



# MATURE LIVING

St. Lawrence County Office for the Aging  
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Telephone (315) 386-4730  
Office Hours are 9 a.m. – 5 p.m., Monday - Friday

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November

2009

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## IMPORTANT NOVEMBER DATES

Sunday, November 1	Daylight Savings Time Ends Turn Clocks Back One Hour
Tuesday, November 3	Election Day – VOTE County Offices & Food & Friendship Centers Closed
Wednesday, November 11	Veteran's Day County Offices & Food & Friendship Centers Closed
Thursday, November 26	Thanksgiving
Friday, November 27	County Offices & Food & Friendship Center Closed Thanksgiving Day and the day after

**EXERCISE YOUR RIGHT AS AN American AND VOTE ON NOVEMBER 3<sup>RD</sup>**

## SOCIAL SECURITY RETIREMENT QUESTIONS

### Question:

How much can I earn and still get Social Security retirement benefits?

### Answer:

Starting with the month you reach your full retirement age, you will get your full benefits with no limit on your earnings. Social Security uses the formulas below, based on your age, to determine how much your benefit may be reduced:

- **If you are under your full retirement age:** when you start getting your Social Security payments, \$1 in benefits will be deducted for each \$2 you earn above the annual limit. For 2009, the limit is \$14,160. The earliest age you can receive Social Security retirement benefits remains 62, even though the full retirement age is rising.
- **In the year you reach your full retirement age:** \$1 in benefits will be deducted for each \$3 you earn above a different limit, but only counting earnings before the month you reach full retirement age. For 2009, this limit is \$37,680.

Keep in mind that although your benefits may be reduced due to earnings, you may receive a higher benefit later. After you reach full retirement age, we will recalculate your benefit amount to give you credit for any months in which you did not receive a benefit because of your earnings. In addition, as long as you continue to work and receive benefits, we will check your record every year to see whether the additional earnings will increase your monthly benefit. Find out your full retirement age at [www.socialsecurity.gov/pubs/ageincrease.htm](http://www.socialsecurity.gov/pubs/ageincrease.htm). Learn more by reading their publication, *How Work Affects Your Benefits*, at [www.socialsecurity.gov/pubs/10069.html](http://www.socialsecurity.gov/pubs/10069.html).

**Question:**

Do I have to pay income tax on my Social Security benefits?

**Answer:**

You will have to pay federal taxes on your benefits if you file an individual federal tax return and your total income is more than \$25,000. If you file a joint return, you will have to pay taxes if you and your spouse have a total income that is more than \$32,000. For more information, call the Internal Revenue Service (IRS) toll-free at 1-800-829-3676 (TTY 1-800-829-4059) and ask for IRS Publication 915, *Social Security and Equivalent Railroad Retirement Benefits*, available online at [www.irs.gov/publications/p915/index.html](http://www.irs.gov/publications/p915/index.html).

## LET'S TALK TURKEY- A CONSUMER GUIDE TO SAFELY ROASTING A TURKEY

**Fresh or Frozen?****Fresh Turkeys**

- Allow 1 pound of turkey per person.
- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.
- **Do not buy fresh pre-stuffed turkeys.** If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

**Frozen Turkeys**

- Allow 1 pound of turkey per person.
- Keep frozen until you're ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.
- See "Thawing your Turkey" for thawing instructions.

**Frozen Pre-Stuffed Turkeys**

- USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.
- **DO NOT THAW** before cooking. Cook from the frozen state. Follow package directions for proper handling and cooking.
- Allow 1 ¼ pounds of turkey per person.

**Thawing Your Turkey**

There are three ways to thaw your turkey safely-in the refrigerator, in cold water, or in the microwave oven.

In the Refrigerator (40 degree or below)  
Allow approximately 24 hours for every 4 to 5 pounds

4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days



Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

In Cold Water	
Allow approximately 30 minutes per pound	
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

Wrap your turkey securely; making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

### **In the Microwave Oven**

- Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound, and power level to use for thawing.
- Remove all outside wrapping.
- Place on a microwave-safe dish to catch any juices that may leak.
- Cook your turkey immediately. Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

**REMINDER: Remove the giblets from the turkey cavities after thawing. Cook separately.**

### **Roasting Your Turkey**

- Set your oven temperature no lower than 325 degree Fahrenheit.
- Place your turkey or turkey breast on a rack in a shallow roasting pan.
- For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165 degree Fahrenheit.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 degree Fahrenheit.
- A whole turkey is safe when cooked to a minimum internal temperature of 165 degree Fahrenheit as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.
- If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165 degree Fahrenheit for safety.
- For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.
- Remove all stuffing from the turkey cavities.

