

THE GRAPEVINE EXPRESS

September/October 2018
Pro Action Yates Office for the Aging
Hours of Operation: 8:30am-4:30pm Monday-Friday



Monday, September 3 & Monday October 8

Medicare Open Enrollment: October 15th through December 7th 2018

During the past year, have you:
Changed the medications you take?
Been diagnosed with a new medical condition?
Been hospitalized more than once?

Any of these changes could result in your current Medicare plan no longer fitting your situation.

Medicare plans also change. The cost of your plan can go up or down, and prescription drugs can be added or dropped from the list of drugs covered by your plan. Some Medicare plans stop offering coverage in a particular area. New plans may be available to you.

You can evaluate and change plans between October 15th and December 7th each year during the Annual Open Enrollment Period.

The changes made during this time will go into effect January 1, 2019.

The Yates Office for the Aging Staff can help you decide what plans fit your needs best. For your convenience, Ashley Tillman will be available at the following locations to go over Federal Medicare updates and Medicare Advantage plan changes.

Penn Yan St. Mark's Terrace: Monday, October 15 from 10-11am.

Dundee St. Mark's Terrace: Monday, October 15 from 2-3pm.

Rushville Community Health Center: Wednesday, October 24 from 10-11am.

Dundee Library: Wednesday, October 24 from 2-3pm.

Penn Yan Yates County Building Auditorium: Monday, October 29 from 10-11am, Wednesday, November 7 from 2-3pm, Monday, November 19 from 2-3pm and Wednesday, November 28 from 10-11am.

Penn Yan Public Library: Saturday, November 3 from 10-11am and Wednesday, November 7 from 5-6pm.

Do you wish to not attend a presentation? Many of our customers have requested a plan comparison chart. We will be offering 2019 Plan Comparison Packets. Each packet will include all 2019 plan information, instructions on how to use the Medicare Website to search and compare plans, and a comparison worksheet with tips and advice. These packets can be mailed to you or you can stop in to pick one up. We will begin to distribute packets on Monday, October 15th, and you can call in advance to be added to the mailing list.

Call 315-536-5515 today to reserve your spot at a session. Attendance at the group sessions is strongly encouraged as there will be limited availability for individual meetings. If you need Transportation to the session, please request this when reserving your spot. Transportation requests need to be made at least one week in advance of the session.

LOCAL LEVEL EVENTS

September 11 and October 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.

September 13

- ◆ 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.

September 19

- ◆ Yates OFA will offer transportation for a trip to the Dundee Area Historical Society Please RSVP at 315- 536-5517 by 9/12/18. Seats may be limited. Trips are offered to Yates County Residents age 60 and over.

September 24 and October 22

- ◆ “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.

September 25

- ◆ 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.

September 26

- ◆ 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 at the Dundee Library.

September 30

- ◆ Last day to receive Farmers Market Coupons, while supplies last. Each booklet has \$20 worth of coupons to buy locally grown produce. They can be picked up at the Yates Office for the Aging.

October 4

- ◆ “Not your ordinary Joe” is coming to town! Enthusiastic speaker, author of several books and coronary bypass surgery survivor, Joe Piscatella, will be presenting an informative and oftentimes humorous talk on heart-healthy living on October 4th at 4:00PM at Penn Yan Academy Auditorium. See the “Save the Date/Join Him” info in this issue of Grapevine and make time to laugh, learn, live... and be well. It may truly be your "chance of a lifetime.”

October 4

- ◆ Yates OFA will offer transportation to the Penn Yan Academy Auditorium for the 4:00PM presentation by best –selling author and motivational speaker, Joe Piscatella. You do not want to miss this motivating, often humorous, and always authentic speaker as he discusses practical approaches to more balanced living. Presentation is free. RSVP at 315- 536-5517 by 10/1/18. Trips are offered to Yates County Residents age 60 and over.

October 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.

October 23

- ◆ 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.

October 23

- ◆ Yates OFA will offer transportation for a Fall Foliage trip on 10/23/18. Please RSVP at 315- 536-5517 by 10/19/18. Seats may be limited. Trips are offered to Yates County Residents age 60 and over.

October 24

- ◆ 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 at the Dundee Library.

SAVE THE DATES: 11/13/18 and 12/18/18 for Yates OFA Special Event Holiday Dinners.

Stay tuned for more details.

