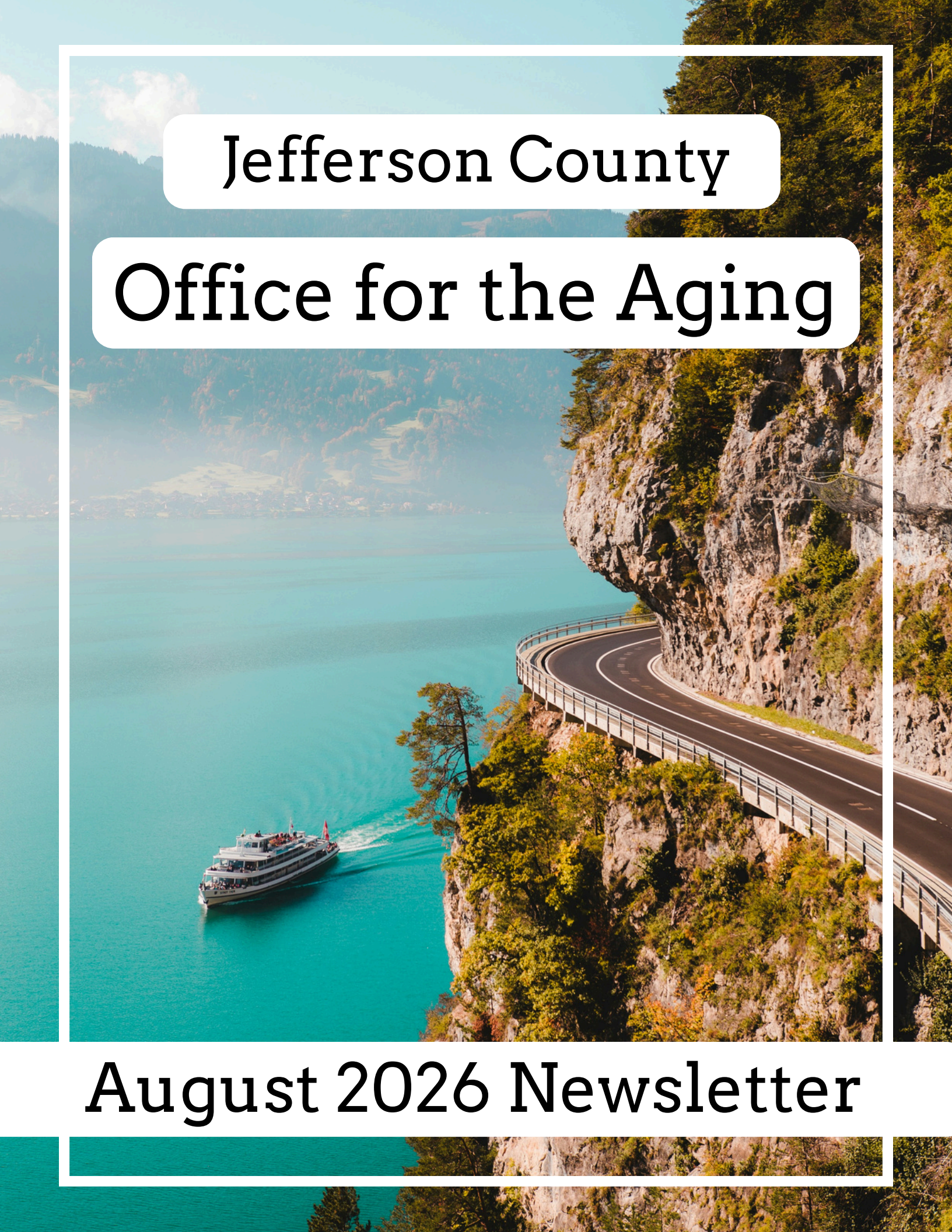




Jefferson County Office for the Aging

August 2026 Newsletter

Photo by [Jairph](#) on [Unsplash](#)

Italy
Spain
Baltic
Bosnia
Cyprus
France
Greece
Monaco
Norway
Poland
Sweden
Austria
Belgium
Denmark
Finland
Germany
Iceland
Ireland
Kingdom
Romania
Vatican
Bulgaria
Portugal
Luxembourg
Netherlands
Switzerland
Liechtenstein
Czechoslovakia

Kingdoms And Republics



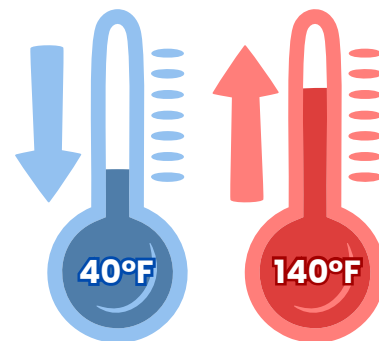
Food Safety: Keep Meals Out of the Temperature Danger Zone

What is the Temperature Danger Zone?

