



THE GRAPEVINE EXPRESS

July/August 2023

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



Tuesday, 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 9/30/23 and coupons must be used before 11/30/23. 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.*

ANNOUNCEMENT

FREE Legal Presentation for Yates County from Legal Assistance of Western New York, Inc.®

Our next legal presentation, "Life and Death Planning 101: What Everyone Should Know About Wills, Powers of Attorney, and Health Care Proxies" will be held on Friday, August 25th, at 2:00 PM in the Yates County Office Building Auditorium and online via Zoom.

The presentation will focus on the legal basics of Wills, Powers of Attorney, and Advance Medical Directives. The presentation will include a brief overview of the recently amended New York State Power of Attorney law. There will also be time for attendees to ask general legal questions about estate planning and how to obtain assistance from an attorney.

To register contact the Yates OFA at **315-279-4321** by Tuesday, August 22nd. If participating via Zoom, you will need to provide an email address.

Announcement: Special Edition Grapevine Express

Watch your mail for a Special Edition coming in August 2023. This edition will be dedicated to a variety of information related to Medicare.

LOCAL EVENTS

July 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. No August Meeting.

July 12—EAT IN OR TAKE OUT

- ◆ Pro Action Yates Office for the Aging will hold their Annual Picnic at the First Baptist Church. Lunch will be served at 11:30am. Take outs are available if requested when registering, and must be picked up at 12:00 pm. The Menu is hot dog or hamburger, baked beans, pasta salad, watermelon and frosted brownie. You need to call and make reservation by **Monday, July 3** 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. Transportation may be available by calling 315-279-4321.

July 20

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Thursday, July 20 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 7/18/23.

July 21

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 7/21/23 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.

July 24 (Penn Yan) & July 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.

July 25

- ◆ “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. No August Meeting.

August 17

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Thursday, August 17 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 8/15/23.

August 18

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 8/18/23 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.

August 23 (Dundee) & August 28 (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.

Driving Tips by National Institute on Aging

While many older adults value the independence of driving, changes that happen with age may alter a person's ability to drive safely. Changes in health, including medical conditions or injuries, may also affect a person's driving skills. However, there are steps you can take to help stay safe on the road:

- **Take care of your eyes and ears.** Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving. Get your vision and hearing checked regularly.
- **Avoid driving at certain times of day.** If you have trouble seeing in the dark, cut back on or stop driving at night. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.
- **Talk with your doctor.** If you have any concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.

Explore more safe driving tips for older adults at NIA website at <https://www.nia.nih.gov/health/older-drivers>

Hearing Loss by IPRO Healthy Insights

Hearing loss is a common problem for older adults. It can be especially frustrating because of its impact on daily life and social activities. The National Institute on Deafness and Other Communications Disorders says that 25 percent of people aged 65 to 74 have hearing loss. The number goes up to 50 percent in people aged 75 and older. It's important to recognize the signs of hearing loss, how to prevent it, and how to cope with it.

Know the Signs

Hearing loss can be as mild as not hearing high-pitched sounds, or as severe as a complete loss of hearing (deafness). Age-related hearing loss (presbycusis) occurs over time as someone gets older. With age-related hearing loss, people can experience tinnitus which causes a ringing, clicking, hissing, or buzzing in the ears. Some other signs of hearing loss to look out for are:

- Having trouble following a conversation with two or more people, especially in a noisy place.
- Frequently asking people to repeat what they said more clearly.
- Raising the television volume up to a point that annoys others.
- Not being able to hear people over the phone.

If you notice any of these behaviors in your day-to-day life, talk to your doctor.

How to Prevent Hearing Loss

Some forms of hearing loss are due to aging or other health conditions and can't be controlled. However, noise-induced hearing loss, which is damage to the structure of the inner ear because of loud sounds, can be prevented. To prevent it, reduce your exposure to loud noises in the environment that may come from power tools, lawnmowers, trains, radios, and televisions. When these sounds are unavoidable, use protective devices like earmuffs/earplugs and turn down the volume of electronics.

