



THE GRAPEVINE EXPRESS

March/April 2021

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



No Closings in March or April

Tax Appointments Are Still Available!

Pro Action Yates Office for the Aging and the AARP Taxaide Program are offering free income tax service through Tuesday, April 15, but the last day for new appointments is Friday, **April 9th**.

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

All tax appointments will be held at the St. Paul's Lutheran Church, 135 Hamilton Avenue, Penn Yan (not the Yates Office for the Aging as in past years). Appointments start at 9:00AM Tuesdays, Thursdays and Fridays.

Where do you find help and information on services and supports in your Community?

Call **NY Connects of Yates County** at 315-536-5515 or visit the NY Connects Resource Directory at <https://www.nyconnects.ny.gov/>

What is NY Connects? NY Connects is a trusted single point of access where you can get information and assistance you need to make informed decisions about long term services and supports. Long term services and supports can be provided in your home, in your community, in assisted living facilities, or in nursing homes. It is for people of all ages. You could be paying for services yourself, through insurance, or be eligible for a government program. NY Connects is a free service and there are no eligibility requirements to access the information and consultation services.

Who does NY Connects serve? Anyone who needs information on long term services and supports:

- A child or adult with a disability
- An older adult
- Family members and caregivers
- Friends or neighbors
- Helping professionals

What kind of help can I get from NY Connects? Comprehensive and unbiased information about long-term services and supports including:

- In Home Services
- Caregiver Supports
- Care Coordination
- Respite Care
- Transportation
- Home Delivered Meals
- Health Insurance Information
- Nursing Homes And More!



NY Connects
Your Link to Long Term
Services and Supports

of YATES COUNTY

LOCAL EVENTS

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.

March 9 & April 16

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

March 16 and April 20

- ◆ Alzheimer’s Association’s has a free and easy way to meet confidentially with a Dementia Care Expert virtually. A “Time for You” is an opportunity for you and your whole family to ask questions, share your challenges, feel supported, and gain helpful information. Registration is not required. Join a session when it is convenient to you, any time between 5:00-7:00pm pm the 3rd Tuesday of every month. You can contact 1-800-272-3900 for assistance. To join, go to: <https://alz-org.zoom.us/j/96243115297?pwd=eTB1T1lmOWE4Ulp1WFJrdVRib2tTUT09#success>

March 23

- ◆ 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 for more information. Registration due by Tuesday, March 16.

March 25

- ◆ 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 8:00—9:00 am. Pre-registration is required to obtain call-in information by contacting 1-800-272-3900.

April 20

- ◆ 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 for more information. Registration due by Tuesday, April 13.

April 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 8:00—9:00 am. Pre-registration is required to obtain call-in information by contacting 1-800-272-3900.

Announcement: Unfortunately, the HUBBA Tea for 2021 will not be held due to COVID-19 concerns. The hope is to have the event in 2022.

Alzheimer’s Disease and Down Syndrome

Down syndrome is a set of cognitive and physical symptoms that result from having an extra copy of chromosome 21. Estimates suggest that 50% or more of people with Down syndrome will develop Alzheimer’s disease as they age. People with Down syndrome can begin to show symptoms of Alzheimer’s in their 40s, but changes in the brain that lead to these symptoms are thought to begin at least 10 years earlier.

Scientists are working to understand why some people with Down syndrome develop dementia while others do not. They want to know how Alzheimer’s disease begins and progresses so they can develop drugs or other treatments that can stop, delay, or even prevent the disease process.

Visit National Institute on Aging’s website at <http://bit.ly/3rMOzxI> to learn more.

Top Ten SSA Sites for 2020

Social Security Administration's online services often allow you to do business with them without visiting a local office or calling. The top 10 webpages of 2020 were:

1. Open your own personal my Social Security account, where you can verify your earnings, get future benefit estimates, obtain benefit verification letters, update your Social Security information if you receive benefits, and more, at www.ssa.gov/myaccount. SSA continues to add new features to make doing business with them easier than ever.
2. Need answers to your Social Security related questions? SSA's Frequently Asked Questions page is the authoritative source at www.ssa.gov/faq.
3. The hub for Social Security news and updates is their blog at blog.socialsecurity.gov. You can use social media to easily share these informative articles with friends and family.
4. You can complete and submit our online application for retirement benefits in as little as 15 minutes at www.ssa.gov/retirement.
5. You can conveniently apply for disability benefits online at www.ssa.gov/benefits/disability.
6. Access their publication library — they have online booklets and pamphlets (including audio versions) on key subjects at www.ssa.gov/pubs.
7. You can learn everything you need to know about Medicare at their dedicated page at www.ssa.gov/benefits/medicare.
8. There's no need to call or visit a local office when you use their online services page at www.ssa.gov/onlineservices.
9. There are times when you may need to fill out a form and submit it to SSA. You can find what you need easily at www.ssa.gov/forms.
10. Reporting Social Security fraud is a key part of preventing it. You can help stop scammers at www.ssa.gov/antifraudfacts.

