



# Mature Living



## September 2021



St. Lawrence County  
Office for the Aging

(315) 386-4730

[www.stlawco.org](http://www.stlawco.org)

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### 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



### COVID-19 Update for St. Lawrence County

Hello Friends, I am disheartened to write to you all this month with news of extremely high rates of COVID-19 in our County. We are now listed as a High Risk County by the CDC. The CDC and St. Lawrence County Public Health Department are recommending that everyone wear masks indoors; regardless of vaccination status. While the COVID-19 vaccinations have proven to be very effective in preventing severe illness and/or death, there can be break through infections amongst those vaccinated. Vaccinations, masks and social distancing from others remain our best protections!

99% of the recent hospitalizations and deaths occurring due to COVID -19 are unvaccinated people. The Delta variant of COVID-19 is 1,000 times more transmissible than the original strains of the virus. Delta is now causing serious illness in young children as well. **If you or your loved ones are not vaccinated, I strongly urge you to consider vaccination.** It is our best defense against this horrible virus.

The good news is that the Pfizer Vaccine received full FDA approval! If you need more information on vaccinations or have concerns about safety of the vaccines, please call our office at 315-386-4730. We are happy to provide you with the latest scientific information. Please take care of yourselves, wear masks, and socially distance from others when possible.

Be safe, be healthy and be well! By: Andrea Montgomery, OFA Director

### Medicare Open Enrollment: Oct.15<sup>th</sup> - Dec. 7<sup>th</sup>

The Medicare Open Enrollment Season will soon be upon us! 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, 2022.

If you are happy with your current plan, **you don't need to do anything.** 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 high call volume, 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](http://www.medicare.gov)**.

Due to COVID-19 restrictions, **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.

## GetSetUp!!

Do you need help figuring out your cell phone? Do you want to learn how to zoom with your grandkids? How about doing Yoga in your living room?

GetSetUp is an online learning platform for active older adults, age 50 and over, to learn new skills, connect and share with peers in small groups, and unlock new life experiences.

Classes are taught by older adults from across the world. Whether you are looking to get better at using technology, or have a specific project in mind, there is something on GetSetUp for you. There are over 300 classes available in the categories of Aging in Place, Communication, Creativity, Financial Planning, Health and Wellness, Hiring and Jobs, Social Hours, Social Media and Technology.

So, whether you want to join a class on Get Started with Zoom for Beginners, iPhone Basics, Coping with Stress Using Music & Movement, Organizing Files on Your PC, Strengthen and Stretch with Slow Flow Yoga, Line Dancing, Creating Morning Routines for a Better Day, or Excel Basics, there are new things to learn and new skills to unlock for older adults.

New York State Office for the Aging and the Association on Aging in New York have collaborated to provide this outstanding opportunity for the older adults in New York. They have purchased 50,000 learning units and these will be available to older New Yorkers on a first come first serve basis.

If you are interested in accessing this amazing platform of skills and knowledge at no cost to you, register at <https://www.getsetup.io/partner/nystate> and use the coupon code of NYSTATE to waive your fee for paid classes. Once all 50,000 learning units across NYS have been used, this coupon code will expire.

If you have a skill or knowledge that you would like to share with other older adults by instructing a class, you may contact GetSetUp for more information.

*Source: Allegany County Office for the Aging and NYSOFA*



Join a variety of St. Lawrence County healthcare providers for a **FREE**, fun walk! Discover a new, safe place to walk, learn about health, and meet new friends! **The event is open to all and is for people of all abilities!**

*\*Accessible for all walkers, strollers and wheelchairs*



**Saturday, September 4th, Gouverneur Fairgrounds Track**

**10 AM - 11 AM**

For questions please call: Ray Babowicz (315) 713-9369 [rbabowicz@chcnorthcountry.org](mailto:rbabowicz@chcnorthcountry.org)

## Protect Yourself From Lyme Disease

It's peak tick weather! Ticks get more active when it's warm outside. Some carry diseases that can be passed on to you through their bite.



The most common disease ticks carry is called Lyme disease. It's a bacterial infection that can cause serious health problems. Each year, an estimated 300,000 people in the U.S. get Lyme disease. The number of cases has risen dramatically over the last 10 years. Symptoms of Lyme disease can include fever, headache, muscle or joint pain, and extreme fatigue.

People with Lyme disease usually get an expanding red rash that can resemble a bull's-eye. If left untreated, the infection can spread and cause rashes in other parts of the body. Some people may develop nerve pain, arthritis, or heart problems. Most people full recover when treated with antibiotics, especially when Lyme disease is diagnosed early.

