



# THE GRAPEVINE EXPRESS

January/February 2019

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



Tuesday, January 1

Monday, January 21

Monday, February 18

## Free Income Tax Service Available

Pro Action Yates County Office for the Aging and the AARP Taxaide Program are pleased to offer free income tax service again for tax year 2018. Beginning Tuesday, February 5, 2019 through Friday, April 12, free tax service will be available to local taxpayers. Experienced tax preparers will e-file your Federal and New York State income tax returns. If you have a refund coming back, it can be received in as little as 2 weeks via Direct Deposit to your bank account.

The new tax law, Tax Cuts and Jobs Act (TCJA), took effect in 2018. There are no longer Personal and Dependent exemptions to reduce taxable income. However, the Standard Deduction for all taxpayers has increased, and the Child Tax Credit has become a better benefit for those taxpayers with qualifying children. TCJA generally reduced the withholding tax amounts taken from paychecks and pensions; this action could change your net refund for 2018.

When coming for a tax appointment, please bring all documents pertaining to your 2018 income such as wages, Social Security benefits, interest/dividends, and pensions. If you own a home, bring your school and property tax bills paid in 2018. Please bring a photo ID for each taxpayer, proof of Social Security number for each person on the tax return, and copies of last year's (2017) tax returns. Look for last year's tax return NOW! If you cannot locate it, seek a transcript from [www.irs.gov](http://www.irs.gov).

**UPDATE FOR 2019:** We are changing the method of scheduling appointments this year; call Pro Action Yates County Office for the Aging directly at 315-536-5515 to either make an appointment or leave a message for a callback to get your information. If you are put through to a voicemail box, clearly leave your name and phone number for someone to call you back. You may call to make appointments beginning January 16, 2019. Call Monday to Friday, 8:30 AM to 4:30 PM. Use 315-536-5515 to cancel or reschedule appointments, too.

The location for tax appointments is Yates County Office for the Aging, 417 Liberty St, Penn Yan NY, starting at 9 AM on Tuesday, Wednesday, Thursday and Friday. Please arrive 15 minutes before your scheduled appointment.

**Did you get your New Medicare Card?** Medicare has completed the mailing of new Medicare cards to New York State residents. The new cards use a unique 11-character identifier (which does not contain a Social Security number). While beneficiaries can continue to use their old Medicare cards through December 2019, anyone who has not received a new card is asked to call 1-800-MEDICARE.

# LOCAL EVENTS

## January 8

- ◆ “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](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto:ourtownrocks@ourtownrocks.org). All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

## January 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.

## January 21

- ◆ “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](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto:ourtownrocks@ourtownrocks.org). All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

## January 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.

## February 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](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto:ourtownrocks@ourtownrocks.org). All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

## February 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.

## February 24

- ◆ “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](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto:ourtownrocks@ourtownrocks.org). All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

## February 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.

**Mark Your Calendars:** The HUBBA Tea for 2019 will be on Thursday April 4, 2019. More details will be shared in the next newsletter edition.

### **Yates Office for the Aging Nutrition News - 2019 Special Event Dinners Announcement:**

In 2019, the maximum number of attendees for special event dinners will be 80. Once we receive 80 RSVPs, the registration will be closed. The suggested donation amount for the meal will increase from \$6.00 to \$7.00.

## 10 Tips for Parkinson's Disease Caregivers

Being a caregiver for a loved one who has **Parkinson's disease** can be very stressful. It's difficult to watch someone close to you suffer and you want to be able to do your best for them, but it's important to remember that you also have to take care of yourself.

We've compiled a list of practical tips for caregivers of patients with Parkinson's disease to hopefully make their lives easier and to help ease the stress. We've based our advice on information from the Michael J Fox Foundation and Partners in Parkinson's.

