Nicole Laurin, Plattsburgh Noon Rotary President, presents Maria Alexander, Executive Director of the Senior Citizens Council a check for $1000 as a donation from Rotary to the Senior Citizens Council.

Many thanks for their support!
Lately, my articles have been about our staff at the Senior Council that have retired and/or passed on to their new lives. This month, I decided to write about someone who was very instrumental in guiding me to where I am today. Bruce Garcia, the newly retired CEO of JCEO of Clinton and Franklin Counties, Inc.

As many of you know, I started my career with the JCEO Head Start program, moved into the Senior Outreach program, eventually became the Director of Senior Outreach and the Big Buddy program, and I spent 20 years with that agency.

Bruce started at JCEO as the Deputy Director in 1996. By then, I was working in the Senior Outreach program and I got to know some things about Bruce. However, when I became the Director of Senior Outreach and the Big Buddy program, we had to meet with Bruce every week to discuss how everything was going with our programs. At first it was a little intimidating but after the initial meeting, I started looking forward to it. It was usually an hour and I had his undivided attention if I had any problems with staff or any situations that needed solving. Bruce always had sage advice and often a story of his own experiences throughout his career and how it pertained to my situation. We often talked about dressing for success and how important it was to be prepared for whatever you were walking into whether it was what you were wearing or what you were going to talk about.

One day Bruce asked me to come sit with him so he could practice his part for the something he was doing the Keeseville Elks Lodge. It was a part he had to memorize so he needed some practice. After we were finished, I asked him, “When are they ever going to let women join the Elks Club?” He said they are now, why do you want to join, and I said yes. He brought me the application the next day and he said he would sponsor me. I was so excited because my dad was very involved with the Lowville Elks when we were growing up and we used to help with different activities and such. How fitting, I join the Keeseville Elks, which is located right across the street where my dad grew up as a child. I digress. I got very involved and this is when I think Bruce and I became friends. I met so many of his family members and we worked side by side with many different functions.

When I applied for the Executive Director position here, Bruce was applying for the Executive Director position at JCEO. I said to him “wouldn’t it be cool if we both became ED’s at the same time?” And that is exactly what happened. Even after leaving JCEO, I still called Bruce for his advice on many situations. He was always there for me.

I will miss seeing and talking to Bruce on a regular basis but I have his cell number and I know where he lives! LOL Bruce, thank you for being an amazing mentor and I am so honored to call my friend.

Happy Retirement!

Maria Alexander
Executive Director
Senior Citizens Council
CONTRIBUTIONS FOR THE SENIOR SENTINEL ARE REQUESTED.

The suggested contribution for the Sentinel is $8.00 per year.

All contributions are kept confidential and voluntary. Contributions are used to support and expand the program. No one is denied service for their inability or unwillingness to contribute. Please mail your contribution to the Senior Citizens Council, 5139 N. Catherine St., Plattsburgh, NY 12901.

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• New York State Office for the Aging
• Clinton County Office for the Aging
• Brown Funeral Home

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518-563-6180

Program Coordinator:
Rachel-Maria Brown

Contributing Writers:
Maria Alexander
Robin LaBarge
Darleen Collins

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Mon-Wed: 10AM-7PM • Thurs-Fri: 10AM-8PM

Saturday: 10AM-5PM • Sunday: 12PM-5PM
Jim Dynko — Editor-in-Chief

By Robin LaBarge, retired registered nurse of Morrisonville

I had the pleasure of sharing a cup of coffee and a whole lot of stories one afternoon with the former Editor-in-Chief of the Plattsburgh Press-Republican, Jim Dynko. The former U.S. Navy Veteran and reservist was born in Troy and brought up in downtown Albany. When his family moved to Delmar he graduated from Bethlehem High School in 1965, went to Utica College in 1966 and then joined the U.S. Navy from 67 to 69. Back to college at SUNY Plattsburgh, he graduated in 1971 with sociology and political science degrees. During his last semester of college, he had already started working for the press part time and even covered his own graduation for the newspaper. There were stories galore from then on.

When asked what were some of the more memorable stories, Jim recalled there were many. “The 1980 Olympics, the ice storm of 1998 was another and the base closing long before the head of the New York State Base Closing Task Force ran the paper and I was interviewing a state trooper in an office at the barracks when the officer had to leave the room for a bit. The reporter just happened to look over the desk at the officers notes he had left open on the desk and got the names of the suspects which went out in the press the next day. It wasn’t long before the head of the New York State BCI and the Troop B Commander showed up at Jim’s office in quite a state of agitation. Jim said “the head of the BCI had his jaw clenched and the commander’s face was red as a beet with his veins sticking out of his neck. They were not happy. They wanted the story retracted. I asked them if any part of the story was false. When they said no, it was end of discussion, the story stayed as it was written.’ A 27-year-old PAFB sergeant, Cemnie Hartley Jr., was eventually found guilty of first-degree manslaughter of 23-year-old Donna Stout.

