



**LEWIS**  
**COUNTY**  
NEW YORK  
**OFFICE FOR THE AGING**

# 2022

# Annual Report

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## Mission Statement

The mission of the Lewis County Office for the Aging is to promote the well-being of older adults in Lewis County through coordinated services that enhance independence, dignity, and quality of life.

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# 2022 in review...



Top, from left: Kurtis Dicob (Specialist), Vicki Meyer (Nutrition Program Coordinator), Lindsey Susice (Specialist), Chris Baker (Coordinator of Services), and Steve Virkler (Specialist).  
Bottom, from left: Adrienne Clark (Principal Account Clerk), Jane Fenton (Office Specialist), Crystal Collette (Director), Kaylee Rhodes (Administrative Assistant), and Shannon Frappier-Farney (Specialist).

Senior citizen. Elderly neighbor. These labels for our older community members call certain images to mind that are not always accurate or reflective of people over 60 years of age in our community. Older community members are generally seen and treated as helpless, unable to grasp new concepts and incapable of taking care of themselves. We may view them as passive recipients of public benefits and a drain on our society.

In actuality, 83 percent of US household wealth is held by people over 50. In Lewis County, Social Security recipients (age 65 and older) bring \$5,970,000 annually into our local economy. Hardly a drain on our system; people as they age are the foundation of small communities like ours.

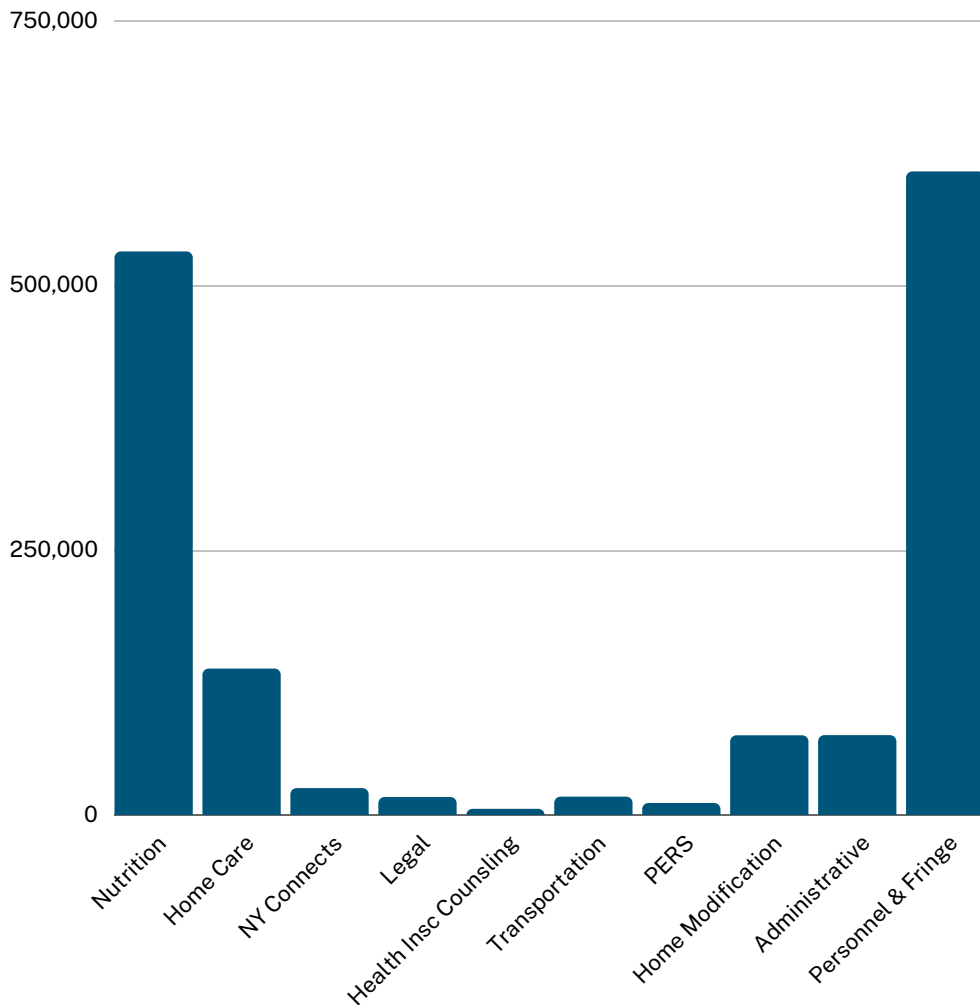
At the Lewis County Office for the Aging we are honored to provide an array of services and supports for a diverse group of older adults. Please enjoy this review of 2022 and stay tuned for innovation in the year ahead.

