



THE GRAPEVINE EXPRESS

May/June 2016

Pro Action Yates Office for the Aging
Hours of Operation: 8:30am-4:30pm Monday-Friday
Closed 12 noon-1pm daily

Closed Monday, May 30

Older Americans Month May 2016 “Blaze a Trail”

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation’s economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation’s older citizens. This year’s theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages. Source: Administration on Community Living

Looking for Help with Medical Expenses?

If you qualify for the **Medicare Savings Program**, you will no longer have to pay the Part B premium which is taken from your Social Security benefit monthly. Income guidelines to qualify are \$1345/month for an individual and \$1813/month for a married couple. Even if you think you are over the guideline, certain expenses can be deducted from your income which may make you eligible. No asset limits.

If you qualify for **Low Income Subsidy “Extra Help”** with Medicare Part D drug coverage, your out of pocket costs for prescriptions and premiums are significantly reduced. Income guidelines to qualify are between \$1336-\$1485 for an individual and \$1802-\$2002 for a married couple. There are also asset guidelines that we can discuss with you.

Call Yates Office for the Aging (Ashley Tillman) at 315-536-5515 to see if you are eligible.

Caregiver Respite Available

Caregivers at times need a break from their caregiving activities. The reasons may be many: they may need a breather for relaxation, they may have an appointment of their own, they may have their own health issues, they may have other family responsibilities, and there are many other possibilities. Respite may be just the answer to provide that time away while making certain that the care receiver is not left unattended.

Respite is a short interval of rest or relief. It can be a brief time off from regular caregiving duties to refocus and take care of other needed tasks. It is a time out that can refresh a tired caregiver. And it is highly recommended that all caregivers allow themselves a bit of respite from time to time so that they can sustain themselves for caregiving over time, without burning out. All caregivers need and deserve some time for themselves.

Pro Action Yates Office for the Aging offers several programs with respite options. Other organizations in the area also have respite services for those interested or qualified, such as adult day care and facility respite beds for overnight stays. New options are becoming available. Costs may be affordable or even covered in some situations. To discuss and consider respite for you and a loved one, please call Yates NY Connects at the Yates Office for the Aging, 315-536-5515.

LOCAL EVENTS

May 4 and June 1

- ◆ If you have Medicare– let us check to see if you qualify for help with paying for the Medicare Part B and Part D costs. Stop in at the Yates Office for the Aging from 2:00- 4:00 pm. To be sure you are seen, make an appointment at 315-536-5515.

May 10 and June 14

- ◆ “Our Town Rocks” Champions Meeting will be held at the Our Town Rocks Office, 31 Main Street in Dundee at 10:00 am. 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 Barington, Starkey, and the Village of Dundee are welcome to attend.

May 12

- ◆ 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 2:00 pm in the Yates County Office Building Room 1037.

May 17 and June 21

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at 7:00 pm 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 Barington, Starkey, and the Village of Dundee are welcome to attend.

May 17

- ◆ Come learn the basics about Medicare! Medicare 101 Presentation by Yates Office for the Aging from 2:30- 4:30 pm at the Penn Yan Public Library. To register to attend, contact Ashley Tillman at 315-536-5515.

June 9

- ◆ 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 2:00 pm in the Yates County Office Building Room 1037.

June 21

- ◆ Come learn the basics about Medicare! Medicare 101 Presentation by Yates Office for the Aging from 2:30 - 4:30 pm at the Penn Yan Public Library. To register to attend, contact Ashley Tillman at 315-536-5515.

June 11 and 12

- ◆ The Keuka Arts Festival is a fine art and skilled craft show held annually along the Keuka Lake Outlet Trail, only a few blocks from downtown Penn Yan. The event is free and will feature live entertainment and activities for families. Saturday June 11th and Sunday June 12th: 10am to 5pm. The festival will be held rain or shine. For more information visit <http://www.keukaartsfestival.com>

June 17

- ◆ The 20th Annual Cruisin’ Night event - beautiful antique, classic and hot-rod cars and motorcycles. Main Street in Penn Yan will close to vehicular traffic at 4PM and registration for the event begins at five. Stop by the Elks Lodge for the traditional hot dog roast and make sure to say hello to Penn Yan’s friendly merchants. Non-profit vendors will line the street offering all sorts of refreshment. Music will fill the streets from 5pm -9 pm. Check it out at: <http://www.cruisinnight.com>

August 6 -Save the Date:

- ◆ Rushville Community Health Center will be having their Annual Health Fair. Details to follow.

