

Jefferson County Office for the Aging



December 2024 Newsletter

Christmas Word Search

V J Z F K O V P V D P Q W I I E V O A U M Y Q N
 S O G G B A T Y G R R E I N D E E R K X D J C O
 E Y P E U M F L U X L Q M I U Y C O O K I E S R
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 N A L N R A Q J J Z K H S M I W N I G Q W S X J
 K Z G S D L P Z U I S P L R E K C A R C T U N X

- | | | | | |
|--------------|-------------|-------------|------------|------------|
| jingle bells | holy spirit | gingerbread | nutcracker | candy cane |
| north pole | mistletoe | christmas | ornament | december |
| reindeer | stocking | holiday | cookies | snowman |
| rudolph | eggnog | family | tinsel | sleigh |
| jolly | angel | elves | gifts | merry |
| bells | santa | star | tree | joy |

Preparing Your Home

Winter Tips: Take the time now to get your home ready for the winter season by following these tips:

- Have your heating system checked annually by a professional. This will ensure that your system is working safely and efficiently which, in turn, will save you money. If you heat by wood, clean your fireplace or stove. Have your chimney flue checked for any buildup of creosote and then cleaned to lessen the risk of fire.
- Replace batteries of smoke, heat, and carbon monoxide detectors. If you did not do it when you set the clocks back, do it now.
- Keep pipes from freezing by wrapping in insulation, UL approved heat tape, or layers of old newspapers and covering newspapers in plastic to keep out moisture. Seal any leaks that allow cold air inside where pipes are located.
- Gather and store emergency supplies, including:
 - A battery-operated radio and flashlight, as well as a supply of batteries, candles, and matches.
 - Water, medications, and foods that don't require refrigeration or cooking
 - A telephone that does not require electricity to operate
 - A list of emergency telephone numbers
 - Extra blankets, coats, hats, and gloves
 - A first aid kit and manual
 - A fire extinguisher

Staying Warm Indoors

Safety Tips: If your heat goes out during a winter storm, follow these tips:

- Use only safe sources of alternative heat such as a fireplace, small well-vented wood or coal stove or portable space heaters. Always follow manufacturer's instructions.
- Dress in layers of lightweight clothing and wear a cap.
- Close off rooms you do not need.
- Know the signs of hyperthermia (shivering, drowsiness, slowness) and how to treat it (wrap the person in warm clothing, move to a warm location and seek medical help).
- Check on people with special needs (elderly or dependent on life-sustaining or health-related equipment such as ventilators and respirators).

Taking Precautions

Carbon Monoxide is a deadly gas that also be produced by poorly vented generators, kerosene heaters, gas grills and other items used for cooking and heating when used improperly during the winter months. Protect yourself from carbon monoxide poisoning:

- **DO NOT** operate generators indoors; the motor emits deadly carbon monoxide gas.
- **DO NOT** use charcoal to cook indoors. It, too, can cause a buildup of carbon monoxide gas.
- **DO NOT** use your gas oven to heat your home -- prolonged use of an open oven in a closed house can create carbon monoxide gas.
- Make sure fuel space heaters are used with proper ventilation.
- Know the symptoms of carbon monoxide poisoning (sleepiness, headaches and dizziness). If you suspect carbon monoxide poisoning, ventilate the area and get to a hospital.

Because CO is odorless, colorless, and otherwise undetectable to the human senses, people may not know that they are being exposed. **The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever). They include:**

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

High level CO poisoning results in progressively more severe symptoms, including:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Ultimately death

Alternative Heating Sources

Fire Hazards are greatly increased in the winter because alternate heating sources are often used without proper safety precautions.

Generator Safety – follow the generator safety guidelines such as those listed in this publication when operating a generator.

Fire Safety:

- Always keep a screen around an open flame
- Never use gasoline to start your fireplace
- Never burn charcoal indoors.
- Do not close the damper when ashes are hot.
- When using alternative heat sources such as a fireplace, wood stove, etc. always make sure you have proper ventilation.
- Keep curtains, towels, and potholders away from hot surfaces.
- Have your chimney checked before the season for creosote buildup -- and then clean it.
- Have a fire extinguisher and smoke detectors ... and make sure they work!
- Establish a well-planned escape route with the entire family.

