

A scenic view of a lake at sunset. The sky is a mix of orange and blue. In the foreground, a small, weathered wooden boat is tied to a wooden post in the water. The boat is positioned near a rocky shore with some dry grass. The water is calm with gentle ripples. In the background, a distant shoreline with buildings is visible under the sunset sky. The text "Jefferson County Office for the Aging September 2023 Newsletter" is overlaid on the top half of the image in a large, bold, white font with a black outline.

**Jefferson County
Office for the Aging
September 2023 Newsletter**

Jefferson County Office for the Aging Nutrition Program Newsletter

September 2023



Tips to Lighten Your Carbon “Foodprint”



There are plenty of easy food-related actions to lighten your carbon footprint while eating healthier.

Buy Locally and in Season

Not only does eating locally grown fruits and vegetables save fossil fuels used for long-distance transport, food is likely fresher and may taste better, cost less and retain more nutrients. Plus, it supports local farmers and keeps dollars in the community.



Eat More Plant-based Foods

Choosing more plant-based protein foods such as beans and lentils in place of animal-based protein foods is one way to reduce your carbon footprint. Plant-based eating styles use fewer natural resources and have been associated with less damage to the environment.

BYOB to the Grocery

Bring your own bags. Even reusing paper or plastic supermarket bags from previous visits can lessen the impact of the petroleum-based plastic bags used each year in the U.S., which often end up as litter, in the landfill and as a pollutant of our fresh waters and oceans.



Conserve Energy in the Kitchen

- Purchase energy-efficient appliances when possible. Other energy-saving tips:
- Think about what you need before you open the refrigerator or freezer, to limit how long the doors stay open.
- Cover the pot to heat food more quickly or use a pressure cooker.
- During summer months, run the hood fan to keep gas and heat out of your kitchen so you require less air conditioning to cool the house.
- Cook larger quantities and freeze in single meal portion sizes, which not only saves energy, but gets you almost instant home-cooked meals on other days.





Jefferson County Office for the Aging

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(315) 785-3191 Fax (315) 785-5095

Bethany Munn
Director

Louise Haraczka
Deputy Director

An important part of **Office for the Aging's** funding comes from your contributions. We provide many services to help maintain your health, independence and quality of living.

As a qualifying recipient of **Office for the Aging's Home Delivered Meals program**, we suggest a contribution of **\$3.50** for each meal that we provide to you.

All contributions are voluntary and confidential; **no one will be denied service because of inability or unwillingness to contribute.** If you choose to contribute, please make checks payable to Jefferson County Treasurer and send to the address listed above.

We appreciate your continued support. Contributions make it possible for us to continue, expand, and enhance this valuable program.

Free language interpretation services are available from OFA.

Sincerely,
Bethany Munn

Jefferson County OFA Director

If your income is at 185% of the annual Federal Poverty limit or higher, consider a contribution equal to the **actual cost of \$8.25 per meal.**

Criteria for Home Delivered Meals:

(per NYSOFA 90-PI-26)

1. Any person age 60 or older is eligible to receive home delivered meals provided that such person:
 - a. Is incapacitated due to accident, illness, or frailty;
 - b. Lacks support of family, friends, or neighbors; and
 - c. Is unable to prepare meals due to a lack of or inadequacy of facilities, an inability to shop, cook or prepare meals safely, or a lack of appropriate knowledge or skills.
2. The spouse of an eligible recipient, regardless of age or condition, may receive home delivered meals when the provision of a meal to the spouse is in the best interest of the eligible participant.
3. Non-elderly disabled individuals, who reside in a non-institutional household with a person eligible to receive home delivered meals, may also receive home delivered meals when the provision of a meal to the non-elderly disabled individual is in the best interest of the eligible participant.

Visit Office for the Aging on Jefferson County's website for helpful resources:

Volunteer Transportation Center	315-788-0422
North Country Library System - get your Tech Help here	315-818-0660
Jefferson County DSS (Dept. of Social Services)	315-785-3000
Jefferson County HEAP (Heating) Program	315-785-3229
Jefferson County SNAP (Food Stamp) Program	315-779-5923
Jefferson County Crisis Hotline	315-782-2327

The ability to make **contributions online** for Home Delivered Meals, Respite, HIICAP or EISEP is **NOW Available**. Go to the County website- <https://co.jefferson.ny.us/departments/OfficefortheAging>

Click on the tab at the top of the right side that says "I WANT TO"

At the bottom of the drop down that appears, click on "Pay A bill"

Enter your name as customer, select **Office for the Aging** under **Payment type**, pick what service you want the contribution to go to and the amount you wish to contribute.

