



# THE GRAPEVINE EXPRESS

May/June 2020

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



Monday, May 25

## Older Americans Month May 2020 “Make Your Mark ”

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation’s observance of Older American’s Month. We are pleased to announce the 2020 theme, Make Your Mark. This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year’s theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

Source: Administration on Community Living

## Senior Health Check-Up– Free Medicare Preventative Care

As of 1/1/20, if you have Original Medicare or are enrolled in a Medicare Advantage Plan, you’re still entitled to **free** selected preventative services, including an annual “Wellness Visit,” where you can go over the general state of your health with your doctor and work with him or her on a plan to stay as healthy as possible.

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

Some preventative services, such as Medical Nutrition Therapy, Abdominal Aortic Aneurysm Screening, Diabetes Screening, Hepatitis B vaccines, Hepatitis C Screening, and Obesity Counseling are covered only if you meet certain risk criteria. Diabetes prevention program is provided once per lifetime to help prevent type 2 diabetes.

# THANK YOU

Pro Action Yates Office for the Aging extends a sincere thank you to all the individuals, groups, and organizations in the community who have assisted friends, families, neighbors and strangers during the COVID-19 pandemic.

# LOCAL EVENTS

**DISCLAIMER: Due to COVID-19 any of these events may be cancelled or postponed.**

## May 3

- ◆ Annual Yates Hunger Walk in support of our local food pantry. The Walk will be held Sunday, May 3, at 1:00 pm at the Penn Yan First Presbyterian Church, 211 Main Street. **100%** of proceeds will help to purchase food for our local food pantry. For further information, please contact Donna Johnston at 315-536-2683.

## May 5 and June 9

- ◆ “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](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto:ourtownrocks@ourtownrocks.org). All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

## May 14

- ◆ All family caregivers are welcome to come anytime to visit and share with others who take care of, or are concerned about loved ones with dementia or Alzheimer’s at the Alzheimer’s Support Group meeting at 2:00 pm in the Yates County Office Building Room 1037 in Penn Yan.

## May 15

- ◆ 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.

## May 18

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at 6:00 pm at the Our Town Rocks Office, 12 Main Street in Dundee. For more information call Caryl Sutterby at 607-426-4015, go to [www.ourtownrocks.org](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto:ourtownrocks@ourtownrocks.org). All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

## May 19

- ◆ Pro Action/Yates Office for the Aging will hold a May Banquet dinner at the First Baptist Church. Hors d’oeuvres —cheese, pepperoni, and crackers, vegetable tray with dip and fruit punch will be from 3:15-4:00. Dinner will served at 4:00 – roast beef w/gravy, mashed potatoes, capri vegetables, rolls and strawberry shortcake. You must call and make reservations by Monday, May 11th, 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.

## May 26

- ◆ 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. There will be no June 2020 Presentation.

## June 11

- ◆ 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.

## June 13 and 14

- ◆ The Keuka Arts Festival is a fine art and skilled craft show held annually along the Keuka Lake Outlet Trail, only a few blocks from downtown Penn Yan. The event is free and will feature live entertainment and activities for families. Saturday June 13th: 10am –5pm and Sunday June 14th: 10am to 4pm. The festival will be held rain or shine. For more information visit <http://www.keukaartsfestival.com>

## June 19

- ◆ 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.

## June 19

- ◆ 24th Annual Cruisin’ Night and Block Party . Come view the beautiful antique, classic and hot-rod cars and motorcycles. Main Street in Penn Yan will close to vehicular traffic at 4PM and registration for the event begins at 5pm. Music will fill the streets from 5pm -9 pm.

## June 23

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at 9:00am at Dundee Central School to support PreK Graduation and Bookcase Distribution. For more information call Caryl Sutterby at 607-426-4015, go to [www.ourtownrocks.org](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto:ourtownrocks@ourtownrocks.org). All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

## Keuka Compass for 2020

Join the lake's lgbtq+ social and advocacy group throughout the year for fellowship and activities!

Coffee gathering - First Saturday of every month, 2 pm, at Milly's Pantry Pinwheel Market, 19 Main Street, Penn Yan.

Adopt-a-Highway cleanups - Check Facebook for dates at <https://www.facebook.com/KeukaCompass/>

Monthly Film Nights - Fridays at 6pm, at Penn Yan Public Library, 214 Main Street, Penn Yan.

5/8: Saving Face	9/11: Philadelphia
6/12: Hedwig & the Angry Itch	10/9: Gods & Monsters
7/10: Priscilla, Queen of the Desert	11/13: Serving in Silence
8/14: The Birdcage	12/11: The Hours

Game Nights! - 6pm at Penn Yan Public Library, 214 Main Street, Penn Yan

May 22	August 28	November 20
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Book Club - Check Facebook for locations, times and titles at <https://www.facebook.com/KeukaCompass/>

June 20	September 19	December 19
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Watch for news of a summer picnic to be announced later in the year!

