



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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Community Living, NYS
Office for the Aging and
St. Lawrence County



Mature Living



September 2026



Please join us for the **Senior Fall Festival** on Thursday, September 17th! The event will feature free bingo, a turkey dinner and musical entertainment! It will be a fun filled day. Lunch tickets must be reserved by September 10th. There will be no tickets available at the door.

We do anticipate this event will fill up quickly, so don't delay in reserving your lunch tickets. Seating inside the venue is limited to 130 and is first come, first served. If you want to sit inside, you should arrive at registration time. The outdoor deck, pavilion and tent area can seat around 200. We hope to see you there! Please call 315-386-4730 to reserve your lunch ticket!

SENIOR FALL FESTIVAL

ST. LAWRENCE COUNTY OFFICE FOR THE AGING
& COUNTY COUNCIL OF SENIOR CITIZENS

THURSDAY, SEPTEMBER 17TH

GOUVERNEUR COMMUNITY CENTER: 4673 SH 58

9:00 AM: REGISTRATION / DOOR PRIZES & RAFFLES SIGN UP
(COFFEE/DONUTS FOR SALE BY COUNTY COUNCIL OF SENIOR CITIZENS)

9:30 AM: FREE BINGO (BRING YOUR OWN DAUBERS)

11:30 AM: LUNCH: FULL TURKEY DINNER WITH DESSERT

12:15 PM - 1:45 PM: MUSICAL ENTERTAINMENT BY STEELIN' COUNTRY
(OUTDOOR PAVILLION)

LUNCH TICKETS MUST BE RESERVED IN ADVANCE

CALL (315) 386-4730 / RSVP BY SEPTEMBER 10TH!

SUGGESTED LUNCH CONTRIBUTION FOR 60 & UP: \$3.00
GUEST FEE (UNDER 60): \$8.00

***NO LUNCH TICKETS OR TAKE OUT MEALS WILL BE AVAILABLE AT THE REGISTRATION TABLE**

BINGO-FOOD-MUSIC-FUN!
DOOR PRIZES & RAFFLES

Medicare Open Enrollment & Medicare Basics



Upcoming Events:

Canton Human Services Building, Wednesday, October 7th at 10:00am
80 State Highway 310, Canton, 2nd Floor Conference Room

Brasher Badenhousan Library, Wednesday, October 7th at 6:00pm
4 Main St, Brasher Falls

Canton Human Services Building, Thursday, October 8th at 2:00pm
80 State Highway 310, Canton, 2nd Floor Conference Room

Ogdensburg Public Library, Wednesday, October 14th at 6:00pm
312 Washington St, Ogdensburg

Canton Human Services Building, Thursday, October 15th at 5:30pm
80 State Highway 310, Canton, 2nd Floor Conference Room



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

Medicare Open Enrollment:

Oct. 15 - Dec. 7th

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 do 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 high call volume, it may take several days 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.

MEDICARE HEALTH INSURANCE	
Name/Nombre	JOHN L SMITH
Medicare Number/Numero de Medicare	1EG4-TE5-MK72
Enrolled to/Con derecho a	HOSPITAL (PART A)
Coverage starts/Cobertura empieza	03-01-2016
	MEDICAL (PART B)
	03-01-2016

Medicare Open Enrollment starts October 15th. Navigating the Medicare process can be challenging and confusing. We are here to help!

This year we are offering **5 Public Medicare Basics & Open Enrollment Presentations** in the Community to help answer your questions! As we only have 1 Medicare Counselor, it can be difficult to schedule a one-on-one meeting during Open Enrollment with over 28,000 older adults in our County! **Please take advantage of this great opportunity to learn more about Medicare and how to make informed choices about your health insurance options!**



In collaboration with St. Lawrence County Office for the Aging
and Cornell Cooperative Extension



Bingo + Exercise = BINGOsize

A fun **10-week** health promotion program that combines
the game of bingo with **inclusive exercises for
everyone!**

**Every *Monday & Wednesday
September 28th - December 7th
No sessions on observed holidays
at 2:30pm**

**Madrid Hepburn Library
Community Room
11 Church St.,
Madrid, NY 13660**

**Registration is limited AND required.
Call 315-386-4730 and ask for Barbara
to register.**



**Cornell Cooperative Extension
St. Lawrence County**

Free prizes and lots of smiles!



