



# THE GRAPEVINE EXPRESS

November/December 2020

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



Wednesday, November 11,  
Thursday & Friday, November 26 & 27  
Friday & Monday, December 25 & 28

## Myths About Aging

Many people make assumptions about what it is like to grow “old” and how older age will affect them. It’s important to understand what is and isn’t a normal part of aging. Some common misconceptions about aging:

- 1. The older I get, the less sleep I need.** Not true! Older adults need the same amount of sleep as all adults - seven to nine hours each night.
- 2. Only women need to worry about osteoporosis.** Although osteoporosis is more common in women, this disease still affects many men and could be underdiagnosed.
- 3. It is inevitable that older people will get dementia.** False! Dementia is not a normal part of aging. Although the risk of dementia grows as people get older, it is not inevitable, and many people live into their 90s and beyond without the significant declines in thinking and behavior that characterize dementia.
- 4. Older adults should take it easy and avoid exercise so they don’t get injured.** Not true! Almost anyone, at any age and with most health conditions, can participate in some type of physical activity. Exercise and physical activity are not only great for your mental and physical health, but can also help you stay independent as you age.
- 5. Depression and loneliness are normal in older adults.** As people age, some may find themselves feeling isolated and alone. This can lead to feelings of depression, anxiety, and sadness. However, these feelings are not a normal part of aging as growing older can have many emotional benefits, such as long-lasting relationships with friends and family and a lifetime of memories to share with loved ones. In fact, studies show that older adults are less likely to experience depression than young adults.
- 6. Older adults can’t learn new things.** Not true! Older adults still have the ability to learn new things, create new memories, and improve their performance in a variety of skills. While aging does often come with changes in thinking, many cognitive changes are positive, such as having more knowledge and insight from a lifetime of experiences. Trying and learning new skills may even improve cognitive abilities.
- 7. If a family member has Alzheimer’s disease, I will have it, too.** A person’s chance of having Alzheimer’s disease may be higher if he or she has a family history of dementia because there are some genes that we know increase risk. However, having a parent with Alzheimer’s does not necessarily mean that someone will develop the disease.
- 8. Now that I am older, I will have to give up driving.** As the U.S. population ages, the number of licensed older adults on the road will continue to increase. In 2016, almost one in five drivers were 65 years or older. The question of when it is time to limit or stop driving should not be about age, rather, it should be about one’s ability to drive safely.
- 9. I’m “too old” to quit smoking.** It doesn’t matter how old you are or how long you have been smoking, quitting at any time improves your health. Smokers who quit have fewer illnesses such as colds and the flu, lower rates of bronchitis and pneumonia, and an overall better feeling of well-being.
- 10. My blood pressure has lowered or returned to normal, so I can stop taking my medication.** If you take high blood pressure medicine and your blood pressure goes down, it means the medicine and any lifestyle changes you have made are working. However, it is very important to continue your treatment and activities long-term. If you stop taking your medicine, your blood pressure could rise again, increasing your risk for health problems like stroke and kidney disease.

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.**

**November 10 & December 8** “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.

- ◆ No November or December “Our Town Rocks” Community Gathering monthly meetings have been scheduled.

**November 17 – TAKE OUT ONLY**

- ◆ Pro Action Yates Office for the Aging will hold its annual Thanksgiving Dinner at the First Baptist Church from 11:30 am to 12:30 pm. This event will be a drive thru only. On the menu is turkey with gravy, bread stuffing, squash, cranberry relish, rolls and pumpkin pie with whipped topping. You **must call and make reservations** by Monday, November 9, by calling 315-536-5515. There is a suggested donation of \$8 per meal for people over 60. There is a mandatory charge of \$8 if you are under 60. Transportation may be available by calling 315-536-5517.

**November 24**

- ◆ Virtual opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging from 2-4 pm, held virtually using Zoom. Please contact Ashley Beach at 315-536-5515 or [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) for more information. Registration due by Tuesday, November 17th.

