



Mature Living



October 2022



St. Lawrence County
Office for the Aging
(315) 386-4730
www.stlawco.org

The Office for the Aging is hosting a FREE Film Screening of the documentary, **All the Lonely People** on **Wednesday, October 26th at 3 pm**. The event will feature a Q&A with the film creators, representatives from the New York State Office for the Aging and refreshments! The screening will be held on the campus of SUNY Canton at the Kingston Theater. There will be signs to guide attendees and the Theater is fully accessible. **All attendees will be entered into a raffle to win a \$100 Walmart Gift Card!** To learn more and to receive your free ticket, please call 315-386-4730. Spots are limited, so call today!

Inside this issue:

Free Film Screening	1
DME Exchange Event	2
Medicare 101	3
HEAP/	4
Ask the Dietician/ Senior News	5
Recipe	6
Menu	7
Calendar/ Santa for Seniors	8

Mature Living

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The Administration for Community Living, NYS Office for the Aging and St. Lawrence County



ALL THE LONELY PEOPLE

A FILM and DISCUSSION
with people developing resilience over loneliness and experts discovering solutions to isolation

ALL THE LONELY PEOPLE

From creators of [Gen Silent](#) including interviews with:

Julianne Holt-Lunstad, PhD
Professor of Psychology and Neuroscience, BYU

Carla Perissinotto MD MHS
Geriatrician, Social Isolation and Loneliness Researcher

Michelle Lim, PhD
Scientific Chair, Ending Loneliness Together

Janet Morrison, OBE
Co-Founder, Campaign to End Loneliness

VIEW THE TRAILER:
allthelonelypeoplefilm.com

SYNOPSIS

All The Lonely People is a presentation centered around a documentary film followed by audience discussion.

It places a human face on the hidden epidemic of chronic loneliness and social isolation.

Built on hope, it shares the latest research and interventions for individuals and communities and leaves audiences feeling empowered and reconnected.

An event happening in your community:

**Wednesday,
October 26th
3:00 PM
Kingston Theater
@ SUNY Canton**

This event is FREE and open to the public!

For more information:
315-386-4730

Sponsored by the St. Lawrence County Office for the Aging, New York State Office for the Aging, and SUNY Canton Applied Psychology Department.

Free Durable Medical Equipment & Assistive Devices
Tune-Up & Exchange with Clarkson University's Physical Therapy Program

October is National Physical Therapy Month! Do you have a walker, cane, wheelchair or other assistive device that needs a tune up? Or do you need a new one? Join us for this event as Physical Therapy Students from Clarkson University will be checking your DME and presenting on Fall Prevention and Diabetic Foot Management.



This event is free and open to all older adults.

- ◆ **DATE:** Wednesday, October 19th / 12 pm - 4 pm
- ◆ **LOCATIONS:** 37 Riverside Drive's Community Room, Canton & Mayfield Housing's Community Room, Potsdam

Call the Office for the Aging at 315-386-4730 for more information!

"The longer I live, the more beautiful life becomes."

Frank Lloyd Wright

Medicare Open Enrollment: Oct. 15th - Dec. 7th

Medicare Open Enrollment Season starts October 15th! 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, 2023.

If you are happy with your current plan, you don't need to change anything.

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY	JOHN DOE
MEDICARE CLAIM NUMBER	000-00-0000-A
SEX	MALE
IS ENROLLED TO	EFFECTIVE DATE
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007
SIGN HERE	_____

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 during this time period, 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.

Due to limited staffing, **we do not accept walk-ins for Medicare Counseling**. You must make an appointment, in advance, by calling the office. St. Lawrence County Office for the Aging is dedicated to assisting our clients with their Medicare questions and concerns.

Medicare can be a very confusing topic for all of us as there are so many plan options. Below is an article from HealthinAging.org to help you better understand your Medicare options. Also, did you know you can go to www.medicare.gov, sign up for an account (it is quick and easy) and review plan options on your own? Check it out! You can also call 1-800-MEDICARE for immediate assistance!

Medicare 101: Source: www.HealthinAging.org

Medicare is a government program that helps cover certain healthcare costs. It doesn't cover all healthcare needs. For example, it generally doesn't pay for long-term care or routine dental care. And it doesn't always pay the entire cost of everything. Medicare beneficiaries may be responsible for deductibles, co-pays, and coinsurance for many services and items.

