

Jefferson County
Office for the Aging
August 2025 Newsletter



Across

1. Peas
3. Bananas
6. Cherry
7. Asparagus
11. Beets
13. Leek
14. Tomato
15. Rhubarb
16. Cantaloupe

Down

1. Peppers
2. Strawberries
4. Orange
5. Nectarine
8. Radish
9. Greenbeans
10. Spinach
12. Eggplants
16. Carrots
17. Pineapple

Aerobic Exercises for Older Adults

Sometimes referred to as endurance or cardio, aerobic physical activity involves moving the body's large muscles for extended periods of time. This requires the lungs to move more air and the heart to pump more blood and deliver it to the working muscles. Aerobic physical activity increases your breathing and heart rate.

Being physically active in this way — with consistency over time — will improve your endurance and the health of your lungs, heart, and circulatory system. It can also help lower the risk of many diseases that are common in older adults, such as diabetes, certain cancers, and heart disease.

Gradually build up to at least 150 minutes of moderate-intensity aerobic activity (such as brisk walking) each week. If exercising with chronic conditions makes it hard to get the recommended amount of activity, talk with your doctor about what you can do. In general, it's a good idea to be as physically active as you can — even light-intensity movement can be beneficial. Try to be active throughout your day and avoid sitting for long periods of time.

Examples of moderate-intensity activities that build endurance include:

- Yard work, such as raking leaves or pushing a lawnmower
- Housework, such as mopping or vacuuming
- Dancing, Swimming, Bicycling
- Climbing stairs or hills
- Playing pickleball



Safety tips

- Listen to your body. Aerobic activities should not cause dizziness, chest pain or pressure, or nausea.
- Do a little light activity, such as easy walking, before and after your aerobic activities to warm up and cool down.
- Be sure to drink water when doing any activity that makes you sweat. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising.
- If you are going to be exercising outdoors, be aware of the weather and your surroundings.
- To prevent injuries, use safety equipment, such as a helmet when bicycling, and proper exercise shoes and clothes.
- Talk with your doctor if you are unsure about a particular activity.

Muscle- Strengthening Exercises for Older Adults

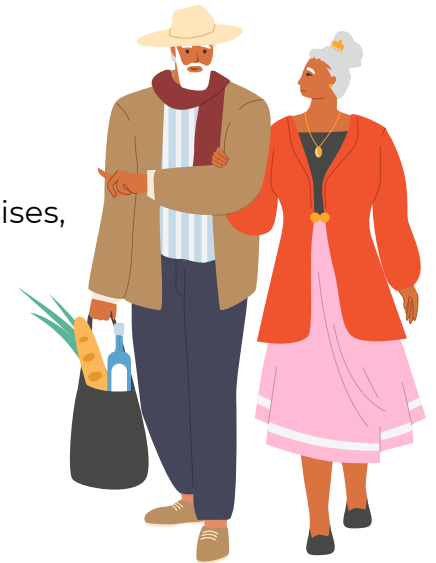
Muscle-strengthening exercises, sometimes called strength training or resistance training, are activities that require the muscles to contract, often to lift a heavy object against the pull of gravity. Gradual increases in the amount of weight, number of sets or repetitions, or the number of days a week of exercise will result in stronger muscles.

Muscle-strengthening activities improve physical function and can help you stay independent and make it easier to perform everyday activities, such as getting up from a chair, climbing stairs, and carrying groceries. This type of exercise is also key to maintaining existing strength, slowing the loss of muscle mass, and helping to prevent falls and fall-related injuries.

Try doing muscle-strengthening activities at least two days per week to work the major muscle groups of the body (muscles of the legs, hips, chest, back, abdomen, shoulders, and arms), but avoid working the same muscle group on any two days in a row to allow for muscle recovery between sessions. The exercises should involve at least a moderate level of intensity or effort and be performed to the point at which it would be difficult to do another repetition.

