



THE GRAPEVINE EXPRESS

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

Closed

Thursday & Friday, November 28 & 29
Wednesday & Thursday, December 25 & 26

New Medicare.gov Plan Finder Tool

If you have ever worked with the Pro Action Yates Office for the Aging's HII CAP program on your Medicare, chances are the person assisting you used the online Plan Finder tool provided by CMS (Centers for Medicare & Medicaid Services) to search local plans based on individual circumstances like cost and medications. Historically, the Plan Finder Tool was accessed anonymously and your medication list was saved under a random number, with the date it was entered as the password. The Plan Finder Tool also offered ways to type in your Medicare number, zip code, date of birth and last name. This search option saved your medication list, and showed any kind of assistance you may receive, your current plan, and any future coverage/assistance if necessary.

Moving forward, CMS has launched a new Plan Finder Tool to be more user friendly for all beneficiaries with educational tips and tricks along the process regarding Medicare coverage and how to compare it. One of the most significant changes is that the medication lists will only be able to be accessed through a beneficiary mymedicare.gov account. If you do not wish to have a mymedicare.gov account, you will still be able to enter your medication list, and search and compare plans. However, there is no way to save your medication list and you will have to re-enter your medications every time you do the search.

Setting up a mymedicare.gov account is an easy process. You don't even need an email address to do it! You can begin the process on your own by visiting www.medicare.gov/plan-compare/. To start, you will need your Medicare number, last name, date of birth, current zip code or city, and Part A or Part B coverage start dates (these are found on your Medicare card). You will then be prompted to create a username and password. Your username can be your email address or something else, but must be 8-30 characters with no spaces and have at least 4 letters. Your username can also include numbers or these characters: @ ! . - _ \$. As for your password, it must be 8-16 characters long, include an upper and lower case letter, a number, and one or more of these special characters: @ ! \$ % ^ * (). (Example: Howdy19\$). You will also be asked to answer a security question that only you would know the answer to. All of these steps have been put in place to further protect Medicare beneficiaries.

Pro Action Yates Office for the Aging has created a packet to guide you through the process of setting up a mymedicare.gov account and complete a plan comparison using the new Plan Finder Tool. Staff is also available to help with these steps as well. We do ask that you come prepared with the username and password you would like to use when setting up an account. To request any materials or if you have any questions, please contact Ashley Tillman, Aging Services Coordinator, at 315-536-5515.

There will be two walk-in clinics on December 12th and 19th from 1-4pm at Pro Action Yates Office for the Aging. Please note that these walk-in clinics are to set up mymedicare.gov accounts only. Any other Medicare issues will need to be addressed in a separately scheduled appointment. First come, first served basis.

LOCAL EVENTS

November 11 and December 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.

November 14 and December 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.

November 15 and December 20

- ♦ 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 12:30 pm at the Branchport Library, 699 NY-54A, in Branchport.

November 19

- ♦ Pro Action Yates Office for the Aging will hold its annual Thanksgiving Dinner at the First Baptist Church at 4:00pm. On the menu is turkey with gravy, bread stuffing, squash, cranberry relish, rolls and pumpkin pie with whipped topping. You must call and make reservations by Tuesday, November 12, 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.

November 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, contact 315-536-5515.

November 28 and December 16

- ♦ “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. On 12/16/19, the gathering will also include Community Caroling at 6:30 pm. 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.

November 30

- ♦ Last day to use Farmers Market Coupons.

December 4 and December 11

- ♦ Pro Action Yates OFA Transportation is offering mall shopping trips to Yates County Residents age 60 and over. Shopping Trips will leave from Penn Yan at 11AM and return approximately at 3pm. On 12/4/19, we will travel to the Victor Mall. RSVP by 11/29/19. On 12/11/19, we will travel to the Arnot Mall. RSVP by 12/6/19. RSVP by leaving a message on 315-536-5517.

December 7

- ♦ The 34th edition of Starshine in the Village of Penn Yan will be held on Saturday, 12/7/19.

December 17

- ♦ 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, contact 315-536-5515.

