



THE GRAPEVINE EXPRESS

July/August 2020

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



Friday, July 3

Farmer Market Coupons

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

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

Eating Healthy On A Budget

Shopping for healthy food can be hard if you're on a fixed income, but you can still eat healthy on a budget. Once you've decided how much you can spend on food, find grocery store ads, apps, or websites to see what is on sale and plan meals around featured items. You can:

- **Ask about discounts**—Your local grocery store may have a senior discount or a loyalty card.
- **Use coupons when you can**—Coupons are only useful when you're buying that item anyway. Another brand may cost less even after using the coupon.
- **Check the store brand**—The store brand usually costs less than national brands.
- **Be aware that convenience costs more.** You can often save money if you are willing to do a little work. For example, buy whole chickens and cut them into parts, shred or grate your own cheese, and avoid instant rice or instant oatmeal. Bagged salad mixes cost more and might not stay fresh as long as a head of lettuce.
- **Look at unit prices.** Those small stickers on the shelves tell you the price but also the unit price—how much the item costs per ounce or per pound. Compare unit prices to see which brand is the best value.
- **Try to buy in bulk**, but only buy a size you can use before it goes bad. If you buy meat in bulk, decide what you need to use that day and freeze the rest in portion-sized packages right away.
- **Focus on economical fruits and vegetables** like bananas, apples, oranges, cabbage, sweet potatoes, dark green leafy vegetables, green peppers, and regular carrots.
- **Think about the foods you throw away.** For less waste, buy or cook only what you need.
- **Resist temptations at the check-out.** Those snack foods and candy are put there for impulse buying. Save money and avoid empty calories!
- **Sign up for meal delivery.** While some older people have trouble finding enough money to buy food, others need help preparing meals. There are a variety of groups around the country that deliver meals to people who have trouble getting out of their homes.

Source: National Institute on Aging

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DISCLAIMER: Due to COVID-19 any of these events may be cancelled or postponed. Pro Action Yates OFA will work closely with NYSOFA and Yates County Public Health to ensure that all appropriate safety guidelines are followed.

July 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.

July 10, 17, 24 and 31

- ◆ Pro Action Yates OFA Transportation is offering the opportunity to have lunch on the patio on Fridays in July. Oak Hill – July 10th – Seneca Farms – July 17th – Silver Bird – 24th – Top of the Lake - July 31st Please call 315 536-5517 to reserve your seat one week before the lunch date you wish to attend. Each person is responsible for the cost of their lunch. Trips 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. Contributions are appreciated as it helps keep our transportation program operating.

July 14 and August 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.

July 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.

July 21

- ◆ Virtual opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging from 3-5pm, held virtually using Zoom. Please contact Ashley Tillman at 315-536-5515 or tillmana@proactioninc.org for more information .

July 28

- ◆ Pro Action/Yates Office for the Aging will hold a **Drive Thru** Summer Picnic. Meal will be available for you to pick up from 11:00-1:00pm at the American Legion on Himrod Road in Penn Yan. The menu is hot dog or hamburger, baked beans, macaroni salad, watermelon, iced tea or lemonade and a brownie for dessert. To place a reservation, call 315-536-5515 by 7/20/2020. Wear a mask to pick up your meal and do not exit your vehicle. There will be one-way traffic for entrance and exit.

August 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.

August 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.

August 25

- ◆ Virtual opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging from 3-5pm, held virtually using Zoom. Please contact Ashley Tillman at 315-536-5515 or tillmana@proactioninc.org for more information.

August 31

- ◆ "Our Town Rocks" Community Gathering monthly meeting will be held at 6:00pm at Dundee Central Elementary Playground for our Back To School Picnic! or 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 1

- ◆ Pro Action Yates OFA Transportation is offering a New York State Fair trip on Senior Day. Free Admission to the NYS Fair! We will depart from Penn Yan at 9am and return by 4pm. Please call 315-536-5517 to reserve your seat by Friday, 8/28/2020. 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. Contributions are appreciated as it helps keep our transportation program operating.

