



# Mature Living

St. Lawrence County  
Office for the Aging

(315) 386-4730

www.stlawco.org



## May 2023



### Happy Older Americans Month!



AGING UNBOUND: MAY 2023

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is **Agging Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes.

How are YOU choosing to age? This is a month to celebrate the many accomplishments and contributions older adults make to our community. The face of aging is changing! Traditional models of programs and services need to change with the times. Let us know what issues are important to you and your family. On behalf of the Office for the Aging staff, we are honored to represent you all. **Happy Older Americans Month!**

Source: [Older Americans Month 2023 | ACL Administration for Community Living](#)

#### Inside this issue:

|   |   |
|---|---|
| OAM/<br>Road Maps                         | 1 |
| Archangels -<br>Program for<br>Caregivers | 2 |
| Caregiver<br>Support Group                | 3 |
| Nutrition<br>Centers                      | 4 |
| Ask the<br>Dietician                      | 5 |
| Recipe                                    | 6 |
| Menu                                      | 7 |
| Calendar/<br>Statewide/<br>Senior Clubs   | 8 |

### 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



## Road Maps for the Journey's End

Hospice of St. Lawrence Valley has released *Road Maps for the Journey's End*, a workbook for everyone to navigate and understand advance planning.

The Office for the Aging is partnering with Hospice to present this incredible tool to the community.

**Road Maps for the Journey's End Free Presentations**

**May 11:** Massena Community Center: 4:00 pm  
(61 Beach Street, Massena)

**May 16:** Canton 1st Presbyterian Church - 6:30 pm  
(Fellowship Hall - 17 Park Street, Canton)

**May 23:** Potsdam Civic Center - 6:00 pm  
(Community Room - 2 Park Steet, Potsdam)

**May 31:** Dobisky Center - 6:00 pm  
(100 Riverside Ave, Ogdensburg)

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

### Road Maps for the Journey's End

The first round of these incredible presentations were very well received, so we have scheduled more for May!

Advance Planning is critically important for us all - no matter what age you are. Hospice of St. Lawrence Valley has created a wonderful resource for our community in this book. Join us to learn more this tool. All attendees will receive a free copy of *Road Maps for the Journey's End*.

Please call the Office for the Aging at 315-386-4730 with any questions.

# Archangels - A revolutionary program for caregivers!

Click on the link to learn more: [For Caregivers – ARCHANGELS](#)

Or visit from your browser:  
<https://www.archangels.me/for-caregivers>



## DO PEOPLE OFTEN TURN TO YOU FOR HELP ?

If so, you're probably an Archangel.

Caregivers are Archangels, and caring for others can be really intense. Nearly 1 in 4 of us are in the red. Are you?

Use your cell phone camera to scan the QR code on this flier and get your Intensity Score in **two minutes** or less. You will also get access to a list of resources that are out there ready to support you.



Age is just a number...  
...but caring is timeless.

It can also be intense.

**What's your Intensity Score?**

**1 in 4 of us  
is in the red.**

**WHAT'S YOUR  
INTENSITY SCORE?**

### National Elder Fraud Hotline



If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline.



**1-833-372-8311 / Monday-Friday, 10:00 AM– 6:00 PM**

**Financial scams and abuses that target older people are happening more and more.**

This hotline is a free resource created by the U.S. Department of Justice, Office for Victims of Crime for people to report fraud against anyone age 60 or older.

[National Elder Fraud Hotline | Office for Victims of Crime \(ojp.gov\)](#)



### Caregiver Support Group

The next meeting of the Caregiver Support Group will be **Tuesday, May 9th at 10 am!** Participants can join at anytime! Please call Barbara to learn more and to register. We had a wonderful group of participants the first session and look forward to working with everyone.



OFFICE FOR THE AGING PRESENTS

# CAREGIVER SUPPORT GROUP

We welcome anyone 60 or older who is a caregiver for a loved one.

Refreshments will be served.

|  |   |
|--|---|
| <b>2ND TUESDAY OF EACH MONTH</b><br>10AM | <b>HUMAN SERVICES BUILDING</b><br>2nd Floor Conference Room<br>80 State Highway 310<br>Canton, NY 13617 |
|--|---|

First Meeting: April 11th

Call Barbara to Register:  
315-386-4730



## BUILD BETTER BONES

Learn how to improve your bone strength through education and exercise!

