

APRIL is National Volunteer Month

This year's National Volunteer Month takes place during the week of April 20th - 26th.

During this month, we celebrate the impact volunteers have on our lives. Most often unpaid, they generously donate a part of their lives to do the work that nobody else likes to do - cleaning up after an event, fostering shelter dogs, chaperoning field trips, or helping the librarian; there are so many areas that require volunteers.

With that said, we here at Lewis County Office for the Aging are appreciative and would like to say a special **THANK YOU** to our volunteers! They graciously give their time in helping our office out by helping the older adults in our community. Some may deliver our newsletters to different locations making it convenient for the public to pick up, assisting with clerical duties here in the office, helping out in the kitchen at our dining sites or delivering the home delivered meals once prepared, or they may check in on some of our older adults by helping them with errands, giving them a friendly call or stopping in for a friendly visit.

Volunteering has many benefits that you may not know about, including:

- Sense of community; making connections
- Improving social & communication skills
- Boosting your confidence or self-esteem
- Having FUN with enjoyable activities
- Allowing personal growth by going outside your comfort zone
- Giving you personal fulfillment or a sense of purpose
- Making new friends!

*Thank you for
going above
& beyond.*

If volunteering is something you have been thinking about, why not give it a try! There just may be an area that interests you. For more information, please give our office a call at (315) 376-5313.

WHY BE A VOLUNTEER?

It's not for money, it's not for fame. It's not for any personal gain. It's just for love of fellow man. It's just to send a helping hand. It's just to give a tithe of self. That's something you can't buy with wealth. It's not medals won with pride. It's for that feeling deep inside. It's that reward down in your heart. It's that feeling that you've been a part of helping other far and near, that makes you be a Volunteer!

- Author Unknown

Office Closures



FOR APRIL, MAY & JUNE

Our office, meal sites & home delivered meals will be closed on the following dates:

- Monday, May 26, 2025 - **Memorial Day**
- Thursday, June 19, 2025 - **Juneteenth National Independence Day**

GoGo

GRANDPARENT



Looking to go somewhere within the county? Doctors, pickup a prescription, to a friend's house? Lewis County Office for the Aging is now partnering with Lewis County Public Transportation and GoGo Grandparent. For more information on how this program can work for you, give us a call at (315) 376-5313 and we'll connect you with someone from our office to get you started.

Respite Cafe

EVERY WEDNESDAY 10AM - 2PM

Caring for a loved one and need a break to rest and recharge? The Respite Cafe is here to help! This free weekly program offers a safe space and engaging activities for your loved one to enjoy, giving you the opportunity to take a few hours off. The Respite Cafe is held at **Double Play Community Center**, 6912 Bardo Road in Lowville from 10:00am - 2:00pm every Wednesday. You can learn more or register by calling Renee with LifeSpan at (585) 645-8973 or email rwilliams@lifespanspan-roch.org.

Project Lifesaver

BRINGING LOVED ONES HOME



Project Lifesaver may be for you if you have a loved one who wanders and has been diagnosed with any of the following: **Dementia, Autism, Alzheimer's, Traumatic Brain Injury or Down Syndrome**. This is a proactive search and rescue program that utilizes radio tracking technology to locate persons with cognitive disabilities. The program is nationwide; NO COST to the individual (funded by Lewis County Sheriff's Department and Lewis County Office for the Aging); and has a waterproof transmitter. For more information, you may contact the Lewis County Sheriff's Department at (315) 376-3511; or you may call Lewis County Office for the Aging at (315) 376-5313.

Caregiver

SUPPORT GROUP

Caregiver Support Group is available and open to all caregivers! This is an opportunity to listen, share, and gain information about the journeys you are experiencing as a caregiver. There is no need to sign up, just come with an open mind, kind heart & a listening ear.

2nd Wednesday of each month

Croghan Free Library

9794 State Route 812 in Croghan

2:00 - 3:00 pm

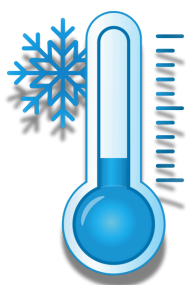
HEAP Benefits Still Available

A reminder that the HEAP program still has benefits available! The regular HEAP program closed on March 17th, but if you have already received your regular benefit and are in an emergency situation, the Emergency HEAP program opened on January 1st. You will need a statement faxed from your fuel vendor to the Department of Social Services (DSS) at (315) 376-5032, stating that you are below a quarter of a tank with the date of your last delivery. You will then need to call the HEAP Department at DSS and speak with them to apply for your emergency HEAP benefit at (315) 376-5400, option 6.

If you have not applied for the regular HEAP benefit and would like an application, or would like assistance filling out your application, please call our office at (315) 376-5313.

