



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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



July 2024



Happy Summer! It is one of our favorite times of the year! There is just nothing like a beautiful, sunny day to brighten your spirits. There are a lot of events going on this Summer. First up is StateWide's Seniorama on July 22nd! Then on August 15th, we will host the Annual Senior Picnic at the Gouverneur Community Center. **Lunch Tickets must be reserved in advance by August 6th by calling (315) 386-4730.**

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Mature Living

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St. Lawrence County Office for the Aging & County Council of Senior Citizens

ANNUAL SENIOR PICNIC

August 15, 2024

Gouverneur Community Center: 4673 SH 58, Gouverneur

8:45 am: Registration
(Coffee/Donuts for Sale by County Council of Senior Citizens)

9:15 am: Free BINGO (Bring your own Daubers)

11:30 am: Lunch - Menu: Hamburgers, Hot Dogs, Pasta Salad, Broccoli Salad, Cubed Watermelon & Brownie

12:15 pm - 1:15 pm: Musical Entertainmen by Microburst (Outdoor Pavillion)

Lunch Tickets MUST be Reserved in Advance
Call (315) 386-4730 / RSUP by August 6th!

Suggested Lunch Contribution for 60 and up: \$3.00
Guest Fee (Under 60): \$8.00

***No lunch tickets or take out meals will be available at the registration table that day.**

Farmers Market Coupons

Farmers Market Coupons will be available **starting July 1st** at the Office for the Aging. Eligible clients will be able to pick them up in person at the office, Monday - Friday between the hours of 8 am - 4 pm. Please note that the office will be closed on July 4th. Please see the distribution schedule below for when we will be in your area with the coupons. For more information, please call 315-386-4730. Schedule subject to change based on coupon availability.

**If you need a ride to a Distribution Site, please call Public Transportation at 315-386-2600 and ask about the First Mile, Last Mile Program!*

Rules and Procedures For All Locations:

- ◆ Only one coupon booklet, per eligible senior in each household; while quantities last.
- ◆ **The eligible senior must sign up in person.** An eligible Health Care Proxy or Power of Attorney with proper paperwork; can sign for the coupons.

Farmers Market Coupon Eligibility Requirements:

1. Must be age 60 or above **AND**
2. **Monthly Income at/or Below 185% of Federal Poverty Level:** \$2,322/month (for a one-person household); Or \$3,152/month (for a two-person household); Or \$3,981/month (for a three-person household); OR \$4,810 (for a four-person household)

2024 FMC Distribution Schedule

<u>Date</u>	<u>Time</u>	<u>Location</u>
7/8	9:30 am -10:30 am	Massena-Laurel Terrace
7/8	11:00 am -12:00 pm	Massena-Grasmere Terrace
7/9	9:30 am -10:30 am	Potsdam Nutrition Center- Midtown Apartments
7/9	11:00 am - 12:00 pm	Mayfield Senior Housing Community Rm-Potsdam
7/10	9:30 am - 10:30 am	Ogdensburg Nutrition Center- Centennial Terrace
7/10	11:00 am - 12:00 pm	Ogdensburg -Parkview Sr. Housing
7/11	10:30 am - 11:30 am	Brasher Nutrition Center, LBSH
7/12	9:30 am - 10:30 am	Gouverneur Nutrition Center
7/12	11:00 am - 11:30 am	Gouverneur- Cambray Terrace
7/16	9:30 am -10:30 am	Canton Nutrition Center, Riverside Dr. (Community Rm)
7/17	9:30 am - 10:30 am	Star Lake Nutrition Center
7/19	9:00 am -12:00 pm	Canton Farmers Market- Village Park
7/20	9:00 am - 12:00 pm	Potsdam Farmers Market-Ives Park
7/21	10:00 am - 12:00 pm	Massena Farmers Market- Tractor Supply Parking Lot
7/24	9:00 am -11:00 am	HSB Drive Thru

Farmers Market Coupons can only be used at participating vendors at the Farmers Market. **Coupons also can only be used for fruits and vegetables.**

While the eligible senior must sign for the coupons in person or a POA on their behalf, anyone can shop for them using the coupons!

