



St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

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

Mature Living



October 2026



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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



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.

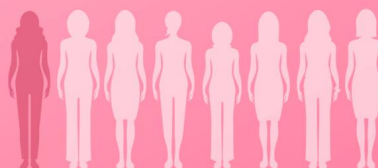
Here are some things to know about breast cancer in older women:

- **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.

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



In 2026, an estimated
321,910 new cases
of invasive breast cancer
will be diagnosed in
women in the U.S. ♀



1 IN 8 WOMEN
in the United States will develop
breast cancer in her lifetime.

Medicare Open Enrollment & Medicare Basics



Upcoming Events:

Canton Human Services Building, Wednesday, October 7th at 10:00am
80 State Highway 310, Canton, 2nd Floor Conference Room

Brasher Badenhausan Library, Wednesday, October 7th at 6:00pm
4 Main St, Brasher Falls

Canton Human Services Building, Thursday, October 8th at 2:00pm
80 State Highway 310, Canton, 2nd Floor Conference Room

Ogdensburg Public Library, Wednesday, October 14th at 6:00pm
312 Washington St, Ogdensburg

Canton Human Services Building, Thursday, October 15th at 5:30pm
80 State Highway 310, Canton, 2nd Floor Conference Room



Presented by
**St. Lawrence County
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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/>

Medicare Presentations

Please consider attending one (or more!) of these very informative Medicare Presentations. The Office for the Aging has one Medicare Counselor for over 28,000 older adults in the County—due to very low funding for this program. These presentations are a fantastic opportunity to have your questions answered prior to the hectic Medicare Open Enrollment season.

Each year during Open Enrollment, our office receives over 1,000 phone calls with questions or seeking appointments. Staff do a fantastic job of trying to answer as many questions as we can. *Please note, it may take a few weeks for someone to get back to you due to our very high call volume. **However, all callers will receive a call back before the end of Open Enrollment.**

We also cannot accommodate walk-ins during this time. Anyone seeking Medicare Counseling, must have a pre-scheduled appointment. We appreciate your patience and grace during this incredibly busy time for our office!

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).

What you need to know about Medicare Open Enrollment

St. Lawrence Office for the Aging

(315) 386-4730

Medicare Annual Open Enrollment is from October 15th - December 7th

Medicare Open Enrollment is an opportunity to review your current Medicare Coverage and make choices about what healthcare coverage is best for you for 2027.

If you are already enrolled in an Advantage Plan, you can also make changes from January 1st - March 31st.

Do you have to make changes to your current plan?

If you are happy with your current plan **and** the plan is still available in 2027, you **do not** need to do anything, the plan will continue.

You will receive an **Annual Notice of Changes** (by mail or email) from your current plan. This notice will inform you of any changes for 2027. ***This information is very important, so take time to look it over and find out how the changes will affect you.*** If you do not receive this, call your plan and request one.

Think about your healthcare needs for 2027

Will you need to see a new doctor next year?
Is the doctor in your plan's network?
Do you have upcoming procedures?
What will you have to pay for the procedure?

Look at Medicare.gov

You can visit www.medicare.gov. This website provides information about Advantage Plans and Medicare D (Drug) Plans. You are able to compare drug costs and look at Advantage Plan's copays and coinsurance costs.

Attend an Open Enrollment event offered by the Office for the Aging

See the scheduled events on the flip side of this handout.

Ask questions by calling:

- The number on the back of your insurance card.
- Medicare at 1-800-633-4227
- Your insurance broker, if you have been working with one.
- Office for the Aging (315) 386-4730

On the back there is information comparing the different options and their costs.

This project was supported, in part by grant number 90SAPG0105, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Walking the Journey Together

Caregiving for an ailing loved one is no easy task and is certainly much easier with support. A strong caregiving team may look different for every family. It can include relatives and friends, healthcare professionals, community organizations, volunteers, and others who can provide information, practical assistance, emotional support, or simply a listening ear. Knowing where to turn and reaching out before you feel overwhelmed can make a meaningful difference.

