



St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

[Office for the Aging  
St. Lawrence County](http://www.stlawrencecountyny.gov/office-for-the-aging)

# Mature Living

## June 2025

Joining a Senior Club is a great way to stay active and involved in your community. These groups are always welcoming new members and plan many fun activities & trips throughout the year. You can join any club, even if you don't live in the town!

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### Mature Living

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### 2025 St. Lawrence County Senior Clubs

#### St. Lawrence County Council of Senior Citizens

President: Laura McGrath / 315-296-7895  
Meetings: 2<sup>nd</sup> Thursday / month @ 10 am  
No mtgs. Jan, Feb, July, Aug.  
Location: Potsdam Nutrition Center

#### Canton Senior Citizen Club

President: Myrtle Regan / 315-386-8917  
Meetings: 1<sup>st</sup> Tuesday / month @ 1pm  
Location: 35 Riverside Drive, Canton

#### Clifton-Fine Senior Club

President: Lisa Langevin / 315-212-4868  
Meetings: 3<sup>rd</sup> Tuesday / month @ 1pm  
Location: Clifton-Fine Community Center

#### Colton-Pierrepont Seniors

President: Cyndy Hennessy / 315-262-2524  
Meetings: 1<sup>st</sup> Tuesday / month @ 12pm  
(potluck lunch)  
Location: Colton Fire Station

#### Dekalb-Hermon Seniors

President: Susan Allen / 315-854-2646  
Meetings: 2<sup>nd</sup> Wednesday / month @ 11:00am  
Location: Dekalb Community Center

#### Gouverneur Senior Citizens

Contact: Joanna Bitters / 680-291-0215  
Meetings: 2<sup>nd</sup> Tuesday / month @ 12pm  
Location: Gouverneur Community Center

#### Massena Senior Citizens Club

President: Bonnie McCarthy / 315-769-7810  
Meetings: 2<sup>nd</sup> Wednesday / month @ 1:00pm  
Location: Massena Community Center  
Facebook: Massena NY Senior Citizens & Friends

#### Norfolk Jolly Agers

President: Kathleen Wolfe / 315-384-4946  
Meetings: 3<sup>rd</sup> Wednesday / month @ 12pm  
Location: Community Hall, Raymondville

#### Norwood Golden Agers

President: Elly Woods Durant / 315-466-6723  
Meetings: 4<sup>th</sup> Wednesday / month @ 1pm  
Location: Municipal Building / Norwood

#### Parishville Hilltoppers Senior Citizens Club

President: Barb McBurnie / 315-261-2980  
Meetings: 2<sup>nd</sup> Tuesday / month @ 12pm / lunch, meeting to follow  
No mtgs. Jan, Feb, July, Aug, and Dec  
Location: Parishville Town Hall

#### Potsdam Active Senior Citizen Club

President: Mary Wellings / 315-261-4761  
Meetings: 3<sup>rd</sup> Thursday / month @ 12:30pm  
Location: Mayfield Apts. Community Room

#### Potsdam Sandstoners Senior Club

President: Linda Wilkinson / 315-265-4464  
Meetings: 1<sup>st</sup> Monday / month @ 11:30am  
Location: Midtown Apts. Community Room

#### Quad Town Senior Citizens

Contact: William Francis Jr. / 315-769-7558  
Meetings: 1<sup>st</sup> Tuesday / month @ 7pm / potluck 6pm  
Location: LBSH, Brasher Falls

#### Seaway Valley Senior Club

President: Anna Campbell / 315-323-0813  
Meetings: 2<sup>nd</sup> Tuesday / month @ 12pm  
Location: Alternates  
Madrid/Waddington/Louisville

#### North Country Statewide Senior Action Council

President: Barb McBurnie / 315-261-2980  
Meetings: 1<sup>st</sup> Thursday / month @ 10 am  
Location: TBA  
(No meetings Jan, Feb, July or Aug)



## A Message from NYSOFA Director Greg Olsen on Federal Actions and Agency Restructuring Efforts (May 2025 Update)

I know that there is unease and uncertainty about the status of programs and services in the federal budget that supports older adults and their families, regardless of age. While there have been no actions that directly impact NYSOFA at this time, the U.S. Department of Health and Human Services (HHS) Fiscal Year 2026 budget request provides details on what HHS is proposing to continue to fund, versus what it is proposing to eliminate. The information below is factual and comes directly from the HHS proposed budget, but it must be approved by Congress and signed by the President in order for it to become law beginning October 1, 2025, which is the start of the federal fiscal year.