December 17

- ♦ Pro Action Yates Office for the Aging will hold its annual Christmas dinner at 4:00 p.m. at the First Baptist Church in Penn Yan. On the menu is ham with fruit sauce, twice baked potatoes, green bean almandine , rolls and cherry pie. You must call and make reservations by Monday, December 9, 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.
- ♦ Pro Action Yates OFA Transportation Program is offering our annual Christmas Lights and decorations ride around town after the Christmas dinner. Please contact the Transportation Line at 315-536-5517 to reserve a seat by Friday, December 13.

Planning for Long-Term Care

You can never know for sure if you will need long-term care. Maybe you will never need it. But an unexpected accident, illness, or injury can change your needs, sometimes suddenly. The best time to think about long-term care is before you need it.

Planning for the possibility of long-term care gives you time to learn about services in your community and what they cost. It also allows you to make important decisions while you are still able.

People with Alzheimer's disease or other cognitive impairment should begin planning for long-term care as soon as possible.

It can be difficult to make the decision about whether you or a loved one needs to leave home. Sometimes, decisions about where to care for a family member need to be made quickly, for example, when a sudden injury requires a new care plan. Other times, a family has a while to look for the best place to care for an aging relative.

Many older people want to stay in their own homes. However, for some illnesses and for some people, professional health care in a long-term care facility is the only reasonable choice. It is important to keep the door open to different types of care while making choices together.

Learn more about planning for long-term care on National Institute on Aging website at:
<https://www.nia.nih.gov/health/planning-long-term-care>

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 – January 7 to March 24 from 10:00-11:00 am.

Penn Yan – Thursdays: January 9 to March 26 from 10:00-11:00 am.

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan — Tuesdays: **Advanced class** – January 7 to March 24 from 8:30-9:30am.

Penn Yan – Mondays: **Beginners class** – January 6 to March 23 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- New class starting in early spring 2020.

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

Penn Yan- Classes will be held on Mondays, Wednesdays and Thursdays. New class will start in early spring 2020

To sign up for these classes, call Pro Action Yates Office for the Aging, Pam Swarthout, at **315-536-5515**.
Most classes can be joined at any time! Transportation may be available.

Emergency/Weather Related Closings

Pro Action Yates OFA Transportation and Nutrition Services are closed whenever the Penn Yan Schools are closed for weather-related reasons. Although meals are not served that day, we send out emergency non-perishable meals in advance in case of weather closings so no one goes hungry. If a special event is cancelled, the event will be postponed for one week.

**To find out if we are closed due to weather, listen to WROC Channel 8 or WHAM Channel 13.

The Theme for National Family Caregivers Month, November 2019, is BeCareCurious.

Family caregivers want their loved ones to have the best care possible – at the doctor's office, at the hospital, and at home. We encourage family caregivers across the country to ask questions, explore options and share in the care decisions that affect the health and well-being of their loved ones.

BeCareCurious About:

Your Loved One's Goals- You know your loved one better, and spend more time with them, than anyone else does. Talk to them about what their goals are for treatment and their care in general. It can be hard to talk about goals when facing a disease. But these talks help make sure your loved ones are getting the care they want.

Treatment Options- Is your loved one responding well to treatment? If not, ask your doctor if there are other options. New treatments are available every day. Whether it's a different dose, a new medication, or a new procedure, speak up and ask your doctor if there are options you and your loved one should consider.

Research- The internet is a great research tool, but it can also be full of conflicting, and even dangerous, advice – so don't stop there! Be curious about that article you just read. Is it from a reliable source? Talk to friends, family and doctors to ask as many questions as possible to learn about your loved one's condition.

The Care Plan- If your loved one is in the hospital, be sure to ask what happens next. Will they need home care after being discharged? Are there new medications or procedures you will need to manage at home? Will you be trained on what to do and how to do it? A lot of care happens at home and you need to be prepared to provide that care.

