

Volunteer Needed for Advisory Council Vacancy

Do you currently live in the West Leyden area and are interested in giving back to your community? The Lewis County Office for the Aging Advisory Council is currently seeking someone to fill our District 10 vacancy. This Council meets four times per year and is a 3-year term. These meetings provide discussion which may include, but not limited to: Office for the Aging budgeting; program updates such as planning, implementation & evaluation; and updates on any upcoming events. Your role in serving on the Advisory Council would be to attend the meetings, share any input or concerns that you or your district may have, and share information from the meetings back to your district. If you or someone you know may be interested in serving, or would like more information on the Advisory Council, please do not hesitate to contact our office at (315) 376-5313

Did you know?



If you currently have an email address, but are receiving our newsletter through the post office (USPS), we can add you to our email listing! By being added to our email listing, you will not only have the option to print out the newsletter (if you have a printer), but you will also receive news and events that are “hot off the press” with our office! Things like our Walk with Ease and Aquatics class schedules, upcoming Senior Forums, the monthly Nutrition Program menu, any upcoming events like Healthy Aging Day at the Fair, Fall Fest, Holiday Movie, or the Holiday Shopping Trip. You will also get other community events and informational health & wellness tidbits that may be of interest or benefit you. Rather than waiting for the newsletter to arrive each quarter, you can get this information, and more, almost immediately by signing up to be on our emailing list. It’s easy! Just call us at (315) 376-5313 and tell us you want to be added!



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

Friday, July 4, 2025 - **Independence Day**

Monday, September 1, 2025 - **Labor Day**



315-376-5313



ofa@lewiscounty.ny.gov

CONGRATULATIONS! 2024 VOLUNTEER OF THE YEAR, TOM GEROW!

Tom has been a very active member in our community for many years. He worked with the County Highway Department prior to starting his career in 1970 at AMF in Lowville, where he retired in 2005 after 35 years of service. After his retirement he also worked for our “Handy Man” program here in the office.

Tom also belonged to organizations within our community such as St. Stephen’s Church in Croghan, the Knights of Columbus, and to the Lowville Hunting Club on the Number Four Road where he also liked to play euchre. Another hobby Tom enjoyed for most of his adult life was bowling, where he would bowl for both Croghan and Lewis Lanes.

In the past, Tom has volunteered his time by helping out a local farm and putting in hay and splitting wood for other people. More recently, he has helped out Office for the Aging at their Lowville Dining Site for the past 14 years. When it was at the Maple Ridge Center location, he would do odd jobs like painting, breaking down boxes, emptying garbage & hauling it away with his truck, and of course his all-time favorite, mowing their lawn! Tom continued to volunteer with us at our new location at the Double Play Community Center & volunteered a total of 530 hours in 2024!

Tom was recognized at our Volunteer Appreciation Lunch held on Thursday, April 24th where he received a plaque. Also attending and recognizing Tom was John Cochran, Chief of Staff from the New York State Office for the Aging who also presented him with a certificate of recognition.



CONGRATULATIONS! 2025 RANDY STREETER OLDER ADULT OF THE YEAR, NELSON SCHWARTZENTRUBER!

Nelson is a lifelong resident of Lewis County, New York. He and his wife, Bernadine, have raised their three children — Eric, Carrie, and John — and now have three grandchildren: Joshua, Sarah, and Mary. Nelson has volunteered for over 40 years, serving as the President of the Martinsburg Historical Society, playing a key role in planning the annual Martinsburg Day event, and acting as Treasurer of the William H. Bush Memorial Library. Along with his wife, he is actively involved in the Adirondack Mennonite Heritage Association and helps organize the annual Zwanzigstein Fest (a.k.a. Z-Fest). He also continues his longtime career as a substitute bus driver and cafeteria monitor for Lowville Academy & Central School. Nelson’s contributions help keep the

community connected to both its past and present, whether through the Historical Society or the Library. His work as a bus driver and cafeteria monitor has allowed him to befriend many students, many of whom still stay in touch long after graduation. Nelson has also been honored as the Town of Martinsburg’s 2021 Citizen of the Year.

In addition to receiving the Randy Streeter Older Adult of the Year award, Nelson was also recognized at the Older New Yorker’s Day in Albany on May 27th, and will be honored at Healthy Aging Day at the Lewis County Fair on July 17th with the Randy D. Streeter family.

SUMMER Dining Site Presentation Schedule

Public Health will be presenting at our five different dining sites during the following dates in July, August and September. Please remember to reserve your meal by notifying the appropriate dining site, or by calling our office at (315) 376-5313.

