

THE GRAPEVINE EXPRESS

July/August 2021

Pro Action Yates Office for the Aging

Hours of Operation: 8:30-4:30

YATES OFA HAS A NEW TELEPHONE NUMBER 315-279-4321



Monday, July 5

Farmer Market Coupons

- ◆ Farmer's Market Coupons are available again this year. You need to: 1) be at least age 60 **AND** 2) be low income (contact Yates Office for Aging for financial guidelines). Each older adult in a household is eligible to receive a booklet if they meet the requirements.
- ◆ Each booklet has \$20 worth of coupons (five \$4 coupons) to buy locally grown produce from the approved Farmer Markets. You will receive a list of markets with the coupon booklet.
- ◆ The coupons must be used to purchase produce items and cannot be spent on jams, baked goods, or crafts. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ◆ These coupons help older adults access fresh, healthy, locally grown produce, and they also help the area economy by supporting our local farmers.
- ◆ You need to get your booklet before 9/30/21 and coupons must be used before 11/30/21. Booklets are dispersed on a first come, first serve basis.

Please call Pro Action's Yates Office for the Aging at **315-279-4321** for further details.

12 Summer Safety Tips

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

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

Source: Care.com

LOCAL CALENDAR 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.

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

July 20—TAKE OUT ONLY

- ◆ Pro Action/Yates Office for the Aging will hold a **Drive Thru** Annual Picnic at the First Baptist Church. Lunch will be available from 11:30 – 12:00. The Menu is hot dog or hamburger, baked beans, macaroni salad, watermelon and frosted brownie. You need to call and make reservation by **Monday, July 12** by calling 315-279-4321. 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 315-279-4409.

July 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.

August 10

- ◆ “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 August “Our Town Rocks” Community Gathering monthly meeting has been scheduled.

August 19

- ◆ 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.

Note: No Yates OFA Welcome to Medicare presentations are being held in July or August. The next scheduled presentation will be on Tuesday, 9/21/21, from 2:00-4:00pm. Contact the Yates OFA to register to attend at 315-279-4321.

ANNOUNCEMENT

FREE Legal Presentations for Yates County from Legal Assistance of Western New York, Inc.®

The first edition of our "LawNY Live Legal Q & A" will be held on July 14th at 2:00 PM via Zoom.

The first session will focus on new changes to the Power of Attorney law, and what older residents need to know about the brand new Power of Attorney form. The online event will be open to Yates County residents. LawNY advocates will be available live via Zoom to update us and answer your questions about the new New York Power of Attorney law.

They will also answer general estate and health care planning questions.

The event will be held online only on Zoom.

To register contact the Yates OFA at **315-279-4321**. You will need to provide an email address. Once registered, you will receive an email with the link to the Zoom presentation.

GET INVOLVED!

Strengthening yourself by Strengthening your Community

- ◆ **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 315-279-4321 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 315-279-4321 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.

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 – In person classes

Penn Yan – Tuesdays: July 6 to September 21 from 10:00-11:00 am.

October 5 to December 14 from 10:00-11:00 am.

Penn Yan – Thursdays: July 8 to September 23 from 10:00-11:00 am.

October 7 to December 16 from 10:00-11:00 am.

Beginner Tai Chi- Relieve Pain and Improve Health and Balance

Penn Yan – July 5 to September 20 from 11:00 – 12:00 at St. Paul's Lutheran Church

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 Tuesdays 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 August 24. This class runs for 6 weeks. 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 August 12 from 8:45 to 9:45 am in the Office for the Aging 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 315-279-4321. Most classes can be joined at any time! Transportation may be available.

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The Caregiver's First-Aid Kit by Helen Hunter, ACSW, LSW

One of the many training courses that I teach in the community focuses on caring for the caregiver. I give each participant a "Caregiver First-Aid Kit" as a reminder of the special significance they have in their role as a caregiver for their loved one.

The kit includes the following items:

The **MATCH** is to strike up and rekindle friendships and call on those friends when needed. Friends can help you when you need a break from the demands of providing care to your loved one.

By touching the match to the **CANDLE**, you are able to let the light shine through in your daily role as a caregiver.

The **POST-IT PAD** is for you to be creative and draw.

The **CRAYON** is for you to use in play, to color your world and to be creative.

The **LIFESAVER** is to remind you that you are a lifesaver to your loved one by your willingness to be a caregiver and that others can be a lifesaver to you when you need it. Just ask for help, and you'll be happily surprised at the results.

The **MINT** is to remind you that you're worth a "mint" to those who know you.

The **HERSHEY'S KISS** is a reminder that you are loved and appreciated.

The **HEART-SHAPED GEMSTONE** is a symbol of how **SPECIAL** you are to your loved ones.

