



THE GRAPEVINE EXPRESS

March/April 2022

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



NO CLOSINGS SCHEDULED

Tax Appointments Are Still Available!

Pro Action Yates Office for the Aging and the AARP Taxaide Program are offering free income tax service through Friday, April 15.

To schedule an appointment, call Pro Action Yates Office for the Aging at 315-279-4321. You can make an appointment, or if you get a voicemail box, leave a message for a callback. When leaving a voice message, please clearly leave your name and phone number. You can call Monday thru Friday from 8:30 AM to 4:30 PM. Use the same phone number to cancel or reschedule appointments.

All tax appointments will be held at the St. Paul's Lutheran Church, 135 Hamilton Avenue, Penn Yan (not Pro Action Yates Office for the Aging). Appointments are held on Tuesdays, Wednesdays and Fridays.

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

Call **NY Connects of Yates County** at 315-279-4321 or visit the NY Connects Resource Directory at <https://www.nyconnects.ny.gov/>

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

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

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

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

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



NY Connects
Your Link to Long Term
Services and Supports

of YATES COUNTY

LOCAL EVENTS

DISCLAIMER: Due to COVID-19 any of these events may be cancelled or postponed. Pro Action Yates OFA will work closely with NYSOFA and Yates County Public Health to ensure that all appropriate safety guidelines are followed.

March 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. Contact “Our Town Rocks” regarding the March Community Gathering monthly meeting.

March 11

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 3/11/22 from 10am – 11:30am at the Town of Starkey Highway Barn, 656 Dundee-Glenora Road, Dundee, NY 14837. No registration is required. First come, first served basis. This is a drive-thru only so participants must stay in their car and be prepared to provide basic household data. Please have trunk cleaned out so food can be put into it. Contact Pro Action Yates Office for the Aging at 315-279-4321 for any questions.

March 17

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging from 2- 4pm, held in the Yates County Office Building – Room 1037 (signs will be posted). Please contact Ashley Beach at 315-279-4321 or tillmana@proactioninc.org for more information. Register by 3/15/22.

March 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 from 4:00-5:00 pm. Pre-registration is required to obtain call-in information by contacting 1-800-272-3900.

April 7

- ◆ Free to all Yates County Seniors, 18th annual HUBBA “Afternoon Tea”, Penn Yan Academy Gymnasium, from 4:00—5:30 p.m. This event is a gift to the community by the Youth of Penn Yan. To place a reservation, please call Pro Action Yates Office for the Aging at 315-279-4321 by Friday, March 25. Transportation may be available by calling 315-279-4409.

April 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. Contact “Our Town Rocks” regarding the April Community Gathering monthly meeting.

April 15

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 4/15/22 from 10am – 11:30am at the Town of Starkey Highway Barn, 656 Dundee-Glenora Road, Dundee, NY 14837. No registration is required. First come, first served basis. This is a drive-thru only so participants must stay in their car and be prepared to provide basic household data. Please have trunk cleaned out so food can be put into it. Contact Pro Action Yates Office for the Aging at 315-279-4321 for any questions.

April 21

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging from 2- 4pm, held in the Yates County Office Building – Room 1037 (signs will be posted). Please contact Ashley Beach at 315-279-4321 or tillmana@proactioninc.org for more information. Register by 4/19/22.

April 25

- ◆ All Yates County family caregivers are welcome to register to visit and share with others who take care of, or are concerned about loved ones with dementia or Alzheimer’s at the Alzheimer’s Association’s Virtual Support Group meeting from 4:00– 5:00 pm. Pre-registration is required to obtain call-in information by contacting 1-800-272-3900.

Eating Healthy by National Institute of Aging

Eating nutrient-rich foods can help you stay healthy as you age. Choose a variety of nutrient-dense foods across and within all the food groups: vegetables, fruits, grains, protein foods, dairy products, and oils. Picking an assortment of fats, carbohydrates, and proteins within every food group throughout the week will help you get many nutrients.

Fats give you energy, and they help the body absorb certain vitamins. Certain kinds of fat can be bad for your health. To lower the unhealthy fat in your diet, consider:

- Choosing cuts of meat with less fat and remove the skin from chicken.
- Using low-fat or fat-free dairy products.
- Selecting oils, such as olive or canola, for cooking

Carbohydrates are the body's main source of energy. Many foods with carbohydrates also supply fiber that can help prevent stomach or intestinal problems, such as constipation, and lower cholesterol and blood sugar. To add fiber to your diet, consider:

- Eating cooked dry beans, peas, and lentils.
- Leaving skins on your fruit and vegetables but wash them before eating.
- Choosing whole fruit over fruit juice.

Proteins are used to build and repair tissues. They also help you fight infection. Protein from plant sources tends to be lower in unhealthy fat and provides fiber. To include a variety of protein-dense food, try:

- Getting protein from eggs, beans, and peas, as well as nuts, seeds, and soy products.
- Eating 8 ounces per week of a variety of seafood.
- Counting beans and peas as protein foods if you are a vegetarian or vegan. If you regularly eat meat, poultry, and fish, count them as vegetables.

