



THE GRAPEVINE EXPRESS

January/February 2020

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



Wednesday, January 1 & Monday, January 20
Monday, February 17

Free Income Tax Service Available

Pro Action Yates County Office for the Aging and the AARP Tax-Aide Program are pleased to offer free income tax service again for the tax year 2019. Beginning Tuesday, February 4, 2020 through Tuesday, April 14, 2020 free tax service will be available to local taxpayers. Experienced tax preparers will e-file your Federal and New York State income tax returns. If you have a refund coming it can be received in as little as 2-weeks via direct deposit to your bank account.

The Tax Cuts & Jobs Act (TCJA) of 2018 has eliminated personal and dependent exemptions but has increased the standard deduction. Withholding from paychecks and pensions has changed which could impact your net tax bill for 2019. It is important to make sure your deductions are aligned with new tax laws and we can help. The Child Tax Credit is an important benefit for taxpayers with qualifying children.

When coming in for a tax appointment, please bring all current documents that were used in your 2018 return as well as any new sources of income or deductions. If you own a home, bring your school and property tax bills paid in 2019. Required documents are: photo ID for each taxpayer, Social Security cards for each taxpayer and dependent on the return, and a copy of your 2018 return. If you cannot locate last year's return, you can get a replacement transcript from www.irs.gov.

Appointments can be made beginning January 15, 2020. To schedule an appointment, call Pro Action Yates Office for the Aging at 315-536-5515. You can make an appointment, or if you get a voicemail box, leave a message for a callback. When leaving a voice message, please clearly leave your name and phone number. You can call Monday thru Friday from 8:30 AM to 4:30 PM. Use the same phone number to cancel or reschedule appointments.

The tax preparation location is Yates Office for the Aging, 417 Liberty Street, Penn Yan, NY. Appointments start at 9:00 AM on Tuesdays, Thursdays and Fridays. Please arrive 15 minutes before your scheduled appointment to allow time for paperwork preparation.

Wise Choices: Cut Added Sugars

- Choose water, milk, or unsweetened tea or coffee instead of sodas, sports drinks, energy drinks, and fruit drinks.
- Reduce sugar in recipes. If a recipe says 1 cup, use 2/3 cup.
- To enhance flavor, add vanilla, cinnamon, or nutmeg.
- Eat fresh, canned, frozen, and dried fruits without added sugar. Choose fruits canned in their own juice or water rather than syrup.
- Use fruits to top foods like cereal and pancakes rather than sugars, syrups, or other sweet toppings.
- Read the ingredients list to pick food with little or no added sugar.
- Use the Nutrition Facts label to choose packaged foods with less sugars.

Source: National Institutes of Health, part of the U.S. Department of Health and Human Services

LOCAL EVENTS

January 6 and January 16

- ◆ Thera Blasio, from the Alzheimer’s Association, is available at the Pro Action Yates Office for the Aging from 11am-1pm for care consultation. No appointment is required.

January 9

- ◆ 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.

January 14

- ◆ “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.
 - ◆ There will be no Our Town Rocks” Community Gathering monthly meetings in January or February. They will resume in March.

January 16

- ◆ Pro Action Yates Office for the Aging Staff will be available from 10am-12pm at Village Drug, located at 126 Main Street in Penn Yan to assist with setting up myMedicare.gov accounts, and to screen your income for Medicare cost assistance. Please bring your Medicare cards and proof of income. First come first serve basis.

January 17

- ◆ 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 located at 699 NY-54A in Branchport.

January 28

- ◆ Come learn the basics about Medicare! Welcome to Medicare Presentation by Pro Action Yates Office for the Aging from 3:00– 5:00 pm in Room 1037 at the Yates County Office Building. To register, contact 315-536-5515.

February 3 and February 20

- ◆ Thera Blasio, from the Alzheimer’s Association, is available at the Pro Action Yates Office for the Aging from 11am-1pm for care consultation. No appointment is required.

