



St. Lawrence County
Office for the Aging

(315) 386-4730

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Mature Living

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Mature Living

August 2022



The Annual Senior Picnic is BACK!! Please join us **Thursday, August 11th** from 10:00 am - 2:30 pm at the Gouverneur Community Center! Please note that **attendees MUST call to reserve their lunch by August 8th!**

No lunch tickets will be sold at the door. We also will not have take-out lunches available this day. Please call 315-386-4730 to reserve your ticket!

St. Lawrence County Office for the Aging & County Council of Senior Citizens

ANNUAL SENIOR PICNIC

August 11, 2022

Gouverneur Community Center: 4673 SH 58

10 am: Registration/Senior Tables & Raffles

11:15 am: Lunch (BBQ Chicken, Mac & Cheese, Veg. Medley, Coleslaw, Corn Muffin & Strawberry Shortcake)

12:30 pm - 2:30 pm: Musical Entertainment by Lou Allen; Country Music from the 50s & 60s

Lunch Tickets MUST be reserved in advance by calling (315) 386-4730 or calling your Senior Club President.

Suggested Lunch Contribution for 60 and up: \$3.00
Guest Fee: \$10.00

***No lunch tickets will be available at the door.**

Farmers Market Coupons Are Here!

We hosted a variety of distributions the last week of July and these are our August dates :

- ◆ **August 1:** 9:30 am - 10:30 am: Star Lake Nutrition Center
- ◆ **August 2:** 10:30 am - 11:30 am: Brasher Nutrition Center, LBSH
- ◆ **August 3:** 9:00 am - 12:00 pm: Drive-Thru Distribution at the Human Services Center, 80 SH 310, Canton; Stay in the comfort of your car and get your coupons! Follow signs to the back parking lot.
- ◆ **August 5:** 9 am - 12:00 pm: Canton Farmers Market

We also have FM Coupons available at our main office. Quantities are limited and distribution dates may change as all coupons have been distributed. Clients must sign up in person or a caregiver with proper Power of Attorney Paperwork to show as verification can sign for the client.

To be eligible to receive FMC, you must:

- a. 60 years of age or older; **AND** b. Monthly Income is at or below : \$2,096/month (for a one-person household); Or \$2,823/month (for a two-person household); Or \$3,551/month (for a three-person household)

Cooling Centers

When the warm weather hits, many fire departments will open their doors as Cooling Centers; offering water and a cool place for those who don't have air conditioning. Here is a list of these centers in St. Lawrence County. Please call first before going over.

HEAP Cooling Assistance

This program helps with the purchase of an air conditioner or fan to help keep you cool.

Please call the DSS HEAP Unit for more information at 315-379-2297.



Facility	Street Address	Contact Number	Days & Hours of Operation
American Red Cross- Northern Country	Call for cooling center locations	315-782-4410	Call for operating hours
Helena Fire Department	1175 SH 37C, Helena, NY 13649	315-764-1166	Open as weather warrants. Please call for operating hours
Louisville Fire Department	14818 SH 37 , Massena, NY 13662	315-769-2316	Open as weather warrants. Please call for operating hours
Massena Fire Department	34 Andrews Street, Massena, NY 13662	315-769-2380	Open as weather warrants. Please call for operating hours
Morristown Fire Department	200 Morris Street, Morristown, NY 13664	315-375-6703	Open as weather warrants. Please call for operating hours
Parishville Fire Department	1714 SH 72, Parishville, NY 13672	315-265-6832	Open as weather warrants. Please call for operating hours

St. Lawrence County Office for the Aging Nutrition Program

NEW GRAB & GO PROGRAM!

St. Lawrence County Office for the Aging is providing a **Grab and Go Program** to eligible seniors (60 and over). Meals will be available for **pick-up**, Monday through Friday, at the following Nutrition Centers: Brasher, Canton, Gouverneur, Morristown and Potsdam.