-Crystal Collette, Director

# Department Expenses

## Program

Nutrition	\$532,037
Home Care	\$138,024
NY Connects	\$25,139
Legal	\$16,726
Health Insc. Counseling	\$5,537
Transportation	\$17,055
Personal ER Response System	\$11,060
Home Modification	\$75,000
<b>TOTAL</b>	<b>\$824,833</b>
General Costs	\$75,147
Personnel & Fringe	\$607,645
<b>TOTAL EXPENSES</b>	<b>\$1,507,625</b>



# Support & Revenue

The Lewis County Office for the Aging revenue in 2022 was \$1,502,429.

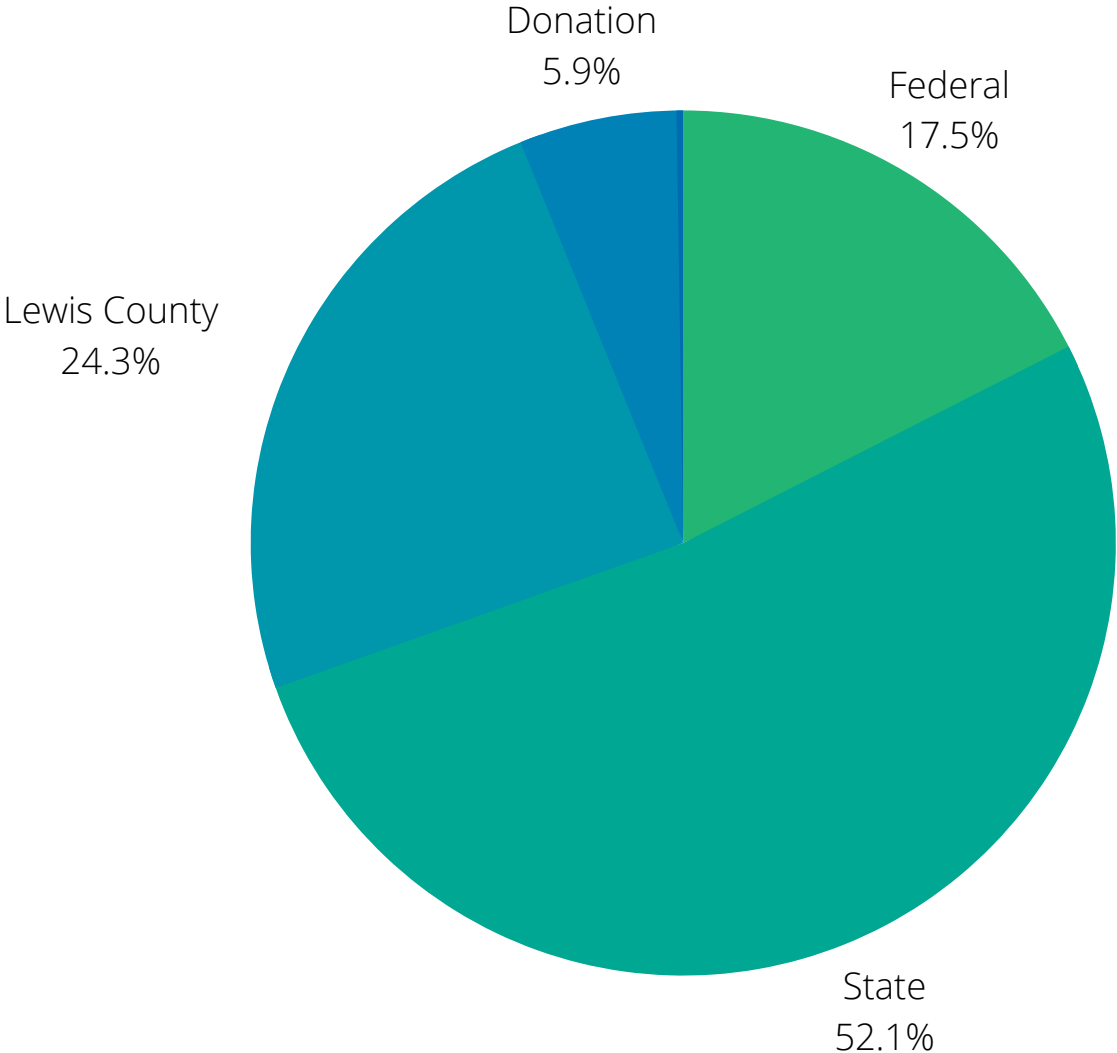
Federal \$262,873

State \$782,240

Lewis County \$365,086

Donations \$88,467

Client Fees (<1%) \$3,763



OUR

SERVICES

### **NUTRITION SERVICES**

This program provides home delivered meals to eligible individuals and community dining to anyone over the age of 60. For the past two years, an innovative evening meal comprised of local produce and meat has been offered in the Spring and Fall. All meals meet dietary requirements and are developed with analysis of a Registered Dietician (RD). Clients are also provided with ongoing nutrition education and have access to counseling with the RD.

### **HOME CARE SERVICES**

Services provided to eligible individuals (not Medicaid eligible) that have deficits in their activities of daily living.  
PC1- housekeeping, grocery shopping, meal preparation  
PC2- bathing, dressing, toileting, feeding

### **CAREGIVER SUPPORT & RESPITE**

This program provides caregivers the supports they need, including in home respite services. Caregivers are also provided resources on caregiving and emotional support to prevent burnout.

### **HEALTH PROMOTION & WELLNESS**

Program and ongoing education provided in a variety of settings to address the social determinates of health.





