



# THE GRAPEVINE EXPRESS

March/April 2024

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 is still offering free income tax service through Monday, April 15.

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, Tuesdays and Fridays.

### 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 12 and April 9

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

## March 15

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 3/15/24 from 10am – 11:30am at the Town of Starkey Highway Barn, 656 Dundee-Glenora Road, Dundee, NY 14837. **Pre- registration is required.** This is drive-thru only. Contact Pro Action Yates Office for the Aging at 315-279-4321 for more information.

## March 25 (Penn Yan) & March 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.

## March 26 and April 23

- ◆ “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](http://www.ourtownrocks.org) or email [ourtownrocks@ourtownrocks.org](mailto:ourtownrocks@ourtownrocks.org). All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

## April 11

- ◆ Turning 65 soon? Educational opportunity to learn the basics of Medicare! Welcome to Medicare presentation by Pro Action Yates Office for the Aging on Thursday, April 11th at 3pm, held in the Yates County Office Building Auditorium. Please contact Ashley Beach at 315-279-4321 or [tillmana@proactioninc.org](mailto:tillmana@proactioninc.org) for more information. Registration required by 4/8/2024.

## April 19

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 4/19/24 from 10am – 11:30am at the Town of Starkey Highway Barn, 656 Dundee-Glenora Road, Dundee, NY 14837. **Pre- registration is required.** This is drive-thru only. Contact Pro Action Yates Office for the Aging at 315-279-4321 for more information.

## April 22 (Penn Yan) & April 23 (Dundee)

- ◆ All Yates County family caregivers are welcome to register to visit and share with others who take care of, or are concerned about loved ones with dementia or Alzheimer’s at the Alzheimer’s Association’s Support Group meeting in-person the 4th Monday each month from 4:00-5:00 pm at the Penn Yan Library, 214 Main Street in Penn Yan and the 4th Tuesday each month from 4:00-5:00 pm at the Dundee Library, 32 Water Street in Dundee. Registration is requested by contacting 1-800-272-3900.

## April 25

- ◆ **Free** to all Yates County Seniors, Annual HUBBA “Afternoon Tea”, Penn Yan Academy Gymnasium, from 4:00—5:30 p.m on Thursday, 4/25/24. This is a gift to the community by the Youth of Penn Yan. To place a reservation, please call Pro Action Yates OFA at 315-279-4321 by Friday, April 19th. Transportation is available by calling 315-279-4409.

## Total Solar Eclipse on April 8th, 2024!

On 4/8/24, a part of the US will be experiencing a total solar eclipse and Yates County is in its path. Though the middle of the day, there will be twilight conditions in this area. At 3:20 pm, the moon will completely block the face of the sun and parts of NYS will be in total darkness. This area will experience the event for approximately 39 seconds, starting at 3:22pm. The next time a total solar eclipse happens in this part of the country will be in 2144!

**REMINDER: DAYLIGHT SAVINGS TIME BEGINS at 2:00 AM**  
**Change your clocks ahead one hour on Sunday, March 10th, 2024.**



### A Guide to Protein!

**Protein is a nutrient that we need in large quantities like Carbohydrates and Fats.**

**Functions:** Protein allows our bodies to operate! Protein is found in muscle, bone, skin, hair, and other body tissues. Protein also plays a role in making hormones like insulin and immunity structures like antibodies. There is no substitute for protein!

**Protein Recommendations:** Protein needs depend on your size, sex, age, activity level, and health status. Protein needs increase as we age unlike some nutrients. Some research shows that older adults who consume adequate protein are less likely to lose their functional ability like dressing themselves and getting out of bed. Older adults need between 1.0 – 1.2 grams of protein per kg of body weight.

<b>1 oz-equivalents for the Protein Food Group</b>	
<b>Meats</b>	1-ounce cooked lean beef, goat, ham, lamb, or pork 1-ounce cooked lean ground beef or pork
<b>Poultry</b>	1-ounce cooked (without skin) chicken, ostrich, or turkey. 2-ounces cooked Cornish hen, duck, goose, pheasant, or quail
<b>Seafood</b>	1-ounce cooked finfish (black sea bass, catfish, cod, flounder, freshwater trout, haddock, herring, light tuna, mackerel, perch, salmon, sea bass, tilapia) 1-ounce canned fish (anchovies, freshwater trout, herring, light tuna, salmon, sardines)
<b>Beans, Peas, Lentils</b>	¼ cup of cooked beans, peas or lentils (black, brown, fava, garbanzo, kidney, lima, mung, navy, pinto, soy, white beans, black-eyed peas (cow peas), split peas, and red, brown, and green lentils)

Source: <https://www.myplate.gov/eat-healthy/protein-foods>

**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 2 to March 19 from 10:00-11:00 am at St. Paul’s Lutheran Church

April 2 to June 18 from 10:00-11:00 am at St. Pauls. Lutheran Church

Penn Yan – Thursdays: January 4 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

**Beginner Tai Chi-** Relieve Pain and Improve Health and Balance - In person class only

Penn Yan – Mondays: January 8 to March 18 from 10:15 am-11:15 am at St. Paul’s Lutheran Church

April 1 to June 17 from 10:15 to 11:15 am at St. Paul’s Lutheran Church

**Walk with Ease**— Helps people with arthritis improve balance, reduce pain, and improve overall health.

Penn Yan- Classes will be held on Mondays, Wednesdays and Thursdays from 8:45 to 9:45 am in the Pro Action Yates Office for the Aging Conference Room. This class runs for 6 weeks. Next class will be July 1 to August 8, 2024.