I remind each person that they **DO MAKE A DIFFERENCE** and **I THANK** them **FOR ALL THAT** they **DO!**

For all of you caregivers who are tirelessly providing care for your loved one every single day, you are appreciated! Remember to ask for help if you need it, even for an occasional break. Studies show that those who receive an occasional respite break come back refreshed and recharged, and are better able to cope with the demands of daily care.

Feeling Stretched as a Caregiver?



Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself while caring for a friend or relative.

This program helps informal caregivers reduce stress, improve self-confidence, communicate feelings, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

Classes consist of six sessions held once a week, led by two trained Class Leaders. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action for your life.

Each caregiver will receive a book, *The Caregiver Helpbook*, developed specifically for the class. Classes and the book will be FREE, thanks to support from the Finger Lakes Alzheimer's Caregiver Institute.

Classes will be held in Room 1037 in Yates County Office Building at 417 Liberty Street in Penn Yan from 10:00-11:30 am. Sessions are held every Friday from August 6– September 10, 2021. For more information or to register, contact Amy Canfield or Becky Bennett-Tears at **Pro Action/Yates Office for the Aging at 315-279-4321**. Class size is limited and **pre-registration is required by 7/30/2021**.

Transportation for those age 60 and older may be available by contacting the Pro Action/Yates Office for the Aging Transportation Program at 315-279-4409.

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, 315-279-4321. 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 315-279-4321 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 315-279-4409 (NEW PHONE NUMBER) 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 **NEW PHONE NUMBER 315-279-4321.**

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.

Pro Action's Home Delivered Meals Program
Addressing the needs of Seniors in our community for 46 years

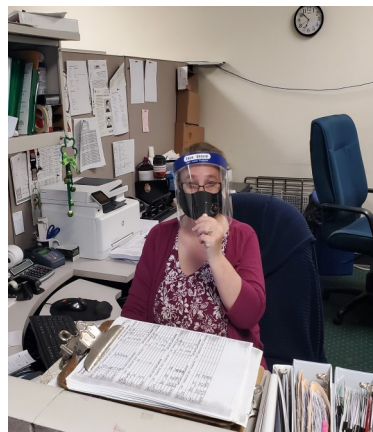
Home-bound seniors that have difficulty preparing meals can have one cooked, chilled meal delivered daily Monday – Friday. Frozen weekend meals are also available. There is a suggested contribution of \$4.00 per meal, however no one will be denied service due to the inability to pay. Contributions of any size are welcome, and this program does accept SNAP benefits.

Menu items are Diabetic, Cholesterol, and Low Sodium friendly.

Registered dietician services to teach you about diet changes that may be needed due to health issues or to improve nutritional well-being are also available!

- No contracts- Start and stop whenever you want.
- Different delivery combinations. Meals available 7 days a week.
- Touch-free meal delivery.
- Drivers vaccinated for COVID-19.
- Delivery personnel are background checked.
- Menus change daily and seasonally.
- Available to Yates and Steuben County seniors age 60 and over.

Call **Senior Nutrition** for more information. Yates (315)536-6038 and Steuben (607)776-4310.



Lower Your Risk For Stroke

A stroke is serious, and is the fourth leading cause of death in the United States. Strokes also cause more serious long-term disabilities than any other disease. Some risk factors for stroke, such as age, race, and family history, can't be controlled. However, there are several lifestyle changes you can make that may lower your risk of having a stroke. Even if you're in perfect health, follow these suggestions:

- **Control your blood pressure:** Treating high blood pressure lowers the risk of both stroke and heart disease.
- **Stop smoking:** Smoking increases your risk for stroke. It's never too late to quit.
- **Control your cholesterol:** If you have high cholesterol, work with your doctor to lower it.
- **Control your diabetes:** Follow your doctor's suggestions for managing your diabetes.
- **Eat healthy foods:** Eat foods that are low in cholesterol and saturated fats.
- **Exercise regularly:** Try to make physical activity a part of your everyday life.

Source: National Institute on Aging

Your thoughts are important to us!

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

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

Could you please take a minute and let us know:

The most important needs of Yates County Older Adults: _____

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

Feedback on Office for the Aging Services: _____

Suggestions: _____

As always, if you have a question, problem or concern, we're just a phone call away at 315-279-4321.

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

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

Stay Informed

- Follow Yates NY Connects/Office for the Aging on Facebook.
- Go to our website for previous issues of The Grapevine Express at <http://proactioninc.org/thriving-seniors/>



Yates NY Connects/Office for the Aging

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*****ANNOUNCEMENT: YATES OFA HAS A NEW TELEPHONE NUMER 315-279-4321*****

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

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

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

Pro Action Yates Office for the Aging 417 Liberty Street Ste. 1116 Penn Yan, NY 14527,
or fax to 315-536-5514,

or scan and email to bennett-tearsb@proactioninc.org

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

Name: _____

Primary Address: _____

Secondary Address: _____

Email Address: _____

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

In order to receive our newsletter year round should we:

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

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

Email it to me instead of mailing a hard copy.

Comments/Suggestions: _____