

Jefferson County Office for the Aging

June 2025 Newsletter



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Jefferson County Office for the Aging Nutrition Program

June Newsletter

Originally started in 1937 as National Milk Month, it was created as a way to promote drinking milk to U.S. consumers as there was a production surplus at the time.

The celebration has evolved over time and the name was changed to National Dairy Month after the National Dairy Council got involved to help promote the event.

Dairy Farm Fact: On average, a dairy cow in the United States produces about 6 to 7 gallons of milk per day.



On June 17th celebrate National Eat Your Vegetables Day!



If you can't stand greens and veggies on your plate at a meal, maybe it is time to start today. Vegetables are full of vitamins, phytonutrients, fiber, and minerals. Eating vegetables every day can help reduce the risk of a variety of health problems, including type 2 diabetes, obesity, & some types of cancers. Doctors around the world recommend that people eat at least five portion or servings of vegetables during the day.

June is a good time to start thinking about the **Senior Farmers' Market Nutrition Program (SFMNP)** in Jefferson County, NY

The SFMNP provides low income seniors with coupons that can be exchanged for eligible foods such as fresh, unprepared, locally grown fruits, vegetables, herbs, and honey at farmers' markets.



If you are a senior who lives in New York State, **aged 60 years or older, and low-income**, you may be eligible to receive Senior Farmers Market Nutrition Program (SFMNP) checks.

How to apply and/or for more information: Contact Jefferson County Office for the Aging: (315) 785-3191



UNITED WAY
Northern New York

COMMUNITY FOOD DRIVE

United, we can make a difference for children and families!

JUNE 4, 2025 • Food Drop Off - 8 AM to 2 PM

Location: Watertown **Walmart** 20823 State Route 3

We are organizing a food drive to support under-resourced children and families and would appreciate your assistance to maximize our impact!

Donate nonperishable food and personal hygiene items at a local site—it's easy to help, and every contribution counts!



In Partnership With:

Cornell Cooperative Extension
Jefferson County



A nonprofit independent licensee of the Blue Cross Blue Shield Association



ADVANCED
BUSINESS
SYSTEMS



Items to Donate:

- 100% Juice boxes or pouches
- Fruit cups (no added sugar)
- Cereal
- Canned fruits in natural juices
- Applesauce
- Dried fruit, fruit snacks, or roll-ups
- Shelf-stable milk (UHT milk)
- Nut butter (peanut, almond)
- Jelly or jam
- Canned soups and stews
- Canned tuna or chicken
- Condiments
- Macaroni and cheese
- Rice and other whole grains
- Instant oatmeal/cereal cups
- Granola/cereal bars
- Crackers
- Pasta and sauce
- Trail mix/mixed nuts
- Pretzels, chips, packaged cookies
- Shelf-stable pudding/gelatin cups
- Personal care items



For more information, call (315) 788-5631

Thank you for your support!



Advocacy in Long-Term Care: **Addressing Concerns About Retaliation**



Mrs. J yelled out and tried to push away the aide who was brushing her hair. The aide yelled at Mrs. J while hitting her on the arm with the brush and roughly pulling her hair.

Mr. P and his family noticed a decline in Mr. P's care, and they raised their concerns to the charge nurse. In the days after making the complaint, Mr. P noticed that his meals started coming later and later. He also noticed on several occasions, that while his call light was on aides walked by his room without stopping. When he asked to attend his weekly bingo game, Mr. P was told there was no one available to take him to play, but he noticed other residents on his floor attending activities as usual.

Mrs. S was told she had to go to bed early. When she protested, her aide threatened if she did not go now no one would help her if she rang her call bell or needed assistance later in the night.

How would you feel if this happened to you?

Retaliation, and the fear of retaliation, can prevent residents and family members from raising their concerns about care and safety. It also has a chilling effect on the reporting of abuse or neglect in long-term care facilities, leaving many living in fear and without relief from harm.

Retaliation Can Take Different Forms

Examples include:

- **PSYCHOLOGICAL ABUSE** – A facility threatening or attempting to discharge a resident because they, or their family member, filed a complaint; or a staff member yelling or cursing at a resident after they were reported to the charge nurse for failing to provide care.
- **NEGLECT** – A staff person ignoring a resident or intentionally failing to provide care or assistance. Neglect can include unanswered call bells, late meals, ignoring resident requests, and intentionally not providing medication or assistance.
- **PHYSICAL ABUSE** – A staff member hitting, pinching, or being rough with a resident who does not follow directions or complains about something the staff member is doing.

Regardless of the form, retaliation by staff is abuse whether or not harm was intended.

Is it Retaliation?

