



THE GRAPEVINE EXPRESS

May/June 2017

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



Monday, May 29

Older Americans Month May 2017 “Age Out Loud”

Each May, the Administration for Community Living (ACL) leads our nation’s celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today’s older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let’s amplify the many voices of older Americans and raise awareness of vital aging issues across the country.

Source: Administration on Community Living

Accessibility Equipment Available at Penn Yan Public Library

Penn Yan Public Library is proud to introduce a new set of accessibility equipment, made available thanks to a grant provided by the Southern Tier Library System in 2016. Items include a hands-free LED-lighted magnifier, e-reader stands, an oversized keyboard, and a trackball mouse. Along with the hearing loop installed in our program room, library staff hopes that these additions will help in their mission to effectively serve the widest possible swath of our community. If you’re interested in using or learning more about any of this equipment, talk to Alex in the reference office—and if there are other adaptive technologies that can address a need the library hasn’t met yet, let him know about them, too.

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 guideline limits to qualify are \$1377/month for an individual and \$1847/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. There are 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 may be reduced. If your income is below \$1528 for an individual or below \$2050 for a married couple, you may qualify for financial assistance. There are also asset guidelines that we can discuss with you.

Call Yates Office for the Aging (Ashley Tillman) at 315-536-5515 to have a Medicare Beneficiary Income Screening appointment see if you are eligible. Appointments are held on the 2nd and 4th Wednesdays of each month from 1:00-4:00pm. Please bring proof of your income, all Medicare cards and your most recent health insurance bill to the appointment.

LOCAL EVENTS

May 7

- ◆ 1st Annual Yates Hunger Walk in support of our local food pantry. The Walk will be held Sunday, May 7, at 1:00 PM. It combines the CROP Walk (formerly held in May) and the Turkey Walk (formerly held in November) into one event and 100% of the proceeds will remain in Yates County. Registration and the starting line will be at the Penn Yan First Presbyterian Church, 211 Main Street. For further information, please contact Donna Johnston at 315-536-2683.

May 9 and June 13

- ◆ “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.

May 11 and June 8

- ◆ 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.

May 15 and June 26

- ◆ “Our Town Rocks” Community Gathering monthly meeting from 6:00-8:00pm 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.

June 10 and 11

- ◆ 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 10th and Sunday June 11th: 10am to 5pm. The festival will be held rain or shine. For more information visit <http://www.keukaartsfestival.com>

June 16

- ◆ The 21st 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 5pm. 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>

June 27

- ◆ 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.

SAVE THE DATE: August 28

- ◆ Pro Action Yates Office for the Aging and Penn Yan Public Library will hold an afternoon presentation focused on the topic of planning for the future. More details to follow.

2017 Concerts on the Courthouse Lawn, corner of Main and Court Streets, Penn Yan

All concerts start on Wednesdays at 6:00 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 21** - Agonal Rhythm
- ◆ **June 28** - Jo-Hannah Reynolds
- ◆ **July 5** - Mr. Mustard
- ◆ **July 12**– The Community Chorus
- ◆ **July 19**– Finger Lakes Chamber Orchestra
- ◆ **July 26** - Rod Blumenau Quartet
- ◆ **August 2** - The Community Band
- ◆ **August 9**– Southern Tier Jazz Band

Caregiving Tips from the Pros: 8 Words of Advice

As a family caregiver, you play a vitally important role in the life of your aging loved one—a role that can also be overwhelming, exhausting and sometimes thankless. Here are eight valuable tips from the pros at Home Instead® CAREGiversSM to assist you in the good work you are doing.

1. Take a break without feeling guilty.

Allow yourself respite time, at least a couple times each month, without feeling guilty. A refreshed caregiver is a much better provider of care when they themselves have taken a much needed break.

2. Helping your loved one look good can help them feel good too.

Washing their hair or getting it trimmed can vastly improve how they feel and see themselves. Update their clothes as their size changes with weight loss or weight gain. Purchase brightly colored, patterned ‘senior bibs’ or ‘painting smocks’ that can be washed every day to extend the life of their clothes.

3. Give them the freedom to forget.

Do not assume your family member remembers even the simple parts of life they've always known. Do not assume they like what they've always liked in way of music, television, current events, travel, favorite foods, or visiting in large groups of people. Do not assume they remember the person greeting them at church, the neighbor next door, or even you. Allow them the space to remember and forget at their own pace.

