

# SUMMER



## JULY~AUGUST~SEPTEMBER 2024



*Happy  
Retirement*  
**VICKI!**

Vicki Meyer began her career at the Lewis County Office for the Aging on July 7, 2008. She has been very instrumental in the success of the Nutrition Program, starting as the Aging Services Examiner and overseeing the home delivered meals caseload. She was promoted to Meal Program Coordinator on June 26, 2019. As Coordinator of this program Vicki worked diligently, day and night, to ensure that all older adults in need received a nutritious meal. She also worked endlessly on the Santa for Seniors program and sits on the Board for the Lowville Food Pantry so the holidays can remain bright for our older adults. Vicki adds the Evening Meals program and the Milk Plant Tavern voucher program to her list of successes. She is captain of the Lewis County Forget Me Nots Alzheimer's Memory Walk team, and is our top fundraiser. We will miss Vicki's dedication to her role. She was always the first to jump in and assist anyone. We wish Vicki nothing but the best as she adjusts to her new routine. Sleep in, finish the coffee, and continue to go for a stroll. We look forward to seeing you on the dance floor!

# WELCOME OUR NEW STAFF



**Nancy Wolff** - I am very excited to have taken on the role as the Administrative Assistant (once again) and so excited to be back! I have worked here at Office for the Aging for a total of 18 years combined. In between this time, I spent 4 years at the County Clerk's office, and coming back recently after another 6 years from Beaver River Central School. I was born, raised and still reside here in Lewis County with my husband of 24 years. We have two girls, Maddy (age 18) & Laney (age 14). In my free time, I LOVE to relax on our patio at home, watch TV, go for walks, take photos & travel, whether it be driving or going on "Tina Stanford's bus trips!" I look forward to seeing familiar faces again & getting to know the new faces as well!

**Kurtis Dicob** - My name is Kurtis Dicob. I was born and raised in Lowville. My wife and I purchased our first home together in 2021 down the street from my childhood home. We welcomed our first son, Killian, this past April, and we are in awe of him. I have worked for the Lewis County Office for the Aging as an Aging Services Specialist for the past 5 years. In that time, I have gained extensive knowledge on the needs of the Older Adults in Lewis County. When the Meal Coordinator position became available, I was excited for the opportunity to further my career in assisting those in need in our community. I look forward to taking on this new position and I hope to see you at one of our dining sites!



**Chris Zehr** - I started at OFA on June 3rd and I'm very excited to have joined their team. Prior, my professional career began at the ARC of Oneida-Lewis in 2000 where I worked in employment for 5.5 years doing job development and coaching. In 2005 I came to the Department of Social Services where I have been employed for the past 18.5 years. During that time I became experienced in SNAP, Medicaid, TA and HEAP, with the past 16 years working in the Employment & Training department. I also have a side job of timing for track & field with Leone Timing. I find this very fun and enjoy working with the athletes and coaches. I have been involved with this for the past 24 years. I have been married going on 20 years now with two amazing children, Camden (age 13) and Taylor (age 11). I was born & raised here in Lewis County, but for two of those years, I had moved to Lancaster, PA to travel with the choral group, "The Choraleers." To this day I still love to travel and recently took the trip of a lifetime to Italy! I look forward to the new challenges that lie ahead!

**Ashley Giboo** - Hello everyone! My name is Ashley Giboo. I am Lewis County born and raised. I am also a mother to an extremely intelligent 15-year-old son. I started at Office for the Aging on June 3rd. Before starting here, I most recently worked at the MVHS Surgical Group office in Utica, NY, as the Lead Office Coordinator. When I am not working or spending time with my family, you will find me reading sci-fi/fantasy novels, playing Dungeons & Dragons, and participating in community events.





# Medicare Spotlight

Medicare's coverage of care when you travel depends on where you travel and how you receive your Medicare benefits.

Travel within the U.S. If you have Original Medicare, you have coverage anywhere in the U.S. and its territories. This includes all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. Most doctors and hospitals take Original Medicare. If you have a Medicare Advantage Plan, your plan may or may not cover care outside of its service area. Some plans may cover providers that are out-of-network or out of your service area, but with higher cost-sharing (copayments, coinsurances). Your plan may also impose other rules or restrictions (like prior authorization). Contact your plan to see what rules and costs apply when you travel within the U.S.

**Note:** Medicare Advantage Plans are required to cover emergency and urgent care anywhere in the U.S. without imposing additional costs or coverage rules.

If you travel outside your Medicare Advantage Plan's service area continuously for more than six months, you will automatically be disenrolled from most plans. You will have a Special Enrollment Period to join a different Medicare Advantage Plan. If you do not choose a new plan, you will automatically be enrolled in Original Medicare.

Some Medicare Advantage Plans provide special benefits that allow you to stay in the plan if you travel continuously in the U.S. or its territories for up to 12 months. Check the rules closely if your plan offers a visitor or travel benefit. Only certain areas may be included, certain care may not be covered, and/or you may pay more if you see providers that are outside the plan's network.

Travel outside the U.S.

Medicare usually does not cover medical care you receive when traveling outside the U.S. and its territories. However, Original Medicare and

Medicare Advantage Plans must cover care you receive outside the U.S. in certain circumstances:

- Medicare will pay for emergency services in Canada if you are traveling a direct route, without unreasonable delay, between Alaska and another state, and the closest hospital that can treat you is in Canada.
- Medicare will pay for medical care you get on a cruise ship if you get the care while the ship is in U.S. territorial waters. This means the ship is in a U.S. port or within six hours of arrival at or departure from a U.S. port.
- In limited situations, Medicare may pay for non-emergency inpatient services in a foreign hospital (and any connected provider and ambulance costs). Your care is covered if the hospital is closer to your residence than the nearest available U.S. hospital. This may happen if, for example, you live near the border of Mexico or Canada.
- It is best to contact your plan for more information about its costs and coverage rules.