Retaliation can range from very subtle to obvious actions and it may be difficult to determine whether staff are retaliating or if a resident's needs are not being met for another reason, such as understaffing. How can you tell the difference?

Pay attention to changes in how a resident is treated, especially if the resident, or their family, has voiced concerns about care. Consider:

- Was there a change in the staff's treatment or response to the resident?
- Is the resident being singled out in some way?
- Are other residents' needs being met faster?
- Are staffing levels the same in the facility but suddenly the resident is being treated differently or receiving less care?
- Is the resident suddenly waiting a longer time for meals, forgotten when activities occur, or repeatedly the last one to receive services?

Retaliation is never acceptable, it is a violation of the residents' rights. There are action steps to take and ways to counter retaliation when it does occur. If the fear of retaliation silences a resident, or their family members, when there are problems in a facility this means those problems are likely to continue.

"Retaliation is a very real thing, especially if you're trying to advocate for others. Not receiving vital medications or food, or even having the facility cancel your appointments are just some of the ways a resident can be retaliated against."

– Ebony, nursing home resident, Illinois



Know Your Rights

The right to a dignified existence, self-determination.

The right to exercise rights without interference, coercion, discrimination, or reprisal.

The right to be supported by the facility in the exercise of his or her rights.

The right to participate in the development and implementation of their plan of care.

The right to be treated with respect and dignity.

The right to form and participate in a resident or family council.

The right to voice grievances without discrimination or reprisal and without fear of discrimination or reprisal.

A facility must not prohibit or in any way discourage a resident from communicating with surveyors, long-term care ombudsman representatives, and protection and advocacy system representatives.

Facilities Have a Responsibility to Protect Residents

The facility has a responsibility to protect residents from abuse and neglect – this includes protecting residents from retaliation. The facility, not the resident or family member, has the responsibility to stop retaliation from occurring.

To help prevent retaliation, facilities should:

- Adopt zero tolerance for retaliation. Communicate to residents, families, and staff that any suspected retaliation will be addressed by the administration.
- Invest in building positive relationships and open communication with residents, families, and staff. Support resident and family councils and engage in community building activities.
- Implement policies and procedures to prevent and respond to retaliation.
- Train staff about retaliation and the fear of retaliation so they know:
 - It may happen
 - It is always unacceptable
 - How to identify it
 - It must be reported
 - How and where to report it when they suspect that it is occurring
- Educate residents and families about Resident Rights, including their right to file grievances and complaints, and the process for doing so.
- Inform residents, families, and staff of resources about retaliation and the fear of retaliation. Ensure education on this topic continues beyond admission or initial hiring.



Recognize that residents and family members will have different levels of comfort in raising concerns or filing grievances. Their backgrounds, including factors such as race, religion, gender identity, physical and cognitive disabilities, socioeconomic status, and previous experiences, such as trauma, will influence how they react to different situations. Thus, the facility must ensure that all residents feel supported in speaking up.

Overcoming the Fear of Retaliation and Getting Help

Retaliation should never happen. However, because fear of retaliation may prevent residents from speaking up, it is important to find ways for residents to feel comfortable and empowered to advocate within their facility. These can include:

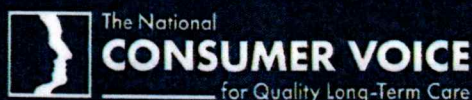
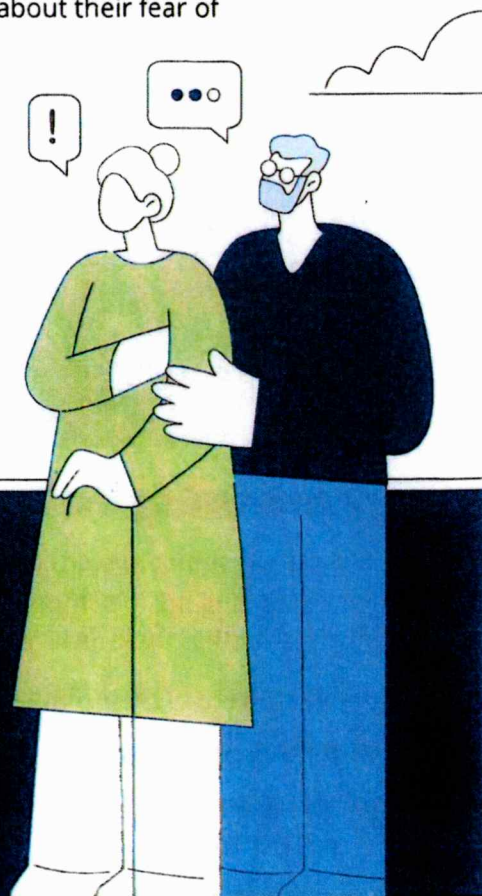
- Being aware of their rights, and knowing retaliation is never acceptable.
- Building positive relationships with the facility administration and staff.
- Talking with other residents and families in the facility who may be experiencing similar issues or problems.

