Did you get HEAP last year? If so, applications for the 2020-21 season will be coming soon
New applicants to the HEAP program must wait until November to apply

Early outreach for returning applicants of the HEAP program will begin on August 31, 2020.

PLEASE NOTE: New applicants for the HEAP program cannot apply until HEAP season begins in NOVEMBER.

Due to COVID-19, for the safety of our clients and our staff, we are asking that completed applications and documentation be mailed back to the Department of Social Services when possible. If we have questions about your application or require additional information, someone from our office will contact you.

We do understand that there are extenuating circumstances when this will not be possible. In that case, we have set up designated days and times where our staff will be available. If you have any questions, please call our office 315-376-5313 option #5.

Lewis County Office for the Aging will be available to assist with walk-in appointments for EARLY OUTREACH HEAP applications the following days and times:

- Mondays 9 AM - 12 PM, 1 - 4 PM
- Wednesdays 9 AM - 12 PM
- Thursdays 9 AM - 12 PM, 1 - 4 PM

No appointment is necessary. Please enter through the main entrance of the Department of Social Services Building located at 5274 Outer Stowe Street, Lowville, NY 13367. You will be greeted by security, have your temperature taken, and you will be required to answer some brief COVID-19 screening questions. A mask is required to enter the building.

Appointments are not available outside the designated days and times and will not be accommodated. Again, new applicants for the HEAP program cannot apply until HEAP season begins in NOVEMBER. If anyone who did not receive HEAP last winter would like to receive an application after the new season opens, call our office and we can put you on a mailing list.
Help us as we walk to end Alzheimer’s

By Crystal Collette, Lewis County Office for the Aging Director

My maternal grandmother, Clara Jane Watson, was the true definition of a farm wife. She baked pies, drove tractors, and managed the books for my grandparent’s busy hay and vegetable business, Spring Dell Farm, in central Massachusetts. I would like to think my “can do” attitude comes from her. The last fifteen years of her life were challenged by Alzheimer’s disease. Her illness also drastically reversed roles and placed my grandfather in the position of caregiver. He did the very best he could with the assistance of my mother, aunt and uncle. It wasn’t easy for anyone, and I know the long, slow loss of my grandmother influenced my career path.

On Saturday, September 12th, the Lewis County Office for the Aging (OFA) and two other local teams will Walk to End Alzheimer’s in partnership with the Alzheimer’s Association of Central New York. Held annually in more than 600 communities nationwide, the Alzheimer’s Association Walk to End Alzheimer’s® is the world’s largest fundraiser for Alzheimer’s care, support and research. Alzheimer’s is the sixth-leading cause of death in the United States. Many of us know, like my family, the impact this disease has.

This year, we will walk in small teams of friends and family, while others across the country and region do the same. Please contact OFA at 315-376-5313 if you would like more details about walking with us on Saturday, September 12th. Check our Facebook page for information on how to donate to support our team.

OFA would also like to remind the community that through funding from the Alzheimer’s Association of Central New York we provide respite care. The respite program is available to caregivers who are caring for a family member over the age of 60 with dementia or Alzheimer’s. All respite services are provided by a professional aide who supports the individual with dementia or Alzheimer’s while their caregiver receives a break for an allotted period. This support of caregivers is essential, and we encourage anyone who would like to learn more to call OFA at 315-376-5313.
Meal deliveries returning to 3 days

Starting in September, Lewis County Office for the Aging’s Nutrition Program will be going back to the usual delivery days of Monday (1 hot/1 frozen), Wednesday (1 hot/1 frozen) and Thursday (1 hot) for Home Delivered Meals. This will begin the week of August 31st to September 4th, 2020. Please keep this in mind when scheduling any future medical or personal appointments.

If for any reason you know in advance that you will not be home for a meal delivery day, please call 315-376-5313, Option #3, to cancel your meal for that delivery day. Phone messages can be left at this number anytime night or day. If a last-minute reason or event should come up and you are unable to call in to cancel, remember to use the door tag (SEE YOU NEXT TIME). MEALS WILL NOT BE LEFT IN THIS SITUATION.

Participants who receive meals on a weekly basis, your delivery will remain the same. Drivers will and should be continuing to use precautions when delivering meals. We encourage you to continue having a chair/table just inside or outside your door for the driver to put your meals on. If the driver enters the home, please stand back and give 6 feet of space between all of you. Drivers, as always, will need to put “eyes” on you and make sure you’re safe. If you have questions regarding meal delivery, don’t hesitate to call us at 315-376-5313, option #3.

