



THE GRAPEVINE EXPRESS

July/August 2018

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



Wednesday, July 4

Farmer Market Coupons

- ◆ Farmer's Market Coupons are available again this year. You need to: 1) be at least age 60 AND 2) be low income (contact Yates Office for Aging for financial guidelines). Each older adult in a household is eligible to receive a booklet if they meet the requirements.
- ◆ Each booklet has \$20 worth of coupons (five \$4 coupons) to buy locally grown produce from the approved Farmer Markets. You will receive a list of markets with the coupon booklet.
- ◆ The coupons must be used to purchase produce items and cannot be spent on jams, baked goods, or crafts. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ◆ These coupons help older adults access fresh, healthy, locally grown produce, and they also help the area economy by supporting our local farmers.
- ◆ You need to get your booklet before 9/30/18 and coupons must be used before 11/30/18. Booklets are dispersed on a first come, first serve basis. Please call Donna O'Connell at **315-536-5515** for further details.

"Phone Friends"

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

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

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

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

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

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

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

July

◆ Yates OFA will offer transportation to Music in the Park events this summer. Each week in July we will travel to a different location (Dundee, Hammondsport, Penn Yan and Watkins Glen) to hear a concert outside on the Park’s lawn. Not all Park schedules are completed at the time of this newsletter publishing. Stay tuned for the dates, times and band names. Please call Terri at 315 536-5515 if you are interested in attending. Seats may be limited. Trips are offered to Yates County Residents age 60 and over.

July 10

◆ Join us! Pro Action/Yates Office for the Aging will hold its annual Summer Picnic at 12:00 pm at the American Legion on Himrod Road in Penn Yan. The menu is hot dog or hamburger, baked beans, pasta salad, watermelon, iced tea, lemonade and frosted brownies for dessert. To place a reservation, call 315-536-5515 by 7/2/18. Transportation will be available by calling 315-536-5517.

July 10 and August 14

◆ “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.

July 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.

July 24

◆ 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.

July 26

◆ “Our Town Rocks” Community Gathering monthly meeting will be held at 6:00 pm at the Dundee Seneca Street Park 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. No Community Gathering in August, but a Back to School picnic will be planned.

August 3

◆ Rushville Community Health Center is having their Annual Health Fair from 11am-2pm at the Rushville Health Center.

August 9

◆ 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.

August 15

◆ Yates OFA is offering a picnic lunch on the Outlet Trail. A brown bag lunch will be provided by our Senior Nutrition program. There will be time for sightseeing and a sit down for lunch. Please call Terri by 8/8/18 at 315 536-5515 if you are interested in attending. Seats may be limited. Trips are offered to Yates County Residents age 60 and over.

August 25

◆ Hope Walk of Yates County at the Yates Community Center, 467 North Main Street, Penn Yan, from 3:00pm-11:00pm. All funds raised will stay in Yates County. For more information, contact 607-283-HOPE (4673) or on-line at www.hopewalkofyatescounty.org

August 28

◆ 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.

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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 in Room 1037 in Yates County Office Building at 417 Liberty Street in Penn Yan from 10:00-11:30am. Sessions are held every Wednesday from July 11– August 15, 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 7/5/18. Transportation for those age 60 and older may be available by contacting the YOFA Transportation Program at 315-536-5517.

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.

YCRR – Wednesdays: June 6 to August 22 from 1:00-2:00pm.

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.

- ◆ **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

Agitation and Alzheimer’s Disease

People with Alzheimer’s disease may become agitated or aggressive as the disease gets worse. Agitation means that a person is restless or worried. He or she doesn’t seem to be able to settle down. Agitation may cause pacing, sleeplessness, or aggression, which is when a person lashes out verbally or tries to hit or hurt someone. Here are some ways you can cope with agitation or aggression:

- Reassure the person. Speak calmly. Listen to his or her concerns and frustrations. Try to show that you understand if the person is angry or fearful.
- Allow the person to keep as much control of his or her life as possible.
- Try to keep a routine, such as bathing, dressing, and eating at the same time each day.
- Build quiet times into the day, along with activities.
- Keep well-loved objects and photographs around the house to help the person feel more secure.
- Try gentle touching, soothing music, reading, or walks.
- Reduce noise, clutter, or the number of people in the room.
- Try to distract the person with a favorite snack, object, or activity.
- Limit the amount of caffeine, sugar, and “junk food” the person drinks and eats.

Learn more about coping with agitation or aggression in a person with Alzheimer's disease at <http://bit.ly/2pKMeVN>

Source: National Institute on Aging for Caregivers

Cognitive Health

Cognitive health is the ability to clearly think, learn, and remember. There are things you can do linked to cognitive health that can help you or your loved one function daily and stay independent longer.

Take care of your physical health. This includes getting recommended health screenings, quitting smoking, and getting enough sleep.

Eat healthy foods. In general, a healthy diet consists of fruits and vegetables; whole grains; lean proteins; and low-fat or non-fat dairy products. You should also limit solid fats, sugar, and salt. Be sure to control portion sizes and drink enough water and other fluids.