Summer/Fair Safety

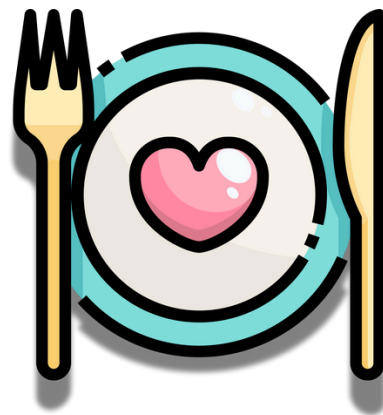
Harrisville - Wednesday, July 2nd
Lyons Falls - Wednesday, July 9th
Croghan - Wednesday, July 16th
Lowville - Wednesday, July 23rd
Copenhagen - Thursday, July 24th

Importance of Sleep

Harrisville - Wednesday, August 6th
Lyons Falls - Wednesday, August 13th
Croghan - Wednesday, August 20th
Lowville - Wednesday, August 27th
Copenhagen - Thursday, August 28th

Suicide Prevention

Harrisville - Wednesday, September 3rd
Lyons Falls - Wednesday, September 10th
Croghan - Wednesday, September 17th
Lowville - Wednesday, September 24th
Copenhagen - Thursday, September 25th



SUMMER Wellness Class Schedule

The Office for the Aging, in collaboration with Double Play Community Center will once again be holding a Summer 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

Beaver River Central School

July 7th - August 15th

7:00-8:00 am

Instructor: Leueen Smithling



WALK WITH EASE PROGRAM

Lyons Falls Park

July 14th - August 22nd

1:00 - 2:00 pm

Instructor: Chris Chaufy



Lewis County Office for the Aging

HEALTHY AGING DAY

AT THE FAIR

Thursday, July 17th
9:00 am - 5:45 pm
Leroy Nichols Building



9:00 - 9:30

Vendor Tables/Farmer Market Coupon Distribution

9:30

Welcome & National Anthem

9:30 - 10:30

Lowville Village Jazz Band

10:30 - 11:00

Performance by Crown Ballet

11:00 - 11:30

Tiffanie Sadowski, Community Development Program Specialist - presenting on GoGo Grandparent & Micro Transit

11:30 - 11:45

Meghan Harney, North Country Library Systems - presenting on E-books and E-audio through Libby.

11:45 - 12:00

“Randy Streeter Older Adult of the Year” Honor

12:00 - 1:00

Lunch Break/Free Time

1:00 - 3:00

Nelson Brothers

3:30 - 3:45

Puzzle Contest Registration

3:45 - 5:45

Final Round of Puzzle Contest



SAVE THE DATES:

**Sponsored by Lewis County Office for the Aging
& Brantingham Golf Club**

ANNUAL
SENIORS
GOLF
TOURNAMENT 2025

**MORE
DETAILS
TO COME!**

Friday,
September 5th
2025



NY Connects
Your Link to Long Term
Services and Supports

Lewis County Office for the Aging

Fall Fest

and Public Hearing

FRIDAY, SEPTEMBER 26TH

3G FIREHALL, GLENFIELD

9:00 - 3:00 PM

MORE DETAILS TO COME!

SPONSORED BY:



NY Connects
Your Link to Long Term
Services and Supports



2025 Distribution Schedule

Farmers Market

Coupons



TUESDAY, JULY 8TH - High Falls Apartments; 9:30 - 10:15am
Lyons Falls Farmers Market; 11:00 - 2:00pm

WEDNESDAY, JULY 9TH - Valley View Apartments; 10:00 - 11:30am

THURSDAY, JULY 10TH - Harrisville Fire Department; 10:00 - 11:00am
Harris Courts Apartments; 11:30 - 12:30pm

TUESDAY, JULY 15TH - Copenhagen Fire Department; 10:00 - 11:30am
McNeil Park Apartments; 11:45 - 12:30pm

WEDNESDAY, JULY 16TH - Port Leyden Fire Department; 10:00 - 11:30am
Whitton Place Apartments; 11:45 - 12:30pm

THURSDAY, JULY 17TH - Healthy Aging Day at the Fair, Leroy Nichol Bldg.; 9:00 - 3:00pm

TUESDAY, JULY 22ND - Constableville Fire Department; 10:00 - 11:00am
West Leyden Fire Department; 11:30 - 12:30pm
Milk Plant Tavern; 12:45 - 1:30pm

WEDNESDAY, JULY 23RD - Croghan Fire Department; 10:00 - 11:00am
Steepleview Courts; 11:30 - 12:30pm

THURSDAY, JULY 24TH - LCGH Farmers Market; 11:00 - 1:00pm

SATURDAY, JULY 26TH - Lowville Farmers Market; 9:00 - 12:00pm



Income Eligibility Criteria:

60 years of age or older AND monthly income is AT or BELOW the federal income guidelines for a household outlined in SFMNP Policy Memorandum #2025-1

\$2,413/month (for a one-person household); or
\$3,261/month (for a two-person household); or
\$4,109/month (for a 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.



