Happy Holidays from your OFA Family!

For many of us the holidays are a time to reflect on all that we are grateful for. Research has demonstrated that feelings of gratitude are associated with better health, improved sleep, deeper happiness and the ability to be patient toward others. Holiday gatherings provide opportunities to cultivate feelings of gratitude. We often come together with family and friends, many of whom have been important influences in our life. Take a moment to acknowledge and give thanks for each of them. Let them know how proud you are of them, inspired or supported you and how much they mean to you.

The team at LCOFA is grateful for you. We are honored to support the older adults of Lewis County thrive and age with dignity.
NEW YEAR, NEW ME

The Lewis County Office for the Aging encourages you to think now about starting off 2023 with realistic goals for a healthier you.
Small changes make a big difference!

Tai Chi at Double Play Fitness Center
Tai Chi is suitable for adults looking for gentle exercise. This class improves balance, both mentally and physically.
Session 1: January 9-March 1
Session 2: March 13-May 3
Session 3: May 15-July 5
Session 4: September 12-November 12

Walk with Ease
Are you looking to get yourself moving? Join this walking group! Must be able to be on your feet for at least 10 minutes without increased pain.
Session 1: January 23-March 3 at Lowville Academy
Session 2: April 3- May 12 in Turin
Session 3: July 10-August 18 at Brookside Senior Living Community
Session 4: September 12-October 21 at Brookside Senior Living Community

Aquatics
The Arthritis Foundation Aquatic Program is a community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis or at risk of arthritis. Classes will be offered at both Lowville Academy and Beaver River Schools (location of each class TBD).
Session 1: January 23-March 3
Session 2: April 3-May 12 at
Session 3: July 10-August 18
Session 4: September 12-October 21

Available through Office for the Aging to adults ages 60 and older.

Contact the Office for the Aging to signup or for more information at 315-376-5313.
Did you know SNAP Income Guidelines increased October 1, 2022?

You may be able to get SNAP—even if you were **denied** benefits in the past.

The Food Bank of CNY’s **Nutrition Outreach and Education Program (NOEP)** can help you find out if you may be eligible to participate in SNAP.

It’s FREE, It’s CONFIDENTIAL, It’s ACCESSIBLE

Contact your local NOEP Coordinator to see if you may qualify for SNAP today

### For Lewis County
Contact 315-437-1899 EXT.251

<table>
<thead>
<tr>
<th>Household Size</th>
<th>130% FPL Monthly gross income is at or below</th>
<th>150% FPL Guidelines for households with income from employment</th>
<th>200% FPL Guidelines for Seniors (60 up) And/or Disabled Person(s) Families paying for child/adult care</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,473.00</td>
<td>$1,699.00</td>
<td>$2,265.00</td>
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<td>2</td>
<td>$1,984.00</td>
<td>$2,289.00</td>
<td>$3,052.00</td>
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<tr>
<td>3</td>
<td>$2,495.00</td>
<td>$2,879.00</td>
<td>$3,839.00</td>
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<tr>
<td>4</td>
<td>$3,007.00</td>
<td>$3,469.00</td>
<td>$4,625.00</td>
</tr>
<tr>
<td>Each Additional Person add</td>
<td>$512</td>
<td>$590</td>
<td>$787</td>
</tr>
</tbody>
</table>

Prepared by a project of Hunger Solutions New York; funded by NYSOTDA and USDA/FNS. This institution is an equal opportunity provider.
What is Community Medicaid?

Medicaid is a joint state and federal program that helps cover healthcare costs for individuals and families with limited income and resources. Coverage may include vision, dental, low-cost prescriptions, and long-term care services. Long-term care services include in-home care.

When applying for Medicaid to cover a nursing home or assisted living there are different guidelines, rules around assets, and eligibility criteria. Call Lewis County NY Connects at 800-342-9871 for more information.

January 2023 brings new Medicaid Income and Asset limits

For people who are 65 years and older, disabled, or blind

<table>
<thead>
<tr>
<th></th>
<th>INDIVIDUAL</th>
<th>COUPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td>$1,563/month</td>
<td>$2,106/month</td>
</tr>
<tr>
<td>Asset</td>
<td>$28,134</td>
<td>$37,908</td>
</tr>
</tbody>
</table>

NY Connects is your trusted place to go for free, unbiased information about long term care services and supports in Lewis County for people of all ages or with any type of disability. Our NY Connects Specialists can provide information by phone, online, or in person. NY Connects provides guidance and coordination as you go through the assessment and eligibility processes. Specialists often assist with completing applications and enrollment in public assistance benefits, such as Medicaid.

