



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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



## July 2026



Did you know that most Office for the Aging programs are **non-income based** and open to any older adult 60+? We have many services that can help you age in place!

We offer a **Caregiver Respite Program** that can provide an in-home Aide to give the Caregiver a break and chance to get out of the house for a few hours a week.

The only program that **may** have a cost-share is the **EISEP—Home Care Program**. Eligible clients must be 60+, have a need for personal care, along with other in-home services and be non-Medicaid eligible. If a client has Medicaid, they would be referred to the Department of Social Services. Also included in our Home Care Program is Case Management Services and Lifeline units.

**Please call (315) 386-4730 to learn more!**

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### Mature Living

- ♦ *Published by:* St. Lawrence County Office for the Aging
- ♦ *Supported by:*  
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**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

### Farmers Market Coupons

Farmers Market Coupons will be **available starting—July 1st**. We only received **500 booklets** this year due to SNAP Funding Cuts, so we anticipate our supply will be exhausted quickly. Coupons are handed out first come, first served. If we run out prior to a distribution date below, it will be announced via our Facebook page, local media and website.

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 3rd.

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/ Power of Attorney with proper paperwork; can sign for the coupons with a **signed proxy form signed in advance by the client!**

#### **Farmers Market Coupon Eligibility Requirements:**

1. Must be age 60 or above **AND**
2. **Monthly Income at/or Below 185% of Federal Poverty Level:** \$2,461/month (for a one-person household); Or \$3,336/month (for a two-person household); Or \$4,212 month (for a three-person household)

### **2026 FMC Distribution Schedule**

<b><u>Date</u></b>	<b><u>Time</u></b>	<b><u>Location</u></b>
7/01- TBD	8:00 am – 4:00 pm Monday-Friday	<b>Canton:</b> SLC Office for the Aging Main Office; Human Services Building, 80 SH 310, Canton
7/6	9:30 am - 10:30 am	<b>Massena @</b> Laurel Terrace
7/6	11:00 am - 12:00 pm	<b>Massena @</b> Grasmere Terrace
7/7	10:00 am - 12:00 pm	<b>Canton Farmers Market @</b> Village Park
7/8	9:30 am - 10:30 am	<b>Potsdam Nutrition Center @</b> Midtown Apartments
7/8	11:00 am - 12:00 pm	<b>Potsdam @</b> Mayfield Senior Housing Community Room
7/9	9:30 am - 10:30 am	<b>Gouverneur Nutrition Center @</b> Gouverneur Community Ctr.
7/9	11:00 am - 11:30 am	<b>Gouverneur @</b> Cambray Terrace
7/9	12:00 pm - 2:00 pm	<b>Gouverneur Farmers Market @</b> Village Park
7/10	9:30 am - 10:30 am	<b>Ogdensburg @</b> Centennial Terrace
7/10	11:00 am - 12:00 pm	<b>Ogdensburg @</b> Parkview Senior Housing
7/11	10:00 am – 2:00 pm	<b>Potsdam Farmers Market @</b> Summer Fest – Ives Park
7/13	10:30 am - 11:30 am	<b>Brasher Nutrition Center @</b> LBSH – 32 Church Street
7/14	9:30 am - 10:30 am	<b>Star Lake @</b> Clifton-Fine Community Center: 4208 SH 3
7/15	9:30 am -10:30 am	<b>Canton Nutrition Center @</b> 37 Riverside Dr./Community Rm

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.



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

### Senior Club News & Events

#### Massena Seniors:

- July 14th - Trip to Waterloo
- July 18th - Senior Picnic
- August 8th - Senior Skilo Fund Raiser
- August 29th - Frankie & the Moonlighters

For more information, call (315) 769-7810

**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](mailto:cdelosh@stlawco.gov). The deadline for the upcoming month's newsletter is the **15th of the month.**



## Ride With Us to The Farmers Market

**Only \$2 Each Way!**

St. Lawrence County Public Transit has stops at the following:



#### **First Mile, Last Mile!**

Don't live near a bus stop? Need help planning your trip? First Mile Last Mile can help! Call 315-644-6944 for assistance.

