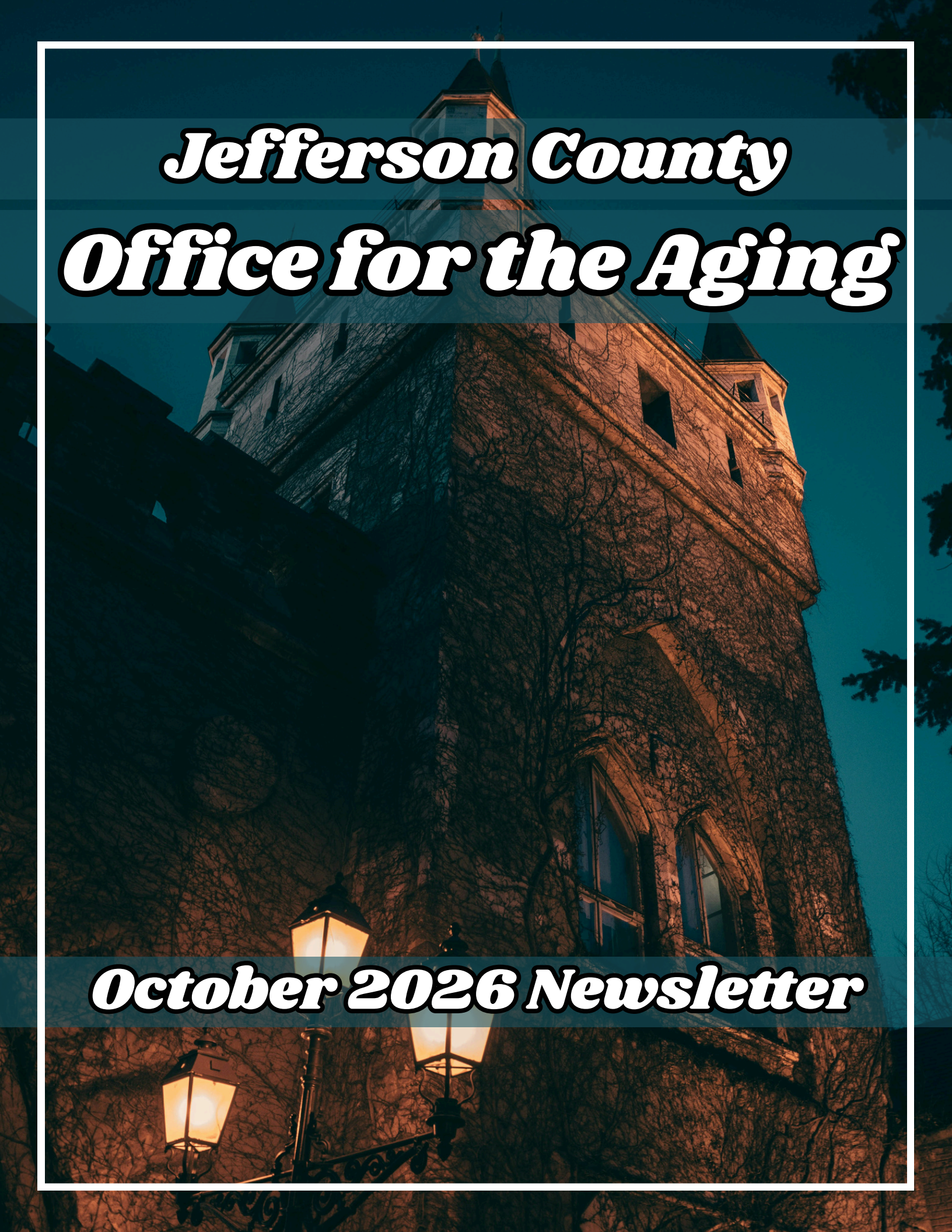




Jefferson County Office for the Aging

October 2026 Newsletter

Photo by [Lau Tiam Kok](#) on [Unsplash](#)

