



THE GRAPEVINE EXPRESS

November/December 2018

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



Thursday, November 22, Friday, November 23, Tuesday, December 25, & Wednesday, December 26

Pro Action Yates Office for the Aging Staff Announcement

Pro Action Yates Office for the Aging has a new Aging Services Director. Zachary Housworth became the Aging Services Director of the Yates OFA in October. He was already a Pro Action of Steuben and Yates, Inc. employee so he may be a familiar face to many. Welcome Zack!

Veteran's Benefits

Veteran Administration healthcare may be a viable option for veterans. Contact Yates Veteran Services at 315-536-5196 for assistance with determining eligibility for and enrollment into the VA healthcare system. The VA has a pension program, which can help eligible veterans or beneficiaries (such as a surviving spouse) with their living expenses if their out of pocket healthcare costs are substantial. The VA's pension program provides monthly benefit payments to certain wartime Veterans with financial need, and their survivors.

Pension is a needs-based benefit paid to a wartime Veteran and his/her survivors.

Aid and Attendance is an increased monthly pension amount paid to a Veteran or surviving spouse.

Housebound pension is an increased monthly pension amount paid to a Veteran or surviving spouse who is substantially confined to his/her home because of a permanent disability.

There are other benefits and programs available to veterans. To fully utilize the benefits you are eligible for contact Yates Veteran Services at 315-536-5196 for further information and assistance.

Debt Issues?

Are you struggling to manage your debt on a fixed income? Are you feeling overwhelmed managing your debt? Do you pay more than 20% of your income to cover debt payments? The National Council on Aging (NCOA) and GreenPath Financial Wellness can help. These two nonprofits worked together to create debt management, money management, budgeting, and financial counseling especially for older adults. Call 1-866-217-0543 to talk with a certified counselor. The call is free and confidential.

Memorial Contributions

Pro Action Yates Office for the Aging graciously accepts memorial contributions. Contributions benefit local older adults by being able to provide services to assist individuals to remain independent and in their home. You can contact our office at 315-536-5515 for more information. Thank you!

Glenn H. Curtiss Museum Outing: On November 7th, 2018 Pro Action Yates OFA Transportation will be offering a trip to Yates County residents over the age of 60 to the **Glenn H. Curtiss Museum** in Hammondsport from 1pm-3pm. A discounted admission of \$5.00 is required enter the museum. Once inside, there will be a guided tour and time to look around on your own. Please call 315 536-5517 by 10/31/18 to reserve your seat.

LOCAL EVENTS

November 8 and December 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.

November 13 and December 11

- ◆ "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 Bar- rington, Starkey, and the Village of Dundee are welcome to attend.

November 13

- ◆ Pro Action/Yates Office for the Aging will hold its annual Thanksgiving Dinner at the First Baptist Church at 4:00pm. On the menu is turkey with gravy, bread stuffing, squash, cranberry relish, rolls and pumpkin pie with whipped topping. You must call and make reservations by Monday, November 5, by calling 315-536-5515. There is a suggested donation of \$6 per meal for people over 60. There is a manda- tory charge of \$6 if you are under 60. Transportation may be available by calling 315-536-5517.

November 20

- ◆ Come learn the basics about Medicare! Welcome to Medicare Presentation by Pro Action Yates Office for the Aging from 2:30- 4:30 pm at the Penn Yan Public Library. To register, contact 315-536-5515.

November 26 and December 17

- ◆ "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 Bar- rington, Starkey, and the Village of Dundee are welcome to attend.

November 28 and December 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 in the Public Meeting Room at the Dundee Library, 32 Water Street in Dundee.

November 30

- ◆ Pro Action Yates Office for the Aging is hosting Legal Assistance of Western NY for a presentation on legal basics (Wills, Power of Attorney, Health Care Proxy). Presentation is from 10-11am in the Yates County Office Building Auditorium. To register to attend, contact 315-536-5515. Transportation may be available by calling 315-536-5517.

November 30

- ◆ Last day to use Farmers Market Coupons.