Now is a great time to apply for Community Medicaid if you think you may be eligible as we anticipate additional changes coming in the future.

Join the NY Connects Long-Term Care Council

The NY Connects Long Term Care Council is made up of individuals receiving services, caregivers, and human service professionals that work together to problem solve. We assess needs, identify gaps in long-term care, and work to improve service delivery for people of all ages with long-term care needs. The group meets four times a year and welcomes new members.

Please contact Crystal Collette at crystalcollette@lewiscounty.ny.gov if you are interested in joining the Long-Term Care Council.
**Friends of Lewis County Hospice “Light Up a Life”**

Friends of Lewis County Hospice “Light Up A Life 2022” fundraiser will be conducted on line and by mail this year from Dec. 1st thru Dec. 31st. 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
- Lewis County Health System Lobby
- Northern Federal Credit Union – Croghan
- Pioneer Café – Glenfield
- Town Talk – Copenhagen
- Chuck’s Market – Harrisville
- Brookside Senior Living – Lowville
- Monnat’s IGA - Croghan

Online donations can be made by going to friendsoflchospice.org this year as well.

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 (friendsoflchospice.org) and on Linking Lewis County.

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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 2022"

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
- Lewis County Health System
Christmas Meal Celebration

The Christmas holiday will be celebrated at all the Community Dining Sites on Thursday, December 22nd. Roast beef with gravy, mashed potatoes, green beans, roll, and cheesecake for dessert! We encourage you to invite family or close friends to join on this day to celebrate the many blessings we have. The guest fee for anyone under 60 is $10.75.

To make reservations, please call (315) 376-5313.

Home Delivered Meal Participants

Lewis County Office for the Aging will be closed Monday, December 26, 2022 for the Christmas holiday & Monday, January 2, 2023 in observance of New Years Day.

There will be no meal delivery on these two days. Please contact us if you are concerned about what you will eat when there is no meal delivery.

We would like to wish each and every one of you a Merry Christmas and a Happy New Year!
Phases of Part D Coverage

The cost of your Medicare Part D-covered drugs may change throughout the year. If you notice that prices change, it may be because you are in a different phase of Part D coverage.

There are four different phases—or periods—of Part D coverage. Today we will look at the first phase – the deductible.

Deductible period - this is the amount you must pay each year for your prescriptions before your Medicare drug plan pays its share and helps to cover the cost of your drugs. While deductibles can vary from plan to plan, no plan’s deductible can be higher than $505 in 2023, and some plans have no deductible.

The deductible period resets in January of each year, regardless of whether you are in the same plan. Tips that can help you lower your costs:

1. Work with your prescriber on brand vs. generic alternatives
2. Get as many refills in December as you can when your costs can be lower
3. Utilize prescription assistance programs
4. Apply for benefit programming that will lower your costs

Your Part D plan should keep track of how much money you have spent out of pocket for covered drugs. This information will appear on your monthly statement.

It is important to remember that you should take all your medications as prescribed.

Contact the Lewis County Office for the Aging at 315-376-5313 for further information on the deductible period or any other health insurance questions.

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Daily Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Cinnamon Applesauce, Corgie, Cranberry, Ham and Cheese, Eggs, Cheese, Breaded Pork, Baked Potato, Baked Beans, Chocolate Pudding</td>
<td>Broccoli Pudding, Brussels Sprouts, Whole Grains, Beans, Rice, Cereal, Chocolate, Cheese, Breaded Pork</td>
<td>Cinnamon Tomatoes Soup, Pineapple, Sautéed Peaches, Green Beans, Sweet Potatoes, Chicken Penne, Speciality, HDN, Medley Closed</td>
<td>1% Milk, 100% Fats, 19% Carbs</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Cinnamon Applesauce, Corgie, Cranberry, Ham and Cheese, Eggs, Cheese, Breaded Pork, Baked Potato, Baked Beans, Chocolate Pudding</td>
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The Nutrition Program accepts cash, check, EFT, and SNAP/EBT. The suggested donation is $3.50. Guest fee is $10.75.

*Menu is subject to change without advance notice. The Nutrition Program accepts cash, checks, EFT, and SNAP/EBT. The suggested donation is $3.50. Guest fee is $10.75.*
HOLIDAY SNAP PUZZLE

BENEFIT CASEROLE CHILDREN
CHRISTMAS DINNER EAT
FAMILY FARMERS FOODBANK
GRANDPARENTS HOLIDAY HUNGER
RESOURCES SEASON SNACKS
SNAP SNOW TOGETHER

Prepared by a project of Hunger Solutions New York; funded by NYSOTDA and USDA/FNS. This institution is an equal opportunity provider.
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.