



St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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

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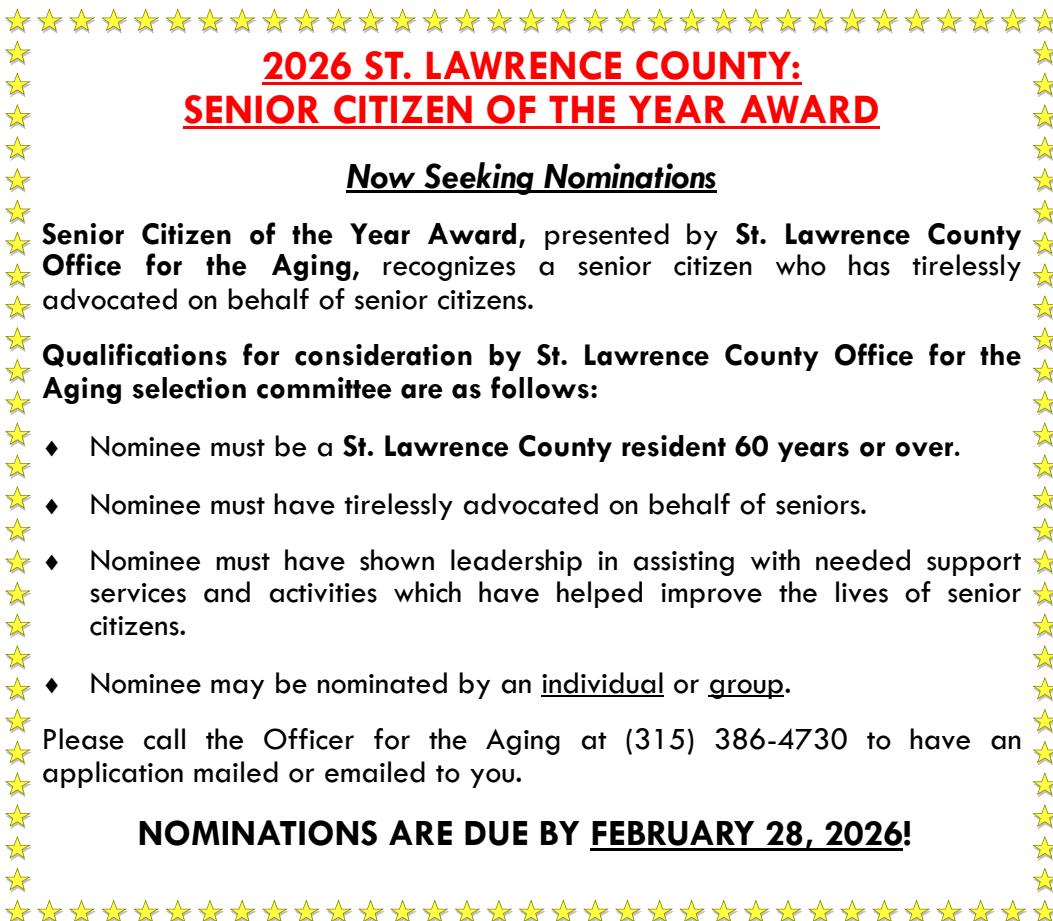
Mature Living

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Mature Living

February 2026

| | |
|---|---|
| <p>2026 ST. LAWRENCE COUNTY: SENIOR CITIZEN OF THE YEAR AWARD</p> <p><u>Now Seeking Nominations</u></p> <p>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.</p> <p>Qualifications for consideration by St. Lawrence County Office for the Aging selection committee are as follows:</p> <ul style="list-style-type: none"> ♦ 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 <u>individual or group</u>. <p>Please call the Officer for the Aging at (315) 386-4730 to have an application mailed or emailed to you.</p> <p>NOMINATIONS ARE DUE BY <u>FEBRUARY 28, 2026!</u></p> |  |
|---|---|

**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 2025 tax year. Massena Community Center, 61 Beach St., will be open **Mondays and Tuesdays** from 8:30 a.m. - 12:30 p.m.; beginning Friday, February 1st - April 15th.

