



St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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

Mature Living



October 2025



Breast Cancer Awareness Month is celebrated in October. It's an important time to learn about breast cancer, its risks, and how to treat it. Breast cancer is the most common cancer in women in the United States, and most cases are found in women 50 and older.

Here are some things to know about breast cancer in older women:

- **Early detection:** Early detection is the most effective way to survive breast cancer, with a cure rate of over 90% when found early.
- **Risk factors:** Being older is a major risk factor for breast cancer, and most cases are found in women 50 and older. Other risk factors include having changes in your BRCA1 or BRCA2 genes.
- **Mammograms:** You can start getting mammograms at age 40, and the American College of OB/GYN recommends getting them yearly or every other year until you are 75.
- **Lifestyle choices:** Living a healthy lifestyle can lower your risk of breast cancer. This includes maintaining a healthy weight, limiting alcohol, and exercising regularly.

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Mature Living

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When diagnosed at an early, localized stage, **the 5-year survival rate for breast cancer is 99%.**



In 2025, an estimated **316,950 new cases** of invasive breast cancer will be diagnosed in women in the U.S.



Breast
CANCER
AWARENESS MONTH



Medicare Open Enrollment: October 15th—December 7th

Medicare Open Enrollment starts October 15th. Navigating the Medicare process can be challenging and confusing. This year we are again offering **Public Medicare Basics Presentations** in the Community to help answer your questions! As we only have 1 Medicare Counselor, it can be difficult to schedule a one-on-one meeting during Open Enrollment with over 27,000 older adults in our County! **Please take advantage of this great opportunity to learn more about Medicare and how to make informed choices about your health insurance options!**

Medicare Basics & What You Need to Know About Open Enrollment

- ♦ **Wednesday, October 1st: 10:00 am**
Gouverneur Community Center: 4673 SH 58, Gouverneur
- ♦ **Saturday, October 4th: 11:00 am**
Ogdensburg Public Library: 312 Washington Street, Ogdensburg
- ♦ **Monday, October 6th: 10:00 am & 3:00 pm**
Canton Human Services Building: 2nd Floor Conference Room /80 SH 310, Canton
- ♦ **Tuesday, October 7th: 10:30 am**
Massena Community Center: 61 Beach Street, Massena
- ♦ **Wednesday, October 8th: 6:00 pm**
Brasher Badenhause Library: 4 Main Street, Brasher Falls



The Medicare Open Enrollment Season will soon be upon us! This is your opportunity to shop around for a new **Medicare Part D Plan or Medicare Advantage Plan**. Any changes you make will take effect January 1, 2026. If you are happy with your current plan, **you don't need to do anything**. If you want a new plan and need guidance, please call the office at (315) 386-4730 and a staff member will assist you. Due to extremely high call volume, it may take several days for a staff member to return your call. For immediate assistance, clients can also call **1-800-MEDICARE (1-800-633-4227)** or visit www.medicare.gov.

Due to limited staffing, **we do not accept walk-in appointments for Medicare Counseling**. You must make an appointment, in advance, by calling the office at 315-386-4730.

Helpful Medicare Websites:

- ♦ **Medicare:** <https://www.medicare.gov/>
- ♦ **Centers for Medicare & Medicaid Services:** <https://www.cms.gov/>
- ♦ **Medicare Interactive:**
<https://www.medicareinteractive.org/>
- ♦ **Medicare Rights:**
<https://www.medicarerights.org/>

What Does Medicare Part A and Part B Cover?

Part A (Hospital Insurance): Helps cover inpatient care in hospitals, skilled nursing facility care, hospice care, and home health care.

Part B (Medical Insurance): Helps cover: Services from doctors and other health care providers, Outpatient care, Home health care, Durable medical equipment (like wheelchairs, walkers, hospital beds, other equipment), and any preventive services (like screenings, shots or vaccines, and yearly "Wellness" visits).

Hospice Myth Busters

Come get a better understanding of how Hospice of St. Lawrence Valley guides each end-of-life journey with compassion, comfort and care.

An interactive presentation that explores **common myths** about Hospice care including:

Presented by

- Hospice is only for the last few days of life,
- Only those with cancer qualify for Hospice,
- Hospice staff stays with the family 24/7.

Join us at 10am!

September 25th @ Canton Nutrition Center
37 Riverside Drive, Canton

September 30th @ Potsdam Nutrition Center
Midtown Apartments, 48 Munson St

October 2nd @ Brasher Nutrition Center
LBSH Housing - 32 Church St

October 15th @ Gouverneur Nutrition Center
Gouverneur Community Center - 4673 SH 58

For more information call Hospice of St. Lawrence Valley
315-265-3105



Hospice Myth Busters

An interactive presentation that explores common myths about Hospice care

Join us!