Jim says that when he covered stories there was a good relationship between the Plattsburgh city cops and the reporters. There was an incident when a man was reported as attempting to jump off the roof where the new Press-Republican office was under construction at 170 Margaret St. Jim was in the old office on Clinton Street when it came across the police scanner. Officer Donnie Mitchell was there and Jim arrived on foot shortly after. “I asked Donnie if I could help and Donnie told me to go to the patrol car and call for backup which I did and it wasn’t long before a bunch of cars came. You couldn’t do that same thing today.”

There were a couple of murders that went unsolved over the years. Jim remembers “The Mad Russian, Fedorwich was his name. He was probably being robbed when he ended up dead. He came in the Press-Republican one day showing off his big wad of cash like he was known to do. The police had suspects but could never pin it on anyone. The murderers took the money and spread it around so it couldn’t be traced.” The Dawn Svocak murder in August of 1984 was another one the Jim recalls. “Blair’s Bar where she had been that night was a known gay bar that was pretty rough back then with lots of drugs and booze. They were pretty sure who did it but never had the evidence to prove it. The Press-Republican was located at 33 Clinton Street back then, right around the corner from Blairs.”

I asked Jim what was the hard part of his job; “I loved my job, I got to do some pretty neat stuff and meet all kinds of people. I got to fly on a KC 135 refueling mission one day over the mid-west, then got back in time to interview Senator Jacob Javits. I got to do that all in the same day! How many people get to do that?” And another time; “While taking classes at the American Press Institute, I unexpectedly got to go on a tour of the white house and we actually got to write a press conference with President Carter. The Russians had just launched a satellite and he actually told us where it was going to land. Well, we rushed back to our rooms to write this story. It was the scoop of all scoops, even better than the AP had!”

Jim joined the Press-Republican in 1971, became city editor in 1973, managing editor in 1976, and Editor-in-Chief in 1979. He was the media liaison for international stories such as the 1980 Olympics and the go-to guy until his retirement in 2006. An exceptional career. He’s been there and done that as the expression goes. And as he said to me “I loved the whole thing!”

Robin LaBarge is a retired RN, lives in Morrisonville with her husband Bruce, has 2 married kids and 4 grandkids.
Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

**PUZZLE SOLUTION**

~~~

**CLUES ACROSS**

 1. One-time money in Spain
 2. “Got ___ of one”
 3. Set a framework for
 4. Cover with drops of water
 5. One who does something
 6. An enclosure for confining
 7. Locks a door
 8. Buddy
 9. Supplement with difficulty
 10. Not moving
 11. Islamic unit of weight
 12. Warmers
 13. Hindu queen
 14. Border river near Bosnia and Herzegovina
 15. Analyzed
 33. Caps
 34. Pastime
 35. Contrary belief
 38. Walking devices
 39. Accustom to something
 40. Singing methods
 44. Shouts of farewell
 45. Hand (Spanish)
 46. Small constellation
 47. Cardinals are this
 48. Gives a hoot
 49. Chatter incessantly
 50. Thallium
 51. Making very hot
 55. Hours (Spanish)
 57. Remove completely
 59. Rubbed clean

**CLUES DOWN**

 1. Blues Traveler frontman
 2. Found it!
 3. Killed
 4. A helper to Santa
 5. Male fashion accessory
 6. Autonomic nervous system
 7. РUS Attorney General
 8. Greek sophist
 9. The world of the dead
 10. Excessive and dangerous dose
 11. One who receives a legacy
 12. Brooded
 13. Hindu warrior king
 14. Used to anoint
 15. One point east (clockwise)
 16. Connecting part of the brain stem
 17. Most uncommon
 18. Do-nothings
 28. Emerge
 29. Neat
 30. Herb of tropical Asia
 32. Reviews poorly
 34. Waterproof overshoes
 35. Fireplace floors
 36. Surround
 37. Regretted
 38. One who whips
 40. Ticket price
 41. Calming
 42. Citrus fruit
 43. Drooped
 45. An explorer’s necessity
 48. Speak profanely
 51. Pouch
 52. A type of date (abbr.)
 53. Away from
 54. Large beer
 56. Once more

**PUZZLE SOLUTION**

~~~
November is known as National Family Caregivers Month. With the Thanksgiving holiday just around the corner, our hearts and minds are turning to the individuals in our lives for whom we are most grateful.

Family caregivers are often an overlooked group of people who deserve our gratitude. Caregivers are daughters, wives, husbands, sons, grandchil- dren, nieces, nephews, partners and friends.