Special Events Update

Yates Office for the Aging will be trying different events this year for our special dinners. We will have speakers and live entertainment at some of our events. We will have events at different locations and at different times of the day. The dates listed below will be the only events held this year.

SAVE THE DATES

July 12 - Annual Picnic (Music will be provided)

September or October - Yates Historical Society. We will meet at the Historical Society for a “Picture Walking Tour of Penn Yan”. This will give the history of Main Street and what it looked like in the past. John Potter will be the presenter. Cookies and punch will be served.

November 15 - Thanksgiving Dinner. Speaker TBA

December 20 - Christmas Dinner. Entertainment TBA

2016 Concerts on the Courthouse Lawn, corner of Main and Court Streets, Penn Yan

All concerts start on Wednesdays at 6:30 p.m. on the lawn area in front of the old Yates County Courthouse on Main and Court Streets in Penn Yan. Ample parking is available. Several not-for-profit groups will provide refreshments for a small charge, and audience members are requested to bring their own lawn chairs and/or a blanket.

Restrooms are available, and the First Baptist Church will graciously welcome the crowd indoors in case of rain. The concerts are free for everyone, although the committee does request donations when the hat is passed during intermissions to help defray expenses. Additional financial support for the series is given by several area businesses and professional sponsors.

- June 22** - Mulberry Soul
- June 29** - Agonal Rhythm
- July 6** - Southern Tier Jazz Band
- July 13**- Finger Lakes Chamber Music Festival Orchestra
- July 20**- Community Chorus
- July 27** - Lil Anne and Hot Cayene
- August 3** - Community Band
- August 10**-Rod Blumenau Quartet



Public Health
Prevent. Promote. Protect.
Yates County, NY

FREE RABIES CLINICS

Yates County Public Health rabies clinics offer free rabies vaccination for all dogs, cats, and ferrets. Please remember to bring the most recent rabies vaccination certificate for each animal to the clinic. Proof of prior vaccination ensures that the new rabies certificate will be valid for 3 years. Without a history of prior vaccination, the certificate will be good for 1 year. All pets 3 months of age or older, including barn cats, should also be protected against rabies. Although the majority of cases of rabies occur in wildlife, domestic animals can be infected when they are bitten by a rabid animal. Pets kept inside the house need rabies vaccine too, in the event they get outside or an animal like a bat gets inside and potentially exposes the pet to rabies. Yates County Public Health is committed to helping you keep your pets safe from rabies. Reduce your wait time at Rabies Clinics - Prefill your paperwork at www.yatescountypublichealth.org. For more information, please call 315-536-5160 or 1-866-212-5160.

Date	Location
June 8, 2016 7pm-8pm	Yates County Maintenance Garage 415 Liberty Street, Penn Yan, NY 14527
August 31, 2016 7pm-8pm	Potter Fire House 1255 Phelps Road, Middlesex, NY
Sept 19, 2016 7pm-8pm	Italy Highway Barn 915 Italy Valley Road, Naples, NY \$ 5 if you are not a resident of the Town of Italy
October 1, 2016 9am-10:30am	Dundee Village Barns 25 Spring Street, Dundee, NY 14837
November 5, 2016 9am-10:30am	Yates County Maintenance Garage 415 Liberty Street, Penn Yan, NY 14527

***Please have all animals on a leash or in a carrier.**

WOULD YOU LIKE TO GO FISHING?

Free fishing weekend in New York State is June 25 - June 26, 2016. During Free Fishing Weekend, anyone can fish the fresh or marine waters of New York State and no fishing license or recreational marine fishing registry is required! All other freshwater and saltwater fishing regulations still apply. You could: Try fishing for the first time. Haven't fished in a while? Remember the joy of catching a fish again for free! Take a spouse, significant other, family member or friend fishing for the first time.

Dementia and Alzheimer’s Disease Counseling – free in Yates County

Are you a caregiver for someone with Alzheimer’s disease or a related dementia? Are you someone struggling *with* the disease? Either way we know that stress is a large component of those caring or living with the disease.

The Alzheimer’s Association Rochester & Finger Lakes Region will be sending a dedicated masters-level social work counselor to the Pro Action Yates Office for the Aging twice a month. Persons in the early stage of dementia and/or their caregivers are invited to schedule an appointment.