## Timetables for Turkey Roasting

(325 degree Fahrenheit oven temperature)

Use the timetables below to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

Unstuffed	
4 to 8 pounds (breast)	1 ½ to 3 ¼ hours
Stuffed	
4 to 6 pounds (breast)	Not usually applicable
6 to 8 pounds (breast)	2 ½ to 3 ½ hours
8 to 12 pounds	3 to 3 ½ hours
12 to 14 pounds	3 ½ to 4 hours
14 to 18 pounds	4 to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ¾ hours
20 to 24 pounds	4 ¾ to 5 ¼ hours

It is safe to cook a turkey from the frozen state. The cooking time will take **at least 50 percent longer** than recommended for a fully thawed turkey. Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork.

### Optional Cooking Hints

- Tuck wing tips under the shoulders of the bird for more even cooking. This is referred to as “akimbo.”
- Add ½ cup of water to the bottom of the pan.
- If your roasting pan does not have a lid, you may place a tent of heavy-duty aluminum foil over the turkey for the first 1 to 1 ½ hours. This allows for maximum heat circulation, keeps the turkey moist, and reduces oven splatter. To prevent overbrowning, foil may also be placed over the turkey after it reaches the desired color.
- If using an oven-proof food thermometer, place it in the turkey at the start of the cooking cycle. It will allow you to check the internal temperature of the turkey while it is cooking. For turkey breasts, place thermometer in the thickest part. For whole turkeys, place in the thickest part of the inner thigh. Once the thigh has reached 165 degree Fahrenheit, check the wing and the thickest part of the breast to ensure the turkey has reached a safe minimum internal temperature of 165 degree Fahrenheit throughout the product.
- If using an oven cooking bag, follow the manufacturer’s guidelines on the package.

**REMEMBER! Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with soap and water.**

For information on other methods for cooking a turkey, call the USDA Meat and Poultry Hotline, 1-888-MPHotline (1-888-674-6854) TTY: 1-800-256-7072 [www.fsis.usda.gov](http://www.fsis.usda.gov)

### Storing Your Leftovers

- Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 degree Fahrenheit.
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
- Use refrigerated turkey and stuffing within 3 to 4 days. Use gravy within 1 to 2 days.
- If freezing leftovers, use within 2 to 6 months for best quality.

## Reheating Your Turkey

Cooked turkey may be eaten cold or reheated.

### In the Oven

- Set the oven temperature no lower than 325 degree Fahrenheit.
- Reheat turkey to an internal temperature of 165 degree Fahrenheit. Use a food thermometer to check the internal temperature.
- To keep the turkey moist, add a little broth or water and cover.

### In the Microwave Oven

- Cover your food and rotate it for even heating. Allow standing time.
- Check the internal temperature of your food with a food thermometer to make sure it reaches 165 degree Fahrenheit.
- Consult your microwave oven owner's manual for recommended times and power levels.

*From: USDA Food Safety and Inspection Service*



## A THANKSGIVING DAY PRAYER

LORD, we humbly ask thy blessing on the turkey and the dressing, on the yams and cranberry jelly, on the pickles from the deli.

Bless the apple pie and tea, bless each and every calorie. Let us enjoy Thanksgiving dinner, tomorrow we can all get thinner.

For all Thy help along the way, we're thankful this Thanksgiving Day. We're thankful, too, for all our dear ones, for all the far away and near ones.

Although we may be far apart, we're together in my heart. Keep us in Thy loving care, this is my Thanksgiving prayer.

P.S. Anyone who wishes may help with the dishes.

*Source: Father Flanagan's Boy's Town*

## SUGGESTED MEAL CONTRIBUTION INCREASE

Voluntary contributions are an important part of supporting Office for the Aging service delivery. As you may know, we are required by State and Federal regulations to inform you of the opportunity to contribute to the cost of the services you receive. These contributions are voluntary; no one is denied a meal or service because they are unable to contribute. Any contributions you make must be used to support and expand nutrition services.

