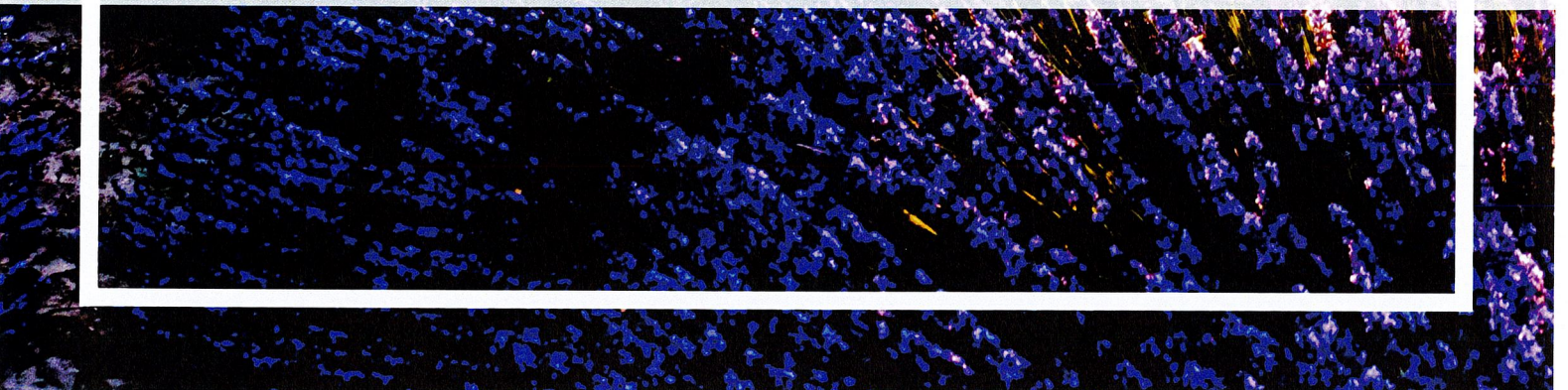


Jefferson County

Office for the Aging



2024 May Newsletter





## From the Director's Desk

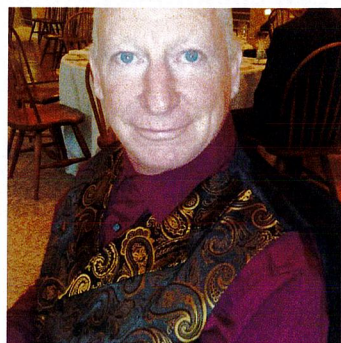
The Jefferson County Office for the Aging is also implementing a platform called Blooming Health that will help us communicate with Jefferson County and give updates on what is happening within the Office for the Aging. This includes updates regarding meals, Case Management, and any surveys.

There is more information pertaining to Blooming Health within this newsletter.

The New York State Office for the Aging has invested in several initiatives leveraging technology and digital tools to combat social isolation and provide support for caregivers. These include; Trualta, an online education and training platform for family caregivers of older adults, free online classes through GetSetUp, and the use of support groups through the Alzheimer's Association.

We are excited to announce the Jefferson County Older Adult nominee for Older Americans Day is Bradley Bobb. We will be celebrating all the older Americans in New York on May 14th in Albany.

"I was born and raised in Stony Brook, NY along with my three sisters and one brother. I always loved being outdoors hiking, gardening, bird watching and eventually found a sense of peace, comfort and spirituality in nature. In high school, I studied Entomology, Botany Club, school theater/arts and was instrumental in developing a program called Project C: "Save Everyone's Environment which introduced 6th graders to outdoor activities and wildlife . After graduation, I moved to NYC spending the next 20 years working within the medical profession at both Columbia Presbyterian Medical Center and Helen Hayes Hospital.



Upon leaving NYC after the death of my partner, I returned to Stony Brook to provide end of life care for my father and came to Jefferson County to be near family and embarked on a new journey in my life while continuing my advocacy work and volunteering. I have always held high standards for myself while concentrating on the well-being of those who surround me in my life. It is a path towards spirituality that I continue to follow."

