



THE GRAPEVINE EXPRESS

January/February 2018

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



Monday, January 1

Monday, January 15

Monday, February 19

Free Income Tax Service

Yates County Office for the Aging and the AARP Taxaide Program are pleased to offer free income tax service again for tax year 2017. Beginning Thursday, February 1, 2018 through Friday, April 13, free tax service will be available to taxpayers with low to middle income, with special emphasis for those aged 60 and older.

Experienced tax preparers will e-file your Federal and New York State income tax returns. Refunds (if you have one coming) may be received in as little as 2 weeks via Direct Deposit to a bank account. The Earned Income Tax Credit offers extra benefits for taxpayers who are employed, meet income limits, and have qualifying children. A new law requires the IRS to hold refunds until mid-February in 2017 for people claiming the Earned Income Tax Credit or the Additional Child Tax Credit. In addition, new identity theft and refund fraud safeguards put in place by the IRS and the states may mean some tax returns and refunds face additional review.

When coming for a tax appointment, please bring all documents pertaining to your 2017 income such as wages, Social Security benefits, interest, and pensions. If you own a home, please bring copies of your school and property tax bills **paid in 2017**. Also, please bring a **photo ID** and copies of **last year's (2016)** tax returns.

By Jan 31, 2018, health care providers should furnish a copy of **Form 1095A, 1095B or 1095C** to you if you are identified as the responsible individual for health coverage in your family. Watch for this form in the mail, keep it, and bring it to your tax appointment.

You may start making appointments on January 22, 2018 by calling 2-1-1 or 1-800-346-2211, Monday to Friday between the hours of 8:30am and 5:00pm. Use these numbers to cancel or reschedule appointments, too.

The following location and times will be available for tax appointments:

- Yates County Office for the Aging, 417 Liberty Street, Penn Yan
Tuesdays, Wednesdays, Thursdays and Fridays, starting at 9am.

Note: No Dundee Location in 2018.

The Office for the Aging does not schedule tax appointments.

LOCAL EVENTS

January 9

- ◆ “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.

January 11

- ◆ 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.

January 23

- ◆ 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.

January 29

- ◆ “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. Note: there is not a meeting in February.

February 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 in Penn Yan.

February 13

- ◆ “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.

February 14

- ◆ Foam Bowling - a fun filled afternoon of "bowling" with foam pins and a silent bowling ball from 1:00- 2:00 pm in the Yates County Office Building Room 1037 in Penn Yan. The activity is facilitated by the Alzheimer's Association and is open to persons living with the disease and their respective caregivers. To register, call 1-800-272-3900.

February 27

- ◆ Come learn the basics about Medicare! Welcome to Medicare Presentation by Yates Office for the Aging from 5:00– 7:00 pm at the Penn Yan Public Library. To register to attend, contact 315 -536-5515.

Mark Your Calendars: The HUBBA Tea for 2018 will be on April 19, 2018. More details will be shared in the next newsletter edition.

Nutrition News

Pro Action/Yates Office for the Aging will be making some changes in the upcoming special event calendar. Special event dinners for 2018 will be May Banquet, July Picnic, Thanksgiving in November and Christmas in December. The suggested donation for the Special Event meals will remain at \$6.00 in 2018.

Yates Suicide Prevention Coalition Survey 2017

The Yates Suicide Prevention Coalition has developed a survey to create a baseline for local suicide prevention awareness. Please take the survey, share the website address and ask others to take the survey. <https://www.surveymonkey.com/r/6DM7WBX> Contact George Roets at 315-536-5115 if you have any questions or would like more information on the Yates Suicide Prevention Coalition.