In New York State, there are more than 2.5 million family caregivers providing over 2.1 billion hours of unpaid caregiving each year. This care has an estimated economic value of more than $31 billion. Family caregivers are critically important.

While some people receive care from paid caregivers, most rely on unpaid assistance from families, friends and neighbors. Caregiving takes many forms. For some people, caregiving occurs gradually over time. For others, it can happen over- night. Caregivers may work full- or part-time; live with their loved one or provide care from a distance. Caregivers provide a wide range of services, from simple help such as grocery shopping, to complex medical procedures.

We often hear “Oh, I’m not a caregiver, I just help my mom with _____. “ The spectrum of caregiving is immense. For the most part, friends, neighbors, and most of all, families, provide without pay, the vast majority of caretaking in our country.

Particularly as we approach the festive season when focus is placed on family and quality time, it is important that we show our appreciation for those who work tirelessly to provide care; whether it be financial, medical, domestic or emotional support. It’s important to never underestimate the strength that caregivers have for providing this support to those people who need it the most, nor the toll that it can take both emotionally and physically upon them. The devotion and love that these people show to their loved ones therefore ought to be celebrated.

Most caregivers find that caring for a loved one is a rewarding experience. Learn strategies to minimize caregiver stress no matter which stage of your caregiver journey you are in.

Clinton County Office for the Aging is looking to schedule a Powerful Tools for Caregivers workshop. The class provides support for caregivers, information about community resources, ideas to relieve stress, and ways to improve communication with healthcare providers. No matter the stage of your caregiver journey, there is valuable information for all. We need a minimum of six participants, so if you are a caregiver and are interested in this class, please call Sally as soon as possible at 518-565-4620.

For more information about services in Clinton County, including respite, contact the Clinton County Office for the Aging’s Caregiver Resource Center.

Our Caregiver Resource Center has a lending library of books and periodicals pertaining to caregiving and aging. Call Case Manager, Sally Whitman at 518-565-4620 for more information. A monthly support group for caregivers will be held virtually on the third Thursday of the month from 1:30 – 2:30 pm.
2022 SERVICE PLAN

BY DARLEEN COLLINS
Director, Clinton County Office for the Aging

Clinton County Office for the Aging is responsible for planning, coordinating, funding and advocating for programs and services which meet the needs of Clinton County residents age 60 and over, as well as providing information and assistance for individuals with disabilities and caregivers of any age. Services are targeted to individuals with the greatest social and/or economic need, placing emphasis on those older adults who are low income, minorities, and/or those with disabilities.

Each fall, usually in September, we hold a Livable Communities and Public Hearing Breakfast. Due to the ongoing pandemic, this event was not held this year. Throughout the year we receive regular feedback from our Advisory Committee, service providers and clients. As the pandemic continues, programming has slowly begun to re-open. Many services have modified delivery methods in an effort to provide essential services while keeping clients and staff as safe as possible. Thank you for your patience and cooperation during this time.

Our 2022 service plan continues to provide services that people depend on, while introducing funding for special projects targeting the issues of Social Isolation and Loneliness. Social isolation is a public health concern. Research has shown that the negative health consequences of social isolation include impaired mental performance, a compromised immune system, a heightened risk of chronic disease, and depression. The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day. Social isolation and loneliness were issues prior to the pandemic, but were exacerbated by the public health emergency.

Clinton County OFA will provide:
• Case Management
• Information and Assistance
• Benefits Counseling
  • HEAP, EPIC, IT-214, Lifeline Telephone Discount, Weatherization, Farmer Market Coupons and Health Insurance Counselors and more
• Caregiver Resource Center
• Assists family caregivers of the elderly with information and referral, training, support, counseling and lending library
• Caregivers may apply for Respite help through the Caregiver Resource Center
• Chronic Disease Self-Management
• Living a Healthy Life Workshops
• Better Choices, Better Health – Online program offered in partnership with NYS Office for the Aging
• Ancillary Services that maintain or promote the individual's independence
• Assistive devices, personal and household items
• Advocacy for older people and people with disabilities
• Through participation with the National Association of Area Agencies on Aging and the Association on Aging in New York
• Through partner agencies and various committees

• Community Care Partners (Our Long Term Care Council), Enhanced Multi-Disciplinary Team (EMDT), Volunteers Active in Disasters Organization (VOAD), Clinton County Multi-Agency Committee (CCMAC), Clinton County Housing Committee, and many others
• Public Information
• Newsletter, press releases, social media posts

