



# THE GRAPEVINE EXPRESS

September/October 2020

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



Monday, September 7 & Monday, October 12

## Medicare Open Enrollment: October 15<sup>th</sup> through December 7<sup>th</sup> 2020

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

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

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

You can evaluate and change plans between October 15<sup>th</sup> and December 7<sup>th</sup> each year during the Annual Open Enrollment Period. **The changes made during this time will go into effect January 1, 2021.**

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

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

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

**Mosaic Health Center (Formerly Rushville Health Center):** Monday, October 19 from 10-11am.

**Penn Yan Yates County Building Auditorium:** Monday, October 19 from 2-3pm, Friday, October 30 from 10-11am, Wednesday, November 4 from 10-11am, Friday, November 13 from 2-3pm and Thursday, November 19 from 10-11am.

**Dundee Library:** Friday, October 30 from 2-3pm.

**Penn Yan Public Library:** Tuesday, November 17 from 5-6pm.

**Zoom Video Conferencing:** This year we will be offering 3 opportunities to participate in these Medicare presentations via Zoom. Experience with Zoom is preferred, but not required. Zoom works best from the Zoom smartphone app, or from internet browser Google Chrome. Please call our office or email Ashley Beach at [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) to register. Please register prior to the dates listed for each presentation if you would like to have materials mailed to you in time to use during the presentation. These calls will have a limited number of participants, and more will be added if there is high demand.

- Wednesday, November 4<sup>th</sup> from 2-3pm (register by Friday, October 30<sup>th</sup>)
- Thursday, November 12<sup>th</sup> from 10-11am (register by Friday, November 6<sup>th</sup>)
- Tuesday, December 1<sup>st</sup> from 10-11am (register by Tuesday, November 24<sup>th</sup>)

**Please note: All presentations are subject to change and at this time are tentatively scheduled due to the COVID-19 Pandemic.**

**Do you wish to not attend a presentation?** Many of our customers have requested a plan comparison chart. We will be offering 2020 Plan Comparison Packets. Each packet will include all 2021 plan information, instructions on how to use the Medicare Website to search and compare plans, and a comparison worksheet with tips and advice. These packets can be mailed to you or you can stop in to pick one up. We will begin to distribute packets on Thursday, October 15th, and you can call in advance to be added to the mailing list.

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

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**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.**

**September 8 and October 13**

- ◆ “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.

**September 10**

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

**September 18**

- ◆ 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.

**September 21 and October 26**

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at 6:00pm at held at the Our Town Rocks Office, 12 Main Street in Dundee at 10:00 am. or 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.

**September 22**

- ◆ 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 Beach at 315-536-5515 or [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) for more information.

**September 30**

- ◆ Last day to receive Farmers Market Coupons, **while supplies last**. Each booklet has \$20 worth of coupons to buy locally grown produce. You need to be at least age 60 **and** meet low income guidelines. Coupons must be used before 11/30/20. Reminder– not all markets will be open through 11/30/20 so be sure to check for closing dates. They can be received through the Yates Office for the Aging at 315-536-5515.

**October 7**

- ◆ Pro Action Yates Office for the Aging Transportation Program is offering a shopping trip to the Waterloo Outlet Mall on Wednesday, October 6th from 11am -2PM. 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. Please call 315 536-5517 to reserve your spot by Friday, October 2<sup>nd</sup>, 2020.

**October 8**

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

**October 16**

- ◆ 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.

**October 23**

- ◆ Pro Action Yates Office for the Aging Transportation Program is offering a Fall Foliage trip to Bristol Mountain on Friday, October 23<sup>rd</sup> from 10am – 2pm. A picnic lunch with a suggested donation of \$7 will be provided to enjoy as you look at the beautiful scenery. 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. Please call 315 536-5517 to reserve your spot by Friday, October 16th, 2020.

**October 27**

- ◆ 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 Beach at 315-536-5515 or [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) for more information.

