

THE GRAPEVINE EXPRESS

May/June 2024

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



Monday, May 27 & Wednesday, June 19

Older Americans Month May 2024 "Powered by Connection"- Administration for Community Living

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate:

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.
- Inspire older adults to share what connection means to them on social media using the hashtag #PoweredByConnection.



Senior Health Check-Up– Free Medicare Preventative Care

As of 1/1/24, 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 13 (Penn Yan) & May 28 (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 typically the 4th Monday each month (just 2nd Monday for May) from 4:00-5:00 pm at the Penn Yan Library, 214 Main Street in Penn Yan and the 4th Tuesday each month from 4:00-5:00 pm at the Dundee Library, 32 Water Street in Dundee. Registration is requested by contacting 1-800-272-3900.

May 14 and June 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.

May 17

- ♦ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 5/17/24 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.

May 28 and June 18

- ♦ "Our Town Rocks" Community Gathering monthly meeting will be held at 6:00 pm at the Our Town Rocks Office, 12 Main Street in Dundee. 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.

June 6

- ♦ The Alzheimer's Association is offering a Yates County Community Forum, at the Auditorium, 417 Liberty St. Penn Yan, NY 14527 on Thursday, June 6, 2024 from 11:00 -12:30 PM. Featured Presentation: Ashley Lorch, Director of Health Systems, Alzheimer's Association. The Alzheimer's Association Health System Initiative: Enhancing Clinical Care for People Living with Dementia. Lunch will be provided. Pre-registration is required by May 30. For more information and to pre-register, call 1-800-272-3900 or visit alz.org/CRF.

June 8 and June 9

- ♦ 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 <https://www.keukaartsfestival.com>.

June 14

- ♦ Enjoy an evening from 5:30pm – 8:00pm on Main Street in Penn Yan with the 26th annual Cruisin' Night & Block Party! Features classic and antique vehicles lined up along Main Street. Live music and food.

June 21

- ♦ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 6/21/24 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.

June 24 (Penn Yan) & June 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 Tuesday each month from 4:00-5:00 pm at the Dundee Library, 32 Water Street in Dundee. Registration is requested by contacting 1-800-272-3900.

Stay Tuned for details about the next educational opportunity to learn the basics of Medicare at the Welcome to Medicare presentation by Pro Action Yates Office for the Aging. If you have Medicare questions, contact Ashley Beach at 315-279-4321 or tillmana@proactioninc.org

2024 Concerts on the Courthouse Lawn, corner of Main and Court Streets, Penn Yan

Summer means the return of the Yates Concert Series “Wednesday Night Concerts in the Park” which takes place by the County Courthouse on Main Street in Penn Yan. The concerts are free for everyone. All concerts are on Wednesdays at 6:30 pm - 8:00 pm, with a 10 minute intermission. Hot dogs and hamburgers are offered for sale by members of the First Baptist Church of Penn Yan prior to the concerts. Local not-for-profits will sell snacks during the concerts. In case of inclement weather, the concert will be moved indoors to the First Baptist Church. Ample parking is available. Audience members are requested to bring their own lawn chairs and/or a blanket.

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| * June 26 - Lyin Eyes | * July 24 – Joe Whiting |
| * July 3 - Cool Club and the Lipker Sisters | * July 31 - Nate Michaels |
| * July 10 – Finger Lakes Chamber Music Festival | * August 7 – The Penn Yan Community Band |
| * July 17 – The Penn Yan Community Chorus | * August 14 – Southern Tier All-star Jazz Band |

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 Sarah Thillman 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 2 to June 18 from 10:00-11:00 am at St. Pauls. Lutheran Church
Penn Yan – Thursdays: April 4 to June 20 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 only
Penn Yan – Mondays: April 1 to June 17 from 10:15 to 11:15 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 Pro Action Yates Office for the Aging Conference Room. This class runs for 6 weeks. Next class will be July 1 to August 8, 2024.

Bingocize-This new program combines bingo with exercise using exercise bands and exercise balls. Classes are held once a week for 20 weeks and 1 hour per class. A new class will be held in the beginning of 2025. Call Pam Swarouth if you have any questions.

* 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.

Home Safety Checklist for adult caregivers



Use this checklist to make sure that your loved one's routine is as beneficial as possible and that their home doesn't pose any health or safety hazards.



General

- Find someone to check on the individual daily.
- Schedule vision check and/or follow-up appointments following discharge.
- Find someone to assist with transportation for appointments and other needs.
- Discuss medications with physician to determine effects on balance. Look for expired prescriptions.
- Check on utilities to ensure they are working.
- Place nightlights in hallways, bathrooms and bedrooms.
- Establish light exercise routine, if appropriate.
- Review care plan with client, caregiver/family.



All Rooms

- Remove loose carpeting or rugs that do not have a non-slip backing.
- Clear traffic areas of furniture.
- Tape electrical cords/other wires against walls.
- Install bright lighting with switches and working light bulbs.
- Place telephones on tables at a height that can be reached from the floor.



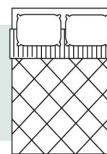
Stairs and Inclines

- Keep free of items.
- Clear plenty of room to move at top and bottom.
- Repair loose carpeting or edges.
- Securely attach handrails at the proper height for user.
- Install proper lighting on all steps, including switches at top and bottom of stairs.



