



St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

Office for the Aging | St.
Lawrence County

Inside this issue:

Thankful for Seniors
Holiday Gift Drive 1

Medicare Open
Enrollment 2

HEAP/ Weather
Closings 3

Veterans Day 4

Hospice / Home
Care Program 5

Recipe/
Volunteers
Needed 6

Menu 7

Calendar 8

Mature Living

- ♦ *Published by:* St. Lawrence County Office for the Aging
- ♦ *Supported by:*
The Administration for
Community Living, NYS
Office for the Aging and
St. Lawrence County



Mature Living

November 2025



St. Lawrence County Office for the Aging

THANKFUL GIFT CARD DRIVE FOR SENIORS

The Office for the Aging is holding its 12th Annual Holiday Gift Card Drive for older adults in the home-delivered meal program. This year, we're moving the drive earlier so clients receive their cards by Thanksgiving — a perfect time to show our gratitude.

Please consider donating gift cards or financial contributions by November 10th to ensure timely delivery for Thanksgiving.

Please help us thank older adults for all they've given by giving back this season!

Items Will Be
Collected Until:

NOVEMBER 10TH

Contributions can be
mailed to:

Office for the Aging
80 State HWY 310
Canton, NY 13617

For More
Information

315-386-4730
info@nyconnects.gov



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, 2026. If you are happy with your current plan, **you don't need to change anything.**

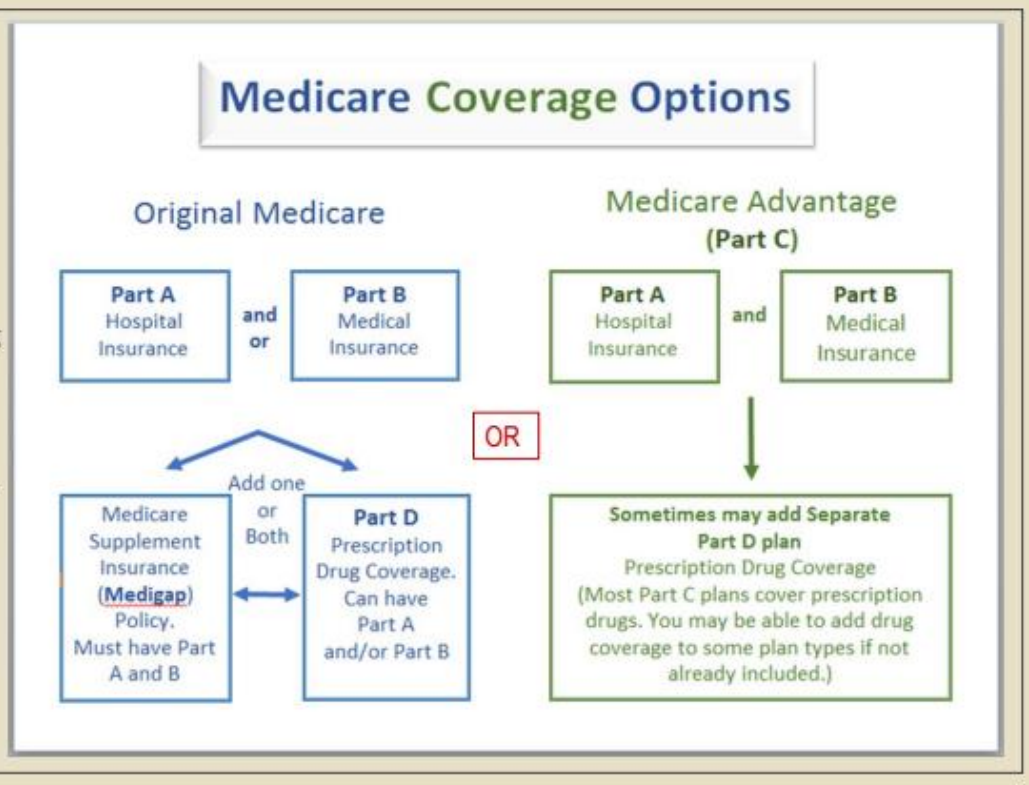
If you want a new plan and need guidance, please call the office at (315) 386-4730 and a staff member will assist you. **Due to extremely high call volume during this time period, it may take several days to a week for a staff member to return your call.** For immediate assistance, clients can also call **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.

You basically have 3 options:

1. Medicare A&B with a Drug Plan
2. Medicare A & B with a Drug plan and a Medigap Plan
3. Medicare A & B with an Advantage (or Medicare C Plan that includes a Drug Plan.