Public Hearing for the 2019 Pro Action Yates OFA Budget and Annual Implementation Plan

We want to hear from YOU about how Pro Action Yates Office for the Aging is doing in meeting the needs of Yates County Seniors. Three public hearings have been scheduled to seek your input on our 2019 Budget and Annual Implementation Plan. Your input helps shape this budget and is shared with elected representatives. A summary of the 2019 Budget and Annual Implementation plan will be available at the hearings.

Please note, each site is accessible and every effort will be made to accommodate all individuals' needs, including providing copies of materials in large print or braille, audio copies, or language translation services. If you need any accommodations, including the need for an assistive device, please contact Donna O'Connell at 315-536-5515 at least 72 hours prior to the hearing date.

Monday, October 15th

11:00 AM

St. Mark's Terrace

Penn Yan

Monday, October 15th

3:00 PM

St. Mark's Terrace

Dundee

Thursday, October 18th

11:30 AM

Yates County Office Bldg.

Room 1037

Penn Yan

Exercise Programs Offered through the Office for the Aging

Do you want to feel great when you wake up in the morning?

What if you fall, do you want to learn how to get up?

Would you like to feel stronger and have more stamina?

Do you want to have fun and be active at the same time?

Bone Builders – Osteoporosis Prevention and Bone Strengthening

Penn Yan area class – Tuesdays: September 25 to December 11 from 10:00-11:00 am.

Penn Yan area class – Thursdays: September 27 to December 13 from 10:00-11:00 am.

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan class — Tuesdays: **Advanced class** – September 25 to December 11 from 8:30-9:30am.

Penn Yan class — Thursdays: **Beginners class**- September 27 to December 13 from 8:30-9:30am.

Penn Yan class – Wednesdays: **Beginners class** – September 26 to December 12 from 1:30-2:30 pm.

Heathy Living –Learn how to manage your chronic health conditions

We will hold a class September 25 to October 30 from 1:00 – 3:30 pm at St. Paul's Lutheran Church on Hamilton Street, Penn Yan.

To sign up for these classes, call Pam Swarhout at **315-536-5515**. Most classes can be joined at any time! Transportation may be available.

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

Who's in Charge Here? Aging Parents Resist Interfering 'Helicopter' Children

Joshua Coleman remembers watering down a glass of wine before giving it to his father, then in his 90s. "What the hell is this?" he recalls his father asking. "I feel a little guilty about that now," says Dr. Coleman, whose father died in 2001. "The poor old guy had few remaining pleasures left. But I would have felt bad had he gone back to assisted living and slipped."

There's a fine line between being an appropriately concerned adult child and an overly worried, helicopter one, says Dr. Coleman, a psychologist who specializes in family dynamics. If a parent is in an accident, it might be time to talk about driving, as he did after his father sideswiped three cars. But if Mom doesn't want to wear a hearing aid, it might be wise not to nag. Maybe she doesn't want to listen to anyone at the moment. When Cathy Walbert, a mother of five, picked up a baby at a family gathering last year, her daughter rushed to her side, worried she might drop her. Another daughter hovers when Mrs. Walbert—who says she probably is more candid than she was years ago—starts talking to someone. Her son tells her to be careful on the steps. "I think, 'What's wrong with you people?' I'm an adult," says Mrs. Walbert, of Pittsburgh who says she is older than 75.

During her career as a clinical psychologist, Laura Carstensen, who is also founding director of Stanford University's Center on Longevity, heard from both sides. Parents wanted advice on how to get their kids off their back. Adult children wanted advice on how to persuade their parents to give up their family home. In general, her advice is that unless a parent is cognitively impaired and not aware of the level of his or her impairment, children need to respect the parent's decision.

How to avoid becoming a helicopter child:

- Unless your father or mother has dementia, don't make decisions for him or her. Discuss matters and remember he or she has a right to take informed risks.
- If you and your parents don't agree on their level of competence, consult a professional together.
- Don't go through your parents' mail or screen their calls unless asked.
- Pick your battles. If a parent is getting lost or has stopped bathing, talk about what help he or she might need to remain independent. If his or her clothes don't match, get over it.
- If a parent has cataracts in both eyes and continues to drive at night, ask the primary-care physician to intervene.
- If your parents forget to turn off the stove, don't jump to the conclusion they can't stay in their home. Look into devices that turn stoves off automatically.
- Use classic 'I' language, such as: 'I am concerned about you living in a two-story house after your heart attack.' Avoid: 'You can't live here anymore.'