Hospice of St. Lawrence Valley /Contact: 315-265-3105

To qualify for hospice care, the patient must have a terminal diagnosis with a prognosis of six months or less.

Caregiver Supports

Access to 24/7, 365-day on-call support from a Registered Nurse
Education on patient care, including medication administration, repositioning, and personal care
Emotional support from a Licensed Social Worker, if desired
Spiritual support from a Spiritual Care Coordinator, if desired
Connection to local resources, assistance with paperwork (FMLA, etc.), and facilitation of family meetings, if needed
Respite opportunities provided by trained volunteers
Grief support for up to 13 months after the patient passes

Patient Supports

Access to 24/7, 365-day on-call support from a Registered Nurse
Weekly in-home nursing visits and assessments
Weekly assistance with personal care, if desired
Durable medical equipment like a wheelchair, oxygen, hospital bed, etc.
Emotional support from a Licensed Social Worker, if desired
Spiritual support from a Spiritual Care Coordinator, if desired



Other Resources: St. Lawrence County Office for the Aging / Contact: 315-386-4730
Alzheimer's Association – Central New York Chapter / Contact: 315-472-4201

OCTOBER FOOD \$ENSE

OCTOBER FOOD PACKAGE: \$20.50

- Chicken Breast, 1.5lb avg
- Ground Beef, 1lb
- Pollock Fillets, 1lb
- Marinated Pork, 1lb
- Hamburger Helper, 5.8oz
- Corn (frozen), 1lb
- Strawberries (frozen), 1lb
- Macaroni & Cheese, 7.25oz
- Applesauce, 15oz
- Fruit Salad, 15oz
- Fresh Produce #1
- Fresh Produce #2

OCTOBER SPECIALS:

Chicken Nuggets, 5lbs for \$11: Fully cooked and ready for the oven or fryer.

Mozzarella Sticks, 3lbs for \$12: Par-cooked and ready for the oven.

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 (14oz), Pears (15oz), Ziti (1lb), Strawberry Spread (19oz), Macaroni & Cheese (7.25oz), Scalloped Potatoes (4.7oz), and Peanut Butter (16oz).

Shrimp, 2lbs for \$10.50: Farm-raised, individually quick-frozen, E-Z peel.

Meatloaf Mix, 2lbs for \$12: Traditional meatloaf mix made with ground beef, veal, and pork.

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

Online at: foodsense.foodbankcny.org

Payment is due at time of order.

Please make checks payable to:
Potsdam Neighborhood Center

**ORDERS DUE 10/16
PICK-UP 10/29**

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.



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



**NATIONAL ELDER
FRAUD HOTLINE**
1-833-FRAUD-11
1-833-372-8311





St. Lawrence County Office for the Aging

THANKFUL FOR SENIORS

GIFT CARD DRIVE

The Office for the Aging is holding the 13th Annual **Holiday Gift Card Drive** for older adults in the home-delivered meal program. All gift cards will be mailed out to clients by Thanksgiving – a perfect time to show our gratitude for the older adults in our lives.

Please consider donating gift cards or financial contributions for the purchase of gift cards by November 9th to ensure timely delivery for Thanksgiving.

Please help us thank older adults for all they've given by giving back this season!

Gift Cards Will Be Collected Until:

NOVEMBER 9TH

Contributions can be mailed to:

Office for the Aging
80 State HWY 310
Canton, NY 13617

For More Information: 315-386-4730
info@nyconnects.gov

Cornell Cooperative Extension
St. Lawrence County

ARE YOU HAVING ISSUES USING YOUR CELL PHONE?

Cornell Cooperative Extension of St. Lawrence County and Office for the Aging are offering tech support classes for YOU.

THE CLASS WILL COVER:

- Phone Basics
- Navigating your phone apps
- Managing phone subscriptions

WHY ATTEND?

