



THE GRAPEVINE EXPRESS

July/August 2017

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



Tuesday, July 4

Farmer Market Coupons

- ◆ Farmer's Market Coupons are available again this year. You need to: 1) be at least age 60 **AND** 2) be low income (contact Yates Office for Aging for financial guidelines).
- ◆ Each booklet has \$20 worth of coupons to buy locally grown produce from the approved Farmer Markets. You will receive a list of markets with the coupon booklet.
- ◆ The coupons must be used to purchase produce items and cannot be spent on jams, baked goods, or crafts. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ◆ These coupons help older adults access fresh, healthy, locally grown produce, and they also help the area economy by supporting our local farmers.
- ◆ You need to get your booklet before 9/30/17 and coupons must be used before 11/30/17. Booklets are dispersed on a first come, first serve basis. Please call Donna O'Connell at **315-536-5515** for further details.

"Phone Friends"

Are you or a loved one: Lonely, home bound, socially isolated, recovering from an injury, or have a chronic illness? If so, and you are 60 years old or older, the Telephone Reassurance program, better known as "Phone Friends", may benefit you. Caring volunteers make calls offering friendly conversation and friendship.

- * Talk about current events, pets, family, concerns, almost anything you'd like
- * Learn of upcoming events
- * Make a new friend
- * Optional: have an emergency contact notified if the phone is not answered

Calls are made weekdays between 9am—11am. You choose how often (1 day a week, 3, 5). All calls are confidential. Each volunteer has been carefully screened to ensure your safety and privacy.

In addition to enjoying the companionship of your kind and caring volunteer the Phone Friends program can be used as a safety check. If you choose this option, a volunteer will call each morning, Monday - Friday. If you do not answer the phone the volunteer will notify the Office for the Aging staff who will then contact a family member, friend, or neighbor that you have designated as an emergency contact to check on you.

What are our current participants saying about the program? These are a few of the comments received from surveys to current participants.

- I look forward to her call every week. We have become real close friends.
- I enjoy talking to my phone friend.
- It made my morning brighter to have my phone friend call each Monday. He is so pleasant. He boosts my confidence and make me smile.
- Such a nice service to think someone really cares.
- A great service. Good to have a friendly contact and check.
- It was good and reassuring to have someone to chat with and check in on me.

For more information please call Pro Action Office for the Aging at **315-536-5515**.

LOCAL EVENTS

July 11 and August 8

- ◆ “Our Town Rocks” Champions Meeting at the new Our Town Rocks Office at 12 Main Street in Dundee at 10:00am. 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 and Starkey, and the Village of Dundee are welcome to attend.

July 12 and 26 and August 9 and 23

- ◆ 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 1:00- 4:00 pm. To be sure you are seen, make an appointment by calling 315-536-5515.

July 13 and August 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 2pm in the Yates County Office Building Room 1037.

July 17

- ◆ “Our Town Rocks” Community Gathering monthly meeting at the new Our Town Rocks Office at 12 Main Street in Dundee at 6pm. 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 and Starkey, and the Village of Dundee are welcome to attend.

July 18

- ◆ Join us! Pro Action/Yates Office for the Aging will hold its annual Summer Picnic at 12:00 pm at the American Legion on Himrod Road in Penn Yan. The menu is hot dog or hamburger, baked beans, pasta salad, watermelon, iced tea, lemonade and frosted brownies for dessert. To place a reservation, call 315-536-5515 by 7/10/17. Transportation is available by calling 315-536-5517.

August 4

- ◆ Rushville Community Health Center is having their Annual Health Fair from 9am-2pm at the Rushville Health Center.

August 15

- ◆ 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.

August 21

- ◆ “Our Town Rocks” Back To School Community Gathering Meeting at 6pm at Millard Park in Dundee.

August 28

- ◆ Presentation at 3pm at Penn Yan Public Library on key future planning documents such as Power of Attorney, Health Care Proxy, and Living Wills. Learn about other important documents to keep handy and best ways to organize them. Presenter panel includes a legal professional, Finger Lakes Caregiver Institute, Yates OFA, and Penn Yan Public Library. Seating is limited, please call 315-536-5515 for a reservation.

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

Need Respite?

Pro Action Yates Office for the Aging has grant funds to assist with respite on a limited basis. If you have a loved one, age 60 or older, that cannot be left alone and are looking for respite so you can get out of the house with friends, run errands, or have some time to yourself, then call Amy Canfield at 315-536-5515 to discuss your needs.

Tips for Making Mom's Transition to a Nursing Home Smooth

Transitioning a loved one to a nursing home can be a difficult task, but there are ways to make the experience more comfortable for you and your mother.

Prior to the move-in date, it is important to determine how the facility itself will meet your mother's needs. Introduce yourself and your mother to the care staff, and inquire about what strategies they employ to assist new residents with this transition. Additional things to consider and ask are:

- Are there specific regulations for moving in (e.g., a certain day of the week or time of day)?
- What items are allowed and what items are restricted?
- Are there any restrictions on visiting (e.g., set visiting hours)?
- Can they accommodate any language, cultural or dietary needs specific to your mother's care?