Activities for those with Alzheimer’s disease

People with Alzheimer’s disease still enjoy participating in a wide variety of activities. Are you looking for things to do with a person with Alzheimer’s? Try some of these activities:

- **Household chores:** Wash dishes, set the table, prepare food, sweep the floor, dust, sort mail and clip coupons, sort socks and fold laundry.
- **Cooking and baking:** Decide what is needed to prepare the dish; measure, mix, and pour; tell someone else how to prepare a recipe; watch others prepare food.
- **Exercise:** Take a walk together, watch exercise videos made for older people, use a stationary bike, use stretching bands, throw a soft ball or balloon back and forth, lift weights or household items such as soup cans.
- **Music and dancing:** Play music, talk about the music and the singer, ask what the person with Alzheimer’s was doing when the song was popular, sing or dance to well-known songs, attend a concert or musical program.
- **Pets:** Feed, groom, walk, sit and hold a pet.
- **Gardening:** Take care of indoor or outdoor plants, plant flowers and vegetables, water the plants when needed, talk about how much the plants are growing.
- **Visiting with children:** Play a simple board game, read stories or books, visit family members who have small children, walk in the park or around schoolyards, go to school events, talk about fond memories from childhood.

Source: National Institute on Aging—Alzheimer’s Disease Education & Referral Center

Caring for the Caregiver

Many individuals find themselves caring for children and adolescents as well as tending to the needs of an elderly parent, spouse or sibling with a serious health condition. No matter your caregiving situation, there are always at least two people to take care of: the individual that has the health condition and you, the caregiver. Everyone has daily responsibilities, but the responsibilities and activities of caregivers takes “busy” to a whole new level!

Caring for yourself is important, and when you are in a caregiving role, self-care is vitally important. If you are ill, the person you are caring for will suffer. Also, the stress and strain of caring for someone puts you at an increased risk of developing your own serious health conditions. Caring for yourself can take many forms, and some examples include making physical activity and eating a nutritious diet a daily priority, engaging in pleasurable healthy hobbies, or seeking the help of a licensed clinical therapist to work through stress and strain of caregiving.

If you’re a caregiver, spend some time thinking about what barriers are standing in your way to self-care. Is it that you feel selfish or guilty taking time away to care for yourself? If so, please know and remember that keeping yourself in good physical and emotional shape will benefit everyone. Is there too much to do and not enough time in the day to care for yourself? If so, finding ways to delegate certain responsibilities can make a huge difference in your energy level and time availability.

Finally, an important part of caregiver self-care is to make sure you are aware of and working through the grief process. Initially, you may experience feelings of grief related to the change in relationship dynamics and mourning the loss of the life you experienced prior to your new caregiving role. As the person you are caregiving for advances in their illness, the grief process will continue. Support is available to help you through this process through your local religious community, a professional counselor, as well as condition specific association and awareness groups (i.e., Alzheimer’s Association, American Cancer Society, etc.).

Source: Interactive Health Issue 80 October 2017 Colleen Fairbanks, PhD, Health Psychologist

Transportation, Emergency Response, and Project Lifesaver Programs

Important Reminders:Transportation

If you no longer need a scheduled ride, call our office and cancel. Our drivers will be notified and this will avoid delays to our schedule and allow another person to receive transportation services.

Make sure you are at the same location you were dropped off at, when you are scheduled for your return pick up. Ensure there is a clear path free of snow and ice to walk safely to the OFA transportation vehicle.

The Yates Office for the Aging **Transportation Program** provides rides within Penn Yan daily Monday –Friday 8:30am-3:30pm. Shopping trips are available Tuesday and Thursday afternoons in Penn Yan from 12:30-3:00pm. Our riders can also receive a ride to Dundee, Bath, Canandaigua, Clifton Springs, Corning, Elmira, Geneva, Montour Falls, and Rochester. Bi-weekly trips to Walmart in Watkins Glen are available on Tuesdays from 1:30-3:00pm. Please contact our office for the route schedule 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, 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 having a Transportation Companion.

Important Reminders: PERS

-Remember to check your unit weekly by calling 315 536-3033. If you are unsure how to do this, call our Technician Guy Crofoot at 315 536-5515 for instructions.

-If you get a new phone, new service (even if your phone number did not change) or move your existing phone , do not attempt to have anyone but a trained technician hook up the PERS unit. Call our office so our Technician can make sure your phone and PERS unit are properly connected to 911. Your PERS unit and button will not work if they are not connected properly.