Medicare Has Four Parts:

Medicare Part A

Medicare Part A is hospital insurance that helps cover the cost of inpatient care in hospitals, rehabilitation care in skilled nursing facilities and hospice, as well as home healthcare after hospitalization. If you or your spouse paid Medicare taxes while working, you probably contributed enough that you don't have to pay a monthly premium (fee) for Part A. However, if you don't qualify for premium-free Part A coverage, you may be able to get Part A insurance by paying a premium.

Medicare Part B

Medicare Part B is medical insurance that helps cover doctors' and other healthcare professionals' services, outpatient care, durable medical equipment, and some home healthcare. It also helps cover some preventive services that can help you stay healthy and keep certain illnesses from getting worse. You pay a monthly premium for Part B. Together, parts A and B are known as "traditional Medicare."

Medicare Part C

Also known as Medicare Advantage, Medicare Part C includes health plans provided by Medicare-approved private insurance companies that offer the benefits and services covered under both Parts A and B. Most Medicare Advantage Plans also offer Medicare prescription drug coverage. And some plans provide additional benefits at an extra cost.

Medicare Part D

Medicare Part D is prescription drug insurance offered by Medicare-approved private insurance companies. It helps cover the cost of medications. (OFA Staff note—You can have a stand alone drug plan or your D plan may be included with your Advantage Plan.)

****OFA Staff Note:** We recommend clients sign up for Medicare A & B as soon as you are eligible.

Helpful Medicare Websites:

- ◆ Medicare: <https://www.medicare.gov/>
- ◆ Centers for Medicare & Medicaid Services: <https://www.cms.gov/>
- ◆ Medicare Interactive: <https://www.medicareinteractive.org/>
- ◆ Medicare Rights: <https://www.medicarerights.org/>



HEAP (Home Energy Assistance Program)

The 2022-2023 Regular HEAP season opens on Monday, November 1, 2022 and operates through March 15, 2023, or until funds are exhausted. The 2022-2023 Emergency HEAP Season is due to open on Monday, January 3, 2023, through March 15, 2023, or until benefits are exhausted.

HEAP funding for the 2022-2023 Heating Repair and Replacement and Clean and Tune will begin on October 3, 2022 and ends September 30, 2023

The New York State OTDA has waived in-person interviews, but those applying are encouraged to utilize the My Benefits link (www.mybenefits.ny.gov) or call the DSS HEAP unit at 315-379-2303 to receive an application.

Regular HEAP is a benefit designed to decrease a household's energy cost. The benefit is structured for the household's income, primary source of heat, energy costs and family size.

Those applying must be/have:

- ID for household members.
- Proof of residency and vendor relationship (copy of utility bill is preferred).
- Last 30 days of wages/proof of income prior to application date.



Total household gross monthly income for your household size:



<u>Household Size</u>	<u>Gross Monthly Income Guidelines</u>
1	\$2,852
2	\$3,730
3	\$4,608
4	\$5,485



1 in 8
WOMEN
 WILL BE DIAGNOSED WITH
Breast Cancer
 IN THEIR LIFETIME

Family History can Increase Risk of Breast Cancer in Older Women

- Women with family history of breast cancer are more likely to develop the disease later in life
- Mammography screening is recommended every two years for women between 50 and 74 years

© www.medindia.net



Ask the Dietician: Linda Buchanan, RD



“For weight loss in older adults, is it better to count calories or carbohydrates? What are some good tips for trying to lose weight?”

The answer is — NEITHER! Even though it is generally accepted that weight loss improves health in overweight children and adults, the benefits of weight reduction in seniors, particularly by diet restriction, is not recommended. Studies show that intentional weight reduction in older adults not only includes loss of fat, but unfortunately of muscle mass too. The loss of muscle can affect your mobility and hinder the function of the body’s organs, like heart and lungs, which leads to loss of balance and weakness. Additional concerns include the increased risk for lower immune function and the development of osteoporosis. The bottom line is that weight loss through dietary restriction should be avoided.

So what CAN seniors do if they want to eat healthy? There are a lot of factors that can make it harder to eat healthy as you get older, including problems with chewing or swallowing, difficulty cooking or shopping, changes in smell and taste, and less income that can make it hard to afford food. So first and foremost, take the emphasis off what the scale says and instead focus on eating a well-rounded diet that includes plenty of fruits and vegetables along with extra protein. Instead of animal protein at every meal, consider incorporating plant-based protein such as lentils, beans, and chickpeas which are full of other vitamins and minerals, fiber, and are inexpensive — an extra bonus in these times of rising food costs. That means making the most of the calories you take in, not just eating meals consisting of cereal or toast and tea.

