

THE GRAPEVINE EXPRESS

November/December 2017

Pro Action Yates Office for the Aging

Hours of Operation: 8:30am-4:30pm Monday-Friday



Friday November 10, Thursday November 23, Friday November 24, Monday December 25 & Tuesday December 26

Yates Office for the Aging Holiday Card Contest

New this year, the Yates OFA will be holding a contest for The Grapevine Express readers to submit artwork to be used as our 2017 Holiday Card. This card will be sent to dedicated volunteers and community partners that work with us all year long. Submissions must be on a half sheet of paper, anything larger than 4.25x5.5" will not be accepted. Please also fill out the information below to be included with your submission. **Submissions are due by 4:30pm on Monday, November 29th.** First, second, and third place winners will be contacted on Friday, December 8th and will be featured in the January/February 2018 issue of The Grapevine Express, as well as the first place winner being featured on the holiday card. If you are not able to bring your submission to our office, please contact Ashley Tillman at 315-536-5515 to make pick-up arrangements.

Name: _____

Address: _____

Telephone: _____

Name of your work:

Description (optional):

I give my consent to share and disclose my name and town in the January/February 2018 Grapevine Express if my submission is chosen.

Signature _____ Date _____

LOCAL EVENTS

November 14 and December 12

- ◆ “Our Town Rocks” Champions Meeting will be held at the Our Town Rocks Office, 12 Main Street in Dundee at 10:00 am. For more information call Caryl Sutterby at 607-426-4015, 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 7 and December 5

- ◆ 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 4:00 pm in the Public Meeting Room at Dundee Elementary School on Water Street in Dundee.

November 9 and December 14

- ◆ 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 in Penn Yan.

November 20 and December 18

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at 6:00 pm at the Our Town Rocks Office, 12 Main Street in Dundee. For more information call Caryl Sutterby at 607-426-4015, 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 14

- ◆ 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 Monday, November 6, 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. We will have a speaker from Public Health discussing vaccinations. Transportation may be available by calling 315-536-5517.

November 30

- ◆ Last day to use Farmers Market Coupons.

December 1

- ◆ The 33rd edition of Starshine in the Village of Penn Yan will be held from 5:00-9:00pm.

December 19

- ◆ 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 19

- ◆ 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, Capri vegetables, rolls and cherry pie. You must call and make reservations by Monday, December 11, 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 315-536-5517.
 - ◆ We are offering the opportunity to view the Christmas Lights and decorations after the Christmas dinner. Please contact the Transportation Line at 315-536-5517 to reserve a seat by Friday, December 15.

December 5 and December 12

- ◆ Pro Action /Yates OFA Transportation is offering mall shopping trips to Yates County Residents age 60 and over. Shopping Trips will leave from Penn Yan at 10am and return approximately at 4pm. On 12/5/17, we will travel to the Victor Mall. RSVP by 11/29/17. On 12/12/17, we will go travel to the Arnot Mall. RSVP by 12/5/17. RSVP by calling 315-536-5517.

Danes in Yates County

Pro Action Yates Office for the Aging is offering transportation to a Community Luncheon presented by Keuka College at the Penn Yan Elks Lodge on Wednesday, November 15th. Reservations for the event and transportation can be made by calling our Transportation line at 315 536-5517 by 11/6/17.

A confirmation call will be returned within 24 business hours.

Danes in Yates County

Speaker: Stephanie Olsen

Check-in - 11:30 a.m.

Luncheon – Noon **-\$15 per person**

Penn Yan Elks Lodge

In the latter part of the 1800s, Danish immigrants began arriving in Yates County in large numbers. Why did those Danes leave Denmark and come here?

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. Volunteers decide how often they assist. 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.
- ◆ **Hope Center Keuka Food Pantry and Penn Yan Mobile Food Pantry—**Volunteers are needed to help at the Hope Center Keuka Food Pantry and the Penn Yan Mobile Food Pantry. If you can help, please call Cheryl at 315-521-5949 to learn more.
- ◆ **HIICAP (Health Insurance Information, Counseling and Assistance Program) Volunteer-**Are you someone who has some free time to spare and the drive to help others? Pro Action Yates Office for the Aging is looking for individuals interested in volunteering to assist Medicare Beneficiaries comparing health plans and screening for financial assistance programs. Training and learning materials will be provided. If you are interested, please contact Becky Bennett-Tears at 315-536-5515.
- ◆ **Milly's Pantry** - we are looking for some friendly folks to volunteer at the Pinwheel Market.. For more information, please stop in (19 Main Street, Penn Yan), call 315-595-2500, or email volunteer@millyspantry.org.

Stop Telemarketing Calls

NomoRobo can stop those annoying calls from robocalls and telemarketers. It is a free service for your land-line telephone. It does cost to have the service on your cellphone. Legal robocalls, like school closings and prescription reminders are allowed through. The service has stopped 282,473,452 robocalls to date. Go to www.nomoromo.com to find more information , ask questions or enroll.

