

THE GRAPEVINE EXPRESS

November/December 2021
Pro Action Yates Office for the Aging
Hours of Operation: 8:30am- 4:30pm



Thursday, November 11
Thursday & Friday, November 25 & 26
Friday & Monday, December 24 & 27

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 Yates County Building Auditorium: 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.

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.

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 EVENTS

November 1

- ◆ 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.

November 9

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

November 16

- ◆ 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 11/9/21.

November 17

- ◆ Pro Action Yates Office for the Aging will hold a DRIVE THRU Thanksgiving meal on Wednesday, November 17 from 11:30 – 12:00 at the First Baptist Church in Penn Yan. Menu is turkey and gravy, bread stuffing, squash, cranberry relish, rolls and pumpkin pie with whipped topping. You must make a reservation by Monday, November 8, by calling 315-279-4321. Suggested donation of \$8 per meal for people over 60. Mandatory \$8 for people under 60.

November 30

- ◆ Last day to utilize your Farmers Market Coupons. Reminder– not all markets will be open through 11/30/21 so be sure to check for closing dates.

December 6

- ◆ 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.

December 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 December "Our Town Rocks" Community Gathering monthly meeting has been scheduled.

December 15

- ◆ Pro Action Yates Office for the Aging will hold a DRIVE THRU Christmas meal on Wednesday, December 15 from 11:30 – 12:00 at the First Baptist Church in Penn Yan. Menu is ham with fruit sauce, twice baked potato with sour cream, green beans, rolls and cherry pie with whipped topping. You must make a reservation by Monday, December 6 by calling 315-279-4321. Suggested donation of \$8 per meal for people over 60. Mandatory \$8 for people under 60.

December 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 12/14/21.

Procedures for Hope Center Keuka Food Pantry Holiday Distributions

- Clients need to call in advance to set up an appointment. Contact Number is 315-924-3502.
- If this their first visit, the appropriate paperwork needs to be filled out.
- Boxes are pre-packed according to the family size and brought outside upon the client's arrival.
- During November and December, in addition to the regular pre-packed boxes, additional traditional holiday food and fresh vegetables will be provided, as available.
- Holiday meats would either be turkey, ham, or chicken, depending upon availability.

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

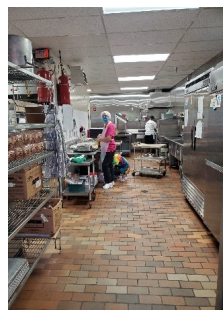
Home-bound seniors that have difficulty preparing meals can have one cooked, chilled meal delivered daily Monday – Friday. Frozen weekend meals are also available. There is a suggested contribution of \$4.00 per meal, however no one will be denied service due to the inability to pay. Contributions of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



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 at St. Paul's Lutheran Church.

January 4 to March 8 from 10:00-11:00 am at St. Paul's Lutheran Church.

Penn Yan – Thursdays: October 7 to December 16 from 10:00-11:00 am at St. Paul's Lutheran Church.

January 6 to March 10 from 10:00-11:00 am at St. Paul's Lutheran Church.

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

Penn Yan – January 3 to March 7 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 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.

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 from 8:45 to 9:45 am in the Office for the Aging Conference Room. This class runs for 6 weeks. New class will start in the spring. 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.

The Saving Power of a Caregiving Journal: How it can help you stave off depression, regain a sense of control By Barry J. Jacobs, AARP, March 2, 2021

While recently rereading the journal that I kept from 2010 to 2017 when I was a dementia caregiver for my stepfather and, later, my mother, I came across this passage from August 28, 2010:

"I stayed at the apartment with my stepfather today while my mother was shopping with my wife. He was frankly paranoid, saying he'd leave and call the police. I talked to him calmly and then distracted him by putting a John Wayne movie on the TV. He did calm down but continued to pick at the skin on his scalp until it bled. I watched him do it, too worn out to argue with him to try to get him to stop."

It was a short entry about one afternoon's inconsequential events, but it captured a lot — the day-to-day situation, its many challenges and its many frustrations. I had forgotten the actual incidents, probably because they were among hundreds of small caregiving interactions that left scant memories. But I felt glad now to have this written report to help me recall what I'd been through and how, on one day at least, I was patient enough to make a positive difference — at least partially.

