



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



September 2025



Medicare Open Enrollment starts October 15th. Navigating the Medicare process can be challenging and confusing. We are here to help!

This year we are offering **5 Public Medicare Basics & Open Enrollment 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 & Open Enrollment

Offered by St. Lawrence County
Office for the Aging

UPCOMING EVENTS

Gouverneur Community Center, Wednesday, October 1st at 10:00 am
4673 State Highway 58, Gouverneur

Ogdensburg Public Library, Saturday, October 4th at 11:00 am
312 Washington St, Ogdensburg

Canton Human Services Building, Monday, October 6th at 10:00 am & 3:00 pm
80 State Highway, Canton

Massena Community Center, Tuesday, October 7th at 10:30 am
61 Beach Street, Massena

Brasher Badenhausen Library, Wednesday, October 8th at 6:00 pm
4 Main St, Brasher Falls

St. Lawrence County
Office for the Aging

(315) 386-4730



Medicare Annual Open Enrollment Tips

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

Medicare Open Enrollment is an opportunity to review your current Medicare coverage options and make choices about what health care coverage is best for you for 2026.

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



Do you have to make any changes to your current plan?

If you are happy with your current plan, the plan remains available in 2026 and the plan continues to offer the benefits and services you need, you **do not** need to change and your current plan will continue in 2026.

Tip # 1

Think about your health care needs for 2026

Will you need to see new doctors in 2026? If so make sure they are your plan's network. Do you have upcoming procedures? Find out what you will have to pay.

Tip # 2

Watch your mail



You will receive an *Annual Notice of Changes* from your current plan. This notice will inform you of any changes for 2026.

This information is very *important*, so take time to look it over and find out how the changes might affect you.

Tip # 3

Compare your drug costs for 2026

If you have a separate drug (not a drug plan included with your Advantage plan) you can compare the cost of your prescriptions for the upcoming year and decide if it would benefit you to change plans.



Tip # 4

Ask questions ?

Call the number on the back of your **current insurance** card and ask about upcoming changes.

Call **Office for the Aging (315) 386-4730** or **1-800 Medicare (1-800-633-4227)** and speak to someone about other healthcare options for 2026.

Hospice of St. Lawrence Valley and St. Lawrence County Office for the Aging Offering Free Educational Presentations "Hospice Myth Busters."

Hospice of St. Lawrence Valley is partnering with the St. Lawrence County Office for the Aging to address the most common myths, we've heard from North County residents about Hospice care and educate people on the truth about the support Hospice provides.

Join us for an interactive presentation which explores common myths about Hospice including Hospice is only for the last few days of life, only those with cancer qualify for Hospice, and that Hospice staff stays with the family 24/7. Come get a better understanding of how Hospice of St. Lawrence Valley guides each end-of-life journey with compassion, comfort and care.

In addition to learning the facts about Hospice care, discussion about other journeys Hospice helps with including palliative care and grief will be had. A review of local resources through Hospice as well as Office for the Aging will be provided. Call Kate Favaro, Grief Awareness & Education Manager at **315-265-3105** with questions or to schedule a presentation for your organization.

Thursday, September 25th @ 10am: Canton Nutrition Center: 37 Riverside Drive (Canton Housing Authority)

Thursday, September 25th @ 10am: Clifton-Fine Community Center: 4208 State Rt.3, Star Lake

Tuesday, September 30th @ 10am: Potsdam Nutrition Center: 28 Munson Street (Potsdam Housing Authority)

Thursday, October 2nd @ 10am: Brasher Falls Nutrition Center: LBSH - 32 Church Street, Brasher Falls

Wednesday, October 15th @ 10am: Gouverneur Nutrition Center: 4673 SH 58 (Gov. Community Center)

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

Tuesday, October 21st @ 6:30pm: Potsdam Town Hall: 18 Elm Street, Potsdam

Thursday, October 23rd @ 6:30pm: Ogdensburg Dobisky Center: 100 Riverside Avenue, Ogdensburg

Why Starting Hospice Care Sooner Helps You and Your Family

When someone is very sick and not looking to get more treatment, hospice can help. Hospice is special care that focuses on comfort instead of trying to cure the illness. It helps people feel less pain, feel less stress, and spend more time doing what matters most at the end of life. Hospice is not just for the last few days of life; it can be helpful for months.



