

Senior Living



A SPECIAL SUPPLEMENT TO
The Malone Telegram
APRIL 2026

Variables to consider before downsizing a home in retirement

Metro

Aspiring to save money in retirement makes perfect sense. Once professionals call it a career and are no longer drawing a paycheck, cutting back on expenses can be a sound decision that ensures seniors won't outlive their money. And housing remains a significant expense, even for retirees who own their homes and no longer have monthly mortgage payments to make.

Many retirees seeking ways to save money consider downsizing their homes. According to the National Association of Retailers, 12 percent of people between the ages of 60 and 69 who move indicated their home was too large, and that percentage grows among movers between the ages of 70 and 78 (16 percent) and those who move after turning 79 (18 percent). Downsizing a home in retirement can seem like an ideal means to saving money after calling it a career, but individuals pondering such a move should consider a num-



ber of variables before putting their homes up for sale.

COSTS

Downsizing may help retirees lower their property tax obligations, reduce their utility bills and lower their monthly mortgage payments (for those who are still paying off a mortgage on their current homes), but that does not mean moving will not incur new expenses that render such savings

moot. Expenditures like closing costs, real estate commissions, moving-related expenses, and capital gains taxes can quickly add up. In addition, retirees who currently do not pay homeowner's association fees may be subjected to such fees when moving into a new home, and those fees can be substantial and hard to avoid. Indeed, recent data from the U.S. Census Bureau indicated that 71 percent of new con-

structions in the western and southern United States were built in communities with homeowner's associations. Prior to downsizing, current homeowners should calculate all of the costs related to relocating, including anticipated HOA fees, to see if downsizing is to their financial benefit.

SOCIAL BENEFITS

Another variable that merits consideration is the impact that moving can have on seniors' social lives. The World Health Organization reports that more than one in 10 seniors experiences loneliness, which can adversely affect their physical and mental health and potentially reduce their life expectancy. Retirees currently living in communities in which they are socially active should weigh the effects of leaving that social network behind. Retirees also can weigh the benefits of moving to 55 and over communities where they will be surrounded by people at a similar stage in life, and how living in such developments may im-

prove their social lives.

ADJUSTING AND ADAPTING

Downsizing will require an adjustment period and a willingness to adapt. Retirees may have an emotional attachment to their current homes, and leaving that behind can be a difficult adjustment. Adapting to life in a new community also can be challenging, particularly if retirees are moving from areas where there are no restrictions regarding their properties to communities where homeowners' associations must approve of any changes to properties. Moving also may require finding new health care professionals, which can be a particularly difficult adjustment for retirees who have spent years building a strong rapport with their current health care team.

Downsizing a home might be a pathway to more financial freedom for many retirees. Seniors considering such a move can consider a number of variables to determine if moving is in their best interest.

Seniors and the dating scene

Metro

Dating in one's golden years is a common experience for many seniors. Whether it's the result of a loss of a spouse or other life events, many people find themselves looking for love in their golden years.

According to statistics from The Senior List and the Pew Research Center, roughly one-third of adults 65 and older in the United States reported being single in 2022, a percentage exceeded only by people between the ages of 18 and 29. Many older singles are not looking for a committed relationship; some just want to have fun exploring the dating scene. With that in mind, here's how seniors can explore dating, which may look and feel a little different than the last time seniors were dating.

IDENTIFY YOUR REASON FOR DATING

Seniors should establish the reasons they are ready to get

back into the mix. Identifying the motivation for mingling can help set the right course for finding a partner. Sometimes it boils down to wanting someone to share hobbies, go to dinner or travel with. Some seniors like the idea of having a relationship with someone, but living apart with their own homes and sense of independence. Others are looking for the next Mr. or Mrs. Right, and want a partner to share their life with in all ways.

GOING DIGITAL

While meeting people in person is possible, particularly when those with similar interests are pulled together through clubs or social events, the dating world has increasingly moved online. Online dating is a popular and modern way to meet new people. Apps like OurTime and SilverSingles are geared specifically to the older demographic, while Bumble is women-led.

Meetup is not a dating app, but one for meeting people with an interest in sharing specific experiences.

BE OPEN AND HONEST

Great relationships are rooted in honesty. Individuals should skip the 'glory days' photos of their youth or even 10 years ago and use current photos for dating apps. People should be specific with what they are looking for, like a travel companion to go to Europe or someone who enjoys trying the local culinary scene. Being honest and specific increases the chances of finding a good match.

BE SAFE

Seniors are often the targets of scams, and by tugging at the heartstrings, scammers can exploit vulnerabilities. AARP says nearly 60,000 people reported romance scams to the Federal Trade Commission in 2024, when victims reported



METRO

losing \$2.95 billion. Wanting to move conversations off of dating apps and directly to texts or other messaging platforms where they can't be monitored is a red flag. Scammers often indicate they live far away and can't meet in person and will give excuses to that effect. Others will promise the world and be in constant contact. It's a cause for concern anytime

a person mentions needing money or having an investment opportunity. If and when a senior meets with a date, the interaction should take place in a public location for the first several dates. Double-dating with a friend also can be a safe approach.

Dating in one's golden years requires some adjustments and an emphasis on safety.

How some seniors benefit from looking after their grandchildren

Metro

Modern seniors are spending a lot of time with their grandchildren, and much of that time is spent providing care for youngsters, which might be helping grandparents in some unique ways. According to the National Poll on Healthy Aging from the University of Michigan's Institute for Healthcare Policy & Innovation, 8 percent of grandparents provide daily or near-daily care for their grandchildren. One in five grandparents reports providing care for one or more grandchildren at least once a week.

Though it can be a tall order for grandparents to look after their grandchildren, the time grandparents spend with their children's children can provide some unique benefits. The National Poll on Healthy Aging found that 72 percent of people with grandchildren indicated they hardly ever

feel isolated, compared to 62 percent without grandchildren. The poll also found that 13 percent of seniors without grandchildren indicated their mental health was fair or poor, while just 9 percent of seniors with grandchildren characterized their mental health in that way.

Grandparents spending ample time with their grandchildren also may help to build stronger social and cultural connections between themselves and their grandkids. The healthy aging poll found that slightly more than six in 10 grandparents indicated they shared at least one meal with a grandchild or grandchildren over the previous month, and nearly half indicated they had prepared food for them. In addition, 36 percent of grandparents indicated they had baked or cooked with their grandkids over the previous month. One researcher who worked

with the team behind the poll noted that eating and cooking with grandchildren affords grandparents an opportunity to pass down knowledge and recipes to younger generations.

Caregiving for grandchildren can be a tall order for grandparents. However, seniors who provide such care may be benefitting in some unique and important ways.

NEED HELP FINDING THE RIGHT MEDICARE PLAN?

Call me for a **FREE, no obligation** consultation!



STEVE CRISS Licensed Insurance Agent

stevey33@outlook.com

(518) 566-7432 TTY:711



LET'S TALK!

This is an advertisement. By calling the number provided you agree to speak with a licensed insurance agent about Medicare Advantage, Prescription Drug Plans, or Medicare Supplements. We do not offer every plan available in your area. Currently, we represent 9 organizations that offer 39 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. Not affiliated with any government agency including Medicare.

The Farrar Home

Setting Adult Home standard since 1900

An Independent Lifestyle in a Supervised Setting

Private rooms include bath, cable TV, phone, and wireless internet. Handicap accessible.

