



THE GRAPEVINE EXPRESS

March/April 2019

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



Friday, April 19

Tax Appointments Are Still Available!

Pro Action Yates County Office for the Aging and the AARP Taxaide Program are offering free income tax service through Friday, April 12, to taxpayers with low to middle income, with special emphasis for those aged 60 and older.

Call Pro Action Yates Office for the Aging at 315-536-5515 to make an appointment. If you are forwarded to a voicemail box, clearly leave your name and phone number, and someone will return your call. Appointments may be made Monday through Friday from 8:30AM to 4:30PM. If you need to cancel or reschedule your appointment, also call 315-536-5515 and leave a message.

All tax appointments will be held at the Pro Action Office for the Aging, located in the Yates County Office Building at 417 Liberty Street, Suite 1116 in Penn Yan. Appointments start at 9:00AM Tuesday through Friday (there are no Monday appointments). Please arrive 15 minutes before your scheduled appointment.

Where do you find help and information on services and supports in your Community?

Call NY Connects at 315-536-5515 or visit the NY Connects Resource Directory at <https://www.nyconnects.ny.gov/>

What is NY Connects? NY Connects is a trusted single point of access where you can get information and assistance you need to make informed decisions about long term services and supports. Long term services and supports can be provided in your home, in your community, in assisted living facilities, or in nursing homes. It is for people of all ages. You could be paying for services yourself, through insurance, or be eligible for a government program. NY Connects is a free service and there are no eligibility requirements to access the information and consultation services.

Who does NY Connects serve? Anyone who needs information on long term services and supports:

- A child or adult with a disability
- An older adult
- Family members and caregivers
- Friends or neighbors
- Helping professionals

What kind of help can I get from NY Connects? Comprehensive and unbiased information about long-term services and supports including:

- In Home Services
- Caregiver Supports
- Care Coordination
- Respite Care
- Transportation
- Home Delivered Meals
- Health Insurance Information
- Nursing Homes And More!



LOCAL EVENTS

March 12 and April 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.

March 14 and April 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.

March 19 and April 16

- ◆ The Suicide Prevention Coalition of Yates County monthly meeting will be held at 5:30 pm at the Yates Community Center building, 463 North Main Street, in Penn Yan. This is an open coalition working together to prevent suicide by increasing awareness, understanding, education and training-ultimately empowering our community to help end suicide in Yates County. For more information go to the Facebook Page or email yatessuicideprevention@gmail.com. All are welcome to attend.

March 25 and April 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.

March 26

- ◆ 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 to attend, contact 315-536-5515.

April 3, April 10 and April 17 (Attend one, two or all three)

- ◆ Community education events offered by the Alzheimer’s Association. Understanding Alzheimer’s and Dementia (4/7/19), Effective Communication Strategies (4/10/19), and Understanding and Responding to Dementia Related Behavior (4/17/19) from 12:00– 1:00 pm at Pro Action Yates Office for the Aging, 417 Liberty Street , Suit e1116, in Penn Yan. To register to attend, contact 800-272-3900.

April 4

- ◆ **Free** to all Yates County Seniors, 16th annual HUBBA “Afternoon Tea”, Penn Yan Academy Gymnasium, from 4:00—5:30 p.m. This event is a gift to the community by the Youth of Penn Yan. To place a reservation, please call 315-536-5515 by Friday, March 29. Transportation is available by calling 315-536-5517.

April 11

- ◆ Social Activity event offered by the Alzheimer’s Association at the Finger Lakes Museum & Aquarium from 11:00– 12:30 pm at 3369 Guyanoga Road in Branchport. To register to attend, contact 800-272-3900.

April 15

- ◆ 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 11:00am at the Branchport Library, 3699 NY-54A in Branchport/

April 23

- ◆ 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 to attend, contact 315-536-5515.

Winter Considerations for People Living with Dementia

Minimize "Sundowning" Symptoms- "Sundowning" is an increased restlessness, agitation, irritability, and/or confusion as day becomes night. During the winter, with less hours of light, symptoms of "sundowning" might be more pronounced. **Suggestions:** Reduce sensory distractions, ie: turn off background TV noise. Shut curtains and turn on lights to prevent shadows. Some find motion sensor lights, lights set to timers, and/or therapy lamps to be helpful.

Prevent Falls- Increased difficulty with vision, balance, and depth perception is common for people living with dementia, which is only made more difficult with ice and snow. **Suggestions:** Help your loved one with dementia to take smaller steps and walk slower. Incorporate exercises to improve balance (ie: Consider attending Matter of Balance classes offered by Lifespan). Have appropriate winter footwear and encourage assistive devices, such as walkers and canes.