By way of background, NYSOFA learned a month or so ago that our federal administering agency, the Administration for Community Living (ACL), has been dissolved and that 50% of ACL staff were terminated. The Administration on Aging, which implements the Older Americans Act, provides NYSOFA and all the other states with funding to support older adults, such as funds for home delivered and congregate meals, transportation, personal care, case management, evidence-based programs, support for caregivers and more. Some of ACL's functions have been moved to different parts of HHS.

NYSOFA and the Association on Aging in New York presented at the American Society on Aging (ASA) conference last week to show our many innovative projects, and to provide a more in-depth conversation on the proposed Federal FY 2026 budget request from HHS. Below is a small snapshot of the HHS request for FY 2026 that we are paying attention to. We will continue to analyze all departments at the federal level to better understand additional possible impacts being proposed that affect older adults and their families.

### **Administration for Community Living**

The following programs are proposed to be eliminated in the federal budget:

**Title IIID** – evidence-based programs to improve overall health, manage chronic conditions, prevent falls, etc.

**Title VII** – the Long Term Care Ombudsman Program, which provides staff and volunteers for nursing homes and residential facilities to assure quality of care on behalf of the residents.

**Title VII** – Elder abuse prevention and mitigation.

**Lifespan Respite** to provide respite services to individuals caring for someone else.

**SHIP/HIICAP** – programs that provide objective information and assistance to help individuals on Medicare choose their coverage and prescription plans, problem solve, assist with benefit applications, etc.. Known in NYS as the Office for the Aging Medicare Counseling Program.

### **Health Care Workforce Programs**

#### **National Center for Chronic Disease Prevention and Health**

#### **Cuts to Food Banks**

*(Letter continues on next page)*

## A Message from NYSOFA Director Greg Olsen on Federal Actions and Agency Restructuring Efforts (May 2025 Update)

*Message Continued*

### **Additional Programs Proposed To Be Eliminated**

**Adult Protective Services** – investigates and helps solve elder-abuse cases.

**Falls Prevention** programs that reduce the fear and risk of falls for older adults.

**CDSME** – chronic disease self-management programs to help older adults manage their conditions and remain healthy.

**LIHEAP** – the Low Income Home Energy Assistance Program, which provides assistance with heat in the winter and cooling in the summer. Known in NYS as HEAP.

**CSBG** – The Community Services Block Grant (CSBG), which provides financial assistance to states, territories, and tribes to support services aimed at alleviating poverty and improving the conditions of low-income communities.

**Title V** – Older worker program helps individuals age 55+ access employment and teach employment skills.

**Alzheimer's disease research**

**Rural hospital grants**

**Mental health and substance abuse programs**, including overdose prevention

I have used the words “proposed” many times because, at this time, that is exactly what these are: proposed program eliminations. The beauty of living in a democracy is that we all have a voice. To learn more, visit <https://agingny.org/>. By NYSOFA Director Greg Olsen

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### **What Can You Do?**

Contact your elected officials to voice your concerns regarding the proposed eliminations and the separation of the Older Americans Act services and programs

***Your voice matters!***

### **NYS REPRESENTATIVE**

Elise Stefanik—(202) 225-4611

2211 Rayburn House Office Building, Washington, DC 20515

### **NYS Senators**

Charles Schumer—(202) 224-6542

313 Hart Senate Building, Washington, DC 20510

Kirsten Gillibrand—(202)224-4451

**June is World Elder Abuse Awareness Month.** If you see something, say something. Too many older adults fall victim to emotional, physical or financial abuse each year.