- Medication management by a capable, caring staff
- Rental assistance for veterans and spouses.
- Long term care insurance accepted
- Respite Care available

**Stop in or call for appointment
(518) 483-7550**

46 Constable St. Malone • www.farrarhome.org



Rethink Retirement Living

The Mohawk Indian Housing Corporation advocates for and provides safe, sanitary and affordable housing located in Rooseveltown, New York.

Our housing is located in a quiet area a short distance from medical facilities, community centers, shops, and churches.

Benefits include: Free parking, snow & garbage removal, lawn care, bus shuttle, weekly bingo and special events. On site laundry, mail delivery, and resident manager.

Mohawk Indian Housing, Corp.

Hogansburg Housing DFC Inc.
188 McGee Road, Akwesasne, NY 13655



**VACANCIES AVAILABLE
SCHEDULE YOUR VISIT TODAY!**



Housing - It's What We Do - 518.358.4860

VOLUNTEER

MONTHLY VOLUNTEER INFORMATIONAL SESSIONS



Learn about how you can support your community with compassion!

Wednesday, May 13th

Wednesday, June 10th

Wednesday, July 22nd

10:30 AM - 12:30 PM

Hospice of the North Country
3909 State Route 11, Malone, NY

Registration required:

Email: jrowe@hospicenc.org

Phone: 518-561-8465 or

518-483-3200

Banks are becoming bulwarks against fraud for vulnerable seniors

By **PAULA SPAN**

KFF Health News

The first call came just before Thanksgiving last year. She didn't recognize the phone number, but she answered anyway.

"The person said he was an officer of the Department of Criminal Investigations looking into drug trafficking and money laundering," the woman recalled. He seemed to know a lot about her: the states where she and her late husband had lived; his name and occupation; and her current address in Washington County, Rhode Island.

On her phone, he showed her a convincing badge and a photo ID with his name ("Frank something"), plus an article describing the supposed investigation. The woman, a 76-year-old retiree, denied any involvement.

"You can hire a very expensive criminal defense attorney, or you can cooperate with me," Frank told her.

"Now, when you think about it, it doesn't make any sense," the woman acknowledged recently. But persuaded by the badge and ID, she agreed to cooperate. Otherwise, "I thought they were going to come and arrest me."

Frank called each morning to learn where she was going, what she was doing. His team would be watching, he warned. The woman, feeling "petrified," started looking around as she drove to garden

club meetings. Was somebody following her?

It was all a scam.

Because victims' sense of shame often leaves them reluctant to report such crimes, the extent of elder financial exploitation is hard to calculate. The Federal Trade Commission reported losses of \$2.4 billion in 2024, largely driven by investment and romance scams and impersonations, with total losses much higher.

Americans age 60 and older lose more than \$28 billion annually to financial exploitation, AARP estimated in 2023.

As those numbers rise, because the population is aging and predators are growing increasingly resourceful, banks and investment firms are becoming the first line of defense.

Frank's initial target: her account at Fidelity Investments. He instructed her to

shift about \$250,000 into her checking account, telling the financial adviser at her local office that she and her family intended to buy real estate.

That scheme fizzled when the adviser said Fidelity could not approve the transaction without more information on the property.

So Frank sent her to her local branch of Washington Trust Company to take \$70,000 in cash from a home-equity line of credit. "We don't give out that much in cash," the teller said, quietly messaging the branch manager, who had known the woman and her husband for years.

The manager ushered the woman into her office to talk, and the scam stopped there, with a call to the local police. The woman's assets remained intact, but the experience proved so mortifying that she has not told even her family how close she came to

losing much of her life savings. The New York Times is withholding her name to spare her embarrassment.

"I felt so stupid," she said. "I felt like a fool."

Financial predators targeting older adults represent "a heightened focus for us now," said Mary Noons, president and chief operating officer of Washington Trust.

A regional community bank, Washington Trust cranked up its efforts last fall to advise older customers and their families about finances, including the dangers of elder fraud and exploitation. It published and distributed a booklet called "Age With Wisdom" and brought in an expert on dementia to speak with staff members.

And it became one of the 1,500 financial institutions to date to use BankSafe, a free AARP video program that trains front-line employees to spot the red flags indicating

possible elder exploitation and to intervene. Everyone at the branch where the 76-year-old banked had taken the training.

"Some older customers visit their bank far more frequently than they see their health care providers," Noons pointed out.

Until recent years, financial institutions placed "more of an emphasis on the autonomy of the client," said Pamela Teaster, director of the Virginia Tech Center for Gerontology and an elder abuse researcher. Their approach was, "an adult has the capacity to make poor choices, and we're going to let them make them," she added.

But changes in government and industry policies and practices have encouraged greater vigilance. Congress passed the Senior Safe Act in 2018, protecting banks and financial firms from liability if they reported suspected exploitation to authorities.

That year, the Financial Industry Regulatory Authority began requiring member firms to ask for a trusted contact person when investors open or update accounts. (The account holder isn't obliged to provide one, however.) And since 2022, it has allowed firms to place holds on older investors' transactions if they suspect exploita-

See **SCAM T10**



\$2.99 for 30 DAYS

ALL-ACCESS DIGITAL TRIAL

The Malone Telegram

Go to mymalonetelegram.com
and click on **SUBSCRIBE** to start!

Unsure about companion robots for seniors?

Here's why some can't wait.

By **LEANA S. WEN**

The Washington Post

"I hate this!" That's how Jude from Oregon reacted to my newsletter last week about Abi, the AI-powered companion robot that has been deployed in some senior care facilities to reduce isolation.

"I'm 84, still independent and active," Jude explained. "This whole idea sets off all sorts of alarm bells. In an era when solitary people are falling in 'love' with AI chatbots, and vulnerable teens are goaded into suicide by what they find on unregulated social media, I don't see this project as a move toward life-enhancing, humanistic values."

Jude was far from alone. "It's a very sad day when robots take the place of a live human being," wrote Stephen from Massachusetts. Agnes from Virginia agreed, adding that she found robots as well as other age tech that I've written about, such as using televisions to communicate with elderly family members, "simply ignorant and offensive."

Many readers pointed out the limitations of the companion robots, which for now are largely focused on social interaction. "Can Abi administer medications?" asked Richard from Ohio. "Bathe a patient?"

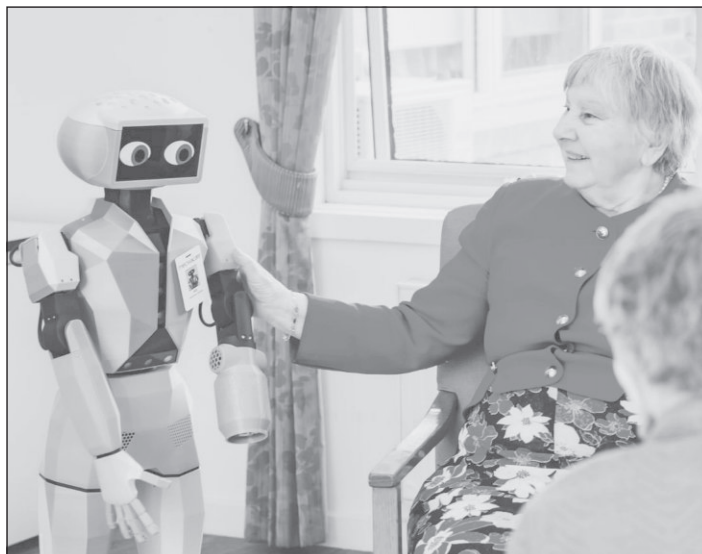
Lift a patient out of bed and transfer to wheelchair? Change an adult diaper then clean the patient? No. So what good is she? This is about allocation of scarce resources and return on investment. The cost of a robot could cover the salary of a human aide."