This free 4-session program will be offered by Clarkson University's Department of Physical Therapy

**Wednesdays from 1:30-3:00PM**  
(May 24th, May 31st, June 7th, and June 14th)

Clarkson Hall Lewis School of Health Sciences  
59 Main Street  
Potsdam, NY 13676

Call or Email to Register:  
Stacey Zeigler  
(315) 268-1699  
szeigler@clarkson.edu

\*Attendance is limited to 15 participants. Please register as soon as possible.\*



**NEW YORK STATE**

**NY Connects**  
Your Link to Long Term Services and Supports

St. Lawrence County  
**(800) 342-9871 (888) 730-4730**



**Office for the Aging Nutrition Centers**

Did you know that the Office for the Aging has **5 Congregate Dining Centers** currently open in the County? They are available for **anyone 60+** who would like to attend. Are you struggling to eat healthy? Frustrated with the cost of food? Would you like to join others for lunch and meet new people? Come join us at one of our nutrition centers in Brasher Falls, Canton, Gouverneur, Morristown, and Potsdam! There is a suggested contribution of \$3.00 per meal, but no eligible client is turned away due to inability or unwillingness to contribute.

**Please call our office at 315-386-4730 to learn more!**

**Nutrition Centers** **Lunch Time**

- ◆ **Brasher: 32 Church Street (LBSH)** **11:30 am**
- ◆ **Canton: 37 Riverside Drive (Canton Housing Authority)** **11:00 am**
- ◆ **Gouverneur: 4673 SH Hwy 58 (Gouverneur Community Center)** **11:00 am**
- ◆ **Morristown: 200 Morris St. (Morristown Fire Hall)** **11:00 am**
- ◆ **Potsdam: 28 Munson St. (Midtown Apartments)** **11:00 am**



**Church & Community Program**

*30 Court St., Canton 315/386-3534*

It's not easy these days to stock your kitchen or feed your family. As a reminder, Church & Community Program is here for you. We have a full pantry of good food to share. There's no need to go hungry.

We serve the Towns of Canton, Clare, DeKalb, Hermon, Lisbon and Russell as well as the Village of Heuvelton. You can pick up food twice a month from us. The pantry is open from 11-1 on Tuesdays and noon to 3:30 on Wednesdays. On Mondays, we deliver to the Canton Housing Authority apartments at Riverside Drive and Law Lane for seniors and people who can't get to us.

If you need food or know of someone who does, please contact us. We're here to help.

**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.

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

**Danielle Durant: (315) 386-4730**

**Email: [ddurant@stlawco.org](mailto:ddurant@stlawco.org)**

## **Ask the Dietician by Linda Buchanan, RD**

### **“What can I eat to help my arthritis?”**

Arthritis is an unfortunate condition that causes inflammation of the joints. Most forms of arthritis are caused by a fault in the immune system, however, stress to the joints such as obesity, repetitive movement, or injury can also cause arthritis. It is a very common condition affecting at least half of older adults, so finding ways to relieve the painful side effects is of utmost importance! The good news is that instead of just masking the symptoms through pain medication, there are a number of natural remedies such as dietary choices that can actually address the cause. First and foremost, a healthy diet such as one that helps maintain a healthy weight will reduce pressure on your joints, which might reduce joint pain. Foods that should be eaten the most are whole grains, fruits, and vegetables with high-quality protein and fats. Basically a diet similar to a more Mediterranean-style diet, which is one with plenty of fish, pulses (beans, peas, and lentils), nuts, olive oil, garlic, onions, avocados, seeds, fruit and vegetables is highly suggested. In addition, calcium rich foods including dairy products (milk, cheese and yogurt) are important to keep strong bones which is especially important for people with arthritis. Lastly, consider adding spices such as ginger and turmeric to your dishes as these contain compounds that have powerful anti-inflammatory and antioxidant effects. So what shouldn't you eat if you want to help your arthritis? Processed foods and saturated fat should be avoided, as they can worsen inflammation and increase weight, which adds pressure on the joints. So as you can see, focusing on some of your diet choices can certainly impact how arthritis affects your life!

