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**LEWIS
COUNTY**

NEW YORK
OFFICE FOR THE AGING

Quarterly Newsletter

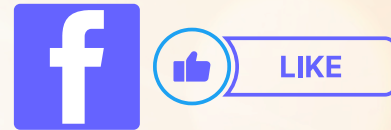
NEWSLETTER

New Facebook Page!



Welcome to the NEW Lewis County Main Facebook Page!
All Lewis County department pages will be migrating to this page. Like and follow this page to get up to date information and upcoming event notices

Effective August 5th, all individual county department pages were combined into one page; one central location to better serve Lewis County. You can now find everything we had on our page by searching "Lewis County, NY." Be sure to "like" and "follow" this page to get all Office for the Aging upcoming events, information and notices.



Office, Meal Site & Home Delivered Meal Closing Schedule:

- Monday, October 14, 2024 - Columbus Day/Indigenous People's Day
- Monday, November 11, 2024 - Veterans Day
- Thursday, November 28, 2024 - Thanksgiving Day
- Friday, November 29, 2024 - Day after Thanksgiving
- Tuesday, December 24, 2024 - Christmas Eve (close at noon)
- Wednesday, December 25, 2024 - Christmas Day
- Wednesday, January 1, 2025 - New Year's Day



*Fall
is in the
air*



315-376-5313



ofa@lewiscounty.ny.gov



Mark your calendars....



Meal Site

PRESENTATIONS:



Public Health will be presenting at our different meal sites on the following dates:

- Harrisville - 1st Wednesday of each month
- Lyons Falls - 2nd Wednesday of each month
- Croghan - 3rd Wednesday of each month
- Lowville - 4th Wednesday of each month
- Copenhagen - 4th Thursday of each month

PLEASE RESERVE YOUR MEAL BY NOTIFYING THE APPROPRIATE MEAL SITE, OR BY CALLING OFFICE FOR THE AGING AT 315-376-5313.

RESPIRATORY IMMUNIZATIONS

October 2nd, 9th, 16th, 23rd & 24th

DIABETES AWARENESS

November 6th, 13th, 20th, 26th & 27th

WINTER SAFETY

December 4th, 11th, 18th, TBD & 26th



PLANNING AS WE AGE

Getting Important Decisions in Order

FREE
no cost to attend

October 30, 2024 at 1:00 pm
Human Services Building
5274 Outer Stowe Street
Lowville, NY 13367

Presenters:

Kevin McArdle, Retired Esquire - Company, McArdle, and Randall, PLLC
Dr. Daniel Root, Retired Physician - Family Practice
Sundquist Funeral Home
Lewis County Home Health & Hospice

Topics Include:

Advance Directives
MOLST (Medical Orders for Life Sustaining Treatment)
Pre-Planning Decisions
Hospice Services



Call Lewis County Office for the Aging at (315) 376-5313 to register to attend these important conversations.

GET A RIDE TO LOWVILLE MEAL SITE!

FREE
NO COST TO YOU!

Do you live in the Lowville area and would like a FREE ride to the Lowville Dining Site at Maple Ridge Center?

Lewis County Public Transportation & Birnie Bus is now partnering up with Lewis County Office for the Aging and offering FREE rides to the Lowville Dining Site Monday - Thursdays! For more information, call Office for the Aging at the number below.

SCHEDULE A RIDE

Call Lewis County Office for the Aging
315-376-5313



Presentation

for Hearing Service Benefits & Fall Prevention

The Lewis County Office for the Aging frequently receives requests for assistance from Medicare beneficiaries regarding benefits for hearing services. Although traditional Medicare offers very limited coverage, it is still important to tend to your hearing needs. An informational presentation has been scheduled for **November 7, 2024, beginning at 10 a.m.** to address this very topic. We will also discuss falls prevention as these two topics are closely related. This forum will be held in Conference Room 1 at the Lewis County Human Services Building, 5274 Outer Stowe Street in Lowville. Our guest presenters will be Karen Borawski, MA, CCC-A from the Lewis County General Hospital Audiology Department and Angela Millard, PT, DPT, Director of the Balance Center at Lewis County General Hospital.

The Audiology Department is able to test hearing, deal with hearing aid adjustments, fit new aids, and provide vestibular testing. All services are performed by Karen Borawski, MA, CCC-A. There are so many reasons to have a hearing evaluation and not just to fit hearing aids. Hearing loss has an impact on memory, mental health, and safety. Sometimes, an assistive device meets the needs and sometimes a hearing aid is more effective. Obtaining good hearing levels is the key to deciding what will meet a person's needs. Good ear health and safety is also important!

