

Quarterly Newsletter



LEWIS COUNTY

NEW YORK

OFFICE FOR THE AGING

JANUARY-FEBRUARY-MARCH 2023

Aging Well in Lewis County

OFA Director, Crystal Collette

In a recent interview on the Today show, one of my girlhood favorites, Shania Twain, shared the following. "I wake up every day in the last few years really feeling a freedom I haven't felt before," she said during the recent interview. "And that is coming with acceptance that I cannot slow the process of aging. That is out of my control, so I need to start enjoying aging and enjoying all that comes with that." Shania recently turned 57 years old and is preparing to release a new album in 2023.

What will you do this year? Have you always wanted to climb a mountain? Paint your kitchen cabinets? Learn to ride a horse? Now is your time.

One of the many things that I enjoy about working with people as they age is the freedom many people feel as the years tick by. The passing of time and the process of grief often encourages us to embrace life and aging. Today is our only certainty.

I would love to hear from you. Please write or call and tell me what you plan to accomplish in 2023.

The front page of each newsletter this year will be dedicated to aging well in Lewis County.

Crystal Collette, Director

crystalcollette@lewiscounty.ny.gov or call 315-376-5300

 315-376-5313

 ofa@lewiscounty.ny.gov

SAVE THE DATE 2023 EVENTS



AGING UNBOUND: MAY 2023

SATURDAY, MAY 20, 2023
A NIGHT WITH THE STARS

Celebrating Older
American's Month & OFA
Volunteers, Lowville Elks

SATURDAY, JUNE 17, 2023
OFA PICNIC

Lewis County Fairgrounds



THURSDAY, JULY 20, 2023
HEALTHY AGING DAY

202nd Lewis County Fair

FRIDAY, SEPTEMBER 8, 2023
SENIOR GOLF TOURNAMENT

Brantingham Golf Club



FRIDAY, SEPTEMBER 29, 2023
FALLFEST

Glenfield Fire Hall

HEALTH & WELLNESS PROGRAMS

Office for the Aging is proud to offer a variety of Health & Wellness Programs to improve your mind, body, and overall health. These include:



Aquatics- January 23rd- March 3rd at
Lowville Academy & Beaver River Schools
Mon, Wed, Fri 7-8 AM.
Next Session: April 3rd-May 12th



Tai-Chi- Please call to join the waiting list,
dates and times to be determined



Walking with Ease- January 23rd-March 3rd
Brookside Senior Living Community,
Mon, Wed, & Fri 1-2 PM
Next Session: April 3rd-May 12th @Lowville
Academy

These programs are available at no cost to all Lewis County residents 60 years of age and older. Please call Lewis County Office for the Aging at 315-376-5313 to reserve your spot today!!





Nutrition Corner

"A healthy outside starts from the Inside" ~ Robert Urich

We'd like to welcome Mary Lou Plante, Registered Dietician, to the Office for the Aging Nutrition team. Mary Lou is a Lewis County native but now resides in Liverpool, NY. She will be responsible for the monthly menu, nutrition education and counseling.

Let's start 2023 by getting informed. We look forward to Lewis County Public Health visiting the Senior Dining Sites in January and February.



"Stay Healthy, Get Vaccinated" "Healthy Hearts Make Happy Hearts"

- 1/9 – Copenhagen Site
- 1/11 – Maple Ridge Center
- 1/18 – Croghan Site
- 1/23 – Lyons Falls Site
- 1/25 – Harrisville Site
- 2/6 – Copenhagen Site
- 2/8 – Maple Ridge Center
- 2/13 – Croghan Site
- 2/15 – Lyons Falls Site
- 2/22 – Harrisville Site

Presentations will take place approximately 20 minutes prior to lunch. In the event of a weather-related closing, the presentation will be rescheduled at the convenience of the presenter.

The Senior Dining Sites will be closed on Monday, January 16th in observance of Martin Luther King Day and Monday, February 20th in observance of President's Day.

Wednesday, February 15th Valentine's Day Meal
Thursday, March 16th – St. Patrick's Day Meal

We welcome family and friends to join our seniors for lunch any day but especially on special meal days.

To make a reservation for any dining site call 315-376-5313.



Celebrate the Senior Nutrition Program

2023 · COOKING UP COMMUNITY

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act, local programs serve as hubs where people 60+ find healthy meals and other vital services that strengthen social connections and promote well-being.

Every March, we celebrate our program's anniversary. Our nutrition services help people stay independent and healthy as they age through community dining sites, home delivered meals, the innovative evening dining program, and nutrition counseling.

Join the Lewis County Office for the Aging Advisory Council the week March 20-24, 2023 at our community dining sites. Advisory Council members encourage you to bring a friend to lunch. Keep an eye out for more information.

