

THE GRAPEVINE EXPRESS

March/April 2018

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



Friday, March 30

Tax Appointments Are Still Available!

Yates County Office for the Aging and the AARP Taxaide Program are offering free income tax service through Friday, April 13, to taxpayers with low to middle income, with special emphasis for those aged 60 and older.

To make an appointment, call 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
Tuesday through Friday, starting at 9am.

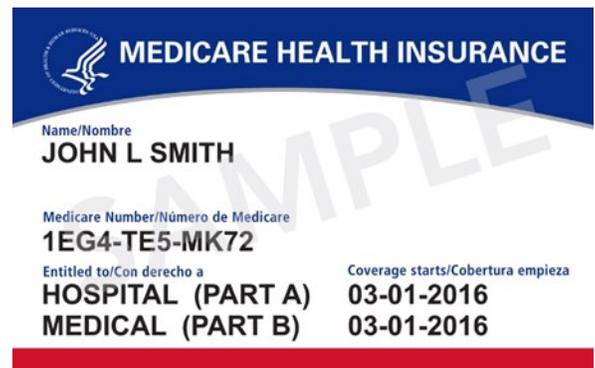
Reminder- The Office for the Aging does not schedule tax appointments.

New Medicare Cards

Why? To combat identity theft by removing Social Security numbers from the cards, and replacing them with a random 11-digit Medicare Beneficiary Identifier (MBI). The gender and signature line will also be removed.

When? The mailing process will begin early April 2018 and end by April 2019. The cards will be sent out randomly and will only be delivered to the address you have on file with Social Security; they will not be forwarded. You also may not receive your card at the same time as your neighbor, spouse, or other family member.

Other things to expect: The cards will look like the one shown here, and they will still be on a heavy paper. The top part will be blue, the bottom stripe red, and the background is white. There are 60 million Medicare beneficiaries that will be receiving new cards which means a few things. First, do not throw your current Medicare card away. There will be a couple years of transition as provider systems are updated and both of your Medicare cards will be active. Second, this is a big opportunity for scams to happen. Remember, Medicare or Social Security will never call you asking for your information in order for you to get your new card sent to you, and they will also not call you and ask you to pay for it! Do not give any personal information over the phone unless you are sure it is a safe situation. If you think you may have received a call you can report it to the NY Senior Medicare Patrol at 1-877-678-4697.



If you have any questions regarding new Medicare cards, please feel free to contact Ashley at 315-536-5515.

LOCAL EVENTS

March 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.

March 13 and April 10

- ◆ "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.

March 14

- ◆ Watercolor Birds of Spring - Choose your favorite birdhouse and paint it your favorite colors as we welcome our feathered friends and Spring. No painting experience required! 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.

March 19 and April 23

- ◆ "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.

March 27

- ◆ 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.

March 27

- ◆ Yates OFA Transportation will be offering a special shopping trip from 10am -3pm. The trip's first stop will be at Edgewood Country Store on Voak Road in Penn Yan, then onto Oak Hill Bulk Foods and Café on Route 14A for lunch and more shopping. After lunch, a scenic ride over to Weaver View Farms on Earls Hill Road overlooking Seneca Lake for some sight-seeing and more Shopping! Call 315-536-5517 to reserve your spot by Tuesday, March 20th.

April 12

- ◆ 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.

April 19

- ◆ Free to all Yates County Seniors, 15th annual HUBBA "Afternoon Tea", Penn Yan Academy Gymnasium, from 4:00—5:30 p.m. This is a gift to the community by the Youth of Penn Yan. To place a reservation, please call 315-536-5515 by Friday, April 6th. Transportation is available by calling 315-536-5517.

April 24

- ◆ 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.

Hospital Discharge Planning: What You Need to Know

How Pro Action Yates Office for the Aging Can Assist You and Your Discharge Planner

Pro Action Yates Office for the Aging is here to support you and your family. We are able to work closely with your discharge planner to get the needed supports in place to ensure a safe return home following rehabilitation or a hospitalization. Just call 315-536-5515, for more information. Services that may be of assistance include, but are not limited to:

- NY Connects –Your Link to Long Term Services and Supports
- Home Delivered Meals
- In Home Aide Services
- Personal Emergency Response Systems
- Support with management of chronic diseases and incorporation of healthy routines in everyday life
- Caregiver support

**Taking Care of You
is the First Step to Taking Care of Your Loved One**

We are constantly hearing about “self-care.” For your typical person, self-care focuses on those deliberate day to day actions that are taken to maintain a healthful life-style - things such as maintaining a healthy diet, engaging in an exercise routine, getting enough sleep, and taking time to do those things that you find joy in.