When move-in day arrives, it is important to keep a calm demeanor, providing reassurance and comfort to your mother, and empathizing with and validating any feelings that may come up. Things that can be helpful for easing your mother's transition include:

- bringing familiar items to resemble her previous bedroom. These can include favorite possessions such as blankets, photos and books.
- discussing with the staff the importance of these items, such as who is in the photos and indicating your mom's favorite items.
- informing the staff ahead of time of your mom's routines or schedules so they can prepare to accommodate, where possible.

Following these tips can help both the staff and your mother during the transition period.

During the first few weeks after moving in, assess your mother's visitation needs. She may need you to visit more frequently to ease the adjustment or, initially, it may be beneficial to provide space by limiting the amount of time you visit. You know your mother best, therefore it is important to respond to her needs by paying attention to her verbal and non-verbal communication.

The adjustment process takes time, and each individual reacts differently to change. Trust that, eventually, your mother will begin to feel more at ease, and be mindful that there is no predetermined length for the adjustment period. Remain calm, patient, and reassuring. Also, remember to take care of yourself during this time. It is not uncommon to feel anxious and/or depressed as a result of the move, and you may even feel a sense of loss. Do not hesitate to reach out to your doctor to discuss any symptoms you may be experiencing, or call AFA's national toll-free helpline (866-232-8484) to share your emotions and feelings with a licensed social worker.

Additionally, it is important for you to be aware of, and adjust to, your new role as care partner and advocate, as opposed to primary caregiver.

Familiarize yourself with the facility staff, routine, and available programs. Communicate with staff about your mother's plan of care, and involve close relatives in these conversations as well. Discuss any questions or concerns as soon as they come up, and keep lines of communication open, honest, and realistic. Transitioning to a long term care facility can feel like a daunting task, but with patience and trust it will become easier as time passes. Take care of yourself during this time, seek support from loved ones, and reassure yourself and your mother that she will soon find herself feeling right at home.

(AFA Care Quarterly - Fall 2016)

Going Out?

People in the early stages of Alzheimer's disease may still enjoy going out to places they enjoyed in the past. For example, the person might enjoy going to a favorite restaurant, park, shopping mall, swimming pool, museum, or theater. Keep going on these outings as long as you are comfortable with them.

Plan Ahead for Outings

Here are some tips to make outings fun: *Plan outings for the time of day when the person with Alzheimer's is at his or her best. *Keep outings from becoming too long. Take note of how tired the person gets after a certain amount of time. Bring the person home before he or she becomes overtired. *Use a business-size card to tell others about the person's disease. Sharing this information with store clerks or restaurant staff can make outings more comfortable for everyone.

Eating Out

Going out to eat can be a welcome change, but it can also be challenging. Planning can help. Before choosing a restaurant, think about its layout, menu, noise level, waiting times, and the helpfulness of the staff. Ask yourself: * Does the person with Alzheimer's disease know the restaurant well? * Is it quiet or noisy most of the time? *Are tables easy to get to? Do you need to wait before being seated? * Is the service quick enough to keep the person from getting restless? *Does the restroom meet the person's needs? * Are foods the person with Alzheimer's likes on the menu? * Is the staff understanding and helpful?

Source: National Institute on Aging

New Medicare Cards Are On The Way

Changes are coming to your Medicare card. By April 2019, your card will be replaced with one that no longer shows your Social Security number. Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking your eligibility and claim status. And it will all happen automatically – you won't have to pay anyone or give anyone information, no matter what someone might tell you.

Having your Social Security number removed from your Medicare card helps fight medical identity theft and protect your medical and financial information. But even with these changes, scammers will still look for ways to take what doesn't belong to them. Here are some ways to avoid Medicare scams:

- Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That's a scam. First, Medicare won't call you. Second, Medicare will never ask for your Social Security number or bank information.
- Is someone asking you to pay for your new card? That's a scam. Your new Medicare card is free.
- Is someone threatening to cancel your benefits if you don't give up information or money? Also a scam. New Medicare cards will be mailed out to you automatically. There won't be any changes to your benefits.

For more on the new changes to your Medicare card, visit Centers for Medicare & Medicaid Services. Report scams to the Federal Trade Commission at <https://www.ftccomplaintassistant.gov/> Source: Federal Trade Commission

Senior Health Check-Up– Free Medicare Preventative Services

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, Smoking and Tobacco Cessation, and Cancer Screenings (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, Bone Mass Measurement, Diabetes Screening, Diabetes Self-Management Training, Glaucoma Screenings, Hepatitis B vaccines, Hepatitis C Screening, Medication Nutrition Therapy, 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.

Reminder: Cooling Stations Available

In the summer months, the heat can be unbearable. There are local cooling stations that individuals can access to cool down. Cooling stations are located at:

- Penn Yan Public Library, Main St, Penn Yan, NY 14527 during normal hours of operations.
- American Legion Dundee, Spring St, Dundee, NY 14837 during normal hours of operation.