NUTRITION PROGRAM IN 2022

47,996

meals served

872

people served

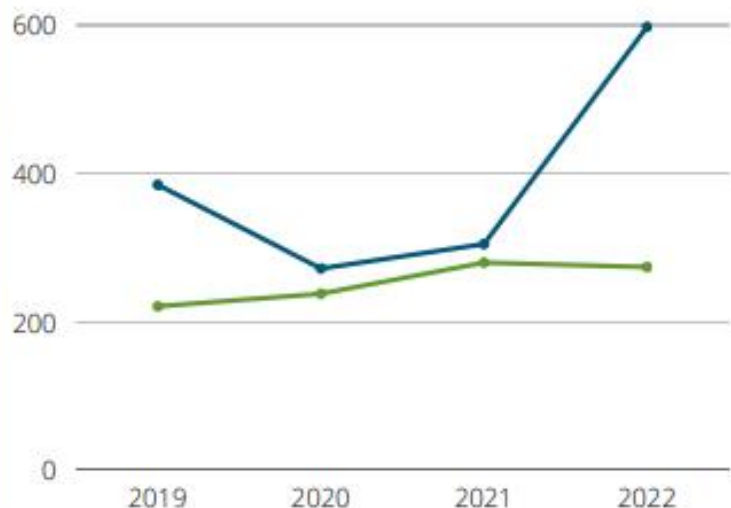
182

hours of nutrition counseling

CLIENTS SERVED

Home Delivered

Community Dining





Medicare Spotlight

The health insurance counselors at the Office for the Aging are taking a deep breath that Medicare Open Enrollment has ended for another year. Our two counselors were able to assist 254 individuals from October 15, 2022 thru December 7, 2022 reviewing current insurance versus plan options for 2023.

Total savings for these individuals equaled **\$71,743.16**, an average of **\$300.18** per person. We were also able to use the knowledge and assistance of two volunteers during this time. These volunteers donated a total of 16 hours; thank you and we could not have done it without you.

What programs are you eligible for in 2023?

Medicaid is a joint state and federal program that helps pay for healthcare costs for individuals and families with limited income and resources.

Medicaid covers benefits including vision, dental, prescriptions, and long-term care services such as in-home care. 2023 will bring new monthly income and asset limit guidelines that may mean you are eligible for Medicaid.

	Single	Couple
2023	\$1,563	\$2,106
Asset Limit	\$28,133	\$37,902

Medicare Savings Programs

You may be able to get assistance with your health care costs through a Medicare Savings Program (MSP). These programs help pay your Medicare costs if you have limited income. Each program has different income eligibility guidelines and provides different benefits.

Qualified Medicare Beneficiary (QMB) Program- The QMB program provides the most benefits. Almost all Medicare costs are covered including Part A & B premiums, the "Extra Help" program which helps reduce Medicare Part D premiums and copays for prescription drugs, and deductibles and co-insurances (if there are any).

QMB	Single	Couple
2023	\$1,563	\$2,106

Qualified Individual (QI) Program- QI-1 program covers Medicare Part B premiums as well as Medicare Part D premiums and prescription drug copays.

QI	Single	Couple
2023	\$2,107	\$2,839

JOY FOR ALL ADOPTION DAYS!

Do you know an older adult who could use some company?

Bring home a little love for Valentines Day!

Join us for one of our "Pet Adoption" Days at our Senior Dining Sites!

The JOY FOR ALL Companion Pet cats look, feel and sound like real cats. But they're so much more than soft fur, soothing purrs and pleasant meows. These cats respond to petting, hugging and motion much like the real ones you know and love but don't require any special care or feeding. This personally rich experience can bring joy and comfort to aging loved ones without any vet bills to worry about.



Companion pets help increase quality of life for those with dementia or who are socially isolated, and can improve behavior without the use of drugs.

The Companion Pets will be available on the following days and locations at 11 AM

Tuesday, February 7th at Lyons Falls Dining Site,
McManus Hotel, 4103 Center Street

Thursday, February 9th at Harrisville Dining Site,
Harris Courts Community Room, Church St.

Thursday, February 16th at Copenhagen Dining Site,
United Methodist Church

Wednesday, February 22nd at Maple Ridge Center,
7421 East Road, Lowville

Tuesday, February 28th at Croghan Dining Site,
Steepleview Courts, George Street.

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



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.

OFA Staff:
 Crystal Collette, Director
 Chris Baker
 Vicki Meyer
 Jane Fenton
 Steve Virkler
 Lindsey Susice
 Adrienne Clark
 Kurtis Dicob
 Shannon Frappier-Farney
 Kaylee Rhodes



LEWIS COUNTY OFFICE FOR THE AGING
 P.O. Box 193, 5274 Outer Stowe Street
 Lowville, New York 13367
 Permit No. 10

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