



THE GRAPEVINE EXPRESS

September/October 2021
Pro Action Yates Office for the Aging
Hours of Operation: 8:30-4:30



Monday, September 6 & Monday, October 11

Medicare Open Enrollment: October 15th through December 7th 2021

During the past year, have you:

Changed the medications you take?

Been diagnosed with a new medical condition?

Been hospitalized more than once?

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

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

You can evaluate and change plans between October 15th and December 7th each year during the Annual Open Enrollment Period. **The changes made during this time will go into effect January 1, 2022.**

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

Penn Yan St. Mark's Terrace: Monday, October 18 from 10-11am. (For Residents Only)

Dundee St. Mark's Terrace: Monday, October 18 from 2-3pm. (For Residents Only)

Penn Yan Yates County Building Auditorium: Thursday, October 21 from 2-3pm, Friday, November 5 from 10-11am, Tuesday, November 9 from 2-3pm, Thursday, November 18 from 2-3pm and Monday, November 29 from 10-11am.

Dundee Library: Wednesday, October 27 from 10-11am.

Zoom Video Conferencing: 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 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.

- Friday, November 5 from 2-3pm (register by Friday, October 29)
- Tuesday, November 9 from 10-11am (register by Tuesday, November 2)
- Thursday, November 18 from 10-11am (register by Wednesday, November 10)

Do you wish to not attend a presentation? Many of our customers have requested a plan comparison chart. We will be offering 2021 Medicare Open Enrollment Reference Guide Packets. Each packet will include all 2022 plan information, instructions on how to use the Medicare Website to search and compare plans, and a comparison worksheet with tips and advice. These packets can be mailed to you or you can stop in to pick one up. We will begin to distribute packets on Friday, October 15th, and you can call in advance to be added to the mailing list.

Call 315-279-4321 today to reserve your spot at a session. Attendance at the group sessions is strongly encouraged as there will be limited availability for individual meetings. If you need Transportation to the session, please request this when reserving your spot. Transportation requests need to be made at least one week in advance of the session.

LOCAL CALENDAR EVENTS

September 6 and October 4

- ◆ 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 1:30pm—2:30 pm. Pre-registration is required to obtain call-in information by contacting 1-800-272-3900.

September 14

- ◆ "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 September "Our Town Rocks" Community Gathering monthly meeting has been scheduled.

September 21

- ◆ Virtual opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging from 2-4pm, held virtually using Zoom. Please contact Ashley Beach at 315-279-4321 or tillmana@proactioninc.org for more information. Register by 9/14/21.

September 23 and October 28

- ◆ 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.

September 30

- ◆ Last day to receive Farmers Market Coupons, **while supplies last**. Each booklet has \$20 worth of coupons to buy locally grown produce. You need to be at least age 60 **and** meet low income guidelines. Coupons must be used before 11/30/21. Reminder— not all markets will be open through 11/30/21 so be sure to check for closing dates. Coupons can be obtained at the Yates Office for the Aging at 315-279-4321.

October 12

- ◆ "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 October Our Town Rocks" Community Gathering monthly meeting has been scheduled.

October 19

- ◆ Virtual opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging from 2-4pm, held virtually using Zoom. Please contact Ashley Beach at 315-279-4321 or tillmana@proactioninc.org for more information. Register by 10/12/21.

****SAVE THE DATES: 11/17/21 and 12/15/21 for Yates OFA Special Event Holiday Dinners.**
Stay tuned for more details. **

ANNOUNCEMENT

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

The second edition of our "LawNY Live Legal Q & A" will be held on Tuesday, October 5th, at 2:00 PM via Zoom.

At this session, LawNY advocates will discuss the free legal services available to Yates County residents. The Q & A session will include accessing those legal services via the new LawNY online intake portal. Advocates will also answer general legal questions, including Estate, Health Care Proxy, and Power of Attorney 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@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)**- 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. 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.
- ◆ **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 315-279-4321.