- Presentation will provide how-to instructions.
- We will provide one-on-one support to address any questions you are having with your phone or other devices.



Wednesday, October 14th at 10:00am

Class Location:

CCE Extension Learning Farm-
2043B State Highway 68, Canton, NY 13617

Where Do I Go Once I arrive?:

Go to the **Back Classroom** entrance.
Located at the far end of the parking lot.
Accessible parking available.

Registration is limited AND required. Please call 315-386-4730 to register.

CORNELL COOPERATIVE EXTENSION IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR PROVIDING EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES IN ACCORDANCE WITH APPLICABLE LAWS
PLEASE CONTACT THE CORNELL COOPERATIVE EXTENSION OF ST. LAWRENCE COUNTY OFFICE IF YOU REQUIRE ACCOMMODATIONS.



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>

Congregate Dining / Grab & Go Meals

Did you know we offer congregate (sit-down) dining at each of our Nutrition Centers? We also offer Grab & Go meals. Please see our delicious menu on page 7 for more information!

Please note, there is a required 24 hour notice for anyone who would like a meal. We never want to turn anyone away, but we only prepare enough food for the clients that have reserved meals for the day. We cannot always accommodate a client who has not let us know in advance they are stopping in. *We also can only serve one meal per person each day due to funding and capacity limitations.

Please call us at (315) 386-4730 to reserve your meals. You can reserve for a day, week, or the whole month! We appreciate your assistance with making reservations in advance. We always want to ensure we have enough food for everyone.



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:

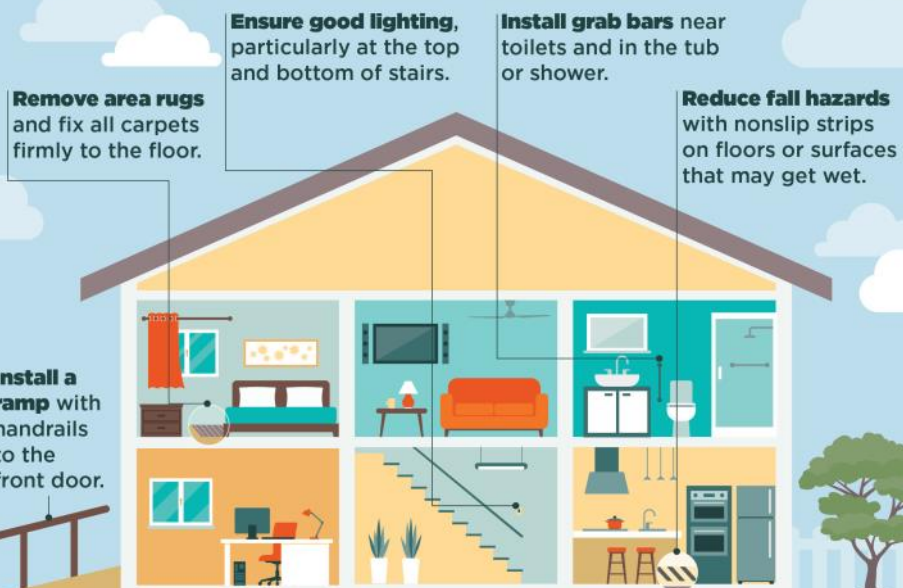
1. Separate the stems and the florets from the broccoli. Trim and discard the bottom of the broccoli stems and peel the tough outer layers. Finely chop the stems and coarsely chop the florets and set aside separately.
2. Mist a large pot with nonstick cooking spray and heat over medium heat. Add the 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->

Home safety tips for older adults

A few changes could make your home easier and safer to live in and help you continue to live independently.



For more information, visit www.nia.nih.gov/aging-in-place.