For Caregivers, “self-care” is often last on their long list of things to do. However it is one of the most important they can do for themselves and their loved ones. Caregiving is one of the most physically, mentally and emotionally demanding jobs. Self-care for a Caregiver may mean simply access to a break from their physically, mentally, and emotionally demanding role. It may be anything from a phone conversation with someone who will listen and understand, to help in identifying available resources and accessing services such as in or out of home respite.

If you are a Caregiver, let Pro Action Yates Office for the Aging help you take the first step on the path to self-care. For more information about the diverse services available to Caregivers including, but not limited to, respite services please call Amy Canfield at 315-536-5515.

Enjoyable Activities for Those with Alzheimer’s

People with Alzheimer's disease benefit from being active and doing things they enjoy. They may need some help planning activities. Incorporate activities the person enjoys into your daily routine and try to do them at a similar time each day. The person can participate in the activity or just watch. Here are some tips to make activities enjoyable for a person with Alzheimer's:

- Match the activity with what the person with Alzheimer's can do.
- Choose activities that can be fun for everyone.
- Help the person get started.
- Decide if he or she can do the activity alone or needs help.
- Watch to see if the person gets frustrated.
- Make sure he or she feels successful and has fun.
- Let him or her watch if that is more enjoyable.

Source: National Institute On Aging

Transportation, Emergency Response, and Project Lifesaver Programs

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.

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.

Healthy Food Choices

Making healthy food choices is a smart thing to do at any age. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life:

- **Drink plenty of liquids**—With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt.
- **Vary your vegetables**—Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.
- **Keep food safe**—Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, fish, shellfish, meat, or poultry.
- **Read the Nutrition Facts label**—Make good choices when buying food. Pay attention to important nutrients to know as well as calories, serving sizes, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or increase.

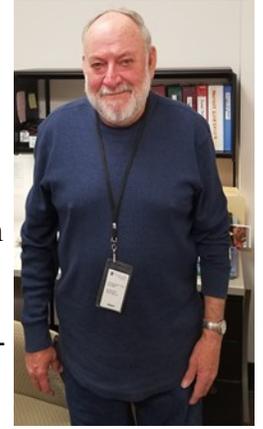
*** Visit the National Institute on Aging website at <http://bit.ly/2yYypq9> for more tips on choosing healthy foods.

Spotlight—Meet Guy Crofoot!

In this edition, our spotlight is on Guy Crofoot. He is the Yates Office for the Aging Personal Emergency Response/Project Lifesaver Technician. If you have a PERS or Project Lifesaver unit, you probably have had the pleasure of meeting Guy already.

Guy joined the Yates OFA in October of 2016 as a Substitute Driver in our Transportation program. He has been the PERS/PL Tech since May of 2017 when our previous technician retired. He continues to be a Substitute Driver when the need arises.

When asked about his favorite part of his job, he replied “I enjoy meeting with the customers both current and new ones”.



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: April 3 to June 12 – 10:00-11:00 am

Penn Yan area class – Thursdays: April 5 to June 14 – 10:00-11:00 am

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan class — Tuesdays: **Advanced class** – April 3 to June 12 – 8:30-9:30am

Penn Yan class — Thursdays: **Beginners class**- April 5 to June 14– 8:30-9:30am

Penn Yan class – Wednesdays: **Beginners class** – April 4 to June 13 – 1:30-2:30 pm

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

Tuesdays, March 6 to April 24 from 1:30 – 3:30 pm. Location to be announced.

Heathy Living –Learn how to manage your chronic health conditions

Penn Yan – Please call the office if you are interested in participating in a class.

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.

Mobile Library Service

Penn Yan Public Library strives to provide services to all local residents. The Mobile Library Service is a program that provides library materials delivery to home-bound and resident senior citizens in the Penn Yan Public Library service area. Seniors and others who are confined to their homes due to extended illness, physical disability or transportation problems and who would like to enjoy the materials that the library has to offer are eligible to make use of this program. The Library also provides regular delivery of materials to 5 senior housing complexes and nursing homes in Penn Yan.

If you or someone you know would like to take advantage of the Mobile Library Service, or you would like to volunteer to deliver to an individual, call Penn Yan Public Library at 315-536-6114 or e-mail us at info@pypl.org.