Bathroom

- Ensure grab bars near the tub, shower and toilet are mounted properly.
- Place non-slip surfaces in the tub or shower.
- Place nightlight near room entrance.
- Add non-slip backing to rugs or bathmats on the floor.
- Add shower/tub bench or seat.



Bedrooms

- Place non-tip lamp on bedside table to allow room for eyeglasses.
- Clear traffic area from bedroom to bathroom.
- Use a comfortable, sturdy chair to aid in dressing.



Kitchen

- Place items where they can be reached without the use of a stool.
- Create area to sit during food preparation.
- Repair flooring which has cracks, splits or up-turned edges.
- Refrigerator stocked with nutritional food and free of expired foods.

Caregivers must spend at least 80% of their work time providing fellowship, care and protection for clients. Any general household work must be less than 20% of the caregiver's working time during each shift.

www.rightathome.net
877.697.7537

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

Transportation Program

We regularly travel throughout Yates County as well as have routes to out of the county locations, including but not limited to Canandaigua, Geneva, and Rochester. To schedule a transportation trip, please call the Yates OFA Transportation Line at 315-279-4409. If you require a wheelchair van, please mention that at the time of your call. If you would like to request one of our volunteer riding 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.



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 if there is availability. If you have a non-medical trip need, call and ask if it can fit into the schedule.

Important Reminders:

- OFA is not a medical transport. All riders must be able to get to and from the van on their own. **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 both your safety and the drivers.
- Drivers are not permitted to load/unload your grocery bags from the vehicle. If you are using our transportation program to grocery shop, then you must be able to carry your own bags.
- 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.
- Reminder 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 to confirm your ride.
- If you need to cancel a ride, please call the main Yates OFA phone number at 315-279-4321, and speak to the receptionist so that the driver can be notified and does not drive to your home. You should call to cancel a trip as soon as you can,

****A minimum of 2 days' notice is required for in town and a week's notice is required for out-of-town transportation requests.

Personal Emergency Response Services (PERS)

QUESTION: Have you ever thought about what you would do if you were alone in your home and needed medical help?

ANSWER: A Personal Emergency Response System.

The fee for the service is \$30 per month or \$45 for a unit with a Cell Modem for households that do not have a landline phone. This covers 24-hour monitoring, annual maintenance, and service calls.

Other services available are:

- Falls Detection Pendants 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 1 time \$10 hook up charge (for homes without a landline phone).
- Smoke Detectors can be added to your service for an additional \$5 per month.
- Second Pendant for someone in the same household can be added 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. It is offered to anyone in Yates County, regardless of age. The monthly cost is just \$25.

If you would like more information or to sign up for either program, please call Yates OFA 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 about \$300 to replace.



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 older adults need and may be the only contact that older adult 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 older adults 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.

Looking for Help with Medical Expenses?

If you qualify for the Medicare Savings Program (MSP), you will no longer have to pay the Part B premium which is taken from your Social Security benefit monthly. Income guideline limits to qualify are \$2,355/month for an individual and \$3,189/month for a married couple. Those eligible will automatically qualify for Extra Help which is a benefit directly applied to your Medicare Advantage or Part D plan. This benefit eliminates any Part D annual deductible, and your medication copays will be no more than \$4.50 generic or \$11.20 brand name for a 30-day supply even during the donut hole. Extra Help will also cover up to \$48.72/month of your plan premium. 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 Qualified Medicare Beneficiary Program (QMB), you get all the same benefits with MSP (Part B premium and Extra Help), but QMB will also cover all your copays and coinsurances for medical and hospital services, but will only pay for services that Medicare pays for. Income guideline limits to qualify are \$1,752/month for an individual or \$2,371/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 Medicaid, you get all the same benefits of MSP, Extra Help, and QMB. Medicaid will also cover services that Medicare and QMB may not like in home care, vision, dental, and transportation. Qualifying for Medicaid also qualifies you for even lower Extra Help copays of no more than \$1.55 for generic or \$4.60 for brand name. Income guideline limits to qualify are \$1,752/month for an individual or \$2,371/month for a married couple. There are asset limits for Medicaid which are \$31,175 single/\$43,312 married (does not typically include your home or one vehicle).

*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.

Yates County Public Health 2024 Free Rabies Clinics
315-536-5160

Date	Location
Wednesday May 1, 2024 6pm-7pm	CATS ONLY CLINIC Yates County Maintenance Building 413 Liberty Street Penn Yan, NY 14527
Saturday June 1, 2024 9am-10am	Penn Yan Fireman's Field 110 Hicks Street Penn Yan, NY 14527
Wednesday August 7, 2024 6pm-7pm	Potter Fire House 1255 Phelps Road Town of Potter Middlesex, NY
Monday Sept 9, 2023 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 25, 2024 6pm-7pm	Town of Starkey Highway Department 656 Dundee-Glenora Road Dundee, NY 14837
Saturday Nov 2, 2024 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



Public Health
Prevent • Promote • Protect
Yates County, NY

Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time



Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at www.nia.nih.gov/memory-and-aging.



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Grant Funds Available in Yates County

Grant funds through Keuka Housing Council are available. Yates County has been awarded CDBG funding to assist eligible homeowners with grants to repair or replace their failing septic and water well systems. Eligible repairs include laterals. Future grant funds may be 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. Future grant funds may also be available for the Mobile Home Replacement Program to assist homeowners replace their dilapidated mobile homes. For more information on eligibility requirements or to apply, please contact Keuka Housing Council, Inc. at 315-536-8707 or visit our website.

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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