Kerosene Heaters- If you use kerosene heaters to supplement your regular heating fuel, or as an emergency source of heat, follow these safety tips:

- Follow the manufacturer's instructions.
- Use only the correct fuel for your unit.
- Refuel outdoors **ONLY** and only when the unit is cool.
- Keep the heater at least three feet away from furniture and other flammable objects.
- When using the heater, use fire safeguards and ventilate properly.

Join Us For



Santa For Seniors

Santa for Seniors is a community wide project in which the Jefferson County Office for the Aging, Z93, & Froggy 97 have partnered together with local sponsors to spread holiday cheer to seniors in nursing and assisted living facilities who will be spending Christmas without friends or family.

HOW CAN YOU HELP?

GO TO SANTAS4SENIORS.COM TO
SPONSOR A SENIOR TODAY!

WHEN SPONSORING A SENIOR PLEASE KEEP IN MIND:

- 1) ALL PRESENTS MUST BE WRAPPED UPON DELIVERY
- 2) EACH INDIVIDUAL PRESENT MUST INCLUDE A VISIBLE TAG INDICATING THE SENIOR'S CODE AND NAME
- 3) ALL PRESENTS MUST BE DELIVERED TO THE Z93 STATION AT
134 MULLIN STREET WATERTOWN, NY 13601
ON EITHER OF THE SCHEDULED DROP OFF DAYS

.....
SATURDAY, DECEMBER 7TH

&

SATURDAY, DECEMBER 14TH
.....

10 AM-1 PM

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!



National Influenza Vaccination Week

National Influenza Vaccination Week (NIVW) is an annual observance in December to remind us that there is still time to get vaccinated against flu. Vaccination is especially important for people who are at higher risk of becoming very sick and developing complications from flu infection.

While flu seasons vary in severity from year to year, people 65 years and older usually bear the greatest burden of severe flu infection. It's estimated that between 50-70% of seasonal flu-related hospitalizations have occurred among people in this age group.

The best way to protect against flu and its potentially serious complications is by getting a flu shot each year. Flu shots reduce the risk of getting sick with flu and also reduce the risk of more serious flu outcomes, like hospitalization.

In addition to getting a flu vaccine, everyone should take everyday preventative actions to help reduce spreading germs & becoming sick: good handwashing, covering coughs & sneezes and staying home when sick. Contact your local pharmacy to schedule your appointment.



Order your 4 FREE AT-HOME COVID-19 TESTS TODAY ON COVIDTests.gov!

EVERY HOME IN THE U.S. IS ELIGIBLE TO ORDER AN ADDITIONAL 4 FREE AT-HOME TESTS BEGINNING SEPTEMBER 23.

COVID-19 testing can help you know if you have COVID-19 so you can decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others.

**ORDERING TESTS IS EASY
AND TAKES ONLY A FEW MINUTES:**

1

STEP 1

Head to COVIDTests.gov to order.

2

STEP 2

Fill out your contact and shipping information.

3

STEP 3

Submit your order and have them delivered to your mailbox.



NEED HELP PLACING AN ORDER?

Call 1-800-232-0233 (TTY 1-888-720-7489)
for help in English, Spanish, and more than
150 other languages.

The U.S. government also continues to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs, ranging from local food banks to libraries. Free or low-cost testing also may be available at HRSA-funded health centers and ICATT locations near you.

COVIDTests.gov



ASPR
ADMINISTRATION FOR STRATEGIC
PREPAREDNESS AND RESPONSE



Office for
the Aging

New York
Caregiving Portal
Powered by Truanta

Provided in Partnership With:
Association on Aging
in New York



Do you...

**Perform housework for someone?
Help them shop for food? Help
them bathe or get dressed? Drive
them to appointments? Get up in
the night to make sure they are
safe? Pick up their medication?**

Feel stressed?