Changes to Medicare Open Enrollment Comparisons

Like everyone, the Lewis County Office for the Aging has been forced to look at the way we operate our programs and services. This is not new news but something worth repeating as we approach the beginning of Medicare Open Enrollment on October 15th.

If you are looking for assistance comparing Medicare options for 2021, please allow our counselors to assist you over the telephone. Many of you already phone in for a comparison, and for that we say thank you. For those of you who have been helped face to face in the past, know that you will receive the same excellent service over the phone. For further information or assistance, please call the Office for the Aging at 315-376-5313, ext. 5. We look forward to assisting with your navigation of the Medicare maze.

We Need Your Support!

The Lewis County Office for the Aging and NY Connects is supported by 18 federal and state grants that help provide wonderful programs like home delivered meals, congregate meals, in-home care, nutrition counseling, insurance counseling, transportation, respite, legal services, NY Connect information and assistance and many others. However, the need for services often exceeds available grant funding, so we encourage financial contributions to help us serve more seniors.

Name
Address

Clip and return this coupon with your donation. Please send to: Lewis County Office for the Aging, P.O. Box 193, 5274 Outer Stowe St., Lowville, N.Y. 13367

All donations are greatly appreciated and are tax deductible to the extent of the law. Thank you!
Alex Bay bus trips set Sept. 9, 10

Lewis County Office for the Aging and Lewis County Public Transportation are pleased to offer a trip to Alex Bay on September 9th and 10th. The cost is only $2 for the round trip, but seating is limited. Please reserve your spot by calling 315-376-5313, Ext. 5.

The safety and health of everyone is very important to all of us at OFA. Seating will be limited to 14 people, social distancing will be enforced and masks are required while on the bus.

LCOFA to discontinue equipment loaning

The Lewis County Office for the Aging continues to strive to assist our older adults in many ways. The age of COVID-19 has forced us to rethink what we do and how we do it.

After much consideration, we are announcing that we are no longer able to loan out or accept new or used equipment from our older adults and their families. We consider equipment walkers, canes, bath benches and chairs, wheelchairs, ramps, etc. This change will be effective September 1st, 2020.

If you have a need for or wish to donate any type of equipment, there are still organizations that can assist. You can call VFW Post 6912 at 315-376-2733, the Croghan American Legion Post 1663 at 315-346-6446, or Northern Regional Center for Independent Living at 315-836-3735. These groups stand ready to help you.

Thank you for your understanding.
### September 2020

**LEWIS COUNTY SENIOR NUTRITION PROGRAM (376-5313)**

**MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE!**

The suggested donation is $3.50  
Guest Fee – $9.28

The Nutrition Program accepts cash, checks & Food Stamps

**Copenhagen, Croghan, Harrisville, Lyons Falls, Osceola & Lowville**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| ![Apple] | Beef on Noodles  
Butternut Squash  
Succotash Vegetables  
Fig Newtons | Chicken Parmesan  
Pasta w/ Sauce  
Italian Blend Vegetables  
Watermelon | Codfish Gravy  
Over Mashed Potatoes  
Parsley Carrots  
Mixed Berries | Turkey Salad Cold Plate  
WW Roll  
Lettuce & Tomato  
Baked Beans  
Melon-Kiwi Salad |
| ![Labor Day] | Sweet n Sour Meatballs  
Brown Rice  
Oriental Blend Vegetables  
Pineapple | Roast Pork topped w/  
Applesauce  
Mashed Potatoes  
Succotash Vegetables  
**Birthday Cake!** | Chef Salad w/ Chicken  
Pasta Salad  
Tomato Cucumber Salad  
Peaches  
Rye Bread | Egg & Cheese Omelet  
Home fries  
Broccoli w/ Red Peppers  
Bran Muffin  
Fruit Cocktail |
| ![Leaf] | ![Maple Leaf] | ![Duck] | ![Liver] | ![Tuna] |
| ![Chicken] | Cook’s Specialty  
**HDMs** | Beef Burgundy  
Mashed Potatoes  
Spinach & Mandarin Salad  
Baked Apples | Liver w/ Bacon & Onions  
Boiled Potatoes  
Mixed Vegetables  
Chocolate Pudding | Tuna Macaroni Salad  
Lettuce & Tomato  
WW Dinner Roll  
Tomato & Cucumber Salad  
Cantaloupe |
| ![Meatloaf] | Baked Fish Scandia  
Coleslaw  
Diced Beets  
Cinnamon Applesauce | Chicken Alfredo over  
Bowie Pasta  
Sliced Carrots  
Stewed Tomatoes  
Cottage Cheese w/ Peaches | Egg Salad Sandwich  
WW Roll  
Harvard Beets  
Spinach & Mandarin Salad  
Fresh Grapes | ![Swiss] |
| ![Chicken & Biscuits] | Tuna Noodle Casserole  
Mixed Vegetables  
Tropical Fruit Cup  
Oatmeal Raisin Cookie | Open Faced Turkey  
Sandwich  
Butternut Squash  
Broccoli  
Cantaloupe | **Menu is Subject to Change without Notice** | 1% Milk  
Offered Daily |

