Mature Living

NOVEMBER 2026

St. Lawrence County Office for the Aging
(315) 386-4730

Website:
Office for the Aging St. Lawrence County

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Mature Living

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Medicare Open Enrollment: *Oct. 15th - Dec. 7th*

The Medicare Open Enrollment Season opened October 15th! This is your opportunity to shop around for a new **Medicare Part D Plan or Medicare Advantage Plan**. Any changes you make will take effect January 1, 2027. If you are happy with your current plan, **you don't need to change anything**.

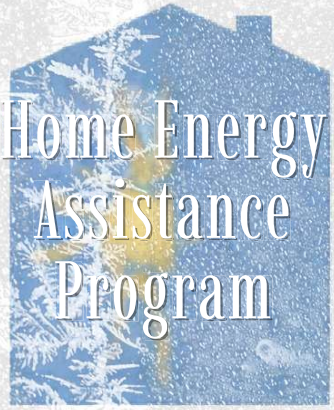
If you want a new plan and need guidance, please call the office at (315) 386-4730 and a staff member will assist you. **Due to extremely high call volume during this time period, it may take several days to a week for a staff member to return your call.** We greatly appreciate your patience during this hectic time for our office. For immediate assistance, clients can also call **1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov.**

Due to limited funding for this program, we only have 1 Medicare Counselor for 29,000 older adults in SLC. Due to limited staffing, **we do not accept walk-ins for Medicare Counseling.** Please call the office for assistance at 315-386-4730.

The Food Sense program is a great option to help save money on food! For just $20.50 you can order all the items in the package; as well as add on any of the specials you would like for an additional cost.
This program is open to anyone, of any income level. If someone has SNAP benefits, they can use their card for the food package. Call the center closest to you to learn more!

HEAP (Home Energy Assistance Program)

The 2026-2027 Regular HEAP season opens on November 2nd. New applications for HEAP will not be available until this date. Emergency HEAP is scheduled to open on January 4, 2027.



2026-2027 INCOME GUIDELINES

Household Size	Gross Monthly Income
1	$3,563
2	$4,659
3	$5,756
4	$6,852

Those applying are encouraged to utilize the My Benefits link (www.mybenefits.ny.gov)

or call the DSS HEAP unit at 315-379-2303 to receive an application.

IMPORTANT UPDATES & INFORMATION FOR HDM CLIENTS:

- **If you are not going to be home for your meal delivery, you must notify us in advance. We are required to perform safety checks on all clients who are not home for their meal, if we have not been called. Failure to cancel your meals in advance could result in termination from the program. Please call (315)-386-4730 when you need to cancel your meal(s). We appreciate your cooperation!**
- **Please ensure your driveways and walkways are clear of snow and ice. Drivers must be able to safely get to your door. If they are unable to, your meal will not be delivered for the day.**

Weather Related Program Closings

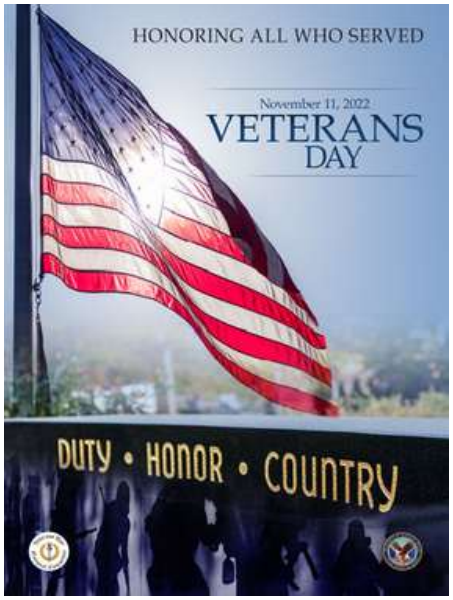
When inclement weather conditions occur, Office for the Aging Nutrition Sites may need to cancel home delivered meals. If you are receiving Home Delivered Meals, the Office for the Aging may provide you, in advance, with a frozen emergency meal to be used on a day we are unable to deliver. Staff will also call clients to perform the daily wellness check.

Watch for weather closures to be announced on the following radio and television stations:

WNCQ/FM,WC12 (102.9FM/98.7 FM); WPDM (1470 AM/999.3 FM); NORTH COUNTRY PUBLIC RADIO (89.5 FM); WMSA (1340AM); YESFM (96.7 FM); Channel 7 TV (WWNYTV); News 10 Now

Honoring Veterans Day - Thank You for Your Service!