There is help
[NewYork-Caregivers.com](https://www.NewYork-Caregivers.com)





Free online training and support is available to caregivers like you

- Improve your **confidence**, reduce **stress**, and prevent **burnout**
- Connect with other caregivers through community chat rooms
- Access **on-demand resources** to suit your schedule
- Suit your **learning preference** with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

NewYork-Caregivers.com



“The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care.”

Laura W, caring for her mother

Sign up today!
NewYork-Caregivers.com



Jefferson County Office for the Aging

now provides free access to the VSC!



The VSC (Virtual Senior Center) is a vibrant community of teachers, innovators, and learners combating social isolation in older adults through technology.

VSC: A Lifeline to Learning and Laughing

80%

of VSC members reported experiencing reduced loneliness

60%

noted experiencing increased connectedness

51%

self-reported an increase in health status (well-being)

97%

said VSC improves the quality of their life

Participants also reported they appreciate how attending live online events reduces their social isolation and loneliness and increases their social network

Source: Independent evaluation by Dr. Barrie Raik and Dr. Veerawat Phongtankuel, researchers from the Division of Geriatrics at Weill Cornell Medicine.

Connect

with new friends on 2-way video chat

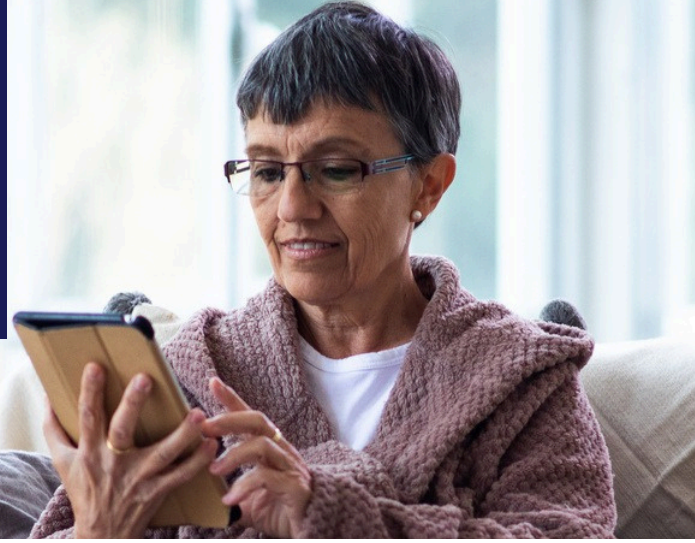
Participate

in 400+ live, instructor-led programs each month - exercise, wellness and 13 more diverse and engaging topics

Enjoy

a daily schedule of programs and built-in entertainment streaming

Join Over 4 Million Older Adults Who Love GetSetUp



The Jefferson County Office for the Aging has partnered with GetSetUp to provide free interactive virtual classes for older adults taught by their peers- so they can ask questions, make new friends, learn new things, and most of all, have fun!

Try an Online Class Today!

<https://co.jefferson.ny.us/departments/Officefortheaging/OnlineClasses>

5,000+ Online Classes Across Multiple Categories.