Each year only 1/2 of all distributed coupons are redeemed. Please make sure to use your coupons once you receive them. They can be used at any participating Farmers Market in New York State!



The Bonus Bucks cost-sharing program allows income-eligible St. Lawrence County residents to stretch their food dollars, support their local farmers, and take advantage of the great local food we have right here in St. Lawrence County.

Purchase a Community Supported Agriculture (CSA) Share, or shop at any of the following five St. Lawrence County farmers markets: Canton, Potsdam, Massena, Gouverneur, and Hammond!

Call GardenShare at (315) 261-8054 to learn more about this program!

SENIORAMA 2024

Presented by the North Country Chapter
of NY StateWide Senior Action Council

Free Health and Information Fair for Older Adults and Caregivers

★ ★ ★ DOOR PRIZES! ★ ★ ★


JULY 22, 2024 • 10 AM - 2 PM
Akwasne Mohawk Casino Resort Bingo Palace
State Route 37, Hogansburg

For more information contact:
Barb McBurnie, (315) 261-2980



STATE WIDE
New York StateWide Senior Action Council, Inc
275 State Street, Albany, NY 12210 • 609-333-4374 • Fax 518-436-7642
www.nysenior.org





10 TIPS FOR ADULTS SENIOR HEALTH IMPROVEMENT AND NUTRITION EDUCATION WORKSHOP

SERIES "A" TOPICS COVERED:

WORKSHOP 1- INTRODUCTION TO MYPLATE

WORKSHOP 2- MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

WORKSHOP 3- MAKE HALF YOUR GRAINS WHOLE GRAINS

WORKSHOP 4- VARY YOUR PROTEIN ROUTINE

WHEN: FRIDAY JULY 12TH, 19TH, 26TH AND AUGUST 2ND AT 9:45-10:45AM

WHERE: POTSDAM MIDTOWN APARTMENTS- DINING ROOM

WHEN: FRIDAY JULY 12TH, 19TH, 26TH AND AUGUST 2ND AT 12:00-1:00PM

WHERE: 37 RIVERSIDE DRIVE, CANTON

RESERVE YOUR SPOT

SIGN UP AT THE NUTRITION CENTER OR BY CALLING DANIELLE DURANT
AT THE OFFICE FOR THE AGING (315) 386 4730

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTER'S SHINE
PROGRAM IS IN PARTNERSHIP WITH FRANKLIN COUNTY OFFICE FOR THE AGING


POTSDAM VET FEST

Friday July 12th, 2024

POTSDAM VA CLINIC
10AM - 4PM
201 MARKET STREET, SUITE G
POTSDAM, NY 13676-1278

ENROLL IN VA HEALTHCARE* - FILE A CLAIM WITH VBA -
VETERAN HEALTH ID CARDS* - PACT ACT UPDATES - ALL THINGS
VA - COMMUNITY ORGANIZATIONS - AND MORE - COME WITH
YOUR QUESTIONS

*IF YOU WISH TO GET ONSITE ASSISTANCE PLEASE BRING
DOCUMENTATION INCLUDING COPY OF DD214 AND PHOTO ID*



U.S. Department
of Veterans Affairs

QUESTIONS? REACH OUT:

EMMA AVELLINO,
OUTREACH COORDINATOR
EMMA.AVELLINO@VA.GOV

ST. REGIS MOHAWK VET FEST

Wednesday July 31, 2024

AMERICAN LEGION POST 1479
10AM - 4PM
STATE ROUTE 37, SUITE 509
HOGANSBURG, NY

ENROLL IN VA HEALTHCARE* - FILE A CLAIM WITH VBA -
VETERAN HEALTH ID CARDS* - PACT ACT UPDATES -
COMMUNITY ORGANIZATIONS - RESOURCES - AND MORE -
COME WITH YOUR QUESTIONS

