

Jefferson County

Office for the Aging

January 2025 Newsletter



New Year's Eve

H P V E K B L Y Z Y A I W O F O L U N S M K Q Z
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2025

Directors Note

Happy New Year from all of us at the Jefferson County Office for the Aging!

We're incredibly grateful for the trust you've placed in us throughout the year. We're excited for the possibilities that 2025 holds and look forward to continuing to work together to achieve your goals.

Wishing you and yours a year filled with joy, success, and unforgettable memories.





Looking to give back to the community?

The Jefferson County Office for the Aging is looking for volunteers 18 years of age or older to participate in our Respite Haven Program!

OFA staff will provide you with Respite Education Support Tools (REST) training as well as Powerful Tools for Caregivers.

REST is an evidence-based training designed to help you become more effective in delivering quality respite care to support caregivers who are caring for people with disabilities and health care needs across the lifespan.

Powerful Tools for Caregivers is a multi-session service designed to help caregivers take better care of themselves while caring for a family member or friend.

The Alzheimer's Association will also be providing additional training to volunteers.

Anyone interested in volunteering, please call the Jefferson County Office for the Aging at (315) 785-3191 or email us at ofa.jeffersoncountyny.gov

Dietary Supplements for Older Adults

Dietary supplements can be beneficial at any age, but they can also have unwanted side effects, such as unsafe prescription drug interactions. They could also not work at all. It's important to understand the supplements you are taking and why you are taking them.

What is a Dietary Supplement?

Dietary supplements are substances you might use to add nutrients to your diet or to lower your risk of health problems such as osteoporosis or arthritis. A doctor's prescription is not needed to buy dietary supplements.



Should I take a Dietary Supplement?

Eating a variety of healthy foods is the best way to get the nutrients you need. However, some people may not get enough vitamins and minerals from their daily diet. When that's the case, their doctors may recommend a dietary supplement to provide missing nutrients.

If you are thinking about using dietary supplements:

- **Learn.** Find out as much as you can about any dietary supplement you might take. Talk with your doctor or pharmacist. A supplement that seemed to help your neighbor might not work for you. If you are reading fact sheets or checking websites, be aware of the source of the information. Could the writer or group profit from the sale of a particular supplement? Read more about choosing reliable health information websites.
- **Remember.** Just because something is said to be “natural” doesn't mean it is safe or good for you. It could have side effects. It might make a medicine your doctor prescribed for you either weaker or stronger. It could also be harmful to you if you have certain medical conditions.
- **Tell your doctor.** Before deciding to start taking a dietary supplement to treat any health condition, check with your doctor. Do not take a supplement to try to diagnose or treat any health condition without first checking with your doctor.
- **Buy wisely.** Choose brands that your doctor or pharmacist recommend. Don't buy dietary supplements with ingredients you don't need. Don't assume that more is better — it can actually be harmful to take too many supplements or those with a very high concentration of a nutrient. It is possible to waste money on unneeded supplements.
- **Check the science.** Make sure any claim about a dietary supplement is based on scientific proof. Look for the United States Pharmacopeia (USP) verified mark. USP verifies the identity, quality, strength, and purity of supplements. Information on some dietary supplements is available on MedlinePlus, but it's important to note that most supplements listed have limited evidence of any benefit. If something sounds too good to be true, it probably is.
- **Be a savvy consumer.** Some advertisements for dietary supplements in magazines, online, or on TV promise that some of these products will make you feel better, keep you from getting sick, or even help you live longer. It's important to know that often, there is little, if any, science supporting these claims.





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 here Jefferson County DSS (Dept. of Social Services)	315-818-0660
Jefferson County HEAP (Heating) Program	315-785-3000
Jefferson County SNAP (Food Stamp) Program	315-785-3229
Jefferson County Crisis Hotline	315-779-5923
	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.



JEFFERSON COUNTY
RESPIRE HAVEN

The Jefferson County Office for the Aging is expanding their Respite Haven services to meet the growing need for caregiver support.

