



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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



January 2026



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Mature Living

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Happy Retirement Stacey!

The end of 2025 brought the well deserved retirement of one of our long time, beloved staff members, Stacey Granger. After 28 years of dedicated service to St. Lawrence County, Stacey is off to enjoy rest, relaxation, and adventures! Stacey worked in a variety of roles in the County - her longest one was as our EISEP (Home Care) Case Manager.

Stacey treated each of her clients as she would her own family. She was *their person* - helping them to remain safely in their homes for as long as possible. Stacey has a heart of gold and an infectious laugh! We will miss her terribly, but are so happy for this next chapter of her life!

THANK YOU STACEY FOR THE INCREDIBLE HARD WORK, CARE AND COMPASSION YOU HAVE GIVEN TO SO MANY!



HEAP (Home Energy Assistance Program)

The **2025-2026 Regular HEAP** season opened on **December 1, 2025**. Emergency HEAP will open 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 receive an application.

Hospice of St. Lawrence Valley

As we welcome a new year, many of us look for ways to take better care of ourselves and the people we love. One powerful way to do this is to learn what kind of help is available as we age, become sick, or come close to death. Hospice of St. Lawrence Valley is here to guide you with the right care at the right time, and we now accept referrals and complete admissions **seven days a week**.



Many people are surprised to learn that Hospice care is not only for the last days of life. Hospice can help during the last *months*, when symptoms grow harder to manage and when families need more support. Our team focuses on comfort, quality of life, and dignity. We also support family members who are caring for someone who is dying. This care can begin earlier than most people think, and starting sooner often brings more peace.

We know that making a care plan and thinking about death can feel heavy. That is why we offer free informational visits. These visits are simply conversations in your own home. We explain what Hospice can do, answer questions, and help you understand your choices. You do not have to wait until things feel urgent. You can reach out just to learn.

This new year, consider taking a step that brings real comfort. Learn about the care that can support you or someone you love. Planning ahead and understanding your options is a gift to yourself and to the people who will walk beside you. Hospice is here to help every day of the week.

For more information call 315-265-3105 today.

January Food \$en\$e



Package (\$20.50)

Italian Sausage, 1lb
Chicken Kabob Pieces, 1lbs
Meatballs, 1lb
Fish Sticks, 1lb
Cheese Ravioli, 13oz
Pasta Sauce, 24oz
Spaghetti, 1lb
Mixed Vegetables, 1lb
Carrots, 1lb
Peaches, 15oz
Fresh Produce #1
Fresh Produce #2

Orders due 1/16

Pick up 1/29

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
Or order **online** at:
foodsense.foodbankny.org

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

Other ordering locations include:
Heuvelton: 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.

Specials

Pork Tenderloin, 1.65 lbs avg. for \$5.50; Vacuum-sealed.
American Cheese, 5lbs for \$12.50; Sliced, NOT individually wrapped.
Chicken Wings, 5 lbs for \$9.50; Individually quick-frozen, ready for air fryer or oven.
Hashbrowns, 4 lbs for \$5; Oval-shaped and ready for air-fryer or oven.
Shrimp Scampi, 24oz for \$6.50; Complete meal with shrimp, linguini pasta, and vegetables in a creamy sauce.
Stuffed Shells, 3lbs for \$7.50; Frozen, 18 shells per order.

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!



HELP US HELP OTHERS!

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



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.

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.

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. 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>.

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 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

The snow has arrived! 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 and cooperation!



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 Advantage plan.

