



Office Closures:

for October, November & December

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

- **Columbus Day** - Monday, October 12, 2026
- **Veteran's Day** - Wednesday, November 11, 2026
- **Thanksgiving Day** - Thursday, November 26, 2026
- **Day after Thanksgiving** - Friday, November 27, 2026
- **Christmas Eve** - Thursday, December 24, 2026 (Office closes at 12:30; meals still delivered)
- **Christmas Day** - Friday, December 25, 2026



2026/2027 HEAP Program Information:

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 2026/2027 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?

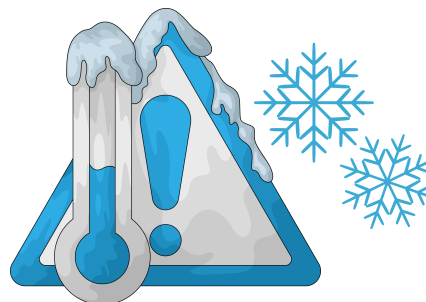
If so, you should have received a renewal application in the mail at the beginning of September. You should complete this and return it with proof of any changes from last year to our office. Our after-hours drop box is located by the main door of the Human Services Building at 5274 Outer Stowe Street, 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.

2026-2027 Monthly Income Guidelines:

HH Size:	Tier 1:	Tier 2:
1	0 - 1,729	1,730 - 3,563
2	0 - 2,344	2,345 - 4,659
3	0 - 2,959	2,960 - 5,756
4	0 - 3,575	3,576 - 6,852
5	0 - 4,190	4,191 - 7,948
6	0 - 4,805	4,806 - 9,045





SHOULD I REVIEW MY INSURANCE COVERAGE FOR NEXT YEAR?



It is very important that you review your Medicare coverage every year. Medicare insurance plans can change their costs and coverages every year. Most people can only change their Medicare plans during Fall Open Enrollment which runs from October 15 to December 7 each year.

Even if you are satisfied with your current Medicare coverage, you should check if there is another plan in your area that offers better coverage at a lower price. When choosing a Medicare private drug plan, make sure to look at all costs, not just premium. Another plan may have lower copays, cover more drugs, have fewer restrictions or offer some coverage during the coverage gap.

If you are considering joining a Medicare Advantage Plan to get drug coverage, remember that you will get all your Medicare benefits from that plan. Look beyond the drug coverage; make sure your preferred providers, hospitals, and pharmacies are in network with copays you can afford.

Each fall, your Medicare private drug plan will send you a notice explaining how your plan's coverage and costs are changing for the next year. Your plan must send you this notice before September 30th. If you do not receive it by this time, call and ask for it.

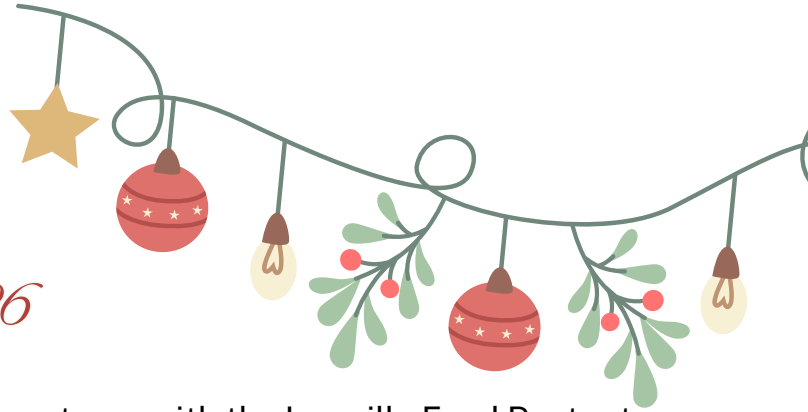
Find out whether your drugs will be covered next year. Also, determine if your copays will change and whether the plan is adding coverage restrictions that will require your doctor to ask for special permission before the plan will cover your drugs.

If your doctor had to make a special request such as a prior authorization or exception request for your plan to cover a drug this year and you will need the same medication next year, call your plan and find out what you must do to make sure your plan keeps covering your drug. Your doctor may have to make a new request, and she/he may be able to do this before the end of this year to ensure your drug will still be covered next year. If your plan will no longer cover a drug you are taking, your plan must assist you with the exception process or change to another formulary drug before the end of year. If the plan fails to do this, your plan must provide you a 30-day transition supply of the drug during the first 90 days of the year and send you a notice explaining that the prescription is temporary and that you must file an exception to continue taking it.

Once you have reviewed your current plan, see what other options are available in your area. Assistance is available locally by calling the Lewis County Office for the Aging at 315-376-5313. You can also do this by calling 1-800-MEDICARE or by going online and visiting www.medicare.gov. The Lewis County Office for the Aging and NY Connects (your trusted place to go for free, unbiased information about long term services and supports for people of all ages or with any type of disability) has trained insurance counselors on staff to assist with your needs year round.



