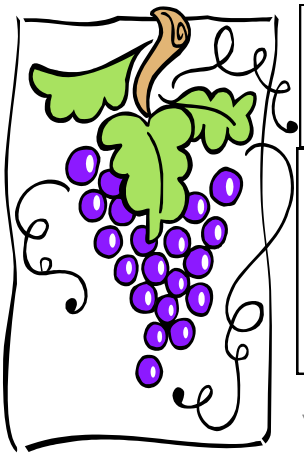

THE GRAPEVINE EXPRESS

September/October 2022
Pro Action Yates Office for the Aging
Hours of Operation: 8:30-4:30 Monday-Friday

Monday, September 5 & Monday, October 10

Medicare Open Enrollment: October 15th through December 7th 2022

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 and 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, 2023.

The Pro Action 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:

Dundee St. Mark's Terrace: Monday, October 17 from 12:30-3:30pm. No presentation; Ashley will be available for individual appointments. Residents should see Steve for details. (For Residents Only)
Penn Yan St. Mark's Terrace: Tuesday, October 18 from 2-3pm. (For Residents Only)
Penn Yan Yates County Building Auditorium: Monday, October 24 from 10-11am; Thursday, November 10 from 2-3pm; Thursday, November 17 from 10-11am; Tuesday, November 22 from 10-11am
Penn Yan Public Library: Wednesday, October 26 from 5-6pm
Dundee Library: Wednesday, October 26 from 10-11am
Branchport Library: Tuesday, November 1 from 2-3pm

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.

- Tuesday, November 1 from 10-11am (register by Tuesday, October 25)
- Friday, November 18 from 2-3pm (register by Wednesday, November 10)

Do you wish to not attend a presentation? We will be offering 2022 Medicare Open Enrollment Reference Guide Packets. Each packet will include all 2023 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** to reserve your spot at a session or request a packet, ***after September 1st, 2022***. Attendance at the group sessions is strongly encouraged as there will be limited availability for individual meetings.

LOCAL EVENTS

September 13

- "Our Town Rocks" Champions Meeting will be held at the Our Town Rocks Office, 12 Main Street in Dundee at 10:00 am. For more information call Caryl Sutterby at 607-426-4015, go to www.ourtownrocks.org or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.
- September "Our Town Rocks" Community Gathering monthly meeting to be determined.

September 16

- Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 9/16/22 from 10am – 11:30am at the Town of Starkey Highway Barn, 656 Dundee-Glenora Road, Dundee, NY 14837. **Pre- registration is required**. This is drive-thru only. Contact Pro Action Yates Office for the Aging at 315-279-4321 for more information.

September 22

- 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 9/20/22.

September 26

- 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.

September 30

- Last day to receive Farmers Market Coupons, **while supplies last.** Each booklet has $25 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 11/30/22 Reminder– not all markets will be open through 11/30/22 so be sure to check for closing dates. Coupons can be obtained at Pro ActionYates Office for the Aging at 315-279-4321.

October 11

- "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.
- October "Our Town Rocks" Community Gathering monthly meeting to be determined.

October 14

- Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 10/14/22 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. Contact Pro Action Yates Office for the Aging at 315-279-4321 for more information.

October 24

- 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.

October 27

- 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 10/25/22.

****SAVE THE DATES: 11/16/22 and 12/14/22 for Yates OFA Special Event Holiday Dinners. Stay tuned for more details. ****

GET INVOLVED!

Strengthening yourself by Strengthening your Community

- **Pro Action Home Delivered Meals Drivers-** We cannot serve our customers without the help of volunteers who deliver the meals. Volunteers are the heart and soul of our program, providing so much more than a meal. Volunteers provide the warm, human contact our seniors need and may be the only contact that senior has that day. Whether you have only a few hours one day per week, can volunteer every day, or can only work a few hours a month, your assistance is needed. Background and driver's license checks are required. Mileage is paid. 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 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 director@keukacomfortcarehome.org.
- **New York State Long Term Care Ombudsman Program (LTCOP)-** Now, more than ever, it's so important to stay connected with our loved ones. Those who are most vulnerable are in need of our support and advocacy. LTCOP is a resident-centered, resident-directed advocacy program. LTCOP at Lifespan of Greater Rochester assists residents in nursing homes, adult care facilities and family-type homes in Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming and Yates counties. Ombudsmen advocate for residents to address quality of life, quality of care and resident's rights concerns. Despite the limitations on in-person facility visitation, Ombudsmen remain willing and able to investigate any issues residents or families may have. Between April 1, 2020 and September 30, 2020, we investigated and addressed 171 cases. Together, we CAN make a difference in the lives of older adults residing in long term care facilities. If you are interested in becoming a volunteer or want more information about the Ombudsman program, please call (585) 287-6414.
- **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.