Grab & Go Program Procedures:

- ◆ You **MUST reserve your meal at least 24 hours in advance.**
- ◆ To reserve a meal, please the Office for the Aging at 315-386-4730.
- ◆ There will also be a reservation sheet posted in the dining room; clearly print your name on the sheet.
- ◆ If you reserve a meal and are unable to pick it up, please call the office to cancel your meal by 9 am.
- ◆ Meals **MUST be picked up between 10:30 am - 11:00 am** in the designated area located in the dining room.
- ◆ If you are sick or showing COVID 19 symptoms, please call the Nutrition Center prior to arriving for instructions on how to safely pick up your meal.



To help support the continuation of the nutrition program, please consider making a contribution which will be used to maintain and enhance this service. No eligible client will be turned away for inability or unwillingness to make a contribution. 100% of the contributions go directly back into the nutrition program.

Suggested Contribution: \$3.00 a meal

Actual Cost of Meal: \$12.40 a meal)

**For any questions, please call Danielle Durant at 315-386-4730
or email: ddurant@stlawco.org**

Office for the Aging at the SLC Fair!

We are going to the Fair! The Office for the Aging's NY Connects staff will be at the St. Lawrence County Fair again this year. Stop by our booth for information on programs and services! We plan to be near the SLC Public Health Tent! For more information, please call 315-386-4730.





FREE WELLNESS PROGRAM! HEALTHY LIFESTYLE SUPPORT GROUP

*Choose the format that works best for you -
Virtual or In-Person!*

Finding it difficult to keep your momentum and motivation when it comes to making healthy choices? This support group encompasses everything about leading a healthy lifestyle including tips on eating well, exercising, and activities available locally. The group meets monthly for one hour.

First Thursday of Every Month
Beginning April 7, 2022 (Ongoing)
11:30 a.m.
CHMC Lions Diabetes Education Conference Room



To register, call
315-713-5116

Space is limited. Reserve your seat today!



SUMMER TIME – EAT THE RAINBOW!



There's no excuse not to make eating plenty of fruits and vegetables a priority in your life right now, the more the better! In addition to the vitamins, minerals, fiber, hydration, and antioxidants they provide, those rich color pigments – red, orange, yellow, green, blue, and purple provide protective compounds to help fight cancer and boost your immunity. The red fruits and vegetables such as tomatoes, strawberries, peppers, and watermelon are excellent sources of lycopene which is known to reduce breast and prostate cancer risk, but also boost brain, heart, and eye health. What about yellow/orange fruits and vegetables, like cantaloupe, peaches, and pumpkin? These provide a healthy source of beta-carotene which boosts vision, fights cancer, and reduces inflammation. The green color of the fruit and vegetable rainbow contain plenty of options such as leafy greens, peas, and cucumbers offer lutein is very important for eye health. The purple and blue pigments from berries, eggplant, and plums offer us two compounds (anthocyanins and resveratrol) that boost brain and heart health, destroy compounds that cause cellular damage in our bodies, and reduces inflammation. So, make a point to visit the local farmers markets or produce sections of the grocery store and grab a bunch of fruits and vegetables to incorporate in your meals by putting them on sandwiches, making salads, adding them to casseroles, soups, and stews. It's super easy to keep some raw veggie sticks on hand, and on hot days, try munching on some frozen grapes, berries, peas, or bananas. The ideas are endless! For more help on how to incorporate fruits and vegetables in your diet feel free to contact the St. Lawrence County Office for the Aging and the registered dietitian will be happy to help you.



By Linda Buchanan, RD



Senior Club & Council News/Events

Northern NY Community Travelers/
Quad-Town Senior Club: Contact Glenda at
 (315) 389-5557

- Branson Trip – October 1-9, 2022

NC Chapter of StateWide Senior Action Council

Next Meeting: Thursday, September 1st at 10 AM

Location: Lobster House, 95 South Main St,
 Norwood

Lunch - order from menu; please remember to
 wear a mask.

Guest Speaker: Jolene Munger, PH Director

Contact Barb at 315-261-2980

Office for the Aging Home Care Program: If you are 60 or over and in need of home care services, the Office for the Aging is accepting 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 provided may be on a cost-share basis depending on income levels.

