



# THE GRAPEVINE EXPRESS

July/August 2019

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



Thursday, July 4

## Farmer Market Coupons

- ◆ Farmer's Market Coupons are available again this year. You need to: 1) be at least age 60 **AND** 2) be low income (contact Yates Office for Aging for financial guidelines). Each older adult in a household is eligible to receive a booklet if they meet the requirements.
- ◆ Each booklet has \$20 worth of coupons (five \$4 coupons) to buy locally grown produce from the approved Farmer Markets. You will receive a list of markets with the coupon booklet.
- ◆ The coupons must be used to purchase produce items and cannot be spent on jams, baked goods, or crafts. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ◆ These coupons help older adults access fresh, healthy, locally grown produce, and they also help the area economy by supporting our local farmers.
- ◆ You need to get your booklet before 9/30/19 and coupons must be used before 11/30/19. Booklets are dispersed on a first come, first serve basis.

Please call Yates Office for the Aging at **315-536-5515** for further details.

## Keep Your Heart Healthy

Keep your heart healthy as you get older by:

- **Being more physically active.** Talk with your doctor about the type of activities that would be best for you. Move every day, even just for 10 minutes at a time (or less!). Start by doing activities you enjoy—brisk walking, dancing, bowling, bicycling, or gardening.
- **If you smoke, quit.** It's never too late to get some benefit from quitting smoking. Quitting, even in later life, can lower your risk of heart disease, stroke, and cancer over time.
- **Follow a heart-healthy diet.** Choose foods that are low in saturated fats, added sugars, and salt. Eat plenty of fruits, vegetables, and foods high in fiber, like those made from whole grains.
- **Keep a healthy weight.** Some ways you can maintain a healthy weight include limiting portion size and being physically active.
- **Keep your diabetes, high blood pressure, and/or high cholesterol under control.** Follow your doctor's advice to manage these conditions, and take medications as directed.
- **Don't drink a lot of alcohol.** Men should not have more than two drinks a day and women only one.
- **Manage stress.** Learn how to manage stress, relax, and cope with problems to improve physical and emotional health. Consider activities such as a stress management program, meditation, physical activity, and talking things out with friends or family.

Visit the National Institute on Aging's website at <https://www.nia.nih.gov/health/heart-health-and-aging> to learn more about heart health and aging.

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**July 9**

- ◆ Join us! Pro Action/Yates Office for the Aging will hold its annual Summer Picnic at 12:00 pm at the St. Paul's Lutheran Church in Penn Yan. This is a **new location** this year. The menu is hot dog or hamburger, baked beans, pasta salad, watermelon, iced tea, lemonade and frosted brownies for dessert. To place a reservation, call 315-536-5515 by 7/1/19. Transportation will be available by calling 315-536-5517.

**July 9 and August 13**

- ◆ "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.

**July 11 and August 8**

- ◆ 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.

**July 23**

- ◆ 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.

**July 23**

- ◆ Pro Action Yates OFA Transportation will be offering a trip to the Antique Wireless Museum in Bloomfield, NY on Tuesday, July 23, from 10:30am-2:30pm Please note there is an \$8.00 entrance fee to the museum which includes a guided tour. There will be stop for lunch on your own at Mugsy's Family Restaurant in Bloomfield. Trip is for Yates County residents age 60 and over. As Yates OFA does with all trips, a voluntary contribution letter will be sent out the following month. If you are able to make a contribution, it is very much appreciated as it helps to keep our transportation program operating. Please call 315-536-5517 to reserve your spot by Friday, 6/19/19.

**August 2**

- ◆ Rushville Community Health Center is having their Annual Health Fair from 11am-2pm at the Rushville Health Center.

**August 6**

- ◆ Pro Action Yates OFA Transportation is offering an opportunity to come play mini golf with Pro Action Yates Office for the Aging Staff at Mac's Dairy on Tuesday, August 6<sup>th</sup> from 1pm-3pm Ice cream is pay on your own, but mini golf is FREE. Trip is for Yates County residents age 60 and over. As Yates OFA does with all trips, a voluntary contribution letter will be sent out the following month. If you are able to make a contribution, it is very much appreciated as it helps to keep our transportation program operating. Please call 315-546-5517 by Friday, 8/2/19. to reserve your seat.

**August 24**

- ◆ Hope Walk of Yates County at the Yates Community Center, 467 North Main Street, Penn Yan, from 3:00pm-11:00pm. All funds raised will stay in Yates County. For more information, go to www.HopeWalkofYatesCounty.org or contact 607-283-4673 (HOPE).

**August 26**

- ◆ "Our Town Rocks" Community Gathering monthly meeting will be held on August 26<sup>th</sup> at Dundee Central School Back To School Community Meeting. 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.