Source: The Social Security Star December 2020

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 – This class will be held via Zoom. Call if you would like to join.

Penn Yan – Tuesdays: April 6 to June 22 from 10:00-11:00 am.

Penn Yan – Thursdays: April 8 to June 24 from 10:00-11:00 am.

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

Penn Yan- New class will be starting 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 starting on May 4. Class is held on Tuesdays from 1:00 – 3:30 pm. 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 start on May 3 from 8:45 to 9:45 am in the County 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.

Nip Depression in the Bud

While caregivers are defined as the people taking care of those needing help, they sometimes overlook the fact that caregiving responsibilities can take a toll on their own health.

In addition to physical ailments, caregivers are at risk for depression. Depression can strike anyone, at any age. Caregivers need to be especially aware of depression because of the great load they carry. Many caregivers work at a full-time job and take care of a family in addition to their caregiving responsibilities. They often sacrifice their own health, well-being and social life in order to do everything that needs to be done.

One common denominator among caregivers is the desire and the belief that they must do everything themselves. Often, caregivers do not ask for help, opting instead to inadvertently play the part of the martyr. This leads the caregiver to become overwhelmed and an overwhelmed person is fertile ground for depression to dig in and take root.

The great strain caregivers face on a daily basis can lead to depression. One way to stop depression before it strikes is to be aware of the warning signs. According to the Administration on Aging, here are some red flags that depression might be creeping in:

- * Sad, discouraged mood
- * Restlessness and irritability
- * Suicidal thoughts
- * Loss of appetite / loss of weight
- * Persistent pessimism about the present, future and the past
- * Loss of interest in work, hobbies, social life and sex
- * Difficulty in making decisions
- * Lack of energy and feeling slowed down
- * Disturbed sleep, especially early morning waking
- * Depressive, gloomy or desolate dreams

If you feel yourself exhibiting these behaviors, do not discount them. They should be taken as seriously as you might treat a fever that won't go away or a persistent cough.

Below are some expert tips on what caregivers in particular can do to stop depression before it gets out of control:

- Talk regularly with family, friends, or mental health professionals— it is very important that you do not isolate yourself. Join a local support group, or find one online. Share your feelings so they don't build up and escalate into problems.
- Set limits— this can be hard for caregivers, because they are used to taking on everything that needs to be done. It's okay to say no to taking on more than you can handle.
- Eat nutritiously, exercise regularly and get enough sleep— this can be difficult because of the irregular schedules caregivers must keep. But think of it this way: your body and mind are machines, and they must be properly maintained in order to function at their best. Nutritious food, exercise and sleep are the things that fuel these machines. Just as you would not let your car run out of gas, don't let your body run out of its fuel.
- Let go of unrealistic expectations— caregivers often have unrealistic expectations of themselves, and therefore push themselves to meet these goals. Accept the fact that you can't do everything. Ask for and accept help, from friends, family and local agencies. Whatever you do, don't be a martyr.
- Keep a sense of humor— we all know that laughter is the best medicine, so go ahead and take a few spoonfuls daily. Relax with a funny movie or TV show. Put on a comedy tape to listen to while you do your chores. Find the humor in everyday things.

Source: Today's Caregiver: by Mary Damiano

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

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 age 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.

Transportation Program

Transportation Route Schedule:

Monday- 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. 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.
- ◆ **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.
- ◆ **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.
- ◆ **New York State Long Term Care Ombudsman Program (LTCOP)-** Now, more than ever, it's so important to stay connected with our loved ones. Those who are most vulnerable are in need of our support and advocacy. LTCOP is a resident-centered, resident-directed advocacy program. LTCOP at Lifespan of Greater Rochester assists residents in nursing homes, adult care facilities and family-type homes in Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming and Yates counties. Ombudsmen advocate for residents to address quality of life, quality of care and resident's rights concerns. Despite the limitations on in-person facility visitation, Ombudsmen remain willing and able to investigate any issues residents or families may have. Between April 1, 2020 and September 30, 2020, we investigated and addressed 171 cases. Together, we CAN make a difference in the lives of older adults residing in long term care facilities. If you are interested in becoming a volunteer or want more information about the Ombudsman program, please call (585) 287-6414.

Are you at risk for developing diabetes?

Diabetes is a chronic, or ongoing, disease that affects how your body turns food into energy. But do you know how and why you might be at risk for developing diabetes? What is diabetes? Most of the food we eat is broken down into sugar (or glucose) that is released into our bloodstream. This causes our blood sugar to go up. For people who don't have diabetes, this increase in blood sugar signals the pancreas to release insulin, which allows the blood sugar to enter the body's cells to be used as energy. People with diabetes either don't produce enough insulin or their bodies can't use the insulin they make. This causes too much blood sugar in the bloodstream. Without treatment, this can lead to serious health problems, like heart disease, kidney disease, and vision loss.

