



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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

## June 2026

**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.

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### 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 \(nih.gov\)](#)

### Mature Living

- ♦ *Published by:* St. Lawrence County Office for the Aging
- ♦ *Supported by:* The Administration for Community Living, NYS Office for the Aging and St. Lawrence County



### WHAT IS ELDER ABUSE?

Elder abuse refers to intentional or negligent acts by a caregiver or "trusted" individual that causes (or potentially causes) harm to an older adult.

**1 in 10** older Americans will experience some form of elder mistreatment

**1 in 2** individuals with dementia will suffer mistreatment



During the month of April, we celebrated *Volunteer Appreciation Week!* Our Nutrition Centers held celebrations to honor the amazing people who help us everyday! Here are a few pictures from the celebrations. We are so grateful for their help and support.



Pictured in the photo above: John, Judy, Kathy & John



Pictured in the photo to the right: April, Kaitlin & Jenna

Pictured in the photo below: Leona



**OFFICE FOR THE AGING**

SET YOUR OWN SCHEDULE

YOU MAKE A DIFFERENCE

MILEAGE REIMBURSEMENT

**VOLUNTEERS NEEDED**

**9:30AM TO 12PM M-F**

**HOME DELIVERED MEALS**

MEAL SITES: BRASHER FALLS, CANTON, GOUVERNEUR, MORRISTOWN, POTSDAM

We are looking for volunteers for our home delivered meal program throughout St. Lawrence County. We provide meals to over 600 local senior citizens and could use your help!

FOR MORE INFORMATION CALL: 315-386-4730






**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



**Medicare 101**

Offered by St. Lawrence County Office for the Aging

**Join us on the following Mondays:**

Human Services Building, Canton

April 20<sup>th</sup> 10:00am  
May 18<sup>th</sup> 10:00am  
June 15<sup>th</sup> 10:00am

Come and get your questions answered....

- When do I sign up for Medicare?
- What does Medicare cover?
- Do I need to add other insurance?
- What do I do during Open Enrollment?

Medicare 101 will be held in the Human Services Building  
80 State Highway 310, Canton  
2nd floor conference room  
(in the same building as the Office for the Aging and DMV)  
Call the Office for the Aging with any questions.  
(315) 386-4730



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>

**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!



**JUNE PACKAGE (\$20.50)**

- CHICKEN THIGHS. 1.68LB AVG.
- KIELBASA. 13OZ
- FISH STICKS. 1LB
- BOLOGNA. 1LB
- CHEDDAR POTATO PIEROGI. 13OZ
- HAMBURGER HELPER. 5.8 OZ
- GREEN BEANS. 1LB
- CORN. 1LB
- ELBOW MACARONI. 1LB
- FRUIT MIX. 15OZ
- FRESH PRODUCE #1
- FRESH PRODUCE #2

**JUNE SPECIALS**

- PORK RIBS. 3LBS AVG. FOR \$10. ST. LOUIS STYLE RIBS. UNCOOKED, VACUUM-SEALED.
- SMASH BURGER PATTIES. 2LBS FOR \$12. 8 - 4OZ PATTIES MADE OF 100% BEEF.
- CHICKEN WINGS. 5LBS FOR \$9.50. READY FOR AIR FRYER OR GRILL. INDIVIDUALLY QUICK FROZEN.
- HASHBROWNS. 2LBS FOR \$4. OVAL-SHAPED AND READY FOR AIR FRYER OR OVEN.
- BREADED SHRIMP. 3LBS FOR \$13.50. BUTTERFLIED. BREADED. 21-25 PER POUND.
- STUFFED SHELLS. 48OZ FOR \$7.50. FROZEN. 18 SHELLS PER SPECIAL.

Payment is due at the time of order. Cash or check only  
 Please make checks payable to Potsdam Neighborhood Center.  
 Orders are accepted at the following locations:  
 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.foodbankny.org](http://foodsense.foodbankny.org)

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.