Contact: NY CONNECTS at (315) 386-4730

(EISEP is supported by the NYS Office for the Aging and St. Lawrence County)



Strawberry-Chocolate Greek Yogurt Bark

Lightly sweetened Greek yogurt gets studded with fresh strawberries and chocolate chips then frozen so you can break it into chunks just like chocolate bark (but healthier!). This colorful snack or healthy dessert is perfect for kids and adults alike. Use full-fat yogurt to ensure the creamiest bark possible.

Ingredients: 3 cups whole-milk plain Greek yogurt, 1/4 cup pure maple syrup or honey, 1 tsp vanilla extract, 1 1/2 cups slice strawberries, 1/4 cup mini chocolate chips

Preparation: Line a rimmed baking sheet with parchment paper, stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10 X 15 inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.



Nutrition Facts:

Amount per serving: Calories: 34 kcal; Fat: 1.3 g; Carbs: 4 g; Protein: 2 g; Cholesterol: 2.8 mg; Sodium: 7.6 mg.

Source: <https://www.eatingwell.com/recipe/259080/strawberry-chocolate-greek-yogurt-bark/>



Office for
the Aging

New York
Caregiving Portal
Powered by Trualta

Provided in Partnership With:
**Association on Aging
in New York**

**Caring for your loved one but
don't know where to start?**

**Let Trualta help you on your
caregiving journey!**

- Explore options for challenging behaviors
- Discover ways to connect with your loved one
- Share and learn with fellow caregivers



Scan me with
your camera
to visit!



NewYork-Caregivers.com

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
8/1 <u>Bacon Cheeseburger</u> <u>Baked Beans, ww bun</u> <u>Brussel Sprouts</u> <u>Fresh Orange</u>	8/2 <u>Zesty Chicken</u> <u>Red Parslied Pot.</u> <u>Baby Carrots, ww bread, PB cookie</u>	8/3 <u>Sweet&Sour Meatballs</u> <u>o/brown Rice</u> <u>Oriental Blend</u> <u>Pineapple Tidbits</u>	8/4 <u>Roasted Pork w/ Mushroom Gravy</u> <u>Mashed Potatoes</u> <u>Asparagus, Biscuit</u> <u>Blueberry Crumble</u>	8/5 <u>Goulash</u> <u>Mixed Vegetables</u> <u>Italian Bread</u> <u>Baked Pears</u>
8/8 <u>French Toast w/Sausage</u> <u>Hashbrown Rounds</u> <u>Warm Applesauce</u> <u>Juice</u>	8/9 <u>Tuna Salad on Pita</u> <u>Greek Pasta Salad</u> <u>Pickle, chips</u> <u>Cheese Stick</u> <u>Ambrosia</u>	8/10 <u>Salisbury Steak</u> <u>Mashed Pot. w/gravy</u> <u>Sweet Peas</u> <u>Rye Bread</u> <u>Brownie</u>	8/11 <u>Senior Picnic @ Gouverneur!</u> <u>Sites are closed.</u> <u>USE FROZEN MEAL.</u>	8/12 <u>Chef's Choice</u>
8/15 <u>Shake & Bake Chicken</u> <u>Baked Potato w/SC</u> <u>Diced Beets</u> <u>Ww Bread</u> <u>Fresh Apple</u>	8/16 <u>Boiled Dinner</u> <u>(Ham, Carrots, Potato, Cabbage)</u> <u>WW Bread</u> <u>Cherry Crisp with Whipped Topping</u>	8/17 <u>Italian Sausage</u> <u>w/peppers & onions</u> <u>Steak Fries</u> <u>Seasoned Broccoli</u> <u>Mixed Berries & Cream</u>	8/18 <u>Turkey Dinner</u> <u>Mashed Pot.w/gravy</u> <u>Stuffing, Green Beans</u> <u>Dinner Roll</u> <u>Peach Cobbler</u>	8/19 <u>Mac & Cheese</u> <u>Stewed Tomatoes</u> <u>Yogurt Muffin</u> <u>Fudge Brownie</u>
8/22 <u>Fish Florentine</u> <u>Rice Pilaf</u> <u>Capri Blend Veg.</u> <u>Ww bread, Grapes</u>	8/23 <u>Monterey Jack Chicken</u> <u>Red Garlic Mashed</u> <u>Cheesy Cauliflower</u> <u>Italian Bread</u> <u>Birthday Cake!</u>	8/24 <u>Julienne Salad</u> <u>Marinated cucumbers</u> <u>Cottage Cheese</u> <u>Bread Stick</u> <u>Lemon Pudding</u>	8/25 <u>BBQ Pulled Pork</u> <u>Baked Sweet Potato</u> <u>Minced Coleslaw</u> <u>Corn Muffin</u> <u>Pineapple Fluff</u>	8/26 <u>Chef's Choice</u>
8/29 <u>Philly Cheese Steak Sub</u> <u>Seasoned Potato</u> <u>Wedges</u> <u>Peas/Carrots</u> <u>Fresh Fruit Salad</u>	8/30 <u>Lasagna</u> <u>Waxed Beans, Garden</u> <u>Salad, Garlic Roll,</u> <u>Strawberry Bavarian</u> <u>Cream</u>	8/31 <u>Chicken Tenders</u> <u>Au gratin Potatoes</u> <u>Summer Blend Veg.</u> <u>Ww dinner roll</u> <u>Mandarin Oranges</u>	9/1 <u>Homestyle Meatloaf</u> <u>Mashed Pot. w/gravy</u> <u>Mixed Veggies</u> <u>Cheddar Biscuit</u> <u>Blueberry Cheesecake</u>	9/2 <u>Chef's Choice</u> <u>Cold Plate</u>

