



THE GRAPEVINE EXPRESS

May/June 2019

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



Monday, May 27

Older Americans Month May 2019 “Connect, Create, Contribute,”

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation’s observance of Older American’s Month. We are pleased to announce the 2019 theme, Connect, Create, Contribute, which encourages older adults and their communities to: **Connect** with friends, family, and services that support participation. **Create** by engaging in activities that promote learning, health, and personal enrichment. **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Everyone benefits when everyone can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May, and throughout the year.

Source: Administration on Community Living

Learn How to Be Heart Healthy

It is always the right time for you to learn how to be heart healthy and understand your risks for heart disease. Heart disease and the conditions that lead to it can happen at any age; it is happening to younger adults more and more often. Half of all Americans have at least one of the top three risk factors of heart disease:

1. High Blood Pressure. Millions of Americans of all ages have uncontrolled high blood pressure, which is one of the biggest risks for heart disease and other harmful conditions such as stroke.
2. High Cholesterol (blood/dietary). Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all lead to unhealthy cholesterol levels.
3. Smoking. Smoking damages the blood vessels and can cause heart disease.
4. Unhealthy Lifestyle
5. Family History
6. Type 2 Diabetes
7. Obesity
8. Age
9. Other Health Conditions

Although you cannot control some of these risk factors, you should always work to lower the ones you can control.

Ways to take Control of Your Heart Health: - Don’t smoke. In the U.S., smoking is the leading cause of preventable death. - Manage other health conditions. Work with your healthcare team to manage your health conditions such as high blood pressure and high cholesterol. - Eat heart healthy. Eat foods lower in trans fats, saturated fats, added sugar, and sodium. Do your best to fill at least half your plate with vegetables and fruits. -Stay active. Move for at least 150 minutes per week (2.5 hours).

Cholesterol: Blood vs. Dietary– Blood Cholesterol is a fat-like substance made by your liver. Your body needs it to make hormones and digest fatty foods. Did you know that your body makes all the blood cholesterol it needs? Dietary Cholesterol is found in foods such as meat, seafood, poultry, eggs and dairy products. Studies suggest eating less dietary cholesterol is associated with reduced risk of heart disease, even though your overall risk depends on many factors.

Communicate with your healthcare professional.

Be sure to ask your healthcare professional about additional steps you can take to reduce your risk factors and protect your future!

Source: IPRO Healthy Insights, 2019 Issue 1

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May 5

- ◆ 3rd Annual Yates Hunger Walk in support of our local food pantry. The Walk will be held Sunday, May 5, at 1:00 pm at the Penn Yan First Presbyterian Church, 211 Main Street. 90% of proceeds will help to purchase food for our local food pantry and 10% will go to Church World Service. For further information, please contact Donna Johnston at 315-536-2683.

May 9 and June 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.

May 14

- ◆ Pro Action/Yates Office for the Aging will hold a May Banquet dinner at the First Baptist Church. Hors d'oeuvres —cheese, pepperoni, and crackers, vegetable tray with dip and fruit punch will be from 3:15-4:00. Dinner will served at 4:00 – roast beef w/gravy, mashed potatoes, capri vegetables, rolls and strawberry shortcake. You must call and make reservations by Monday, May 6th, by calling 315-536-5515. There is a suggested donation of \$7 per meal for people over 60. There is a mandatory charge of \$7 if you are under 60. Transportation may be available by calling 315-536-5517. ** **New in 2019** – The cutoff for people attending the dinner is 80 guests. We will offer an additional 40 takeout meals for anyone interested in that option. Takeout dinners can be picked up at 4:30 pm. You must still make your reservations by the RSVP date for takeout meals.

May 14

- ◆ Pro Action Yates OFA Transportation will be offering a spring outing. Stay tuned for further details. Contact Terri Becker at 315-536-5515 for additional details.

May 14 and June 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 Barrington, Starkey, and the Village of Dundee are welcome to attend.

May 20

- ◆ “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.

May 28

- ◆ 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.

June 8

- ◆ Pro Action Yates OFA Transportation will be offering an outing to the Keuka Arts Festival on Saturday June 8th. There is no cost other than what you want to spend on purchases. The outing is 10am-2pm, with a limit of 14people. To register to attend, contact 315-536-5515 by 6/3/19.

June 8 and 9

- ◆ The Keuka Arts Festival is a fine art and skilled craft show held annually along the Keuka Lake Outlet Trail, only a few blocks from downtown Penn Yan. The event is free and will feature live entertainment and activities for families. Saturday June 8th: 10am –5pm and Sunday June 9th: 10am to 4pm. The festival will be held rain or shine. For more information visit <http://www.keukaartsfestival.com>

June 11

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at 6:00 pm at the Dundee Central School for PreK Graduation and “Bookcase For Every Child” Presentation. 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.

