



Mature Living

St. Lawrence County
Office for the Aging
(315) 386-4730
www.stlawco.org

January 2023



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Mature Living

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Senior Award Winners for 2022

Senior Citizen of the Year: Myrtle Regan, Canton



Myrtle Regan has been a volunteer for all of her adult life. She enjoys providing assistance at the Maplewood Nursing Home in the activities room and driving older adults in her community who need a ride to appointments. Regan is a member of the County Council of Senior Citizens, Dekalb Jct. United Methodist Church, the Methodist Church in Canton, and the Canton Senior Citizens Club. Since 2007, she has been president of the Canton Senior Citizens, which is the largest active senior citizen club in St. Lawrence County. She has escorted hundreds of older adults on many bus trips that she has organized, taking them to over 50 states, as well as Ireland, Australia, and Canada."

Regan is described by individuals as a doer and a leader who gives tirelessly of her time and talents. When asked why it is important to volunteer, she says: "Everyone should volunteer; it is always a joy and gives you satisfaction of knowing you are helping."

Outstanding Contribution by a Senior Citizen:

Brenda Sanderson, Canton

Brenda Sanderson has been a volunteer for over 20 years, participating in several groups to help her community. She was a member of the Hermon-Dekalb School Board, Hermon Library Board of Trustees and was a den mother for the Boy Scouts when her sons were younger.

Sanderson was the president of the Dekalb Jct. Senior Citizens Club for many years. She has been president of the County Council of Senior Citizens since 2018. In her first year as president, Sanderson visited all of the individual senior clubs to learn more about them. She is also an active member of St. Mary's Catholic Church.



Described by individuals as kind and generous; she is a friend to all, very humble, and willing to lend a hand when needed. When asked why it is important to volunteer, Sanderson stated: "If you see a need, there is no reason you can't step up and help if able."





Help affording health care costs for New York seniors: 2023 eligibility expansions



Enrollment in a Medicare Savings Program (MSP) can help you save over \$7,000 per year in health care costs. Eligibility for MSPs and for Medicaid will expand for New Yorkers in 2023.



If you live in New York and have a limited income, you may be newly eligible to receive assistance with your health care costs through an MSP or Medicaid in 2023.



If you are currently enrolled in either program, you may receive more comprehensive benefits in 2023.

MSPs and Medicaid in 2023

In 2023, the MSP income limits will be higher and instead of three MSPs there will be two: QI and QMB. The table below estimates the eligibility limits for the MSP and Medicaid in 2023. **These limits have not been finalized because they rely on the Federal Poverty Level, which has not yet been set for 2023.** The state will announce the expanded limits in January 2023.

2023 New York gross monthly income limits

2023 New York asset limits

Program	Individuals	Couples	Individuals	Couples
QI	\$2,107	\$2,839	No limit	No limit
QMB	\$1,563	\$2,106	No limit	No limit
Medicaid	\$1,563	\$2,106	\$28,134	\$37,908

These estimates are based on the 2022 federal poverty level (FPL). In 2023, New York's Medicaid limit will increase to 138% FPL. The QMB limit will increase from 100% FPL to 138% FPL. SLMB will be eliminated. QI will increase from 135% FPL to 186% FPL.

Please Note: The table above lists the *estimates* of income limits. These numbers could change once the Federal Government sets the 2023 Federal Poverty Level.

If you currently receive Medicaid or MSP and think you might be eligible for more comprehensive benefits, **please call your Medicaid Worker directly to ask to have your case re-budgeted.** The Department of Social Services main number is (315) 379-2111.

If you think you may now qualify for Medicaid and/or MSP, please call the Office for the Aging at (315) 386-4730 for further information and application assistance.

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at [988lifeline.org](https://www.988lifeline.org).



NIH National Institute
of Mental Health

[nimh.nih.gov/sad](https://www.nimh.nih.gov/sad)

NIMH Identification No. OM 22-4320

Soar North Country

Interested in taking classes on a variety of topics for a low cost? Check out SOAR! They are a member-directed learning group, sponsored locally by [SUNY Potsdam](#). SOAR is also one of almost 400 such lifelong learning groups affiliated with [Road Scholar](#). The 400+ members of SOAR are “Third Age” adults, post-family and career people who are actively enjoying their lives. SOAR members are inquisitive, energetic and creative. They enjoy intellectual stimulation, hands-on activities, going places, and good fellowship. SOAR members love learning just for the sake of learning, and they love sharing what they know.

MEMBERSHIP INFORMATION

AN INVITATION TO JOIN SOAR. SOAR invites our North Country “Third Age” peers to join us in exercising our minds, bodies and spirits.