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

(Source: www.medicareinteractive.org)

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 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><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></p>	<p><i>All Meals are served with 1% milk and ww bread or equivalent *Menu Follows a no salt added and low sugar diet. *If you have a documented Food Allergy, please notify our office</i></p>	<p style="text-align: center;"><u>MEAL</u> <u>CONSTITUTION</u> Protein – 2oz min Vegetables – ½ - 1 cup Fruit – ½ - 1 cup Starch – 2oz minimum at least 1oz whole grain Dairy – 1 cup</p>	<p>1 <u>Happy New Year!</u> All Nutrition Centers Closed. Use Frozen Meal</p>	<p>2 <u>Pot Roast w/Gravy</u> <u>Mashed Pot/Gravy</u> <u>Winter Mix</u> <u>Vegetables</u> <u>Dinner Roll</u> <u>Homemade Dessert</u></p>
<p>5 <u>Chicken Parmesan</u> <u>over Pasta</u> <u>Seasoned Green</u> <u>Beans</u> <u>Warm Garlic Knot</u> <u>Assorted Fruit</u></p>	<p>6 <u>Hawaiian Ham</u> <u>w/Pineapple</u> <u>Whipped Sweet Pot.</u> <u>Buttered Peas</u> <u>Dinner Roll</u> <u>Fresh Fruit</u></p>	<p>7 <u>Turkey Broccoli</u> <u>Bake over Noodles</u> <u>Carrots</u> <u>Warm Asst. Muffin</u> <u>Fresh Fruit</u> <u>Homemade Dessert</u></p>	<p>8 <u>Pork Vegetable Stir</u> <u>Fry over Rice</u> <u>Oriental Mix</u> <u>Vegetables</u> <u>Warm Dinner Roll</u> <u>Fresh Fruit</u></p>	<p>9 <u>Macaroni and</u> <u>Cheese</u> <u>Stewed Tomatoes</u> <u>Warm Dinner Roll</u> <u>Fruited Yogurt</u> <u>Homemade Dessert</u></p>
<p>12 <u>Salisbury Steak</u> <u>w/Gravy</u> <u>Mashed Potatoes</u> <u>Chuck Wagon Corn</u> <u>Country Biscuit</u> <u>Fresh Fruit</u></p>	<p>13 <i>All Nutrition Centers Closed for Staff Meeting.</i> <i>Use Frozen Meal</i></p>	<p>14 <u>Fish Florentine</u> <u>Rice Pilaf</u> <u>Mixed Vegetables</u> <u>Dinner Roll</u> <u>Happy Birthday</u> <u>Cake!</u></p>	<p>15 <u>Steak Sub with</u> <u>Peppers and Onions</u> <u>Yellow Beans</u> <u>Sweet Potato Fries</u> <u>Fresh Fruit</u></p>	<p>16 <u>Chili over Rice</u> <u>Diced Beets</u> <u>Warm Corn Bread</u> <u>Homemade Dessert</u></p>
<p>19 <u>Martin Luther</u> <u>King Jr. Holiday</u> <i>All Nutrition Centers Closed.</i> <i>Use Frozen Meal</i></p>	<p>20 <u>Creamy Tuscan</u> <u>Chicken Over</u> <u>Buttered Brown Rice</u> <u>w/ Mushrooms</u> <u>Warm Dinner Roll</u> <u>Vegetable Medley</u> <u>Fruit Cup</u></p>	<p>21 <u>Savory Roast Pork</u> <u>with Gravy</u> <u>Mashed Potatoes</u> <u>w/Gravy</u> <u>Broccoli</u> <u>WW Bread</u> <u>Homemade Dessert</u></p>	<p>22 <u>French Toast</u> <u>Casserole w/</u> <u>Breakfast Sausage</u> <u>Creamed Spinach</u> <u>Hashbrowns</u> <u>Fresh Fruit</u></p>	<p>23 <u>Chicken Cordon</u> <u>Bleu with Milk</u> <u>Gravy</u> <u>Mashed Pot. /Gravy</u> <u>Harvard Beets</u> <u>Dinner Roll</u> <u>Homemade Dessert</u></p>
<p>26 <u>Sloppy Jo's</u> <u>Parslied Potatoes</u> <u>Glazed Carrots</u> <u>Assorted Fruit</u></p>	<p>27 <u>Tortellini Tuesday!</u> <u>Italian Vegetable</u> <u>Blend</u> <u>Warm Garlic Knot</u> <u>Fresh Fruit</u></p>	<p>28 <u>Chicken, Potato &</u> <u>Vegetable Pot Pie</u> <u>Buttered</u> <u>Cauliflower</u> <u>Warm Fruit Cup</u> <u>Homemade Dessert</u></p>	<p>29 <u>Assorted Quiche</u> <u>Tomatoes/ Zucchini</u> <u>Seasoned Wedges</u> <u>Blueberry Muffin</u> <u>Pudding Cup</u> <u>Assorted Fruit</u></p>	<p>30 <u>Pennsylvania</u> <u>Dutch Casserole</u> <u>Sweet Peas</u> <u>Warm Cinnamon</u> <u>Applesauce</u> <u>WW Bread</u> <u>Homemade Dessert</u></p>