#### **Canton Farmers Market**

Routes 31, 62, 63, 65, 66 on Tuesdays and Fridays

#### **Gouverneur Farmers Market**

Routes 12, 61 and 63 on Thursdays

#### **Potsdam Farmers Market**

Routes 67 and 68 on Saturdays (May, August, September, & October Only)



@slcnypublictransit



slcnypublictransit.com



315-386-2600

# July Food Sen\$e

**JULY PACKAGE (\$20.50)**

Pork Tenderloin, 1.78 lbs avg  
 Chicken Tenderloins, 1 lb  
 Marinated Beef, 1 lb  
 Hotdogs, 1 lb  
 Wedge Style Fries, 26 oz  
 Mac and Cheese, 7.25 oz  
 Peppers & Onions, 1 lb  
 Blueberries, 1 lb  
 Peaches, 15 oz  
 Mandarins, 11 oz  
 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  
 Online at: [foodsense.foodbankcny.org](http://foodsense.foodbankcny.org)

**July Specials**

Chicken Tenders, 5 lbs for \$11; Fully cooked and oven or air-fryer-ready.  
Italian Sausage, 3 lbs for \$11.50; Ready to cook.  
Pantry Box, 8 items for \$12.50; pancake mix (32oz), toasted oat cereal (15oz), pears (15oz), elbow macaroni (1lb), strawberry spread (19oz), carrots (15oz), pancake syrup (24oz), and peanut butter (16oz).  
American Cheese, 5 lbs for \$14; sliced, NOT individually wrapped.  
Onion Rings, 2.5 lbs for \$9; ready to cook in oven or air-fryer.  
Shrimp (raw), 2 lbs for \$11; farm-raised, individually quick frozen, easy-peel.

Orders due: 7/17  
 Pick-up: 7/30

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.

## 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!



North Country  
**FRUIT & VEGETABLE PRESCRIPTION PROGRAM**  
 Fresh produce from local farmers and grocers

**60 or older?  
 REQUEST A REFERRAL  
 FROM OFFICE FOR THE AGING  
 315-386-4730**

Join us for nutrition workshops and receive up to \$150 in vouchers for fresh fruits and vegetables!

- WORKSHOPS**
- Canton, 37 Riverside Drive: Wednesdays at 12:30pm
  - Potsdam, Midtown Apartments: Fridays at 12:30pm
  - Potsdam, Midtown Apartments: Fridays at 2:00pm
  - Virtual, Zoom: Tuesdays at 6:00pm
  - Virtual, Zoom: Thursdays at 1:00pm

Brought to you by  
**Cornell Cooperative Extension**  
 St. Lawrence County



Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws.

NEW YORK STATE OF OPPORTUNITY | **Office for the Aging** | New York **Caregiving Portal** | Provided in Partnership With: **Association on Aging in New York** | Powered by Trualta

**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**

POWERED BY TRUALTA



Seniorama is sponsored by the North Country Chapter of StateWide Senior Action Council—join them for this great event!

**32ND ANNUAL SENIORAMA!**

**MORE THAN A HEALTH FAIR – IT'S A CELEBRATION!**

# 2026 SENIORAMA

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

**WE'RE EXCITED TO WELCOME**

**Whinee WIENERS FOOD TRUCK**

**WILL BE HERE ON EVENT DAY!**

*Delicious food for everyone to enjoy!*

**GREAT FOOD. FRIENDLY FACES. GOOD TIMES!**

**OPEN TO ALL ADULTS!**

Whether you're planning for the future, caring for a loved one, approaching retirement, or already enjoying retirement, StateWide Seniors welcomes adults of all ages.

*Join us for a day of information, resources, friendship, fun, and community! ♥*

**MONDAY**  
**AUGUST 10, 2026**  
10:00 AM – 2:00 PM

Event Space at  
Ogdensburg International Airport – Great Room  
5900 NY-812, Ogdensburg, NY

**DOOR PRIZES!**  
Drawings Throughout the Event!

**FUN, FRIENDS & ACTIVITIES FOR EVERYONE!**

**PROGRESSIVE BINGO!**

B	I	N	G	O
12	24	37	52	63
3	16	42	60	75
7	21	★	48	70
1	22	35	54	68
9	17	32	50	74

- ★ Bingo runs all day!
- ★ One card per registrant.
- ★ Win prizes throughout the event!

**ICE CREAM SOCIAL!**



- ★ Complimentary treats
- ★ Meet new friends
- ★ Relax and enjoy sweet treats!

**PHOTO-OP WITH FRIENDS!**



- ★ Fun themed backdrop
- ★ Capture memories
- ★ Share the smiles!

**DOOR PRIZES & GIVEAWAYS!**



- ★ Exciting prizes
- ★ Drawings all day
- ★ Must be present to win!