**August 27**

- ◆ Pro Action Yates OFA Transportation will be offering a trip New York State Fair on Senior Day. Free Admission to the NYS Fair!!! Join us for a ride to the fair Tuesday, August 27. We will depart from Penn Yan at 9am and return back by 4pm. Trip is for Yates County residents age 60 and over. As Yates OFA does with all trips, a voluntary contribution letter will be sent out the following month. If you are able to make a contribution, it is very much appreciated as it helps to keep our transportation program operating. Please call 315-536-5517 to reserve your seat by Friday, 8/23/19.

**August 27**

- ◆ Come learn the basics about Medicare! Welcome to Medicare Presentation by Pro Action Yates Office for the Aging from 5:00 -7:00pm 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.

- ◆ **July 3** - Paul Stowe
- ◆ **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 30- 10:30am** Children's Concert at Indian Pines Park Michael Miller

### **Summer Safety**

Older people are at significant increased risk of heat-related illnesses, known collectively as hyperthermia, during the summer months.

Hyperthermia can include:

heat stroke (body temperature above 104; fainting; behavior change (confusion, combativeness, staggering, possible delirium or coma); dry, flushed skin; strong, rapid pulse; lack of sweating. Seek immediate medical attention).

heat edema (swelling in ankles and feet when hot).

heat syncope (sudden dizziness after being active in the heat).

heat cramps (painful tightening of muscles in stomach, arms, or leg).

heat exhaustion (feel thirsty, dizzy, weak, uncoordinated, and nauseated; may sweat a lot, but skin may feel cold and clammy).

Knowing which health-related factors may increase risk could save a life. Those factors include:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands.
- Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever.
- High blood pressure or other conditions that require changes in diet, such as salt-restricted diets.
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs
- Taking several drugs for various conditions. (It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.)
- Being substantially overweight or underweight.
- Drinking alcoholic beverages.
- Being dehydrated.
- Lifestyle factors can also increase risk, including extremely hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions.

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

Source: National Institute on Aging

**Risks for and Signs of Elder Abuse**

According to the National Council “Elder Abuse Facts, approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse. Some estimates range as high as 5 million elders who are abused each year. One study estimated that only 1 in 14 cases of abuse are reported to authorities”.

Abusers are both women and men. In almost 60% of elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses.

Social isolation and mental impairment (such as dementia or Alzheimer’s disease ) are two factors. Recent studies show that nearly half of those with dementia experienced abuse or neglect. Interpersonal violence also occurs at disproportionately higher rates among adults with disabilities.

**What are the warning signs of elder abuse?**

- **Physical abuse, neglect, or mistreatment:** Bruises, pressure marks, broken bones, abrasions, burns.
- **Emotional abuse:** Unexplained withdrawal from normal activities, a sudden change in alertness, or unusual depression; strained or tense relationships; frequent arguments between the caregiver and older adult.
- **Financial abuse:** Sudden changes in financial situations.
- **Neglect:** Bedsores, unattended medical needs, poor hygiene, unusual weight loss.
- **Verbal or emotional abuse:** Belittling, threats, or other uses of power and control by individuals.  
(<https://www.ncoa.org/public-policy-action/elder-justice/elder-abuse-facts>)

According to the Nursing Home Abuse Center Team “Elder abuse is defined as negligent or intentional acts performed by a caregiver or other trusted individual that results in harm to a vulnerable elderly person. The signs of elder abuse are identifiable, and knowing those signs is crucial”.

**Risk Factors for Elder Abuse**

Elder abuse can happen to anyone and occur at any place, including the person’s home, an assisted living facility, a nursing facility or in a hospital. It can affect elderly persons of all socioeconomic groups, races, and cultures. Surprisingly, most of the mistreatment of the elderly comes from family members in the patient’s own home.

Those at the greatest risk for elder abuse are home-bound elders, women, individuals older than 80, and those who live in isolated conditions.

Typical risk factors that make an elder more susceptible to abuse are:

- An isolated or withdrawn elderly person.
- The elderly person is in poor health.
- The elderly person has a mental health issue, a substance abuse issue or suffers from dementia.
- The caretaker has substance abuse or mental health issues.

**Signs of Abusive Caregivers**

These are the things you need to look for in caregivers who abuse the elderly:

- Having a history of mental illness, substance abuse, family violence or criminal behavior.
- Failing to show affection toward the older person.
- Keeping the elderly person from talking to visitors alone.
- Being indifferent, angry or aggressive toward the elderly person.
- Being flirtatious, coy or inappropriate.
- Speaking about the elder as if they were a burden.
- Withholding affection from the elderly person.
- Having conflicting explanations of physical incidents.

If you suspect abuse, you need to report it. You can protect seniors by bringing up the issue of abuse with a trusted authority member, with your local Adult Protective Services agency. To find the reporting number for your state, you just need to call the Eldercare Locator at 1-800-677-1116 (2).