Throughout my tenure as a family caregiver, I used my journal as a historical record and place to vent without troubling anyone else. Other caregivers' journals are filled with worry lists or angry diatribes at a loved one's doctors, or used as a means of monitoring their own thoughts and moods. Still others keep gratitude journals in which they write down three moments of joy or humor they experienced during that day for which they felt grateful, as proof that caregiving isn't always gloom, doom and drudgery.

Regardless of the journaling format, research suggests that writing down our experiences decreases the likelihood we'll become depressed. As the website for the branch of popular psychology known as positive psychology notes, journaling "helps [people] build a buffer between their negative thoughts and their sense of well-being."

There is something about recording what is happening to us and our emotional reactions that enables family caregivers to stand apart from the onrush of tasks and crises they're immersed in and observe what they're going through, reflect on its greater meanings and feel more in control.

There is no one right way to journal; all who practice find the focus and style that work for them. But here are some general suggestions to consider for using journaling as an effective coping technique:

Just write. Don't edit: This is not a school assignment. No one is grading you. The important thing is to take the concerns and reactions swirling through your head and deposit them on paper (or a computer screen) so that they preoccupy you less. You don't need to use big words or full sentences or even words at all; drawings work, too. Just empty the contents of your mind without judging yourself.

Write when you want. But read it back infrequently: There is no requirement that you write daily, weekly or even regularly; instead, write whenever some caregiving moment strikes you as moving or important. If you do journal daily, don't read back what you wrote more than weekly; if you write weekly, read back no more than monthly. The time elapsed is necessary to gain greater emotional distance from the immediate experiences and reactions you've recorded to recognize larger trends and realize deeper insights.

Consider the audience. But keep your journal private: If you are having trouble getting started, imagine an audience to whom you are directing your thoughts and feelings about being a family caregiver. Would it be the person you are today or will be five years from now looking back on this trying time? Family members who haven't stepped up to help? The care receiver who may no longer be capable of understanding your words? Your choice will create a context, but keep your actual journal private. You will be less inhibited about speaking your mind fully and honestly.

Think of your journal as travelogue: If the cliché is true that caregiving is a journey, then a caregiver journal is its travelogue, full of new experiences, local color and sometimes complaints about where you've landed. Re-reading it one day, as I recently did, will bring back the sights and sounds, the places where you got lost and the new lingo you picked up along the way. But it will also reveal the longer trajectory of what you learned about yourself through the distances you covered and the destinations you reached.

Pro Action Yates OFA Transportation, Emergency Response, and Project Lifesaver Programs
Please note your 2022 Pink Payment Voucher booklets will be mailed at the beginning of December.

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 at 315-279-4321 and speak directly 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.

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.
- ◆ **Yates County History Center** needs volunteers in the following areas: Assist with upkeep of our campus; Plan/Assist with projects, presentations, & fundraisers; Promote events; Help in the Spencer Research: Join any of the subcommittees of the Board of Trustees: buildings and grounds, collections and exhibits management, education & programming, finance & development, fundraising, membership & volunteers, nominating & leadership, strategic planning; Docent at any of our 3 museum buildings or for our Historic Main St. walking tours; Bring a historical character to life: Fill in for staff when needed. Specific training will be required. Anyone interested or with questions should call the History Center at 315-536-7318 and ask to speak to Director, Tricia Noel.

Long-Term Care

Long-term care involves a variety of services at home or in a facility that are designed to meet a person's health or personal care needs. People often need long-term care when they have a serious, ongoing health condition or disability. The need for long-term care can arise suddenly, such as after a heart attack or stroke. Most often, however, it develops gradually, as people get older and frailer or as an illness or disability gets worse.

It is difficult to predict how much or what type of long-term care a person might need. Several factors increase the risk of needing long-term care:

- **Age.** The risk generally increases as people get older.
- **Gender.** Women are at higher risk than men, primarily because they often live longer.
- **Marital status.** Single people are more likely than married people to need care from a paid provider.
- **Lifestyle.** Poor diet and exercise habits can increase a person's risk.
- **Health and family history.** These factors also affect risk.

Visit NIA's website at <https://www.nia.nih.gov/health/what-long-term-care> to learn more about long-term care.

Tax-Aide Income Tax Service

Pro Action Yates Office for the Aging and the AARP Tax-Aide Program are planning to offer free income tax service again for the tax year 2021. Experienced tax preparers will e-file your Federal and New York State income tax returns. If you have a refund coming it can be received in as little as 2-weeks via direct deposit to your bank account.