Technology Can Help

Hearing aids are small electronic devices that are worn in or outside the ear to make outside sounds louder. Hearing aids may be prescribed by a doctor or purchased without a prescription (over the counter). Behind-the-ear, receiver-in-the-canal, and open fit aids have a plastic piece that sits on the outside part of the ear and connects to an earmold that goes inside the ear canal. In-the-ear, in-the-canal, completely-in-the-canal, and invisible-in-canal aids are placed only on the inside of the ear or canal. Your doctor or a hearing specialist who can measure your hearing loss, called an audiologist, can help you decide which would fit you best.

Coping With Hearing Loss

Hearing loss can be challenging. People who have hearing loss may become depressed and remove themselves from social situations. They may feel frustrated and embarrassed about their hearing difficulties. Studies also show that adults with hearing loss have a higher risk of developing dementia. Here are some ways that you can cope with hearing loss and still remain social:

- Communicate clearly to family, friends, and those around you that you have a hearing problem and you may need them to repeat themselves from time to time. Ask them to speak loudly and clearly when talking to you.
- Change your location if you're in a noisy place and are trying to speak with someone.
- Be a good listener by watching a person's facial expression to better understand them.
- You also may want to speak to your doctor about seeing an otolaryngologist (ear, nose, and throat doctor) or an audiologist.

Caregiver Guide: Incontinence Understanding the Problem

Incontinence is when someone has leakage of urine. You may also hear it referred to as having accidents or problems with bladder control. Urinary incontinence, or leaking urine, is a problem for at least 30% of people over age 60. It is more common in women than in men and can range from occasional dribbling to total loss of bladder control.

You should start by sensitively discussing the problem with the older person. Many people who have incontinence do not tell their healthcare provider because they are embarrassed or they feel it is not a major problem. The first step to help them accept that they have a problem is by discussing it with tact and sensitivity.

Whether the incontinence is mild or severe, everyone with incontinence should be seen by a healthcare professional. A medical condition might be causing the incontinence and, if so, this should be treated. Incontinence is almost always treatable with bladder training, pelvic muscle exercises, medications, and/or surgery. Sometimes it can be cured.

There are 4 types of incontinence:

Urge incontinence is the sudden urge to go to the bathroom but not having enough time to reach the toilet. People with urge incontinence often have an overactive bladder muscle. Bladder over-activity can also cause frequent urination and awakening at night to urinate (this is known as nocturia.).

When urge incontinence occurs, the bladder contracts with little or no warning and urine leaks as a result. This can be caused by stroke, Parkinson's disease, bladder infection, and disorders that affect the spinal cord.

Stress incontinence is most common in women. It happens during coughing, laughing, bending, or other activities that apply pressure to the abdomen. Common causes are weak muscles around the urethra and bladder opening as a result of childbirth, surgery, or lack of estrogen after menopause. Stress incontinence has nothing to do with emotional stress.

Mixed incontinence is a combination of urge and stress incontinence.

Other incontinence is incontinence that does not fall into the categories of urge, stress, or mixed incontinence. Sometimes this occurs when the bladder and the urethra are functioning normally, but the person either cannot physically get to the toilet, or has impaired mental function that interferes with recognizing the need to urinate and getting to the toilet on time. This latter condition is common in patients with Alzheimer's and other types of dementia. However, sometimes people with physical or cognitive conditions can have the above types of incontinence or abnormal bladder function as well. Even if it is assumed that the person is incontinent because of physical or cognitive reasons, they should be evaluated for other types of incontinence and contributing factors that should be addressed.

Your goals are to:

- Have the older person evaluated by a healthcare provider no matter how small the problem appears.
- Schedule bathroom trips or, if necessary, provide a urinal or commode to make reaching the toilet easier.
- Encourage bladder training and Kegel exercises.
- Encourage change in diet and fluid intake.

Call the health care provider immediately if any of these symptom occur:

- sudden loss of ability to pass urine
- great difficulty urinating
- blood in the urine

(For the complete article please go on-line to HealthinAging.org at <https://www.healthinaging.org/tools-and-tips/caregiver-guide-incontinence>)

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 if there is availability.

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. 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 your safety and theirs. 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.
- “ 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.

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

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.

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

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

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 2023

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

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

Name: _____

Primary Address: _____

Secondary Address: _____

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: _____