"I am an active member of the LGBTQ+ Community advocating and educating for social justice change to end discrimination against individuals on the basis of their sexual orientation, gender identity and expression. I have strongly advocated for individuals with substance abuse issues, mental health disorders and homelessness by linking them to services in the community providing short and long term support and on a personal level giving my time, experience and understanding of the struggles they are experiencing. I am an advocate in the older adult community helping to identify and look for new programs to bridge the gaps in resources and services. I am a person who believes that spirituality is a way of life and works to incorporate this tenet to my everyday activities and interactions with everyone I meet. I was a sponsor and peer volunteer at the QCenter of Jefferson County focusing on youths of the LGBTI community, graduate of Getting Ahead program concentrating on building economics approaches for rising out of poverty, CASA (Court Appointed Special Advocate) for the Children's Program, Recovery Coach/Narcan Instructor/Reiki Master at Anchor Recovery Center, a Jefferson County OFA Volunteer and Advisory Council Board member. Volunteering is a privilege, a way of paying homage to those who came before me and fought for the rights of those marginalized by society. Helen Keller said it best " So I can be the light in someone's eyes, a symphony to other's ears and the smile on other faces"

# OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

This May, join us as we recognize the 61th anniversary of OAM and recognize the nurturing role that connectedness plays in our lives. In doing so, we can mitigate issues like loneliness, and ultimately promoting healthy aging for more Americans.

## **How can community groups, businesses, and organizations mark OAM?**

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

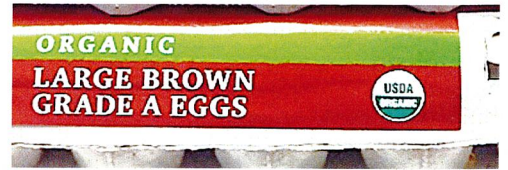
## **What can individuals do to connect?**

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

**For more information, visit the official OAM website, follow ACL on X, Facebook, and LinkedIn and join the conversation using #OlderAmericansMonth.**

## Making Sense of Food Labels on Egg Cartons

**USDA Organic** are from uncaged hens that are allowed free range of their houses & access to outdoor spaces. They are fed an organic diet produced according to National Organic Program standards.



**Cage-Free** must be produced by hens housed in a building, room, or enclosure that allows for unlimited access to food & water & provides the freedom to roam the area during the laying cycle. Cage-free hens are not required to have access to the outdoors & do not produce more nutritional eggs.

**No Antibiotics** labels indicate that the laying hens were raised without antibiotic of any type.

**Free-Range** eggs must be produced by cage-free hens housed in a building, room, or area that allows for unlimited access to food, water, & continuous access to outdoors during their laying cycle.

**Vitamin Enhanced** eggs are laid by hens whose diets may include things like alfalfa, rice bran, & sea kelp to produce eggs with more vitamin B, A, D & E in the eggs.

**Omega-3 Enriched** eggs may be laid by hens whose diets include things like flaxseed, algae & fish oils to boost omega-3 content from 30mg per egg to 100-200+mg per egg.

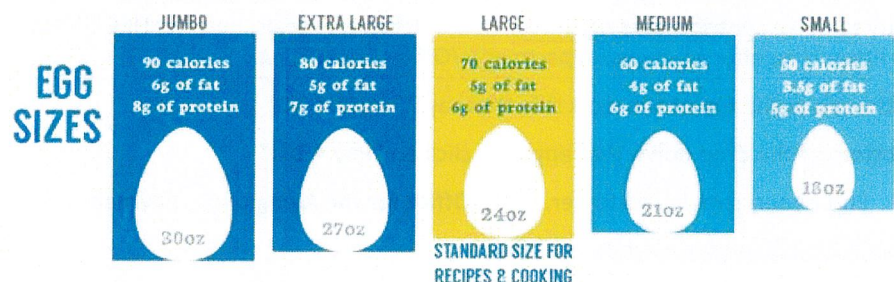
**Grade** is determined by quality factors like defects, freshness, & shell attributes. Grade AA eggs are the highest quality & the freshest. Grade A eggs are only slightly lower quality than AA. Grade B eggs are mostly used as ingredients in baked goods & other foods.

### Quiz Question

What is the difference between a white egg & brown egg?

### Answer

Color is determined by the breed of hen. White hens lay white eggs and brown hens lay brown eggs. There's no significant nutritional difference, the reason brown eggs tend to cost more is that brown hens are larger & eat more.





