

**Jefferson County**

**Office for the Aging**

**September 2025 Newsletter**





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



# **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 has opened a new site in Carthage:**

### **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](mailto:ofa@jeffersoncountyny.gov) or check out our Facebook page.



# Social Security Transition to Electronic Payments– What Beneficiaries Receiving Paper Checks Need to Know

July 14<sup>th</sup>, 2025 • By Social Security Administration

Starting September 30, 2025, the Social Security Administration (SSA) will no longer issue paper checks for benefit payments. This change is part of a broader government-wide initiative to modernize payment systems and enhance service delivery. By moving to electronic payments exclusively, we aim to improve efficiency, security, and ensure beneficiaries receive their monthly benefits promptly.

## Who Does This Affect?

This transition primarily affects a small group of beneficiaries who have not yet switched to electronic payment methods. Less than one percent of beneficiaries currently get paper checks. We encourage these individuals to enroll in direct deposit or opt for the Direct Express® card to continue receiving their monthly benefits timely.

## Why the Shift to Electronic Payments?

The transition from paper checks to electronic payments offers several important advantages:

- **Enhanced Security:** Paper checks are 16 times more likely to be lost or stolen compared to electronic payments, increasing the risk of fraud. Electronic payments provide a safer, more secure way to receive benefits.
- **Speed and Efficiency:** Electronic Funds Transfers (EFTs) are processed more quickly than paper checks, helping beneficiaries receive their payments on time without delays.
- **Cost Savings:** According to the U.S. Department of the Treasury, issuing a paper check costs about 50 cents, whereas an EFT costs less than 15 cents. This shift could save the federal government millions of dollars annually.

## What We're Doing to Help

We're proactively sending notices to people who currently receive paper checks, to explain the upcoming change and highlight the benefits of switching to electronic payments. In addition, all benefit checks will include an insert explaining the steps a beneficiary can take to transition to electronic payments, and our technicians are ready to assist. These efforts aim to ensure a smooth transition and help recipients understand their options.

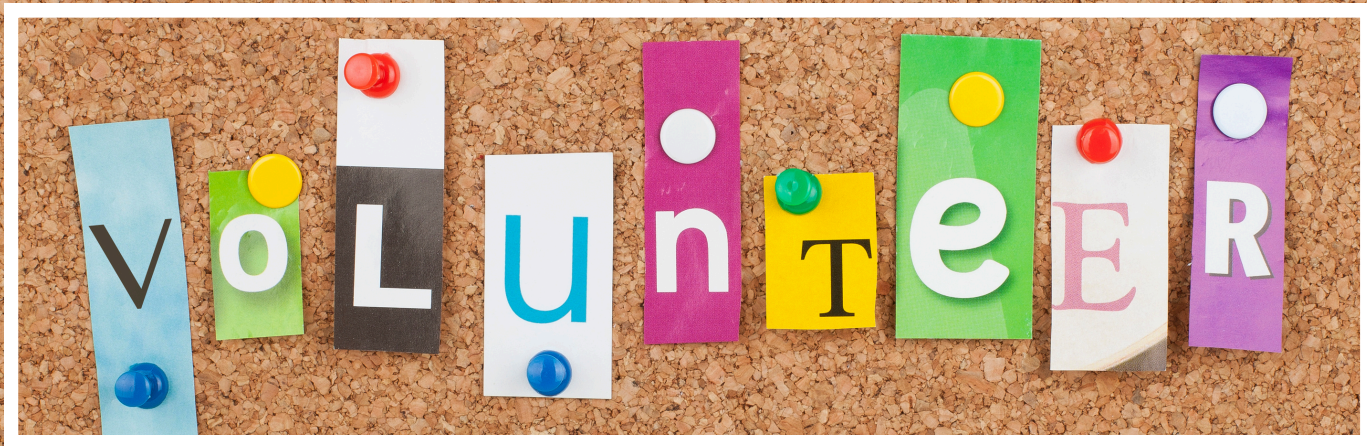
## Your Payment Options

People who currently receive paper checks have two convenient options to receive their Social Security payments electronically:

- **Direct Deposit:** Beneficiaries should enroll in direct deposit with their financial institution. Payments can be deposited directly into your checking or savings account.
- **Direct Express® Card:** For people without a bank account, the Direct Express card is a prepaid debit card designed specifically for federal benefit payments.

You can update your payment information anytime through your personal [my Social Security](#) account online.





