



Jefferson County

Office for the Aging

May 2026 Newsletter

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Utah
Fifty
White
Women
Marine
Monday
Parade
Spirit
Concert
Johnson
Lincoln
Poppies
Soldiers
Solomon
Vietnam
Ardennes
Civil War
Half-Mast
Nineteen
Normandy
Remember
Speeches
Arlington
Decoration
Gettysburg
Gravestones
Pearl Harbor
Indianapolis

The Ultimate Sacrifice

Staying Away from Fad Diets

Contributors: Esther Ellis, MS, RDN, LDN Reviewers: Academy Staff RDNs

Published: March 18, 2019 Reviewed: December 18, 2025

With all the focus on weight in our society, it isn't surprising that millions of people fall prey to fad diets and bogus weight-loss products. Conflicting claims, testimonials and hype by so-called "experts" can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is.

There are no foods or pills that magically burn fat. No "super foods" will alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. Some ingredients in supplements and herbal products can be dangerous and even deadly for some people. Steer clear of any diet plans, pills and products that make the following claims:

Rapid Weight Loss

If you lose weight quickly, you may lose more muscle than fat. You also will be more likely to regain the pounds and be at risk of hair loss, dehydration and gallstones. Instead, focus on eating in a way that helps you feel nourished, satisfied and energized.



Quantities & Limitations

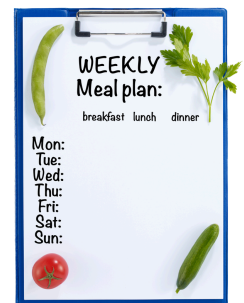
Ditch diets that limit most foods and promote unlimited quantities of specific foods, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over, and it's hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups or macronutrients, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

Specific Food Combinations

There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

Rigid Menus

Life is already complicated enough. Limiting food groups or following rigid meal plans can be an overwhelming, unpleasant task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.



No Need to Exercise

Regular physical activity is essential for good health. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week. If you want to build strength, the best path is a lifelong combination of nutritious eating and regular strength- building physical activity. For a personalized plan tailored to your lifestyle and food preferences, consult a registered dietitian nutritionist. An RDN can help you find and maintain a realistic, flexible eating style that helps you feel and be your best.

This article is from the Academy of Nutrition and Dietetics and can be found at eatright.org



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 Coverage of Mental Health & Addiction Treatment

What is Mental Health Care?

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

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



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

Outpatient Care

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

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



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

Prescription Drugs

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

- Stand-alone Part D plan
- Medicare Advantage Plan

Before joining a plan, make sure it covers your medications.

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

Inpatient Care



Medicare Part A covers inpatient mental health care in:

- General hospitals
- Psychiatric hospitals

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

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

Will Medicare Cover the Cost of any Mental Health Care Provided?

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

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

Who Should I Contact if I Need Help Related to my Mental Health Care?

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

2026 Older New Yorker's Day

The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions.

Meet Carl McLaughlin

"Originally from the Lebanon Valley region in Pennsylvania, my family moved to Buffalo in 1957 and eventually settled in Watertown in 1961. I graduated from Copenhagen High School and attended St. Lawrence University as a math major. It was there that I met my spouse, Weslie; we married in 1973."

"I began my career as an accountant for the American Red Cross in Rochester. I later served as a labor board specialist for BOCES and eventually became the Director of Personnel for the Watertown School District, where I managed administrative functions until my retirement in 2004. Following this, I served as the Executive Director for the Fort Drum Regional Liaison Organization (FDRLO) until 2016, focusing significantly on the regional housing crisis."

"I met Weslie we were married in 1973. We met as sophomores at St. Lawrence and married in 1973. We moved Rochester and both worked at the American Red Cross. We have one daughter who lives in Syracuse and one son who lives in Watertown."

When asked if Carl had any advice about volunteering for other New Yorkers he had this to say:

"I believe volunteering is the best way to engage with the community. It grounds you, introduces you to interesting people and organizations, and addresses the high demand for community support."