Be physically active. Regular exercise, household chores, and other physical activity can help improve your balance, prevent or delay chronic diseases, and may have benefits for the brain. Aerobic exercise, such as brisk walking, is thought to be particularly beneficial to cognitive health, though research on this is ongoing.

Keep your mind active. Being intellectually engaged may benefit the brain. People who engage in meaningful activities, like volunteering or hobbies, say they feel happier and healthier. Learning new skills may improve your thinking ability, too.

Stay connected. Connecting with other people through social activities and community programs can keep your brain active and help you feel less isolated and more engaged with the world around you. Participating in social activities may lower the risk for some health problems and improve well-being.

Learn more at <http://bit.ly/2Gzn46Q>

Source: National Institute on Aging for Caregivers

Mealtime Tips

Having trouble getting a person with Alzheimer's to enjoy mealtime? Check out these 6 tips for making mealtimes more relaxing:

1. View mealtimes as opportunities for social interaction. A warm and happy tone of voice can set the mood.
2. Be patient and give the person enough time to finish the meal.
3. Respect personal, cultural, and religious food preferences, such as eating tortillas instead of bread or avoiding pork.
4. If the person has always eaten meals at specific times, continue to serve meals at those times.
5. Serve meals in a consistent, familiar place and way whenever possible.
6. Avoid new routines, such as serving breakfast to a person who has never routinely eaten breakfast.

Source: National Institute on Aging

Spotlight—Meet Ashley Tillman!

In this edition, our spotlight is on our Aging Services Coordinator, Ashley Tillman. Ashley has been with the Yates OFA for three years. She is the main contact for the New York Connects, Health Insurance Information, Counseling and Assistance Program and Legal Assistance. So if you or someone you know is in need of long term services and supports, she is the person to contact. Ashley is also the office expert on Medicare information, plans and money-saving options. She is able to answer almost any question. If you are able to stump her, she knows the right people to contact for answers. Ashley can link people to resources to assist with specified legal concerns. If you think Ashley could assist you in any way, contact her at 315-536-5515.



**Don't just read
all about him.**



Join him.

If you wish you had the willpower to make some lifestyle changes that might improve your cardiac status and/or save your life... you do. All it takes is the decision

YOU
get to make.

Join best selling author, dynamic storyteller and survivor, **Joe Piscatella** for a wealth of heart-healthy information and laughter. It may just be your chance of a lifetime. Laugh, learn, live... and be well!

Admission is free. Experience will be priceless!

Save the date!

Thurs. Oct. 4, 2018 • 4 PM: Penn Yan Academy Auditorium

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.

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.

Dietary Supplements

Dietary supplements are substances you might use to add nutrients to your diet. They might contain vitamins, minerals, fiber, amino acids, herbs or other plants, or enzymes. Most of the time eating a variety of healthy foods is the best way to get the nutrients you need. However, some people don't get enough vitamins and minerals from their daily diet. Your doctor or health team can tell you if you need to take something extra that might be missing from your daily diet.

If you are thinking about using dietary supplements:

- **Learn.** Find out as much as you can about any dietary supplement you might take. Talk with your doctor, your pharmacist, or a registered dietitian. A supplement that seemed to help your neighbor might not work for you. If you are reading fact sheets or checking websites, be aware of the source of the information. Read more about choosing reliable health information websites.
- **Remember.** Just because something is said to be "natural" doesn't mean it is safe or good for you. It could have side effects. It might make a medicine your doctor prescribed for you either weaker or stronger. It could also be harmful to you if you have certain medical conditions.
- **Tell your doctor.** He or she needs to know if you decide to use a dietary supplement. Do not diagnose or treat any health condition without first checking with your doctor. Learn how medications can interact with dietary supplements. For more information, visit the National Center for Complementary and Integrative Health.
- **Buy wisely.** Choose brands that your doctor, dietitian, or pharmacist recommend. Don't buy dietary supplements with ingredients you don't need. Don't assume that more is better. It is possible to waste money on unneeded supplements.
- **Check the science.** Make sure any claim about a dietary supplement is based on scientific proof. The company making the dietary supplement should be able to send you information on the safety and/or effectiveness of the ingredients in a product, which you can then discuss with your doctor. Remember, if something sounds too good to be true, it probably is.

**Find more information about dietary supplements and older adults: <http://bit.ly/2GI6xdL>

Source: National Institute on Aging

Your thoughts are important to us!

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

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

Could you please take a minute and let us know:

The most important needs of Yates County Seniors: _____

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

Feed Back on Office for the Aging Services: _____

Suggestions: _____

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

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

Pro Action Yates Office for the Aging 417 Liberty Street Ste. 1116 Penn Yan, NY 14527,
or fax to 315-536-5514,

or scan and email to ycofa@proactioninc.org

Stay Informed

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



Yates NY Connects/Office for the Aging

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

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

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

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

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

In order to receive our newsletter year round should we:

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

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

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

Comments/Suggestions: _____