



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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



March 2026



Joining a senior club is a great way to meet new people and get out in the community. Many clubs plan regular events, activities and trips! You can join as many clubs as you would like!

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Mature Living

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2026 St. Lawrence County Senior Clubs

St. Lawrence County Council of Senior Citizens

President: Laura McGrath / 315-296-7895
Meetings: 2nd 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: 1st Tuesday / month @ 1pm
Location: 35 Riverside Drive, Canton

Clifton-Fine Senior Club

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

Colton-Pierrepont Seniors

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

Dekalb-Hermon Seniors

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

Gouverneur Senior Citizens

Contact: Richard Cota / 315-380-9261
Meetings: 2nd Tuesday / month @ 12pm
Location: Gouverneur Community Center

Massena Senior Citizens Club

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

Norfolk Jolly Agers

President: Bobbi Jo Phillips /
Meetings: 3rd Wednesday / month @ 12pm
Location: Community Hall, Raymondville

Norwood Golden Agers

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

Parishville Hilltoppers Senior Citizens Club

President: Barb McBurnie / 315-261-2980
Meetings: 2nd 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: Cathy Corrice / 518-227-9781
Meetings: 3rd Thursday / month @ 12:30pm
Location: Mayfield Apts. Community Room

Potsdam Sandstoners Senior Club

President: Kay DePerno / 315-265-3995
Meetings: 1st Monday / month @ 11:30am
Location: Midtown Apts. Community Room

Quad Town Senior Citizens

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

Seaway Valley Senior Club

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

North Country Statewide Senior Action Council

President: Mary Jane Barnes / 315-723-0819
Meetings: 1st Thursday / month @ 10 am
Location: TBA
(No meetings Jan, Feb, July or Aug)



Pre-Planning takes a lot of stress out of the aging process. It is critically important to have many of these forms in place. Do you know the difference between the Types of Power of Attorney's?

Do you have a Health Care Proxy? If so, do you have a copy? Does your doctor have a copy? Does your Health Care Agent have a copy?

A MOLST form is a medical document for patients with advanced illness to make their wishes known about life sustaining treatments.

For more information on these options, please call our NY Connects staff at (315) 386-4730. We can also mail or email forms to you!

Types of Power of Attorney

Type	Use	Most useful for
Durable Power of Attorney	Can be used whether the Principal is incapacitated or not.	Estate planning and Delegating your financial affairs.
Springing Power of Attorney	Activates on a future date or when a specified event occurs.	Planning for your incapacity or absence.
Special Power of Attorney	Allows an Agent to perform only one or two specific duties.	Delegating tasks to experts (such as realtors or brokers).
Medical Power of Attorney	Lets the Agent make medical decisions for the Principal.	Planning for medical emergencies in the future.



MOLST vs. Health Care Proxy form

	MOLST	HEALTH CARE PROXY
Form type	Medical document	Legal document
Form users	Patients of any age with advanced illness	All adults, healthy or sick
Form contains	Current medical orders about life-sustaining treatments	Name of person's appointed health care agent(s) for future shared decision-making
Form signer(s)	The patient* <u>and</u> clinician	The person and two witnesses of the person's choice
Goes into effect	Immediately upon signing	Only if person is declared to lack capacity to make own health care decisions

**Or patient's health care agent (only if the patient lacks capacity)*

Exciting New Service—Ask the Doctor!

Dr. Gary Berk will be providing a free medical consultation service to patients and their families/friends to help them understand their medical conditions and help them make decisions regarding the risks and benefits of treatment. Dr. Berk is a family physician who practiced in Hermon for 35 years and is now retired. People can make appointments to be seen at the Office for the Aging and have an hour to review medical records, review portal information and ask questions. The visit is not a substitute for medical care; it is effort to improve that medical care through better understanding and knowledge by the patient.



Dr. Berk will be seeing people **one day a month, by appointment only**. Clients with acute issues/questions can call the office and staff will try to accommodate same day appointments. However, this will only be available on the scheduled, one day per month Dr. Berk is in the office.

Please note, this service is a **free medical consultation only**; no onsite hands-on medical care, treatment and/or prescriptions will be provided. Clients seeking this form of care must call their own providers, go to urgent care and/or the emergency room as applicable.

Please make an appointment by calling the Office for the Aging at (315) 386-4730. Clients are asked to bring along medical records, your portal sign in information or just be prepared to tell your story. Former patients of Dr. Berk's are welcome to participate.

ALZHEIMER'S ASSOCIATION EDUCATION PROGRAMS

This program is supported, in part, by a grant from the New York State Department of Health.



