



THE GRAPEVINE EXPRESS

January/February 2023

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



Monday, January 2, Monday, January 16, &
Monday, February 20

Free Income Tax Service

Pro Action Yates Office for the Aging and AARP Foundation Tax-Aide will be offering free income tax service for tax year 2022. 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.

The tax preparation location will again be St. Paul's Lutheran Church, 135 Hamilton Avenue, Penn Yan, located just up the street from Morgan's Grocery. Please enter the church through the rear entrance. This season we will do single visit, in-person returns. Your return will be completed, quality reviewed, and e-filed all during your 1-hour appointment.

Tax preparation season will run from **February 1, 2023 through April 14**. 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 voice mail, leave a message for a call back. When leaving a voice message, please clearly leave your name and phone number. Appointments can be made beginning **January 17, 2023**. You can call Monday thru Friday from 8:30 AM to 4:30 PM. Use the same phone number to cancel or reschedule appointments. When scheduling, make sure you will have all your tax documents in time for the appointment date.

When coming for a tax appointment bring all the same 2022 documents that were used in preparation of your 2021 return, as well as any new sources of income or deductions. If you own a home bring your school and property tax bills paid in 2022. Required documents are photo ID for each taxpayer and Social Security cards for each taxpayer and dependent on the return. Bring your 2021 return with you. If you cannot locate last year's return you can get a replacement transcript from www.irs.gov.

You will also need to bring a completed Intake/Interview form just like last year. These can be picked up at Pro Action Yates OFA in the Yates County Office Building on Liberty St. after January 17, or you can request an email form when you make your tax appointment (best option). The electronic form can be printed, and hand completed, or filled in on your computer and then printed.

We need your help to streamline the process. Please open all tax document envelopes prior to your appointment and have all paperwork organized and flat in a folder. If there are items to add up (i.e., medical expenses, car mileage, rental income, etc.) please do it yourself ahead of time and bring totals.

Please book your appointments early. We are short staffed and may not be able to serve everyone in the community who wants a tax return done. We are always looking for new volunteers to either prepare taxes or as client facilitators to keep the process running smoothly!

SUMMARY

1. Call 315.279.4321 beginning January 17, 2023 for tax appointments.
2. Tax location: St Paul's Lutheran Church, 135 Hamilton Street, Penn Yan.
3. Bring ID, 2021 tax return, all tax documents, and Intake form.

LOCAL EVENTS

January 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 or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.
* No January Community Gathering monthly meeting.

January 19

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Thursday, January 19th from 2-4pm, held in the Yates Office for the Aging Conference Room (Suite 1116). Please contact Ashley Beach at 315-279-4321 or tillmana@proactioninc.org for more information. Register by 1/17/23.

January 20

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 1/20/23 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.

January 23 (Penn Yan) & January 25 (Dundee)

- ◆ 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 and the 4th Wednesday each month from 10:00-11:00am at the Dundee Library, 32 Water Street in Dundee. Registration is requested by contacting 1-800-272-3900.

February 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 February Community Gathering monthly meeting.

February 16

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Thursday, February 16th from 2-4pm, held in the Yates Office for the Aging Conference Room (Suite 1116). Please contact Ashley Beach at 315-279-4321 or tillmana@proactioninc.org for more information. Register by 2/14/23.

February 17

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 2/17/23 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.

February 22 (Dundee) & February 27 (Penn Yan)

- ◆ 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 and the 4th Wednesday each month from 10:00-11:00am at the Dundee Libbrary, 32 Water Street in Dundee. Registration is requested by contacting 1-800-272-3900.

Save the Date: The HUBBA Tea is scheduled for April 13, 2023. More details to follow.

Save the Date: FREE Legal Presentation for Yates County from Legal Assistance of Western New York, Inc.® will be in March 2023. More details to follow.