**November 24**

- ◆ All Yates County family caregivers are welcome to register 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 Association’s Virtual Support Group meeting at 12:00—1:00 pm. Pre-registration is required to obtain call-in information by contacting 1-800-272-3900. The virtual support group is usually held on the 4<sup>th</sup> Thursday each month from 12-1pm, but has been adjusted dur to the November holiday.

**November 30**

- ◆ Last day to use Farmers Market Coupons.

**December 15 – TAKE OUT ONLY**

- ◆ Pro Action Yates Office for the Aging will hold its annual Christmas dinner from 11:30 am to 12:30 pm at the First Baptist Church in Penn Yan. This event will be a drive thru only. On the menu is ham with fruit sauce, twice baked potatoes, green bean almondine , rolls and cherry pie. You **must call and make reservations** by Monday, December 7, by calling 315-536-5515. There is a suggested donation of \$8 per meal for people over 60. There is a mandatory charge of \$8 if you are under 60. Transportation may be available by calling 315-536-5517.

**December 15**

- ◆ Virtual opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging from 2-4 pm, held virtually using Zoom. Please contact Ashley Beach at 315-536-5515 or [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) for more information. Registration due by Tuesday, December 8th.

**December 22**

- ◆ All Yates County family caregivers are welcome to register 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 Association’s Virtual Support Group meeting at 12:00—1:00 pm. Pre-registration is required to obtain call-in information by contacting 1-800-272-3900. The virtual support group is usually held on the 4<sup>th</sup> Thursday each month from 12-1pm, but has been adjusted due to the December holiday.

**\*\*Due to COVID-19, the Pro Action Yates OFA Transportation December Shopping Trips and Annual Christmas Light Ride around town have been cancelled.**

### **Emergency/Weather Related Closings**

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

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

### **Medicare Part D Plan Changes**

In 2020 NYS had 27 Medicare Part D Stand-Alone Prescription Drug plans, 3 of which have announced they are not renewing their contracts for 2021 and service will be terminated. These plans include: Magellan Rx Medicare Basic, Journey Rx Standard, and Journey Rx Value. If you are a member of one of these plans, you should have been notified of your plans termination and encouraged to pick a new plan. You have the normal Open Enrollment Period (10/15-12/7) to pick a new plan, but also will have a Special Enrollment Period from December 8<sup>th</sup>, 2020-February 28<sup>th</sup>, 2021 to select a new plan, effective the first of the following month after enrollment. Please note, that if you do not make a selection prior to January 1<sup>st</sup>, 2021, you will not have Part D coverage starting that day. Another change to Part D plans, is EnvisionRxPlus & EnvisionRxSecure have changed their names to ElixirRxPlus & ElixirRxSecure. Members should have received a letter regarding this change. If you wish to keep the plan, it will continue into 2021 and you will receive new cards. To pick a new plan, you can contact Ashley Beach at 315-536-5515, call 1-800-Medicare (633-4227), or use <https://www.medicare.gov/plan-compare/>.

**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: 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 help in the spring. Please call for more information.

#### **Healthy Living with Chronic Disease – Learn how to manage your chronic disease to make your life better**

Penn Yan – New class will be held Tuesdays, November 17 to December 22 from 9:30am to 12:00 pm at St, Paul’s Lutheran Church. Please call for more information or to register.

#### **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 in the spring from 8:45 to 9:45 am at Pro Action Yates Office for the Aging Conference room. Please call for more information.

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.

