



THE GRAPEVINE EXPRESS

May/June 2018

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



Monday, May 28

Older Americans Month May 2018 “Engage At Every Age”

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation’s observance of Older American’s Month. We are pleased to announce the 2018 theme, Engage at Every Age, which emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean.

No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

Source: Administration on Community Living

New Medicare Cards

New Medicare cards arriving in 2018 will no longer display gender, signature line or Social Security numbers, a move designed to protect against fraud and identity theft. The 2015 law, the Medicare Access and CHIP Reauthorization Act, requires CMS to remove Social Security numbers from Medicare cards by April 2019.

Identity theft has been on the rise among those age 65 and older. According to the latest figures from the Department of Justice, the number of cases reached 2.6 million in 2014, up a half million incidents in just two years.

Here’s what you need to know about the new cards:

- The Centers for Medicare & Medicaid Services (CMS) will begin mailing the cards to beneficiaries in April. New York State is scheduled to start in June 2018. People enrolling in April 2018 and later, will automatically get the new card.
- The cards will automatically be mailed to all 58 million current beneficiaries. You don’t need to do anything special to receive one. You should ensure your address is correct with the Social Security Office because the cards will not be forwarded. Social Security Office’s telephone number is 1-800-772-1213.
- The new cards will feature a randomly assigned Medicare Beneficiary Identifier (MBI) made up of 11 letters and numbers.
- Your benefits won’t change under the new MBI.
- Scams relating to the new card are already surfacing. Some Medicare recipients report getting calls from scamsters who tell them that they must pay for the new card and then ask them for their checking account and Medicare card numbers. Don’t give out either number. Anyone saying they are going to charge you for a card is a scammer.

Sources: CMS and AARP

LOCAL EVENTS

May 6

- ◆ 2nd Annual Yates Hunger Walk in support of our local food pantry. The Walk will be held Sunday, May 6, at 1:00 pm at the Penn Yan First Presbyterian Church, 211 Main Street. 90% of proceeds will help to purchase food for our local food pantry and 10% will go to Church World Service. For further information, please contact Donna Johnston at 315-536-2683.

May 8 and June 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 Barington, Starkey, and the Village of Dundee are welcome to attend.

May 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 2:00 pm in the Yates County Office Building Room 1037 in Penn Yan.

May 15

- ◆ Pro Action/Yates Office for the Aging will hold a May Banquet dinner at the First Baptist Church. Hors d’oeuvres —cheese, pepperoni, and crackers, vegetable tray with dip and fruit punch. will be from 3:15-4:00. Dinner will served at 4:00 – roast beef w/gravy, mashed potatoes, peas with pearl onions, rolls and strawberry shortcake. You must call and make reservations by Monday, May 7th, 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.

May 17

- ◆ Yates OFA Transportation is offering a Bowling Trip on Thursday May 17th from 1pm-3pm at Brock’s Bowl and Pizzeria in Penn Yan . The cost for 2 games and shoe rental will be \$9.00, Please RSVP by calling 315 536-5517 to reserve your spot before Friday, May 11th.

May 21 and June 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 Barington, Starkey, and the Village of Dundee are welcome to attend.

May 22

- ◆ 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.

May 31

- ◆ East Hill Gallery from 1:00-2:00 pm - The gallery offers a unique look at the art of local artists working at the Rochester Folk Art Guild. 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.

June 1, 8, 15, and 22

- ◆ Garage Sale Fridays are back this year!!! Friday dates will be: June 1st, 8th, 15th and 22nd from 10am -1pm. We will stop at the local garage sales. Please call 315 536-5517 to reserve your seat no later than the Wednesday before.

June 9 and 10

- ◆ The Keuka Arts Festival is a fine art and skilled craft show held annually along the Keuka Lake Outlet Trail, only a few blocks from downtown Penn Yan. The event is free and will feature live entertainment and activities for families. Saturday June 9th and Sunday June 10th: 10am to 5pm. The festival will be held rain or shine. For more information visit <http://www.keukaartsfestival.com>

June 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.

