

Jefferson County Office for the Aging

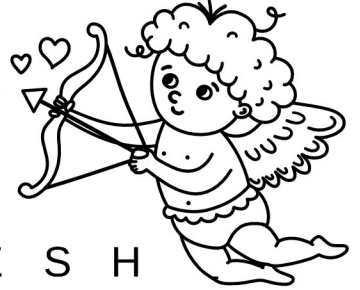
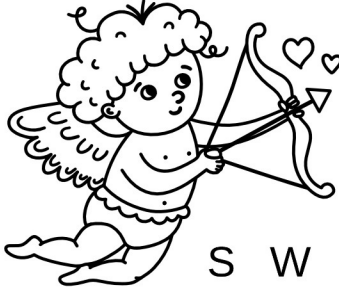
February Newsletter 2024



VALENTINE'S DAY

Wordsearch

Answer Key on the back of last page



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

WORD LIST

BE MINE
BOUQUET
CANDY
CARD
CHOCOLATE

CRUSH
CUPID
DECORATE
FEBRUARY
FLOWERS

GIFT
HEART
KISS
LOVE
PINK

RED
ROSE
SWEETHEART
TEDDY
VALENTINE

February is National Canned Foods Month

How Canned Foods are Made

Canned fruits and vegetables usually are canned within hours after picking. Some procedures may vary depending on the food item, but once the fruit or vegetable has been picked and transported to the canning facility, it goes through three major steps:

1. Processing: Fruits and vegetables are washed and often peeled, cut, chopped or pitted before canning. Certain varieties of fruits and vegetables may be blanched beforehand. Dried beans are hydrated and blanched. Once the food is prepared, the cans are filled with either water or juice and seasoned accordingly.

2. Sealing: After processing, the food is put into cans and the lid is sealed.

3. Heating: Once the can is sealed, it is quickly heated to a precise temperature for a specified amount of time to kill harmful bacteria and prevent spoilage. After it is heated, it is quickly cooled.

Benefits of Canned Foods

- Fruits and vegetables used for canning are picked at peak freshness, ensuring the best flavor and nutrient quality.
- Canned foods can be just as nutritious as fresh and frozen foods because canning preserves many nutrients.
- The amount of minerals, fat-soluble vitamins, protein, fat and carbohydrate remain relatively unchanged by the process of canning. But, because the canning process requires high heat, canned goods may have less water-soluble vitamins such as vitamin C and B vitamins. However, the heating process that may harm some vitamins can actually increase the antioxidant content. For instance, canning increases the amount of lycopene in tomatoes.
- Canned foods are a convenient and affordable way to incorporate more fruits and vegetables into your diet. The process of canning ensures a long shelf life of at least one to five years. This may be beneficial for people who often throw away fresh produce due to spoilage.



Making Wise Choices

While canned foods can be easy and convenient, there are factors to consider to choose the most nutritious options:

- For canned fruit, pick varieties that are canned in water, 100% juice or in its own juices. Many varieties of fruit come packed in light or heavy syrup, which translates to added sugars.
- Choose canned vegetables without added salts, labeled “no salt added” or “low sodium.” Be mindful that cans marked “reduced sodium” are not necessarily sodium-free. Draining and rinsing canned beans and vegetables can help reduce the sodium content as well.
- Avoid cans with dents, bulges, cracks or leaks. This may be a sign of the bacteria that causes botulism. Damage to the can may allow air to enter, creating the ideal environment for *Clostridium botulinum* to grow. Botulism is more common in homemade canned goods that are improperly handled and is extremely rare in commercially packaged canned goods.

Canned foods can play an important role in an overall healthy diet. Some research suggests that people who eat more canned foods tend to have a higher intake of fruits and vegetables and a higher intake of nutrients compared to people who eat fewer canned fruits and vegetables.

Fortify Meals with Fruits and Vegetables:

Canned fruits and vegetables are always in season and packed at the peak of freshness. Keep canned tomatoes, beans, fruits and vegetables on hand to quickly create meals or boost the nutrition of recipes. Try adding canned black beans, chick peas, mandarin oranges, beets or other colorful fruits and vegetables to your next salad. Canned soup, broth, pasta and chili can serve up meals with vegetables, grains and protein.

Quick Recipe Ideas with Canned Foods

HUMMUS

For an easy, low-fat and flavorful dip, make your own hummus.

