Jefferson County Office for the Aging



November 2026 Newsletter

Photo by Daniel J. Schwarz on Unsplash

Nap
Frost
Pecan
Fourth
Yellow
Turkey
Spring
Leonid
Apples
Leaves
Rafter
Purple
Gourds
Migrate
Orchard
Equinox
Demeter
Gimbels
Squirrel
Harvested
Deciduous
Berlin Wall
Scarecrows
Cornucopia
Veterans Day
World War One
Cranberries
New York Times



Thankful For You

Enjoy the Holiday While Eating Well: A Thanksgiving Guide

Thanksgiving is a time to enjoy family, traditions, and delicious food. You don't have to avoid your favorite foods to eat well. A few simple strategies can help you enjoy the holiday while supporting your health.

Build Balanced Plate



- ½ Plate - Vegetables & Fruit: Green beans, carrots, brussels sprouts, or cranberry sauce.
- ¼ Plate - Protein: Turkey, chicken, fish, beans, or eggs. Turkey is an excellent source of protein to help support muscle as we age.
- ¼ Plate - Grains & Starches: Stuffing, potatoes, sweet potatoes, whole-grain rolls, corn, or rice.

Dietitian's Tips

- Don't Skip Meals: Eat your usual breakfast and lunch. Skipping meals can leave you overly hungry at Thanksgiving dinner.
- Enjoy Your Favorites: You don't need to give up your favorite holiday foods. Choose reasonable portions and savor every bite.
- Stay Hydrated: Continue drinking water throughout the day, even when the weather is cold.
- Eat Slowly: Take your time and listen to your body's hunger and fullness signals.
- Enjoy Dessert: A small serving of your favorite pie or dessert can fit into a balanced holiday meal.

Thanksgiving Leftover Safety

- Leftovers are delicious- but proper storage is important for keeping food safe.
- Refrigerate Within 2 Hours: Place leftovers in the refrigerator within 2 hours of serving.
- Use Shallow Containers: Divide large amounts of food into smaller, shallow containers so they cool more quickly.



- Eat Within 3-4 Days: Use refrigerated leftovers within 3-4 days.
- Reheat to 165°F: Reheat leftovers thoroughly to 165°F before eating.
- Freeze What You Won't Eat: If you won't eat leftovers within 3-4 days, freeze them for later.
- When in Doubt, Throw It Out: Don't taste food to determine whether it is safe. If you're unsure how long food has been stored or how it was handled, throw it away.

Roasted Sweet Potato & Cranberry Side Dish

Makes 6 servings

Ingredients:

- 3 medium sweet potatoes, peeled and cut into 1-inch cubes
- 1 cup fresh or frozen cranberries
- 1 tablespoon olive oil
- 1 tablespoon maple syrup
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



Directions:

1. Preheat over to 400°F.
2. Place sweet potatoes and cranberries on a baking sheet.
3. Add olive oil and maple syrup. Sprinkle with cinnamon, ginger, salt, and pepper.
4. Toss to coat
5. Roast for 25-30 minutes, stirring once halfway through, until sweet potatoes are tender and lightly browned.

Wishing You a Happy & Healthy Thanksgiving!
Amanda Woolnough, RDN

Join Us For

SANTA FOR SENIORS

Santa for Seniors is a community wide project in which the Jefferson County Office for the Aging, Z93, & Froggy 97 have partnered together with local sponsors to spread holiday cheer to seniors in the community who will be spending Christmas without friends or family.

HOW CAN YOU HELP?

LISTEN TO Z93 & FROGGY 97 OR GO TO

https://santas4seniors.com/

When sponsoring a senior please keep in mind:

1.) All presents must be wrapped upon delivery.

2.) Each present must include a Visible Tag with the Senior's Code and Name.

3.) All presents must be delivered to the Z93 station at

134 Mullin Street Watertown, NY 13601

on either of the scheduled drop off days.





DROP OFF DAYS

Saturday, December 5th & December 12th

10 AM - 12 PM

SENIOR COMMUNITY MEAL SITES

Alexandria Bay

- Gordon Courts- 39 Bolton Avenue, Alex Bay, NY 13607
  Mon / Wed / Fri: 11 am - 1 pm / To Reserve Contact Trinity at (680) 222-7038

Black River

- Black River Village Office- 107 W Dexter Street, Black River, NY 13612
  Thursday's: 11 am - 1 pm / To Reserve Contact Trinity at (680) 222-7038

Calcium

- Calcium Community Church- 26816 NY State Route 342, Calcium, NY 13616
  Tuesday's: 11 am - 1 pm / To Reserve Contact Trinity at (680) 222-7038

Chaumont

- The Copley House- 12030 NY State Route 12E, Chaumont, NY 13622
  2 Mondays a Month: 11 am - 1 pm
  To Reserve Contact: Jim Morrow at (315) 405-5074 (Main) or Kathie Karr at (315) 778-3672

Clayton

- The Paynter Center- 914 Strawberry Lane, Clayton, NY 13624
  Monday - Friday: 11 am - 1 pm / To Reserve Contact Sandi Baril at (315) 686-3553

Watertown

- Watertown Senior Center- 167 Polk Street, Watertown, NY 13601
  Mon / Wed / Fri: 11:30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038

- Midtown Towers- 142 Mechanic Street, Watertown, NY 13601
  Monday - Friday: 11:30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038

- Skyline Apartments- 454 Mill Street, Watertown, NY 13601
  Tuesday's & Thursday's: 11:30 am - 1 2:30 pm / To Reserve Contact Trinity at (680) 222-7038

- Centennial Apartments- 1010 Washington Street, Watertown, NY 13601
  Wednesday & Friday: 11:30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038

Why Should I Change My Coverage?

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

SHIP
State Health Insurance Assistance Program
Navigating Medicare

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

"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."

Building Brain-Healthy Habits

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



TIPS TO BUILD HEALTHY HABITS AND HELP PROTECT YOUR BRAIN

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia.

