



Jefferson County
Office for the Aging

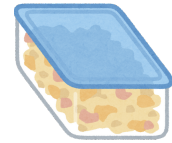
April 2024 Newsletter

Jefferson County Office for the Aging Nutrition Program

April 2024 Newsletter



Leftover Food Safety



Saving part of a meal as leftovers to eat later is a great way to avoid overeating while also saving money and fighting food waste.

Before you reheat and eat, follow these simple steps to reduce your risk of food poisoning.

Storage

Seal leftovers in a clean, airtight container. Put large amounts of soups or stews in shallow or smaller containers to cool faster.



Refrigerate

Keep leftovers refrigerated at 40°F or lower. Limit the time your leftovers sit out at room temperature by storing them in the fridge within two hours. If it's over 90°F outside, refrigerate within one hour.



Reheat

To reduce the risk of food poisoning, it's important to reheat leftovers to a minimum internal temperature of 165°F. Use a food thermometer to make sure food reaches the safe temperature before you eat.

Time to Toss?

Mold and odors aren't the most reliable way to determine if food has gone bad. Many leftovers will last three to four days in the refrigerator or two to three months in the freezer. Be sure to label leftovers to keep track of when they were made. And remember, when in doubt, throw it out!



JEFFERSON COUNTY OFFICE FOR THE AGING
 175 ARSENAL STREET
 WATERTOWN, NEW YORK 13601-2529
 (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. If you receive 5 meals per week, the suggested monthly contribution would be approximately \$100.00.

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, please 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	315-818-0660
here 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>

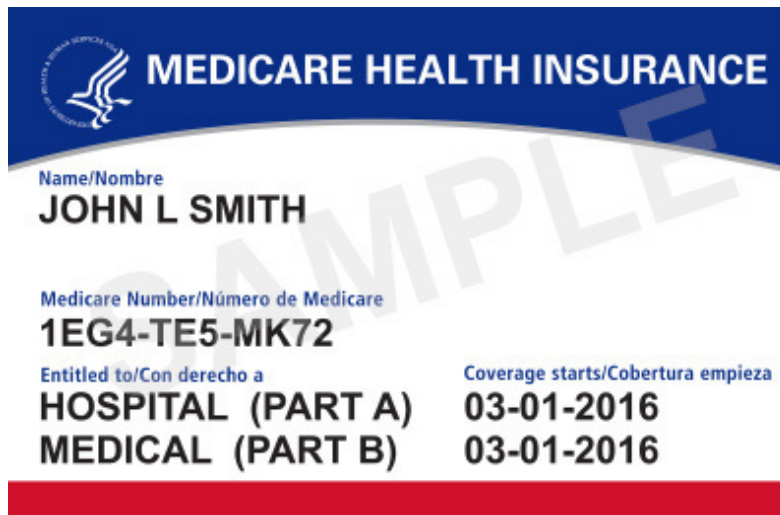
Click on the tab at the top of the right side that says “I WANT TO”

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.

Medicare Savings Program (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.



The image shows a sample Medicare Health Insurance card. At the top left is the Medicare logo, a stylized eagle with wings spread, inside a circle. To the right of the logo, the text "MEDICARE HEALTH INSURANCE" is written in white on a blue background. Below this, the cardholder's name is listed as "JOHN L SMITH". The Medicare number is "1EG4-TE5-MK72". The card also lists the types of coverage and their start dates: "HOSPITAL (PART A)" and "MEDICAL (PART B)", both starting on "03-01-2016". A large, semi-transparent "SAMPLE" watermark is overlaid across the center of the card.

Name/Nombre	JOHN L SMITH	
Medicare Number/Número de Medicare	1EG4-TE5-MK72	
Entitled to/Con derecho a	HOSPITAL (PART A)	Coverage starts/Cobertura empieza
	MEDICAL (PART B)	03-01-2016
		03-01-2016

If you are a Medicare recipient and your gross monthly income is \$2,355 OR LESS (Married income \$3,189 OR LESS)

YOU MAY BE ELIGIBLE!

Call the Office for the Aging to make an appointment with one of our Health Insurance Counselors for free, unbiased assistance with Medicare and to find out more about the Medicare Savings Program.

Call 315-785- 3191

"This project was supported, in part by the U.S. Administration for community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy."

2024 Eclipse Information for Home Delivered Meal clients and Community Meal Sites

We have an exciting opportunity presented to us on April 8th, 2024. Our area will be one of the best places to see the total eclipse! With this will come meal delivery challenges.

For our Home Delivered Meals clients:

Trinity will be delivering all meal clients extra frozen meals on Thursday 4/4/2024 and Friday 4/5/2024. Please try to be home on those days so you can receive your meals. These meals are meant for use on **Monday 4/8/2024** and **Tuesday 4/9/2024**. There will be no meal delivery on those days.