The goal of this counseling is to improve quality of life and help families navigate the journey of Alzheimer’s disease and other dementias. The counseling session will help identify the greatest area of concern or need, de-stressing strategies, problem solving, education about the disease, and referral to other appropriate agencies.

Don’t continue this journey alone. There is support available. Call the Yates Office for the Aging at (315) 536-5515 to set up an appointment.

Alzheimer’s Helpline

National, Toll-Free; Sponsored by the Alzheimer’s Foundation of America
866-232-8484 “Reach out for support”; 9 AM to 9 PM. Licensed social workers are available to “educate, support, and connect you to the best services possible for you and your loved ones.”

Alzheimer’s and Eating

Dementia and Alzheimer’s disease can throw off good nutrition. Though a well-balanced meal may be presented, the individual with Alzheimer’s may not eat it. There may be a number of possible reasons; and several different approaches can be tried to see if they generate more interest in eating. Meal time should be scheduled for the same time daily; the familiar routine keeps eating in a context that is easier to understand and the stomach may signal the person with dementia that it is time to eat. Sit across the table and eat too, providing companionship to the person with Alzheimer’s and mirroring how to use the utensils.

Avoid same colored food and plates. If everything looks the same, like yellow squash on a yellow plate, food may not be noticed. Try using a contrasting colored plate; red plates have been shown by research to encourage more eating. Patterned plates may be distracting. Handling utensils may be difficult for some elderly with arthritis. They may be helped by using silverware with large grips or plates with higher sides that better confine the food while trying to get it on a fork or spoon. Or try finger foods instead of fork-and-spoon foods.

It may help to serve food one item at a time instead of multiple foods together on the plate. This eliminates the need to make choices and being overwhelmed by the quantity of food. Meals could progress in a number of single item courses. Alzheimer’s disease can impair sense of smell and the related sense of taste. So food may need to be more highly seasoned to be enjoyed, though kept within the bounds of dietary limitations based on the person’s health conditions.

Later stages of dementia may bring a diminished ability to swallow. A physician can order a swallowing evaluation by a speech therapist to determine this. Occasionally, dementia may cause a person to continually over eat; and though some of the same techniques can be used to organize the meal routine, vigilance must be used to minimize the risks of over consumption or ingesting something inappropriate.

Excerpted from an article by Carol Larkin for eCare Diary.com, 4/16/15

Transportation & Home Safety Programs

Yates OFA would like to share some information and reminders:

Our **Transportation Program** operates daily. We have a schedule of daily trips to neighboring towns. Please take a look at it and remember to schedule your appointment during the time frames listed. Please give us at least three days' notice for transportation when possible. We will do our best to accommodate last minute appointments when the schedule and drivers availability allow.

- * The service is provided for Yates County residents age 60 and over.
- * We are not a "medical transport". You must be able to board and depart our vehicle or have someone that can accompany you and assist you with boarding and departing. Medicaid participants please call 1 866-753-4467 to schedule transportation. We do not transport for medical appointments for Medicaid recipients.
- * If you require accommodations for a wheelchair, please mention this when you call. If you would like to travel with a companion please let us know, we have volunteer companions who will travel with you to your appointment. The companion will wait while you are in with the doctor and ride back with you.
- * We mail out suggested donation letter once a month. The donations are used to provide services to expand programs so more Yates County Senior residents can be served. Please note that no one will be denied a service for inability to donate.
- * Shopping trips are available but medical appointments are our first priority. We try to accommodate shopping trips when requested. Please don't hesitate to schedule a shopping trip during one of the days we go to an area that you like to shop.
- * When you have scheduled your ride, you will receive a reminder call the day before. If you do not receive a call please call our office after 3:30 (315) 536-5515 to verify your ride.
- * Our drivers are very dedicated to their duties and do a fabulous job! However they are not allowed to Push, Pull or Tug. This is for their safety and yours!

Contact Terri Becker at 315-536-5515 to schedule your ride.

Yates OFA offers a **Personal Emergency Response System (PERS)** that is installed in your home. The system allows you to maintain your personal freedom. A pendant that you wear as a bracelet or necklace is pressed when emergency services are needed and help is on its way.