Source: The Wall Street Journal, David Solie - A portion of the April 23, 2018 article by Clare Ansberry

Making Home a Safer Place

Over time, people with Alzheimer's disease become less able to manage around the house. For example, they may forget to turn off the oven or the water, how to use the phone during an emergency, which things around the house are dangerous, and where things are in their own home.

As a caregiver, you can do many things to make the person's home a safer place. Think prevention—help avoid accidents by controlling possible problems. You can help make the home safer by adding:

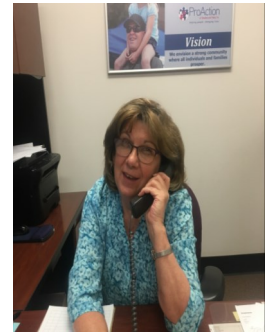
- Smoke and carbon monoxide detectors in or near the kitchen and in all bedrooms.
- Emergency phone numbers (ambulance, poison control, doctors, hospital, etc.) and the person's address near all phones.
- Safety knobs and an automatic shut-off switch on the stove.
- Childproof plugs for unused electrical outlets and childproof latches on cabinet doors.

For more tips on creating a safe home for a person with Alzheimer's disease, visit <https://www.nia.nih.gov>

Source: National Institute on Aging

Spotlight—Meet Donna O’Connell!

In this edition, our spotlight is on our Receptionist, Donna O’Connell. Donna has been with the Yates OFA for almost three years. She is the face you see when you enter our suite and the voice on the phone when you contact our office and hear “Pro Action-Yates NY Connects– Office for the Aging”. If Donna is not able to provide a quick resource name or telephone number, she can link you to a Yates OFA Staff member to assist you further. Donna is also the lead person who visits local sites and distributes the Farmer Market Coupons. She welcomes your visits and calls at 315-536-5515.



Prescription Opioid Safety: What You Need to Know

Every day more than 115 Americans die after overdosing on opioids, as reported by the National Institute on Drug Abuse. Misuse and addiction to opioids is a serious national crisis that affects public health as well as social and economic welfare. It is important that opioids be used only when absolutely necessary. Talk to your doctor about other types of pain management options before taking opioids. Some examples include physical therapy, massage, acupuncture, hypnotherapy, and chiropractic care.

What is an Opioid? Opioids are strong medications used to treat pain. Even if you use them as prescribed by a doctor, opioids could lead to overdose, addiction, and/or death. Opioids cannot be expected to completely eliminate pain. Opioids come in the form of legal and illegal drugs; however, this newsletter focuses only on safe use of legal, prescription medications. Some examples of opioid prescriptions are: Hydrocodone (brand name examples: Lortab®, Vicodin®, Norco®), Oxycodone (brand name example: Oxycontin®); Oxymorphone (brand name example: Opana®); Codeine (brand name example: Tylenol with Codeine #3®); Morphine (brand name example: MS Contin®); Fentanyl (brand name example: Duragesic®); Methadone.

Opioid Overdose: Elderly and very sick people are at higher risk for an opioid overdose. Signs of opioid overdose include pinpoint pupils, slowed breathing, or loss of consciousness (“passing out”). The decreased ability to breathe, leading to “passing out,” and sometimes death, is what is referred to as an opioid overdose.* There are opioid reversal medications that can be used to treat opioid overdose. These may be available without a prescription from your pharmacist. Ask your doctor or pharmacist if an opioid reversal medication is right for you. The pharmacist will train you and/or your caregivers on how to use it. The most common drug to treat opioid overdose is naloxone (brand name example: Narcan®). Make sure you and those around you know the signs of overdose, how to administer the opioid reversal medication, and when and how to call for emergency services. If you think you are overdosing, have someone administer an opioid reversal medication. Emergency Services (911) should be called as soon as possible, whether or not reversal medication is used. You will not be able to administer the medication to yourself. You should always tell your doctor about your opioid reversal medication use as soon as possible. Medications or substances that can cause an opioid overdose if taken together are alcohol, benzodiazepines (examples: Valium®, Xanax®, Ativan®), sleep medications (example: Ambien®), muscle relaxants (example: Flexeril®), and other opioids. Do not stop taking or decrease your dose of any medication without talking to your doctor. Some diseases or conditions that can worsen breathing and cause an opioid overdose are: chronic obstructive lung disease, sleep apnea, and acute illness (example: pneumonia). Constipation is another opioid side effect that can be serious if not prevented. Ask your doctor or pharmacist about taking a laxative. Some people also need a stool softener. Other common side effects of opioids are dizziness, sedation, nausea, vomiting and sweating.