Check the Facebook page at <https://www.facebook.com/KeukaCompass/> or [pypl.org](http://pypl.org) for changes or cancellations.

### **DISCLAIMER: Due to COVID-19 any of these classes may be cancelled or postponed.**

**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: April 7 to June 23 from 10:00-11:00 am.

July 7 to September 22 from 10:00-11:00 am.

Penn Yan – Thursdays: April 9 to June 25 from 10:00-11:00 am.

July 9 to September 24 from 10:00 – 11:00 am.

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

Penn Yan — Tuesdays: **Advanced class** – April 7 to June 23 from 8:30-9:30 am.

July 7 to September 22 from 8:30 – 9:30 am.

Penn Yan – Mondays: **Beginners class** – April 6 to June 22 from 11:00 am-12:00 pm.

July 6 to September 21 from 11:00 am – 12:00 pm.

#### **Heathy Living with Chronic Pain–Learn how to manage your chronic pain to make your life better**

Penn Yan- New class will start May 5. This is a 6-week program held on Tuesdays from 1:00 – 3:30 pm at St. Paul's Lutheran Church. Please call for more information or to sign up.

#### **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 May 4 from 8:45 to 9:45 am at Pro Action Yates Office for the Aging Conference room. Please call for more information or to sign up.

To sign up for these classes, call Pro Action Yates Office for the Aging, Pam Swarhout, at **315-536-5515**.

Most classes can be joined at any time!

Transportation may be available.

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**Try Not to Put Other’s Care Needs Before Your Own**

Caregiving needs often change over time. For example, the person’s condition might improve or worsen, new complications may arise, or he or she may stop feeling safe when alone. A new medical treatment or hospitalization might mean change in medication or care needs. You, the caregiver, may also have changes in your life. Maybe you went through a divorce, and now you need to work extra hours to pay your bills, or your daughter had a baby and you want to spend time with your grandchild.

Take care of yourself. You are a very important player in the caregiving team. Are you eating right? Exercising? Going out with friends? Do you have someone to talk to? Are you sleeping well? Do you attend your doctor’s appointments? You may not even be aware that your caregiving tasks are getting in the way of you own needs. It is easy to feel overwhelmed with all the demands that accompany your caregiving role, try to be aware of these demands and focus on your needs as well as the needs of your loved one.

Beyond your own physical needs, you might take a moment to think about your personal relationships – with family, friends, and with the person or people you care for. You likely play many roles besides that of a caregiver (maybe as a spouse, brother or sister, parent, friend) and these relationships can help you feel good about yourself and make sure your life is not just about being a caregiver.

Source: NYS OFA Caregiver Guide

**Mourning the Loss of Your Loved One**

After losing a spouse or partner, you may find that taking care of details and keeping busy helps. But, there comes a time when you will have to face the change in your life.

Here are some ways you can practice self-care while mourning the loss of your loved one:

- ◆ **Take care of yourself.** Grief can be hard on your health. Exercise regularly, eat healthy food, and get enough sleep. Bad habits, such as drinking too much alcohol or smoking, can put your health at risk.
- ◆ **Try to eat right.** Some grieving people lose interest in cooking and eating. It may help to have lunch with friends. Sometimes, eating at home alone feels too quiet. Turning on the radio or TV during meals can help. For information on nutrition and cooking for one, look for helpful resources at your local library or check out NIA's booklet on healthy eating, *What's on Your Plate*.
- ◆ **Talk with caring friends.** Let family and friends know when you want to talk about your spouse or partner. They may be grieving too and may welcome the chance to share memories. Accept their offers of help and company, when possible.
- ◆ **Visit with members of your religious community.** Many people who are grieving find comfort in their faith. Praying, talking with others of your faith, reading religious or spiritual texts, or listening to uplifting music may also bring comfort.
- ◆ **See your doctor.** Keep up with visits to your healthcare provider. If it has been awhile, schedule a physical and bring your doctor up to date on any pre-existing medical conditions and any new health issues that may be of concern. Let your healthcare provider know if you are having trouble taking care of your everyday activities, like getting dressed or fixing meals.

Visit the National Institute on Aging website for more information at <https://www.nia.nih.gov/>

**Hearing Loss Tips**

Hearing loss is a common problem caused by noise, aging, disease, and heredity. Approximately one in three people between the ages of 65 and 74 has hearing loss, and nearly half of those over 75 have difficulty hearing.

Here are some tips you can use when talking with someone who has a hearing problem:

- \* In a group, include people with hearing loss in the conversation.
- \* Find a quiet place to talk to help reduce background noise, especially in restaurants and at social gatherings.
- \* Stand in good lighting and use facial expressions or gestures to give clues.
- \* Face the person and speak clearly. Maintain eye contact.
- \* Speak a little more loudly than normal, but don’t shout.
- \* Try to speak slowly, but naturally.
- \* Do not hide your mouth, eat, or chew gum while speaking .

Visit the National Institute on Aging website for more information at <https://www.nia.nih.gov/>

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

### **Transportation Program**

Transportation Route Schedule:

Monday- Medical Appointments in Dundee or to Dundee between 9am-11am.