Drain, rinse and purée a can of chickpeas in a food processor with 3 tablespoons each of olive oil and freshly squeezed lemon juice. Add crushed garlic to taste.

Serve with fresh vegetables or bite-sized slices of pita bread

SAVE THE DATE

Watertown Senior Center

OPEN HOUSE

FEB.

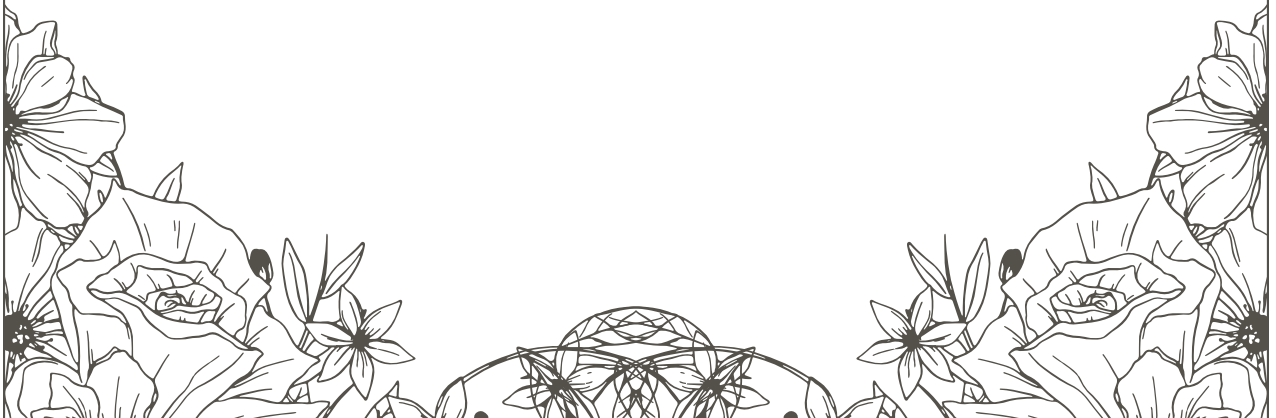
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2024

FROM 12PM TO 3PM

MARCY BUILDING
245 STATE STREET, WATERTOWN NY 13601

LIGHT REFRESHMENTS SPONSORED BY PIVOT





Santa for Seniors

Thanks to all the support we received during the Santa for Seniors Program, we were able to deliver over 500 gifts to individuals in long term care facilities.

Thank you all for your wonderful donations!

COMMUNITY EVENTS

STOP-In at NRCIL

210 Court St. Suit 107 Watertown, NY 13601

The Stop-In group is a weekly Social Group for Adults! They work on new projects each week- learning new life skills through crafting. They even invite a guest speaker every so often with fun hands on activities! Call Skylar Hoke or Amanda Graveline at (315) 785-8703 with questions or to request reasonable accommodations

- 1/31-(9:30am-11:00am)- Paper Heart Wreaths
- 2/7-(9:30am-11:00am)- CHD Awareness Craft
- 2/14-(9:30am-11:00am)- Valentine's Day Heart Mugs
- 2/21-(9:30am-11:00am)- Mardi Gras Craft
- 2/28-(9:30am-11:00am)- Shamrock Painting

Grand Opening

Watertown Senior Center

Marcy Building- 245 State St. Watertown, NY 13601

Community Meals

- 5pm - 7pm- Daily- Get a hot meal at the Emmanuel Congressional Church (119 S Hamilton St. Watertown NY 13601)
- 8am- Wednesdays & Saturdays- Panera donations day old baked goods at Life Church of the Nazarene call (315) 782-3840 for more information (535 Thompson Blvd. Watertown NY 13601)
- 10am-12pm Saturdays St. Mary's food pantry is open. Contact Mary Boucher at (315) 629-4458 if you have any questions. (8422 S. Main St. Evans Mills NY 13637)

COMMUNITY EVENTS

Senior Planet Classes

With funding from the American Rescue Plan and in partnership with the Northern New York Library Network, North County Library System is proud to bring Senior Planet programming to the North Country region!

Librarians across Jefferson and St. Lawrence Counties have been trained and equipped with technology to lead Senior Planet classes in their communities.

Senior Planet is a curriculum designed especially for seniors, leveraging technology to enhance life in five impact areas:

- Financial Security
- Civic Engagement and Advocacy
- Social Engagement
- Health and Wellness
- Creative Expression

Go to <https://ncls.libguides.com/more/seniorplanet> for more information!