Completed HEAP applications should be mailed to:

Lewis County Office for the Aging
 PO Box 193
 Lowville, NY 13367



Income Eligibility Guidelines:

HH Size:	Tier 1:	Tier 2:
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

SPRING Wellness Class Schedule

The Office for the Aging, in collaboration with Double Play Community Center will once again be holding a Spring session of Aquatics and Walk with Ease. All sessions will run for six weeks and be held on Monday, Wednesday & Friday. **Space is limited and registration is required, so please call our office at (315) 376-5313 to sign up.**

AQUATICS PROGRAM

Lowville Academy Central School

April 7th - May 16th

7:00-7:45 am

Instructor: Kelly Casler

Beaver River Central School

April 7th - May 16th

7:00-8:00 am

Instructor: Leueen Smithling



WALK WITH EASE PROGRAM

Brookside Senior Living Community

April 7th - May 16th

1:30 - 2:30 pm

Instructor(s): Gwynne Myers & Julie Petrus



Public Health SPRING Presentation Schedule



Public Health will be presenting
at our five dining sites this spring
on the following dates:

Public Health
Prevent. Promote. Protect.
LEWIS COUNTY

TICKS & MOSQUITOS

Harrisville - Wednesday, April 2nd
Lyons Falls - Wednesday, April 9th
Croghan - Wednesday, April 16th
Lowville - Wednesday, April 23rd
Copenhagen - Thursday, April 24th

MENTAL HEALTH

Harrisville - Wednesday, May 7th
Lyons Falls - Wednesday, May 14th
Croghan - Wednesday, May 21st
Lowville - Wednesday, May 28th
Copenhagen - Thursday, May 29th

THE GREAT OUTDOORS

Harrisville - Wednesday, June 4th
Lyons Falls - Wednesday, June 11th
Croghan - Wednesday, June 18th
Lowville - Wednesday, June 25th
Copenhagen - Thursday, June 26th

Please reserve your meal by notifying the appropriate meal site, or by calling Office for the Aging at (315)376-5313.

LEWIS COUNTY
NEW YORK
OFFICE FOR THE AGING

PLANNING AS WE AGE

Getting Important
Decisions in
Order

May 1, 2025 at 1:00 pm
Human Services Building
5274 Outer Stowe Street
Lowville, NY 13367

FREE
no cost to attend

Topics will include:

ADVANCE DIRECTIVES
Candace Randall, Esquire
Campany, McArdle, and Randall, PLLC

MOLST (Medical Orders for Life Sustaining Treatment)
Margie Grant
Retired Social Worker

PREPLANNING DECISIONS
Jennifer Isenecker
Funeral Director/Owner of Isenecker Funeral Home

LEWIS COUNTY HOME HEALTH & HOSPICE
DeyLynne McConnell
Rachael Golas
Kathleen Merrick

NEW YORK STATE OF SOCIAL SERVICES | NY Connects
Your Life to Long Term Services and Supports

Register to attend these important conversations by
calling Lewis County Office for the Aging at (315) 376-5313

Benefit Programs to Save You Some \$\$

The Office for the Aging is aware of the pressures many older adults feel when doing their monthly budgeting. We have prepared a listing of benefit programs that could make this budgeting a bit easier. If there are benefits for which you may be eligible, call Office for the Aging at (315) 376-5313. We are available to assist with the application process.

MEDICAID

Eligibility Guidelines - Household of one - \$1,820 per month with resource limit of \$32,396; household of two - \$2,453 with resource limit of \$43,781.

What It Can Assist With - Health coverage for those eligible. Can cover medical expenses and home care services as well as long term care services.

MEDICARE SAVINGS PROGRAM

Eligibility Guidelines - Household of one - \$2,446 per month; household of two - \$3,299 per month. No resource test.

What It Pays - Medicare Part B Premium of \$185 per month (a savings of \$2,220 per individual for calendar year 2025); Reduces monthly Part D plan premium, possibly even eliminating; Reduces copays for prescriptions to as low as \$4.90 for generic drugs and \$12.15 for brand drugs.

EXTRA HELP THROUGH SOCIAL SECURITY ADMINISTRATION

Eligibility Guidelines - Household of one - \$1,976 per month; household of two - \$2,664 per month. Resource limit of \$17,600 for an individual, \$35,130 for a couple.

What It Pays - Reduces monthly Part D plan premium, possibly even eliminating; Reduces copays for prescriptions to as low as \$4.90 for generic drugs and \$12.15 for brand drugs.



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



Screening for Memory Concerns

now available at Lewis County Office for the Aging

Are you 60 years of age and older with questions about your memory? Changes in memory are most often a normal part of aging but can be worrisome.