Respite Haven is a Social Adult Day program that provides functionally impaired individuals with socialization, supervision, and nutrition in a supportive setting during the day. This provides a much needed break for caregivers, while simultaneously providing person-centered socialization and activities for their loved ones. With over 22,000 older adults in Jefferson County alone, the need for caregiver support has never been greater.

Respite Haven is currently being held at:

Watertown

Trinity Episcopal Church
(227 Sherman St, Watertown, NY 13601)
Monday's and Wednesday's (**soon to include Tuesday's**) / 10am-2pm

Clayton

River Community Church
(38844 Bartlett Point Rd, Clayton, NY 13624)
Thursday's and Friday's / 10am-2pm

The program will now be open for 6 hours a day, from 9:30am to 3:30pm at both locations starting the beginning of the year. In addition, Trinity Episcopal Church will soon be adding services on Tuesdays, an announcement in our newsletter, website and Facebook will announce when that change has been made.

For more information call the Jefferson County Office for the Aging at (315) 785-3191, send us an email at ofa@jeffersoncountyny.gov or check out our Facebook page.

WINTER SAFETY TIPS: 10 WAYS TO PREVENT SLIPS, TRIPS, AND FALLS

The risk of slipping, tripping, and falling increases dramatically during winter months. Make fall safety a top priority this season with these ten tips.



1

Use special care when getting in and out of vehicles.

2

Plan ahead and give yourself sufficient time to get to your destination.

3

Use your vehicle for support when entering and exiting.

4

Avoid carrying items that reduce your ability to see the ground in front of you.

10

If you happen to slip, avoid using your arms to break your fall. If you fall backward, tuck your chin to keep your head from hitting the ground

5

When entering a building, wipe your feet to remove as much snow and water from your shoes as possible.

9

Walk slowly and take small steps.

6

Scan the path six or more feet ahead of you for trip hazards.

7

Watch for black ice. Try tapping your foot on potentially slick areas to see if they are safe to walk on.

8

Wear footwear with slip-resistant soles.



January 2025

Fraud Awareness Network

A peer to peer program for fraud survivors.

Facilitated by Lifespan's Fraud & Scam Prevention Team.



Weekly Meetings at 10am on Tuesdays

(Join via Zoom or by phone)

For more information please call **(585)-244-8400** or
email **fraudnetwork@lifespanrochester.org**

Always report fraud and scams at www.FTC.gov

Get Healthy North Country

Community Integrated Health Network

Do you or someone you love live with a chronic condition? We can help.



VIRTUAL CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Come learn & discover a range of strategies that can enhance your health and well-being at **no cost to you.**

TOPICS INCLUDE:

- Collaboration with healthcare experts
- Nutrition and label comprehension
- Improving communication abilities
- Formulating action plans
- Improving sleep quality
- Relaxation techniques
- Enhancing breathing
- Physical activity
- Problem-solving
- Decision-making
- Pain management
- Stress education
- Preventing falls

DETAILS

This six-week workshop will be held from 4:30 – 7:00PM every Tuesday, starting on January 14 through February 18.

This meeting is done virtually via Zoom!

**TO SIGN UP, OR TO LEARN ABOUT MORE WORKSHOPS,
VISIT: GETHEALTHYNOCO.ORG**

CONTACT:

Amy Kohanski
akohanski@heartnetwork.org
518-576-7078

**THE HEART
NETWORK**

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SHIP

State Health Insurance
Assistance Program

Medicare Advantage Open Enrollment Period (MA OEP)

January 1st - March 31st

**This period applies to those who are
already enrolled in Medicare Advantage**

- ✓ You can switch to another Medicare Advantage Plan (with or without drug coverage)
- ✓ You can drop your Medicare Advantage Plan and return to Original Medicare (Part A & B). *This lets you add a drug plan.
- ✗ Cannot switch from Original Medicare to Medicare Advantage
- ✗ Cannot join a drug plan if you are in Original Medicare
- ✗ Cannot switch from one drug plan to another if you are in Original Medicare

Medicare Advantage Open Enrollment Period (MA OEP)

The MA OEP is from January 1st-March 31st. During this time period you can change from one Medicare Advantage Plan to another or return to Original Medicare, and enroll in a stand-alone Part D plan. This is a one-time change with the new plan starting the first of the following month you enroll.