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**National Family Caregivers Month, November 2020**

This year's theme is "Caregiving Around the Clock." We remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. Caregiving is tough. 5 Reasons Caregiving Is So Tough: 1. Where's the other half? Over half of family caregivers are woman. 2. Relationships may suffer. One of out of every four caregiver reports diminished family relationships because of caregiving a loved one. 3. No wonder you're tired. Most caregivers work outside the home either part-time or full-time in addition to their caregiving responsibilities. 4. Children do it too. Over a million American young people, age 8 to 18, care for an adult relative on a daily basis. 5. It's hard to do self-care. Nearly 70% of caregivers report they don't see their doctor regularly because of their responsibilities. Remember: If you don't take care of yourself, you can't take care of anyone else. Source: NationalToday.com

**Parkinson's Tip Sheet**

Addressing Your Loved One's Communication Challenges

Most people with Parkinson's experience a soft voice volume and may be difficult to hear. Loss of automatic facial expression can be misinterpreted as boredom, anger or sadness. Mood changes in Parkinson's such as apathy, depression or anxiety can also affect communication. These tips can make communication easier:

- » Try to have conversations one-on-one or in small groups. Smaller groups will be more willing to pause the conversation and wait for a comment than a large group.
- » Reduce/remove distractions like TV, radio or music when speaking to the person with Parkinson's.
- » Be close to each other when you talk so it is easier to hear. Avoid yelling from another room!
- » Encourage the person with Parkinson's to take a deep breath before beginning to speak to enhance his or her vocal loudness.
- » Give the person with Parkinson's time to respond or participate in conversation. Just like slowness in movement, thought processes can be slowed by Parkinson's disease.
- » Do not make assumptions about how your loved one is feeling based on facial expression. Remember, you can't judge a book by its cover!
- » Recognize that mood changes such as depression or anxiety can be symptoms of Parkinson's disease. If you notice these symptoms in your loved one, speak to his or her physician.
- » Seek a referral to a speech pathologist who is certified in the Lee Silverman Voice Treatment therapy (visit [www.lsvtglobal.com](http://www.lsvtglobal.com)), the only proven method for improving speech in PD.

Coping With Your Loved One's Fatigue

Many people with Parkinson's experience excessive daytime sleepiness. They report a loss of energy and chronic fatigue, which may be disruptive to planned activities and schedules. Consider the following:

- » People with excessive daytime sleepiness (EDS) feel fatigue during the day and then have poor quality sleep at night. Activities that make you tired may be bad for the morning, but excellent at night. Adding exercise to the routine may improve nighttime sleep quality.
- » Think about scheduling fewer activities each day. The person with Parkinson's may have low energy and therefore may not be able to do as much as he or she used to do.
- » Consider breaking up tasks, errands and activities into shorter time periods, allowing for rest as needed.
- » Scheduling brief rest periods or naps may be helpful to restore your loved one's energy during the day. Be mindful that excessive daytime sleep may prevent someone from resting well at night.
- » Recognize that your schedule may need to be flexible and responsive to how the person with Parkinson's is feeling. You may need to postpone or cancel activities based on these variations.
- » Have a back-up plan in case the scheduled activity falls through.
- » Make sure travel schedules include enough time to accommodate rest periods.
- » Be aware that the person with Parkinson's may request more assistance when feeling fatigued. Offer help as needed.
- » Encourage your loved one to avoid tasks that require significant coordination or attention when fatigued to avoid accidents or falls.

For more information contact the National Parkinson's Foundation at 1-800-4PD-INFO (473-4636) or visit their website at [www.parkinson.org](http://www.parkinson.org).

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

### **Attention those with PERS (Personal Emergency Response System) Units:**

2021 Payment Coupon Books will be mailed at the beginning of December 2020. If you do not receive them by December 31<sup>st</sup>, 2020 please contact Terri Becker @ 315 536-5515. Remember if you wish to pay a few months or a year in advance just send in the January coupon with the months noted you wish to pay.

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.

**Have you noticed?** Over the past two years, the OFA Transportation Program began replacing our older vehicles and just recently was able to purchase a new 2020 Kia Sorento with All Wheel Drive.. Thank you for your contributions!

### **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 minimum of 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.

\*\*\*\* 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.
- ◆ **Food Basket Delivery Drivers-** Pro Action Yates Office for the Aging is looking for individuals interested in volunteering a few hours a month to deliver a monthly food basket to older adults who are homebound and have limited supports to get to the local food pantry. 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@millyspantry.org](mailto:volunteer@millyspantry.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).