- 1. Be organized:** Keep all of your loved one's medical notes, insurance, records, appointments, telephone numbers of clinics and doctors, and medication details in a folder that can be easily accessed at any time. Take this folder with you to all appointments so you have everything on hand.
- 2. Look after yourself:** In order to be able to look after your loved one, you need to be physically and emotionally well. Take time off—it's important to unwind and de-stress. Ask other family members and friends to help out or look into hiring professional care. Spend some time doing something you enjoy and take your mind off things for a few hours.
- 3. Understand the medical insurance:** Make sure you fully understand your loved one's medical insurance policy — what it does and doesn't cover and how to apply for reimbursements of medical costs.
- 4. Join a support group:** Find out if there are any active support groups in your local area. If not, then look online for a support group for caregivers of Parkinson's disease patients. This will give you both practical and emotional support, and you will be able to ask advice and share your experience with others who are going through the same thing.
- 5. Educate yourself about Parkinson's disease:** Keep up to date with all the latest news about the condition, read up about symptoms and talk to your loved one's doctor about what to expect with the progression of the disease.
- 6. Expect changes in the relationship:** Mood swings and depression are common in Parkinson's disease and your loved one may even become resentful. It's difficult to deal with these changes in the relationship, so open and honest communication is critical. You will both need time to adjust to your new roles in the relationship.
- 7. Observe symptoms and report any changes:** As your loved one's caregiver, you will probably be the first person to notice any changes in behavior or worsening of symptoms. Report these to your loved one's doctors as they occur so they can be addressed as soon as possible.
- 8. Encourage independence:** Try not to do too much for your loved one, they will want to hold onto their independence for as long as possible. Ask if they need help and respect their answer.
- 9. Know your rights:** Familiarize yourself with both caregivers' and disability rights. Find out if you are entitled to any benefits.
- 10. Talk about the future:** Although this is a difficult topic to broach, it's important that you understand what your loved one wants further down the line. You need to discuss wills, treatment options and end-of-life decisions.

[from parkinsonsnewtoday.com 10/19/17 by Wendy Henderson]

## **Pro Action Transportation, Emergency Response, and Project Lifesaver Programs**

**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.

### **Emergency HEAP Benefits Start January 2, 2019**

A household can receive a one-time regular HEAP benefit of up to \$726 if they are eligible. Eligibility is based on income, household size and how the home is heated. Additionally, households that have already received HEAP assistance may qualify for a one-time emergency HEAP benefit if they are at risk of getting their heat shut off or running out of fuel, which they cannot afford to resupply. Applications will be available at Yates County DSS and Pro Action Yates Office for the Aging or persons may apply on-line at [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov). Applications for emergency benefits will be accepted starting on Wednesday, January 2.

### **Language Assistance Services Available**

Pro Action Yates Office for the Aging provides language assistance services through the AT&T Language Line program. If you or someone you know speaks or prefers a language other than English, please let us know by using the enclosed Language Access Poster. We will arrange for services to be provided in your preferred language at **no cost** to you.

### **NOEP Coordinator at the Pro Action Yates Office for the Aging**

Since 1987, Hunger Solutions New York oversees NOEP Coordinators (Nutrition Outreach and Education Program) in almost every County throughout New York State and throughout all boroughs of New York City. NOEP's nationally recognized model is one of the largest Supplemental Nutrition Assistance Program (SNAP) outreach programs in the nation. The Supplemental Nutrition Assistance Program is a federally-funded program that stretches the monthly food budget for those who qualify under program guidelines.

NOEP Coordinators help individuals by:

- Help applicants gather documents necessary for, filling out and sending in a SNAP application.
- Offer translation services, home visits, and in-person or over-the-phone assistance.
- Work with local government offices to ensure each application is processed correctly.
- Refer households to other nutrition assistance programs and community resources.

Through NOEP's community-based work, tens of thousands of new households apply and receive nutrition assistance every year.

Your Yates County NOEP Coordinator, **Ashton Dillon**, is provided through Pro Action of Steuben and Yates, Inc. and is located right at the Yates Office for the Aging. To see if you may qualify, give Ashton Dillon a call today at 315-536-5515.

### **Guides to Managing Someone's Money or Property**

Millions of Americans are managing money or property for a family member or friend who is unable to make financial decisions or pay bills. Serving as a financial caregiver can be tough, so the Bureau of Consumer Financial Protection created the Managing Someone Else's Money Guides for four different financial caregiving roles: agents under power of attorney, guardians of property, trustees, and Social Security or VA representative payees. You can order your free copies of the Managing Someone Else's Money guides at [consumerfinance.gov/msem](http://consumerfinance.gov/msem).

### **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: January 8 to March 19 from 10:00-11:00 am.

Penn Yan area class – Thursdays: January 3 to March 21 from 10:00-11:00 am.

