



Office Closures

FOR OCTOBER, NOVEMBER & DECEMBER

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

Monday, October 13th 2025 - **Columbus/Indigenous People's Day**

Tuesday, November 11th 2025 - **Veteran's Day**

Thursday, November 27th 2025 - **Thanksgiving Day**

Friday, November 28th 2025 - **Day after Thanksgiving**

Wednesday, December 24th 2025 - **Christmas Eve (office only closes at noon)**

Thursday, December 25th 2025 - **Christmas Day**

Thursday, January 1st 2026 - **New Year's Day**



Get our Newsletter, OFA Events and More, QUICKER!

Just a reminder, that if you request to be on our e-mailing list, 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 Aquatics & Walk with Ease class schedules, upcoming Senior Forums, our Nutrition Program Menu, and any upcoming OFA events like Healthy Aging Day at the Fair, Fall Fest & Public Hearing, or our annual Holiday Movie. You will also get other local community events and informational health & wellness tidbits that may be of interest or may benefit you. By requesting to be on our e-mailing list, you will get this information immediately rather than waiting for the newsletter to arrive. It's easy! Just call us at 315-376-5313 and tell us you want to be added! **PLEASE NOTE: If you have a twcny.rr.com email address, we are not able to send out emails to you in this capacity due to settings made on Charter/Spectrum's end. We would be happy to use an alternate email address if you have one.** Otherwise, other alternatives to getting this information quickly would be to check out other outlets such as our OFA website, the County Facebook page, our Copenhagen, Croghan, Harrisville, Lowville, and Lyons Falls dining sites, Linking Lewis County website, the Journal & Republican, and on WBRV/WLLG The Moose!

Coming Soon: Online Payment Options!

We're excited to announce that you will soon have the convenience of paying your cost shares and making voluntary contributions online. Accepted payment methods will include credit card, debit card, and bank ACH transfer. Stay tuned for more details as we roll out this new, secure, and easy-to-use feature!



HEAP 2025

Home Energy Assistance Program

We are encouraging individuals to apply for HEAP to help ease the burden of the heating costs faced by the North Country Winters.

When the 2025 HEAP season opens, new applications will be accepted. A new applicant is somebody who DID NOT receive HEAP last year. If you did not receive HEAP last year, and would like an application when the new season opens, call our office at 315-376-5313.

Did you receive HEAP last year?

If so, you should have received a renewal application in the mail at the beginning of September. You should complete this and return it with proof of any changes from last year to our office. Our after-hours drop box is located by the main door of the Human Services Building at 5274 Outer Stowe Street, and it is checked daily. Once we review your application, if we have questions, or require additional information, someone from our office will contact you.

Need assistance with your HEAP application?

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.

2025-2026 Monthly Income Eligibility Guidelines:

HH Size:	Tier 1:	Tier 2:
1	0 - 1,695	1,696 - 3,473
2	0 - 2,291	2,292 - 4,542
3	0 - 2,887	2,888 - 5,611
4	0 - 3,482	3,483 - 6,680
5	0 - 4,078	4,079 - 7,749
6	0 - 4,674	4,675 - 8,818

Transportation

Services in Lewis County

The Office for the Aging (OFA) offers transportation services to anyone over the age of 60. Services covered under this transportation program include medical and/or dental appointments and grocery shopping. Once OFA approves the registrant's application, it is forwarded to the Volunteer Transportation Center (VTC) in Watertown. VTC will then contact the participant to explain the program and schedule a driver for any upcoming appointments. The participant deals directly with VTC for any future appointments.

Currently, there are more than 300 registered participants within the program. During the calendar year 2024, VTC handled roughly 3,500 one-way trips for OFA clients. OFA receives funding through the Older Americans Act, Title IIIB, and New York State Office for the Aging.

In 2025, OFA, in collaboration with Lewis County Public Transportation and Birnie Bus, began offering free curb-to-curb rides anywhere within Lewis County for county residents ages 60 and over. Interested clients are asked to call our office and a staff member will work with Birnie Bus to book rides, depending on driver availability. The initiative is funded through the GoGo Grandparent program.

If you would like to learn more information on either of these transportation services, please call our office at 315-376-5313.