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.

## **What is Blooming Health?**

Blooming Health is a company founded in New York with the mission to empower healthy aging in place for all.

It's inclusive, digital engagement solution enables aging care providers across the United State to reach tens of thousands of older adults and caregiver clients in a personalized way, while removing technological and language barriers to enable older adults easier access to timely care.

Aging care providers have seen a three-fold increase in client engagement via the Blooming Health solution, while also saving two hours per day in outreach capacity for their staff.

## **Blooming Health Partners with Jefferson County Office for the Aging to Enrich Older Adult Services**

Blooming Health has formed a partnership with Jefferson County Office for the Aging to provide their communication platform connecting seniors through voice calls, text messages, and email in 70 different languages.

Using Blooming Health, Jefferson County Office for the Aging is able to connect with older adults and better communicate information about services, provide referrals and easily collect survey data to improve community efforts. This will enable older adults to receive timely assistance, nutrition support, Home Delivered Meals updates and educational information to stay engaged with their community and improve access to their services.

Jefferson County Office for the Aging will be using Blooming Health for communications for their, Home Delivered Meals Program, Case Management and many other programs and services.

"We are honored to collaborate with Jefferson County Office for the Aging to support their vision of providing programs and services to older adults and their families to promote independence, optimal health and wellness in a safe and secure environment" stated Nima Roohi, CEO of Blooming Health. "By fostering inclusive engagement, we can amplify the support services available to older adults and ensure more people across the county can benefit from these valuable resources."

# Is it a Caregiving Job or a Scam?

By: Jim Kreidler, Consumer Education Specialist, FTC | March 28th, 2024

As a nanny or caregiver, you know that families and employers trust you to take care of their children or older adults. It's the same trust that scammers want to build with you when they post ads for fake jobs to steal your money and personal information. So how do you spot the scam?

Here's how it works. You see an ad for a job, maybe at a job site, and apply. The "employer" sends you a check upfront and tells you to deposit it. "Keep part of the money," they say, and send the rest to buy supplies or even toys for the children in your care. Don't do it — while the position seems real, it's not. It's a scam. Days later, you'll find out from your bank that the check was fake, and you'll lose any money you sent. Then you'll be stuck repaying the money to the bank.

Here are more ways to spot and avoid phony nanny or caregiver jobs:

- **Don't send money** to someone who says they want to hire you. An honest employer will never send you a check and tell you to send them, or someone else, part of the money. **That's a scam**
- **Don't feel pressured to act immediately.** Scammers want you to act without having time to think about what information you're giving. Before you provide personal or financial information to a prospective employer, check out their story. Search online to see if others report problems with this employer.
- **Talk to someone you trust.** Before you give any personal information, describe the offer to them. What do you think?

Report job scams to the job site and to [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

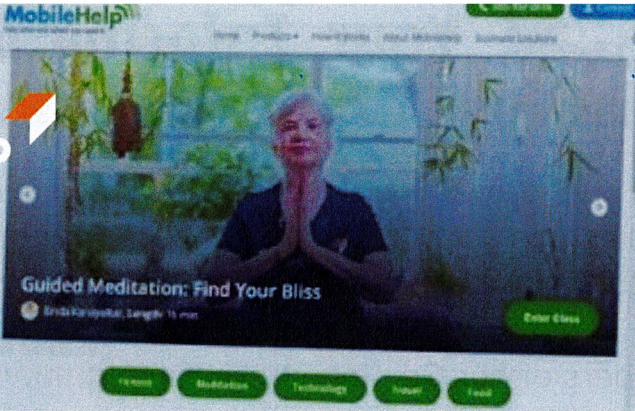
Article taken from the Federal Trade Commission website