Join us to learn about:

- Healthy habits for your brain, like exercising and eating right.
- The brain-heart connection.
- Building your personalized action plan for brain-healthy habits.

Wednesday, November 4th
6 pm - 7 pm

Mannsville Free Library
108 Lilac Park Dr
Mannsville, NY 13661

To register, please visit https://bit.ly/4bMITxs or call 800.272.3900

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

ALZHEIMER'S® ASSOCIATION
Central New York Chapter

29539079

Scam Alert! - DMV Notices

New York State Department of Motor Vehicles | https://dmv.ny.gov

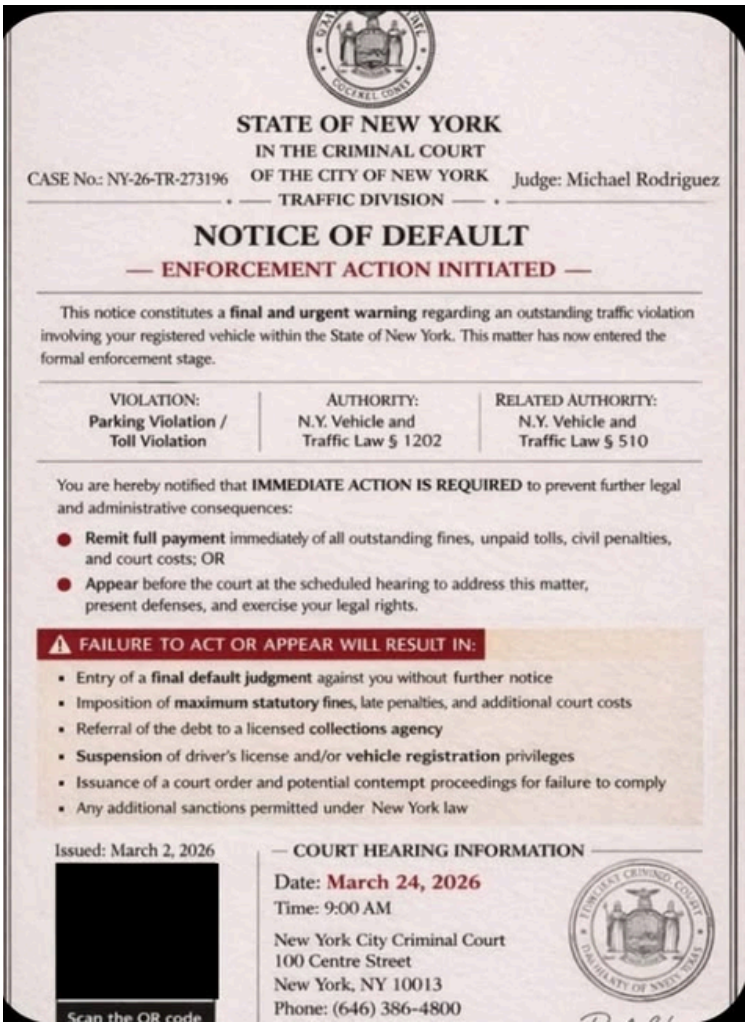
The New York State Department of Motor Vehicles (DMV) is warning customers to be aware of the latest efforts involving fraudulent notices and text messages claiming you owe money for unpaid traffic violations, tolls, or parking fines.

These notices may look official and include language such as “Notice of Default,” “Enforcement Action Initiated,” or demand immediate payment to avoid penalties like license suspension or court action. Some even include QR codes or phone numbers directing you to make payment.

These notices are NOT legitimate!

Red Flags To Watch For:

- Urgent threats demanding immediate payment
- Requests to pay using QR codes, gift cards, or unusual payment methods
- Generic or incorrect court information
- Unexpected notices for violations you are unaware of
- Poor formatting or slight inconsistencies in official logos/seals
- Keep an eye out for telltale signs: poor spelling or grammar, the use of threats, or the URL does not match that of the legitimate site.



STATE OF NEW YORK
IN THE CRIMINAL COURT
CASE No.: NY-26-TR-273196 OF THE CITY OF NEW YORK Judge: Michael Rodriguez
TRAFFIC DIVISION

NOTICE OF DEFAULT
— ENFORCEMENT ACTION INITIATED —

This notice constitutes a **final and urgent warning** regarding an outstanding traffic violation involving your registered vehicle within the State of New York. This matter has now entered the formal enforcement stage.

VIOLATION:	AUTHORITY:	RELATED AUTHORITY:
Parking Violation / Toll Violation	N.Y. Vehicle and Traffic Law § 1202	N.Y. Vehicle and Traffic Law § 510

You are hereby notified that **IMMEDIATE ACTION IS REQUIRED** to prevent further legal and administrative consequences:

- **Remit full payment** immediately of all outstanding fines, unpaid tolls, civil penalties, and court costs; OR
- **Appear** before the court at the scheduled hearing to address this matter, present defenses, and exercise your legal rights.

⚠ FAILURE TO ACT OR APPEAR WILL RESULT IN:

- Entry of a **final default judgment** against you without further notice
- Imposition of **maximum statutory fines**, late penalties, and additional court costs
- Referral of the debt to a licensed **collections agency**
- **Suspension** of driver's license and/or **vehicle registration** privileges
- Issuance of a court order and potential contempt proceedings for failure to comply
- Any additional sanctions permitted under New York law

Issued: March 2, 2026

Scan the QR code

COURT HEARING INFORMATION
Date: March 24, 2026
Time: 9:00 AM
New York City Criminal Court
100 Centre Street
New York, NY 10013
Phone: (646) 386-4800

What You Should Do:

- Do NOT scan QR codes or send payments
- Do NOT call the number listed on the notice
- Verify any traffic violations directly through official New York State DMV or court websites
- When in doubt, contact your local court or police department using verified phone numbers