February 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.

February 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.

February 20

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February 21

- ◆ 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 located at 699 NY-54A, in Branchport.

February 25

- ◆ Come learn the basics about Medicare! Welcome to Medicare Presentation by Pro Action Yates Office for the Aging from 3:00– 5:00 pm in Room 1037 at the Yates County Office Building. To register, contact 315-536-5515

Mark Your Calendars: The HUBBA Tea for 2020 will be on Thursday April 2, 2020. More details will be shared in the next newsletter edition.

Census Information

Right now, Census Bureau employees are recruiting workers and canvassing addresses while carrying a:

- Photo ID badge that has a Department of Commerce watermark and expiration date.
- Census Bureau phone, laptop or bag.

You can verify the employee by calling 1-800-991-2520 or visiting <https://www.census.gov/about/regions/new-york.html>

In March 2020, the U.S. Census Bureau will mail almost every address in the country information about completing the questionnaire online, over the phone or by mail. See timeline chart below.

After Census Day on April 1st, 2020 Census Bureau employees (with IDs, phones, laptops and bags) will knock on the doors of households who did not respond online, over the phone or by mail.

The Census Bureau will never ask for:

- Your Social Security number
- Your bank account or credit card numbers
- Money or donations
- Political Party affiliation

If you suspect a scam or fraud call 800-923-8282 or at <https://2020census.gov/en/avoiding-fraud.html>

WHAT WE WILL SEND IN THE MAIL	
On or between	You'll receive:
March 12-20	An invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires.)
March 16-24	A reminder letter.
	If you haven't responded yet:
March 26-April 3	A reminder postcard.
April 8-16	A reminder letter and paper questionnaire.
April 20-27	A final reminder postcard before we follow up in person.

**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 Swarouth, at **315-536-5515**.

Most classes can be joined at any time! Transportation may be available.

Preventing Falls and Fear by Sharon Roth Maguire: Today's Caregiver

Most caregivers are aware of the importance of preventing falls. When a fall occurs, the results can be life-changing. While we all realize the significance of a broken bone that may result from a fall, what we sometimes fail to acknowledge is the broken spirit that may occur after a fall. Many elders who fall never fully regain the confidence in their ability to navigate around their home or near steps. They may experience a fear of falling again that may cause them to limit their activity.

There are four major risk areas to target when you think of fall reduction: Environmental Risk, Age-Related Risk, Health- Related Risk, and Medication Risk.

Minimizing environmental risk would include things like providing hand rails near the toilet and tub to make it easier to get up or get balanced; using non-skid throw rugs, or better yet, no throw rugs at all; keeping pathways free of clutter.

Reducing age-related risk would include things like accommodating for vision and hearing changes that make it more difficult for the older adult to interpret their environment and to see or hear clearly. Eyeglasses should be of the correct strength, in good repair, and clean. Lighting needs to be increased, but not to the extent that it produces glare. A night light will help reduce the dramatic changes in light when going from a darkened bedroom to a brightly lit bathroom. Hearing aids should be cleaned regularly as wax may accumulate and prevent them from working properly. Hearing aid batteries should be replaced regularly to ensure good function.

Reducing health-related risk requires a good healthcare partner and a motivated patient. Osteoporosis and those who have taken long-term steroids are at greater risk for their bones to become increasingly fragile and break even without trauma.

Older adult women should be screened for osteoporosis to determine the density of their bones and if medication management is required. All older adults should get regular weight bearing exercise and eat a well-balanced diet to maintain their bone health. Older adults need greater amounts of calcium (1200 mg/day) and Vitamin D (400-600 IU/day) to support healthy bones.

Medication awareness. As we age, we are at risk of taking many medications for many ailments prescribed by many providers; a situation known as polypharmacy. There is research and increasing awareness of the potentially hazardous effects of polypharmacy. It is well documented that the more medications an individual takes, the greater their risk of side-effects, drug interactions, and falls. Anti-anxiety medications and sleeping pills have been implicated in increasing fall risk. Make sure to discuss any side affects with your physician.