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTERS

*Congregate (Sit Down) Lunch is served at 11:30 am at all sites.
All older adults 60 and up are welcome to join us!*

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 Apt., 28 Munson St.

All Nutrition Centers are open Monday-Friday.
Doors open at 10 am.

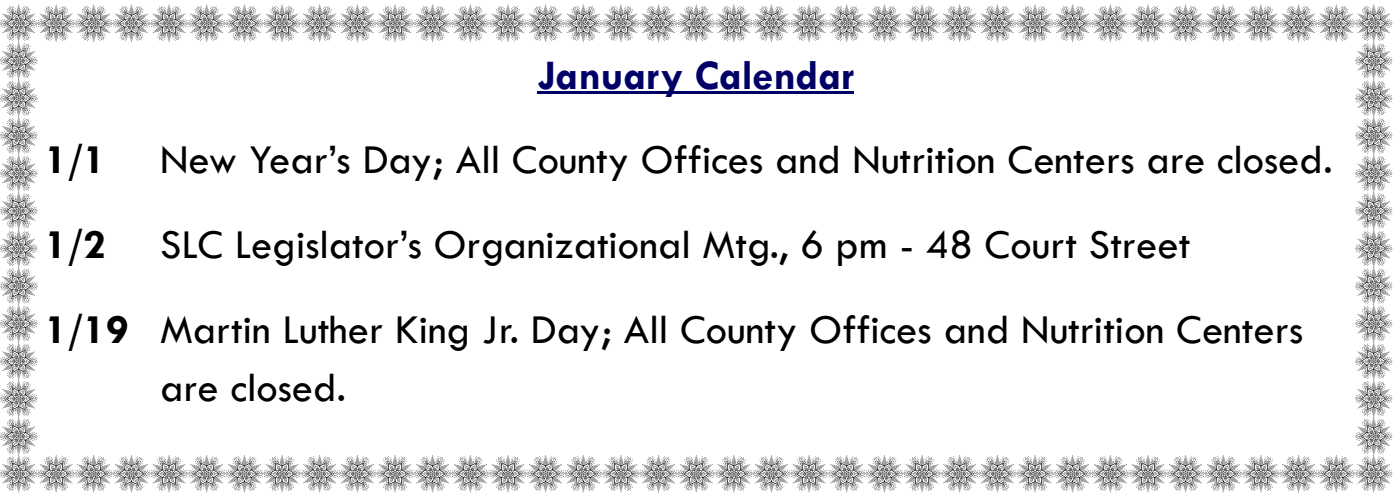
Suggested Voluntary Contribution: \$3.00 (age 60+)

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)



January Calendar

- 1/1** New Year's Day; All County Offices and Nutrition Centers are closed.
- 1/2** SLC Legislator's Organizational Mtg., 6 pm - 48 Court Street
- 1/19** Martin Luther King Jr. Day; All County Offices and Nutrition Centers are closed.



NC Chapter of StateWide Senior Action Council

No meetings in January or February!

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Stand up slowly to avoid dizziness

Do strength and balance exercises

Get your vision and hearing checked regularly

Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



Find us on:
facebook

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