**SAVE THE DATES: 11/17/20 and 12/15/20 for Yates OFA Special Event Holiday Dinners. Stay tuned for more details.**

## SCAM UPDATE REPORT by Lifespan

The following scams have been reported in our area recently:

- Fake door-to-door contractors: How it works: Person comes to your door, says they are a contractor in the neighborhood, and will work for cash. What happens: Scammers take your money, do shoddy work or no work at all, and keep your money. How to avoid this scam: No legitimate contractor goes door-to-door looking for business. When someone knocks on your door and says they are a contractor looking for work, tell them you are not interested, and CLOSE THE DOOR.
- Car warranty scam: How it works: Someone calls, says they can sell you a car warranty, or extend your existing warranty. They ask for your credit card and other personal information.. What happens: You end up without any warranty protection, but your credit card is charged, and your personal information may be used for identity theft. How to avoid this scam: If you get a car warranty call – HANG UP.

**Scam Case History :** Victim: 81-year-old female; Location: Wyoming County; Scam type: Fake Sweepstakes; Money lost: \$5,200

Mary Lou received a call from a person who said he was a lawyer in Dallas who had been retained by a popular home improvement magazine to find sweepstakes winners. The magazine had awarded Mary Lou \$250,000 in a sweepstakes drawing two years ago but could not contact her. The attorney, who called himself Daniel, said that he could send the check for \$250,000 as soon as Mary Lou paid taxes and fees, which amounted to 10% of the winnings. Mary Lou explained she only had about \$7,500 in savings. Daniel told her she could help pay the taxes and fees if she did some things that would help some of Daniel's law clients. He mailed Mary Lou several checks, asked her to cash them at her bank, and then send the cash in the mail, or Federal Express, to addresses in the United States and overseas. After a few months, Daniel told Mary Lou that she had worked off most of her taxes and fees, and only needed to send \$5,200 more so he could release the big check. Mary Lou withdrew the \$5,200 from her savings and mailed the cash to a person in Las Vegas. Then Daniel stopped calling. Mary Lou became alarmed and when she called Dan the number was disconnected. Mary Lou contacted the sheriff's office. After a brief investigation, Mary Lou learned she had been used in an illegal money laundering operation. The money she had withdrawn from savings was untraceable. Mary Lou filed an application for victim compensation from the State of New York and eventually received a check for \$100.

**IF IT SOUNDS TOO GOOD TO BE TRUE, IT USUALLY IS.**

**Questions about a possible scam? Call Lifespan at 585-435-5251. We can help.** Lifespan is a regional nonprofit agency providing information, guidance and services for older adults and caregivers. Learn more at [lifespanrochester.org](http://lifespanrochester.org)

**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.**

### **Bone Builders – Osteoporosis Prevention and Bone Strengthening**

Penn Yan – Tuesdays: October 6 to December 15 from 10:00-11:00 am.

Penn Yan – Thursdays: October 8 to December 17 from 10:00-11:00 am.

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

Penn Yan -Tuesdays: **Advanced class** – October 6 to December 15 from 8:30– 9:30am.

Penn Yan – Mondays: **Beginners class** – October 5 to December 14 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 be held October 6 to November 14. 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 be held October 5 to November 12 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 Swarouth, at **315-536-5515**.

Most classes can be joined at any time!

Transportation may be available.

**Detaching With Love: Setting Boundaries With Difficult Elderly Parents**

When the family member we are trying to care for is critical, impossible to please or emotionally abusive, long-standing family dynamics are often to blame. I'm not talking about an elder who is suffering from chronic pain or has little control over their moods and behaviors because of Alzheimer's or dementia. In those cases, it is clear that we need the help of professionals to find a solution. What I'm referring to are children who after a historically toxic relationship, are now in a position to make care decisions for an abusive family member.

Aging, and the problems that come with it, often makes a toxic parent even more intense. A frail parent may no longer be able to lash out physically, but that loss of control sometimes makes their tongue an even stronger weapon.

If you had a difficult childhood and troubled relationship into adulthood, how do you care for abusive parents without incurring additional psychological harm? How do you provide adequate care despite their ongoing criticism and abuse?

**The Importance of Setting Boundaries with Toxic Parents:** Many mental health professionals would suggest “detaching with love.” Detaching is a method of setting boundaries to protect yourself by creating emotional distance from the actions of another. By giving up the notion that you can control a dysfunctional person's behavior, you stop allowing them to control your emotions and behaviors.

