



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

Website:

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

## May 2026

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### Mature Living

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### 2026 Senior Citizen of the Year: Barb McBurnie

The St. Lawrence County Office for the Aging is pleased to present the **2026 Senior Citizen of the Year Award to Barb McBurnie**. Barb is a longtime resident of Parishville where she and her husband, Tom, raised their 3 children together. Barb dedicated 20 years of her life working at the St. Lawrence County Office for the Aging, serving as the NY Connects Coordinator and Director for many years. Barb epitomizes what it means to be a true public servant. She has dedicated her life to serving older adults in both her volunteer work and professional career. Barb is a fierce advocate for older adults; fighting for funding & services that will help older adults age in place. As the President of the North Country Chapter of NY StateWide Senior Action Council, Barb has traveled to the Capital to fight for the rights of seniors; as well as planned Senioramas, an annual health and wellness fair. Barb is a Senior Medicare Patrol volunteer, assisting older adults who have been scammed. She continues to stay current on Medicare plans; offering advice and guidance.

**May is Older Americans Month** and the Office for the Aging will host a Senior Awards Luncheon in honor of Barb on Friday, May 8<sup>th</sup> at the Pierrepont Fire Hall, located at 62 Old County Road, Canton. The Luncheon is open to all older adults age 60 and up. The event starts at 11:00 am and will feature an awards presentation, lunch and musical entertainment by Nick Rycroft. The lunch menu is: Pulled Pork, Macaroni & Cheese, Salt Potatoes, Coleslaw, Rolls & Dessert. Tickets are only \$10 per person. Payment is due at the time of reservation, as seats are limited. For more information, please call (315) 386-4730.



**Happy  
Older  
Americans  
Month!**



## Notice for Home Delivered Meal Clients Regarding Pets in the Home

There have been an alarming number of incidents in recent months involving dogs biting and/or scratching volunteers & staff during delivery. Some of these dog bites have been significant, requiring emergency medical treatment. Recently, we sent out a letter & revised policy to all hdm clients stating their pets need to be secured during delivery.

The safety of our volunteers and staff is our top priority. **All animals must be in an enclosed space during your meal delivery, where the animal cannot access the volunteer or staff.** Failure to properly secure your pet may result in termination of your meal service. Also, during assessments and reassessment of all hdm clients, staff will be asking to see a copy of the up-to-date rabies certifications for all pets in the home to keep in our files in the event there is an incident. **We greatly appreciate your cooperation to help keep our amazing volunteers and staff safe!**

## Grief Around Family-Centered Holidays

Spring has sprung, and along with the crocuses, robins, and budding trees come Mother's Day and Father's Day. These days may be easy for some to overlook, but for others, they're meaningful beyond measure. If you've experienced any type of loss impacted by these days specifically, know you're not alone when these days take on a different, sometimes heavier, meaning.

Family-centered holidays, for those who have lost parents and/or children, can be bittersweet. It is especially important when considering these holidays to give space and thought to others (or yourself) who may be feeling a mix of emotions due to their loss history. Examples include parents who have lost a pregnancy, parents struggling with fertility issues, parents who have lost a child of any age, and parents and children with a strained relationship.



Even if none of the above apply to you, it may be helpful to remember some of your closest friends and family may have loss histories like that. Take time to quietly acknowledge these two holidays may be hard in ways many will not realize. If they do apply to you, navigate Mother's/Father's Day in a way that makes the most sense for you. Some find they need to stay off social media on days like this; others find comfort in surrounding themselves with family or friends. Some need to get out into nature and take it all in. Whatever works for you, as long as you're not hurting yourself or anyone else, is okay.

Grief is not something you have to "get through"; it's something you must live with, even on the hard holidays. When these days come around, think about your loss history, but also that of family and friends. Do not be afraid to quietly (or loudly) remember whoever you need to on Mother's/Father's Day.



## 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



**MEMORIAL DAY:**  
REMEMBERING OUR MEN AND WOMEN  
WHO DIED IN SERVICE TO OUR COUNTRY.



# AGING FORWARD CAREGIVER EDUCATION DAY

Are you an older adult or family caregiver seeking guidance, resources, and community support?

This conference is designed to empower you with the knowledge and tools to navigate the aging journey with confidence and peace of mind.

Join us for this free event!