#### **Tai Chi – Relieve Pain and Improve Health and Balance**

Penn Yan class — Tuesdays: **Advanced class** – January 8 to March 19 from 8:30-9:30am.

Penn Yan class – Wednesdays: **Beginners class** – January 2 to March 20 from 1:30-2:30 pm.

Penn Yan class — Thursdays: **Beginners class**- January 3 to March 21 from 8:30-9:30am.

#### **Heathy Living –Learn how to manage your chronic health conditions**

We will hold a class in the spring.

**New Class – Walk with Ease** – this is a program that has proven to help people with arthritis or other conditions reduce pain, increase balance, strength, walking pace and improve overall health. Classes will be held in the spring. Call if you are interested in finding out more about this class.

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.

## **Open Doors**

Open Doors is a statewide program, funded by NYS Department of Health. The program works closely with the Nursing Home Transition and Diversion (NHTD) and the Traumatic Brain Injury (TBI) Medicaid Waivers, and Medicaid Managed Long Term Care (MLTC) Plans to provide services that will support people in the community.

Open Doors helps people living in nursing homes and Intermediate Care Facilities to receive home and community based services. There are transition specialists at Independent Living Centers in counties all over New York State.

Yates County is served by the Open Doors Transition Center through the Center for Disability Rights (CDR). Transition Specialists provide residents with information about home and community based services needed to return to the community. Working with the discharge planner, they assist in finding services in the community, including locating housing and provide community preparedness education to make sure that individuals have the information/skills they will need when they return to the community. Open Doors also can offer peer support through a Peer Outreach and Referral program.

All nursing home social workers ask a person capable of making their own decisions, if they would like to move out of the nursing home. If the person is interested, the social worker submits a referral to CDR. The majority of referrals come from nursing home social workers but they can be self-referrals or from a family member. Eligibility includes the person being: Medicaid eligible at least one day prior to discharge/transition; 18 years old or older; lived in a nursing home for three months or longer; and have health needs that can be met through services in their community.

To learn more about Open Doors, contact the Center for Disability Rights (CDR) at 585-546-7510.

## **Would You Like A Phone Friend?**

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 Pro Action Yates 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.

**\*\*For more information, please call Pro Action Yates Office for the Aging at 315-536-5515 and ask to speak with Ann Edwards-Dickerson or Amy Canfield.\*\***

## GET INVOLVED!

### Strengthening yourself by Strengthening your Community

- ◆ **Pro Action 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@millyspantry.org](mailto:volunteer@millyspantry.org).

### Educate Yourself and Be Aware of Scammers

Scammers target older adults and unfortunately, these scams often work. Many schemes against older adults are done by e-mail, the phone and even through door-to-door advertising. They may take the form of alleged credit card offers, charity donation requests, home improvement offers, investment opportunities, banking and wire transfers, insurance offers, health products, sweepstakes/contests, etc. Senior Living's Common Elderly Scams Guide covers various fraud tactics that scammers commonly use, followed by more detail on each type of fraud. It also reviews resources you can turn to if someone you know may be a victim of a scam. Check out the Common Elderly Scams Guide at <https://www.seniorliving.org/research/common-elderly-scams/>.

### **Nominations for Senior Day 2019**

Each May as part of national Older Americans Month, NYSOFA celebrates older adults at an Older New Yorkers' Day event in Albany. Many older New Yorkers, chosen by their local offices for the aging, are recognized for their outstanding contributions at this annual event. Pro Action Yates Office for the Aging is accepting nominations for the Senior Day 2019 event. It is time to take a moment and share information about the great volunteers you know. Please contact Zack Housworth at (315)536-5515 to nominate someone. Let Zack know how the nominee has made a difference in our community through civic engagement. Nominations are due no later than **Friday, February 8, 2019**.

### 2019 NY Connects Yates Office for the Aging Service Directory

**There have been some staffing changes. The 2019 Service Directory is enclosed. Please keep this as a helpful reference tool all year long.**



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U.S. POSTAGE  
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## THE GRAPEVINE EXPRESS JANUARY/FEBRUARY 2019



### 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/>

#### **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.

**NEWSLETTER ACCESSIBILITY:** LARGE PRINT issues of “The Grapevine Express” are available upon request. You may also receive this newsletter electronically via email. Let us know your preference. We offer help for those who don’t speak/read English or cannot read. We have special equipment if you are hard of hearing. All of these services are FREE. Just ask!

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