Two very important things to remember as you prepare for this year's tax season are the **Advanced Child Tax Credit** and **Economic Impact Payments** (otherwise known as stimulus payments). If you qualified for either of these benefits you will need to know exactly what you received. If you did not get everything you were entitled to your 2021 tax return is the opportunity to receive missing money.

Advance Child Tax Credit payments are early payments from the IRS of 50 percent of the estimated amount of the Child Tax Credit that you may properly claim on your 2021 tax return. These monthly payments should have started in July and will continue through December 2021. You generally will receive those payments automatically without needing to take any additional action.

For tax year 2021, families claiming the Child Tax Credit will receive up to \$3,000 per qualifying child between the ages of 6 and 17 at the end of 2021 and up to \$3,600 per qualifying child under age 6 at the end of 2021. The total of the advance payments will be up to 50 percent of the Child Tax Credit.

The third **Economic Impact Payment** started being distributed in March 2021. The third Economic Impact Payment amount is \$1,400 for an eligible individual (\$2,800 for married couples filing a joint return) and \$1,400 for each qualifying dependent.

When you come in for your tax return appointment in early 2022 it is extremely important that you have accurate records of what you have received from either of these programs. We may not be able to help you recover missing payments without an exact accounting of what you did receive.

Now is the time to start preparing your 2021 tax return information!

Please keep track of what you have received from either of these programs. If you are not sure your records are up to date your bank can help provide missing information. Especially if your payments were direct deposited.

* Just a note on **Unemployment** benefits. Federal lawmakers waived tax on a portion of such benefits received in 2020, after the Covid-19 pandemic led an unprecedented number of people to tap the unemployment system. Taxpayers who collected unemployment benefits this year should not expect another break in the next filing season, financial experts say. Plan accordingly.

Please come prepared for your 2021 tax return. It will make the experience better for all of us!

Three Ways to Fight Scammers Who Target Your Social Security Benefits

Scammers are always finding new ways to steal your money and personal information by exploiting your fears. The most effective way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

One common tactic scammers use is posing as federal agents and other law enforcement. They may claim your Social Security number is linked to a crime. They may even threaten to arrest you if you do not comply with their instructions. Here are three things you can do:

- Hang up right away or do not reply to the email.
- Never give personal information, money, or retail gift cards.
- Report the scam at oig.ssa.gov immediately to Social Security's law enforcement team at the Office of the Inspector General.

You should continue to remain vigilant of phone calls when someone says there's a problem with your Social Security number or your benefits. If you owe money to Social Security, we will mail you a letter explaining your rights, payment options, and information about appealing.

There are a few ways you can identify a scam call or email. Remember that we will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Demand secrecy from you in handling a Social Security-related problem.
- Send official letters or reports containing personally identifiable information via email.

If you do not have ongoing business with our agency, it is unlikely we will contact you. Again, if you get a suspicious call claiming to be from Social Security, you should hang up and report it right away to our Office of the Inspector General at oig.ssa.gov.

Source: The Social Security Star January 2021

Yates County Office for the Aging
417 Liberty Street, Suite 1116
Penn Yan, NY 14527
Phone: 315-279-4321
Fax: 315-536-5514
Email: ycofa@proactioninc.org
www.proactioninc.org

NON-PROFIT ORG.

U.S. POSTAGE
PAID
PERMIT NO. 136
PENN YAN, NY 14527



THE GRAPEVINE EXPRESS NOVEMBER/DECEMBER 2021

Emergency/Weather Related Closings

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

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

HEAP Announcement

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

- The Regular Arrears Supplement HEAP benefit opened on September 22, 2021.
- The 2021-2022 Heating Equipment Repair and Replacement benefit opened October 1, 2021.
- The 2021-2022 HEAP Clean and Tune benefit opened October 1, 2021.
- The 2021-2022 Regular HEAP benefit opened October 1, 2021.
- The 2021-2022 Emergency benefit will open January 3, 2022.
- The 2021-2022 Cooling Assistance benefit will open May 2, 2022.

HEAP Applications will be accepted at the local Yates County Department of Social Services 315-536-5184 and Pro Action Yates Office for the Aging 315-279-4321.

Stay Informed

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



Yates NY Connects/Office for the Aging

This newsletter is funded in part through the New York State Office for the Aging under Title III-B of the Federal Older American's Act