Costs for Original Medicare in 2025

- Original Medicare includes Medicare Part A (Hospital Insurance) and Part B (Medical Insurance).
- You can join a separate Medicare drug plan to get Medicare drug coverage (Part D).
- You can use any doctor or hospital that takes Medicare, anywhere in the U.S.

To help pay your out-of-pocket costs in Original Medicare (like your 20% coinsurance), you can also shop for and buy supplemental coverage.

Part A Premium: \$ 0 for a beneficiary that has worked equal to or greater than 40 quarters of work history; \$285 for a beneficiary that has worked equal to 30 to 39 quarters; beneficiaries that have worked less than 30 quarters will pay \$518.

Part A Deductible: \$1,676.00/ benefit period

Part B Premium: \$185.00

Part B Deductible: \$257.00/year

Part D Deductible: \$590

TrOOP (True Out Of Pocket- costs): \$2,000

Full extra-help copays: \$4.90/\$12.15

Nat'l Average For Part D Premium: \$36.78 (LEP based on this amount)

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Answers on the back of first page

New Year's Eve

H P V E K B L Y Z Y A I W O F O L U N S M K Q Z
H F O R O V J O F R E A Y V B J Z T V B H E N Q
X Z W A B W T T S A E W J H M D J H K A Q D W N
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CHAMPAGNE TOAST
CELEBRATION
COUNTDOWN
MIDNIGHT
JANUARY
MUSIC

HAPPY NEW YEAR
RESOLUTION
FIREWORKS
DANCING
CHEERS
PARTY

NEW YORK CITY
TRADITIONS
BALLOONS
FRIENDS
PARADE

TIMES SQUARE
BALL DROP
CONFETTI
HOLIDAY
GOALS

January 2025



Paynter Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Center Closed <small>New Year's Day</small>	1 10:00 CANCELLED Boomers & Zoomers	2 10:00 Bingo	4 Red Cross Blood Drive 10am-2pm
5 10:00 Bingo 11:00 Balanced Boxing	6 8:00 Watertown Shopping 10:00 Boomers 11:15 Zoomers 12:00 Lunch	7 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Grief Share	8 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Grief Share	9 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch	9 10:00 Bingo 10:00 Thrift Shop 10:00 Barn Quilt Workshop \$25.00	11
12 10:00 Bingo 11:00 Balanced Boxing 1:00 Craft with Sharon	13 10:00 Boomers 11:15 Zoomers 12:00 Lunch 1:00 Making Cards with Golda \$5.00	14 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Grief Share 1:00 Introduction to Tai-Chi Thuan Yang Style	15 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch 1:00 Wills & Trusts presented by Catherine Burns Quencer, Attorney at Law	16 10:00 Bingo 10:30 Caregivers Support Group 5:00 Community Dinner Sponsored by "Fulmer Masonry"	17	18
19 10:00 Bingo 11:00 Balanced Boxing 1:00 "Busted Canvas" Craft with Alisha \$12.00	20 9:00 Evans Mills Shopping 10:00 Boomers 11:15 Zoomers 12:00 Lunch	21 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Grief Share	22 9:00 Price Chopper 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch	23 10:00 Bingo 10:00 Thrift Shop 10:00 Painting With Cathy Wood 10:30 Caregivers Support Group	24	25
26 10:00 Bingo 11:00 Balanced Boxing 11:30 Depauville Church Luncheon 1:00 Craft with Holly	27 10:00 Boomers 11:15 Zoomers 12:00 Lunch	28 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Grief Share	29 10:00 Boomers 11:15 Zoomers 12:00 Hot Lunch	30 10:00 Bingo 10:30 Caregiver Support Group 11:30 Lunch & a Movie "Thelma"	31	
<p><small>Activity Professionals Week</small> Martin Luther King Jr. Day</p> <p><small>Australia Day (Observed)</small></p> <p><small>Chinese New Year (Year of the Snake)</small></p>						

