



# THE GRAPEVINE EXPRESS

July/August 2024

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



Thursday, July 4

## Farmer Market Coupons

- ◆ Farmer's Market Coupons are available again this year. You need to: 1) be at least age 60 **AND** 2) be low income (contact Pro Action Yates Office for Aging for financial guidelines). Each older adult in a household is eligible to receive a booklet if they meet the requirements.
- ◆ Each booklet has \$25 worth of coupons (five \$5 coupons) to buy locally grown produce from the approved Farmer Markets. You will receive a list of markets with the coupon booklet.
- ◆ The coupons must be used to purchase produce items and cannot be spent on jams, baked goods, or crafts. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ◆ These coupons help older adults access fresh, healthy, locally grown produce, and they also help the area economy by supporting our local farmers.
- ◆ You need to get your booklet before 9/30/24 and coupons must be used before 11/30/24. Booklets are dispersed on a first come, first serve basis.

**\*\* Booklets should be available the 1st week in July \*\***

\*Please call Pro Action's Yates Office for the Aging at **315-279-4321** for further details.\*

## Medications by National Institute on Aging

Medications can help us live longer and healthier lives, but mixing certain drugs and supplements or taking medications incorrectly can be dangerous. That's why it's important to talk to a health care provider before starting any new prescription, over-the-counter (OTC) medication, or supplement to ensure that your provider knows everything else you are taking.

Before starting a new medicine, be sure to:

- Ask your doctor or pharmacist any questions you may have about taking a new medication.
- Discuss any allergies or problems you have experienced with other medicines with your health care provider.
- Find out if you'll need to change or stop taking any of your other prescriptions, OTC medicines, or supplements.
- Write down the name of the drug, the dose, and why it's being prescribed for you.
- Note any special instructions for how to take the medicine.

Find more information at <https://www.nia.nih.gov/health/medicines-and-medication-management/taking-medicines-safely-you-age>

## Announcement: Special Edition Grapevine Express

**Watch your mail for a Special Edition coming in August 2024. This edition will be dedicated to a variety of information related to Medicare.**

# LOCAL EVENTS

## July 3 and August 7

- ◆ “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](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.

## July 9 and August 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](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.

## July 18

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Thursday, July 18 from 2-4pm, held in the Yates County Office Building Auditorium. Please contact Ashley Beach at 315-279-4321 or [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) for more information. Register by 7/16/24.

## July 19

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 7/19/24 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.

## July 22 (Penn Yan) & July 23 (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.

## July 24

- ◆ Health Expo being held at St. Mark’s Terrace, 110 Chapel Street in Penn Yan on 7/24/24 from 11am-1pm. Information related to Health Care, Advocacy, Wellness Tips, Community Services, Home Care Solutions, and More. There will be Raffle Prizes. Come learn about free and low-cost services available from over 20 agencies.

## August 14

- ◆ New educational opportunity by Pro Action Yates Office for the Aging that will cover Medicare plan comparison tips and examples, and a demonstration of the online Medicare.gov Plan Finder tool. Participants will learn how to prepare for the Fall Medicare Open Enrollment period, what tools are available to compare plans, and support education and decision making. Workshop is best suited for those who are already on Medicare and have a basic understanding of their current coverage. Workshop will be held 8/14/2024 from 10-11:30am in the Yates County Office Building Auditorium. Please contact Ashley Beach at 315-279-4321 or [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) for more information. Registration required by 8/12/24.

## August 16

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 8/16/24 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.

## August 26 (Penn Yan) & August 27 (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.

### **Vascular Dementia by Alzheimers.gov Insights**

Vascular dementia is the second most common dementia diagnosis and can occur alongside other forms of dementia. It is caused by conditions such as stroke that disrupt blood flow in the brain and lead to problems with memory, thinking, and behavior.

The symptoms of vascular dementia can appear suddenly and may progress slowly over time. Symptoms may vary based on the size, location, and number of damaged areas in the brain. Some common symptoms include:

- Forgetting current or past events
- Hallucinations or delusions
- Difficulty performing tasks that used to be easy, like paying bills
- Getting lost on familiar routes
- Trouble with reading and writing

Learn more about the signs and symptoms at <https://nih.us19.list-manage.com/track/click?u=3dca973015582e3c417f6296c&id=ab7b680736&e=da9433ca85>

### **Shingles: What You Need to Know by IPRO Healthy Insights**

It's estimated that one in three people in the United States will get shingles at some point. When you have chickenpox, a virus begins living in your nerve cells. In some people, that virus eventually causes shingles. As you get older, the risk for shingles goes up. Some studies also show that shingles can be triggered by stress. While there is no cure for shingles, it can be prevented and treated.

