



# THE GRAPEVINE EXPRESS

May/June 2022

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



Monday, May 30 & Monday, June 20

## Older Americans Month May 2022 "Age My Way" - Administration for Community Living

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you. Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities. Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place. Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.



## Senior Health Check-Up– Free Medicare Preventative Care

As of 1/1/22, if you have Original Medicare or are enrolled in a Medicare Advantage Plan, you’re still entitled to **free** selected preventative services, including an annual “Wellness Visit,” where you can go over the general state of your health with your doctor and work with him or her on a plan to stay as healthy as possible.

People enrolled in Original Medicare or Medicare Advantage plan are eligible for preventative services such as flu and pneumococcal vaccines, bone-mass measurements, smoking-cessation counseling, and screenings for cancer (cervical, colorectal, lung, prostate, and breast), Alcohol Misuse Screening & Counseling, Cardiovascular Disease Behavioral Therapy, Cardiovascular Disease Screening, Depression Screening, HIV Screening, Obesity Screening and counseling, Sexually Transmitted Infection Screening/Counseling, and Advanced Care Planning (ACP) done during a person’s Annual Wellness Visit. Most recently, the Coronavirus (COVID-19) Vaccine is also covered 100%, as is COVID-19 tests, antibody tests, and monoclonal antibody treatments.

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

\*\*If you have questions about your preventative health care benefits under your Original Medicare or Medicare Advantage plan, please contact Ashley Beach at 315-279-4321.

# LOCAL EVENTS

## May 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](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto: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 May Community Conversation meeting.

## May 13

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 5/13/22 from 10am – 11:30am at the Town of Starkey Highway Barn, 656 Dundee-Glenora Road, Dundee, NY 14837. **Pre- registration is required.** 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 or assistance with registration.

## May 18—TAKE OUT ONLY

- ◆ Pro Action/Yates Office for the Aging will hold a **Drive Thru** May Banquet Luncheon at the First Baptist Church. Lunch will be available from 11:30 – 12:00. The menu is roast beef w/gravy, mashed potatoes, capri vegetables, rolls and strawberry shortcake. You must make reservations by Monday, May 9, by calling 315-279-4321. There is a suggested donation of \$8 per meal for people over 60. There is a mandatory charge of \$8.75 if you are under 60.

## May 19

- ◆ 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 by email at [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) for more information. Register by 5/17/22.

## May 23 and June 27

- ◆ All Yates County family caregivers are welcome to register to visit and share with others who take care of, or are concerned about loved ones with dementia or Alzheimer’s at the Alzheimer’s Association’s Support Group meeting in-person the 4th Monday each month from 4:00-5:00 pm at the Penn Yan Library, 214 Main Street in Penn Yan. Registration is requested by contacting 1-800-272-3900 or at [alz.org/crf](http://alz.org/crf).

## June 10

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 6/10/22 from 10am – 11:30am at the Town of Starkey Highway Barn, 656 Dundee-Glenora Road, Dundee, NY 14837. **Pre- registration is required.** 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 or assistance with registration.

## June 11 and June 12

- ◆ The Keuka Arts Festival is a fine art and skilled craft show held annually along the Keuka Lake Outlet Trail, only a few blocks from downtown Penn Yan. The event is free and will feature live entertainment and activities for families. The festival will be held rain or shine. For more information visit <http://www.keukaartsfestival.com>.

## June 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](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto:ourtownrocks@ourtownrocks.org). All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.  
\*There will not be a June Community Conversation meeting.

## June 16

- ◆ 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 by email at [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) for more information. Register by 6/14/22.

## June 17

- ◆ Annual Cruisin’ Night event - beautiful antique, classic and hot-rod cars and motorcycles. Main Street in Penn Yan will close to vehicular traffic at 4PM and registration for the event begins at 5pm.

**2022 Concerts on the Courthouse Lawn, corner of Main and Court Streets, Penn Yan**

All concerts are on Wednesdays at 6:30 pm - 8:00 pm, with a 10 minute intermission, on the lawn area in front of the old Yates County Courthouse on Main and Court Streets in Penn Yan. Ample parking is available. Audience members are requested to bring their own lawn chairs and/or a blanket.

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

- \* **June 22** - Lyin Eyes
- \* **June 29** - Paulsen Baker
- \* **July 6**– All star Jazz Band
- \* **July 13**– FLCMF Chamber Music

- \* **July 20**– Community Chorus
- \* **July 27**– Joe Whiting
- \* **August 3**– Community Band
- \* **August 10**- Mr. Mustard

**Are you or a loved one: Lonely, home bound, socially isolated, recovering from an injury, or have a chronic illness?**

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

If you are interested in the Phone Friends program, please contact Amy Canfield at 315-279-4321.