- Sharing concerns and experiences with trusted staff or others who can offer support.
- Voicing concerns at resident and family council meetings where members can advocate for change together.
- Using the facility's grievance process. Every nursing home must have a grievance process and a grievance official. The facility must provide this information to each resident. When a resident files a grievance the nursing home must provide a written summary of its investigation and the results, including any corrective action to be taken because of the grievance. Nursing home regulations specifically state residents have the right to voice grievances without discrimination or reprisal – in other words, without facing retaliation.
- Know where to go when retaliation is suspected or occurs.
 - If retaliation causes a resident's safety to be at risk or if it involves abuse that may be a potential crime, call 911 or the local police department.
 - Contact the Long-Term Care Ombudsman program, they advocate for individuals in long-term care and can assist with complaints. Find your Ombudsman program by visiting theconsumervoice.org/get_help.
 - File a complaint with your State Licensing Agency. You can do this anonymously, however, the more details and information you can provide will assist with the investigation and response.

It is not a resident's responsibility to prevent retaliation, but when residents hesitate to speak up because of the fear of retaliation, circumstances are unlikely to change and the problems may continue. Strong, enforceable, and timely protections must be in place to increase the likelihood that residents will feel comfortable and safe enough to file a complaint about their fear of retaliation, threats of retaliation, and actual retaliation.

"Speak out – I know it's scary, but find the Resident Council president, or another resident that seems to have somebody's ear ... sympathetic staff members. If they get enough residents and staff together, that can confront a problem that exists for everybody. The staff don't like when residents are having problems, because it makes their job harder. And you can call your ombudsman."

– Rich, resident, Connecticut



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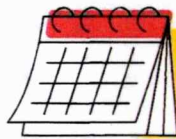
**Jefferson County
Office for the Aging**

2025 Senior Picnic



Where?

Westcott Beach State Park, Pavilion D



When?

**Wednesday, July 16th, 2025
(Rain Date: Thursday, July 17th, 2025)
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!**

Summer Fun

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



Rollercoaster
 Theme Parks
 Sunglasses
 Fireflies
 Fireworks
 Flipflops
 Popsicles
 Snowcones

Sprinkler
 Sunscreen
 Carnival
 Cookouts
 Ice Cream
 Swimming
 Vacation
 Beaches

Camping
 Fishing
 Parades
 Parties
 Picnics
 Sandals
 August
 Family

Movies
 Shorts
 Splash
 Bikes
 Lakes
 July
 June
 Pool



2025 Jefferson County Office for the Aging Picnic

Wednesday, July 16, 2025 **Westcott Beach State Park** **10am - 2pm**
(Rain Date: Thursday, July 17, 2025)

| | |
|---|--|
| <p style="text-align: center;"><i>By Friday, June 27th, 2025</i></p> <p>Send completed reservation form and your check made out to the: "Jefferson County Treasurer" to Jefferson County Office for the Aging 175 Arsenal Street, Watertown, NY 13601</p> <p>\$5.00 for individuals 60 and over \$9.00 for individuals under age 60</p> | <p style="text-align: center;">Menu</p> <p>BBQ Shredded Chicken Baked Beans Coleslaw Strawberry Shortcake Beverages</p> |
|---|--|

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 \$1,304 _____ \$1,305-\$1,630 _____ \$1,631-\$1,956 _____ \$1,957-\$2,413 _____ \$2,414+
Couple _____ Below \$1,763 _____ \$1,764-\$2,203 _____ \$2,204-\$2,644 _____ \$2,645-\$3,261 _____ \$3,262+

Emergency Contact:

Name: _____
 Telephone: _____
 Address: _____
 Relationship: _____

***Must be completed if under 60**

(CIRCLE ONE)

Are you under 60 and the spouse of an eligible senior? Yes No
 Are you disabled and living in senior housing? Yes No
 Are you an eligible volunteer under 60? Yes No
 Are you disabled and living at home with eligible senior? Yes No

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

The Six Caregiving Stages

By Denise Brown, June 6th, 2024

“Why me?” “Why now?” “What now?”

Family caregivers regularly asked me these questions after I launched my first online caregiving community in 1996.

A year later, I sat down with the intent to answer their questions with hopeful realism. I took inspiration from the staging of a disease process, like Alzheimer's. When we understand our reality is a reflection of the disease process, we can release judgment and embrace acceptance. We also can start to prepare for what's next.

