



THE GRAPEVINE EXPRESS

September/October 2023

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



Monday, 9/4/23 & Monday, 10/9/23

Medicare Open Enrollment: October 15th through December 7th 2023

During the past year, have you: Changed the medications you take?
Been diagnosed with a new medical condition? Been hospitalized more than once?

Any of these changes could result in your current Medicare plan no longer fitting your situation. Medicare plans also change. The cost of your plan can go up or down, and prescription drugs can be added or dropped from the list of drugs covered by your plan. Some Medicare plans stop offering coverage in a particular area and new plans may be available to you.

You can evaluate and change plans between October 15th and December 7th each year during the Annual Open Enrollment Period.

The changes made during this time will go into effect January 1, 2024.

The Pro Action Yates Office for the Aging Staff can help you decide what plans fit your needs best. For your convenience, Ashley Beach will be available at the following locations to go over Federal Medicare updates and Medicare Advantage plan changes:

Dundee St. Mark's Terrace: Monday, October 16 from 2-3pm. (For Residents Only)

Penn Yan St. Mark's Terrace: Tuesday, October 17 from 2-3pm. (For Residents Only)

Penn Yan Yates County Building Auditorium: Tuesday, October 24 from 10-11am; Monday, November 6 from 2-3pm; Friday, November 17 from 10-11am; Tuesday, November 21 from 2-3pm

Penn Yan Public Library: Wednesday, October 25 from 5-6pm

Dundee Library: Thursday November 2 from 2-3pm

Do you wish to not attend a presentation? We will be offering 2024 Yates County Medicare Reference Guide packets. Each packet will include all 2024 plan information, federal updates, and a comparison worksheet with tips and advice. These packets can be mailed to you or you can stop in to pick one up. We will begin to distribute packets on Monday, October 16th, and you can call in advance to be added to the mailing list.

Call **315-279-4321** to reserve your spot at a session or request a packet, *after September 1st, 2023*. Attendance at the group sessions is strongly encouraged as there will be limited availability for individual meetings.

Community Conference by the Alzheimer's Association

Yates County Fall Caregiver Conference—Friday, October 6th 2023 - 12:00-2:00 PM Penn Yan, NY

Description: Money Matters- Learn about the cost to Caregivers of caring for a loved one with Alzheimer's Disease and Dementia, advance directives and planning considerations.

Pre-registration is required by Sept. 30, 2023. Lunch will be provided. For more information and to pre-register, call 1.800.272.3900 or visit alz.org/CRF

LOCAL EVENTS

September 12 and October 10

- ◆ “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.

September 15

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 9/15/23 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.

September 19

- ◆ Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Tuesday, September 19th 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 9/15/23.

September 25 (Penn Yan) & September 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 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.

September 30

- ◆ Last day to receive \$25 in Farmers Market Coupons, **while supplies last**, to buy locally grown produce. You need to be at least age 60 **and** meet low income guidelines. Coupons must be used before 11/30/23. Call Pro Action Yates Office for the Aging at 315-279-4321 to check supply.

October 19

- Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Thursday, October 19th from 2- 4pm, held in the 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 10/17/23.

October 20

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 10/20/23 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.

October 23 (Penn Yan) & October 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 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.

October 24

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at 7:00 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. No September Meeting.

*****SAVE THE DATES AND REGISTER BY 10/30/23*****

Pro Action Yates OFA Thanksgiving Dinner will be November 8, 2023 and Christmas Dinner will be December 13, 2023.* Both dinners will be held at the First Baptist Church. You have the option of eating in or getting take out. Serving will start at 11:30. Register today by calling 315-279-4321. Menu will be shared in the next newsletter.

Falls Prevention Week
September 18-22, 2023 from National Council on Aging

Many people think falls are a normal part of aging. The truth is, they aren't. Most falls can be prevented and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Check out these myths versus reality.

Myth 1: Many people think, "It won't happen to me."

Reality: But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Malnutrition Awareness Week – September 18-22, 2023
Malnutrition by NHS Inform

Malnutrition means poor nutrition. Most commonly this is caused by not eating enough (undernutrition) or not eating enough of the right food to give your body the nutrients it needs.

A balanced diet should provide enough nutrients like calories, protein and vitamins, to keep you healthy. Without this, you may not be getting all the nutrients you need and this can lead to malnutrition.

Malnutrition can result in:

- unplanned weight loss
- muscle loss
- a low body mass index (BMI)
- vitamin and mineral deficiencies

This can leave you feeling tired, weak and affect your ability to recover from an illness.