Working closely with the Audiology Department is the Balance Center at Lewis County General Hospital, directed by Angela Millard, PT, DPT. The Balance Center can help prevent falls, decrease your dizziness, and improve your balance and confidence in everyday activities. Falls account for the nearly all fractures in people over 65, and most people over 65 will experience dizziness at some point in time. Falls and dizziness can be very debilitating, resulting in less activity and higher risks of more dizziness and more falls. However, knowing what to do to prevent or treat these conditions can lead to increased activity level and improved overall quality of life...falls and dizziness do not have to control you, you can control them!

Seating is limited so please reserve your spot by calling the Office for the Aging at 315-376-5313. We look forward to seeing you there.



The Home Energy Assistance Program (HEAP)

To help ease the burden of the heating costs faced during the harsh North Country winters, we encourage individuals to apply for HEAP. When the Home Energy Assistance Program (HEAP) season opens, new applications will be accepted. A new applicant is someone who DID NOT receive HEAP last year. If you did not receive HEAP last winter and would like to receive an application when the new season opens, call our office at 315-376-5313.

Did you receive HEAP last year?

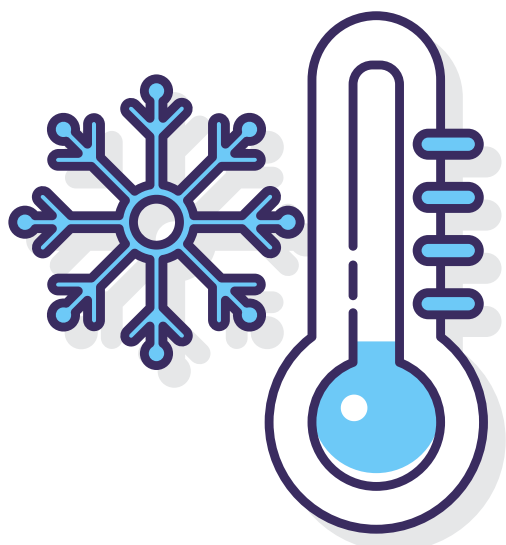
- You should have received your renewal application in the mail at the beginning of September.
- Please complete the application in its entirety and mail it back with proof of any changes from last year to Lewis County Office for the Aging. If there are no changes, no documentation is needed.
- OFA has an after-hours drop box that is checked daily. This is located by the main door of the Human Services Building at 5274 Outer Stowe Street, Lowville.
- Once we review your application, if we have questions, or require additional information, someone from our office will contact you.

Do you need assistance with your HEAP application?

- Staff at Office for the Aging can assist you!
- Appointments are strongly encouraged to ensure you get the staff person needed that can help you.
- If you are a first time applicant, you will need to bring in your application, along with your tax bill, drivers license, social security card, most recent heating bill from your vendor, and proof of any income you have indicated on your application.

Income Eligibility Guidelines:

<u>HH Size:</u>	<u>Tier 1:</u>	<u>Tier 2:</u>
1	0 - 1631	1632 - 3322
2	0 - 2214	2215 - 4345
3	0 - 2797	2798 - 5367
4	0 - 3380	3381 - 6390
5	0 - 3962	3963 - 7412
6	0 - 4545	4546 - 8434



A Little

INSPIRATION

“For what it’s worth: it’s never too late or, in my case, too early to be whoever you want to be. There’s no time limit. Stop whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you’re proud of. If you find that you’re not, I hope you have the courage to start all over again.”

- F. Scott Fitzgerald

**taken from Wyoming County OFA Newsletter*

INGREDIENTS

- 2 tablespoons butter, softened, divided
- ¼ small sweet onion, thinly sliced
- 1 teaspoon crushed rosemary
- ⅛ teaspoon onion powder
- ⅛ teaspoon garlic powder
- salt and ground black pepper to taste
- 2 thick slices Italian bread
- ¼ cup shredded mozzarella cheese
- 1 slice sharp American cheese (such as Cooper®)
- 1 slice provolone cheese

DIRECTIONS

1. Melt butter in a nonstick skillet over medium heat. Cook and stir onion until starting to brown, about 5 minutes. Transfer to a plate.
2. Mix remaining 1 tablespoon butter, rosemary, onion powder, garlic powder, salt, and pepper in a small bowl. Spread on one side of each slice of bread.
3. Place 1 slice of bread buttered-side down in the skillet. Top with onion, mozzarella cheese, American cheese, and provolone cheese. Cover with second slice of bread, buttered-side up. Cook until golden brown, about 3 minutes. Flip with a spatula; cook until second side is browned and cheeses are melted, about 3 minutes more.