I wanted to stage the caregiving experience to help family caregivers better understand their experience right now while also offering insights to help them prepare for what's next. Most importantly, I wanted to help family caregivers understand that their emotional responses to a trying situation (like feeling anger, grief, frustration and overwhelm) is normal.

After another year of testing the concept, I landed on six caregiving stages. Each stage features a keyword to prompt an action while also serving as a coping strategy. When family caregivers feel unsure of what to do, they can remember a keyword. They gain a keyword in each stage, carrying them forward into the next stage.

Each stage also includes a description about challenges, an insight about a purpose, and a list of suggested next steps. I've included a synopsis of the six stages, including the keywords, challenges and purpose, below:

Stage 1: The Expectant Caregiver: In the near future, you may help a family member or friend.

Keyword: Ask

Challenge: To learn and understand your caree's needs: health, financial, social, legal, and emotional.

Purpose:

This is your time to prepare and focus on engaging in effective conversations. You'll want to talk with your family members about how they define quality of life, how they would want to spend their last years and days, and what they value. These on-going conversations will help inform future choices and decisions.

Although your attention may focus on aging family members, these conversations will be important to have with everyone important in your life. Whenever you can, ask.

(continued on next page)

Stage 2: The Freshman Caregiver: You are starting to help a family member or friend.

Keyword: Find

Challenge: To discover solutions that work and to feel comfortable moving on from what doesn't.

Purpose:

This is your time to experiment, to get your feet wet and see what works. Keep up with your hobbies and interests, even if only the ones that you enjoy most. Make time for yourself a priority.

Stage 3: The Entrenched Caregiver: You are helping a family member or friend.

Keyword: Receive

Challenge: To find the support and strength to continue

Purpose:

To create a familiar schedule for both yourself and your caree. Consider creating a routine for yourself that includes time to manage the unexpected that pops up during your day; a ritual which begins and ends your day; and a "healthiness" activity to nurture your spiritual, emotional, physical and mental needs.

Stage 4: The Pragmatic Caregiver: You are still helping a family member or friend.

Keyword: Welcome

Challenge: To gain a greater understanding of yourself and your caree.

Purpose:

You've settled into your role and your routine; now is your opportunity to step back and reflect. The first three stages laid the groundwork for this stage, your period of personal growth.

Stage 5: The Transitioning Caregiver: You are experiencing two transitions: One prior to your caree's death and then after your caree's death.

Keyword: Allow

Challenge: To let go of the fear of the end, to understand that reaching the end isn't about your failure but about the natural cycle of life. Now, you'll move from the "doing" of caregiving to focus on the "being." You're used to doing and going. It's time now to make being with your caree the priority.

During caregiving, you've been in a battle. Most recently, you've been fighting death hoping to keep death's visit to your caree at bay.

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You can end the fight because you've won the battle. You've done enough and are enough. You've long worried that a caree's death could somehow be your fault, but you can now know that you've given your caree a life for as long as your caree's life could continue. You no longer have to try everything and do whatever is possible. You understand that over-doing now could create more discomfort and pain for your caree.

When you end your internal battle, you can be fully present with your caree. Your peaceful presence is your power.

Purpose:

You've settled into your role and your routine; now is your opportunity to step back and reflect. The first three stages laid the groundwork for this stage, your period of personal growth.

Stage 6: The Godspeed Caregiver: Your caregiving role has ended.

Keyword: Treasure

Challenge:

To integrate your former role as a family caregiver into your new life.

Purpose:

To implement your lessons learned from your role as caregiver, from your caree and from your family members and friends. During this stage, which can last as long you wish, even your lifetime, you reap the benefits of your efforts.

Guidance For A Complex Experience

I tested this concept as I cared for my parents and adjusted the concept as I captured a new understanding of how the stages feel. For instance, the keyword, Welcome, gained a new meaning for me after a difficult day with my dad, who often made decisions that tested my patience. As a Pragmatic Caregiver, I wondered how Welcome could show up during a bad day. I realized I could welcome the good and the bad emotions. Welcoming my frustration and impatience meant I didn't waste energy fighting those emotions. Welcoming, rather than resisting, gave me back my day because I also could welcome coping strategies to feel better.

New York Caregiving Portal Powered by Trualta

New York State Office for the Aging and Trualta have launched a Caregiving Portal. This platform is available to ALL caregivers in NYS, FREE to users to assist in supporting the more than 4 million caregivers in NYS of any age. With Trualta, organizations can scale their caregiver programs with expert-led training across critical care competencies for conditions like Alzheimer's, dementia, I/DD, diabetes, stroke, and more. For more information go to <https://newyork-caregivers.com/>

THE EMPOWERED CAREGIVER SERIES EXPLORING CARE AND SUPPORT SERVICES

An education program presented by the Alzheimer's Association®



Caring for someone living with dementia can be challenging, but you don't have to do it alone. There are resources and support for every stage of the disease to help you feel empowered as a caregiver.