Coverage- Don't be shy about asking questions about insurance coverage. Is your parents' Medicare plan the best option or should you change plans during open enrollment? Was a medication switched for a medical reason, or because your insurance no longer covered it? If coverage was denied, what can you do to change their minds?

Family caregiving is stressful, but the more you know, the more confident and capable you will be when providing care. Remember – knowledge is power! So this November, during National Family Caregivers Month, take time to #BeCareCurious about your loved one's care!

By: CaregiverAction.org

Long-Distance Caregiver

Anyone, anywhere, can be a long-distance caregiver, no matter your gender, income, age, social status, or employment. If you are living an hour or more away from a person who needs your help, you're probably a long-distance caregiver. Anyone who is caring for an aging friend, relative, or parent from afar can be considered a long-distance caregiver.

Long-distance caregivers take on different roles. You may:

- Help with finances, money management, or bill paying.
- Arrange for in-home care—hire professional caregivers or home health or nursing aides and help get needed durable medical equipment.
- Locate care in an assisted living facility or nursing home(also known as a skilled nursing facility).
- Provide emotional support and occasional respite care for a primary caregiver, the person who takes on most of the everyday caregiving responsibilities.
- Serve as an information coordinator—research health problems or medicines, help navigate through a maze of new needs, and clarify insurance benefits and claims.
- Keep family and friends updated and informed.
- Create a plan and get paperwork in order in case of an emergency.
- Evaluate the house and make sure it's safe for the older person's needs.

Over time, as your family member's needs change, so will your role as long-distance caregiver.

Learn more at <https://www.nia.nih.gov/health/getting-started-long-distance-caregiving>

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 4 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. Please note that we cannot do same day or next day trips.

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.

HONOR FLIGHT FOR VETERANS

Rochester, New York is one of 130 established 'hubs' in the national Honor Flight Network. They are not-for-profit, and created to honor America's veterans for their sacrifices.

Honor Flight is free to all American veterans. Flights are filled with men and women from the earliest eras first. Those with catastrophic illness from any era receive priority. World War II veterans and Korean War veterans will travel before those of more recent eras. HFR's tagline is, "We Leave No Veteran Behind." Further, within each era Veterans typically fly in the order their applications are received.

The flying season is April to October. There are hundreds of local veterans currently, on our fly lists. Applications are now being accepted from all eras. Veterans from World War II and the Korean War have a quick turn-around because their lists are smaller. The sooner Veterans apply, the sooner they fly.

Apply on-line at www.honorflighthrochester.org

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.

711-NYS Relay Service

New York Relay Service is a statewide service that connects standard (voice) telephone users with deaf, hard-of-hearing, deaf-blind, speech disabled, or late-deafened people who use text telephones (TTYs) or voice carry-over (VCO) phones. This service allows TTY or VCO users to communicate with standard telephone users through specially trained relay operators. Calls can be made to anywhere in the world, 24 hours a day, 365 days a year with no restrictions on the number, length, or type of calls. All calls are strictly confidential and no records of any conversations are maintained. Anyone wishing to use New York Relay simply dials the relay number to connect with a relay operator. The relay operator will dial the requested number and relay the conversation between the two callers. Dialing 711 is easy and fast. It automatically connects to a relay operator, without having to remember and dial a ten-digit access number. All states have 711. The relay service is free.

Follow these simple steps:

1. Dial 711 (NOTE: If the phone from which you are calling does not accept 711, just call 1-800-421-1220 for the same great results; Español 800-676-4290 .
2. A specially trained New York relay operator will answer and identify themselves by their operator number.
3. Give the operator the phone number of the person you are calling.
4. The operator will connect you with the person you are calling and assist you with communication.
It really is that easy!

HEAP Announcement

People should reference the following website <http://otda.ny.gov/programs/heap/> for details and information about the HEAP Program.

*Applications will be accepted at the local Department of Social Services 315-536-5184 and Pro Action Yates Office for the Aging 315-536-5515.