SANTA FOR SENIORS PROGRAM *2026*



Each year, Lewis County Office for the Aging partners with the Lowville Food Pantry to deliver thoughtful gifts and food packages to older adults who may be isolated, live alone, or have limited support.

Santa for Seniors isn't just a tradition, it is a meaningful act of kindness, compassion, and support that reminds older adults they are valued, remembered, and loved.

Ways You Can Get Involved:

- Make or purchase a Christmas ornament to be given to each senior
- Make phone calls to seniors to create their "wish list" (starting Tuesday, 11/3/26)
- Adopt a senior and shop for them (starting Wednesday, 11/18/26)
- Wrap donated gifts here at the Human Services building (first 2 weeks in December)
- Deliver gifts/food throughout Lewis County to seniors (Monday, December 14th)
- Donate commonly requested items such as:
 - Pet toys, food & treats (cat, dog, wild birds)
 - Walmart, Tops, Marshall's gift cards
 - Sugar free hard candy
 - Chocolate sampler boxes
 - New/unused personal care supplies (deodorant, shampoo, toothpaste, body soap, lotions)
 - Men's & women's socks
 - New/unopened puzzles
 - New/unused throw blankets

If you are interested in volunteering or donating to the Santa for Seniors program, please call the Santa Hot Line at 315-377-2077.



Save the dates!



Don't forget to mark your calendars now for these Lewis County Office for the Aging events that are coming up!



PLANNING AS WE AGE
Getting Important
Decisions in
Order

October 5, 2026 at 1:00 pm
Human Services Building
5274 Outer Stowe Street
Lowville, NY 13367

FREE
no cost to attend

Topics will include:

ADVANCE DIRECTIVES
Joan E. McNichol, Esquire

MOLST (Medical Orders for Life Sustaining Treatment)
Joanna Dailey, LCSW-R
Director of Social Work, Lewis County Health Systems

PREPLANNING DECISIONS
David Sundquist,
Funeral Director/Owner of Sundquist Funeral Home

LEWIS COUNTY HOME HEALTH & HOSPICE
DeyLynne McConnell, DPS/RN
Rachael Golas, LMSW Social
Worker/Bereavement coordinator

 **NY Connects**
Your Link to Long Term
Services and Supports

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



Stroke Awareness
October 15, 2026

2:00-4:00 pm
Human Services Building
5274 Outer Stowe Street in Lowville

Lewis County Office for the Aging is hosting an informational senior forum on "Stroke Awareness" featuring Lyndsey Allen, RN, MSN, and a Director at Lewis County Health System. During this conversation, she will explain:

- Types of strokes & warning signs of each
- Detail on who is being affected
- Age trends
- Health conditions that are primary drivers of stroke risk
- Guide attendees on how to identify stroke symptoms



**EDUCATION
IS THE BEST
PREVENTION
TOOL!**

Join us for this important discussion!
To register, call Lewis County Office for the Aging at 315-376-5313.
We look forward to seeing you there!

 **NY Connects**
Your Link to Long Term
Services and Supports

 **Lewis County
Health System**
Your Health Partner

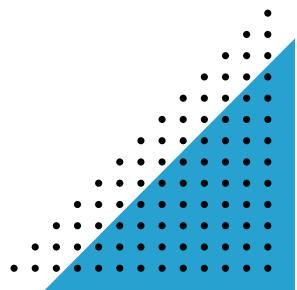



Public Health
Prevent. Promote. Protect.
LEWIS COUNTY

MEAL SITE Presentations

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

- Harrisville - Wednesday, December 2nd
- Croghan - Wednesday, December 9th
- Lowville - Wednesday, December 16th



Holiday Popcorn & Movie Event:

Dr. Seuss'

The Grinch

- Rated PG

at the Lowville Town Hall Theater, Shady Avenue

FREE



Living in a snowy mountain lair, the Grinch despises the cheerful celebrations of the Whos below. Annoyed by their increasingly boisterous Christmas spirit, he decides to steal the holiday for himself, disguising himself as Santa Claus. However, young Cindy-Lou Who attempts to meet Santa and thank him for the joy he brings her hardworking mother, potentially disrupting the Grinch's scheme and revealing his true identity.

DECEMBER 1, 2026
AT 4:00 PM

A GREAT MOVIE FOR THE GRANDKIDS TOO!
The first 300 guests will receive a FREE small popcorn

Presented by:



TICKET

Get Help THROUGH NYCONNECTS

NY Connects is your trusted place to go for free, unbiased information and assistance. We can help you link to long term services and supports, such as home care, transportation, and meals.

Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability. We can help individuals, families, caregivers, and professionals.

NY Connects specialists may also help with options counseling, in which individuals are supported in making informed long-term support decisions based on their preferences, strengths, values, abilities and resources.

