><br><u>Irish Stew with Carrots and Potatoes</u><br>Winter Blend Veggies<br>Warm Biscuit<br>Fresh Fruit                        | <b>Chef's Choice</b>  |
| <b>24</b><br><u>Lemon Garlic Chicken</u><br>Oven Roasted Potatoes<br>Mixed Veg.<br>Dinner Roll<br>Fresh Fruit | <b>25</b><br><u>Shepherd's Pie</u><br>Spinach<br>Assorted Muffin<br>Warm Spiced Fruit                               | <b>26</b><br><u>Roast Pork with Gravy over Savory Stuffing</u><br>Mashed Potato/Gravy<br>Roasted Brussel Sprouts<br>Fresh Fruit<br>Homemade Dessert | <b>27</b><br><u>Homemade French Toast with Sausage</u><br>Cheesy Hash<br>Browns<br>Warm Cinnamon Carrots and Apples<br>Mixed Fruit Cup | <b>28</b><br><u>Sloppy Jo's</u><br>Sweet Pot. Fries<br>Cauliflower<br>Fresh Fruit<br>Homemade Dessert   |
| *All Meals are served with 1% milk & whole wheat bread  | *If you have a Food Allergy, please notify our office   | Please 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            | *Menu Follows a no salt added and low sugar diet.  |    |

**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 am  
**Gouverneur-** GCC, 4673 SH 58. Lunch is at 11:00 am.  
**Morristown-** Morristown Fire Hall, 200 Morris St. Lunch is at 11:00 am.  
**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 \$5.00—(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)

February Calendar

- ♥ 2/2 Groundhog's Day
- ♥ 2/3 St. Lawrence County Board of Legislators Meeting; 6 pm—48 Court Street, Canton
- ♥ 2/10 SLC OFA Advisory Council Meeting; 10 am—Canton
- ♥ 2/14 Valentine's Day
- ♥ 2/17 President's Day; Office for the Aging and Nutrition Centers are closed.

♥ happy ♥  
*Valentine's*  
♥ day ♥



Find us on:  
**facebook**

[https://  
www.facebook.com/  
stlawrencecountyoffice-  
fortheaging](https://www.facebook.com/stlawrencecountyoffice-fortheaging)

988 Suicide & Crisis Lifeline  
988 or 988Lifeline.org

Veterans Crisis Line  
Dial 988 (press 1)

Disaster Distress Helpline  
1-800-985-5990

You're not alone.  
*Help is available.*

SAMHSA's National Helpline  
1-800-662-HELP (4357)

FindSupport.gov  
FindTreatment.gov



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




**NC Chapter of StateWide Senior Action Council**

**No meeting in February!**

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

**CRITICAL NEED FOR VOLUNTEERS**

The Office for the Aging has a **critical need** for volunteers to help deliver meals! Nutrition Centers are open Monday - Friday from 7 am - 1 pm. Deliveries are between 10 am - 12 pm. **Mileage is reimbursed at 70 cents per mile!**

If you have a couple of hours available per week or per month to help with this incredibly important program for older adults in St. Lawrence County, please contact: **Danielle Durant: (315) 386-4730/**  
**Email: [ddurant@stlawco.gov](mailto:ddurant@stlawco.gov)**