◆ Please bring all documents showing income for 2025; 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 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

HEAP (Home Energy Assistance Program)

The 2025-2026 Regular HEAP season opened on December 1, 2025. Emergency HEAP opened on January 2, 2026.

2025-2026 INCOME GUIDELINES

| <u>Household Size</u> | <u>Gross Monthly Income</u> |
|-----------------------|-----------------------------|
| 1 | \$3,473 |
| 2 | \$4,542 |
| 3 | \$5,611 |
| 4 | \$6,680 |

The 2025-2026 Heating Equipment Repair and Replacement (HERR) program opened on December 11, 2025. Due to limited funding, HERR benefits will be available only to eligible applicants aged 60 or older that own their home. If there is more than one documented homeowner, at least one must be aged 60 or above at the time of application and live in the home as their primary residence. Beginning December 11, 2025, households may apply for HERR by directly contacting HEAP. Homeowners that do not meet the additional eligibility requirement may still be referred to Public Assistance.

Those applying are encouraged to utilize the My Benefits link (www.mybenefits.ny.gov) or call the DSS HEAP unit at 315-379-2303 to request an application.

February Food \$ense

February Package: \$20.50

Marinated Beef Portions, 1lb
Chicken Tenderloins, 1.17lb avg.
Kielbasa Sausage, 13oz
Pollock Fillets, 1lb
French Fries, 2lbs
Strawberries, 1lb
Green Beans, 1lb
Applesauce, 15oz
Corn, 15oz
White Rice, 1lb
Fresh Produce #1
Fresh Produce #2

Order Due: 2-13
Pick Up: 2-26

Payment is due at time of order. Cash, check, SNAP only.
Please make checks payable to Potsdam Neighborhood Center.
Orders are accepted at the following locations:

Potsdam NC: 315-265-3920 Other ordering locations include:
Canton NC: 315-386-3541 Heuvelton: 315-528-4680 or 315-414-1934
Parishville NC: 315-244-0069 Ogdensburg: 315-393-2510
Gouverneur NC: 315-287-3370 Hammond: 315-528-9067
Massena NC: 315-764-0050

Or order online at: foodsense.foodbankcny.org

* All EBT payments must be processed online through the customer portal.
Please contact your local ordering site if you need assistance.

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

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



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.



DON'T SMOKE

That means avoiding secondhand smoke, too.



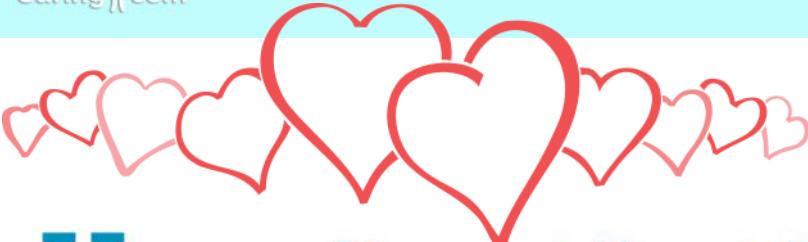
DRINK IN MODERATION

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.



**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

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>

HOCKEY FOR ALZHEIMER'S

Hosted By SUNY Canton Men's Hockey
Come dressed in purple to support Alzheimer's awareness



FEBRUARY 7TH, 2026
C vs. MORRISVILLE

CAREGIVER PRESENTATION- 3:00PM
LOCAL RESOURCES AVAILABLE 3-6:30PM
CEREMONIAL PUCK DROP- 3:53PM
JERSEY AUCTION
50/50 RAFFLE

For more information contact: Vanessa Cook
cookvs206@potsdam.edu

TERRY MARTIN ICE ARENA SUNY CANTON

Partnered With **ALZHEIMER'S ASSOCIATION** Central New York Chapter Sponsored By **Potsdam** STATE UNIVERSITY OF NEW YORK Public Health Department

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>



A Day About Love, After Loss

The good news first, there are less than 50 days until sunset will be at 7pm. Thinking of how much more light and warmth that will bring to the world! To get there though, you'll be navigating Valentine's Day, which if your special someone is gone can be very hard.

