



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

www.stlawco.org



August 2023



Please join us **Thursday, August 17th** for the **Annual Senior Picnic**. The event is being held at the **Morristown Nutrition Center (200 Morris Street.)** Please note that **attendees MUST call to reserve their lunch by August 4th.**

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!

If you would like to see what Public Transit options are available to get to the picnic, please call (315) 386-2600.

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Mature Living

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

ANNUAL SENIOR PICNIC

August 17, 2023

Morristown Fire Hall: 200 Morris Street, Morristown

8:30 am: Registration/Senior Tables (Coffee/Donuts for Sale)

9:15 am: Free BINGO (Bring your own Daubers)

11:30 am: Lunch (Chicken BBQ, Mac Salad, Baked Beans, Fresh Fruit Salad, Cucumber/Tomato Salad & Raspberry Filled Cookie)

12:15 pm: The Bloom Brothers - musical entertainment in the pavillion (weather permitting or in the fire hall)

Lunch Tickets MUST be reserved in advance by calling (315) 386-4730. RSUP by August 4th!

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

***No lunch tickets or take out meals will be available at the registration table that day.**



Office for the Aging Home Care Program: Do you live in the Star Lake, Harrisville, Newtown Falls, or surrounding areas and are in need of home care and/or respite?! If so, please reach out to our office as soon as possible. We have a limited amount of home care available in that area for the first time in years! We also have care available in other areas too! Below are the guidelines to qualify for EISEP home care. The qualifications for respite are less restrictive. Please call us for more information!

EISEP Guidelines

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)

Office for the Aging Congregate Dining Centers for Older Adults

Are you looking for a great way to get out of the house, socialize with your peers **AND** eat a delicious meal?! Check out our **5 Congregate Dining Centers that are open to ALL older adults 60 and over!**

Lunch is served Monday - Friday at 11:00 am, except for Brasher lunch is served at 11:30. There is a suggested contribution of \$3.00 per meal for those 60 and older; however no eligible client is turned away due to inability or unwillingness to contribute. There is a \$5 Guest Fee for anyone under 60.

- ◆ **Brasher Falls Nutrition Center:** Located in the LBSH Complex (You do not need to be a tenant to eat there.) 32 Church Street, Brasher Falls - (315) 389-5100
- ◆ **Canton Nutrition Center:** Located in the Canton Housing Authority’s Riverside Drive Building (You do not need to be a tenant to eat there.) 37 Riverside Drive, Canton - (315) 386-2580
- ◆ **Gouverneur Nutrition Center:** Located at the Gouverneur Community Center - 4673 SH 58, Gouverneur - (315) 287-2302
- ◆ **Morristown Nutrition Center:** Located at the Morristown Fire Hall - 200 Morris Street, Morristown (315) 375-6703
- ◆ **Potsdam Nutrition Center:** Located at the Midtown Apartments (You do not need to be a tenant to eat there.) 28 Munson Street, Potsdam - (315) 265-2870

The food is amazing at our Nutrition Centers! Check out our menu on page 8!

Senior Farmers Market Trip

St. Lawrence County Office for the Aging & Public Transit invite those 60 and older to a free round trip ride and lunch at the Canton Farmers Market.

- Learn and become comfortable with our local public transit.
- NYS Farmers Market coupons for income eligible seniors
- Support your local Farmer Market

Friday August 4th

9:00am Centennial Terrace: **202 Washington St, Ogdensburg**
 9:10am Parkview Rise Apartments: **1111 Jay St, Ogdensburg**
 9:25am Meadowview Apartments: **8 Lisbon St, Heuvelton**
 9:40am Rensselaer Falls Fire Dept: **124 Rensselaer St., Renss Falls**
 9:55am Sunrise Valley Apartment: **26 Josephine St, DeKalb Jct**

YOU NEED TO SIGN UP AHEAD OF TIME!
Call Office for the Aging to register (315)386-4730
Space is limited so call if you are interested !

YOUR FRIDGE & FOOD SAFETY

Keeping your refrigerator clean and organized helps to minimize food spoilage and reduces your risk of foodborne illness.

MAIN COMPARTMENT
Temperature is more stable—store perishable foods like raw meat, dairy, and eggs here.

ADDITIONAL TIPS
Clean refrigerator surfaces with hot, soapy water and diluted bleach solution.