Starting hospice care early means you and your family will have more support for longer. Our nurses, aides, social workers, chaplains, and volunteers work together to help the person who is at end of life and their family. We help manage pain, help with bathing and dressing a few times a week, and support families through hard emotions like fear, sadness and anticipatory grief.

When families wait too long to call hospice, they may miss out on this extra care. With more time, we can help you plan, answer questions, and make sure the person who is at the end of life is as comfortable as possible.

You don't have to wait until someone is very close to death to call us. If you or someone you love has a serious illness like cancer, heart failure, COPD, or dementia and is no longer getting treatment or just keeps getting sicker, it may be time to call us. Anyone can ask about hospice — the patient, a family member, or a doctor.

We've been guiding each of our patient's journeys with compassion, comfort and care since 1986. We are here to listen, answer your questions, and help you decide what's best for your family. **Call Hospice of St. Lawrence Valley at 315-265-3105 or visit www.hospiceslv.org.**

SEPTEMBER FOOD SENSE

September Package (\$20.50):

Italian Meatballs, 1lb
Chicken Tenderloin, 1.17lb avg
Flounder Fillet, 1lb
Italian Sausage, 1lb
Cheese Ravioli, 13oz
Pasta Sauce, 24oz
Spaghetti, 1lb
Strawberries, 1lb
Crinkle Sliced Carrots, 14oz
Mandarin Oranges, 11oz
Fresh Produce #1
Fresh Produce #2

Payment is due at time of order.
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

Massena Salvation Army:

315*769*5154

Canton Housing:

315*386*8381

Online at:

foodsense.foodbankkeny.org

September Specials:

Pork Tenderloin, 1.65lbs avg for \$5:

All-natural and vacuum sealed.

Seafood Boil Meal, 35.13oz for \$9.50:

Ready-to-cook bag with corn on the cob, shrimp, andouille sausage, mussels & red-skinned potatoes.

Chicken Wings, 5lbs for \$9.50:

Individually quick frozen, ready for oven or air fryer.

American Cheese, 5lbs for \$13: Sliced, NOT individually wrapped.

Onion Rings, 2.5lbs for \$9: Ready to cook in oven or air fryer.

Lasagna Roll-ups, 42oz for \$6.50: Stuffed with ricotta & Romano cheese.

Orders due: 9/12
SNAP deducted: 9/14
Pick-up: 9/25

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!



Medicare Open Enrollment:

Oct. 15 - Dec. 7th

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.

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

HOME SAFETY CHECKLIST

For Seniors

Prevent Falls

- ☐ Clear hallways, walking paths, and stairs of tripping hazards including piles and furniture that is sticking out.
- ☐ Remove throw rugs and loose flooring.
- ☐ Add non-slip mats to bathroom and kitchen.
- ☐ Place safety adhesive tread in tub or shower.
- ☐ Install handrails on both sides of stairs and grab bars in tub/shower and by toilet for support.
- ☐ Check toilet seat height and add raised seat if needed.
- ☐ Include color contrasting anti-slip tape on the edges of stairs.
- ☐ Move frequently used items to places that are easily accessible without step stool.
- ☐ Add plenty of lighting to the house. Wireless motion sensing and touch/clap on lighting works well.

Store Chemicals And Cleaners Correctly

- ☐ Keep cleaners and chemicals in their original containers.
- ☐ Store these products away from food and heat sources.
- ☐ Avoid storing propane, gas cans, automotive and lighter fluids in the house.
- ☐ Dispose of expired or leaking products safely. Consult local waste management for info. about doing so.