❖ You could also have a retiree plan (as part of your retirement package). Usually retiree plans are a great option to have.



Helpful Medicare Informational Websites:

- ♦ **Medicare:** <https://www.medicare.gov/>
- ♦ **Centers for Medicare & Medicaid Services:** <https://www.cms.gov/>
- ♦ **Medicare Interactive:** <https://www.medicareinteractive.org/>
- ♦ **Medicare Rights:** <https://www.medicarerights.org/>

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JOHN DOE			
MEDICARE CLAIM NUMBER 000-00-0000-A	SEX MALE		
IS ENTITLED TO HOSPITAL (PART A)		EFFECTIVE DATE 01-01-2007	
MEDICAL (PART B)		01-01-2007	
SIGN HERE _____			

SAMPLE

HEAP (Home Energy Assistance Program)

The **2025-2026 Regular HEAP** season opens on **November 17, 2025**. New applications for Regular HEAP will not be available until this date.

2025-2026 INCOME GUIDELINES



<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$3,473
2	\$4,542
3	\$5,611
4	\$6,680



Due to Federal Funding cuts to HEAP, there is **NO Heating Repair & Replacement and Clean & Tune** program this year. Clients looking for assistance with furnace repair or replacement can call the DSS Temporary Assistance Unit at 315-379-2159 to discuss options.

Also due to funding cuts, there will be only 1 Emergency HEAP Benefit in 2026.

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.

****Note - The November Food Sense program flyer was not available at the time of publication. Please call The Community Development Program at 315-386-1102 for more information.**

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 will 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 closings to be announced on the following radio and television stations:

WNCQ/FM.WCIZ (102.9FM/98.7 FM); WPDM (1470 AM/99.3 FM); NORTH COUNTRY PUBLIC RADIO (89.5 FM); WMSA (1340AM); YESFM (96.7 FM); Channel 7 TV (WWNYTV); News 10 Now

The Importance of Veterans Day

Veterans Day, observed each year on November 11, is a time to honor the men and women who have served in the United States Armed Forces. It stands as a reminder of the courage, sacrifice, and dedication of those who have defended our nation's freedoms, often at great personal cost.

Originally known as Armistice Day, the holiday was established to commemorate the end of World War I in 1918. In 1954, it was renamed Veterans Day to recognize veterans of all wars. Unlike Memorial Day, which honors those who died in service, Veterans Day celebrates all who have served—living or deceased—acknowledging their vital role in protecting peace and democracy.

The importance of Veterans Day lies not only in remembrance but also in gratitude. It offers an opportunity for communities to come together, reflect on the meaning of service, and express appreciation to those who have worn the uniform. Schools, organizations, and individuals can use the day to educate younger generations about the value of duty, sacrifice, and patriotism.

By recognizing Veterans Day, we reaffirm our commitment to supporting veterans in their transition back to civilian life and ensuring they receive the respect, care, and opportunities they deserve. It is a day to honor the past, appreciate the present, and inspire future generations to uphold the ideals for which our veterans have served.

VETERANS DAY



HONORING ALL WHO SERVED ★

1. KEY FACTS



Date: November 11



First Observed: 1919
(as Armistice Day)



Renamed: 1954,
to include all U.S.
veterans

2. WHO WE HONOR



16+ million living
U.S. veterans



Representing Army,
Navy, Air Force,
Marines, Coast
Guard, and Space
Force

3. WHY IT MATTERS



Honors sacrifice
and service



Promotes patriotism
and unity



Educates future
generations

*A hero is someone who
has given his or her life
to something bigger than
oneself.*

—Joseph Campbell

4. HOW TO OBSERVE



Attend local
parades or ceremonies



Visit a veteran
memorial



Thank a veteran
personally



Support veteran-
owned businesses

Honoring Compassionate Care: November is National Hospice and Palliative Care Month

Each November, it is National Hospice and Palliative Care Month. This is a time to highlight the importance of comfort, dignity, and choice at the end of life. It's also a chance to clear up some common misunderstandings about what hospice and palliative care really are.

At Hospice of St. Lawrence Valley, we know dying is a natural part of life and firmly believe no one should face their end-of-life journey alone. We've provided compassionate end-of-life care since 1986.



Hospice care isn't just for the last few days of life. It's for anyone with a life-limiting illness who chooses comfort over curative treatment. A hospice team is made up of nurses, aides, social workers, spiritual care providers, and volunteers. They all work together to support both the person who is dying and their family. The goal is simple, to make each day as comfortable and meaningful as possible.