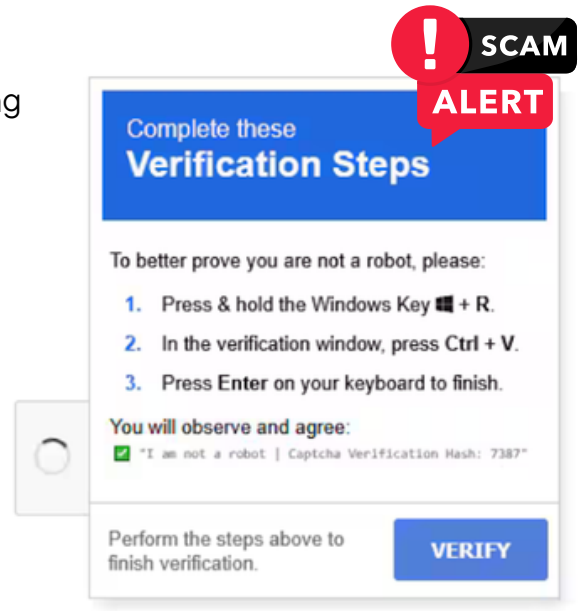
Stay alert and help protect others by sharing this information.

Scam Alert! - CAPTCHA Security Test Scam

Federal Trade Commission | June 8th, 2026 | https://consumer.ftc.gov

The FTC is getting reports about a new phishing scam that looks a lot like the CAPTCHA requests you might be used to seeing. **Real CAPTCHAs give you image- or text-based tasks to prove you're not a robot — something like typing letters and numbers exactly as they appear, or matching pictures of things like fire hydrants or traffic lights.** Here's how the fake CAPTCHA requests happen...and how you could wind up installing malware on your own device.

Lets say you get an unexpected CAPTCHA request while browsing a website. The screen looks a lot like a regular CAPTCHA, asking you to verify you're human. But the message says to type a series of commands — something like "**Windows + R**," then "**Ctrl + V**," and then "**Enter**".



The screen might say "security verification," but you're actually following the steps to paste and **run hidden malware on your device**. Once it's there, scammers can quickly steal your email account login data, mobile banking credentials, or any other information they can get access to.

Real CAPTCHAs won't ask you to run commands on your device. If you notice something downloading to your device after responding to a CAPTCHA, act quickly to **remove the malware** and protect yourself:

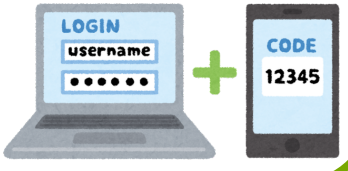
- **Disconnect from the internet.** This stops scammers from accessing your online shopping or banking accounts. You can do this by unpluging your router/modem or turn off the wifi on your computer.



- **Run a security scan to remove the malware.** Keep your software and apps up to date to catch viruses.



- **Change your passwords** and **enable two-factor authentication (using a different device)** in case the malware already gave a hacker access to your accounts.



NFPA STEPS TO SAFETY™
PREVENT FIRE & FALLS AT HOME

8 STEPS FOR FIRE PREVENTION

Follow these 8 steps to help prevent fires at home. Learn more at **nfpa.org/stepstosafety**.

1 **If you smoke, smoke outside. -** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand, and never throw them in plants or mulch. Never smoke in bed. Never smoke if oxygen is used in the home.

2 **Give space heaters space. -** Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off and unplug heaters when you leave the room or go to bed. Plug heaters directly into a wall outlet and never into an extension cord or power strip.

3 **Stay in the kitchen when frying food and cooking on the stove top. -** If you leave the kitchen, even for a short time, turn off the burner. Use a timer when cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. Use lightweight manageable pans.

4 **If your clothes catch fire: stop, drop, and roll. -** Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and can get to the floor, lock the device before getting out and then roll until the flames are out. If you are a bystander, use a rug or blanket to help extinguish the flames. Use cool water for 3–5 minutes to cool the burn. Get medical help right away.

5 **Smoke and carbon monoxide alarms save lives. -** Install smoke alarms on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, have interconnected alarms, so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Replace any that are 10 years old or older. If you or someone in your home is deaf or hard of hearing, use bed shaker and strobe light alerts that work with your smoke alarm. Install carbon monoxide alarms outside each sleeping area and on every level of the home.

6 **Plan and practice your escape from fire and smoke. -** If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.

7 **Know your local emergency number. -** It may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone. In case of a medical emergency, keep family and contact names and numbers by the phone.

8 **Plan your escape for your abilities. -** Have a landline or a cell phone with a charger near your bed to call for help if you are trapped by smoke or fire. Have your walker, cane, scooter, or wheelchair by your bed. Keep your glasses, phone, and flashlight near your bed to reach quickly in an emergency.

Jefferson County Community

FOOD DRIVE



DROP-OFF LOCATION

Jefferson County Department of Social Services

250 Arsenal St.
Watertown, NY 13601

SATURDAY NOV 7TH 10AM-2PM

All donations will be distributed directly to Jefferson County food pantries.

The thing you want most after a Thanksgiving feast.

An early ___ can harm crops & make you scrape your windshield.

What fall nut is used in pies and candy and grows in a shell?

Thanksgiving in the US is always the ___ Thursday of November.

Leaves turn red, orange, ___, and brown in the fall.

This bird gets a Presidential pardon every Thanksgiving holiday.

In the Southern Hemisphere November is part of the ___ season.

The ___ meteor shower is best viewed in November.

___ are traditionally pressed into cider during fall festivals.

Raking ___ isn't as much fun as jumping in them.

A group of domesticated turkeys is called a ___.

___ ribbons are worn for Alzheimer's Awareness month in November.

___ are now ornamental, but in the past they were used as containers.

In the fall many birds, like geese, ___ south to warmer climates.

Go to an ___ and pick apples to make homemade cider and applesauce.

Fall officially starts on the autumnal ___ - usually September 21st or 22nd.

Who is the personification of the harvest in Greek Mythology?

The first department store to hold a Thanksgiving Day Parade was ___.

This animal loves to hide away nuts for the winter.