* During extreme heat information on extended hours will be noted.

The Yates Office for the Aging can assist with transportation for those age 60 and over. Contact 315-536-5517 if a transportation need arises.

It's Summer, Seniors! Eat Fresh Fruits and Vegetables

Older adults are the fastest growing segment of the world population. Older adults are also at heightened risk of chronic conditions. There is a consensus among researchers and the general public that eating fruits and vegetables leads to lifelong health benefits. Fruits and vegetables are often identified as the most important part of a diet in preventing age-related disease.

Blueberries, blackberries, strawberries, plums and even grapes are rich in antioxidants and are outstanding foods for protecting against cardiovascular and eye health.

Super foods like spinach, and other good greens like kale help shield the macular, the center of the retina, from cell damage that can cause both age related macular degeneration and cataracts.

Adding fruits like peaches, mangoes and berries to smoothies or homemade ice cream is a perfect way to get calcium. And salsas or relishes made from a mixture of fresh fruits, vegetables, onions and spices are ideal accompaniments to grilled fish or meat.

Older adults can feel better immediately and stay healthy for the future by choosing healthy foods and the choice is never better than in summer. But as always, before you make any dietary changes, be sure to consult a doctor or a health care provider.

Source: National Institute on Aging

Revised Donation Request Letters

There are new donation request letters being used by the Yates Office for the Aging. Yates OFA is required to include specific information from the State of New York. We apologize for any confusion the new format may create. We are aware they sound complex and are lengthy. If you have any questions or need clarification on the letters, please contact our office at 315-536-5515.

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: June 20 to September 5 – 10:00-11:00 am

Penn Yan area class – Thursdays: June 22 to September 7 – 10:00-11:00 am

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan class — Tuesdays: **Advanced class** – June 20 to September 5 – 8:30-9:30am

Penn Yan class — Thursdays: **Beginner class**- June 22 to September 7 – 8:30-9:30am

Penn Yan class – Wednesdays: **Beginner class** – June 28 to September 6 – 1:30-2:30 pm

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

New class will start in the fall. Contact the office for further information.

Heathy Living – Learn how to manage your chronic health conditions

Dundee area class — August 8 to September 12, 2017 from 1:00-3:30 pm. Location to be announced.

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.

Transportation, Emergency Response, and Project Lifesaver Programs

Our **Transportation Program** provides **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 scheduling transportation, **call 315-536-5517**.

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.

Spotlight—Meet Terri Becker!

Terri has been with the Yates OFA for 3 years. She initially started as the Administrative Assistant. She has been the Transportation and Home Safety Coordinator since 11/15. She currently coordinates the Personal Emergency Response System, Project Lifesaver and Transportation Programs. Her voice is the one you hear when scheduling transportation trips.

One of her recent achievements in the Transportation Program was filling an unmet need for Yates County residents to attend dialysis treatments. She did this by working collaboratively with the hospital social work department. Remember- if you want more information about these programs, please contact Terri at 315-536-5515.



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.

Your thoughts are important to us!

As part of our annual budget process, the Yates Office for the Aging looks for your input to determine the needs of Yates County Seniors and to obtain feedback on the services we provide.

We use a variety of methods to determine needs, including a review of the services we provide, a review of the phone calls and inquiries to our office, along with surveys and interviews with seniors in our community. **The most important part of this is your input.**

Could you please take a minute and let us know:

The most important needs of Yates County Seniors: _____

How well are we are doing with the services we provide?: _____

Feed Back on Office for the Aging Services: _____

Suggestions: _____

As always, if you have a question, problem or concern, we're just a phone call away at 315-536-5515.

For your convenience, your newsletter subscription renewal is on the back of this survey. Please complete both and send them to:

Pro Action Yates Office for the Aging 417 Liberty Street Ste. 1116 Penn Yan, NY 14527,

or fax to 315-536-5514,

or scan and email to ycofa@proactioninc.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/thriving-seniors/>



Yates NY Connects/Office for the Aging

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It's Time to Renew Your Yates Office for the Aging Newsletter Subscription

Your newsletter support helps us reach more seniors and their families and to expand our services to you. No one will be denied a newsletter due to inability to pay. Please complete the form below and return it to the address listed. Please let us know if there are any corrections needed on your address. We suggest a \$15.00 donation. Thank you! For your convenience, your feedback survey is on the back of this renewal form. Please complete both and send them to:

Pro Action Yates Office for the Aging 417 Liberty Street Ste. 1116 Penn Yan, NY 14527,
or fax to 315-536-5514,
or scan and email to ycofa@proactioninc.org

Yes, I wish to subscribe to and/or renew my subscription.

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How would you like to receive our bi-monthly newsletter Mail Only Email Only Both

In order to receive our newsletter year round should we:

Send it to my **primary** address from ____/____ through ____/____ (month/day)

Send it to my **secondary** address from ____/____ through ____/____ (month/day)

Email it to me to help save my tax dollars and to expand programming.

Comments/Suggestions: _____