Annie from Virginia, a long-time home care nurse, similarly explained that what values most is help with the physical tasks of caregiving. "I would have loved help with physical tasks, especially I got on in the years myself," she said. "That's the part a lot of family caregivers need help with, too. Conversation is the most meaningful part of caregiving, so why have technology to replace that?"

I understand these readers. The idea of having to depend on an AI-powered robot for companionship can be unsettling and frightening. It forces us to confront difficult truths about aging, isolation, declining physical abilities, families who live far away or are not present at all and the loss of dear friends. It also reflects the very real shortage of caregivers and the gaps that already exist in senior care.

But those who find the concept of robot companions horrifying should consider the surprising number of messag-

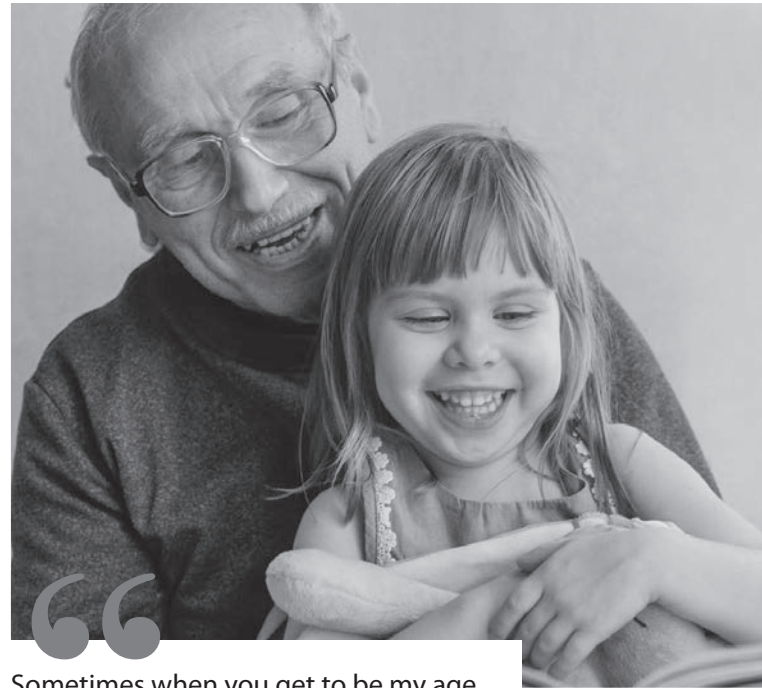
See **ROBOTS**



Abi, an AI-powered companion, interacts with a resident at a senior care home in Melbourne, Australia. Andromeda Robotics

We're looking for volunteers to make a positive difference in a child's life.

Foster Grandparent Program is a local program that shows you how you can apply the skills and wisdom you have acquired throughout your life to make a difference in the lives of others. Get involved in the community and build relationships to last a lifetime.



Sometimes when you get to be my age, you wake up and say what good am I and along came the Foster Grandparent Program that keeps me going!"

Roy Foote
age 83
Foster Grandparent

JOIN THE FOSTER GRANDPARENT PROGRAM TODAY

Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities.

They are placed in a classroom setting with a child or children who are in need of emotional support, development of basic learning skills, friendship, companionship, encouragement, individual attention, and unhurried help. The program currently has 40 volunteers and serves more than 100 kids per year.

The Foster Grandparent Program is hosted by the Catholic Charities of the Diocese of Ogdensburg and supported by AmeriCorps Seniors, a federally funded agency responsible for building volunteer based programs for over 50 years and counting.

Provides a small bi-weekly, non-taxable stipend that cannot be held against any current benefits and mileage for your travel. Additionally, paid holidays, vacations, sick and personal leave.



80 Park St., Suite 2, P.O. Box 701
Tupper Lake, NY 12986

Want more info about how to get started?

Contact Melissa Howard,
Volunteer Coordinator

PHONE: (518) 359-7688 |

EMAIL: mhoward@cathcharities.org

Different ways seniors can embrace AI

Metro

Keeping up with technology has become a full-time job for many people. The devices individuals rely on continue to evolve at a rapid pace. While younger generations who were raised on technology can adapt with ease, seniors may have a slightly more lengthy learning curve, particularly when it comes to artificial intelligence (AI).

AI is no longer a sci-fi concept; it's a component of daily life. AI can do everything from summarize emails to turn images into quirky cartoons to answer health-related questions. According to the 2026 AARP Tech Trends Report, AI usage among people ages 50 and older has nearly doubled in the last two years. Thirty percent of seniors are navigating the AI frontier, and there are many ways AI can be put to good use.

¥ Aging in place: AI technology can be used to ensure



METRO

seniors can enjoy their independence longer than they otherwise might. AI-powered homes can do a lot of the work for most seniors, and safeguards can help protect them. For example, radar-based sensors can detect a fall without the use of cameras and alert emergency services. AI can automatically adjust environments by illuminating hallways or shutting off a stove if it has been left unattended, according to Age Safe America.

¥ Health monitoring: A primary driver for AI adoption, health is something that can be managed and even improved with the use of AI. The

University of Michigan National Poll on Healthy Aging found that more than half of seniors like AI devices for aging in place. AI can summarize complex medical reports or produce meal plans according to nutritional guidance. Smart pill dispensers use AI to track adherence and can help keep a person safe.

¥ Companionship: Loneliness and social isolation is a real concern for seniors. AI conversational partners can initiate conversations, suggest activities or tell jokes. The National Institutes of Health

says AI-driven interventions using social robots or digital human facilitators have led to significant reductions in loneliness among adults ages 55

and over Artificial intelligence is being integrated into many facets of daily life. Seniors can benefit from AI in many unique and useful ways.

AllenCare Medical Transport

AMBULETTE SERVICE

Medical Appointments
Hospital Discharges • Dialysis
Family/Special Events

CALL FOR PRICING & SERVICE

518-651-9983

Accepting Medicaid, Fidelis, VNA
Barry & Melodye Russell, Brushton, NY



Enjoy Stress Free Living In Our Quiet Community!

- Fully Equipped Kitchens • Handicapped Apartment Available
- Laundry on Site • Affordable Rent
- Rent Based on Income for Qualified Seniors (62 or Older) • Smoke Free Environment

Bangor, Brushton, Moira & St. Regis Falls

MAPLE LEAF HOUSING, INC.

To Join Our Wait List, Please Call

518-483-0548

Now Offering Affordable Wills & Trusts

- Budget Friendly**
- Easy-to-use**
- Unlimited Member Support**

Scan to get started

Are boomers the real iPad babies?

By SOPHIA SOLANO

The Washington Post

The phone never leaves their palm. It beeps and beeps at odd hours, threatening anyone in the vicinity with the sensory overload of a full-blast Facebook reel. It's a constant companion, but a distracting one, when it comes to family dinners and nights with friends and restaurant outings. And when they're in the solitude of their own homes, that phone is a compulsive doomscroll device that devours hours at a time.

