



THE GRAPEVINE EXPRESS

March/April 2023

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



NO CLOSINGS SCHEDULED

Tax Appointments Are Still Available!

Pro Action Yates Office for the Aging and AARP Foundation Tax-Aide will be offering free income tax service through Friday, 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 a voicemail box, leave a message for a callback. When leaving a voice message, please clearly leave your name and phone number. You can call Monday thru Friday from 8:30 AM to 4:30 PM. Use the same phone number to cancel or reschedule appointments.

All tax appointments will be held at the St. Paul's Lutheran Church, 135 Hamilton Avenue, Penn Yan (not Pro Action Yates Office for the Aging). Appointments are held on Mondays, Wednesdays and Thursdays.

Where do you find help and information on services and supports in your Community?

Call **NY Connects of Yates County** at 315-279-4321 or visit the NY Connects Resource Directory at <https://www.nyconnects.ny.gov/>

What is NY Connects? NY Connects is a trusted single point of access where you can get information and assistance you need to make informed decisions about long term services and supports. Long term services and supports can be provided in your home, in your community, in assisted living facilities, or in nursing homes. It is for people of all ages. You could be paying for services yourself, through insurance, or be eligible for a government program. NY Connects is a free service and there are no eligibility requirements to access the information and consultation services.

Who does NY Connects serve? Anyone who needs information on long term services and supports:

- A child or adult with a disability
- An older adult
- Family members and caregivers
- Friends or neighbors
- Helping professionals

What kind of help can I get from NY Connects? Comprehensive and unbiased information about long-term services and supports including:

- In Home Services
- Caregiver Supports
- Care Coordination
- Respite Care
- Transportation
- Home Delivered Meals
- Health Insurance Information
- Nursing Homes And More!



LOCAL EVENTS

March 14 and April 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.

March 17

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 3/17/23 from 10am – 11:30am at the Town of Starkey Highway Barn, 656 Dundee-Glenora Road, Dundee, NY 14837. **Pre- registration is required.** This is drive-thru only. Contact Pro Action Yates Office for the Aging at 315-279-4321 for more information.

March 21

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Tuesday, March 21st from 5-7pm, held at the Penn Yan Public Library. Please contact Ashley Beach at 315-279-4321 or tillmana@proactioninc.org for more information. Register by 3/17/23.

March 22 (Dundee) & March 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 Library, 32 Water Street in Dundee. Registration is requested by contacting 1-800-272-3900.

March 28 and April 26

- ◆ “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.

March 31

- ◆ **FREE** Legal Presentation for Yates County residents from Legal Assistance of Western New York, Inc.® covering Long Term Care Medicaid Planning and Eligibility Basics on March 31 from 2:00-3:30pm in person and via Zoom. To register, contact Pro Action Yates OFA at 315-279-4321. You will need to provide an email address to attend via Zoom. Once registered, you will receive an email with the link to the Zoom presentation.

April 13

- ◆ **Free** to all Yates County Seniors, Annual HUBBA “Afternoon Tea”, Penn Yan Academy Gymnasium, from 4:00—5:30 p.m. This is a gift to the community by the Youth of Penn Yan. To place a reservation, please call 315-279-4321 by Friday, April 7th. Transportation is available by calling 315-279-4409.

April 14

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 4/14/23 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.

April 20

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Thursday, April 20th 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 4/18/23.

April 24 (Penn Yan) & April 26 (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.

Tips For Eating Well

Eating well can support healthy aging and reduce the risk of disease. Simple adjustments can go a long way toward building a healthier eating pattern. A few ways you can establish new eating habits and create a nutritious meal plan include:

- **Consider your nutrition needs.** Eat a variety of foods from each food group to help reduce the risk of developing diseases such as heart disease, diabetes, and high blood pressure. Choose foods with little to no added sugar, saturated fats, and sodium.
- **Plan meals in advance.** Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.
- **Find budget-friendly foods.** Create a shopping list in advance to help stick to a budget and follow these SNAP-friendly recipes.
- **Consider preparation time.** Some meals can be made in as little as five minutes. If you love cooking, or are preparing a meal with or for friends or family, you may want to try something a little more challenging.
- **Keep calories in mind.** The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes.

Source: National Institute on Aging

Interested In Taking College Courses?

New York State Law permits residents 60 years or older to audit credit-bearing classes at state-affiliated campuses, without tuition, examination, grading or credit upon a space-available basis. Finger Lakes Community College (FLCC) permits persons sixty years of age or over to audit courses without tuition, examination, grading or credit on a space-available basis. This auditing privilege is restricted to courses that are offered for college credit. Any materials or supplies that are needed for class and that are not covered by normal tuition will be the responsibility of the person auditing the class.

- To view classes, go to: <https://webadvisor.flcc.edu/>. Once on this page, select Guest Access and then select Search for Classes.
- For the Senior Citizen Audit registration procedures, contact Finger Lakes Community College's One Stop Center, 3325 Marvin Sands Drive in Canandaigua at (585)785-1000 or e-mail: onestop@flcc.edu

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.

April 4 to June 20 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.