CORNELL COOPERATIVE EXTENSION IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR PROVIDING EQUAL PROGRAM AND
EMPLOYMENT OPPORTUNITIES IN ACCORDANCE WITH APPLICABLE LAWS
PLEASE CONTACT THE CORNELL COOPERATIVE EXTENSION OF ST. LAWRENCE COUNTY OFFICE IF YOU REQUIRE ACCOMMODATIONS.

**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 for YOU.

THE CLASS WILL COVER:

- Phone Basics
- Phone security discussion
- Scanning a QR Code



WHY ATTEND?

- 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

Monday, September 14, 2026 @ 10:00am

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.

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

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Navigating Grief Together



**Hospice
of St. Lawrence Valley**

**FREE 5-week
grief support group
for adults grieving
any type of loss.**

When:

**Wednesdays
September 2, 9,
16, 23, 30**

4:00-5:00 pm

Where:

**Massena Community Center
61 Beach Street
Massena, New York 13662**

**For more information call
315-265-3105**



SEPTEMBER FOOD SENSE

September Package (\$20.50):

- Meatballs, 1 lb
- Chicken Breast, 1.5 lb avg
- Fish Sticks, 1 lb
- Italian Sausage, 1 lb
- Pasta Sauce, 24 oz
- Italian Vegetable Blend, 1 lb
- Green Beans, 1 lb
- Spaghetti, 1 lb
- Mandarin Oranges, 11 oz
- Pears, 15 oz
- Fresh Produce #1
- Fresh Produce #2

September Package (\$20.50):

Orders are accepted at the following locations:

- Potsdam NC: 315-265-3920
- Canton NC: 315-386-3541
- Parishville NC: 315-244-0069
- Gouverneur NC: 315-287-3370
- Massena NC: 315-764-0050

Online at: foodsense.foodbankny.org

Other ordering locations include:

- Heuvelton: 315-528-4680 or 315-414-1934
- Ogdensburg: 315-393-2510
- Hammond: 315-528-9067

*These locations are not associated with the Potsdam Neighborhood Center, and we are unable to provide further information.

September Specials:

- Pork Tenderloin**, 1.65lbs avg for \$5.50: All-natural and vacuum sealed.
- Smash Burger Patties**, 2lbs for \$12.50: 8 - 4oz patties made of 100% beef.
- Waffle Cut Fries**, 4lbs for \$5: Oven- or air-fryer-ready.
- Chicken Wings**, 5lbs for \$9.50: Individually quick-frozen, ready for the air fryer or grill.
- American Cheese**, 5lbs for \$12.50: Sliced. NOT individually wrapped.
- Breaded Shrimp**, 3lbs for \$14: Shrimp are butterflied, breaded, and 21-25/lb.

Payment is due at time of order.
Please make checks payable to: **Potsdam Neighborhood Center**

**Orders due: 9/11
Pick-up: 9/24**

Food Sense Program

The Food Sense Program is a fantastic option to help stock up your pantry and refrigerator at a low cost.

There are no income limits for this program. It is open to anyone. If you do have SNAP benefits, you can use your card for payment!



Milk Safety & Freshness Guidelines

Milk Freshness and Storage

How long is milk good after the Sell-By date?

Milk can typically remain fresh for 5–7 days after the "Sell-By" date if it has been properly refrigerated at or below 40°F. The "Sell-By" date is intended for retailers and is not a safety date. Always use your senses—smell, appearance, and taste—to determine whether milk is still fresh.

Does opened milk spoil faster?

Yes. Once opened, milk is exposed to bacteria from the surrounding environment, which can speed up spoilage.

What is the temperature danger zone for milk?

Milk should be kept refrigerated at or below 40°F. When milk is exposed to temperatures between 40°F and 140°F, bacteria can grow rapidly. Milk should not be left out at room temperature for more than two hours, or one hour when temperatures exceed 90°F.

Understanding Product Dates

- **Sell-By Date:** Tells the store how long to display the product for sale. It is not a safety date.
- **Best If Used By (or Before) Date:** Indicates when the product will be at its best flavor or quality. It is not a safety date.
- **Use-By Date:** The last date recommended by the manufacturer for peak quality.
- **Closed or Coded Dates:** Used by manufacturers for tracking and inventory purposes.