(<https://www.nursinghomeabusecenter.com/elder-abuse/signs>)

### **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. Don't forget to look in our newsletter for our monthly outings!

**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!

Please note: Effective January 1, 2020 the monthly cost for a PERS unit will be \$30.

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: July 2 to September 17 from 10:00-11:00 am.

Penn Yan area class – Thursdays: July 11 to September 19 from 10:00-11:00 am.

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

Penn Yan class – Mondays: **Beginners class** – July 1 to September 16 from 11:00am – 12:00pm.

Penn Yan class — Tuesdays: **Advanced class** – July 2 to September 17 from 8:30-9:30am.

#### **NEW CLASS –Living a Healthy Life with Chronic Pain. Learn how to manage your chronic pain.**

Penn Yan area class will begin on July 2. This class will be held from 1:00 to 3:30 pm. Location for this class TBD.

**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 September 30. 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.

## 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@millspantry.org](mailto:volunteer@millspantry.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.

### Charity Scams

Fake charities and fundraisers often use the same way to reach donors as legitimate charities and fundraisers, such as phone, face-to-face contact, email, the internet, and mobile devices. Scammers use these same methods to take advantage of your goodwill. Regardless of how they reach you, be cautious of any charity or fundraiser that:

- Refuses to provide detailed information about its identity, mission, costs, and how the donation will be used, including what percent of your donation will go to the charity rather than to the caller or the caller's company.
- Uses a sound-alike name that closely resembles that of a better-known, reputable organization.
- Thanks you for a pledge you don't remember making.
- Uses high-pressure tactics such as trying to get you to donate immediately, without giving you time to think about it or do research.
- Asks for donations in cash or asks you to wire money.
- Offers to send a courier or overnight delivery service to collect the donation immediately.
- Guarantees sweepstakes winnings in exchange for a contribution. By law, you never have to give a donation to be eligible to win a sweepstakes.

If you suspect someone has fallen victim to a fake charity scam:

- Report fake charity scams to the Federal Trade Commission at [ftc.gov/complaint](http://ftc.gov/complaint).
- If you believe a crime has occurred, report it to law enforcement's non-emergency number. If you suspect that someone is a victim of elder abuse or financial exploitation, report it to the local Adult Protective Services.
- You can also report charity scams or financial abuse of elders to the attorney general at [naag.org/naag/attorneys-general/whos-my-ag.php](http://naag.org/naag/attorneys-general/whos-my-ag.php).
- If you think a person's safety may be at risk, call 911.

Source: Consumer Financial Protection Bureau

**Your thoughts are important to us!**

As part of our annual budget process, the Yates Office for the Aging looks for your input to determine the needs of Yates County Seniors and to obtain feedback on the services we provide.

We use a variety of methods to determine needs, including a review of the services we provide, a review of the phone calls and inquiries to our office, along with surveys and interviews with seniors in our community. **The most important part of this is your input.**

**Could you please take a minute and let us know:**

The most important needs of Yates County Seniors: \_\_\_\_\_

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How well are we doing with the services we provide?: \_\_\_\_\_

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Feed Back on Office for the Aging Services: \_\_\_\_\_

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Suggestions: \_\_\_\_\_

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**As always, if you have a question, problem or concern, we're just a phone call away at 315-536-5515.**

For your convenience, your newsletter subscription renewal is on the back of this survey. Please complete both and send them to:

Pro Action Yates Office for the Aging 417 Liberty Street Ste. 1116 Penn Yan, NY 14527,  
or fax to 315-536-5514,

or scan and email to [ycofa@proactioninc.org](mailto:ycofa@proactioninc.org)

**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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## THE GRAPEVINE EXPRESS JULY/AUGUST 2019

### **It's Time to Renew Your Yates Office for the Aging Newsletter Subscription**

Your newsletter support helps us reach more seniors and their families and to expand our services to you. No one will be denied a newsletter due to inability to pay. Please complete the form below and return it to the address listed. Please let us know if there are any corrections needed on your address. We suggest a \$15.00 donation. Thank you! For your convenience, your feedback survey is on the back of this renewal form. Please complete both and send them to:

Pro Action Yates Office for the Aging 417 Liberty Street Ste. 1116 Penn Yan, NY 14527,  
or fax to 315-536-5514,  
or scan and email to ycofa@proactioninc.org

Yes, I wish to subscribe to and/or renew my subscription.

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How would you like to receive our bi-monthly newsletter Mail Only Email Only Both

In order to receive our newsletter year round should we:

Send it to my **primary** address from \_\_\_\_/\_\_\_\_ through \_\_\_\_/\_\_\_\_ (month/day)

Send it to my **secondary** address from \_\_\_\_/\_\_\_\_ through \_\_\_\_/\_\_\_\_ (month/day)

Email it to me to help save my tax dollars and to expand programming.

Comments/Suggestions: \_\_\_\_\_