Programs provided through contract agencies:
• Transportation
• Clinton County Public Transit
• Rural Zone Service (Clinton County Public Transit)
• To medical appointments, community services, shopping, etc.
• Rural Transportation Program (Joint Council for Economic Opportunity - JCEO)
• To medical appointments
• Legal Counseling (Rural Law Center of New York)
• Senior Outreach Program and NY Connects (JCEO)
• Information and Assistance
• Benefits Counseling
• Senior Care and Senior Repair
• Telephone Reassurance and Friendly Visitor
• Residential Repair
• Case Management
• Comprehensive In-home Assessments
• Nutrition Counseling and Education (Jo Dragoon-Morse, Registered Dietician)
• Personal Care In-Home Aide Service (North Country Home Services)
• Senior Center (Senior Citizens Council of Clinton County – SCCCC)
• Congregate Meals
• Home Delivered Meals
• Comprehensive In-Home Assessments
• Senior Gym (Cornell Cooperative Extension)
• Senior Swim (Plattsburgh YMCA)
• Special Projects
• Mini-Grants to Build Social Connections

NEW NEWSLETTER COMING IN 2022

The Clinton County Office for the Aging will launch a new monthly newsletter in 2022. The plan is to distribute the yet-to-be-titled newsletter digitally where possible. The goal is to provide up-to-date, informative information to residents of Clinton County in a cost-effective, environmentally friendly manner. Printed copies will be provided for those who need it.

To subscribe to our new newsletter, please email aging@clintoncountygov.com or call the office at 518-565-4620.
VEHICLE WARRANTY SCAM

More and more we are hearing about the vehicle warranty scam. It involves a caller who states that the warranty on your vehicle is expired. The caller offers to extend this warranty.

At times, these scammers may even know what kind of vehicle you drive.

These calls are often pre-recorded and direct you to push buttons to receive more information. This is when you will be asked to provide your personal information. As a reminder, you should never provide your personal information to someone over the phone if you did not specifically reach out to them, as they may not be who they say that they are.

If you have questions about your vehicle's warranty, contact the manufacturer or a local dealership.

If you would like more information about scams, or would like to report a scam, the NYS Attorney General's office or The Federal Trade Commission at 1-877-FTC-HELP (382-4357).

Protecting yourself from Medicare Fraud

Tips for avoiding scams which target Medicare recipients

**GUARD YOUR CARD**

Protect your Medicare number as you would Social Security number.

* Medicare will never contact you for your Medicare number or other personal information unless you have given them your permission in advance.
* Medicare will never call to sell you anything.
* You may get calls from people or companies promising you things if you give them a Medicare number, don’t do it.
* Medicare will never visit you at your home.
* Medicare can't enroll you over the phone unless you called them first.

**DISCERN LEGITIMATE FROM SCAM MAIL**

This can be challenging, especially during the increased time of promotion for Medicare plans in your area.

* Mailings from government agencies, such as Medicare and Social Security, should not be overlooked. These letters may contain important information about your current or future status.
* Flyers, letters, or postcards claiming to be from 'Medicare' that do not have these seals or logos should be set aside. Do not respond to them unless you can verify that they are legitimate.
* Many of these mailings will have a notice in small writing stating that they are 'not affiliated with any government agency' or that 'Medicare has not reviewed or endorsed this information' or that 'This is a solicitation for Medicare plans in your area.' Responding to these mailings may lead to sales calls that could result in getting you to change your coverage.

**DON'T HESITATE TO ASK QUESTIONS**

When someone calls asking for your personal health or financial information, do not feel obligated to respond. Ask for their name, number, address, and name of agency they represent. Let them know you want to verify their information before providing details and if they are genuinely concerned with assisting you, will understand your need to be a safe consumer.

**REPORTING SUSPECTED FRAUD**

* Medicare 1-800-MEDICARE (1-800-633-4227) for Medicare billing issues
* Federal Trade Commission 1-877-FTC-HELP (1-877-382-4357) to file a complaint if you feel you have been victim of fraud, identity theft, or other unfair or deceptive business practices.
* NYS Attorney General Help Line 1-800-771-7755
FIRE SAFETY FOR OLDER ADULTS

Fire is a real issue that we need to talk about and prepare for. There are many different precautions and measurements that you can practice.

Here are some tips from U.S Fire Administration (FEMA):

SMOKE ALARMS
Smoke alarms is a very important factor to fire safety. Having a smoke alarm that works properly will help you escape faster during an emergency. Smoke alarms will also notify you when there is an emergency when you are distracted or asleep.
- Put one smoke alarm in each room whether that is a kitchen, bedroom, bathroom or any shared spaces in the home.
- It’s recommended that these smoke alarms are interconnected with each other. If one of these smoke alarms is working properly then they all are. Having the fire alarms interconnected makes checking the fire alarms a low maintenance task.
- Test out your fire alarms once a month to make sure they are working properly.
- Dust or vacuum your fire alarm at least once a year to help prevent any type of blockage to the fire alarm.
- Replace the entire fire alarm system every 10 years.
- Put smoke alarms at least 10 feet away from stove or bathroom. The steam from the stove and shower can trigger the fire alarm.

