



THE GRAPEVINE EXPRESS

May/June 2021

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



Monday, May 31 & Friday, June 18

Older Americans Month May 2021 "Communities of Strength"

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength".

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This Older American Month, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

Source: Administration on Community Living

Senior Health Check-Up– Free Medicare Preventative Care

As of 1/1/21, if you have Original Medicare or are enrolled in a Medicare Advantage Plan, you're still entitled to **free** selected preventative services, including an annual "Wellness Visit," where you can go over the general state of your health with your doctor and work with him or her on a plan to stay as healthy as possible.

People enrolled in Original Medicare or Medicare Advantage plan are eligible for preventative services such as flu and pneumococcal vaccines, bone-mass measurements, smoking-cessation counseling, and screenings for cancer (cervical, colorectal, lung, prostate, and breast), Alcohol Misuse Screening & Counseling, Cardiovascular Disease Behavioral Therapy, Cardiovascular Disease Screening, Depression Screening, HIV Screening, Obesity Screening, Sexually Transmitted Infection Screening/Counseling, and Advanced Care Planning (ACP) done during a person's Annual Wellness Visit. New in 2021, the Coronavirus (COVID-19) Vaccine is also covered 100%, though at this time it is unknown how often this vaccine will be needed and/or covered.

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

****If you have questions about your preventative health care benefits under your Original Medicare or Medicare Advantage plan, please contact Ashley Beach at 315-536-5515.**

LOCAL LEVEL 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.

May 11

- ◆ “Our Town Rocks” Champions Meeting will be held at the Our Town Rocks Office, 12 Main Street in Dundee at 10:00 am. For more information call Caryl Sutterby at 607-426-4015, go to www.ourtownrocks.org or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.
- ◆ No May “Our Town Rocks” Community Gathering monthly meeting has been scheduled.

May 11

- ◆ Alzheimer’s Association is offering a free virtual Community Forum from 10:00-11:30am to learn about Alzheimer’s, dementia, and memory loss. You can contact 1-800-272-3900 for information or assistance. To join, go to: <https://action.alz.org/PersonifyEbusiness/Default.aspx?TabID=1356&productId=73594562>

May 18

- ◆ 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, May 11. ****No presentations are being held in June, July, or August****

May 19—TAKE OUT ONLY

- ◆ Pro Action/Yates Office for the Aging will hold a **Drive Thru** May Banquet Luncheon at the First Baptist Church. Lunch will available from 11:30 – 12:30. The menu is roast beef w/gravy, mashed potatoes, capri vegetables, rolls and strawberry shortcake. You must call and make reservations by Tuesday, May 11, 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.

May 27

- ◆ 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.

June 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 or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.
- ◆ No June Our Town Rocks” Community Gathering monthly meeting has been scheduled.

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

Announcement: The Keuka Arts Festival will not be held in June this year. They are aiming for September. For more information visit <http://www.keukaartsfestival.com>

2021 Concerts on the Courthouse Lawn, corner of Main and Court Streets, Penn Yan

The Yates Concert Series is planning on a regular season of Wednesday concerts in the park, based on the availability of the park and the COVID situation. Since regulations change from day to day, we suggest that you watch for further information.

*If the Yates Concert Series is able to present the traditional season, all concerts would be on Wednesdays at 6:30 p.m. on the lawn area in front of the old Yates County Courthouse at the corner of Main and Court Streets in Penn Yan. Ample parking is available. Several not-for-profit groups will provide refreshments for a small charge, and audience members are requested to bring their own lawn chairs and/or a blanket.

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

Have You Or A Loved One Ever Served In Uniform?

Yates County Veterans Service Agency Mission: To assist Veterans and their families in identifying and applying for the benefits they are entitled to as a result of their military service.

Why Use a Veteran Service Officer? 1) Yates County Veterans Service Agency has one Director and a Veteran Service Officer and their services are FREE. 2) Veteran Service Officers will help you navigate the Department of Veterans Affairs benefits process. 3) We will assist with gathering necessary information, filing, and tracking your claim for benefits through the VA system. 4) Our Veteran Service Officers can also assist with filing appeals and denied claims. 5) We strongly recommend that you make use of the services provided. 6) Our expertise can help you avoid delays that missing paperwork or improperly filled-out claim forms can cause.