Shoes

Ghost

Linus

Blood

Mummy

Seance

Brains

Mexico

Dracula

Monster

Haunted

Pumpkin

Spirits

Spiders

Samhain

Haystack

Werewolf

Cauldron

Black Cat

Midnight

Cemetery

Gargoyle

Candelabra

Glow Sticks

Nightmares

Trick-or-Treat

Frankenstein

Sleepy Hollow

Spooky Scary Skeletons



JEFFERSON COUNTY OFFICE FOR THE AGING

175 ARSENAL STREET
WATERTOWN, NEW YORK 13601-2529
(315) 785-3191 Fax (315) 785-5095



Public Hearing

NOTICE IS HEREBY GIVEN, that a required Annual Public Hearing will be held by the Jefferson County Office for the Aging on Tuesday, October 27th, 2026, at the VFW on 231 Bellew Ave, Watertown NY. The hearing will begin at 12:00 p.m. There is no cost to attend the hearing. There is a \$15 cost associated with the lunch that is held beforehand. To register for lunch please call Cheryl Matson at (315) 778-6014. Guest Speaker Director Greg Olsen from the New York State Office for the Aging will also be in attendance.

You can join via:

Public Hearing at AARP- VFW
231 Bellew Ave, Watertown NY, 13601
Tuesday, October 27 · 12:00 p.m. – 2:00 p.m.

Google Meet joining info

Video call link: <https://meet.google.com/usk-rfhc-gex>
Or dial: (US) +1 402-772-0261
PIN: 852 271 192#

The topic is the Area Agency on Aging Plan for Funding under the Title III of the Older Americans Act of 1965, as amended and for Funding through the New York State Office for the Aging. Both programs foster the development of a comprehensive and coordinated service system for persons 60 and older within the planning and implementation area.

An abstract of the Area Plan will be made available prior to the hearing at the Office for the Aging, 175 Arsenal Street, Watertown, New York 13601. Copies will also be available on the day of the Public Hearing, by calling (315) 785-3191 or visiting our website at <https://www.jeffersoncountyny.gov/departments/Officefortheaging>.

If you need a accommodation or need the material in another language please call (315) 785-3191.

A brief overview of the Area Plan and emerging issues will be presented at the hearing to stimulate public participation on matters pertaining to the elderly. Older persons are encouraged to openly express their concerns, needs and recommendations regarding the service delivery to the community. The general public and any group affected by the Area Agency planning process are encouraged to share their views and opinions as well.

Interested parties unable to attend can mail their comments directly to the Jefferson County Office for the Aging.

Bethany Munn, Director

Jefferson County Office for the Aging
September 14, 2026



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 St., 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 Roger Keltner at (315) 771-3616

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 St. Watertown, NY 13601

- Monday - Friday: 11:30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038

- Skyline Apartments- 454 Mill St. Watertown, NY 13601

- Tuesday's & Thursday's: 11:30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038

- Centennial Apartments- 1010 Washington St. Watertown, NY 13601

- Wednesday & Friday: 11:30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038



October Nutrition Spotlight: Apples!

By: Amanda Woolnough, RDN

Celebrate Apple Month with a fruit that is delicious, versatile, and packed with nutrition!

October is a wonderful time to enjoy apples. Whether you prefer a crisp apple as a snack, baked apples for dessert, or apples cooked into a savory meal, there are countless ways to enjoy this seasonal favorite.

What Makes Apples Nutritious?

Good source of fiber — Apples contain fiber, especially when the peel is eaten. Fiber helps support healthy digestion and can help you feel full and satisfied after eating.

Provides vitamin C — Apples provide vitamin C, a nutrient that helps support the immune system and helps the body maintain healthy skin and tissues.

Contains antioxidants — Apples contain plant compounds called antioxidants. These compounds help protect cells from oxidative stress.

Naturally low in sodium — Fresh apples are naturally very low in sodium, making them a heart-friendly choice for meals and snacks.

A convenient, naturally sweet snack — Apples are naturally sweet and require little preparation. Pairing an apple with protein or healthy fat—such as peanut butter, yogurt, or a small handful of nuts—can make a satisfying snack.