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: January 4 to March 22 from 10:00-11:00 am at St. Paul's Lutheran Church.

April 5 to June 21 from 10:00-11:00 am at St Paul's Lutheran Church.

Penn Yan – Thursdays: January 6 to March 24 from 10:00-11:00 am at St. Paul's Lutheran Church.

April 7 to June 23 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 – Mondays: January 3 to March 21 from 11:00 am – 12:00 at St. Paul's Lutheran Church.

April 4 to June 20 from 11:00 am-12:00 at St. Paul's Lutheran Church.

NEW CLASS – Intermediate Tai Chi – This class is for people who have take the beginner Tai Chi class and feel they are ready for the next step.

Penn Yan – Wednesdays: January 5 to March 23 from 10:30 – 11:30 am at St. Paul's Lutheran Church.

April 6 to June 22 from 10:30-11:30 am 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 October. This class runs for 6 weeks. Class is held on Wednesdays from 9:30 am - Noon. Please call for more information.

Healthy Living with Chronic Disease – Learn how to manage your chronic disease to make your life better.

This class runs for 6 weeks. Class is held on Wednesdays from 9:30 am to Noon. New class beginning April 6 to May 11. 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 Yates Office for the Aging Conference Room. This class runs for 6 weeks. New class will start in May. 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.

4 Caregiving Tips for Celebrating Spring by UM Communities HomeWorks

Spring is all about the promise of life, from the lengthening warmer days to the new growth all around us. It’s a time when we start getting outdoors more to enjoy nature and time with friends and family — and seniors are no exception!

Here are some tips from our senior home healthcare services team on making your springtime more senior-friendly:

1. **Get outdoors.** An overwhelming number of studies show that physical activity is invaluable in combating health conditions and frailty, and even plays a vital role in staying mentally fit. Spring is the perfect time to resume an old hobby or pick up a new one like birdwatching or nature walking. Just remember to wear some sturdy shoes and start off slow.
2. **Prepare for changing weather.** Warmer days are ideal for outdoor excursions before the heat of summer sets in, but the weather is very unpredictable this time of year. For senior caregivers, this means checking the weather in detail and planning for every variation by dressing in layers and keeping an umbrella and a sun hat nearby.
3. **Bring spring indoors.** The sights and smells of spring stimulate and uplift the senses, especially for seniors who may be less mobile. Spring flowers are a great way to do this! Bringing these into the home is a great way to lift spirits. You’ll find a variety available in shops and even fresh from the garden.
4. **Take care of allergies.** If the senior in your care suffers from allergies, it’s a good idea to stock up on over-the-counter medications in advance, as allergens become very concentrated in the spring. Check with your loved one’s doctor to confirm these medications won’t cause adverse interactions with others in use. Another approach is to tackle the spring cleaning to clear out dust and other allergens that tend to gather in the winter. Have HVAC (heating, ventilation and air conditioning) filters cleaned out and check for mold growth in cupboards and other damp areas of the home.

Tips for Caregivers from National Institute on Aging

At some point, people with Alzheimer’s may need help with bathing, getting dressed, or other grooming activities. Some people may not want help, or feel embarrassed by it, because these are personal activities. There are a few different ways caregivers can provide assistance and allow the person to stay as independent as possible. For example, caregivers can:

- Help the person follow his or her lifelong bathing habits, such as taking a bath or shower in the morning.
- Allow the person to do as much as possible during a bath or shower to help protect their dignity and allow them to feel more in control.
- Lay out clothes in the order the person should put them on.
- Put away some clothes in another room to reduce the number of choices.
- Take the person to the barber or beauty shop.
- Keep the person’s nails clean and trimmed.

Find more bathing, dressing, and grooming tips on the NIA’s website at <https://www.nia.nih.gov>

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

Transportation Program

MESSAGE LINE PHONE NUMBER – 315 279-4409 OR EMAIL: beckert@proactioninc.org



If you are new to our transportation program or would like information on our services, please call our office and ask to speak to Terri Becker.

Reminders:

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.

PLEASE MAKE SURE YOUR DRIVEWAYS ARE CLEAR OF SNOW AND ICE.

Transportation Route Schedule:

Monday- Dundee between 9am-11am.

Tuesday- Canandaigua between 9:45am-12 noon.

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.

*Bath, Hammondsport, Elmira and Corning— please call for availability.

Rides within Penn Yan are Monday –Friday 8:30am-3:30pm.

Grocery shopping trips to Tops and Aldi are scheduled according to availability after medical appointments requests are completed.

***All riders must be able to enter and exit the vehicle on their own, our transportation program is not a Medical Transport service.** 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.

PERS – PERSONAL EMERGENCY RESPONSE UNIT



If you or a loved one are looking for a way to stay safe in your home, then a PERS unit might be a tool that can assist you in your safety. With the press of a button emergency help can be on its way. Please call our office to find out more about our PERS unit.

CURRENT PERS CLIENTS: Please also note that if you have activated your PERS button and are admitted to the hospital make sure that the PERS pendant stays with your personal belongings. There is a \$43.00 fee to replace the pendants.