Available Benefits: Aid and Attendance; Awards and Medals; Burial Benefits; Civil Service Veterans' Credits; Dependency Indemnity Compensation (DIC); Education Benefits; Home Loan Guaranty; Hunting / Fishing License; Medical and Dental Benefits; New York State Real Property Tax Exemption; New York State Park Pass; Non-Service Connected Pension; Replacement of Lost Documents; VA Insurance; Spousal's Death Pension

Contact Us: Yates County Veterans Service Agency, 417 Liberty Street Suite 2120, Phone: 315-536-5196, Fax: 315-531-3226 , www.yatescounty.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.

**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.
July 6 to September 21 from 10:00–11:00 am.
Penn Yan – Thursdays: April 8 to June 24 from 10:00-11:00 am.
July 8 to September 23 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 on October 4. This class runs for 6 weeks. Class is held on Mondays from 1:00 – 3:30 pm. 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 3. This class runs for 6 weeks. Class is held on Mondays 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 Yates County Building Cornell Cooperative Extension Conference room. This class runs for 6 weeks. 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.

What to Do When a Loved One Doesn't Recognize You

by Alzheimer's Care Resource Center

When we hear that our loved one has been diagnosed with Alzheimer's disease we tend to think that in some way, that is the worst thing to happen, forgetting that Alzheimer's is a progressive disease. Family caregivers often have to brace themselves for a time when their loved one no longer recognizes them.

As Alzheimer's disease progresses, the person's memories and traits fade as the brain cells deteriorate. Experts say it's normal to feel sad, abandoned and even angry when a loved one with Alzheimer's forgets special memories and family members. We suggest that you talk about your feelings and keep in mind that it's not personal – it's the effects of the disease.

What do I do if my loved one who has Alzheimer's disease doesn't remember who I am?

Family members and friends who are unfamiliar with the disease will question or quiz the person, often saying, "Do you know who I am?" or "Do you remember me?" Avoid that! Rather than quizzing the person's memory, simply introduce yourself with a short statement like, "Hi. I'm Kortney, your daughter."

Reassure them by calling your loved one by their name. You can make them feel more comfortable by using a calming tone, smiling and possibly even holding their hand but be sure to read their body language before moving in too quickly.

My loved one doesn't recognize me. What do I do now?

After realizing that a loved one no longer recognizes them, some people feel it's pointless to go visit anymore. We disagree. We suggest that you continue visiting your loved one and to have conversations with them often, even if they are one-sided. It may feel a little awkward doing all the talking but if you talk about things that interest the person, then it becomes a meaningful conversation to them. And besides the fact that your loved one is unable to recognize you, they can still pick up on vibes and feel the love you are sending.

Remember, stick to simple sentences when speaking to someone with Alzheimer's disease or dementia. Speak slowly and give the person ample time to capture your words and to come up with a response. Use facial expressions, body language and gesturing to get your point across but be sure not to talk to them with a "baby voice". They are adults, talk to them as such. And smile – always remember to smile – it goes a long way.

We understand how difficult it must be to not be recognized by your loved one. Remember, they are not doing this on purpose, it is a symptom of the disease. If you need a professional to talk to about your feelings as a caregiver, then reach out to us here at the Alzheimer's Care Resource Center. Feel free to call us at (877) 760-9199.

10 Tips for Caregivers During COVID-19

- | | |
|--------------------------|--------------------------|
| 1. Stay informed | 6. Plan for an emergency |
| 2. Stay healthy | 7. Care for yourself |
| 3. Get practical support | 8. Manage stress |
| 4. Create a routine | 9. Connect with others |
| 5. Engage your loved one | 10. Ask/allow for help |

For more information, the following websites may be helpful.

- Alzheimer's Association – <https://www.alz.org/>
 Family Caregiver Alliance – <https://www.caregiver.org/>
 National Alliance on Mental Illness – <https://www.nami.org/home>

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

*When calling for a ride please have the address of where you are going available at the time of your call.

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@millyphantry.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 or a loved one: Lonely, home bound, socially isolated, recovering from an injury, or have a chronic illness?

