



St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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

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Mature Living

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Mature Living

May 2025

Older Americans Month 2025

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2025 Older American's month theme is *Flip the Script on Aging*, seeking to transform societal perceptions and approaches to aging, encouraging active engagement and highlighting the contributions of older adults.

Since 1965, ACL authorizes the Older Americans Act which has provided services that help older adults remain healthy and independent by complementing existing medical and health care systems, helping prevent hospital readmissions, and supporting some of life's most basic functions, such as bathing or preparing meals.

This year's Senior Citizen of the Year for St. Lawrence County is Linda Wilkinson, Potsdam. Linda has 2 children, 3 grandchildren, and 2 step grandchildren. Linda worked at the US Postal Service for 30 years. She has been volunteering for the last 14 years for organizations such as: Rural Letter Carrier Association, Canton VFW Auxiliary, SLC OFA Advisory Council, SLC County Council of Senior Citizens, North Country Chapter NY Statewide Senior Action Council, Potsdam Sandstoners Seniors, and Potsdam and Canton Senior Citizens. Linda's always willing to help: coordinating Mayfests and Summer Picnics with County Council, providing informational tables at the Dairy Princess Festival and Potsdam Summerfest, organizing numerous Senioramas coordinating with Midtown Housing management and arranging for interesting speakers at meetings which is just to name a few.

"Linda is very deserving of the Senior of the Year Award. Her unwavering involvement in numerous groups serving Senior Citizens and the Community has brightened the lives of many.", said Barb McBurnie. "The activities and information she has provided over the years has benefited many Senior Citizens and their families. Thank you Linda for helping us to be Seniors!"



2025 Senior Citizen of the Year: Linda Wilkinson

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

Celebrating Our Fallen Veterans / Honoring the Heroes that Served Our Country

Memorial Day honors the brave men and women who have sacrificed their lives in service to our country. These courageous individuals have given everything they had to defend our freedoms and way of life. Memorial Day reminds us of the high price of freedom and the debt of gratitude we owe to those who have made the ultimate sacrifice. It is a day to reflect on their sacrifice and to honor their memory with gratitude.

Memorial Day is marked by parades, speeches, and ceremonies at military cemeteries and other sites across the country. It serves as a solemn reminder of the sacrifices made by the men and women who have died in service to our country, and a time to reflect on the true cost of freedom.

Facts about Memorial Day

- **American flags** are flown at half-staff until noon on Memorial Day and then raised to full-staff for the rest of the day as a symbol of the nation's resilience and determination.
- **The National Moment of Remembrance** was established by Congress in 2000 as a way to encourage Americans to pause for one minute at 3 p.m. on Memorial Day to remember and honor the sacrifices of those who died in service to the country.
- **The red poppy** has become a symbol of Memorial Day. This tradition dates back to World War I when a poem called "In Flanders Fields" described red poppies growing on the graves of fallen soldiers.
- **Arlington National Cemetery** in Virginia is one of the most famous military cemeteries in the United States. It was established during the Civil War, and today it is the final resting place for more than 400,000 military veterans and their families.
- **Memorial Day** was originally known as Decoration Day, and it was first observed on May 30th, 1868. One hundred years later in 1968, Congress passed the Uniform Monday Holiday Act which made Memorial Day a federal holiday that always landed on the last Monday of May.

Source: https://www.carrytheload.org/carry-the-flag/memorial-day/?gad_source=1&gclid=Cj0KCQjw8pKxBhDARIsAPrG45lautkn1qSnS7XWNo-RA0mJSjFLFVH1xJWrNwKURP5SFLnyPgY5MvsaAn1vEALw_wcB

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>

 **Dementia Care Conference**
Wednesday, May 28, 2025
DoubleTree by Hilton Hotel
East Syracuse, New York
Hosted by: 

KEYNOTE SPEAKER: JOLENE BRACKEY

author of
Creating Moments of Joy Along the Alzheimer's Journey

Featuring a Resource Expo, Panels and Guest Speakers
with the latest news and information on dementia care.

Scan to
Register



Call to
Register

315.472.4201

**REGISTRATION IS OPEN NOW THROUGH
MAY 1 - \$25 per person**

*financial assistance is available
Breakfast and Lunch provided with registration.

 **NEW THIS YEAR!**
Silver Fox will offer Respite Care at this year's conference. Space is LIMITED, so please contact 315.472.4201 x227 for more information.