For our clients who go to the Community Meal Sites:

Community sites will be closed Monday 4/8/2024 and Tuesday 4/9/2024. If you attend a community site on those days, please order your meal ahead of time. The site manager will have a signup sheet where you can sign your name and pick up a meal the week before. Please sign up for your meal by the week of 3/25/24 - 3/29/24.

Also, the Office for the Aging has glasses for the solar eclipse if you are interested. They are a limited quantity so please contact us to reserve a pair, (315) 785- 3191

What is a LightSound Device?



This is LightSound, a device developed for the blind and low vision community as a tool to experience solar eclipses with sound. A sensor measures the light brightness, and an on-board computer converts that value to a sound. As the Moon passes across the disk of the Sun, its shadow moves across the Earth. The shadow causes the light to dim, which in turn causes the pitch to drop.

The LightSound project is an open-source project. For more information on it, visit our website at <https://astrolab.fas.harvard.edu/LightSound.html>

or scan the QR code below:



In Jefferson County, the Wellesley Island State Park is equipped with a LightSound device! They will be using it at their Total Solar Eclipse event on April 8th, 2024 at the Wellesley Island State Park Marina!

View the following flyer for more information!



Wellesley Island State Park Total Solar Eclipse

44°19'58.9"N
76°02'09.3"W



Join us for an unforgettable viewing of the **2024 Total Solar Eclipse** at the **Wellesley Island State Park marina**! We will have food trucks, amateur astronomers, eclipse activities, a solar telescope, and more! Bring a lawn chair and experience the magic of **100% totality**. Eclipse glasses will be distributed on a first-come, first-served basis. Limited parking available, access will be capped once capacity is reached.

Please be advised no campsites, RV parking, or overnight/early-bird parking available.

Preparing for the Eclipse

Jefferson County Emergency Management and Jefferson County Public Health have worked together to roll out a mobile phone app that is absolutely free. This app provides a great amount of information about preparedness as well as push notifications that come automatically in the event of a weather event or an emergency. It also has a lot of other great features that a person can explore.



Some tips for the upcoming solar eclipse;

- Wear protective eye glasses! The Office for the Aging has glasses for the solar eclipse that are on a first come first served basis! To reserve a pair, call (315) 785-3191
- If you decide to watch the eclipse from a city sidewalk — then watch out. Wandering into roads and other dangerous situations is easier than you might think when you're looking through solar eclipse glasses. The best, easiest and safest eclipse-observing site is an open space or park, which will likely have a much better view of the eclipse than city streets, where buildings could easily block the view.
- Go grocery shopping several days before the eclipse to avoid traffic and keep yourself safe from potential car accidents.
- Fill your car with gas a day or so before the eclipse, to avoid the pumps and traffic
- Cell Towers may be very busy that day and service will not be great, so if you are going out, let people know where you are going to be.

Prepare Jefferson County, NY Mobile App

Built by:  myEMAapp.com



INTRODUCING OUR **NEW** APP

Navigating critical information
has never been **easier**.



SCAN
TO DOWNLOAD!



AVAILABLE FOR DOWNLOAD NOW!

A Brief History on Solar Eclipse's

Eclipses have been occurring on Earth since long before humans walked the planet. Throughout time, humans have had different interpretations of and reactions to these striking celestial events.

The oldest recorded eclipse in human history may have been on Nov. 30, 3340 B.C.E. A series of spiral-shaped and circular petroglyphs was found at the Loughcrew Megalithic Monument in County Meath, Ireland. Petroglyphs are rock carvings made by pecking into stone. Immediately in front of a carving that shows overlapping, concentric circles, archaeologists found the charred remains of nearly 50 individuals. Scholars continue to research and discuss the meaning of the petroglyphs.

At Chaco Canyon in New Mexico, a petroglyph carved into the rockface by early Pueblo people may represent an eclipse that occurred there on July 11, 1097. The petroglyph has a swirling loop jetting off the side – perhaps representing a coronal mass ejection from the Sun. [NASA studies](#) coronal mass ejections now using spacecraft that mimic the view seen from Earth during eclipses. There are many petroglyphs at Chaco Canyon, which provide important clues about how Ancestral Puebloans studied the Sun. The many Indigenous groups in North America have a variety of interpretations of eclipses, developed throughout history.



There are many petroglyphs at Chaco Canyon. This is an example from Chaco Culture National Historical Park.
Credit: National Park Service

Eclipses have contributed to major advances in the history of science. Albert Einstein first proposed his theory of general relativity in 1916. However, it wasn't until 1919 that results from an eclipse science expedition led by Sir Arthur Eddington validated the theory – and Einstein rose to fame. Einstein hypothesized that gravity is a warping of time and space, distorting the fabric of the universe. A large object – like the Sun – can distort spacetime enough that its gravity could bend light. So, during the eclipse on May 29, 1919, scientists saw that some stars appeared in the wrong place – showing evidence of Einstein's theory.