Palliative care, what we call Advanced Illness Management (AIM), is similar but can begin much earlier in an illness. It helps people living with chronic conditions like heart disease, COPD, or cancer by managing symptoms and easing stress while they continue treatment. Our AIM providers visit patients right in their own homes to help them navigate these chronic conditions and improve quality of life.

This month, we invite you to learn more about how hospice and palliative care can help you or someone you love. Talking about death can be hard, but starting the conversation early can bring comfort and peace when it matters most.

For more information, call **Hospice of St. Lawrence Valley at 315-265-3105** or visit **www.hospiceslv.org**.

*Hospice of St. Lawrence Valley
Guiding each journey with compassion, comfort and care.*





OFFICE FOR THE AGING

IN HOME SERVICES FOR THE ELDERLY EISEP

NON-MEDICAL HOME CARE THAT ASSISTS PEOPLE 60 YEARS OF AGE OR OLDER, WHO ARE NOT RECEIVING HOME CARE SERVICES THROUGH ANOTHER GOVERNMENT PROGRAM, OR MEDICAID ELIGIBLE

AFTER AN IN-HOME EVALUATION, SERVICES MAY INCLUDE:

- ~ Bathing ~ Dressing ~ Toileting ~ Personal Hygiene
- ~ Grooming ~ Skin Care ~ Medicine Prompt
- ~ Ambulation ~ Transfer Assistance
- ~ Record Keeping ~ Record Keeping
- ~ Light Housekeeping ~ Meal Assistance ~ Laundry

CONTACT US

NY Connects
315-386-4730

Healthy No-Bake Pumpkin Cheesecake

Creamy, dreamy spiced no-bake pumpkin cheesecake with pecan graham cracker crust is the perfect healthy fall dessert. It's easy to make, perfect for serving in individual jars, and tastes amazing!

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/>



St. Lawrence County Office for the Aging:

<https://www.facebook.com/stlawrencecountyofficefortheaging>

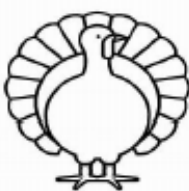


CRITICAL NEED FOR VOLUNTEERS

The Office for the Aging has a **critical need** for volunteers to help deliver meals! Nutrition Centers are open Monday - Friday from 7 am - 1 pm. Deliveries are between 10 am - 12 pm. **Mileage is reimbursed!**

If you have a couple of hours available per week or per month to help with this incredibly important program for older adults in St. Lawrence County, please contact: **Danielle Durant: (315) 386-4730** or **Email: ddurant@stlawco.gov**