STREAMING LIVE
\$10 per stream - more information to come

In collaboration with St. Lawrence County Office for the Aging
and Cornell Cooperative Extension

BINGO cize!

Bingo + Exercise = Bingocize

A fun **10-week** health promotion program that combines the game of bingo with inclusive exercises for everyone!

Every Monday and Thursday
Starting May 5th, 2025
at 3pm in the community room at:

Mayfield Apartments
22 Mayfield Drive
Potsdam, NY 13676

Registration is limited AND required.
Call 315-386-4730 to be connected with a NY Connects Staff Member to register.

Free prizes and lots of smiles!!

 **Cornell Cooperative Extension**
St. Lawrence County

Fall Prevention Workshop!

CORNELL COOPERATIVE EXTENSION IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR VALUING AA/EEO, PROTECTED VETERANS, AND INDIVIDUALS WITH DISABILITIES AND PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES. PLEASE CONTACT THE CORNELL COOPERATIVE EXTENSION OF ST. LAWRENCE COUNTY OFFICE IF YOU REQUIRE ACCOMMODATIONS.

New York State Office for the Aging
New York Caregiving Portal
Powered by Truista

Provided in Partnership With:
Association on Aging in New York

Free online training and support is available to caregivers like you

- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources to suit your schedule
- Suit your learning preference with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

NewYork-Caregivers.com

 "The caregiver portal was my first support system when caring for my mother with dementia.
There is so much helpful information in one place and I learned so much about providing care."
Laura W, caring for her mother

Sign up today!
NewYork-Caregivers.com

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Powered by Truista



Food sense

May Package (\$20.50)

- Pork Tenderloin, 1.8lb avg
- Chicken Breast Pieces, 1lb
- Marinated Beef, 1lb
- Buffalo Chicken Pizza, 2.49lbs
- Hotdogs, 1lb
- French Fries, 30oz
- Mac & Cheese, 7.25oz
- Mixed Vegetables, 1lb
- Strawberries, 1lb
- Applesauce, 15oz
- Fresh Produce #1
- Fresh Produce #2

May Specials

- Chicken Thighs, 3.5lbs (avg) for \$6; bone-in.
- Pulled Pork, 1lb for \$6.50; fully cooked in a Carolina BBQ sauce.
- Shrimp Scampi, 24oz for \$6.50; complete meal with shrimp, linguini pasta, & vegetables in a creamy sauce.
- American Cheese, 5lbs for \$13; sliced, NOT individually wrapped slices.
- Onion Rings, 2.5bs for \$9; ready to cook in the oven or fryer.
- Italian Meatballs, 5lbs for \$12.50; fully cooked Italian meatballs and in a 5lb bag.

Orders are accepted at the following Neighborhood Centers:

- 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
- Canton Housing: 315-386-8381
- Massena Salvation Army: 315-769-5154
- Online at: foodsense.foodbankcny.org

PAYMENT IS DUE AT THE TIME OF ORDER.

ORDERS DUE: 5/16
SNAP DEDUCTED: 5/18
PICK UP: 5/29

Please make checks payable to:
Potsdam Neighborhood Center

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!



Try a FREE Online Class Today!

Go to www.getsetup.org/partner/NYSTATE

New York State Office For The Aging has partnered with the Association on Aging in New York and GetSetup to provide free virtual classes for older adults taught by peers - ask questions, make friends, learn new things, and have fun.

Use coupon code: NYSTATE

Most Popular Classes

- Core Fitness, Yoga
- Virtual Travel
- Food and Nutrition
- Restarting Your Career

Take Classes From the Comfort of Your Home

- Internet
- iPad/Tablet
- Computer
- Smartphone

For Help Contact GetSetup:

1-888-559-1614

info@getsetup.io



Let's Talk!

RICHARD E. WINTER CANCER CENTER

Join us for the REW Cancer Center Patient Support Group, a safe and welcoming space for individuals impacted by cancer to share experiences, find comfort, and build community.

Details:

- When: First Thursday of every month
- Where: REW Cancer Center
- Time: 4 PM
- Led by: Kendall Wilson, LMSW
- Light refreshments will be served

Whether you are a patient, survivor, caregiver, or loved one, this group allows you to connect with others on a similar journey. We are here to support you every step of the way.

For more information, please get in touch with Jenn Hitsman at 315.713.6213.

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:**



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



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



National Elder Fraud Hotline

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline.

