



## St. Lawrence County Chapter #2831 of AARP, Inc.

www.aarpchapter2831.org • Facebook.com/aarp2831 • aarp2831@gmail.com • AARP #2831, P. O. Box 283, Potsdam, NY 13676

The public is strictly prohibited from using or allowing others to use AARP chapter membership lists, participant lists, the letterhead, the brand mark, logos or taglines, name or their signature blocks (names with titles) for any purpose other than the chapter activities for which they are assigned.

- **Your Chapter renewal for 2020** is accepted now to the end of December 2019 at a cost of \$10 - in cash or by check made payable to AARP #2831. You will need to submit proof of your current enrollment with AARP National. Send a copy of your red card, the label from the Magazine or Bulletin and your payment via postal mail to AARP #2831, P. O. Box 283, Potsdam, NY 13676 **OR** attend any of the events in November or December. Thank you for continuing your support of the Chapter.
- **The two-year term for current officers (president, vice president, secretary and treasurer) ends in December '19. Are you willing to step forward to assume a role to secure the Chapter for the future?**

# NOVEMBER 2019 NEWSLETTER

## ADD THESE FUTURE CHAPTER EVENTS TO YOUR CALENDAR

**The AARP #2831 MEMBERSHIP IS INVITED TO ATTEND THE NEXT BOARD MEETING at the Potsdam Town Hall Community Room on NOVEMBER 6<sup>TH</sup>. PLEASE RSVP to Karen 315-265-6705 by 11/4 if you are attending to ensure we have sufficient documents. No refreshments will be provided.**

### LUNCHEONS/COMMUNITY OUTREACH PROGRAMS

- **11/8/19 Alzheimer / Dementia Awareness Month: *Knowing the 10 Signs Can Create a Healthy Body and Mind.* Speaker: Rich Couch, Alzheimer's Association. Event is in partnership with Canton-Potsdam Hospital aka St Lawrence Health Services. Free lunch is from 11:30 -12:00; the presentation is from 12 to 1:00 pm. 2nd Floor Conference Rooms A&B, CPH, 50 Leroy St. Potsdam. **RSVP to Deborah at (315) 261-5413 (Office) or dchaselauther@cphospital.org on or before 11/4/19.****

**YOUR HELP IS APPRECIATED! The Chapter will be partnering with Office for the Aging's (OFA) Holiday Basket drawing from within the home delivered meals program. We are filling an AARP tote with new items requested by OFA: Blankets, non-slip slippers, puzzles, books, CDs, DVD, Boxed Candy, Knitted Pieces, Kitchen Items, Holiday themed gifts, lotions, gloves, scarves, etc. No food, please. Donate what you can and bring to the November 12<sup>th</sup> luncheon.**

- **11/12/19 -- 11:45 am to 1:30 pm – FREE Lunch, Potsdam Town Hall Community Rm. prepared by your Board members. Squash Soup, Chili, Roll/Corn Bread, Salad, Dessert, Beverage. At 12:30 pm, recognition of Native American Heritage Month by presenter Susan Stebbins, Ph.D. Her topic will be *Our Neighbors: the Iroquois*. **RSVP to Karen at 315-265-6705 on or before 11/8/19.****
- **12/10/19 -- 11:30 am to 1:30 pm – Last Luncheon for 2019 at Lobster House (order on your own). Vote on new Chapter leadership for the period 2020 through 2021. Induction of new officers and a fun, thank you **regifting exchange**. Feel free to bring something unused that you purchased (do not spend more than \$10) or was given to you by someone else. **RSVP to Karen at 315-265-6705 or aarp2831@gmail.com on or before 12/5/19.****



## What are you thankful for this year?

### AREA EVENTS THAT MAY INTEREST YOU...

**Canton Enriched Housing – a subsidiary of United Helper's Sparx program**, has operated the kitchen facility at the Canton Senior Housing Complex since 2011. Our staff in DeKalb prepare the food and it is delivered in bulk to the site. From there, Enriched Housing staff take care of approximately 55 people per day. As of 10/31, the Enriched Housing program would be closing and their staff would no longer provide service to these residents.

The Enriched Housing program had a total of 4 staff assisting the program. If I am granted permission to hire 1 staff member, I will be looking for volunteers from the community to assist with delivering meals to clients in the two high rise buildings. If you know of anyone who might be willing to help out; even a day a week, please have them contact Andrea Montgomery (Office for the Aging) as soon as possible. We will be looking for volunteers, Monday – Friday, 10:30 am – 12:30 pm.