When you acknowledge that you cannot control or satisfy a toxic individual, you stop enabling them. They are then left to deal with the consequences of their decisions and behaviors. Conversely, the person who has been pushing your buttons will start to see that these old triggers no longer elicit the desired reactions: making you anxious, fearful or angry. Detaching with love means that you affirm your love for the person but also make it clear that you will not tolerate being manipulated with fear, obligation or guilt.

**Arranging Respite Care While Setting Boundaries:** If your loved one continues to act out just to test your resolve or manipulate you, tell them you will make other arrangements for their care until you both cool off. A caregiver cannot simply walk away without potentially endangering their parent's welfare. This step takes some planning, especially if Mom or Dad requires a high level of care. You may need to arrange for adult day care, in-home care services or even a temporary stay at a long-term care facility. Once you have back-up care in place, you can manage care by calling or visiting on an as-needed basis. The main objective is not to waver. If you tell this person that you are setting boundaries and arranging for outside help, then do it. All caregivers need regular respite care to see to their own physical and emotional health.

**Know When to Say “No” to Caregiving:** One thing to be aware of is that many abused children become abusers themselves. Put an end to this problem by setting clear boundaries, calling in reinforcements when you need them, and recognizing when it is time to let others take over as primary caregiver—either temporarily or permanently. You don't want to be a person who “loses it” after enduring lifelong hardship. Returning abuse is never the answer. If you recognize these feelings surfacing in yourself, get help immediately. Stop the cycle by arranging for someone else to take over. Work out a solution with another family member or a professional caregiver, or consider placement in a long-term care facility. If your situation is truly intolerable and you are reaching your limits, social services or a geriatric care manager can step in to ensure your loved one's safety (and your own).

In severe cases, it is best for a non-family member to take over providing care and making decisions. You can visit and assist as much or as little as you see fit without subjecting yourself to additional mistreatment. This is a difficult step, but, in some cases, it's the only way to protect yourself, and get your loved one the care they need.

Excerpt from Carol Bradley Bursack, *Minding Our Elders* | Updated May 8, 2020 Full article located at: <https://www.agingcare.com/articles/setting-boundaries-with-parents-who-are-abusive>

**Sundowning**

Some people with Alzheimer's disease may experience sundowning —restlessness, agitation, irritability, or confusion that can begin or worsen as daylight fades. If sundowning continues into the night, the person with Alzheimer's disease and their caregivers may have trouble getting enough sleep and functioning well during the day. Try these tips to cope with sundowning:

- ◆ Reduce noise, clutter, or the number of people in the room.
- ◆ Try to distract the person with a favorite snack, object, or activity. For example, offer a glass of water, suggest a simple task like folding towels, or turn on a familiar TV show (but not the news or other shows that might be upsetting).
- ◆ Make early evening a quiet time of day. You might play soothing music, read, or go for a walk. You could also schedule a call with a family member or friend.
- ◆ Close the curtains or blinds at dusk to minimize shadows and the confusion they may cause. Turn on lights to help minimize shadows.

Source: National Institute on Aging

## 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](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.
- ◆ **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.
- ◆ **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.
- ◆ **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@millspantry.org](mailto:volunteer@millspantry.org).
- ◆ **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).

### National Falls Prevention Awareness

National Falls Prevention Week is September 21 – 25. As we get older, we need to make plans to stay safe and in our homes for as long as we can. Here are some tips to help toward that goal.

What can we do to stay independent? Many people make financial plans for retirement, but not everyone plans for other changes that may come with age. This includes changes in your mobility – your ability to get around.

It's not easy to talk about, but as we get older, physical changes can make it harder to get around and do things we want or need to do – like driving, shopping or doing household chores.

You might not have mobility problems now, but you could in the future. You may even know others who already do – perhaps a parent, relative, friend or neighbor. While it may not be possible to prevent all these changes, there are actions you and your loved ones can take today, and as you age, to help keep you safe and independent tomorrow.

1. Get a physical checkup each year. Some health issues may increase your risk of fall (such as leg weakness and balance problems).
2. Review all your medicines with a doctor or pharmacist. Certain medicines can have side effects that can change your ability to drive, walk or get around safely.
3. Get a medical eye exam each year. Eye problems can increase your risk of falling or being in a car crash.
4. Follow a regular activity program to increase your strength and balance. Strength and balance activities, done at least 3 times a week, can reduce your risk of falling. Other activities, like walking, are good for you, but don't help prevent falls. Pro Action Yates Office for the Aging offers many exercise classes to help prevent falls. Call the Office at 315-536-5515 for more information.