- * If you live alone, have fallen, have a severe medical condition, are frail or disabled, are over the age of 60 the PERS should be considered. Our technician will come to your home and install the unit. The unit is the size of answering machine. It's hooked up to your LANDLINE phone. When the pendant is pushed, a call will go directly to the Yates County Sheriff's Office, and emergency responders will be dispatched to your home.
- * The service provided includes a free smoke detector that is also directly connected to the Yates County Sheriff's Office.
- * There is no installation fee, the monthly fee for the unit is \$25 or \$300 if you prefer to pay for the full year.

Contact Terri Becker at 315-536-5515 to schedule installation of an Emergency Response System or if you have any questions.

Please note that the PERS unit does not work using a cell phone or an internet telephone service.

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.

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?

Bone Builders – Osteoporosis Prevention and Bone Strengthening

Penn Yan area class – Tuesdays: April 5 to June 21 – 10:00-11:00am

Penn Yan area class – Thursdays: April 7 to June 23 – 10:00-11:00am

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan area class — Tuesdays: April 5 to June 21 – 8:30-9:30am

Penn Yan area class — Thursdays: April 7 to June 23 – 8:30-9:30am

Yates County Auditorium – Thursdays: May 5 to June 30 – **5:30-6:30pm**

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

Call the office for more details. A class will be scheduled in the spring.

Eat Better Move More –Maintain/enhance quality of life, independence and live longer and better lives. Combines 30 minutes of Nutrition Education taught by our Registered Dietitian, Mimi Litsche, and 30 minutes of walking using step counters to gauge your progress. You may purchase a pedometer for \$5 or you are welcome to bring your own. Penn Yan area class — Wednesdays: April 27 to June 13- 1:00-2:00 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.

**We are looking for volunteers who would like to coach an exercise class. We will train you!
If interested, please call Pam Strong at 315-536-5515 for more information.**

Senior Health Check-Up– Free Medicare Preventative Care

If you have Original Medicare or are enrolled in a Medicare Advantage Plan, you're entitled to **FREE** selected preventative services, including an annual "Wellness Visit," where you can go over the general state of your health with your doctor and work with him or her on a plan to stay as healthy as possible.

Everyone enrolled in Original Medicare or Medicare Advantage plan are eligible for preventative services such as flu and pneumococcal vaccines; bone-mass measurements; smoking-cessation counseling; and screenings for cancer (cervical, colorectal, lung, prostate, and breast). Alcohol Misuse Screening & Counseling, Cardiovascular Disease Behavioral Therapy, Cardiovascular Disease Screening, Depression Screening, HIV Screening, Obesity Screening and Sexually Transmitted Infection Screening/Counseling.

Some preventative services, such as Abdominal Aortic Aneurysm Screening, Diabetes Screening, Hepatitis B vaccines, Hepatitis C Screening, and Obesity Counseling, are covered only if you meet certain risk criteria.

New services for 2016- Advanced Care Planning (ACP): During a person's Annual Wellness Visit, the person can discuss advanced directives, with or without completing legal forms. An advance directive is a document appointing an agent and/or recording the person's wishes pertaining to their medical treatment at a future time should they lack the capacity. There is no deductible or co-insurance for the ACP when done as an optional part of the Annual Wellness Visit.

If you have questions about your preventative health care benefits under your Original Medicare or Medicare Advantage plan, please contact Ashley Tillman at 315-536-5515.



BECOME A FOSTER GRANDPARENT AND CHANGE A CHILD'S LIFE



The Foster Grandparent Program is looking for volunteers who would like to be a companion to a child in a school setting, Head Start centers, or day care facilities. Foster Grandparents provide individual attention and unhurried help to children who have special needs.

If you are 55 years of age or older, have a limited income, and are interested in making a difference in a child's life, please call Kim Lucianovic, Senior Service Volunteer Coordinator at (315) 665-0131 ext. 170. In return for 20 hours of service per week, volunteers receive a tax-free stipend, travel reimbursement, and many other benefits.

The Foster Grandparent Program is administered by the Wayne County Action Program, Inc. and funded by the Corporation for National Community Service and the New York State Office for the Aging. Visit the website at

www.waynecap.org for more information.

Need Some Assistance with Your Pets?

Pet Partner Connections goal is to help those in need feed and care for their companion animals. If you own a pet and need assistance please contact us.