Mental Enrichment

- Creative Writing
- Heart Healthy Cooking

Social Connection

- Music Fun Hour
- Game Time

Technology

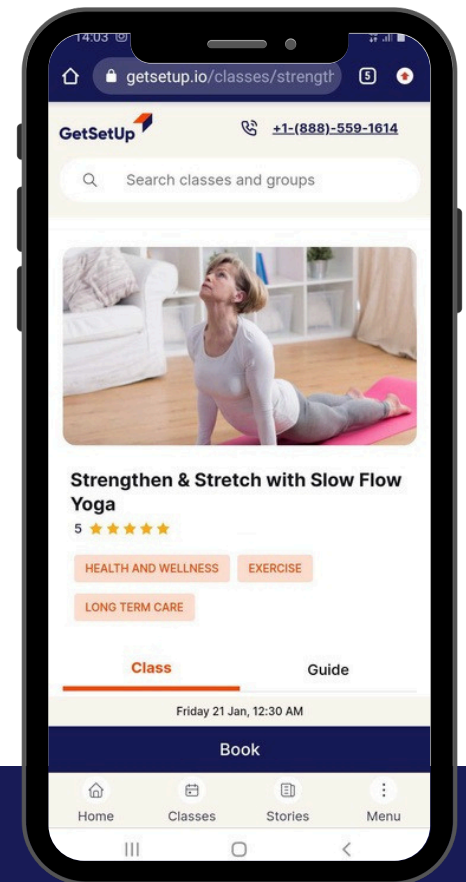
- iPhone Basics
- Google Search- Tips & Tricks

Physical Fitness

- Morning Fitness
- Core & Stretch
- Movement

Health and Wellness

- Face Yoga
- Energy & Purpose



Terri T. **GetSetUp Learner**

"I'm leading groups, taking nursing and social work classes to build my curriculum, and using my new Google Slide skills to present. Thank you, GetSetUp, for helping me to get my life back."

Food Pantries in Jefferson County

CAPC of Jefferson County Food Pantry

518 Davidson St. Watertown, NY 13601

Pantry Hours: Tue-Thur/ 10am - 2pm

Cape Vincent Food Pantry

159 S. Esselstyne St. Cape Vincent, NY 13618

Pantry Hours: 1st Wed 4pm - 5pm; 2nd Wed 10am - 11am; 3rd Wed; 6pm - 7:30pm

Council of Churches Food Pantry

521 James St. Clayton, NY 13624

Pantry Hours: Mon 1pm - 3pm; Tue 6pm - 8pm; Wed 1pm - 3pm

Gwen's Pantry

36213 State Route 180 LaFargeville, NY 13656

Pantry Hours: Sat 9am - 12pm

Indian River Baptist Church Pantry

42 Main Street Philadelphia, NY 13673

Pantry Hours: Sat 9am - 11am; Wed 4pm - 6pm

Rohde Center Food Pantry

2 East Church Street Adams, NY 13605

Pantry Hours: Mon, Thu, Fri 9:30am - 12:45pm; Tue 11am - 2:30pm & 3pm - 6:45 pm

Salvation Army Watertown

723 State Street Watertown, NY 13601

Pantry Hours: On call for emergencies only;

Mon & Fri 9am - 3pm; Tue & Thu 4 - 6pm; Sat 11:30am - 1pm

Soup Kitchen: Mon - Sat 11:30am - 1pm

St. Mary's Church Food Pantry

8408 South Main Street Evans Mills, NY 13691

Pantry Hours: Sat 10am - 12pm (holidays the Wed before)

St. Paul's - Redwood Food Pantry

43668 Lake Street Redwood, NY 13679

Pantry Hours: Wed 1:30pm - 3pm & by appt.

Theresa Food Pantry

110 Antwerp Road Theresa, NY 13691

Pantry Hours: Sat 10am - 1pm; Thu 9am - 12pm

Town of Brownville Food Pantry

210 W Kirby St. Dexter, NY 13634

Pantry Hours: Until January; 1st Wed 2-3pm; 2nd & 3rd Wed 6-7pm

After January; 2nd Wed 2-3pm; 3rd & 4th Wed 6-7pm

VEM Food Pantry of Carthage

595 South Washington Street Carthage, NY 13608

Pantry Hours: Mon 9am - 2pm; Tue - Wed 5pm - 7pm; Fri 9am - 2pm

Watertown Urban Mission Pantry

247 Factory Street Watertown, NY 13601

Pantry Hours: Mon - Fri 9:30am - 11:30am & 1pm - 3pm



Christmas Word Search

Answer Key of back of front page

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S O G G B A T Y G R R E I N D E E R K X D J C O
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C L E A B V O J S D F W K I F D M U G R I T H H
S J R R H L Z E V A W M N A M W O N S X V O F P
Z Y F X P U O S O H N Q D E C E M B E R L U U O
R A L H Z S C R D T J T E O H F R N N Y C T Y L
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N A L N R A Q J J Z K H S M I W N I G Q W S X J
K Z G S D L P Z U I S P L R E K C A R C T U N X