Examples of muscle-strengthening activities include:

- Using resistance bands, weight machines, or hand-held weights
- Lifting your body weight, with exercises such as arm circles, leg raises, pushups, pullups, planks, squats, or lunges
- Carrying heavy items, such as groceries
- Gardening, which may require digging and lifting



Safety tips

- Listen to your body. Overdoing muscle-strengthening exercises can cause exhaustion, sore joints, and muscle pain or injury.
- Warm up for muscle-strengthening activity by doing exercises with less weight.
- Don't hold your breath during strength exercises — breathe out during the effort and breathe in as you relax.
- Avoid “locking” your arm and leg joints in a straight position.
- If you are unsure about doing a particular movement, seek guidance from your doctor or physical therapist.
- Consider scheduling a session or two with a personal trainer or look for a group class at a local gym, recreation center, or senior center to learn proper form. [Free online videos demonstrating specific strength exercises can also help.](#)

Balance Exercises for Older Adults

Balance involves maintaining the body's stability while still or in motion. As with muscle-strengthening exercises, balance exercises help to prevent falls and fall-related injuries. Aim for about three sessions of balance exercises a week.

Examples of balance exercises include:

- Tai Chi (a “moving meditation” that involves shifting the body slowly, gently, and precisely, while breathing deeply)
- Yoga
- Standing on one foot
- The heel-to-toe walk
- The balance walk
- Walking backward or sideways
- Practicing standing from a sitting position
- Using a wobble board



Safety tips

- Listen to your body. If you feel unsteady, take action to steady yourself.
- Go slowly and mindfully to prevent falling.
- If you are unsure about doing a particular movement, seek guidance from your doctor or physical therapist.
- Have a sturdy chair, person, or wall nearby to hold onto for support.
- Wear comfortable, stable footwear or go barefoot to have grip on the floor or mat.

Combining the three types of physical activity

Older adults need a mix of physical activities to stay healthy. As part of your weekly activity, include a combination of aerobic, muscle-strengthening, and balance activities.

You can also combine more than one type of exercise into the same exercise session. Activities such as dancing, yoga, tai chi, gardening, or sports can also be considered a combination because they often incorporate multiple types of physical activity.

RESPITE 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 will be opening a new site in Carthage starting on August 27th at:

Carthage

Grace & Truth Community Church
20295 County Road 45
Carthage, NY 13619
Wednesday's / 10am -2pm

You must be Pre-registered to attend the program

We are also looking for volunteers for the program! You must be 18+ to participate in the 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.

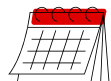
For more information call the Jefferson County Office for the Aging at (315) 785-3191, send us an email at ofa@jeffersoncountyny.gov or check out our Facebook page.

Jefferson County Office for the Aging

SENIOR HEALTH EXPO

Learn about services in Jefferson County that could aid you in your day to day life.

Join Us



Thursday August 14th, 2025



9 am - 1 pm



Jefferson Community College
James McVean College Center #4
Parking in Lot C
1220 Coffeen St. Watertown, NY
13601



A HUGE THANK YOU TO OUR SPONSORS SO FAR.....



Your Bank For Good.





Looking for Volunteers

Trained volunteers assist thousands of New Yorkers each year through one-on-one Medicare counseling sessions and community education efforts.

Jefferson County Office for the Aging trains volunteers so they can help beneficiaries in their community navigate the Medicare system.

How Can You Help:

- **Distribute information**
- **Offer one-on-one counseling**
- **Staff event exhibits**
- **Conduct presentations**

Does This Sound Like You?

- **Are you looking for a purposeful and passionate way to make a difference?**
- **Do you enjoy helping others?**
- **Have you benefited from Medicare and now want to protect other older adults?**
- **Do you like working with others?**

As a volunteer, you will receive training and materials that will prepare you to answer Medicare questions from your friends, family, and members of your community. A caring attitude, strong communication skills and basic computer skills are necessary for volunteers.

If you are interested in learning more about becoming a volunteer, please contact Jefferson County Office for the Aging at 315-785-3191.



**Health Insurance
Information, Counseling
and Assistance Program**



SHIP
State Health Insurance
Assistance Program

August is **National Immunization Awareness Month**



Vaccines are an important step in protecting against serious and sometimes deadly diseases. Even healthy adults can become seriously ill and can pass certain illnesses on to others.

Immunizations are especially important for older adults and for adults with chronic conditions such as asthma, COPD, diabetes, or heart disease.

Medicare covers a number of vaccines for beneficiaries under Medicare Part B and the Medicare prescription drug plans (Part D)

For more information or to speak with a HIICAP coordinator call the Jefferson County Office for the Aging at (315) 785-3191

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



***WE'RE DOING A COMMUNITY NEEDS
ASSESSMENT AND***

WE NEED YOU!

