



THE GRAPEVINE EXPRESS

March/April 2017

Pro Action Yates Office for the Aging
Hours of Operation: 8:30am-4:30pm Monday-Friday



Friday, April 14

Tax Appointments Are Still Available!

Yates County Office for the Aging and the AARP Taxaide Program are offering free income tax service through Thursday, April 13, to taxpayers with low to middle income, with special emphasis for those aged 60 and older.

To make an appointment, call 2-1-1 or 1-800-346-2211, Monday to Friday between the hours of 8:30am and 5:00pm. Use these numbers to cancel or reschedule appointments, too.

The following locations and times will be available for tax appointments:

- Yates County Office for the Aging, 417 Liberty Street, Penn Yan
Tuesday through Friday, starting at 9am.
- First Presbyterian Church, 31 Main St, Dundee [use public parking at back and enter thru Our Town Rocks, at rear] Mondays starting at 9am.

Reminder- The Office for the Aging does not schedule tax appointments.

Interested in taking college courses?

New York State Law permits residents 60 years or older to audit credit-bearing classes at state-affiliated campuses, without tuition, examination, grading or credit upon a space-available basis.

Finger Lakes Community College (FLCC) permits persons sixty years of age or over to audit courses without tuition, examination, grading or credit on a space-available basis. This auditing privilege is restricted to courses that are offered for college credit. Any materials or supplies that are needed for class and that are not covered by normal tuition will be the responsibility of the person auditing the class.

To view classes, go to: <https://webadvisor.flcc.edu/>. Once on this page, select Guest Access and then select Search for Classes.

For the Senior Citizen Audit registration procedures, contact Finger Lakes Community College's One Stop Center at (585)785-1000.

LOCAL EVENTS

March 2, 7, 9, 14, 16, 21, 23, 28 and 30 and April 4, 6, 11, 13, 18, 20, 25 and 27.

- ◆ Yates OFA Transportation Program offers transportation for shopping trips on Tuesday and Thursday afternoons from 12:30pm to 3:00 pm to local stores, pharmacies, banks, post office and hair salons to Yates County Residents over the age of 60. Please contact 315-536-5515 to schedule your ride.

March 4 and April 1

- ◆ Keuka Compass has been meeting to develop ways to address the needs of the LGBTQ population in our underserved region. The hope is to fully encompass all of the people who make their homes around Keuka Lake and who have been traditionally marginalized based on their sexual orientation and gender identity, and to bring them together with each other and with allies to experience cultural, educational, and advocacy events. The location of monthly events will be moved around to show that they are part of the fabric of the community. The group is planning to hold events the first Saturday of each month, typically in the late afternoon or evening. Interested parties can follow them on Facebook for updates, by doing a search for our group name and clicking "Like". For more information, contact 315-536-6114 and ask for Alex.

March 9 and April 13

- ◆ All family caregivers are welcome to come anytime to visit and share with others who take care of, or are concerned about loved ones with dementia or Alzheimer's at the Alzheimer's Support Group meeting at 2pm in the Yates County Office Building room 1037.

March 9 and April 13

- ◆ The Mac User Support Group meets on the second Thursday of each month at 4 pm at the Penn Yan Public Library. Mac users will offer questions and solutions they themselves have developed over their time using Mac products. Experts will also occasionally attend these meetings to handle tougher issues. Any changes to the standard meeting times and dates for these events can be found on the PYPL calendar at www.pypl.org.

March 14

- ◆ Spanish-language Mesas de Conversacion are typically held on the second or third Tuesday of each month at 6 pm at the Penn Yan Public Library. Informal sessions for all skill levels where Keuka College Spanish professor Malia Spofford Xavier leads participants through discussions, games, and basic mini-lessons. Any changes to the standard meeting times and dates for these events can be found on the PYPL calendar at www.pypl.org.

March 14 & 28, and April 11 & 25

- ◆ Brain Games are offered every second and fourth Tuesday of the month in the magazine corner of the Penn Yan Public Library at 12 pm. These are fun opportunities for adults to stretch their minds a little with language and logic-based party games, and to make friends while they do it. Any changes to the standard meeting times and dates for these events can be found on the PYPL calendar at www.pypl.org.

