

APRIL-MAY-JUNE 2023



Older Americans Month ~ May 2023

Aging Unbound

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). In 2023, ACL has chosen the theme, Aging Unbound. With this theme, we will have the opportunity to explore an array of aging experiences without being boxed in by expectations and stereotypes.



AGING UNBOUND: MAY 2023

LCOFA will be discussing the positive aspects of growing older, why everyone has a role to play in combating ageism, and how we all benefit when older adults remain engaged, independent, and included in their communities. Throughout the month of May we will take a look at how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.

Older Americans Month will also bring a celebration of the volunteerism of the older adults in our community. Nationally, people over the age of 50 years contribute the majority of volunteering and philanthropy to nonprofits. In May, LCOFA will be announcing and celebrating the LCOFA Volunteer of the Year and the Randy Streeter Older Adult of the Year.



Like our facebook page at www.facebook.com/lewiscountyOFA

Follow the page for updates on Older Americans Month

Randy Streeter Older Adult of the Year Award

Each year, Lewis County Office for the Aging sponsors the Randy Streeter Older Adult of the Year Award. This award is named in honor of the founding director of Lewis County Office for the Aging, Randy Streeter, who held the position from 1974 to 1991. Randy served as a vocal advocate for all older adults with sincere and faithful dedication.

This prestigious award recognizes an individual who, out of the goodness of their heart, give their time and energy to the community through service and has made a difference in Lewis County. We are now accepting nominations through **April 21st, 2023**.

Nomination Guidelines:

1. Must be a Lewis County resident, age 60 and over.
2. The nominee is someone who serves as an example.
3. The individual has contributed to the overall betterment of the community.
4. The nominee has consistently devoted a significant amount of volunteer time to community service through local organizations, groups or through their independent actions that impact the community or older adults.

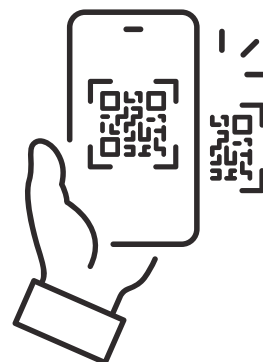
The recipient of this award will be recognized at this year's A Night with the Stars event that will be held on Saturday, May 20th, 2023 at Lowville Elks Club. They will be presented with a certificate of recognition and have his/her name engraved on a plaque located in the Lewis County Office for the Aging. The awardee will also be recognized by the New York State Office for the Aging at Older New Yorkers Day 2023 in November.

If you know someone who is worthy of a nomination, please complete the nomination form and allow the nominating committee the opportunity to review and consider them for the award.

To request a nomination form, please call our office at 315-376-5313 or visit our website to print one out. Please return nomination forms to Lewis County Office for the Aging, PO Box 93, Lowville, NY.

Please scan the QR code to print out the nomination form from a cell phone!

- Open up the camera app on your cell phone
- Aim the camera at the center of the box to the left
- You will see a yellow box pop up with a link
- Click on the link to be taken to the nomination form online!



Lewis County Office for the Aging Senior Picnic

Join us for a day of carnival fun including bingo, snow cones, popcorn, lunch, and more!

Saturday, June 17th 10:00 AM-2:00 PM

Lewis County Fairgrounds
Forest Park Pavilion

Must RSVP by Friday, June 9th



Lewis County Fair Healthy Aging Day Puzzle Contest

Preliminary Round

Friday, June 30th
3:30 PM Check-in
Food Truck Friday
Lewis County Fairgrounds

Championship Round

Thursday, July 20th
3:30 PM Check-in
Leroy Nicols Building
Healthy Aging Day @ the Fair

Entry fee of \$20.00 per team of four. Cash or Check due at preliminary round. Make checks payable to Lewis County Agricultural Society.

Please visit our website for a registration form



Medicare Spotlight

HIICAP, otherwise known as the Health Insurance Information Counseling and Assistance Program, offers free and unbiased advice on insurance options available to Medicare beneficiaries.