PLAN YOUR ESCAPE
As winter is vastly approaching us, it’s important to learn how to use heat in our homes correctly to prevent fires.
- Keep any pets or objects at least three feet away from furnaces, space heaters, radiators, fireplaces and wood stoves.
- If you have a space heater, make sure it will turn off automatically just in case it falls.
- Place space heater on a surface level and not in a cabinet or cubby.
- Have your heat system inspected once a year.
- Never heat your home with an oven, stovetop or grill.
- If you have a wood-burning fireplaces, make sure you put ashes in a metal container with lid tight seal after each use. Places this container three feet away from your home just for precautions.

HEAT DURING THE WINTER
As winter is vastly approaching us, it’s important to learn how to use heat in our homes correctly to prevent fires.
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WHAT TO DO IF THERE IS A FIRE
Even though you have created an effective escape plan, it is important to know what to do if you are caught in an emergency.
- It is important to stay calm, take a step back to remember your escape plan. Get out of your home as quickly as you can.
- When you have escaped, don’t go back into your home for pets or personal items.
- Close doors behind you to help prevent the fire from spreading.
- If you are unable to escape, close your door and cover any vents and cracks around the door to help prevent smoke and the fire getting in your room.
- Call 911 on the closest phone or use your lifeline to contact help.
- If you are still in your room with the fire department arrives to your home, stay where you are and use a flashlight or a colored light so they know where you are.
- Keep a flashlight and a phone by your night stand in case of an emergency.

There are many different ways to practice fire safety. Reach out to a caregiver, family member, resident director or neighbor about creating a durable escape route.
CHOOSING HEALTHY FOODS ON HOLIDAYS

Tips for People with Diabetes on holiday meals

The holidays are fast approaching and gatherings with family and friends are a time to enjoy and treasure. But if you have diabetes these events can pose special challenges. How can you stick with your meal plan, yet join the celebration and have fun? You can do it!! If you choose wisely and watch how much you eat, you can have a delicious meal and feel good too!!

WHEN YOU GO

- Plan ahead. Before you go, think about the foods that might be served. Decide which foods will help keep your blood sugar under control and which foods you want to avoid.
- Check out all that's offered on the buffet. Before you serve yourself, look at all the options first, then choose one or two favorite treats along with healthier items to round out your meal.
- Watch your portions. Many of your favorite foods may have a lot of fat, sugar, or salt. Take very small portions of deep-fried foods, fatty foods, cheesy foods, and desserts.
- Focus on family and friends, instead of the food. One trip to the food table may be enough if you make enjoying the company of your family and friends the focus of the event.

VEGETABLE TIPS

- Fill half of your plate with colorful, non-starchy vegetables, such as broccoli, bell peppers, green beans, carrots, cauliflower.
- Choose fresh or steamed vegetables that are light on salad dressing, cheese or cream.
- Watch out for vegetable dishes loaded with butter and cheese, like casseroles and vegetables with sauce.

PROTEIN TIPS

- Take 2-3 ounces of protein, such as chicken or other lean meat, fish, or bean dishes, to fill 1/4 of your plate.
- Pick dishes with baked or grilled lean meat, like chicken, fish, game, or shrimp.
- Try turkey burgers. Top off your burgers and sandwiches with fresh veggies and mustard rather than mayonnaise and cheese.
- Take just a taste of meats that are breaded, fried, or cooked with a lot of fat or heavy sauces.

GRAINS AND STARCHES

- Take only as much grain or starchy vegetables, such as rice, bread, potatoes, to fill 1/4 of your plate.
- Choose high-fiber grains like steamed rice and whole grain breads like whole wheat and cornbread.
- Take small portions or avoid starches with heavy sauces like macaroni and cheese and potato salad.

SWEET TIPS

- Choose fresh fruits, or a fruit salad without added sugar. Fruit is an excellent source of fiber, vitamins, and minerals.
- Have small servings of foods that are high in sugar and fat, like cookies, cake, or pies.

DRINK TIPS

- Drink water, unsweetened coffee or tea, or other sugar-free beverages.
To Senior Scholar Participants:

Well, the corona virus is forcing us to do Senior Scholar’s 9th annual session virtually again, as we did last winter. Think of it this way. You won’t have to drive on snow or ice, there shouldn’t be any weather-related cancellations, and you won’t have to miss a class if you’re out of town. In fact, last year we had individuals taking Senior Scholar from Florida, Kentucky, and Arizona.