# 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.



# Medicare and Immigration Status

## BE AWARE OF PEOPLE TRYING TO STEAL YOUR MEDICARE NUMBER

Medical identity theft happens when someone steals your personal information and uses it to get medical treatment or equipment and bills your insurance for it.

### HEALTHCARE COMPANIES CAN TRY TO REACH PEOPLE IN VARIOUS WAYS:



t.v.  
ads  
radio  
ads



mailings  
events



phone  
calls  
texts

Some of them may be legitimate, but some could potentially be scammers trying to steal your personal and/or medical identity information.

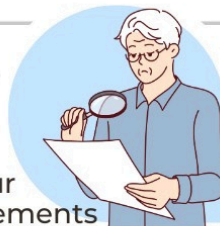
### PROTECT

Medicare and/or health ID # and only share it with your health care provider or trusted person. **Protect your Medicare card like you would a credit card.** Scammers have ways of stealing your personal information.



### DETECT

medical identity theft by reading your Medicare statements often. If you see services or prescriptions that you didn't know about or receive, your Medicare and/or health ID number could be considered "compromised."



### REPORT

potential medical ID theft to your local SMP as it can affect your medical and health insurance records, ability to receive future services or equipment, and lead to incorrect costs for both you and the Medicare program.



### REASONS TO REPORT:

- You gave out your Medicare and/or health ID number:
  - Over the phone or internet
  - to someone offering additional benefits, durable medical equipment, genetic testing, back braces, etc.
  - At a fair or other gathering as a check-in or to receive free services
  - In response to a television or radio ad, Facebook ad, postcard, or print ad requesting a Medicare number
- You are contacted by a debt collection company for a provider bill you do not owe
- You received boxes of braces, testing kits, or other medical supplies in the mail that you did not request
- A Medicare and/or a Medicare Advantage plan denies or limits your coverage or benefits because of a medical condition you do not have



**SMP**  
Senior Medicare Patrol

[smpresource.org](http://smpresource.org)  
877-808-2468

If you believe you may have experienced medical identity theft, call your local **Senior Medicare Patrol (SMP)**.



**SHIP**  
State Health Insurance  
Assistance Program

[shiphelp.org](http://shiphelp.org)  
877-839-2675

Your local **SHIP** has trained, unbiased counselors who can provide one-on-one Medicare assistance. They can discuss your unique circumstances, like your Medicare eligibility, enrollment options, or screening for cost assistance programs. They may also be able to connect you to other local resources and assistance.



# LABOR DAY

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

BARBECUE

HOLIDAY

JOB

LABOR

MCGUIRE

MONDAY

MOVEMENT

ORGANIZE

PARADE

PARTY

PICNIC

PULLMAN

RALLY

RIGHTS

SECURITY

SEPTEMBER

STRIKE

TRADE

TRAFFIC

TRIP

UNION

VACATION

WAGES

WEEKEND



New York State **Caregiving & Respite** Coalition

“

The training you offer has given me the confidence I needed to enter the workforce as a full-time respite provider and make life a little easier for others.

”

*-Respite Care Provider Training Program Participant*

To learn more about RCPT and the Respite Registry, visit [nyscrc.org](http://nyscrc.org), scan the QR code, or email [nyscrc@lifespan-roch.org](mailto:nyscrc@lifespan-roch.org)



## National Respite Care Provider Training

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$942,520 with 75 percent- age funded ny ACL/HHS and \$312,845 amount and 25 percentage funded by non-government source(s). The contents are those of teh authors and do not necessarily represent the official vews of, nor an endorcement by ACL/HHS or the U.S. Government.