People in the United States will have the chance to experience solar eclipses again with a [total solar eclipse on April 8, 2024](#), which provides unique opportunities for science, education, and exploration.

Dr. Isabel Hawkins, an astronomer at the Exploratorium, and Alonso Mendez, an archaeoastronomer at the Maya Exploration Center, provided invaluable information, fact checking, and edits to information about Maya and eclipses on this page. We thank them for their contributions.

Credit: <https://science.nasa.gov/eclipses/history/>



Alzheimer's Community Forum

Join us for a listening session on Alzheimer's disease, dementia and memory loss.

Tuesday, April 30 | 12:30 p.m. - 2:00 p.m.

**Jefferson County Office for the Aging
175 Arsenal St #2nd | Watertown, NY 13601**

We want to hear from you! Attend this Community Forum to share your experience with Alzheimer's disease and discuss how the Association can best serve your community. Together, we can help enhance care and support resources for those facing the disease.

This Community Forum is presented in partnership with Jefferson County Office for the Aging

Call 315.472.4201 or visit <https://bit.ly/438prVd> to register.

ALZHEIMER'S  ASSOCIATION®



COMMUNITY ACTION PLANNING COUNCIL OF JEFFERSON COUNTY, INC.
Head Start/Pre-K Housing & Energy Services Jefferson-Lewis Childcare Project Family Center



The last day for taxes is April 15th!

FREE **INCOME TAX PREPARATION AND ELECTRONIC FILING!!!**

We are pleased to offer free volunteer tax preparation at two (2) locations:

- Community Action Planning Council 518 Davidson Street, Watertown
- Carthage American Legion 415 West St., Carthage

TAX PREPARATION AVAILABLE BY APPOINTMENT ONLY

Please call 315-782-4900 ext. 271 to schedule for both locations

We will be available for appointments:

February 1, 2024 through April 12, 2024
Mondays--Wednesdays--Fridays from 9:00am-2:00pm

No appointments Monday, February 19, 2024 and Friday March 29, 2024

Qualifications:

**We only prepare simple tax returns;
no self-employment, capital gains, no military returns etc.**

1. You must make under \$64,000.00
2. You will need to bring all income statements (W-2, unemployment forms, 1099 etc.)
3. You will need original Social Security Cards for yourself and all persons listed on your taxes.
4. You will need a picture ID and bank routing numbers if you file electronically.
5. You will need to bring form 1095-A if you pay for insurance through the Marketplace

Virtual Senior Center

The VSC is a special online platform designed by and for older adults.

Accessible through any internet ready device, the platform unlocks a world of live, interactive experiences driving engagement, connections, and conversations from the comfort of your home or wherever you call home. Our expert instructors take you through live and social presentations of their choosing.

Perfect for anyone looking to connect with others during the day, off-hours, or on weekends.

With the VSC, you can participate or view (when you have time) our archived programs plus lots of interesting new videos. You will be able to share extraordinary knowledge, new experiences (take a live tour of a city around the world), enjoy pets (Pets Together), participate in a fitness or art class, and even learn new aspects of technology, and so much more.

The VSC offers a friendly user platform for all your wants and needs. Available in eight different languages and includes games, news, weather, email, video chat and calendar to help keep you organized.

- Connect with new friends online; video chat with friends and family.
- Participate in live and interactive discussions on news, music, museum tours, exercise, medication, games and more!
- Play games, laugh with friends in recreational programs, and explore what the Internet has to offer.
- All from your home. You just need a laptop/computer, tablet, iPad, smartphone with internet/ WiFi at home to participate.
- New programs every week. Each day is different!
- Training & technical support available

For those of you who may have or take care of someone with mild-to-moderate memory loss, our special videos from Memory Lane TV, Saltbox TV, and Zinio TV are specifically designed for those with dementia and Alzheimer's. Memory Lane TV, for example, consists of plotless videos of beautiful multi-sensory experiences designed by scientists and experts.

The VSC is now available to any older adult who resides in Jefferson County. Call the Jefferson County Office for the Aging at (315) 785-3191 and ask for Kyle.

What are the differences between:

Respite Haven:

Is a social Adult Respite Day program run by the Office for the Aging. It is a program that provides relief for caregivers taking care of family/friends who are 60+ years old by offering 4 hours of programming, meals, exercise and supervision in a safe, friendly environment for older adults. Anyone interested in participating in the program will be screened for eligibility by an Aging Service Specialist.

Watertown Senior Center:

This is for active older adults 50+ that are looking for activities with other older adults with similar interests. There is no supervision and programs are organized by a group of volunteers that help run the center.

Watertown Adult Social Day Center:

A locally owned and operated adult day center providing a flexible and affordable alternative elder care option to nursing homes and in-home care services. The Center provides assistance and care in a safe, supervised, social environment for loved ones to thrive in. The Center is open seven days a week from 8am to 4pm.