Presented by
HSLV &
SLC Office for the Aging

September 25th @ 2pm Clifton-Fine Community Center
4208 State Rt 3, Star Lake

October 16th @ 6:30pm Massena Community Center
61 Beach Street, Massena

October 21st @ 6:30pm Dobisky Center
100 Riverside Ave, Ogdensburg

October 23rd @ 6:30pm Potsdam Town Hall
18 Elm Street, Potsdam

For more information call
315-265-3105

Join us at 10 am for the presentations at our Nutrition Centers (poster to the left) and stay for lunch at 11:30 am!

We Honor Veterans: Saying Thank You at the End of Life

Hospice of St. Lawrence Valley is proud to be part of the *We Honor Veterans* program. This national program makes sure Veterans are recognized and cared for with respect at the end of life. Veterans may face special health needs or have strong memories from their time in service. The program trains our staff and volunteers to better understand and support them and their families.



A meaningful part of this program is the Veteran Pinning. During this presentation, a Veteran is thanked for their service and given a certificate and pin. Families often share how powerful this moment is, because it honors their loved one in a very personal way.



Volunteers are at the heart of *We Honor Veterans* and we're looking for additional volunteers for this program. Veterans who were honorably discharged from any branch of the US Armed Forces and have their DD-214 are needed to help keep this program going. Volunteers present the pinning to the patient and family and simply sit and listen. No medical training is needed, just a shared experience of serving their country and time. By volunteering, you can help make sure every Veteran in St. Lawrence County is honored with dignity and respect at the end of life. To learn more about becoming a volunteer, call Hospice of St. Lawrence Valley at **315-265-3105**.

North Country
DEATH CAFE

Sponsored by
The First Presbyterian
Church on the Park

All warmly welcomed!

Tuesday, October 21st
7:00 - 8:30 p.m.


First Presbyterian Church
17 Park Street, Canton

A free evening
to talk about life and death
to help us make the most
of our (finite) lives.

Cake will be served!

Space is Limited - To RSVP
Contact Linda Potter
at 315-229-8886 or
nautilus@twcny.rr.com

Welcome to the conversation you've been dying to have!



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
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Call Barbara to Register:
(315) 386-4730

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




**OCTOBER
FOOD \$ENSE**

OCTOBER FOOD PACKAGE: \$20.50

- Pork Tenderloin, 1.87lb avg.
- Boneless Chicken Thighs, 1.68lb avg.
- Ground Beef, 1lb
- Pollock Fillets, 1lb
- French Fries, 20oz
- Corn (frozen), 1lb
- Green Beans (frozen), 1lb
- Macaroni & Cheese, 7.25oz
- Applesauce, 15oz
- Fruit Mix, 15oz
- Fresh Produce #1
- Fresh Produce #2

Orders are accepted at the following locations:

- Potsdam NC: 315*265*3920
- Canton NC: 315*386*3541
- Parishville NC: 315*244*0088
- Gouverneur NC: 315*287*3370
- Masena NC: 315*764*0050
- Masena Salvation Army: 315*769*5154
- Canton Housing: 315*386*8381

Online at:
foodsense.foodbankcny.org

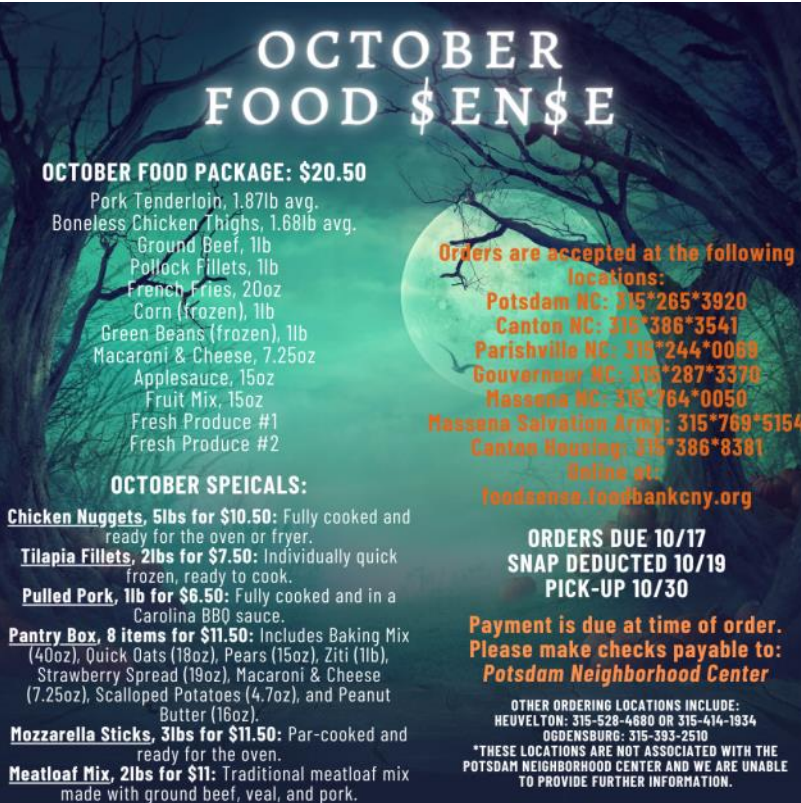
OCTOBER SPECIALS:

