

Jefferson County Office for the Aging



November 2025 Newsletter

Photo by Emma Swoboda on Unsplash

Nap
Corn
Yams
Gravy
Three
Dinner
Family
Fourth
Thanks
Turkey
Winter
Holland
Indians
Lincoln
October
Parades
Pumpkin
Squanto
Bradford
Dressing
Football
Pilgrims
Plymouth
Potatoes
Cranberry
Ninety one
Presidents
Cornucopia
A Time To Appreciate

November: Diabetes Awareness Month

By: Amanda Woolnough, RDN,CDN

Each November, we recognize Diabetes Awareness Month – a time to raise awareness about diabetes prevention, management, and the importance of nutrition in maintaining healthy blood glucose levels.



What Is Diabetes?

Diabetes is a condition where your body has too much blood glucose in the blood because it can't make enough insulin or can't use the insulin it makes effectively.

Macronutrients and Their Effects on Blood Glucose

Carbohydrates have the most direct impact on blood glucose. Foods like bread, rice, fruit, sweets, and starchy vegetables break down into glucose, raising blood sugar levels.

Tip: Choose complex carbs such as whole grains, beans, and vegetables. These are higher in fiber, which helps slow glucose absorption and prevent spikes in blood sugar. Protein has a minimal effect on blood glucose but plays a key role in maintaining muscle mass and promoting fullness. Lean sources such as poultry, fish, tofu, eggs, beans, and low-fat dairy can help balance meals and support blood sugar control.

Tip: Include protein at every meal to slow digestion and keep glucose levels more stable. Fats don't directly raise blood sugar, but the type of fat matters for heart health – especially since people with diabetes are at higher risk for heart disease.

Tip: Focus on healthy fats from olive oil, nuts, seeds, and avocados while limiting saturated and trans fats found in fried foods and processed snacks.

Complications of High Blood Glucose

When blood sugar stays high over time, it can damage blood vessels and nerves, leading to both short-term and long-term complications, including:

- Heart disease and stroke
- Kidney damage
- Vision loss
- Nerve damage
- Poor wound healing and increased risk of infection

Key Takeaways from a Registered Dietitian

- Build balanced meals with fiber-rich carbs, lean proteins, and healthy fats.
- Watch portion sizes and monitor carbohydrate intake.
- Work with your healthcare team, including a Registered Dietitian, to help meet your nutrition needs properly.

Why Should I Change My Coverage?

Here are the top reasons seniors make changes to their Medicare Coverage during the Annual Open Enrollment Period.



Why Change My Medicare Advantage Coverage?

- **Annual Premium Increase**
- **Doctors no longer in network**
- **Prescriptions and/or dosages no longer on Medicare Advantage Prescription drug plan formulary**
- **Changes in preferred pharmacy**
- **Changes in additional benefits**

Why Change My Prescription Drug Coverage?

- **Annual Premium Increase**
- **Prescriptions and/or dosages no longer on formulary**
- **Changes in preferred pharmacy**
- **Prescription copayments increase**
- **Drugs move to different tier on the plan's formulary**
- **Plan discontinuing**

Before making any changes to your coverage, review the changes to your plans through the Annual Notice of Change letter that will come in the mail from your plans carrier before the Annual Enrollment Period

False Alarm, Real Scam: How scammers are stealing older adult's life savings

Consumer Protection – Data Spotlight | Federal Trade Commission

By: Division of Consumer Response and Operations Staff | August 7th, 2025

Reports to the FTC show a growing wave of scams aimed squarely at retirees' life savings. These scammers pretend to be from known and trusted government agencies and businesses. And, in an ironic twist, recent scams use fake security alerts and other false alarms to prey on older adults' vigilance about protecting their money and identity to steal from them. Some people 60+ have reported emptying their bank accounts and even clearing out their 401ks.

