



THE GRAPEVINE EXPRESS

September/October 2016
Pro Action Yates Office for the Aging
Hours of Operation: 8:30am-4:30pm Monday-Friday



Monday, September 5 & Monday October 10

Medicare Open Enrollment: October 15th through December 7th 2016

During the past year, have you:
Changed the medications you take?
Been diagnosed with a new medical condition?
Been hospitalized more than once?

Any of these changes could result in your current Medicare plan no longer fitting your situation.

Medicare plans also change. The cost of your plan can go up or down and prescription drugs can be added or dropped from the list of drugs covered by your plan. Some Medicare plans stop offering coverage in a particular area. New plans may be available to you.

Because of such changes, you are allowed to evaluate your current Medicare plan and, if necessary, switch to another one that fits you better.

You can evaluate and change plans between October 15th and December 7th each year during the Annual Open Enrollment Period.

The changes made during this time will go into effect January 1, 2017.

The Yates Office for the Aging Staff can help you decide what plans fit your needs best.

For your convenience, Ashley Tillman will be available at the following locations to assist you:

Dundee Library: 2-3pm on October 26 & November 18

Dundee St. Mark's Terrace: 10-11am on October 18

Penn Yan Yates County Building Auditorium: 10-11am on October 20, November 4, November 14, November 28, and December 2

Penn Yan St. Mark's Terrace: 2-3pm on October 17

Rushville Community Health Center: 10-11am on October 31

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.

LOCAL EVENTS

September 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.

September 13 and October 11

- ◆ "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.

September 14

- ◆ Pro Action/Yates Office for the Aging will offer two free sessions of "Picture Walking Tour of Main Street Penn Yan" through the Historical Society at the Oliver Museum with John Potter. Cookies and beverages will be served. Tours from 10:00am-11:00am and 11:15am -12:15pm. Space is limited to 40 people per tour. For reservations please call 315-536-5515 by September 7th. Transportation may be available by calling Terri Becker at 315-536-5515.

September 14 and October 5

- ◆ 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.

September 20 and October 18

- ◆ "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.

September 20 and October 25

- ◆ 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.

September 30

- ◆ Last day to receive Farmers Market Coupons, while supplies last. Each booklet has \$20 worth of coupons to buy locally grown produce. They can be picked up at the Yates Office for the Aging.

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

October 17

- ◆ A public hearing on our 2017 Budget and Annual Implementation Plan will be held on Monday, October 17th at St. Mark's Terrace in Penn Yan at 1:30pm. Please let us know how the Yates Office for the Aging is doing in meeting the needs of seniors in Yates County. Your input shapes our budget and is shared with elected representatives. A summary of the 2017 Budget and Annual Implementation plan will be available.

October 25

- ◆ A public hearing on our 2017 Budget and Annual Implementation Plan will be held on Tuesday, October 25th at St. Mark's Terrace in Dundee at 12:00pm. Please let us know how the Yates Office for the Aging is doing in meeting the needs of seniors in Yates County. Your input shapes our budget and is shared with elected representatives. A summary of the 2017 Budget and Annual Implementation plan will be available.

October 25

- ◆ A public hearing on our 2017 Budget and Annual Implementation Plan will be held on Tuesday, October 25th at Penn Yan Public Library at 2:00pm. Please let us know how the Yates Office for the Aging is doing in meeting the needs of seniors in Yates County. Your input shapes our budget and is shared with elected representatives. A summary of the 2017 Budget and Annual Implementation plan will be available.

Note: Regarding the Public Hearings for the 2017 Yates OFA Budget and Annual Implementation Plan being held on 10/17/16 and 10/25/16:

- ◆ Each site is accessible to individuals with mobility impairments. Every effort will be made to accommodate all individual's needs, including providing copies of materials in large print or braille, audio copies, or language translation services. If you need any accommodations, including the need for an assistive device, please contact Mollie Ross at 315-536-5515 in the Yates Office for the Aging at least 72 hours prior to the hearing date.

Staff Change at Yates Office for the Aging

Welcome: Ann Edwards-Dickerson -Case Manager

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.
- ◆ **Phone Friends**-We are seeking volunteers to make brief, friendly phone calls to homebound seniors to provide emotional support and to enhance social contact. 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.
- ◆ **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, contact Amy Canfield at 315-536-5515.
- ◆ **Drivers**-Office for the Aging has a great need for substitute drivers to get seniors to their appointments and social events. CDL is required. Contact Becky Bennett-Tears at 315-536-5515 for more information.

