



THE GRAPEVINE EXPRESS

September/October 2019
Pro Action Yates Office for the Aging
Hours of Operation: 8:30am-4:30pm Monday-Friday



Monday, September 2 & Monday, October 14

Medicare Open Enrollment: October 15th through December 7th 2019

During the past year, have you:
Changed the medications you take?
Been diagnosed with a new medical condition?
Been hospitalized more than once?

Any of these changes could result in your current Medicare plan no longer fitting your situation.

Medicare plans also change. The cost of your plan can go up or down, and prescription drugs can be added or dropped from the list of drugs covered by your plan. Some Medicare plans stop offering coverage in a particular area. New plans may be available to you.

You can evaluate and change plans between October 15th and December 7th each year during the Annual Open Enrollment Period.

The changes made during this time will go into effect January 1, 2020.

The Yates Office for the Aging Staff can help you decide what plans fit your needs best. For your convenience, Ashley Tillman will be available at the following locations to go over Federal Medicare updates and Medicare Advantage plan changes.

Penn Yan St. Mark's Terrace: Tuesday, October 15 from 10-11am.

Dundee St. Mark's Terrace: Tuesday, October 15 from 2-3pm.

Mosaic Health Center (Formerly Rushville Health Center): Monday, October 21 from 10-11am.

Penn Yan Yates County Building Auditorium: Monday, October 21 from 2-3pm, Friday, November 1 from 10-11am, Friday, November 15 from 2-3pm and Thursday, November 21 from 10-11am.

Dundee Library: Friday, November 1 from 2-3pm.

Penn Yan Public Library: Wednesday, November 6 from 5-6pm.

Dundee Our Town Rocks: Thursday, November 21 from 2-3pm

Do you wish to not attend a presentation? Many of our customers have requested a plan comparison chart. We will be offering 2020 Plan Comparison Packets. Each packet will include all 2020 plan information, instructions on how to use the Medicare Website to search and compare plans, and a comparison worksheet with tips and advice. These packets can be mailed to you or you can stop in to pick one up. We will begin to distribute packets on Tuesday, October 15th, and you can call in advance to be added to the mailing list.

Call 315-536-5515 today to reserve your spot at a session. Attendance at the group sessions is strongly encouraged as there will be limited availability for individual meetings. If you need Transportation to the session, please request this when reserving your spot. Transportation requests need to be made at least one week in advance of the session.

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September 10

- ◆ “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.

September 12

- ◆ 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.

September 23

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at the Our Town Rocks Office, 12 Main Street in Dundee at 6:00 pm. For more information call Caryl Sutterby at 607-426-4015, o 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.

September 24

- ◆ 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.

September 25

- ◆ Pro Action Yates Office for the Aging Transportation Program is offering a shopping trip to the Waterloo Outlet Mall on Wednesday, September 25th from 10am -2PM. 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, September 20th, 2019.

September 30

- ◆ Last day to receive Farmers Market Coupons, **while supplies last**. Each booklet has \$20 worth of coupons to buy locally grown produce. They can be picked up at the Yates Office for the Aging.

October 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 or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

October 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.

October 22

- ◆ 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.

October 23

- ◆ Pro Action Yates Office for the Aging Transportation Program is offering a Fall Foliage trip to Bristol Mountain on Wednesday, October 23rd from 10am – 2pm. A picnic lunch with a suggested donation of \$7 will be provided to enjoy as you look at the beautiful scenery. 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, October 18th, 2019.

October 28

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at the Our Town Rocks Office, 12 Main Street in Dundee at 6:00 pm. For more information call Caryl Sutterby at 607-426-4015, o 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.

SAVE THE DATES: 11/19/19 and 12/17/19 for Yates OFA Special Event Holiday Dinners. Stay tuned for more details.

Public Hearing for the 2020 Pro Action Yates OFA Budget and Annual Update

We want to hear from YOU about how Pro Action Yates Office for the Aging is doing in meeting the needs of Yates County Seniors. Three public hearings have been scheduled to seek your input on our 2019 Budget and Annual Update. Your input helps shape this budget and is shared with elected representatives. A summary of the 2020 Budget and Annual Update will be available at the hearings.

Please note, each site is accessible and every effort will be made to accommodate all individuals' needs, including providing copies of materials in large print or braille, audio copies, or language translation services. If you need any accommodations, including the need for an assistive device, please contact The Yates Office for the Aging at 315-536-5515 at least 72 hours prior to the hearing date.

Tuesday, October 15th

11:00 AM

St. Mark's Terrace

Penn Yan

Tuesday, October 15th

3:00 PM

St. Mark's Terrace

Dundee

Thursday, October 17th

10:00 AM

Yates County Office Bldg.

Room 1037

Penn Yan

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 – Tuesdays - October 1 to December 10 from 10:00-11:00 am.

Penn Yan – Thursdays: October 3 to December 12 from 10:00-11:00 am.

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan — Tuesdays: **Advanced class** – October 1 to December 10 from 8:30-9:30am.

Penn Yan – Mondays: **Beginners class** – October 7 to December 16 from 11:00-12:00 pm.