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 or on Zoom

Penn Yan – Tuesdays: October 5 to December 14 from 10:00-11:00 am.

Penn Yan – Thursdays: October 7 to December 16 from 10:00-11:00 am.

Beginner Tai Chi- Relieve Pain and Improve Health and Balance - In person class

Penn Yan – October 4 to December 14 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 5. 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.

New class will be starting in the spring. 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 October 4 to November 11 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 Swarouth, at 315-279-4321. Most classes can be joined at any time! Transportation may be available.

10 Tips for MS Caregivers: By Chris Illiades, MD

Multiple sclerosis (MS) is a chronic nervous system disease with symptoms that come and go unpredictably. It's usually diagnosed in people between the ages of 20 and 40, so if you have a loved one with MS, you may have many years of caregiving ahead of you. Caregiving can be hard emotionally and physically but, if you let it, MS challenges can also bring you closer to the person you're caring for. Here are ten tips for being the best caregiver you can:

- **Get Smart About MS:** Becoming knowledgeable about MS will help you be a good caregiver. Knowing what to expect is much better than fearing the worst. Knowledge will help you communicate effectively with your loved one's healthcare providers and be a valuable part of the caregiving team. The National Multiple Sclerosis Society at <http://www.nationalmssociety.org> is a great resource.
- **Work as a Team:** Many symptoms of MS aren't visible, and they can change from day to day. Keep the lines of communication open and pay attention to nonverbal clues—they can be an important form of communication. Learning how to manage MS as a team is the best way to be a caregiver while also maintaining a healthy and balanced relationship and a positive family life.
- **Share Feelings Openly:** An unpredictable disease like MS can shift family roles and responsibilities, add financial stress, and use up a lot of emotional and physical energy. Talking about feelings helps to reduce stress and identify ways to maintain an intimate and effective partnership for managing MS.
- **Acknowledge MS Fatigue:** One of the most common symptoms of the disease is MS fatigue. It's not like being normally tired, and a good night's sleep or a nap won't make it go away. Like many MS symptoms, fatigue is invisible, and it's one symptom that MS patients really wish their family caregivers would understand.
- **Accept Help for Yourself:** Being a caregiver is too hard to do by yourself. Your health and positive attitude are top priorities if your day is spent helping a loved one. If friends or family members offer to help out, accept the offer and give them specific things to do. Also ask about services available in your community. The National Multiple Sclerosis Society offers a wide variety of assistance—recreational, physical and emotional—for people with MS and their caregivers. To find out what services are available in your community, call the National Multiple Sclerosis Society at 1-800-344-4867.
- **Make Your Home a Safer Environment:** Simple modifications can make managing MS easier on you and your loved one. Remove loose rugs and get rid of clutter. Many MS symptoms are triggered by heat, so have a good air-conditioning system or strategically place fans. If stairs are a challenge, consider setting up a bedroom on the main level of the home.
- **Use Assistive Devices:** Assistive devices, from bathroom grab bars to braces and canes to walkers, can make it safer for your loved one to get around and less likely that you will hurt yourself helping out.
- **Keep a Health Journal:** Write down appointments, phone numbers, medications, contacts, and questions you want to ask the doctor in a journal. This journal is also a good way to get some input from your loved one so you can feel like you're working together. Keep track of symptoms and any reactions to medications. Your observations are key because nobody knows your loved one better than you.
- **Get Support:** Think about joining a caregiver support group. Sharing your feelings, information, and caregiving tips with others can make you a better caregiver and help you find the emotional support you need. So many others have walked this pathway before and they have valuable insights to share. Ask your loved one's medical team about locating a support group for yourself and possibly one for your loved one as well.
- **Take Care of Yourself:** Caregiving for someone with MS can be rewarding, but it can also be mentally and physically exhausting. Studies show that caregivers are at increased risk of illness because they often neglect their own health, don't take the time to exercise, and don't give themselves permission to take a break and have time to themselves. Taking care of yourself is as important as taking care of your loved one.