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Swedish Meatballs</u> <u>over Noodles</u> Broccoli Warm Dinner Roll Pudding Cup Assorted Fruit	4 <u>Sweet & Sour</u> <u>Chicken over Rice</u> Oriental Vegetables Warm Banana Muffin Chilled Mixed Fruit *Election Day*	5 <u>Baked Ham with</u> <u>Country Gravy</u> Mashed Potatoes/Gravy Spinach Dinner Roll Homemade Dessert	6 <u>BBQ Beef on a Bun</u> Vegetable Medley Warm Spiced Pears Macaroni Salad Fruited Yogurt	7 <u>Pork / Mushroom</u> <u>Stew with Potatoes</u> Diced Beets Warm Buttermilk Biscuit Assorted Fruit Homemade Dessert
10 <u>Salisbury Steak</u> <u>w/Gravy</u> Mashed Potatoes Chuck Wagon Corn WW Bread Fresh Fruit	11 <u><i>Veteran's Day</i></u> <i>All Nutrition Centers</i> <i>Closed</i> <i>Use Frozen Meal</i>	12 <u>Chicken Alfredo</u> <u>over Pasta</u> Italian Medley Veg. Warm Garlic Knot Fruit Cup Homemade Dessert	13 <u>Pennsylvania Dutch</u> <u>Casserole</u> Sweet Peas Warm Cinnamon Applesauce Country Biscuit Fresh Fruit	14 <u>Spanish Rice</u> Broccoli with Cheese Sauce Warm Corn Muffin Fruit Cup Homemade Dessert
17 <u>Monterey Chicken</u> Au gratin potatoes California Blend Vegetables WW Bread Fresh Fruit	18 <u>Deluxe Burger on</u> <u>Bun</u> Mixed Vegetables Seasoned Potatoes Fruit Cup Assorted Yogurt	19 <u>Herb Encrusted</u> <u>Fish</u> Rice Pilaf Green Beans Assorted Muffin Assorted Fruit Birthday Cupcake!	20 <u>Turkey/Gravy over</u> <u>Stuffing</u> Mashed Potatoes Squash Dinner Roll Pumpkin Bars	21 <u>Shepard's Pie</u> Cauliflower Florets Cheesy Biscuit Fresh Fruit Pudding Cup
24 <u>Southern BBQ</u> <u>Chicken</u> Sweet Potatoes Brussel Sprouts Corn Muffin Mixed Fruit	25 <u>Saucy California Pork</u> Parslied Potatoes Peas and Carrots Dinner Roll Assorted Fresh Fruit	26 <u>Tuna Noodle</u> <u>Casserole</u> Zucchini and Stewed Tomatoes Warm Fruit Crisp WW Bread	27 <u><i>Happy</i></u> <u><i>Thanksgiving!</i></u> <i>All Nutrition Centers</i> <i>Closed.</i> <i>Use Frozen Meal</i>	28 <i>All Nutrition Centers</i> <i>Closed for Holiday.</i> <i>Use Frozen Meal</i>
<i>All Meals are served</i> <i>with 1% milk and ww</i> <i>bread or equivalent</i> <i>*Menu Follows a no</i> <i>salt added and low</i> <i>sugar diet.</i> <i>*If you have a Food</i> <i>Allergy, please notify</i> <i>our office</i>	<i>Note: If you need to</i> <i>cancel your meal or</i> <i>you will not be home to</i> <i>receive your meal,</i> <i>please call 24 hours in</i> <i>advance:</i> 315-386-4730	<u>MEAL</u> <u>CONSTITUTION</u> <i>Protein – 2oz min</i> <i>Vegetables – ½ - 1 cup</i> <i>Fruit – ½ - 1 cup</i> <i>Starch – 2oz minimum</i> <i>at least 1oz whole grain</i> <i>Dairy – 1 cup</i>		<i>Do you have any</i> <i>nutrition questions or</i> <i>need help with your</i> <i>diet? Contact the</i> <i>Registered Dietitian</i> <i>at 315-386-4730</i>

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTERS

Brasher- LBSH, 32 Church St. Lunch is at 11:30 am.
Canton- Canton Sr. Housing, 37 Riverside Drive. Lunch is at 11:00.
Gouverneur- GCC, 4673 SH 58. Lunch is at 11:00 am.
Morristown- Morristown Fire Hall, 200 Morris St. Lunch is at 11:00.
Potsdam- Midtown Apt., 28 Munson St. Lunch served at 11:00 am.

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

- 11/2 Daylight Savings Time Ends
- 11/3 SLC Board of Legislators Meeting; 6 pm, 48 Court Street
- 11/4 Election Day! 
- 11/11 Veterans Day; SLC Offices & Nutrition Centers are Closed.
- 11/17 OFA Advisory Council Meeting; 10 am
- 11/27 Thanksgiving - All County Offices & Nutrition Centers are Closed.
- 11/28 All County Offices & Nutrition Centers are Closed.



NC Chapter of StateWide Senior Action Council

Next Meeting: Thursday, November 6th at 11:00 am

Location: Lobster House, Norwood

New members welcome!

Contact Barb at (315) 261-2980

Office for the Aging Advisory Council Meeting

There will be a meeting of the Office for the Aging's **Advisory Council** on Monday, November 17th 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!

WINTER WITHOUT WALLS:

STAYING SOCIAL, STRONG, AND SMILING

Hi, I'm Jason Novak, and I have been serving as a Public Health Specialist with the St. Lawrence County Public Health Department since June 2024. When I'm not working to support our community's wellbeing, you'll find me soaking up the beauty of the St. Lawrence River at my family's camp in Alexandria Bay or exploring mountain trails with my two adventurous German Shepherds. I'm passionate about building healthier communities and making the most of every moment outdoors!



Stay connected and beat the winter blues with our Winter Isolation Prevention Workshop! Specially designed for seniors in St. Lawrence County, this engaging program will empower you with practical skills and fresh ideas to keep loneliness at bay during the colder months. You'll join a supportive group discussion, discover creative ways to stay socially and mentally active, and walk away with new energy for the season.

TAKE AWAY'S

- ✓ Knowledge about Isolation Prevention
- ✓ Meaningful Group Discussion
- ✓ Resource Folder
- ✓ Action Plan for this Winter
- ✓ Winter Bucket List

Let's team up to make this winter a time of connection, growth, and memorable experiences!

Request a Workshop



JNovak@stlawco.gov



315-229-3433