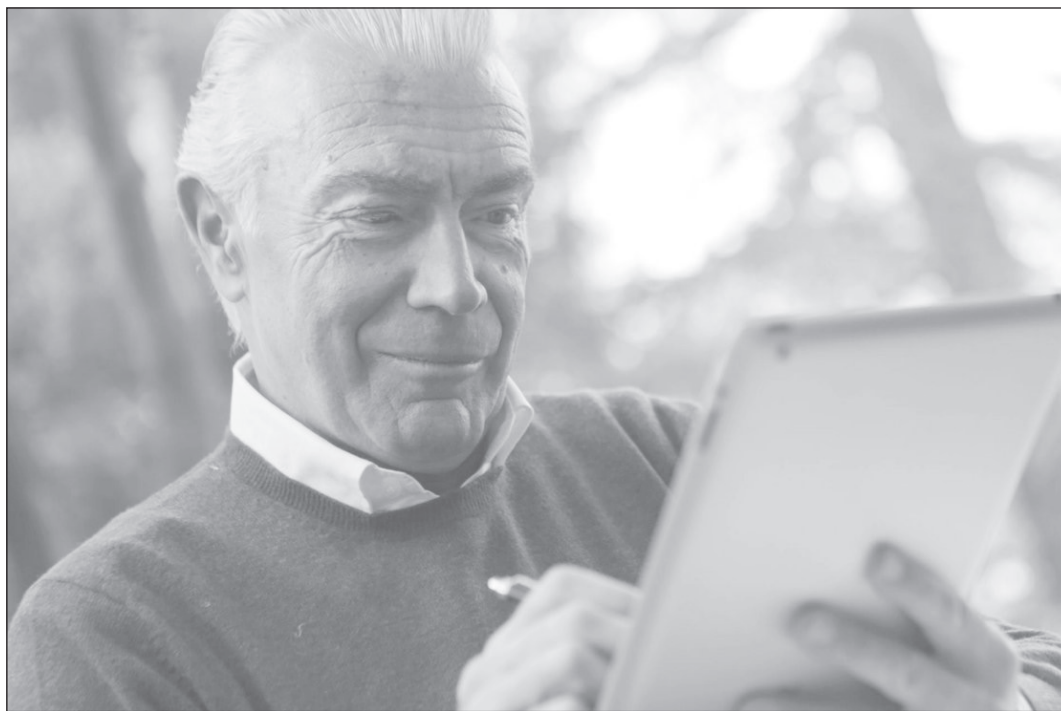
They're not iPad babies or screenagers or anyone whose birth year starts with "2." They're AARP members who love an early-bird special and a roomy sedan. Research shows social media use is growing among people 65 and older — from 11% in 2010 to 45% in 2021 — and some of their children and grandchildren are worried they're slipping quietly into screen addiction.

Among those children is James Sullivan, who noticed his parents' phone use skyrocket after they retired to an age-restricted independent living community in Florida.

"I would go over there for dinner and they'd be on their phone scrolling through Facebook, looking at AI memes or something," said the 24-year-old multimedia producer. "I would be like, 'Well, you know, why did I even come here? I could have done this online. I want to talk to you guys in person.'"

While Brendan Moriak was watching videos about how to decrease his phone use, his dad was across the country, deep in a chatbot binge. Moriak knew he had a screentime problem. Like other Gen Zers, he's taken interest in recent years in ways to get off his devices. But he was worried his dad might not recognize his own tech use issue.

Moriak, a 25-year-old film orchestrator, noticed that since he and his brother moved out, his Gen X parents' phone use has skyrocketed — and in unexpected ways. His mom asks AI which type of towels to buy. His dad used it to write a jukebox musical.



Research shows social media use is growing among people 65 and older — from 11% in 2010 to 45% in 2021 — and some of their children and grandchildren are worried they're slipping quietly into screen addiction. Pexels

"Gen X and Boomers are now ChatGPT-pilled and addicted to their phones," he said. "It's definitely swapped, where my parents are on their phone more than I'm on my phone."

Stories like these aren't uncommon, especially from disgruntled digital-native Gen Zers and millennials on the internet. One viral Reddit thread — called "Are all of our parents addicted to their phones?" — points to a bleak new reality:

"My father is glued to Twitter. ... I can barely get him to acknowledge me when I say something to him," wrote one poster.

"Dude, I am in a 4 person bowling league with my sister and parents," wrote another. "Our boomer parents sit there talking to no one while playing some stupid a-- slot machine games or scrolling FB."

And finally: "I see my folks once every two years or so, and I often spend the whole week 'watching TV' with them. And by 'watching TV,' I mean my stepdad watching YouTube and my mom playing Candy Crush for hours while the TV is on in the background."

We can already hear the choir: "Not all boomers!" That may be true, but it's not just anecdotal. An October sur-

vey found adults 50 and older spend a cumulative 22 hours per week on their devices, and adults 65 and up spend nearly twice as much time on YouTube (which just edges out Facebook as their most used app) as they did two years earlier, according to a 2025 Nielsen study. According to research firm GWI, the newly retired are more likely than people under 25 to own tablets, laptops and smart TVs.

Despite countless studies about teenage screen time use, the impact of phone addiction during retirement — which coincides with the typical age of cognitive decline — has yet to be fully understood. Research doesn't yet tell us what it means for individuals. Or for their families.

One Washington woman, who spoke on the condition of anonymity so she could freely talk about her in-laws in a national newspaper, said her husband's parents visit just a handful of times per year. During those visits, they spend much of the time scrolling Facebook and reading news apps and online shopping for their grandbabies — but very little time playing with them.

"If Grandma can't even read

'Goodnight Moon' without taking a call, what is she telling her grandkids? Is the other person or device more important than you?"

Like so many wretched things in 2026, this phenomenon has roots in the pandemic. When religious services, craft circles, book clubs, doctor appointments and family reunions went online in 2020, so did the retired. Navigating telehealth appointments and virtual socializing ultimately made some older adults feel more confident in tech use and adoption, according to research from EnviroNics.

Perhaps even more relevant is the life experience of the typical retiree. A decade ago, seniors may have never encountered a computer in their professional life or made the switch from a flip phone to a smartphone. Many contemporary retirees are as technologically literate as today's teenagers.

Teresa Searcy, a former paralegal now retired in Lexington, says she spends about four hours per day on her phone, often scrolling social media or playing "Words With Friends" "when there's nothing particularly good on TV."

"I'm 74, so I was still working when things started becoming technical," she said. "I remember going from regular typewriters to word processors to computers at work."

Dave Merritt is head of the Technology Committee at Leisure World (a Maryland 55-plus community so large it's census-designated), where he's noticed an uptick in phone use. For the last decade, he's run a technology resource center for the community.

"I've seen the diminishing of basic questions, like 'I don't have any idea about a cellphone, I've never touched a computer before,'" he said. "What you're seeing now is more of the younger people asking [him], 'Gee, tell me more about AI, I've not touched it. What do you suggest?'"

There's also the ample unstructured time retirement can bring. Several adult children interviewed for this story noted that their parents found screen-based hobbies in retirement. And as sleep becomes more challenging for some older adults, that idle time becomes screen time.

"My parents get, like, four hours of sleep at night," Sullivan said. "That's four extra hours that [they] are on their phones."

Today, everyone and their mother (or grandmother) uses screens. But it can be challenging to differentiate the severity of that use between a bad habit, a problem or an addiction. Elizabeth Santos, the president of the American Association for Geriatric Psychiatry, said there's one easy-to-cross line that signals an issue.

"Some people will use it for avoidance, right? 'I don't have to be with other people because I have this screen, I have these other means of communication that bypasses the real person,'" she said. "If you are choosing to be with a screen rather than an opportunity to be with real people, that's a problem."

Santos is also the medical director for clinical outpatient programs focused on old-

See IPAD T10

Robot

From T5

es I received from readers who found them appealing.