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Reduce Fire Risks

- ☐ Install fire detectors outside of each bedroom and on every level of the home. (Don't forget carbon monoxide detectors, also.)
- ☐ Get automatic stove turn off device to prevent burners and oven on too long.
- ☐ Remove frayed electrical cords and too many plugs to outlets.
- ☐ Hire professionals to inspect home heating system and fireplace yearly.
- ☐ Put small fire extinguisher in kitchen and/or near main exit door.
- ☐ Maintain at least 3 foot distance between space heaters and clothes, curtains, people, etc..

Ensure Medicine Safety

- ☐ Store medicine in original packaging with instructions unless using dispensing device.
- ☐ Keep list of current medications handy for doctor visits, yourself, and/or caregivers.
- ☐ Place medicine in locations that children and adults with dementia cannot easily access. Do not leave laying around. Put safety latch on medicine cabinet if needed.
- ☐ Use medicine dispensing device or hire assistance if needed to properly take medicines.


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Recipe Corner ... **Hearty Tomato Soup with Beans & Greens**

Garlicky kale and creamy white beans elevate simple canned tomato soup into a 10-minute lunch of dinner that really satisfies

Ingredients: 2 (14 ounce) cans low-sodium hearty-style tomato soup, 1 TBSP olive oil, 3 cups chopped kale, 1 TSP minced garlic, 1/8 TSP crushed red pepper (Optional), 1 (14 ounce) can no-salt-added cannellini beans (rinsed), 1/4 cup grated Parmesan cheese

Preparation: Heat soup in a medium saucepan according to package directions; simmer over low heat as you prepare kale. Heat oil in a large skillet over medium heat. Add kale and cook, stirring, until wilted, 1-2 minutes. Stir in garlic and crushed red pepper (if using) and cook for 30 seconds. Stir the greens and beans into the soup and simmer until the beans are heated through, 2-3 minutes. Divide the soup among 4 bowls. Serve topped with Parmesan.



Nutrition Facts:

Amount per serving: Calories: 200 kcal; Fat: 5.8 g; Carbs: 29 g; Protein: 8.6 g; Cholesterol: 3.6 mg; Sodium: 354.9 mg.

Source: [Hearty Tomato Soup with Beans & Greens Recipe | EatingWell](#)

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>

There will be an Advisory Council Meeting on Monday, September 8th at 10 am. The meeting is held at the HSC—80 SH 310, Canton, 2nd Floor Conference Room. The public is welcome!