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*Megan Dolhof, MS, CNS - Nutrition Services Coordinator*
Changing direct deposit info with Social Security

Change happens. We get it. The most convenient way to change your direct deposit information with Social Security is by creating a my Social Security account online at www.ssa.gov/myaccount. Once you create your account, you can update bank information without leaving the comfort of your home.

Because Social Security is committed to protecting your personal information, some form of identification is needed to verify who you are. If you already have an account, your identity was verified when you initially created your personal my Social Security account. All you need to do is log in at www.ssa.gov/myaccount to access or change your information. It is highly recommend that you do not close your old bank account until you have seen your Social Security deposit show up in the new bank account.

Social Security always strives to put you in control by providing the best experience and service no matter where or how you decide to do business with them. Remember, you can do much of your business with Social Security online at www.ssa.gov/online services.

For further information or with questions, call the Lewis County Office for the Aging at 315-376-5313.

Cashless Tolling
System-wide on the NYS Thruway
by the End of 2020

Two Ways to Keep Moving

<table>
<thead>
<tr>
<th>BENEFITS</th>
<th>E-ZPass</th>
<th>Tolls by Mail</th>
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</thead>
<tbody>
<tr>
<td>Convenience: Non-stop, cashless travel</td>
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<tr>
<td>Safety: No last minute lane changes</td>
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<tr>
<td>Environmental: Reduced idling and emissions</td>
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<tr>
<td>Savings: Toll discounts</td>
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<tr>
<td>Flexibility: Use in 15 states</td>
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<tr>
<td>Special Discounts: Additional savings for certain commuters, residents, and vehicles</td>
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</tr>
<tr>
<td>Parking: Pay for parking at several airports and other public facilities</td>
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<tr>
<td>Personal Access to Records: Easy tracking of toll transactions for business reimbursement</td>
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E-ZPASSNY.COM
Stay diligent and be cautious of scam attempts

In 2017, more seniors were targeted for fraud and financial exploitation than ever before. America’s older adults work hard to prepare for retirement, yet their high savings and trusting nature leave them vulnerable to exploitation by strangers online, over the phone, and through the mail.

Though the community receives greater recognition, understanding, and support than ever before, LGBT older adults often feel isolated and alone. This isolation and limited interaction can make an older person even more vulnerable to the affected charms and friendliness of cold callers and scam artists, who often work to forge a sense of trust and understanding with lonely victims.

Whether the scams involve telemarketing, identity theft, healthcare fraud, or any other ploy, we must work to educate ourselves and those around us to protect the vulnerable from threats and encourage the exposure of abuse. Whether you’re an older adult or someone that cares for one, knowing how to avoid these scams can help combat this epidemic and prevent these distressing crimes from happening. We all need to stay diligent and focused so scam artists become a thing of the past.

Never give out personal information over the phone to someone you do not know. Identity thieves are clever. They often pose as representatives of banks, credit card companies, and government agencies to convince victims to reveal their account numbers, social security numbers, passwords, and other valuable information. Sensitive personal and financial documents should also be kept secure at all times. Shred receipts, credit offers, statements, and expired credit cards to prevent ‘dumpster divers’ from getting your information. Fraudsters often try to obtain your social security number (SSN) to defraud healthcare programs or personal accounts. Other healthcare-related schemes may include offers for fake marketplace assistance, medications, supplements, and weight loss products, or the abuse of stolen health information. These scams are often initiated through calls, spam emails, internet advertisements, links in forums, and fraudulent websites. Medicare and Social Security will NEVER call to ask for your bank information or social security number. There will never be a fee charged to obtain Social Security or Medicare.