Tips for Enjoying Apples

- Choose apples that are firm and free from bruises.
- Keep the peel on when appropriate to get more fiber.
- Wash apples thoroughly under running water before eating or preparing.
- Try different varieties - some are sweet, while others are tart and better suited for cooking.
- Buy apples when they are in season or on sale and use them in both sweet and savory dishes.
- Store apples according to the variety; refrigeration can help extend their freshness.

Easy Ways to Add More Apples

- Slice into oatmeal or cereal.
- Add diced apples to a salad.
- Pair apple slices with peanut butter.
- Baked apples with cinnamon.
- Add chopped apples to chicken or tuna salad.
- Use apples in stuffing or grain dishes.
- Serve apples alongside pork or roasted chicken.



Recipe: Cinnamon Apple Oatmeal

Servings: 4

Ingredients:

- 2 medium apples, peeled if desired and diced
- 2 cups old-fashion rolled oats
- 4 cups water or low-fat milk
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon vanilla extract
- 1 tablespoon brown sugar or maple syrup
- ¼ cup chopped walnuts, optional



Directions:

1. In a saucepan, combine apples, oats, and water or milk.
2. Stir in cinnamon and nutmeg.
3. Bring to a gentle boil, then reduce heat and simmer for 5–7 minutes, stirring occasionally.
4. Stir in vanilla and brown sugar or maple syrup.
5. Divide among 4 bowls and top chopped walnuts, if desired.

Nutrition Tip: For a more balanced breakfast, serve with a source of protein such as Greek yogurt, eggs, or peanut butter.

Recipe: Warm Apple & Cheddar Chicken Salad

Servings: 4

Ingredients:

- 2 cups cooked chicken breast, chopped
- 2 medium apples, diced
- 2 cups mixed greens or chopped lettuce
- ½ cup shredded reduced-fat cheddar cheese
- ¼ cup chopped walnuts or pecans
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- ¼ teaspoon black pepper



Directions:

1. In a small bowl, whisk together olive oil, apple cider vinegar, Dijon mustard, honey, and black pepper.
2. Place chopped chicken and diced apples in a large skillet over medium-low heat. Warm for 3–4 minutes, stirring occasionally.
3. Divide greens among 4 plates.
4. Top with warm chicken and apples.
5. Sprinkle with cheddar cheese and walnuts.
6. Drizzle with dressing and serve immediately.

Friendly Tip: Use no-salt-added or low-sodium cooked chicken and choose reduced-sodium cheese when available to help keep sodium lower.

Feeling Lost When It Comes To Medicare?

Let Us Help You Get Back On Track!