The Temperature Danger Zone is between 40°F and 140°F. Harmful bacteria can grow quickly when food stays in this temperature range, increasing the risk of foodborne illness. Older adults are at a higher risk of becoming seriously ill from unsafe food.

To stay safe:

- ✓ Keep **cold foods at 40°F or below**.
- ✓ Keep **hot foods at 140°F or above**.



If Your COLD Meal Arrives Too Warm

Examples: milk, yogurt, salads, sandwiches, fruit cups, or desserts.

- Place the food in the **refrigerator immediately**.
- Cold foods should be cooled to **40°F or below**.
- If the food has been in the Temperature Danger Zone (**above 40°F**) for **more than 2 hours**, throw it away.
- If a frozen meal has partially thawed but still contains ice crystals or is refrigerator-cold, place it in the refrigerator and use it promptly.

If Your HOT Meal Arrives Too Cool

Examples: soups, casseroles, meats, vegetables, and pasta dishes.

- Reheat the meal in the microwave until it reaches an internal temperature of **165°F**.
- Stir food halfway through heating to help it heat evenly.
- Allow the food to stand for **1-2 minutes** after microwaving before checking the temperature.
- If you do not have a food thermometer, the food should be **hot and steaming throughout**.
- Once reheated, eat the meal promptly.

Safe Storage Tips

- ✓ Refrigerate leftovers within **2 hours**.
- ✓ Keep your refrigerator at **40°F or below** and your freezer at **0°F or below**.
- ✓ Eat refrigerator leftovers within **3-4 days** or freeze them for later use.
- ✓ When in doubt, **throw it out!**



Remember: Keeping food out of the Temperature Danger Zone (40°F-140°F) helps prevent foodborne illness and keeps you healthy and safe.

August is National Immunization Awareness Month



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

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

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

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

“This project was supported, in part by grant number 90SAPG0159, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201” “New York State does not endorse nor recommend any specific insurance product or insurer; this program is solely intended to educate consumers about their choices.”



Exercise Safely in Hot Weather

Contributors: Esther Ellis, MS, RDN, LDN | **Reviewers:** Academy Staff RDN's

Published: June 28th, 2022 | **Reviewed:** June 25th, 2026

Many people flock outside in warm weather to jog, play basketball or do yard work. But when the temperature rises, "easy" exercise becomes a huge physical undertaking, and intense exercise can be deadly. If your body's temperature regulation system is overtaxed, you're at risk of developing a heat-related illness. Here's what you need to do to protect yourself in extreme summer heat.



Exercise Safely in Hot Weather

Exercise and warm weather increase your core body temperature. When you combine the two — for example, when you run on a hot, humid day — even seasoned athletes need to exercise caution. Your body cools itself by sweating, but cooling down is harder in humid weather because perspiration doesn't evaporate as quickly from your skin. Your heart rate rises as your body works hard to keep itself cool.

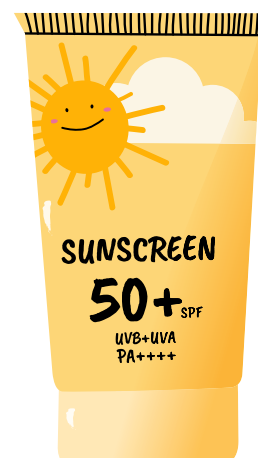
Always make sure to take a look at the weather report. If the temperature or humidity is high, scale back your workout. A workout that feels easy on a temperate day can be dangerously intense on a hot, humid afternoon. Respect your body and your own limitations. People with larger bodies, the elderly, kids and those not accustomed to rigorous exercise should be extremely cautious in hot weather.



Dress Appropriately

When exercising in heat, what you wear matters. Light-colored, sweat-wicking clothing is best for hot weather; dark, heavy clothes can make you even hotter. Gear — such as protective padding or helmets — also traps heat and raises your body temperature. If you have to suit up, shorten your workout intensity and duration.