21st Annual Mental Health Awareness Walk

A Free Community Event



A Community Raising Awareness & Breaking Stigma

Saturday May 30th , 2026

11:00 am Thompson Park- Large Pavillion- Registration

11:30 am Mental Health Awareness Walk- Keynote & Testimonial Speakers

1:00 pm Lunch- Music, Family Activities, Mental Health Resources

Hosted by: **Jefferson County Mental Health Awareness Committee**

- NRCIL (Northern Regional Center for Independent Living)
- Mental Health Association of Jefferson County
- THRIVE Wellness & Recovery
- The Workplace
- Anchor Recovery Center of NNY
- Samaritan Medical Center
- CHJC (Children's Home of Jefferson County)
- NOCO (North Country Family Health Center)
- Families Together NYS
- Citizens Advocates
- Watertown Urban Mission
- Healthy Alliance
- The Arc Jefferson- St. Lawrence

Sponsored By: **Jefferson County Community Services**

For more information and accommodations contact: Maria Roach
(315) 785-8703 Ext. 213 | TTY (315) 785- 8704 | maria@ncril.net



SNAP Eligibility:

What New Yorkers Need to Know About New Federal Work/Volunteer Requirements

The New York State Office of Mental Health is alerting New Yorkers – including those living with or recovering from behavioral health issues – to new federal work requirements for people who receive Supplemental Nutrition Assistance Program (**SNAP**) food benefits. All Able-Bodied Adults Without Dependents or ‘**ABAWDs**’ – defined as anyone between ages 18 and 64 who can work and don’t have any children under age 14 in their household – must now meet certain work requirements to continue receiving SNAP benefits for more than three months over a 3-year period.

Are You Exempt?

There are exceptions to these rules, **specifically if:**



You participate in substance use treatment.



You are age 65 or older.



You are unable to work at least 80 hours a month because of a physical or mental health reason.



You are in a caregiver role, such as those living with a child under age 14 or taking care of an incapacitated person.



You are receiving disability benefits from a public or private source, such as Veterans Affairs, Social Security Administration, or New York State disability benefits.

If You Are Not Exempt, How Can You Meet the ABAWD Rules?

- **Participation in job skills training and educational activities for 20 hours a week (80 hours a month)**

This may include college courses, certifications, or credential programs. Courses for aspiring and working mental health peer specialists may be used to meet the participation requirement, provided training hours can be documented. Visit the New York Certified Peer Specialist Board, the Academy of Peer Services, or Families Together in New York State for information on these programs.

- **Volunteering Counts**

In some instances, volunteering can help you meet these new requirements and may even require less than 80 hours a month. The number of volunteer hours needed per month depends on your monthly SNAP benefit amount and the local minimum wage. For example, someone receiving \$160 per month in SNAP benefits and living upstate where the minimum wage is \$16 would need to do 10 hours of volunteering or a Work Experience Program assignment each month to remain eligible.

- **Paid or Unpaid Work**

The new requirements can be met by working at least 20 hours per week or earning at least \$217.50 per week, even if you are working fewer than 20 hours. Doing in-kind work counts. For instance, someone doing building maintenance for 80 hours per month in exchange for a reduction in rent would meet the monthly work requirement.

- **Proof of SNAP Eligibility**

Local social service districts can help New Yorkers determine what is needed to prove hours worked or volunteered, how to submit this information, and whether an organization is eligible to support the volunteering requirement.

- **Volunteer & Work Opportunities**

Some OMH facilities offer volunteering opportunities. The agency also works with organizations that offer volunteer opportunities, including National Alliance on Mental Health–New York City and the Mental Health Association in New York State. The state Office for the Aging has opportunities for volunteering, and also administers the Senior Community Service Employment Program, a training program for income-eligible New York State residents who are age 55 or over.

Need Help?

Connect with your social services district to determine eligibility for exemptions and find additional resources.

The Jefferson County Department of Social Services SNAP - (315) 779-5923



There is a red granite monument at the ___ Beach American Memorial

The ___-six columns in the WWII Memorial represents states & territories

The gravestones in military cemeteries are usually this color

There is a Vietnam ___'s Memorial near The Vietnam Wall

The Iwo Jima Memorial depicts soldiers from the ___ Corps

Memorial Day is celebrated on the last ___ of May

Some cities celebrate Memorial Day with a ___ through the city

The ___ of the American Doughboy statues were popular in the 1930s

NPR and PBS broadcast a ___ from the west lawn of the US Capital

President ___ declared Waterloo, NY to be the birthplace of Memorial Day

Nov. 19, 1863 President ___ spoke at the National Cemetery at Gettysburg

The National American Legion members wear ___ in remembrance

Veterans Stadium in Philadelphia and ___ Field in Chicago honor veterans

The Guadalcanal Memorial is located in the ___ Islands

The ___ Veterans Memorial is 246 feet long and contains 58,300 names

The dead from the Battle of the Bulge lie in The ___ American Cemetery

The holiday began after the American ___ to honor fallen soldiers

Flags are raised to ___-___ until noon on Memorial Day

___ statues are on patrol at the Korean War Veterans Memorial in DC

Men who died during the D-Day operation are buried at a cemetery in ___

"They shall not grow old, as we that are left grow old... We will ___ them"