Veterans Day is an important day to "thank veterans" as we show appreciation to members of our military, past and present. We are so grateful to the brave men and women who have served in our armed forces and honor them on this special day.



Cornell Cooperative Extension
St. Lawrence County

Are you having issues using your cell phone?

Cornell Cooperative Extension of St. Lawrence County and Office for the Aging are offering tech support classes.

Tuesday, November 10th at 10:00am

Presentation will provide how-to instructions.
&
We will provide one-on-one support to address any questions you are having with your phone or other devices.

Registration is limited AND required.
Please call 315-386-4730 to register.

Class Location:
CCE Extension Learning Farm-
2043B State Highway 68, Canton, NY 13617
Where Do I Go Once I arrive?:
Go to the **Back Classroom** entrance. Located at the far end of the parking lot. Accessible parking available.

CORNELL COOPERATIVE EXTENSION IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR PROVIDING EQUAL PROGRAM AND EMPLOY

If you are interested in a tech class, please call as soon as possible to register; as class size is limited. Walk-ins are not accepted the day of the class. Attendees must call (315) 386-4730 to pre-register!

November is National Hospice and Palliative Care Month

This year's National Hospice and Palliative Care Month theme is **"Care You Can Trust."** For more than 30 years, St. Lawrence County has trusted Hospice of St. Lawrence Valley to provide quality end-of-life care to community members. We're grateful to have the opportunity to serve patients and their families in their homes as they navigate the end-of-life process and grief.

Things to Know About Hospice of St. Lawrence Valley

• **Hospice care comes to wherever you call home.** This means families can stay together during a difficult time without the added stress of traveling back and forth to a hospital or doctor's office.

• **Hospice isn't just care for the patient. It's support for the whole family.** From managing illness to providing emotional and practical support, a hospice team helps the entire family so no one has to go through it alone.

• **Hospice care doesn't end when a loved one passes away.** Families receive additional support for months afterward, including counseling and check-ins, because no one should have to grieve alone.

• **Cost shouldn't stand in the way of quality care.** Hospice is covered by Medicare, Medicaid, and most private insurance plans, allowing families to focus on spending time together rather than worrying about the cost of care.

Hospice can help sooner than you think. Once a patient receives a terminal diagnosis with a life expectancy of 6-months or less, and they no longer want any treatments, hospice can start. It all starts with one simple phone call.

If you would like to learn more about Hospice, please call **315-265-3105**.

Wishing you a Thanksgiving filled with warmth, gratitude, and cherished moments. May your day be surrounded by loved ones, joyful memories, and the comfort of knowing how much you are appreciated.

Healthy No-Bake Pumpkin Cheesecake

Creamy, dreamy spiced no-bake pumpkin cheesecake with pecan graham cracker crust is the perfect healthy fall dessert.

Ingredients: 4 full-sized sheets graham crackers; 1/3 cup pecans; 1/2 tsp cinnamon; 16 oz. reduced fat cream cheese softened; 2/3 cup nonfat plain Greek yogurt; 2 cups pumpkin puree; 2 tsp pumpkin pie spice; 2 tsp vanilla extract; 3/4 cup pure maple syrup

Directions:

1. In a food processor, pulse graham crackers and pecans until they form crumbs. Set aside.
2. Wipe out the bowl of the food processor and add the cream cheese, yogurt, pumpkin puree, pumpkin pie spice, vanilla, and maple syrup. Pulse filling ingredients until smooth and fluffy, about 5 minutes. Place in the refrigerator to chill for at least 30 minutes.
3. To assemble cheesecakes, spoon crust into the bottom of 8 dishes. Divide filling among dishes and top with whipped cream or additional crust crumbs (optional). Return to the refrigerator until ready to serve.

Nutrients: Calories 335 ; Total Fat 13.3g; Saturated Fat 5.6g; Sodium 333.3mg; Total Carbohydrates 45.6g; Dietary Fiber 3.3g; Total Sugars 28.9g; Protein 10.2g

https://livelytable.com/healthier-no-bake-pumpkin-cheesecake

Call us @ (315) 386-4730 to sign up!