June 14 and June 28

- ◆ Summer Medicare Update Presentation by Yates Office for the Aging from 10:00– 11:00 am in the Yates County Building Auditorium. Come hear about the new Medicare cards, ways to save money on Medicare premiums, preventive services, and changes in enrollment periods for 2019. To register to attend a session, contact 315-536-5515.

**L
O
C
A
L
E
V
E
N
T
S**

June 15
♦ The 22nd Annual Cruisin' Night event - beautiful antique, classic and hot-rod cars and motorcycles. Main Street in Penn Yan will close to vehicular traffic at 4PM and registration for the event begins at 5pm.. Non-profit vendors will line the street offering all sorts of refreshment. Music will fill the streets from 5pm - 9 pm. Check it out at: <http://yatesny.com>

June 26
♦ 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.

SAVE THE DATE:
October 4th – Engaging national speaker and author, Joe Piscatella, will be visiting Penn Yan. You do not want to miss this motivating, often humorous, and always authentic speaker as he discusses practical approaches to more balanced living.

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 26 – September 11 from 10:00-11:00 am.
Penn Yan area class – Thursdays: June 28 – September 13 from 10:00-11:00 am.

Tai Chi – Relieve Pain and Improve Health and Balance
Penn Yan class — Tuesdays: **Advanced class** – June 26 – September 11 from 8:30-9:30am.
Penn Yan class — Thursdays: **Beginners class**- June 28 – September 13 from 8:30-9:30am.
Penn Yan class – Wednesdays: **Beginners class** – June 27 – September 12 from 1:30-2:30 pm.

Heathy Living –Learn how to manage your chronic health conditions
Penn Yan – We will hold a class September 25 to October 30 from 1:00 – 3:30 pm. Location TBA.

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.

2018 Concerts on the Courthouse Lawn, corner of Main and Court Streets, Penn Yan

All concerts are on Wednesdays at 6:30 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. The committee offers the opportunity to make donations when the buckets are passed during intermissions to help defray expenses. Additional financial support for the series is given by several area businesses and professional sponsors.

- ♦ **June 20** - Ruby Shooz
- ♦ **June 27** - Hanna Blue
- ♦ **July 11**– Rebecca Colleen
- ♦ **July 18**– Mr. Mustard
- ♦ **July 25**– Community Chorus
- ♦ **August 1** - Rod Blumenau
- ♦ **August 8** - Community Band
- ♦ **August 15**– Southern Tier Jazz Band

C
A
R
E
G
I
V
E
R
'
S

C
O
R
N
E
R

Do you care for a loved one that should not be left alone? Respite can help!

Everyone needs a break. Respite care provides caregivers a temporary rest from caregiving. Services include companionship, assistance with activities of daily living, meal preparation, light housekeeping, and personal hygiene tasks. Using respite services allows the caregiver to relax, enjoy time away without worry, reboot, and strengthen their ability to be a caregiver.

Pro Action Office for the Aging can help place an aide in the home to provide respite. Through either our Caregiver's Program, or Expanded In-home Services for the Elderly Program (EISEP), we contract with local aid agencies to provide respite services. While a competent and caring aide is providing care to a loved one, the caregiver can run errands, relax with a book, exercise, go to lunch with friends, or whatever they need to have time for themselves without the stress of finding a sitter, or leaving their love one unattended. For more information on these programs, and other respite resources, please call Amy Canfield at 315-536-5515.