Politicians & veterans give ___ at Memorial Day events

The Tomb of the Unknowns is in ___ National Cemetery

Before it was called Memorial Day people call it ___ Day

There are Confederate & Union monuments around the ___ Battle site

The ___ of soldiers are decorated with flowers and flags in honor

The USS Arizona Memorial commemorates the attack on ___

The ___ 500 has been on Memorial Day Weekend since 1911

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Answers on back of first page

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

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

Enter the unused letters from the puzzle, in order:

— — — —

— — —

— — — — —

Copy boxed letters to form your hidden message:

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

AGING FORWARD

CAREGIVER

EDUCATION DAY

Are you an older adult or family caregiver seeking guidance, resources, and community support?

This conference is designed to empower you with the knowledge and tools to navigate the aging journey with confidence and peace of mind.

Join us for this free event!

Sign-up is required prior to event!
Deadline is May 14th

EVENT INFORMATION

May 28th , 2026

9 am - 3 pm

Jefferson Community College,
1220 Coffeen Street,
Watertown, NY 13601



Call the Jefferson County Office for the Aging at
(315) 785-3191, or visit our website for more information!

The Jefferson County

Office for the Aging



2026 Senior Picnic



Westcott Beach State Park, Pavilion D



Wednesday, July 15th, 2026

(Rain Date: Thursday July 16th, 2026)



10 A.M. - 2 P.M.

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

Free parking for cars who have an individual 62 or older in them, ID must be presented at the park entrance. All other cars are subjected to an \$8 fee.

Lunch will be provided to those who register before the deadline (June 26th, 2026)

Jefferson County
Office for the Aging

Senior Picnic
Registration Form

Please Return All 3
Pages to the Office

2026 Jefferson County Office for the Aging Senior Picnic

Wednesday July 15th, 2026 | Westcott Beach State Park | 10 AM - 2 PM

(Rain Date: Thursday July 16th, 2026)

<p>Registration due by: Friday June 26th, 2026</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>\$8.00 Parking Fee for those under 62, ID must be shown at the entrance to the park*</p> <p>\$6.00 for individuals 60 and older \$12.00 for individuals under the age of 60</p>	<p><u>Menu</u></p> <p>Deli Meat on a Sub Roll Pasta Salad Tomato & Cucumber Salad Mixed Berry Cheesecake Parfait Beverages</p>
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One Reservation Form Per Person- All Pages Must Be Returned to The Office for the Aging

Last Name, First Name:			Middle Int:
Address:		City:	
State:	Zip:	County:	Phone:
Date of Birth:	Gender: <input type="radio"/> Female <input type="radio"/> Male <input type="radio"/> X		Veteran: <input type="radio"/> Yes <input type="radio"/> No
Person who is Frail?: <input type="radio"/> Yes <input type="radio"/> No Person with a Disability?: <input type="radio"/> Yes <input type="radio"/> No Limited ability to read, speak, write or understand English?: <input type="radio"/> Yes <input type="radio"/> No If yes, what is your primary language?:			
Any Communication Needs?:		Number of People in Household:	
Marital Status: <input type="radio"/> Married <input type="radio"/> Divorced <input type="radio"/> Separated <input type="radio"/> Domestic Partner/ Significant Other <input type="radio"/> Single <input type="radio"/> Widowed			
Living Status: <input type="radio"/> Alone <input type="radio"/> Other <input type="radio"/> Spouse <input type="radio"/> Spouse & Others <input type="radio"/> Child(ren) <input type="radio"/> Relative(s) <input type="radio"/> Parent/ Guardian <input type="radio"/> Domestic Partner <input type="radio"/> Domestic Partner & Others <input type="radio"/> Non-Relative(s) <input type="radio"/> Non-Relative(s) in a community-based setting <input type="radio"/> Non-Relative(s) in a facility			
Please check the category your monthly income falls within: Single: <input type="radio"/> Below \$1,330 <input type="radio"/> \$1,331 - \$1,664 <input type="radio"/> \$1,665 - \$1,995 <input type="radio"/> \$1,996 - \$2,461 <input type="radio"/> \$2,462+ Couple: <input type="radio"/> Below \$1,803 <input type="radio"/> \$1,804 - \$2,254 <input type="radio"/> \$2,255 - \$2,705 <input type="radio"/> \$2,706 - \$3,336 <input type="radio"/> \$3,337+			