Electronic Grapevine Express

If you are an older adult or caregiver/family member of an older adult and would like to receive the Grapevine Express via email, call our office at 315-536-5515 and let us know. You will need to supply your email address.

Where do you find help and information on services and supports in your Community?

Call **NY Connects** at 315-536-5515 or visit the NY Connects Resource Directory at <https://www.nyconnects.ny.gov/>

What is NY Connects? NY Connects is a trusted single point of access where you can get information and assistance you need to make informed decisions about long term services and supports. Long term services and supports can be provided in your home, in your community, in assisted living facilities, or in nursing homes. It is for people of all ages. You could be paying for services yourself, through insurance, or be eligible for a government program. NY Connects is a free service and there are no eligibility requirements to access the information and consultation services.

Who does NY Connects serve? Anyone who needs information on long term services and supports:

- A child or adult with a disability
- An older adult
- Family members and caregivers
- Friends or neighbors
- Helping professionals

What kind of help can I get from NY Connects? Comprehensive and unbiased information about long-term services and supports including:

- In Home Services
- Caregiver Supports
- Care Coordination
- Respite Care
- Transportation
- Home Delivered Meals
- Health Insurance Information
- Nursing Homes And More!



Sundowning

If you are caring for someone with Alzheimer's disease, you may be familiar with sundowning - restlessness, agitation, irritability, or confusion that can begin or worsen in the late afternoon or early evening for people with Alzheimer's.

Researchers aren't sure what causes sundowning, but being overly tired, in pain, or depressed may contribute to it. Alzheimer's-related brain changes may also confuse a person's sleep-wake cycles. Here are a few strategies that may help you cope with sundowning:

- Make early evening a quiet time. Reduce noise, clutter, or the number of people in the room.
- During the day, help the person with Alzheimer's go outside or sit by the window. Exposure to natural light may help reset their sleep-wake cycle. In the evening, close the curtains and turn on inside lights to minimize shadows.
- Keep naps short and not too late in the day.
- Help the person you are caring for get some physical activity or exercise each day. Too many activities may be tiring, however, and make sundowning worse.
- Do not serve coffee, cola, or other drinks with caffeine late in the day. Do not serve alcohol since it can add to confusion and anxiety.

Visit the National Institute on Aging at <http://bit.ly/2BB3h1n> for more coping tips on sundowning.

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.
- ◆ **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

Interested in taking college courses?

New York State Law permits residents 60 years or older to audit credit-bearing classes at state-affiliated campuses, without tuition, examination, grading or credit upon a space-available basis. Finger Lakes Community College (FLCC) permits persons sixty years of age or over to audit courses without tuition, examination, grading or credit on a space-available basis. This auditing privilege is restricted to courses that are offered for college credit. Any materials or supplies that are needed for class and that are not covered by normal tuition will be the responsibility of the person auditing the class.

- To view classes, go to: <https://webadvisor.flcc.edu/>. Once on this page, select Guest Access and then select Search for Classes.
- For the Senior Citizen Audit registration procedures, contact Finger Lakes Community College's One Stop Center at (585)785-1000.

Aging in Place– Tips On Making Home Safe and Accessible

A few changes could make your home easier and safer to live in and help you continue to live independently: **1)** Don't use area rugs and check that all carpets are fixed firmly to the floor; **2)** Replace handles on doors or faucets with ones that are comfortable for you to use; **3)** Install grab bars near toilets and in the tub or shower; **4)** Place light switches at the top and bottom of stairs and remember to turn on night lights; **5)** Reduce fall hazards: place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet; **6)** Install a ramp with handrails to the front door.

Source: National Institute on Aging



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PAID
PERMIT NO. 136
PENN YAN, NY 14527

Pro Action Yates Office for the Aging
417 Liberty Street, Suite 1116
Penn Yan, NY 14527
Phone: 315-536-5515
Fax: 315-536-5514
Email: ycofa@proactioninc.org
www.proactioninc.org

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Yates NY Connects/Office for the Aging

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/>

Keuka Housing Repair Grant

Keuka Housing Council is applying for a \$300,000 Repair Grant from Affordable Home Ownership Development Program (AHC). We will be targeting low to moderate income homeowners for needed repairs such as roofs, electrical problems, furnaces, mold issues, etc.

Each home improved upon under this Program must be occupied by the owner for a certain period of time (the Occupancy Period). If the home is sold within this period, a portion of the grant may be recaptured.

If you are in need of some repairs to your home, please call Kelly at 315-536-8707. We will be happy to put you on our waiting list and if awarded help you get your repairs done and keep you in your home!

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