The **Home Assistance Program** provides pet food and support to those Seniors who are homebound or disabled. PLEASE CALL if you or anyone you know needs help with their pets at home or

To arrange for home delivery of pet food please call **(315)694-6449**.

petpartnerconnections@gmail.com

www.ppcny.org

www.facebook.com/petpartnerconnections

Falls Prevention

Every **13 seconds**, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips:

- Find a good balance and exercise program - look to build balance, strength and flexibility. Find a program you like and take a friend.
 - Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
 - Regularly review your medications with your doctor or pharmacist. Make sure side effects are not increasing your risk of falling. Take medications only as prescribed.
 - Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
 - Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.
 - Talk to your family members. Enlist their support in taking simple steps to stay safe.
- Falls are not just a “senior” issue.

Do your cupboards get bare before the end of the month?

If you would like some assistance with stretching your food budget, check out the Yates County food assistance services. They are:

Food Pantries

Dundee Baptist Church 20 Seneca Street, Dundee 607-243-7313 *Must be a Dundee School District resident.	<u>4th</u> Thursday each month (Nov. & Dec., is the <u>3rd</u> Thursday of the month)	11am – 1pm
---	---	------------

Penn Yan First Baptist Church 224 Main Street, Penn Yan (next to Public Library) 315-536-9821	<u>Last</u> Friday each month except Nov.& Dec. are: November 18th December 7,8 & 9	9am – 11am
---	--	------------

Middlesex Friendship House 5614 Williams Street, Middlesex 585-554-6056 *Must be a Marcus Whitman School District resident.	Wednesdays Fridays & Saturdays	5pm - 8pm 9am - 3pm
---	-----------------------------------	------------------------

Mobile Food Pantries

Dundee Town of Starkey Highway Barns 565 Dundee Glenora Road, Dundee (315) 536-5515	<u>4th</u> Friday of each month (Nov. & Dec. will be on <u>3rd</u> Friday)	4pm – 6pm
---	---	-----------

Penn Yan First Baptist Church 224 Main Street, Penn Yan (next to Public Library) 315-536-9821 *There will be no Penn Yan mobile food pantry in the months of November – March.	<u>2nd</u> Saturday each month	10am – 12pm
--	---	-------------

Rushville Methodist Church 26 North Main Street, Rushville 585-554-4400 Ext. 7165	<u>3rd</u> Thursday each month	5pm-6:30pm
---	---	------------

*** In 2015, on average, 436 Yates County families were helped each month. These households included 852 adults, 555 children and 186 seniors each month.**

If you would like more details, contact Yates OFA at 315-536-5515.

Think You Need the Help of a Lawyer?
By Laura Beck, Assistant Counsel and Legal Services Developer
New York State Office for the Aging

Who Do I Call?

When you think you need to retain an attorney, it can be a daunting task to select an attorney to advise and represent you. You might want to ask family members or friends whether or not they have someone that they would recommend either based on personal experience or the experience of someone that they know well. Attorneys and other professionals may be able to assist you with selecting an attorney with the appropriate expertise. The New York State Bar Association offers a Lawyer Referral and Information Service - (800)342-3661 or lr@nysba.org. Some counties have a county based Bar Association that offers a lawyer referral service to identify a few attorneys that are likely to have the appropriate expertise to assist you. Other sources for identifying an attorney that may be able to assist you are specialty associations (e.g., National Academy of Elder Law Attorneys) or the Yellow Pages.

What Do I Do Next?

Once you have identified a few attorneys that might have the appropriate expertise, ask a lot of questions to determine whether the attorney has the qualifications important for a successful attorney – client relationship. The following are questions that you may want to ask during the initial phone call:

- How long has the attorney been in practice?
- Does the practice focus on a particular area of law?
- What percentage of the attorney's practice is devoted to that area of law?
- How long has the attorney focused on the particular area of law?
- What is the fee for the first consultation with the attorney?
- What specific information/documentation should you bring to the initial consultation?

Scheduling the Initial Meeting

Ask how much time you need to set aside for the meeting and what documents you should bring with you. Ask for complete directions to the office and whether there is parking available if you are planning to drive to the office. If you have a disability, verify that the office is accessible and if not whether the attorney will meet you at a location that is accessible.

Preparing for the Initial Meeting

Organize your information. Make sure you have copies of any documents that you believe might be relevant in addition to the documents that you were instructed to bring when you set up the meeting.

Practice stating an overview of the situation to be both thorough and concise for the initial consultation meeting.

Make a list of questions that you plan to ask the attorney to understand:

- the options that he or she believes are available to successfully resolve the matter and his or her recommended course(s) of action;
- the number of attorneys and paralegals who would be involved and their respective levels of experience and roles; and
- the estimated costs associated with the options being presented to achieve a resolution of the matter.

