



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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



## January 2025



### Happy New Year!

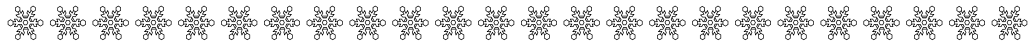
I hope you all had a wonderful holiday season with family and friends! The New Year always brings on a feeling of a fresh start. A chance to change old habits and perhaps develop healthier ones. What are your goals for 2025? How can the Office for the Aging help you this year?

We are in the thick of Winter here in the North Country. January and February are the hardest and what seem like longest months of the year! On page 4 of this newsletter, we are featuring information about Seasonal Affective Disorder (SAD). It is a type of depression that happens at the same time each year. In our area, it typically occurs in the fall and winter months. If you find yourself feeling down or low during these months, talk to your doctor to see if SAD might be the cause. There are a wide variety of treatments that can help you feel better!

Also featured this month is a Fire Safety Checklist on page 2. Sadly, winter tends to be a time where there is a higher likelihood of fires in the home. There are many hazards we all have in our home that we need to be mindful about. Please look through this list to ensure your home is safe!

On behalf of the Office for the Aging staff, we wish you all a wonderful 2025! We have a lot of exciting things planned, so stay tuned!

By Andrea Montgomery, OFA Director



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### Mature Living

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### Tips to Help Overcome Loneliness and Isolation

- \* Try exercising, eating healthy, getting enough sleep and planning enjoyable activities to help manage stress
- \* Schedule time each day to reach out to family, friends and neighbors in person, by email, social media, voice call or text
- \* Send cards and letters to friends and family
- \* Find a new activity you enjoy or resume an old hobby
- \* Use communication technologies such as video chat, smart phones or companion pets/robots to help keep you engaged and connected
- \* Find a faith-based organization where you can deepen your spirituality and engage with others in activities and events
- \* Check out online resources such as *Senior Planet*; or websites for museums or national parks that offer virtual tours
- \* Reach out to the Office for the Aging at (315) 386-4730 to see how we can help!





[www.FireSafeSA.com](http://www.FireSafeSA.com)

Fire Safe Seniors

# How to Prevent Fires in Your Home

*Home fires are often caused by smoking, cooking, and heating in the home.  
You can prevent fires by following these tips:*

## IF YOU SMOKE...



- Never smoke when you are lying down, drowsy, or in bed. Smoking is the #1 cause of home fires that kill older adults.
- Use large, deep, tip-resistant ashtrays and place them on a flat surface. This will keep ashes from falling onto a nearby area that might burn.
- Wet cigarette butts and ashes before emptying them into the trash.
- Smoke outside, if possible.
- Never smoke near oxygen tanks.

## IF YOU COOK BY USING THE STOVE...



- Keep an eye on what you fry. Most cooking fires start when someone is frying food.
- Wear short sleeves or roll them up so they don't catch on fire.
- Move things that can burn away from the stove.
- Don't cook if you are drowsy from alcohol or medicine.
- Use oven mitts to handle hot pans.
- If a pan of food catches fire, slide a lid over it and turn off the burner.

## IF YOU USE A SPACE HEATER...



- Keep the heater 3 feet away from anything that can burn, including you.
- Unplug heaters when you aren't using them, including when you leave your home or go to bed.
- Consider getting heaters that are designed to turn off if they tip over.

## IF YOU USE A FIREPLACE, WOOD STOVE, OR COAL STOVE...



- Have a professional clean and inspect your fireplace, wood stove, or coal stove once a year. Look in the phone book under "chimney cleaning" to find a professional near you.
- Do not burn green wood, artificial logs, boxes, or trash.
- Use a metal mesh fireplace screen to keep sparks inside.
- If your fireplace has glass doors, leave them open while burning a fire.



FEMA

U.S. Fire Administration



## January Food \$en\$e

❄️ ❄️ ❄️

Package (\$20.50)	Specials
Italian Sausage, 1lb Chicken Breast Portions, 1lbs Italian Meatballs, 1lb Ground Turkey, 1lb Frozen Pizza, 8oz Cheese Ravioli, 13oz Pasta Sauce, 26oz Cauliflower Soup, 7.5oz Mixed Vegetables, 16oz Diced Tomatoes, 14.5oz Fresh Produce #1 Fresh Produce #2	<u>Stuffed Pork Chops</u> , 2lbs for \$10; stuffed with apples and cranberries. <u>Chicken Wings</u> , 5lbs for \$9; ready for oven or air fryer. <u>American Cheese</u> , 5lbs for \$13.50; Not individually wrapped. <u>Breaded Shrimp</u> , 3 lbs for \$13; Butterflied, breaded, 21-25 per lb. <u>Beef &amp; Broccoli</u> , 22oz for \$6; beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce. <u>Stuffed Shells</u> , 3lbs for \$7.50; Frozen, 18 per order.