jingle bells
north pole
reindeer
rudolph
jolly
bells

holy spirit
mistletoe
stocking
eggnog
angel
santa

gingerbread
christmas
holiday
family
elves
star

nutcracker
ornament
cookies
tinsel
gifts
tree

candy cane
december
snowman
sleigh
merry
joy



167 POLK STREET, WATERTOWN, NY 13601

PHONE NUMBER: 315-221-4021

The Watertown Senior Center Christmas Open House

December 14th / 11am to 3pm

Refreshments & Entertainment Provided
Admittance is Free, New Visitors Welcome!

Volunteers Needed

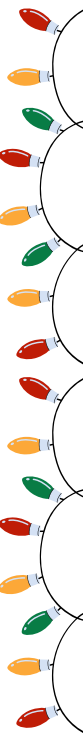
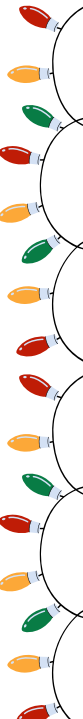
December 3rd at 12pm- Cleanup Day

December 5th at 12pm- Holiday Decorating



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Bingo 11:00 Balanced Boxing 1:00 "Your Choice" Holiday Crafting \$5.00 6:30 Arrythmias Big Band Holiday Music	2 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch	3 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Grief Share	4 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch 12:30 Country Cloggers	5 10:00 Bingo 10:00 Thrift Shop	6 5:15 Bus to Clayton Christmas Parade	7
8 10:00 Bingo 11:00 Balanced Boxing 1:00 Snowman Craft with Sharon \$10.00	9 8:00 Watertown Shopping 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch	10 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Grief Share	11 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch 12:30 River Chorus	12 10:00 Bingo 5:00 Community Dinner Sponsored by The Paynter Center Board 5:30 Piano Sing a Long with Sue	13 6:30 Bus to Clayton Opera House 10 th Mountian Division Band	14
15 10:00 Bingo 11:00 Balanced Boxing 1:00 Christmas "Busted Canvas" Picture w Alicia \$12.00	16 9:00 Evans Mills Shopping 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch	17 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Grief Share	18 9:00 Price Chopper Shopping 10:00 Boomers 11:15 Zoomers 11:30 Boomers Holiday Luncheon 6:00 Evans Mills Lights Bus Ride	19 10:00 Bingo 10:00 Thrift Shop 10:00 Painting With Cathy Wood	20 10:00 Bingo 10:00 Thrift Shop 10:00 Painting With Cathy Wood	21 Winter Begins
22 10:00 Bingo 11:00 Balanced Boxing	23 CANCELLED- 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch	24 MERRY CHRISTMAS CENTER CLOSED	25 9:00 Clayton Shopping CANCELLED- 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch	26 10:00 Bingo	27	28
29 10:00 Bingo 11:00 Balanced Boxing	30 CANCELLED- 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch	31 New Year's Eve*	<h1>December 2024</h1> <h2>Paynter Center</h2>			

Call the Center to sign up for classes and activities 315-686-3553 or email: payntercenter@gmail.com