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. 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.**

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.

Language Assistance Services Available

Yates Office for the Aging provides language assistance services through the AT&T Language Line program. If you or someone you know speaks or prefers a language other than English, please let us know by using the enclosed Language Access Poster. We will arrange for services to be provided in your preferred language at **no cost** to you.

Yates Office for the Aging Holiday Card Contest Results

Unfortunately, there were no submissions received for the Yates Office for the Aging Holiday Card Contest.

Spotlight—Meet Pam Strong!

We are shining the spotlight on Pam Strong in this edition! If you have ever come to a Yates Office for the Aging Special Event Dinner or participated in an exercise or wellness class, you probably have seen this face. She is the Yates Prevention Services Coordinator. Pam is very enthusiastic about making exercise and wellness fun for everyone. She leads Bone Builders, Tai Chi, Matter of Balance and Healthy Living classes. She also coordinates all the Yates OFA special event dinners. She is quite amazing as she does this all only working part-time. The Yates OFA would love to have her work full-time, but she likes being semi-retired and only working three days a week.



If you have not had the pleasure of meeting Pam, sign up for a class below or attend one of our special event dinners this year. She would love to meet you.

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: January 2 – March 20 – 10:00-11:00 am

Penn Yan area class – Thursdays: January 4 – March 22 – 10:00-11:00 am

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan class — Tuesdays: **Advanced class** – January 2 – March 20 – 8:30-9:30am

Penn Yan class — Thursdays: **Beginners class**- January 4 to March 22– 8:30-9:30am

Penn Yan class – Wednesdays: **Beginners class** – January 3 – March 21 – 1:30-2:30 pm

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

New class will start soon. Call the office if you are interested in participating in a class.

Healthy Living – Learn how to manage your chronic health conditions

Penn Yan – Class will be from January 16 to February 20 from 1:00 – 3:30pm at St. Paul’s Lutheran Church.

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.

New Medicare cards are coming

The new Medicare Cards will start being mailed to individuals in April 2018 and go through April 2019.

You don’t need to take any action to get your new Medicare card. Medicare will **never** ask you to give personal or private information to get your new Medicare Number and card. There's **no charge** for your new card. The card will include a Medicare Beneficiary Identifier (MBI) that will **not** include your SSN or any other identifying information. The MBI will be 11-characters in length and be made up only of numbers and uppercase letters. The MBI won’t change Medicare benefits. People with Medicare may start using their new Medicare cards as soon as they get them. The effective date of the new cards is the date you were eligible for Medicare. The intent of the new MBI is to decrease incidents of fraud and identity theft. The MBI is confidential like the SSN and should be protected as Personally Identifiable Information.

Emergency HEAP Benefits Start January 2, 2018

You may qualify for the Emergency HEAP benefit if you have: Received a shut off notice for electric or natural gas or have less than a 10 day supply of wood, coal, propane, or fuel oil.

Applications will be available at Yates County DSS and Pro Action Yates Office for the Aging or persons may apply on-line at www.mybenefits.ny.gov.

Yates County Public Health is partnering with the YMCA and Finger Lakes Health Systems to provide 2 FREE programs



Blood Pressure Self-Monitoring Program
(in collaboration with the YMCA)

- 4 month program (meet with Healthy Heart Ambassador twice a month)
- Receive personalized support for developing a BP self-monitoring routine, tips for maintaining heart health & nutrition education to share with your family
- Must be at least 18 years old
- Must have been told by your health care provider that you have high blood pressure
- Must not have experienced a recent cardiac event within the past year
- Must not have atrial fibrillation or other irregular heartbeats or be at risk for lymphedema (fluid/swelling in arms)
- FREE** of charge
- YMCA membership **NOT** required
- New Blood pressure monitor given to participants who do not already own one.