The deer ticks that carry Lyme disease can be as small as a poppy seed. You might not even know you've been bitten. Preventing tick bites is the best defense against Lyme disease. You can protect yourself and your family by using insect repellent when going places where ticks are likely to live. After coming indoors, check your clothing and gear for ticks. Shower within two hours of coming indoors. Then conduct a full body check. Don't forget to check your hair, where ticks may be harder to spot.

To learn more about Lyme disease, visit: [www.niaid.nih.gov/diseases-conditions/lyme-disease](http://www.niaid.nih.gov/diseases-conditions/lyme-disease).

*Source: [newsinhealth.nih.gov/2021/07](http://newsinhealth.nih.gov/2021/07)*

### North Country Chapter of

### Statewide Senior Action Council

**Next Meeting:** Thursday, September 2nd at 10 AM

**Location:** Best Western

**Lunch:** Salad and Sandwich (\$10)

**Contact Barb at 315-261-2980 before August 27th to reserve a spot. Leave a message with number attending.**

**STATE  WIDE**  
New York StateWide Senior Action Council, Inc.



### Senior Club & Council Events

**Parishville Hilltoppers:** Contact Barb at (315) 261-2980

- ◆ Club meeting, Tuesday, September 14 at 11 AM/pot luck lunch/bring a dish to pass and your beverage

**\*\*Do you have a senior club event you would like listed in a future issue of Mature Living? The deadline for the upcoming month is the 2nd Friday of the month. Please email Chiara at [cdelosh@stlawco.org](mailto:cdelosh@stlawco.org) with your event listing!**

## Get the Facts on Falls Prevention

Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors' safety and independence, and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

### The Challenges of Falls

According to the U.S. Centers for Disease Control and Prevention (CDC):

- One-fourth of Americans aged 65+ falls each year.
- Falls are the leading cause of fatal injury and the most common cause of non-fatal trauma-related hospital admissions among older adults.
- The older adult population is projected to increase by 55% by 2060, hence falls rates and health care spending are projected to rise.
- Falls result in more than 3 million injuries treated in emergency departments annually, including over 800,000 hospitalizations.
- In 2015, the total cost of fall injuries was \$50 billion.
- Each year about \$50 billion is spent on medical costs related to non-fatal fall injuries and \$754 million is spent related to fatal falls.
- The cost of treating falls is projected to increase to over \$101 billion by 2030. The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.



Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

## COVID-19 Vaccine Information/Assistance

The Delta Variant of COVID-19 is 1,000 times more transmissible than the original strains of COVID-19. Vaccination remains our best defense in this fight. Need a vaccine? We can help you!

**County COVID-19 Clinics:** For the latest information, call 315-386-2325 or visit: <https://www.stlawco.org/covid-19-daily-update-center#pods>.

**Local Pharmacies** are also all providing COVID-19 vaccinations!

There is a **Vaccination Hotline**. New York State COVID-19 Vaccination Hotline, 1-833-NYS-4-VAX (**1-833-697-4829**). The Hotline is open 7AM - 10PM; 7 days week.

Public Health can also schedule **In-Home appointments** for those who cannot leave their homes due to medical conditions. Please call 315-386-2325 to schedule.