***TAKE OUR SURVEY OR REGISTER FOR A FOCUS
GROUP NOW!***

Help LASMNY learn how to make their legal services
easier to find and use.

Don't miss out on this chance to have your voice heard!

SURVEY:



Complete our full survey
and be entered in a
drawing to receive a
\$100 gift certificate!

***SHORTENED
SURVEY:***



if you're short on time please help
us by taking this shortened survey

**YOU
ARE
NOT
ALONE**



**ARE YOU IN AN IMMEDIATE
MENTAL HEALTH CRISIS?**



MOBILE CRISIS
Jefferson/Lewis Co. Hotline

CALL 24/7
315-782-2327
OR
315-405-0696

Jefferson and Lewis Counties provide immediate support for crisis situations, as well as assistance with managing recurring or future crises. Support is available 24 hours a day, 7 days a week.



Watertown Caregiver Support Group

Presented by:
Alzheimer's Association

Central New York

Fourth Tuesday of the month
4:30 - 5:30 p.m.

Samaritan Summit Village
22691 Campus Drive
Watertown NY 13601

Must call number below for screening and registration
315.472.4201 x227

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.

- 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.

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



Care Consultations

High quality dementia care requires planning.
Let our experts be your guide.

Care Consultations are not just a meeting with a care professional. We work with you to:

- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

We coach you and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer's. This service is **FREE**.

To schedule a phone, video or in-person meeting, call 800.272.3900 or email cny-programs@alz.org.

Respite Care

Everyone needs a break. Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's or other dementia continues to receive care in a safe environment. Using respite services can support and strengthen your ability to be a caregiver. Respite care can help caregivers by providing time to relax, run errands, or go to appointments.



Caregivers can receive respite funds from their county's Office for the Aging (OFA), made possible by a grant to the Alzheimer's Association. Interested caregivers must meet eligibility requirements of their county's respite program. The Central New York Chapter maintains relationships with OFAs in its 14-county service area, providing caregivers a direct connection to the resources each OFA provides.

For more information, please contact 315.472.4201, ext. 227.

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15.

**Fruits
&
Vegetables**

Fruits & Vegetables



Across

1. "We are as close as three ___ in a pod!"
3. Monkeys love to eat these.
6. Grows on a tree and goes well with a ice cream sundae.
7. A vegetable that resembles a green spear.
11. A root vegetable known for its deep red color.
13. ___ and onion soup.
14. The main ingredient in Ketchup.
15. Only the stalk of this plant is edible, and is often used in desserts to give it a tart kick.
16. Melon with netted skin.

Down

1. Mild ___, shaped like bells.
2. Red fruit with tiny seeds on the outside.
4. ___ juice makes a great addition to any breakfast.
5. A stone fruit, like peaches, but without the fuzz.
8. Related to wasabi, makes a great salad addition.
9. Stringy garden staple, often found in casseroles.
10. Popeye's favorite vegetable.
12. Purple vegetable also known as aubergine.
16. Great vegetable for the eyes.
17. Juicy tropical fruit with a leafy crown

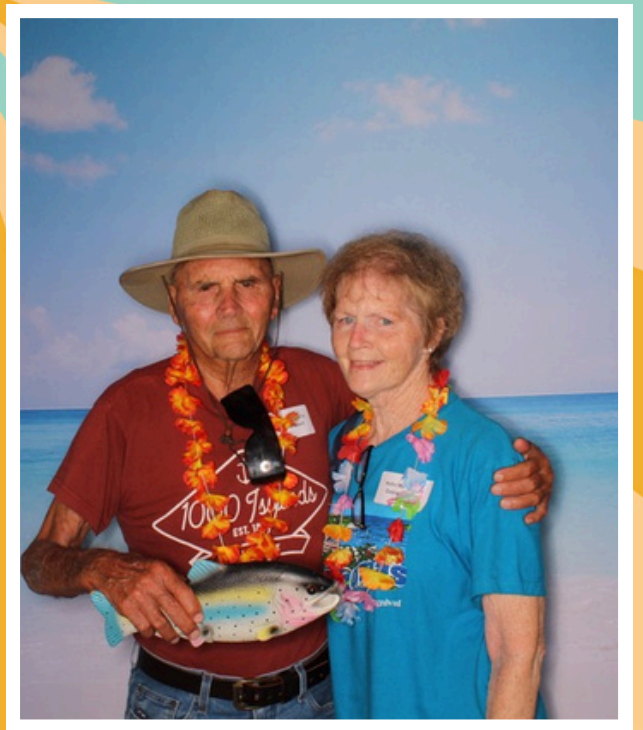
Senior Picnic 2025

Photobook











Saturday

Paynter Center

To sign up for classes and activities call 315-686-3553 or email: payntercenter@gmail.com