March 14 and April 11

- ◆ "Our Town Rocks" Champions Meeting at the Dundee Presbyterian Church from 10:00-11:30am. For more information call Karen Hadley at 607-329-2210, go to www.ourtownrocks.org or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

March 20 and April 17

- ◆ "Our Town Rocks" Community Gathering monthly meeting at 6:00pm at the Dundee Presbyterian Church. For more information call Karen Hadley at 607-329-2210, go to www.ourtownrocks.org or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

April 6

- ◆ Free to all Yates County Seniors, 14th annual HUBBA "Afternoon Tea", Penn Yan Academy Gymnasium, from 4:00—5:30 p.m. This is a gift to the community by the Youth of Penn Yan. To place a reservation, please call 315-536-5515 by Friday, March 24th. Transportation is available by calling Terri Becker at 315-536-5515.

April 11

- ◆ Pro Action/Yates Office for the Aging will hold its annual Spring dinner 4:00 pm at the First Baptist Church on Main Street. Menu is chicken parmesan, pasta with sauce, garden salad with Italian dressing, garlic bread and apple crisp. There is a suggested donation of \$6 per meal for people over 60. There is a mandatory charge of \$6 if you are under 60. To place a reservation, please call 315-536-5515 by Monday April 3rd. Transportation is available by calling Terri Becker at 315-536-5515.

April 18

- ◆ Come learn the basics about Medicare! Welcome to Medicare Presentation by the Yates Office for the Aging from 2:30-4:30pm at the Penn Yan Public Library. To register to attend, contact 315-536-5515.

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Making an Impossible Labor of Love a bit Easier

Clinical psychologists Barry J. Jacobs and Julia L. Mayer are a husband and wife team with both clinical knowledge of caregiving as well as a long track record of family caregiving themselves.

At a November 2016 Caregiver's seminar Jacobs said "This is hard work, but for many people this can be gratifying work. Every family has a different story, and yet so many of us are facing the same issues." One of those issues, he acknowledged, is when already fractured relationships take on the burden of frailty or dementia.

"We like to think of family caregiving as something that brings families closer together," he said, "but sometimes - too often - it drives family members farther apart."

Their advice on approaching the caregiver role:

It's a marathon, not a sprint: Alzheimer's patients live an average of seven to eight years after their diagnoses, and yet most caregivers expect their obligations to last about two years. "You don't want to throw yourself into it so deeply that you're overwhelmed and burned out," Mayer advised. "Pace yourself."

Define your commitment: Jacobs warned against "mission creep," where the caregiver takes on more and more tasks in response to someone's progressive dependence. "Defining your commitment is basically saying there are things I will do and things I won't do - or can't do," he said. "Your responsibility is not to do everything yourself; it's to make sure your loved one is well cared for."

Go positive, not negative: Early research in the 1990s yielded dire statistics on caregiver health and life expectancy, but more recent studies actually report a lower risk of death for caregivers and higher rates of personal and spiritual growth. Jacobs said it's too soon to know who's right, but caregivers can make a decision to see the bright side.

Consider yourself a role model: Caregiving can lead to a sense of isolation, but that doesn't mean others aren't watching and learning. "We were very much aware that the eyes of our teenage children were upon us," Jacobs said of their caregiving experience. "The work that we're doing matters, not just for the people we're caring for, but for the people who are observing us."

Don't try to go it alone: "When people offer help, you say yes," Mayer urged the caregivers. "It may not be ideal help. And it may be uncomfortable for you, but if you keep saying yes, you get better at it." Also you should not expect others to see what needs doing and volunteer, ask for help. "I feel like one of our obligations to our children is to encourage them - maybe even require them - to step up and do something."

(based on and quoted from 12/6/16 Herald-Tribune article by Barbara Peters Smith)

Communication Tips

As a caregiver, you might feel impatient when the person with Alzheimer's struggles to find words or forgets what they want to say. Here are some ways to communicate more effectively with your loved one:

- Ask questions that require a yes or no answer. For example, you could say, "Are you tired?" instead of "How do you feel?"
- Limit the number of choices. Try, "Would you like a hamburger or chicken for dinner?" instead of "What would you like for dinner?"
- Use different words if he or she doesn't understand the first time. For example, if you ask the person whether he or she is hungry and you don't get a response, you could say, "Dinner is ready now. Let's eat."
- Try not to say, "Don't you remember?" or "I told you."