### 711-NYS Relay Service

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

Follow these simple steps:

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

It really is that easy!

### Palliative and Hospice Care

Palliative and hospice care serve different types of patients. However, both provide comprehensive comfort care and support for the patient and their family.

Palliative care is a resource for anyone living with a serious illness, such as heart failure, cancer, or dementia. In addition to improving quality of life and helping relieve symptoms, palliative care can help patients understand their choices for medical treatment. This type of care can be provided along with curative treatment and can be helpful at any stage of illness. Palliative care can transition to hospice care and back again.

Hospice care provides a person with a terminal illness comprehensive comfort care when attempts to cure or slow the person's illness have stopped. Hospice is typically provided when the doctor believes the person has six months or less to live if the illness runs its natural course. This type of care provides support for family as well, coaching family members on how to care for the person and even providing respite care when caregivers need a break.

Visit National Institute on Aging's website at <https://www.nia.nih.gov> to learn more about palliative and hospice care.

### Crisis Tips from AARP

**Food is Lodged in Your Throat and You're Alone:** Roughly 5,000 people die from choking each year, and more than half are older than 74, according to the National Safety Council. Save Yourself- **Don't Panic.** If you can, take slow deep breaths and call 911. Even if you cannot speak, the dispatcher should be able to recognize an emergency and send EMTs to your location. **Cough Forcefully.** If something is lodged in your throat, continue to cough vigorously to clear the object. **Perform the Heimlich Maneuver on Yourself.** If you can't cough it out and you can't breathe, make a fist, press it under your rib cage above your navel, grasp it with the other hand and pull sharply in and upward. Do it 6-10 times quickly. Not working? Fall onto the edge of a lower chair or couch to give it good force to expel the food. There are risks to that, like breaking a rib, but if turning blue, you got to do whatever you can to dislodge the obstruction.

**Your Husband Was Out Working in the Sun and He Collapsed!** As we age, our bodies become less efficient at regulating temperature. We don't sweat as much, and we tend to drink less water than younger people. That puts us at greater risk of heat illness in the summertime. Drink plenty of water before going outside, and eat a banana-it's rich in potassium, which helps regulate body fluid. Save Your Loved One: Heat illness can be a life-threatening problem that arrives in stages of heat cramps, heat exhaustion and heatstroke. If you detect heatstroke, call 911. Heat cramps suggest dehydration so move the victim into the shade and give some water. Heat exhaustion's key sign is profuse sweating. Get him in a cooler place and open clothing to allow cool air in. Heatstroke's key signs are lack of sweating, bright red skin, lethargy and slurred speech. Serious emergency and call 911. Apply cold compresses to the groin and armpits to lower body temperature. Do NOT immerse body in cold water as can shock the heart out of rhythm.

Source: AARP The Magazine

### Keuka Housing Council Home Repair Grants

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

### HEAP Announcement

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

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

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 NOVEMBER/DECEMBER 2020

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

At these interactive sessions, participants will obtain Medicare updates for 2021. After the information session, participants will have an opportunity to ask questions about their specific situations.

**In Person Open Enrollment Presentations:** Penn Yan Yates County Building Auditorium: Wednesday, November 4 from 10-11am, Friday, November 13 from 2-3pm and Thursday, November 19 from 10-11am.

This location allows us the most space to safely provide in person presentations. Please arrive early as you will need to sign in and complete a COVID-19 Self Certification form prior to attending the presentation. Please do not attend if you have symptoms of COVID -19 and remember that masks are mandatory at all times while in the building. Bringing your own writing utensil is encouraged. The presentation will be a pre-recorded video of Ashley Beach going over the 2021 Medicare Reference Guide. The video will be paused periodically for questions that Ashley will be present to answer.

**Virtual Open Enrollment Presentations:** 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 from 2-3pm (register by 10/30/20), Thursday, November 12 from 10-11am (register by 11/6/20), and Tuesday, December 1 from 10-11am (register by 11/24/20).

For any questions or to register for a presentation, please call 315-536-5515.

### **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