**Bingocize-**This new program combines bingo with exercise using exercise bands and exercise balls. Classes are held once a week for 20 weeks and 1 hour per class. A new class will be held in the beginning of 2025. Call Pam Swarhout if you have any questions.

\* To sign up for these classes, call Pro Action Yates Office for the Aging, Pam Swarhout, at 315-279-4321. Most classes can be joined at any time! Transportation may be available.

### 5 Things to Avoid Saying to a Family Caregiver

Because of the demands of being a family caregiver, some extra support and encouragement from other family members and friends is often appreciated. However, some of the things you say in casual conversation may be inappropriate, and sometimes, certain things are simply best left unsaid, which is what we're going to focus on today. Below are several things to avoid saying to someone who is a family caregiver.

#### **1. "You Really Look Tired"**

Even if you say this out of concern, a family caregiver having a particularly demanding day is likely to be well aware of the fact that he or she looks tired. Even if the caregiver isn't fully aware of how fatigued he or she looks, pointing such things out could make an exhausted family caregiver feel even worse. Instead, ask "How are you doing today?" if you want to convey you care and wish to listen.

Even better, offer to take some of the caregiving tasks off the caregiver's shoulders or offer to help him or her find high-quality professional assistance. Caring for senior loved ones can be challenging for families who don't have expertise or professional training in home care, but this challenge doesn't have to be faced alone.

#### **2. "Your Loved One Used To Be Such A Wonderful Person To Be Around"**

Never refer to a family caregiver's loved one in the past tense, since it can be hurtful. Even if the older adult you're referring to is now limited in abilities or no longer as active, don't provide a reminder of these facts. Instead, you might ask "How's your loved one been doing lately?"

#### **3. "If I Were You, What I Would Do Is..."**

No matter how well it's intended, busy family caregivers typically don't want to hear unsolicited advice. Oftentimes, someone acting as a family caregiver has carefully thought out how to provide care in a way that's best for his or her loved one. There may be factors or circumstances you're simply not aware of that make your suggestion impractical or inappropriate. If you do want to be helpful, hold your advice unless asked, and offer to lend a hand if you can.

#### **4. "You Should Just Put Your Loved One In A Home"**

While there's nothing wrong with placing a loved one in a high-quality nursing home, most older adults today prefer to age in place. If a family caregiver is making an effort to provide the type of care his or her loved one needs at home, assume he or she is likely trying to carry out the senior's wishes. Besides, there are many safe and practical ways to provide care at home today, including making appropriate home modifications and taking advantage of senior home care services.

#### **5. "You Shouldn't Worry So Much"**

Unless you've actually been a family caregiver yourself and handled things such as managing medications, providing assistance with daily tasks, and taking care of an aging adult's physical and mental health needs, you can't fully understand what this role is really like. Also, realize it's only natural for a family caregiver to worry about an older loved one. That being said, if you notice your friend is excessively worried or concerned, offer to grab a cup of coffee or have lunch together so you can lend an ear and offer moral support.

Excerpt from The Key, by HCA DEV 9 AM on May 6, 2021. For the full article go to:  
<https://www.torontohomecareassistance.ca/what-you-should-never-say-to-caregivers/>

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

### Transportation Program

- ♦ **The Transportation Program does not operate when the Penn Yan schools are closed or have a delayed opening. Closings are reported to Fox Rochester WHAM and posted on the Yates NY Connects/Office for the Aging Facebook Page.**



**\* Please make sure that your driveway is cleared of snow and ice for our vehicles to get in and out of your driveway safely.**

To schedule a transportation trip, please call 315-279-4409. If you require a wheelchair van, please mention that at the time of your call. If you would like to request one of our volunteer riding companions, please request a companion when you call. To be courteous to our companions and increase the availability of riding with a companion, it is best to request your ride 2 weeks in advance.

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.

\*\*\*\*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 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 older adults need and may be the only contact that older adult has that day. Whether you have only a few hours one day per week, can volunteer every day, or can only work a few hours a month, your assistance is needed. Background and driver's license checks are required. Mileage is paid. Call Becky Bennett-Tears at 315-279-4321 for more information.
- ◆ **Phone Friends-** Pro Action Yates Office for the Aging is seeking volunteers to make brief, friendly phone calls to homebound older adults to provide emotional support and to enhance social contact. Call Becky Bennett-Tears at 315-279-4321 for more information.
- ◆ **Milly's Pantry** - we are looking for some friendly folks to volunteer at the Pinwheel Market. For more information, please stop in (19 Main Street, Penn Yan), call 315-595-2500, or email [volunteer@millyphantry.org](mailto:volunteer@millyphantry.org).
- ◆ **Keuka Comfort Care Home**—Throughout the year we look for people to help with our fundraisers; we need pie makers in September, and various other tasks. We also have openings for volunteer caregivers for our residents. For more information call 315 536-1690 or email [director@keukacomfortcarehome.org](mailto:director@keukacomfortcarehome.org).
- ◆ **HIICAP (Health Insurance Information, Counseling and Assistance Program) Volunteer-**Are you someone who has some free time to spare and the drive to help others? Pro Action Yates Office for the Aging is looking for individuals interested in volunteering to assist Medicare Beneficiaries comparing health plans and screening for financial assistance programs. Training and learning materials will be provided. If you are interested, contact Becky Bennett-Tears at 315-279-4321.
- ◆ **Front Desk help-** Pro Action Yates Office for the Aging is seeking volunteers to answer and transfer phone calls, help customers who come into our office, and general clerical duties. Volunteers decide how often they assist. We will train you! Contact Becky Bennett-Tears at 315-279-4321 for more information.

