



THE GRAPEVINE EXPRESS

November/December 2016

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



Friday November 11, Thursday November 24, Friday November 25, Friday December 23 & Monday December 26

CDC funded Sodium Reduction in Communities Grant

Pro Action's Senior Nutrition Program participated in this grant over the last 3 years. All senior meal programs are working towards meeting the requirements for sodium levels. Majority of sodium is already present in foods before purchase or preparation. The *2015–2020 Dietary Guidelines for Americans* recommend that Americans consume less than 2,300 milligrams (mg) of sodium each day as part of a healthy eating pattern. About 90% of Americans eat more sodium than is recommended for a healthy diet. Excess sodium consumption is related to increased hypertension, and HT often leads to heart attack and stroke. Pro Action staff analyzed recipes and menus at baseline and at follow-up or as changes for sodium reduction occurred. Overall, some of the highest sodium items included bases and gravy mixes, commercial salad dressings, tomato products, cheeses and pre-prepared entrees (like meatloaf, meatballs, Salisbury steak, lasagna, stuffed peppers, cabbage rolls, breaded chicken, fish patties). Modifications made included: serving high sodium items less often; substituting sodium-free seasonings, herbs and spices for salt; reducing salt or amount of seasoning packets which are included in stuffing and rice pilaf mixes; cooking from scratch; substituting lower sodium gravy mixes, bases, dressings, & tomato products; and offering naturally low sodium items, fruits and vegetables, more frequently, i.e. in place of fries or chips. Meal customers were satisfied with the meals.

Announcement for Tax Season 2017 from AARP Taxaide

Many of you have used the AARP Taxaide service offered through the Office for the Aging; we did about 500 tax returns last year at three local sites. Our tax service will continue next year, but there are complications. IRS bought new software for Taxaide use, and we preparers are learning how to use the new program. Expect our tax preparation to be a little slower next year as we work the bugs out. Also, we lost the "carryforward data" from the previous year. So we will end up typing in many entries for each client, information that routinely passed forward in previous years.

VERY IMPORTANT: Because of the loss of "carryforward" data, you must bring your 2015 tax return for reference next year. With the change in software, we at Taxaide cannot access or print old tax returns for you. We provided your 2015 tax paperwork in one of the **white** AARP envelope with blue lettering. Please look now and verify you have this paperwork.

If you cannot locate your 2015 tax return, please contact the IRS soon and get a TRANSCRIPT of your return. A transcript is not a complete tax return, but it has all the line numbers and entries for your return. At irs.gov you have the option to get a transcript online. The identity proof to use this option is difficult. irs.gov also gives another option to have a transcript mailed to the address listed on the last return; identity proof for this option is not so severe. Takes 5 to 10 calendar days by mail and is free. Please bring your transcript to your tax appointment in lieu of a copy of your 2015 return.

The Affordable Care Act [Obamacare] will impact tax returns again in 2017. Please be on the lookout for a 1095 document [Form 1095A, 1095B, or 1095C] in the January time frame. We suspect a 1095 may be required as proof of health insurance for the 2016 tax year.

LOCAL EVENTS

November 8 and December 6

- ◆ “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 Barrington, Starkey, and the Village of Dundee are welcome to attend.

November 10

- ◆ 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.

November 14 and December 12

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held from 6-8:00 pm at the Dundee Presbyterian Church. Light supper provided. 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.

November 15

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

November 15

- ◆ Pro Action/Yates Office for the Aging will hold its annual Thanksgiving Dinner at the First Baptist Church at 4:00pm. On the menu is turkey with gravy, bread stuffing, squash, cranberry relish, rolls and pumpkin pie with whipped topping. You must call and make reservations by Tuesday, November 8, by calling 315-536-5515. 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. Transportation may be available by calling Terri Becker at 315-536-5515.

November 30

- ◆ Last day to use Farmers Market Coupons.