Fall is the time when many crops like corn, potatoes, and onions are ___.

This type or tree sheds its leaves once a year, usually in the fall.

On November 9th, 1989 the ___ ___ fell.

These are supposed to protect fields from crows, and other bird pests.

A 'horn of plenty' is also called a ___ and is a symbol of fall.

November 11, 1918 saw the end of this war.

___ ___ celebrates former U.S. service members in November.

This red fruit is harvested by farmers flooding their fields with water.

The ___ ___ ___ was first published on November 14th, 1851









Answers on back of first page

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

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

Enter the unused letters from the puzzle, in order:

_ _ _ □ _ □ □ _ _ _ □

□ _ □ □ _ □ _ _ _ _ _

□ _ _ □ _ _ □ _ □ _ □ _ □



Copy boxed letters to form your hidden message:



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YOUR RIGHTS & PROTECTIONS
AS A RESIDENTIAL ENERGY CUSTOMER

The Home Energy Fair Practices Act (HEFPA) provides residential energy customers with comprehensive protections in areas such as application for service, customer billing and payment and complaint procedures. This guide highlights some of those rules, and how you can get help when your rights have been violated.

- You must be provided with utility service within five business days of your application, subject to certain conditions.
- You must be given a summary of rights and obligations when service is initiated and at least annually thereafter. A copy of customers' rights is also online at **dps.ny.gov/ask-psc**.
- A toll-free **Emergency HOTLINE (800-342-3355)** is open from 7:30 a.m. to 7:30 p.m. on business days to assist you regarding initiation, threat of termination, or reconnection of service.
- Utilities may demand security deposits from existing customers who are delinquent with their payments. Customers may pay security deposits in up to 12 monthly installments.
- Late payment charges on unpaid balances are limited to no more than 1.5% monthly (18% annually).
- You must be given the option to pay overdue bills in reasonable installments tailored to your financial circumstances.
- You must be offered budget (or levelized) billing.
- You may designate a relative or friend to receive copies of notices relating to service termination or other credit actions.
- If you are on a fixed income, you may have your bill due date adjusted by contacting your service provider.

Electric or Natural Gas Service Shutoffs

- If you fail to pay overdue bills, your utility may shut off your electric or gas service. However, your service may not be disconnected unless your provider has given you a final notice in writing that it plans to shut off your service and has waited 15 days to allow you to pay the overdue bill or make a payment agreement on the overdue amount.
- If you have a dispute and you file a complaint with the NYS Department of Public Service, your service cannot be shut off for the disputed amount while the complaint is being investigated so long as you pay the undisputed amount.
- Shutoffs are only permitted between 8:00 a.m. and 4:00 p.m., Monday through Thursday, excluding holidays, the day before a holiday and the two-week period encompassing Christmas and New Year's Day.

! Termination of Service

If you receive a final notice of termination:

- Call your utility first to try to make a payment agreement that is reasonable and affordable.
- If you are unable to make an arrangement, call our toll-free **Emergency HOTLINE at 800-342-3355** for assistance.
- If you live in an apartment building or a two-family house and your landlord is responsible but fails to pay the electric or gas bill for the building, the utility must advise you of the landlord's non-payment and the utility's intention to shut off service. The notice will tell you how to contact the utility so that it can help you and other tenants work out a way to avoid service disconnection, even if the landlord refuses to make payments.

YOUR RIGHTS & PROTECTIONS
AS A RESIDENTIAL ENERGY CUSTOMER

The New York State Home Energy Fair Practices Act (HEFPA) provides comprehensive consumer protections to residential customers regarding electric and natural gas utility service.

Special Protections

HEFPA provides special protections and shut off procedures for circumstances where customer health and safety may be threatened by lack of service.

Cold Weather Protections

Between November 1 and April 15, your provider must make a special effort to determine whether terminating heat-related service will result in serious impairment to your health or safety.

Medical Emergencies

If you or someone in your household has a serious illness or medical condition that will be aggravated by the termination of utility service, your service may not be shut off if you get a certification by a doctor or local board of health. If your condition continues for more than 30 days, the doctor will be required to renew the certificate, and you will need to demonstrate your inability to pay. If the electric or gas service is required to operate a life- support system, the medical certificate remains in effect until terminated by the Department of Public Service. However, every three months, you must show your provider why you can't pay your bill. Your provider will code your account to ensure service is maintained at your residence.

Elderly, Blind, and Disabled

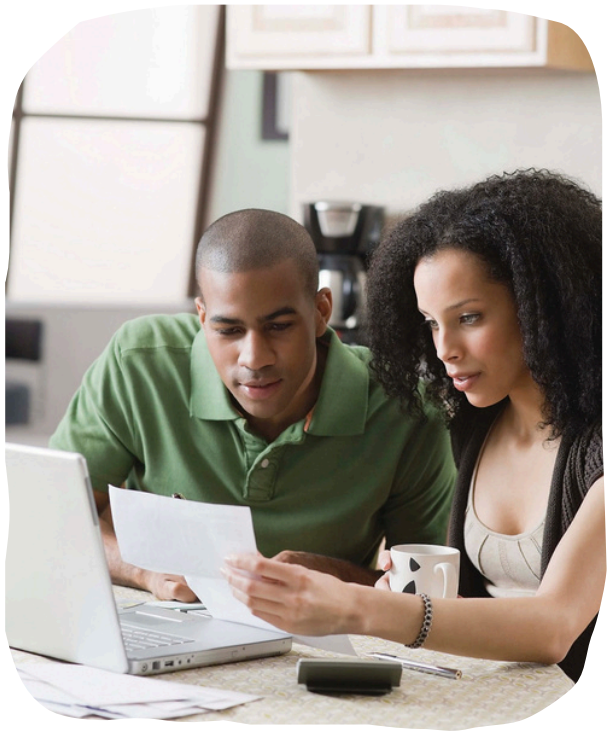
If you are blind, disabled or 62 or older and all remaining residents of your household are 62 or older, 18 or younger, or blind or disabled, your utility will make special attempts to contact you before and after shutting off your service. You must notify your utility if you meet the qualifications so that service will not be terminated by mistake.