<p>Monday 12/2</p> <p>9:30am - 10:30am/ Tai-Chi 2 w/ Marybeth - Registration Closed 10:30am - 11:30am / Hat Making w/ Rose 10:30am - 12:30pm / Senior Wellness Initiative Class 4 by PIVOT 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm / Christmas Movie & Popcorn- Polar Express</p>	<p>Wednesday 12/4</p> <p>9am - 10am/ Coffee & Conversation 10am - 11am/ Tai-Chi 2 w/ Marybeth 10am - 12pm/ Games Hosted by PIVOT 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm / Meditation w/ Sandi Smith</p>	<p>Friday 12/6</p> <p>9am - 10am/ Christmas Card Making w/ Ginger 10am - 11:30pm/ Tai-Chi 2 w/ Marybeth - Registration Closed 12pm - 1pm / PIVOT Lunch and Happy Birthday Cake for all Make sure you call Senior Center to register: 315-221-4021 1pm- 3pm / Riki w/ Sandi Smith 1pm - 3pm / Hat making w/ Rose</p>
<p>Monday 12/9</p> <p>9:30am - 10:30am/ Tai-Chi 2 w/ Marybeth - Registration Closed 10:30am - 11:30am / Hat Making w/ Rose 10:30am - 12:30pm / Senior Wellness Initiative Class 5 by PIVOT 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm / Making Christmas Ornaments w/ Rose (Limit 12 Sign-Up at Front Desk)</p>	<p>Wednesday 12/11</p> <p>9:00am - 10am / Chair Exercise w/ Lu Ann 10am - 11am/ Tai-Chi 2 w/ MaryBeth - Registration Closed 11am - 12pm /Plate Art w/ Mary (Limit 12 Sign-Up at Front Desk) 12pm - 1pm / OFA Lunch or BYO Lunch 2pm - 3pm / Catherine Quencer Estate Planning</p>	<p>Friday 12/13</p> <p>9:00am - 10am / Chair Exercise w/ Lu Ann 10am - 11am/ Tai-Chi 2 w/ MaryBeth - Last Class - Registration Closed 12pm - 1pm / OFA Lunch or BYO Lunch 1:30pm - 3pm / Discover Live - Holiday in Ljubljana, Slovenia- OFA Set Up</p>
<p>Monday 12/16</p> <p>9:30am - 10:30am/ Hat Making w/ Rose 10:30am - 12:30pm / Senior Wellness Initiative Class 6 by PIVOT - Last Class 12pm - 1pm / OFA Lunch or BYO Lunch 1:30pm - 3pm / Discover Live -Holiday in Paris, France</p>	<p>Wednesday 12/18</p> <p>9:00am - 10am / Chair Exercise w/ Lu Ann 11am - 12pm/ Parkinson Support Group 12pm - 3pm / Holiday Potluck Party & Secret Santa (Sign up at Front Desk) 12pm - 1pm / OFA Lunch or BYO Lunch</p>	<p>Friday 12/20</p> <p>9:00am - 10am / Chair Exercise w/ Lu Ann 10am - 11am/ Christmas Crafts w/ Sandi (Limit 12 Sign-Up at Front Desk) 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm /Life Bio Class (Limit 14 Sign-Up at Front Desk)</p>
<p>Monday 12/23</p> <p>9:00am - 10am / Chair Exercise w/ Lu Ann 10am - 11am/ Wreath Making w/ Staci (Limit 8 Sign-Up at Front Desk) 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm / Christmas Fun Game Day</p>	<p>Wednesday 12/25</p> <p style="text-align: center;">Closed</p> <p style="text-align: center;">Merry Christmas & Happy Holidays!</p> 	<p>Friday 12/27</p> <p>9:00am - 10am / Chair Exercise w/ Lu Ann 10am - 11am/ Nickel Bingo 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm /Life Bio Class 2 (Limit 14 Sign-Up at Front Desk)</p>
<p>Monday 12/30</p> <p>9:00am - 10am / Chair Exercise w/ Lu Ann 11:30am - 12pm/ New Years Eve Potluck Party- Hors D'oeuvres to share (Sign-Up at Front Desk) 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm /Christmas Fun Game Day</p>	<p>December 3rd @ 12pm- Volunteers Needed for Cleanup Day December 5th @ 12pm - Volunteers Needed for Holiday Decorating December 14th @ 11am - 3pm - Christmas Open House at the Senior Center- Refreshments & Entertainment Provided</p>	<p>Every Day- 9am Meet & Greet Every Day- 3pm Close Sign up for OFA's Lunches at (680)222-7038 48 Hour Prior Notice Required</p>