“I love this!” said Aguila1, in the article’s comment section. “I can talk the tail off a donkey! I think the robot and I will be great friends. ... I’m in my 70s. Still pretty fit with lots of friends and community. However, the numbers are depleting. Great to know there may be a backup plan!”

“I think [Abi] would be perfect for me living alone as an 83-year-old,” wrote Jim from Massachusetts. “She will improve to the point where she can just keep an eye on me and watch for changes in behavior, falls, etc. I have already been in touch with [the company] and am on the waitlist.”

“Sign me up!” wrote Andrew from New Hampshire, who lives in an assisted-living facility. “My wife has early dementia, and she and I would both love to have something/someone who can come up with puzzles, word

games, quizzes and activities. How about teaching us a new language?”

Another commenter, 1elf, wrote that they have seen many older friends depend on other seniors for social contacts. “If they’re living outside of a facility, sometimes there is almost no one left who is a close friend still able to drive and visit often. This is especially true of seniors who have no close family or are single. Some of my married older friends with a spouse who is significantly handicapped might appreciate having a robot that

can act as a caregiver for a few hours a day, allowing the human caregiver some respite time.”

This commenter added that though most of the staff they’ve encountered in nursing homes are well-meaning, they may not have time to provide companionship. “So a robot seems like a good alternative. Think of how many people enjoy pets because they mostly aren’t demanding and give support; a robot wouldn’t be that much different but without the need to walk them even on rainy days, feed, and clean up after

them. ... A robot also would be much more engaging than the TV screens that, when you visit an assisted-living facility, seems to be what passes for recreation during much of the day/evening for some of the more disabled residents.”

AI companions will not be right for everyone, and they should not be a substitute for human connection. But there may be value in exploring tools that can help people stay mentally engaged, feel less alone and give older adults more options for how they want to live.

Malone Family Health

Now Open!

Welcoming new patients.
Call 518-824-2562 or
schedule online.



[HHN.org](https://www.hhn.org)

5 ways seniors can get moving

Metro

People of all ages are encouraged to be physically active, and that includes seniors. The Centers for Disease Control and Prevention say seniors ages 65 and older should aim for at least 150 minutes per week of moderate-intensity aerobic activity and at least two days a week of muscle-strengthening exercises. Although some people may be drawn to the gym, others with no such preference may need to identify other ways to incorporate more physical activity into their lives.

Seniors can stay active in various ways by enjoying activities that get them up and moving. The following are five ideas to get started.

1. Play a sport. Pickleball and padel are the fastest-growing recreational sports among seniors. Pickleball blends tennis and badminton while padel blends tennis and squash. These activities combine challenging cardio workouts with a social component.

2. Go dancing. A recent meta-analysis found that group dancing enhances social interaction while providing moder-

ate aerobic exercise. Dancing is fun and can get anyone to break a sweat, and it doesn't feel like exercise.

3. Join or start a walking club. Seniors can engage with other like-minded individuals by turning their daily walks into something that offers companionship and exercise. An app like Charity Miles offers an additional layer of purpose to the activity, as it turns walks into fundraising opportunities.

4. Take up gardening. Gardening can be a thorough workout. The Royal Horticultural Society says gardening provides moderate-intensity, full-body exercise that burns approximately 165 to 300 calories every 30 to 60 minutes.

5. Consider aquatic endeavors. High-intensity interval training (HIIT) in the water is a new exercise trend that allows people to elevate their heart rates without placing any extra strain on the joints. Water activities in general tend to be easy on the body but provide immense benefits for flexibility and gentle resistance. Everyday Health says HIIT in a pool can improve fitness ca-

capacity roughly as much as HIIT done on land.

Seniors have various op-

tions to stay active and keep moving. Many such activities are entertaining and social in

nature, which can help seniors maintain a commitment to being physically active.



IT'S YOUR TURN TO WIN!

AMERICAN MONEY PAYOUTS FOR GAMES 1-6

BINGO!

CASH PRIZES

EVERY TUESDAY! Starts at 7pm

It's Your Turn to WIN!

Cards can be purchased at

<p>ON ROUTE 37 WEST AKWESASNE</p> <ul style="list-style-type: none"> American Legion Post 1479 Akwesasne Mini Mart Big Boys Gas & Tobacco Bear's Den Crossroads Tobacco Keegan's Tobacco 	<ul style="list-style-type: none"> Smokers Warehouse Twin Leaf Akwesasne Western Door Wild Bill's One Stop <p>ON ROUTE 37 EAST AKWESASNE</p> <ul style="list-style-type: none"> Another Damn Cigarette Shop 	<ul style="list-style-type: none"> East End Convenience Queen Leaf Dispensary Smoke Stacks Tobacco Smokey's Tobacco Speedway Convenience Truck Stop #9 Twin Leaf Express Wolf Pack Gift
---	---	---

518.358.3426 / 518.358.3427

Find us on Facebook
CKON RADIO

MEDICARE

HEALTH PLAN QUESTIONS?

CALL YOUR LOCAL AGENT!



NIKKI TOWLE | 518-353-9211

iPad

From T7

er adults at the University of Rochester Medical Center. She notes that young people who grew up with technology have parameters — parental controls or basic classroom knowledge about how screens affect their maturing brains.

“Who’s going to do that for an older adult?” Santos said, adding that her patients aren’t usually told to pay attention to their screen time until it starts to isolate them or disrupt their sleep. “You have to be aware of what it could be doing for you. It’s one of those things I don’t think we’ve talked about, but will be soon.”

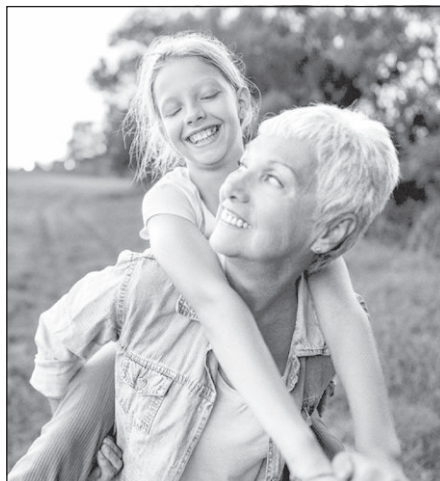
But all phone time isn’t equal. There are AI-generated video doomscrolls that falsify current events, sure. But there’s also sudoku and YouTube videos about gardening. Then there are the ways phone use can combat isolation.

Patrick Raue, a University of Washington researcher who studies interventions for seniors with depression, notes that older adults have similar reported rates of loneliness as teenagers. And that the physical effects of loneliness can be as harmful as smoking 15 cigarettes per day.

“To have [online] social interaction with somebody, if that leads to a feeling that ‘I’ve got a companion in my corner,’ that can be just as powerful as an in-person contact,” he said. “We can’t give up on those remote ways, particularly in cases where it’s somebody’s only option.”

But what happens when the other option is a real live human in front of you. Maybe even one you raised? For Sullivan, the multimedia producer, his parents’ phone use triggers a deeper fear — that generational roles are reversing.

“In an existential sense, it’s scary, right?” he said. “It goes against your entire life experience thus far. You’re being taken care of by your parents, and then slowly you realize, ‘Oh, I kind of have to start taking care of you guys.’”