The suggested contribution for meals for those 60 and older has been \$2.25/meal for nine years. During that time, the cost of food, supplies, and meal preparation and delivery have steadily increased. The current cost to produce a meal is \$8.48. Therefore, **the suggested contribution is being increased to \$3.00/meal effective January 1st, 2010.** Remember that any donation amount is appreciated and no one will be denied service if unable to contribute.

Thank you for your understanding and support. As always, feel free to call us at 315-386-4730 if you have any questions or suggestions for the Nutrition Program.

## TO SERVE YOU BETTER...OFA APPOINTMENTS AVAILABLE!

When you have a question you'd like to discuss with someone face-to-face, please call ahead for an appointment. If you let us know you're coming, we can be sure someone is available to help you. It also gives you the opportunity to know what information you need to gather and bring with you so you won't have to come back. Call 315-386-4730 to let us know you'd like an appointment. Office hours are 9 a.m. – 5 p.m., Monday – Friday.

## VETERANS DAY HAS ARRIVED FOR THE 2009 YEAR

As usual, many communities and veterans organizations, will observe (that's right observed, not celebrate-this is not a time for celebration) this day of respect and remembrance of our Veteran's population. It is normally observed on the 11<sup>th</sup> day of the 11<sup>th</sup> month at the 11<sup>th</sup> hour and 11<sup>th</sup> minute, annually. This precise date and time was selected for this observance as a reminder of our First World War (commonly called the Great War) and the date and time was selected based on the date and time the Armistice was signed ending that horrendous period.

This actually was a modification of the original Remembrance Day established post the Civil War of the 1860's in the United States.

The unfortunate part of this observance is that it occurs annual even while we continue to experience issues on a World Wide scale that perpetuate continued dissent and conflict.



I would hope that you continue your observance of the "Remembrance Day", in honor of our veterans and reflect on the new generation of veterans being created as I write and you read this monograph.

*By: Patrick Rourk, SLC Veterans Service Department*

## RANDOM ACTS OF KINDNESS WEEK: NOVEMBER 11-17

Molly Steward, President of The Random Acts of Kindness Foundation recently wrote:

We are often faced with the comparison between random acts of violence and random acts of kindness. People dispute the concept of trying to use kindness to alter the course of the fearful future we seem to be facing-especially with violence of this magnitude - of trying to use kindness to alter the course of the fearful future we seem to be facing - wondering how an act of kindness can wield any real power or influence in a world where active terrorists assault the serenity of the average citizen.

Whether you stand on the side that cries out "hunt down and punish them" or with the folks who fear the escalation of injury and death through retaliation, the contrast is meaning less as we contemplate how to make the concept of kindness relevant in heart-numbing situations like this.

Even in our suffering, aloneness is chased back by someone reaching out with a gift of kindness: a visit, meal, a briefly held hand. And our own reaching out, from our own darkness, is the first unfurling of the bud of hope that gives us the opportunity to regain our power to go on into the future.

So whether you want a declaration of war to pursue these terrorists or you dream about the end of the battles, say hello to someone on the street, offer to help someone who you see needs a hand, and listen. There is room for kindness even in the face of the most random and incomprehensible violence.

Remember kindness doesn't have to cost a thing, and can be dispensed to strangers, as well as friends and family. It won't hurt to try it!

## 2009 H1N1 INFLUENZA VACCINE AND SENIORS

### **Why aren't people 65 and older recommended to get early doses of 2009 H1N1 vaccine?**

There are two main reasons why people age 65 and older are not included in the groups recommended to get the initial doses of 2009 H1N1 vaccine:

1. People age 65 and older are least likely to get sick with this virus, and,
2. There will be limited amounts of vaccine available at first, so the first doses are recommended to go to those who are most likely to get infected and become very ill.

There has been very little 2009 H1N1 illness in people 65 and older since the 2009 H1N1 virus emerged. This has been true both in the United States and in the Southern Hemisphere during their flu season. Studies of who is most likely to be infected with 2009 H1N1 show that people 65 and older are the **least likely** to get sick with this virus. Laboratory tests on blood samples indicate that older people likely have some pre-existing immunity to the 2009 H1N1 flu virus.