Make sure to review your credit card and bank statements at least monthly. Track down any unexplained charges and report them to the bank; even very small charges should be accounted for. When credit card details are stolen, it is common for the thieves to put through a small initial charge to ensure the card is still valid. Many credit card companies and some banks will allow you to set up activity alerts. This will let you keep track of banking activity closer to ‘real time’ rather than waiting for monthly statements. Credit monitoring companies are required to provide free credit reports at least annually. Take advantage of this service and review your reports to check for accounts that you didn’t open. Always review your medical bills to spot records of services that you didn’t receive.

Often, targets may not recognize they have fallen victim to a scam. If they do, many are uncertain about which law enforcement or consumer protection agency they should contact. No matter the amount of the scam, please contact state police or the Lewis County Sheriff’s Department for immediate assistance. Your NY Connects partners are also available to assist you in contacting agencies and to make sure you get your life back.
Thank you to all who donated to OFA programs in 2nd quarter 2020

Elaine Anna  
Joanne Austin  
James & Dolores Bassett  
Betty Black  
Frances Boshart  
Thomas & Karen Breen  
Chester & Cheryl Britton  
Cynthia Bush  
Dianne Cannan  
Rita Carroll/Dorothy Snyder  
Marylou Cataldo  
Ralph Chase  
Sharon Clemens/Cory  
Witzigman  
Edna Coffie/Donna Brown  
John & Eileen Conway  
Clifford Cook  
Larry & Janette Corey  
George Csizmar  
Gerald & Marjorie Eaton  
Gladys Ebersol/Jane Peters  
Fay Elk  
Beverly Farr  
Theresa Farney/Mary Baker  
Kenneth & Phyllis Gaines  
Simon & Diane Gingerich  
Ralph Grimmer  
Charles & Joyce  
Halladay  
Vivian Hayes  
Raymond & Verna Hebert  
Ron & Marlene Higby  
Anna  
Hirschy/Candace Kirch  
Margaret Hoage  
Carol Hult  
James Hunter  
Robert Jeffries  
Jessica Jenack  
Bernard & Mary Jones  
Linda Jones  
Jane Jones/Jo Ellen Fox  
Beverly Kloster  
Eric & Joanne Kloster  
Lucy Larkins  
Irene Lehman  
Constance Leichtweis  
Theresa Lynskey  
Richard Mann  
Mildred & Robert Monnat/Marsha Zehr  
Stanley & Norma Monnat  
Linda Nofsieser  
Wendy Nevills  
Howard & Catherine Nortz  
Marie Nortz  
Ken & Marlene Newvine  
Jannette O’Brien  
Barb Paddock  
Georgina Page  
Francis Parker  
Rowland Prosser  
Rose Ramsey/Robin Johnston  
Barbara Richards  
Nelson & Mary Roes  
John Roggie  
Bettie Rook/Barbara Brown  
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Janie Schatz  
Barbara Scouten  
Kate Stella Sheldon  
Sharon & Gary Shue  
Stephen & Jean Szalach Sr.  
Charlotte VanZant  
Hazel Watson  
Linda Walseman  
Geraldine Watkins  
Robert Watson/Kristin Gilbert-Watson  
Marilyn Wetmore  
Ross Wicks  
Annis & Thomas Wolff  

It's Time to Respond to the 2020 Census!

The Census will determine how $675 billion will be distributed to support libraries, Medicaid, nutrition, and housing programs, for the next ten years!

CALL!  
English: 844-330-2020  
Spanish: 844-468-2020  
TDD: 844-467-2020

Speak to a Census Specialist - Get Counted!
Back to School

ART
DICTIONARY
FRIENDS
LUNCHBOX
PENCILS
SUBJECTS

BOOKS
ENGLISH
GYM
MATH
PRINCIPAL
TEACHERS

CHROMEBOOKS
EXAM
HISTORY
MUSIC
SCIENCE
TEXTBOOKS
Attention - Atención - 注意 – Aufmerksamkeit - Uwagi

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