Complaints & Inquiries

If you are blind, disabled or 62 or older and all remaining residents of your household are 62 or older, 18 or younger, or blind or disabled, your utility will make special attempts to contact you before and after shutting off your service. You must notify your utility if you meet the qualifications so that service will not be terminated by mistake.

For more information,
visit **www.dps.ny.gov/ask-psc** call **800-342-3377** toll-free or email **web.questions@dps.ny.gov**

NYS Department of Public Service
Three Empire State Plaza Albany, NY 12223-1350



“Why Palliative Care Is Bad” - Let’s Set The Record Straight

By: Trualta | March 3rd, 2025

Palliative medicine is a misunderstood specialty. It’s often confused with hospice care, which is a different type of health care. While palliative care can be associated with end-of-life care and cancer patients, it’s used for and benefits all types of patients.

In this article, we’ll tell the truth about palliative care. It’s important to set the record straight to help people get the care they need. Below you’ll find answers to some of the most important questions about palliative care that correct many myths and misconceptions.

For more information about care and caregiving, check out Trualta’s resources on additional related care topics at Trualta.com

What is Palliative Care?

Palliative care is a specific type of medical care for people with serious illnesses. **The focus of palliative care is symptom management and quality of life care.** It helps relieve physical symptoms and emotional distress caused by an illness and its treatments.



The primary goal of palliative care is to improve quality of life both for the patient and their close family members and caregivers.

How is Palliative Care Different From Hospice Care?

One of the biggest misconceptions about palliative care is that it’s only for dying patients. While many terminally ill patients can benefit from palliation, it isn’t limited to this purpose.

On the other hand, hospice care is a type of medical care for patients with a terminal illness in the last stages. These patients are dying. Their care focuses on comfort and support rather than curative treatment.

These are some important similarities between palliative care and hospice end-of-life care:



- Both are focused on comfort and support.
- Both palliation and hospice care manage symptoms, including pain management.
- Many types of insurance cover both palliative care and hospice care.
- Both types of care can be provided in a facility, like a nursing home, or as in-home care.

These are important differences between palliative and hospice care:

- Palliative care is for anyone with a serious illness, while hospice care is only for terminally ill patients in the later stages.
- Palliative care patients may still receive curative treatments, while hospice patients do not.
- The duration of care varies depending on the patient, but hospice care for a dying patient continues as long as a patient qualifies. Typically, hospice patients have a life expectancy of six months or less.

Who Can Receive Palliative Care?

Misconceptions about palliative care often prevent people who can benefit from getting it. According to the World Health Organization, only 14% of people who need palliative care actually receive it.

The confusion between palliative and hospice care is one part of the problem. Palliative care is for anyone with a serious illness at any stage. This includes the early stages of a disease. It also includes people with illnesses that are treatable and curative. A patient does not have to have a terminal illness to benefit from palliative care.

These are just some examples of the illnesses people who benefit from palliative care might have:

- Dementia or Alzheimer's disease
- Cancer
- Heart Failure
- Chronic obstructive pulmonary disorder (COPD)
- Kidney failure
- Parkinson's disease

Even young people can benefit from care if they're living with serious diseases. Pediatric palliative care takes into account the special needs and concerns of these young patients.



Who Provides Palliative Care?

Palliative care is provided by a team of healthcare professionals and support staff. Palliative care teams vary but often include:

- Physicians
- Specialists
- Nurses
- Home health aides and caregivers
- Therapists
- Social workers
- Physical and occupational therapists
- Care coordinators

There should be one or two physicians or coordinators leading a palliative care team. If your loved one's doctors have not mentioned palliative care or do not have access to a team, speak up. More hospitals and medical centers offer palliative care than in the past, but it's not everywhere. Your loved one's health care system might not have a dedicated team, but they can still offer this type of care.

Where is Palliative Care Provided?

Palliative care providers go wherever the patient needs care. Like hospice care, palliative care is not a place. It's a service and type of health care. Most patients receive palliative care at home or wherever they live. This may include in a nursing home or assisted living facility. Hospice patients can receive palliative care at home or in a residential facility.

Patients can also receive palliative care services when hospitalized. Some of the treatments or meetings may occur in a doctor's office if the patient is able to attend appointments.

What Does Palliative Care Include?

A palliative care plan is flexible. It includes what a patient needs to live better with their illness. The care plan can change as the patient's needs change. Treatments and other strategies are planned by the palliative care team. Patients and their loved ones and caregivers also have input.

Primary palliative care typically includes these types of support in ways that boost the patient's quality of life:



- **Symptom relief.** Pain management and relief of other symptoms are essential to good palliative care. Both an illness and its treatments can cause uncomfortable symptoms, such as pain, fatigue, nausea, and others. Management includes medications, physical therapy, nutrition guidance, massage, therapy, and other strategies.
- **Emotional support.** Being sick is detrimental to mental health. It's common to feel depressed, anxious, and scared. Mental health care helps patients cope better. It includes therapy and other types of support.
- **Spiritual support.** For patients who want spiritual support, palliative teams involve chaplains, spiritual guides, or religious leaders.
- **Social and family support.** Palliative care teams serve as social support networks for patients. They also help bring families together for therapy, information, and decision-making.
- **Education and resources.** Palliative care teams provide information to empower patients and their families when dealing with illness and health care. They also advocate for patients and help coordinate advance care planning.



- **Financial and legal support.** Palliative care may also include resources for making financial and legal decisions. This includes making legal documents, determining how to pay for care, utilizing insurance, and making end-of-life decisions, if necessary.

What Are The Benefits Of Palliative Care?

The goal of palliative care is to improve a patient's quality of life. This goal can be measured in several ways, and there are many more specific and proven benefits to receiving the right care.