GetSetUp

GetSetUp  
Anywhere



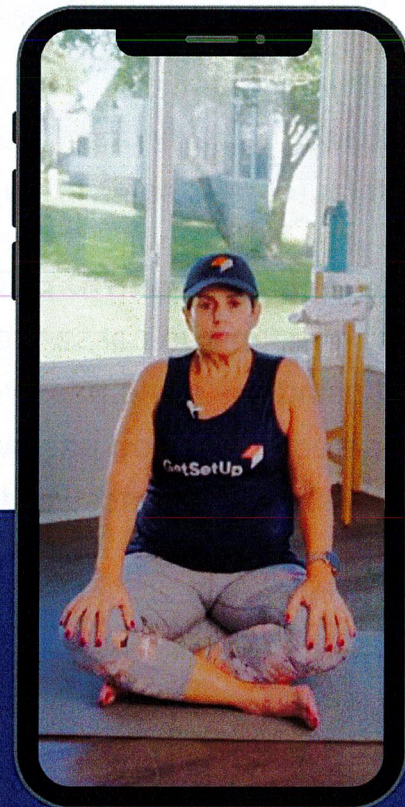
GetSetUp is the largest, fastest-growing online learning platform for older adults who want to learn new skills, connect with others, and unlock new life experiences. Now you can enjoy GetSetUp classes on your favorite local site: **The Jefferson Department for the Aging.**

**Try an Online Class Today!**

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

### **New Classes Monthly Across Multiple Categories**

- Lifestyle
- Fitness
- Technology
- Health and Wellness
- Cooking
- And more!



### **A New York Learner**

“This class was great. I have had my apple watch for 4 years and I learned so much new stuff.”



[www.getsetup.io](http://www.getsetup.io)

1-888-559-1614

[help@getsetup.io](mailto:help@getsetup.io)

# Safeguarding Your Information: A Checklist for Combating Fraud



In today's digital age, protecting yourself from fraud is more important than ever. With the ever-increasing sophistication of scammers, safeguarding your personal and financial information has become a critical aspect of everyday life.

Every day, members of our Community share that they received phishing emails, scam voice calls, or text messages, leading them to falsified sites. Nearly every scam is designed to trick you into sending money or providing personal information. Responding to these scams can have serious consequences, and GetSetUp is committed to helping everyone stay aware and safe in today's digital world.

To help you navigate this challenging landscape, we've put together a Fraud Protection Checklist. This easy-to-follow guide offers 10 practical actions you can implement to strengthen your defenses against fraud. Each step is designed to provide you with the knowledge and tools necessary to stay one step ahead of fraudsters.

Whether you're a seasoned internet user or just starting out, this checklist is a useful resource for anyone looking to enhance their security and protect their identity online.

## Fraud Protection Checklist

### 1. Protect your devices:

- Install and regularly update anti-virus and anti-malware software on your devices.
- Enable automatic software updates to stay protected against the latest threats.

### 2. Create unique, strong passphrases and passwords:

- Use strong, unique passwords for each account and website.
- Avoid using the same password for multiple accounts.
- Change compromised passwords immediately.
- Use passkeys or a password manager app to track your passwords.



### **3. Shred papers with sensitive personal information:**

- Safely destroy any document with sensitive information, such as Social Security & Medicare numbers or financial documents, before discarding them.
- Shred credit card statements, bank statements, or other sensitive documents.

### **4. Limit sharing of sensitive and personal information online:**

- Be cautious about sharing personal data online, such as your date of birth, address, Social Security, Medicare, driver's license and credit card numbers, PINs, or financial information.
- Only share necessary information privately with verified individuals.

### **5. Be careful on the phone:**

- Do not provide personal information over the phone unless you are the one to initiate the call.
- Be cautious of calls from fake bank employees, government agencies, or law enforcement seeking financial information or assistance.
- Verify the identity of callers claiming to be family members in need of emergency help.

### **6. Report lost or stolen credit cards and identity documents immediately:**

- Report lost or stolen credit/debit cards, driver's licenses, Social Security number cards, passports, etc., immediately.
- Regularly review bank and credit card statements for unauthorized charges.

### **7. Strengthen social media security and privacy settings:**

- Review and tighten the privacy and security settings for your social media accounts.
- Accept friend requests only from individuals you know and periodically review your contacts.

### **8. Be wary of downloading free apps, files, programs, or software:**

- Malware can be hidden in downloaded files or apps. This can compromise your security. Be sure to read app and software reviews and only download files from trusted sources.
- Periodically review your devices and remove unused apps in order to reduce security risks.



**9. Don't respond to suspicious emails, phone calls, or texts:**

- Legitimate organizations like your bank or the government will never ask for sensitive information via email.
- Be cautious of unsolicited communication via email or the phone that requests personal or financial data.