If you suspect elder abuse of any kind, please call **Adult Protective Services at (315) 379-2148**. If you are in immediate danger, please call 911.

### Common Signs of Potential Abuse

- Lack of basic amenities
- Clutter, filthy living environment
- Unexplained or uncharacteristic changes in behavior
- Unexplained sexually transmitted diseases
- Unpaid bills, new credit cards or increased cash withdrawals
- Signs of harassment, coercion, intimidation, humiliation
- Caregiver isolates older adult



**For more information on Spotting the Signs of Elder Abuse:** [Spotting the Signs of Elder Abuse | National Institute on Aging \(nih.gov\)](#)



#### **JUNE PACKAGE (\$20.50)**

CHICKEN DRUMSTICKS, 3.5LB AVG.

KIELBASA, 13OZ

GROUND BEEF, 1LB

POLLOCK FILLETS, 1LB

BOLOGNA, 1LB

HAMBURGER HELPER, 5.3OZ

ELBOW MACARONI, 1LB

CORN, 1LB

FRUIT MIX, 15OZ

DICED TOMATOES, 14.5OZ

FRESH PRODUCE #1

FRESH PRODUCE #2

#### **JUNE SPECIALS**

PORK RIBS, 3LBS AVG. FOR \$10; ST. LOUIS STYLE

RIBS, UNCOOKED, VACUUM-SEALED.

BEEF & BROCCOLI, 22OZ FOR \$6; BEEF STRIPS,

BROCCOLI FLORETS, RED BELL PEPPERS, WHITE RICE  
IN A SAVORY SOY SAUCE.

CHICKEN WINGS, 5LBS FOR \$9; READY FOR AIR  
FRYER OR GRILL. INDIVIDUALLY QUICK FROZEN.

FRENCH FRIES, 5LBS FOR \$5; READY TO COOK IN  
OVEN OR AIR FRYER.

BREADED SHRIMP, 3LBS FOR \$13; BUTTERFLIED,  
BREADED, 21-25 PER POUND.

STUFFED SHELLS, 48OZ FOR \$7.50; FROZEN, 18  
SHELLS PER SPECIAL.

Orders are accepted at these Centers:

Potsdam: 315-265-3920

Canton: 315-386-3541

Parishville: 315-244-0069

Gouverneur: 315-287-3370

Massena: 315-764-0050

Canton Housing: 315-386-8581

Massena Salvation Army: 315-769-5154

Online at: [foodsense.foodbankcny.org](http://foodsense.foodbankcny.org)

Payment is due at time of order.  
Please make checks payable to:  
Potsdam Neighborhood Center

Orders due: 6/6

SNAP deducted: 6/8

\*\*\*Pick-up: 6/18\*\*\*

Pick-up is on a Wednesday.

### **Save the Dates!**

#### **Seniorama:**

**Monday, July 25th**

Akwesasne Mohawk Casino  
Resort Bingo Palace

10 am - 2 pm

Sponsored by StateWide  
Senior Action Council

#### **Senior Picnic:**

**Thursday, August 14th**

Gouverneur Community Center

9 am - 1:30 pm

Office for the Aging &  
SLC County Council



## 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.**



2024-2025 HEAP Benefit Gross Monthly Income Guidelines	
Household Size	Maximum Gross Income
1	\$3,322
2	\$4,345
3	\$5,367
4	\$6,390



## Looking for Home Health Care Services or Respite Services?

Are you 60 or over and in need of home care services? Or are you the Caregiver of an older adult and need some respite care? The Office for the Aging is seeking 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 may be provided on a cost-share basis; depending on income levels. Call today to learn more!