**If you would like more help on this topic, please contact the St. Lawrence County Office for the Aging for more information or to submit questions on food and nutrition to our “Ask the Dietitian” section of our newsletter.**

**Our 24/7 Helpline is  
available at 800.272.3900.**

Call us for support, information on community  
resources and education.

alzheimer's  association®

alz.org/norcal

*There is hope.*



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

**988** SUICIDE & CRISIS  
**LIFELINE**



### **Mature Living Monthly Newsletter**



Did you know that you can receive the *Mature Living* through email? We also post the monthly newsletter on our Facebook page and website. If you or someone you know would like to be added to the email list, please contact: Chiara at (315) 386-4730/  
Email: [cdelosh@stlawco.org](mailto:cdelosh@stlawco.org).



## Spring Pasta Salad W/ Asparagus, Mushrooms & Lemon Parsley Dressing

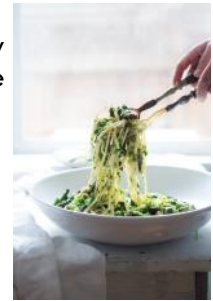
A flavorful Spring-inspired Pasta Salad with Spring Vegetables and a Zesty Lemon Parsley dressing.

**Ingredients:** 8 ounces pasta (use rice noodles to make this gluten-free), 1-2 TBSP olive oil, 1 shallot finely chopped, 6 ounces mushrooms, 1 bunch asparagus (2-3 cups) cut into 1-inch pieces (snap off tough ends), salt and pepper, 1 bunch Italian Parsley chopped (about 1 cup packed), 3-4 scallions chopped, optional 1-2 TBSP fresh tarragon

Dressing: zest of one small lemon (plus 1-2 TBSP juice), 4 TBSP olive oil, 1 clove garlic finely minced, 3/4 TSP salt, fresh cracked pepper, garnish with grated Parmesan or Pecorino cheese (optional)

### Directions:

1. Place salted pasta water to boil on the stove, cook pasta according to directions.
2. Finely chop the shallot and prep the mushrooms (cut in half or bite-size pieces).
3. Heat 1-2 TBSP oil in skillet over medium heat, add shallot and cook 3 minutes, until fragrant. Add mushrooms, season with salt and stir occasionally until lightly cooked about 5 minutes. Set aside and sauté the asparagus, seasoning again with salt and cook just until tender and bright green.
4. Drain the pasta and place in a bowl. Top with the mushrooms, asparagus, the chopped parsley and scallions. Add the lemon zest and 1 TBSP lemon juice. Add garlic, optional tarragon, olive oil, salt and pepper toss well to combine. Taste, adding more lemon juice or salt if you like.
5. Add cheese if you like-keep in mind the cheese will add salt, as well.



**Nutrients:** Calories 272; Total Fat 12.2g; Sodium 567mg; Total Carbohydrates 37.1g; Dietary Fiber 3.2g; Total Sugars 3g; Protein 5.3g

Source: [Spring Pasta Salad with Asparagus & Mushrooms | Feasting At Home](#)

## Farmers Market

2023 Season  
Opening Days

Canton\* - May 12

Potsdam\* - May 13

Ogdensburg - May 18

Gouverneur\* - June 1

Hammond\* - June 14

Akwesasne - June 17

Massena\* - July 9th



FM\* - Accepts EBT, DUFEB,  
FMNP, Debit, CREDIT

## Farmers Market Coupons

It's beginning to feel a lot like Summer! Many Farmers Markets will open this month, which may make you wonder when we will have Farmers Market Coupons?.

**We will not have them available to our office until after July 1st.** They are not released from the US Department of Agriculture and Markets until then. The Office will post a press release out to media; as well as post the distribution schedule on our website and Facebook page! Stay Tuned!