These high-loss scams typically start with a (fake) story that gets your attention with one or a combination of these lies:

- **Lie #1: Someone is using your accounts.** This lie might start with someone pretending to be your bank, flagging so-called suspicious activity, or pretending to be Amazon with a message about an unauthorized purchase;
- **Lie #2: Your information is being used to commit crimes.** This lie may come from a supposed government officer or agent, warning that your Social Security number is linked to a crime like drug smuggling, money laundering, or even child pornography; or
- **Lie #3: There's a security problem with your computer.** This lie often starts with a fake on-screen security alert that looks like it's from Microsoft or Apple with a number to call. If you call, they say your online accounts have been hacked.

These scammers say the only way out of the (fake) crisis is to follow their instructions – which will include sending money to the scammers. They may say this will keep your money safe, secure your identity, clear your name, or help catch the criminals.

There may be layers of complexity to the story, but it's all a lie aimed at draining your accounts. Reports show that when people think they are fixing a problem rather than sending a stranger money, their losses are often limited only by their available funds.



Lots of scams are now carried out online, but these scams still depend on a phone call. Even when they don't start with a call, reports show the goal is to get you on the phone. A call is still the best way to dial up the fear and the urgency so it's harder for you to think clearly and check things out. **Keeping you on the phone is also designed to keep you from talking to anyone who could help – a friend or family member in a calmer state of mind who might see through the lies.**

In another layer of irony, these scammers often pretend to be the FTC, the nation's consumer protection agency, sometimes impersonating real staff.

Reports show these scammers have told people to transfer money out of their accounts, deposit cash into Bitcoin ATMs, and even hand off stacks of cash or gold to couriers – all things the real FTC will never do.

Scammers also pretend to be other businesses and agencies, including banks, Microsoft, and the Social Security Administration. Often, they tag team you: maybe starting with a pop-up security alert impersonating Microsoft and then transferring you to someone pretending to be from the FTC for "help" with a fake identity theft problem.



The security of your accounts, along with the risk of identity theft, are real concerns that real companies might call you about. So how can you stay vigilant and steer clear of these scams?

- **Don't move money to "protect it."** Never transfer or send money to anyone, no matter who they say they are, in response to an unexpected call or message. Even if they say it's to "protect it."
- **Hang up and verify.** Hang up the phone and call the company or agency directly using a phone number or website you know is real. Don't trust what an unexpected caller says, and never use the phone number in a computer security pop-up or an unexpected text or email.
- **Block unwanted calls.** Check your phone provider's website or call customer service to find out what call-blocking or call-labeling service it offers or recommends. Some services are free, but others might charge you a fee.

ARE YOU A CAREGIVER?

Are you a caregiver for an older adult 60+ and need time to do errands, rest or just have some time for yourself?

Why is taking a break or respite important?

Respite for caregivers is important because it:

- Prevents burnout,
- Reduces stress, and
- Improves their physical and mental health by providing necessary breaks.

This temporary relief allows caregivers to:

- Rest,
- Attend to personal needs, and
- Recharge, ultimately enhancing the quality of care they provide and strengthening their relationship with the care recipient.

Respite Haven is a social day program that provides engaging activities, exercise, games, meals, and outings for individuals that are 60 and older.

Office for the Aging is adding a new **Respite Haven** location in **Carthage**, and we are looking for participants.

If you are interested in learning how to participate in the program please reach out to **The Jefferson County Office for the Aging** at **315-785-3191** or visit us at <https://www.jeffersoncountyny.gov>



Community Meal Site Incoming!

Hey Carthage!

**Are you interested in having a
community meal site in your area?**

What is a community meal site?