Keep fridge smelling fresh by placing an opened box of baking soda on a shelf.

RAW MEAT
Prevent juices from leaking by storing on a wrapped plate or in a sealed container.

COOKED LEFTOVERS
Leftovers are safe for 3 to 4 days in the refrigerator.

SEALED DRAWERS
Drawers are the best storage option for fruits and vegetables.

FREEZER
Set to 0 °F or below. Frozen food is safe forever though quality may suffer with lengthy storage.

TEMPERATURE
An appliance thermometer lets you know your fridge is set to 40°F or below.

DOORS
Temperature changes frequently—avoid storing perishable foods here.

USDA Food Safety and Inspection Service
U.S. DEPARTMENT OF AGRICULTURE

2023 ST. LAWRENCE COUNTY
SENIOR CITIZEN OF THE YEAR AWARD

Nomination Form

Senior Citizen of the Year Award, presented by St. Lawrence County Office for the Aging, recognizes a senior citizen who has tirelessly advocated on behalf of senior citizens.

Qualifications for consideration by St. Lawrence County Office for the Aging selection committee are as follows:

1. Nominee must be a St. Lawrence County resident 60 years or over.
2. Nominee must have tirelessly advocated on behalf of seniors.
3. Nominee must have shown leadership in assisting with needed support services and activities which have helped improve the lives of senior citizens.
4. Nominee may be nominated by an individual or group.

Nominee for Senior Citizen of the Year Award

Name: _____

Address: _____

Phone Number: _____

Nominated by:

Name: _____

Address: _____

Phone: _____

***On a separate sheet of paper, please write a detailed list of the volunteer activities, leadership, special service to seniors, and other related reasons why you feel that your nominee should receive this reward.**

Candidates are more likely to be selected if there is a very detailed description of why they are deserving of the award vs just a few sentences total.

***Responses must be mailed or dropped off to Office for the Aging at 80 St. Hwy. 310, Suite 7, Canton, NY 13617.**

***Deadline for receiving nominations is August 18th!**

***For additional information call Office for the Aging at (315) 386-4730.**



SUMMER TIME – EAT THE RAINBOW!



Each of these colors has health benefits, including:

- Improved vision
- Decreased inflammation
- Reduced risk of chronic diseases, including cancer, heart disease diabetes
- Strengthened immune system

These benefits are due to the [phytochemicals](#) that occur naturally within these foods. Phytochemicals also give foods their distinct aroma and taste.



While each color provides certain benefits, when paired with other colors, the effects on your health are astonishing. That's why it's important to eat a wide variety of colors.

See what eating a rainbow of colors can do for you:

- **Red fruits and vegetables**

These contain [lycopene](#), which improves heart health, decreases prostate and breast cancer risk, contributes to stroke prevention and increases brain function. Good sources of lycopene include tomatoes, beets, radish, cherries, strawberries, red onions and red peppers.

- **Orange and yellow fruits and vegetables**

These contain [carotenoids](#), which reduce the risk of heart disease and inflammation, strengthen the immune system, build healthy skin and improve vision. Good sources of carotenoids include carrots, winter squash, apricots, yellow peppers, sweet potatoes, bananas, pineapple, mangoes, pumpkins, peaches and oranges.

- **Green fruits and vegetables**

These contain indoles and isothiocyanates, which may help prevent cancer. Typically, these foods are high in vitamin K, potassium, fiber and antioxidants. They also contain folic acid, which helps prevent neural tube defects in babies. Good sources include spinach, arugula, broccoli, Brussels sprouts, avocados, kiwis, green tea, asparagus, fresh green herbs, kale and artichokes.

- **White and brown fruits and vegetables**

These contain flavonoids and allicin, which have anti-tumor properties. They also can reduce cholesterol and blood pressure, improve bone strength and decrease risk of stomach cancer. Good sources include onions, mushrooms, cauliflower, garlic and leeks.

- **Blue and purple fruits and vegetables**

These contain anthocyanins and antioxidants, which are associated with improved brain health and memory. They also help lower blood pressure and reduce the risk of stroke and heart disease. Good sources include blueberries, blackberries, eggplant, figs, purple cabbage, concord grapes and plums.