Topics in the program include:

- Planning for care changes.
- Types of respite, long-term and residential care.
- End of life care options.
- Moving care settings.

Wednesday, June 18

11 a.m. – Noon

Watertown Senior Center

167 Polk St

2nd Floor– Marcy Building

Watertown, NY 13601

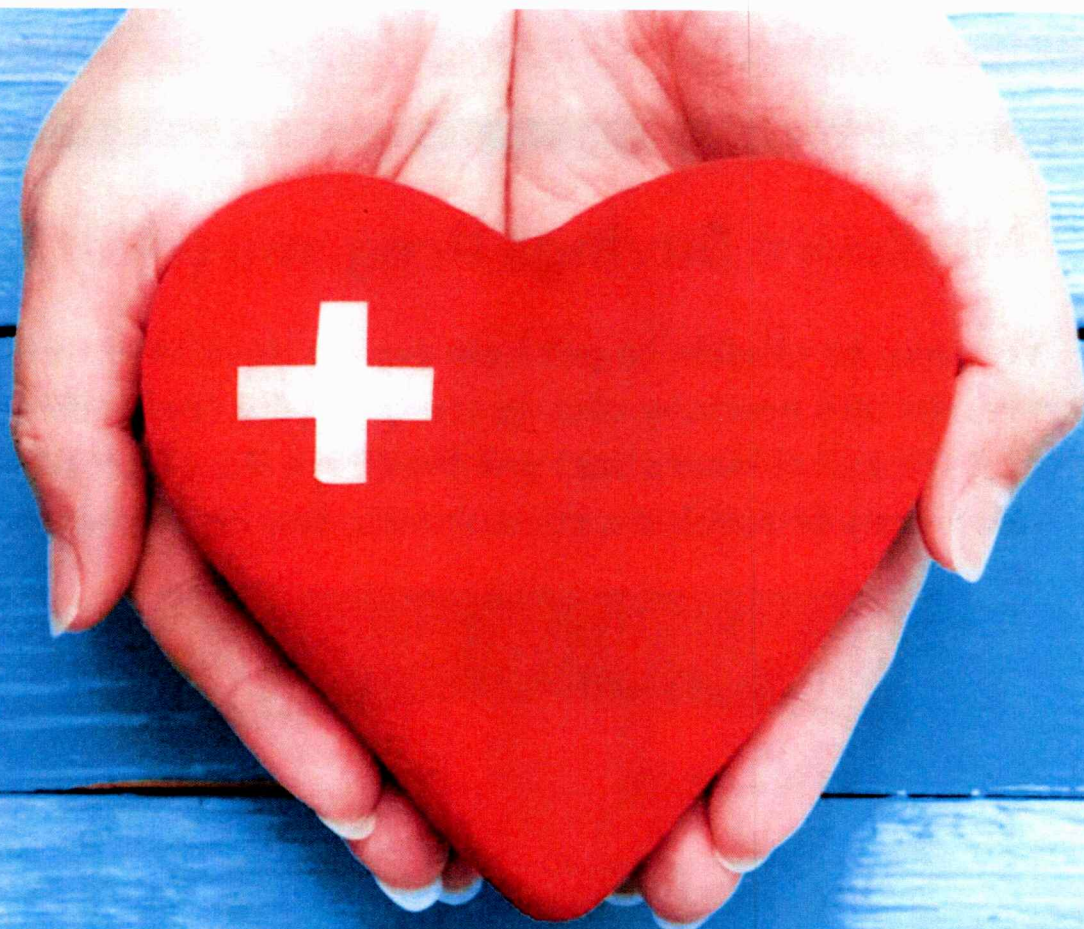
To register, please visit

<https://bit.ly/4dzgsAH>

or call 800.272.3900

Visit alz.org/CRF to explore additional caregiver education programs in your area.

ALZHEIMER'S  ASSOCIATION®



Jefferson County Office for the Aging

Senior Health Expo

Come Explore Services That Could Benefit You!

Thursday August 14th, 2025

9am - 1pm

Jefferson Community College

James McVean College Center #4

Parking in Lot C

1220 Coffeen St. Watertown, NY 13601



SHIP

State Health Insurance
Assistance Program
Navigating Medicare

Medicare Savings Program (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.