Nutrition Program Updates

Like past years, we will be doing holiday meals each month leading up to the end of the year! Participants are encouraged to invite family & friends to join them for these meals at any dining site. The suggested contributions for anyone 60 years of age or older is \$4; guest amount (under the age of 60) is \$11.

Holiday Meal Schedule:

Thursday, Oct 30th - Halloween meal

Thursday November 20th - Thanksgiving meal

Thursday December 18th - Christmas meal



Remember to reserve your meal by calling Office for the Aging at 315-376-5313.

Important Nutrition Dates:

October 13th - Columbus Day - Office / dining sites will be closed.

November 11th - Veterans Day - Office / dining sites will be closed.

November 27th & 28th - Thanksgiving Holiday - Office / dining sites will be closed.

December 25th - Christmas Day - Office / dining sites will be closed.

January 1st - New Year's Day - Office / dining sites will be closed.

Upcoming Dining Site Presentations:

Please refer to our presentation schedule below for anything you might be interested in and come join us for lunch! All presentations will begin at approximately 11 am.

Dining Site Presentations

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

Respiratory Health

Harrisville - Wednesday, October 1st
Lyons Falls - Wednesday, October 8th
Croghan - Wednesday, October 15th
Lowville - Wednesday, October 22nd
Copenhagen - Thursday, October 23rd

Diabetes

Harrisville - Wednesday, November 5th
Lyons Falls - Wednesday, November 12th
Croghan - Wednesday, November 19th
Lowville - Wednesday, November 26th
Copenhagen - Thursday, November 20th

Mental Health & the Holidays

Harrisville - Wednesday, December 3rd
Lyons Falls - Wednesday, December 10th
Lowville - Tuesday, December 16th
Croghan - Wednesday, December 17th
Copenhagen - Thursday, December 18th



SANTA FOR SENIORS **PROGRAM** *2025*

The Lewis County Santa for Seniors program is gearing up for the 2025 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 older adults over 60 who would otherwise not receive one.

Last year we provided gifts for over 100 older 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 Christmas gift bags
- Sugar-free hard candy/Whitman samplers
- New Cat/Dog treats & toys
- New Dish towels/dish cloths
- Unused crossword and word search books (large print)
- Unused personal care products & cleaning supplies
- Walmart, TOPS, Kinney Drugs or Dollar General gift cards



Santa for Seniors Volunteer Opportunities

- Individuals needed to wrap gifts (first 2 weeks in December).
- Drivers needed to deliver Santa for Seniors gifts and/or Christmas sharing food packages on Monday, December 15th.

Remember to listen to 99.3 (The Moose) or call the Santa Hotline starting the week of November 24th if you are interested in adopting an older 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.

SANTA HOTLINE: (315) 377-2077

FREE

Holiday
Popcorn & Movie Event

"Christmas with the Kranks"

RATED PG

at the Lowville Town Hall Theater, Shady Avenue



Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit.

December 2, 2025
4:00pm



A great movie for the grandkids too!
**THE FIRST 300 GUESTS WILL RECEIVE
A FREE SMALL POPCORN!**



Presented by:



NY Connects
Your Link to Long Term
Services and Supports



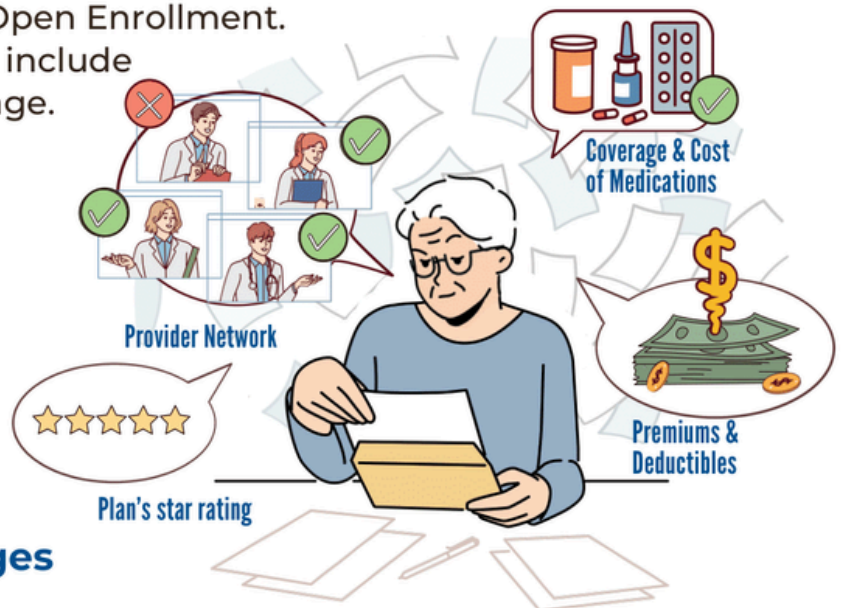
Medicare's Open Enrollment Period

REVIEW YOUR CURRENT MEDICARE HEALTH AND DRUG COVERAGE

You probably get a lot of mail during Open Enrollment. It's important to know which mailings include information about your current coverage.

No matter how you get your Medicare, you should consider:

- Your access to health care providers and pharmacies you want to use
- Your access to benefits and services you need
- The total costs for premiums, deductibles, and cost-sharing.



Review your benefits and changes

An illustration of a woman with blonde hair reading a large book titled 'Medicare & You 2026'. A small icon of a Medicare Health Insurance card is shown above the book.

Original Medicare
Read *Medicare & You* or visit [Medicare.gov](https://www.Medicare.gov) to learn about Medicare's benefits for the upcoming year.

An illustration of a man with brown hair and glasses reading a document. A small icon of a red insurance card with a white cross is shown above him.

Medicare Advantage or Part D plan
Read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).

Pay attention to any changes in the plan's costs, benefits and coverage rules, and formulary. The formulary is the list of drugs your plan covers. Make sure that your drugs will still be covered next year. Also ensure that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes, you can change plans.



SHIP

State Health Insurance
Assistance Program

SHIP counselors can help you review your options and pick a plan that meets your needs. SHIP counselors provide trusted, unbiased, and individualized Medicare help. Visit shiphelp.org for more information!



You can use Medicare's Plan Finder tool to compare plans at [Medicare.gov/plan-compare/](https://www.Medicare.gov/plan-compare/) or by calling 1-800-Medicare

2025 SENIOR GOLF TOURNAMENT RESULTS

On Friday, September 5th, twenty golf teams signed up to compete in this annual tournament held by our office in collaboration with the Brantingham Golf Club. Everyone who participated, enjoyed a day of sunshine, mild temperatures, and ended it out with a good meal & prizes!

On behalf of our Director, Carla Hellinger, the Lewis County Office for the Aging expresses a huge thank you to all the individuals, including the scorekeepers, that supported this year's tournament. A thank you is also extended to Ben Bradish and the staff of Brantingham Golf Club who allow this tournament to be such a success each year. We appreciate your generosity!

We also convey special gratitude to the local businesses & individuals listed below for their door prize donations:

Woodgate Pines Golf Club, Lloyds of Lowville, Lowville Walmart Super Center,

Matt Nimey GMC in Boonville, St. Drogo's Coffee & Bake House/Tug Hill Artisans & Roasters, Dollar General-Croghan Branch, and Malcolm Kellogg with a refinished dining table.



Ladies A Flight - 1st

L to R: Karen Stowell, Pat Houck, Amy Kolenda & Bonnie Oaks



Men's A Flight - 1st

L to R: Kim Allen, Rex Allen, Neil Freeman & Rich Miles



Men's B Flight - 1st

L to R: Jamie Cullinan, Jay Scanlon, John Fowler & Cliff Keil



ADVISORY COUNCIL MEMBERS NEEDED

Lewis County Office for the Aging is seeking a **NEW MEMBER** for their Advisory Council. A community member from the Copenhagen area is needed to help us complete our Advisory Council membership.

Requirements include:

- Reside in District 3 (Copenhagen)
- Age 60 or over
- Interested in making a difference in your community for the aging population; bringing concerns, issues, or ideas to the council meetings

The Council consists of volunteer representatives from each of the 10 districts in Lewis County. Each term is three years, and they meet four times throughout the year.

The purpose of the Council is to advise Lewis County Board of Legislators on matters concerning the well-being of the County's aging population.

The Council also assists and guides Lewis County Office for the Aging in its general advocacy responsibilities through on-going review and comment on public policy, legislation, and private sector initiatives that affect older adults.



If you are interested in joining, or would like more information, please call Lewis County Office for the Aging.



(315) 376-5313