## **AGE IN PLACE HOME MODIFICATION PROGRAM**

The Age in Place Home Modification Program is a partnership with Lewis County Opportunities and provides assistance in obtaining and affording modifications to their home to assist in accessibility and safety. 15 homes received renovations in 2022.



**BEFORE**



**AFTER**

*home was painted by volunteers*

## **TRANSPORTATION**

This program provides transportation to medical appointments for individuals who do not have Medicaid or family or friends able to provide assistance.

## **NY CONNECTS**

NY Connects is the trusted place to go for free, unbiased information about long-term care services and supports in Lewis County for people of all ages or with any type of disability. Long-term services and supports include medical and non-medical services a person needs to improve or maintain health and independence and may be provided in a nursing home, the individual's home or other community-based settings.

## **HEALTH INSURANCE COUNSELING**

LCOFA provides free, confidential, and unbiased health insurance counseling services to all Medicare beneficiaries and their families as part of the Health Insurance Information, Counseling, and Assistance Program (HIICAP). HIICAP is a federally-funded program from the Centers for Medicare & Medicaid Services (CMS). The services provided by HIICAP are both free and unbiased.

## **RECREATION & SOCIAL EVENTS**

Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss. Social isolation significantly increases a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.

LCOFA offers events and opportunities for socialization that provide community members with the opportunity to make new social connections. LCOFA hosts an annual community picnic, a day out at the Lewis County Fair, and a Fall Fest. Bus trips, recreation at community dining, and education on community events are also very common.