4. Call or visit regularly.

Most seniors who do not get out much usually experience loneliness. Their phone seldom rings and the television is often left on all day for company. Try setting a specific day and time each week to call, to give your loved one something to look forward to. A simple letter or greeting card to let them know they are missed and loved can make their day.

5. Allow them to change and accept when they do.

Whether it’s a newly developed physical incapability or behavioral change, realize that it is okay that your loved one is not the person you remember. Accept their changes, support them, and don’t make them feel bad for something they have no control over.

6. Never make them feel incapable, or say “no” outright.

Be creative with finding ways to help that don’t seem like you are doing it for them. Be considerate about helping with things that may be embarrassing to them.

7. Be patient and respectful.

Regardless of the reasons they need care, it is important to provide loved ones care in ways that are respectful of their dignity and independence. You need to be patient.

8. Accept help.

You need to take care of yourself to take care of someone else. If people offer to help, accept the help.

(based on an article from caregiverstress.com dated 11/21/13)

Making Home A Safer Place

Over time, people with Alzheimer’s disease become less able to move comfortably and safely around the house. As a caregiver, you can do many things to make the person’s home a safer place. Think prevention—help avoid accidents by addressing possible problems.

Prevent falls and injuries around the house with these tips:

- Simplify the home. Too much furniture can make it hard to move around freely.
- Get rid of clutter, such as piles of newspapers and magazines.
- Have a sturdy handrail on stairways.
- Put carpet on stairs, or mark the edges of steps with brightly colored tape so the person can see them more easily.
- Put a gate across the stairs if the person has balance problems.
- Remove small throw rugs. Use rugs with nonskid backing instead.
- Make sure cords to electrical outlets are out of the way or tacked to baseboards.
- Clean up spills right away.

Source: Alzheimer’s Disease Education & Referral Center

Septic & Well Replacement Grants

Keuka Housing Council (KHC) & Yates County have grant funds available for Septic & Water Well Repairs & Replacements for low income homeowners in Yates County. This includes repairs or replacements of water & sewer laterals for those on public utilities. Applicants must be single family homeowners or have life use, have homeowners insurance, meet income guidelines and taxes & mortgage must be up to date.

For information or to request an application please contact :

Keuka Housing Council at 315-536-8707 or Yates Office for Aging (Ashley Tillman) at 315-536-5515.

Mobile Homes Replacement Grant

Keuka Housing Council has grant money available to replace 5 substandard mobile homes in Yates County for income eligible residents that own their mobile or manufactured home on their own property. Please call 315-536-8707, ext. 2 and ask for Kelly Smith. KHC will be able to give out more information about the program and send out an application to those that call. Priority will be given to elderly residents as well as any flood victims from the flood of May, 2014.

Ensure You Buckle Up!

NYS State Trooper Sergeant Vincent Corona met with Pro Action Yates County Office for the Aging's Advisory Council in March to discuss important safe driving tips for seniors. He expressed concern about the fact that recent data indicates that Yates County, along with Schuylar and Seneca Counties, have the highest percentage of unrestrained drivers, over the age of 60, who are involved in personal injury accidents. Although the Sergeant acknowledged that the number of personal injury accidents in Yates is fairly low at 22, four of these accidents involved individuals over 60 who were not wearing their seat belts. He emphasized that there is a high likelihood that the injuries sustained by these seniors could have been avoided if they had just taken the time to buckle up.

During his informative presentation, Sgt. Corona also discussed the importance of distraction free driving. He indicated that approximately 50% of all accidents are directly linked to driver distraction which can range from cell phone use to mere commotion within the vehicle itself.

Friendship Line—Hotline for Seniors

The Friendship Line is the only accredited 24-hour, toll-free crisis intervention program for seniors in the United States. It went national in the 1990s and receives about 8000-8500 calls a month. According to the Institute on Aging, people between the ages of 65-84 are nearly twice as likely to commit suicide as those between ages 15-24. The risk is even greater for those over age 85. The Friendship Line is both a crisis intervention center and a "warm" line for routine, even daily, phone calls that provide emotional support, medication reminders and well-being check-ins. Call the Friendship Line if you or someone you know is: Age 60+ or a disabled adult, Lonely, isolated, depressed - perhaps even at risk of suicide, Grieving from a loss or recovering from a trauma, Unable to remember medications and appointments, Having frequent accidents, Lacking a supportive community, or In need of emotional support. For more information, visit ioaging.org.