June 25

- ◆ 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.

2019 Concerts on the Courthouse Lawn, corner of Main and Court Streets, Penn Yan

All concerts are on Wednesdays at 6:30 p.m. on the lawn area in front of the old Yates County Courthouse on Main and Court Streets in Penn Yan. Ample parking is available. Several not-for-profit groups will provide refreshments for a small charge, and audience members are requested to bring their own lawn chairs and/or a blanket.

Restrooms are available, and the First Baptist Church will graciously welcome the crowd indoors in case of rain. The concerts are free for everyone. The committee offers the opportunity to make donations when the buckets are passed during intermissions to help defray expenses. Additional financial support for the series is given by several area businesses and professional sponsors.

- ◆ **June 26** - Rod Blumenau
- ◆ **July 3** - Paul Strowe
- ◆ **July 10**– Paulsen, Baker with special guest Warren Paul
- ◆ **July 17**– Community Chorus
- ◆ **July 24**– Cool Club & the Lipker Sisters
- ◆ **July 31**– Mr. Mustard
- ◆ **August 7**– Community Band
- ◆ **August 14**- Southern Tier Jazz Band

Also, **July 31– 10:30am** Children’s Concert at Indian Pines Park Michael Miller

23rd Annual Cruisin’ Night and Block Party on June 14th

Come view the beautiful antique, classic and hot-rod cars and motorcycles. Main Street in Penn Yan will close to vehicular traffic at 4PM and registration for the event begins at 5pm. Music will fill the streets from 5pm -9 pm.

Computer Education Sessions

Tech Treks Computer Learning Sessions, 1st and 3rd Saturdays at Penn Yan Public Library, 11:00 am – 1:30 pm. Get on the road to computer mastery! This ongoing series allows you to start at a comfortable level and progress at your own pace. Start with “Mouse Basics” at 11:00, or jump right into “Getting Around on a Computer” at 11:30. Join in at any level you want, then come back week after week to advance your knowledge, reinforce existing skills, or discover newly-added modules. Sessions are self-directed, with support from library staff and your fellow learners. Bring your own laptop if you’ve got one, or use one of ours. Materials are limited; call 315-536-6114 to let us know which modules you plan to attend!

Healthy Food Choices

Making healthy food choices is a smart thing to do—no matter how old you are! Use these tips to choose foods for better health at any stage of life.

1. Drink plenty of liquids. With age, you may lose some of your sense of thirst. Drink water often and limit beverages that have lots of added sugars or salt.
2. Make eating a social event. Meals are more enjoyable when you eat with others. Invite a friend to join you or look for shared meals at senior centers or places of worship.
3. Plan healthy meals. Check our resources on what to eat, how much to eat, and which foods to choose.
4. Know how much to eat. Learn to recognize how much to eat so you can control portion sizes. When eating out, pack part of your meal to eat later.
5. Vary your vegetables. Brighten your plate with different colored vegetables for a variety of nutrients and good sources of fiber.
6. Eat for your teeth and gums. Dental problems may make it hard to chew fruits, vegetables, or meats. Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.
7. Use herbs and spices. Your sense of smell, sense of taste, or both can change as you age. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.
8. Keep food safe. Throw out food that might not be safe and be sure not to eat raw or undercooked foods like eggs, fish, shellfish, meat, or poultry.
9. Read the Nutrition Facts label. Pay attention to what’s on the Nutrition Facts label on your food. This will tell you about things like calories, fats, sodium, and more.
10. Ask your doctor about vitamins or supplements. Your doctor will know best if you need any dietary supplements. It’s important to tell your doctor about all the dietary supplements you take, because they could interfere with your medicines or affect your medical conditions.

*Learn more about choosing healthy meals at <https://www.nia.nih.gov/health/choosing-healthy-meals-you-get-older>

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How to Become a Better Caregiver in One Day

You become a better caregiver by making your loved one’s day a little brighter--a little lighter and a lot happier each time you care for them. And it’s the simple things that are often the most appreciated. If you can “make their day,” you often unknowingly become a better caregiver.

Here are six care-giving tips that will surely help to brighten your loved one’s day:

Number 1: Make a Promise to Be Patient

Patience is a virtue for a reason; it’s darn near impossible to achieve it; but it’s one you actively strive to reach. The capacity to tolerate without becoming annoyed can make you a better caregiver and a better person overall. Be slow to react when mom criticizes your relationships; walk outside for a breath of fresh air when a tense situation develops. Make allowances for each other’s faults and with time and grace, you’ll be able to enjoy each other’s company.

Number 2: Find Your Sense of Humor – We all have it!