- Chicken Nuggets, 5lbs for \$10.50:** Fully cooked and ready for the oven or fryer.
- Tilapia Fillets, 2lbs for \$7.50:** Individually quick frozen, ready to cook.
- Pulled Pork, 1lb for \$6.50:** Fully cooked and in a Carolina BBQ sauce.
- Pantry Box, 8 items for \$11.50:** Includes Baking Mix (40oz), Quick Oats (18oz), Pears (15oz), Ziti (1lb), Strawberry Spread (19oz), Macaroni & Cheese (7.25oz), Scalloped Potatoes (4.7oz), and Peanut Butter (16oz).
- Mozzarella Sticks, 3lbs for \$11.50:** Par-cooked and ready for the oven.
- Meatloaf Mix, 2lbs for \$11:** Traditional meatloaf mix made with ground beef, veal, and pork.

**ORDERS DUE 10/17
SNAP DEDUCTED 10/19
PICK-UP 10/30**

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

OTHER ORDERING LOCATIONS INCLUDE:
HEUVELTON: 315-528-4880 OR 315-414-1934
OGDENSBURG: 315-393-2510
*THESE LOCATIONS ARE NOT ASSOCIATED WITH THE POTSDAM NEIGHBORHOOD CENTER AND WE ARE UNABLE TO PROVIDE FURTHER INFORMATION.



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!

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



Thankful for Seniors Holiday Gift Card Drive - 12th Annual Gift Card Drive

Annually, the department sponsors a Holiday Gift Drive for older adults in our home delivered meal program that are most in need. This year, we are changing the timing of the gift card drive to allow our seniors to receive their gift cards earlier in the holiday season! Thanksgiving is the perfect time to let older adults in our lives know how much they mean to us and how grateful we are for them!



Last year, over 200 gift cards were gifted to senior citizens in SLC! **From now until November 10th**, the office is collecting gift cards and/or financial contributions to purchase gift cards/gift baskets!

Help us to “Give Thanks by Giving Back”!

Please consider helping us show our clients how thankful we are for their many contributions to us all. **The deadline to contribute gift cards and/or financial contributions is November 10th!** This will allow us time to sort the gift cards and/or buy cards to distribute them to clients in time for Thanksgiving! For more information, please call 315-386-4730! Thank you!

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

Recipe Corner ... "Healthified" Broccoli Cheddar Soup

We're not lying - the broccoli cheddar soup is actually health. How? The traditional heavy cream and loads of cheese are swapped for fat-free evaporated milk and a small amount of extra sharp cheddar. The end result is a filling, comforting soup that's only 230 calories per serving.



Ingredients:

1 bunch broccoli, 1 small onion finely chopped, 1 medium red-skinned potato diced, 1/4 cup all-purpose flour, 3 cups low-sodium chicken or vegetable broth, kosher salt and freshly ground black pepper, 1/4 tsp freshly grated nutmeg, 1 cup grated extra-sharp Cheddar, 1 tsp Worcestershire sauce, one 12-ounce can fat-free evaporated milk, 2 scallions thinly sliced

Directions:

1. Separate the stems and the florets from the broccoli. Trim and discard the bottom of the broccoli stems and peel the tough outer layers. Finely chop the stems and coarsely chop the florets and set aside separately.
2. Mist a large pot with nonstick cooking spray and heat over medium heat. Add the broccoli stems, onions and potatoes and cook, stirring, until softened, 7-10 minutes. Add the flour and cook, stirring until lightly toasted, about 2 minutes. Stir in the broth and bring to a boil. Reduce the heat to maintain a simmer and continue to cook, stirring occasionally, until thickened and the vegetables are tender, 12-15 minutes.
3. Meanwhile, combine the reserved florets and 1/2 cup water in a small saucepan. Bring to a boil, cover and continue to steam until the florets are bright green and crisp-tender, about 5 minutes. Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat. Stir in the Cheddar, Worcestershire and milk. Season with salt and pepper. Garnish with the scallions.

Nutrients: Calories 230; Total Fat 8g; Saturated Fat 4.5g; Cholesterol 20mg; Sodium 360mg; Total Carbohydrates 26g; Dietary Fiber 4g; Total Sugars 10g; Protein 16g

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/healthified-broccoli-cheddar-soup->



Pictured to the left is Cynthia.