**COMMUNITY VENDORS & RESOURCES!**



- ★ Local organizations
- ★ Health & wellness info
- ★ Services, programs, and more!

**INFORMATION & RESOURCES**

- ✓ Health & Wellness Information
- ✓ Medicare & Patient Rights Assistance
- ✓ Financial & Social Service Resources
- ✓ Wellness & Healthy Aging Resources
- ✓ Local Agencies & Community Organizations
- ✓ County & State Government Programs
- ✓ Senior Advocacy Information
- ✓ Benefits & Support You Can Use

**Why Attend?**

Discover valuable resources, enjoy fun activities, reconnect with friends, and learn about programs that help you live *healthy, safe, and independent lives!*

*Something for Everyone. Something for Every Stage of Life!*

**For More Information**

☎ **315-723-0819**

✉ [mjbvero1@yahoo.com](mailto:mjbvero1@yahoo.com)

**Mary Jane Barnes**  
North Country Chapter President  
NY StateWide Senior Action Council

**STATE WIDE**

New York StateWide Senior Action Council, Inc.  
4 Computer Drive West, Suite 205, Albany, NY 12205  
Fax 518-436-7642 • [www.nysenior.org](http://www.nysenior.org) • 800-333-4374

**Join us for the 32nd Annual Seniorama!**  
**A DAY OF INFORMATION, FRIENDSHIP, FUN & COMMUNITY!**




## FREE SENIOR LEGAL ADVICE HELPLINE

Brief legal support & referral for New York Residents age 55+

**CENTER FOR ELDER LAW & JUSTICE**

1-844-481-0973 | helpline@elderjusticenyc.org

 **Center for Elder Law & Justice**  
July 25, 2025 · 🌐

📞 Free Legal Help for NY Seniors 55+  
Are you 55 or older and living in New York State? Get free brief legal advice from experienced attorneys through our Senior Legal Advice Helpline!

We offer support with:

- ✓ Brief legal questions
- ✓ Referrals for in-depth help
- ✓ Consumer protection
- ✓ Health insurance denials
- ✓ Landlord-tenant issues
- ✓ Nursing home & assisted living concerns
- ✓ Public benefits (Social Security, SNAP, HEAP)
- ✓ Wills & estates

🕒 Call anytime: real people answer Mon–Fri, 9 AM–11 PM

✉ Or leave a message/email — an attorney will get back to you within 3 business days

☎ Call: 1-844-481-0973

✉ Email: helpline@elderjusticenyc.org



**NEW YORK STATE** | Office for the Aging | **ASSOCIATION OF AGING in New York** | SilverShield

## STAY SAFE FROM SCAMS WITH SILVERSHIELD

**20% Off for New Yorkers**

Residents of select counties may qualify for a **FREE** SilverShield license. Email [info@silvershield.ai](mailto:info@silvershield.ai) to check eligibility.

**Get Started Today**  
Visit [www.silvershield.ai](http://www.silvershield.ai)  
Use Code NEWYORK for 20% off  
\$4 per month, or \$40 per year.




Scan the QR with your phone camera to get started

**What is SilverShield?**  
Your personal scam assistant. A simple way to check, report, and share suspicious messages or situations.

- ✓ Instant scam checks via text and email
- ✓ Clear guidance on what to do next
- ✓ Easy reporting to FBI and FTC

**Cornell Cooperative Extension**  
St. Lawrence County

## ARE YOU HAVING ISSUES USING YOUR CELL PHONE?

Cornell Cooperative Extension of St. Lawrence County and Office for the Aging are offering tech support classes for YOU.

### THE CLASS WILL COVER:

- Utilizing organization features such as the “Reminders” and “Calendar” apps
- Navigation apps for Apple and Google Maps
- Managing photos
- And much more!

### WHY ATTEND?

- Presentation provided with videos and instructions
- We will provide one-on-one support to address any questions you are having with your phone or other devices

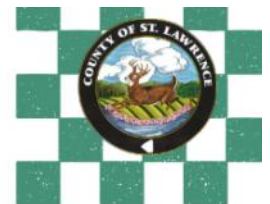
**Monday, July 6, 2026, at 2-3:30pm**

**Class Location:**  
CCE Extension Learning Farm-  
2043B State Highway 68, Canton, NY 13617

**Where Do I Go Once I arrive?:**  
Go to the **Front Classroom** entrance.

**Registration is limited AND required. Please call 315-386-4730 to register.**

CORNELL COOPERATIVE EXTENSION IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR PROVIDING EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES IN ACCORDANCE WITH APPLICABLE LAWS. PLEASE CONTACT THE CORNELL COOPERATIVE EXTENSION OF ST. LAWRENCE COUNTY OFFICE IF YOU REQUIRE ACCOMMODATIONS.