There are more trials in a caregiver’s week than what you’d probably find in a legal court house. The point is that to become a better caregiver you’ll need to find ways to see humor in life’s testing moments.

If you can laugh more and not take yourself (and situations you don’t have control over) so seriously, you’ll also allow your loved one to relax under difficult times. As the proverb says...“A relaxed attitude lengthens life....”

Number 3: Do the Unexpected to Get a Smile

Do the unexpected and make it your goal to get your loved one smiling. It requires a small sacrifice, but there is typically a “pretty good return” on this investment.

Tips: Plan a visit to mom’s or dad’s. Give mom a compliment about her hair, complexion or outfit. Offer to paint her nails if she’d like. Bring along Dad’s favorite snack or a poster of his favorite sports team to hang on his door. Do a Sudoku puzzle together and compete to see who can finish first.

Number 4: Share an Activity Together

It’s amazing how often you spend time together without actually connecting. Do something you’ll both enjoy and connect with each other. Go out for lunch at your favorite diner, see the sunset, enjoy an afternoon at the park, watch some funny family videos or a drama series and simply relax in each other’s presence. It is often these moments that become the most treasured memories.

Number 5: Listen and Make Eye Contact

Listening is an art. It’s at the core of any good relationship and it takes a lot of practice. Make it a habit to really listen to your loved one when they express their needs and wants. It can be one of the best ways to make dad or mom feel special. And just like listening, making eye contact is a good habit to develop as a caregiver. It shows trust and demonstrates your effort to truly engage with your loved one.

Number 6: Give a Hug or a Pat on the Back

If you really want to brighten your loved one’s day, give them a hug, a reassuring pat on the back, a kiss on the cheek, or a squeeze of the hands. It’s such a warm way of making their troubles go away (at least for a moment). Often you’ll find that becoming a better caregiver simply means being unselfish and responding with grace to the needs of the person you love. Chances are, you’re probably doing a lot of that already!

[from UMH.org By: Marissa Salvesen on November 21st, 2013]

Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself while caring for a friend or relative.



This program helps informal caregivers reduce stress, improve self-confidence, communicate feelings, balance their lives, increase their ability to make tough decisions, and locate helpful resources. Classes consist of six sessions held once a week, led by two trained Class Leaders. Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them into action for your life.

Each caregiver will receive a book, *The Caregiver Helpbook*, developed specifically for the class. Classes and the book will be FREE, thanks to support from the Finger Lakes Alzheimer’s Caregiver Institute.

Classes will be held at the Yates County Office Building, Room 1037, 417 Liberty Street, in Penn Yan from 9:30-11:00 am. Sessions are held every Wednesday from June 19— July 24, 2019. For more information or to register, contact Amy Canfield or Becky Bennett-Tears at **Pro Action/Yates Office for the Aging at 315-536-5515**. Class size is limited and pre-registration is required by 6/12/19.

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.

Did you know that you can ride in our vehicle with your own Transportation Companion? Many times riders ask if it is ok if their friend, neighbor or family member can ride along. The answer is **YES**. Pro Action Yates OFA also has volunteer companions who may be available to 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.

***Please remember that Office for the Aging is not a medical transport, our drivers cannot lift, pull, push or tug riders to help them get in or out of our vehicles. You must be able to get to and from the vehicle on your own or with your companion. Drivers can assist with lending an arm and each vehicle has a step stool to help with getting in/out of the vehicle.**

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.

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.

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 Swarhout at 315-536-5515. Most classes can be joined at any time! Transportation may be available.

Yates County Public Health 2019 Free Rabies Clinics

Date	Location
Wednesday June 5, 2019 7pm-8pm	Yates County Maintenance Garage 415 Liberty Street Penn Yan, NY 14527
Wednesday Aug 28, 2019 7pm-8pm	Potter Fire House 1255 Phelps Road Middlesex, NY
Monday Sept 16, 2019 7pm-8pm	Italy Highway Barn 915 Italy Valley Road Town of Italy, Naples, NY \$ 5 if you are not a resident of the Town of Italy
Saturday Sept 28, 2019 9am-10am	Dundee Village Barns 25 Spring Street Dundee, NY 14837
Saturday Nov 2, 2019 9am-10am	Benton Fire Department 932 State Route 14A Penn Yan, NY 14527

Please have all animals on leash or in a carrier.