Participating Libraries:

- Bodman Memorial Library
- Cape Vincent Community Library
- Carthage Free Library
- Hepburn Library of Waddington
- Lowville Free Library
- Massena Public Library
- Morristown Public Library
- North County Library System
- Norwood Public Library
- Orleans Public Library
- Potsdam Public Library
- Roswell P. Flower Memorial Library

Once you're comfortable using your device and accessing Zoom, you can use your new skills to take advantage of the free community resources that Senior Planet offers!

Senior Planet is presented by Older Adults Technology Services (aka OATS), an affiliate of AARP.

Come On Down!! The Price is Right...For Taxes!

Did you know that the Community Action Planning Council of Jefferson County has volunteers who can help you file your taxes?

The Jefferson County Office for the Aging has partnered with the CAPC to bring you the most up to date information about the services they can provide to help you file your Taxes this season. Come On Down and learn about other programs that may benefit you!



Jefferson County Office for the Aging
175 Arsenal Street, Watertown NY 13601



Thursday, February 22nd, 2024
11:30am - 12:30pm

We look forward to seeing you there!



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



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



Long Term Care Caregiver Support Group - Virtual

Presented by:

Alzheimer's Association

Central New York

Second Wednesday of the month 10:00 a.m. - 11:00 a.m.

Support group for family caregivers of people living with dementia in a long-term care residence.

Held Via Zoom

Please call

315.472.4201 for screening/registration

Visit www.alz.org/cny to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



Watertown Caregiver Support Group

Presented by:

Alzheimer's Association

Central New York

4th Tuesday of the month 4:30 p.m.

N Regional Center for Independent
Living 210 Court Street
Watertown, NY 13601

For screening and registration, call
315.472.4201

Visit alz.org/cny to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.

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- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Are You Up To Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and find problems early when treatment works best. Ask your doctor what services are right for you and use the space below to track appointment dates, times, and other important information.



- One time “Welcome to Medicare” preventive visit— get this visit within the first 12 months you have Medicare Part B (Medical Insurance) _____
- Yearly “Wellness” visit—get this visit 12 months after your “Welcome to Medicare” preventive visit or 12 months after your Part B coverage starts _____
- Abdominal aortic aneurysm screenings _____
- Alcohol misuse screenings & counseling _____
- Bone mass measurements (bone density test) _____
- Cardiovascular behavioral therapy _____
- Cardiovascular disease screenings (cholesterol, lipids, triglycerides) _____
- Cervical & vaginal cancer screenings _____
- Colorectal cancer screenings _____
- Counseling to prevent tobacco use & tobacco-caused disease _____
- Depression screening _____
- Diabetes screening _____
- Diabetes self-management training _____
- Flu shots _____
- Mammograms (breast cancer screenings) _____
- Glaucoma screening _____
- Hepatitis B screenings _____
- Hepatitis C screenings _____
- HIV (Human Immunodeficiency Virus) screenings _____
- Lung cancer screenings _____
- Medical nutrition therapy services _____
- Medicare diabetes prevention program _____
- Obesity screenings and counseling _____
- Pneumococcal shots _____
- Prostate cancer screenings _____
- Sexually transmitted infection screenings & counseling _____

For more details about Medicare’s coverage of preventive services, including your costs in Original Medicare, visit [Medicare.gov/publications](https://www.medicare.gov/publications) to view or print the booklet “Your Guide to Medicare Preventive Services.”

You have the right to get Medicare information in an accessible format, like large print, braille, or audio. You also have the right to file a complaint if you feel you’ve been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.



CMS Product No. 11420
Revised February 2023

This product was produced at U.S. taxpayer expense.

“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.”

Do you know what isn't new this year? Your Medicare card.



A large yellow sign with a black border and a black diagonal stripe at the top left. The word 'BEWARE' is written in large, bold, black letters. Below it, three small images of Medicare cards are shown: one with a gold chip, one with a silver chip, and one with a metal chip. To the right of these images, the words 'OF CHIP', 'PLASTIC', and 'METAL' are written in large, bold, black letters. At the bottom of the sign, the words 'MEDICARE CARD SCAMS' are written in large, bold, black letters.

shiphelp.org

[📍 Find Local Medicare Help](#)

This document was supported, in part, by grant numbers 90SATC0002 and 90MPC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201.

People with Medicare are NOT receiving new cards this year, but SCAMMERS may try to convince you otherwise.