If so, and you are 60 years old or older, the Telephone Reassurance program, better known as "Phone Friends", may benefit you. Caring volunteers make calls offering friendly conversation and friendship. Talk about current events, pets, family, concerns, almost anything you'd like. Make a new friend, learn about upcoming events. Calls are made weekdays between 9am—11am. You choose how often (1 day a week, 3, 5). All calls are confidential. Each volunteer has been carefully screened to ensure your safety and privacy. In addition to enjoying the companionship of your kind and caring volunteer, the Phone Friends program can be used as a safety check. Optional: have an emergency contact notified if the phone is not answered. If you choose this option, a volunteer will call each morning, Monday - Friday. If you do not answer the phone the volunteer will notify the Pro Action Yates Office for the Aging staff who will then contact a family member, friend, or neighbor that you have designated as an emergency contact to check on you.

If you are interested in the Phone Friends program, contact 315-536-5515 and ask to speak with Brenda Gilbert.

Yates County Public Health 2021 Free Rabies Clinics
315-536-5160

Date	Location
Saturday June 5, 2021 9am-10am	Penn Yan Fireman's Field 110 Hicks Street Penn Yan, NY 14527
Wednesday August 11, 2021 6pm-7pm	Potter Fire House 1255 Phelps Road Town of Potter Middlesex, NY
Monday Sept 13, 2021 7pm-8pm	Italy Highway Barn 915 Italy Valley Road Town of Italy, Naples, NY \$ 5 if you are not a resident of the Town of Italy
Wednesday Sept 29, 2021 6pm-7pm	Dundee Village Barns 25 Spring Street Dundee, NY 14837
Saturday Nov 6, 2021 9am-10am	Benton Fire Department 932 State Route 14A Penn Yan, NY 14527

- Reduce your wait time at Rabies Clinics. Pre-fill your paperwork at <https://www.yatescounty.org/239/Rabies-Clinics>.
- Bring proof of any previous rabies vaccination (like a vet certificate or other rabies clinic certificate) and the new certificate will be valid for 3 years. All others will be valid for 1 year.
- Please have all animals on leash or in a carrier.

All vaccinations are FREE



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

Workers in Your Home and Social Security

Do you plan to pay a cleaning person, cook, gardener, babysitter, or other household worker at least \$2,300 in 2021? This amount includes any cash you pay for your household employee's transportation, meals, and housing. If you will pay at least \$2,300 to one person, you have some additional financial responsibilities.

When you pay at least \$2,300 in wages to a household worker, you must do all of the following:

- Deduct Social Security and Medicare taxes from those wages.
- Pay these taxes to the Internal Revenue Service.
- Report the wages to Social Security.

For every \$2,300 in wages, most household employees earn credits toward Social Security benefits and Medicare coverage. Generally, people need 10 years of work to qualify for:

- Retirement benefits (as early as age 62).
- Disability benefits for the worker and the worker's dependents.
- Survivors benefits for the worker's family.
- Medicare benefits.

You can learn more about reporting household worker income by reading Household Workers at www.ssa.gov/pubs/EN-05-10021.pdf.

Yates County Office for the Aging
417 Liberty Street, Suite 1116
Penn Yan, NY 14527
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Grant Funds Available for Home Repairs in Yates and Schuyler Counties

Grant funds are available for low income homeowners to make necessary home repairs, such as, but not limited to: roofs, electrical, plumbing, heating, wells, septic systems and laterals. Homes must be single family and owner occupied for at least 1 year. Applicants must meet income guidelines, have the deed (or Life Use) in their name & homeowners' insurance. Mortgage & taxes must be current. For more information, or to request an application, please contact: Kelly Smith at Keuka Housing Council, at 315-536-8707 ext.1.

Looking for Help with Medical Expenses?

If you qualify for the Medicare Savings Program, you will no longer have to pay the Part B premium which is taken from your Social Security benefit monthly. Income guideline limits to qualify are \$1456/month for an individual and \$1960/month for a married couple. Even if you think you are over the guideline, certain expenses can be deducted from your income which may make you eligible. There are no asset limits. Please note that the income limits shown for the Medicare Savings Program are for 2020, as the 2021 income guidelines have not been released yet.

If you qualify for Low Income Subsidy "Extra Help" with Medicare Part D drug coverage, your out of pocket costs for prescriptions and premiums may be reduced. If your income is below \$1630 for an individual or below \$2198 for a married couple in 2021, you may qualify for financial assistance. There are also asset guidelines that we can discuss with you.

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

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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