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 4 to December 13 from 10:00-11:00 am at St Paul's Lutheran Church.
Penn Yan – Thursdays: October 6 to December 15 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: October 3 to December 12 from 11:00 am-12:00 at St. Paul's Lutheran Church.
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: October 5 to December 14 from 11:00 – 12 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 Pro Action Yates Office for the Aging Conference Room. This class runs for 6 weeks. Class dates are October 3 to November 10. Please call for more information.

Bingocize This new program combines bingo with exercise using exercise bands and exercise balls. Classes are held 2 times a week for 10 weeks and 1 hour per class. A new class will start in January from 9:30 to 10:30 am on Mondays and Wednesdays. Class size is limited to 20. Location to be determined.

* 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.

CAREGIVER'S CORNER

Speaking Up For Your Care Recipient

As the healthcare team talks about your care recipient's plan to go home, it is important for you to speak up. As their caregiver, you know their needs best.

The following are some tips to help you speak up for your care recipient with their healthcare team:

1. Describe your role as their caregiver
- Tell them what activities you help out with. For example, describe what they could do independently and where they were having difficulty before coming to the hospital.
- Let them know if you are your care recipient's power of attorney.
- Discuss other life roles and responsibilities. Be honest about how much time you have to provide additional support.

2. Ask lots of questions
- Write down question ahead of time or as you think of them. You can use a notebook or note-taking app on your smartphone.

3. Use an assertive tone
- Use a firm and relaxed voice and match the volume to the situation when discussing your concerns.
- Try not to be too loud or too quiet.
- It's okay to feel uncomfortable or upset having these conversations. Try to communicate your feelings to the person you are speaking to so they understand. You can try saying "I am feeling overwhelmed right now. I am trying not to come across as aggressive. Please let me know if I am raising my voice."

4. State facts and what you've observed
- For example, you can say: "I understand that you are ready to discharge him, but I noticed he hasn't been able to get out of bed on his own. We don't have anyone at home who can help him yet."

5. Reframe your concern as a question
- For example, you can say: "I've notice that she isn't able to eat a full meal on her own yet. Is that normal?"

6. Show empathy
- Let the healthcare team know that you understand their workloads are heavy and they are busy. Sometimes sharing a thank you or a kind word can help you advocate.

****TIP****

Try speaking to physical therapists, occupational therapists, or other allied health members about your concerns. They may be able to help advocate with the healthcare team.

Source: Caregiver Portal: https://newyork-caregivers.com

Caregiver Stress and 5 Signs to Watch For

Recognizing the signs of stress in yourself or someone you care about is critical to taking action.

1. Denial
2. Social Withdrawal
3. Anger
4. Anxiety
5. Exhaustion and Depression

Economic Insufficiency from NYSOFA

No one is immune from noticing the recent impacts of inflation and other factors on our economy resulting in increased costs for necessities such as fuel and food. These increasing costs disproportionately burden older adults living on fixed incomes. Sometimes older adults need some assistance, but do not know what might be available to them. Resources that may help can be found below.

Did you know?

- Over 15 million older adults aged 65+ are economically insecure, with incomes below 200% of the federal poverty level. *(https://www.ncoa.org/article/get-the-facts-on-economic-security-for-seniors)*
- Older women are more likely to live in poverty than men as a result of wage discrimination and having to take time out of the workforce for caregiving. (Justice in Aging, 2020) *(https://www.ncoa.org/article/get-the-facts-on-economic-security-for-seniors)*
- Over half of Black and Hispanic seniors aged 65+ have incomes below 200% of the Federal poverty line. (Kaiser Family Foundation, 2018) *(https://www.ncoa.org/article/get-the-facts-on-economic-security-for-seniors)*
- Older workers of color are most at risk for unemployment, with older African American men twice as likely to be unemployed as older white men. (BLS) *(https://www.ncoa.org/article/get-the-facts-on-economic-security-for-seniors)*
- Overall, about 13.1% of LGBT adults lived in a household where there was sometimes or often not enough to eat in the past seven days, compared to 7.2% of non-LGBT adults. (https://www.census.gov/library/stories/2021/08/lgbt-community-harder-hit-by-economic-impact-of-pandemic.html)

