

Office Closures:

FOR JULY, AUGUST, SEPTEMBER 2026

Our office, dining sites & home delivered meal closures are as follows:

- Friday, July 3, 2026 - Independence Day
- Monday, September 7, 2026 - Labor Day



PUBLIC HEARING: Public Invited to Speak Out

The Lewis County Office for the Aging is inviting the public to join us at our annual Public Hearing. This public hearing is scheduled for Lewis County residents and agencies to ask questions and comment regarding services that are delivered to older adults by our office. It's an opportunity to learn more about OFA services and budgets, as well as sharing your thoughts & ideas, or ask any questions you may have. All comments are important and are used in the planning process for 2027. The meeting will be held in-house this year in conjunction with our next Advisory Council meeting on **Tuesday, August 4th at 1:00 PM**. The meeting will take place in the Human Services Building at 5274 Outer Stowe Street in Lowville. We welcome your input and look forward to seeing you there!

FARMERS' MARKET COUPONS; Coming in July

The Lewis County Office for the Aging will be giving out Farmer Market Coupons a little differently this year. Due to a limited number of coupons available, we will be giving them out on a first-come, first-served basis on **Tuesday, July 14th** beginning at 9:00 a.m. Distributions will take place here at the Human Services Building at 5274 Outer Stowe Street in Lowville in the front parking lot. Those wanting Farmers' Market Coupons **must be present to sign** and if a POA is signing, they must provide proof with the legal documentation.

2026 Income Eligibility:

Individuals 60 years or older, who are, or affirm they are low-income based on the following criteria:

- \$2,461/month for a one-person household
- \$3,337/month for a two-person household
- \$4,212/month for a three-person household.





HEALTHY AGING DAY AT THE FAIR



THURSDAY, JULY 23, 2026

9:00 AM - 5:30 PM
LEROY NICHOLS BUILDING



- | | |
|---------------|---|
| 9:00 AM | WELCOME & NATIONAL ANTHEM
VENDOR TABLES (UNTIL 12:00PM)
FARMERS MARKET COUPON DISTRIBUTION (IF AVAILABLE) |
| 9:00 - 11:00 | ENTERTAINMENT BY MEYER FAMILY BAND |
| 11:15 - 11:45 | PERFORMANCE BY CROWN BALLET |
| 11:45 - 12:00 | RANDY D. STREETER OLDER ADULT OF THE YEAR HONOR |
| 12:00 - 1:00 | LUNCH BREAK |
| 1:00 - 3:00 | NELSON BROTHERS |
| 3:15 - 5:30 | REGISTRATION & FINAL ROUND OF PUZZLE CONTEST |

FREE "2 Nation Tour" for two
(DRAWING AT 2:45; MUST BE PRESENT TO WIN)



PRESENTED BY:



NY Connects
Your Link to Long Term
Services and Supports



Lewis County Office for the Aging

Randy D. Streeter Older Adult of the Year



Lewis County Office for the Aging is proud to announce this year's **Randy D. Streeter Older Adult of the Year** award recipient, Geneva Virkler!

Geneva has been a lifelong resident of Lewis County. Along with her husband Alton, who passed away in 2025, they operated a large dairy farm for 32 years in New Bremen, where they received the "Century Farm Award" in 1990. They have four children together: Sheri, Dale, Karla, and a son Kurt, who passed away in 1967, and seven grandchildren.

Geneva has been a long-time and active member of the First Mennonite Church of New Bremen. She has served as Elder, Church Secretary, Sunday School & Bible School Teacher, Pianist, on the Library Committee, and in the Women's Sewing Circle group, where she has been President since 2020. The mission of the Sewing Circle group is making comforters for those in need, such as fire victims, local food pantries, or sending them with the Mennonite Central Committee (MCC) for the broader world. This group is also known to make quilts for each graduating senior that attends First Mennonite Church of New Bremen as a graduation gift from the church.

Geneva has pieced many quilt tops that are used to create comforters during the annual "Quilt Blitz" held with the Lewis County MDS Meat Canner project.

Since 2020, Geneva helps with the Adirondack Mennonite Heritage Association by researching and newspaper archiving for the organization.

In years past, she and her husband would pick up day-old bread & donuts from a distribution outlet in Watertown and deliver them to their local food pantries; she spent many years volunteering at the Agape Shoppe thrift store in Watertown and even sold their items on eBay to help support the shoppe; she has been a 4-H leader; served on the Beaver River Central School Board of Education for 15 years; and along with her husband, volunteered for the Mennonite Disaster Service (MDS) in and outside of New York State multiple times by helping in the kitchen preparing food for the workers, or doing some painting projects.