Orders due: 6/5  
 SNAP deducted: 6/18



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

**Save the Dates!**

**Seniorama:**

Sponsored by StateWide Senior Action Council

**August 10th:** Ogdensburg Airport

**Senior Fall Festival**

**September 17th**

Gouverneur Community Center

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.**



<b>2025-2026 HEAP Benefit Gross Monthly Income Guidelines</b>	
<b>Household Size</b>	<b>Maximum Gross Income</b>
1	\$3,473
2	\$4,542
3	\$5,611
4	\$6,680



### **Farmers Market Coupons: Not Available Until After July 1st**

While many Farmers Markets across St. Lawrence County opened in May, please note, **we will not have any Farmers Market Coupons available until after July 1st.** We do not receive them from NYS until that date. We will post a full distribution schedule in Mature Living, on our FB page, Website and via press release to local media as soon as we know when we will have the coupons. We appreciate everyone's patience.

**\$5.00**      **Farmers' Market Nutrition Programs**      **\$5.00**  
 June 1 - November 30

USE AT AUTHORIZED FARMERS MARKETS AND FARM STANDS USE EN MERCADOS Y PUESTOS AGRICOLAS AUTORIZADOS	USE FOR LOCALLY GROWN FRESH FRUITS AND VEGETABLES USE PARA FRUTAS Y VERDURAS FRESCAS CULTIVADAS LOCALMENTE	USE WITH AUTHORIZED FARMERS USE CON AGRICULTORES AUTORIZADOS	USE BY NOVEMBER 30 USE ANTES DEL 30 DE NOVIEMBRE
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Do not use at grocery stores or supermarkets. No cash change.      No se puede usar en tiendas ni supermercados. No se puede cambiar por dinero.

For more information and recipes:  
 Por más información y recetas:  
[fmpn.nutrition.cornell.edu](http://fmpn.nutrition.cornell.edu)  
 WIC Hotline: 1-800-522-5006  
 Senior Hotline: 1-800-342-9871

Find Participating Markets:  
[agriculture.ny.gov/farmersmarkets](http://agriculture.ny.gov/farmersmarkets)  
 Instructions for farmers:  
 Instrucciones para los agricultores: →

COUPON EXPIRES NOVEMBER 30

Department of Agriculture and Markets  
 Farmers' Market Nutrition Programs

[www.agriculture.ny.gov](http://www.agriculture.ny.gov)

If found, please return to:  
 NYS Department of Agriculture and Markets  
 108 Aikline Drive Albany, NY 12235

VOID

### **Senior's Farmers Market Nutrition Program (SFMNP)**

*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/>

**Volunteering with Hospice**

Hospice of St. Lawrence Valley was founded in 1983 as an all-volunteer organization. Today, we continue to honor our roots by receiving support from our dedicated volunteers both in the homes of people for whom we care and in the office.



Family support volunteers work directly with patients and their families but do not provide any sort of hands-on personal care. Rather they are there as a calm, steady presence to provide socialization to the patient, whether that means reading to them, helping them write legacy letters, or just sitting quietly by their chair or bedside. For the families, this calm, steady presence allows them to step away from caregiving for a few hours. Stepping away may look like running errands, walking the dog, or simply taking a nap. Our volunteers help make all this possible.

Hospice also has volunteers who are office-based, meaning they help with administrative tasks that keep the organization running smoothly. These committed volunteers help with mailings, answer phones, complete data entry, and place calls to families.

Volunteering for Hospice can be a rewarding and enlightening experience, and we're currently looking for volunteers to enrich the Hospice experience for families. People living in the Massena, Ogdensburg, or Star Lake area would be helping us out greatly.

All the training needed to become a Hospice volunteer is done by our Volunteer Manager who also provides on-going guidance to both family support volunteers and our office-based team. **If you are interested in learning more about how to give back to your community by supporting Hospice patients and their families, please call Diane at 315-265-3105.**

## JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <u>Spanish Rice</u> Cauliflower with Cheese Sauce Corn Muffin Homemade Dessert	<b>2</b> <u>Homestyle</u> <u>Meatloaf/Gravy</u> Mashed Potatoes w/Gravy Chuck Wagon Corn Dinner Roll Fresh Fruit	<b>3</b> <u>Chicken Alfredo</u> <u>w/ Pasta</u> Italian Medley Veg. Garlic Knot Assorted Fruit Homemade Dessert	<b>4</b> <u>Pork and Pepper</u> <u>Stir Fry</u> Oriental Veg. Warm Banana Muffin Pudding Cup Assorted Fruit	<b>5</b> <u>Cheeseburger</u> <u>Deluxe</u> Mixed Vegetables Potato Wedges Homemade Dessert
<b>8</b> <u>Pasta w/ Meat Sauce</u> Italian Medley Veg Warm Garlic Knot Fruit Cup Homemade Dessert	<b>9</b> <i>All Nutrition Centers            Closed for Staff            Meeting/Training.</i>  <i>Use Frozen Meal.</i>	<b>10</b> <u>Tuna Noodle</u> <u>Casserole</u> Zucchini/ Stewed Tomatoes Warm Spiced Pears Assorted Muffin Yogurt Cup	<b>11</b> <u>Savory Roast Pork</u> <u>w/Gravy</u> Mashed Potatoes w/Gravy Mixed Vegetables Dinner Roll Assorted Fruit	<b>12</b> <u>Meat &amp; Cheese Sub</u> Lettuce/Tomatoes Potato Salad Fruit Cup Homemade Dessert
<b>15</b> <u>Macaroni &amp; Cheese</u> Green Beans Assorted Muffin Yogurt Cup Homemade Dessert	<b>16</b> <u>Shake &amp; Bake</u> <u>Chicken</u> Winter Mix Veggies Baked Beans Dinner Roll Assorted Fruit	<b>17</b> <u>Beef and Vegetable</u> <u>Stew over Biscuit</u> Diced Beets Warm Spiced Peaches <i>Happy Birthday            Cake!</i>	<b>18</b> <u>Pulled Pork on</u> <u>Bun</u> Sautéed Cabbage & Onions Parslied Potatoes Pudding Cup	<b>19</b> <i>Juneteenth Holiday</i>  <i>Nutrition Sites and            County Offices are            Closed.</i>  <i>Use Frozen Meal</i>
<b>22</b> <u>Hawaiian Ham</u> w/Pineapple Whipped Sweet Potatoes Buttered Peas Dinner Roll Homemade Dessert	<b>23</b> <u>Creole Chicken</u> Brussel Sprouts Rice Pilaf Corn Muffin Pudding Cup Fresh Fruit	<b>24</b> <u>American Goulash</u> Buttered Broccoli Warm Cinnamon Applesauce WW Bread Homemade Dessert	<b>25</b> <u>Turkey over</u> <u>Stuffing w/Gravy</u> Potatoes/Gravy Gingered Carrots Dinner Roll Assorted Fruit	<b>26</b> <u>Chicken Salad</u> <u>Cold Plate</u> Pasta Salad 3-Bean Salad Kaiser Roll Fruit Cup Homemade Dessert
<b>29</b> <u>Mexican Monday!</u>  (Chef's Choice)	<b>30</b> <u>Fish Sandwich</u> <u>w/Cheese</u> Coleslaw Sweet Potato Fries Yogurt Cup Fresh Fruit	<u>MEAL</u> <u>CONSTITUTION</u> <i>Protein – 2oz min</i> <i>Vegetables – ½ - 1 cup</i> <i>Fruit – ½ - 1 cup</i> <i>Starch – 2oz minimum</i> <i>at least 1oz whole grain</i> <i>Dairy – 1 cup</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>	<i>All Meals are served            with milk and WW            bread or equivalent</i> <i>*Menu Follows a no            salt added and low            sugar diet.</i>

### 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)

## June Calendar

6/1	SLC Board of Legislator's Meeting; 6 pm—48 Court Street, Canton
6/8	Advisory Council Mtg.; 10 am - Humans Services Bldg., Canton
6/13	Potsdam Pride Festival; Ives Park
6/14	Flag Day
6/19	Juneteenth; All County Offices and Nutrition Centers are closed.
6/21	Father's Day / 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 LGBT+ 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 LGBT+ 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 LGBT+ older adults?

**Increased discrimination in care settings and in the community:** Discrimination remains one of the biggest challenges for the LGBT+ 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 LGBT+ 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 LGBT Community \(benrose.org\)](http://benrose.org)

### NC Chapter of StateWide Senior Action Council

**Next Meeting:** June 4th 11:00 am

**Location:** Best Western Golf Lounge

**\*New members welcome!**

### County Council of Senior Citizens

**Next Meeting:** June 11th /10 am

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



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