Sources: 9/6/17 Lifespan Elder Financial Exploitation Presentation and www.nonoromo.com

Make the Season Brighter

For many seniors, the magic of Christmas has nothing to do with presents, but with presence! A simple visit can make all the difference in their day. Human interaction, especially with loved ones, can make the holiday season a little brighter. If your loved one is having difficulty participating in the celebrations, then bring the celebrations to them. Traditions change as we age and you can create new traditions with your aging loved one this holiday season. Sharing these feelings and knowing that someone is listening to them can make seniors feel much better.
The Caring Corner - Blog

Looking for Alzheimer’s caregiving information in Spanish?

Check out *Cómo cuidar a una persona con la enfermedad de Alzheimer: Una guía fácil de usar del Instituto Nacional Sobre el Envejecimiento*. This new book from the National Institute on Aging at NIH has helpful tips on topics including: changes in behavior; wandering; healthy eating and exercise; and caregiver health. Copies are available to order for free on our website, or read the new Alzheimer’s caregiving information in Spanish online.

Tips for Making Doctor Appointments Easier

Working with doctors and other healthcare professionals can be an important part of being a caregiver. It may be helpful to discuss what to expect in the future, sources of information and support, and ways to maintain well-being.

If you go with the person you care for to see the doctor, here are a few tips that will help you be an ally and an advocate:

- Before the appointment, ask the person and the other caregivers if they have any questions or concerns they would like you to bring up.
- Respect the person’s privacy, and leave the room when necessary.
- If you live out of town, talk to the doctor about how you can keep up to date on the person’s health.
- Ask the doctor to recommend helpful community resources.

Source: National Institute on Aging

Eye Care for Seniors

Problems with eyesight can occur at any age, but are more common in seniors. Aging does increase the risk for some sight-threatening conditions, which is why it is important to be informed and to have regular eye checkups.

Diabetes, high blood pressure, and cardiovascular disease increase the risk of age related eye diseases. As we get older poor eyesight can lead to depression and anxiety- such as fear of falling – producing unnecessary changes in gait, loss of balance and restricted mobility at a time when staying active is important to maintain health and quality of life. The good news is that maintaining a healthy lifestyle which includes regular exercise, good nutrition, and regular check-ups may prevent many of these conditions.

Important Lifestyle Factors

- Protect your eyes from intense ultraviolet Light: wear a hat with a brim when you go out, wear sunglasses that protect your eyes from UV radiation.
- Adopt a healthy diet including lots of leafy greens, whole grains, fruits and vegetables. Drink water daily.
- Get regular exercise. Walking is one of the best things you can do. Stay active.

Source: Natural Eye Care, Eye Care for Seniors

Transportation, Emergency Response, and Project Lifesaver Programs

The Yates Office for the Aging **Transportation Program** provides rides within Yates County. Trips within Penn Yan are offered daily Monday –Friday 8:30am-3:30pm. Our riders can also receive a ride to Dundee, Bath, Canandaigua, Clifton Springs, Corning, Elmira, Geneva, Montour Falls, and Rochester. Please contact our office for the weekday morning designated for out of town locations.

Reminder calls are made the day before your scheduled ride, if you do not receive a call by 2pm the day before please call our office and speak to Terri Becker.

Please remember that 48 hours' notice is needed for local trips within Penn Yan. We require a minimum of 3 business days' notice for out of town trips. For scheduling transportation, call 315-536-5517.

If you require a wheelchair bus, or prefer riding in the van please mention that at time of call, we will be happy to accommodate you with a comfortable ride.

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.

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. Please call our office if you have any questions regarding the PERS unit. This is ideal for anyone who lives alone!

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. Project Lifesaver is not only for our over 60 residents, this program is for ANYONE who lives in Yates County!

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

ATTENTION: PERS Clients

If you have received a new modem from Spectrum please contact our Technician Guy Crofoot at 315 536-5515 so that he can make sure your PERS unit has been hooked up properly to your new modem. We recently had a client who received a new modem from Spectrum and the PERS unit was not hooked up properly to their modem. This was found out when they did their weekly test and the signal was not received by 911. Guy Crofoot was able to correct the issue before it became a problem of not working when they really needed emergency assistance.

Before you make **ANY** changes to your **LANDLINE PHONE** please check to see that the changes are compatible with the PERS Unit. We recently have had clients who have made a switch in their telephone service and were left with a PERS unit that no longer is activated through their phone line. The PERS Unit will **NOT WORK** with Verizon's FiOS service. This service changes your landline phone into an internet based phone. (Since Verizon has opened in Penn Yan we have seen this scenario several times).