A Caregiver's Pledge

1. I will understand that I can't care for anyone else if I don't also care for myself. I will keep an image in my mind of putting the oxygen mask on myself first.
2. I will remember that the only person I can change is myself. I cannot change my loved one who is ill, nor my family members.
3. I will find opportunities to laugh, daily. These might come in movies, jokes, television, or with friends who can see the humor in my situation and remind me to do the same.
4. I will get away from my caregiving duties on a regular basis, even if it is just to walk around the block. But I will also find ways to have lunch with a friend, go to a movie, window shop, breathe in fresh air, watch the sunset, or eat a hot fudge sundae.
5. I will visit a support group, either online (at caregiver.org) or in person in my community, so that I know that I am not alone. If a support group isn't right for me, I will find a friend to talk to, call my family consultant, or attend a workshop.
6. I will learn as much as I can about my loved one's illness so I can better care for him/her with understanding. I will learn techniques that will make caregiving easier for both of us.
7. I will say "yes" when people offer to help. I will make a list of things they can do and post it on the refrigerator, so that when those offers come, I'll be ready. When there are not offers, I will ask for help, even though it might be hard to do so.
8. I will use community resources such as Meals on Wheels, paratransit, day care programs, and volunteer respite programs to help make my caregiving duties easier.
9. I will find something I really like to do and make sure I find time to do it on a regular basis. Just because I am a caregiver doesn't mean I have to give up everything that is meaningful to me. I will read, knit, garden, scrapbook, do genealogy or woodworking for a designated period of time every week.
10. I will remember that I am loved and appreciated, even when my loved one can't tell me that. I will honor the nurturing, responsibility, caring, and support that I provide to my loved one as a gift I give.

Published on *Family Caregiver Alliance* (<https://www.caregiver.org>))

Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself while caring for a friend or relative.



This program helps informal caregivers reduce stress, improve self-confidence, communicate feelings, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

Classes consist of six sessions held once a week, led by two trained Class Leaders. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action for your life.

Each caregiver will receive a book, *The Caregiver Helpbook*, developed specifically for the class. Classes and the book will be FREE, thanks to support from the Finger Lakes Alzheimer's Caregiver Institute.

Classes will be held at Penn Yan Public Library at 214 Main Street in Penn Yan from 2:00-3:30pm. Sessions are held every Wednesday from May 2– June 6, 2018. For more information or to register, contact Amy Canfield or Becky Bennett-Tears at **Pro Action/Yates Office for the Aging at 315-536-5515**.

Class size is limited and pre-registration is required by 4/25/18.

Transportation for those age 60 and older may be available by contacting the Pro Action/Yates Office for the Aging Transportation Program at 315-536-5517.

Spotlight—Meet Ann Edwards–Dickerson!

In this edition, our spotlight is on Ann Edwards–Dickerson. After having worked with children and youth at Pathways Inc. in Geneva for 7 years, Ann transitioned to working with seniors here at Pro Action OFA in July 2016. Ann is a case manager for the Home Delivered Meals, EISEP, and Caregiver’s programs. She enjoys meeting with the client’s one on one, hearing each person’s unique life story, and being able to provide helpful services.

Ann also oversees the Dundee Mobile Food Pantry each month and Telephone Reassurance (phone friends) program. She especially enjoys substituting for phone friends volunteers and having the opportunity to talk with clients that may be homebound or have little contact with others. Getting to know this wonderful group of people, discussing the old times, their unique history, and lending a friendly ear to their concerns is very rewarding to her.



Looking for Help with Medical Expenses?

If you qualify for the **Medicare Savings Program**, you will no longer have to pay the Part B premium which is taken from your Social Security benefit monthly. Income guideline limits to qualify are \$1386/month for an individual and \$1872/month for a married couple. Even if you think you are over the guideline, certain expenses can be deducted from your income which may make you eligible. There are no asset limits.

If you qualify for **Low Income Subsidy “Extra Help”** with Medicare Part D drug coverage, your out of pocket costs for prescriptions and premiums may be reduced. If your income is below \$1538 for an individual or below \$2078 for a married couple, you may qualify for financial assistance. There are also asset guidelines that we can discuss with you.

Call Yates Office for the Aging (Ashley Tillman) at 315-536-5515 to have a Medicare Beneficiary Income Screening appointment see if you are eligible. Please bring proof of your income, all Medicare cards and your most recent health insurance bill to the appointment.