Understanding Alzheimer's & Dementia

Tuesday, March 10, 2026

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Healthy Living for Your Brain and Body

Tuesday, May 12, 2026

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

10 Warning Signs of Alzheimer's

Tuesday, April 14, 2026

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

All Programs to be held:

11:30 AM - 12:30 PM

St. Lawrence County Office for the Aging
80 State Highway 310
2nd Floor Conference Room
Canton, NY 13617

To register, please visit
alz.org/CRF
or call 800.272.3900

Visit alz.org/CRF to explore additional education programs in your area.



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

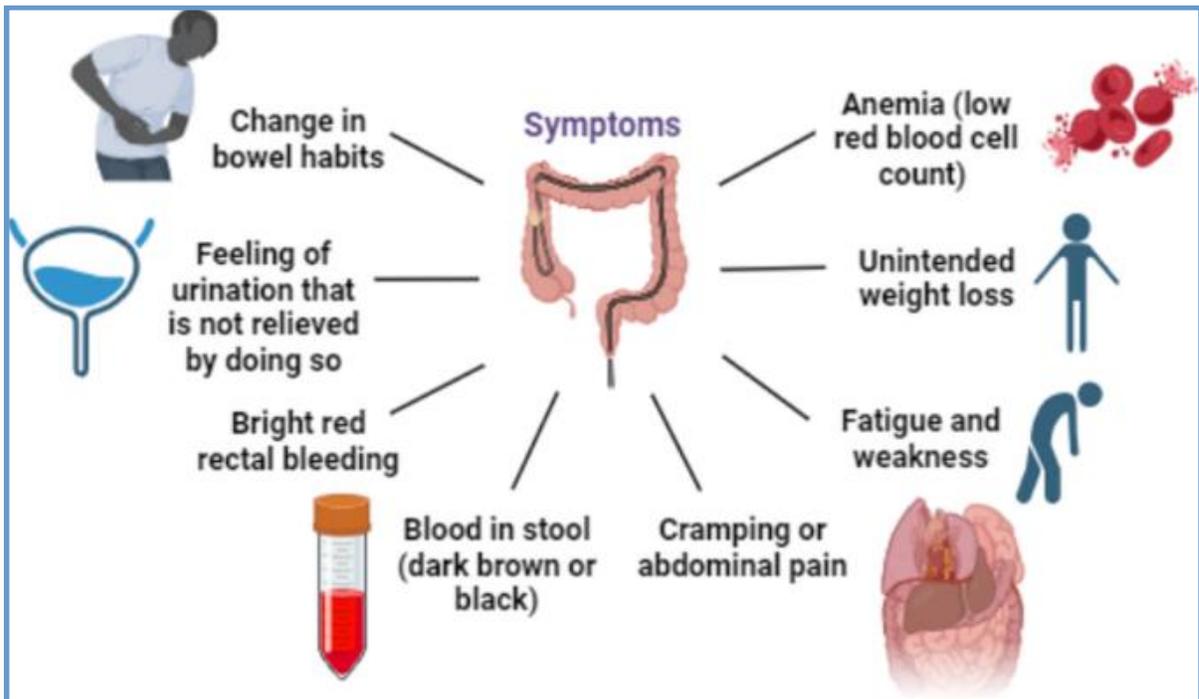
<https://stlawco.gov/Departments/OfficefortheAging>



March is Colorectal Cancer Awareness Month

The risk of colorectal cancer increases as people get older. Colorectal cancer can occur in young adults and teenagers, but the majority of colorectal cancers occur in people older than 50. For colon cancer, the average age at the time of diagnosis for men is 66 and for women is 69. For rectal cancer, it is age 62 for men and 63 for women. Adults 65 and older who are diagnosed with colorectal cancer face unique challenges, specifically with regard to cancer treatment. Learn more about [aging and cancer](#).

It is important to note that while colorectal cancer is still diagnosed most common in older adults, the incidence rate for colorectal cancer declined by about 3.6% per year in adults 55 and older, based on the latest statistics. Meanwhile, the incidence rate increased by 2% per year in adults younger than 55. The increase is due in large part to rising numbers of rectal cancer. Source: www.cancer.net



PREVENTING HEART ATTACKS DURING WINTER

- Staying warm by dressing in layers, and wearing a hat and gloves
- Limiting time outdoors in extreme cold
- Taking frequent breaks when outside
- Avoid strenuous activities like heavy snow shoveling
- Maintain a healthy diet
- Stay hydrated



Consult your doctor: Talk to your doctor about any concerns regarding your heart health during winter, especially if you have pre-existing heart conditions.