Wear UV-blocking sunglasses and don't forget the sunscreen. Choose water-resistant sunscreen with a minimum of SPF 30 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels) and apply it 30 minutes before going out. Continue to reapply sunscreen according to the package directions. Sunburn decreases your body's ability to cool itself.



Hydrate, Hydrate, Hydrate

When the temperature heats up, make sure you drink enough fluids throughout the day to stay hydrated, and enjoy water-rich foods including crisp lettuce, watermelon, grapefruit, broccoli and tomatoes.

It's surprisingly easy to lose a few pounds of water weight through sweating. Weigh yourself before and after working out and replace each pound of weight lost with 2 to 3 cups of water. Water is a good choice because it moves quickly through your digestive tract and into your tissues. If you're sweating heavily or exercising for more than 60 minutes, sports drinks can help your body rehydrate more efficiently.



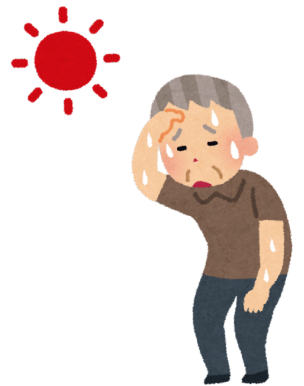
Know the Warning Signs: Heat Exhaustion & Heat Stroke

Dehydration is a serious medical condition. Exercising in hot, humid weather can rapidly raise your body's core temperature, putting you at risk of heat exhaustion or heat stroke.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures, and inadequate or unbalanced replacement of fluids.

Signs of heat exhaustion include:

- Heavy Sweating
- Muscle Cramps
- Fatigue
- Weakness
- Dizziness
- Headache
- Fainting
- Nausea or Vomiting
- Dark Urine
- Cool, Moist Skin



If heat exhaustion is untreated, it may progress to heat stroke. Heat stroke is the most serious heat-related illness. Body temperature may rise to 103°F or higher within 10 to 15 minutes.

With heat stroke victims, look for the following symptoms:

- Dry, Hot Skin
- Rapid, Weak Pulse
- Confusion
- A Body Temperature Above 103°F
- Seizures
- Unconsciousness

If you see someone with any warning signs of heat stroke, call 911 immediately, then cool the victim however you can (for example, move them to a shady spot or an air-conditioned location, or wet their skin with a sponge or hose).



Ride with Jefferson County Public Transit (JCPT)!

The Arc Jefferson – St. Lawrence operates the public transportation for Jefferson County, NY. Currently offering four bus routes serving the rural communities across Jefferson County. All buses are fully accessible and anyone may ride!

JCPT can take you to:

- Visit Friends
- Shopping
- Restaurants
- Health Services
- Entertainment
- Jefferson Community College
- Work
- Movies
- Fishing
- Hiking

In the rare event of cancellations or major delays, announcements will be shared on our website, local media, and social media.

Bus Routes

The Black River Line:

Serves the areas of Watertown, Carthage, Evans Mills, Sackets Harbor, and Henderson

Northern Line:

Serves the areas of Watertown, Gouverneur, Antwerp, Philadelphia, Evans Mills, LeRay, and Fort Drum

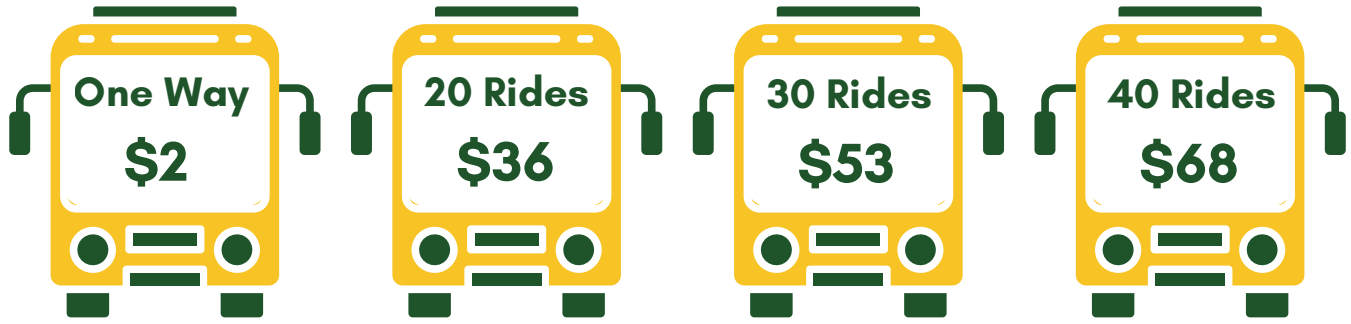
Seaway Trail Line:

Serves the areas of Watertown, Depauville, Clayton, LaFargeville, Alexandria Bay, and Cape Vincent

South Jeff Line:

Serves the areas of Watertown, Sandy Creek, Adams, Adams Center, and Mannsville

Bus Fares



Please have exact fare or prepaid pass. Drivers do not have change.