2023 Medicaid and Medicare Savings Program Expansion– Medicare Rights Center

- The New York Fiscal Year 2023 budget expands income eligibility for Medicaid for older adults and people with disabilities. The budget also expands eligibility for the Medicare Savings Program (MSP). The MSP pays the monthly Medicare Part B premium and may provide other cost assistance. If you are currently enrolled in the program, you may receive more benefits in 2023.
- In 2023, the MSP income limits will be higher and instead of three MSPs there will be only two: Qualified Individual (QI) and QMB (Qualified Medicare Beneficiary). The table below estimates the eligibility limits for the MSP and Medicaid in 2023. These limits have not been finalized because they rely on the Federal Poverty Level, which has not yet been set for 2023. The state will announce the expanded limits in January 2023.

<u>2023 New York Gross Monthly Income Limits</u>			<u>2023 New York Asset Limits</u>	
<u>Program</u>	<u>Individuals</u>	<u>Couples</u>	<u>Individuals</u>	<u>Couples</u>
QI	\$2107	\$2839	No Limit	No Limit
QMB	\$1563	\$2106	No Limit	No Limit
Medicaid	\$1563	\$2106	\$28134	\$37908

- Pro Action Yates Office for the Aging will be working to screen and assist those newly eligible with education and the application process. Please contact Ashley Beach at 315-279-4321 or tillmana@proactioninc.org for more information.

REMINDER:

Keep 2023 Social Security award letters in a safe place!

They will be needed for HEAP, SNAP and any other applications that require income documentation.

**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 3 to March 21 from 10:00-11:00 am at St Paul’s Lutheran Church.
 Penn Yan – Thursdays: January 5 to March 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 9 to March 20 from 11:00 am-12:00pm 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. Next class will be held in the spring. 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 January 9 to March 15 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 Swarouth, at 315-279-4321. Most classes can be joined at any time! Transportation may be available.

Supporting Healthy Aging

As a caregiver, you may worry about the health of older family members or other loved ones as they age. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives — and it’s never too late to start! Consider these tips to boost healthy habits:

- **Prevent social isolation and loneliness.** As a family member, you can play an important role in helping the older adults in your life to stay socially connected. Here are some ways you can help: Schedule daily, weekly, or biweekly phone calls or video chats; Encourage them to seek out others with shared interests, such as through a garden club, volunteer organization, or walking group; connect with local support resources.
- **Promote physical activity.** Exercise can help reduce levels of stress and anxiety, improve balance and lower risk of falls, enhance sleep, and reduce feelings of depression.
- **Encourage healthy eating.** Having a healthy diet can support muscles and strengthen bones, which can help with balance and independence.
- **Schedule regular check-ups with a doctor.** Staying on top of doctor visits may help reduce risk factors for disease such as high blood pressure and cholesterol levels.

Find more ways you can support healthy aging in older adults at <https://www.nia.nih.gov>.

Source: National Institute on Aging

12 Tips For Adjusting To Life After Being A Caregiver

As a caregiver, you invested countless hours meeting your loved one’s needs. Now that your season of caregiving has ended, you may feel uncertain about what to do next. Consider these tips that help you care for yourself and manage your time.