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 – NEW MESSAGE LINE PHONE NUMBER – 315 279-4409

Please do not schedule medical appointments after 2:30. Our driver's day ends at 3:30pm.

*When calling for a ride please have the FULL address of where you are going available at the time of your call. We can no longer add you to the schedule unless we have the full address.

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 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 315-279-4321.

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.

National Falls Prevention Awareness

National Falls Prevention Week is September 22 – 28. As we get older, we need to make plans to stay safe and in our homes for as long as we can. Here are some tips to help toward that goal.

What can we do to stay independent? Many people make financial plans for retirement, but not everyone plans for other changes that may come with age. This includes changes in your mobility – your ability to get around. It's not easy to talk about, but as we get older, physical changes can make it harder to get around and do things we want or need to do – like driving, shopping or doing household chores.

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

1. Get a physical checkup each year. Some health issues may increase your risk of fall (such as leg weakness and balance problems).
2. Review all your medicines with a doctor or pharmacist. Certain medicines can have side effects that can change your ability to drive, walk or get around safely.
3. Get a medical eye exam each year. Eye problems can increase your risk of falling or being in a car crash.
4. Follow a regular activity program to increase your strength and balance. Strength and balance activities, done at least 3 times a week, can reduce your risk of falling. Other activities, like walking, are good for you, but don't help prevent falls. Pro Action Yates Office for the Aging offers many exercise classes to help prevent falls. Call the Yates Office for the Aging at 315-279-4321 and ask for Pam Swarthout for more information.

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

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

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

Alzheimer's Website

The National Institute on Aging announced [Alzheimers.gov](https://www.alzheimers.gov), a new website designed to educate and support people whose lives are touched by Alzheimer's disease and related dementias. The website serves as the federal government portal for dementia information and resources.

Whether you are living with dementia, a family member or friend, health care professional, researcher, or advocate, [Alzheimers.gov](https://www.alzheimers.gov) is designed for you. Explore the website to find:

- Information about Alzheimer's disease and related dementias, including causes, symptoms, diagnosis, and treatment.
- Tips and resources for caregivers and people living with dementia.
- Updates on what the federal government is doing to address Alzheimer's and related dementias.
- Clinical trials and studies you can join to help advance ways to treat and prevent dementia.
- Resources for health care providers, community and public health workers, and researchers.

You can check out the website at <https://www.alzheimers.gov/>

Get your Flu Shot, Not the Flu!

Fall 2021

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

Get your Flu Shot

Everyone 6 months and older should get a flu vaccine every season. Flu vaccination has important benefits - getting vaccinated can reduce flu illnesses, trips to the doctor, missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths. In addition to protecting yourself, getting vaccinated also protects people around you, including people who are vulnerable to serious flu illness, like babies and young children, adults age 65 and older, pregnant women, and people with certain chronic conditions.

Vaccination Locations

- Your doctor's office
- Local pharmacy
- If you are uninsured, contact Public Health to make an appointment for your flu shot

Take Everyday Precautions

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



Wash your hands with soap and water



Avoid close contact with people that are sick



Stay home when you are sick



Cover your mouth and nose when you cough or sneeze



Don't touch your eyes, nose, or mouth - this is how germs spread!



Clean and disinfect surfaces and objects often

If you are Sick

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

For more information on influenza or how to get a flu shot, call our office at 315-536-5160, or visit our website at www.yatescountypublichealth.org



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

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Thank You to the Yates County Tuberculosis and Health Association! The Yates County TB & Health Association provided a \$1080 grant to the Yates Office for the Aging. The grant will be used to assist with the cost of Personal Emergency Response Systems for those who can not afford the expense but need the service. The goal of our PERS program is to help individuals remain healthy and independent in their own homes.

Need Assistance with Medical Costs?

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

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

****Even if you think you may not qualify, please call Yates Office for the Aging's
Aging Services Coordinator (Ashley Beach) at 315-279-4321 for a screening.**

Stay Informed

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



Yates NY Connects/Office for the Aging

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