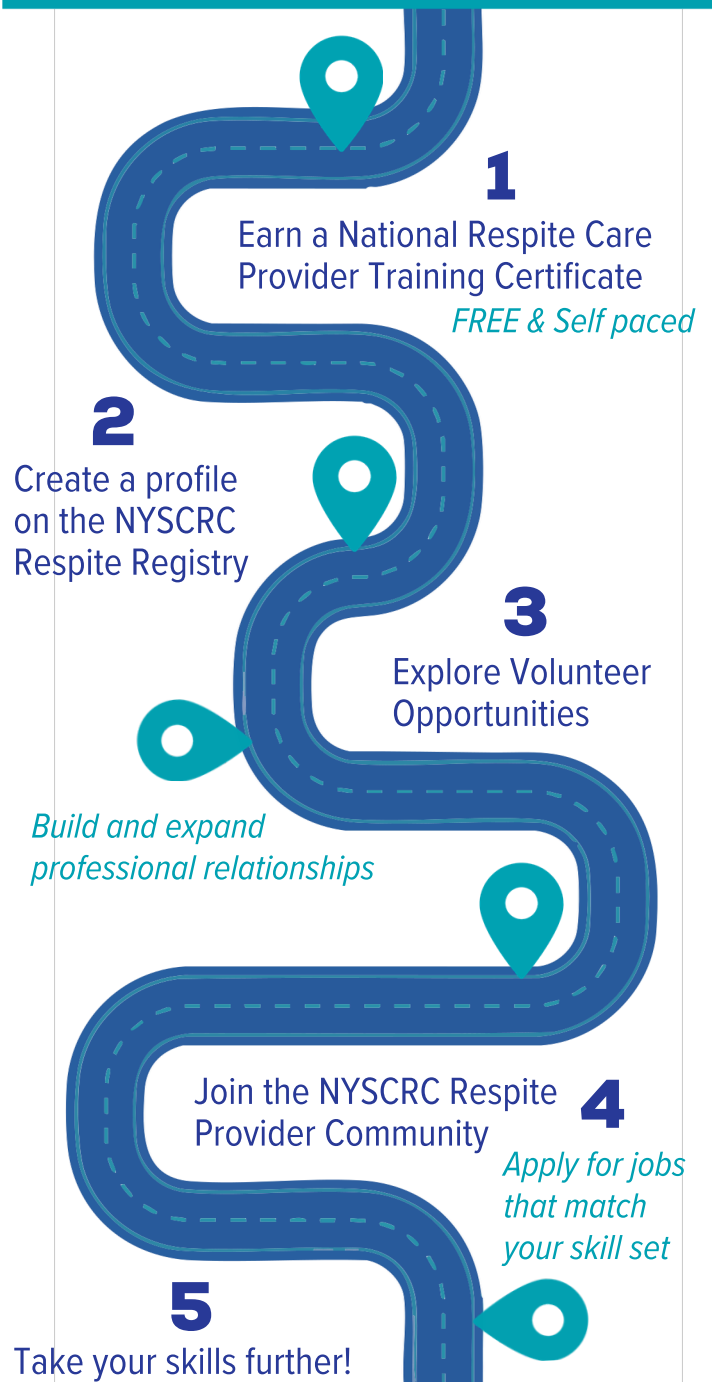
NASHP would also like to thank The John A. Hartford Foundation for providing the non-government matching funds for this project.



## THE RESPITE REGISTRY

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,375,000 with 75 percentage funded by ACL/HHS and \$458,330 and 25 percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, ACL/HHS, or the U.S. Government.

# Begin Your Journey Become a Respite Provider



Office for  
the Aging



# PUBLIC HOUSING TENANTS – KNOW YOUR RIGHTS! How To File A Grievance

A step-by-step guide  
to help you navigate  
the legal system.

You have the right to grieve about issues with your housing. The Public Housing Authority (PHA) must provide the grievance procedure for the public housing you reside in. It must meet HUD's regulatory requirements in addition to any other requirements by local, State or Federal law.

Check your lease and grievance procedure applying to the public housing you reside in. If the PHA's action or failure to act, adversely affects your rights, duties, welfare, or status, you have a right to grieve your lease.



## Please read these answers to frequently asked questions

- 1. What is a grievance procedure?**  
A grievance procedure is a way for a tenant to request a hearing to challenge the PHA's adverse action or failure to act.
- 2. Where do I find my specific grievance procedure?**  
The grievance procedure must be included or incorporated, by reference, in the PHA's lease. A copy of the procedure must be provided to each tenant, and resident organization.
- 3. I've determined I have a grievance, what do I do next?**  
A tenant must present their grievance either orally or in writing. While a PHA cannot require a written grievance, it is advisable that such request is in writing. If there is a hearing, you may need evidence of your request. Consider keeping a copy of the request for a hearing with some evidence of filing it. (ex. a fax confirmation or email)
- 4. Where do I file my grievance and how long does it usually take?**  
The grievance procedure will, generally, include a PHA location, for making a grievance. The procedure will state a reasonable length of time for filing the grievance. Generally, it is 10 working days. **Check your lease for the grievance procedure and file your grievance timely.**
- 5. Who will decide the outcome of my grievance?**  
Grievance hearings must be held before a hearing officer. The hearing officer may be an individual or a panel consisting of more than one person. The hearing officer/panel must be impartial and must not be a subordinate of the person who made the challenged decision.