12 Summer Safety Tips

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that aging adults, as well as their caregivers, can use to make sure they have a fun and safe summer.

1. Stay hydrated: Seniors are more susceptible to dehydration because they lose their ability to conserve water as they age. They can also become less aware of their thirst and have difficulty adjusting to temperature changes.
2. Talk to your doctor: Make sure any medications you are on won't be affected by higher temperatures.
3. Keep your cool: Use air conditioning in the home or visit air-conditioned places to remain cool.
4. Stay in touch: Let friends and family know if you'll be spending an extended period of time outdoors, even if only gardening
5. Meet your neighbors: They can come by and check on you occasionally to make sure everything is all right.
6. Know who to call: Prepare a list of emergency phone numbers and place them in an easy-to-access area.
7. Wear the right stuff: Natural fabrics (such as cotton) are cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.
8. Protect your eyes: Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.
9. Know the risks of hyperthermia: Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms: Body temperature greater than 104 degrees; change in behavior, such as acting confused, agitated or grouchy; Dry, flushed skin; Nausea and vomiting; Headache; Heavy breathing or a rapid pulse; Not sweating, even if it's hot out; Fainting.
10. Put on sunscreen and wear hats.
11. Apply bug spray.
12. Exercise smart: Don't stay out for long periods and make sure to drink even more water than usual when exercising. Also, consider getting outdoor exercise earlier in the morning or later in the evening, when the sun is not at its peak.

Source: Care.com

DISCLAIMER: Due to COVID-19 any of these classes may be cancelled or postponed. Pro Action Yates OFA will work closely with NYSOFA and Yates County Public Health to ensure that all appropriate safety guidelines are followed.

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

Penn Yan – Thursdays: July 9- September 24 from 10:00-11:00 am.

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan — Tuesdays: **Advanced class** – July 7- September 22 from 8:30-9:30 am.

Penn Yan – Mondays: **Beginners class** – July 6 - 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 once we are cleared to hold classes. 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 July 6 to August 13 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 Swarthout, at **315-536-5515**.

Most classes can be joined at any time!

Transportation may be available.

What Can I Do If I Suspect Dad Is Addicted to Prescription Medication?

Q: What should I do if I suspect my elderly father is addicted to prescription pain medication?

A: This may be a problem for many seniors, families and caregivers but such problems have many dimensions and need to be given careful consideration before deciding the course of action.

First, some patients may be "addicted" to their medication because their medical condition warrants aggressive, routine treatments. Patients who have terminal medical conditions are sometimes denied pain medications or pain medication refills a day or two early because of a lack of understanding of the patient's condition. Some healthcare providers may be adversely opposed to providing medication for fear of contributing to possible addiction. If a patient is terminally ill or in irretractable pain, pain medication may be the only source of relief. It is important to understand the difference between addiction and physiologic dependence. A slightly more flexible approach to the use of opioid pain medications may be necessary when dealing with a terminally ill patient.

New standards of care now require healthcare providers to evaluate pain control as they would the patient's other vital signs. You may see the use of rating scales, e.g. 1 through 10, blue to red scales, etc. These are being put into use to assist healthcare professionals in getting a more consistent evaluation from the patient. Use of one of these scales can also be helpful to caregivers in supporting care of their loved one.

But on the other hand, some patients have been continually prescribed medications that may be addicting without attempting other medications to address pain relief. Older patients today have been taking some of the older addictive medications for a longer period of time because there were no other medications to treat painful conditions some 5, 10 or 20 years ago.

While maybe not addicted to a certain medication, elders taking a medication with addictive potential may develop a sense of euphoria or well being that would make them less inclined to change to newer medications to treat a variety of pains.