Call the OFA (315) 785-3191

Open Enrollment Period Ahead!
Runs from Oct. 15th - Dec. 7th

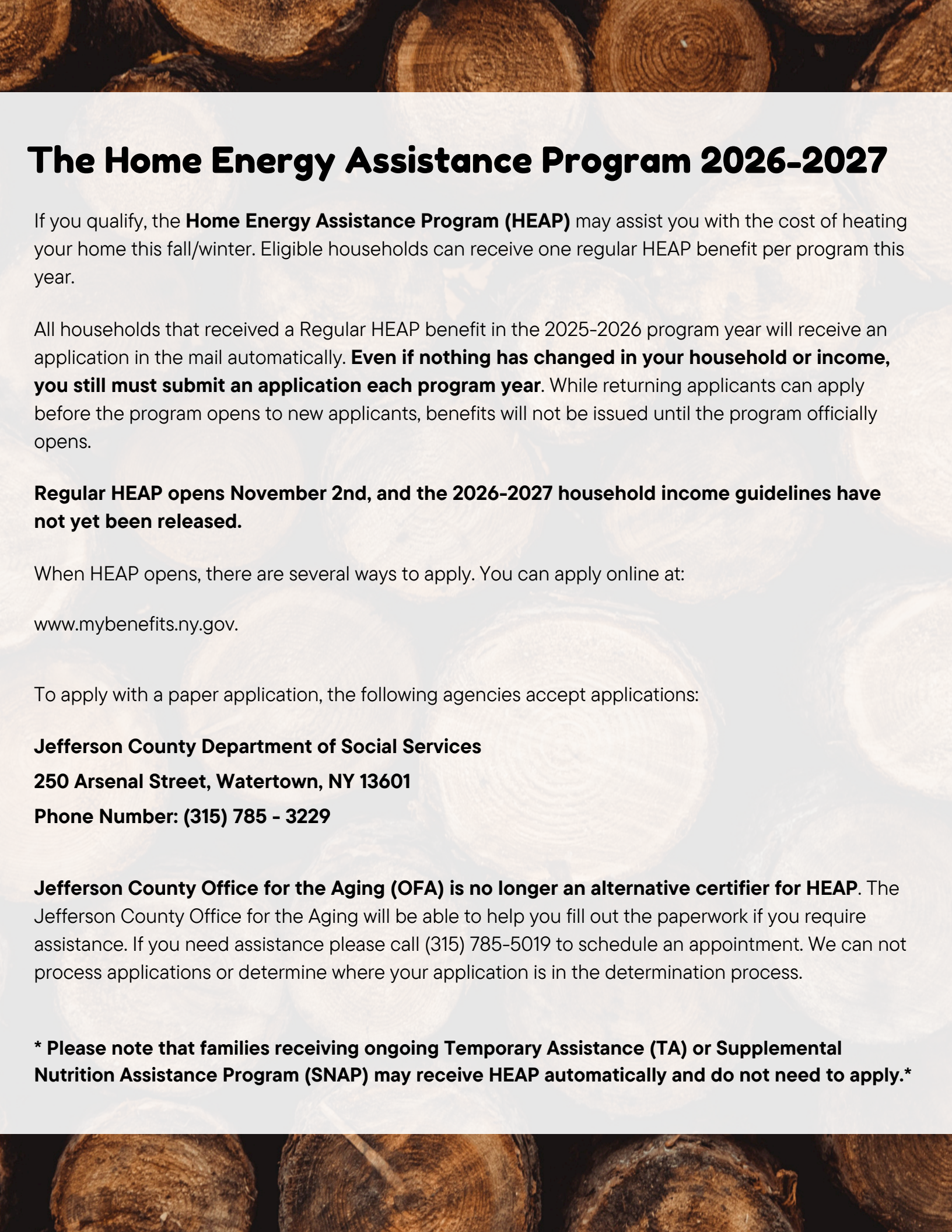
Plans Change- So can your health!

Review Annual Notice of Change Letter-
To see changes for next year

Unhappy with the new changes?
Choose new coverage to begin in January



**Health Insurance
Information, Counseling
and Assistance Program**

A background image of stacked logs, showing the circular cross-sections of the wood, with a light blue gradient overlay.

The Home Energy Assistance Program 2026-2027

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

All households that received a Regular HEAP benefit in the 2025-2026 program year will receive an application in the mail automatically. **Even if nothing has changed in your household or income, you still must submit an application each program year.** While returning applicants can apply before the program opens to new applicants, benefits will not be issued until the program officially opens.

Regular HEAP opens November 2nd, and the 2026-2027 household income guidelines have not yet been released.

When HEAP opens, there are several ways to apply. You can apply online at:

www.mybenefits.ny.gov.

To apply with a paper application, the following agencies accept applications:

Jefferson County Department of Social Services

250 Arsenal Street, Watertown, NY 13601

Phone Number: (315) 785 - 3229

Jefferson County Office for the Aging (OFA) is no longer an alternative certifier for HEAP. The Jefferson County Office for the Aging will be able to help you fill out the paperwork if you require assistance. If you need assistance please call (315) 785-5019 to schedule an appointment. We can not process applications or determine where your application is in the determination process.

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

Early New Englanders hid their ____ in walls to keep evil spirits away.