Heathy Living with Chronic Pain—Learn how to manage your chronic pain to make your life better.

Penn Yan- Tuesdays, October 8 to November 12 from 1:00-3:30 pm.

Walk with Ease— Helps people with arthritis improve balance, reduce pain, and improve overall health.

Penn Yan- Mondays, Wednesdays and Thursdays, September 30 to November 7 from 8:45 to 9:45am at the Yates Office for the Aging Conference Room.

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.

Medical Assistance Reminder

As we approach the end of the year and the beginning of a new one, we would like to remind you that if you receive any kind of medical cost assistance such as Medicaid or the Medicare Savings Program (Part B premium assistance) through the Yates County Department of Social Services, it is very important to update your case when your income changes within 10 days. It is very common during this time of year that you will see an increase in your Social Security and pensions. If your income changes by either increasing or decreasing, it is your responsibility to submit a copy of your income statement noting any changes to DSS as soon as possible to avoid discontinuation of your assistance. If you need help or have any questions, please call Pro Action Yates Office for the Aging's Aging Services Coordinator, Ashley Tillman at 315-536-5515.

Thank You to the Yates County Tuberculosis and Health Association!

The **Yates County Tuberculosis and Health Association** provided \$903.80 for the purchase of 10 Numera Cellular Plug-In PERS Modules.. The Numera Cellular Plug-In PERS Module is a PERS unit add-on that works in the home with a cellular phone, rather than a landline phone. This will enable Pro Action Yates Office for the Aging to serve those who only have a cellular phone. This will enable seniors to have the safety and security of the PERS pendant without having to take on the additional expenses of a landline phone.

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Caregiver Depression: A Silent Health Crisis *By Family Caregiver Alliance*

One of today's all-too silent health crises is caregiver depression. A conservative estimate reports that 20% of family caregivers suffer from depression, twice the rate of the general population. Of the clients at California's Caregiver Resource Centers, nearly 60% show clinical signs of depression. And former caregivers may not escape the tentacles of this condition after caregiving ends. A recent study found that 41% of former caregivers of a spouse with Alzheimer's disease or another form of dementia experienced mild to severe depression up to three years after their spouse had died. In general, women caregivers experience depression at a higher rate than men.

Caregiving does not cause depression, nor will everyone who provides care experience depression. But to provide the best possible care, caregivers often sacrifice their own physical and emotional needs. The resulting feelings of anger, anxiety, sadness, isolation, exhaustion, and guilt for having these feelings, can exact a toll.

Unfortunately, feelings of depression are often seen as a sign of weakness rather than a sign that something is out of balance. Comments such as "snap out of it" or "it's all in your head" are not helpful and reflect a belief that mental health concerns are not real. Ignoring or denying your feelings will not make them go away.

People experience depression in different ways; the type and degree of symptoms vary by individual and can change over time. The following symptoms, if experienced for more than two consecutive weeks, may indicate depression:

- A change in eating habits resulting in unwanted weight gain or loss.
- A change in sleep patterns—too much sleep or not enough.
- Feeling tired all the time.
- A loss of interest in people and/or activities that once brought you pleasure.
- Becoming easily agitated or angered.
- Feeling that nothing you do is good enough.
- Thoughts of death or suicide, or attempting suicide.
- Ongoing physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.

Early attention to symptoms of depression may help to prevent the development of a more serious depression over time.

The National Institute of Mental Health offers the following recommendations:

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone.
- Participate in activities that may make you feel better, such as mild exercise or going to a movie.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- It is advisable to postpone important decisions until the depression has lifted.
- People rarely "snap out of" a depression. But they can feel a little better day by day.
- Let your family and friends help you.

The most frequent treatment for depressive symptoms that have progressed beyond the mild stage is antidepressant medication, which provides relatively quick symptom relief, in conjunction with ongoing psychotherapy. A mental health professional such as a psychologist or psychiatrist can assess your condition and arrive at the treatment most appropriate for you.

Respite care relief, positive feedback from others, positive self-talk, and recreational activities are helpful in avoiding depression. Look for classes and support groups available through caregiver support organizations to help you learn or practice effective problem-solving and coping strategies needed for caregiving. For your health and the health of those around you, take some time to care for yourself.

Pro Action Yates OFA 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 is answered by an emergency response team ready to assist you. This is ideal for anyone who lives alone!

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

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.

Being Prepared

Being prepared can make all the difference during a health emergency. Here are some quick tips to help you get your affairs in order ahead of time:

1. **Put your important papers and copies of legal documents in one place.** You can set up a file, put everything in a desk or dresser drawer, or list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there's anything new to add.
2. **Tell a trusted family member or friend where you put all your important papers.** You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.
3. **Discuss your end-of-life preferences with your doctor.** He or she can explain what health decisions you may have to make in the future and what treatment options are available. Talking with your doctor can help ensure your wishes are honored, and the visit may be covered by insurance.
4. **Give permission in advance for your doctor or lawyer to talk with your caregiver as needed.** There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

To get more information about important legal documents you may need as you age, visit <https://www.nia.nih.gov/>

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, 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.