Thursday mornings will still feature a choice of small group seminars. Then, in the afternoons, we plan a series of “Virtual Field Trips.” Since many of us haven’t been able to visit as many museums and historic sites as usual in recent months, we’ll bring museums and historic sites to you, via Zoom.

Our six-week sessions will begin Thursday, January 20, 2022, and continue through the end of February.

Tuition for the program (choice of one six-week morning seminar, and six afternoon events) will be $40.00 for registrations RECEIVED by December 15, 2021. Tuition after that will be $60.00. Morning seminar size will be strictly limited to 22, so we recommend signing up early. Last winter we filled two of our four choices before the cut-off for early registration.

Many people tell us they don’t learn about Senior Scholar until after it’s over. Please share this information with friends and family who you think might be interested.

Please send registration checks to:

Senior Citizens Council of Clinton County (SCCCC)
5139 North Catherine Street
Plattsburgh, New York 12901

And make sure to include your current EMAIL address along with the check.

If you have questions, please call us at 518-563-6180.

We hope you’ll plan to join us this year.

Senior Scholar is a collaboration between Senior Citizen Council of Clinton County, Clinton County Office for Aging, JCEO, and the Chapel Hill Foundation.

— Sincerely,
Rich, Maria, Rachel, Darleen, and Julie for Senior Scholar

SIX-WEEK THURSDAY MORNING SEMINARS (PLEASE SELECT ONE)

History and Archaeology of the Mayan People-- Justin Lowry, Assistant Professor of Anthropology, SUNY Plattsburgh—10:00 AM

Justin will cover both ancient and modern Mayan culture, addressing architecture, ritual and religious practices, everyday life, taxes and trade, art and iconography, and more.

ART and the Social History of Early Modern Europe-- Vincent Carey, Professor of History, SUNY Plattsburgh—10:00 AM

This will be the fifth different course Vincent has offered Senior Scholar participants. He’ll be bringing new ideas and perspectives to consider. As always, expect this to be both challenging and enjoyable.

Adirondack Environmental History—Gary Kroll, Professor of History, SUNY Plattsburgh—11:00 AM

This will be a reprise of a popular course that Gary gave in the early years of Senior Scholar. He’ll include considerable new information on the subject, including much from important work on prisons.

An Immersion Into Science Fiction-- Tom Morrissey, Professor of English, SUNY Plattsburgh—9:00 AM

This course, popular with undergraduates, represents a new offering for Senior Scholar. You’ll likely look at this literary genre differently after being exposed to a more academic approach.

AFTERNOON SESSIONS—“Virtual Field Trips”—2:00 PM (You may attend all)

January 20—Saranac Laboratory Museum, Saranac Lake, NY—Hosted by Amy Catania, Executive Director, Historic Saranac Lake

January 27—to be announced

February 3—Erie Canal Museum, Syracuse, NY—Hosted by Laura Desmond, Curator and Educator

February 10—Frederic Remington Museum, Ogdensburg, NY—Hosted by Derrick Pratt, Museum Educator

February 17—Slate Valley Museum, Granville, NY—Hosted by Sarah Kijowski, Executive Director

February 24—Schuyler Mansion State Historic Site, Albany, NY—Hosted to be announced
### December 2021 Menu & Nutrition Site Activities

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<tr>
<td>Scalloped Potatoes w/ Ham</td>
<td>Meatloaf w/gravy</td>
<td>Turkey Burger</td>
<td>Hot Roast Beef Sand.</td>
<td>Marinated Chicken</td>
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<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Hawaiian Chicken</td>
<td>Swedish Meatballs</td>
<td>Sausage on Bun</td>
<td>Roast Pork</td>
<td>Macaroni &amp; Cheese</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Shepard’s Pie</td>
<td>Spaghetti w/Meat Sauce</td>
<td>Herb Baked Pork Chop</td>
<td>Breaded Chicken</td>
<td>CLOSED FOR CHRISTMAS EVE</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Beef Tips</td>
<td>Baked Ham</td>
<td>Michigan</td>
<td>Baked Ziti</td>
<td>CLOSED FOR NEW YEAR’S EVE</td>
</tr>
</tbody>
</table>

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**Nutrition Program**

*Home Delivered Meals*

45 Veterans Lane, Plattsburgh  
(518) 561-8320

**Clinton County Nutrition Sites**

- **Ellenburg** hosted by Mae & Sherry  
serves at 11:30,  
(518) 594-7311

- **Rouses Point** hosted by Janice & Deb  
serves at 11:30,  
(518) 297-7361

- **Beekman Towers** hosted by Tina & Linda  
serves at 11:45,  
(518) 310-9089

- **Dannemora** hosted by Elaine  
serves at 11:45,  
(518) 561-5360

- **Lakeview Towers** hosted by Angie & Marge  
serves at 12:00,  
(518) 561-8696