For a simple costume wear a white sheet and be a ____.

Charlie Brown's friend ____ is a believer in the Great Pumpkin.

Vampire Bats also share a fondness for ____.

____ Brown was a popular 18th & 19th century paint loved by artists.

People sometimes try to contact dead loved ones by holding a ____.

A zombies favorite food is ____.

In ____ El Dia de los Muertos is celebrated

Count Alucard is actually just Count ____ in disguise.

"They did the Mash, they did the ____." Is from a Bobby Pickett song.

It's fun to visit a ____ house on Halloween.

Make a jack-o'-lantern by carving a face into a hollowed-out ____.

Another name for ghosts or those who have left their bodies is ____.

Arachnophobia is an intense, irrational fear of ____ or other arachnids.

This old Celtic autumn celebration coincides with Halloween ____.

These are often found in fields- good luck finding the needle.

Beware of the full moon if you are a ____.

You can make soup or brew some potions in a ____.

A ____ is a feline often associated with witches and Halloween.

____ or the "Witching Hour" is a traditional term for a time of night.

Tombstones can be seen at Halloween or in a ____

A ____ is a carved stone waterspout often on gothic or medieval buildings.

A ____ is a large, branched candlestick, often used in gothic horror movies.

____ are self contained, light sources. Perfect for a Halloween party!

____ in ancient cultures were believed to be omens, or demonic attacks.

The term "____ - ____ - ____" first appeared in print in 1939.

____, was he a monster or just misunderstood.

The Headless Horseman terrorized Ichabod Crane & the town of ____.



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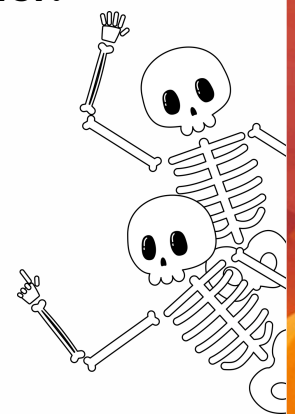
Answers on back of first page

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

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

Enter the unused letters from the puzzle, in order:

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—				—					
	—			—	—				



Copy boxed letters to form your hidden message:

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Senior Living Seminar

Thursday, October 8, 2026

Let us help you prepare for the next phase of your life, whether you're in retirement or planning for retirement and searching for more information about laying the foundation so that you are cared for as you age.

Samaritan Summit Village is hosting a Senior Living Seminar on Thursday, October 8, from 10 a.m. to 2 p.m. Hear from professionals in senior care, legal matters, financial planning, and tour the beautiful Summit Village grounds. Speak with local community agencies that offer resources. Help prepare yourself.

The event is FREE and lunch will be provided.

Open to anyone who is planning or helping to plan senior care.

Learn more and RSVP at
samaritanhealth.com/seniorseminar
315-785-4584



Each participant will be entered to win an iPad!





North Country
DIGITAL INCLUSION COALITION

Questions? Call our
Digital Navigator at :
(518)747-1391

North Country Connect to Tech (NC2T)

*Do you live in **Clinton, Essex, Franklin, Hamilton, Jefferson, Lewis, or St. Lawrence County** and are in need of an internet accessible device?*

Our program is made to help
community members who are



Scan here to fill out
our interest form!

Low-Income



Rural



Age 65+



Veterans



With disability



Formerly incarcerated
/ Justice involved



*Free laptops, hot spots and
digital skills training available!*



Contact us at
ncdic@ahihealth.org

Enhanced Energy Affordability Program



See if you qualify for a monthly energy bill discount

Our Enhanced Energy Affordability Program (EEAP) helps qualifying residential customers manage monthly energy bills through bill credits.

Who is eligible?

You may qualify for EEAP if your household income is at or below the amounts below and you're not already enrolled or eligible for our Energy Affordability Program (EAP).

Household Size	Maximum Annual Income
1	\$69,477
2	\$90,854
3	\$112,232
4	\$133,609
5	\$154,986
6	\$176,364
7	\$180,372
8	\$184,380

Applying is easy!