- **Reduced symptoms.** Symptom management is often the center of palliative care. Being sick feels bad, and treatments can make you feel worse. Even though palliative treatments don't address the illness itself, they help the patient feel better.



- **More valuable time with loved ones.** When the patient spends less time feeling bad, they can spend more valuable time with friends and family. This time becomes better quality, with less focus on pain management and other symptoms.

- **Better mental health.** People who receive palliative care experience less depression and other poor mental health symptoms. They report feeling more in control.

- **Less hospitalization.** Studies show that patients receiving palliative care are less likely to be hospitalized. They face fewer associated health risks, like infections.



- **Lower care costs.** Not only is palliative care not a major financial burden, it actually saves on health care costs. Patients in palliative care use health care in a more focused and productive way. They are less likely to need extra or costly care, including hospitalizations.

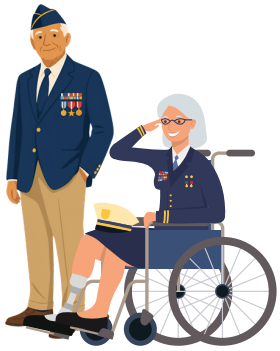
- **Improved outcomes.** Studies even show that palliative care patients have better outcomes for their primary illnesses than those who do not get palliative care. Managing symptoms and mental health helps people respond better to curative treatments. Palliative care improves survival rates in terminally ill patients.

Palliative care also benefits loved ones. Family members and caregivers also bear the burden of a loved one's illness. When a patient receives palliative care, their loved ones report being more satisfied with their care overall. They feel more in control and better informed.



Does Insurance Cover Palliative Care?

Many insurance plans cover palliative care. If your loved one has a private insurance plan, check it to see what coverage they have. Medicare and Medicaid also cover a lot of palliative care. Medicaid programs vary by state. Check with your state's program to see if your loved one qualifies and what it covers.



If your loved one is a veteran, they may qualify for care in the VA healthcare system. Contact the Department of Veterans Affairs or your local VA hospital to learn more.

If your loved one will be paying for care out-of-pocket, talk to the hospital or medical center. They can connect you with a social worker to discuss payment options or financial advice.

How Do I Know If My Loved One Needs Palliative Care?

It's never wrong to start thinking and talking about palliative care. You can always ask your loved one's doctors about options. Even if your loved one just received a diagnosis, early palliative care can be beneficial.

It's worth thinking about palliative care right away after a diagnosis. But, even if your loved one has been living with an illness for a long time, you can still think about it. They could benefit from a palliative care referral if their symptoms have gotten worse.



Another sign is that they're not coping as well with symptoms. They may begin to have mental health symptoms or have worsening symptoms of depression or anxiety. Just remember that you don't have to wait for advance palliative care. Any time is a good time to start talking about it.

How Do I Talk To A Loved One About Palliative Care?

Now that you know more about it, you can have a more successful conversation with your loved one about palliative care. Misconceptions can make it a little scary for some people to talk about. This is especially true if your loved one thinks it's the same as hospice care.

Focus the conversation on what your loved one can get out of palliative care. Explain how it can help them feel better. Explain that it doesn't mean they will lose their current doctor or be told to stop treatments.



As with any health care related conversation, be patient and compassionate. Respect your loved one's wishes and concerns. Answer their questions as well as you can and take additional questions to an appointment with their doctor.

Palliative care is a misunderstood and underutilized type of medical care. If you're a caregiver, talk to your care recipient and family members about palliative care. More people can benefit from this supportive type of care.

The Essential Caregiver Checklist

TRUALTA

You don't have to do it all at once — work through these essentials at your own pace to feel more prepared and confident in your caregiving journey. **Check items off as you go, and revisit it when things change.**

Understand the Diagnosis



- [ ] Research how the condition progresses and what to expect
- [ ] Learn what treatments or therapies are available
- [ ] Ask the doctor about warning signs and what needs special attention
- [ ] Create an action plan for medical emergencies

Review Medications



- [ ] Regularly review all meds with a doctor or pharmacist
- [ ] Check for interactions between old and new medications
- [ ] Organize medications to avoid missed or double doses
- [ ] Understand side effects and what changes to watch for

Organize Key Documents



- [ ] Set up Power of Attorney (POA) for healthcare decisions
- [ ] Set up POA for financial decisions
- [ ] Keep insurance cards and an ID in an accessible place
- [ ] Store key documents where trusted people can find them

Make the Home Safe



- [ ] Request a homesafety assessment through a doctor or AAA
- [ ] Remove fall hazards: clutter, rugs, loose cords
- [ ] Improve lighting: add nightlights in key areas
- [ ] Install grab bars, shower chairs, or other safety equipment

Build a Backup Plan



- [ ] Identify who canstep in if you are sick or unavailable
- [ ] Keep key contact info. easily accessible, including care team contacts
- [ ] Create a care binder with important info. about your care recipient
- [ ] Share your emergency plan with other family members

Find Support for Yourself



- [ ] Askaboutin-home support, respite care, or local services
- [ ] Join a caregiver support group or online community
- [ ] Keep a running list of questions for the healthcare team
- [ ] Remember: caring for yourself helps you care for others

My next steps:

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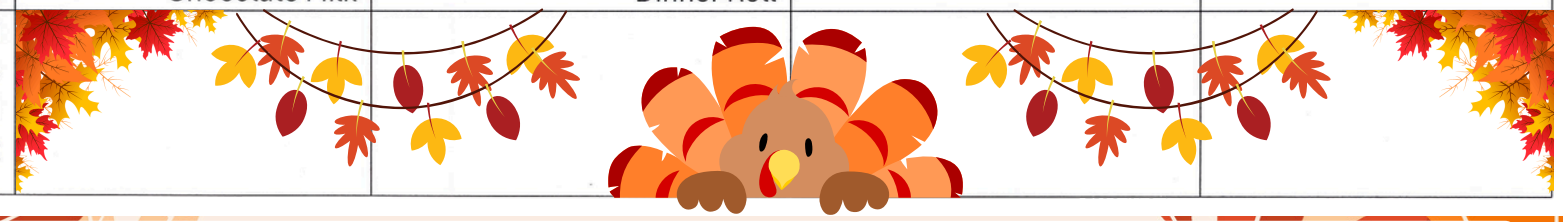
November 2026

Jefferson County Office for the Aging Nutrition Program Menu

For meal reservation or cancellation 24 hours in advance, please call Jefferson County Office for the Aging (315) 785-3191. All meals contain 2% Milk. Condiments not provided.