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>*All Meals are served with <u>milk and ww Brd or equivalent</u></i> <i>*Menu Follows a no salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please <u>notify</u> our office</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:</i> 315-386-4730	<u>MEAL</u> <u>CONSTITUTION</u> Protein – 2oz min Vegetables – ½ - 1 cup Fruit – ½ - 1 cup Starch – 2oz minimum at least 1oz whole grn Dairy – 1 cup	1 <u>Ham and Au gratin</u> <u>Potato Casserole</u> Green/Yellow Beans Asst Muffin Fruit Cup	2 <u>Pot Roast w/Gravy</u> <u>Mashed Potatoes with Gravy</u> <u>Mixed Vegetables</u> <u>Dinner Roll</u> <u>Homemade Dessert</u>
5 <u>Crispy Fried Onion Chicken</u> Peas and Carrots Sweet Potatoes Dinner Roll Assorted Pie	6 <u>Tortellini Tuesday!</u> Italian Style Green Beans Warm Garlic Knot Fresh Fruit Fruited Yogurt	7 <i>Chef's Choice</i>	8 <u>Chili Con Carne over Rice</u> Diced Beets Warm Dinner Roll Pudding Cup Assorted Fruit	9 <u>Fish Florentine</u> <u>Macaroni and Cheese</u> Stewed Tomatoes WW Bread Happy Birthday Cake!
12 <u>Indigenous People Day!</u> All Nutrition Centers Closed. Use Frozen Meal.	13 <u>Assorted Quiche</u> Parslied Cauliflower Seasoned Potato Wedges Blueberry Muffin Assorted Fruit	14 <u>Stuffed Shells with Italian Sausage</u> Spinach Warm Cheesy Garlic Bread Homemade Dessert	15 <u>Tuna Noodle Casserole</u> Buttered Peas Assorted Muffin Fresh Fruit	16 <u>Savory Roast Pork with Gravy</u> <u>Mashed Potatoes w/gravy</u> Glazed Carrots Dinner Roll Homemade Dessert
19 <u>Chicken Cordon Blue w/Cream Sauce</u> Brown Rice with Mushrooms Buttered Broccoli WW Bread Fruited Yogurt	20 All Nutrition Centers Closed (Staff Training) Use Frozen Meal.	21 <i>Chef's Choice</i>	22 <u>Reuben Casserole</u> Vegetable DuJour Dinner Roll Assorted Fruit Pudding Cup	23 <u>Beef and Vegetable Stew</u> Brussel Sprouts with Cranberries Country Biscuit Homemade Dessert
26 <u>Turkey Tetrazzini Over Rice</u> Harvard Beets Dinner Roll Yogurt Cup	27 <u>French Toast Casserole with Breakfast Sausage</u> Hashbrowns Creamed Spinach Fresh Fruit	28 <u>Salisbury Steak with Gravy</u> Mashed Potatoes/Gravy Winter Blend Veg Dinner Roll Homemade Dessert	29 <u>Seasoned Breaded Fish with Tartar Sauce</u> Sweet Potato Fries Coleslaw Dinner Roll Assorted Fruit	30 <u>Goey Bats and Cobwebs</u> <u>Monster Medley</u> Warm Goblin Knot Boo Brownie Happy Halloween!

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 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

- 10/5 SLC Board of Legislators Mtg; 6 pm @ 48 Court Street, Canton
- 10/12 Indigenous People Day; Office for the Aging & Nutrition Centers Closed.
- 10/15 Medicare Open Enrollment Begins
- 10/31 Happy Halloween!

Happy
Halloween



**SAY BOO
TO THE FLU!**

Get your annual fall vaccines by
October 31st for the best protection.

Your Medicare Card is your red, white and blue card and will look like the example below. Be careful to guard your Medicare # against scammers!



NC Chapter of StateWide Senior Action Council

Next Meeting: October 1st @ 11:00 am

Contact Mary Jane at 315-723-0819

Meeting Location: Best Western Golf Lounge

County Council of Senior Citizens

Next Meeting: October 8th @ 10 am

Midtown Apartments, Potsdam

There is hope.



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



Find us on:
facebook®

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