*IF YOU WISH TO GET ONSITE ASSISTANCE PLEASE BRING
DOCUMENTATION INCLUDING COPY OF DD214 AND PHOTO ID*



U.S. Department
of Veterans Affairs

QUESTIONS? REACH OUT:

EMMA.AVELLINO@VA.GOV
PETER.VICAIRE@VA.GOV
COOKSTREET101@GMAIL.COM

Programs at Canton Free Library Open to the Public: 8 Park Street, Canton NY 13617

Phone (315) 386-3712 / <https://cantonfreelibrary.org/>

Chess Club – Saturdays | 12-3 PM

Join us on *some* Saturdays from 12-3 pm for chess club! All levels are welcome to join the Chess Club. Unlike Chess Free Play on Tuesdays, Chess Club offers instruction to those interested.

Chess Free Play – Tuesdays | 4-6 PM /Join us on Tuesdays from 4-6 pm for open chess! All levels are welcome for free play.

Canton Free Library (CFL) offers six days per week of open hours when patrons can visit the library, borrow materials, discover new books and authors, and socialize. However, the library also understands that sometimes patrons aren't able to visit the library in the way that they'd like, and some can't travel to the library at all. To assist with this, CFL staff and volunteers make visits to several housing centers so that homebound library users can still enjoy some library services. This service is known as the Outreach Program (or just "outreach") – because we "reach out" to users who aren't able to come to us.

Tai Chi Fit Classes -Mindfulness & Meditation downstairs Saturdays at 11 am. *Open to all ages; registration is not required.*

Tai Chi has many health benefits and is both good exercise and meditation, too. Classes are led by Anna Wong. You are welcome to stand or be seated to follow the practice of Tai Chi Fit movements.

July 8th, 15th, 22nd, and 29th & August 5th, 12th, 19th, and 26th

July Food Sen\$e

JULY PACKAGE (\$20.50)

Chicken Drumsticks, 3.5lb
Kielbasa Sausage, 13oz
Marinated Beef Portions, 1lb
Ground Turkey, 1lb
Fish Sticks, 1lb
Mini Ravioli, 13oz
Macaroni & Cheese, 7.25oz
Mashed Potatoes, 4oz
Peaches, 15oz
Broccoli Florets, 12oz
FRESH PRODUCE #1
FRESH PRODUCE #2

Payment is due at time of order. 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
Knapp Station Community Church: 315-353-5093

July Specials

Chicken Tenderloins, 3 lbs for \$7.50; individually quick frozen in a resealable bag.
Pork Ribs, 2 lbs for \$9.50; fully cooked, are in a traditional BBQ sauce.
French Fries, 5 lbs for \$6; ready to cook in the oven or air fryer.
Beef Burgers, 2 lbs for \$8.50; eight 1/4lb 100% all beef patties.
American Cheese, 5 lbs for \$12.50; NOT individually wrapped.
Shrimp Scampi, 24 oz for \$6; complete meal with shrimp, linguini, and vegetables in a creamy garlic sauce.

Orders due: 7/8
SNAP deducted: 7/14
Pick-up: 7/25

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!



HEAP Cooling Assistance Benefit

If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool. In circumstances where an air conditioner cannot be safely installed, a fan will be provided.

Only one air conditioner or fan, not to exceed \$800 with installation for a window, portable air conditioner, or fan and not to exceed \$1,000 for an existing wall sleeve unit, will be provided per applicant household. No additional HEAP cash benefits are available.

**For more information, please call the DSS HEAP unit at (315) 379-2303
or NY Connects at (315) 386-4730.**

**Your total household gross monthly income for your household
size must be at or below the following guidelines:**

2023-2024 HEAP Benefit Gross Monthly Income Guidelines	
Household Size	Maximum Gross Income
1	\$3,035
2	\$3,970
3	\$4,904
4	\$5,838
5	\$6,772



Office for the Aging Home Care Program & Respite Program

ARE YOU IN NEED OF HOME CARE? OR HAVE A LOVED ONE WHO IS?