**10. Be careful on dating apps:**

- Be cautious of romance scams on dating apps. If someone asks for sensitive information or money, terminate communication.
- Sometimes they may wait months to do this as they build up a relationship with you, so think very carefully before giving any sensitive information via the internet to someone you have not met in person and know well.

By following this checklist, you can take proactive steps to protect your personal information, money, and internet-connected devices from frauds and scams. Stay vigilant and prioritize your online security.

GetSetup





## 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](http://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](http://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.



# ALZTOGETHER

Social programs for individuals with Alzheimer's and their care partners

## Antique Boat Museum Tour

Join us to explore the Antique Boat Museum located in the 1000 Islands on the St. Lawrence River. It is the premier freshwater boating museum in North America. They have collections of over 320 unique boats and thousands of related artifacts and archives.

**Get out, stay active and connect with others in a fun, stimulating environment.**

Social engagement activities are a fun and comfortable way for people living with dementia and their care partner to get out, get active, and get connected with one another through a variety of social events and community based activities. Participation is free of charge but reservations are required.

Individuals with Alzheimer's disease or other dementia must be accompanied by a care partner.

This activity is supported, in part, by a grant from the New York State Department of Health

**May 16, 2024 / 2-3:30p.m.**

**Antique Boat Museum  
750 Mary St.  
Clayton, NY 13624**

**To Reserve Your Spot:  
Call 315.472.4201 x227**

**Space is limited  
Advance registration and screening is required.**

**ALZHEIMER'S  ASSOCIATION®**

# Medicare Coverage of Mental Health and Addiction Treatment

## What is mental health care?

Mental health care refers to services and programs intended to help diagnose and treat mental health and illnesses.



A mental illness or mental health condition affects your thinking, feeling, or mood. Some examples include depression, anxiety, and schizophrenia. Some also consider addiction, like opioid use disorder and alcoholism, to be mental health conditions.

Mental health conditions are typically not the result of any single event or circumstance. Rather, they are complicated conditions involving multiple factors. More than 50% of people will be diagnosed with a mental health conditions at some point in their life.

## Outpatient Care

Medicare Part B covers outpatient mental health care, including but not limited to:

- Individual and group therapy
- Substance use treatment
- Activity therapies, like art or dance therapy
- Annual depression screening
- Opioid treatment program (OTP) services

If you have Original Medicare, you usually owe a 20% coinsurance. If you have a Medicare Advantage Plan, contact your plan for costs.

## Prescription Drugs

Medicare Part D covers prescription drugs needed for mental health treatment, through either a:

- Stand-alone Part D plan
  - Medicare Advantage Plan
- Before joining a plan, make sure it covers your medications.**

Part D plans are required to cover many drugs used to treat mental health conditions. This includes all antidepressant, anticonvulsant, and antipsychotic medications, with limited exceptions.

## Inpatient Care

Medicare Part A covers inpatient mental health care in:

- General hospitals
- Psychiatric hospitals

General and psychiatric hospitals have the same out-of-pocket costs, which include the Part A deductible and daily coinsurances after 60 days of inpatient care. Contact your Medicare Advantage Plan for exact costs and rules.

Medicare only covers up to 190 days of inpatient care at a psychiatric hospital in your lifetime. This limit does not apply to general hospitals.

## Will Medicare cover the cost of any mental health care provided?

Consider these factors about providers to limit your out-of-pocket costs for mental health care:

- Make sure your provider accepts Medicare assignment. This means that they accept Medicare's approved amount as full payment for a service. Psychiatrists are more likely to have opted out of Medicare, meaning they do not accept Medicare payment at all.
- Check that any non-medical providers, like psychologists or clinical social workers, are Medicare-certified. Medicare will only pay for the services of these providers if they are Medicare-certified and take assignment. Medicare does not allow some types of providers to become Medicare-certified, so you will have to pay the full cost. Examples include Licensed Mental Health Counselors and Credentialed Alcoholism and Substance Abuse Counselors.
- Choose partial-hospitalization programs or Opioid Treatment Programs (OTPs) that accept Medicare.
- If you have a Medicare Advantage Plan, make sure that any provider you see is in your plan's network.