Farmer's Market Coupons

- ◆ Farmer's Market Coupons are still available. You need to be at least age 60, reside in Yates County and be low income (\$1832/month for 1 person, \$2470/month for 2 people, \$3108/month for 3 people, or receive or are eligible to receive Supplemental Security Income, public assistance, Section 8 housing subsidy). Each booklet has \$20 worth of coupons to buy locally grown produce. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ◆ You need to get your booklet before 9/30/16 and coupons must be used before 11/30/16. Reminder- not all markets will be open through 11/30/16 so be sure to check for closing dates. Booklets are dispersed on a first come, first serve basis. Please **call Donna O'Connell at 315-536-5515** for details.

Exercise Can Have a Positive Effect on Alzheimer’s Disease

“Regular physical activity could play a role in protecting the brain from cognitive impairment as well as helping people with dementia to live better. One trial showed that doing regular exercise helped people with Alzheimer’s disease to better manage behaviors associated with the condition, such as anxiety or irritability. Another found that exercise may reduce levels of the protein tau, a key hallmark of some forms of dementia, in people with mild cognitive impairment. The third trial found that exercise could benefit people with vascular cognitive impairment and may even help to improve brain function. Current evidence also suggests that adopting a healthy way of life can reduce your risk of dementia, and one way to kick start a healthy lifestyle is by signing up to one of Alzheimer’s Society’s Memory Walks, taking place this autumn.” *For additional information please see article <https://www.alzheimers.org.uk/site/scripts/news> or <https://www.alzheimers>.

Taking Responsibility for Your Own Care

You cannot stop the impact of a chronic or progressive illness or a debilitating injury on someone for whom you care. But there is a great deal that you can do to take responsibility for your personal well being and to get your own needs met. Remember, it is not selfish to focus on your own needs and desires when you are a caregiver—it’s an important part of the job. You are responsible for your own self-care. Focus on the following self-care practices:

- Learn and use stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly, if only for 10 minutes at a time.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities, such as reading a good book, taking a warm bath.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor, friend, or pastor.
- Identify and acknowledge your feelings, you have a right to ALL of them.
- Change the negative ways you view situations.
- Set goals.

* For additional information: <https://www.caregiver.org/taking-care-you-self-care-family-caregivers>

Financial Exploitation

The New York State Cost of Financial Exploitation, a multi-agency study of the impact of financial crimes against the elderly, with an eye toward prevention has been released. Key findings include:

- Financial exploitation totals an estimated \$1.5 billion each year in stolen cash and property, benefits paid to victims, and investigative costs statewide.
- About 60 percent of the time, the perpetrator is an adult child or relative of the victim.
- Cash, checks, and debit cards are the most commonly stolen items.
- Benefit checks, deeds, real estate, retirement accounts, and vehicles are also targets.
- Nearly half of all victims have a physical impairment.
- About one-third of victims have mental impairment or dementia.
- Caucasian women in their 70s and 80s are the most common victims, but the crimes affect all cultures and ethnicities.
- 58 percent of victims do not fully understand that their money or valuables were stolen.

*The full report is available at: <http://ow.ly/98b1301ifDz>

New Service Available in Yates County

The Finger Lakes Caregiver Institute is designed to offer programs and services to meet the needs of caregivers and individuals with Alzheimer's and other dementias. Marilyn Congdon, Care Manager, serves Yates County. She is available for care consultation services, which are "caregiver driven" and involve Information and Referral- type services, rather than long term case management or counseling services. Marilyn started coming to the Yates County Office for the Aging in August. She is available on the first and third Thursday of each month from 9 AM until 12 PM. Contact Yates Office for the Aging at 315-536-5515 to be referred.

Transportation, Emergency Response, and Project Lifesaver Programs

Our **Transportation Program** provide **rides** within Yates County and also to Bath, Canandaigua, Clifton Springs, Corning, Elmira, Geneva, Montour Falls, and Rochester.

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.

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.

Free Counseling Services

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.

Yates Office for the Aging has a Master's-level social work counselor from the Alzheimer's Association Rochester & Finger Lakes Region available twice a month. Persons in the early stage of dementia and/or their family members or 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.

Thank You to the Yates County Tuberculosis and Health Association!

The Yates County TB & Health Association provided a \$1500 grant to the Yates Office for the Aging. The grant will be used to assist with the cost of Personal Emergency Response Systems for those who can not afford the expense but need the service. The goal of our PERS program is to help seniors remain healthy and independent in their own homes.

Are you **READY** for the unexpected? What will you do when disaster strikes?

1 Get a Kit

Plan to make it on your own, for at least three days.