Everyone’s different with different circumstances, so there’s not a one size fits all answer to the best dietary plan and an individualized strategy to healthy eating needs to be developed. If you would like help on this topic, please contact the St. Lawrence County Office for the Aging for more information or to submit question on food and nutrition to our “Ask the Dietitian” section of our newsletter.

Senior Club & Council News/Events

- ◆ **Skirts & Flirts:** Learn Modern Western Square Dancing at the Knights of Columbus in Canton on Friday Nights at 6 pm. Call Joe 315-714-2246 or Sandy 315-543-2175

Parishville Hilltoppers Senior Citizens Club:

Contact Barb at (315) 261-2980

Dance – October 21, from 6-9: Location: Fireman’s field hall on Rutman Road in Parishville.

Admission: \$5 / Band: Stealing Country.

NC Chapter of StateWide Senior Action Council

Next Meeting: Thursday, October 6th at 10 AM

Location: Lobster House, 95 South Main St

Lunch - order from menu

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

Butternut Squash Soup with Apple Grilled Cheese Sandwiches

Layering apple slices into grilled cheese sandwiches adds a little crunch to a favorite soup dipper. And creamy butternut squash soup with ginger, cumin and turmeric is a nice change of pace from grilled cheese's usual tomato soup partner. If you have a sensitive palate, you can cut back on the spices. Be sure to use seasonal squash for the best squash flavor. The soup keeps well in the fridge, so save leftovers for lunch or dinner later in the week.

Ingredients:

2 tablespoons grapeseed oil or coconut oil, divided, 1 cup chopped onion, 2 tablespoons minced fresh ginger, 1 teaspoon ground cumin, 1 teaspoon ground turmeric, ¼ teaspoon cayenne pepper, plus more for garnish, 5 cups cubed (1-inch) peeled butternut squash, 1 (15 ounce) can light coconut milk, divided, 2 cups low-sodium no-chicken broth or chicken, broth, 1 small apple, thinly sliced, divided, ¾ teaspoon salt, 1 tablespoon lime juice, 4 slices whole-wheat country bread, 1 cup shredded smoked Gouda or Cheddar cheese, Ground pepper for garnish



Directions:

Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and ginger; cook, stirring, until starting to soften, about 3 minutes. Add cumin, turmeric and cayenne; cook, stirring, for 30 seconds. Add squash, coconut milk (reserve 4 tablespoons for garnish, if desired), broth, half the apple slices and salt. Bring to a boil. Reduce the heat to maintain a simmer and cook, stirring occasionally, until the squash is tender, about 20 minutes. Stir in lime juice. Remove from heat. Puree the soup in the pan using an immersion blender or in batches in a blender. (Use caution when blending hot liquids.) Divide 1/2 cup cheese between 2 slices of bread. Top with the remaining apple slices, cheese and bread. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add the sandwiches and cook until lightly browned on both sides and the cheese is melted, about 2 minutes per side. Cut in half. Garnish the soup with the reserved coconut milk, more cayenne and ground pepper, if desired.

Nutrition Facts Per Serving: 419 calories; protein 13.5g; carbohydrates 43.3g; dietary fiber 8.4g; sugars 10.4g; fat 23.1g; saturated fat 10.6g; cholesterol 26.3mg; vitamin a iu 16927.8IU; vitamin c 28.5mg; folate 49.7mcg; calcium 298.2mg; iron 2.2mg; magnesium 72.9mg; potassium 622.5mg; sodium 826.9mg.

Source: <https://www.eatingwell.com/recipe/275766/butternut-squash-soup-with-apple-grilled-cheese-sandwiches/?printview>

Santa for Seniors: aka - Holiday Gift Drive for Seniors



The St. Lawrence County Office for the Aging is sponsoring **Santa for Seniors (aka The 9th Annual Holiday Gift Drive for Seniors)** to benefit older adults enrolled in the department's Home Delivered Meal Program. Last year, over 275 gift baskets and gift cards were given away to senior citizens!

The department is collecting financial contributions and/or gift cards. Financial contributions will be used to purchase gift items and/or gift cards that will be distributed to older adults.

Contributions can be mailed to: *St. Lawrence County Office for the Aging, 80 State Highway 310, Suite 7, Canton, NY 13617.* Please write, "Holiday Gift Drive" in the memo section of checks or include a note so the contribution is allocated to this program. Thank you for your support!

For more information, contact (315) 386-4730.