Name/Nombre

JOHN L SMITH

Medicare Number/Numero de Medicare

1EG4-TE5-MK72

Entitled to/Con derecho a

HOSPITAL (PART A)

MEDICAL (PART B)

Coverage starts/Cobertura empieza

03-01-2016

03-01-2016

**If you are a Medicare recipient and your gross monthly income is \$2,446 OR LESS
(Married income \$3,299 OR LESS)**

YOU MAY BE ELIGIBLE!

Call the Office for the Aging to make an appointment with one of our Health Insurance Counselors for free, unbiased assistance with Medicare and to find out more about the Medicare Savings Program.

Call 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."



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Watertown Family YMCA Suite of Healthy Living Programs

-YMCA Diabetes Prevention Program: Fee \$450.00 – Scholarships Available

Let the YMCA help you reduce your risk of getting Type II Diabetes. The two goals of the program include decreasing weight by 5-7% and increasing physical activity to 150 minutes per week. Anyone **18** and over is welcome to register for our classes. We accept Medicare and Medicaid for the Y-DPP.



Recruitment ongoing.

-Blood Pressure Self-Monitoring Program: Fee - FREE

Supported by Jane E. Deline Foundation

This is a signature YMCA Evidence-Based Program that was developed to support individuals with Hypertension. The YMCA's Blood Pressure Self-Monitoring Program is designed to help participants lower their blood pressure by following a four-month, evidence-based approach that combines key elements of self-monitoring, nutrition education and individualized support from a trained Healthy Heart Ambassador. Anyone **18** and over is welcome to register for this program.

Recruitment is ongoing.

-Chronic Disease Self-Management Program: Fee - Free

Program participant is any individual who is dealing with a Chronic Condition or individual who cares for a person with a chronic condition or disease. Anyone **18** and over is welcome to register for this program.

Recruitment is ongoing.

-A Matter of Balance – Falls Prevention Program Fee – Free

Funded by the Administration for Community Living (ACL).



A Matter of Balance is a fall prevention program for older adults, designed to reduce fear of falling and increase physical activity levels. Anyone **60** and over is welcome to register for this program.

Recruitment is ongoing.

Contact:

Michelle L. Graham, MS

Senior Director of Health and Wellness

Phone: 315.755.2133

Email: mgraham@nnyymca.org

Do You Have Hearing Loss?



Hearing loss is a growing public health crisis affecting people of all ages, with many more at risk. It can be sudden or gradual, making it easy to miss or ignore.

Signs you or your loved one might have hearing loss:

- Difficulty understanding speech, especially in noisy environments
- Thinking that people are mumbling
- Frequently asking others to repeat themselves
- Family or friends notice that you're missing things
- Turning up the volume on the television or radio
- Trouble understanding phone calls
- Withdrawal from conversations and social situations
- Tinnitus (ringing, buzzing, or hissing sounds in the ears)



Even a mild hearing loss can impact daily life, so take **Steps for Success as soon as possible.** (See next page.)

Learn More about Hearing Loss



hearingloss.org/understanding-hearing-loss

IMPORTANT

If you experience any of the following conditions, seek immediate medical attention:

Sudden hearing loss, especially in one ear;
sudden ringing or buzzing in the ear;
pain, drainage or dizziness.

The Hearing Loss Association of America (HLAA) is the leading voice for millions of Americans with, and at risk of, hearing loss. HLAA is dedicated to raising awareness, breaking down stigma and empowering all with advocacy, education and a nationwide network of support. For more information, visit **hearingloss.org**.

You Might Have Hearing Loss...Now What?

STEPS FOR SUCCESS:



STEP 1

See a hearing care provider (HCP), such as an otolaryngologist (ENT) or audiologist for a full assessment.



STEP 2

Think about what you could be missing in your daily life.

- Even a mild hearing loss can affect cognition, employment and relationships.

Explore your treatment options.



STEP 3

- While no device will fully restore hearing, there are more choices than ever to help you.
- **Prescription hearing aids** include regular adjustments and ongoing support.
- **Over-the-counter (OTC)** hearing aids may be an option for some adults with mild-to-moderate hearing loss.
- **Cochlear implants (CIs)** may be an option for more severe hearing loss.
- Look for at least a 30-day trial period and good return policy.
- Try multiple devices if needed.
- If your insurance doesn't cover hearing aids, see our **Financial Assistance** resources.



STEP 4

Seek help to communicate and cope.

- Use **accessible technology** like captions, speech-to-text apps, hearing loops, etc.
- **Get involved** in our HLAA hearing health community.
- Check out a **local HLAA Chapter** for peer support.



STEP 5

Advocate for yourself.