How can we help you?

- We can help link you to long term services and supports regardless of diagnosis, age or payor source.
- We coordinate with other agencies to guide you through eligibility processes.
- We provide seamless linkages for any necessary assessment you may need.
- We help with application and enrollment in public assistance benefits.



This service is available for everyone.

An on-line statewide resource directory may be accessed at www.nyconnects.ny.gov. Those seeking services and supports on that site may search it using keywords, topics or categories. The list may be sorted by city, county or zip code, and listings may be saved, shared or printed. You can also create an account to save search results for quick and easy access later.

You may also contact NY Connects at Lewis County Office for the Aging directly at 315-376-5432 or call the Northern Regional Center for Independent Living NY Connects specialist at 315-785-8703, Ext. 212.

'tis the season
TO BE JOLLY



A couple were Christmas shopping at the mall on Christmas Eve and the mall was packed full of shoppers buying their loved-ones gifts.

Walking through the mall, the surprised wife looked up and noticed her husband was no where around, and she was very upset because it was meant to be a special time shopping together.

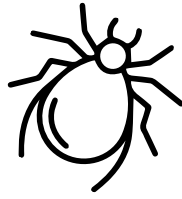
She took her phone out of her handbag and called her husband. "Where are you honey?" she inquired.

The husband, in a calm voice said, "Babygirl, remember that jewelery store we went into 5 years ago? Where you fell in love with that diamond necklace we couldn't afford, and I told you that I would get it for you one day?"

His wife started to cry with joy and said, "Yes, I remember that necklace and store!"

He said, "Well, I'm in the bar right next to it."

TICK CHECK TIME!
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TICK CHECK TIME!



Did you know that ticks don't just live in the woods? They can be found in yards, gardens, and flower beds. Although small, ticks can carry serious health risks.

Be sure to check yourself, your loved ones, and your pets after spending time outdoors. Before outdoor activities, use products containing DEET on clothing and skin. Whenever possible, wear socks, long pants, and long-sleeved shirts. Light-colored clothing makes it easier to spot ticks.

Babesiosis is a tick-borne illness that can affect residents in Lewis County. It can become serious for older adults, people with chronic health conditions, or anyone with a weakened immune system. Symptoms often appear flu-like and may start a week or more after infection.

Babesiosis can be treated with the right antibiotics, and diagnosis requires a simple blood test. If you have any concerns, talk with your health care provider today.

For more information, contact Lewis County Public Health at 315-376-5453.



BABESIOSIS



Babesiosis is a disease caused by a parasite that is spread through the bite of an infected tick.

⚠ WHO IS AT RISK?

Many people with babesiosis have no symptoms and may not feel sick. However, babesiosis can become a serious, even life-threatening illness, especially for older adults and people with chronic health conditions or weakened immune systems.

💊 TREATMENT

Babesiosis can be treated with the right antibiotics. The antibiotics used to treat babesiosis are different from those used to treat Lyme disease, so blood testing for Babesia is important.

✓ PREVENTION

Ticks don't just live in the woods, they can also be found in your backyard, gardens and flower beds.

After spending time outdoors, take a few minutes to check yourself, your children, and your pets for ticks.



DID YOU KNOW?

You may not have a rash or even notice a bite. Symptoms often appear flu-like and may start around a week or longer after infection.

NUTRITION PROGRAM

Highlights

JOIN US FOR HOLIDAY MEALS!

The tradition of gathering for holiday meals is a wonderful opportunity to enjoy nutritious food and connect with friends and family. This year, we invite you to join us for special meals at our dining sites throughout the county

HOLIDAY MEAL SCHEDULE:

Oktoberfest Meal - Thursday, October 29th

- Sweet Sausage
- Salt Potatoes
- Cabbage Salad
- Hot Apple Dessert

Thanksgiving Meal - Thursday, November 19th

Christmas Meal - Thursday, December 17th



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

WHY ATTEND?

- Enjoy delicious, balanced meals prepared with older adults' nutritional needs in mind
- Celebrate the season and strengthen community bonds

Participants aged 60 and over are encouraged to bring family and friends. The suggested contribution for those 60+ is \$4; guests under 60 are welcome for \$11. To reserve your meal, please call the Office for the Aging meal line at 315-377-2041.



AVAILABLE
LARGE
PRINT



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

LEWIS COUNTY OFFICE FOR THE AGING

PO Box 193, 5274 Outer Stowe Street
Lowville, NY 13367

OFA STAFF

- Director, Carla Hellingner
- Chris Baker
- Adrienne Clark
- Kurtis Dicob
- Steve Virkler
- Shannon Frappier-Farney
- Chris Zehr
- Ashley Gibbo
- Nancy Wolff



NEW YORK
STATE OF
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Your Link to Long Term
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