



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

www.stlawco.org



June 2023



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June is World Elder Abuse Awareness Month. If you see something, say something. Too many older adults fall victim to emotional, physical or financial abuse each year.

If you suspect elder abuse, please call **Adult Protective Services** at **(315) 379-2148**. If you are in immediate danger, please call 911.

Common Signs of Potential Abuse



WHAT IS ELDER ABUSE?

Elder abuse refers to intentional or negligent acts by a caregiver or "trusted" individual that causes (or potentially causes) harm to an older adult.

1 in 10 older Americans will experience some form of elder mistreatment

1 in 2 individuals with dementia will suffer mistreatment



- Lack of basic amenities
- Clutter, filthy living environment
- Unexplained or uncharacteristic changes in behavior
- Unexplained sexually transmitted diseases
- Unpaid bills, new credit cards and/or increased cash withdrawals
- Signs of harassment, coercion, intimidation, humiliation
- Caregiver isolates older adult

For more information on Spotting the Signs of Elder Abuse:

[Spotting the Signs of Elder Abuse | National Institute on Aging](https://www.nia.nih.gov/spotting-the-signs-of-elder-abuse)

[nih.gov](https://www.nih.gov)

Mature Living

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Senior Awards Celebration

The Office for the Aging and County Council of Senior Citizens recently hosted an Awards Reception to honor the Senior Award Winners and Jacqueline Sears Award Winners from 2020, 2021, and 2022.

Pictured clockwise, left to right: Jerry Mahoney, Myrtle Regan, Anna Campbell, James Shaw, Kay Church, Andrea Montgomery, Laura McGrath, and Anna Campbell.

Brenda Sanderson, the 2022 Winner of the Contribution by a Senior Citizen Award was not able to be with us for the ceremony. **Thank you all for your incredible contributions to your communities!**



HEAP Cooling Assistance Benefit

The **2022-2023 Cooling Assistance benefit opened in May**. If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool. In circumstances where an air conditioner cannot be safely installed, a fan will be provided. Only one air conditioner or fan, not to exceed \$800 with installation, will be provided per applicant household. No additional HEAP cash benefits are available.

Please call the DSS HEAP Unit for more information at 315-379-2303.

2022-2023 HEAP Monthly Income Limits

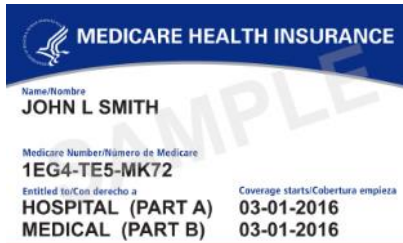


<u>HOUSEHOLD SIZE</u>	<u>MAXIMUM GROSS</u>
1	\$2,852
2	\$3,730
3	\$4,608
4	\$5,485



**St. Lawrence County
Office for the Aging**

Medicare 101 Presentation - June 15th at 10 am in Canton



Medicare can be very confusing and complex! Let us help take some of the mystery out of the process. Our Medicare Counselor and NY Connects Team will be holding a **Medicare 101 Presentation** that is open to the public on **Thursday, June 15th at 10 am**.

The presentation will be held in the Human Services Building 2nd Floor Conference Room, located at 80 State Highway 310, Canton. Spaces are limited, so call to reserve your spot today!

Please call to RSVP at 315-386-4730.



JUNE PACKAGE (\$20.50)

- PORK TENDERLOIN. 1.8LB AVG.
- BONELESS CHICKEN BREAST. 1.78LB AVG.
- GROUND BEEF. 1LB
- TILAPIA FILLETS. 1LB
- BOLOGNA. 1LB
- CHOCOLATE CHIP MUFFIN TOPS. 13OZ
- MAC AND CHEESE. 7.25OZ
- SPAGHETTI. 1LB
- MANDARIN ORANGES. 11OZ
- GREEN BEANS. 14.5 OZ
- 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 these Centers:

- Potsdam: 315-265-3920
- Canton: 315-386-3541
- Parishville: 315-244-0069
- Gouverneur: 315-287-3370
- Massena: 315-764-0050