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
10/3 <u>Creamed Chipped Beef</u> over Mashed Potatoes Prince Edward Blend Ww Bread Warm Applesauce 10/10 All County Offices & Nutrition Centers CLOSED for the Holiday.	10/4 <u>Shepherd's Pie</u> Green Beans Rye Bread Cinnamon Pears 10/11 <u>Chicken Cordon Bleu</u> Au gratin Potatoes Diced Beets Ww bread Fruit Cup	10/5 <u>Spanish Rice</u> Asparagus Corn Muffin Oatmeal Raisin Cookie 10/12 <u>Goulash</u> Sugar Snap Peas Baked Apples Italian Bread Ambrosia	10/6 <u>Sweet & Savory Pork</u> Baked Potato w/SC Broccoli Florets Ww Bread Fruit Bars 10/13 <u>Salisbury Steak</u> Mashed Pot. w/gravy Brussel Sprouts Ww bread Brownie	10/7 <u>Turkey Tetrazzini</u> Italian Blend Veg. Garden Salad Garlic Roll Assorted Dessert 10/14 <u>Chef's Choice</u> 
10/17 <u>Belgian Waffles</u> w/Syrup Sausage Patty Winter Blend, Yogurt	10/18 <u>Ham & Scalloped</u> Potatoes Green Beans Bran Muffin Chocolate Chip Cookie	10/19 <u>Bacon Cheeseburger</u> Baked Beans Peas & Pearl Onions WW Bun Tapioca Pudding	10/20 <u>Turkey Dinner</u> Mashed w/gravy, Stuffing, Baby Carrots, WW Dinner Roll Apple Crumble	10/21 <u>Baked Haddock</u> Rice Pilaf Buttered Peas Ww Breadstick Assorted Dessert
10/24 <u>Boiled Dinner</u> (Ham, Potatoes, Carrots), WW Dinner Roll, Grapes	10/25 <u>Hamburger Stew</u> Seasoned Spinach Country Biscuit Baked Pears	10/26 <u>Marinated Chicken</u> Cheesy Mashed Pot. Mixed Vegetables Ww bread Strawberry Fluff	10/27 <u>Italian Baked Ziti</u> Wax Beans Garlic Roll Birthday Cake!	10/28 <u>Chef's Choice</u> 
10/31 - Halloween! <u>Wicked Witch Fingers</u> Frightened Fries Zombie (Zucco) Slices Mystery Muffin Pumpkin Cookie	11/1 <u>Swedish Meatballs</u> Over Brown Rice Capri Blend Veg. Italian Bread Mandarin Oranges	11/2 <u>BBQ Pulled Pork</u> Baked Sweet Pot. Cauliflower, Minced Coleslaw, ww roll Fudge Brownie	11/3 <u>Glazed Meatloaf</u> Mashed Pot. w/gravy Peas/Carrots Ww bread Chocolate Mousse	11/4 <u>Mac & Cheese</u> Stewed Tomatoes Cinn. Applesauce Ww dinner roll Ice Cream Cup

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM
 Nutrition Centers Located in Brasher, Canton, Gouverneur, Morrisstown, Ogdensburg, 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 (315-388-4730)

October Calendar


- 10/3 SLC Board of Legislators Meeting; 6 pm - 48 Court Street, Canton
- 10/10 Indigenous People Day; All County Offices & Nutrition Centers are closed.
- 10/15 Medicare Open Enrollment Begins
- 10/19 DME & Assistive Devices Exchange with Clarkson University: Potsdam & Canton
- 10/26 All the Lonely People Film Screening at SUNY Canton
- 10/31 Halloween
- 12/7 Northern NY Community Travelers/Quad-Town Seniors Trip: "Gaslight & Gingerbread" Christmas Time in Cape May, NJ: Dec. 7 - 9, 2022. Contact: Glenda 315 389-5557 or text me @ 315-212-3495.



Find us on:
facebook

St. Lawrence County
Office for the Aging

 **October**
is
Breast
Cancer
Awareness Month

 St. Lawrence County
Lead Poisoning Prevention Program

Everything you need to know about
LEAD POISONING
AND PROTECTING YOUR FAMILY

Come join us to discuss how you can help protect the young children in your life from the dangers of lead poisoning.

October 11, 2022
at Noon

Gouverneur
Community Center
4673 NY-58

 **NEW YORK STATE** | **NY Connects**
Your Link to Long Term Services and Supports

St. Lawrence County
(800) 342-9871 315-386-3756

VOLUNTEERS
Always Needed
★ **FOREVER** ★
APPRECIATED