**GENERAL ELECTION VOTING: Need help? Call Bd of Elections at 315-379—2022.**

- **10/26/19 to 11/3/19: Early Voting at Board of Elections, Human Services Bldg, Canton. Office Hours are weekdays 9 am to 5 pm.**
- **11/5/19 If you're voting ON ELECTION DAY, go to your regular polling location.**
- **11/19/19: 8:30 to 4:30 pm at Clarkson's Cheel Campus Center/Barben Rooms. FREE North Country Active & Healthy Transportation Network Workshop. KEY EVENTS: Essentials of Healthy Community Design and Complete Streets Implementation and Outdoor Walk Audit; Asset Mapping & GIS Tools; Transportation Network Planning Exercise; Successfully Implementing Complete Streets; Secure Funding for Your Community's Transportation Activities.**

## Bring on the Warm Fuzzies to chase away the Cold Pricklies

With the holidays ahead, many of us are going to experience a rush of feelings – positive or otherwise. How you manage to keep on track will be key?

### HEALTHY LIVING THROUGH FOOD, EXERCISE, and THOUGHT.

A fun, delicious way to help improve your health is through your **food choices**. From trying new recipes to eating a variety of foods from each food group, you can add interest – as well as nutrition – to your daily diet.

- Cut down on salt;
- Eat at least five servings of fruits and vegetables a day;
- Drink plenty of water each day.

“**Working Out**” can sound just like that – work. But exercising or working on your strength and fitness doesn’t have to be hard.

- Simply walking may be key to improving mental and physical health and lowering the risk of many diseases, including heart disease, stroke and Type 2 diabetes.
- Move your body 30 minutes each day;
- Avoid sitting for long periods of time. Move for a few minutes every hour.
- Work to achieve one personal fitness goal.

**Staying positive**, looking for the good and reflecting on the gifts in your life can impact more than just your mood – it may improve your health. A 100@100 Survey showed that “keeping a positive attitude” was the most important factor in staying healthy.

- Connect with an old friend;
- Watch a funny video and laugh out loud;
- Start a gratitude journal.
- Practice acts of kindness by doing things for others.

**Teach Your Brain New Tricks!** Some specialists agree that “brain games” keep your mind active, energizing your thinking can both “turn on” neurons and create new ones.

**Don’t Let Stress Weigh You Down.** Living with stress day in and day out requires a change. Ongoing stress can lead to health issues like high blood pressure, poor sleep and depression.

### TIDBITS

- One in 3 people will develop shingles – a reaction to the chicken pox virus.
- 55% of men don’t get an annual checkup. Showing up once a year can help avoid multiple visits down the road.
- 80% of adults aren’t current on their tetanus, diphtheria, and pertussis immunizations.
- Need a cold pack? Wet (not drippy) a new sponge, put in a plastic bag and freeze. A sponge will weigh 1/3 that of ice packs and you can buy (or cut) sizes according to the container in which they will be used.
- **\$500** – the average amount people spend each year buying two lattes a week.

## BUY HEALTHY

### What do PLU codes say about your produce?

You know those little stickers on fruits and veggies? They’re called **price look-up (PLU) codes** and they contain numbers that cashiers use to ring you up. But you can also use them to make sure you’re getting what you paid for. Here’s what to look for:

- A five-digit number that starts with a 9 means the item is [organic](#). If you **don’t see a label with 5 digits** it is safe to assume your fruit has been grown with pesticides and chemicals in probably depleted soil.
- A four-digit code beginning with a 3 or a 4 means the produce is probably conventionally grown. For example, regular small lemons sold in the U.S. are labeled 4033, large are 4053; small organic lemons are coded 94033, large are 94053.
- A five-digit code that starts with an 8 means the item is genetically modified (it has genes from other organisms). You won’t see many of those because only genetically modified versions of corn, soybeans, canola, cotton, papaya, and squash are now widely sold. And because PLU codes aren’t mandatory, companies can label those items as conventional. The problem is that although an estimated 60 to 70 percent of food items sold, including packaged goods, have genetically modified ingredients, little is known about the long-term effects of consuming them, and concerns have been raised about an increase in allergies and other health issues. For more info, visit the [Non-GMO Shopping Guide website](#).



**Bottom Line:** If you buy your fruits and veggies during off season, organic would be the best choice. Remember, in order to be certified USDA Organic the farmer has to jump through hoops and hoops and go through years of testing his soil before he can grow anything on his land. Your local farmer may choose not to certify himself organic due to cost reasons but still be an organic farmer according to the way he grows his fruits and Veggies. How do you know? Just ask him/her! Always choose local first, then read your labels at the market and choose the NUMBER 9 as the first of five digits when you can!!