JUNE SPECIALS

- ST. LOUIS STYLE RIBS. 28OZ FOR \$10. RIBS ARE FULLY COOKED AND IN ORIGINAL BBQ SAUCE.
- CHICKEN WINGS. 5LBS FOR \$6.50. WINGS ARE FULLY COOKED IN A 5LB BAG.
- FRENCH FRIES. 5LBS FOR \$6.25. READY TO COOK IN OVEN OR AIR FRYER.
- BEEF PATTIES. 4LBS FOR \$11.50. 00% ALL-BEEF. 16 PATTIES PER SPECIAL.
- SHRIMP. 2LBS FOR \$11.25. COOKED. PEELLED. AND INDIVIDUALLY QUICK FROZEN.
- PANTRY BOX. 9.5LBS FOR \$11. CONSISTS OF 9 ITEMS: CORN FLAKES (7OZ). PANCAKE MIX (32OZ). PASTA SAUCE (24OZ). CHICKEN IN A POUCH (4.5OZ) ELBOW MACARONI (1LB). PEANUT BUTTER (18OZ). STRAWBERRY SPREAD (19OZ). APPLESAUCE (15OZ). CARROTS (14.5OZ).

Orders due: 6/9
SNAP deducted: 6/12
Pick-up: 6/22



2023 Senior Picnic

The Senior Picnic will be held on **Thursday, August 17th** at the Morristown Fire Hall located at 200 Morris Street, Morristown.

Bring your lawn chairs and have fun!!

Schedule of Events:

- ◆ 9:15 am - Bingo
- ◆ 11:15 am - Lunch
- ◆ 12:15 pm - Musical Entertainment in Outdoor Pavilion (weather permitting).



More details to come in the July issue of *Mature Living!* We hope you will join us for this fun, filled day!



June Eat Healthy Be Active Workshops: Canton: 37 Riverside Drive on June 1st, 8th, 15th, and 22nd from 11:00am-12:00pm / **Please call Dan Sweet at (518) 483-7403 to register!**

June is National Fruits and Vegetables Month! The United States Department of Agriculture (USDA) recommends that we try to make half of our plate fruits and vegetables at every meal, to make sure we're getting plenty of vitamins, minerals, and fiber throughout the day. As we enter the summer months, the fresh fruits and vegetables are beginning to pop up throughout the North Country! This month, we're encouraging you to choose fruits and vegetables of all different colors and varieties, and to talk a little bit about fresh, frozen, and canned options!

When it comes to produce, MyPlate recommends we "eat a rainbow" of fruits and veggies, which just means we should choose fruits and vegetables of all different colors for their nutritional benefits. Different fruits and veggies are loaded with different vitamins and minerals which our bodies crave. Fresh, frozen, and canned are all great options to choose from, but there are a couple things to look out for when choosing frozen and canned:

Frozen fruits and vegetables: when choosing frozen fruits and vegetables, try to look for options that do not come with sauces or gravies, as they can add extra sodium or saturated fats which we want to limit or avoid!

Canned vegetables: when choosing canned vegetables, look for low sodium options or no salt added. On the label, you will see "no salt added", "reduced sodium" or "low-sodium" which are all great choices. If these are not an option, you can always get the regular canned vegetables and rinse them off to wash away excess sodium.

Canned fruits: when choosing canned fruits, look for options low in added sugars. Canned fruits in heavy syrup or light syrup will have the most added sugars, and canned fruits in water or 100% fruit juice will have the lowest amount of added sugars. Look to choose canned fruits in water or 100% fruit juice for the healthiest option!

June is Pride Month!

The Office for the Aging is a safe, inclusive organization for LGBTQ+ older adults and their families. Please reach out to us with any questions on services, programs and supports available! We are here to help!

Individuals in the LGBTQ+ community have a long history of facing discrimination in the United States. The effects of prejudice, hostility and mental, emotional and physical harm are felt by all generations of the community, from youths to older adults. Many LGBTQ+ older adults age into systems that may not fully accept and support them, and may directly or indirectly stand in the way of them getting the physical and mental health assistance they need.