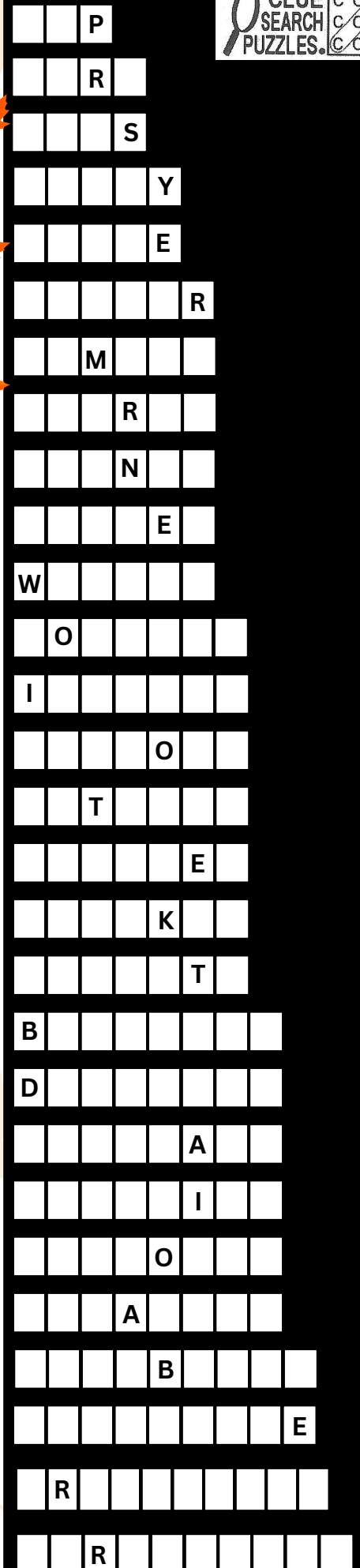
Our community meal sites is a contribution based meal program, that offers a noontime meal for any person 60 years and older or the spouse of an eligible individual regardless of age.

Meals are provided in a friendly group setting at sites across the county, with frequent social and educational programs being offered at every site.

If so contact the Jefferson County Office for the Aging via email at ofa@jeffersoncountyny.gov

or contact Kelly Bush at the
Town of Wilna Housing Authority at [\(315\) 493-1480](tel:3154931480)

A “Horn of Plenty” is also known as a _____



Answers on back of first page

Use the words from the last page to fill out the word search!

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

Enter the unused letters from the puzzle, in order:

— — — — — —
 — — — —
 — — — — —

Copy boxed letters to form your hidden message:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--



The Home Energy Assistance Program 2025-2026

If you qualify, the Home Energy Assistance Program (HEAP) may assist you with the cost of heating your home this fall/winter. Eligible households can receive one regular HEAP benefit per program this year.

All households that received a Regular HEAP benefit in the 2024-2025 program year will receive an application in the mail automatically. Even if nothing has changed in your household or income, you still must submit an application each program year.

While returning applicants can apply before the program opens to new applicants, benefits will not be issued until the program officially opens.

Please use the 2025 amounts from your Social Security and pension award letters.

Regular HEAP benefit has been delayed till November 17th, and the 2025-2026 household income guidelines have not yet been released.

When HEAP opens, there are several ways to apply. You can apply online at www.mybenefits.ny.gov. To apply with a paper application, the following agencies accept applications:

Jefferson County Office for the Aging (OFA) accepts applications for regular HEAP for homeowners and renters who are age 60 or older and for those who receive disability income, either Supplemental Security Income (SSI) or Social Security Disability (SSD).

If you are new to HEAP (over age 60 or receiving permanent disability income) and would like to receive an application in the mail when the program opens, please call the Office for the Aging HEAP hotline at (315) 785-5019 and leave a message with your name and address.

* Please note that families receiving ongoing Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not need to apply.*



Lung Cancer Awareness Event

November 5, 2025 • 5 - 7 p.m.
at the **Walker Center for Cancer Care**

Featuring the **MONARCH™ QUEST** Robotic Bronchoscopy Platform

What Can You Expect at this Lung Cancer Awareness Event?

- Learn about why early screening is important
- Meet our pulmonology and oncology teams
- See the new **MONARCH™ QUEST** robot
- Start the screening process for lung cancer

Open and Free to the Community

*Refreshments Served
RSVPs Appreciated*

Who Should Get Screened for Lung Cancer?