The Friendship Line can be reached at 1-800-971-0016.

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, Sexually Transmitted Infection Screening/Counseling, and Advanced Care Planning (ACP) done during a person's Annual Wellness Visit.

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.

****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.**

FREE RABIES CLINICS



Yates County Public Health Rabies Clinics offer free vaccination for all dogs, cats, and ferrets. Protect all pets 3 months of age or older against rabies. Barn cats need to be protected from rabies because they are more likely to have contact with wild animals. Indoor pets need a rabies vaccine too. You never know what may happen if they get outside by accident or if an animal like a bat gets inside your home.

- Bring a copy of the most recent rabies certificate for each animal to the clinic.
- With proof of prior vaccination, the new rabies certificate will be good for 3 years.
- Without proof of prior vaccination, the certificate will be good for 1 year.
- Dog tags cannot be used as proof of vaccination.

Yates County Public Health wants to help keep your pets safe from rabies. To get through the clinic line a little faster you can fill out your paperwork online prior to the clinic at: www.yatescountypublichealth.org. For more information, call Public Health at 315-536-5160.

Date	Location
June 7, 2017 7pm-8pm	Yates County Maintenance Garage 415 Liberty Street, Penn Yan, NY 14527
August 30, 2017 7pm-8pm	Potter Fire House 1255 Phelps Road, Middlesex, NY
Sept 18, 2017 7pm-8pm	Italy Highway Barn 915 Italy Valley Road, Naples, NY \$ 5 if you are not a resident of the Town of Italy
September 30, 2017 9am-10:30am	Dundee Village Barns 25 Spring Street, Dundee, NY 14837
November 4, 2017 9am-10:30am	Benton Fire Department 932 State Route 14A, Penn Yan, NY 14527

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

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** – June 20 to September 12 – 8:30-9:30am
 Penn Yan class — Thursdays: **Beginners class**- June 22 to September 14– 8:30-9:30am
 Penn Yan class – Wednesdays: **Beginners class** – June 21 to September 13 – 1:30-2:30 pm

Bone Builders – Osteoporosis Prevention and Bone Strengthening

Penn Yan area class – Tuesdays: June 20 to September 12 – 10:00-11:00 am
 Penn Yan area class – Thursdays: June 22 to September 14 – 10:00-11:00 am

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

Save the Date – a new class will begin July 11 to August 22. Location and time to be announced.

Health Living – Learn to control your chronic disease rather than your chronic disease controlling you.

Save the Date – a new class will begin July 8 to September 12. Location and time to be announced.

Eat Better Move More – Learn practical strategies to eat more nutritionally and to move more.

Penn Yan area class – St. Paul’s Lutheran Church, August 16 to November 1 – 10:00 – 11:00 am
 Dundee area class – St. Mark’s Terrace, August 16 to November 1 – 1:30 – 2:30 pm.

To sign up for these classes, call Pam Strong at 315-536-5515. Transportation may be available.

ANNOUNCEMENT: New Telephone Line for Transportation Services

Pro Action Yates Office for the Aging is pleased to announce our new phone number to call for TRANSPORTATION TRIPS. Calls can be made to **315 536-5517**, 24 hours a day, 7 days a week.

Please leave a message with the following information:

- Your name
- Date and Time of Appointment
- Address to where you are going
- Your phone number

All calls will be returned within 24 hours on regular business days to confirm your ride. Please note we do require 1 business day notice for all local trips and 3 business days' notice for out of town trips.

This number is not monitored on weekends or holidays.

Reminder: Local shopping trips in Penn Yan are offered every Tuesday and Thursday afternoon from 12:30pm-3:00pm. Please call the Transportation Line at 315-536-5517 to schedule your shopping trip. Remember to give 1 business day notice for your request.

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.

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

A Few Reminders from the Pro Action Yates Office for the Aging PERS Program:

- ◆ If you are taken to the hospital, please remember to keep your pendant with your belongings or have a family member bring it home. The fee to replace a pendant is \$37.00.
- ◆ We offer a 2nd pendant for family members over the age of 60 that live in the same home. There is a one-time fee of \$37.00.
- ◆ If there are any significant changes to your medical information or entry methods into your home, please contact our office at 315 536-5515 or email; beckert@proactioninc.org so we can update your record in our office and at the Yates County 911 Center.