References

- U.S. Dairy. *How Long Is Milk Good After the Sell-By Date?* Available at: <https://www.usdairy.com> United States Department of Agriculture (USDA),
- Food Safety and Inspection Service. *Food Product Dating and Food Safety Information.* Available at: <https://www.fsis.usda.gov>

What you need to know about Medicare Open Enrollment

St. Lawrence Office for the Aging

(315) 386-4730

Medicare Annual Open Enrollment is from October 15th - December 7th

Medicare Open Enrollment is an opportunity to review your current Medicare Coverage and make choices about what healthcare coverage is best for you for 2027.

If you are already enrolled in an Advantage Plan, you can also make changes from January 1st - March 31st.

Do you have to make changes to your current plan?

If you are happy with your current plan **and** the plan is still available in 2027, you **do not** need to do anything, the plan will continue.

You will receive an **Annual Notice of Changes** (by mail or email) from your current plan. This notice will inform you of any changes for 2027. ***This information is very important, so take time to look it over and find out how the changes will affect you.*** If you do not receive this, call your plan and request one.

Think about your healthcare needs for 2027

Will you need to see a new doctor next year?
Is the doctor in your plan's network?
Do you have upcoming procedures?
What will you have to pay for the procedure?

Look at Medicare.gov

You can visit www.medicare.gov. This website provides information about Advantage Plans and Medicare D (Drug) Plans. You are able to compare drug costs and look at Advantage Plan's copays and coinsurance costs.

Attend an Open Enrollment event offered by the Office for the Aging

See the scheduled events on the flip side of this handout.

Ask questions by calling:

- The number on the back of your insurance card.
- Medicare at 1-800-633-4227
- Your insurance broker, if you have been working with one.
- Office for the Aging (315) 386-4730

On the back there is information comparing the different options and their costs.

This project was supported, in part by grant number 90SAPG0105, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Recipe Corner ... **Hearty Tomato Soup with Beans & Greens**

Garlicky kale and creamy white beans elevate simple canned tomato soup into a 10-minute lunch or dinner that really satisfies

Ingredients: 2 (14 ounce) cans low-sodium hearty-style tomato soup, 1 TBSP olive oil, 3 cups chopped kale, 1 TSP minced garlic, 1/8 TSP crushed red pepper (Optional), 1 (14 ounce) can no-salt-added cannellini beans (rinsed), 1/4 cup grated Parmesan cheese

Preparation: Heat soup in a medium saucepan according to package directions; simmer over low heat as you prepare kale. Heat oil in a large skillet over medium heat. Add kale and cook, stirring, until wilted, 1-2 minutes. Stir in garlic and crushed red pepper (if using) and cook for 30 seconds. Stir the greens and beans into the soup and simmer until the beans are heated through, 2-3 minutes. Divide the soup among 4 bowls. Serve topped with Parmesan.



Nutrition Facts:

Amount per serving: Calories: 200 kcal; Fat: 5.8 g; Carbs: 29 g; Protein: 8.6 g; Cholesterol: 3.6 mg; Sodium: 354.9 mg.

Source: [Hearty Tomato Soup with Beans & Greens Recipe | EatingWell](https://www.eatingwell.com/recipes/hearty-tomato-soup-with-beans-and-greens-recipe/)

ST. LAWRENCE COUNTY
OFFICE FOR THE AGING

**CAREGIVER
SUPPORT
GROUP**

Caregiving for a loved one is a tough job! If you are 60+ and a Caregiver, please join this wonderful peer support group.

New members welcome anytime!

**2ND
TUESDAY
OF THE
MONTH
10:00 AM**

**HUMAN SERVICES
BUILDING**
80 St. Hwy. 310, Canton
2nd Floor
Conference Room

Call Barbara to Register:
(315) 386-4730

<https://stlawco.gov/Departments/OfficefortheAging>

There will be an Advisory Council Meeting on Monday, September 14th at 10 am. The meeting is held at the HSC—80 SH 310, Canton, 2nd Floor Conference Room. The public is welcome!