Emergency Contact Information	<u>Must Be Completed If Under 60</u>	
Name:	Are you under 60 and the spouse of an eligible senior?	<input type="radio"/> Yes <input type="radio"/> No
Phone Number:	Are you disabled and living in senior housing?	<input type="radio"/> Yes <input type="radio"/> No
Relationship:	Are you an eligible volunteer under 60?	<input type="radio"/> Yes <input type="radio"/> No
	Are you disabled and living at home with an eligible senior?	<input type="radio"/> Yes <input type="radio"/> No

Read the statements below. Circle the number in the “YES” column for those that apply to you. For each answer, score that number in the box. Total your nutritional score and compare below.

	<u>YES</u>
I have an illness or condition that made me change the kind/amount of food I eat.	2
I eat fewer than 2 meals a day.	3
I eat few fruits, vegetables, or milk products.	2
I have 3 or more drinks of beer, liquor, or wine almost every day.	2
I have tooth or mouth problems that make it hard to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2
I am not always physically able to shop, cook, and/ or feed myself	2
TOTAL	

Score of 0-2 Good, recheck at six months.

Score of 3-5 at moderate nutritional risk & need to see what to do to improve eating habits and make life-style changes.

A score of 6 or more means you are at a high nutritional risk. Take the checklist to a doctor, dietitian or qualified health or social service professional and talk to them. Ask for definite ways to improve your nutritional risk.

* Free parking for cars who have an individual 62 or older in them, ID of said individual must be presented at the park entrance. All other cars are subjected to an \$8 parking fee.

The following information is for demographic purposes only!

Race (select one or more):

- American Indian / Native Alaskan
- Asian *
- Black or African American
- Middle Eastern *
- Native Hawaiian / Other Pacific Islander *
- North African *
- White - Hispanic
- White - Not Hispanic

***If Asian:** Asian Indian Bangladeshi Chinese
 Japanese Pakistani Korean Vietnamese
 Prefers not to answer Other:

***If Middle Eastern :** Armenian Iranian Iraqi Israeli
 Jordanian Lebanese Palestinian Saudi Syrian
 Yemeni Prefers not to answer Other:

***If Native Hawaiian / Other Pacific Islander:** Chamorro
 Guamanian Native Hawaiian Samoan
 Prefers not to answer Other:

***If North African:** Algerian Egyptian Libyan
 Moroccan Sudanese Tunisian Prefers not to answer
 Other:

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 Jefferson County 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.

Signature:	Date
Print:	Agency:

Nutrition Workshops for Older Adults

Discuss tips & strategies that will work for you!

Learn how to make healthy food choices with recipe demonstrations & tastings!

These workshops are free and open to the community!



Pre-registration is encouraged.

Please call Beth at (315) 415-5556



Workshops

Workshop 1: Monday - June 1st - Introduction to MyPlate

Workshop 2 : Wednesday - June 3rd - Make half your plate fruit & vegetables

Workshop 3 : Monday - June 8th - Make half your grains whole grains

Workshop 4 : Wednesday - June 10th - Vary your protein routine

Locations & Times

9:30 AM - 10:30 PM

Watertown Senior Center- 167 Polk St. Watertown, NY 13601

11:15 AM - 12:15 PM

Curtis Apartments Community Room- 336 West Main St. Watertown, NY 13601

1:30 PM - 2:30 PM

Riverview Apartments Community Room- 912 Strawberry Lane, Clayton, NY 13624

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. If you would like to request a reasonable accommodation to participate in the Nutrition Workshops,

please contact Beth by May 18, 2026 at 315-415-5556

2026 Jefferson County Farmers Market Schedule

Explore & support small agricultural businesses in Jefferson County by shopping at your local farmers markets!