And remember—if you become frustrated, take time out for yourself. Go for a walk or practice deep breathing.

More tips available at: <http://bit.ly/2gVVzU9>

Source: National Institute on Aging's Alzheimer's Disease Education and Referral Center

Finger Lakes Alzheimer's Caregiver Institute

Are you caring for someone with Alzheimer's disease, dementia or memory impairment? We can help.

Through the journey of caring for a loved one with Alzheimer's disease or dementia, it helps to have a guide – someone who knows the territory and can lead you along the path. That's what we provide through our Care Coordination service with the Finger Lakes Alzheimer's Caregiver Institute (FLCI.) Mara Kouides, MSW, is a Lifespan Care Manager with FLCI and through collaboration with the Yates County Office for the Aging, she is available on-site to meet with caregivers. Our Care Coordination service includes a full assessment to look at all areas in which you and your loved one may benefit from assistance and resources. Mara can make referrals, link you to services, help with financial benefits and so much more. The Institute also provides assistance with Health Care Coordination, Education, Support Groups, Respite, Peace of Mind Planning services and health, wellness and social activities. We work closely with the Office for the Aging staff and the Alzheimer's Association. Together, we are here to support you on your caregiving journey.

Mara is at the Yates County OFA the 1st Thursday of each month from 9am – noon. Please call 315-536-5515 to schedule an appointment. Walk-ins are welcome as well.

The Finger Lakes Caregiver Institute is a partnership of Lifespan and the Alzheimer's Association Rochester & Finger Lakes Chapter and is supported by a grant from the NYS Department of Health.

Where do you find help and information on services and supports in your Community?

Call **NY Connects** at 315-536-5515 or visit the NY Connects Resource Directory at <https://www.nyconnects.ny.gov/>

What is NY Connects? NY Connects is a trusted single point of access where you can get information and assistance you need to make informed decisions about long term services and supports. Long term services and supports can be provided in your home, in your community, in assisted living facilities, or in nursing homes. It is for people of all ages. You could be paying for services yourself, through insurance, or be eligible for a government program. NY Connects is a free service and there are no eligibility requirements to access the information and consultation services.

Who does NY Connects serve? Anyone who needs information on long term services and supports:

- A child or adult with a disability
- An older adult
- Family members and caregivers
- Friends or neighbors
- Helping professionals

What kind of help can I get from NY Connects? Comprehensive and unbiased information about long-term services and supports including:

- In Home Services
- Caregiver Supports
- Care Coordination
- Respite Care
- Transportation
- Home Delivered Meals
- Health Insurance Information
- Nursing Homes
- And More!



Tai Chi and Your Health
A Modern Take on an Ancient Practice

You may have seen the flowing postures and gentle movements of tai chi and wondered what it's all about. Tai chi is an ancient mind and body practice. While more research is needed, studies suggest that it may have many health benefits.

Tai chi is sometimes referred to as "moving meditation." There are many types of tai chi. They typically combine slow movements with breathing patterns and mental focus and relaxation. Movements may be done while walking, standing, or sitting.

"At its root, tai chi is about treating the whole person and enhancing the balance and crosstalk between the body's systems," says Dr. Peter Wayne, a longtime tai chi researcher at Harvard Medical School. "It's a promising intervention for preserving and improving many areas of health, especially in older adults."

Several studies have found evidence that tai chi can increase balance and stability in older people and reduce the risk and fear of falls. Each year, more than 1 in 4 older adults fall, and 1 out of 5 of these falls causes a serious injury such as broken bones or a head injury.

"Trying to be careful can make you more prone to falls," Wayne says. "Tai chi may help you move more confidently and safely again." Some NIH-funded research suggests that tai chi may also improve balance and prevent falls in people with mild-to-moderate Parkinson's disease.

Research suggests that practicing tai chi might help improve posture and confidence, how you think and manage emotions, and your quality of life. Studies have found that it may help people with fibromyalgia sleep better and cope with pain, fatigue, and depression. Regular practice may also improve quality of life and mood in people with chronic heart failure or cancer. Older adults may find that tai chi can help improve sleep quality and protect learning, memory, and other mental functions.

Further study will be needed to fully evaluate and confirm the potential benefits of tai chi. But since the practice involves moving slowly and mindfully, there's little chance of harm when done correctly.

