LEWIS COUNTY OFFICE FOR THE AGING
DECEMBER 2021 NEWSLETTER

Merry Christmas!

From the staff at Lewis County Office for the Aging

(Back row) Steve Virkler, Lindsey Susice, Adrienne Clark, Crystal Collette, Shannon Frappier-Farney, Kurtis Dicob, (Front row) Vicki Meyer, Chris Baker, and Jane Fenton
Community Dining & Inclement Weather

With cold weather and snow in the very near future, it may be necessary to close community dining sites and cancel home delivered meals. Please remember, when the school district in your area is CLOSED, there will be NO meal delivery and the dining site you attend may be closed. Due to the large number of people who receive Home Delivered Meals, we are unable to make individual telephone calls to you. On cold or snowy mornings, any closings will be announced or posted with the following media:

- Flack Broadcasting / The Moose
- Froggy 97
- Channel 7 / Fox 28
- WWTI News Watch 50
- News 10 Now
- Newzjunky
- Linkinglewiscounty

If you have any questions, do not hesitate to call our office at 315-376-5313. Stay safe and warm during this winter season.

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U.S. Care Systems, Inc.
Our Care, Your Home

At U.S. Care Systems, our caregivers provide the highest level of compassionate and loving in-home care. Though many come from different backgrounds with a variety of experience, there is one common heartfelt desire. To provide life enhancing care that enables people to live where they most want to be...home!

Currently accepting employment applications for Personal Care Aides. Certification Course offered!! Flexible hours!!

Go to http://uscaresystems.com for more information
From the Director's Desk

The Lewis County Office for the Aging is your link to wellness, services and supports as you age. Our mission is more important now than ever. With over 6,000 people over the age of 60 years in our service region, we are a trusted resource—and a critical link in making sure that older adults have the care they need to age safely and with the dignity they deserve—with services like home-delivered meals, transportation, and care in the home.

OFA is funded by federal, state, and local governments, and from participants’ voluntary contributions. Voluntary contributions allow us to improve our services. OFA is required by federal law to provide an opportunity for recipients of our services to voluntarily contribute to the cost of the service.

During 2021, we have listed the names of people who have donated to OFA in the newsletter to say thank you. In 2022, we will list donation totals by program quarterly in the newsletter.

**Donations in 2021**

**General Services-** $3,550

**Nutrition-** $59,656

**Health Insurance Counseling-** $1,540

**Home Care Services-** $1,602

**Wellness & Health Promotion-** $120

Your generous contributions enable us further our mission to make sure seniors in your neighborhood can stay safe and secure. There are many ways to support OFA in addition to making a voluntary contribution. You can also educate someone you know about our services, "like" our Facebook page, or bring a friend with you to lunch at a community dining site. Thank you sincerely for all your support in 2021.

-Crystal Collette, Director
Seniors Helping Seniors is looking for compassionate, seasoned caregivers in Lewis County, NY. Tasks include housekeeping, companionship and transportation to appointments.

If you have a little time on your hands that you would like to use to help another senior, please contact Heidi today at 315-775-4944.

Busy for the holidays?
We offer lunch-time curbside pick up at Maple Ridge, Harrisville, & Lyons Falls Dining Sites for all Lewis County residents 60 years of age and older.

Check out our December menu in this newsletter. Let us help make your holidays a little less hectic.

RESERVATIONS REQUIRED BY 2 PM THE DAY BEFORE
315-376-5313 OPTION 3

DID YOU KNOW?
Our monthly newsletters are available in large print. You can request one by calling 315-376-5313

For people of all ages, any disability, and caregivers. NY Connects can work with anyone who needs information on long term services and supports -- children or adults with disabilities, older adults, family members and caregivers, friends or neighbors, veterans, and helping professionals.