Apply for EEAP by scanning the QR code below or call **877.400.2501** between 8 a.m. to 5 p.m. Monday through Friday. Income verification for your household is fast and secure and support is available in English, Spanish and Portuguese.

What to expect

If approved, you'll be enrolled in EEAP for 18 months. After that, you'll need to reapply. EEAP is a two-year pilot program, so enrollment periods and eligibility may change.

Scan this QR code
to apply now



Don't have a smartphone?
Go to nyseg.com/EEAPapply



Verifique si califica para un descuento mensual en su factura de energía

Nuestro Programa Mejorado de Asequibilidad Energética (Enhanced Energy Affordability Program, EEAP) ayuda a los clientes residenciales que califican a gestionar sus facturas mensuales de energía mediante créditos en la factura.

¿Quién es elegible?

Puede calificar para el EEAP si los ingresos de su hogar son iguales o inferiores a los montos indicados a continuación y si no está ya inscrito ni es elegible para nuestro Programa de Asequibilidad Energética (Energy Affordability Program, EAP).

Tamaño del hogar	Ingreso anual máximo
1	\$69,477
2	\$90,854
3	\$112,232
4	\$133,609
5	\$154,986
6	\$176,364
7	\$180,372
8	\$184,380

Solicitarlo es fácil

Solicite el EEAP escaneando el código QR a continuación o llame al **877.400.2501** entre las 8 a.m. y las 5 p.m., de lunes a viernes.

La verificación de ingresos de su hogar es rápida y segura, y hay asistencia disponible en inglés, español y portugués.

Qué esperar

Si es aprobado, se lo inscribirá en el EEAP por 18 meses. Después de ese período, deberá volver a solicitarlo. El EEAP es un programa piloto de dos años, por lo que los períodos de inscripción y los criterios de elegibilidad pueden cambiar.

Escanee este código QR para solicitarlo ahora

¿No tiene un teléfono inteligente?
Visite nyseg.com/EEAPapply



October 2026 - Paynter Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10 AM Boomers 12 PM Lunch 1 PM Scrabble 5 PM Chair Yoga	10 AM Dollar General & Thrift Shop 10 AM Bingo 12 PM Lunch 12 PM Mahjong	3
4 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Diamond Art w/ Candle	5 9 AM Watertown Shopping 10 AM Boomers 12 PM Lunch 3 PM Ukulele 6:30 PM Opera House Band Concert	6 9 AM Clayton Shopping 9 AM Zumba 10 AM Coffee Hour 11 AM Chair Exercise 11 AM Grief Share 1 PM Tai Chi 6 PM Al-Anon	7 10 AM Boomers 12 PM Lunch 1 PM Scrabble 5 PM Chair Yoga	8 10 AM Bingo 12 PM Lunch 12 PM Mahjong	9 10 AM Bingo 12 PM Lunch 12 PM Mahjong	10
11 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Slate Coasters Craft w/ Sharon	12 10 AM Boomers - Cancelled 10 AM Boomer Video 12 PM Lunch 3 PM Ukulele	13 9 AM Clayton Shopping 9 AM Zumba 10 AM Coffee Hour 11 AM Chair Exercise 11 AM Grief Share 1 PM Tai Chi 6 PM Al-Anon	14 10 AM Painting w/ Cathy Wood 10 AM Boomers- Cancelled 10 AM Chair Volleyball 12 PM Lunch 1 PM Scrabble 5 PM Chair Yoga	15 10 AM Bingo 12 PM Lunch 12 PM Mahjong 5 PM Community Dinner Sponsored by Wellesley Island Building Supply 5:30 PM Karaoke	16 10 AM Bingo 12 PM Lunch 12 PM Mahjong	17
18 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Cards w/ Golda	19 10 AM Boomers - Cancelled 10 AM Boomer Video 12 PM Lunch 3 PM Ukulele	20 9 AM Clayton Shopping 9 AM Zumba 10 AM Coffee Hour 11 AM Chair Exercise 11 AM Grief Share 12 PM SOUPS ON!!! 1 PM Tai Chi 6 PM Al-Anon	21 10 AM Boomers- Cancelled 10 AM Chair Volleyball 12 PM Lunch 1 PM Scrabble 5 PM Chair Yoga	22 9 AM Price Chopper, McDonalds, Dollar General 10 AM Barn Quilt Painting 10 AM Bingo 12 PM Lunch 12 PM Mahjong	23 McDonalds, Dollar General 10 AM Barn Quilt Painting 10 AM Bingo 12 PM Lunch 12 PM Mahjong	24
25 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 11:30 AM Depauville Luncheon 12 PM Mahjong 1 PM TI Arts Center Craft	26 10 AM Boomers 12 PM Lunch 3 PM Ukulele	27 9 AM Clayton Shopping 9 AM Zumba 10 AM Coffee Hour 11 AM Chair Exercise 11 AM Grief Share 12 PM SOUPS ON!!! 1 PM Tai Chi 6 PM Al-Anon	28 10 AM Boomers 12 PM Lunch 1 PM Scrabble 1 PM Clayton Food Pantry 5 PM Chair Yoga	29 10 AM Bingo 12 PM Lunch 12 PM Mahjong	30 10 AM Bingo 12 PM Lunch 12 PM Mahjong	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