<https://www.nia.nih.gov/health/safety/cold-weather-safety-older-adults>



There is hope.



If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**

988 SUICIDE & CRISIS LIFELINE



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Free Tax Assistance from AARP

AARP Tax-Aide Program will have one site open in St. Lawrence County for the 2025 tax year. Massena Community Center, 61 Beach St., will be open **Mondays** and **Tuesdays** from 8:30 a.m. - 12:30 p.m.

- ◆ Taxpayers must come during site hours to pick up and fill out an intake sheet.
- ◆ Please bring all documents showing income for 2025; plus last year's tax return.

As this is the main site in the County, there may be a number of returns in the queue to be processed. Returns will be processed in the order that they are received. Taxpayers can wait at the site, in their car or at home. Taxpayers will be called with questions and to pick up their returns when complete.

The Tax-Aide Program is not limited to serving senior citizens; AARP does not discriminate based on age.

For more information, please call: AARP Tax-Aide, Sheryl Campbell, (315) 212-0450

Hospice is About Living Too

Hospice of St. Lawrence Valley works to guide each end-of-life journey with compassion, comfort and care. While the result of someone's time on Hospice is most likely to be death, Hospice is not only about death.

People who have a terminal diagnosis with a life expectancy of six months or less, who choose to have Hospice support at end-of-life, do not stop living the moment they become a Hospice patient. In fact, the whole Hospice care team shifts focus onto their quality of *life*. Our nurses, home health aides, social workers, spiritual care coordinator, and volunteers come together to support both the patient and their family, empowering them to truly *live* until their last moment.



Living on Hospice looks a bit different for everyone. For some there is just enough time to get them home from the hospital, settled with any durable medical equipment (hospital bed, over the bed table, oxygen) and medication before they experience end-of-life surrounded by family. Others start Hospice sooner and in addition to being able to get home and settled they have weeks to months to get to know the skilled staff caring for them. Regular visits from home health aides to assist with personal care may make it more comfortable for the patient to still welcome family and friend into their home or even get out to church or lunch. Getting to know the assigned Registered Nurse helps the family feel more comfortable with the plan of care and empowered to ask questions and care for their loved one. Visits from social workers, spiritual care staff and volunteers also improve quality of *life* by providing an opportunity for conversation, connection, and respite.

In a recent conversation with a current Hospice patient, they shared the most important thing for people to know about Hospice is it is "not just for the very end." They explained part of the benefit to being on Hospice for more than just a few weeks has been that Hospice staff can "augment the care others provide" and help them feel even more well cared for in the skilled nursing facility they call home.

Hospice can help you *live* your final months in the farmhouse you were born in decades ago, the home you built with your spouse and raised a family in, the independent senior living apartment you've downsized to or a skilled nursing facility. No matter where you call home, Hospice will be there to help you truly *live* until the very end of your end-of-life journey.

**To learn more about *living* right up until the very end contact:
Hospice of St. Lawrence Valley at 315-265-3105.**

RECIPE CORNER...**Crock Pot Corned Beef and Cabbage****Ingredients**

- 2 lbs. lean corned beef brisket, all fat trimmed off
- 1 cup frozen pearl onions
- 2 medium carrots, peeled and cut into chunks
- 2 medium parsnips, peeled and cut into chunks
- 1 small head cabbage, cut into 6 wedges
- 1/4 cup chopped fresh parsley
- 2 bay leaves
- 1/8 tsp whole peppercorns

**Instructions**

In a 5-6 qt. crock pot, place brisket, carrots, parsnips, pearl onions, parsley, bay leaves, peppercorns and 3 cups of water. Cover and cook on high 4 hours. Add cabbage, cook on high 1 hour 20 minutes more.

Source: <https://www.skinnytaste.com/crock-pot-corned-beef-and-cabbage/>

March Food \$en\$e**March Package (\$20.50)**

Pork Tenderloin, 1.8lb avg
 Chicken, 1.17lb avg
 Ground Beef, 1lb
 Fish Sticks, 1lb
 Chicken Pot Pie, 7oz
 Macaroni & Cheese, 7.25oz
 Stuffed Rigatoni, 12oz
 Chopped Broccoli, 1lb
 Carrots, 14.5oz
 Mandarins, 11oz
 Fresh Produce #1
 Fresh Produce #2

March Specials

Spiral Honey Ham, 9lbs avg for \$16: Fully cooked.
Meatloaf Mix, 2lbs for \$11: Equal blend of beef, pork, and veal. Vacuum-sealed and frozen.
Shrimp Alfredo, 24oz for \$6: Complete meal with shrimp, pasta, & vegetables in a creamy alfredo sauce.
American Cheese, 5lbs for \$11.50: Is NOT individually wrapped.
BBQ Chicken Wings, 25.5 oz for \$7: Frozen, oven or air-fryer-ready.
Stuffed Shells, 48oz for \$7.50: Frozen, 18 shells per special.