## Message from Barb McBurnie, 2026 Senior Citizen of the Year Award Winner

I want to extend my sincere appreciation to Andrea Montgomery and her staff for such a wonderful Senior Citizen celebration on May 8<sup>th</sup> in my honor. Having Greg Olsen and Becky Preve there was very special to me. My thanks go out to all who attended the event: Senior Club members, especially my own Parishville Hilltoppers; former co-workers; friends; family and so many others. Special thanks for the cards, flowers, plants, lottery tickets, homemade donuts and all the greetings on Facebook. I heard from people I hadn't seen in years. A big shout out goes to the Pierrepont Fire Department Ladies Auxiliary for the delicious food that was served! I'm used to presenting awards, not receiving them. That said, this wonderful celebration was certainly appreciated and will be remembered for years to come. Thank you everyone! Barb McBurnie



## Swim-a-Mile for Hospice!

The 16th Annual Swim-a-Mile for Hospice fundraiser will be held on Saturday, August 1, at Norwood Beach. On-site check-in will begin at 7:00 a.m., with adult swimmers hitting the water at 8:30 a.m.

A longstanding fundraiser for Hospice of St. Lawrence Valley, Swim-a-Mile consistently raises significant funds to help ensure everyone in St. Lawrence County has access to expert end-of-life care when they need it, even if they do not have insurance. This would not be possible without fundraisers like this one.

August 1, 2026



This event is not a race, but rather a fundraising challenge. Prizes will be awarded to the top adult individual fundraiser, top youth individual fundraiser, top team, top school team, top family team, and top superfan. Additional prizes will be awarded to all participants who raise \$250 or more.

You won't want to miss out on this year's prizes! Everything from gym memberships and passes to local attractions like The Wild Center and Old McDonald's Farm to gift certificates for some of the area's best restaurants are up for grabs. Not a swimmer but still want to take part in this fundraiser? Once again, Hospice is offering the option to be a Superfan and raise money without the early-morning swim.

Make this year's Swim-a-Mile a family event! New this year is the Mini Swim, designed to help families include children as young as 4 years old. Mini swimmers, ages 4–7, will swim safely within the roped-off area at the beach for 15 minutes. Junior swimmers, ages 8–11, will be able to swim a 1/8-mile course with life jackets and kayak support.

Last year, participants raised more than \$30,000, all of which stayed right here in St. Lawrence County. This year's goal is \$35,000, and with your help, we can reach it! Scan the QR code to register as a Superfan or swimmer, or to make a donation in support of your favorite swimmer.



## 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

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](https://stlawco.gov/Departments/OfficefortheAging)

**Appointments Appreciated**

With summer here and staff taking much deserved vacations, there will be days where we have more limited staffing levels in the office than normal. If you have a question or concern, please call ahead to make an appointment, rather than just stopping by, as we might not have a staff member here to readily assist you. Scheduled appointments allow us to plan for the time needed to spend helping you with your concerns. We want to give you our fullest attention and be able to best serve you. Making an appointment in advance allows us the opportunity to provide better service to you.