- Speak up about your communication needs, in social settings, on the job and at medical appointments.
- If you don't hear or understand something, say so.
- Learn about **your rights for hearing access** in public places.

Find Help



hearingloss.org/find-help

Watertown Pride Events

Paddock Club Party! – At the Paddock Club

Friday, June 20th, 2025 / 4pm – 8pm

1 Public Square #5, Watertown, NY 13601

For more information go to
<https://watertownnypride.org/>

Drag Race! – At Various Watertown Locations

Friday, June 20th, 2025 / 8pm – 11:30pm

Pride Flag Raising – At Watertown City Hall

Saturday, June 21st, 2025 / 10am – 11am

245 Washington St. Watertown, NY 13601

Mimosas at the Mansion – Jefferson County Historical Society

Saturday, June 21st, 2025 / 11am – 12:30pm

228 Washington St. Watertown, NY 13601

Riverbank Block Party – Veterans Memorial Walkway

Saturday, June 21st, 2025 / 12pm – 5pm

235 Black River Parkway, Watertown, NY 13601

Pride Pin Bowling – Pla-Mor Lanes

Saturday, June 21st, 2025 / 5:30pm – 9pm

577 State Street, Watertown, NY 13601

Miss Amber Skyy's Drag Shows – HarmoNNY

Saturday, June 21st, 2025 / 7pm & 9:30pm

136 Franklin Street, Watertown, NY 13601

Pride Fireworks! – Watertown Fairgrounds

Saturday, June 21st, 2025 / 10:15pm

970 Coffeen Street, Watertown, NY 13601

Pride Color Run! – Jefferson Community College

Sunday, June 22nd, 2025 / 10am – Noon

1220 Coffeen Street, Watertown, NY 13601

Watertown Pride Tea Dance – Garland City Beer Works

Sunday, June 22nd, 2025 / 2pm – 5pm

321 Hawk Street, Watertown, NY 13601

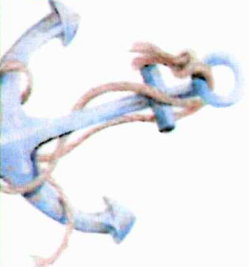
Watertown Senior Center June Calendar

| Monday 6/2 | Wednesday 6/4 | Friday 6/6 |
|--|---|--|
| 10am - 11am / Blood Pressure Checks by YMCA 11am - 12pm / Reiki & Meditation w/Sandi 12 pm - 1pm / OFA Lunch or BYO Lunch 12:30pm - 1pm / Basic Sign Language w/ Jean 1pm - 2pm / Dancing | 10am - 11am / Song Burst 11am - 12pm / Exercise 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 2pm / Family Feud | 10am - 11am / Crafts w/Sandi 11am - 12pm / Exercise 12pm - 1pm / Happy Birthday Luncheon 1pm - 3pm / Cornell Cooperative Extension - Sign up at Front Desk |
| Monday 6/9 | Wednesday 6/11 | Friday 6/13 |
| 10:30am - 11am / Card Making 11am - 12pm / Reiki & Meditation w/Sandi 12pm - 1pm / OFA Lunch or BYO Lunch 12:30pm - 1pm / Basic Sign Language w/ Jean 1pm - 2pm / Dancing | 10am - 11am / Movie "Discovering Jefferson Co. Pt. 1" 11am - 12pm / Exercise 12pm - 1pm / OFA Lunch or BYO Lunch 1pm - 2pm / Nickel Bingo | 10am - 11am / Movie "Discovering Jefferson Co. Pt. 2" 11am - 12pm / Exercise 12pm - 1pm / Father's Day Ice Cream Social 12pm - 1pm / OFA Lunch or BYO Lunch 12:30pm - 1pm / Basic Sign Language w/Jean 1pm - 2pm / Craft w/Mary - Sand Art Sign Up - LIMIT Of 10 |
| Monday 6/16 | Wednesday 6/18 | Friday 6/20 |
| 10am - 11am - Blood Pressure Checks & Nutritional Education by YMCA 11 am - 12 pm / Reiki & Meditation w/Sandi 12 pm - 1pm / OFA Lunch or BYO Lunch 12:30pm - 1pm / Basic Sign Language w/ Jean 1pm - 2pm / Navajo Nation, Window Rock AZ Discover | 10am - 11 am - Craft w Sharon - Scissor holder. Sign Up LIMIT OF 10 11am - 12pm / Parkinson's Support Group 11am - 12pm / Alzheimer's Education - Exploring Care & Support Services 12 pm - 1pm / OFA Lunch or BYO Lunch 1pm - 2pm / Dancing | 10am - 11am - Climate & Health: Emergency Preparedness by Public Health 11am - 12pm / Exercise 12 pm - 1pm / OFA Lunch or BYO Lunch 12:30pm - 1pm / Basic Sign Language w/ Jean 1pm - 2pm / Bereavement Group 1pm - 2pm / Crafts with Mary - Signup sheet at Front Desk |