## Who should I contact if I need help related to my mental health care?

- **Your doctor:** Talk to your doctor about your mental health challenges and what care is best for you. Your doctor may be able to recommend mental health specialists to you.
- **988 Suicide and Crisis Lifeline:** Call or text 988 for 24/7 support. Counselors can help when you are in crisis, as well as provide resources for you.
- **Medicare:** If you have Original Medicare, you can call 1-800-MEDICARE (633-4227) or go to Medicare.gov to find mental health care providers in your area.





# Medicare 101 Seminar

May 23rd, 2024 / 2:30pm - 4pm

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

- **Considering retirement?**
- **Already retired and have questions about Medicare or health insurance options?**

Please join us and learn how to take charge of the decision-making process as you navigate the Medicare system and coverage options.

## The presentation will cover the following:

- **Medicare A, B, C & D**
- **Filling the Gaps in Medicare- Medicare Advantage Plans & Medigap**
- **Preventative services, covered and non-covered services**
- **Lower income assistance programs such as Medicare Savings Program, Extra Help, and EPIC which help cover costs of premiums, copays, deductibles.**

Pre-registration is required for upcoming seminars.  
Please call the Office for the Aging at 315-785-3191 to register.

**The Jefferson County  
Office for the Aging**

# **2024 Senior Picnic**

**Come Have Some Fun in the Sun!**



**Westcott Beach State Park,  
Pavilion D**



**Wednesday, July 17th, 2024**  
(Rain Date: Thursday, July 18th, 2024)



**10 A.M. - 2 P.M.**

**Lunch will be provided to individuals who register.**

**Seniors 60+ will have a chance to win a prize from our raffle!**

**Download the registration form from the Office for the  
Aging website or stop by the office to pick one up!**

**FORMS MUST BE IN BY JULY 4TH**

# 2024 Jefferson County Office for the Aging Picnic

Wednesday, July 17, 2024

Westcott Beach State Park

10am - 2pm

(Rain Date: Thursday, July 18, 2024)

<p style="text-align: center;"><i>By Thursday, July 4, 2024,</i></p> <p style="text-align: center;"><b>Send completed reservation form and your check made out to the:</b>  <b>“Jefferson County Treasurer” to Jefferson County Office for the Aging</b>                  175 Arsenal Street, Watertown, NY 13601</p> <p style="text-align: center;"><b>\$5.00 for individuals 60 and over</b>                      <b>\$9.00 for individuals under age 60</b></p>	<p style="text-align: center;"><b>Menu</b></p> <p style="text-align: center;">Italian Sausage with Side Roll                  Salt Potatoes                  Coleslaw                  Strawberry Shortcake                  Beverages</p>
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**One reservation form per person – This form may be copied if another registration is needed!!**

## Jefferson County Office for the Aging Picnic Participant Registration

Legal Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City/State: \_\_\_\_\_ **(Check one):** Male \_\_\_\_\_ Female \_\_\_\_\_

Zip Code: \_\_\_\_\_ Are you a veteran? Yes \_\_\_\_\_ No \_\_\_\_\_

Social Security # (or last four #): \_\_\_\_\_ Are you Frail/Disabled? Yes \_\_\_\_\_ No \_\_\_\_\_

Number in Household: \_\_\_\_\_ Marital Status \_\_\_\_\_

Lives with: **(Circle one)** Alone    Non-Relatives    Relatives    Spouse & Others    Spouse only

Are you also known by a nickname? If yes, what is the nickname? \_\_\_\_\_

**Race (Check one):**  2 or more races     American Indian/Native Alaskan     Asian  
 Black/African American     Native Hawaiian/Other Pacific Islander     Other race     White, Hispanic  
 White, Not-Hispanic