**1-833-372-8311 / Monday-Friday,
10:00 am - 6:00 pm**

Financial scams and abuses that target older people are happening more and more.

[National Elder Fraud Hotline | Office for Victims of
Crime \(ojp.gov\)](https://www.ojp.gov)

Spring Pasta Salad W/ Asparagus, Mushrooms & Lemon Parsley Dressing

A flavorful Spring-inspired Pasta Salad with Spring Vegetables and a Zesty Lemon Parsley dressing.

Ingredients: 8 ounces pasta (use rice noodles to make this gluten-free), 1-2 TBSP olive oil, 1 shallot finely chopped, 6 ounces mushrooms, 1 bunch asparagus (2-3 cups) cut into 1-inch pieces (snap off tough ends), salt and pepper, 1 bunch Italian Parsley chopped (about 1 cup packed), 3-4 scallions chopped, optional 1-2 TBSP fresh tarragon

Dressing: zest of one small lemon (plus 1-2 TBSP juice), 4 TBSP olive oil, 1 clove garlic finely minced, 3/4 TSP salt, fresh cracked pepper, garnish with grated Parmesan or Peco-rino cheese (optional)

Directions:

1. Place salted pasta water to boil on the stove, cook pasta according to directions.
2. Finely chop the shallot and prep the mushrooms (cut in half or bite-size pieces).
3. Heat 1-2 TBSP oil in skillet over medium heat, add shallot and cook 3 minutes, until fragrant. Add mushrooms, season with salt and stir occasionally until lightly cooked about 5 minutes. Set aside and sauté the asparagus, seasoning again with salt and cook just until tender and bright green.
4. Drain the pasta and place in a bowl. Top with the mushrooms, asparagus, the chopped parsley and scallions. Add the lemon zest and 1 TBSP lemon juice. Add garlic, optional tarragon, olive oil, salt and pepper toss well to combine. Taste, adding more lemon juice or salt if you like.
5. Add cheese if you like-keep in mind the cheese will add salt, as well.

Nutrients: Calories 272; Total Fat 12.2g; Sodium 567mg; Total Carbohydrates 37.1g; Dietary Fiber 3.2g; Total Sugars 3g; Protein 5.3g

Source: [Spring Pasta Salad with Asparagus & Mushrooms | Feasting At Home](#)



Be a Lifeline

Do you know someone in crisis?

You can be a lifeline & help support them!

SUICIDE AWARENESS COALITION

Here are five steps you can take that are known to help:

1. ASK:

Are you thinking about suicide? How do you hurt? How can I help?

2. BE THERE:

In person or on the phone. Show support. Listen. Keep promises to connect.

3. HELP KEEP THEM SAFE:

If the person in crisis is suicidal, details matter: Do they have a plan, or ideas about timing or method? You can call 988 to support their crisis care.

4. HELP THEM CONNECT:

When someone is in crisis, connecting them with ongoing supports can help establish a safety net. Remind them they can call, text or chat 988 to connect with a trained crisis counselor 24/7.

5. FOLLOW UP:

After the immediate crisis is over, check in. That text or call afterwards makes a real difference.