Metro

A significant percentage of American children are being raised by a grandparent. According to data from the U.S. Census Bureau, 2.74 million children in the United States were being raised by a grandparent in 2021. The USCB notes that such children were living with at least one grandparent who was responsible for most of their basic needs. Grandparents also play a notable caregiving role in Canada, where Statistics Canada reports one in five unpaid caregivers in 2022 reported providing roughly 15

hours of care each week to a grandchild or grandchildren over the previous 12 months. Though the figures from the USCB suggest a growing number of grandparents have taken on caregiving roles in recent years, data indicates that such increases are generally applicable only to older grandparent caregivers. Indeed, the USCB reports that the number of grandparent caregivers between the ages of 30 and 59 declined between 2009 and 2021, while the number of grandparent caregivers ages 60 and older increased during that 12-year period.

Scam

From T4

tion is involved.

About half of states have enacted laws that permit financial institutions to deny suspicious transactions or impose holds for specified periods to allow investigations, said Jilene Gunther, the director of BankSafe.

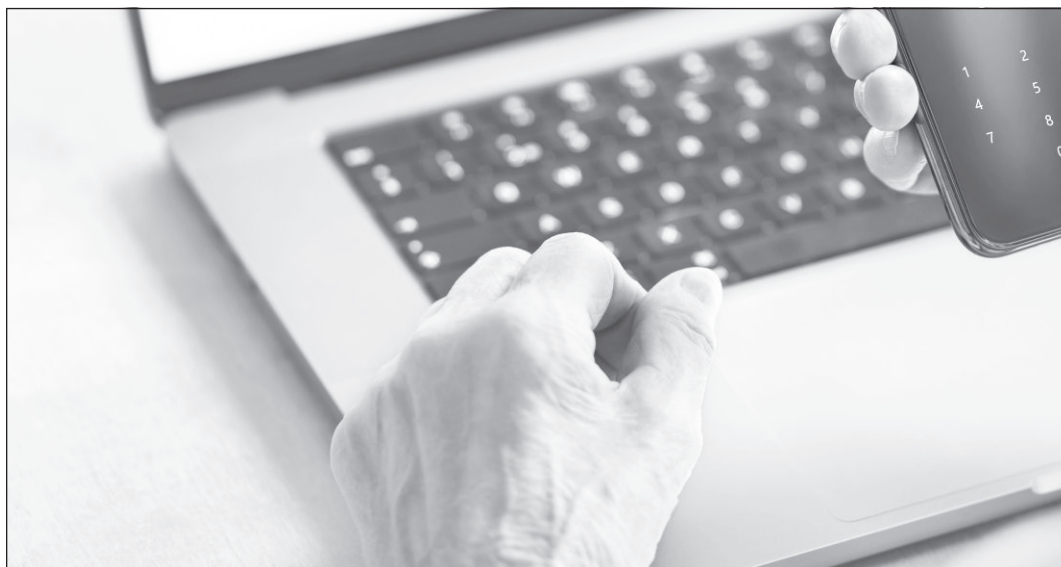
“It adds friction,” she explained. “With space and time, the criminal gets worried and might move on. And the potential mark has time to stop and think.”

Teaster’s analysis of data from BankSafe, during a six-month pilot in 82 financial institutions, found that participants were much more likely to report suspected cases and save customers money than a control group was.

Not all of older adults’ losses result from predators, however. They can, on their own, get caught up in investment fads, take on too much debt, or make otherwise unwise decisions, even without criminals pulling the strings or relatives looting their accounts.

Managing finances presents complex cognitive challenges, said Mark Lachs, co-chief of geriatrics and palliative medicine at Weill Cornell Medicine. “It requires a lot of brain,” he said, including: “Memory, remembering that a bill is due. Executive function, the ability to manage your time. Abstraction, hypothesizing about your future.”

He added, “Financial errors are not infrequently the first sign of impending dementia or



Americans age 60 and older lose more than \$28 billion annually to financial exploitation.

Dreamstime/TNS

a neurocognitive disorder.”

A 2024 study by the Federal Reserve Bank of New York, for instance, found an increased probability of delinquent payments and deteriorating credit ratings in the five years before a dementia diagnosis. Those errors can reduce seniors’ access to credit and raise their interest rates on loans at the very point when caregiving expenses are likely to soar.

Lachs has called on fellow doctors to recognize what he calls Age-Associated Financial Vulnerability, a syndrome that can affect even older people with normal cognition, especially if they contend with medical illnesses, sensory deficits, or social isolation.

And he remains skeptical about the financial industry’s claims of heightened attention to its oldest customers. “I still see concerning financial transactions executed that should have received far greater scrutiny,” he said.

Training more front-line staff members and increasing emphasis on establishing trusted contacts for older customers would help, Gunther said, because “once the money leaves the account, it’s near impossible to ever retrieve it.” More states could enact laws allowing financial institutions to deny suspicious transactions or impose holds.

Several related bills with bipartisan support are working their way through Congress. The National Strategy for Combating Scams Act would require the FBI to coordinate efforts to protect seniors. A bill that restores an IRS deduction would at least provide the consolation of excusing scam victims from paying taxes on money they no longer have.

However, new weapons like artificial-intelligence voice cloning — in which the supposed grandson four states away who urgently needs \$5,000 in gift cards actually

sounds like the victim’s grandson — keep advocates and bankers awake at night.

In the Washington Trust branch where the Rhode Island woman didn’t lose her money, employees just days earlier had stopped a scam similar to the one that had targeted her.

But more recently, nobody spotted any danger signs when an older woman withdrew \$9,000 for a kitchen renovation, until it went to a scammer instead of a contractor.

Produced through a partnership with The New York Times.

KFF Health News is a national newsroom that produces in-depth journalism about health issues and is one of the core operating programs of KFF — the independent source for health policy research, polling and journalism.

What is polypharmacy?

Metro

Polypharmacy may contribute to complications that could jeopardize seniors' health. Johns Hopkins Medicine defines polypharmacy as the regular use of multiple prescriptions. According to data from the National Health and Nutrition Examination Survey and the Canadian Health Measures Survey, 22 percent of adults between the ages of 40 and 79 in the United States and 19 percent of adults in that same age bracket in Canada took at least five medications in the 30 days prior to participating in each survey.

Prescription medications are designed and prescribed to help people overcome various medical conditions, but polypharmacy can contribute to other issues that are worth noting, and some of those conditions can have an adverse effect on seniors' daily lives and overall well-being.

According to Johns Hopkins Medicine, symptoms of polypharmacy include:

- ¥ Reduced alertness
- ¥ Confusion or cognitive problems
- ¥ Falls and accidents
- ¥ Weakness and dizziness
- ¥ Loss of appetite
- ¥ GI problems such as diarrhea, constipation or incontinence

- ¥ Skin rashes
- ¥ Depression
- ¥ Anxiety
- ¥ Excitability

It's equally important that seniors recognize that polypharmacy affects aging adults differently than it affects younger people, as changes in body composition that are a natural part of aging can affect how the body reacts to medications and might affect how different medications interact with one another. The effects of new drugs on seniors also may be unknown, as Johns Hopkins Medicine notes that test subjects for medications may not include older adults.

Polypharmacy is a delicate situation and each individual's reaction to taking multiple medications at once is unique. Seniors are urged to be open and honest with all health care professionals they interact with regarding the medications they're taking.

Report any difficult or unusual side effects immediately. Seniors who feel they might be taking too many medications should address those concerns with their health care professionals, who may deprescribe a given medication and work with patients to find alternatives that can treat existing conditions without adversely affecting quality of life.

"HOME HEALTH CARE IS A WORK OF HEART"

Are you or a loved one in need of a helping hand?