Contact the Jefferson County Office for the Aging at (315) 785-3191 if you have questions about 2024 coverage enrollment periods, or cost assistance programs.

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The New York State Citizen Preparedness Corps Training Program

invites you to participate in a
private training event at:

Jefferson County Office of the Aging
175 Arsenal Street
Watertown, NY 13601

Tuesday, February 20th, 2024 at 1:00 PM

Max Capacity= 50

Seating will be on a first come, first served basis

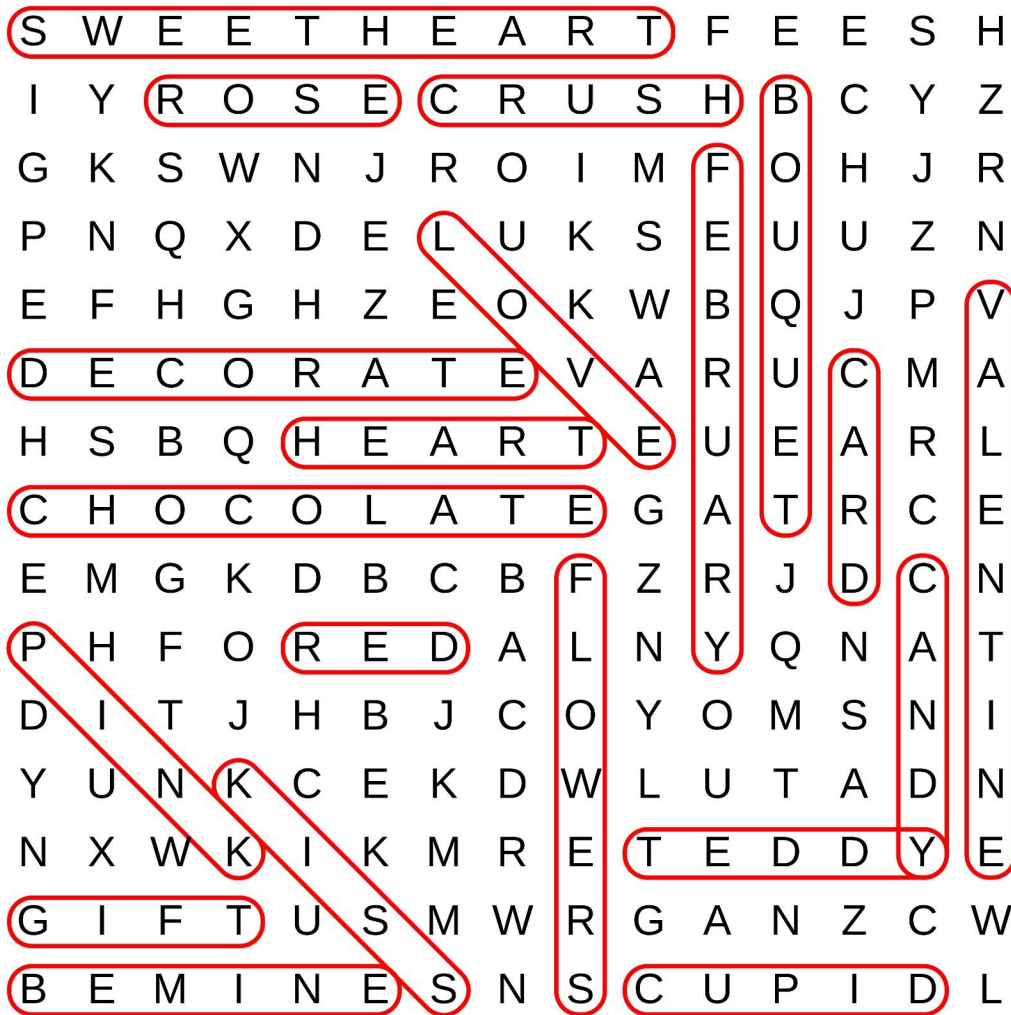
*Call the Jefferson County Office for the Aging at
(315) 785-3191 to register today!*

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

VALENTINE'S DAY

Wordsearch

Answer Key



WORD LIST

- | | | | |
|-----------|----------|-------|------------|
| BE MINE | CRUSH | GIFT | RED |
| BOUQUET | CUPID | HEART | ROSE |
| CANDY | DECORATE | KISS | SWEETHEART |
| CARD | FEBRUARY | LOVE | TEDDY |
| CHOCOLATE | FLOWERS | PINK | VALENTINE |