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

Nutrition Centers Located in Brasher, Canton, DeKalb, Gouverneur, Morristown, Ogdensburg, Potsdam and Star Lake

Suggested Contribution: \$3.00 (age60+) 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)



August Calendar

- 8/1 St. Lawrence County Board of Legislators meeting; 6 pm at the SLC Fairgrounds
- 8/2 - 8/7 St. Lawrence County Fair: www.gouverneurfair.net
- 9/5 Labor Day— All County Offices and Nutrition Centers are CLOSED.



FREE TECHNOLOGY CLASSES

For Ages 80 and Up
In St. Lawrence County Libraries

COMPUTER ESSENTIALS

Norwood Public Library
5-Week Course, Tuesdays and Thursdays at 2:00 PM
August 2-September 2

This 5-week course covers the essentials of how to use the basic functions of a personal computer, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using a computer and the internet to enrich your life.

Call (315) 353-6692 or email nowlib@ncds.org to sign up!

GOOGLE WORKSPACE

Hepburn Library of Waddington
August 24, 2:00 PM

Curious about the free tools from Google? Learn about some of Google's most popular productivity tools that are for personal use, as well as work-related ones. This lecture will introduce Docs, Sheets, Slides, Photos, and Drive. We'll explore some practical and creative uses and demonstrate how to make the most out of Google's many free templates.

Contact the library to insure your spot: 315-388-4454

CLOUD STORAGE

Hepburn Library of Waddington
September 14, 2:00 PM

In this lecture, you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers.

Contact the library to insure your spot: 315-388-4454



Do you yourself manage or know someone who is living with diabetes or other chronic condition?
(Examples: Arthritis, mental/behavioral health, heart disease, or high blood pressure)

Learn how to manage your health with self-management tools designed to help you:

- choose healthier eating options,
- set goals through action plans,
- increase your physical activity.

Workshops* available throughout the North Country!
Available in St. Lawrence, Franklin, Clinton, Essex, Washington, and Warren/Hamilton Counties

All workshops are FREE!

Registration is required!
Call **NY Connects at 1-800-342-9871**
or visit our webpage at <https://GetHealthyNoCo.org>

*Several options are available for individuals, family members, and care coordinators

Interactive Online Workshops	Weekly Telephonic Check-ins	Self-Paced Online Courses	In-Person Group Sessions

Get Healthy North Country
Brought to you by the North Country Chronic Disease Prevention Coalition

Need to borrow a laptop or tablet?
Questions? Email health@gethealthyslc.org

Health Positive LIFESTYLE PROGRAM
2014-2017



St. Lawrence County
Office for the Aging