



THE GRAPEVINE EXPRESS

May/June 2023

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



Monday, May 29 & Monday, June 19

Older Americans Month May 2023 "Aging Abound" - Administration for Community Living

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, we can all participate in *Aging Unbound* by:

- ◆ Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- ◆ Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- ◆ Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- ◆ Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



Senior Health Check-Up– Free Medicare Preventative Care

As of 1/1/23, 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 9 and June 13

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

May 10

- ◆ Pro Action Yates Office for the Aging will hold our annual May Banquet Luncheon at the First Baptist Church. Lunch will be served at 11:30 am. Take outs are available and must be picked up at 12:00 pm. The menu is roast beef w/gravy, mashed potatoes, capri vegetables, rolls and strawberry shortcake. You must make reservations by Monday, May 1, by calling 315-279-4321. There is a suggested donation of \$8 per meal for people over 60. There is a mandatory charge of \$8.75 if you are under 60.

May 18

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Thursday, May 18th 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 5/16/23.

May 19

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 5/19/23 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.

May 22 (Penn Yan) & May 24 (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.

May 23

- ◆ “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. Contact the OTR Office for June 2023 Meeting information.

June 10 and June 12

- ◆ 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 <http://www.keukaartsfestival.com>.

June 16

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 6/16/23 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.

June 16

- ◆ Penn Yan Cruisin’ Night and Block Party features classic and antique vehicles will be lined up along Main Street. Live music, food from local restaurants and food trucks, Lake Street Park will have a Family Fun Zone and Duck Race, carnival games and treats, prizes, bounce house, hot dogs, and more starting at 4:00pm.

June 20

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Tuesday, June 20th 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 6/16/23.

June 26 (Penn Yan) & June 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 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.

2023 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.

* **June 21** - Mr. Mustard

* **June 28** - 47 South

* **July 5**– Joe Whiting

* **July 12**– Finger Lakes Chamber Music Festival

* **July 19**– The Penn Yan Community Chorus

* **July 26**– Nate Michaels

* **August 2**– The Penn Yan Community Band

* **August 9**– Lyin Eyes

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 4 to June 20 from 10:00-11:00 am at St. Paul’s Lutheran Church

July 11 to September 19 from 10:00-11:00 am at St. Paul’s Lutheran Church

Penn Yan – Thursdays: April 6 to June 22 from 10:00-11:00 am at St. Paul’s Lutheran Church

July 6 to September 21 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 3 to June 19 from 11:00 am-12:00pm at St. Paul’s Lutheran Church

July 3 to September 18 from 11:00 am-12:00 pm 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 August 14 To September 21.

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 be October 9 to December 13.

Location to be determined. 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.

Hoarding by the Elderly by Caring Nurses | Dec 20, 2020 | Latest News

When a family caregiver is called upon to help with an elderly loved one, occasionally he or she runs into an unexpected situation – hoarding. Hoarding is relatively common among the elderly and tends to get worse with advancing age. Clutter and unsanitary conditions can severely hamper the ability for a senior to live independently.

Why: When age prevents many social engagements that seniors have experienced in earlier years, it can create feelings of isolation. The loneliness and separation can beget depression. Some seniors react to this isolation by accumulating things with which they are familiar. This can be anything from newspapers to old clothes to food or too many pets. Keeping these things reduces their anxiety.

Researchers suggest that people who hoard frequently have other cognitive conditions, such as depression, anxiety, obsessive-compulsive or attention deficit disorders.

Dangers: Given that seniors often have mobility issues, excessive clutter significantly increases the possibility of a falling-related injury. Home safety assessments always include pathway clearances. Hoarding can dramatically impact these clearances. Add to this the additional risks of fire hazard, poor sanitary conditions and the resultant poor hygiene and the challenges of hoarding mount up.

Whether caregiving is from a family member or a professional caregiving organization, adequate care cannot be properly delivered in an unsafe, cramped and unsanitary living space. This jeopardizes a senior's health, safety and independence.

How can a Caregiver Help: Maybe we start with what NOT to do. Attempting an overt "intervention" involving entering an elder's home and forcefully disposing of their hoard is usually ineffective. Often after this effort, most people immediately begin hoarding again. The resulting response is often one of hostility and the destruction of trust with the person "helping" them. The key to altering hoarding behavior is to establish some sort of mutual understanding. In establishing a level of trust, the caregiver can ensure that the elder feels in control of the process of cleaning and organization. Of course, it takes more time than simply going in and "bulldozing", but it will have a more permanent impact on the situation. The key is to reduce the level of stress associated with getting rid of personal possessions – even if they look very much like trash.