COURSES AND CLASS SESSIONS. SOAR has two ten-week semesters a year, one beginning in September and the other in March. Almost half our SOAR classes are held on the SUNY Potsdam campus, about a fourth are held in Canton, and the rest are held at other places in Potsdam or in the local area. Most SOAR courses are 1 to 10 class sessions long and usually meet once a week, Monday - Friday, for 1½ or 2 hours. Courses are held during daylight hours. Occasionally, field trips or events occur on the weekends. SOAR members must register for each course they want to take. Course requests are filled in the order received. Late registrations are taken only for courses with openings. Permission from SOAR and the instructor is needed to join a course already in progress. There is at least one new course beginning every week during the semester. Therefore, members who have busy schedules or who travel can still find some SOAR courses to take.

MEMBERSHIP FEES AND PRIVILEGES. For their yearly \$75 membership fee (paid in the fall), current members may take as many courses as they like, in both the fall and spring semesters. One may join (or rejoin) SOAR at any time; however, the membership fee is still \$75 (all membership renewals are due with fall registration). Membership in SOAR includes a SUNY Potsdam parking pass, as well as the privilege of using the Maxcy Hall sports complex. (**NOTE:** Members must be active in the SOAR program in order to retain these privileges.) On occasion, SOAR offers day trips and other special events and opportunities throughout the year. At the end of each semester SOAR holds a luncheon for its members and guests (All the presenters that semester are invited to join us as guests, plus some special guests.) Luncheons, trips and special events are optional and cost extra.

GIFT CERTIFICATES AVAILABLE. Treat that someone special to a SOAR membership. Contact the SOAR office for information about obtaining a SOAR gift certificate.

CONTACT INFORMATION

For information, call the SOAR office at (315) 267-2690, send e-mail to soar@potdam.edu, or write to SOAR, 389 Van Housen Extension, SUNY Potsdam, 44 Pierrepont Avenue, Potsdam, NY 13676. The SOAR office is located in room 382 Van Housen Extension. Office hours during the SOAR semester are 9:00-2:00 MWF; hours may vary at other times of the year.

Source: <https://www.soarnorthcountry.com/>

FREE LEGAL HELP FOR NEW YORKERS 55+



The **Legal Advice Helpline** is a free service provided by the **Center for Elder Law & Justice**, which provides answers to **brief legal questions** and **referrals to other legal resources** for individuals across New York State. The helpline is staffed by attorneys and certified law student volunteers who will answer questions on a wide variety of legal issues, including consumer protection, health insurance, housing issues and more.

The Helpline is open **Monday through Friday from 9:00 am to 11:00 am EST** at [1-844-481-0973](tel:1-844-481-0973). You can also call and **leave a message outside** of those hours, and e-mail us at any time at helpline@elderjusticeny.org. A licensed attorney will respond to you within 3 business days. Or visit: <https://www.elderjusticeny.org/legal-advice-helplines#legal> for more information.

1-844-481-0973 / HELPLINE@ELDERJUSTICENY.ORG



Gift Certificate Donations

The Office for the Aging would like to thank *Fidelis Care* for their generous donation of Grocery Gift Certificates to benefit senior citizens in St. Lawrence County. Each year, *Fidelis Care* provides our department with food vouchers to be distributed to clients in greatest need.

We are grateful for their continued support!

Pictured from Left to Right: Cheryl Evans, Danielle Durant and Patti Marks.



Mature Living Monthly Newsletter



Did you know that you can receive the *Mature Living* through email? We also post the monthly newsletter on our Facebook page and website. If you or someone you know would like to be added to the email list, please contact: Chiara at (315) 386-4730/
Email: cdelosh@stlawco.org.

RECIPE CORNER...**Slow-Cooker Vegetarian Lasagna**

Serve with: Garlic bread and a green salad

Ingredients: 1 large egg, 1 container part-skim (*ricotta* 15- to 16-ounce), 1 5-ounce package baby spinach, (coarsely chopped), 3 large or 4 small Portobello mushroom caps (*gills removed, see tip*), (halved and thinly sliced), 1 small zucchini, (*quartered lengthwise and thinly sliced*), 1 28-ounce can crushed tomatoes, 1 28-ounce can diced tomatoes, 3 cloves garlic (*minced*), pinch of crushed red pepper (*optional*), 15 uncooked whole-wheat lasagna noodles (*about 12 ounces*), 3 cups shredded part-skim mozzarella (*divided*)

Directions:

1. Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl.
2. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (*if using*) in a medium bowl.
3. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1½ cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1½ cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator.
4. Put the lid on the slow cooker and cook on High for 2 hours or on Low for 4 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Nutrition information Per serving: 413 calories; 14 g fat (8 g sat); 7 g fiber; 49 g carbohydrates; 27 g protein; 78 mcg folate; 67 mg cholesterol; 9 g sugars; 0 g added sugars; 2,678 IU vitamin A; 26 mg vitamin C; 558 mg calcium; 4 mg iron; 665 mg sodium; 847 mg potassium