October 2026

Watertown

Senior Center

Every Day - 9 am / Meet & Greet

Every Day - 3 pm / Close

Watertown Senior Center - (315) 221 - 4021

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

Friday 10/2

10 am / Family Feud

11 am / Chair Exercise

12 pm / Discover Live Tour- Oslo, Norway

12 pm / OFA Lunch or BYO Lunch

12:30 pm / Basic Sign Language w/ Jean

1:15 pm / Nickel Bingo



Friday 10/9

10 am / Columbus Day Trivia w/ Carol

11 am / Chair Exercise

12 pm / OFA Lunch or BYO Lunch

12:30 pm / Basic Sign Language w/ Jean

1:15 pm / Rummikub Contest

Friday 10/16

9:30 am / National Park Movie

11 am / Chair Exercise

12 pm / Ice Cream Social

12 pm / OFA Lunch or BYO Lunch

12:30 pm / Basic Sign Language w/ Jean

1:15 pm / Cardio Drumming



Wednesday 10/14

10 am / Diamond Art w/ Sandie

10 am / Games / Vegetable Distribution

10:30 am / Discover Live Tour- Coupray, France

11 am / Chair Exercise

12 pm / Potluck

12 pm / OFA Lunch or BYO Lunch

12:30 pm / Basic Sign Language w/ Jean

1:15 pm / Cardio Drumming

Monday 10/19

9:30 am / Movie

11:15 am / YMCA Chair Yoga

12 pm / OFA Lunch or BYO Lunch

12:30 pm / Basic Sign Language w/ Jean

1 pm / United Healthcare

1:30 pm / Discover Live Tour - Cusco, Peru

Wednesday 10/21

10 am / Jig Saw Puzzle Contest

11 am / Parkinson Support Group

11 am / Discover Live Tour- London, England

12 pm / OFA Lunch or BYO Lunch

12:30 pm / Basic Sign Language w/ Jean

1:15 pm / Cardio Drumming



Monday 10/26

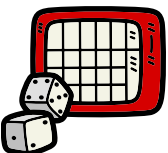
10 am / Yahtzee

11 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 10/28

10 am / Hospice

11 am / Chair Exercise

12 pm / Pizza Day (Sign Up By 10/26)

12 pm / OFA Lunch or BYO Lunch

12:30 pm / Basic Sign Language w/ Jean

1:15 pm / Cardio Drumming

Friday 10/30

9 am / Book Club

10 am / Halloween Trivia w/ Carol

11 am / Chair Exercise

12 pm / OFA Lunch or BYO Lunch

12:30 pm / Basic Sign Language w/ Jean

1:15 pm / Halloween Party

2 pm / Broom Dance