FMNP- Farmers Market Nutrition Program

SNAP- Supplemental Nutrition Assistance Program

NC-FVRx- North County Fruits & Vegetables Prescription Program



Cape Street Market

June 2nd - October 20th

Tuesday 10 AM - 3 PM

Cape Vincent Village Green

357 Broadway St. Cape Vincent, NY 13618

Accepts: SNAP/FMNP/NC-FVRx



Coyote Moon Vineyards Farm & Flea Market

June - September

Sunday 10 AM - 4 PM

Coyote Moon Vineyards

17342 E Line Rd, Clayton, NY 13624

Accepts: SNAP



Carthage Farmers Market

May 22nd - October 9th

Friday 10 AM - 4 PM

Farmers Market Pavillion

Riverside Dr, Carthage, NY 13619

Accepts: SNAP/FMNP/Fresh Connects/NC-FVRx



Sackets Harbor Community Farmstand

May 23rd - September 19th

Saturday 9 AM - 4 PM

130 W. Main Street, Sackets Harbor, NY 13685

Swan Bay Farmers Market

June 12th - September 12th

Friday 10 AM - 4 PM, Saturday 8 AM - 12 PM

43615 State Route 12, Alexandria Bay

Chaumont Farmers Market

June 12th - September 11th

Friday 10 AM - 4 PM

Lyme Community Foundation

12030 Route 12 E, Chaumont, NY 13622

Accepts: SNAP/FMNP/NC-FVRx



Watertown Farm & Craft Market

May 27th - October 7th

Wednesday 8 AM - 2 PM

317 Washington Street, Watertown, NY 13601

Accepts: SNAP/FMNP/Fresh Connects/NC-FVRx

Clayton Farmers Market

May 28th - October 15th

Thursday 10 AM - 4 PM

Cerow Recreation Park Arena

615 E Line Rd, Clayton, NY 136224

Accepts: SNAP/FMNP/Fresh Connects/NC-FVRx



Watertown Saturday Farmers Market

May 16th - November 7th

Saturday 9 AM - 2 PM

JB Wise Place Pavilion

175 Black River Parkway, Watertown, NY 13601

Accepts: SNAP/FMNP/Fresh Connects/NC-FVRx



5 places to get reliable answers about vaccines

Finding **trustworthy vaccine info** online can feel like scrolling through a maze, and some sources that used to be rock-solid aren't as reliable as they should be right now.

If you want facts that come straight from medical experts (without all the noise), these sources are accurate, easy to understand, and timely.

The Vaccine Education Center

What it is: Trusted vaccine guidance from the Children's Hospital of Philadelphia (CHOP). Covers every major vaccine topic- kids, teens, adults, pregnancy, and older adults- in clear, calm language.

Best for: Parents, caregivers, and anyone who wants solid answers without digging through scientific papers.

Where to follow: The monthly parents PACK newsletter breaks down vaccine news for families. The free "Vaccines on the Go" app puts quick facts and FAQs on your phone.

The American College of Obstetricians and Gynecologists (ACOG)



@ACOG_org



@ACOGNational

What it is: The professional organization behind OB-GYNs nationwide. Breaks down what vaccines pregnant people need in simple, practical language- no medical jargon or scare tactics.

Best for: People who are pregnant, postpartum, or trying to conceive.

Vaccinate Your Family @VaccinateYourFamily @VaxYourFam

What it is: A national nonprofit dedicated to giving families science-based vaccine information in English and Spanish. Explainers are short, readable, and built for bust

Best for: Parents who want quick, trustworthy answers.

The Cleveland Clinic @ClevelandClinic

What it is: A nationally recognized nonprofit hospital and research center known for evidence-based care and easy-to-read health explainers. Perfect for when you want to send a friend "the real info."

Best for: Quick, practical answers to common vaccine questions.

Bonus: Sign up for their Health Essential newsletters

Healthy Children.org @HealthyChildrenAAP @HealthyChildren

What it is: A go-to parenting resource from the American Academy of Pediatrics. Offers podcasts, a monthly newsletter, and a "pediatrician in your pocket" texting service for quick updates on kids' health.

Best for: Parents who want pediatrician-approved vaccine answers they can trust.

5 places to get reliable health info

(and exactly where to follow them)

Finding trustworthy health info online can feel like scrolling through a maze, and some sources that used to be rock-solid aren't as reliable as they should be right now.