Layer Up- It may be more difficult for someone living with dementia to communicate discomfort related to the weather. **Suggestions:** Provide more light layers of clothing. Keep gloves, hats, and scarves within easy access.

Source: Finger Lakes Caregiver Institute Quarterly Newsletter Winter 2018-19

Talking to Kids About Dementia

Discussions may vary based on age, but here are some general suggestions in speaking with kids about dementia:

Give simple and honest explanations about the disease. Simply state that their loved one has a disease that makes it hard to remember things.

Validate their feelings. Let kids know that it is okay to feel sad and angry and anywhere in between.

Provide kids comfort and support. Emphasize that no one caused the disease, it is no one's fault, and it is not something that you can "catch," like a cold.

Model kind interactions. When kids see us enter into the reality of their loved one with dementia and not correct nor quiz, kids are more likely to do the same.

Source: Finger Lakes Caregiver Institute Quarterly Newsletter Winter 2018-19

Are you making time for yourself while caregiving?

Check out these 9 ways to put your own health and well-being back on the list:

1. Ask for help when you need it.
2. Eat healthy foods.
3. Join a caregiver support group.
4. Take breaks each day.
5. Spend time with friends.
6. Keep up with your hobbies and interests.
7. Get exercise as often as you can.
8. See your doctor on a regular basis.
9. Keep your health, legal, and financial information up-to-date.

Visit the National Institute on Aging website at <https://www.nia.nih.gov/health/alzheimers-caregiving-caring-yourself> for more self-care tips.

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.

Interested In Taking College Courses?

New York State Law permits residents 60 years or older to audit credit-bearing classes at state-affiliated campuses, without tuition, examination, grading or credit upon a space-available basis. Finger Lakes Community College (FLCC) permits persons sixty years of age or over to audit courses without tuition, examination, grading or credit on a space-available basis. This auditing privilege is restricted to courses that are offered for college credit. Any materials or supplies that are needed for class and that are not covered by normal tuition will be the responsibility of the person auditing the class.

- To view classes, go to: <https://webadvisor.flcc.edu/>. Once on this page, select Guest Access and then select Search for Classes.
- For the Senior Citizen Audit registration procedures, contact Finger Lakes Community College's One Stop Center, 3325 Marvin Sands Drive in Canandaigua at (585)785-1000 or e-mail: onestop@flcc.edu

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: April 2 to June 18 from 10:00-11:00 am.

Penn Yan area class – Thursdays: April 4 to June 20 from 10:00-11:00 am.

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan class – Mondays: **Beginners class** – April 1 to June 17 from 11:00am – 12:00pm.

Penn Yan class — Tuesdays: **Advanced class** – April 2 to June 18 from 8:30-9:30am.

Penn Yan class — Thursdays: **Beginners class**- April 4 to June 20 from 8:30-9:30am.

Heathy Living –Learn how to manage your chronic health conditions

Save the date. A new class will start July 2.

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. New class will begin May 6. Call if you are interested in finding out more about this class.

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

Stay Connected

As people age they often find themselves spending more time at home alone. This can affect your health and well-being. Stay connected to combat loneliness and social isolation. Feeling lonely or being isolated are bad for your health. Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia and early death.

Are you at risk? Try to stay active and better connected if you:

- Live alone or can't leave your home.
- Feel alone or disconnected from others.
- Recently had a major loss or change.
- Are a caregiver.
- Lack a sense of purpose.

Ideas for staying connected:

- Find an activity that you enjoy or learn something new. You might have fun and meet people with similar interests.
- Get moving! Exercise decreases stress, boosts your mood, and increases your energy.
- Volunteer. You'll feel better about helping others.
- Stay in touch with family, friends, and neighbors in person, online or by phone.
- Consider adopting a pet. Animals can be a source of comfort and may also lower stress and blood pressure.

Source: National Institute on Aging

Electronic Grapevine Express

If you are an older adult or caregiver/family member of an older adult and would like to receive the Grapevine Express via email, call our office at 315-536-5515 and let us know. You will need to supply your email address.

Enhanced STAR Income Verification Program (IVP) and Senior Citizen Exemptions

The information does not apply to new homeowners and first-time STAR applicants. If you're a new homeowner or first-time STAR applicant, you need to register for the STAR credit with the Tax Department, instead of applying for the IVP exemption.

New for 2019, if you're applying or reapplying for the Enhanced STAR exemption, you must enroll in the Income Verification Program (IVP). You only need to enroll once, and you'll receive the exemption each year, as long as you're eligible.

Additional benefits include: the comfort of knowing you can't miss the renewal deadline because it doesn't apply to you, and privacy. You'll no longer need to share your income tax returns with your assessor's office.