Along with exercise, it is important to keep your house safe so there is less chance of having a fall. Here are some tips to help you:

1. Check floors in each room for tripping hazards. Keep cords out of your pathway. Keep objects off the floor.
2. Check the kitchen. Put often-used items within easy reach. If you must use a step stool to reach items, make sure it is very sturdy with a handle to hang onto. Never use a chair.
3. Check your bedrooms. Make sure the lighting is adequate. Place lamps close to the bed within your reach. Use night lights. This helps you see at night if you must get up.
4. Check the bathrooms. Use non-slip rubber mats or self-stick strips on the floor of the tub or shower. Install grab bars for support getting in or out of the tub or shower and up from the toilet.
5. Check the stairs inside and outside. Consider installing handrails on both sides of the stairs. Make sure there are light switches at the top and bottom of the stairs. Use bright overhead lights to help you see. Check for loose or uneven steps and make repairs as needed.

Falls are more likely when wearing inappropriate footwear, such as flip flops that don't cover the heel. Wear safe shoes that fit well, have a firm heel to provide stability, and have a textured sole to prevent slipping.



## Get Your FLU SHOT Not The Flu



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

### Fall 2020

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

### Get Your Flu Shot

- Everyone 6 months of age and older should get a flu vaccine every season.
- In addition to protecting yourself, getting vaccinated also protects people around you, including people who are more vulnerable to serious flu illness, like babies and young children, adults age 65 and older, pregnant women and people with certain chronic conditions.

### Vaccination Locations

- Public flu clinic sponsored by Rite Aid Pharmacy:
  - When: Thursday, September 24<sup>th</sup> from 10:00am-11:30am
  - Friday, September 25<sup>th</sup> from 1:00pm– 2:30pm
  - Monday, October 26<sup>th</sup> from 10:00-11:30am or 1:00-2:30pm
- Where: Yates County Office Building Auditorium – 417 Liberty St. Penn Yan.  
Please bring your insurance card or cash
- Your doctor's office
- Local Pharmacy
- If you are uninsured, contact Public Health to make an appointment for your flu shot.

### Take Everyday Precautions

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits can stop the spread of germs too:

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid close contacts with people who are sick.
- Stay home from work, school, or errands when you are sick.
- Cover your mouth and nose when you cough or sneeze. Use a tissue to cover up or the bend of your arm. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose, or mouth. Germs spread this way!
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

### If You Are Sick

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

### 5 Ways to Help Be More Positive

Older adults are more vulnerable to sadness or depression because they're going through major life changes like declining health, death of loved ones, or loss of friends.

Five ways to help older adults improve their mood:

1. Physical health improves mental health.
2. What you eat affects your mood.
3. Stay connected with family and friends.
4. Keep your mind engaged.
5. Practice a positive attitude.

Learn more at: <https://dailycaring.com/5-ways-to-help-seniors-be-more-positive/>

Yates County Office for the Aging  
417 Liberty Street, Suite 1116  
Penn Yan, NY 14527  
Phone: 315-536-5515  
Fax: 315-536-5514  
Email: [ycofa@proactioninc.org](mailto:ycofa@proactioninc.org)  
[www.proactioninc.org](http://www.proactioninc.org)

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## THE GRAPEVINE EXPRESS SEPTEMBER/OCTOBER 2020

### Need Assistance with Medical Costs?

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

- Medicare Savings Program (MSP): Pays your Part B Premium.
- Extra Help: Pays your Part D Premium up to \$36.55 per month.
- Qualifying Individual Program (QI): Pays for your Part B Premium.
- Specified Low-Income Medicare Beneficiary Program (SLMB): Pays your Part B Premium.
- Qualified Medicare Beneficiary Program (QMB): Pays your Medicare Premiums, Pays your deductibles and coinsurances if you see providers who participate in Medicare or who are in your Medicare private health plan's network. Medicare providers cannot charge you anything for Medicare-covered services.

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

### 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