April 6 to June 22 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.

April 3 to June 19 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 on April 10 to May 18.

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 the fall. 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.

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How to Be the Best Caregiver You Can Be from Healthinaging.org

Many of us know an older person with a serious illness or an ongoing health problem. In fact, half of all adult Americans have at least one chronic condition for which they need help from a caregiver, family member, or friend. If you've wondered how to show an older person that you care or how you can help them, here are some tips on how to be the best "care coach" or "care champion" you can be.

1. Build Confidence: Help the person you're caring for strengthen their confidence that they can get through their treatment. Support them in believing that they'll benefit by undergoing the treatment or rehabilitation, as difficult as it can be at times.

-Start with Small Steps: For example, encourage someone dealing with chemotherapy to take just a few sips of water or soup so they get needed fluids, even when nausea or lack of appetite makes it difficult. If they have had a stroke or other mobility problem, help them take just a few steps, with the ultimate goal of getting to the bathroom.

-Provide Repeated Encouragement: Tell them that they can eat some soup or take that short walk to the bathroom, and continue to reinforce the idea. Encouragement should be realistic and repetitive.

-Remember their Successes: Even when they feel that it's impossible to eat any soup or take any steps today, remind them gently that they did it yesterday and can do it again today.

2. Exercise Compassion: When the person you're caring for is going through chemotherapy or other difficult treatment, sometimes the best way to help is to just sit and talk with them during their treatment—that helps take their mind off the process. Or take them out for a milkshake when that's all they can eat. For someone who has had a stroke, help them manage their fear of falling by supporting them when they get up from a wheelchair.

3. Avoid Useless Gestures: Try not to say things like "let me know if I can do anything" or "call me if there is anything I can do." When someone is sick, they're unlikely to ask for help. Take the initiative to provide concrete help.

4. Don't Hesitate to Act: Never be afraid to just DO or SAY something. Don't avoid getting in touch with someone to let them know you've heard about their illness. Don't hesitate because you're afraid you're intruding on the person's privacy. If you heard about their illness, it is no secret. Never fear calling or sending an email or a card. Show you care in any and every way. You'll know by their response if it helps. Social support is critical to building their confidence and helping them get through their treatment or cope with an ongoing illness.

5. Offer Words of Encouragement: Think of things that may have helped you through difficult situations in the past and share them. This may be something as simple as sharing a favorite quote from a book that helped you put things in perspective or gave you hope in difficult times. Such words of encouragement can help the person you're caring for cope with their own challenges in treatment. You can also share your experiences about things that have helped you be resilient and bounce back during challenging times.

6. Check in Often to Show you Care: Check in repeatedly with the person you're caring for. Educate yourself about their illness and the course of treatment they face. Then call, email, or visit with them at times you know will be most difficult for them. For example, with cancer treatment, the day of treatment may not be as hard as the days after, when the symptoms really hit. Find out their treatment schedule and check in with them then.

7. Take Care of Yourself: When you become a care coach, the first and most important step is for you to take care of yourself. You can't possibly give support to someone else unless you're strong yourself. Set limits if you need to and make sure to do the things that keep you happy and healthy.

8. Ask Questions about Care Procedures You Are Not Comfortable Doing: You may have to provide hands-on care that you are not comfortable doing such as giving someone an injection or taking care of a wound. Do not be afraid to ask questions of health care providers, even if you have been instructed previously on the procedure. Make sure you feel comfortable and confident so that this type of care does not cause you anxiety or stress.

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 or \$45 for a unit with Cell Modem, this 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 1 time \$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.

**Messages left after 3pm Thursday will not be received until the following Monday. Please remember a minimum of 2 days' notice is required for in town and a week's notice is required for out of town transportation request.

**REMINDER: DAYLIGHT SAVINGS TIME BEGINS at 2:00 AM
Change your clocks ahead one hour on Sunday, March 12th, 2023.**



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.

Top Ten SSA Webpages for 2023

Social Security Administration's SSA.gov website often allows you to do business with them without visiting a local office or calling. The top 10 webpages of 2023 are:

1. *my* Social Security — You can open a personal *my* Social Security account to verify your earnings, view your *Social Security Statement*, get benefit estimates, and more. <https://www.ssa.gov/myaccount/>
2. Social Security blog — The hub for Social Security news and updates is the blog at ssa.gov. You can use social media to easily share these informative articles with others. <https://blog.ssa.gov/>
3. Frequently Asked Questions (FAQ) — Do you need answers to Social Security-related questions? The FAQ webpage is another valuable source of information. <https://faq.ssa.gov/en-US/>
4. Retirement Application — You can complete and submit your online application for retirement benefits in as few as 15 minutes. <https://www.ssa.gov/retirement>
5. Disability Application — You can conveniently apply online for disability benefits. <https://www.ssa.gov/benefits/disability/>
6. Publications — Visit the online publication library for information on key subjects (includes audio versions of publications). <https://www.ssa.gov/pubs/>
7. Medicare — Sign up for Medicare. <https://www.ssa.gov/medicare/sign-up>
8. Online Services — You can take care of most business with SSA by visiting the online services page. <https://www.ssa.gov/onlineservices/>
9. Forms — Find and fill out SSA forms easily. <https://www.ssa.gov/forms/>
10. Fraud and Scam Prevention and Reporting — Learn how to recognize Social Security fraud and scams – and how to report them. <https://www.ssa.gov/fraud/>

Source: Social Security Administration January 2023

Vitamins and Minerals

Every day, doctors, television commercials, and magazine articles remind us to take our vitamins, minerals, and dietary supplements. However, you may not know what vitamins and minerals do, how they can help you, and which you may need.