Are you 60 or over and in need of home care services or respite services? The Office for the Aging is accepting referrals for the Expanded In-Home Services for the Elderly Program (EISEP). The 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. The Respite Program offers respite opportunities to qualifying caregivers. Call today to learn more!

Contact: NY CONNECTS - (315) 386-4730

(EISEP is supported by the NYS Office for the Aging and St. Lawrence County)

Recipe Corner ...

Easy Stuffed Zucchini Boats

Easy Stuffed Zucchini Boats are the perfect way to enjoy your fresh summer zucchini! Tender zucchini filled with a silky meat sauce, topped with cheese and baked until tender.

Ingredients:

2 large zucchini, 1 onion, 1 clove garlic, 1 lb. ground beef, 1 tomato diced, 1 bell pepper diced, 1 cup pasta sauce or marinara divided, 1 1/2 teaspoons Italian seasoning, 1/4 teaspoon pepper, 1 cup mozzarella cheese divided

Directions:

1. Preheat oven to 400 degrees F.
2. Brown ground beef, onion and garlic, until no pink remains. Drain any fat. Stir in 1/2 cup pasta sauce, tomato, bell pepper and Italian seasoning. Let simmer 10 minutes. Remove from heat and stir in 1/2 of the cheese. (For a Healthier Option—Choose Ground Turkey or Chicken instead of Ground Beef)
3. Slice zucchini lengthwise and scoop out the center to create a shell and place in a baking dish. Fill each zucchini with 1/4 of the beef mixture.
4. Spread the remaining 1/2 cup pasta sauce over the zucchini boats and top with remaining cheese.
5. Bake 25 minutes or until zucchini is soft and cheese is bubbly.

Nutrients: Calories 444; Total Fat 31g; Saturated Fat 12g; Cholesterol 102 mg; Sodium 582 mg; Total Carbohydrates 12g; Dietary Fiber 3g; Total Sugars 7g; Protein 28g

Source: <https://www.spendwithpennies.com/saucy-stuffed-zucchini/>



Office for
the Aging

New York
Caregiving Portal
Powered by Trualta

Provided in Partnership With:
**Association on Aging
in New York**

**Caring for your loved one but
don't know where to start?**

**Let Trualta help you on your
caregiving journey!**

- Explore options for challenging behaviors
- Discover ways to connect with your loved one
- Share and learn with fellow caregivers



Scan me with
your camera
to visit!