Sign-up is required prior to event!  
Deadline is May 14th



## EVENT INFORMATION

May 28<sup>th</sup>, 2026

9 am - 3 pm

Jefferson Community College,  
1220 Coffeen Street,  
Watertown, NY 13601



Call the St. Lawrence County Office for the Aging at (315) 386-4730, or visit our website for more information!

## Free Bus Trip to Watertown for Aging Forward Caregiver Education Day!

**Attention Caregivers**—you are invited to join us on **May 28th** for an *Aging Forward Caregiver Education Day*. The event is being held in Watertown at JCC. We have rented a bus for the first 50 people to sign up! There will be presentations on caregiving and vendor tables. **Lunch is free!**

To make a bus reservation, we are requiring a **\$10 deposit that will be refunded to you the day of the trip**. Please call or stop by the office to learn more. Don't delay in signing up as space on the bus is limited to 50 riders!

**Call Office for the Aging: (315) 386-4730**



**Saturday, May 9th  
10:00 AM**

**Remington Trail at Partridge Run**

Come out and join **Hospice of St. Lawrence Valley** for a **FREE**, fun-filled walk! Celebrate Older Americans Month with the Hospice team as they share helpful insights and resources along the way. It's the perfect chance to get moving, learn something new, and connect with friendly faces in your community.

**Everyone is welcome** - this event is open to all ages and abilities!



Contact Jena Sloan with any questions  
at [jsloan@stlawco.gov](mailto:jsloan@stlawco.gov) or 315-386-2325.



### May Package (s20.50)

- Chicken Drumsticks, 3.5 lbs avg
- Pork Tenderloin, 1.78 lbs avg
- Ground Beef, 1 lb
- Hot Dogs, 1 lb
- Sharp Cheddar Slices, 6 oz
- Mixed Vegetables, 1 lb
- Mac and Cheese, 7.25 oz
- Carrots, 1 lb
- Applesauce, 15 oz
- Peaches, 15oz
- Fresh Produce #1
- Fresh Produce #2

### May Specials

- Boneless Chicken Thighs, 4.2lbs (avg) for \$8.50.
- 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 \$12; sliced, NOT individually wrapped slices.
- Crinkle Cut Fries, 6lbs for \$6; seasoned and oven or airfryer-ready.
- Italian Meatballs, 5lbs for \$13; fully cooked Italian meatballs in a 5lb bag.

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 @:  
[foodsense.foodbankcny.org](http://foodsense.foodbankcny.org)

ORDERS DUE: 5/15  
PICK UP: 5/28

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.

## HEALTHY LIVING FOR YOUR BRAIN AND BODY TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®  
This program is supported, in part, by a grant from the New York State Department of Health.



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 lifestyle choices 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.

Tuesday, May 12, 2026  
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  
<https://bit.ly/4e1kRh3>  
or call 800.272.3900

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.



# walk WITH a DOC

Gouverneur

Saturday, May 30, 2026  
10:00 AM  
Hammond Central School

\*Accessible for all walkers, strollers and wheelchairs

Join us for a FREE, fun walk, and discover a new, safe place to walk, learn about health, and meet new friends! The event is open to all and is for people of all abilities!



Questions?  
[rbabowicz@chnorthcountry.org](mailto:rbabowicz@chnorthcountry.org)

We are a local chapter of an international 501(c)3. Learn more at [walkwithadoc.org](https://walkwithadoc.org).

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>

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

## 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.**

**Your total household gross monthly income for your household size must be at or below the following guidelines:**



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



### National Elder Fraud Hotline

**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**



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 \(ojp.gov\)](#)

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

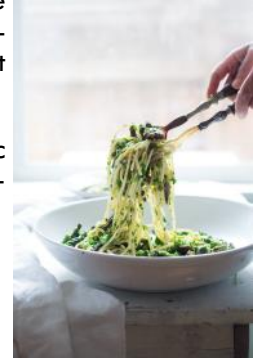
A flavorful Spring-inspired Pasta Salad with Spring Vegetables and a Zesty Lemon Parsley dressing.