**Contact: NY CONNECTS - (315) 386-4730**

## Recipe Corner.....

**Veggie & Hummus Sandwich****Ingredients:**

- 2 slices whole-grain bread
- 3 tablespoons hummus
- 1/4 avocado, mashed
- 1/2 cup mixed salad greens
- 1/4 medium red bell pepper, sliced
- 1/4 cup sliced cucumber
- 1/4 cup shredded carrot



**Directions:** Spread 1 slice of bread with 3 tablespoons hummus and the other with 1/4 avocado. Fill the sandwich with 1/2 cup greens, 1/4 bell pepper, 1/4 cup cucumber and 1/4 cup carrot. Slice in half and serve.

**Nutrition Facts** (Per Serving): Calories: 325, Fat: 14g, Carbs: 40g, Protein: 13g

**Source:** <https://www.eatingwell.com/recipe/259817/veggie-hummus-sandwich/>

**Advanced Healthcare Planning = Being in Control**

As we head into warmer weather, and more time with family it's a great time to talk with them about advanced healthcare planning. While this can seem like a stressful and somewhat scary task these conversations are important. Having them around a picnic table or while making s'mores is easier than you think!



As we age, many of us start to lose independence and feel as though things are simply out of our control. Conversations about Advanced Health Care Planning are a great way to ensure you get to be in charge of your health and your health care for as long as possible. You do not have to discuss every little detail from if you do not want CPR to be done on you to the songs you'd like played at your funeral, although if you want to discuss it all, go for it. Focusing on three small things can help ensure you're in control of

your health care even if you cannot communicate at some point.



**Have a general conversation.** While talking about whether you'd want to be resuscitated may not be what normally comes up at the family dinner table, it can be a good way to start. Having general conversations about the "what ifs" is a great way to get your family to learn about what types of health care you do, and do not, want.

**Pick a Health Care Proxy.** This is a person who will make medical decisions for you if, and *only if*, you cannot speak for yourself. Choose someone you trust to make decisions similar to what you would make for yourself. Make sure you let them know you're listing them as Health Care Proxy.

**Tell people!** This is the most important part. Do not do all the work of thinking about what kind of care you want, maybe completing a Measure of Life Sustaining Treatment (MOLST) with your doctor, and selecting a Health Care Proxy and not let people know. Make your family, friends, and medical providers aware of your wishes.

**For help on how to start these conversations or to learn more about what Hospice care looks like at end-of-life, please contact Hospice at 315-265-3105.**

## June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <u>Monterey Chicken</u> Au gratin Potatoes Brussel Sprouts Dinner Roll Assorted Fruit	<b>3</b> <u>Steak and Cheese on Roll with Peppers &amp; Onions</u> Potato Wedges Winter Blend Veggies Assorted Fruit	<b>4</b> <u>Pork w/ Creamy Mushroom Gravy</u> Parslied Potatoes Mixed Vegetables Dinner Roll Homemade Dessert	<b>5</b> <u>Savory Baked Fish</u> Macaroni & Cheese Diced Beets Assorted Muffin Mixed Fruit Cup	<b>6</b> <u>Shepherd's Pie</u> Green Beans Warm Spiced Fruit Dinner Roll Homemade Dessert
<b>9</b> <u>Italian Monday!</u>  (Chef's Choice)	<b>10</b> <i>All Nutrition Centers Closed.</i>  <i>(Staff Training)</i>  <i>Use Frozen Meal</i>	<b>11</b> <u>Chicken Tenders w/Dipping Sauce</u> Assorted Fries Vegetable Medley Dinner Roll Homemade Dessert	<b>12</b> <u>BBQ Pulled Pork on a Bun</u> Baked Beans Cauliflower with Cheese Sauce Assorted Fruit	<b>13</b> <u>Sweet-n-Sour Meatballs over Buttered Brown Rice</u> Oriental Vegetables Seasoned Fried Cabbage Dinner Roll Homemade Dessert
<b>16</b> <u>Chicken Riggies</u> Italian Mixed Veggies Warm Garlic Knot Fresh Fruit	<b>17</b> <u>Mexican Casserole</u> Chuck wagon Corn Spinach Dinner Roll Assorted Fruit	<b>18</b> <u>Assorted Meat &amp; Cheese Subs</u> Macaroni Salad 3-Bean Salad <b>BIRTHDAY CAKE!!</b>	<b>19</b> <u>Juneteenth Holiday</u> <i>Nutrition Sites and County Offices Closed.</i>  <i>Use Frozen meal</i>	<b>20</b> <u>Baked Ham with Country Gravy</u> Sweet Potatoes Mixed Vegetables Homemade Dessert
<b>23</b> <u>Meatloaf w/Gravy</u> Mashed Potatoes Green Beans Dinner Roll Assorted Fruit	<b>24</b> <u>Macaroni and Cheese</u> Stewed Tomatoes Warm Spiced Pears Assorted Muffin Fruit Cup	<b>25</b> <u>Chicken Ala King over Rice</u> Buttered Peas Warm Garlic Knot Homemade Dessert	<b>26</b> <u>Hot Turkey/Gravy Sandwiches</u> Mashed Pot./Gravy Buttered Carrots Assorted Fruit	<b>27</b> <u>Tuna Salad &amp; Egg Salad Cold Plate</u> Pasta Salad Southern Coleslaw Dinner Roll Homemade Dessert
<b>30</b> <u>Chicken &amp; Biscuits</u> Mashed Potatoes Harvard Beets Assorted Fruit			<i>All Meals are served with 1% milk</i> <i>*Menu Follows a no salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please notify our office.</i>	<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>