What challenges exist for LGBTQ+ older adults?

Increased discrimination in care settings and in the community: Discrimination remains one of the biggest challenges for the LGBTQ+ community at large. Older adults may face discrimination from peers, caregivers, physicians, service providers and other people involved in their care, in ways including, but not limited to:

- Denial of service or treatment
- Use of slurs or harmful language
- Avoidance of physical contact
- Intentional mis-gendering
- Hostility



Discrimination can increase the stress, anxiety, isolation and loneliness of LGBTQ+ older adults, and also negatively impact their health, especially if discrimination is a barrier to receiving the care they need.

- ◆ **Unmet specialized needs:** Health care practitioners are often challenged to respond to the specialized needs and services for the LGBTQ+ community.
- ◆ **Smaller support networks:** Many LGBTQ+ older adults were cut off from their biological families, or otherwise don't feel comfortable turning to them for support. Additionally, members of the LGBTQ+ community are four times less likely to have children than their heterosexual peers. Lastly, many LGBTQ+ older adults lost friends and loved ones to the AIDS crisis, and continue to feel the impact of those losses.
- ◆ **Increased mental health issues:** Many LGBTQ+ older adults grew up when homosexuality was considered a mental illness, often making the relationship between them and a mental health practitioner uneasy, distrustful, fearful of "discrimination and bias." According to a National LGBT Health Education Center report, rates of depression are more than twice as high among LGBTQ+ older adults compared to older adults in general, and many suffer effects of past traumas related to harassment and rejection by family and friends, leading to higher rates of substance abuse as a coping method.
- ◆ **Uncertain nature of rights, protections and supports:** Legislation on LGBTQ+ issues can change unexpectedly depending on the actions of local and national politicians and court rulings. Certain protections that are in place for the LGBTQ+ community may be removed or changed with little notice.

Source: [Aging Challenges for Older Adults in the LGBT Community \(benrose.org\)](https://www.benrose.org/)

Healthy Blackberry Cobbler

This tasty treat is a way to stay healthy, lose weight and still be able to enjoy dessert! Other kinds of berries or even fresh peaches are just as delicious in this cobbler.

Ingredients: 1/2 cup sugar, 4-1/2 tsp quick-cooking tapioca, 1/4 tsp ground allspice, 5 cups fresh or frozen blackberries (thawed), 2 tbsp. orange juice

Dough: 1 cup all-purpose flour, 1/3 cup plus 1 tbsp. sugar (divided), 1/4 tsp baking soda, 1/4 tsp salt, 1/3 cup vanilla yogurt, 1/3 cup fat-free milk, 3 tbsp. butter (melted)



Directions:

1. Preheat oven to 350. In a large bowl, combine sugar, tapioca and allspice. Add blackberries and orange juice; toss to coat. Let stand for 15 minutes. Spoon into a greased 2-qt baking dish.
2. In a large bowl, combine flour, 1/3 cup sugar, baking soda and salt. Combine yogurt, milk and butter; stir into dry ingredients until smooth. Spread over the berry mixture.
3. Bake for 20 minutes; sprinkle with remaining sugar. Bake until golden brown, 25-30 minutes. Serve warm.

Nutrients: Calories 194 ; Total Fat 4g; Sodium 128mg; Total Carbohydrates 38g; Dietary Fiber 4g ; Total Sugars 23g ; Protein 3g

Source: [Healthy Blackberry Cobbler Recipe: How to Make It \(tasteofhome.com\)](http://tasteofhome.com)

CRITICAL NEED FOR VOLUNTEERS



The Office for the Aging has a **critical need** for volunteers to help deliver meals! Nutrition Centers are open Monday - Friday from 7 am - 1 pm. Deliveries are between 10 am - 12 pm. We are so appreciative of the dedicated volunteers who help us each day. We could not serve so many clients without their support!