Orders due 1/10  
Snap deducted 1/12  
Pick up 1/25

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  
 Canton NC: 315-386-3541  
 Parishville NC: 315-244-0069  
 Gouverneur NC: 315-287-3370  
 Massena NC: 315-764-0050  
 Massena Salvation Army: 315-769-5154  
 Canton Housing: 315-386-8381  
 Or order online at:  
[foodsencs.foodbankny.org](http://foodsencs.foodbankny.org)

### 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 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!

There is hope.

If you or someone you know needs support now, call or text **988** or chat [988lifeline.org](http://988lifeline.org)



988

SUICIDE & CRISIS LIFELINE





### 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**



# Seasonal Affective Disorder

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

## What is seasonal affective disorder?

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel “down” or have the “winter blues” when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

## What are the signs and symptoms of SAD?

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

Not every person with SAD experiences all the symptoms listed below. Learn more about signs and symptoms of depression at [www.nimh.nih.gov/depression](http://www.nimh.nih.gov/depression).

Symptoms of depression can include:

- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down

- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like “hibernating”)

For summer-pattern SAD, additional symptoms can include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior

Winter-pattern SAD should not be confused with “holiday blues”—feelings of sadness or anxiety brought on by stresses at certain times of the year. The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

The National Institute of Mental Health (NIMH) has information on ways to get help and find a health care provider or access treatment at [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at **988** or chat at [988lifeline.org](http://988lifeline.org). In life-threatening situations, call **911**.

The Substance Abuse and Mental Health Services Administration has an online tool to help you find mental health services in your area at <https://findtreatment.gov>.

# THE EMPOWERED CAREGIVER

Education programs presented by the Alzheimer's Association®  
 This program is supported by a grant from the New York State Department of Health



Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late stage caregiving in this education program.

**Topics in the program series include:**

- » Building foundations of caregiving.
- » Supporting independence.
- » Communicating effectively.
- » Responding to dementia-related behaviors.
- » Exploring care and support services.

**VIRTUAL EMPOWERED CAREGIVER SERIES**

- **January 8** - Building Foundations of Caregiving
- **January 22** - Supporting Independence
- **February 5** - Communicating Effectively
- **February 19** - Responding to Dementia-Related Behaviors
- **March 5** - Exploring Care & Support Services

All programs to be held 5-6p.m.



## Joy for All Companion Pets Help Ease Loneliness

Joy 4 All is a wonderful company that offers robotic companion pets for older adults. They have a wide variety of options: dogs, cats, and walker squawkers. These “pets” are a wonderful option for someone who can’t have any live pets due to living situations, finances, and/or ability to care for a pet. Clients delight in soothing interaction as the pets respond to voice and touch with realistic sounds and behaviors.

Martha is pictured with her new companion that she named “Joy”. She picked that name because she knew that is what her new friend would bring her. If you would like to learn more about this program, please call (315) 386-4730 or visit the website below.

**Joy for All:** <https://joyforall.com/>





Scan to Register  
call 800.272.3900  
or  
**CLICK HERE**



**ALZHEIMER'S ASSOCIATION**  
Central New York Chapter  
315.472.4201 | alz.org/cny

23897764

### Emergency HEAP Benefit

**The 2024-2025 First and Second Emergency is scheduled to open January 2, 2025**

If you are eligible, the Emergency HEAP Benefit can help you heat your home if you are in a heat or heat related emergency.

Emergency HEAP benefits and eligibility are based on: Income, Available Resources and/or the Type of Emergency.

**Please call the HEAP Department at (315) 379-2303**

## One-Pot Spaghetti with Meat Sauce

**Ingredients:** 1 pound extra-lean ground beef (95% lean), 2 garlic cloves (minced), 1 tsp sugar, 1 tsp dried basil, 1/2 tsp dried oregano, 1/4 tsp salt, 1/4 tsp paprika, 1/4 tsp pepper, 1 can (28 ounces) diced tomatoes (undrained), 1 can (15 ounces) tomato sauce, 2 cups water, 1/4 cup chopped fresh parsley, 8 ounces uncooked whole wheat spaghetti (broken in half), 1/4 cup grated Parmesan cheese, additional chopped parsley

**Directions:**

1. In a 6-qt stockpot, cook and crumble beef with garlic over medium-heat until no longer pink, 5-7 minutes. Stir in sugar and seasonings. Add tomatoes, tomato sauce, water and 1/4 cup parsley; bring to a boil. Reduce heat; simmer, covered, 5 minutes.
2. Stir in spaghetti, a little at a time; return to a boil. Reduce heat to medium-low; cook, uncovered, until spaghetti is al dente, 8-10 minutes, stirring occasionally. Stir in cheese. Sprinkle with additional parsley.



**Nutrients:** Calories 292; Total Fat 6g; Sodium 737mg; Total Carbohydrates 40g; Dietary Fiber 8g; Total Sugars 6g; Protein 24g

Source: [One-Pot Spaghetti with Meat Sauce \(eatingwell.com\)](http://eatingwell.com)

## Medicare Advantage Plan Open Enrollment Period

**Medicare Advantage Plan Open Enrollment Period (MAOEP)** is **January 1st through March 31st** of each year. Changes that you make during the MAOEP go into effect the first day of the following month. During the MAOEP, you can make changes **only** if you have a Medicare private health plan. Medicare private health plans are also known as Medicare Advantage plans. You can add or drop drug coverage when you are switching to original Medicare.