May 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| <p><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></p> | <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:</i> 315-386-4730</p> |  | <p>1 <u>Pot Roast w/ Gravy</u> Mashed Pot./Gravy Vegetable Medley Dinner Roll Fruit Cup</p> | <p>2 <u>Shake & Bake Chicken</u> Au gratin Potatoes Stewed Tomatoes Assorted Muffin Homemade Dessert</p> |
| <p>5 <u>BBQ Riblet</u> Seasoned Potato Wedges Broccoli w/Cheese Sauce Dinner Roll Assorted Fruit</p> | <p>6 <u>Meatloaf w/Gravy</u> Mashed Potato w/Gravy Brussel Sprouts Dinner Roll Mixed Fruit Cup</p> | <p>7 <u>Chicken Cacciatore over/Pasta</u> Italian Medley Warm Garlic Knot Homemade Dessert</p> | <p>8 <u>Fish Florentine</u> Rice Pilaf Buttered Carrots Assorted Muffin Assorted Fruit</p> | <p>9 <u>Meatball Parmesan Subs</u> Cauliflower Potato Chips Warm Cinnamon Applesauce Homemade Dessert</p> |
| <p>12 <u>Goulash</u> Green Beans Warm Buttermilk Biscuit Assorted Fruit</p> | <p>13 <i>All Nutrition Centers Closed</i> <i>(Staff Training)</i> <i>Use Frozen Meal</i></p> | <p>14 <u>Lemon Garlic Chicken</u> Oven Roasted Potatoes Mixed Vegetables Dinner Roll Birthday Cake!</p> | <p>15 <u>Cheeseburger on Bun</u> Baked Beans Spinach Assorted Fruit</p> | <p>16 <u>Hawaiian Baked Ham</u> Sweet Potatoes Buttered Peas Assorted Muffin Fruit Cup</p> |
| <p>19 <u>Meat Sauce over Pasta</u> Italian Veg Mix Warm Garlic Knot Assorted Fruit</p> | <p>20 <u>California Pork</u> Paralied Potatoes Peas and Carrots Dinner Roll Fruit Cup</p> | <p>21 <u>Chicken Teriyaki over Rice</u> Oriental Blend Veg Warm Cinnamon Applesauce Assorted Muffin Homemade Dessert</p> | <p>22 <u>Salisbury Steak</u> Mashed Pot./Gravy Chuck Wagon Corn Dinner Roll Assorted Fruit</p> | <p>23 <u>Fish Burger on Bun</u> Macaroni and Cheese Seasoned Fried Cabbage Homemade Dessert</p> |
| <p>26 <u>Memorial Day!</u> <i>Nutrition Sites & County Offices Closed.</i> <i>Use Frozen Meal</i></p> | <p>27 <u>Cheddar Sausage Egg Bake</u> Creamed Spinach Hash browns Assorted Muffin Fruit Cup</p> | <p>28 <u>Spanish Rice</u> Cauliflower with Cheese Sauce Warm Cornbread Assorted Fruit Homemade Dessert</p> | <p>29 <u>Turkey Tetrazzini w/Mushrooms over Noodles</u> Diced Beets Warm Garlic Knot Assorted Fruit</p> | <p>30 <u>Swedish Meatballs over Rice</u> California Mix Veg Warm Spiced Fruit Dinner Roll Homemade Dessert</p> |

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 \$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)

May Calendar



- May 5** SLC Board of Legislator's Meeting; 6 pm—48 Court Street, Canton
- May 11** Mother's Day
- May 26** Memorial Day; All County Offices and Nutrition Centers are closed.

Community Survey: Barriers to Colon Cancer Screening

Board Certified Oncologist Vetta Higgs, MD, is conducting a community survey to gather feedback from St. Lawrence County residents regarding the challenges they face preventing them from receiving colon cancer screenings.

Colon cancer is one of the leading causes of cancer-related deaths, but early detection can save lives. In rural areas, many individuals face unique obstacles to receiving the care they need, including but not limited to:

- limited access to healthcare services
- lack of awareness of screening options
- financial or insurance concerns
- transportation challenges

This survey is an opportunity to share your experiences and concerns, and it is open to all individuals 35 years of age or older.

The information we gather will provide valuable insights into the specific needs of our region and may help shape future programs to improve access to life-saving colon cancer screenings. All responses are confidential and will be used solely to inform healthcare planning and outreach efforts.

For more information, or if you need assistance completing the survey on paper, please contact our Clinical and Rural Health Research team.

Contact Us

P (315) 261-6311
E SLHResearch@rochesterregional.org



Scan to
complete
the
survey

ROCHESTER
REGIONAL HEALTH

WESTERN NY | FINGER LAKES | ST. LAWRENCE

NC Chapter of StateWide Senior Action Council

Next Meeting: May 1st - 11:00 am

Location: Midtown Apartments
28 Munson St, Potsdam

***New members welcome!**

Contact Barb at (315) 261-2980

County Council of Senior Citizens

Next Meeting: May 8th / 10 am

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



Find us on:
facebook®

[https://www.facebook.com/
stlawrencecountyofficefortheaging](https://www.facebook.com/stlawrencecountyofficefortheaging)

CRITICAL NEED FOR VOLUNTEERS!!

The Office for the Aging has a **critical need** for volunteers to help deliver meals! Nutrition Centers are open Monday - Friday from 7 am - 1 pm. **Mileage is reimbursed at \$.70 per mile!**

If you have a couple of hours available per week or per month to help with this incredibly important program for older adults in St. Lawrence County, please contact: **Danielle Durant: (315) 386-4730/**
Email: ddurant@stlawco.gov