A Health Insurance Counselor at LCOFA can help you:

- Understand the Medicare prescription drug benefit (Medicare Part D) and how to select the best plan for you
- Understand low-income subsidy programs, including Extra Help and Medicare Savings Programs
- Find ways to pay for your medications or medical equipment
- Understand and apply for the Elderly Pharmaceutical Insurance Coverage (EPIC) program
- Choose between original Medicare and Medicare Advantage plans
- Understand Medicare rules and your medical bills Report possible Medicare fraud or abuse
- Provide information on how to appeal a decision by Medicare, your managed care provider or other health insurance company
- Discover ways to fill in Medicare's gaps in coverage
- Learn how to file a Medicare or Medigap complaint
- Learn about Medicare covered prevention and screenings that can identify health problems

To speak to a LCOFA Health Insurance Counselor call 315-376-5313

Helpful Contacts

Lewis County Office for the Aging 315-376-5313 www.lewiscounty.ny.gov

New York Connects 315-376-5432 www.nyconnects.ny.gov

Medicare 1-800-Medicare (1-800-633-4227) (available 24/7) www.medicare.gov

Social Security Administration 1-800-866-752-0643 www.ssa.gov

New York State Office for the Aging www.aging.ny.gov

New York State HIICAP Hotline 1-800-701-0501

New York State Senior Citizens' Hotline 1-800-342-9871

New York State Elderly Pharmaceutical Assistance Coverage (NYS EPIC)

1-800-332-3742 www.health.ny.gov/health_care/epic

New York State Department of Health www.health.ny.gov

New York State Department of Financial Services 1-800-342-3736 www.dfs.ny.gov

GOOD LUCK CRYSTAL!

With both sadness and gratitude, I must announce that I am departing the Lewis County Office for the Aging for a new opportunity at the New York State Office for the Aging. My last day was March 31, 2023 and the search for a new Director is underway.

While I'm excited about the new opportunity, there's also a big part of me that's sad to be saying goodbye to the amazing team at LCOFA and the community of older adults in Lewis County. I can't tell you how much I've enjoyed our time working together, and how much I value the lessons I have learned. Serving as the Director through the pandemic has taught me so much about partnership and strength of our community.

This might be the end of my time working as a Lewis County employee, but it's definitely not the end of my time advocating for the older adults of Lewis County. I look forward to continuing to make changes at the state level.

-Crystal Collette, former LCOFA Director

**Save the Date! Thursday, July 20th
Healthy Aging Day at the Fair,
Lewis County Fairgrounds,
LeRoy Nicols Building**





Nutrition Corner

"To eat is a necessity, but to eat intelligently is an art." – La Rochefoucauld

FUN FACT

Spinach is packed with antioxidants that help fight cell degeneration. Magnesium in spinach can promote dental health in older adults.

Spring Evening Meals

THURSDAYS- May 4th through June 8th

Enjoy a weekly dinner salad made with local meat, cheese and produce.

Pick up- Maple Ridge Center, East Rd. Lowville OR
McManus Hotel, Center St., Lyons Falls

Available to Lewis County residents age 60+.

Donation of \$5 per meal suggested but not required.

Reserve your meal by calling 315-376-5313 by noon the Tuesday before.



The Senior Dining Sites will be closed on
Monday, May 29th in observance of Memorial Day.

Family and friends are welcome to join for lunch at any time,
but especially on special meal days.

Thursday, April 6th- Easter Holiday Meal
Thursday, May 1th – Mother's Day Meal
Thursday, June 16th- Father's Day Meal

To make a reservation for any dining site call 315-376-5313.



NY Connects
Your Link to Long Term
Services and Supports

Respite care is the provision of short-term relief for primary caregivers from the responsibilities associated with caregiving. Respite can vary in time from part of a day to several weeks. Respite services encompass traditional home-based care, such as hiring an aide at home, as well as care provided to the care recipient in out-of-home care settings, such as adult day services and short-term stays in a nursing home. Care such as this is very rare in Lewis County.



Who is a caregiver?

A caregiver is any relative, spouse, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of assistance for, an older person or an adult with a chronic or disabling condition. These individuals may be primary or secondary caregivers and live with, or separately from, the person receiving care.

Respite Options in Lewis County

The LCOFA Caregiver Respite program is available to caregivers who are caring for an individual over the age of 60 who is experiencing diagnosed or probable Alzheimer's or a related dementia. All Respite services are provided by a trained professional aide, who would assist a loved one while their caregiver receives a break for an allotted period of time. Aides can assist with personal care during their care of the individual. This program is designed for caregivers only when other respite options through public and private sources are not available. Care recipients who are Medicaid eligible or have VA services should utilize care through those programs. This program is NOT income or age based. There is a waiting list for care at this time.



The New York State Caregiving & Respite Coalition, NYSCRC, is a partnership of dedicated organizations and individuals committed to supporting the millions of our state's family caregivers. Check out the website, www.nyscrg.org for more information.

A NY Connects Specialist can assist you with accessing the "Respite Voucher Program" offered by NYSCRC. This one-time voucher of up to \$600 allows a caregiver the freedom to choose when to take a break and whom to hire for respite.

Call Lewis County NY Connects
315-376-5432