- **Senior Center** hosted by Marion & Kim  
serves at 12:00,  
(518) 561-7393

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**We are open for limited capacity so please call your favorite location for a reservation and regulations**
## December 2021 Activities Calendar

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 Sr Fitness</td>
<td>9am Osteo/Arth Exer</td>
<td>8:15 Sr Fitness</td>
<td>9am Osteo/Arth Exer</td>
<td>8:15 Sr Fitness</td>
</tr>
<tr>
<td>9:30 Quilting</td>
<td>9:30 Tai Chi</td>
<td>9am Wii Bowling</td>
<td>9:30 Knitting</td>
<td>9:00 Phase 10</td>
</tr>
<tr>
<td>9:30 Crocheting</td>
<td>10:30 Wii Bowling</td>
<td>10am Shuffleboard</td>
<td>9:30 Pinochle/Poker</td>
<td>10:30 Gentle Yoga</td>
</tr>
<tr>
<td>10 Shuffleboard</td>
<td>10:30 Zumba Gold</td>
<td>10:30 Yoga</td>
<td>10:30 Zumba</td>
<td>12:30 Mah Jongg</td>
</tr>
</tbody>
</table>

### HOLIDAY HOURS

The Senior Center and all congregate sites will be closed on Thursday, November 25th in observation of Thanksgiving. The Senior Center will also be closed on Friday, November 26th. Please note, all other congregate sites will be providing lunch that day except for the Plattsburgh site. The Staff at the Senior Citizens Council wishes you all a Safe & Happy Thanksgiving Holiday!

### WATERCOLOR CLASS

Watercolor Class is being offered again for 6 consecutive weeks beginning Tuesday, November 23rd from 1:00 p.m. to 3:00 p.m.

You will learn Watercolor Techniques explored through the process of creating indigenous berries, flowers, and plants. Students are encouraged to add wildlife or pets to this topic. Classes are $40 per person.

To register for this class or for additional information, please call the Senior Center at 518-563-6180 or you can email Rachel at rachel@seniorcouncil.net.

### SUBARU share the love EVENT

Want to help a senior in Clinton County stay warm this winter?

The Senior Citizens Council Meals on Wheels Program will be collecting NEW blankets for distribution to Homebound Seniors in Clinton County.

**Collection dates are:**

- 11/18/21 – 12/17/21

**Drop off locations are:**

- Senior Council- 5139 N Catherine Street, Plattsburgh (8:30 am - 3:00 pm) Mon-Fri
- Nutrition Program- 45 Veteran’s Lane, Plattsburgh (8:30 am - 3:00 pm) Mon-Fri

You can help seniors right here in Clinton County when you purchase or lease a new Subaru during the 2021 Subaru Share the Love Event and select Meals on Wheels as the recipient of a $250 donation from Subaru of America, Inc.

The dates for this event are- 11/18/21 – 1/03/21

Learn more at www.mealsonwheelsamerica.org/sharethelove.

### CONGRATULATIONS TO OUR RAFFLE WINNERS!

1\(^{st}\) PRIZE Linda Cumm, Plattsburgh, NY  
2\(^{nd}\) PRIZE Ursula Jeanette, West Chazy, NY  
3\(^{rd}\) PRIZE Wendy Neyland, Plattsburgh, NY  
4\(^{th}\) PRIZE Donald Ratliff, Plattsburgh, NY  
5\(^{th}\) PRIZE Rod Kipp, Plattsburgh, NY  
6\(^{th}\) PRIZE George & Jeanie Roberts, Plattsburgh, NY
SENIOR CENTER STUDIO SALON
LISA DUPREE  518-534-5229

Haircuts $15.00
Wash/Cut $17.00
Wash/Cut/Style $19.00
Color $35.00
Perms $35.00
Waxing Brows $7.00
Waxing Lip $5.00
Appointments & Walk-ins
Tuesdays & Thursdays only!
5139 N. Catherine St. (parking rear/elevator down)
**YMCA Programs for Seniors**
The YMCA offers an Arthritis Water Exercise Class on Monday and Wednesday from 11:00 a.m. to 12:00 p.m. This class is available to non-members of the YMCA because it’s sponsored through Office of the Aging. There is some paperwork that needs to be filled out prior to attending the first class. This paperwork can be picked up at the front desk of the Oak St branch, or you can arrive a little early and complete the paperwork before class starts. There is no cost, although a donation for Office of the Aging is appreciated. Individuals 60 and over interested in using the indoor track at the YMCA’s Oval branch, do not need a membership to utilize the track only. Simply stop at the Oval front desk and set up a Track Membership, which is free. Other Senior programs are available at the YMCA for members including membership fees. For additional information and/or questions about their programs, please contact the YMCA at 518-561-4290.