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

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



September 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 1 <u>Happy Labor Day!</u> <i>All Nutrition Centers Closed.</i> <u>Use Frozen Meal.</u> | 2 <u>Chicken Ala King over Rice</u> Summer Squash Blend Warm Dinner Roll Assorted Fruit | 3 <u>BBQ Riblet on Bun</u> Baked Beans Chuck Wagon Corn Fruit Cup Homemade Dessert | 4 <u>Homestyle Meatloaf w/Gravy</u> Mashed Pot./Gravy Brussel Sprouts Pickled Beets Fresh Fruit | 5 <u>Meat/Cheese Subs</u> Macaroni Salad 3-Bean Salad Assorted Fruit Homemade Dessert |
| 8 <u>Fish Burger w/Cheese</u> Mixed Vegetables Oven Fries Assorted Fruit | 9 <i>All Nutrition Centers Closed For Staff Training.</i> <u>Use Frozen Meal.</u> | 10 <u>Chicken Riggies</u> Italian Mixed Veg. Warm Garlic Knot Fresh Fruit Homemade Dessert | 11 <u>Pennsylvania Dutch Casserole</u> Green Beans Warm Cinnamon Applesauce Country Biscuit Pudding Cup | 12 <u>American Goulash</u> Cauliflower Warm Spiced Fruit Corn Muffin Homemade Dessert |
| 15 <u>Pepper Steak over Rice</u> Broccoli Warm Dinner Roll Assorted Fruit | 16 <u>Tuna and Egg Salad Cold Plate</u> Pasta Salad Pickled Beets Fresh Fruit | 17 <u>Turkey w/Gravy</u> Mashed Pot./Gravy Buttered Carrots Fruit Salad <i>Happy Birthday Cake!</i> | 18 <u>Pork Sauerbraten w/Gravy over Egg Noodles</u> Seasoned Cabbage Warm Dinner Roll Assorted Fruit | 19 <u>Mustard & Rosemary Crusted Chicken</u> Sweet Potatoes Vegetable Medley Fruit Cup Homemade Dessert |
| 22 <u>Macaroni & Cheese</u> Green Beans Warm Dinner Roll Creamy Cucumber Salad Assorted Fruit | 23 <u>Pork Vegetable Stir Fry over Rice</u> Steamed Yellow Squash Assorted Warm Muffin Fresh Fruit | 24 <u>BBQ Chicken</u> Sweet Peas Warm Corn Muffin Coleslaw Fruit Cup Homemade Dessert | 25 <u>Cheesy Egg Bake</u> Warm Blushed Pears Stewed Tomatoes Baker's Choice Muffin Fruited Yogurt | 26 <u>Mexican Casserole</u> Sweet Corn Niblets Seasoned Spinach Assorted Fruit Homemade Dessert |
| 29 <u>Meatball Parmesan Subs</u> Italian Mix Veg Seasoned Potato Wedges Assorted Fruit Pudding Cup | 30 <u>Creole Chicken</u> Rice Pilaf Winter Mix Vegetables Buttermilk Biscuit Fruit Cup | <i>All Meals are served with 1% milk and WW Bread 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> | <u>Important Notice:</u> <i>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 CONSITUTION:</u> <i>Protein – 2oz min</i> <i>Vegetables – ½-1 cup</i> <i>Fruit – ½- 1 cup</i> <i>Starch – 2oz min</i> <i>Dairy – 1 cup</i> |

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 am.
 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)

September Calendar



- 9/1** Labor Day; All County Offices and Nutrition Centers are closed.
- 9/8** Advisory Council Meeting: HSC @ 10 am
- 9/8** SLC Board of Legislators' Meeting: 6 pm @ 48 Court Street, Canton
- 9/9** Caregiver Support Group: 10 am @ Human Svs. Building, 80 SH 310, Canton
- 9/22** First Day of Autumn

THE EMPOWERED CAREGIVER SERIES BUILDING FOUNDATIONS OF CAREGIVING

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.



Caring for someone living with dementia brings a unique set of challenges and rewards. With the right help and support, you can empower yourself to provide quality care while managing your own well-being.

Topics in the program include:

- » The role of a caregiver and changes you may experience.
- » Using a person-centered care approach.
- » Building a support team.
- » Managing caregiver stress.

Friday, September 12
11 a.m. - Noon

Hospice and Palliative Care of
St. Lawrence Valley
6805 U.S. 11
Potsdam, NY 13676

To register, please visit
<https://bit.ly/4jkKpql>
or call 800.272.3900

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

 **ALZHEIMER'S
ASSOCIATION**
Central New York Chapter

NC Chapter of StateWide Senior Action Council

**Next Meeting: September 4th:
11:00 am**

Contact Barb at (315) 261-2980

Meeting Location: Lobster House

County Council of Senior Citizens

**Next Meeting: September 11th
10:00 am**

Midtown Apartments, Potsdam



NY Connects
Your Link to Long Term
Services and Supports

St. Lawrence County

(800) 342-9871 (888) 730-4730

REMINDER — If you received Farmers Market Coupons, don't forget to redeem them prior to September 30th! Each year, over 1/2 off all the coupons distributed in our County **are not redeemed!** This could impact the amount of booklets we receive next year, so please make sure to use them. Thank you!