Did You Know?

- There are 2,580,000 New York family caregivers caring for an adult age 18+ with a physical disability.
 - 66% of Older Adults (age 65+) receiving Long Term Supports and Services in the community are from family caregiving only.
- Source: AARP

Pro Action Yates OFA Transportation, Emergency Response, and Project Lifesaver Programs

Transportation Program

Transportation Route Schedule:

- * Monday – Appointments in Dundee or to Dundee between 9am-11am
- * Tuesday – Canandaigua between 9:45am-12 noon
- * Wednesday – Rochester between 10am-12:30pm, Rushville between 11:30am and 1:30pm
- * Thursday – Geneva between 9:30am-11:30am, Clifton Springs between 10am-11:30am
- * Friday – Montour Falls/Watkins Glen between 9:30am- 12 noon

Bath, Hammondsport, Elmira and Corning— please call for availability.

Bi-weekly trips to Walmart in Watkins Glen are available on Tuesdays from 1:30-3:00pm.

Rides within Penn Yan are Monday –Friday 8:30am-3:30pm. Shopping trips are available Tuesday and Thursday afternoons in Penn Yan from 12:30-3:00pm.

If you need to cancel a scheduled trip the day of your appointment, please call 315 536-5515 and let the receptionist know you are canceling your ride for that day.

Please note we require two business days' notice for local trips within Penn Yan. We require a week's notice for out of town trips. **We cannot accommodate next day or same day trips.**

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.

For scheduling transportation, call 315-536-5517 or send an email to beckert@proactioninc.org. 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 has been upgraded. During the months of September, October and November our PERS technician Guy Crofoot with the help of other OFA staff members went to each home to install the new upgraded PERS unit. Some of the new features include a longer distance range of 1,000 feet from the base of the unit. This is a gain of 800 feet! PERS users no longer have to do a weekly test, the new units are programmed to test automatically. When a pendant/Help button is pressed the emergency call is sent to our monitoring company, Sentry Alarm, who will dispatch Emergency Responders if needed. If you are a current PERS user you should have received your pink coupon payment book. OFA will not be sending monthly statements as of January 1, 2020. Please use your monthly coupon when sending in your payment. As always if you wish to pay yearly we encourage you to do so by sending in one coupon with the words "Annual Payment".

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.

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 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
- ◆ **Volunteers Needed: To Advocate, Educate, Empower. New York State Long Term Care Ombudsman program** is in need of volunteers to join a team of advocates for older adults residing in nursing homes, adult care/assisted living communities in Yates County region. With just a few volunteer hours each week, you can help ensure quality of care and quality of life for individuals living in long-term care settings. We are accepting applications for our May 2020 NYS Mandated Certification Training. For more information about the application process, dates, times and location of training please contact the Ombudsman program at: 585-287-6414 for long distance 1-866-454-5110 ext. 114 and for email Debra Frink at dfrink@lifespan-roch.org . Make a difference for the older adults in your community by becoming an Ombudsman.
- ◆ **Keuka Comfort Care Home**—Throughout the year we look for people to help with our fundraisers; we need cookie bakers in December, pie makers in September, and various other tasks. We also have openings for volunteer caregivers for our residents. For more information call 315 536-1690 or email events@keukacomfortcarehome.org

Being Prepared For Emergency Situations

Older adults can be especially vulnerable during a natural disaster such as severe weather, earthquakes, fires, and floods. It is important to plan ahead and be ready for an emergency situation before it hits.

Use these tips to get prepared:

- Gather supplies such as food, water, clothing, medications, batteries, and chargers to assemble in a disaster-kit.
- Make and keep a list of emergency contacts. Save the numbers in your cell phone too.
- Be prepared to evacuate your home, if needed.
 - * Give someone you trust a house key and a list of emergency phone numbers.
 - * Know how to get to the nearest emergency shelter, if necessary. To find an open emergency shelter, call 1-800-RED-CROSS or text SHELTER and a zip code to 43362 (4FEMA).
 - * Plan for alternative transportation options if you do not drive or it is too dangerous.
 - * Keep neighbors, friends, and family informed of your whereabouts.