NewYork-Caregivers.com

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Monterey Chicken</u> <u>Au gratin Potatoes</u> <u>California Blend Veg.</u> <u>Fruit Cup</u>	2 <u>Tuna Noodle Casserole</u> <u>Peas</u> <u>Corn Bread</u> <u>Fruit Crisp/Topping</u>	3 <u>Meatball Parmesan</u> <u>Sub</u> <u>Cheesy Cauliflower</u> <u>Chips, Fruit Cocktail</u>	4 Happy 4th of July!! <u>Nutrition Centers</u> <u>Closed.</u> <u>USE FROZEN MEAL</u>	5 <u>Chef's</u> <u>Choice</u>
8 <u>Chicken Tenders</u> <u>w/Dipping Sauce</u> <u>Whipped Sweet Potatoes</u> <u>Chef's Vegetable Blend</u> <u>Fresh Fruit</u>	9 <u>Salisbury Steak</u> <u>w/Gravy</u> <u>Mashed Potatoes/Gravy</u> <u>Buttered Carrots</u> <u>Ambrosia</u>	10 <u>Ham/Cheese Quiche</u> <u>Seasoned Potato</u> <u>Wedges</u> <u>Spinach</u> <u>Assorted Muffin</u> <u>Lemon Bar</u>	11 <u>Turkey Dinner</u> <u>Mashed Potato/Gravy</u> <u>Stuffing</u> <u>Green Bean Casserole</u> <u>Cranberry Sauce</u> <u>Dinner Roll</u> <u>Cherry Cheesecake</u>	12 <u>Chef's</u> <u>Choice</u>
15 <u>Beef Stroganoff</u> <u>Over Egg Noodles</u> <u>Brussel Spouts</u> <u>Fruit Cup</u>	16 <u>Shake & Bake Chicken</u> <u>Cheesy Mashed Pot.</u> <u>Mixed Veggies</u> <u>Black Forest Pudding</u>	17 <u>Hawaiian Ham</u> <u>Sweet Potatoes</u> <u>Green Beans</u> <u>Dinner Roll</u> <u>Frosted Cupcake</u>	18 <u>Goulash</u> <u>Cauliflower</u> <u>Corn Muffin</u> <u>Fruit Cobbler w/ Topp.</u>	19 <u>Chef's</u> <u>Choice</u>
22 <u>Lemon-Herb Fish</u> <u>Rice Pilaf</u> <u>Winter Blend Vegetables</u> <u>Brownie</u>	23 <u>Chicken and Biscuits</u> <u>Mashed Potatoes</u> <u>Harvard Beets</u> <u>Peaches and Cream</u>	24 <u>French Toast</u> <u>Sausage, Hashbrown</u> <u>Strawberry</u> <u>Shortcake w/Topping</u> <u>Fruit Juice, Yogurt</u>	25 <u>BBQ Pulled Pork / Bun</u> <u>Sweet Potato Fries</u> <u>Coleslaw, Warm Cinn.</u> <u>Applesauce</u> <u>Homemade Cookie</u>	26 <u>Chef's</u> <u>Choice</u>
29 <u>Spaghetti with Meat</u> <u>Sauce</u> <u>Italian Medley</u> <u>Garlic Bread</u> <u>Ice Cream</u>	30 <u>BBQ Riblet on Bun</u> <u>Macaroni and Cheese</u> <u>Peas</u> <u>Mandarin Oranges</u>	31 <u>Meatloaf/Gravy</u> <u>Mashed Potato/Gravy</u> <u>Buttered Corn, Roll</u> <u>Blushed Poached</u> <u>Pears</u>		<i>*All Meals are served with 1% milk, Bread or a Dinner Roll</i>

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

Nutrition Centers Located in Brasher, 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 Connects (315-386-4730)

July Calendar



- 7/1 SLC Board of Legislator’s Meeting: 6 pm at 48 Court Street, Canton
- 7/4 Independence Day: All County Offices and Nutrition Centers are closed.
- 7/9 Caregiver Support Group: 10 am; 2nd Floor Conference Room, HSB—Canton
- 7/22 Seniorama: 10 am—2 pm; Akwesasne Bingo Palace Resort

Senior Club News & Events

Norwood Golden Agers

- ◆ Chair Yoga held every 2nd and 4th Thursday of the month at St. Phillips.

Contact Elly at (315) 261-4403

Seaway Valley Seniors

- ◆ July 9th—Picnic: Massena Intake Pavilion at 12 pm
- ◆ August 13th—Picnic: Madrid Power Museum at 12 pm

Call Anna at (315) 265-2047

All the local Senior Clubs welcome new members at anytime! Call our office at (315) 386-4730 to receive the latest Club Directory!

*If you would like your Club’s information included in future newsletters—please email information to cdelosh@stlawco.gov. The deadline for the upcoming month’s newsletter is the **2nd Friday of the month.**

NC Chapter of StateWide Senior Action Council

Next Meeting: No Meetings in July or August!

Contact Barb at (315) 261-2980

County Council of Senior Citizens

Next Meeting: July 11th @ 10 am

Midtown Apartments, Potsdam

If you or someone you know 60+ has been a victim of fraud, call the National Elder Fraud Hotline



NATIONAL ELDER FRAUD HOTLINE
1-833-FRAUD-11
1-833-372-8311



Find us on:
facebook®

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



NY Connects
 Your Link to Long Term Services and Supports

St. Lawrence County
(800) 342-9871 (888) 730-4730