**Call (315) 386-4730**

## JULY 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 milk and WW bread or equivalent *Menu Follows a no salt added and low sugar diet.</i></p>	<p><b>1</b> <b><u>Chef Salad</u></b> <b>(Meat/Cheese/Egg)</b> Veggie Mac Salad Banana Muffin Homemade Dessert</p>	<p><b>2</b> <b><u>Cheeseburger Deluxe</u></b> Mixed Vegetables Potato Wedges Assorted Fruit Pudding Cup</p>	<p><b>3</b> <b><u>Happy Independence Day!</u></b> <i>Nutrition Sites and County Offices are Closed. <u>Use Frozen Meal</u></i></p>
<p><b>6</b> <b><u>Sweet &amp; Sour</u></b> Pork over Rice Oriental Vegetables Warm Blushed Pears Dinner Roll Homemade Dessert</p>	<p><b>7</b> <b><u>Cheesy Baked Ziti w/Sausage</u></b> Italian Green Beans Warm Garlic Knot Fresh Fruit</p>	<p><b>8</b> <b><u>Tuna Boats</u></b> Pineapple Coleslaw Marinated Fresh Summer Veggies Homemade Dessert</p>	<p><b>9</b> <b><u>Chicken &amp; Biscuits</u></b> Buttered Mashed Potatoes Harvard Beets Fresh Fruit</p>	<p><b>10</b>  <i><b>Chef's Choice</b></i></p>
<p><b>13</b> <b><u>Sloppy Jo's on Bun</u></b> Cauliflower w/Cheese Sauce Baked Beans Homemade Dessert</p>	<p><b>14</b> <i>All Nutrition Centers Closed for Staff Meeting/Training.  <u>Use Frozen Meal</u></i></p>	<p><b>15</b> <b><u>Egg Salad over Greens</u></b> Pasta Salad Cucumber Salad WW Bread <i>Happy Birthday Cake!</i></p>	<p><b>16</b> <b><u>Creamy Tuscan Chicken</u></b> Buttered Rice with Mushrooms Spinach Dinner Roll Assorted Fruit</p>	<p><b>17</b> <b><u>Ham Au gratin</u></b> <b><u>Potato Casserole</u></b> Brussel Sprouts Warm Cinnamon Applesauce Assorted Muffin Homemade Dessert</p>
<p><b>20</b> <b><u>Turkey Broccoli Bake over Noodles</u></b> Stewed Tomatoes Warm Dinner Roll Homemade Dessert</p>	<p><b>21</b> <b><u>Country Fried Chicken w/Milk gravy</u></b> Mashed Potato/Gravy Mixed Vegetables Dinner Roll Fresh Fruit</p>	<p><b>22</b> <b><u>Assorted Deli Subs</u></b> Lettuce/Tomatoes Pea and Cheese Salad Fruit Cup Homemade Dessert</p>	<p><b>23</b> <b><u>Shepard's Pie</u></b> Honey Glazed Carrots Dinner Roll Assorted Fruit</p>	<p><b>24</b>  <i><b>Chef's Choice</b></i></p>
<p><b>27</b> <b><u>Meatball Parmesan Subs</u></b> Vegetable DuJour Buttered Parslied Potatoes Homemade Dessert</p>	<p><b>28</b> <b><u>Saucy California Pork</u></b> Rice Pilaf Diced Beets Dinner Roll Assorted Fruit</p>	<p><b>29</b> <b><u>Summer Tortellini Salad</u></b> 3-Bean Salad Cottage Cheese Garlic Knot Homemade Dessert</p>	<p><b>30</b> <b><u>Homestyle Meatloaf w/Gravy</u></b> Mashed Potatoes w/Gravy Chuck Wagon Corn Dinner Roll Fresh Fruit</p>	<p><b>31</b> <b><u>Pennsylvania Dutch Casserole</u></b> Sweet Peas Warm Spiced Peaches WW Bread Homemade Dessert</p>

### 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)

## July Calendar

**7/3** Independence Day (Observed): All County Offices and Nutrition Centers are closed.

**7/6** SLC Board of Legislator's Meeting: 6 pm at 48 Court Street, Canton

**7/28** St. Lawrence County Fair Begins



St. Lawrence County Office for the Aging

# ASK THE DOCTOR PROGRAM

Free Medical Consultation

The St. Lawrence County Office for the Aging is offering **Ask the Doctor**, a free service with retired family physician Dr. Gary Berk.

Get help with better understanding your medical conditions, treatment options, and medical records. Bring your records, portal information or simply share your concerns. Family members and friends are welcome.

**Important Notes:**

- Informational consultation only — not a substitute for medical care
- No exams, treatment, or prescriptions provided
- Offered one day per month, by appointment only
- Same-day appointments may be available on scheduled clinic days

CONTACT US 315-386-4730

**NC Chapter of StateWide Senior Action Council**

Thursday, July 2nd @ Best Western Golf Lounge

Contact Mary Jane Barnes at 315-723-0819

**County Council of Senior Citizens**

Next Meeting: July 9th @ 10 am

Midtown Apartments, Potsdam

**SAVE THE DATE!**

The Annual Senior BBQ that is sponsored by County Council of Senior Citizens and the Office for the Aging has changed its timeframe & name! It will now be a **Senior Fall Festival** and be held on **September, 17th at the Gouverneur Community Center!**

Stay tuned for more information!

Find us on: **facebook**

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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**