#### **What to Look For**

The first symptom of shingles is a burning or shooting pain. You might also feel a numb or itchy sensation on one side of the body. After about one to five days, a red rash may appear on one side of the body. The rash is usually around the face or waist. A few days following the appearance of the rash, you will notice fluid-filled blisters. Seven to 10 days later, the blisters dry up and crust over. Within a few weeks, the scabs begin to clear up. Throughout these stages, you may experience:

- Chills
- Fever
- Headache
- Upset stomach

If you think you may have shingles, don't wait to tell your doctor. Be sure to talk with your doctor about your symptoms no longer than three days after the rash starts.

#### **Should You Get Vaccinated?**

Adults aged 50 and older should talk to a healthcare professional about the shingles vaccine to reduce their risk of getting shingles. While people of any age can get shingles, it is more common in those who are over the age of 50. Talk to your healthcare provider about whether or not you should get the shingles vaccine. You shouldn't get the shingles vaccine if you've had an allergic reaction to it before or if you have shingles at the time of vaccination.

The shingles vaccine is given in two doses. You should get the second dose two to six months after the first one. While shingles isn't generally contagious, it may be possible to pass it on to another person during the blister phase. That's why it is important to keep the rash covered.

#### **When Does the Pain Stop?**

Most shingles cases last three to five weeks, although each case is different. Usually, people will get shingles only once during their life, but it is possible to get it more than once. Some may experience symptoms for a few days. The intensity of the pain is different for each person. Some may just experience itching, while others feel pain at the slightest touch. Others may develop postherpetic neuralgia (PHN), which causes long-term pain that may result in depression, anxiety, sleeplessness, and weight loss.

#### **What Next?**

If you get shingles, remember to take good care of yourself both physically and mentally. Be sure to get plenty of rest and eat well-balanced meals. To soothe blisters, try an oatmeal bath or put calamine lotion on the affected area. Avoid stress by engaging in enjoyable and calming activities, like reading a book, listening to an audiobook, painting, or playing games like sudoku or word search. If you're feeling up to it, consider going for a brisk walk or gently stretching. Make sure to check with your doctor before lightly exercising while you have shingles.

**HOSPICE FAST FACTS**

By VITAS.com

1. **Hospice is for people with advanced illnesses.** Hospice provides symptom and pain management for patients with serious illness, no matter their age, culture, beliefs, or cause of illness.
2. **Hospice can happen anywhere.** Hospice is a service that comes to the patient in the place they prefer to be for end-of-life care. Patients at home feel better surrounded by the faces and things they know and love.
3. **Hospice is a choice.** Patients can leave, or “revoke their hospice status,” at anytime for any reason. Patients can also come back to hospice at any time, as long as they meet hospice eligibility guidelines.
4. **Patients can keep taking some medicines while on hospice.** Hospice patients are prescribed medicines that manage the symptoms of their advanced illness and improve quality of life.
5. **Hospice gives medicines as needed to help with symptoms.** Hospice doctors try to give just enough medicine to manage symptoms and ease pain.
6. **Family or friends provide care with support from the hospice team.** Family or friends are a hospice patient’s primary caregivers, supported and trained by an expert team that makes regular, scheduled visits. For patients who live in assisted living communities and nursing homes, the hospice team works together with the facility staff.
7. **There is no limit to the time a patient can be on hospice.**  
Hospice is for patients who have 6 months or less to live according to a doctor, and it can be extended when needed. In surveys, family members often say, “we wish we had known about hospice sooner.”
8. **Hospice provides home medical equipment and supplies related to the cause of the illness.**  
This includes shower chairs, oxygen tanks, hospital beds, toileting supplies, and more.
9. **Hospice supports the family.** After a patient passes, hospice addresses emotional and spiritual pain suffered by loved ones for more than a year.
10. **Most hospice patients do not have any out-of-pocket expenses.** Medicare Part A covers up to 100% of the cost of hospice care related to a hospice-eligible patient’s illness, with no deductible or copayment.
  - ◇ Private or employer-provided health coverage can vary. Check with your insurance provider for details about hospice eligibility, coverage, and out-of-pocket expenses.
  - ◇ Medicaid provides hospice coverage, but it varies by state.