Rough Up Your Diet- Fit More Fiber Into Your Day

Fiber- you know it's good for you. But if you're like many Americans, most of us get about half the recommended amount of fiber each day. Dietary fiber is found in the plants you eat, including fruits, vegetables, and whole grains. Different types of fiber can affect your health in different ways. That's why the Nutrition Facts labels on some foods may list two categories of fiber: soluble and insoluble. Soluble fiber is found in oats, beans, peas, and most fruits. Insoluble fiber is found in wheat bran and some vegetables. But soluble and insoluble fiber aren't always listed separated on labels. Many foods contain both and both types have health benefits. Experts suggest that men aim for about 38 grams of fiber a day, and women about 25 grams.

Some of fiber's greatest benefits are related to cardiovascular health. Several large studies have found that people who eat the most fiber had a lower risk for heart disease. Fiber can help relieve constipation and normalize your bowel movements. Fiber may also play a role in reducing the risk for type 2 diabetes, the most common form of diabetes. Your weight is another area where fiber might help. High-fiber foods generally make you feel fuller for longer. Fiber adds bulk but few calories.

Experts say that the type of fiber you eat is less important than making sure you get enough overall. Whole grains, fruits, and vegetables are also packed with vitamins and other nutrients, so experts recommend that you get most of your fiber from these natural sources. Increase your fiber intake gradually, so your body can get used to it. Adding fiber slowly helps you avoid gas, bloating, and cramps. Eat a variety of fruits, vegetables, whole grains, and nuts to add a mix of different fibers and a wide range of nutrients to your diet. A fiber-rich diet can help your health in many ways.

TIPS TO GET MORE FIBER IN YOUR DIET:

- **Bulk up your breakfast.** Choose a high-fiber cereal (5 or more grams per serving) or make a bowl of oatmeal and top it with nuts and fruit.
- **Switch to whole grains.** Look for bread that lists whole-grain flour as the first ingredient. Experiment with barley; wild or brown rice; quinoa; whole wheat pasta; and bulgur.
- **Add a non-starchy vegetable.** Keep a bag of frozen mixed vegetables, spinach, or broccoli florets for a quick addition to any pasta sauce or rice dish. Start dinners with a tossed salad.
- **Don't forget legumes.** Try peas, different kinds of beans (pinto, kidney, lima, navy, and garbanzo), and lentils.
- **Snack on fruit, nuts, and seeds.** Grab a piece of fruit such as an apple, pear, or banana. Keep some almonds, sunflower seeds, and pistachios handy. Low-fat popcorn or sliced vegetables and hummus also make a great snack.

Source: <https://newsinhealth.nih.gov>.

Keuka Housing Council Home Repair Grants

Keuka Housing Council has grant funding available to assist Yates County homeowners make necessary repairs to their home. To qualify, you must be income eligible and the owner-occupant of your residence. If you are in need of some repairs to your home, please call Keuka Housing Council at 315-536-8707 for more information.

Library Delivery Service

The Dundee Library provides a library delivery service to home-bound senior citizens in the Dundee School District. Seniors and others who are confined to their homes due to extended illness or physical disability may request library books or other materials to be delivered to their homes. The Library also provides regular delivery of materials to St. Mark's Terrace in Dundee.

The Library has an accessible entrance in the back of the building. The Library hours are Monday and Tuesday 1pm -6pm; Wednesday 1pm -7pm, Thursday 10am - 6 pm, Friday 10am –5pm, and Saturday 10am -2pm.

If you or someone you know would like to take advantage of the delivery service, or you would like to volunteer to deliver to an individual, call the Dundee Library at 607-243-5938 or e-mail Dundee@stls.org.



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THE GRAPEVINE EXPRESS

NOVEMBER/DECEMBER 2019

Pro Action Yates OFA Medicare Information Sessions During Open Enrollment Period Still Available

At these interactive sessions, participants will obtain Medicare updates for 2020, including Medicare Advantage Plans and Medigap (supplemental plans). After the information session, participants will have an opportunity to ask questions about their specific situations.

Open Enrollment Community Outreach Locations, Times, and Dates:

Penn Yan Yates County Building Auditorium: 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

Call Pro Action Yates OFA at 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.

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

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