Beginning in January 2018. For more information contact Ann Murphy or Mary Griffiths @ 315-536-5160 or email at publichealth@yatescountyny.org

National Diabetes Prevention Program
(in collaboration with Finger Lakes Health)

- FREE** Comprehensive Weight Loss Program for participants age 18 and older
- Meet weekly for 16 weeks and then monthly for remainder of year
- Should be motivated to lose weight and willing to make lifestyle changes
- Private, individual weigh-ins conducted at each weekly meeting
- Will have a consistent group of peers to rely on each week for social support
- Will learn from experts in diabetes management, nutrition, and behavior modification techniques
- Will keep an activity and food log daily
- Will benefit by losing weight and feeling better.
- Yates County residents will be eligible for **FREE** 6 month gym membership at the Yates Community Center

Begins January 28, 2018 from 12 noon -1pm at the Yates Community Center (467 North Main St, Penn Yan, NY)

For more information contact Ann Murphy or Mary Griffiths @ 315-536-5160 or email at publichealth@yatescountyny.org

Become A Healthy Heart Ambassador

- Would you like to help others while learning a new, lifelong skill? Become a Healthy Heart Ambassador! Yates County Public Health is seeking individuals that would like to help folks in the community learn how to manage their own blood pressure.
- Interested individuals would be provided free training and an electronic blood pressure monitor to be able to teach participants in a Blood Pressure Self-Monitoring Program, on the proper way to take their own blood pressure and empower them to take charge of their own heart health.
- Studies have shown that routine monitoring of one's own blood pressure leads to better blood pressure control and can help prevent heart attacks, stroke, kidney failure, heart disease, and many other serious health problems. There are many folks right here in Yates County who have high blood pressure, and several may not even know it!

For more information about becoming a Healthy Heart Ambassador volunteer, contact Ann Murphy or Mary Griffiths at Yates County Public Health by calling 315-536-5160, or visit the following website: www.yatescountypublichealth.org .

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.
- ◆ **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.
- ◆ **New York State Long Term Care Ombudsman Program at Lifespan** is in need of volunteers to join a team of advocates for older adults residing in nursing homes, adult care and assisted living communities in Yates County region. With just a few volunteer hours each week, you can help ensure quality of care and quality of life for individuals living in long-term care settings. As you build trusting relationships, you will have the opportunity to preserve resident's rights and safeguard their dignity. Make a difference for older adults in your community by becoming an Ombudsman volunteer. The next training NYS mandated training will be in April 2018. For more information about the application process, dates, times and location of training – please contact the Ombudsman program at (585) 287.6378 or 1.866.454.5110 ext. 178 and for email Debra Frink at dfrink@lifespan-roch.org

Nominations for Senior Day 2018

Each May as part of national Older Americans Month, NYSOFA celebrates older adults at an Older New Yorkers' Day event in Albany. Many older New Yorkers, chosen by their local offices for the aging, are recognized for their outstanding contributions at this annual event. Yates Office for the Aging is accepting nominations for the Senior Day 2018 event. It is time to take a moment and share information about the great volunteers you know. Please contact Becky Bonsignore at (315)536-5515 to nominate someone. Let Becky know how the nominee has made a difference in our community through civic engagement. Nominations are due no later than **Friday, February 3, 2018**.

The Yates Office for the Aging will be holding a brunch in June to celebrate the Albany Volunteer Award Recipients in place of the June Volunteer Dinner.

Staff Changes at Yates Office for the Aging

Welcome to Substitute Driver– Charles Gaylor and Office Assistant– Joan Inscho

2018 NY Connects Yates Office for the Aging Service Directory

There have been some staffing changes. The 2018 Service Directory is enclosed. Please keep this as a helpful reference tool all year long.



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THE GRAPEVINE EXPRESS JANUARY/FEBRUARY 2018



Yates NY Connects/Office for the Aging

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- Follow Yates NY Connects/Office for the Aging on Facebook.
- Go to our website for previous issues of The Grapevine Express at <http://proactioninc.org/thriving-seniors/>

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

NEWSLETTER ACCESSIBILITY: LARGE PRINT issues of “The Grapevine Express” are available upon request. You may also receive this newsletter electronically via email. Let us know your preference. We offer help for those who don’t speak/read English or cannot read. We have special equipment if you are hard of hearing. All of these services are FREE. Just ask!

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