**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: April 5 to June 21 from 10:00-11:00 am at St Paul’s Lutheran Church.  
Penn Yan – Thursdays: 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: 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 taken the beginner Tai Chi class and feel they are ready for the next step.  
Penn Yan – Wednesdays: April 6 to June 22 from 10:30-11:30 am at St. Paul’s Lutheran Church.

**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 July. 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.

**\*\*\*Stay tuned for a new class being held involving bingo coming in the near future.\*\*\***

### Fearless Caregiver Manifesto by Gary Barg, Today's Caregiver

We family caregivers also need and deserve our own guiding set of principles, our own manifesto: The Fearless Caregiver Manifesto.

1. **I will fearlessly** assess my personal strengths and weaknesses, work diligently to bolster my weaknesses and to graciously recognize my strengths.
2. **I will fearlessly** make my voice be heard with regard to my loved ones care and be a strong ally to those professional caregivers committed to caring for my loved one and a fearless shield against those not committed to caring for my loved one.
3. **I will fearlessly** not sign or approve anything I do not understand, and will steadfastly request the information I need until I am satisfied with the explanations.
4. **I will fearlessly** ensure that all of the necessary documents are in place in order for my wishes and my loved ones wishes to be met in case of a medical emergency. These will include Durable Medical Powers of Attorney, Wills, Trusts and Living Wills.
5. **I will fearlessly** learn all I can about my loved one's healthcare needs and become an integral member of his or her medical care team.
6. **I will fearlessly** seek out other caregivers or care organizations and join an appropriate support group; I realize that there is strength in numbers and will not isolate myself from those who are also caring for their loved ones.
7. **I will fearlessly** care for my physical and emotional health as well as I care for my loved one's, I will recognize the signs of my own exhaustion and depression, and I will allow myself to take respite breaks and to care for myself on a regular basis.
8. **I will fearlessly** develop a personal support system of friends and family and remember that others also love my loved one and are willing to help if I let them know what they can do to support my caregiving.
9. **I will fearlessly** honor my loved one's wishes, as I know them to be, unless these wishes endanger their health or mine.
10. **I will fearlessly** acknowledge when providing appropriate care for my loved one becomes impossible either because of his or her condition or my own and seek other solutions for my loved one's caregiving needs.

### Sleeping Habits

Dementia can often cause a person's sleeping habits to change. For example, they may sleep too much or not enough, or wake up several times during the night. Poor sleep quality can make dementia symptoms worse. While changes in sleep habits can be frustrating, there are things that can help.

Try these tips:

- Follow a regular schedule by going to sleep and getting up at the same time each day.
- Develop a relaxing bedtime routine with lowered lights, cool temperature, and no electronic screens.
- Avoid caffeine and naps late in the day.
- Talk to your doctor if you have problems sleeping.

Visit Alzheimers.gov at <https://www.alzheimers.gov/life-with-dementia/tips-dementia> to find more sleep tips.

**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](mailto:beckert@proactioninc.org)  
**IMPORTANT UPDATE – As we are working towards getting back to our Pre-Covid schedule, out of town medical appointments need to be scheduled according to our Route Schedule listed below.**

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.*

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. Please call Monday mornings to schedule your grocery shopping trip for the week.

**\*OFA is not a Medical Transport Service all riders must be able to enter and exit the vehicle on their own.** 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.

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.

**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 Pro Action 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.



**A HUGE Thank you to Raymond Klien!!**  
Pro Action Yates Office for the Aging would like to thank Raymond Klein of Penn Yan for his VERY generous donation. Ray has donated a Brand-New KIA EV6 -All Wheel Drive ELECTRIC VEHICLE for our OFA Transportation program. We are very excited to be taking part in the Electric Vehicle world and being part of helping our environment. We look forward to transporting our riders in our new EV!



## 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](mailto: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](mailto: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.