| Monday 6/23 | Wednesday 6/25 | Friday 6/27 |
| 10am - 11am/ Crafts w/ LouAnn -Wind Chimes (Sign up at Front Desk) 11 am - 12 pm / Reiki & Meditation w/Sandi 12 pm - 1pm / OFA Lunch or BYO Lunch 12:30pm - 1pm / Basic Sign Language w/ Jean 1pm - 2pm / Dancing | 10am - 11am / Team Trivia with Mike (Sign up at Front Desk) 11am - 12pm / Exercise 12pm - 1pm / Potluck - Sign up at Front Desk 1pm - 2pm / Family Feud | 10am - 11am / Book Club 11am - 12pm / Exercise 12pm - 1pm / OFA Lunch or \$5 Pizza Day 12:30pm - 1pm / Basic Sign Language w/ Jean 1pm - 2pm / Nickel Bingo |
| Monday 6/30 | Every Day- 9am Meet & Greet Every Day - 3pm Close Sign up for OFA's Lunches at (680) 222-7038 48 Hour Prior Notice Required | |
| 10am - 11am / Meet & Greet w/ 10 th Mountain Division of the Army 11am - 12pm / Exercise 12 pm - 1pm / OFA Lunch or BYO Lunch 12:30pm - 1pm / Basic Sign Language w/ Jean 1pm - 3pm - Popcorn & Movie "Hidden Figures" | Watertown Senior Center 167 Polk Street, 2nd Floor, Watertown, NY 13601 Watertown Senior Center: (315) 221-4021 Office for the Aging: (315) 785-3191 President: Deb Doyle Vice President: Mike Hedrick Treasurer: Pattie Shreck | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|-----------|--|
| 1 10:00 Bingo 11:00 Boxing 1:00 Rocking Painting Free Shavuot Begins | 2 9:00 Watertown Shopping 10:00 Boomers 11:15 Zoomers CANCELLED 12:00 Lunch | 3 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Tai Chi 1:00 Grief Share | 4 10:00 Boomers-Circuit 11:15 Zoomers 12:00 Lunch | 5 10:00 Bingo 9:00 Sewing w Shirley "Kira Quilt" 10:00 Bus to Wellesley Isl. Nature Center | 6 | 7 |
| 8 10:00 Bingo 11:00 Boxing 1:00 "Beehive" Craft with Sharon \$10.00 | 9 10:00 Boomers 11:15 Zoomers 12:00 Lunch 12:30 Bus Cape Farmers Market 1:00 Senior Planet | 10 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Tai Chi 1:00 Grief Share | 11 10:00 Painting w Cathy Wood 10:00 Boomers 11:15 Zoomers 12:00 Lunch | 12 10:00 Thrift Shop & Dollar General 10:30 Caregiver Support | 13 | 14 |
| 15 10:00 Bingo 11:00 Boxing 1:00 Alisha "Patriotic" Busted Canvas \$12.00 | 16 9:00 Evans Mills17 Shopping 10:00 Boomers-Circuit 11:15 Zoomers 12:00 Lunch 1:00 Senior Planet | 17 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Tai Chi 1:00 Grief Share | 18 9:00 Price Chopper 10:00 Boomers 11:15 Zoomers 12:00 Lunch 4:00 Depauville Strawberry Festival June15th | 19 10:00 Bingo 10:30 caregiver Support Group 10:00 Fraud Prevention Presentation 5:00 Community Dinner Shinner Begins | 20 | 21 |
| 22 10:00 Bingo 11:00 Boxing 1:00 "Scrabble Tile Picture" With Joyce \$12.00 | 23 10:00 Boomers 11:15 Zoomers 12:00 Lunch 1:00 Senior Planet 6:30 Opera House | 24 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Exercise 1:00 Tai Chi 1:00 Grief Share | 25 10:00 Boomers 11:15 Zoomers 12:00 Lunch 1:00 Clayton Farmers Market | 26 10:00 Bingo 10:00 Thrift Shop & Dollar General 10:00 Hopenhagen Lavendar Farm Bus | 27 | 28 Red Cross Blood Drive 10a-2p |
| 29 10:00 Bingo 11:00 Boxing 1:00 Patriotic Wooden Craft w Sandi \$12.00 | 30 | | | | | |

June 2025

The Paynter Center open 8-3 Mon-Fri



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