December 1

- ◆ The 34th edition of Starshine in the Village of Penn Yan will be held on Saturday, 12/1/18, from 4:00- 7:00pm.

December 6 and December 13

- ◆ Pro Action Yates OFA Transportation is offering mall shopping trips to Yates County Residents age 60 and over. Shopping Trips will leave from Penn Yan at 10am and return approximately at 4pm. On 12/6/16, we will travel to the Victor Mall. RSVP by 11/29/18. On 12/13/18, we will go travel to the Arnot Mall. RSVP by 12/6/18. RSVP by calling 315-536-5517.

December 18

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

December 18

- ◆ Pro Action/Yates Office for the Aging will hold its annual Christmas dinner at 4:00 p.m. at the First Bap- tist Church in Penn Yan. On the menu is ham with fruit sauce, twice baked potatoes, green bean al- mondine, rolls and cherry pie. You must call and make reservations by Monday, December 10, 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.
- ◆ Pro Action Yates OFA Transportation Program is offering the opportunity to view the Christmas Lights and decorations after the Christmas dinner. Please contact the Transportation Line at 315-536- 5517 to reserve a seat by Friday, December 14.

A Pooled Trust May Be Your Solution

A Pooled Trust is a special type of trust that assists individuals who have too much monthly income or financial resources to qualify for public assistance benefits (such as Medicaid). The money put into this account is not counted against the person when applying for Medicaid and can be used for other supplemental needs above and beyond what is covered by Medicaid. The purpose of the Pooled Trust is to provide individuals with disabilities an alternative to the Medicaid “spend down” of sending in their excess income to their county Department of Social Services. Trust members would send their “spend down” amount to the trust and the trust will pay for bills that are for the benefit of the trustee.

The basic requirements for joining a trust include: beneficiary must be disabled as defined by law, typically includes age-related infirmities; the assets going into the beneficiary’s trust account must belong to the individual beneficiary; and account is solely for the benefit of the beneficiary.

The following list provides examples of individuals who may benefit from joining a pooled trust to obtain Medicaid: Younger persons with special needs; Elderly persons who need assistance with daily living skills and are living at home; Any age person who has a disability as defined by state law.

For more information on pooled trusts, contact Ashley Tillman at (315)-536-5515.

Exercise Programs Offered through the Pro Action Yates 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 – Wednesdays: **Beginners class** – September 26 to December 12 from 1:30-2:30 pm.

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

Heathy Living –Learn how to manage your chronic health conditions

We will hold a class in the spring.

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.

Do You Know When To Enroll in Medicare?

If you aren’t eligible for full Social Security benefits at age 65 (born in 1938 or later), SSA doesn’t automatically notify or enroll you in Medicare. “Baby Boomers” are just turning 65 but most aren’t eligible for full Social Security benefits at 65. You need to educate yourself on when you’re eligible so you don’t miss your 7 month enrollment period for Medicare benefits. If you miss it, you could be subject to late enrollment penalty fees. If you’re not already getting retirement or disability benefits, you should contact Social Security about three months before your 65th birthday to sign up for Medicare. You can sign up for Medicare even if you don’t plan to retire at age 65. You can apply online at www.socialsecurity.gov, visit your local SSA Office or call Social Security at 1-800-772-1213. TTY users should call 1-800-325-0778.

Aging in Place

“Aging in place” is a common term used for people who want to stay in their home as they get older. Planning ahead can help make it possible to age in place.

One way to begin planning is to look at any illnesses, like diabetes or emphysema, that you or your spouse may have. Talk with your doctor and family members about possible support you may need for the future. You can get almost any type of help you want in your home – often for a cost. Services could include help with personal care, household chores, meals, money management, and health care. An important part of planning ahead is thinking about how you are going to pay for the help you need. Check with your insurance provider(s), to see if some services are covered. It is possible that paying for a few services out of pocket could cost less than moving into an independent living, assisted living, or long-term care facility. Visit the NIA website at <https://www.nia.nih.gov>. to learn more about aging in Place.