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

The Paynter Center
914 Strawberry Ln
Clayton NY
315-686-3553

Watertown Senior Center January Calendar

<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>	<p>Wednesday 1/1</p> <p>Closed for New Years</p> 	<p>Friday 1/3</p> <p>10am / Chair Exercise w/ Lu Ann 11am / Tai Chi w/ MargBeth 12pm - 1pm / PIVOT Lunch and Happy Birthday Cake for all Make sure you call Senior Center to register: 315-221-4021 Entertainment provided by Dennis Marshall 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm / Nickel Bingo</p>
<p>Monday 1/6</p> <p>10am - 12pm /Games 12pm - 1pm / OFA Lunch or BYO Lunch 12pm - 2pm / A Matter of Balance by YMCA</p>	<p>Wednesday 1/8</p> <p>10am - 11am / Chair Exercise w/ Lu Ann 10am - 11am / Discover Live Tour - Ohrid, North Macedonia 11am - 12pm / Tai Chi w/ MargBeth - Pre Registered Class 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm / Life Bio Class</p>	<p>Friday 1/10</p> <p>10am - 11am / Crafts w/ Rose 11am - 12pm / Tai Chi w/ MargBeth 12pm - 1pm / OFA Lunch or BYO Lunch 12pm - 2pm / A Matter of Balance by YMCA (Limit 12) Sign Up at Front Desk 1pm - 3pm / Plate Decoupage w/ Margy (Limit 10) Sign Up at Front Desk</p>
<p>Monday 1/13</p> <p>9am - 10am / Card Making w/ Fran 10am - 12pm / Reiki w/ Sandi Smith (Limit 10) Sign Up at Front Desk 12pm - 1pm / OFA Lunch or BYO Lunch 12pm - 2pm / A Matter of Balance by YMCA</p>	<p>Wednesday 1/15</p> <p>10am - 11am / Chair Exercise w/ Lu Ann 11am - 12pm / Discover Live Tour- Gdansk, Poland 11am - 12pm/ Tai Chi w/ MargBeth 11am - 12pm / Parkinson's Support Group 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm / Life Bio Class</p>	<p>Friday 1/17</p> <p>9am - 10am / Card Making 11am - 12pm / Tai Chi w/ MargBeth 12pm - 1pm / Discover Live Tour - Naples, Italy 12pm - 1pm / OFA Lunch or BYO Lunch 12pm - 2pm / A Matter of Balance by YMCA (Limit 12) Sign Up at Front Desk 1pm - 2pm / Hospice & Bereavement 1pm - 3pm / Family Feud</p>
<p>Monday 1/20</p> <p style="text-align: center;">Closed for</p> <p style="text-align: center;">Martin Luther King Jr. Day</p> 	<p>Wednesday 1/22</p> <p>10am - 11am / Cake Decorating w/ Bunny Sign Up at Front Desk 11am - 12pm/ Tai Chi w/ MargBeth 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm / Life Bio Class</p>	<p>Friday 1/24</p> <p>9am - 10am / Chair Exercise w/ Lu Ann 11am - 12pm / Tai Chi w/ MargBeth 12pm - 1pm / OFA Lunch or BYO Lunch or 12pm - 1pm / \$5 Pizza & Soda - Sign Up at Front Desk 12pm - 2pm / A Matter of Balance by YMCA (Limit 12) Sign Up at Front Desk 1pm - 3pm / Movie</p>
<p>Monday 1/27</p> <p>10am - 12pm /Meditation w/ Sandi Smith 12pm - 1pm / OFA Lunch or BYO Lunch 12pm - 2pm / A Matter of Balance by YMCA (Limit 12) Sign Up at Front Desk 1pm - 3pm / Nickel Bingo</p>	<p>Wednesday 1/29</p> <p>10am - 11am / Chair Exercise w/ Lu Ann 11am - 12pm / Tai Chi w/ MargBeth 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 3pm / Making Dish Gardens</p>	<p>Friday 1/31</p> <p>10am - 11am / Book Club w/ Margy 11am - 12pm / Tai Chi w/ MargBeth 12pm - 1pm / OFA Lunch or BYO Lunch 12pm - 2pm /A Matter of Balance by YMCA (Limit 12) Sign Up at Front Desk 1pm - 3pm / Song Burst</p>