- Reduce your wait time at Rabies Clinics. Pre-fill your paperwork at: <https://www.yatescounty.org/239/Rabies-Clinics>
- Bring proof of any previous rabies vaccination (like a vet certificate or other rabies clinic certificate) and the new certificate will be valid for 3 years.
- Without proof of previous vaccination, certificate will expire in 1 year. Dog tags cannot be used as proof.
- **All vaccinations are FREE.**

For questions, please call 315-536-5160



Senior Health Check-Up– Free Medicare Preventative Care

As of 1/1/19, if you have Original Medicare or are enrolled in a Medicare Advantage Plan, you're still entitled to **free** selected preventative services, including an annual "Wellness Visit," where you can go over the general state of your health with your doctor and work with him or her on a plan to stay as healthy as possible.

People enrolled in Original Medicare or Medicare Advantage plan are eligible for preventative services such as flu and pneumococcal vaccines, bone-mass measurements, smoking-cessation counseling, and screenings for cancer (cervical, colorectal, lung, prostate, and breast), Alcohol Misuse Screening & Counseling, Cardiovascular Disease Behavioral Therapy, Cardiovascular Disease Screening, Depression Screening, HIV Screening, Obesity Screening, Sexually Transmitted Infection Screening/Counseling, and Advanced Care Planning (ACP) done during a person's Annual Wellness Visit.

Some preventative services, such as Abdominal Aortic Aneurysm Screening, Diabetes Screening, Hepatitis B vaccines, Hepatitis C Screening, and Obesity Counseling are covered only if you meet certain risk criteria.

**If you have questions about your preventative health care benefits under your Original Medicare or Medicare Advantage plan, please contact Ashley Tillman at 315-536-5515.

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.
- ◆ **Phone Friends-** Pro Action Yates Office for the Aging is seeking volunteers to make brief, friendly phone calls to homebound seniors to provide emotional support and to enhance social contact. Please contact Becky Bennett-Tears at 315-536-5515 for more information.

Looking for Help with Medical Expenses?

If you qualify for the Medicare Savings Program, you will no longer have to pay the Part B premium which is taken from your Social Security benefit monthly. Income guideline limits to qualify are \$1426/month for an individual and \$1923/month for a married couple. Even if you think you are over the guideline, certain expenses can be deducted from your income which may make you eligible. There are no asset limits.

If you qualify for Low Income Subsidy "Extra Help" with Medicare Part D drug coverage, your out of pocket costs for prescriptions and premiums may be reduced. If your income is below \$1581 for an individual or below \$2134 for a married couple, you may qualify for financial assistance. There are also asset guidelines that we can discuss with you.

Call Yates Office for the Aging (Ashley Tillman) at 315-536-5515 to have a Medicare Beneficiary Income Screening appointment see if you are eligible. Please bring proof of your income, all Medicare cards and your most recent health insurance bill to the appointment.

Debt Concerns

Generally, older adults are carrying more debt, including credit card and student loan debt, into retirement than in past decades. One out of every two families headed by adults age 75 or older was in debt in 2016, more than double the rate from thirty years ago. Although older adults are less likely than younger consumers to have debt end up in collection, complaints regarding debt collectors and collection practices are frequently among the top consumer complaints in this age group. Most often complaints center on the validity or amount of the debt, improper attempts to collect debt of deceased family members, and abusive communication, including threats to garnish federal benefits or wages, arrest, and criminal prosecution. The federal Fair Debt Collection Practices Act (FDCPA) protects consumers from unfair and abusive collection practices. To stop collection harassment, consumers should know that they can: obtain additional information about the collector and debt, and dispute invalid debts; inform collectors of exempt property and income (Social Security, SSI, veterans' disability, unemployment, and workers' compensation benefits); send a "stop contact" or "cease communication" letter. The collector will stop contacts except the few contacts allowed by law; sue a debt collector for violations of the FDCPA; negotiate with the collector for a discounted payoff; or consider filing for bankruptcy.

Source: NCLER



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Yates NY Connects/Office for the Aging

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- Go to our website for previous issues of The Grapevine Express at <http://proactioninc.org/thriving-seniors/>

Changes in the Yates County Elections for 2019

Starting in 2019, with the implementation of Election Reform the normal September Primary date has been moved to June 25 combining with any Federal Elections. If there are going to be contests among candidates from the same party for Town, County or Legislative offices, the Primary will be 11 weeks earlier than last year.

This also means that you might have had candidates and party workers come to your door in March asking for signatures on Designating Petitions. This normally would have happened later in the summer.

And, finally, this means that Permanent Absentee ballots will be delivered to mailboxes earlier, on or about May 15th. Individuals who are newly infirmed and no longer able to vote in person at one of the polling sites, are encouraged to request an application to vote by absentee ballot by May 1, 2019. Call 315-536-5135, 9am – 4:30pm, weekdays and request an application. This year, there will be elections in the fall for 61 town and county offices. It is important for voters to become informed and exercise their right vote.

This newsletter is funded in part through the New York State Office for the Aging under Title III-B of the Federal Older American's Act