Because there has been so little 2009 H1N1 illness in people 65 and older, the Advisory Committee on Immunization Practices (ACIP) recommended that CDC and immunization programs focus on getting the first doses of 2009 H1N1 vaccine to those people who are more likely to get infected with the 2009 H1N1 flu virus. This includes all children and young adults 6 months through 24 years old, pregnant women, and adults 25 through 64 years of age who have health conditions associated with higher risk of medical complications from flu. **In addition, the 2009 H1N1 vaccine is prioritized for** people who live with or care for children younger than 6 months of age and health care and emergency medical services personnel with direct patient contact. Persons 65 and older are a high priority for seasonal vaccine, just as they have been in past years. Please visit <http://www.cdc.gov/h1n1flu/vaccination/acip.htm> to see a summary of ACIP's 2009 H1N1 vaccine recommendations.

### **Will people age 65 years and older be able to get the 2009 H1N1 vaccine this season?**

Yes. The U.S. government has purchased 250 million doses of 2009 H1N1 vaccine, so anyone who wants to get the vaccine will have the opportunity to do so. While people 65 and older are not included in the groups recommended to get the earliest doses of vaccine, they can get the 2009 H1N1 influenza vaccine as soon as the high risk groups have had the opportunity to be vaccinated. Some communities and providers will offer the 2009 H1N1 vaccine to people 65 and over sooner than others; depending on how quickly they meet the needs of the initial prioritized populations. While the early doses of 2009 H1N1 vaccine are being given to those in high risk groups, CDC's priority for people 65 and older is to have them get their seasonal flu vaccine first, and to seek medical advice quickly if they develop flu-like symptoms this season. This will determine whether they need medical evaluation and possible treatment with antiviral medications.

### **Should people age 65 and older get the regular flu vaccine this year?**

Yes. CDC's priority for people 65 and older is to have them get their regular, or "seasonal," flu vaccine as soon as possible while we are waiting for more doses of the 2009 H1N1 vaccine. Seasonal flu viruses are expected to circulate along with 2009 H1N1 viruses this season. People age 65 and older are at increased risk for complications from seasonal influenza compared to younger people and are recommended for annual seasonal flu vaccines. This year is no exception.

## What should people age 65 and older do if they feel like they have the flu?

People age 65 and older should seek medical advice quickly if they develop flu symptoms this season to see whether they might need medical evaluation and possible treatment with antiviral medications. People 65 and older are prioritized to get antiviral drugs if they become sick with the flu according to CDC's antiviral guidance this season.

## Why are people 65 and older prioritized for antiviral treatment if they get sick with the flu, but they are not in one of the early groups prioritized to get 2009 H1N1 vaccine?

People 65 and older are the least likely to be infected with 2009 H1N1 flu, but, if they become infected, they are more likely than people in some other groups to develop serious complications from their illness. That is why people 65 years and older are prioritized for treatment with antiviral drugs this season if they do become sick.

*From: Centers for Disease Control and Prevention*

## WIT AND WISDOM

Here are some thoughts for you to ponder.....They are Murphy's "other" Laws!

- Light travels faster than sound. This is why most people appear bright until you hear them speak!
- He who laughs last, thinks slowest!
- Change is inevitable, except from a vending machine!
- If the shoe fits, get another one just like it!
- The things that come to those who wait may be the things left by those who got there first!
- When you go into court, you are putting yourself in the hands of 12 people who weren't smart enough to get out of jury duty!
- The shin bone is a device for hitting furniture!
- Flashlight: A case for holding dead batteries!

*From: SUNY Canton NPSGN, Vol 5, 15.7*

## PUMPKIN CHEESE PIE

8 ounces cream cheese, reduced fat  
8 ounces cream cheese, nonfat  
2 eggs  
4 egg whites  
1 ¼ cups sugar  
1 can (29 ounces) pumpkin  
1 teaspoon ginger  
1 Tablespoon cinnamon  
2 – 9 inch graham cracker pie crusts



### Instructions:

1. Preheat oven to 350 degrees.
2. Place the cream cheese, eggs, and sugar in a large mixing bowl. Mix at medium speed until creamed. Add the remaining ingredients and mix at medium speed until ingredients are well mixed.
3. Spoon the mixture evenly in each pie crust and place both in the oven for approximately 50 minutes until pies look firm in the middle.