1. Give yourself permission and time to grieve. The commonly held stages of grief include: Denial, disbelief, confusion, shock, and/or isolation; Anger; Bargaining; Despair and/or depression; Acceptance. You may progress through the grief stages methodically or swing back and forth.
2. Use healthy and appropriate coping mechanisms. Unhealthy and inappropriate coping can cause physical pain, emotional illnesses or long-term negative reactions. Choose to exercise, talk, journal, or embrace other positive and healthy coping mechanisms as you grieve and protect yourself.
3. Ask for and accept help. You receive support and allow others to show you love.
4. Take care of your health. Apply your caregiving duties to yourself and insist on a healthy daily regimen. Eat a balanced diet, get plenty of rest, exercise regularly, and go to doctor checkups.
5. Join a support group. You’ll gain practical advice and emotional support that sustains you as you adjust to life after caregiving.
6. Delay major decisions. Give yourself at least a year. This cushion of time prevents you from making an emotional decision you later regret and helps you rediscover yourself.
7. Embrace new routines. Start by deciding what will fulfill you each day.
8. Reevaluate your relationships. Try to accept inevitable relationship changes. You can reduce stress when you bless and release people who withdraw and show gratitude for people who choose to stay.
9. Carefully choose new responsibilities. Consider giving yourself an extended time off from helping others. You will benefit from rediscovering the activities, interests, and duties that are important and fulfilling for you. Then carefully choose the new responsibilities you want to fill your time.
10. Find fulfilling activities and interests. Know that it’s healthy to fill some of your time with activities and interests that fulfill you and make you happy and content.
11. Discover new priorities and goals. Take time to think about your future and what you want your life to look like. Then decide your priorities and set goals that propel you to make your dreams come true.
12. Help others. Consider using your experience to help others. You could offer encouraging and beneficial support to other caregivers and make a difference in their lives.

Rebuilding Life When Caregiving Ends-Your role as a caregiver for your loved one may be over, but you can now embrace a new season of life. Consider implementing these tips. With them, you find fulfillment and meaning as you care for yourself and manage your time.

Source: <https://www.thememorycenter.com>

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.

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

*Attention current 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. ****Please let us know if you have not received you payment vouchers for 2023 that were mailed in December.**

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 made 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 at 315-279-4321, and speak to the receptionist so that the driver can be notified and does not drive to your home.

14 Winter Safety Tips for Seniors

Preparation can avoid many of winter's biggest risks.

- 1) Get Winter Tires;
- 2) Get Vaccinated With the Flu Shot;
- 3) Don't Drive During Snowy or Icy Conditions;
- 4) Have Your Driveway and Walkway Cleaned;
- 5) Wear Snow and Ice Traction Cleats;
- 6) Take Vitamin D and Calcium Supplements-Discuss with your doctor;
- 7) Make Sure You Check Up On Your Loved Ones;
- 8) Schedule Deliveries to Avoid The Cold;
- 9) Making Sure Electric Space Heaters are Being Used Safely;
- 10) Get your Furnace, Chimney and Wood Stove Cleaned and Serviced;
- 11) Get a Carbon Monoxide Alarm;
- 12) Keep a Flashlight Handy and Avoid Candles;
- 13) Stay Connected;
- 14) Dress Warmly When You Go Outside.

Source: Seniorsafetyreviews.com

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. Call 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.
- ◆ **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, contact Becky Bennett-Tears at 315-279-4321.
- ◆ **Front Desk help-** Pro Action Yates Office for the Aging is seeking volunteers to answer and transfer phone calls, help customers who come into our office, and general clerical duties. Volunteers decide how often they assist. We will train you! Contact Becky Bennett-Tears at 315-279-4321 for more information.
- ◆ **Pro Action Transportation Program Clerical** — to assist with phone calls, surveys, Word Documents and Excel Reports. Contact Becky Bennett-Tears at 315-279-4321 for more information.

2022-2023 Emergency HEAP benefit will open January 3rd

Emergency HEAP is a benefit designed to meet a households immediate energy needs. If you are eligible, the Emergency HEAP Benefit can help you heat your home if you are in a heat or heat related emergency. Emergency HEAP benefits and eligibility are based on: 1) income; 2) available resources, and; 3) the type of emergency.

You may be eligible for an emergency HEAP benefit if:

- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off or
- Your electric or natural gas heat is off or scheduled to be shut-off or
- You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.

and

- Your income is at or below the current income guidelines or you receive Family Assistance, Safety Net Assistance, Supplemental Nutrition Assistance (SNAP) or Code A Supplemental Security Income.
2022– 2023 Maximum Gross Monthly Income guidelines:
1 Person Household --\$2852 2 Person Household--\$3730 3 Person Household--\$4608
- The heating and/or electric bill is in your name **and**
 - Your household's available resources are:
 - less than \$2,000 if no member of your household is age 60 or older; or
 - less than \$3,000 if any member of your household is age 60 or older.