**Health Insurance  
Information, Counseling  
and Assistance Program**



**SHIP**  
State Health Insurance  
Assistance Program

**Navigating Medicare**

# Nutrition CORNER

## Special Dates & Meals

Thursday, July 4th - Office & Sites Closed

Monday, September 2nd - Office & Sites Closed



## 2024 FARMER'S MARKET DISTRIBUTION SCHEDULE

**TUESDAY, JULY 2nd** - High Falls Apt. 9:30-10:15 am

Lyons Falls Farmer's Market 11:00-2:00 pm

**WEDNESDAY, JULY 3rd** - Valley View Courts Community Room 10:00-11:30 am

**SATURDAY, JULY 6th** - Lowville Farmer's Market 9:00-12:00 pm

**TUESDAY, JULY 9th** - Port Leyden Fire Department 10:00-11:30 am

Whitton Place Community Room 11:45-12:30 pm

**WEDNESDAY, JULY 10th** - Harrisville Fire Department 10:00-11:00 am

Harris Courts Community Room 11:30-12:30 pm

**THURSDAY, JULY 11th** - Copenhagen Fire Department 10:00-11:30am

McNeil Park Apts. Community Room 11:45-12:30pm

**TUESDAY, JULY 16th** - Constableville Fire Department 10:00-11:00 am

West Leyden Fire Department 11:30-12:30 pm

The Milk Plant Tavern 12:45-1:30 pm

**THURSDAY, JULY 18th** - Lowville Fair Grounds (Leroy Nichols Bldg.) 9:00-3:00 pm

**TUESDAY, JULY 23rd** - Croghan Fire Department 10:00-11:00 am

Steepleview Courts 11:30-12:30 pm

**THURSDAY, JULY 25th** - LCGH Farmer's Market 11:00-1:00 pm

### Income Eligibility Guidelines:

- 60 years of age or older; AND
- Your monthly income is at or below the federal income guidelines for my household outlined in SFMNP Policy Memorandum #2024-1
  - a. \$2,322/month (for one-person household); or
  - b. \$3,152/month (for two-person household); or
  - c. \$3,981/month (for three-person household)

Each older adult in the household is eligible to receive a booklet, but they must meet the age & income requirements. Only ONE booklet/person per year. You must be present to receive the booklet.

Reserve your spot by  
**Calling Office  
for the Aging**  
at 315-376-5313

# Upcoming Events with OFFICE FOR THE AGING:

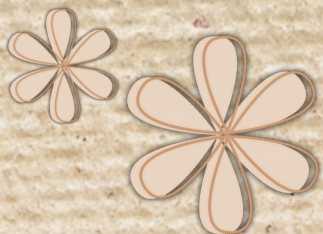
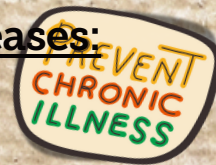
## Living Well with Chronic Diseases:

FREE WORKSHOP

9:30am-12:30pm

Wednesdays July 3, 10 & 17

@ Valley View Courts, 5590 River Street in Lowville



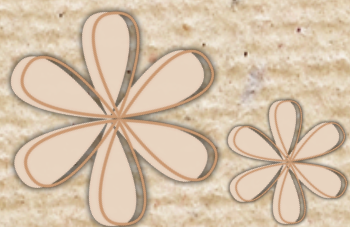
## Walk with Ease

July 8 - August 16

Brookside Senior Living Facility - 1:00-2:00 pm (time subject to change)  
(alternate location may be Lyons Falls)

September 9 - October 18

Brookside Senior Living Facility - 1:00-2:00 pm



## **SAVE THE DATE!**

Friday, September 6, 2024

Brantingham Golf Club

Check our Facebook page or our website for more details to come!

**Golf  
Tournament**



**SAVE THE DATE!**

**FALL FEST**

Friday, September 27th at 3G Firehall

Check our Facebook page or our website for more details to come!





LEWIS COUNTY OFFICE FOR THE AGING

# SENIOR DAY

AT THE FAIR

THURSDAY, JULY 18TH

9:00 AM - 3:00 PM

LOWVILLE FAIRGROUNDS

## SCHEDULE OF EVENTS:

SINGING OF THE NATIONAL ANTHEM BY: CLARK LADIES

9:00-10:30 ENTERTAINMENT BY THE MEYER FAMILY

10:30-11:30 ENTERTAINMENT BY BILL BURKHARD

11:30-12:00 GUEST PRESENTER

12:00-12:30 BREAK

1:00-3:00 NELSON BROTHERS



# VSC

POWERED BY  enlivo

## Rediscover life @home



### Office for the Aging

Now Provides Free Access to the VSC

The VSC (Virtual Senior Center) is an online community that has been bringing together older adults for over 10 years. The VSC offers interactive live programs led by subject matter experts and provides video chat for members to talk directly to each other.



## LEWIS COUNTY

NEW YORK

OFFICE FOR THE AGING

The VSC  
offers live programs on:

- Art, Culture & Languages
- Exercise
- Music & Games
- History & Travel
- *and more!* Visit [vscm.selfhelp.net](http://vscm.selfhelp.net)

**Connect**

with new friends on 2-way video chat.

**Participate**

in 400+ instructor-led live programs on diverse and engaging topics monthly.

**Enjoy**

a daily schedule of programs and built-in entertainment streaming.

Join from your PC/laptop, tablet, or smartphone with internet connectivity anywhere, anytime.

Contact us for more info



[OFA@lewiscounty.ny.gov](mailto:OFA@lewiscounty.ny.gov)



(315) 376 - 5313