If you have a couple of hours available per week or per month to help with this incredibly important program in St. Lawrence County, please contact:

Danielle Durant: (315) 386-4730

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)

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
6/5 <u>Tortellini Carbonara</u> Catalina Blend Garlic Dinner Roll Turtle Brownie	6/6 <u>Hearty Ham & Potato Chowder</u> Peas & Pearl Onions Peaches WW Bread	6/7 <u>Chili</u> Chuck Wagon Corn Corn Bread Fruited Jell-O	6/8 Cook's Choice	6/9 <u>Chicken Caesar Salad</u> Creamy Tomato/Cucumber Salad Fruit Cocktail Banana Pudding Italian Bread
6/12 <u>Breaded Pork Chops</u> Sweet Potatoes Stewed Tomatoes WW Bread Assorted Cookie	6/13 <u>Turkey Dinner w/ Stuffing</u> Mashed Potatoes Green Bean Casserole Cranberry Sauce WW Dinner Roll Apple Pie Log	6/14 <u>Hungarian Goulash</u> <u>Over Egg Noodles</u> Carrots Warm Spiced Pears Breadstick Chocolate Chip Muffin	6/15 <u>Herbed Garlic Butter Fish</u> <u>Rice Pilaf, Prince Edward Blend</u> Italian Bread Assorted Desserts	6/16 <u>Chicken & Broccoli Alfredo over Penne</u> Asparagus Garlic Dinner Roll Orange/Pineapple Fluff
6/19 <u>Italian Sausage w/ Peppers & Onions on a roll</u> Beets Baked Beans Raspberry Cookie	6/20 <u>Spaghetti w/ meat sauce</u> Cauliflower Garlic Dinner Roll Toss Salad Blueberry Crumble	6/21 <u>Ham w/ pineapple glaze</u> <u>Au Gratin Potatoes</u> Peas and Carrots Coleslaw WW Bread PB Cookie	6/22 <u>Baked Honey Balsamic Chicken</u> <u>Herbed Fettuccini</u> Noodles Italian Blend Vegetables Rye Bread Birthday Cake	6/23 Cook's Choice
6/26 <u>Egg, Cheese & Sausage Biscuit Sandwich</u> Spinach Hash Brown Rounds Yogurt Fresh Fruit	6/27 <u>Texas Style Lasagna</u> Broccoli Warm Cinnamon Apples Cream Pie	6/28 <u>Turkey A La King over Mashed Potatoes</u> Diced Carrots WW dinner roll Cherry Crisp	6/29 <u>Cheeseburger Stew</u> Waxed Beans Cheddar Biscuit Pears	6/30 <u>Tempura Battered Chicken w/ orange sauce</u> Asian Blend Spring Roll WW Bread Assorted Dessert

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

Nutrition Centers Located in Braesher, 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)

June Calendar

- 6/5 St. Lawrence County Board of Legislators Meeting: 6 pm, Canton
- 6/5 Advisory Council Meeting; 10 am - Human Services Building, Canton
- 6/10 Potsdam Pride Festival; Ives Park - 11 am - 5 pm
- 6/14 Flag Day
- 6/15 World Elder Abuse Awareness Day
- 6/18 Father's Day
- 6/19 Juneteenth
- 6/21 Summer Begins
- 6/28 Eid al-Adha Begins at Sunset



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

Seniorama is Almost HERE!

The North Country Chapter of NY StateWide Senior Action Council will host **Seniorama**, an information/health fair, is coming back after a COVID hiatus!

Monday, July 24, 2023: Akwesasne Mohawk Casino Resort Bingo Palace.

Save the date!

If interested in being a vendor and/or providing an ad for the Seniorama program booklet, please contact Barb McBurnie at mcburniebab@yahoo.com.

StateWide Senior Action Council

Next Meeting: Thursday, June 1 at 11 AM (*note new time!)

Location: Lobster House, 95 South Main St, Norwood

Speaker: Vicky Sokoliwski from the Alzheimer's Association

New members welcome!

Contact Barb at 315-261-2980

Office for the Aging Advisory Council Meeting: June 5th!

There will be a public meeting of the St. Lawrence County Office for the Aging Advisory Council on **Monday, June 5th**. The meeting will be held in the 2nd Floor conference room at the Human Services Building located at 80 State Highway 310, Canton. This meeting is open to all interested parties!

For more information, please call (315) 386-4730.