New York State NY Connects Your Link to Long Term Services and Supports

Lewis County (315) 376-5432
Statewide (800) 342-9871
Friends of Lewis County Hospice “Light Up A Life 2021” fundraiser will be conducted by mail again this year from Nov. 29th thru Dec. 17th. All donations will go toward the care of local Hospice patients. With your donation of $5.00 you can help brighten the lives of Hospice patients and their families. You will find trees, donation forms, preprinted envelopes, and tags for those you wish to honor or remember at the following locations:

Kinney Drugs – Lowville  
Community Bank – Lowville and Lyons Falls  
Northern Federal Credit Union – Croghan  
Pioneer Café – Glenfield  
Town Talk – Copenhagen

Forms and envelopes will also be available at various other local businesses in Lewis County and tags will be placed on the tree of your choice by LUAL committee members. Each person’s name will be published in February in the Journal and Republican, and will appear on the Friends of Lewis County Hospice website (friendsofchospice.org) and on Linking Lewis County.

When filling out this form please print clearly.  
Make checks out to: Friends of Lewis County Hospice

Send donation and form to:  
Friends of Lewis County Hospice-LUAL  
c/o Linda Noftsier  
9021 Van Amber Rd.  
Castorland, NY 13620

“Light Up A Life 2021

Please accept my donation of $_____________________

In Memory of: ____________________________________________

In Honor of: ____________________________________________

Given by: ______________________________________________

Please check where you would like your tag(s) placed:

_____Kinney Drugs  _____Croghan Northern Credit Union  _____Lyons Falls Community Bank

_____Lowville Community Bank  _____Pioneer Café  _____Town Talk
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**
- **TAI-CHI**
- **WALKING WITH EASE**

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 ext 5 to reserve your spot today!!
Healthy Holiday Baking

Tips for healthy holiday baking:

1. **Reduce the Sugar.** Typically, baked good recipes call for far more sugar than what is necessary. Try using less sugar in baked goods or using healthy substitutions such as applesauce, mashed bananas or dates to sweeten naturally.

2. **Use Spices and Extracts to Add Flavor.** Spices and extracts add flavor to foods without adding extra calories. Cinnamon, nutmeg, ginger and peppermint can be added to holiday treats to add flavor.

3. **Swap Refined Flours for Whole Grain Flours.** Using a whole grain flour or nut flour (ex. oat flour, almond flour) rather than white flour will add fiber and nutrients.

4. **Freeze Large Batches.** To avoid temptation of over-eating sweets, freeze larger batches of baked goods for after the holidays.

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**Healthy Holiday Buckeyes**

**Ingredients:**

- 1 C peanut butter or any nut butter
- 1 tsp. vanilla extract
- 2 tbsp. ground flaxseed
- 2 tbsp. honey or pure maple syrup
- 1 cup dark chocolate chips
- 1 tbsp. coconut oil

**Preparation Instructions:**

Combine peanut butter, vanilla, ground flaxseed, honey and form into balls. Melt chocolate chips in double boiler, add oil. Dip peanut balls into melted chocolate. Enjoy!

by Megan Dolhof, MS, CNS
OFA Nutrition Services
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**December 2021**

*Menu is subject to change without advance notice!*

*Lewis County Senior Nutrition Program (360) 765-313*
Directions: Find each word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

BOW  CHRISTMAS
GIVING  CANDY CANE
LIGHTS  ELF
REINDEER  JINGLE
SNOW  NORTH POLE

CAROLS  FAMILY
JOY  PRESENTS
SLEIGH  STOCKING
Lewis County Office for the Aging offers interpretation services for more than 200 languages. To inquire about our agencies services for the aging at no cost to you, please call (315) 376-5313.

Oficina del Condado de Lewis para el envejecimiento ofrece servicios de interpretación para más de 200 idiomas preguntar acerca de nuestros servicios de agencias para el envejecimiento, sin costo para usted. Por favor llame al (315) 376-5313.

刘易斯县办公室为老化提供超过200种语言来查询有关我们机构服务的老化，无代价地你的口译服务。请致电 (315) 376-5313。

Lewis County Office für das Altern bietet Dolmetschdienste für mehr als 200 Sprachen über unsere Agenturen-Dienstleistungen für das Altern, ohne Kosten für Sie zu erkundigen. Bitte rufen Sie (315) 376-5313.

Lewis County urządz starzenie oferuje ustnych dla ponad 200 języków zapytać o nasze usługi agencji na starzenie, bez kosztów dla Ciebie. Proszę zadzwonić (315) 376-5313.