Learn more at: <https://www.nia.nih.gov/health/disaster-preparedness-alzheimers-caregivers>

2019-2020 Emergency HEAP benefit will open January 2, 2020

If you are eligible, the Emergency HEAP Benefit can help you heat your home if you are in a heat or heat related emergency. Emergency HEAP benefits and eligibility are based on: 1) income; 2) available resources, and; 3) the type of emergency.

You may be eligible for an emergency HEAP benefit if:

- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off or
- Your electric or natural gas heat is off or scheduled to be shut-off or
- You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.

and

- Your income is at or below the current income guidelines or you receive Family Assistance, Safety Net Assistance, Supplemental Nutrition Assistance (SNAP) or Code A Supplemental Security Income.
- The heating and/or electric bill is in your name **and**
 - Your household's available resources are:
 - less than \$2,000 if no member of your household is age 60 or older; or
 - less than \$3,000 if any member of your household is age 60 or older.

If you have an emergency, you contact the Yates County Department of Social Services at (315) 536-5184 for assistance.

NOEP Coordinator at the Pro Action Yates Office for the Aging

Since 1987, Hunger Solutions New York oversees NOEP Coordinators (Nutrition Outreach and Education Program) in almost every County throughout New York State and throughout all boroughs of New York City. NOEP's nationally recognized model is one of the largest Supplemental Nutrition Assistance Program (SNAP) outreach programs in the nation. The Supplemental Nutrition Assistance Program is a federally-funded program that stretches the monthly food budget for those who qualify under program guidelines.

NOEP Coordinators help individuals by:

- Help applicants gather documents necessary for, filling out and sending in a SNAP application.
- Offer translation services, home visits, and in-person or over-the-phone assistance.
- Work with local government offices to ensure each application is processed correctly.
- Refer households to other nutrition assistance programs and community resources.

Through NOEP's community-based work, tens of thousands of new households apply and receive nutrition assistance every year.

Your Yates County NOEP Coordinator, **Brenda Gilbert**, is provided through Pro Action of Steuben and Yates, Inc. and is located right at the Yates Office for the Aging. To see if you may qualify, give Brenda a call today at 315-536-5515.

Nominations for Senior Day 2020

Each May as part of national Older Americans Month, NYSOFA celebrates older adults at an Older New Yorkers' Day event in Albany. Many older New Yorkers, chosen by their local Offices for the Aging, are recognized for their outstanding contributions at this annual event. Pro Action Yates Office for the Aging is accepting nominations for the Senior Day 2020 event. It is time to take a moment and share information about the great volunteers you know. Please contact Zack Housworth at (315)536-5515 to nominate someone. Let Zack know how the nominee has made a difference in our community through civic engagement. Nominations are due no later than **Friday, February 7, 2020**.

Yates County Office for the Aging
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THE GRAPEVINE EXPRESS JANUARY/FEBRUARY 2020

NEWSLETTER ACCESSIBILITY: LARGE PRINT issues of “The Grapevine Express” are available upon request. You may also receive this newsletter electronically via email. Let us know your preference. We offer help for those who don’t speak/read English or cannot read. We have special equipment if you are hard of hearing. All of these services are FREE. Just ask!

Language Assistance Services Available

Pro Action Yates Office for the Aging provides language assistance services through the AT&T Language Line program. If you or someone you know speaks or prefers a language other than English, please let us know by using the enclosed Language Access Poster. We will arrange for services to be provided in your preferred language at **no cost** to you.

2020 NY Connects Yates Office for the Aging Service Directory

The 2020 Service Directory is enclosed. Please keep this as a helpful reference tool all year long.

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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