Watertown Senior Center August Calendar

| | | | | |
|---|--|--|----------------|--|
| Every Day - 9am Meet & Greet

Every Day - 3pm Close | | <p style="text-align: center;">Watertown Senior Center
167 Polk St. 2nd Floor
Watertown Senior Center: 315-221-4021
Office for the Aging: 315- 785-3191
President: Deb Doyle
Vice President: Mike Hedrick
Treasurer: Pattie Shreck</p> | | Friday 8/1

10am / G.R.O. Presentation- How to Keep Your Home Comfortable
11am / Exercise
12pm / OFA Lunch or BYO Lunch
12pm / Discover Live Tour - Napples, Italy
12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk)
1pm / Trivia Pursuit |
| Sign up for OFA's Lunches at (680)222-7038

48 Hour Prior Notice Required | | | | |
| Monday 8/4

8:30am / Walking Club
10am / Blood Pressure Check by YMCA
11am / Exercise
12pm / OFA Lunch or BYO Lunch
12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk)
12:30 / Movie & Popcorn | | Monday 8/4

10am / Social Hours
11am / Storytelling w/ Lynn Morgan
12pm / OFA Lunch or BYO Lunch
12pm / Pizza \$5 Sign Up at Front Desk by 8/4
1pm / Family Feud Teams | Wednesday 8/6 | Friday 8/8

10am / Sand Art w/ Mary (Sign Up Limit 8)
11:15am / Exercise
12pm / OFA Lunch or BYO Lunch
12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk)
1pm / Games - Left, Center, Right and Rummy |
| Monday 8/11

8:30am / Walking Club
10:30am / Card Making w/ Fran
11am / Exercise
12pm / OFA Lunch or BYO Lunch
12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk)
1pm / CCE Nutrition w/ Tadjlor Rollins - Shopping on a Budget | | Monday 8/11

10am / Movie, w/ Coffee & Donuts
10:30am / Discover Live Tour - Waterford, Ireland
11am / Exercise
12pm / OFA Lunch or BYO Lunch
1pm / Nickel Bingo | Wednesday 8/13 | Friday 8/15

10am / Teams Trivia w/ Mike
11am / Exercise
12pm / OFA Lunch or BYO Lunch
12:30pm / Basic Sign Language with Jean (Sign up at Front Desk)
1pm / Senior / Youth Games (Bring a Youth to Play) |
| Monday 8/18

8:30am / Walking Club
10am / Blood Pressure Check & Nutrition Class by YMCA
11am / Exercise
12pm / OFA Lunch or BYO Lunch
12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk)
1pm / Family Feud Teams | | Monday 8/18

10am / Fort Drum 10 th Mountain Division
11am / Parkinson's Support Group
12pm / OFA Lunch or BYO Lunch
12pm / Birthday Potluck w/ Music by Dennis Marshall (Sign Up at Front Desk) | Wednesday 8/20 | Friday 8/22

10am / Plate Decoupage Art w/ Mary (Limit 8)
11am / Exercise
12pm / OFA Lunch
12:30pm / Basic Sign Language with Jean (Sign up at Front Desk)
1pm / Games - Yahtzee |
| Monday 8/25

8:30am / Walking Club
10am / Coffee & Conversation
11am / Exercise
12pm / OFA Lunch or BYO Lunch
12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk)
1pm / Nickel Bingo | | Monday 8/25

10am / Trivia by PIVOT w/ Alice
11am / Exercise
12pm / OFA Lunch or BYO Lunch
1pm / Make Your Own Brownie Sundae (Sign Up at Front Desk) | Wednesday 8/27 | Friday 8/29

10am / Book Club
10am / Song Burst Trivia
11:15am / Exercise
12pm / OFA Lunch
12:30pm / Basic Sign Language with Jean (Sign up at Front Desk)
1pm / Board Games |