**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.



Dial 988



Text 988



Chat Online




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Dreamstime.com



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## MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All Meals are served with milk and WW bread or equivalent</i> *Menu Follows a no salt added and low sugar diet.</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: 315-386-4730</i></p>	<p style="text-align: center;"><u>MEAL CONSTITUTION</u> Protein – 2oz min Vegetables – ½ - 1 cup Fruit – ½ - 1 cup Starch – 2oz minimum at least 1oz whole gm Dairy – 1 cup</p>		<p><u>1 Pennsylvania Dutch Casserole</u> Sweet Peas Warm Spiced Peaches WW Bread Homemade Dessert</p>
<p><u>4 Swiss Steak</u> Mashed Pot/Gravy Chef's Vegetable Medley Dinner Roll Assorted Fruit</p>	<p><u>5 Stuffed Shells</u> Italian Style Vegetables Warm Garlic Knot Fresh Fruit Pudding Cup</p>	<p><u>6 Amish Breakfast Casserole</u> Tomatoes/Zucchini Warm Cinnamon Applesauce Muffin Homemade Dessert</p>	<p><u>7 Chicken and Biscuits</u> Buttered Mashed Potatoes Harvard Beets Fresh Fruit</p>	<p><u>8 Sloppy Jo's on Bun</u> Cauliflower w/Cheese Sauce Baked Beans Homemade Dessert</p>
<p><u>11 Steak and Cheese on Roll with Mushrooms and Onions</u> Yellow Beans Sweet Potato Fries Assorted Fruit</p>	<p><u>12 All Nutrition Centers Closed for Staff Meeting/Training.</u>  <u>Use Frozen Meal.</u></p>	<p><u>13 Shepard's Pie</u> Honey Glazed Carrots Dinner Roll Happy Birthday Cake!!</p>	<p><u>14 Baked Ham w/ Country Gravy</u> Mashed Potatoes/Gravy Brussel Sprouts Dinner Roll Fruit Cup</p>	<p><u>15 Sweet-N-Sour Chicken over Rice</u> Oriental Vegetables Warm Banana Muffin Homemade Dessert</p>
<p><u>18 Swedish Meatballs o/ Noodles</u> Buttered Corn Warm Blushed Pears WW Bread Pudding Cup</p>	<p><u>19 Honey Mustard Glazed Pork</u> Creamy Rice Pilaf Mixed Vegetables Dinner Roll Fresh Fruit</p>	<p><u>20 Pot Roast w/Gravy</u> Mashed Potatoes/Gravy Spinach Dinner Roll Homemade Dessert</p>	<p><u>21 Southern BBQ Chicken</u> Mac &amp; Cheese Peas and Carrots Corn Muffin Assorted Fruit</p>	<p><u>22 Egg Salad Cold Plate over Lettuce Leaf</u> 4 Bean Salad Potato Salad WW Bread Homemade Dessert</p>
<p><u>25 Happy Memorial Day!</u> <i>All Nutrition Centers Closed for Holiday</i>  <u>Use Frozen Meal.</u></p>	<p><u>26 Monterey Chicken</u> Au gratin Potatoes California Blend Vegetables WW Bread Assorted Fruit</p>	<p><u>27 BBQ Riblet on Bun</u> Potato Wedges Green Beans Fresh Fruit Homemade Dessert</p>	<p><u>28 Turkey Broccoli Bake over Noodles</u> Stewed Tomatoes Warm Asst Muffin Fresh Fruit</p>	<p><u>29 Fish Florentine</u> Fried Rice Diced Beets Assorted Muffin 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)

## May Calendar: Happy Older Americans Month!

- May 4** SLC Board of Legislators Meeting; 6 pm—48 Court Street, Canton
- May 10** Mother's Day
- May 25** Memorial Day; All County Offices and Nutrition Centers are closed.
- May 28** Aging Forward Conference at JCC



### Senior Club News & Events

- ◆ **Canton Senior Citizen Club: "Driver Safety Course"**  
10% Insurance Discount for 3 years  
Saturday, May 16, 2026 from 9:00 am—3:30 pm  
United Methodist Church Dining Room, 41 Court St., Canton \*  
  
*Call Instructor, Steve Jackson (315-528-2020) or Myrtle Regan, Pres. (315-386-8917) to sign up and info.*

### NC Chapter of StateWide Senior Action Council

**Next Meeting:** May 7th - 11:00 am  
**Location:** Best Western Golf Lounge  
  
**\*New members welcome!**  
  
**Contact Mary Jane at (315) 723-0819**



## **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

### County Council of Senior Citizens

**Next Meeting:** May 14h / 10 am  
**Midtown Apts. - 28 Munson St., Potsdam**



Find us on: **facebook**®

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