Tuesday- Canandaigua between 9:45am-12 noon.

\*Bi-weekly trips to Walmart in Watkins Glen are available on 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 1:30pm-3:00pm.

\*Dundee to Penn Yan for Grocery shopping Tops/Hope Center 3<sup>rd</sup> Tuesday of the month from 1pm-3pm.

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.

\*Dundee to Penn Yan for Tops/Aldi Shopping 1<sup>st</sup> Friday of the month from 11am-12:30pm.

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

\*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](mailto: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.

Our **Personal Emergency Response System (PERS)** 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 will be sent to our monitoring station, they will be able to dispatch Emergency help if needed. This is ideal for anyone who lives alone! This system works with a landline phone service.

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!

**Attention PERS and Project Lifesaver Clients:** If you have activated your PERS button and are admitted to the hospital please make sure that the PERS Pendant stays with your belongings. There is a \$42.00 fee to replace the pendants. \*If your loved one has a Project Lifesaver bracelet and is admitted to a hospital or care facility, please make sure that the staff gives you the bracelet so it can be returned to OFA. You can ask them to call us and we will be glad to pick it up at that location, **315 536-5515**. **The PL bracelets are very costly to replace.**

\*\*\*\* For information on 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](mailto: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](mailto: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](mailto:events@keukacomfortcarehome.org).

### 2020 Concerts on the Courthouse Lawn, corner of Main and Court Streets, Penn Yan

Due to the uncertainty of the times, the Concert in the Park Board is hopeful that the season will be fully or, at least partially, presented. All concerts are on Wednesdays at 6:30 p.m. on the lawn area in front of the old Yates County Courthouse at the corner of Main and Court Streets in Penn Yan. Ample parking is available. Several not-for-profit groups will provide refreshments for a small charge, and audience members are requested to bring their own lawn chairs and/or a blanket.

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

- ◆ **June 24** - Cool Club & The Lipker Sisters (swing)
- ◆ **July 1** - Joe Whiting (rock)
- ◆ **July 8** - Southern Tier Jazz Band
- ◆ **July 15** – Finger Lakes Chamber Orchestra
- ◆ **July 22** – Community Chorus
- ◆ **July 29** – Paulsen, Baker (folk)
- ◆ **August 5** – Community Band
- ◆ **August 12**– Mr. Mustard (Beatles tribute)

Also, **July 28 – 10:30am** Children's Concert at Indian Pines Park Michael Miller

**Yates County Public Health 2020 Free Rabies Clinics**

Date	Location
Wednesday May 13, 2020 7pm-8pm	**Cats Only Clinic** Yates County Maintenance Garage 415 Liberty Street
Wednesday June 3, 2020 7pm-8pm	Penn Yan Fireman's Field 110 Hicks Street Penn Yan, NY 14527
Wednesday Aug 12, 2020 7pm-8pm	Potter Fire House 1255 Phelps Road Middlesex, NY
Monday Sept 14, 2020 7pm-8pm	Italy Highway Barn 915 Italy Valley Road Town of Italy, Naples, NY
Wednesday Sept 30, 2020 7pm-8pm	Dundee Village Barns 25 Spring Street Dundee, NY 14837
Saturday Nov 7, 2020 9am-10am	Benton Fire Department 932 State Route 14A Penn Yan, NY 14527

**Please have all animals on leash or in a carrier.**

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

For questions, please call 315-536-5160 or 1-866-212-5160



**Public Health**  
Prevent. Promote. Protect.  
**Yates County, NY**

**Communication Tips**

Communication can be hard for people with Alzheimer's disease because they have trouble remembering things. They may struggle to find words or forget what they want to say. You can help make things easier by staying calm and patient.

Steps you can take to encourage communication include:

- Show a warm, loving, matter-of-fact manner.
- Hold the person's hand while you talk.
- Be open to the person's concerns, even if he or she is hard to understand.
- Let him or her make some decisions and stay involved.
- Be patient with angry outbursts. Remember, it's the illness "talking."

For more communication tips, visit the National Institute on Aging at <https://www.nia.nih.gov/health/alzheimers-caregiving-changes-communication-skills>

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## THE GRAPEVINE EXPRESS MAY/JUNE 2020

### **Looking for Help with Medical Expenses?**

If you qualify for the Medicare Savings Program, you will no longer have to pay the Part B premium which is taken from your Social Security benefit monthly. Income guideline limits to qualify are \$1456/month for an individual and \$1960/month for a married couple. Even if you think you are over the guideline, certain expenses can be deducted from your income which may make you eligible. There are no asset limits.

If you qualify for Low Income Subsidy "Extra Help" with Medicare Part D drug coverage, your out of pocket costs for prescriptions and premiums may be reduced. If your income is below \$1615 for an individual or below \$2175 for a married couple, you may qualify for financial assistance. There are also asset guidelines that we can discuss with you.

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

### **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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