Have a 20 pack-year or more smoking history²



Smoke now or have quit within the last 15 years²



Are between 50 and 80 years old²

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-per-day history by smoking one pack a day for 20 years or two packs a day for 10 years.¹

References 1: CDC. Who Should Be Screened for Lung Cancer?. 11 March 2021, https://www.cdc.gov/cancer/lung/basic_info/screening.htm. Accessed 20 Oct. 2021.
2: Choi, Elle; Land, Erin 2021, Nearly twice as many patients are now eligible for lung cancer screenings—here is what you need to know, 14 Sept. 2021, AstraZeneca with the Lung Ambition Alliance, <https://www.advisory.com/sponsored/lung-cancer>. Accessed 20 Oct. 2021.



The MONARCH™ QUEST Platform is the first flexible, robotically assisted platform for bronchoscopy. It provides access to and visualization of airways to enable healthcare providers to biopsy suspicious lung nodules. **Samaritan is currently the only hospital in New York State utilizing the MONARCH™ QUEST.**

Walker Center

830 Washington St., Watertown, NY
(Use Woodruff Street entrance)

To RSVP:

315-785-4584
or online (scan the QR code)



Samaritan
Health

No-Cost Energy Advising



WHAT IS AN ENERGY ADVISOR?

Energy Advisors (EAs) serve their communities on the front lines, hosting workshops, leading presentations, acting as a liaison between North Country residents and clean energy contractors, and creating inclusive educational opportunities!

SERVICES FOR YOU

- ✓ Assist with navigating NYS programming to find the best solution for energy savings.
- ✓ Host presentations and workshops on energy efficiency practices.
- ✓ Help you with energy program applications.
Provide information and connect you to NYSEERDA contractors.
- ✓ Connect small businesses and nonprofits to funding solutions.



YOUR LOCAL ADVISOR

**Jefferson, Lewis, &
Hamilton Counties**

Carson Schweinsberg

(315) 816-8677

cns68@cornell.edu



northcountrycleanenergyhub.org

[f](#) [ig](#) @northcountrycleanenergyhub

Uplift your neighbor. Empower yourself.

If you're 55+, you can earn tax-free income by providing companion care, plus \$480 in paid training.



Respite Haven is seeking paid volunteers for its program supporting family caregivers in our community.

**Locations in Watertown and Clayton.
3rd location coming soon!**

**CONTACT KAREN AUBERTINE
KAUBERTINE@LIFESPAN-ROCH.ORG
585-695-3716**

NYSCRC.ORG/AMERICORPS



THE EMPOWERED CAREGIVER SERIES

COMMUNICATING EFFECTIVELY

An education program presented by the Alzheimer's Association®

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



Dementia affects a person's ability to communicate, making it hard to convey their wants and needs to the people around them. Caregivers can learn how to use a person-centered approach to communicate more effectively at any stage of the disease.

Topics in the program include:

- » How dementia affects communication.
- » Using a person-centered communication approach.
- » Tips for communicating with family, friends, and health care professionals.

Tuesday, November 11

1 - 2 p.m.

Samaritan Keep Home

133 Pratt St Watertown, NY 13601

To register, please visit

<https://bit.ly/45jNpOK>

or call 800.272.3900

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



Central New York Chapter

THE EMPOWERED CAREGIVER SERIES

COMMUNICATING EFFECTIVELY

An education program presented by the Alzheimer's Association®

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Topics in the program include:

- » How dementia affects communication.
- » Using a person-centered communication approach.
- » Tips for communicating with family, friends, and health care professionals.

Wednesday, November 12
1 - 2 p.m.