Ride passes are available at 1022 Railroad Street Watertown, NY. Multi-ride punch passes are available at a discounted rate! Riders should arrive 15 minutes before departure.

Need A Ride To The Bus Stop? JCPT Connect Can Help!

Not on the bus route? Jefferson County Public Transit and Volunteer Transportation Center work in partnership to get residents to and from the nearest bus stop with the JCPT Connect Program!

This connector service is open to all Jefferson County residents FREE of charge with pickup and drop off at home.

You must call at least two business days in advance, Monday - Friday from 8 AM - 5 PM to schedule a ride.

Call JCPT Connect at (315) 782 - 8024



For More Information:

 (315) 779 - 4BUS (4287)

 info@jeffcopublictransit.com

 www.jeffcopublictransit.com

Social Media:

  @JeffCoPublicTransit

Scan Me Using Your Phone
Camera To Go Our Website



This country looks like a high heeled boot on map

The Pyrenees Mountains separate this county from France

Estonia, Latvia, Lithuania and Belarus make up the ___ States

___ and Herzegovina declared independence from Yugoslavia in 1992

Mediterranean island divided between the Turk and Greek natives

Known for its wine, cheese, and baguettes

Once known for its City-States like Athens, Thebes, and Sparta

Small principality on the Riviera coast known for its casinos

The northernmost Scandinavian country

This country's Solidarity Trade Union was a strong 1990s political force

We get the word 'smorgasbord' from this Scandinavian country

The Hapsburg Dynasty ruled over much Europe, including ___ and Hungary

Known for its chocolates and diamond exchange

Home to Hamlet and Hans Christian Andersen

Won independence from Russia in 1917 and resisted the Soviets in WWII

From 1945 to 1989 it was divided into East and West

This country has vast geothermal resources, in spite of its name

The Republic of ___ is more romantically known as the Emerald Isle

The United ___ includes England, Wales, Scotland, and Northern Ireland

This country sided with the Allies in WWI and the Axis powers in WWII

___ City is where the Pope lives

This southeastern country's capital is Sofia

Country at the very western end of the Iberian peninsula

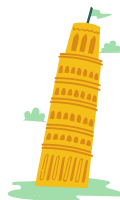
The Grand-Duchy of ___ is between France, Belgium, and Germany

This country's name literally means 'low land'

Its country code stands for Confoederation Helvetica

The Principality of ___ sits between Switzerland and Austria

The Czech Republic and Slovakia were once part of ___



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

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

Enter the unused letters from the puzzle, in order:

_ _ _ _
 _ _ _ _
 _ _ _

Copy boxed letters to form your hidden message:

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Ready to start something new?

We're looking for volunteers to make
a positive difference in a child's life.



JOIN THE **FOSTER GRANDPARENT PROGRAM** TODAY

FGP is a local program that shows you how you can apply the skills and wisdom you have acquired throughout your life to make a difference in the lives of others.

Get involved in the community and build relationships to last a lifetime.