December 2

- ◆ The 32nd edition of Starshine in the Village of Penn Yan will be held from 5:00-9:00pm.

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

December 20

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

December 20

- ◆ Pro Action/Yates Office for the Aging will hold its annual Christmas dinner at 4:00 p.m. at the First Baptist Church in Penn Yan. On the menu is ham with fruit sauce, twice baked potatoes, green bean almandine, rolls and cherry pie. You must make reservations by December 13 by calling 315-536-5515. 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. Transportation may be available by calling Terri Becker at 315-536-5515.
 - ◆ We are offering the opportunity to view the Christmas Lights and decorations after the Christmas dinner. Please contact Terri Becker at 315-536-5515 to reserve a seat by December 13.

Emergency/Weather Related Closings

Our Transportation and Nutrition Services are closed whenever the Penn Yan Schools are closed for weather-related reasons. Although meals are not served that day, we send out emergency non-perishable meals in advance in case of weather closings so no one goes hungry. If a special event is cancelled, the event will be postponed for one week.

NOTICE: Consent Needed for NYSOFA Database

Starting 8/16, New York State Office For the Aging (NYSOFA) implemented new consent processes. Yates Office for the Aging (Yates OFA) customers will be asked for consent to have their data captured in the state-wide database. There are additional consents that need to be received for Yates OFA Staff to share the data or complete referrals for other services for customers. These processes are to ensure privacy and to protect confidentiality of customer information. Staff are adjusting and ask for customer understanding as we acclimate to the processes. It may add a few extra minutes to your encounters with our office. If you have questions, contact (315)536-5515.

Home Repair Grants for Yates County Seniors Available

Bishop Sheen Housing is offering grants for home repair and accessibility accommodations (ramps, showers, doorways, etc.). The program is targeted to single-family homeowners age 60 and older who are income eligible. Senior owners of double houses would also qualify for repairs to the part of the house in which they live. For an application or additional information, call Sheen Housing at 585-657-4114. Individuals with speech or hearing impairments can call the NYS relay number at 1-800-662-1220. This program is funded in part by NYS Housing Trust Fund Corporation administered by Sheen Housing.

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 he/she gets to the designated appointment spot, wait during the appointment and then accompany her/him back to our vehicle and ride back home. Background checks are required. Call 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.
- ◆ **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, contact Becky Bennett-Tears at 315-536-5515.
- ◆ **Dundee Meals on Wheels**- Would you like to volunteer 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, call Cheryl at 315-521-5949 to learn more.

Protect Yourself with Vaccines

Vaccinations protect against serious disease, are very safe, are necessary throughout your life and talking to your doctor about your vaccination needs can protect you and your family. Recommendations for vaccines vary depending on a person's age and medical conditions. Adults should talk to their doctor about the following five vaccines: Influenza (flu), Pneumococcal (Pneumonia), Hepatitis B, Herpes-Zoster (Shingles) and Pertussis (Whooping Cough). Most health insurance plans cover the cost of vaccines, but you may want to check with your insurance provider before being vaccinated.

Sign up for the IPRO Healthy Insights newsletter at <http://ipro.org>, Click the Healthy Insights button on the home page to subscribe or email healthyinsights@ipro.org to be added to distribution list.

Excerpts from the IPRO's Healthy Insights August/September 2016 Newsletter:

Tips to Help Caregivers Move or Transfer a Loved One with Mobility Limitations

- Learn proper body mechanics. Ask for a Physical Therapy referral from your physician to teach you how to use your body so you don't get hurt. Learn to use assistive devices if appropriate.
- Save your back. If you feel a strain, get help; don't do it alone. This is for your safety and the safety of the person you are trying to move.
- Talk to the person and explain what you are doing and going to do. Talk through the process as you continue with the transfer, ask him/her to help you when able.
- Make sure person's legs are on the floor before trying to stand. Use a high, firm chair with arms whenever possible. It is easier to move someone from there than from a sofa or overstuffed chair.
- If someone is in bed, first roll him/her to the side of the bed and help him/her to a sitting position with feet flat on the floor.
- Stand with your feet shoulder width apart with one foot slightly in front of the other. This provides you with your base to support you and your loved one.
- Bend at the knees, not the waist. Your knees will support you and save your back. Flex your knees and hips when lowering someone into a wheelchair, chair or bed, using the armrests for support when available.
- Place your arms around the person's waist. Do not have the person put his/her arms around your neck as that can pull you forward and cause you to lose your balance. If the person feels a need to hold on to something, have him/her put arms around your waist or on your shoulders.
- Have your loved one lean forward before trying to stand. Use a rocking motion to create momentum, if possible. Let him/her know when you are going to start, e.g. you're going to stand on the count of three. Bring the person as close to your body as you can.
- To swivel someone, use your legs; these muscles are strong and can help you pivot. Do not twist at the waist. Take small steps, keep your back and neck in a straight line.

Source URL: <https://www.caregiver.org/transferring-person>

Sandwiched Caregivers

The "sandwich generation" is traditionally defined as those who have a living parent and are either raising a child under age 18 or supporting an adult child. But I'd like to broaden that definition for caregivers, all of whom are sandwiched between multiple responsibilities.

We care for many layers of our family and friends (parents, children, grandchildren, grandparents, siblings, spouses, partners, neighbors, pets) while working, managing finances and households and caring for ourselves.

But there are a few things I've learned to do so I'm not crushed under all the layers of my sandwiched life. Some suggestions:

1. **Protect your own identity.** What is the unique combination of interests and skills that makes you "you"? Find ways to incorporate them in your life, even when caregiving.
2. **Reprioritize.** We may set daily, weekly and big-picture priorities, but with so many demands on our time, we have to be able to reprioritize as circumstances constantly change.
3. **Get organized.** There are only so many hours in the day and only so much of ourselves to spread around.
4. **Accept help.** No matter how superhuman we are, no one can deal with all these layers of responsibilities alone. Get help with caregiving as well as with your own tasks — things like work, cleaning, shopping.
5. **Keep filling your own tank.** I can't stress this enough. Every responsibility requires emotional and mental energy. Consider a variety of ways to refill your energy tank so you can keep going.

Source: AARP

Transportation, Emergency Response, and Project Lifesaver Programs

- * With the winter weather upon us, remember our **Transportation Program** provide **rides** within Yates County and also to Bath, Canandaigua, Clifton Springs, Corning, Elmira, Geneva, Montour Falls, and Rochester.
- * Transportation trips can now be scheduled via email. Please send request to beckert@proactioninc.org, include date, time of appointment and name of location (include Dr Name/Department if medical appointment). You will receive a confirmation email back with your scheduled pick up time.
- * For your shopping needs, the Transportation Program now offers shopping trips on Tuesday and Thursday afternoons from 12:30 – 3:00pm. The bus will take you to Tops, Aldi and the Lake Street Plaza as well as your hair appointments and pharmacy trips. Please call Terri to schedule your trip.

Would it be helpful to have someone ride along with you? Our **Transportation Companions** can help you find your way to your medical appointments and will wait for you while you are in the appointment. They will ride with you on our vehicles to keep you company. Let Terri know you are interested in riding our vehicles with a Transportation Companion. For information and scheduling, **call Terri Becker at 315-536-5515.**

The **Personal Emergency Response System** is a push button alert system for seniors and caregivers. It helps you maintain your independence and also gives you and your family peace of mind. If you have a medical emergency you push the button on your pendant or wristband and your call goes into the Yates County Sheriff's Office and help is summoned. There may be additional funding options for PERS units.

The **Project Lifesaver System** is designed to rescue individuals with cognitive conditions like Alzheimer's, dementia, autism, and Down Syndrome who tend to wander. It is never too early to enroll your loved one in this program, even if they are not showing signs of wandering yet, it's better to be safe than sorry.