Pictured to the right is Art.

They were pleased to receive the donated pumpkins from the SLC Correctional Facility's Garden!



October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>*All Meals are served with 1% milk and ww Brd or equivalent</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>Turkey Broccoli Bake over Noodles</u> Zucchini and Tomatoes Warm Asst. Muffin Fresh Fruit Homemade Dessert</p>	<p>2 <u>Savory Roast Pork with Gravy</u> Mashed Potatoes w/Gravy Glazed Carrots Dinner Roll Fresh Fruit</p>	<p>3 <u>Cheeseburger Stew</u> Brussel Sprouts with Cranberries Warm Spiced Peaches Country Biscuit Homemade Dessert</p>
<p>6 <u>Creamy Tuscan Chicken</u> Buttered Brown Rice w/ Mushrooms Dinner Roll Sweet Corn Niblets Fruit Cup</p>	<p>7 <u>Tortellini Tuesday!</u> Italian Vegetable Blend Warm Garlic Knot Fresh Fruit Fruited Yogurt</p>	<p>8 <u>Ham and Au gratin Potato Casserole</u> Green Beans Asst Muffin Fruit Cup Homemade Dessert</p>	<p>9 <u>Calico Chili over Rice</u> Diced Beets Warm Dinner Roll Pudding Cup Assorted Fruit</p>	<p>10 <u>Fish Florentine</u> Vegetable Rice Pilaf Stewed Tomatoes WW Bread Happy Birthday Cake!</p>
<p>13 <u>Indigenous People Day!</u> <i>All Nutrition Centers Closed.</i> <i>Use Frozen Meal.</i></p>	<p>14 <u>Sloppy Jo on Bun</u> Baked Beans Sautéed Cabbage and Carrots Assorted Fruit Pudding Cup</p>	<p>15 <u>Hamburger Tomato Cheese Bake</u> Parslied Cauliflower Warm Applesauce Assorted Muffin Homemade Dessert</p>	<p>16 <u>Crispy Fried Onion Chicken</u> Peas and Carrots Sweet Potatoes Dinner Roll Assorted Fruit</p>	<p>17 <u>Steak Sub with Peppers and Onions</u> Yellow Beans Seasoned Potato Wedges Homemade Dessert</p>
<p>20 <u>Chicken, Potato and Vegetable Pot Pie</u> Buttered Broccoli Warm Cinnamon Apple Slices WW Bread Fruited Yogurt</p>	<p>21 <i>All Nutrition Centers Closed</i> <i>(Staff Training)</i> <i>Use Frozen Meal.</i></p>	<p>22 <u>Tuna & Egg Salad Cold Plate</u> Veggie Mac Salad Marinated Cucumbers WW Bread Homemade Dessert</p>	<p>23 <u>Cheesy Baked Ziti with Sausage</u> Italian Style Green Beans Warm Garlic Knot Assorted Fruit</p>	<p>24 <u>Meatloaf with Gravy</u> Mashed Potatoes with Gravy Mixed Vegetables Dinner Roll Homemade Dessert</p>
<p>27 <u>Turkey Tetrazzini with Mushrooms over Rice</u> Brussel Sprouts Warm Asst Muffin Fruit Cup</p>	<p>28 <u>French Toast Casserole with Breakfast Sausage</u> Hash browns Creamed Spinach Fresh Fruit</p>	<p>29 <u>BBQ Riblet on Bun</u> Macaroni and Cheese Chuck wagon Corn Coleslaw Homemade Dessert</p>	<p>30 <u>Chicken and Biscuits</u> Mashed Potato/Gravy Harvard Beets Fruit Cup</p>	<p>31 <u>Happy Halloween! Goovey Bats and Cobwebs</u> Monster Medley Warm Goblin Knot Boo Brownie</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 \$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)

October Calendar

- 10/1 Yom Kippur begins at sunset
- 10/6 SLC Board of Legislator's Meeting; 6 pm at 48 Court Street
- 10/13 Indigenous Peoples Day; All County Offices and Nutrition Centers Closed.
- 10/20 Diwali
- 10/31 Halloween
- 11/2 Daylight Savings End - turn clocks back 1 hour



Happy
Halloween



Pictured to the left is Elizabeth with her pumpkin that was grown at the St. Lawrence County Correctional Facility's Garden!



There is hope.



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

988 SUICIDE & CRISIS
LIFELINE



1 in 8
WOMEN
WILL BE DIAGNOSED WITH
Breast Cancer
IN THEIR LIFETIME



NC Chapter of StateWide Senior Action Council

Next Meeting: October 2nd at 11:00 am

Contact Barb at (315) 261-2980

Meeting Location: Lobster House

New members welcome!



Find us on:
facebook®

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