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swedish Meatballs over Noodles California Blend Vegetables Dinner Roll Pudding Cup	3 Sweet & Sour Chicken over Rice Oriental Vegetables Banana Muffin Mixed Fruit	4 Baked Ham with Country Gravy Mashed Sweet Pot. Spinach Dinner Roll Homemade Dessert	5 Shepard's Pie Cauliflower Florets Cheesy Biscuit Fresh Fruit Yogurt Cup	6 *Chef's Choice*
9 Chicken Alfredo over Pasta Italian Medley Veg. Warm Garlic Knot Fruit Cup Homemade Dessert	10 Homestyle Meatloaf with Gravy Mashed Potatoes Chuck Wagon Corn Country Style Biscuit Fresh Fruit	11 *Veteran's Day!* *All Nutrition Centers Closed.* *Use Frozen meal.*	12 Pennsylvania Dutch Casserole Sweet Peas Warm Pumpkin Pudding Dinner Roll Assorted Fruit	13 Unstuffed Pepper Casserole Broccoli with Cheese Sauce Corn Muffin Homemade Dessert
16 Deluxe Burger on Bun Mixed Vegetables Seasoned Potatoes Fruit Cup Assorted Yogurt	17 Monterey Chicken Au gratin Potatoes Green Beans Dinner Roll Assorted Fruit	18 Herb Encrusted Fish Rice Pilaf Glazed Carrots Assorted Muffin Birthday Cupcake!	19 Turkey/Gravy over Stuffing Mashed Potatoes Squash Dinner Roll Pumpkin Pie	20 *Chef's Choice*
23 Southern BBQ Chicken Sweet Potatoes Roasted Brussel Sprouts with Cranberries Corn Muffin Mixed Fruit	24 Pork Sauerbraten Parslied Potatoes Peas and Carrots Dinner Roll Assorted Fresh Fruit	25 Fishwich w/Cheese on Bun Macaroni and Cheese Diced Beets Homemade Dessert	26 *Happy Thanksgiving!* *All Nutrition Centers Closed.* *Use Frozen Meal*	27 *All Nutrition Centers Closed for Holiday.* *Use Frozen Meal*
30 Chicken and Dumplings Fried Cabbage with Bacon Warm Spiced Fruit Dinner Roll Pudding Cup	*Note: If you need to cancel your meal or you will not be home to receive your meal, please call 24 hours in advance:* *315-386-4730*	MEAL CONSTITUTION *Protein – 2oz min* *Vegetables – ½ - 1 cup* *Fruit – ½ - 1 cup* *Starch – 2oz minimum at least 1oz whole grain* *Dairy – 1 cup*		*All Meals are served with milk and ww bread or equivalent* **Menu Follows a no salt added and low sugar diet.* **If you have a Food Allergy, please notify our office*

OFFICE FOR THE AGING NUTRITION CENTERS:

Lunch is served at 11:30 am. All older adults 60 and up are welcome!

Brasher- LBSH, 32 Church St.

Canton- Canton Sr. Housing, 37 Riverside Drive.

Gouverneur- Gouverneur Community Center, 4673 SH 58.

Morristown- Morristown Fire Hall, 200 Morris St.

Potsdam- Midtown Apartments, 28 Munson St.

All Nutrition Centers are open Monday-Friday.
Doors open at 10 am.

Suggested Voluntary Contribution:
$3.00 (age 60+) Guest Fee $10.00—(Under 60)
No eligible client will be turned away due to the inability or unwillingness to contribute.

MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE.
For more information contact NY Connects (315-386-4730)

November Calendar

11/1	Daylight Savings Time Ends
11/2	SLC Board of Legislators Meeting; 6 pm, 48 Court Street
11/3	Election Day! Vote
11/9	OFA Advisory Council Meeting; 10 am
11/11	Veterans Day; SLC Offices & Nutrition Centers are Closed.
11/26	Thanksgiving - All County Offices & Nutrition Centers are Closed. All
11/27	County Offices & Nutrition Centers are Closed.

NC Chapter of StateWide Senior Action Council

Next Meeting: Thursday, November 5th at 11:00 am

Location: Best Western Golf Lounge

Contact Mary Jane @ (315) 723-0819

Office for the Aging Advisory Council Meeting

There will be a meeting of the Office for the Aging's **Advisory Council** on Monday, November 9th at 10:00 am. The meeting will be held in the Human Services Building located at 80 SH 310, 2nd Floor Conference Room.

The public is welcome to attend!

Find us on Facebook

St. Lawrence County Office for the Aging:

https://www.facebook.com/stlawrencecountyofficefortheaging