For information on Yates OFA Transportation Services, Emergency Response System, or Project Lifesaver, call Terri Becker at 315-536-5515.

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.

Foster Grandparent Program

“Grandma! Grandpa! Can you help me?” Have you ever wanted to hear that and be appreciated for the help you can give to a child? If you have, then maybe the Foster Grandparent Program is for you!

The Foster Grandparent Program **IS** a national program that asks for volunteers to assist in school classrooms, Head Start programs, and child care centers. The Grandparents **must be** 55 years or older, have a limited income, be able to volunteer at least 20 hours per week and like children. A tax free stipend is given to each volunteer on a monthly basis as well as a transportation allowance, a free physical, monthly training and meals with the children.

Foster Grandparents are an ear for the children, willing to listen to anything the child wants to talk about. They are a presence to calm a child. They are a friend and mentor to children, reading to them, helping with classwork and keeping children focused.

Foster Grandparents talk about how wonderful it is to see the children daily, how they love being called grandpa or grandma by so many children, how important it is to get out of the house and stay busy, and how their lives have been changed more than the children's lives have been changed. Children remember their Foster Grandparents for years and years with fondness and love.

In this area, the Foster Grandparent Program is administered by Wayne County Action Program (Wayne CAP) and funded by the Corporation for National Service and the New York State Office for the Aging. It covers Ontario, Seneca, Wayne and Yates Counties.

Yates County has the opportunity to have grandparents for children in area schools. If you think you want to find weekly fulfillment volunteering in a program that makes a difference in children's lives, then call Wayne CAP at 315-665-0131 extension 170.

Start a new chapter in your life and enjoy a little more money in your pocket.

Permanent Absentee Ballots

If voting from home would be easier for you than going to the polls, you or a family member can contact the Yates County Board of Elections by telephone, by mail, or in person to obtain a Permanent Absentee Ballot Application.

Once your completed application is received you will be entered on the permanent absentee ballot mailing list, and you will receive ballots for all elections in which you are entitled to vote, including school, village, and library elections.

If you are enrolled in a party, you will also receive Absentee Ballots for your party's Primary Elections should there be any.

If you have questions or concerns, contact the Yates County Board of Elections Office at 315-536-5135 Monday through Friday 9:00 AM to 5:00 PM.

711-NYS Relay Service

New York Relay Service is a statewide service that connects standard (voice) telephone users with deaf, hard-of-hearing, deaf-blind, speech disabled, or late-deafened people who use text telephones (TTYs) or voice carry-over (VCO) phones. This service allows TTY or VCO users to communicate with standard telephone users through specially trained relay operators. Calls can be made to anywhere in the world, 24 hours a day, 365 days a year with no restrictions on the number, length, or type of calls. All calls are strictly confidential and no records of any conversations are maintained. Anyone wishing to use New York Relay simply dials the relay number to connect with a relay operator. The relay operator will dial the requested number and relay the conversation between the two callers. Dialing 711 is easy and fast. It automatically connects to a relay operator, without having to remember and dial a ten-digit access number. All states have 711.

Follow these simple steps:

1. Dial 711 (NOTE: If the phone from which you are calling does not accept 711, just call 1-800-421-1220 for the same great results).
2. A specially trained New York relay operator will answer and identify themselves by their operator number.
3. Give the operator the phone number of the person you are calling.
4. The operator will connect you with the person you are calling and assist you with communication.

It really is that easy!

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: October 4 – December 13 – 10:00-11:00am

Penn Yan area class – Thursdays: October 6 – December 15 – 10:00-11:00am

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan class — Tuesdays: **Advanced class** -October 4 – December 13 – 8:30-9:30am

Penn Yan class — Thursdays: **Beginner class**- October 6 - December 15– 8:30-9:30am

Penn Yan class – Wednesdays: **Beginner class** – October 5 – December 14 – 1:30-2:30 pm

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

Call the office for more details.