Still have questions? Download a discussion guide at [HospiceCanHelp.com](http://HospiceCanHelp.com)

**New to Caregiving? By National Institute on Aging**

If you're new to caregiving, you may be taking on new tasks, learning medical terms, and coordinating complex schedules. Use these tips to help you navigate caregiving:

- **Learn as much as you can about the person’s medical situation.** Knowing the details can help you understand what is happening, anticipate how a disease may worsen or change, and better manage their health care.
- **Work with the person you care for to figure out what assistance they need.** This could include helping someone with personal care, talking to doctors, paying bills, or organizing important documents.
- **Ask family and friends to share caregiving tasks.** There is no way one person can do it all. Splitting up tasks can help both the person who needs care and the primary caregiver.
- **Explore resources in your community.** Services can include in-home help, transportation, modifications to make a home safer and more accessible, and information about paying for care.
- **Get training if needed.** Many people don’t have caregiving experience when they start. Caregiver training is available from many sources, including online. These courses are often free or low cost.

Learn more about caregiving and steps that can help you get started at <https://www.nia.nih.gov/health/caregiving/getting-started-caregiving>

## 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.

Medical trips are priority. Grocery shopping trips are scheduled around the medical appointments for the week if there is availability. If you have a non-medical trip need, call and ask if it can fit into the schedule. Tuesday and Thursday are the preferred days.

### 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 business 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  
Jenelle Meyers at the 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 \$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@millspantry.org](mailto:volunteer@millspantry.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](mailto: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.

**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: July 2 to September 17 from 10:00-11:00 am at St. Paul's Lutheran Church  
Penn Yan – Thursdays: July 11 to September 19 from 10:00-11:00 am at St. Paul's Lutheran Church

**Beginner Tai Chi-** Relieve Pain and Improve Health and Balance  
Penn Yan – Mondays: July 1 to September 16 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 22 to August 29, 2024.

**Bingocize-**This 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 Swarthout if you have any questions.

\* 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.

**Your thoughts are important to us!**

As part of our annual budget process, Pro Action Yates Office for the Aging looks for your input to determine the needs of Yates County Older Adults and to obtain feedback on the services we provide.

We use a variety of methods to determine needs, including a review of the services we provide, a review of the phone calls and inquiries to our office, along with surveys and interviews with older adults in our community. **The most important part of this is your input.**

**Please take a minute and let us know:**

The most important needs of Yates County Older Adults: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How well are we are doing with the services we provide?: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Feedback on Office for the Aging Services: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Suggestions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**As always, if you have a question, problem or concern, we're just a phone call away at 315-279-4321.**

For your convenience, your newsletter subscription renewal is on the back of this survey. Please complete both and send them to:

Pro Action Yates Office for the Aging, 417 Liberty Street, Ste. 1116, Penn Yan, NY 14527,  
or fax to 315-536-5514,

or scan and email to [bennett-tearsb@proactioninc.org](mailto:bennett-tearsb@proactioninc.org)

**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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## THE GRAPEVINE EXPRESS JULY/AUGUST 2024

### **It's Time to Renew Your Pro Action Yates Office for the Aging Newsletter Subscription**

Your newsletter support helps us reach more older adults and their families and to expand our services to you. No one will be denied a newsletter due to inability to pay. Please complete the form below and return it to the address listed. Please let us know if there are any corrections needed on your address. We suggest a \$15.00 contribution. Thank you!

For your convenience, your feedback survey is on the back of this renewal form. Please complete both and send them to:

Pro Action Yates Office for the Aging, 417 Liberty Street, Ste. 1116, Penn Yan, NY 14527,  
or fax to 315-536-5514, or scan and email to [bennett-tearsb@proactioninc.org](mailto:bennett-tearsb@proactioninc.org)

Yes, I wish to subscribe to and/or renew my subscription.

Name: \_\_\_\_\_

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Email Address: \_\_\_\_\_

How would you like to receive our bi-monthly newsletter      Mail Only   Email Only   Both

In order to receive our newsletter year round should we:

Send it to my **primary** address from \_\_\_/\_\_\_ through \_\_\_/\_\_\_ (month/day)

Send it to my **secondary** address from \_\_\_/\_\_\_ through \_\_\_/\_\_\_ (month/day)

Email it to me instead of mailing a hard copy.

Comments/Suggestions: \_\_\_\_\_