Working around something like Valentine's Day, where you're surrounded by symbols of love, can bring up a lot of feelings. It can be helpful to remember any, and all of those feelings are normal. Yes, this means if you get a twinge of jealousy when you see a happy couple your age out enjoying dinner that's normal. It also means that irritation you feel toward friends who vent about how frustrating their partners are is ok as well.

So how do you manage all those feelings and being surrounded by symbols of love everywhere?

Take the day off. It's ok to just avoid it all, if it's just too hard this year. Stay home and off social media. Taking a day to rest, especially a day where your emotions will be running high, is an amazing act of self-love...fitting for a day all about love, huh?

Celebrate the love you still have. While most people think of Valentine's Day as a celebration of romantic love it can be so much more. Go to lunch with your girlfriends, call your favorite niece, send cards to all the grandkids, cuddle your dog.

It is easy to feel overwhelmed by all the hearts, messages of love, and romance this time of year. Stay connected to the love that still remains in your life and know you're not navigating loss alone. Hospice of St. Lawrence Valley offers a free Community Bereavement program which includes one-on-one sessions, groups, and other resources. **Call 315-265-3105 to learn more!**



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 9, 2026**.

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 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 2 <u>Spanish Rice</u> Cauliflower with Cheese Sauce Corn Muffin Fruit Cup | 3 <u>Homestyle Meatloaf</u> Mashed Potatoes w/Gravy Chuck Wagon Corn Dinner Roll Fresh Fruit | 4 <u>Chicken Pasta Alfredo</u> Italian Medley Veg. Garlic Knot Assorted Fruit Homemade Dessert | 5 <u>Cheddar Sausage Egg Bake</u> Creamed Spinach Hashbrowns Assorted Muffin Fruit Cup | 6 <u>Pork & Mushroom Stew with Potatoes</u> Diced Beets Buttermilk Biscuit Assorted Fruit Homemade Dessert |
| 9 <u>Cheeseburger</u> Mixed Vegetables Baked Beans Fruit Cup Assorted Yogurt | 10 <i>All Nutrition Centers Closed for Staff Meeting/Training.</i> <u>Use Frozen Meal.</u> | 11 <u>Sweet & Sour Chicken w/ Rice</u> Oriental Veg. Banana Muffin Homemade Dessert | 12 <u>Swedish Meatballs over Noodles</u> Buttered Broccoli Dinner Roll Pudding Cup Fresh Fruit | 13 <u>Baked Ham with Country Gravy</u> Mashed Pot./Gravy Sweet Peas Dinner Roll Birthday Cupcake! |
| 16 <u>President's Day</u> <i>All Nutrition Centers Closed.</i> <u>Use Frozen Meal.</u> | 17 <u>Shake & Bake Chicken</u> Green Beans Sweet Potatoes Corn Muffin Pudding Cup | 18 <u>Tuna Noodle Casserole</u> Zucchini and Stewed Tomatoes Warm Fruit Crisp WW Bread Homemade Dessert | 19 <u>Pasta w/ Meat Sauce</u> Italian Medley Veg Garlic Knot Fresh Fruit | 20 <u>Vegetable Quiche</u> Shredded Hashbrowns Cheesy Cauliflower Blueberry Muffin Homemade Dessert |
| 23 <u>Monterey Chicken</u> Au gratin potatoes California Blend Vegetables WW Bread Fresh Fruit | 24 <u>American Goulash</u> Yellow Beans Warm Cinnamon Applesauce Dinner Roll Fruit Cup | 25 <u>BBQ Riblet on Roll</u> Mac & Cheese Brussel Sprouts Assorted Fruit Homemade Dessert | 26 <u>Mexican Casserole</u> Spicy Beans & Rice Buttered Spinach Dinner Roll Fresh Fruit | 27 <u>Herb Encrusted Fish</u> Rice Pilaf Honey Glazed Carrots Assorted Muffin Fresh Fruit Homemade Dessert |
| <i>Do you have any nutrition questions or need help with your diet? Contact the Registered Dietitian at 315-386-4730</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> | <i>All Meals are served with 1% milk and ww bread or equivalent *Menu Follows a no salt added and low sugar diet.</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 |

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)



happy
Valentine's
day



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.

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!

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 72.5 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