Samaritan Summit Village
22691 Campus Dr. Watertown, NY 13601

To register, please visit
<https://bit.ly/4mviGpa> or call
800.272.3900

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2025

Paynter Center

								1
	2	3	4	5	6	7	8	
	10:00 Bingo 11:00 Balanced Boxing	9:30 Watertown Shopping & Applebee's Lunch 10:00 Boomers 11:15 Zoomers 12:00 Lunch	9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Chair YouTube Exercise 1:00 Tai Chi 2:00 Grief Share	10:00 Boomers- Circuit 11:15 Zoomers 12:00 Lunch 6:00 River House Candle Making Party \$45.00	10:00 Bingo		Red Cross Blood Drive 9a-2p	
Daylight Saving Time Ends	9	10	11	12	13	14	15	
	10:00 Bingo 11:00 Balanced Boxing 1:00 Card Making With Golda \$5.00	10:00 Boomers 11:15 Zoomers 12:00 Lunch	9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Chair YouTube Exercise 1:00 Tai Chi 2:00 Grief Share	10:00 Painting with Cathy Wood 10:00 Boomers 11:15 Zoomers 12:00 Lunch	10:00 Bingo 10:00 Thrift Shop & Dollar General			
	16	17	18	19	20	21	22	
	10:00 Bingo 11:00 Balanced Boxing 1:00 Christmas Craft with Alisha	9:00 Evans Mills Shopping 10:00 CANCELLED Boomers & Zoomers 12:00 Lunch	9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Chair YouTube Exercise 1:00 Tai Chi 2:00 Grief Share	9:00 Price Chopped Shopping 10:00 CANCELLED- Boomers & Zoomers 12:00 Lunch 1:00 River Church Sing a Long	10:00 Bingo 5:00 Community Dinner Sponsored by The Clayton Lions Club 5:30 Piano Music by Diane Baltz			
	23	24	25	26	27	28	29	
	10:00 Bingo 11:00 Balanced Boxing 11:30 Depauville Luncheon 1:00 Christmas Ornaments w Sandi	10:00 Boomers- Circuit 11:15 Zoomers 12:00 Lunch 6:30 Opera House	9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Chair YouTube Exercise 1:00 Tai Chi 2:00 Grief Share	Center Closed	10:00 Bingo			
	30							



Paynter Center
914 Strawberry Lane
Clayton

315-686-3553

email: payntercenter@gmail.com

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

Watertown Senior Center November Calendar

Monday 11/3	Wednesday 11/5	Friday 11/7
9am / Crafts 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Open Enrollment w/ Jennifer an Independent Medicare Agent	10:30am / PIVOT WISE Presentation Class 4 (Registration Closed) 11am / CAPC Presentation w/Snacks (Sign Up at Front Desk) 12pm / OFA Lunch or BYO Lunch 1pm / Cardio Drumming	10am / Presentation w/ Autumn & Samaritan Volunteers 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Crafts w/ Mary
Monday 11/10	Wednesday 11/12	Friday 11/14
10:30am / Card Making Class 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Open Enrollment w/ Jennifer an Independent Medicare Agent	10:30am / PIVOT WISE Presentation Class 5 (Registration Closed) 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming	10am / Trivia w/ Mike & Cece 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12pm / \$5 Pizza Party (Sign Up at Front Desk) 12:30pm / Basic Sign Language with Jean 1pm / Family Feud
Monday 11/17	Wednesday 11/19	Friday 11/21
10am / "Monday Morning Movie" w/ Snacks 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Legal Aid Presentation and Q & A w/ Laura	10:30am / PIVOT WISE Presentation Last Class 11am / Parkinson's Support Group 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming	10am / Song Burst 11am / Chair Exercise 12pm / Birthday Potluck w/ Music by Dennis Marshall (Sign Up at Front Desk) 12:30pm / Basic Sign Language with Jean 1pm / Watertown Model Railroad Club - Trains w/ Art
Monday 11/24	Wednesday 11/26	Friday 11/28
10am / Nickel Bingo 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / CCE Fruit & Vegetable Subscription (Week 1) w/ Taylor	10am / Sewing w/ Lou Ann & Sharon 11am / Hospice Presentation - "Encountering Grief During the Holidays" 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Adams Library Craft	10am / Sewing w/ Lou Ann & Sharon 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Turkey Trivia w/ Carol & Cece
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	Every Day- 9am Meet & Greet Every Day- 3pm Close Sign up for OFA's Lunches at (680)222-7038 48 Hour Prior Notice Required	