**You cannot make any changes if you just have Original Medicare.**

*For further information or assistance regarding insurance needs, please contact:*

**St. Lawrence County Office for the Aging at (315) 386-4730**

## 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.

## January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>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</b></p>	<p>*All Meals are served with 1% milk &amp; WW Bread *Menu Follows a no salt added and low sugar diet. *If you have a Food Allergy, please notify our office.</p>	<p><b>HAPPY NEW YEAR!</b>  <i>All County Offices &amp; Nutrition Centers Closed</i>  <i>Use Frozen Meal</i></p>	<p>2 <u>Chicken Ala King Over Rice</u> Stewed Tomatoes Dinner Roll Mixed Fruit Cup</p>	<p>3 <u>Sloppy Jo's on Bun</u> Sweet Potato Fries Cauliflower Fresh Fruit Homemade Dessert</p>
<p>6 <u>Parmesan Encrusted Chicken</u> Oven Roasted Potatoes Brussel Sprouts Fruit Cup</p>	<p>7 <u>Cheesy Baked Fish</u> Rice Pilaf Peas and Carrots Dinner Roll Fresh Fruit</p>	<p>8 <u>Ham and Au gratin Potatoes Casserole</u> Green Beans Assorted Muffin Fruit Cup Homemade Dessert</p>	<p>9 <u>Meatloaf w/Gravy</u> Mashed Potato/Gravy Mixed Vegetables Dinner Roll Fresh Fruit</p>	<p>10  <u>Chef's Choice</u></p>
<p>13 <u>Spaghetti with Meat Sauce</u> Italian Medley Veg Garlic Bread Fruit Cup</p>	<p>14 <u>Chuck Wagon</u> Steak/Gravy Mashed Potatoes/Gravy Buttered Carrots Fresh Fruit</p>	<p>15 <u>Pennsylvania Dutch Noodle Casserole</u> Green Beans Dinner Roll Homemade Dessert</p>	<p>16 <u>Calico Chili over Rice</u> Buttered Spinach Dinner Roll Warm Cinnamon Applesauce Mixed Fruit Cup</p>	<p>17 <u>Chicken/Potato and Veg Pot Pie</u> Stewed Tomatoes Fresh Fruit Homemade Dessert</p>
<p>20 <u>Martin Luther King Jr. Day</u> <i>All County Offices &amp; Nutrition Centers Closed</i> <i>Use Frozen Meal</i></p>	<p>21 <u>Pork and Mushroom Stew with Potatoes</u> Diced Beets Buttermilk Biscuit Fresh Fruit</p>	<p>22 <u>Chicken Tenders w/ Dipping Sauce</u> Baked Beans Chef's Vegetable Blend Fruit Cup Homemade Dessert</p>	<p>23 <u>Spanish Rice</u> Cauliflower w/Cheese Sauce Assorted Muffin Fresh Fruit</p>	<p>24  <u>Chef's Choice</u></p>
<p>27 <u>Cheeseburger on a Bun</u> Hash browns Sweet Peas Fresh Fruit</p>	<p>28 <u>Chicken Parm over Pasta</u> Italian Medley Veg Garlic Knot Mixed Fruit Cup</p>	<p>29 <u>Cheddar Mac and Beef Casserole</u> Broccoli Assorted Muffin Fresh Fruit Homemade Dessert</p>	<p>30 <u>Turkey Stuffing Roll-Ups with Gravy</u> Mashed Potatoes/Gravy Mixed Vegetables Fruit Cup</p>	<p>31 <u>BBQ Beef on Bun</u> Brussel Sprouts Warm Cinnamon Applesauce Macaroni Salad Homemade Dessert</p>

### ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTERS

Brasher- LBSH, 32 Church St. / Lunch: 11:30 am  
Canton- Canton Sr. Housing, 37 Riverside Dr. / Lunch: 11:00 am  
Gouverneur- GCC, 4673 SH 58./ Lunch: 11:00 am.  
Morristown- Morristown FH, 200 Morris St./ Lunch: 11:00 am  
Potsdam- Midtown Apt., 28 Munson St. / Lunch: 11:00 am.

All Nutrition Centers are open Monday-Friday.  
Doors open at 10 am. All older adults age 60 are welcome!

Suggested Contribution: \$3.00 (age 60+)  
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 Connects (315-386-4730)

January Calendar

1/1 New Years Day; All County Offices and Nutrition Centers Closed.

1/2 Organizational Board Meeting; 6 pm—48 Court Street, Canton

1/20 Martin Luther King Jr. Day; All County Offices and Nutrition Centers Closed

1/29 Lunar New Year



Find us on:  
 **facebook**<sup>®</sup>

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

NC Chapter of StateWide Senior Action Council

No meetings in January or February!

Contact Barb at (315) 261-2980



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

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!**

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)**