Paynter Center Event Calendar - April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
10am - Nickel Bingo 11am - Balanced boxing 1pm - Diamond art	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawrn Memorial	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise 1pm - Grief Share @	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise 1pm - Grief Share @	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo	
7	8	9	10	11	12	13
10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts Cancelled	8am - shopping 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawrn Memorial	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise 1pm - Grief Share @	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Cornell cooperative	10am - Nickel Bingo 10am - Thrift Shop	10am - Blood Drive in	
14	15	16	17	18	19	20
10am - Nickel Bingo 11am - Balanced boxing 1pm - Madyrae Felt	1am - Cornell 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawrn Memorial	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise	9am - Painting with Cathy 9am - shopping PRICE 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo 5pm - Community Dinner		
21	22	23	24	25	26	27
10am - Nickel Bingo 11am - Balanced boxing 1pm - Cards with Golda	9am - Evans Mills 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawrn Memorial	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise	10am - CANCELLED 11:15am - CANCELLED- 12pm - Hot Lunch	10am - Barn Quilt 10am - Nickel Bingo 10am - Thrift Shop		
28	29	30	1	2	3	4
10am - Nickel Bingo 11am - Balanced boxing 11:30am - Depauville 1pm - Crafts with Sharon-	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawrn Memorial	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise 1pm - Grief Share @	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo		

Watertown Senior Center Event Calendar- APRIL 2024

Monday 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4	Friday 4/5
<p>9-10:30am Meet & Greet 10:30-12:30pm PIVOT Wellness w/ Lunch 1-2pm Painting w/ Val 2-3 Journaling w/ Debbie 3pm Closure</p>		<p>9-10:30am Meet & Greet 10:30-11:30am Tai Chi 11-12pm Nickel Bingo or games 12-1pm BYO Lunch w/ Mike, Joedy, & Bob 1-2pm Storytelling w/ Robert Avallone 3pm Closure</p>		<p>9-10:30am Meet & Greet 10:30-11:30am Tai Chi 12-1pm Dublin, Ireland Tour 12-1pm BYO Lunch w/ Joedy, Mike, & Carole 1-2pm HCR Home Health w/ Rachel 3pm Closure</p>
Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12
<p>Closed for the Eclipse</p>	<p>1pm WSC BOD Mtg. Activities</p>	<p>9-10:30am Meet & Greet 10:30-11:30am Tai Chi 10:30-11:30am Little Library 12-1pm BYO Lunch w/ Bob & Jean 1-2pm Storytelling w/ Robert Avallone, cards & games if time 3pm Closure</p>		<p>9-10:30am Meet & Greet 10:30-11:30am Tai Chi 12-1pm BYO Lunch w/ Val & Carole 1-2pm Bingo w/ Beth 1-2pm WSB Money Smart (Preventing frauds & Scams) 3pm Closure</p>
Monday 4/15	Tuesday 4/16	Wednesday 4/17	Thursday 4/18	Friday 4/19
<p>9-10:30am Meet & Greet 10:30-12:30pm PIVOT Wellness w/ Lunch 1-2pm Painting w/ Val 1:30-3pm Rio de Janeiro, Brazil Tour 2-3pm Woman's History w/ Debbie 3pm Closure</p>		<p>9-10:30am Meet & Greet 10:30-11:30am Alzheimer's Association 10:30-11:30am Tai Chi 12-1pm BYO Lunch w/ Bob & Jean Q 1-2pm Making Pigs in a Blanket 2-3pm Cusco, Peru Tour 3pm Closure</p>		<p>9-10:30am Meet & Greet 10:30-11:30 Tai Chi 12-1pm BYO Lunch w/ Val & Joedy 1-2pm United Way-Soap Making 1- 2pm Nickel Bingo w/ Deb 3pm Closure</p>
Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26
<p>9-10:30am Meet & Greet 10:30-12:30pm PIVOT Wellness w/ Lunch 1-2pm Painting w/ Val 3pm Closure</p>		<p>9-10:30am Meet & Greet 10:30-11:30am Tai Chi 10:30-11:30am Little Library 12-1pm BYO Lunch w/ Bob & Jean Q 1-2pm Genealogy 101 w/ Ashley, at the Flower Library 3pm Closure</p>		<p>9-10:30am Meet & Greet 10:30-11:30am Tai Chi 12-1pm BYO Lunch w/ Val & Joyce 12-1pm Book Club w/ Debbie & Kathy 1-2pm Traveling Library Horse Theme 3pm Closure</p>
Monday 4/29				
<p>9-10:30am Meet & Greet 10:30-12:30pm PIVOT Wellness w/ Lunch 1-2pm Painting w/ Val 3pm Closure</p>				