Symptoms of Malnutrition

Malnutrition can be difficult to recognize. It can happen very gradually, which can make it very difficult to spot in the early stages. Common signs and symptoms of malnutrition include:

- loss of appetite and lack of interest in food or fluids
- tiredness or low energy levels
- poor concentration
- poor growth in children
- difficulty keeping warm
- dizziness
- unplanned weight loss - this might cause clothing, rings, watches or dentures to become loose
- reduced ability to perform everyday tasks like showering, getting dressed or cooking
- reduced muscle strength – for example, not being able to walk as far or as fast as usual
- changes in mood which might cause feelings of lethargy and depression
- increased risk of infection, recurrent infections, taking longer to recover and poor wound healing

Conditions That Cause Malnutrition

Sometimes, medical conditions cause your body to need more nutrients. Some medical conditions can lead to your body being unable to absorb or use nutrients. These may include:

- cancer and liver disease that can cause a lack of appetite, persistent pain or nausea
- COPD, pulmonary fibrosis and emphysema, which cause your body to need more nutrients but can reduce your appetite
- mental health conditions, like depression or schizophrenia, which may affect your ability to look after yourself
- Crohn's disease, ulcerative colitis or cystic fibrosis that disrupt your body's ability to digest food or absorb nutrients
- burns, fractures and post major surgery, due to increased demand for nutrients
- dementia: people with dementia may be unable to communicate their needs, may use up a lot of calories pacing or may experience a loss of appetite
- dysphagia: a condition that makes swallowing difficult or painful
- persistent vomiting or diarrhea

Some types and combinations of medication can increase your risk of developing malnutrition. Always check your medicines information and speak to a healthcare professional for advice if you have a concern. Do not stop taking your medication without advice from a healthcare professional.

For more information go to <https://www.nhsinform.scot/illnesses-and-conditions/nutritional/malnutrition>

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

Transportation Program

To schedule a transportation trip, 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 request one of our volunteer riding companions, please request a companion when you call. To be courteous to our companions and increase the availability of riding with a companion, it is best to request your ride 2 weeks in advance.

As of this time, we are still operating on a modified schedule. Medical trips are priority, grocery shopping to Tops or Aldi are scheduled on Mondays around the medical appointments for that week if there is availability.

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.



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 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 (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 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.

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: October 3 to December 12 from 10:00-11:00 am at St. Paul's Lutheran Church
Penn Yan – Thursdays: October 5 to December 14 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: October 2 to December 11 from 10:15 am-11:15 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 in the spring.

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.

New Offerings for Family Caregivers Using Free NYS Online Support Portal

Several new offerings are in store for subscribers of New York’s Caregiving Portal – a powerful resource that is available free of charge for any person in New York State providing unpaid caregiving supports to a family member or friend. The portal 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 highlights include site-wide Spanish language translations (launched in July), community chat rooms, mental health content, and resources to help individuals caring for kids.

New Yorkers can access the service at <https://newyork-caregivers.com>. To create a free user account, select “Sign Up” under “Don’t have an account.”

Did You Know?

- 84% of participants reported using at least one skill they learned from the Caregiving Portal.
- More than half of portal users (56%) reported allocating more time for self-care after using the Portal.
- 75% reported that the platform helped keep their care recipient at home longer.

The New York Caregiving Portal is made possible through a partnership of NYSOFA, the Association on Aging in New York, and Trualta, which developed and operates the portal. Funding support was provided in the Fiscal Year 2024 state budget.



Office for
the Aging

New York
Caregiving Portal
Powered by Trualta

Provided in Partnership with the
**Association on Aging
in New York**

Caring for your
loved one but don't
feel like you're doing
all you can?

Start here.

Sign up for FREE today!
NewYork-Caregivers.com



**FREE
CAREGIVING
RESOURCE!**

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THE GRAPEVINE EXPRESS SEPTEMBER/OCTOBER 2023

Thank You to the Yates County Tuberculosis and Health Association! The Yates County TB & Health Association provided a \$1080 grant to the Yates Office for the Aging. The grant will be used to assist with the cost of Personal Emergency Response Systems for those who can not afford the expense but need the service. The goal of our PERS program is to help individuals remain healthy and independent in their own homes.

Need Assistance with Medical Costs?

There are several programs that may assist you in paying for your Medicare premiums:

- Medicare Savings Program (MSP): Pays your Part B Premium.
- Extra Help: Helps pay your Part D Premium.
- Qualified Medicare Beneficiary Program (QMB): Pays your Medicare Premiums, Pays your deductibles and coinsurances if you see providers who participate in Medicare or who are in your Medicare private health plan's network. Medicare providers cannot charge you anything for Medicare-covered services.

****Even if you think you may not qualify, please call Pro Action Yates Office for the Aging's Aging Services Coordinator (Ashley Beach) at 315-279-4321 for a screening.****

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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