Making the Decision

What you want to know before you sign the retainer agreement:

- The scope of the work that the attorney will provide;
- The method of communication the attorney will most often use with you (e.g. e-mail);
- The amount of the retainer and whether it will be kept in a trust account;
- Be aware of how your attorney assesses fees (hourly rates, flat fee, or some other basis);
- Know whether there will be incidental costs related to the case (if so, the estimated amount of such costs);
- and Know the frequency for billing and the timeframe for payment.

GET INVOLVED!

Strengthening yourself by Strengthening your Community

- ◆ **Transportation Companion**-We are seeking volunteers to accompany a senior, being transported by Office for the Aging, to medical appointments. As a volunteer you would ride along with a senior on our vehicle, help make sure they get to their designated appointment spot, wait while they are in the appointment and then accompany them back to our vehicle and ride back home with them. Call Becky Bennett-Tears at 315-536-5515 for more information. Background checks are required.
- ◆ **Drivers**-Office for the Aging has a great need for drivers to get seniors to their appointments and social events. CDL is required. Please contact Becky Bennett-Tears at 315-536-5515 for more information.
- ◆ **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.
- ◆ **Phone Friends**-We are seeking volunteers to make brief, friendly phone calls to homebound seniors to provide emotional support and to enhance social contact. Please contact 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, 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.
- ◆ **Food Pantry Basket Drivers**—There are people in the community who can not make it to the food pantry locations. We are seeking volunteers who would deliver the food baskets to their home once a month. For more information, please contact Katie Smeenck at 315-536-5515.
- ◆ **Drivers**-Yates County Veterans Services needs volunteer drivers to get veterans to their appointments. If you can help, please call **315-536-5196**.
- ◆ **Walkers**— Calling All Walkers: Clinton Crest Manor needs volunteers to help develop a group walking program. Volunteer opportunities include developing the program, goal setting, tracking progress, scheduling, walking, etc. Help us form our team! Call Deena Conley at 315-536-8800 today.

Yates Office for the Aging Advisory Council

The Yates Office for the Aging Advisory Council would like to ensure it represents the diversity of Yates County senior residents. We are seeking more diversity and would welcome participation from different ethnic, racial, religious, sexual orientation or social groups in our community. We would love to hear from you and provide more information about our Advisory Council. Please contact Katie Smeenck at Yates OFA at 536-5515.

VOLUNTEERS NEEDED TO TEACH TAI CHI and BONE BUILDERS

Tai Chi is an effective exercise for healthy mind and body. Exercise is known to benefit most aspects of health and is recognized as an essential part of the management of arthritis. Tai Chi is safe and effective for a variety of conditions and capabilities. It promotes – flexibility, strength, stamina, posture, balance and mind-body techniques. **Training will be held on May 10 from 1-3 pm in the Yates County Building Auditorium. A video will be provided for you to practice at home. To sign up, call Pam Strong at 315-536-5515.**

Bone Builders is a safe, simple and highly effective strength training programs. Strength training offers physical, mental and emotional benefits. Exercise is also an important part of an osteoporosis treatment program. Physical activity is needed to build and maintain bone health. In seniors, exercise also improves function and delays loss of independence. **Training will be held on May 3 from 1-3 pm in the Yates County Building Auditorium. All material will be provided so you may practice at home. To sign up, call Pam Strong at 315-536-5515.**



NON-PROFIT ORG.

U.S. POSTAGE
PAID
PERMIT NO. 136
PENN YAN, NY 14527

Pro Action Yates Office for the Aging
417 Liberty Street, Suite 1116
Penn Yan, NY 14527
Phone: 315-536-5515
Fax: 315-536-5514
Email: ycofa@proactioninc.org
www.proactioninc.org

THE GRAPEVINE EXPRESS
MAY/JUNE 2016



Yates NY Connects/Office for the Aging

Stay Informed

- **Follow Yates NY Connects/Office for the Aging on Facebook.**
- **Go to our website for previous issues of The Grapevine Express at <http://proactioninc.org/seniors/>.**

****Appointments Encouraged****

Yates Office for the Aging encourages you to call ahead and make an appointment. This will ensure that you will be seen in a timely manner by the best person to provide your information and assistance. Thank you!

This newsletter is funded in part through the New York State Office for the Aging under Title III-B of the Federal Older American's Act