### The 10 Aches and Pains You Shouldn't Ignore by Society of Certified Senior Advisors

- **Chest pain.** A heart attack can come on as a dull pressure or heaviness.
- **Sudden eye pain.** It could indicate that you're getting shingles, a painful viral condition, or that you have a blocked blood vessel, internal bleeding or acute glaucoma.
- **Severe abdominal pain.** Acute appendicitis, a serious infection or diverticulitis may be the cause. If you've had this pain on and off for years, that's one thing. But if it's new and it doesn't let up or it keeps getting worse, see your doctor.
- **A terrible headache.** A serious headache, especially if you also have neck stiffness, weakness or vision change, or after you hit your head, is concerning enough to have it checked out.
- **Prolonged pain from a minor cut or wound.** If a small wound turns red or swells, or if it gets worse rather than better, it may be dangerously infected.
- **Pain in your calf, especially after surgery.** Calf pain can signal deep vein thrombosis, a dangerous type of blood clot that often occurs in patients recovering from knee or hip surgery.
- **Pain accompanied by a loss of function.** If you hurt your leg but you can still walk around, it may just be a sprained ankle. But if you can't move it and you're having pain, get it looked at immediately as you may have a fracture, nerve injury or loss of blood flow.
- **Nerve pain.** Tingling or numbness in your hands or feet can be a sign of nerve damage, particularly if you have diabetes. Lab work can help determine the cause.
- **Extreme fatigue.** Contact your doctor if you feel profound fatigue after easy tasks like washing the dishes or taking out the garbage. It may signal heart disease or problems with thyroid function.
- **Difficulty breathing.** If you take a walk every day and suddenly feel like you're struggling for breath, visit a health care professional to see if it's related to asthma, emphysema or heart disease.

**Yates County Public Health 2022 Free Rabies Clinics**  
**315-536-5160**

<b>Date</b>	<b>Location</b>
Saturday June 4, 2022 9am-10am	Penn Yan Fireman's Field 110 Hicks Street Penn Yan, NY 14527
Wednesday August 10, 2022 6pm-7pm	Potter Fire House 1255 Phelps Road Town of Potter Middlesex, NY
Monday Sept 12, 2022 7pm-8pm	Italy Highway Barn 915 Italy Valley Road Town of Italy, Naples, NY \$ 5 if you are not a resident of the Town of Italy
Wednesday Sept 28, 2022 6pm-7pm	Town of Starkey Highway Department 656 Dundee-Glenora Road Dundee, NY 14837
Saturday Nov 5, 2022 9am-10am	Benton Fire Department 932 State Route 14A Penn Yan, NY 14527

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



**All vaccinations are FREE**

**Warning Signs You're Having a Heart Attack for Men and Women**

A heart attack strikes someone about every 43 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).

Many women think the signs of a heart attack are unmistakable, but in fact they can be subtler and sometimes confusing. Women and men often experience a heart attack quite differently, which can lead to under-diagnosis in female victims. It's important to know all of the symptoms for men and women so that you don't accidentally ignore important warning signs of an impending attack.

Men and women both often experience **discomfort in the center of the chest** that may feel like squeezing, fullness, pressure or pain. This feeling may go away and then return. Other areas of the **upper body can also become painful**, such as one or both arms, the neck, back jaw or stomach. **Shortness of breath** can occur with or without chest pain. The victim may break out in a **cold sweat**, feel **nauseous** or **become lightheaded**.

Women's most common symptom, just like men, is chest pain. But they are much more likely to also experience shortness of breath, nausea or vomiting, and pain in the jaw or neck. Dizziness, lightheadedness or actually fainting are other symptoms to look for. Even though heart disease is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

Source: <https://www.heart.org/>

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](mailto:ycofa@proactioninc.org)  
[www.proactioninc.org](http://www.proactioninc.org)

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## THE GRAPEVINE EXPRESS MAY/JUNE 2022

### **Grant Funds Available for Home Repairs in Yates and Schuyler Counties**

Grant funds are available for low income homeowners to make necessary home repairs, such as, but not limited to: roofs, electrical, plumbing, heating, wells, septic systems and laterals. Homes must be single family and owner occupied for at least 1 year. Applicants must meet income guidelines, have the deed (or Life Use) in their name & homeowners' insurance. Mortgage & taxes must be current. Grant funds are also available for the Mobile Home Replacement Program to assist homeowners replace their dilapidated mobile homes (Yates Only). For more information, or to request an application, please contact: Kelly Smith at Keuka Housing Council, at 315-536-8707 ext.101.

### **Looking for Help with Medical Expenses?**

**If you qualify for the Medicare Savings Program**, you will no longer have to pay the Part B premium which is taken from your Social Security benefit monthly and you will automatically qualify for Extra Help. Income guideline limits to qualify are \$1549/month for an individual and \$2080/month for a married couple. Even if you think you are over the guideline, certain expenses can be deducted from your income which may make you eligible. There are no asset limits.

**If you qualify for Low Income Subsidy "Extra Help" with Medicare Part D drug coverage**, your out of pocket costs for prescriptions and premiums may be reduced. If your monthly income is below \$1719 for an individual or below \$2309 for a married couple in 2022, you may qualify for financial assistance. There are also asset guidelines that we can discuss with you.

\*Call Pro Action Yates Office for the Aging (Ashley Beach) at 315-279-4321 to complete a Medicare Beneficiary Income Screening to see if you are eligible. Please have proof of your income, all Medicare cards and your most recent health insurance bill readily available to discuss.

### **Stay Informed**

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



**Yates NY Connects/Office for the Aging**

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