**The PHA may attempt an informal settlement with the tenant who filed a grievance. You do not have to agree to this informal settlement. It is not always required. Contact LSHV if you need assistance.**

# Caregiving Q&A: Supporting Wellness for Yourself and Your Loved Ones

## Who are Family Caregivers?

- Unpaid family members or friends (informal caregivers), or paid caregivers (formal caregivers)
- Often middle-aged and older adults
- More commonly **women**
- Almost one-third provide care at least 20 hours/week
- Nearly a quarter of caregivers of older adults have young children under the age of 18



**\*Resources and supports are essential to help caregivers manage the challenges of caregiving**

## What Do Caregivers Do?

- Assist with a loved one's social or health needs
- Offer emotional support
- Provide support with activities of daily living
- Help loved ones manage disease or disability



## What are Some Benefits of Caregiving?

### Caregiving helps care recipients:

- Retain their quality of life and independence in places they call home

### Improves mental and behavioral health:

- Reduce depression
- Better self-manage their chronic conditions

### Caregiving benefits caregivers by helping them:

- Increase their self-confidence, life satisfaction, and fulfillment from helping others
- Start or add to social networks of friendships associated with caregiving
- Learn and develop new skills



## Best Practice Tips

- Take care of yourself: Relax your mind, maintain a healthy lifestyle, and spend time with loved ones to promote health and wellness
- Ask for help: Caregiving supports and resources are available to help manage caregiving duties and challenges
- Talk to someone: Connect with a trusted friend, family member, support group, peer, or faith leader
- Advocate for loved ones: Honor that you are the expert for you and your family. Be curious, ask questions, gather information, and become educated



## Resources

- Eldercare Locator – Caregiver Corner **1-800-677-1116** | [eldercare.acl.gov](http://eldercare.acl.gov)
- Alzheimer's Association 24/7 Helpline **1-800-272-3900** [alz.org/help-support/resources/helpline](http://alz.org/help-support/resources/helpline)
- Caregiver Action Network Help Desk: **1-855-227-3640** | [caregiveraction.org](http://caregiveraction.org)



## How Can Community Members Better Support Caregivers?

- Help with errands, chores, and other tasks
- Check in or provide emotional and social support
- Connect caregivers with respite care, support groups, and helplines
- Share education and training programs on caregiving strategies
- Encourage caregivers to seek faith supports, community assistance, or mental health services



Keck School of  
Medicine of USC

**NCEA**  
National Center on Elder Abuse

**NCEA**

For more information: [ncea.acl.gov](http://ncea.acl.gov)

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government. DOCUMENT REVISION: MAY 2025



# THE EMPOWERED CAREGIVER SERIES BUILDING FOUNDATIONS OF CAREGIVING

An education program presented by the Alzheimer's Association®

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



Caring for someone living with dementia brings a unique set of challenges and rewards. With the right help and support, you can empower yourself to provide quality care while managing your own well-being.

## Topics in the program include:

- » The role of a caregiver and changes you may experience.
- » Using a person-centered care approach.
- » Building a support team.
- » Managing caregiver stress.

**Tuesday, September 9  
1 - 2 p.m.**

**Samaritan Keep Home  
133 Pratt St Watertown, NY 13601**

**To register, please visit  
<https://bit.ly/3HiKP3A> or call  
800.272.3900**

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

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## Topics in the program include:

- » The role of a caregiver and changes you may experience.
- » Using a person-centered care approach.
- » Building a support team.
- » Managing caregiver stress.