"Whether you're interested in trying tai chi to help with a chronic health issue or the stresses of everyday life, tai chi—if taught properly—can be a great complement to other ways of healthy living and rehabilitation," Wayne says. "I think we're all looking for tools to help us live productive, long lives with a little more grace and ease."

There are different styles and ways to practice tai chi, Wayne says. If you're interested in trying it, you can start simply. For instance, try standing behind and holding onto a sturdy chair for support, then mindfully rock back and forth to build awareness of all the parts of your body and their connections. Eventually, you might move on to practice more complex movements or sequences.

Excerpted from December 2016 *NIH News in Health Publication*.

Exercise Programs Offered through the Office for the Aging

Do you want to feel great when you wake up in the morning?

What if you fall, do you want to learn how to get up?

Would you like to feel stronger and have more stamina?

Do you want to have fun and be active at the same time?

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan class — Tuesdays: **Advanced class** – March 28 to June 6 – 8:30-9:30am

Penn Yan class — Thursdays: **Beginners class**- March 30 to June 8– 8:30-9:30am

Penn Yan class – Wednesdays: **Beginners class** – March 29 to June 7 – 1:30-2:30 pm

Bone Builders – Osteoporosis Prevention and Bone Strengthening

Penn Yan area class – Tuesdays: March 28 to June 6 – 10:00-11:00 am

Penn Yan area class – Thursdays: March 30 to June 8 – 10:00-11:00 am

Matter of Balance – Practical strategies to manage falls, increase activity level

Penn Yan area class–Mondays: March 27 to May 15 from 1:00 – 3:00 pm at St. Mark's Terrace Dining Room.

Heathy Living –Learn how to manage your chronic health conditions

Dundee St. Mark's Terrace— Tuesdays: April 18 to May 23- 1:00-3:30 pm.

To sign up for these classes, call Pam Strong at 315-536-5515. Most classes can be joined at any time!
Transportation may be available.

Let Food Be Your Medicine

The ancient Greek physician, Hippocrates, pronounced the famous oath, "Let food be thy medicine, and medicine be thy food." Unlike drugs, foods are not isolated substances and every food we eat contains combinations of vitamins, minerals and antioxidant compounds. The interactions of these nutrients **in food we eat** can help fend off diseases that are associated with chronic inflammation, as well as cardiovascular disease and certain cancers. Dietary patterns such as the Mediterranean Diet or the DASH (Dietary Approaches to Stop Hypertension) Diet are examples of diets rich in fruits, vegetables and oils that are linked to lower rates of chronic disease. Start your New Year off right by adding foods with medicinal benefits to your diet. Listed below are a variety of foods which contain nutrients known to combat disease.

Berries: All berries are rich in phytochemicals. We need about 2 cups total per week. Use on cereal, yogurt or ice cream—Yum!

Broccoli: Broccoli and other cruciferous vegetables like brussel sprouts, cabbage, kale and cauliflower reduce oxidative stress on the body. Steam them with healthy olive or canola oil, or roast them in the oven.

Cinnamon: Although research is limited, this spice may aid in stabilizing blood sugar levels.

Cranberries: Cranberries help reduce incidence of urinary tract infection, but unsweetened cranberry varieties or juice are preferred. Natural cranberry is quite sour and may require some adaptation!

Fish: Two servings (3.5 oz./ serving) a week of oily fish like salmon, black cod, sardines, or mackerel provide heart healthy omega-3 fats.

Fermented or Cultured Foods: Yogurt, kefir (a fermented slightly fizzy milk product), fresh sauerkraut (vs. canned or jarred), or miso, which is often used in soups, are all foods promoting healthy digestion and immune system function.

Garlic: Garlic and other foods in the allium family, such as onions, leeks, shallots, and scallions, reduce the risk of developing common cancers.

Ginger and turmeric: These spices have analgesic or pain relieving properties. Ginger is known to help ease nausea and vomiting.

Green Tea: Brew your own to get the anti-cancer and anti-inflammatory effects.

Shitake Mushrooms: Human studies demonstrate anti-cancer, immune boosting, and cholesterol lowering properties of Shitake mushrooms.

Nuts: An ounce per day of any type of nut, but preferably unsalted or only lightly salted, promotes heart health, as well as aiding in healthy blood sugar levels and weight maintenance.