Type 1 diabetes is believed to be caused by an "autoimmune reaction" in which the body attacks itself by mistake and destroys the cells in the pancreas that make insulin. Known risk factors for type 1 diabetes • Having a parent, brother or sister with type 1 diabetes • Caucasians are at higher risk for developing type 1 diabetes than African Americans and Hispanic/Latino Americans. • Type 1 diabetes can occur at any age, but is more likely to develop in children, teens or young adults. Diet and lifestyle habits don't have an effect on whether someone may or may not develop type 1 diabetes. There is no known way to prevent type 1 diabetes. (Continued on Page 7)

Are you at risk for developing diabetes? (Continued from Page 6)

Prediabetes is a condition that causes blood sugar levels to be higher than normal, but not yet high enough to be diagnosed as diabetes. Prediabetes is your chance to prevent or delay type 2 diabetes. There are no clear symptoms of prediabetes, so it's possible to have it without knowing that you do. However, most people who develop type 2 diabetes had prediabetes. Known risk factors for prediabetes • Excess weight • Age 45 years or older • Having a parent, brother or sister with type 2 diabetes • Not exercising enough (less than 30 minutes three times per week) • Being African American, Hispanic/Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk) • For women, a history of gestational diabetes (diabetes during pregnancy) or having given birth to a baby who weighed more than nine pounds. You can prevent or reverse prediabetes with simple lifestyle changes such as losing weight if you're overweight, eating healthier, and getting regular physical activity.

Type 2 diabetes develops when someone's cells don't respond to insulin the way they should. When that happens, the pancreas can't keep up with the amount of insulin that is needed, causing the blood sugar to rise. This sets the stage for prediabetes and type 2 diabetes. Known risk factors for type 2 diabetes • The same risk factors as listed for prediabetes • Prediabetes • A diagnosis of non-alcoholic fatty liver disease. Like prediabetes, type 2 diabetes can be prevented or delayed when simple lifestyle changes are adopted. These include losing weight for people who are overweight, healthy eating, and regular physical activity.

Source: IPRO Healthy Insights 2020 Issue 4

Voting Information from the Yates County Board of Elections

Voting is EVERYONE's Right and Responsibility. Your Board of Elections will do everything possible to assure you the opportunity to vote. Please take advantage of everything we offer to assist you.

Every year the Board of Elections offers **Permanent Absentee Ballot Applications** to voters who have difficulty getting to the polls on Election Day, providing you the opportunity to vote by mail with an Absentee Ballot for all future elections.

If voting from home would be easier for you than going to the polls on Election Day, please contact the Board of Elections by telephone, mail or in person to obtain a Permanent Absentee Ballot Application. The application is also available to download and print from the BOE website, or at the Post Office, Library and Public Offices.

Once the BOE receives your completed application, you will be entered into the permanent absentee ballot mailing list, and you will receive ballots for all elections in which you are entitled to vote, including school, village, and library elections. If you are enrolled in a political party, you will also receive Absentee Ballots for your party's Primary Elections should there be any.

In 2021, the COVID-19 pandemic may still limit movement to the polls or cause health concerns for individuals. In light of that, the eligibility criterion for one-time absentee ballots is relaxed and voters can request an absentee ballot by contacting the Board of Elections for an application.

We are always looking for Election Inspectors. If you are interested, please look at the website or call the office for more information.

If you have moved to a new residence this year, please be sure to change your address with the Board of Elections.

This year, the Primary (if political parties have contests) will be June 22nd; and the General Election will be November 2nd.

As a convenience to many voters, Early Voting occurs for 9 days prior to any election and is held in the County Office Building. Check with the Board of Elections for dates and hours.

If you have any additional questions or concerns, please do not hesitate to contact the BOE office at **315-536-5135** Monday through Friday 9:00 AM to 5:00 PM.

Yates County Office for the Aging
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Interested In Taking College Courses?

New York State Law permits residents 60 years or older to audit credit-bearing classes at state-affiliated campuses, without tuition, examination, grading or credit upon a space-available basis. Finger Lakes Community College (FLCC) permits persons sixty years of age or over to audit courses without tuition, examination, grading or credit on a space-available basis. This auditing privilege is restricted to courses that are offered for college credit. Any materials or supplies that are needed for class and that are not covered by normal tuition will be the responsibility of the person auditing the class.

- To view classes, go to: <https://webadvisor.flcc.edu/>. Once on this page, select Guest Access and then select Search for Classes.
- For the Senior Citizen Audit registration procedures, contact Finger Lakes Community College's One Stop Center, 3325 Marvin Sands Drive in Canandaigua at (585)785-1000 or e-mail: onestop@flcc.edu

Electronic Grapevine Express

If you are an older adult or caregiver/family member of an older adult and would like to receive the Grapevine Express via email, call our office at 315-536-5515 and let us know. You will need to supply your email address.

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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