### ST. LAWRENCE COUNTY FOOD PANTRIES

<b>Location</b>	<b>Food Pantry</b>	<b>Phone</b>
Brasher Falls	<u>St. Patrick-St. Lawrence Food Pantry</u>	(315) 389-5401
Canton	<u>Canton Neighborhood Center</u>	(315) 386-3541
Canton	<u>Pierrepont Neighborhood Center</u>	(315) 244-0069
Canton	<u>Church &amp; Community Program</u>	315-386-3534
Chase Mills	<u>Louisville Food Pantry</u>	315-764-7473
Colton	<u>Colton Neighborhood Center</u>	(315) 244-0069
DeKalb Junction	<u>Hermon-DeKalb Junction Food Pantry</u>	(315) 347-3016
Edwards	<u>Edwards Food Pantry</u>	(315) 562-3296
Gouverneur	<u>St. James Outreach Center</u>	(315) 287-0114
Gouverneur	<u>Gouverneur Neighborhood Center</u>	(315) 287-3370
Gouverneur	<u>Grace Food Pantry</u>	(315) 287-7656 [Parsonage - Primary phone] (315) 287-2777 [Church - secondary phone]
Hammond	<u>Hammond Food Pantry</u>	(315) 324-5517
Hannawa Falls	<u>Helping Hands of Potsdam</u>	(315) 268-0633
Heuvelton	<u>St. Raphael's Food Pantry</u>	(315) 393 - 2920 (Weekdays) (315) 344 - 2383 (Parish - weekends)
Heuvelton	<u>Heuvelton United Methodist Church Food Pantry</u>	(315) 344-7112
Heuvelton	<u>Heuvelton Central School Food Pantry</u>	(315) 344-2414
Hopkinton	<u>Hopkinton Food Pantry</u>	(315) 328-4168
Madrid	<u>New Beginnings Center</u>	(315) 322-4073
Madrid	<u>CFC Food Pantry</u>	(315) 262-0222
Massena	<u>Salvation Army</u>	(315) 769-5154
Massena	<u>Massena Neighborhood Center</u>	(315) 764-0050
Massena	<u>St. Vincent de Paul Society Food Pantry of Massena</u>	(315) 769-1200
Norfolk	<u>Norfolk-Raymondville Food Pantry</u>	(315) 384-4629 (315) 212-0520
Ogdensburg	<u>Ogdensburg Neighborhood Center</u>	(315) 393-5561
Ogdensburg	<u>St. John's Episcopal Church Food Pantry</u>	(315) 393-5470
Ogdensburg	<u>Salvation Army--North Kountry Kitchen</u>	(315) 393-3351
Parishville	<u>Parishville Neighborhood Center</u>	(315) 244-0069
Potsdam	<u>Potsdam Neighborhood Center</u>	(315) 265-3920
Richville	<u>Richville Baptist Chapel Food Pantry</u>	(315) 287-0259
Russell	<u>Grass River Food Pantry</u>	(315) 562-3450
Star Lake	<u>Star Lake Food Pantry</u>	(315) 848-3562
Waddington	<u>Waddington Family Resource Center</u>	(315) 600 - 7534 (315) 261 - 1819

## American Goulash

American goulash, also known as old-fashioned goulash, is the perfect economical family meal. The pasta cooks right in the sauce, so this satisfying dish can cook in just one pot.



### Ingredients:

1 TBSP extra-virgin olive oil, 1 1/2 cups chopped onion, 1 pound lean ground beef, 2 large cloves garlic, minced. 2 TSP paprika, 1 TSP Italian seasoning, 1 TSP salt, 1/4 TSP ground pepper, 1 (14 oz.) can no-salt-added diced tomatoes (undrained), 1 (8 oz.) can no-salt-added tomato sauce, 1 cup low-sodium beef or chicken broth, 1 1/4 cups whole-wheat elbow macaroni, 2 TBSP Grated Parmesan cheese.

### Directions:

1. Heat oil in a large saucepan over medium-high heat. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes. Add garlic, paprika, Italian seasoning, salt and pepper; cook, stirring, for 1 minute. Stir in tomatoes and their juices, tomato sauce and broth. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes. Add macaroni and cook, uncovered, stirring occasionally, until tender, 6-9 minutes. Remove from heat and let stand for 5 minutes before serving. Sprinkle with Parmesan, if desired.

**Nutrients:** Calories 418; Total Fat 16g; Saturated Fat 5.2g; Cholesterol 73.7mg; Sodium 725.9 mg; Total Carbohydrates 39.9g; Dietary Fiber 6.6g; Total Sugars 7.9g; Protein 31.1g

Source: <https://www.eatingwell.com/recipe/263346/american-goulash/>

## Volunteers Needed!

The Office for the Aging needs **VOLUNTEERS** to help our staff with our Telephone Reassurance Program. This program connects older adults with staff and/or volunteers who will call the client weekly to check in, have a friendly conversation and see if the older adult needs anything. This program is a great way for clients to stay connected to their community.

### For more information about volunteering Contact:

Chiara at 315-386-4730; Email: [cdelosh@stlawco.org](mailto:cdelosh@stlawco.org)

## 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!

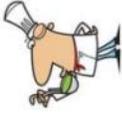
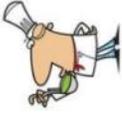
If you have a couple of hours available per week or per month to help with this incredibly important program for older adults in St. Lawrence County, please contact:

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



St. Lawrence County  
Office for the Aging

# September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		9/1 <u>Chicken Caesar Salad</u> <u>Carrot Raisin Salad</u> Cottage Cheese Flatbread Blueberries & Cream	9/2 <u>4 Cheese Ziti</u> <u>Green/Yellow Beans</u> Garlic Bread, Cheesecake w/fruit topping	9/3 <u>CHEF'S CHOICE</u> 
9/6 <b>All County Offices &amp; Nutrition Centers Closed!</b> <b>Happy Labor Day!</b>	9/7 <u>Bacon Cheeseburger</u> Seasoned Fries Zucchini Slices Fruit Cup	9/8 <u>Swedish Meatballs</u> Over Brown rice Asparagus Italian Bread Baked Cinnamon Pears	9/9 <u>Roast Pork w/gravy</u> <u>Mashed Potatoes</u> Peas / Carrots ww Roll Mixed Berry Crisp	9/10 <u>BBQ Chicken</u> <u>Baked Beans</u> Toss Salad Corn Muffin Birthday Cake <i>Happy Birthday!</i>
9/13 <u>Cheese Omelet</u> Sausage, Tuscan Blend Home Fries, English Muffin w/ PB cup, Yogurt	9/14 <u>Chicken Cordon Bleu</u> <u>Au Gratin Potatoes</u> Diced Beets Ww bread, Ambrosia	9/15 <u>Roast Beef &amp; Swiss</u> <u>Broccoli Salad</u> Potato Chips Kaiser Roll, Brownie	9/16 <u>Zesty Italian Chicken</u> <u>Baked Potato w/SC</u> Capri Blend, ww bread, Strawberry Shortcake	9/17 <u>CHEF'S CHOICE</u> 
9/20 <u>Philly Cheese Steak</u> <u>Parslied Potatoes</u> Asparagus, Hoagie Roll Butterscotch Pudding	9/21 <u>Goulash</u> <u>Waxed Beans</u> Garlic Bread Toss Salad Warm Applesauce	9/22 <u>Chicken &amp; Biscuits</u> <u>Mashed Potatoes</u> Country Blend Veg. Peanut Butter Cookie	9/23 <u>BBQ Pulled Pork</u> <u>Sweet Potatoes</u> Cole Slaw, ww Roll Pineapple Tidbits	9/24 <u>Lemon-Pepper Fish</u> <u>Rice Pilaf, Stewed</u> Tomatoes, Muffin, Ass. Dessert
9/27 <u>Chicken Tenders</u> w/ dipping sauce Seasoned Wedges Peas/Pearl Onions ww bread, Fresh Grapes	9/28 <u>Homestyle Meatloaf</u> <u>Mashed Pot. w/gravy</u> Creamed Corn Cheese Biscuit Cherry Fluff	9/29 <u>Chef's Salad</u> <u>4 Bean Salad, Bread</u> Stick, Cottage Cheese & Peaches	9/30 <u>Glazed Ham</u> <u>Sweet Potatoes</u> <u>Brussel Sprouts</u> ww roll <u>Blueberry Crumble</u>	10/1 <u>CHEF'S CHOICE</u> 

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

Nutrition Centers Located in Brasher, Canton, DeKalb, Gouverneur, Morrisstown, 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)

## September Calendar

- 9/6** Labor Day– All County Offices and Nutrition Centers are CLOSED.
- 9/12** Grandparents Day
- 9/13** St. Lawrence County Board of Legislators meeting; 6 pm
- 9/13** Office for the Aging Advisory Council Meeting: 10 AM – Zoom Meeting
- 9/15** Yom Kippur
- 9/22** 1st Day of Autumn: Falls Prevention Awareness Day



### Need to talk?

**Feeling uncertain, overwhelmed, anxious during COVID?**



Here to talk | Here to listen | Here to support

We provide . . .

- Information
- Education
- Emotional support
- Links to resources

We can provide virtual presentations on:

- Recognizing common reactions to COVID
- Building coping skills for the recovery process
- Managing disaster-related stress
- Identifying and addressing the community's needs

**Contact Us!**

Monday-Friday, 9am-5pm  
914-727-0493

**We are here for YOU.**

**Free, anonymous & confidential**

A program of the NYS Office of Mental Health  
Funded by FEMA



NEW YORK STATE  
**COVID-19 EMOTIONAL SUPPORT HELPLINE:**

**1-844-863-9314**

8 AM - 10 PM, 7 days a week

### St. Lawrence County COVID-19 Testing Centers

\*Anyone can be tested and there is no charge if your insurance won't pay for it!\*

**St. Lawrence Health Systems:  
315-261-6240**

**Claxton Hepburn: 315-713-6655**

**Clifton Fine: 315-848-8049**

**Community Health Center of the NC:  
Canton: 315-379-8132**

**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**