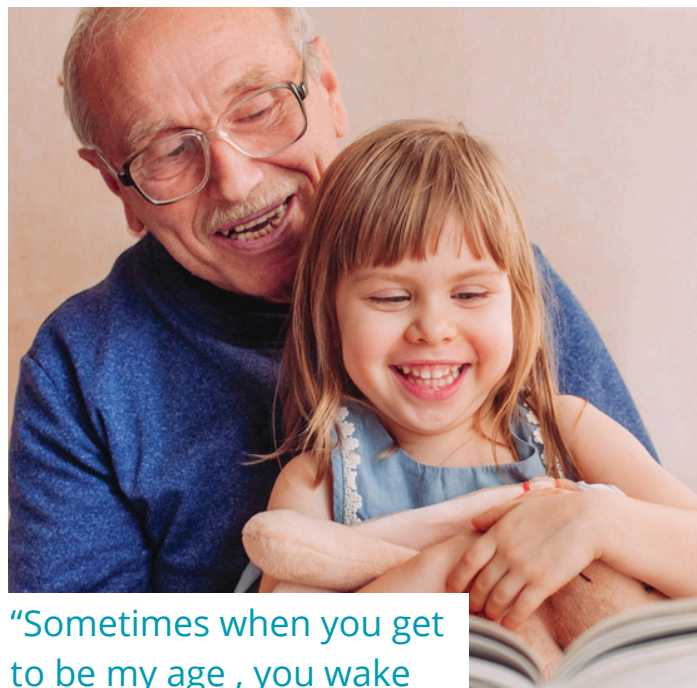
Call (518) 359-7688 for more info

What is a Foster Grandparent?

Foster Grandparents are role models, mentors and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities.

They are placed in a classroom setting with a child or children who are in need of emotional support, development of basic learning skills, friendship, companionship, encouragement, individual attention, and unhurried help. The program currently has 40 volunteers and serves more than 100 kids per year.

The Foster Grandparent Program is hosted by the Catholic Charities of the Diocese of Ogdensburg and supported by AmeriCorps Seniors, a federally funded agency responsible for building volunteer based programs for over 50 years and counting.



"Sometimes when you get to be my age , you wake up and say what good am I and along came the Foster Grandparent Program that keeps me going!"

Roy Foote
age 83

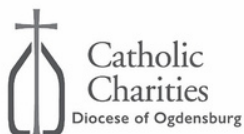
Foster
Grandparent



Am I Qualified to be a Foster Grandparent?

All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. If you're 55 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparent.

You'll also receive a small bi-weekly, non-taxable stipend that cannot be held against any current benefits you may already have as well as paid mileage for your travel. Additionally, you receive paid holidays, vacations, sick and personal leave.



**Want more info about
how to get started?**

Contact Melissa Howard, Volunteer Coordinator

PHONE: (518) 359-768 | **EMAIL:** mhoward@cathcharities.org
80 Park Street, Suite 2, P.O. Box 701, Tupper Lake, NY 12986



LIVING WITH PARKINSON'S

Mind, Mood, and Motion

September 23, 2026
11:00 am – 2:30 pm
Samaritan Summit Village
22691 Campus Dr.
Watertown, NY 13601

Speakers:
Sara Hooshmand, MD
Tonya Bernard, DPT
Amanda Mower, DPT

Exercise is a powerful tool for managing Parkinson's disease symptoms at every stage. This program explains how staying active supports movement, mood, and thinking and may even slow disease progression. Participants will learn practical ways to build exercise into daily life for better mobility and overall well-being.

Attendance is free.
Lunch will be provided.

Learn More and Register at:
Parkinson.org/Watertown
or call Nancy (585) 743-1266

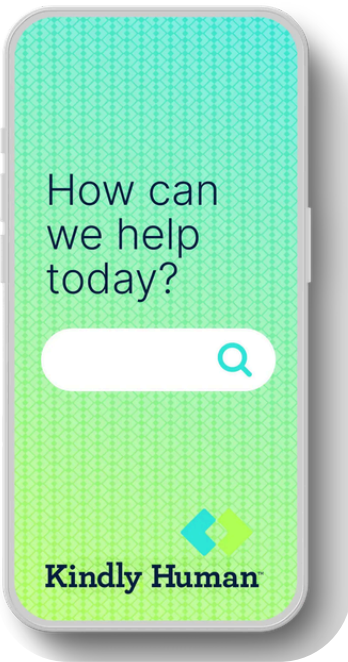


Thank you to



Say hello to

**Kindly,
Human™**



Because no one should age alone

Introducing peer support for seniors

This program is provided by Kindly Human and administered by MyRosalie and is in partnership with the Association on Aging in NY and the NYS Office for the Aging.



Highlights for registered users:

- Up to 240-minutes of talk time per month with a credentialed peer listener that has a shared experience.
- Timely mental health content delivered monthly via email
- The opportunity to attend group work shops and educational sessions via video calls
- Peers are available 24/7/365 for in-moment support
- All calls with peers are 100% private and confidential

"Speaking with my peer helped me feel "normal" for the first time in a long time. The intense feelings of loneliness that I have dealt with for ages have gradually improved and I feel more like myself again."