Reference: Dennett, MPH, RDN; Environmental Nutrition; vol. 156; p 4.

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

Did you know that your Yates Office for the Aging PERS unit has an internal backup battery? This battery will automatically back up the power to your unit should you lose power. The battery will last approximately 8-10 hours. If your power is out for a longer period, your unit will not work. In the event of an emergency, you will have to call 911 using a phone that has service such as a cell phone.

315 AREA CODE UPDATE:

Our 315 area code will begin implementing the use of a 10 digit telephone number on February 11th. Starting on this date you will need to dial area code + 7 digit telephone number. Beginning on March 11th new telephone lines or service may be assigned with the new **680** area code. This will also require you to dial area code + 7 digit telephone number. Please note that if you are calling within the area codes of 315 and 680 you do not need to dial a 1 before the area code, for all other area codes you will continue to dial the 1 before the area code and then the 7 digit telephone number.

All Personal Emergency Response units that are serviced by Yates Office for the Aging have been reprogrammed to accommodate this change.

Cell phones and home phones that are preprogrammed with 315 numbers will need to be reprogrammed with the 315 + 7 digit phone number otherwise the call will not go through and you will receive a recording. If you have any questions regarding these changes please call our office or your local telephone company.

REMEMBER TO TEST YOUR PERS UNITS WEEKLY BY CALLING 315 536-3033.

GET INVOLVED!

Strengthening yourself by Strengthening your Community

- ◆ **Home Delivered Meals Drivers-** We cannot serve our customers without the help of volunteers who deliver the meals. Volunteers are the heart and soul of our program, providing so much more than a meal. Volunteers provide the warm, human contact our seniors need and may be the only contact that senior has that day. Whether you have only a few hours one day per week, can volunteer every day, or can only work a few hours a month, your assistance is needed. Background and driver's license checks are required. Mileage is paid. Call Becky Bennett-Tears at 315-536-5515 for more information.
- ◆ **Front Office help-** Office for the Aging is seeking volunteers to answer and transfer phone calls, help customers who come into our office, complete data entry, and general clerical duties. We will train you! For more information, please contact Becky Bennett-Tears at 315-536-5515.
- ◆ **Dundee Meals on Wheels-** Would you like to deliver meals to homebound seniors in the Dundee area? Please contact Charlene Stanton at 607-243-8371 or Pat Woodard at 607-243-8229 for more information.
- ◆ **Keuka Food Pantry and Penn Yan Mobile Food Pantry—**Volunteers are needed to help at the Keuka Food Pantry and the Penn Yan Mobile Food Pantry. If you can help, please call Cheryl at 315-521-5949 to learn more.

10 Tips for Better Sleep

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

- **Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- **Avoid napping in the late afternoon or evening,** if you can. Naps may keep you awake at night.
- **Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- **Try not to watch television or use your computer, cell phone, or tablet in the bedroom.** The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- **Keep your bedroom at a comfortable temperature,** not too hot or too cold, and as quiet as possible.
- **Use low lighting in the evenings** and as you prepare for bed.
- **Exercise at regular times each day** but not within 3 hours of your bedtime.
- **Avoid eating large meals close to bedtime—**they can keep you awake.
- **Stay away from caffeine late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- **Remember—alcohol won't help you sleep.** Even small amounts make it harder to stay asleep.

Source: National Institute on Aging at NIH

Electronic Grapevine Express

If you are an older adult or caregiver/family member of an older adult and would like to receive the Grapevine Express via email, call our office at 315-536-5515 and let us know. You will need to supply your email address.



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THE GRAPEVINE EXPRESS
MARCH/APRIL 2017



[Yates NY Connects/Office for the Aging](#)

TRANSPORTATION

Are you looking to go shopping on a weekly basis? Do you have an upcoming hair appointment? Do you need to pick up a prescription?

The Yates County OFA has shopping trips available on Tuesday and Thursday afternoons from 12:30pm until 3pm. Please call Terri Becker at 315 536-5515 to schedule a ride.

If you have scheduled a ride and need to cancel, please call our office at 315 536-5515 as soon as possible. This will ensure that a driver does not make an unnecessary trip to your home.

The Penn Yan Area Council of Churches provides transportation to Sunday Worship Services in Penn Yan. To arrange for a ride or to volunteer to drive, call Jennifer Jensen at 315-536-8281.

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