WELCOME!

Lewis County Office for the Aging
Dining Site

\$4.00
**Suggested
Contribution**
(60+ years of age)

**Any and all
contributions are
appreciated!**

However, any **older adult (60+ years of age)** are not required to contribute.

Guests **under 60 years of age** are required to pay the full guest meal price.

All contributions are used to maintain and expand our Nutrition Program.

\$11.00
Meal Price
(Under 60 years of age)



Contributions can be made by using

SNAP benefits

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

SPONSORED BY:
New York State Office for the Aging
U.S. Administration on Aging
Lewis County Office for the Aging
effective January 1, 2023



A FRIENDLY Reminder:

We want to remind you that anyone over the age of 60 is welcome to attend any of our five dining sites throughout the County - **Copenhagen, Croghan, Harrisville, Lowville and Lyons Falls!** Our nutrition programs, which also includes our **Home Delivered Meals program**, is funded by Federal, State & Local governments, as well as participant's voluntary contributions. Contributions are becoming more crucial. Although our suggested contribution for any participant 60 years of age or older is \$4.00 per meal, what most probably don't know, is the actual cost for these meals are \$11.00 per meal. We are so grateful and thank you for the contributions we do receive. If you would like to help contribute, you can do so by sending your contribution to: Lewis County Office for the Aging, PO Box 193, Lowville, NY 13367. We accept cash, check or SNAP benefits.

Elise Jesse's Pasta Salad

INGREDIENTS:

1 box (16 ounces) uncooked farfalle or fusilli pasta
1 package (16 ounces) grape tomatoes, halved
2 heads of broccoli florets
1 package (16 ounces) sharp cheddar or Colby cheese, cubed
1/2 cup green onions, chopped
Optional: crushed red pepper flakes, 1/4 pound sliced salami

Dressing:

1-1/2 cups mayonnaise
2 tablespoons Italian seasoning
1-1/2 teaspoons garlic powder
Salt and pepper to taste



DIRECTIONS:

1. Cook a 16-oz. box of pasta according to the box directions.
2. As the pasta cooks, chop broccoli and green onion, slice tomatoes, and cut cheese into cubes.
3. Mix dressing by adding mayonnaise to a medium-sized bowl, and adding Italian seasoning, garlic powder, salt and pepper to taste.
4. Once pasta has finished cooking, rinse with cold water to stop it from cooking. Place the cooled pasta in an extra-large bowl. Add broccoli, tomatoes, cheese, dressing and green onions to the bowl and mix.

Source: Taste of Home website

Attention - Atención - 注意 - Aufmerksamkeit - Uwagi

The Lewis County Office for the Aging strives to make our services accessible and welcoming to everyone. We offer accessibility accommodations and interpretation services for more than 200 languages. Please contact the office at 315-376-5313 or by emailing ofa@lewiscounty.ny.gov with any questions or accommodation requests.

La Oficina para Personas Mayores del Condado de Lewis se esfuerza por hacer que nuestros servicios sean accesibles y acogedores para todos. Ofrecemos adaptaciones de accesibilidad y servicios de interpretación para más de 200 idiomas. Comuníquese con la oficina al 315-376-5313 o envíe un correo electrónico a ofa@lewiscounty.ny.gov con cualquier pregunta o solicitud de adaptación

刘易斯县老龄办公室致力于使我们的服务对每个人都可访问和欢迎。我们提供 200 多种语言的无障碍住宿和口译服务。如有任何问题或住宿要求，请致电 315-376-5313 或发送电子邮件至 ofa@lewiscounty.ny.gov 联系办公室

Das Lewis County Office for the Aging ist bestrebt, unsere Dienste für alle zugänglich und einladend zu machen. Wir bieten barrierefreie Unterkünfte und Dolmetscherdienste für mehr als 200 Sprachen. Bitte kontaktieren Sie das Büro unter 315-376-5313 oder per E-Mail an ofa@lewiscounty.ny.gov, wenn Sie Fragen oder Unterkunftsanfragen haben

Biuro ds. Osób Starszych Hrabstwa Lewis stara się, aby nasze usługi były dostępne i przyjazne dla wszystkich. Oferujemy zakwaterowanie dla osób niepełnosprawnych i usługi tłumaczenia ustnego w ponad 200 językach. Prosimy o kontakt z biurem pod numerem 315-376-5313 lub e-mailem ofa@lewiscounty.ny.gov w przypadku jakichkolwiek pytań lub wniosków o zakwaterowanie



LARGE
PRINT
AVAILABLE



The Lewis Co. OFA is funded with federal and state programs through the NYSOFA, county cash and participant contributions. The OFA does not discriminate on the basis of race, sex, creed or other impermissible grounds in programs, services or employment.

ADDRESS SERVICE REQUESTED



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