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

Brasher- LBSH, 32 Church St. Lunch is at 11:30 am.  
Canton- Canton Sr. Housing, 37 Riverside Drive. Lunch is at 11:00.  
Gouverneur- GCC, 4673 SH 58. Lunch is at 11:00 am.  
Morristown- Morristown Fire Hall, 200 Morris St. Lunch is at 11:00.  
Potsdam- Midtown Apt., 28 Munson St. Lunch served at 11:00 am.

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

Suggested Contribution: \$3.00 (age 60+)  
 Guest Fee \$10—(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)

## June Calendar

6/2	SLC Board of Legislator's Meeting; 6 pm—48 Court Street, Canton
6/9	Advisory Council Mtg.; 10 am - Humans Services Bldg., Canton
6/14	Flag Day
6/15	Father's Day
6/19	Juneteenth; All County Offices and Nutrition Centers are closed.
6/20	First Day of Summer



## June is Pride Month!

The St. Lawrence County Office for the Aging is a safe, inclusive organization for LGBTQ+ older adults and their families. Please reach out to us with any questions on services, programs and supports available! We are here to help - call us anytime at (315) 386-4730.

Individuals in the LGBTQ+ community have a long history of facing discrimination in the United States. The effects of prejudice, hostility and mental, emotional and physical harm are felt by all generations of the community, from youths to older adults. Many LGBTQ+ older adults age into systems that may not fully accept and support them, and may directly or indirectly stand in the way of them getting the physical and mental health assistance they need.

### What challenges exist for LGBTQ+ older adults?

**Increased discrimination in care settings and in the community:** Discrimination remains one of the biggest challenges for the LGBTQ+ community at large. Older adults may face discrimination from peers, caregivers, physicians, service providers and other people involved in their care, in ways including, but not limited to:

- Denial of service or treatment
- Use of slurs or harmful language
- Avoidance of physical contact
- Intentional mis-gendering
- Hostility



Discrimination can increase the stress, anxiety, isolation and loneliness of LGBTQ+ older adults, and also negatively impact their health, especially if discrimination is a barrier to receiving the care they need.

Source: [Aging Challenges for Older Adults in the LGBTQ Community \(benrose.org\)](http://benrose.org)

### NC Chapter of StateWide Senior Action Council

**Next Meeting:** June 5th - 11:00 am

**Location:** Lobster House

**\*New members welcome!**

**Contact Barb at (315) 261-2980**

### County Council of Senior Citizens

**Next Meeting:** June 12 / 10 am

**Midtown Apts. - 28 Munson St.,  
Potsdam**



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