Click **process to payment**

ACT FAST  
AT ANY SIGN OF A

STROKE

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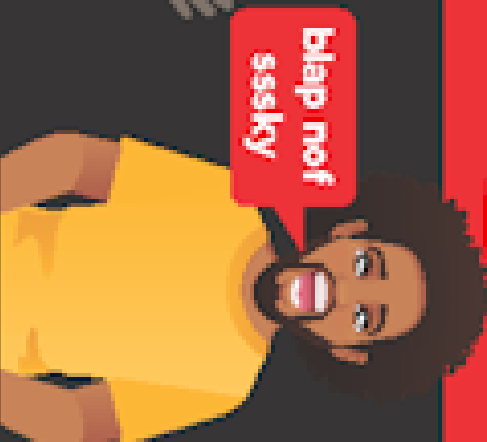
Face
droop

A



Arm
weakness

S



Speech
difficulty

T



Time
to call 911

Think someone is having a stroke? Call 9-1-1 right away!

Feeling Lost When It Comes To Medicare?

Let Us Help You Get Back On Track!

Call the OFA (315) 785-3191

**Open Enrollment Period Ahead!
Runs from Oct. 15th - Dec. 7th**

Plans Change- So can your health!

**Review Annual Notice of Change Letter-
To see changes for next year**

**Unhappy with the new changes?
Choose new coverage to begin in January**

New York Board of Elections Warns of Impersonation Scam

Written By: Justin Velazquez for Spectrum News 1
Published 5:59 PM ET Aug. 30, 2023

The New York Board of Elections (BOE) warns of individuals attempting to impersonate its staff members. In the Capital Region, two impersonators approached a woman who had just moved to Warren County, claiming she had illegally registered to vote.

Michele Sardo the Republican commissioner at the Onondaga County BOE and Dustin Czarny the Democratic commissioner can only guess as to the motive of these individuals. But Czarny says the impersonators are misunderstanding voter-registration rules.

"They think that people are registered twice, once in another county and in this county, which happens at times, but it's usually a result of them switching counties and the old county hasn't yet caught up to the new county's registration," Czarny said.

If you have just moved, Czarny said it's legal to have your voter registration lapse, as long as you're not voting in two different counties. The Board of Elections' (BOE) goal is to make sure elections are safe and secure.

If you're approached by someone claiming to be from the state or a county Board of Elections, you should immediately request identification and try to get as much information as possible while not providing any personal information. Officials ask that you call local law enforcement to report the incident.

Remember the Board of Elections will never send staff to your home!



September is National Falls Prevention Awareness Week

These tips from the National Aging and Disability Transportation Center, are designed to help older adults use public transportation independently, safely, and without fear.

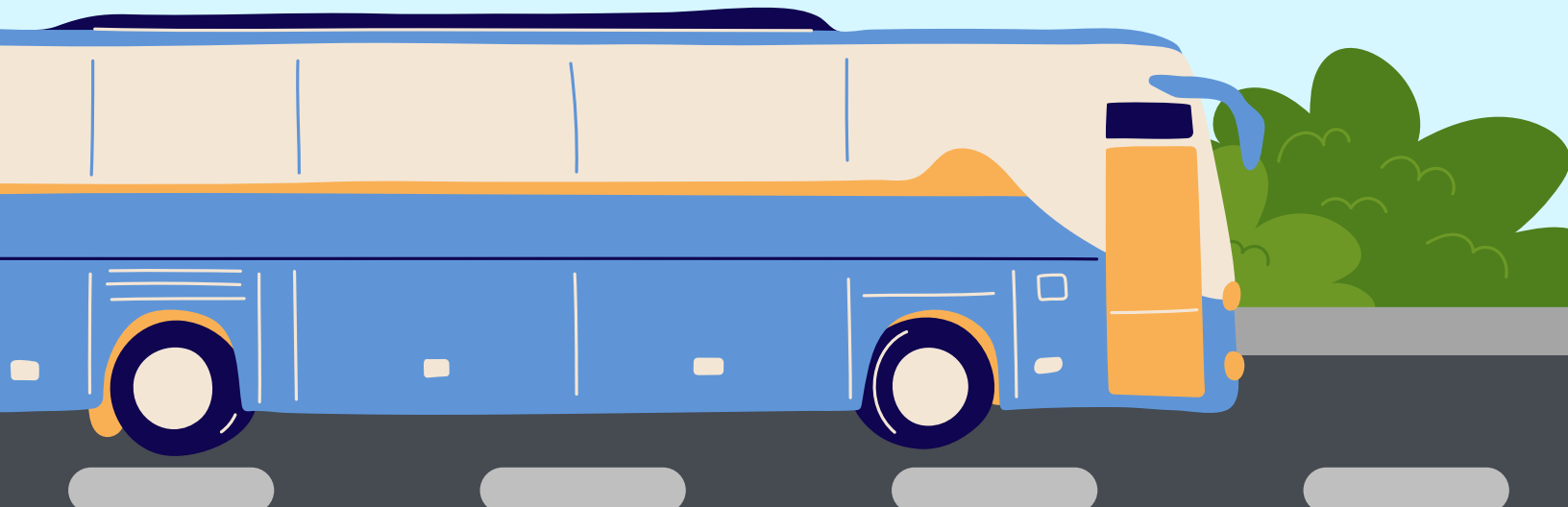
Choose Footwear Wisely: The best footwear is flat shoes. Be careful to avoid wearing shoes with too little tread. Slippery soles can cause sliding