Source: www.eatingwell.com

Medicare Advantage Plan Open Enrollment Period: January 1st – March 31st

You can switch from your **Medicare Advantage Plan** (excluding Medical Savings Accounts, cost plans, and PACE) to another Medicare Advantage Plan, or to Original Medicare with or without a stand-alone prescription drug plan (Part D), during the Medicare Advantage Open Enrollment Period (MA OEP). The MA OEP occurs each year from January 1 through March 31. **Remember, you can only use this enrollment period if you have a Medicare Advantage Plan.** Changes made during this period take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. Unlike Fall Open Enrollment, you can only make a single change during the Medicare Advantage Plan Open Enrollment Period.



www.medicareinteractive.org

New Medical 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.

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1/2 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>	1/3 <u>Chicken Cordon Bleu</u> Cheesy Mashed Pot. Harvard Beets Ww Bread Fresh Orange	1/4 <u>Chili</u> Chuck Wagon Corn Corn Muffin Saltine Crackers Cinnamon Pears	1/5 <u>Sweet & Sour Pork</u> o/Brown Rice Broccoli Ww bread Pineapple Fluff	1/6 <u>Stuffed Shells</u> French Cut Beans Garden Salad Garlic Roll Chocolate Cake
1/9 <u>French Toast w/syrup</u> Sausage Links Home Fries Warm Applesauce Juice	1/10 <u>Spanish Rice</u> Asparagus Italian Bread Peanut Butter Cookie	1/11 <u>Baked Ham</u> Sweet Potato Mash Sugar Snap Peas Ww Bread Tapioca Pudding	1/12 <u>Italian Herb Chicken</u> Au gratin Potatoes Seasoned Zucchini Ww dinner roll Cherry Crisp	1/13 <u>Chef's Choice</u> 
1/16 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>	1/17 <u>Hot Dog on ww Bun</u> Baked Beans Brussel Sprouts Fresh Apple	1/18 <u>Creamy Tuscan</u> Chicken Baked Potato w/SC Capri Blend, WW Bread Chef's Choice Cookie	1/19 <u>Lemon Pepper Fish</u> Rice Pilaf Mixed Veggies Rye bread Mixed Berries/Cream	1/20 <u>Sausage & Gravy</u> Mashed Potatoes Diced Beets Country Biscuit Assorted Desserts
1/23 <u>Sloppy Joe on WW Bun</u> Seasoned Wedges Buttered Peas Fresh Grapes	1/24 <u>Swiss Steak</u> Mashed Potatoes Mixed Veggies Choc. Chip Cookie	1/25 <u>Vegetable Lasagna</u> Green Beans Garlic Roll Melon Melody	1/26 <u>Ham & Scalloped Potatoes</u> Winter Blend Veg. WW Dinner Roll Blueberry Cobbler	1/27 <u>Chef's Choice</u> 
1/30 <u>Hamburger Stew</u> Sweet Corn Homestyle Biscuit Peaches	1/31 <u>Chicken Alfredo</u> w/Penne Broccoli Florets Italian Bread Baked Apples	2/1 <u>Glazed Meatloaf</u> Mashed Potatoes Mixed Veggies WW bread Butterscotch Pudding	2/2 <u>BBQ Pulled Pork</u> Baked Sweet Pot. Cauliflower Corn muffin Fudge Brownie	2/3 <u>Baked Haddock</u> Rice Pilaf Stewed Tomatoes Ww roll Assorted Desserts

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM
Nutrition Centers Located in Braasher, Canton, Gouverneur, Morristown, and Potsdam
Suggested Contribution: \$3.00 (age60+) Guest Fee \$5.-(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 Connecta (315-396-4730)

January Calendar

- 12/31 New Years Eve
- 1/1 New Years Day - Happy 2023!
- 1/2 All County Offices and Nutrition Centers CLOSED.
- 1/9 St. Lawrence County Board of Legislators Organization Meeting; 48 Court St./ 6 pm
- 1/16 Martin Luther King, Jr. Day; All County Offices and Nutrition Centers are CLOSED.



OFFICE FOR THE AGING

SET YOUR OWN SCHEDULE

YOU MAKE A DIFFERENCE

MILEAGE REIMBURSEMENT

VOLUNTEERS NEEDED

9:30AM TO 12PM M-F

HOME DELIVERED MEALS

MEAL SITES: BRASHER FALLS, CANTON, GOUVERNEUR, MORRISTOWN, POTSDAM

We are looking for volunteers for our home delivered meal program throughout St. Lawrence County. We provide meals to over 600 local senior citizens and could use your help!

FOR MORE INFORMATION CALL: 315-386-4730

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

988 SUICIDE & CRISIS LIFELINE

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



St. Lawrence County Office for the Aging