Here's your shortcut: **five organizations that consistently deliver accurate, reliable health information.** And since nobody has time to hunt through websites, we're giving you exactly where to follow them, from social media to newsletters to podcasts.

The American College of Obstetricians and Gynecologists (ACOG)



@ACOG_org



@ACOGNational

What it is: The professional organization behind OB-GYNs nationwide. Breaks down guidance in simple, practical language—no medical jargon or scare tactics.

Best for: Pregnancy, fertility, postpartum, birth control, and general women's health questions.

The Cleveland Clinic @ClevelandClinic

What it is: A nationally recognized nonprofit hospital and research center known for evidence-based care and easy-to-read health explainers. Information is straightforward and practical, perfect for when you want to send a friend "the real info."

Best for: Quick, clear answers to everyday health questions.

Bonus: Sign up for their Health Essentials newsletters and pick your focus (kids, women's health, nutrition, and more).

FamilyDoctor.org @FamilyDoctorOrg @FamilyDoc @FamilyDoctor

What it is: No-fluff health guidance for the whole family, created by the American Academy of Family Physicians. You'll find simple FAQs, printable conversation guides, and short videos.

Best for: Anyone looking for practical, whole-family advice that cuts through noise.

Johns Hopkins Bloomberg School of Public Health @JohnsHopkinsSPH

What it is: One of the top public health schools in the world—expert, credible, and surprisingly fun online. Their Instagram mixes clear, research-backed explainers with accessible Q&As and the occasional pop-culture meme.

Best for: People who want expert insight without the academic jargon.

HealthyChildren.org @HealthyChildrenAAP @HealthyChildren

What it is: Go-to parenting resource from the American Academy of Pediatrics. They offer podcasts, a fact-filled monthly newsletter, and a "pediatrician in your pocket" texting service for quick updates on kids' health.

Best for: Parents who want pediatrician-approved answers they can trust.

Watertown Senior Center May Calendar

<p>Every Day - 9am Meet & Greet Every Day - 3pm Close</p> <p>Sign up for OFA's Lunches at (680)222-7038 48 Hour Prior Notice Required</p>	<p>Watertown Senior Center 167 Polk St. 2nd Floor Watertown Senior Center: 315-221-4021 Office for the Aging: 315- 785-3191 President: Deb Dojle Vice President: Mike Hedrick Treasurer: Pattie Shreck</p>	<p>Friday 5/1</p> <p>10am / Diamond Art w/ Sandy 12pm / Discover Live Tour- Rio de Janeiro, Brazil 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Chair Exercise</p>
<p>Monday 5/4</p> <p>9:30am / Qi Gong (Gentle Movement, Breath & Awareness) w/ PIVOT 10am / Games w/ Jean 11am / YMCA Dance Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Wednesday 5/6</p> <p>10am / Chair Exercise 11am / Legal Aid- Willis & Trusts 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Friday 5/8</p> <p>10am / Fraud Prevention w/ NCU 11am / CCE Nutrition 12pm / \$5 Pizza Party (Sign-Up Deadline May 6th) 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Chair Exercise</p>
<p>Monday 5/11</p> <p>9:30am / Qi Gong w/ PIVOT 10am / Monday Morning Movie 11am / YMCA Dance Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Wednesday 5/13</p> <p>10am / Chair Exercise 11am / Nickel Bingo 12pm / Potluck Birthday Lunch 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Friday 5/15</p> <p>10am / Construction of the St. Lawrence Seaway 11am / CCE Nutrition Class 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Chair Exercise</p>
<p>Monday 5/18</p> <p>9:30am / Qi Gong w/ PIVOT 10am / Crafts w/ Sharon 11am / YMCA Dance Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Puzzle Contest 1:30pm / Discover Live Tour - Washington DC</p>	<p>Wednesday 5/20</p> <p>10am / Chair Exercise 11am / Trivia w/ Mike 11am / Parkinson Support Group 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Friday 5/22</p> <p>10am / Chair Exercise 11am / Crafts w/ Mary 11am / CCE Nutrition Class 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>
<p>Monday 5/25</p>	<p>Wednesday 5/27</p>	<p>Friday 5/29</p>
<p>Closed For Memorial Day</p>	<p>9am / Song Burst 10am / Chair Exercise 11am / Memorial Day Trivia w/ Carol 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>10am / Family Feud 11am / CCE Nutrition Class 12pm / Ice Cream Social 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>