**In December of 2022, 61 older adults attended a free bus trip to Destiny USA and Lights on the Lake.**

# NUTRITION

# 2022

47,996

*meals served*

872

*people served*

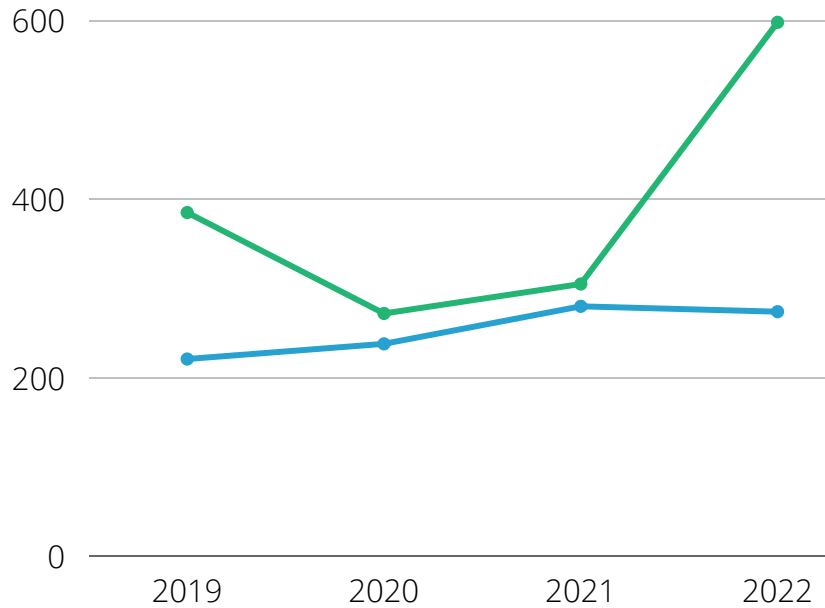
182

*hours of nutrition counseling*

## CLIENTS SERVED

Home Delivered

Community Dining



Did You Know?



LCOFA distributed Senior Farmers' Market Nutrition Program coupon booklets during the summer of 2022.

460 coupons were distributed with a value of \$20 each. As a direct result for these efforts, \$9,200.00 in fresh, local produce was obtained by older adults supporting their health and nutrition. And, supporting Lewis County farmers!

# HOME CARE

# 2022

5,616

hours of care

55

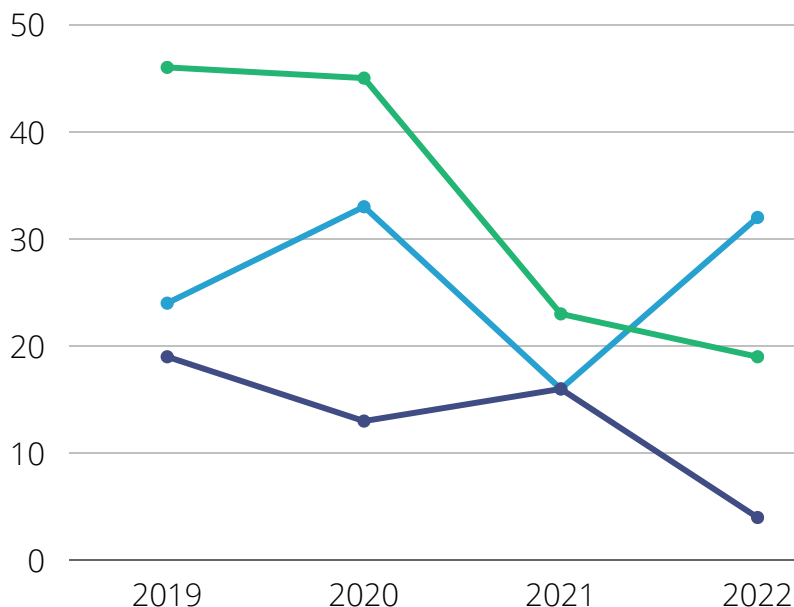
people served

## CLIENTS SERVED

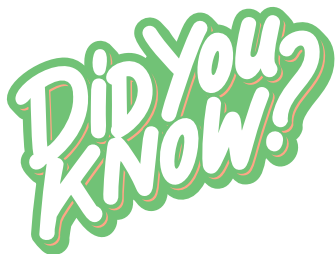
Housekeeping

Personal Care

Respite



The ability to provide needed home care services has been declining due to workforce challenges. People have been going unserved in Lewis County and across the state.



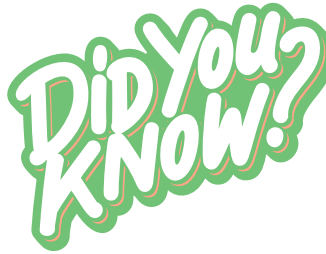
In 2023, thanks to the support of the Lewis County Board of Legislators, LCOFA will utilize a new payment and relationship structure with Caregivers (a home care agency that has an office in Watertown and Utica, home office in Buffalo). LCOFA will have two full time aides dedicated to our clients who are paid a higher hourly wage. The goal is to eliminate the waiting list for home care services.

## UNSPENT STATE FUNDS

2019	2020	2021	2022
\$18,182	\$34,715	\$76,573	\$60,848

# HEALTH PROMOTION & WELLNESS

# 2022



LCOFA offers Tai Chi for Arthritis, a walking group, and water aerobics in partnership with Double Play Community Center. Two LCOFA Specialists are training in a six week course called Chronic Disease Self-Management Program (CDSMP).