National Falls Prevention Awareness Day

National Fall Prevention Awareness Day is celebrated on the first day of Fall, which is September 23, 2019. Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips from the National Council on Aging:

- Find a good balance and exercise program. Yates Office for the Aging offers Bone Builders, Walk with Ease and Tai Chi classes to help prevent falls. These are evidenced –based programs that have been proven to work in helping to prevent falls.
- Talk to your health care provider. Share your history of recent falls with your doctor.
- Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling.
- Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are NOT a part of the aging process!

For more information on falls and exercise classes, call Pam Swarhout at Pro Action Yates Office for the Aging at 315-536-5515.

Need Assistance with Medical Costs?

There are several programs that may assist you in paying for your Medicare premiums.

- Medicare Savings Program (MSP): Pays your Part B Premium.
- Extra Help: Pays your Part D Premium up to \$39.33 per month.
- Qualifying Individual Program (QI): Pays for your Part B Premium.
- Specified Low-Income Medicare Beneficiary Program (SLMB): Pays your Part B Premium
- Qualified Medicare Beneficiary Program (QMB): Pays your Medicare Premiums, Pays your deductibles and co-insurances if you see providers who participate in Medicare or who are in your Medicare private health plan's network. Medicare providers cannot charge you anything for Medicare-covered services.

Even if you think you may not qualify, please call Yates Office for the Aging's Aging Services Coordinator (Ashley Tillman) at 315-536-5515 for a screening.

FLU and You



Fall 2019

The fall season has arrived and Yates County Public Health wants you to be prepared for what winter may bring. We know that flu season arrives about the same time as winter does, so now is the time to think about being prepared for influenza by getting the Flu vaccine. It may take a few weeks after you get your flu shot to build up your immunity against the flu viruses that are spreading illness, so get vaccinated before people start getting sick around the community.

Who should get flu vaccine?

- Everyone 6 months of age and older should get a flu vaccine every season.
- Those people at high risk for flu and flu complications are children under the age of 6 months who cannot be vaccinated, so get your flu shot if you are in contact with babies under 6 months of age.
- Anyone with chronic health conditions, adults age 65 and older, pregnant women, young children, people with asthma, heart disease, stroke, diabetes, HIV/AIDS, cancer, and children with neurologic conditions.

Where can I get a flu shot?

- Your doctor's office
 - Local pharmacy
 - Public flu clinic sponsored by Rite Aid Pharmacy:
 - When: Tuesday, September 24th and Tuesday, October 22nd
 - Time: 11:30am - 1:00pm or 3:30 – 5:00 pm
 - Where: Yates County Office Building Auditorium – 417 Liberty St. Penn Yan.
 - Please bring your insurance card or cash
- If you are uninsured, contact Public Health to make an appointment for your flu shot.

What preventive steps can be taken to avoid flu?

- The best thing you can do is get your flu shot.
- Wash your hands carefully and often to help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid close contacts with people who are sick.
- Stay home from work, school, or errands when you are sick.
- Cover your mouth and nose when you cough or sneeze. Use a tissue to cover up or the bend of your arm.
- Avoid touching your eyes, nose, or mouth where germs can gain entry into your body.
- Practice good health habits. Eat nutritious foods, drink plenty of water, get plenty of sleep, exercise, manage stress, and clean and disinfect surfaces that others touch.

What should I do if I get sick with influenza?

- Contact your medical provider as soon as you realize you are sick with flu. You may be given anti-viral drugs that will lessen the severity of the flu and shorten the time you are sick.
- Stay at home and rest when sick with flu and drink plenty of fluids.

Cognitive Health

Cognitive health—the ability to clearly think, learn, and remember—is an important component of brain health. Taking care of your physical health may help your cognitive health. You can:

- ◆ Get recommended health screenings.
- ◆ Manage chronic health problems like diabetes, high blood pressure, depression, and high cholesterol.
- ◆ Consult with your healthcare provider about the medicines you take and possible side effects on memory, sleep, and brain function.
- ◆ Reduce risk for brain injuries due to falls and other accidents.
- ◆ Limit use of alcohol. (Remember, some medicines can be dangerous when mixed with alcohol.)
- ◆ Quit smoking, if you smoke.
- ◆ Get enough sleep, generally 7-8 hours each night.

Visit <https://www.nia.nih.gov/health/cognitive-health-and-older-adults> to learn more about cognitive health and older adults.



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THE GRAPEVINE EXPRESS SEPTEMBER/OCTOBER 2019

September Is The Last Month To Get Your Farmer's Market Coupons !

- ◆ Yates Office for the Aging distributes Farmer's Market Coupons until which ever comes first—the supply being exhausted or until 9/30/19. You need to be at least age 60 **and** meet low income guidelines. Each booklet has \$20 worth of coupons to buy locally grown produce. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ◆ Coupons must be used before 11/30/19. Reminder– not all markets will be open through 11/30/19 so be sure to check for closing dates. Booklets are dispersed on a first come, first serve basis. Please **call Donna O'Connell at 315-536-5515** for further details.

HEAP Season is Approaching- Stay tuned to your local papers and radio for notification of when HEAP applications will be available.

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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