Source: National Institute on Aging

Preventing Falls

Six out of every 10 falls happen at home. There are many changes you can make to your home that will help you avoid falls and increase your safety. **Stairways and pathways:** Hold handrails going both down and up the stairs. If you are carrying something, hold it in one hand and use the handrail with the other; Make sure there is good lighting with light switches at the top and bottom of stairs; Keep areas where you walk tidy. Don’t leave books, papers, clothes, and shoes on the floor or stairs. **Bathrooms:** Mount grab bars near toilets and on both the inside and outside of your tub and shower; Place non-skid mats, strips, or carpet on all surfaces that may get wet. **Bedrooms:** Put night lights and light switches close to your bed; Keep a flashlight near your bed; Keep a phone near your bed. **Living areas:** Keep cords and wires away from walking paths; Secure all carpets and area rugs to the floors; Don’t stand on a chair or table to reach something that’s too high. Use a “reach stick” or ask for help; Don’t let your dog or cat trip you. Know where your pet is whenever you’re standing or walking.

Source: 7/18 Health Aging Highlights

Personal Care Tips

As a caregiver to a person with Alzheimer’s disease or another illness, you may find they need help with personal care. This can include bathing, combing their hair, brushing their teeth, and getting dressed. Because these are private activities, people may feel embarrassed or angry and not want help. These suggestions may help with everyday care:

Bathing

- Never leave a confused or frail person alone in the tub or shower.
- Make sure the water temperature is comfortable.
- Distract the person by talking about something else if he or she becomes upset.

Dressing

- Lay out clothes in the order the person should put them on.
- Hand the person one thing at a time or give step-by-step dressing instructions.
- Buy three or four sets of the same clothes if the person wants to wear the same clothing every day.

Grooming

- Try brushing your teeth at the same time.
- Help the person clean his or her dentures.
- Take the person to see the dentist. Some dentists specialize in treating people with Alzheimer’s.

Visit the NIH website at: <https://www.nia.nih.gov>. to find more information and safety tips for bathing, dressing, and grooming.

Source: National Institute on Aging

Spotlight—Meet The Transportation Drivers!

In this edition, our spotlight is on our Pro Action Yates Office for the Aging Transportation Drivers. Bob Gilbert is our full time driver. You have probably seen him driving locally around Penn Yan. Phyllis Bacher, Tony Cannizzaro, Charlie Ellis, Charlie Gaylor and Dave Hostutler are our part-time, substitute drivers. They do most of the out of town trips and pitch in on local trips when needed. Together they combine 26yrs of service to the Yates County residents. If you need a ride to a medical appointment or social activity, please give our office a call at 315-536-5517. Our drivers look forward to getting you there!



Getting Your Affairs in Order

Ben's Story: Ben has been married for 47 years. He always managed the family's money. But since his stroke, Ben is not able to walk or talk. His wife, Shirley, feels overwhelmed. Of course, she's worried about Ben's health. But, on top of that, she has no idea what bills should be paid or when they are due.

Louise's Story: Across town, 80-year-old Louise lives alone. One night, she fell in the kitchen and broke her hip. She spent a week in the hospital and 2 months in a rehabilitation nursing home. Even though her son lives across the country, he was able to pay her bills and handle her Medicare questions right away. That's because, several years ago, Louise and her son made a plan about what he should do in case Louise had a medical emergency.

Plan for the Future: No one ever plans to be sick or disabled. Yet, it's this kind of planning that can make all the difference in an emergency.

Steps for Getting Your Affairs in Order:

Put your important papers and copies of legal documents in one place. You can set up a file, put everything in a desk or dresser drawer, or list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there's anything new to add.

Tell a trusted family member or friend where you put all your important papers. You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.

Discuss your end-of-life preferences with your doctor. He or she can explain what health decisions you may have to make in the future and what treatment options are available. Talking with your doctor can help ensure your wishes are honored, and the visit may be covered by insurance.