If you have an emergency, contact the Yates County Department of Social Services at (315)536-5184 for assistance.

Social Isolation from NYSOFA

Human beings are social creatures. Our connection to others enables us to survive and thrive. Yet, as we age, many of us are alone more often than when we were younger, leaving us vulnerable to social isolation and loneliness—and related health problems such as cognitive decline, depression, and heart disease.

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50% percent increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

Social Isolation Busters

- Board and Card Games – Yahtzee, Scrabble, Solitaire, Concentration and Trivial Pursuit are games that can be played alone, or virtually online. These are areas where working memory functions.
- Puzzles – Puzzles are a great way to pass time, and studies have shown improvements in memory when seniors worked on puzzles for as little as 45 minutes a day, twice per week.
- Brain-Training Computer Games – This can reduce dementia by up to 28%.
- Memory Boxes – Memory boxes are a good way of stimulating and recalling favorite memories. Build a collection of old photos, items reminiscent of work or volunteering, and any objects that mean something and put them in the box to peruse when bored. If someone is especially agitated, looking at these objects may have a calming effect.
- Old movies – Many of us have old home videos or movies featuring family fun or our favorite performers. Furthermore, there are so many television channels and streaming platforms from which to choose, virtually any movie or classic TV show can be found and binged!
- Books – Escape reality by diving into a novel. You probably have a small library from which to choose, so gather a few hard covers or paperbacks and do some reading. If you have an e-reader, consider a new release. Many libraries have curbside pickup or delivery as well.
- Exercise – Chair exercises, walking, riding a stationary bike, yoga, dance, Tai Chi, and almost anything that gets the body moving, will help strengthen muscles and improve mood and mental acuity by increasing oxygen and blood flow to the brain.
- Crafts – Many people love to craft, and crafting can take many different forms. Knitting, needlepoint, painting, stenciling, stringing beads, arranging flowers or making musical instruments are just a few examples of crafts suitable for seniors.
- Music – We all have our favorite tunes, musicians, bands, and genres of music. Turn on your favorite tunes while you're relaxing, cleaning, playing games, or exercising. Music has a way of soothing the soul!
- Cook – If you enjoy cooking and baking, cook and bake!
- Communicate – Reach out to family, friends, and neighbors to see how they're doing during this crazy time. The recipient of a call, text, email, letter or card will feel very special and it will be good emotional support for you both!

Nominations for Senior Day 2023

Each May as part of national Older Americans Month, NYSOFA celebrates older adults at an Older New Yorkers' Day event in Albany. Many older New Yorkers, chosen by their local Offices for the Aging, are recognized for their outstanding contributions at this annual event. Pro Action Yates Office for the Aging is accepting nominations for the Senior Day 2023 event. It is time to take a moment and share information about the great volunteers you know. Please contact Zack Housworth at (315)279-4321 to nominate someone. Let Zack know how the nominee has made a difference in our community through civic engagement. Nominations are due no later than **Friday, February 3, 2023**.

Yates County Office for the Aging
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Penn Yan, NY 14527
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THE GRAPEVINE EXPRESS JANUARY/FEBRUARY 2023

NEWSLETTER ACCESSIBILITY: LARGE PRINT issues of “The Grapevine Express” are available upon request. You may also receive this newsletter electronically via email. Let us know your preference. We offer help for those who don’t speak/read English or cannot read. We have special equipment if you are hard of hearing. All of these services are FREE. Just ask!

Language Assistance Services Available

Pro Action Yates Office for the Aging provides language assistance services through the AT&T Language Line program. If you or someone you know speaks or prefers a language other than English, please let us know by using the enclosed Language Access Poster. We will arrange for services to be provided in your preferred language at **no cost** to you.

2023 NY Connects Yates Office for the Aging Service Directory

The 2023 Service Directory is enclosed. Please keep this as a helpful reference tool all year long.

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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