At North Country Home Services we are dedicated to providing top quality care in the comforts of your own home.

Our Certified Home Care Professionals are trained to provide the following services:

- Personal Care Service
- Medication Prompts
- Light Housekeeping
- Companionship
- Grocery Shopping
- 24 Hour access to an RN
- Meal Preparation



For more information visit our website or call us today!

1-800-273-2641 • www.nchs.net

"The Heart of Home Health Care"

ACCESS OUR AWARD WINNING PRIMARY CARE

Have you scheduled your annual wellness exam?



Experienced Providers

Accepting Medicare and Managed Medicare

DR. RICHARDS, DO
Accepting New Patients

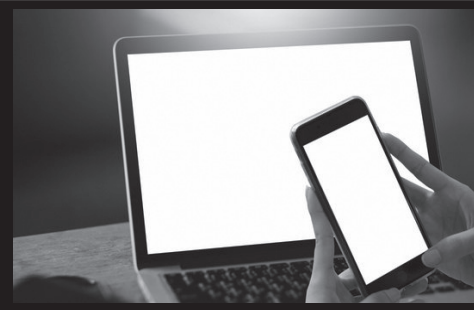


Community Health Center
of the North Country

380 Creighton Road, Malone | 518.483.0109

CONTACT US!

Here is how to reach us...



NEWS

The best way to reach the newsroom is via email. Include your best contact information, so we can get back to you easily. If you leave a voicemail, please leave return contact information and a detailed message that includes subject matter of your call.

To send general news and calendar items, email

news@mtelegram.com

EDITOR

RICHARD ROSENTERER

rrosentreter@mtelegram.com • 315-755-1521

REPORTER

ALEXANDER VIOLO

aviolo@mtelegram.com • 315-755-1524

SPORTS

EDITOR

sports@mtelegram.com

315-755-1523

OBITUARIES

315-661-2347 • obits@wtd.net

ADVERTISING

(518) 483-4700 dial 3
ads@mtelegram.com

ADVERTISING REPRESENTATIVE

KAREN CARRE

kcarre@mtelegram.com • 315-755-1527

ADVERTISING REPRESENTATIVE

GERI-ANN CLARK

gaclark@mtelegram.com • 315-755-1528

CLASSIFIED ADVERTISING

315-782-0400
classifieds@wtd.net

LEGALS

Legals@johnsonnewspapers.com

CIRCULATION &
CUSTOMER SERVICE

315-782-1012 • circulation@wtd.net

The Malone Telegram
mymalonetelegram.com 

Safe ways seniors can lose weight

Metro

The prevalence of obesity among adults 60 and older is significant. According to the Centers for Disease Control and Prevention, 39 percent of adults 60 and over met the criteria for obesity over a two-year period between August 2021 and August 2023.

The National Council on Aging notes the importance of maintaining a healthy weight as you age. Seniors who qualify as obese, which occurs when a person's body accumulates and stores excessive amounts of body fat, carry a higher risk of chronic diseases like type 2 diabetes, heart disease, and certain types of cancer. The NCOA also notes that excess body weight puts a strain on the joints, increasing the risk for osteoarthritis and making daily movements more difficult. People with obesity also are more likely to develop asthma and sleep apnea.

Seniors diagnosed with obesity are urged to seek safe and healthy ways to lose weight. Fad diets and other means to quick weight loss can be dangerous, but the NCOA notes simple lifestyle changes and healthy habits can help seniors safely lose weight.

¥ Consume nutrient-dense foods. Lean proteins, whole grains, fruits, and vegetables offer plenty of vitamins, minerals and fiber but tend to be low in calories. That makes them ideal options for people looking to lose weight, as they contribute to feelings of fullness without consuming a lot of calories.

¥ Incorporate physical activity into your daily routine. Exercise can pose problems for older adults who qualify as obese. The joint issues that can affect older adults with obesity can make traditional exercise regimens that incorporate strength training and moder-



METRO

ate to vigorous aerobic activity very difficult, and maybe even dangerous. But the NCOA notes that exercise need not be intense to be effective. Walking is a great physical activity for older adults. Swimming also is excellent, as it provides a full-body workout that's easy on the joints. Seniors are urged to speak with their physicians

about physical activities they can handle.

¥ Don't sleep on sleep. Sleep can be an effective ally for seniors looking to lose weight. The NCOA notes that seven to nine hours of sleep per night helps support a healthy metabolism and regulate hunger. Seniors who have trouble falling asleep at night can try various

strategies, from avoiding caffeine from the afternoon on to avoiding screens after dinner, to prepare their bodies to get better rest at night.

¥ Work to combat stress. The NCOA reports that stress is a contributor to weight gain. And stress and disorders linked to it are perhaps more common among adults 60 and over than people realize. In fact, according to the Anxiety and Depression Association of America, anxiety disorders, which are a notable source of ongoing stress, are the most widespread mental health condition among older adults. Sufficient sleep, meditation and deep breathing exercises can help seniors combat stress, and that in turn may help older adults avoid excess weight gain.

Obesity is a problem among older adults. Finding safe ways to lose weight can have a profound effect on seniors' short- and long-term health.

Simple ways to save in retirement

Metro

The importance of saving for retirement cannot be overstated. Expenses related to housing, transportation, medical care, and even recreational pursuits remain even after retirees are no longer earning a paycheck, and that underscores the need to build a sizable nest egg. Running out of money in retirement is a legitimate fear for many retirees, including those who did what they could to save for their golden years. According to MetLife's 2026 Paycheck or Pot of Gold Study, 51 percent of retirees who invested in an employer's defined contribution (DC) plan worry about running out of money in retirement. And such fears are growing, as MetLife notes just 30 percent of retirees expressed similar fears in 2017. MetLife notes that rising health care costs and longer lifespans are behind such anxiety, which



METRO

can be tempered when retirees embrace some simple ways to save.

¥ Get a library card. Many professionals aspire to read more in retirement, and this rewarding hobby can be free when retirees get a library card. Retirees can find more than books at their local libraries, which also loan out movies

and sponsor free or low-cost programs for seniors. Such programs might offer financial advice for retirees or sponsor book clubs that serve as a fun and free recreational activity.

¥ Travel during off-peak seasons. According to a recent poll from RBC Wealth Management, 63 percent of respondents see travel as an

important retirement goal. But more than half of those people feel the cost of travel could jeopardize those plans. But retirees can save on travel by choosing to vacation during off-peak times of year. Travel tends to peak at times of year when school is out, such as winter break, spring break and summer vacation. The costs of flights, lodging and rental cars tend to be particularly high during these in-demand seasons. Retirees have more freedom to travel whenever they choose, and they can use that to their financial advantage by avoiding peak travel seasons and saving on flights, hotels and other expenditures.

¥ Take advantage of senior discounts. A wide range of businesses and services offer discounts to senior consumers. Amazon offers more than 50 percent off its Prime membership to seniors receiving certain types of government

assistance, and Walmart Plus offers a similar discount. In addition, retailers like Home Depot and Lowe's, Kohl's and Michael's also offer percentage-based discounts to seniors. Many popular chain restaurants also offer discounts to senior diners.

¥ Utilize credit card incentives. Many credit cards offer benefits like points or cash back incentives. Seniors who have the money to pay their balances in full can use credit cards when purchasing big-ticket items, and then use the travel rewards or cash back benefits to save money on expenses like flights and hotels. Cash back bonuses can be directed however seniors see fit.