Helping people in the community comes naturally to Geneva; whether it's someone who is sick, a victim of fire, or someone touched by tragedy, she is quick to provide food and assistance. Her volunteering services and helping others has become a way of life for her, particularly when it comes to assisting those in need within her community.

In addition to receiving the Randy D. Streeter Older Adult of the Year award, Geneva was recognized at the Older New Yorker's Day in Albany on May 26th, and will be honored at Healthy Aging Day at the Lewis County Fair on July 23rd with the Randy D. Streeter family.

Save the dates! 

Mark your calendars now for these Lewis County Office for the Aging events that are coming up in September! Stay tuned for more details and reservation requirements.

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

ANNUAL SENIORS GOLF TOURNAMENT 2026

FRIDAY, **SEPTEMBER 11TH**
BRANTINGHAM GOLF COURSE
9:00 am Shotgun start

\$220 per team
\$26 per cart

Includes green fees, skins, closest to the pin, and lunch

18 holes
4 men or 4 women
Captain and Crew
Ages 50 or over
Deadline to register is Friday, AUGUST 28, 2026

A portion of the proceeds benefit Lewis County Office for the Aging & their Home Care Respite Program

Interested teams must respond by returning this flyer to Brantingham Golf Club, PO Box 151, Brantingham, NY 13312. Advance payment appreciated. Make checks payable to: Brantingham Golf Club

Team Member Names/Age: _____



APPLEFEST FALL FESTIVAL

FRIDAY, SEPTEMBER 25, 2026
9:00am - 3:00pm
Glenfield 3G Firehall, 6229 Blue Street, Glenfield

Flu Shot Clinic / Vendors / Lunch
BINGO/ Prizes



Online

FINANCIAL SCAMS & SAFETY



Elaina MacKenzie, Connections & Impact Manager at RT Federal Credit Union will be leading a presentation on *Online Financial Scams and Safety*. This presentation is scheduled for **September 1st at 10:00 a.m.** here in the Human Services Building at 5274 Outer Stowe Street in Lowville. You do not need to be a member of the Credit Union to attend. Stay tuned for more information that will be coming out.

WHAT ARE YOUR IDEAS?

Our office is reaching out to see what you would like to see at our events and dining sites. These include **Healthy Aging Day** at the fair in July; our annual **Fall Fest** in September; and our annual **Popcorn & Movie** event in December. We are looking for your preferences or new ideas to consider; OR even if you think we are doing fine, please let us know! We are asking that you fill out this brief survey. Once completed, you can either mail it to us at the address below, or you can email your responses to nancywolff@lewiscounty.ny.gov. We would appreciate any and all feedback! 😊

EVENTS SURVEY:

1. Please list any FREE entertainment ideas you have for HEALTHY AGING DAY at the fair:

2. Please list any ideas you have at FALL FEST for:

▪ Games:

▪ Music (please list genre too) / Entertainment:

▪ Meal Ideas:

▪ Vendor Ideas:

3. Please list any movie or genre of movie you would like to see at the POPCORN & MOVIE event:

4. If you attend any dining sites, what kind of speakers or activities would you like to see?

Thank you for taking the time to fill this survey out. You can email your response to nancywolff@lewiscounty.ny.gov -OR- you may mail this survey to:

Lewis County Office for the Aging

Attn: Nancy Wolff

PO Box 193

Lowville, NY 13367



Caregiving

AND THE BENEFITS OF HEALTHY SLEEP

As a caregiver, we often make sacrifices to our own well being to care for our loved one. Sleep is a big sacrifice for many caregivers. Good sleep helps your body rest, repair, and get ready for the next day. How long you sleep and the quality of it are both important.

Getting healthy sleep can:

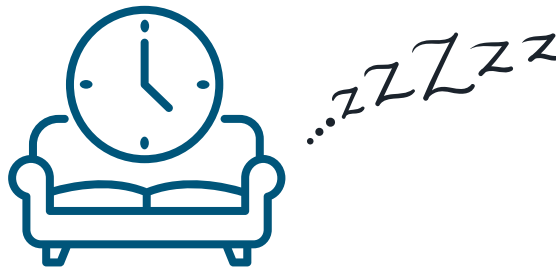
- Help you learn and remember information
- Heal and repair your body
- Maintain normal hormone levels
- Support healthy growth and development
- Lower your risk of health problems and sickness
- Keep you feeling mentally alert, happy, and productive



Are You Getting Enough Sleep?