# 103

*people served*

# 12

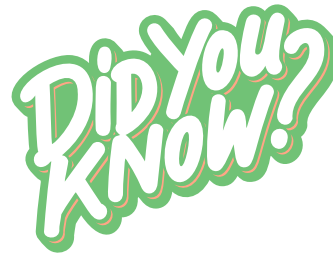
*classes offered*



# LEGAL SERVICES

# 57

*people served*



The most common service that our legal program provides is the completion of the power of attorney. Having a power of attorney in place is more important than ever to ensure long-term care and financial wishes are carried out.



# HEALTH INSURANCE COUNSELING

# 2022

*Did You Know?*

# 447

*people served*

# 253

*people seen during Open Enrollment by two trained staff members*

It is estimated that \$71,743.16 was saved by the older adults of Lewis County who participated in health insurance counseling during open enrollment 2022.



# TRANSPORTATION

# 89

*people served*

*Did You Know?*

VTC transported Lewis County older adults 120,472 miles to doctors appointments and grocery shopping in 2022.



**Volunteer  
Transportation  
Center, Inc.**

# NY CONNECTS

# 2022

## 1,178

*inquiries managed*

## 1,061

*referrals made*

## 259

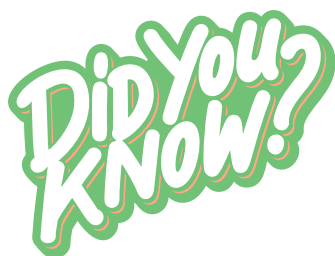
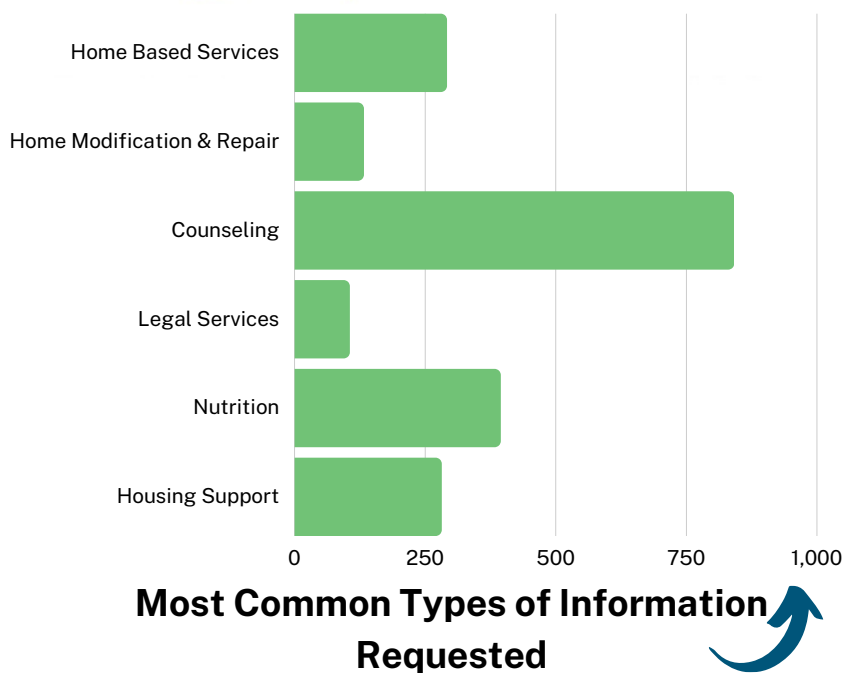
*follow up phone calls*

## 206

*caregivers served*



**NY Connects**  
Your Link to Long Term  
Services and Supports



NY Connects focuses on long-term care needs in our community. Long-term care is defined as ongoing care for persons in need of assistance in caring for themselves in areas such as:

- assistance with personal care (bathing, dressing, using the toilet)
- mobility and transferring
- support managing cognitive impairments
- maintaining social connections and emotional health

The NY Connects Long-Term Care Council is made up of individuals receiving services, caregivers, healthcare providers, community members, and many agencies that work together to problem solve. The Council assessed needs, identifies gaps in long-term care, and works to improve service delivery.