Helping the Caregiver too: It is also important to acknowledge the emotional health of the helper in this scenario. Hoarders can become very anxious with the idea of parting with or disposing of their possessions. The helper will naturally be the "bad guy" as this plays out. The person initiating this difficult process may need a level of support for him or herself in the form of a supportive family member or even a therapist.

Keep in mind that such a project often cannot be accomplished all at once. By staging the process, it will reduce the stress for the hoarder and helper alike.

New to Caregiving

Caregiving can be overwhelming for anyone. If you're new to caregiving, take a deep breath and then tackle one task at a time. Consider these tips when getting started with caregiving:

- **Assess your loved one's needs.** Work with the person you're caring for to figure out what types of help are needed.
- **Ask others to share caregiving tasks.** Splitting up tasks among family members and friends can help both the person needing care and the primary caregiver.
- **Explore resources in your community.** Local resources may help you find in-home help, transportation, support, and other services in your area.
- **Learn about different options for paying for care.** The person needing care may qualify for programs that offer financial assistance.

Learn more about getting started with caregiving at <https://www.nia.nih.gov/health>.

Source: National Institute on Aging

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.**

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.

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 \$2,280/month for an individual and \$3,077/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 \$4.15 generic or \$10.35 brand name for a 30-day supply even during the donut hole. Extra Help will also cover up to \$38.90/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 \$1,697/month for an individual or \$2,288/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 \$1.45 for generic or \$4.30 for brand name. There are asset limits for Medicaid which are \$28,133 single/\$37,902 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 2023 Free Rabies Clinics
315-536-5160

Date	Location
Saturday June 3, 2023 9am-10am	Penn Yan Fireman's Field 110 Hicks Street Penn Yan, NY 14527
Wednesday August 9, 2023 6pm-7pm	Potter Fire House 1255 Phelps Road Town of Potter Middlesex, NY
Monday Sept 11, 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 27, 2023 6pm-7pm	Town of Starkey Highway Department 656 Dundee-Glenora Road Dundee, NY 14837
Saturday Nov 4, 2023 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.



FREE Caregiver Resource — Tualta

The New York State Office for the Aging (NYSOFA) and Association on Aging in New York (AgingNY) have partnered with Tualta to offer Tualta's web-based caregiver education and support platform at **no cost** to any individual providing unpaid care to family or friend in New York State, helping build skills and confidence caring for loved ones with challenging needs. Funding for this initiative is supported in the Fiscal Year 2023 state budget through NYSOFA programs to address social isolation and expand caregiver supports.

* Tualta's evidence-based caregiver training and support platform helps families build skills to manage care at home for loved ones of any age. It also connects to local resources and support services by delivering personalized education, training, and information links.

* New Yorkers can access the service at <https://newyork-caregivers.com>. Once registered, caregivers can select personalized training and track their progress on topics like self-care, stroke recovery, dementia care, medication management, and more. Users can log-in from any computer, tablet, or smartphone.

* There are an estimated 4.1 million caregivers in New York State who provide 2.68 billion hours of unpaid care. Sixty-one percent worry about caring for a loved one and 70 percent reported at least one mental health symptom during the pandemic. Tualta teaches critical skills to reduce caregiver stress levels and increase confidence in one's caregiving abilities.

* A 2021 study in the Journal of *Alzheimer's Disease Reports* found a high rate of retention and engagement among caregivers who used the Tualta platform to support their care for loved ones with dementia: 84 percent of participants reported using at least one skill they learned from Tualta. More than half of the caregivers (56 percent) reported allocating more time for self-care after using Tualta. Caregiver burden scores also appeared to decrease after using Tualta for 30 days.

Source: NYSOFA Website

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THE GRAPEVINE EXPRESS MAY/JUNE 2023

Grant Funds Available for Home Repairs in Yates and Schuyler Counties

Grant funds are 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. Grant funds are also available for the Mobile Home Replacement Program to assist homeowners replace their dilapidated mobile homes (Yates Only). For more information, or to request an application, please contact: Kelly Smith at Keuka Housing Council, at 315-536-8707 ext.101.

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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