John Welsh, PERS and Project Lifesaver Technician, presented to members of the Penn Yan Lions Club on February 27th. The presentation included a Power Point slide show, examples of both a PERS unit with pendant and a Project Lifesaver unit as well as time for questions and answers. Thank you Penn Yan Lions club for having us!!

If you belong to a Yates County Community Organization and would like to have a presentation at one of your meetings, please contact Terri Becker at 315 536-5515 or email: beckert@proactioninc.org.

Bed Bugs

Bed bugs can be found anywhere. They feed on blood about once a week, typically when the host is resting. Not everyone reacts to a bite and seniors are less sensitive to the bites. They hide when not feeding. They are not known to transmit diseases, but you still don't want to bring them home with you. An adult bed bug is 5mm long, 3mm wide, oval, flat, red/brown in color. All stages of a bed bug are visible. They cannot jump, fly or climb smooth surfaces. But they can move fast and hide in tight spaces. For more information on preventing and getting rid of bed bugs visit: <http://www1.nyc.gov/assets/doh/downloads/pdf/vector/bed-bug-guide.pdf>

Visit the YouTube video link below to see an infestation after nine months when an individual moved into a new apartment and took no action against the bed bugs. The infestation spread to adjoining units and other parts of the building, as well as to social service agencies and medical offices where the individual visited. The mattress shown was used every night. https://youtu.be/hAAjULQkJKY?list=PLoNb8IODb49tRq_de1U0y8-PyWnC39fws

Source: www.nysipm.cornell.edu

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.

Having a hard time making ends meet?

Check your eligibility for economic supports at: myBenefits.ny.gov. myBenefits is an online tool for New York State residents.

Find out if you are eligible for: SNAP (Supplemental Nutrition Assistance Program), Temporary Assistance (TA), HEAP (Home Energy Assistance Program), Weatherization Assistance Program, Special Tax Credits, Medicaid, Child Health Plus, and NYS of Health Marketplace, Medicare Assistance Programs, Veterans Benefits, EPIC, WIC (Women, Infants, and Children), School and Summer Meals.

Users can check possible eligibility for multiple human services benefit programs; apply online for the Supplemental Nutrition Assistance Program (SNAP) and the Home Energy Assistance Program (HEAP); recertify for SNAP or Temporary Assistance; Report Changes; and View Case Details.

If you would like assistance completing your myBenefits screening or assistance with applications for benefits please contact: Pro Action Yates NY Connects and Office for the Aging, Ashley Tillman, 315-536-5515, 417 Liberty Street, Penn Yan, NY 14527.

Pet Assistance

Pet Partner Communications at 315-694-6449 can help. The program serves home-bound, elderly and disabled pet owners with food and care assistance for their animal. There is an application process and a home visit. Pet Partner Connections also hosts pet food pantries with local programs. Every third Wednesday of every month, they are at the Living Well. Every other month, on the 4th Thursday they are at the Presbyterian Church in Dundee. Next visit will be in May.

Healthy Foods

Choosing healthy foods is a smart thing to do—no matter how old you are! Here are some tips to get you started:

- Eat many different colors and types of vegetables and fruits.
- Make sure at least half of your grains are whole grains.
- Eat only small amounts of solid fats and foods with added sugars. Limit saturated fat (found mostly in foods that come from animals).
- Eat “good” (poly- and monounsaturated) fats, like those found in seeds, nuts, avocados, and fatty fish like salmon. Any fats added in cooking should come from olive, canola, corn, or vegetable oil.
- Eat seafood twice a week. Small fish, like sardines or trout, or farm-raised fish (check the label) contain less mercury than large fish, like tuna. Mercury can be harmful.

Visit <http://bit.ly/2msOpVg> from the National Institute on Aging for more information on healthy eating.



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Yates NY Connects/Office for the Aging

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- 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/>.

Did You Know?

- ◆ Nearly 15 millions Americans provide unpaid care to an older adult.
- ◆ Caregivers who provide substantial care are more likely to have physical and emotional health problems.

Make yourself a priority too. Take care of yourself as a caregiver by doing the following: Ask for help; Spend time with friends; Join a support group.

Sources: National Health and Aging Trends Study 2011 and National Institute on Aging

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