Heathy Living –Learn how to manage your chronic health conditions

Penn Yan area class — Tuesdays: October 18 - November 22- 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!

A Pooled Trust May Be Your Solution

A Pooled Trust is a special type of trust that assists individuals who have too much monthly income or financial resources to qualify for public assistance benefits (such as Medicaid). The money put into this account is not counted against the person when applying for Medicaid and can be used for other supplemental needs above and beyond what is covered by Medicaid. The purpose of the Pooled Trust is to provide individuals with disabilities an alternative to the Medicaid “spend down” of sending in their excess income to their county Department of Social Services. Trust members would send their “spend down” amount to the trust and the trust will pay for bills that are for the benefit of the trustee.

The basic requirements for joining a trust include: beneficiary must be disabled as defined by law, typically includes age-related infirmities; the assets going into the beneficiary’s trust account must belong to the individual beneficiary; and account is solely for the benefit of the beneficiary.

The following list provides examples of individuals who may benefit from joining a pooled trust to obtain Medicaid: Younger persons with special needs; Elderly persons who need assistance with daily living skills and are living at home; Any age person who has a disability as defined by state law.

For more information on pooled trusts, contact Ashley Tillman at (315)-536-5515.

HEAP Opening Day: November 14, 2016 **Emergency Benefit Opening: January 3, 2017**

2016-2017 HEAP Monthly Income Guidelines

Household Size	Income Limit
1	\$2300
2	\$3007
3	\$4423
4	\$5130

BRING EVERYTHING EVERY TIME YOU COME IN...

- Proof of date of birth: birth certificate or drivers’ license for EVERYONE in the household.
- Social Security CARD for EVERYONE in the household or an application confirmation letter for Social Security I.D.
- Fuel and Utility bills: CURRENT bill from fuel AND utility company with account numbers. If heat is included in your rent, bring a statement from your landlord. If it is an emergency you must have a “Cash on Delivery” statement with the date of your last delivery on it or you must have a shut off/termination notice from your company.
- Tenant of Record (1 item from the following): copy of lease, CURRENT rent receipt with client's name and address and landlord's name, address and phone number; mortgage payment book; deed; homeowner’s insurance policy; property tax bill.
- Proof of Income: proof of ALL income in the household for the previous four consecutive weeks. Example: pay stub, award letter, child support collection stubs. If you are SELF EMPLOYED you will need business records for the previous three months or a copy of the previous year filed taxes.
- Resources: Bank statements for checking, savings, CD's IRA's, 401K's, any other retirement accounts, stocks, bonds, dividends, etc.
- Everyone will be eligible for a phone interview again this year (regular benefit only), including new applicants. Request that an application be mailed or download one off of the website www.mybenefits.ny.gov. You may also file your HEAP on this website or print off the application
- If the household is in receipt of Temporary Assistance and/or SNAP benefits, they should contact their local DSS to determine if they are automatically qualified for a regular HEAP benefit.

*Applications will be accepted at the local Department of Social Services 315-536-5184 and Pro Action Yates Office for the Aging 315-536-5515.



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Medicare Information Sessions During Open Enrollment Period Still Available

At these interactive sessions, participants will obtain Medicare updates for 2017, including Medicare Advantage Plans and Medigap (supplemental plans). After the information session, participants will have an opportunity to ask questions about their specific situations.

Open Enrollment Community Outreach Locations, Times, and Dates:

Dundee Library: 2-3pm on November 18

Penn Yan Yates County Building Auditorium: 10-11am on November 4, 14 & 28, and December 2

Penn Yan Public Library: 5-6pm on Wednesday, November 9 and 10-11am on Saturday, November 19

Call 315-536-5515 today to reserve your spot at a session. Attendance at the group sessions is strongly encouraged as there will be limited availability for individual meetings. If you need Transportation to the session, please request this when reserving your spot. Transportation requests need to be made at least one week in advance of the session.

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/>.



Yates NY Connects/Office for the Aging

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