** recipe from allrecipes.com*

white pizza grilled cheese

Recipe :



Medicare

OPEN ENROLLMENT



Medicare's Open Enrollment occurs each year from **October 15 through December 7**. During Open Enrollment, you can make changes to your Medicare coverage. In most cases, this period is the only time you can pick a new Medicare Advantage or Part D plan. Even if you are satisfied with your current health and drug coverage, Open Enrollment is the time to review what you have and compare it with other options in your area to make sure that your current coverage is still best for you in the coming year. In September, you will receive notices with information about any changes to your current plan in the coming year. It is important to read these notices so that you can decide if your coverage will continue to meet your needs, or if you should change it. It is a good idea to review the options available in your area to see if there is alternative health and/or drug coverage that meets your needs at a more affordable price.

The Annual Notice of Change (ANOC) is the notice you receive from your Medicare Advantage or Part D plan in late September. This notice gives a summary of any changes in the plan's cost and coverage that will take effect January 1 of the next year. The ANOC is typically mailed with the plan's Evidence of Coverage (EOC), which is a booklet that details the plan's cost and benefits for the upcoming year. Review these notices to see if your plan will continue to meet your health care needs in the following year. If you are dissatisfied with any upcoming changes, you can make changes to your coverage during Medicare's Open Enrollment. Here are three types of changes to look for:

- Find out what you can expect to pay for services in 2025. Costs such as deductibles and copayments can change each year. For example, your plan may not have a deductible in 2024, but it could have one in 2025. A deductible is the amount of money you owe out-of-pocket before your plan begins to cover your care. Another example is that your plan may increase the copayments you owe for visits to your primary care provider or specialists.
- Check to see if your doctors, hospitals, and other health care providers and pharmacies will still be in network for 2025. Plan networks can change each year, which means your doctor may not be in your plan's network for 2025. You have the lowest out-of-pocket costs if you go to providers and pharmacies that are in your plan's network. If you see an out-of-network provider, your plan may not cover any of the cost of your care, leaving you to pay the cost out-of-pocket.
- Look through the plan's formulary. The formulary is the list of drugs the plan covers. Formulary changes can happen from year to year, meaning your drug may not be covered in 2025 even though it was covered in 2024. Make sure your drugs will still be covered next year. If they are not, then you may want to select a different drug plan that covers all your drugs.

If you decide to change your coverage, you can call 1-800-MEDICARE (1-800-633-4227) to do so. You can also contact the Lewis County Office for the Aging at 315-376-5313 and ask to speak with an insurance counselor. Any changes you make will take effect January 1 of 2025.

Information taken from shiptacenter.org

The Health Insurance Information, Counseling and Assistance Program (HIICAP) is federally funded by the Administration for Community Living (ACL) and also receives funding from the New York State Office for the Aging.

SANTA FOR SENIORS PROGRAM 2024

The Lewis County Santa for Seniors program is gearing up for the 2024 holiday season.

Lewis County Office for the Aging will once again be taking the lead for this program under the umbrella of the Lowville Food Pantry. The goal of this program is to provide a Christmas gift to area aging adults over 60 who would otherwise not receive one.

Last year we provided gifts for over 100 aging adults in Lewis County. For this ever-growing program to be successful, we rely heavily on volunteers as well as contributions. If you are interested in being part of the Santa for Seniors Program, please call the Santa Hotline at Lewis County Office for the Aging.

Santa for Seniors Needed Contributions

- New, unopened rolls of Christmas wrapping paper
- New, unopened tissue paper
- New, reusable shopping bags w/handles. (Christmas Tree Shoppe, Marshall's, etc.)
- Sugar free candy / Whitman samplers
- Cat/Dog treats & toys
- Dish towels/dish cloths
- Unused crossword and word search books (preferably large print)

Santa for Senior Volunteer Opportunities

- Individuals needed to wrap gifts (first 2 weeks in December).
- Drivers needed to deliver Santa for Senior gifts and/or Christmas Sharing food packages on Monday 12/16/24

Remember to listen to 99.3 (The Moose) or call the Santa Hotline starting the week of 11/25/24 if you are interested in adopting an aging adult this holiday season!

Contribution drop-off and volunteering location will be the Human Services building at 5274 Outer Stowe Street in Lowville. Please call the **Santa Hotline** to arrange drop off or to ask about volunteering. Contributions are appreciated by Monday, December 2, 2024.

SANTA HOTLINE: (315) 377-2077