**Ethnicity (Check one):**  Hispanic/Latino     Not Hispanic/Latino

**Please check the category your monthly income falls within:**

**Single**     Below \$1,255     \$1,256-\$1,569     \$1,570-\$1,883     \$1,884-\$2,322     \$2,323+

**Couple**     Below \$1,703     \$1,704-\$2,129     \$2,130-\$2,555     \$2,556-\$3,151     \$3,152+

<p><b>Emergency Contact:</b></p> <p>Name: _____</p> <p>Telephone: _____</p> <p>Address: _____</p> <p>Relationship: _____</p>	<p style="text-align: center;"><b>*Must be completed if under 60</b> (CIRCLE ONE)</p> <p>Are you under 60 and the spouse of an eligible senior?    Yes    No</p> <p>Are you disabled and living in senior housing?            Yes    No</p> <p>Are you an eligible volunteer under 60?                    Yes    No</p> <p>Are you disabled and living at home with eligible senior?    Yes    No</p>
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Please answer the following questions:	Yes	No
Do you have an illness or condition that changes the kind and/or amount of food eaten?		
Do you eat fewer than 2 meals per day?		
Do you eat fewer than 2 daily servings of fruits?		
Do you eat fewer than 2 daily servings of vegetables?		
Do you eat fewer than 2 daily servings of milk products?		
Do you have 3 or more drinks of beer, liquor, or wine almost every day?		
Do you have tooth or mouth problems that make it hard to eat?		
Do you sometimes not always have enough money to buy needed food?		
Do you eat alone most of the time?		
Do you take 3 or more prescribed or over-the-counter drugs per day?		
Do you without wanting to, lost or gained 10 pounds in the past 6 months?		
Do you have a physical limitation that prevents you to shop, cook and/or feed yourself?		

The programs and services available under the auspices of the Office for the Aging are made possible by the contributions from program participants, the County of Jefferson, the NYS Office for the Aging and U.S. Administration on Aging.

**Informed Consent to Capture and Record Personal Information**

I hereby consent to my personal information contained in this Registration Form being saved in the Client Data System maintained by the New York State Office for the Aging and used by the local Office for the Aging. I understand that my information will not be shared with other agencies without my permission.

I understand that the information on this form may be sent to the State and Federal government, and is used to improve the services offered and better meet my needs.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Print**

**ATTESTATION**

*To be completed by worker*

I attest that informed consent, as indicated, was obtained from the above individual, who provided his/her signature above. All appropriate processes were followed, and consent was provided voluntarily.

\_\_\_\_\_  
*Worker Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Worker Name (Print)*

\_\_\_\_\_  
*Congregate Site*

Paynter Center Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
10am- Nickel Bingo 11am- Balanced boxing 11:30am- Depauville 1pm- Crafts with Sharon	10am- CANCELLED 11:15am- CANCELLED 12pm- Hot Lunch 1pm- Hawn Memorial	9am- Clayton Shopping 10am- Coffee hour 11am-Exercise 1pm - Grief Share @	10am- Boomer Movers 11:15am- Zoomers 12pm- Hot Lunch	10am- Nickle Bingo		
5	6	7	8	9	10	11
10am- Nickel Bingo 11am- Balanced boxing 1pm- Crafts with Sharon	8am- Shopping 10am- Boomer Movers 11:15am- Zoomers 12pm- Hot Lunch 1pm- Hawn Memorial	9am- Clayton Shopping 10am- Coffee hour 11am-Exercise 1pm - Grief Share @	10am- Boomer Movers 11:15am- Zoomers 12pm- Hot Lunch	10am- Nickle Bingo		
12	13	14	15	16	17	18
10am- Nickel Bingo 11am- Balanced boxing 1pm- Crafts with Sharon	10am- Boomer Movers 11:15am- Zoomers 12pm- Hot Lunch 1pm- Hawn Memorial	9am- Clayton Shopping 10am- Coffee hour 11am-Exercise 1pm - Grief Share @	9am- Shopping PRICE 10am- Boomer Movers 11:15am- Zoomers 12pm- Hot Lunch	10am- Nickle Bingo		
19	20	21	22	23	24	25
10am- Nickel Bingo 11am- Balanced boxing 1pm- Crafts with Sharon	10am- Boomer Movers 11:15am- Zoomers 12pm- Hot Lunch 1pm- Hawn Memorial	9am- Clayton Shopping 10am- Coffee hour 11am-Exercise 1pm - Grief Share @	10am- Boomer Movers 11:15am- Zoomers 12pm- Hot Lunch	10am- Nickle Bingo		
26	27	28	29	30	31	1
10am- Nickel Bingo 11am- Balanced boxing 1pm- Crafts with Sharon	10am- Boomer Movers 11:15am- Zoomers 12pm- Hot Lunch 1pm- Hawn Memorial	9am- Clayton Shopping 10am- Coffee hour 11am-Exercise 1pm - Grief Share @	10am- Boomer Movers 11:15am- Zoomers 12pm- Hot Lunch	10am- Nickle Bingo		