Order Due 3/13
 Pick-up 3/26

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:

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.foodbankcny.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.

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

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!

March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>Creamy Turkey</u> <u>Tetrazzini over Rice</u> Sweet Peas Warm Dinner Roll Assorted Fruit	3 <u>Salisbury Steak</u> <u>Mashed Potato/Gravy</u> Chef's Vegetable Medley WW Bread Fruit Cup	4 <u>Lemon Garlic</u> <u>Chicken</u> Roasted Potatoes Buttered Carrots Dinner Roll Homemade Dessert	5 <u>Chili Con Carne</u> Fiesta Corn Warm Muffin Fresh Fruit Pudding Cup	6 <u>Cheesy Baked Ziti</u> <u>Italian Style Green</u> <u>Beans</u> Warm Garlic Knot Homemade Dessert
9 <u>Shepherd's Pie</u> Broccoli Florets Warm Dinner Roll Fruit Cup	10 <i>All Nutrition Centers</i> <i>Closed for Staff</i> <i>Meeting/Training.</i> <i>Use Frozen Meal.</i>	11 <u>Chicken & Biscuits</u> <u>Potatoes/Gravy</u> Diced Beets Homemade Dessert	12 <u>Amish Breakfast</u> <u>Casserole</u> Spinach Muffin Pudding Cup Assorted Fruit	13 <u>Fish on a Bun</u> Sweet Potato Fries Mixed Vegetables Homemade Dessert
16 <u>Creole Chicken over</u> <u>Brown Rice</u> Cauliflower Warm Corn Bread Fruit Cup	17 <u>Corned Beef</u> Cabbage and Carrots Parslied Potatoes WW Bread Fresh Fruit 	18 <u>Sausage w/ Peppers</u> <u>& Onions on Sub</u> <u>Roll</u> Oven Fries Yellow Beans Happy Birthday Cake!	19 <u>Honey Mustard</u> <u>Glazed Pork</u> Rice Pilaf Mixed Vegetables Dinner Roll Assorted Fruit	20 <u>Macaroni & Cheese</u> <u>Stewed Tomatoes</u> Cinnamon Apples WW Bread Yogurt Cup Homemade Dessert
23 <u>Meatball Parm Subs</u> Winter Blend Veggies Warm Fruit Crisp Potato Chips Fresh Fruit	24 <u>Southern BBQ</u> <u>Chicken</u> Baked Beans Peas and Carrots Corn Muffin Assorted Fruit	25 <u>Poor Man's Stew</u> Roasted Brussel Sprouts Warm Spiced Peaches Country Biscuit Pudding Cup	26 <u>Turkey over</u> <u>Stuffing w/Gravy</u> <u>Potatoes/Gravy</u> Squash Dinner Roll Homemade Dessert	27 <u>Fish Florentine</u> Fried Rice Harvard Beets WW Bread Homemade Dessert
30 <u>Pasta with Meat</u> <u>Sauce</u> Italian Medley Veg Warm Garlic Knot Assorted Fruit	31 <u>Ham and Scalloped</u> <u>Potato Casserole</u> Green Beans Warm Dinner Roll Fresh Fruit	<i>Note: If you need to</i> <i>cancel your meal or</i> <i>you will not be home</i> <i>to receive your meal,</i> <i>please call 24 hours</i> <i>in advance:</i> 315-386-4730	<i>All Meals are served</i> <i>with 1% milk and ww</i> <i>bread or equivalent</i> <i>*Menu Follows a no</i> <i>salt added and low</i> <i>sugar diet.</i>	<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 at</i> <i>least 1oz whole grain</i> <i>Dairy – 1 cup</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)

March Calendar

- 3/2 SLC Board of Legislator’s meeting; 6 pm—48 Court St., Canton
- 3/8 Daylight Savings Time—Set clocks ahead one hour!
- 3/17 St. Patrick’s Day
- 3/20 First day of Spring!
- 3/20 Eid al-Fitr
- 3/29 Palm Sunday



COUNTY OF ST. LAWRENCE

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



<https://www.facebook.com/stlawrencecountyoffice-fortheaging>



County Council of Senior Citizens

Next Meeting: March 12th - 10:00 am

Location: Midtown Apts. - 28 Munson St, Potsdam