Menu is subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Lemon Dill Baked Chicken over Wild Rice** Sweet Potato & Cranberries Green Beans Apricots	3 **Breaded Fish** Macaroni & Cheese Peas Pineapple Whole Wheat Bun	4 **Ham, Egg & Cheese Omelet** Potatoes O'Brien Stewed Tomatoes Fresh Orange Whole Grain Muffin	5 **Pork Stir Fry** White Rice Broccoli & Red Peppers Applesauce Whole Wheat Bread	6 **Beef Lasagna** Italian Vegetable Blend Peach Crisp Whole Wheat Bread
9 **Italian Sausage Pasta** Brussel Sprouts Warm Pears Whole Wheat Bread	10 **Potato & Corn Chowder** Roasted Carrots Warm Biscuit Mixed Fruit	11 **Closed for Veteran's Day** **No Meals Served**	12 **Pulled BBQ Chicken** Baked Beans Berry Crisp Coleslaw Whole Wheat Bun Chocolate Milk	13 **Tomato Basil Fish** Over Brown Rice Spinach Baked Apples Whole Wheat Bread
16 **Meatloaf with Gravy** Mashed Potatoes Peas & Corn Cinnamon Applesauce Whole Wheat Bread	17 **Tuscan Chicken** Over Buttered Pasta Green Beans Warm Garlic Bread Peach Yogurt Parfait	18 **Turkey Ziti** Cauliflower Broccoli Fresh Orange Whole Wheat Bread	19 **Honey Glazed Pork** Mashed Sweet Potatoes Zucchini Pineapple Whole Wheat Bread	20 **Seafood Salad** Pasta Salad Broccoli Salad Fruited Gelatin Dessert Whole Wheat Roll
23 **Swedish Meatballs** over Pasta Brussel Sprouts Cauliflower Apricots	24 **Chicken Noodle Soup** Broccoli Warm Biscuit Fresh Banana Chocolate Milk	25 **Roast Turkey & Stuffing** Mashed Potatoes & Gravy Herb Roasted Carrots Pumpkin Pie Dinner Roll	26 **Happy Thanksgiving!** **Closed for Thanksgiving Holiday** **No Meals Served**	27 **County Offices Closed** **No Meals Served**
30 **Three Bean Chili** Green Beans Corn Bread Mixed Fruit				



Menus have been certified by a Registered Dietitian that each menu meets 1/3rd of the DRI's and are planned based on the recommendations in the current Dietary Guidelines for Americans.

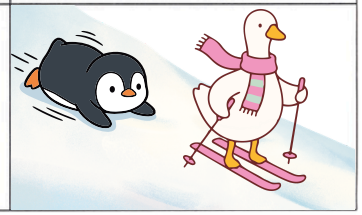
Amanda Woolrough, RDN

December 2026

Jefferson County Office for the Aging Nutrition Program Menu

For meal reservation or cancellation 24 hours in advance, please call Jefferson County Office for the Aging (315) 785-3191. All meals contain 2% Milk. Condiments not provided.

Menu is subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Creamy Parmesan Chicken over Wild Rice** Peas & Corn Peaches Whole Wheat Bread	2 **Spaghetti & Meatballs** Italian Blend Vegetables Garlic Bread Fresh Orange Oatmeal Raisin Cookie	3 **Sausage & Veggie Egg Bake** Hash Browns Baked Apple Oatmeal Whole Grain Muffin 100% Juice	4 **Baked Fish Scandia** Garlic Roasted Potatoes Roasted Carrots Mixed Fruit Whole Wheat Bread
7 **Shepherd's Pie** Spinach Warm Cinnamon Pears Biscuit	8 **Cheeseburger Macaroni** Brussel Sprouts Stewed Tomatoes Berry Yogurt Parfait Chocolate Milk	9 **Sweet & Sour Chicken** Brown Rice Broccoli Whole Wheat Bread Pineapple Dessert	10 **Roast Pork Tenderloin** w/ Creamy Herb Sauce over Butternut Squash Green Beans Baked Apples Whole Wheat Bread	11 **Minestrone Soup** Lima Beans Peach Crisp Tuna Salad Whole Wheat Roll
14 **Scalloped Potatoes & Ham** Peas Whole Wheat Dinner Roll Fruit Bread	15 **Turkey Pumpkin Chili** Broccoli Breadstick Applesauce	16 **Sloppy Joe** Green Beans Corn Fresh Banana Whole Wheat Bun	17 **Chicken Broccoli Bake** Roasted Carrots Cauliflower Pineapple Whole Wheat Bread	18 **Macaroni & Cheese** Stewed Tomatoes Zucchini Apple Yogurt Parfait
21 **Meatball Sub** Herb Roasted Potatoes Brussel Sprouts Apricots	22 **Stuffed Pepper Bake** Roasted Carrots Pear Crisp Whole Wheat Bread	23 **Italian Wedding Soup** Broccoli Warm Biscuit Peaches Chocolate Milk	24 **Honey Glazed Ham with Pineapple** Mashed Potatoes & Gravy Green Beans Dinner Roll Cherry Cheesecake Dessert	25 **Merry Christmas!** **Closed for Christmas Holiday** **No Meals Served**
28 **Baked Chicken & Gravy** Mashed Potatoes Spinach Mixed Fruit Whole Wheat Bread	29 **Taco Soup** Black Bean Salsa Warm Corn Bread Cilantro Lime Slaw Mandarin Oranges	30 **Southwest Chicken** Sweet Potato Wedges Broccoli & Red Peppers Fresh Apple Whole Wheat Bread	31 **Pork & Mushroom Stew over Pasta** Peas Carrots Pear Yogurt Parfait	

Menus have been certified by a Registered Dietitian that each menu meets 1/3rd of the DRI's and are planned based on the recommendations in the current Dietary Guidelines for Americans.