Opioid Safety Tips: It is important that you always ask your pharmacist about what kind of medication you are taking, what side effects the medication could cause, and if any of your current medications might interfere with your new prescription. Please remember to tell your pharmacist about all the medications you are taking and not just the medications you get at that pharmacy.

Source: IPRO Healthy Insights, 2018 Issue 1

Thank You to the Yates County Tuberculosis and Health Association!

The Yates County Tuberculosis and Health Association provided a \$600 grant to the Yates Office for the Aging to purchase two life-saving Project Lifesaver units. This device, when worn, allows the Yates County 911 service to locate a missing person with cognitive impairment. It can save many hours of searching, worry, and ultimately save a life.

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.

Thank You to the Greater Rochester Health Foundation!

The **Greater Rochester Health Foundation** provided a \$16,900 grant to the Yates Office for the Aging. The grant funding will be used to purchase a used caravan for our Transportation Program. This will assist with being able to safely transport older adults to medical appointments and social activities.

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.
- ◆ **Front Office help-** Yates 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! Call Becky Bennett-Tears at 315-536-5515 for more information.
- ◆ **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@millyphantry.org.

National Falls Prevention Awareness Day

National Fall Prevention Awareness Day is celebrated on the first day of Fall, which is September 22, 2018.

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips from the National Council on Aging:

- Find a good balance and exercise program. Yates Office for the Aging offers Bone Builders, Matter of Balance and Tai Chi classes to help prevent falls. These are evidenced –based programs that have been proven to work in helping to prevent falls.
- Talk to your health care provider. Share your history of recent falls with your doctor
- Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of failing.
- Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. Call Pam Swarthout at 315-536-5515 to talk about your concerns about making your home safe.
- Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are NOT a part of the aging process!

HEAP Season is Approaching- Stay tuned to your local papers and radio for notification of when HEAP applications will be available.

Need Assistance with Medical Costs?

There are several programs that may assist you in paying for your Medicare premiums. Even if you think you may not qualify, please call our office for a screening.

- Medicare Savings Program (MSP): Pays your Part B Premium
- Extra Help: Pays your Part D Premium up to \$39 per month.
- Qualifying Individual Program (QI): Pays for your Part B Premium
- Specified Low-Income Medicare Beneficiary Program (SLMB): Pays your Part B Premium
- Qualified Medicare Beneficiary Program (QMB): Pays your Medicare Premiums, Pays your deductibles and coinsurances if you see providers who participate in Medicare or who are in your Medicare private health plan's network. Medicare providers cannot charge you anything for Medicare-covered services.

Call Ashley Tillman at 315-536-5515 for more information about eligibility guidelines.

Medication Lists

Older adults may take more medications than they did when they were younger. Keep a list up-to-date with your medications, as well as any over-the-counter medicines, vitamins, or supplements you routinely take. If you're caring for a family member or friend, make sure to give a copy to them as well. You'll want to track:

- Drug or supplement names.
- What the drug is for.
- The date the drug was started.
- The doctor who prescribed it.
- The color and shape of the medicine.
- Dosage and any special instructions.

Bring this list to every medical appointment and update it any time the regimen changes.

Source: National Institute on Aging at NIH



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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

THE GRAPEVINE EXPRESS SEPTEMBER/OCTOBER 2018

September Is The Last Month To Get Your Farmer's Market Coupons !

- ◆ Farmer's Market Coupons are still available. You need to be at least age 60 **and** meet low income guidelines. Each booklet has \$20 worth of coupons to buy locally grown produce. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ◆ You need to get your booklet before 9/30/18 and coupons must be used before 11/30/18. Reminder– not all markets will be open through 11/30/18 so be sure to check for closing dates. Booklets are dispersed on a first come, first serve basis. Please **call Donna O'Connell at 315-536-5515** for details.

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](http://proactioninc.org/thriving-seniors/)

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