In the first year, your assessor will verify your eligibility based on the income information you provide. In the following years, NYS Department of Taxation and Finance will verify your income eligibility. You will not need to reapply for the exemption or provide copies of your tax returns to your local assessor. Note: Your income will not be disclosed to the assessor, just whether or not your income satisfies the income eligibility requirement.

Already in the Income Verification Program? You don't need to take any action to continue receiving the Enhanced STAR exemption. The Tax Department will contact you if it needs additional information. If you are also receiving the senior citizens exemption, you will still need to annually reapply for that benefit with your assessor.

To apply or reapply for the Enhanced STAR exemption, submit the following to your assessor: Form RP-425-IVP, Supplement to Forms RP-425-E and RP-425-Rnw (include the Social Security numbers of all owners of the property and any of their spouses who reside at the property); and either for Basic STAR recipients upgrading to Enhanced STAR: Form RP-425-E, Application for Enhanced STAR Exemption for the 2019-2020 School Year, or for renewal applicants: Form RP-425-Rnw, Renewal Application for Enhanced STAR Exemption for the 2019-2020 School Year.

You must also provide proof of income as described on your forms.

The application deadline is March 1 in most communities, but check with your local assessor to be sure.

Additional information for senior citizens exemption applicants:

In the past, senior citizens who qualified for the senior citizens exemption were automatically granted the Enhanced STAR exemption. Due to changes in New York State law, beginning with applications for 2019, you **must apply separately** for the senior citizens exemption and the Enhanced STAR exemption.

To apply or reapply for the senior citizens exemption, file the applicable form with your assessor:

-for first-time applicants: Form RP-467, Application for Partial Tax Exemption for Real Property of Senior Citizens, or

-for renewal applicants: Form RP-467-Rnw, Renewal Application for Partial Tax Exemption for Real Property of Senior Citizens

See Form RP-467-I, Instructions for Form RP-467 Application for Partial Tax Exemption for Real Property of Senior Citizens, for the application deadline and additional information.

You can refer to the NYSDTF (NYS Department of Taxation and Finance) Website for further details at <https://www.tax.ny.gov> or contact your local assessor.

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.

Handwashing

Do you know the easiest and most effective way to avoid getting sick? Wash your hands!

Germs are tiny organisms invisible to the naked eye that can cause disease. There are many different types of germs. Bacteria, viruses, fungi, and protozoa are four major types.

Germs are everywhere, especially on your hands; and they can make you sick. Regular handwashing, especially before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

There are two ways to clean your hands. The first is by using soap and water and the second is by using an alcohol-based hand sanitizer. Be aware that hand sanitizers don't kill ALL types of germs and may not remove harmful chemicals like pesticides and heavy metals (such as lead).

Washing our hands reduces the amount of any types of germs, pesticides, and metals on your hands. The key to successful handwashing is to know when to do it and which method to use to prevent you (and others) from getting sick!

When should you wash your hands? If available, use soap and water to wash your hands in the following instances: before, during, and after preparing food; before eating food; before and after caring for someone who is sick; before and after treating a cut or wound; after using the bathroom, changing diapers, or cleaning up a child who has used the bathroom; after blowing your nose, coughing or sneezing; after touching an animal, animal food or treats, animal cages, or animal waste; after touching garbage; and if your hands are visibly dirty or greasy.

How to properly wash your hands: 1) Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. 2) Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails. 3) Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. 4) Rinse hands well under clean, running water. 5) Dry hands using a clean towel or air-dry them. If soap and clean water are not available, use an alcohol-based hand sanitizer and wash with soap and water as soon as you can.

How to use an alcohol-based hand sanitizer: Use an alcohol-based hand sanitizer that contains at least 60 % alcohol. Supervise young children when they use hand sanitizer to prevent them from swallowing alcohol, especially in schools and childcare facilities. 1) Apply. Put enough product on hands to cover all surfaces. 2) Rub hands together until hands feel dry. This should take around 20 seconds. Avoid rinsing or wiping off the hand sanitizer before it's dry, as it may not work as well against germs. Do NOT use hand sanitizer if your hands are visibly dirty or greasy— for example, after gardening, playing outdoors, or after fishing or camping. Unless a handwashing station is not available, wash your hands with soap and water instead.

Source: IPRO Healthy Insights, 2018 Issue 3



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THE GRAPEVINE EXPRESS MARCH/APRIL 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/>

Appointments Encouraged

Nothing is more frustrating than driving all the way to our office for help with a situation only to find that the staff person you need to see is unavailable or busy assisting other customers. Given the number and complexity of issues we assist with, we want you to meet with the staff person best able to help you. Please remember to call ahead and make an appointment. This will guarantee that you will be able to meet with someone experienced in the topics you are asking about. It will also reduce your wait time and increase our ability to see everyone in a timely manner.

Call Pro Action Yates Office for the Aging at 315-536-5515 to schedule your appointment.

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