Your elderly father's specific medical condition, pain control, the medication currently in use and its side effects should all be discussed with your dad's physician. Ask about other medications that have been used to treat the specific pain. Ask about a plan to transition to a new therapy, these transition plans are as individual as the patient.

There are also special pain management physicians who may be helpful in development of a transition plan, but be sure the specialist you choose has had extensive experience with older patients. If this is the road you will be taking, I would encourage you to ask for a referral to a pain management specialist with geriatric experience.

If you suspect your father is addicted to a medication, you should discuss your concerns with his physician. Ultimately, your father's medication use is between him and his prescriber until such time that you are empowered to actively seek control over his medical decisions and care.

Source: Lynn Harrelson, Senior Pharmacy Solutions Agingcare.com

Are You A Caregiver?

As the population ages, more caregiving is being provided by people who aren't health care professionals. About 1 in 3 adults in the United States provides care to other adults as informal caregivers.

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. However, family members who are actively caring for an older adult often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need. Caregiving can have many rewards. For most caregivers, being there when a loved one needs you is a core value and something you wish to provide. But a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad. Caregiver stress — the emotional and physical stress of caregiving — is common. The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

Source: Mayo Clinic

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 2nd and 4th Tuesdays from 1:30pm-3:00pm.

*Dundee to Penn Yan for Grocery shopping Tops/Hope Center 3rd 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 1st 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. 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.
- ◆ **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.
- ◆ **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.

Information from Yates County Director of Veterans' Services – Phil Rouin

During the period of COVID-19 and social distancing, our Veterans Service Agency (VSA) has implemented multiple processes to allow submission of claims or other forms. Veterans, family members, and surviving dependents can work with a Veteran Service Officer (VSO) to submit claims electronically, via fax or by mail. Veterans, family members and surviving dependents, can start the claims process while practicing social distancing through several methods. They may:

- Call our VSA, (315) 536-5196, to conduct an over the phone interview with a VSO.

Our VSA will schedule face-to-face appointment for final signature, if required;

For individuals who need more assistance, VSA offers robust resources through the National Call Center (NCC) at 1-800-827-1000. Services include:

- For Veterans without a computer or fax machine, they can request a hard copy form be mailed to them; VSA representative can assist Veterans with questions about the claims process and returning the forms; Veterans who are not ready to submit a claim can notify VA of their intent to file a claim. This will preserve a potential effective date and allow the Veteran up to one year to submit a completed claim form. An intent to file can be communicated by:

Faxing or mailing a completed *VA Form 21-0966, Intent to File a Claim for Compensation and/or Pension, or Survivors Pension and/or DIC,*

- Calling the National Call Center or Veterans Service Center, or
- Asking a Veterans Service Organization (VSO) to complete one on a claimant's behalf.

Feel free to visit our Veterans Service Agency or the Department of Veterans Affairs websites:

<https://www.yatescounty.org/270/Veterans-Service-Agency> or <https://www.va.gov/>

Unfortunately, transportation services for Veterans to medical appointments have been suspended until further notice. Transportation referrals have been made to Pro Action of Yates County's Office for the Aging.

We are continuing to serve Yates County's veteran families. If there is a veteran or family member you know in need of assistance, please email us at veterans@yatescounty.org with their name and contact information. Of course, always feel free to reach out and we will see how we can assist. Thanks for all you do and please take care of yourselves.

Your thoughts are important to us!

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

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

Could you please take a minute and let us know:

The most important needs of Yates County Seniors: _____

How well are we are doing with the services we provide?: _____

Feed Back on Office for the Aging Services: _____

Suggestions: _____

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

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

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

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

Your newsletter support helps us reach more seniors and their families and to expand our services to you. No one will be denied a newsletter due to inability to pay. Please complete the form below and return it to the address listed. Please let us know if there are any corrections needed on your address. We suggest a \$15.00 contribution. Thank you!

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

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

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

Name: _____

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

In order to receive our newsletter year round should we:

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

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

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

Comments/Suggestions: _____