Help Getting Dressed

At some point, most people with Alzheimer's disease will need help getting dressed. They can struggle with choosing weather-appropriate clothes or may forget to wear certain items. They also may need more time to get dressed.

Try to allow the person to dress on their own for as long as possible. Here are some tips to assist them as needed:

- Lay out clothes in the order the person should put them on, such as underwear first, then pants, then a shirt, and then a sweater.
- Hand the person one thing at a time, or give step-by-step dressing instructions.
- Put away some clothes in another room to reduce the number of choices. Keep only one or two outfits in the closet or dresser.
- Buy three or four sets of the same clothes if the person wants to wear the same clothing every day.
- Buy loose-fitting, comfortable clothing, such as sports bras, cotton socks and underwear, and sweat pants and shorts with elastic waistbands.
- Avoid girdles, control-top pantyhose, knee-high nylons, high heels, and tight socks.
- Use Velcro® tape or large zipper pulls for clothing instead of shoelaces, buttons, or buckles.
- Try slip-on shoes that won't slide off or shoes with Velcro® straps.

Visit <https://www.nia.nih.gov> for more information about helping people with Alzheimer's disease with personal tasks such as bathing, brushing teeth, and combing hair.

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.

Senior Health Check-Up– Free Medicare Preventative Care

As of 1/1/18, if you have Original Medicare or are enrolled in a Medicare Advantage Plan, you're still 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.

People enrolled in Original Medicare or Medicare Advantage plan are eligible for preventative services such as flu and pneumococcal vaccines, bone-mass measurements, smoking-cessation counseling, and screenings for cancer (cervical, colorectal, lung, prostate, and breast), Alcohol Misuse Screening & Counseling, Cardiovascular Disease Behavioral Therapy, Cardiovascular Disease Screening, Depression Screening, HIV Screening, Obesity Screening, Sexually Transmitted Infection Screening/Counseling, and Advanced Care Planning (ACP) done during a person's Annual Wellness Visit.

Some preventative services, such as Abdominal Aortic Aneurysm Screening, Diabetes Screening, Hepatitis B vaccines, Hepatitis C Screening, 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.

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.

Engagement

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being as you get older.

Research tells us that older people with an active lifestyle:

- **Are less likely to develop certain diseases.** Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.
- **Have a longer lifespan.** One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.
- **Are happier and less depressed.** Studies suggest that older adults who participate in what they believe are meaningful activities, like volunteering in their communities, say they feel happier and healthier. Researchers think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency, and dementia in later life.
- **Are better prepared to cope with loss.** Studies suggest that volunteering can help with stress and depression from the death of a spouse or other loved one. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).
- **May be able to improve their thinking abilities.** Another line of research is exploring how participating in creative arts might help people age well. For example, studies have shown that older adults' memory, comprehension, creativity, and problem-solving abilities improved after an intensive, 4-week (8-session) acting course. Other studies are providing new information about ways that creative activities like music or dance can help older adults.

Source: Healthy Aging Highlights from the National Institute on Aging



NON-PROFIT ORG.

U.S. POSTAGE
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

THE GRAPEVINE EXPRESS MAY/JUNE 2018



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/>

Loss

Losing someone close to you may leave you feeling sad, lost, alone, or even angry. You might also have been so busy with caregiving that it now seems you have nothing to do. This is all part of mourning, a normal reaction to the loss of someone you've cared for and loved. Here are some ways that may help you find comfort for your grief:

- Share stories about the one who is gone, you may find it helpful to talk directly about your loss.
- Seek support from family and friends.
- Try not to ignore your grief—support may be available until you can manage your grief on your own.
- Visit the National Institute on Aging website at: <https://www.nia.nih.gov/health/getting-help-your-grief> for more information.

Source: National Institute on Aging

This newsletter is funded in part through the New York State Office for the Aging under Title III-B of the Federal Older American's Act