Slow Down: Avoid the risks of falling by taking your time to navigate the steps and aisle of the vehicle you're entering. Slower and smaller steps can help retain your balance if you encounter a slippery floor.

Maintain Stability: Look for designated priority seating in the vehicle. If there are no seat available, find the accessible handrails or grip the overhead handles to maintain balance during a ride. Use railings to climb steps or lean on the vehicle door frames for support when climbing steps.

Watch out for packages in the aisles: In addition, avoid carrying large packages or bags that obstruct your vision or prevent you from maintaining a firm grip on the accessible vehicle supports.

Ask Questions: Drivers are expected to treat passengers with courtesy and respect. Do not be afraid to ask for help. Ask the driver to point out where the available seating might be or ask them to wait until you are seated to continue moving. And let the driver know if there are items blocking the vehicle aisles that you see as a hazard.



Community Events
Open Mic Nights

Come Sing & Dance The Night Away!

Alex Bay Macsherry Library

September 4th, 2023 / 2pm - 4pm

October 2nd, 2023 / 2pm - 4pm

Alex Bay Thousand Island Reformed Church

September 12th, 2023 / 2pm - 4pm

October 10th, 2023 / 2pm - 4pm

Antwerp American Legion

Playing Those Good Old Time County Western Tunes

September 10th & 24th, 2023 / 2pm - 4pm

October 1st, 8th & 22nd, 2023 / 2pm - 4pm

Glen Park Fire Co.

Come On Down To The "Ham Jam"

Every Tuesday / 6pm - 8:30pm

Black River Fiddlers Association "Open Mic's"

@ The Watertown Eagles Club

September 10th & 17th, 2023 / 1pm - 4pm

October 15th, 2023 / 1pm - 4pm

@ Carthage American Legion

October 1st, 2023 / 1pm - 4pm

@ Copenhagen Fire Hall

October 29th, 2023 / 1pm - 4pm

Thank You!

A huge thank you to all the seniors, vendors and sponsors who participated in our Senior Health Expo!

Aetna Medicare Solutions
Ageless Attitudes
Alzheimer's Association
AmeriCorps- Senior Demonstration Project
Brownville Busy BG's Senior Group
CABVI
Carthage Area Hospital
Carthage Free Library
Catholic Charities
Children's Home of Jefferson County
Citizen Advocates
Community Action Planning Council
Community Health Center of the North Country
Cornell Cooperative Extension
Doyle Security Systems
East Coast Audiology & Physical Therapy
Elli-Q
Excellus
Food Bank of Central NY
G.R.O. Energy Solutions LLC.
HCR Home Care
Humana
Independent at Home Program
Jefferson County Board of Elections
Jefferson County Community Services
Jefferson County DSS

Jefferson County Public Health
Jefferson County Real Property
Jefferson County Veterans Service Agency
Kinney Drugs
MILC
MVP Health Care
Nascentia Health
North County Library System
NRCIL
Parkinson's Foundation
PIVOT
Samaritan Medical Center
Seniors Helping Seniors
Spare Closet
United HealthCare
University of Geriatricians
US Care Systems
Victims Assistance Center
Volunteer Transportation Center
Watertown Housing Authority
Watertown Senior Center
Watertown Vet Center
Watertown YMCA
WellCare
Jefferson County SPCA