**Book Release Signing**
**Saturday, November 13, 2021, at 1PM-3PM**
**Location: Bookburgh Books**
Event by Benjamin Giroux #oddtoo and Autism Alliance of Northeastern NY
Benjamin Giroux, the 10-year-old boy who wrote the world viral poem about his life on the spectrum, will be at Bookburgh Books signing his Kirkus Reviews Star children’s book, I am odd I am new!
**All covid safety measures will be upheld for everyone’s safety **

**Support Groups**
6:00 pm – 7 pm, First Tuesday of the Month

**Virtual/Telephone Support Groups**
10:00 am – 11:00 am, Second Monday of the Month
2:00 pm – 3:00 pm Second Thursday of the Month
For more information or to register contact Kristen Osterhoudt at 518-832-4992.

**Memory Cafes**
2 pm, 3rd Wednesday of the month (Music)
Enjoy a virtual music performance by Mitch Willette.
November 17
December 8*

**Craft Workshop**
2 pm, Thursdays each month (Crafts)
Craft workshop will be led via Zoom.
Staff will deliver all materials needed to complete each craft project. Please register one week before each workshop.
November 18* Craft with Susan
December 16* Sign making with Shelley
**Some dates changed due to winter holidays**

**Caregiver Conference: How to Be a Caregiver Without Losing Yourself in the Process**
**Wednesday, December 15, 2021 1:00 – 3:00 pm**
Panel discussion: Family Dynamics and Caregiving during the Holidays with Caregiver Support Initiative Staff
Keynote: Dr. Regina Koepp – Board Certified Clinical Psychologist
To register for this free virtual event contact Kristen Osterhoudt at 518-832-4992.

**Literacy Volunteers Need You To Help An Adult Learner**
Literacy Volunteers seeks new volunteers to train to work with adult learners in Clinton County. Perfect opportunity for retired educators or computer technicians or those who like teaching a new skill to help others improve their lives. Email AmeriCorps Seniors to learn more: kgardner@cathcharities.org

**Stockers For Plattsburgh Interfaith Food Shelf**
The busy Interfaith Food Shelf located at United Methodist Church, Beekman Street, needs after-hours stockers on Mondays or Wednesdays from 11:00 am – 12:30 pm. Once a week or even once a month! Great service opportunity for couples, neighbors, or pals. Email or phone AmeriCorps Seniors to find out how to get started: kgardner@cathcharities.org 518-566-0944.

**Meals On Wheels**
Clinton County Home Delivered Meal Program Seeks More Meal Transporters
Check your schedule: Thursdays and/or Fridays - senior high-rise deliveries in the City of Plattsburgh. About 2 hours of your time from 10:00 am to a bit after noon. Like to travel or go on vacation? No problem: they’ve got you covered with a sub. You’ll receive mileage reimbursement using your own vehicle, supplemental volunteer insurance, and a great feeling of helping. Good driving record? Carry auto insurance? Looking for a great way to make someone’s day? Email or phone AmeriCorps Seniors to find out how to get started: kgardner@cathcharities.org or 518-566-0944.
We Provide the Continuum of Skilled Nursing Care...

Skilled Limited Assistance
Remain INDEPENDENT with all the comforts of home, plus security and peace of mind. Age in place...

Live comfortably in resort style with FULL-SERVICE AMENITIES, Knowing we are here if you need us.

We specialize in:
- Enrichment Activities
- Quality Care
- Nutritional Meals
- Secure Surroundings

Subacute Rehabilitation
Licensed therapists provide one on one therapy sessions in our state of the art rehabilitative gymnasium.

We specialize in:
- Orthopedic Rehabilitation
  Knee, Hip & Shoulder Replacements
  Surgical Recovery
- Neurological Rehabilitation
  Stroke Rehabilitation
  Spinal Cord Injuries
- General Rehabilitation

Where you go for rehabilitation does make a difference: INSIST ON MEADOWBROOK!

Restorative Therapy
Our Restorative Therapy and Restorative Nursing Program provides interventions that promote the resident’s ability to live as independently and safely as possible.

We specialize in:
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Exercise Classes
- Walking Programs

Skilled Nursing Services
Our philosophy encompasses caring for the whole person by providing an environment that contributes to the resident’s well-being and the family’s peace of mind.

We specialize in:
- Wound Care
- Pain Management
- Diabetes Care
- Oxygen Therapy
- Dementia Care
- Palliative Care