If you have questions about your or a loved one's memory and live in Lewis County, the Office for the Aging is now offering screenings for memory concerns. If needed, individuals are connected to health care professions for a full evaluation and appropriate treatment.

For more information
please call the Office for the Aging at
(315) 376-5313



NY Connects
Your Link to Long Term
Services and Supports



MAY is "Older Americans" Month

Older Americans Month is observed annually every May in the United States. It serves to recognize the contributions of the older adults to society, including their work, volunteering, and other activities that benefit their families and communities. Since its inaugural celebration, every US President has issued a formal proclamation for the month of May, originally called "Senior Citizens Month" and later taking the name "Older Americans Month."



The History of Older Americans Month



Older Americans Month was established in 1963 when at the time, were only 17 million Americans that had reached their 65th birthday. Around a third of older Americans lived in poverty, and there were not many programs to meet their needs. For that reason, there was a growth of interest in older Americans and their concerns. In April 1963, a meeting was held between President John F. Kennedy and members of the National Council of Senior Citizens (NCSC), leading to the designation of May as "Senior Citizens Month," now known as "Older Americans Month."

At first, Older Americans month was observed as an appreciation of past and present older Americans for their contributions to the country, especially those who defended the country. Since then, every president has been issuing a formal proclamation during or before May, requesting all citizens to pay tribute to Older Americans in their communities.

Since 1978, according to Administration for Community Living (ACL), Older Americans Month has been observed with a different theme from year to year. At this time, it was "Older Americans and their families." Some of the more recent themes have been:

- **In 2022, "Age My Way"** - Focused on how Older Americans can plan to stay in their homes and live independently in their communities.
- **In 2023, "Aging Unbound"** - Offering an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes.
- **In 2024, "Powered by Connection"** - Focused on the profound impact that meaningful connections can have on the well-being and health of older adults.
- **In 2025 "Flip the Script on Aging"** - Transforming how society perceives, talks about, and approaches aging, encouraging individuals and communities to challenge stereotypes and dispel misconceptions.

Source: [nationaltoday.com](https://www.nationaltoday.com) & [acl.gov](https://www.acl.gov)

Pantry Organization Tips

Save time, save money, while eating healthy! Whether you have a pantry or cabinets, staying organized can help you utilize your space, make it easier to use what you have, and even help make healthier choices!



Here are some tips to help you keep your food storage under control:

1. **Follow the FIFO rule - First In, First Out.** Use the oldest things up first.
2. **Put healthiest snacks eye level** - this will help you make healthy snack choices on the go.
3. **Hang baskets from the wall** - grab baskets and hooks from the dollar store can be used for produce storage. It will be easier to see what's in the basket and allows air circulation around the produce.
4. **Kids get their own shelf** - set up a lower shelf stocked with pre-approved snacks for the kids to grab. Now you don't have to worry about climbing to get something from a higher shelf.
5. **Group things for ease of access** - If you have a few ingredients you often use together, store them together in a basket or on a sheet pan that you can easily pull out when needed.
6. **Label everything** - labels aren't just for leftovers. By labeling items, you'll be able to spot what you need.
7. **Edit ruthlessly once in a while** - make sure to check dates on your food & clear out what will invite pests.
8. **Avoid buying what you won't be able to use in more than one recipe** - if a recipe calls for something you don't have, see what you can sub in or out. Otherwise, make sure you can use it in another dish.
9. **Shop your pantry before you meal plan** - to avoid waste, try to pick meals that include ingredients already in your pantry. Do a "pantry challenge" and make things using only what's in your pantry.
10. **Reset your pantry** - Wipe up spills, put stuff back where it belongs, toss expired items, etc. A little bit of regular maintenance goes a long way.

Source: *30 Best Pantry Organizing Hacks of All Time*
Kitchn (thekitchn.com)

Rhubarb Sticky Buns

INGREDIENTS:

- 1/4 cup cold butter, cubed
- 1/2 cup packed brown sugar
- 1 cup chopped fresh or frozen rhubarb, thawed

BATTER:

- 1/3 cup butter, softened
- 1/3 cup sugar
- 1 large egg, room temperature
- 1-1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup milk



DIRECTIONS:

1. In a small bowl, cut butter into brown sugar until crumbly. Stir in rhubarb. Spoon evenly into 12 well-greased muffin cups; set aside.
2. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg. Combine the flour, baking powder, salt and nutmeg; add to creamed mixture alternately with milk and mix well.
3. Spoon over rhubarb mixture, filling cups three-fourths full. Bake at 350° until a toothpick comes out clean, 15-20 minutes. Cool for 5 minutes before inverting onto a serving plate. Serve warm.

Source: *Taste of Home*