Give permission in advance for your doctor or lawyer to talk with your caregiver as needed. There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

*This information is a small part of an article by the National Institute on Aging. The full article, including a list of important documents to have on hand, and important legal documents to have prepared can be found at <https://www.nia.nih.gov/health/getting-your-affairs-order>.

Emergency/Weather Related Closings

Pro Action/Yates OFA Transportation and Nutrition Services are closed whenever the Penn Yan Schools are closed for weather-related reasons. Although meals are not served that day, we send out emergency non-perishable meals in advance in case of weather closings so no one goes hungry. If a special event is cancelled, the event will be postponed for one week.

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

Pro Action Yates OFA Transportation, Emergency Response, and Project Lifesaver Programs

Please Note New Information:

- Our Transportation program now goes to Geneva 2 mornings each week. Please schedule your Geneva appointment on Tuesday or Thursday mornings between the hours of 9:30 and 11:30.
- Each month between April and December, we plan an outing open to all Yates County residents over the age of 60. This is a great opportunity to get out, meet new people and experience something new! Watch for the announcements in our newsletter.

Our 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 Pro Action 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.

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-** Pro Action 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.

Benefits from Four Types of Exercise

Some people only walk or run for exercise. Others only lift weights. But did you know there are 4 types of exercise and that you get different benefits from each one? Change up your daily routine! Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility. Doing them all will give you more benefits, reduce boredom, and cut your risk of injury.

Endurance: Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. Endurance exercises include: Brisk walking or jogging; Yard work (mowing, raking, digging); Dancing.

Strength: Strength exercises make your muscles stronger. They may help you stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training." Strength exercises include: Lifting weights; Using a resistance band; Using your own body weight.

Balance: Balance exercises can help prevent falls, a common problem in older adults. Many lower-body strength exercises will also improve your balance. Balance exercises include: Standing on one foot; Heel-to-toe walk; Tai Chi.

Flexibility: Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities, including driving and getting dressed. Flexibility exercises include: Shoulder and upper arm stretch; Calf stretch; Yoga.

Source: National Institute on Aging

711-NYS Relay Service

New York Relay Service is a statewide service that connects standard (voice) telephone users with deaf, hard-of-hearing, deaf-blind, speech disabled, or late-deafened people who use text telephones (TTYs) or voice carry-over (VCO) phones. This service allows TTY or VCO users to communicate with standard telephone users through specially trained relay operators. Calls can be made to anywhere in the world, 24 hours a day, 365 days a year with no restrictions on the number, length, or type of calls. All calls are strictly confidential and no records of any conversations are maintained. Anyone wishing to use New York Relay simply dials the relay number to connect with a relay operator. The relay operator will dial the requested number and relay the conversation between the two callers. Dialing 711 is easy and fast. It automatically connects to a relay operator, without having to remember and dial a ten-digit access number. All states have 711.

Follow these simple steps:

1. Dial 711 (NOTE: If the phone from which you are calling does not accept 711, just call 1-800-421-1220 for the same great results; Español 877-662-4886).
2. A specially trained New York relay operator will answer and identify themselves by their operator number.
3. Give the operator the phone number of the person you are calling.
4. The operator will connect you with the person you are calling and assist you with communication.

It really is that easy!

HEAP Announcement

People should reference the following website <http://otda.ny.gov/programs/heap/> for details and information about the HEAP Program.

*Applications will be accepted at the local Department of Social Services 315-536-5184 and Pro Action Yates Office for the Aging 315-536-5515.



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THE GRAPEVINE EXPRESS NOVEMBER/DECEMBER 2018

Pro Action Yates OFA Medicare Information Sessions During Open Enrollment Period Still Available
At these interactive sessions, participants will obtain Medicare updates for 2019, including Medicare Advantage Plans and Medigap (supplemental plans). After the information session, participants will have an opportunity to ask questions about their specific situations.

Open Enrollment Community Outreach Locations, Times, and Dates:

Penn Yan Yates County Building Auditorium: 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.

Call Pro Action Yates OFA at 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.

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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