Project Lifesaver System- 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!

***** 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.

**REMINDER: DAYLIGHT SAVINGS TIME BEGINS at 2:00 AM
Change your clocks ahead one hour on Sunday, March 13th, 2022.**



GET INVOLVED!

Strengthening yourself by Strengthening your Community

- ◆ **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.
- ◆ **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 building of 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.
- ◆ **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.

Top Ten SSA Sites for 2021

Social Security Administration's online services often allow you to do business with them without visiting a local office or calling. The top 10 webpages of 2021 were:

1. Open your own Social Security account, where you can verify your earnings, view your Social Security Statement, get future benefit estimates, obtain a benefit verification letter, update your Social Security information if you receive benefits, and more, at www.ssa.gov/myaccount.
2. Our hub for Social Security news and updates is our blog at blog.socialsecurity.gov. You can use social media to easily share these informative articles with friends and family.
3. Need answers to your Social Security-related questions? Our Frequently Asked Questions web page is another valuable source of information at www.ssa.gov/faq.
4. You can complete and submit our online application for retirement benefits in as little as 15 minutes at www.ssa.gov/retirement.
5. You can conveniently apply online for disability benefits at www.ssa.gov/benefits/disability.
6. Visit our publication library online (including audio versions) on key subjects at www.ssa.gov/pubs.
7. You can learn about Medicare at www.ssa.gov/benefits/medicare.
8. You can take care of most business with us online when you visit our online services page at www.ssa.gov/online services.
9. There are times when you may need to fill out a form and submit it to us. You can find all our forms easily at www.ssa.gov/forms.
10. Learn how to recognize Social Security scams and how to report them at www.ssa.gov/fraud.

Source: The Social Security Star December 2021

Your Best Shot at Preventing Illness

From the time we are infants, doctors begin administering vaccines to help prevent serious infections, keep us healthy, and maintain the health of our communities. After childhood vaccines, do we still need to be vaccinated as adults? The answer is a resounding yes. Here's a rundown on the vaccines that are recommended for adults, and the reason why you still need to be vaccinated even in adulthood.

Vaccines are Not Just for Kids

The vaccines you received as a child did a great job of preventing illnesses that were devastating to previous generations. Diseases like polio, which infected 60,000 children, left thousands paralyzed and killed 3,000 each year, were eradicated thanks to the introduction of an effective vaccine. The last case of polio in the U.S. was recorded in 1979. Similarly, before the widespread availability of a measles vaccine in 1963, nearly all children were infected with the disease which led to 48,000 hospitalizations and 500 deaths each year.

Some vaccines begin to wane after a period of time, requiring booster doses to make sure that we remain protected from the disease. Some infections, such as the flu, change from year to year, so that we need a vaccine every year to provide the best protection against the current strain. Also, as we age, our own immune systems may become weaker, leaving us more susceptible to certain illnesses. In these cases, vaccines can protect us by boosting our own natural immunity to infectious diseases.

Special Considerations

In addition to the general recommendations above, certain vaccines may be recommended for individuals at elevated risk due to underlying health conditions, lifestyle factors, or other concerns. Those traveling to foreign countries with high rates of diseases may need other vaccinations.

Healthcare workers and those who are exposed to vaccine-preventable illnesses may have different guidelines. Speak to your doctor or other healthcare provider to determine which vaccines are recommended specifically for you.

When to Avoid the Shot

Generally speaking, anyone who has ever had a severe allergic reaction to a vaccine should avoid receiving vaccines. As always, your own physician or healthcare provider is the most knowledgeable about your specific risks. Always consult with your doctor if you have questions about vaccination.

Here are the vaccines currently recommended for adults:

- Seasonal flu vaccine every year
- Tdap (tetanus, diphtheria, pertussis) vaccine if not received as an adolescent; Td or Tdap booster every ten years
- HPV (human papillomavirus vaccine) (2–3 doses; up until age 26)
- COVID-19 vaccine and booster

Source: IPRO Healthy Insights 2021 Issue 2

Interested In Taking College Courses?

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

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

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Understanding Spouse's Social Security Benefits by SSA

Did you know your spouse's benefit amount could be up to 50% of your spouse's full retirement age benefit amount? If you qualify for a retirement benefit from your own work history and a spouse's record, SSA always pays your own benefit first. You cannot receive spouse's benefits unless your spouse is receiving their retirement benefits (except for divorced spouses).

If you receive your retirement benefit before your full retirement age, while waiting for your spouse to reach full retirement age, your own retirement portion will be reduced. When you add your spouse's benefits later, the total retirement and spouse's benefit together will be no more than 50% of the worker's amount. You can find out more about this at www.ssa.gov/benefits/retirement/planner/applying7.html. Knowing about these benefits can help you plan your financial future.

Electronic Grapevine Express

If you are an older adult or caregiver/family member of an older adult and would like to receive the Grapevine Express via email, call our office at 315-279-4321 and let us know. You will need to supply your email address.

Stay Informed

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



Yates NY Connects/Office for the Aging

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