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

If you or someone you know 60+ has been a victim of fraud, call the National Elder Fraud Hotline



**NATIONAL ELDER
FRAUD HOTLINE**
1-833-FRAUD-11
1-833-372-8311



SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>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</i>	1 <u>Sweet & Sour Pork Over Rice</u> Oriental Vegetables Warm Blushed Pears Dinner Roll Pudding Cup	2 <u>Homestyle Meatloaf w/Gravy</u> Chuck Wagon Corn Mashed Pot./Gravy Dinner Roll Homemade Dessert	3 <u>Baked Ham with Raisin Sauce</u> Brussel Sprouts Au gratin Potatoes Assorted Muffin Fresh Fruit	4 <u>Meat & Cheese Subs</u> Lettuce/Tomatoes Creamy Cucumber Ranch Pasta Salad Fruit Cup Homemade Dessert
7 Happy Labor Day! <i>All Nutrition Centers Closed.</i> <i>Use Frozen Meal.</i>	8 <u>Pizza Pie Casserole</u> Italian Style Green Beans Warm Garlic Knot Assorted Fruit Yogurt Cup	9 <u><i>Chef's Choice</i></u>	10 <u>Chicken & Biscuits</u> Buttered Potatoes Harvard Beets Fresh Fruit	11 <u>Egg Salad over Greens</u> Pea & Cheese Salad Marinated tomatoes WW Bread Homemade Dessert
14 <u>Cheeseburger Deluxe</u> Mixed Vegetables Potato Wedges Pudding Cup	15 <i>All Nutrition Centers Closed for Staff Meeting/Training.</i> <i>Use Frozen Meal</i>	16 <u>Creole Chicken over Rice</u> Parslied Cauliflower Dinner Roll Happy Birthday Cake!!!	17 <u><i>Chef's Choice</i></u>	18 <u>Tuna Boats</u> Pineapple Coleslaw Lettuce/Tomato Potato Chips Fruit Cup Homemade Dessert
21 <u>Monterey Chicken Pasta Bake</u> Mixed Vegetables Warm Garlic Knot Yogurt Cup	22 <u>BBQ Riblet on Roll</u> Peas and Carrots Macaroni & Cheese Assorted Fruit Homemade Dessert	23 <u><i>Chef's Choice</i></u>	24 <u>Swedish Meatballs over Noodles</u> Buttered Broccoli Warm Dinner Roll Pudding Cup Fresh Fruit	25 <u>Herb Encrusted Fish</u> Rice Pilaf Honey Glazed Carrots Assorted Muffin Homemade Dessert
28 <u>Mexican Casserole</u> Spicy Beans and Rice Spinach Assorted Fruit Homemade Cookie	29 <u>Pork & Mushroom Stew with Potatoes</u> Diced Beets Buttermilk Biscuit Assorted Fruit	30 <u>Chicken</u> <u>Pasta Alfredo</u> Italian Medley Veg. Warm Garlic Knot Homemade Dessert	<i>All Meals are served with milk and WW bread or equivalent</i> <i>*Menu Follows a no salt added and low sugar diet.</i>	
				MEAL CONSTITUTION Protein – 2oz min Vegetables – ½ - 1 cup Fruit – ½ - 1 cup Starch – 2oz minimum at least 1oz whole gm Dairy – 1 cup

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)

September Calendar

- 9/7 Labor Day; All County Offices and Nutrition Centers are closed.
- 9/14 Advisory Council Meeting: HSC @ 10 am
- 9/14 SLC Board of Legislators' Meeting: 6 pm @ 48 Court Street, Canton
- 9/17 Senior Fall Festival: Gouverneur Community Center
- 9/22 First Day of Autumn



NC Chapter of StateWide Senior Action Council

**Next Meeting: September 3rd
11:00 am**

**Contact Mary Jane at
315-723-0819**

**Meeting Location: Best Western
Golf Lounge**

County Council of Senior Citizens

Next Meeting: Fall Festival

REMINDER — If you received Farmers Market Coupons, don't forget to redeem them prior to September 30th! Each year, over 1/2 off all the coupons distributed in our County **are not redeemed!** This could impact the amount of booklets we receive next year, so please make sure to use them. Thank you!