Think first about the basics for survival— food, water, clean air and any life-sustaining items you require.

Suggested items for Basic Kit:

- Water, one gallon per person per day
- Non-perishable food
- Battery-powered or hand crank radio and NOAA Weather Radio
- Flashlight and extra batteries
- First Aid Kit
- Whistle to signal for help
- Dust mask, duct tape
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Can opener for food
- Local maps

Additional Items to Consider:

- Prescription Meds 1 week supply, oxygen, hearing aids, batteries & glasses, etc.
- Important documents: Medicare & Medicaid cards, insurance policies, ID, bank account records, deed, SS number. Store in a waterproof container.
- Cash or travelers checks
- Bedding or sleeping bag
- Warm clothing

2 Make a Plan

- Create a list of personal support network and phone numbers.
- What mode of transportation and alternate modes as back up (handicap accessible)
- Develop a Family Communication Plan – point of contact
- Deciding to Stay or Go: Use common sense and available information.
- Consider Your Pets needs.

3 Be Informed

- Stay informed of what is happening and how it may affect you and your region.
- Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

4 Start Now

- For more information visit www.ready.gov.
- Contact Yates County: Emergency Management at 315-536-3000
Public Health 315-536-5160 for more information.



When YOU are READY - WE are READY!

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! 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.

National Falls Prevention Awareness Day

National Fall Prevention Awareness Day is celebrated on the first day of Fall, and this year will be on September 22, 2016.

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 from the National Council on Aging:

- Find a good balance and exercise program. Yates Office for the Aging offers Bone Builders, Matter of Balance and Tai Chi classes to help prevent falls. These are evidenced –based programs that have been proven to work in helping to prevent falls.
- Talk to your health care provider. Share your history of recent falls with your doctor
- Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of failing.
- 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. Yates Office for the Aging has a home safety checklist you can use to make your home as safe as possible.
- Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue!

For more information on falls and exercise classes, call Yates Office for the Aging at 315-536-5515.

HEAP Season is Approaching- Stay tuned to your local papers and radio for notification of when HEAP applications will be available.

Do You Have Unused Drugs?

Unused prescription drugs need to be disposed of properly. You can drop them off anytime at two Drug Take Back locations at the Town of Starkey Office in Dundee and Yates Public Safety Building in Penn Yan.

Need Assistance with Medical Costs?

There are several programs that may assist you in paying for your Medicare premiums, please see below for eligibility. Even if you think you may be over the limit, please call for a screening.

- Medicare Savings Program (MSP): Pays your Part B Premium
- Extra Help: Pays your Part D Premium up to \$39.73 per month.
- Qualifying Individual Program (QI): Pays for your Part B Premium
- Specified Low-Income Medicare Beneficiary Program (SLMB): Pays your Part B Premium
- Qualified Medicare Beneficiary Program (QMB): Pays your Medicare Premiums, Pays your deductibles and coinsurances if you see providers who participate in Medicare or who are in your Medicare private health plan's network. Medicare providers cannot charge you anything for Medicare-covered services.

Asset Limits do not include your house or care and you are allowed \$1,500 for burial expenses.

Call Ashley Tillman at 315-536-5515 for more information.

Program	2016 Gross Monthly Income Limits Individuals	2016 Gross Monthly Income Limits Married	2016 Asset Limit Individuals	2016 Asset Limit Married
MSP	\$1,357	\$1,823	No Limit	No Limit
Extra Help	\$1,505	\$2,022	\$13,440	\$26,860
QI	\$1,357	\$1,823	No Limit	No Limit
SLMB	\$1,208	\$1,622	No Limit	No Limit
QMB	\$1010	\$1,355	No Limit	No Limit



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Health Concerns for Seniors in Coming Years

The United Health Foundation released the 2016 America's Health Rankings® Senior Report. It offers a comprehensive analysis of senior population health on a national and state-by-state basis across 35 measures of senior health. It is now in its 4th year.

- Next-generation seniors set to be less healthy than current seniors, with 55% growth in diabetes, 25% increase in obesity compared to levels of 15 years ago.
- Current seniors have better health status than three years ago, with progress made in the number of home health care workers, and preventable hospitalizations.
- Yet, challenges remain, including a nearly 9% increase in the rate of obesity and 5% increase in food insecurity among today's seniors.
- The US senior population is projected to grow by 49.5% by 2030.
- Report finds Massachusetts is the healthiest state for seniors; Louisiana remains least healthy state for seniors; and New York is ranked 23rd.

For more information including infographics and key findings, visit www.americashealthrankings.org

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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