There's no set amount of sleep you should get, everyone is a little different. For most adults, 7-9 hours is a good target. For children and teens, the recommended amount is higher and varies depending on their age. Here are some signs you might not be getting enough sleep or are experiencing sleep deprivation:

- Feeling tired during the day
- Slow reaction times
- Trouble focusing
- Memory problems
- Reduced strength
- Mood changes



Tips for Improving Your Sleep

Prioritize your sleep - When busy, sleep often gets cut from your schedule first. Try to make sleep a priority to keep your mind and body feeling good.

Napping

Use these tips so that your naps will help you be alert, productive, and boost your performance.

- Keep them short, around 20-30 minutes. Set an alarm to help you wake up. You might feel groggy if it's longer.
- Try to nap in the early afternoon. If you nap too late in the day, you might have trouble falling asleep at night.
- If you find you need naps often, it might be a sign to improve your nightly sleep. Try some of the tips on this page to see if they help!

When Sleep is Hard to Get

Getting a full night's sleep isn't always realistic. You might be a parent with young children, someone supporting loved ones, a shift worker, or living with stress or health challenges. There are still some things you can do to rest and recharge when life gets in the way of your sleep.

Reporting

MEDICARE FRAUD & ABUSE

Medicare fraud and abuse can happen anywhere. It's important that you protect your Medicare card, number, and other personal information, and check your Medicare claims regularly. To help spot and prevent Medicare fraud and abuse:

Compare the dates and services on your calendar with the Medicare statements you get to make sure you received each service listed and that all the details are correct.

- Protect your personal information and become familiar with how Medicare uses it.
- Know what a Medicare health or drug plan can and can't do before you join. If you join a Medicare health or drug plan, the plan will let you know how it will use your personal information.
- Learn more about Medicare and recent scams

If you suspect fraud call 1-800-MEDICARE (1-800-633-4227) or report Medicare fraud online at <https://oig.hhs.gov/fraud/report-fraud> or call 1-800-HHS-TIPS.

If you have a Medicare Advantage Plan or Medicare drug plan you can also call the Investigations Medicare Drug Integrity Contractor (I-MEDIC) at 1-877-7SAFERX (1-877-772-3379). When you call, have this information ready:

- Your name and Medicare Number.
- The name of the provider that you're reporting, along with any identifying information you may have.
- The service or item you're questioning and when you supposedly got it.
- The amount that Medicare approved and paid.
- The date on your Medicare Summary Notice.
- Health or drug plan's Explanation of Benefits, or claim.



Do:

- Check the receipts and statements you get from providers for mistakes and call your provider's office if you think a charge is incorrect.
- Create a secure Medicare.gov account to view your Original Medicare claims as soon as they're processed to help spot mistakes sooner.
- Remember that Medicare will never call you to sell you anything or visit you at your home. Medicare, or someone representing Medicare, will only call and ask for personal information in limited situations (like an agent or representative returning your call after you've joined a plan, reported fraud, or left a message for Medicare).

Don't:

- Give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare or your local Office for the Aging. For Lewis County Medicare beneficiaries, call 315-376-5313).
- Accept offers of money or gifts for free medical care.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Join a Medicare health or drug plan over the phone, unless you called and asked for help.

For further information on Medicare and reporting any suspected fraud or abuse, please contact the Lewis County Office for the Aging at 315-376-5313 and ask to speak with an insurance counselor.

NUTRITION PROGRAM *Highlights*

Special Meals:

THURSDAY, JULY 2, 2026

“Happy 250th Birthday America!” Meal

- Hotdog on a Bun
- Baked Beans
- Broccoli Bacon Salad
- Berry Cheesecake Parfait

THURSDAY, SEPTEMBER 3, 2026

“Labor Day Cookout” Meal

*Don't forget to reserve
your meal by calling our
Meals Line at
315-377-2041*



Mealsite Presentations:

Public Health will be presenting at three different dining sites during the month of August. The topic of discussion will be on **MEDICATION MANAGEMENT**. If you plan to attend a site for the meal afterwards, please notify that site, or call our **Meals Line** to reserve your meal at 315-377-2041. The presentation schedule for August is:

- Harrisville - Wednesday, August 5th
- Croghan - Wednesday, August 12th
- Lowville - Wednesday, August 19th



The Lewis County 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.

Free language assistance services are available. If you need interpretation or translation assistance, please contact the Lewis County Office for the Aging at 315-376-5313 or email at: ofa@lewiscounty.ny.gov



ADDRESS SERVICE REQUESTED



OFA STAFF
 Director, Carla Hellingner
 Chris Baker
 Adrienne Clark
 Kurtis Dicob
 Steve Virkler
 Shannon Frappier-Farney
 Chris Zehr
 Ashley Giboo
 Jane Fenton
 Nancy Wolff