**Wednesday, September 10  
1 - 2 p.m.**

**Samaritan Summit Village  
22691 Campus Dr Watertown, NY 13601**

**To register, please visit  
<https://bit.ly/4fm5mAN>  
or call 800.272.3900**

Visit **[alz.org/CRF](https://alz.org/CRF)** to explore additional caregiver education programs in your area.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>914 Strawberry Lane Clayton NY 13624 315-686-3553</p>	<p><b>Center Closed</b></p> <p>Labor Day</p>	<p>10:00 Boomers 11:15 Zoomers 12:00 Lunch</p>	<p>9:00 Clayton Shopping 9:00 Zumba 10:00 Bingo 11:00 Chair Youtube Exercise 1:00 Tai Chi 2:00 Grief share</p>	<p>10:00 Boomers 11:15 Zoomers 12:00 Lunch</p> <p>10:00 Clayton Farmers Market</p>	<p>10:00 Bingo</p>	
<p>7</p> <p>10:00 Bingo 11:00 Balanced Boxing</p>	<p>8</p> <p>9:00 Watertown Shopping 10:00 Boomers 11:15 Zoomers 12:00 Lunch</p>	<p>9</p> <p>9:00 Clayton Shopping 9:00 Zumba 10:00 Bingo 11:00 Chair Youtube Exercise 1:00 Tai Chi 2:00 Grief share</p>	<p>10</p> <p>10:00 Boomers 10:00 Painting w Cathy Wood 11:15 Zoomers 12:00 Lunch</p>	<p>11</p> <p>10:00 Bingo 10:00 Thrift Shop &amp; Dollar General</p>	<p>12</p> <p>Lucy Reff Red Cross Blood drive 10-4</p>	<p>13</p>
<p>Grandparents Day</p> <p>14</p> <p>10:00 Bingo 11:00 Balanced Boxing 1:00 Halloween Craft with Alisha</p>	<p>15</p> <p>10:00 Boomers 11:15 Zoomers 12:00 Lunch</p>	<p>16</p> <p>9:00 Clayton Shopping 9:00 Zumba 10:00 Bingo 11:00 Chair Youtube Exercise 1:00 Tai Chi 2:00 Grief share</p>	<p>17</p> <p>10:00 Boomers 11:15 Zoomers 12:00 Lunch 10:30a-6:00p Shoreline Casino Bus Trip \$10.00</p>	<p>18</p> <p>10:00 Bingo 5:00 Community Dinner Sponsored by "Wellesley Island Building Supply 5:30 Karaoke</p>	<p>19</p>	<p>20</p> <p>Oktoberfest Begins</p>
<p>21</p> <p>10:00 Bingo 11:00 Balanced Boxing 1:00 Cards with Golda \$5.00</p>	<p>22</p> <p>9:00 Evans Mills Shopping 10:00 Boomers 11:15 Zoomers 12:00 Lunch</p>	<p>23</p> <p>9:00 Clayton Shopping 9:00 Zumba 10:00 Bingo 11:00 Chair Youtube Exercise 1:00 Tai Chi 2:00 Grief share</p>	<p>24</p> <p>9:00 Price Chopper Shopping 10:00 Boomers 11:15 Zoomers 12:00 Lunch</p>	<p>25</p> <p>10:00 Bingo 10:00 Thrift Shop &amp; Dollar General</p>	<p>26</p> <p>Adirondack Bus Trip</p>	<p>27</p> <p>Adirondack Bus Trip</p>
<p>28</p> <p>10:00 Bingo 11:00 Balanced Boxing 1:00 Pumpkin Craft with Candie &amp; Linda</p>	<p>29</p> <p>10:00 Boomers 11:15 Zoomers 12:00 Lunch</p>	<p>30</p>				

# September 2025

## Paynter Center

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

Monday 9/1	Wednesday 9/3	Friday 9/5
Closed for Labor Day		
Monday 9/8	Wednesday 9/10	
Miracles By The Acres Delivery 10:30am / Card Making 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk) 1pm / Nickel Bingo	10:30am / Discover Live Tour - Old Jaffa, Tel Aviv Israel 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 1pm / Crafts w/ LuAnn	10am / Shopping on a budget w/ Taylor from Cornell Cooperative Extension 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk) 1pm / Team Family Feud
Monday 9/15	Wednesday 9/17	Friday 9/19
Miracles By The Acres Delivery 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk) 1pm / Team Family Feud	10am / Team Trivia w/ Mike 11am / Chair Exercise 11am / Parkinson's Support Group 12pm / OFA Lunch or BYO Lunch 12pm / Birthday Potluck w/ Music by Dennis Marshall 1pm / Nickel Bingo	10am / Blind & Visually Impaired Presentation 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean (Sign up at Front Desk) 1pm / Clay Animals - Crafting with Kyle
Monday 9/22	Wednesday 9/24	Friday 9/26
Miracles By The Acres Delivery 10am / "Monday Morning Movie" w/ doughnuts 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk) 1pm / Family Feud Teams	9am / Coffee & Conversation 10am / Mental Health Awareness Conversation 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch	10am / Book Club 11am / Chair Exercise 12pm / OFA Lunch 12pm / Ice Cream Social 12:30pm / Basic Sign Language with Jean (Sign up at Front Desk) 1pm / Nickel Bingo
Monday 9/29	9/11 Bus Trip to Turning Stone	
Miracles By The Acres Delivery 10am / Legal Aid Society of Mid New York Presentation w/ Laura Rossi 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean (Sign Up at Front Desk) 12:30pm / Song Burst 1pm / History of Greece with Kyle	Every Day- 9am Meet & Greet Every Day- 3pm Close Sign up for OFA's Lunches at (680)222-7038 48 Hour Prior Notice Required	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