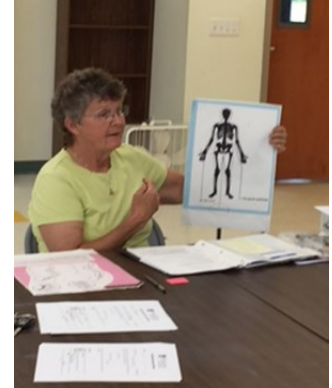
If you are unsure or have any questions please call our PERS Technician - Guy Crofoot at 315 536-5515 he can answer any questions you may have. **REMEMBER** to test your unit weekly. If this situation has occurred your unit will **NOT WORK!!!**

Please remember to check your unit weekly by calling 315 536-3033. You need to give your name and unit number. Once you have done that you hang up and press your pendant. Your unit will sound off, once the alarm on your unit has stopped your test has been received. If there is a problem with the test you will receive a call back, if everything is good you **WILL NOT** receive a call back.

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 Mimi Litsche!

Say HELLO to someone most all of you probably know – Mimi Litsche, our Registered Dietician. With her shoes either on or off, Mimi is always educating us on nutrition and healthy lifestyles. She is our Yates County expert on all things food related. Mimi is the person behind the scenes working to ensure that the meals served through our home delivered and congregate meal programs are healthy AND tasty. When she is not coming up with new recipes, Mimi is out and about with the likes of these women who are part of the Penn Yan Eat Better Move More group.



Pictured Left to Right: Leah Hawley, Joan Hansen Eldred, Mimi, Linda Merritt, Millie Albertson

HEAP Announcement

People should reference the following website <http://otda.ny.gov/programs/heap/> for details and information about the HEAP Program.

*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.

Emergency/Weather Related Closings

Pro Action/ Yates OFA 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.

**To find out if we are closed due to weather, listen to WROC Channel 8 or WHAM Channel 13.

Bone Builders

One of the best ways to prevent osteoporosis is by getting regular exercise that will increase the thickness of your bones. If you have osteoporosis, exercising can help maintain your bone mass.

There are three types of exercises that are important for building and maintaining bone density:

Weight-bearing, including walking, elliptical, dancing, hiking, stair climbing at least three times/week.

Resistance including weight training with machines, resistance bands, free weights, or water exercises two-three times/week.

Flexibility including stretches, yoga, or Pilates every day, at least two times per week. It is especially important to stretch after exercise.

Weight-bearing exercises do not have to be high impact. Running, jogging and jumping may put stress on your spine. High-impact activities may lead to fractures in weakened bones. If you have bone loss, choose the exercises above. If you have osteoporosis, be careful of bending and twisting at the waist. This motion can put you at risk of fracture.

As a first step, speak with your health care provider to gain clearance to begin, and if necessary, determine which activities are safe for you. Source: Interactive Health-Suzanne Toon, MS, CPT, Health Coach

Home Repair and Home Modification Grants for Yates County Seniors and Veterans

Sheen Housing is offering grants for home repair and accessibility accommodations (ramps, showers, doorways, etc.). The programs are targeted for veterans with service-related disabilities and seniors. There is an application and income eligibility. 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.

Protect Yourself Protect Others

It is important to make sure people of all ages are up to date on vaccinations. Adults may forget how important vaccines are for them. They should receive vaccines to protect them from getting serious preventable illnesses. Take charge of your health and help protect the people around you. Ask your doctor about vaccines during your next visit. 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.

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: September 26 to December 12 – 10:00-11:00 am
Penn Yan area class – Thursdays: September 28 to December 14 – 10:00-11:00 am

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan class — Tuesdays: **Advanced class** – September 26 to December 12 – 8:30-9:30am
Penn Yan class — Thursdays: **Beginner class**- September 28 to December 14– 8:30-9:30am
Penn Yan class – Wednesdays: **Beginner class** – September 27 to December 13 – 1:30-2:30 pm
Penn Yan class – Tuesdays – **Advanced class** – October 10 to December 19 – 1:00 – 2:00 pm

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

Classes will be scheduled in 2018.

Heathy Living –Learn how to manage your chronic health conditions

Classes will be scheduled in 2018.

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.

Community Survey

Pro Action Yates Office for the Aging and the Penn Yan Public Library have teamed up to seek feedback from the community about any interest there may be for computer and other technology classes. The information gathered will help to plan programming in the future. Please use the survey link below or stop by either the Yates Office for the Aging or Penn Yan Public Library to fill one out. The survey will be available from October 1st-Decemebr 31st, 2017.

<https://www.surveymonkey.com/r/B5RNM92>



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THE GRAPEVINE EXPRESS NOVEMBER/DECEMBER 2017

Medicare Information Sessions During Open Enrollment Period Still Available

At these interactive sessions, participants will obtain Medicare updates for 2018, 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: 10-11am on November 16

Penn Yan Yates County Building Auditorium: 10-11am on November 3, November 17, and December 1

Penn Yan Public Library: 5-6pm on Wednesday, November 8

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/thriving-seniors/>



Yates NY Connects/Office for the Aging

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