Resources:

The Senior Community Service Employment Program (SCSEP) exists for New York State residents who are income eligible and age 55 or over. SCSEP helps adults aged 55+ return to or remain active in the workforce by providing job training, job search services, and on-the-job experience. https://aging.ny.gov/senior-community-service-employment-program-scsep

Home Delivered Meals You may need meals for a short time because you were recently discharged from a hospital and can't make meals until you recover. Or you may need meals for a longer time because you can't do many of the things you did for yourself before. For older New Yorkers who can't prepare meals for themselves, home-delivered meals provide healthy, nutritious, balanced meals to a participant's residence up to five days a week. Up-to-date information about wellness and healthy eating habits is provided to those who receive meals. Registered dietitians offer private nutrition counseling to older people with questions about diabetes, weight loss or gain, and healthy eating. You can contact Pro Action Yates OFA for more information at 315-279-4321.

Community Dining Healthy, nutritious, balanced meals are served to older New Yorkers, up to five days a week, in senior centers, senior clubs, senior housing complexes, town halls and other nearby locations. There are about 1,000 locations across the state for meals and many kinds of social activities, too. Up-to-date information about healthy eating, wellness and healthy habits is given out to those who get meals. Registered dietitians can help any older person with questions about diabetes, weight loss or gain and healthy eating in private nutrition counseling. You don't need to get meals to meet with the registered dietitians. Some community sites provide transportation for those who need help getting to one of the meal locations. You can contact Pro Action Yates OFA for more information at 315-279-4321.

The Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat and cool their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off. You can find your local HEAP office here: https://otda.ny.gov/programs/heap/contacts/

Supplemental Nutrition Assistance Program (SNAP) benefits help low-income working people, older adults, people with disabilities, and others put healthy food on the table. Benefits are provided through an electronic benefit card (EBT), similar to a debit or credit card. Eligibility and benefit levels are based on household size, income, expenses and other factors. You can apply at: https://www.mybenefits.ny.gov/mybenefits/begin or in person at your local Department of Social Services.

Economic Insufficiency from NYSOFA (continued from page 5)

Resources (continued)
Once a year, the **Senior Farmers' Market Nutrition Program (SFMNP)** gives eligible, low-income older adults 25 dollars in coupons to buy locally-grown fresh fruits and vegetables at participating farmers' markets in New York State. Booklets are available in July and may be used through November. They are given out on a first-come, first-served basis. Visit Pro Action Yates OFA to obtain your coupon booklet while supplies last.

Understanding insurance options can save you money; **Health Insurance Information Counseling Assistance Program** (HIICAP) counselors located in local offices for the aging are available to answer questions about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance issues. Counseling is also available through the toll-free HIICAP helpline. Callers will be prompted to enter their zip code and will be routed to their local offices for the aging to talk with a trained counselor. 1-800-701-0501. For Yates County, you can call Pro Action Yates OFA directly at 315-279-4321.

National Falls Prevention Awareness

National Falls Prevention Week is September 18 – 24. Falls Prevention Awareness Day is on September 22 at the start of the fall season. Six Steps you can take today to help your older loved one reduce their risk of a fall:

1. Enlist their support in taking simple steps to stay safe- Ask your older loved one if they're concerned about falling. Many older adults recognize that falling is a risk, but they believe it won't happen to them or they won't get hurt—even if they've already fallen in the past. Talk with your health care provider who can assess their risk and suggest programs or services that could help.
2. Discuss their current health conditions-Find out if your older loved one is experiencing any problems with managing their own health. Are they having trouble remembering to take their medications —or are they experiencing side effects? Is it getting more difficult for them to do things they used to do easily? Encourage them to speak openly with their health care provider about all of their concerns.
3. Ask about their last eye checkup-If your older loved one wears glasses, make sure they have a current prescription and they're using the glasses as advised by their eye doctor.
4. Notice if they're holding onto walls, furniture, or someone else when walking or if they appear to have difficulty walking or arising from a chair. These are all signs that it might be time to see a physical therapist. A trained physical therapist can help your older loved one improve their balance, strength, and gait through exercise. They might also suggest a cane or walker—and provide guidance on how to use these aids.
5. Talk about their medications-If your older loved one is having a hard time keeping track of medicines or is experiencing side effects, encourage them to discuss their concerns with their doctor and pharmacist. Also, beware of non-prescription medications that contain sleep aids—including painkillers with "PM" in their names. These can lead to balance issues and dizziness. Do a walk-through safety assessment of their home.
6. There are many simple and inexpensive ways to make a home safer. Lighting: Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting is readily available when getting up in the middle of the night. Stairs: Make sure there are two secure rails on all stairs. Bathrooms: Install grab bars in the tub/shower and near the toilet. Make sure they're installed where your older loved one would actually use them.

For more ideas on how to make the home safer, the Centers for Disease Control (CDC) offers a home assessment checklist in multiple languages. NCOA, the Administration on Aging, and the CDC also promote a variety of community-based programs, like Bone Builders, Walk with Ease, Bingocize, and Tai Chi, that can help older adults learn how to reduce their risk of falling. Contact Pro Action Yates Office for the Aging at 315-279-4321 for more information on these falls prevention programs.

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

Personal Emergency Response Services (PERS)

Do you or a loved one want the security of a push button alert system, Personal Emergency Response Services (PERS) Unit? The fee for the service is $30 per month. Which covers 24-hour monitoring, annual maintenance, and service calls.

Pro Action Yates OFA is pleased to announce that new services have been added to our Emergency Response Program. The new services include FALL DETECTION PENDANTS, CELL MODEMS (for homes that do not have a landline) and SMOKE DETECTORS.

- FALLS DETECTION PENDANT can be added for an additional $10 per month.
- CELL MODEMS can be linked to the unit for an additional $15 per month and a onetime $10 hook up charge.
- SMOKE DETECTORS can be added to your service for an additional $5 per month

The Project Lifesaver System offers help in rescuing loved ones who may wander. If your loved one has Alzheimer's, dementia, autism, or Down Syndrome this is a great program that is offered to anyone in Yates County regardless of age.

*Attention PERS and Project Lifesaver Clients: If you have activated your PERS pendant and are admitted to the hospital please make sure the PERS pendant or PROJECT LIFESAVER PENDANT stay with your belongings. There is a $47 fee to replace a lost PERS pendant. Project Lifesaver pendants are very costly to replace.

If you would like more information or to sign up for either program, please call Terri Becker at 315 279-4321.

Transportation Program

As of this time, we are still operating on a modified schedule. Medical trips are priority, grocery shopping to Tops or Aldi are scheduled on Mondays around the medical appointments for that week.
For scheduling transportation, please call 315 279-4409 or send an email to beckert@proactioninc.org. If you require a wheelchair van, please mention that at the time of your call. If you would like to ride along with one of our volunteer companions, please request a companion when you call. To be courteous to our companions and increase the availability of riding with a companion it is best to request your ride 2 weeks in advance.

Important Reminders:

- OFA is not a medical transport. Drivers are not able to lift, pull or tug. Our drivers can lend an arm and each vehicle has a step stool to help with getting in/out of the vehicle. This is for your safety and theirs.
- You are always welcome to have a family member or friend ride along with you. Please make sure to mention this at the time of your request.
- Reminders calls are called the morning prior to your ride. If you do not receive a call by 2pm the day prior, please call our office after 2pm.
- If you need to cancel a ride, please call the main number, and speak to the receptionist so that the driver can be notified and does not drive to your home.

Healthy Food Choices

It's never too late to start making healthy food choices. Eating right can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease. A few ways you can make healthier food choices are:

- Eating and drinking each day from different food groups, such as fruits, vegetables, grains, protein, and dairy.
- Cutting back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats.
- Understanding how many calories you need, based on your level of daily activity and keeping a food diary to track your calorie intake.
- Choosing a variety of foods that are packed with nutrients and low in calories.
- Checking food labels to understand what foods will meet your nutritional needs each day.

Learn more ways you can make healthier food choices as you age by visiting https://www.nia.nih.gov/

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THE GRAPEVINE EXPRESS
SEPTEMBER/OCTOBER 2022

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

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