The prospect of running out of money in retirement is a notable fear for many retirees. But some simple ways to save can help seniors keep more money in their pockets throughout retirement.

Seniors can emphasize balance when caregiving

Metro

Spending time with grandchildren can make seniors feel young and valued. Grandparents are often asked to step in as caregivers to the youngsters they love. The U.S. Department of Labor reports 2.74 million children in the United States were being raised by a grandparent in 2021, the most recent year for data.

Census data from 2021 also shows one in five Canadian grandparents regularly helps with grandchild care.

Chasing around a toddler or school-aged child can affect seniors differently than it affects parents in their 20s or 30s. Effectively and safely managing the physical and emotional toll of caring for grandchildren may come down to emphasizing balance.

¥ Protect your body. Grandparents should rely on strollers, high chairs and step stools to minimize heavy lifting. When a child wants to be held, a senior can sit on the couch or a chair and have the child climb up to them.

¥ Incorporate downtime. Seniors should schedule quiet time so they can get a physical and mental break. Whether this time involves reading books or engaging in easy crafts, ensuring there are blocks of time for rest is essential.

¥ Conduct a safety check. It's important for a home to be safe for kids and seniors alike. Removing breakable items and covering up sharp edges on furniture and other hard surfaces can protect grandparents and grandkids.

¥ Establish some boundaries. Grandparents should establish clear communication with their own children regarding their expectations. It's important to define a schedule that works for the senior, and he or she should be honest about how much they can manage.

¥ Know the rules. Grandparents should discuss what parents expect regarding screen time, naps, food, and more. A united front from parents and grandparents can reduce the need to negotiate with headstrong children.

¥ Make a backup plan. Seniors should emphasize to their children that they need to have a backup caregiver available for when they are not able to watch the grandchildren. Seniors deserve days off.

Grandparents frequently are called upon to pitch in and help their children with caregiving needs. Bonding with grandchildren can be rewarding, but seniors must balance their own needs with the needs of their children and grandchildren.



METRO

IS SOCIAL SECURITY ENOUGH?

Whether you dream of traveling the world in retirement or simply wish to maintain your current lifestyle, your income from Social Security alone may not be enough. A balanced retirement plan can help supplement your Social Security income and assist you in tackling unexpected expenses.

Contact me today and we'll figure out a plan to help you not just survive, but thrive in retirement.



Harte Solutions
Bradley Harte
 LPL Enterprise, Financial Planner
 274 West Main St.
 Suite 3
 Malone, NY 12953
 518-524-3661 Phone
 bradley.harte@prudential.com
 hartesolutionsfp.com



Live Life Comfortably... Come & See What We Can Offer

12 MONTHS NO INTEREST FINANCING



Flemings
 FINE FURNITURE



424 East Main Street, Malone, NY • 518-483-0114
 shopflemings.com

PARKING IN REAR SIDE ENTRANCE

FREE DELIVERY AND SET UP
 Guaranteed Best Selection, Quality & Lowest Prices



How to find a suitable volunteering opportunity

Metro

Volunteering is a rewarding experience that engages people from all walks of life. While young adults and adults in middle age may find it hard to squeeze volunteering into their schedules, retirees are free of many of the professional and personal obligations that prevent younger adults from volunteering.

Retirees can reap some unique benefits from volunteering. Volunteering can provide retirees new opportunities to socialize, which can help them avoid feelings of social isolation and loneliness that many seniors confront after retiring.

Volunteering also can provide an opportunity for seniors to utilize their professional expertise to the benefit of others.

With so much to gain from volunteering, retirees can start looking for opportunities in their communities. Many such opportunities exist, and the following tips can help retirees find the most suitable one for them.

¥ Identify your motivation to volunteer. Identifying why you



METRO

want to volunteer can be a great first step. Many retirees who had long and distinguished careers in the professional arena aspire to give back by employing their expertise in new ways. For example, retired attorneys may want to volunteer with a non-profit organization that pro-

vides free legal advice to those who cannot afford to hire their own legal representatives. Once retirees have identified why they want to volunteer, they can then look for opportunities that align with that motivation.

¥ Consider any potential limitations you have. Some volun-

teering opportunities are physically demanding, which makes them difficult for retirees. Seniors may not be able to handle a volunteering opportunity that requires heavy lifting or one that asks volunteers to spend hours on their feet. Be honest about any physical limitations, and

discuss any uncertainty you might have with your health care provider before committing to a volunteering gig.

¥ Decide how much time you can volunteer. Volunteering is often characterized as a rewarding experience that offers homebound seniors a chance to get up and go. But some retirees already have active social lives, so it's imperative that prospective volunteers identify how much time they have to volunteer. Many organizations allow volunteers to determine how much time they spend volunteering, but others may ask more of volunteers in regard to a time commitment. For example, volunteering to organize community events may require a significant time commitment that some retirees do not necessarily want to make.

There are many great reasons to volunteer. Retirees considering volunteering can give the prospect ample consideration before they begin searching for the right opportunity to give back.

How seniors can build their social networks in retirement

Metro

Social isolation and loneliness can have a notably adverse effect on a person's overall health. According to the World Health Organization, roughly 12 percent of older individuals experience loneliness, which can have a negative impact on their physical and mental health, quality of life, and even their life expectancy. Seniors have much to gain when they take successful steps to avoid social isolation. Seniors who are concerned about the prospect of social isolation or loneliness or those already experiencing such feelings can try these strategies to build their social networks in retirement.

¥ Reconnect with old friends. It's easy for adults to lose touch with old friends. By the time many adults reach middle age, professional and personal obligations can

leave little time for a thriving social life. Successful professionals may be preoccupied with work projects, and while parents may be juggling their own hectic schedules with their children's obligations. Come retirement, much of those responsibilities have ended, making this a perfect time to reconnect with old friends who also might have extra free time on their hands. Reach out through social media, text message or even a phone call, and let the situation unfold organically from there.

¥ Take advantage of community offerings. Many communities sponsor events for seniors, like bus trips to local museums or stadiums, in an effort to encourage seniors to get out of the house. Retirees can take advantage of these opportunities, which tend to attract like-minded

individuals with the same interests. A bus trip to a theater production will attract fellow arts lovers, and shared interests are a solid foundation for friendship.

¥ Start a local club or group. Starting a local club based on a particular activity is another great way for seniors to build a social network in retirement. Take to social media and express your interest in starting a local book club or walking group. Like community-sponsored bus trips, clubs and groups tend to attract like-minded individuals, providing a built-in pathway to friendship.

¥ Reconnect with your faith. Houses of worship also offer a great way to meet locals and build relationships based on a shared identity. Faith-based communities provide a sense of belonging that can help retirees over-



METRO

come social isolation and loneliness.

¥ Open yourself to new experiences. Trying something new is another great way to make new friends. Many local agencies like parks departments or community recreation offices offer seniors in-person workshops

covering a wide range of activities. These offerings are a great way to discover a new pastime and meet new people along the way. Social isolation and loneliness poses a significant threat to millions of seniors. But there are many ways for seniors to build their social networks in retirement.



Franklin County Office for The Aging

is here to help with services.

BENEFITS ASSISTANCE • EISEP • HIICAP • LEGAL SERVICES • SENIOR REC & ED • HEALTH PROMOTION & MORE!

Assessment and Linkage to Long Term Care Services like

- Bathing and Dressing Assistance • Mobility Assistance
- Eating and Meal Prep • Housekeeping • Respite for family and caregivers at home

Call For More Information

518.481.1526 or 1.877.410.5753 ext. 526