What Are Vitamins and Minerals?

Vitamins and minerals are nutrients that come naturally from the foods you eat. These nutrients help keep your body functioning well. If you are eating a healthy, balanced diet, it may not be necessary to supplement your diet by taking vitamins and minerals as a pill, capsule, or liquid. We need vitamins and minerals to keep our bodies running well. When you don't supply your body with the nutrients it needs, you may feel run down or be more susceptible to illness.

Finding Nutrients in Food

It is better to get nutrients from the food that you eat rather than from supplements. However, you may be unable to eat the specific foods that will give you the nutrients you're lacking. Maybe you're having dental problems and cannot chew hard foods. You could be allergic to a nutrient-rich food. If anything prevents you from getting adequate nutrition from your diet, it is important for you to research which supplement you might need. Keep in mind that your needs might change depending on your age, any medical conditions you may have, and any medications you may be taking. Here is a rundown of most important nutrients for maintaining health, and information on which foods are the best sources.

- ◆ **Calcium** promotes bone strength and prevents bone fractures. When you think of calcium, you probably think of milk. In addition to milk, there are plenty of other foods that provide your body with calcium. These include canned fish and dark-green leafy vegetables.
- ◆ **Vitamin B12** helps keep red blood cells and nerves healthy. Vitamin B12 also helps make DNA (your cell's genetic material) and nerve cells. Foods that have Vitamin B12 include fish, poultry, and red meat.
- ◆ **Vitamin B3** helps you maintain a healthy cholesterol level and may relieve arthritis. It also increases brain function, making it easier to think clearly. Some foods that will add vitamin B3 into your diet are nuts, legumes, and brown rice.
- ◆ **Vitamin B6's** job is to create red blood cells which carry oxygen to all parts of your body. Without this vitamin, you might start to feel tired and weak. To keep that from happening, include starchy vegetables and bananas in your diet.
- ◆ **Magnesium** is an important mineral that maintains muscle and nerve function, blood sugar levels, and blood pressure. It keeps many of the body's major systems in check, so including the proper amount of magnesium in your diet is essential. You can eat green leafy vegetables, whole grains, and nuts to add more magnesium into your diet.
- ◆ **Vitamin D** helps your body hold on to minerals like phosphorus and calcium. It keeps your bones strong and supports your muscles. One way that you could increase your vitamin D levels is to get outside and expose yourself to sunlight. Some foods that you could eat are tuna, salmon, egg yolk, and milk.

Herbal Supplements Many people are comfortable taking herbal supplements because they are labeled as being "all natural." Keep in mind that herbal supplements, although they may be labeled "all natural," can have side effects and may even interact with your prescription medications. Also, because herbal supplements are not regulated as drugs by the federal Food and Drug Administration (FDA), they have not undergone clinical testing to study their effectiveness in improving your health. Lack of FDA oversight means that there are no laws requiring them to meet dosing and quality standards.

Talk With Your Doctor Like herbal supplements, vitamins and minerals are not tested or regulated by the FDA. Your only guarantee that they contain what the label claims is the trustworthiness of the manufacturer, so select products made and sold by legitimate companies. It is also important to note that some vitamins and supplements could cause negative side effects, especially if taken in megadoses. Before starting a new supplement, be sure to notify your doctor and discuss its potential side effects. Ask about the dosage of vitamins or minerals that you need each day and take only the amount recommended for your age and sex.

Source: IPRO Healthy Insights December 2022

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THE GRAPEVINE EXPRESS MARCH/APRIL 2023

****NEW SERVICE ANNOUNCEMENT****

We would like to announce that in early April of 2023, Pro Action Senior Nutrition will be partnering with Dundee Our Town Rocks and Keuka Housing Council to open two new hybrid senior dining sites in Yates County. A hybrid senior dining site provides a nutritious meal and socialization opportunity in a congregate dining setting. All hybrid dining sites will be staffed by a group made up of paid staff and/or volunteers. Hybrid dining sites will require reservations at least one day in advance. There will be one site in Dundee and one site in Penn Yan. For more information, call Caryl Sutterby at Dundee Our Town Rocks at 607-426-4015 or Keuka Housing Council at 315-924-3018. To speak with Pro Action Senior Nutrition, contact Jamie Hojnoski at (607)776-4025.

Electronic Grapevine Express

If you are an older adult or caregiver/family member of an older adult and would like to receive The Grapevine Express via email, call our office at 315-279-4321 and let us know. You will need to supply your email address.

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