-J.A., Poughkeepsie, NY



Activate here

www.kindlyhuman.io/agingny

Help your callers protect themselves from scams & fraud — **on the spot**

When someone calls your line about a scam, SilverShield gives you a simple tool to put in their hands right away — **no app or tech skills needed.**



WHAT IS SILVERSHIELD?

A service that helps people identify scams before it's too late. Got a suspicious text, email, or phone call? Just send it to SilverShield and we'll tell you if it's real — or a scam.



HOW CAN YOUR TEAM USE IT?

When a caller mentions a scam concern, sign them up. From there, they can send us anything they're unsure about and we'll walk them through exactly what to do next.

● HOW IT WORKS

1 

A caller needs help

They mention a scam, or want help staying protected.

2 

Something feels off?

Unexpected text, strange email, or call? Send it to us!

3 

Sign them up

Takes less than 5 minutes, and they're ready to go!

4 

We'll check it out

We'll tell them if it's a scam and guide them on what to do next.

● WE HELP SPOT & STOP

- ✓ Suspicious texts & emails
- ✓ Fake prize, lottery & romance scams
- ✓ IRS & Medicare impersonators
- ✓ Grandparent & family scams
- ✓ Unexpected password resets
- ✓ Phishing links, pop-ups...and more!

● WHAT CAN THEY SEND US — AND HOW?



Text us like a friend

Forward or describe any suspicious text



Send a screenshot

Snap a photo of anything on their screen



Forward an email

Send it straight to our inbox — we'll look



Describe a call

A quick summary is enough for us to help



Simple rule of thumb: If something feels off or unexpected — send it to us!



QUESTIONS?

info@silvershield.ai



LEARN MORE

www.SilverShield.ai



JEFFERSON COUNTY OFFICE FOR THE AGING SENIOR HEALTH EXPO

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

JOIN US FOR THIS FREE EVENT!



August 20th, 2026



9 AM - 1 PM



Watertown Municipal Arena
600 William T Field Dr.
Watertown, NY 13601



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



Your Bank For Good.

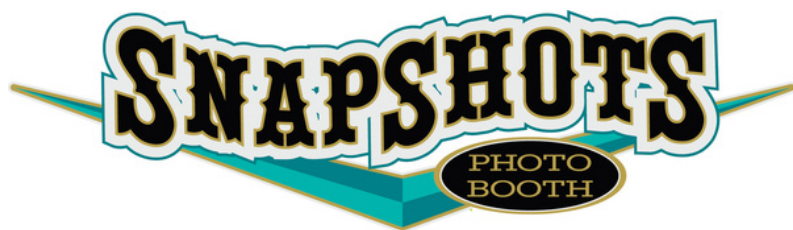


**A HUGE thank you to everyone who participated
in our annual Senior Picnic!**

With a special thank you to our sponsor!



And our special guests!



**DJ JASON
JOHNSON**

As well as all the local businesses that donated to our raffle!