Amanda Woolnough, RDN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Diamond Art w/ Candie	3 9 AM Watertown Shopping 10 AM Boomers 11:15 AM Chair Volleyball 12 PM Lunch 3 PM Ukulele	4 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 12 PM **SOUPS ON !!!** 1 PM Tai Chi	5 10 AM Boomers 12 PM Lunch 1 PM Scrabble 5 PM Chair Yoga 	6 10 AM Dollar General & Thrift Shop 10 AM Bingo 12 PM Lunch 1 PM Mahjong	7 Red Cross Blood Drive 10 AM - 2 PM
8	9 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Craft w/ Sharon	10 10 AM Boomers- Circuit 11:15 AM Chair Volleyball 12 PM Lunch 3 PM Ukulele 	11 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 1 PM Tai Chi	12 10 AM Boomers 12 PM Lunch 1 PM Scrabble 5 PM Chair Yoga	13 10 AM Bingo 12 PM Lunch 1 PM Mahjong 	14
15	16 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Madymae Felt Christmas Craft	17 10 AM Boomers 11:15 AM Chair Volleyball 12 PM Lunch 1 PM River Church Music 3 PM Ukulele	18 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 1 PM Tai Chi	19 10 AM Boomers- Circuit 10 AM Painting w/ Cathy Wood 12 PM Lunch 1 PM Scrabble 1 PM Food Pantry 5 PM Chair Yoga 	20 9 AM Price Chopper & Dollar General 10 AM Bingo 12 PM Lunch 1 PM Mahjong 5 PM Community Dinner Sponsored by The Clayton Lions Club	21
22	23 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Card Making w/ Golda	24 10 AM Boomers- Cancelled 10 AM Chair Volleyball 11 AM **Holiday Decorating** 12 PM Lunch 3 PM Ukulele 6:30 PM Community	25 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 1 PM Tai Chi	26 **CENTER CLOSED** 	27 10 AM Bingo 12 PM **No Lunch** 1 PM Mahjong	28
29	30 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 11:30 AM Depauville Luncheon 12 PM Mahjong 1 PM Ceramic Craft 6:30 PM Arrythmias					

November 2026

Paynter Center

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

November 2026
Watertown Senior Center

Monday 11/2
10 am / Games (Phase 10, Cards, Yahtzee)
11:15 am / YMCA Chair Yoga
12 pm / OFA Lunch or BYO Lunch
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / Cardio Drumming



Wednesday 11/4
10 am / Making Jewelry w/ Michelle
10 am / Games
11 am / Chair Exercise
12 pm / OFA Lunch or BYO Lunch
12:30 pm / Basic Sign Language w/ Jean
1 pm / Alzheimer's w/ Vicky

Friday 11/6
9:30 am / Family Feud
10:30 am / PIVOT (Must Sign Up)
12 pm / OFA Lunch or BYO Lunch
12 pm / Discover Live Tour - Siracusa, Sicily- Italy
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / Cardio Drumming



Monday 11/9
10 am / Card Making w/ Ginger (Limit 5)
10 am / Songburst
11:15 am / YMCA Chair Yoga
12 pm / OFA Lunch or BYO Lunch
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / Cardio Drumming

Wednesday 11/11
"Holiday" Fun Day!
9:30 am / Movie w/ Snacks
10:30 am / Discover Live Tour- Athens, Greece
1 pm / Trivia w/ Carol & Games



Friday 11/13
9:30 am / Nickel Bingo
10:30 am / PIVOT (Must Sign Up)
12 am / Ice Cream Social
12 pm / OFA Lunch or BYO Lunch
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / Cardio Drumming



Monday 11/16
10 am / National Button day - Button Art w/ Sharon
11:15 am / YMCA Chair Yoga
12 pm / OFA Lunch or BYO Lunch
12:30 pm / Discover Live Tour- Cardiff, Wales- UK
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / PIVOT Suprise



Wednesday 11/18
10 am / Jig Saw Puzzle Contest
11 am / Parkinson Support Group
11 am / Discover Live Tour- Split, Croatia
12 pm / Thanksgiving Potluck w/ Friends (Sign Up by 11/11)
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / Cardio Drumming



Friday 11/20
9:30 am / Trivia w/ Mike
10:30 am / PIVOT
12 pm / Pizza Party (Sign Up by 11/13)
12 pm / OFA Lunch or BYO Lunch
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / Cardio Drumming

Monday 11/23
10 am / Medicare Open Enrollment
11:15 am / YMCA Chair Yoga
12 pm / OFA Lunch or BYO Lunch
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / Cardio Drumming

Wednesday 11/25
10 am / Craft Day
12 pm / OFA Lunch or BYO Lunch
12:15 pm / Basic Sign Language w/ Jean
1:15 pm / Cardio Drumming

Friday 11/27
9 am / Book Club
9:30 am / Social Time/ Games
10:30 am / PIVOT
12 pm / OFA Lunch or BYO Lunch
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / Trivia on YouTube



Monday 11/30
10 am / Games (Phase 10, Cards, Yahtzee)
11:15 am / YMCA Chair Yoga
12 pm / OFA Lunch or BYO Lunch
12:30 pm / Basic Sign Language w/ Jean
1:15 pm / Cardio Drumming

Must Sign-Up for pizza by 11/13
Must Sign-Up for Thanksgiving lunch by 11/11

Watertown Senior Center - (315) 221 - 4021

Sign up for OFA's Lunches at (680) 222 - 7038
48 Hour Prior Notice Required