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 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8/1</p> <p><u>Pork Carnitas w/ Tortilla Wrap</u> Lettuce and Tomato Black Beans & Corn Mini Potato Puffs Tapioca Pudding w/Topping</p>	<p>8/2</p> <p><u>Bacon Cheeseburger</u> Lettuce/Tomato Baked Beans Macaroni Salad, ww bun Fresh Fruit in Season</p>	<p>8/3</p> <p><u>Meatloaf</u> Mashed Potatoes w/Gravy Tuscan Blend Chewy Caramel Brownie</p>	<p>8/4</p> <p><u>Lemon Pepper Fish</u> Rice Pilaf Buttered Summer Squash Blend Cherry Chocolate Parfait</p>	
<p>6/7</p> <p><u>Scalloped Potatoes & Ham</u> Antiqua Blend WW dinner roll Fruited Jell-O cup w/ whip topping</p>	<p>8/9</p> <p><u>Beef Brisket</u> Waffle Sweet Potato Fries Coleslaw Spiced Pears</p>	<p>8/10</p> <p><u>Turkey Dinner w/ Stuffing</u> Mashed Potatoes/Gravy Squash WW Dinner Roll Pumpkin Pudding w/Topping</p>	<p>8/11</p> <p><u>Chicken Caesar Salad</u> Broccoli Salad Cottage Cheese Raisin Bread Pudding w/Topping</p>	
<p>8/14</p> <p><u>Shepard's Pie</u> Green Beans Fresh Fruit Chocolate Peanut Butter Cookie</p>	<p>8/15</p> <p><u>Breaded Pork Chop</u> Au gratin Potatoes Brussel Sprouts Italian Bread Fruit Filled Cookie</p>	<p>8/16</p> <p><u>Chef's Choice</u></p> 	<p>8/18</p> <p><u>Cranberry Chicken Salad</u> on a Croissant Pasta Vegetable Salad Lettuce/Tomato Peach Fluff</p>	
<p>8/21</p> <p><u>Meatball Sub on a ww roll</u> Prince Edward Blend Fresh Fruit Banana Pudding w/ Vanilla Wafer</p>	<p>8/22</p> <p><u>Chicken Spinach & Bacon</u> Alfredo over Penne Pasta California Blend Tossed Salad Brookie Bar</p>	<p>8/23</p> <p><u>Beef Goulash</u> Buttered Carrots Italian Bread Orange Pineapple Jell-O</p>	<p>8/24</p> <p><u>Philly Steak Sub & Cheese</u> w/ peppers and onions Baked Beans Potato Chips Chef's Choice dessert</p>	
<p>8/28</p> <p><u>Chili</u> Chuck wagon Corn Cornbread Dreamy Creamsicle Pie</p>	<p>8/29</p> <p><u>Tomato Mac and Cheese</u> Green and Yellow Beans Garlic Dinner Roll Fresh Fruit in Season</p>	<p>8/30</p> <p><u>Chef's Choice</u></p> 	<p>8/25</p> <p><u>Fish Burger w/ WW roll</u> Tartar Sauce Four Bean Salad Coleslaw Chocolate Chip Cookie</p>	
			<p>8/31</p> <p><u>Creamy Chicken, Broccoli & Rice Casserole</u> Cauliflower Assorted Muffin Mixed Berry Shortcake Trifle</p>	<p>2% Milk & Whole Wheat Bread offered daily.</p>

OFFICE FOR THE AGING NUTRITION PROGRAM: Nutrition Centers Located in Brasher, Canton, Gouverneur, Morristown, and Potsdam
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

- 7/31 - 8/6 St. Lawrence County Fair the Gouverneur Fairgrounds
- 8/7 St. Lawrence County Board of Legislators meeting; 6 pm / 48 Court Street
- 8/17 SLC Senior Picnic - Morristown Fire Hall
- 9/4 Labor Day– All County Offices and Nutrition Centers are CLOSED.



NC Chapter of StateWide Senior Action Council

Next Meeting: Thursday, September 7th at 10 AM

*There is no meeting in August.

Location: Lobster House, 95 South Main St,
Norwood

Contact Barb at 315-261-2980



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.



Don't Forget To Use Your Farmers Market Coupons!



August is the best month of the year to redeem Farmers Market Coupons as there is a great variety of fresh fruits and vegetables available! If you received coupons this year, please don't forget to redeem them at your local Farmers Market!



St. Lawrence County
Office for the Aging