Watertown Senior Center Event Calendar - May 2024

<p><b>Monday 4/29</b></p>	<p><b>Tuesday 4/30</b></p>	<p><b>Wednesday 5/1</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10:30am - 11:30am / Tai Chi          12pm - 1pm / Lunch          1pm - 2:30pm / Basic Sewing, Button Crafts          2:30pm - 3pm / Close</p>	<p><b>Thursday 5/2</b></p>	<p><b>Friday 5/3</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10am - 11am/ Container Gardening Class          10:30am - 11:30am / Tai Chi          12pm - 1pm / Lunch w PIVOT          1pm - 2pm / YouTube / Nickle BINGO          2:30pm - 3pm / Close</p>
<p><b>Monday 5/6</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10am - 12pm / Hydroponics with Mac          10:30am - 12:30pm / PIVOT          12pm - 1pm/ Lunch          1pm - 2pm / Painting with Val          2:30pm - 3pm / Close</p>	<p><b>Tuesday 5/7</b></p>	<p><b>Wednesday 5/8</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10:30am - 11:30am / Tai Chi          10:30am - 11:30am / Hospice Bereavement Meeting          12pm - 1pm / Lunch          12pm - 1pm / Journaling Class          1pm - 2pm / Nickle BINGO          2:30pm - 3pm / Close</p>	<p><b>Thursday 5/9</b></p>	<p><b>Friday 5/10</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10:30am - 11:30am / Tai Chi          12pm - 1pm / Lunch          1pm - 2pm / YouTube / NCLS Traveling Library          2:30pm - 3pm / Close</p>
<p><b>Monday 5/13</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10am - 12pm / Local History w/ Larry Corbett          12pm - 1pm/ Lunch          1pm - 2pm / Painting with Val          2:30pm - 3pm / Close</p>	<p><b>Tuesday 5/14</b></p>	<p><b>Wednesday 5/15</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10:30am - 11:30am / Tai Chi          12pm - 1pm/ Lunch          1pm - 2pm / Medicare 101 with AETNA          2:30pm - 3pm / Close</p>	<p><b>Thursday 5/16</b></p>	<p><b>Friday 5/17</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10am - 11:30am / Craft O Rama day          12pm - 1pm/ Lunch          1pm - 2pm / YouTube          2:30pm - 3pm / Close</p>
<p><b>Monday 5/20</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10am - 12pm / Wreathmaking class          12pm - 1pm/ Lunch          1pm - 2pm / Painting with Val          2:30pm - 3pm / Close</p>	<p><b>Tuesday 5/21</b></p>	<p><b>Wednesday 5/22</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10:30am - 11:30am / Tai Chi          12pm - 1pm/ Lunch          1pm - 2pm / Medicare 101 with AETNA          2:30pm - 3pm / Close</p>	<p><b>Thursday 5/23</b></p>	<p><b>Friday 5/24</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10:30am - 11:30am / Tai Chi          12pm - 1pm/ Lunch          1pm - 2pm / Medicare 101 with AETNA / YouTube          1pm - 2pm/ NCLS Library with Senior Planet          2:30pm - 3pm / Close</p>
<p><b>Monday 5/27</b></p> <p>Closed for Memorial Holiday</p>	<p><b>Tuesday 5/28</b></p>	<p><b>Wednesday 5/29</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10:30am - 11:30am / Tai Chi          12pm - 1pm/ Lunch          1pm - 2pm/ Local History w/ Larry Corbett          2:30pm - 3pm / Close</p>	<p><b>Thursday 5/30</b></p>	<p><b>Friday 5/31</b></p> <p>9am - 10:30am/ Meet &amp; Greet          10am - 11am / Composting Class          10:30am - 11:30am / Tai Chi          12pm - 1pm/ Lunch          1pm - 2pm/ Nutrition Recipes &amp; Food Bonds / YouTube          2:30pm - 3pm / Close</p>