[Office for the Aging | St. Lawrence County \(stlawco.org\)](#)

## May 2023

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| 5/1 <u>Hamburger Gravy</u><br>Mashed Potatoes<br>Capri Blend Vegetables<br>Fresh Fruit              | 5/2 Amish Casserole<br>Stewed Tomatoes<br>Applesauce<br>Blueberry Muffin                                 | 5/3 Chicken Patty/Roll<br>Sundried Tomato<br>Pesto Tortellini<br>Antiqua Blend Veg<br>Molasses Cookie                           | 5/4 Breaded Haddock<br>Rice Pilaf<br>Tuscan Blend<br>Vegetables<br>Peaches   | 5/5<br><u>Cook's Choice</u>  |
| 5/8 Swedish Meatballs<br>Brown Rice<br>Peas and Carrots<br>WW Dinner Roll<br>Butterscotch Applecake | 5/9 Sweet Vidalia Onion<br>Marinated Pork<br>O'Brien Potatoes<br>Havard Beets<br>WW Bread<br>Fresh Fruit | 5/10 Pennsylvania<br>Dutch Casserole<br>Mixed Vegetables<br>WW Dinner Roll<br>Cinnamon Pears                                    | 5/11 Chicken Parm<br>Spiral Noodles/Sauce<br>Garlic Buttered<br>Green Beans<br>Garlic Knot<br>Mandarin Orange<br>Fluff | 5/12 Tuna Salad and<br>Egg Salad on Lettuce<br>Leaf<br>German Potato Salad<br>Cucumber/Tomatoes<br>WW Dinner Roll<br>Cookie    |
| 5/15 Spanish Rice<br>Cauliflower<br>WW Dinner Roll<br>Baked Apple                                   | 5/16 Country Fried Steak<br>with Country Gravy<br>Mashed Potatoes<br>Catalina Blend Veg                  | 5/17 Spring Mix Salad<br>w/Seasoned Chicken<br>Strips&Vidalia Onion<br>Dressing<br>Waldorf Salad<br>Asst Muffin<br>Rice Pudding | 5/18<br>Fish Burger/Roll<br>Au gratin Potatoes<br>Seasoned Fresh<br>Spinach  | 5/19<br>Mac and Cheese with<br>Diced Tomatoes<br>Brussel Sprouts with<br>Maple Bacon Sauce<br>Cheesecake with<br>Fruit Topping |
| 5/22 Chicken Cacciatore<br>Brown Rice<br>Scandinavian Blend Veg<br>WW Bread<br>Pineapple Tidbits    | 5/23 Sloppy Joe/Bun<br>Italian Parmesan<br>Potatoes<br>Wax Beans<br>Angel Food Cake/Fruit<br>Topping     | 5/24<br>Pepperoni Pizza<br>Tossed<br>Salad/Dressing<br>Corn<br>Cherry Crisp/Topping   | 5/25<br>French Toast<br>Casserole w/Syrup<br>Sausage Patties<br>Warm Cinnamon<br>Applesauce                            | 5/26<br>Roast Beef/Gravy<br>Mashed Potato/Gravy<br>Sonoma Blend Veg<br>WW Dinner Roll<br>Pumpkin Pie                           |
| 5/29<br><b>MEMORIAL DAY</b>   | 5/30<br><u>Cook's Choice</u>   | 5/31<br>Reuben Casserole<br>Tuscan Blend Veg<br>Warm Fruit Cobbler  |  |  |

ST. LAWRENCE COUNTY 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)

*Janet Anderson* 4/6/23

**May Calendar**

- 5/1 St. Lawrence County Board of Legislators Meeting: 6 pm
- 5/5 Cinco de Mayo
- 5/14 Mother's Day
- 5/29 Memorial Day; All County Offices and Nutrition Centers are Closed.



**Senior Clubs/Groups News & Events**

- ◆ **Parishville Hilltoppers Seniors Meeting:** Parishville Town Hall, Tuesday, May 9, 2023 at 12 pm. Lunch followed by meeting: Bring a dish to pass. Note new meeting start time! Call Barb at 315-261-2980 for more information.



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

**North Country Chapter of StateWide Senior Action Council**

**Next Meeting:** Thursday, May 4th, at 11 AM  
(Coffee at 10:30 AM)

**Location:** Lobster House, State Route 56,  
Norwood

**Guest Speaker:** Cathy VanNess from Outreach  
Coordinator from Northern Library System

**Call Barb at 315-261-2980**  
**\*New members welcome!**



**Seniorama is Back!**

★ The North Country Chapter of NY StateWide Senior  
 ★ Action Council is excited to announce that **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](mailto:mcburniebab@yahoo.com).



**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**