The 1000 Islands Cruet

Sackets Harbor Boathouse

A New Attitude Spa & Salon

Stefano's Pizzeria & Restaurant

Art's Jug

Stewart's Shop

Clipper Inn

Taste of the Philippines NY

Cold Rush Ice Cream

The Whiskey Coop

Cracker Barrel

Tug Hill Estate

JRECK Subs

Tunes 92.5

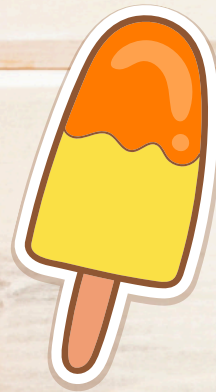
Olive Garden

Walmart

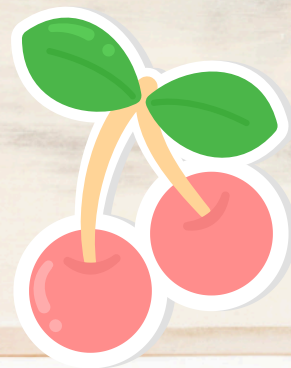
Red Robin

Willowbrook Golf Club

2026 SENIOR PICNIC PHOTO BOOK!







Smile





August 2026 - Paynter Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1						
2	3	4	5	6	7	8
10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong	9 AM Watertown Shopping 10 AM Boomers 11:15 AM Zoomers 12 PM Lunch 3 PM Ukulele Class	9 AM Clayton Shopping 10 AM Coffee Hour 11 AM YouTube Chair Exercise 1 PM Tai Chi 6 PM Al-anon	10 AM Boomers 10 AM Painting w/ Cathy 11:15 AM Zoomers 12 PM Lunch 5 PM Chair Yoga	10 AM Thrift Shop & Dollar General 10 AM Bingo 12 PM Lunch 12 PM Mahjong		
9	10	11	12	13	14	15
10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong	10 AM Boomers 11:15 AM Zoomers 12 PM Lunch 3 PM Ukulele Class	9 AM Clayton Shopping 10 AM Coffee Hour 11 AM YouTube Chair Exercise 1 PM Tai Chi 6 PM Al-anon	10 AM Boomers- Circuit 10 AM Clayton Farmers Market 11:15 AM Zoomers 12 PM Lunch 5 PM Chair Yoga	10 AM Bingo 12 PM Lunch 12 PM Mahjong		
16	17	18	19	20	21	22
10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Crafts w/ Sharon	10 AM Boomers Picnic @ Cerrow Rec. Park 12 PM Lunch 3 PM Ukulele Class 6:30 PM Community Band Bus	9 AM Clayton Shopping 10 AM Coffee Hour 11 AM YouTube Chair Exercise 1 PM Tai Chi 6 PM Al-anon	9:30 AM OFA Senior Expo 10 AM Boomers 11:15 AM Zoomers- Cancelled 12 PM Lunch 5 PM Chair Yoga	9 AM Price Chopper & McDonalds 10 AM Bingo 12 PM Lunch 12 PM Mahjong 5 PM Community Dinner		
23	24	25	26	27	28	29
10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong	10 AM Cape Farmers Market 10 AM Boomers 11:15 AM Zoomers 12 PM Lunch 3 PM Ukulele Class	9 AM Clayton Shopping 10 AM Coffee Hour 11 AM YouTube Chair Exercise 1 PM Tai Chi 6 PM Al-anon	10 AM Boomers 11:15 AM Zoomers 12 PM Lunch 1 PM Clayton Food Pantry 5 PM Chair Yoga	10 AM Bingo 12 PM Lunch 12 PM Mahjong		
30	31	Call the Center to sign up for classes and activities (315) 686-3553 or email: payntercenter@gmail.com Paynter Center 914 Strawberry Lane, Clayton NY 13624 315 - 686 - 3553				

Watertown Senior Center August Calendar

Monday 8/3	Wednesday 8/5	Friday 8/7
10am / Games w/ Jean 10:30am / Vegetable Distribution 11:15am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming	10am / Family Feud 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming	10am / Games & Puzzle Contest 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12pm / Discover Live Tour- Batumi, Georgia 12:30pm / Basic Sign Language with Jean 1:15pm / Rummikub
Monday 8/10	Wednesday 8/12	Friday 8/14
10am / Nickel Bingo 10:30am / Vegetable Distribution 11:15am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming	9:30am / Crafts w/Sharon 10:30am / Discover Live Tour- Hong Kong, China 11am / Chair Exercise 12pm / Pot Luck Birthday Lunch 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming	10am / Family Feud 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Rummikub
Monday 8/17	Wednesday 8/19	Friday 8/21
10am / TV Trivia w/ Mike 10:30am / Vegetable Distribution 11:15am / YMCA Chair Yoga 12pm / Ice Cream Float Day 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming 1:30pm / Discover Live Tour- Barcelona, Spain	10am / Song Burst w/ Mike 11am / Chair Exercise 11am / Parkinson Support Group 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming 2:30pm / Discover Live Tour- Toronto, Canada	10am / Trivia w/ Mike 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12pm / \$5 Pizza Day (Sign Up By 8/19) 12:30pm / Basic Sign Language with Jean 1:15pm / Rummikub
Monday 8/24	Wednesday 8/26	Friday 8/28
10am / Games w/ Jean 10am / Card Making w/Ginger 10:30am / Vegetable Distribution 11:15am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming	9am / Diamond Art w/ Sandy 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming	9am / Movie 10am / Book Club 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Rummikub
Monday 8/31	Senior Health Expo Thursday, August 20 th 9am - 1pm At the Watertown Municipal Arena Free Event!	
10am / Labor Day Trivia w/Carol 10:30am / Vegetable Distribution 11:15am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming	Every Day- 9am Meet & Greet Every Day- 3pm Close Sign up for OFA's Lunches at (880)222-7038 48 Hour Prior Notice Required	