### Top Ten SSA Webpages for 2024

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 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/benefits/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 Website

## **Diabetes: What You Need to Know**

About 37 million Americans are affected by diabetes, according to the National Institute of Diabetes and Digestive and Kidney Diseases (<https://bit.ly/3SivzqG>), and diabetes is the 8th leading cause of death in the United States. Those who already have diabetes can avoid complications by practicing proper self-management. While a diabetes diagnosis can be scary, there are steps you can take to lead a healthy, happy life.

### **Types of Diabetes**

Diabetes generally happens when the body stops producing the hormone insulin, leading to excess sugar in the bloodstream. Type 1 diabetes occurs when the body attacks your pancreas, causing it to produce no insulin at all. Gestational diabetes occurs in pregnant women who have never had diabetes. Type 2 diabetes is usually diagnosed in older adults and is largely preventable. It occurs when the body doesn't respond to insulin. Type 2 diabetes often follows prediabetes, a condition in which blood sugar levels are higher than normal, but not high enough to be considered type 2 diabetes. Talk to your healthcare provider about getting screened for diabetes if you are 35 years old or younger with health issues.

**Look Out For...** If you have not been diagnosed with diabetes but are experiencing one or more of the following symptoms, ask your doctor if you should be concerned about diabetes. Symptoms may include: • Frequent urination • Constant thirst and hunger • Extreme tiredness • Blurry vision • Wounds that heal slowly • Tingling, pain, or numbness in hands and/or feet. Having diabetes means that you could be at higher risk for heart and kidney disease, skin, eye and feet problems, obesity, strokes, and some types of cancer.

**Prevention Works** There are many ways to prevent Type 2 diabetes as you get older. The best way is to sustain a healthy lifestyle by maintaining a healthy weight and being physically active. Healthy weights are different for everyone. Talk to your doctor about the right weight for you, and what kind of diet and exercise routine can help you achieve that. Many hospitals, health systems, community-based organizations and even health departments offer Diabetes Prevention Programs. These educational programs have been shown to help prevent or delay the onset of Type 2 diabetes in adults who are at high risk. Visit <https://bit.ly/3Me9Igf> to learn about Diabetes Prevention Programs near you.

**Managing Highs, Lows, and Everything In Between** You can manage diabetes daily by eating a healthy diet that is low in carbohydrates, added sugars and saturated fat, and incorporating physical activity into your schedule. These healthy habits should be followed, even if you are prescribed insulin to help regulate your blood sugar. You should also track your blood sugar levels, food and beverage intake, insulin dosages, and physical activity in order to keep your blood sugar at its target level. Eating a healthy diet may include controlling your meal portions, choosing foods that have fewer calories, fats, sugars, and sodium, drinking water instead of sugary drinks and alcohol, and fruit instead of candies and other sugary sweets. Tracking all of this, taking your medication as prescribed, even when you feel well, along with seeing your doctors regularly, can help catch problems or complications before they become serious. Talk about a long-term health management plan that you can follow with your doctor.

**Is There a Connection Between Diabetes and Dementia?** Some studies have shown that people with diabetes, especially type 2 diabetes, have a higher chance of developing dementia later in life because of high blood sugar's damaging effects on the brain. While not all people with diabetes will develop dementia, and not all cases of dementia are related to diabetes, keeping an eye on your health and making healthy decisions every day can delay or prevent both conditions from getting worse .

**Source:** IPRO Healthy Insights December 2023

## **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://my.flcc.edu/Student/Courses> Search for Classes from this page.
- 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](mailto:onestop@flcc.edu)

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[www.proactioninc.org](http://www.proactioninc.org)

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## THE GRAPEVINE EXPRESS MARCH/APRIL 2024

### **Veterans Education Assistance Program (VEAP)**

Veterans who paid into the Veterans Education Assistance Program (VEAP) but were unable to use all of their contributions — and how these Veterans can obtain a refund of these unused benefits from the VA:

To qualify for a refund, a Veteran must meet all of the following requirements:

- The Veteran entered active duty at some point between January 1, 1977, and June 30, 1985.
- The Veteran contributed (“paid into”) VEAP while on active duty.
- The Veteran did not use all of their contributions.
- The Veteran completed 24 months of continuous service OR was discharged early due to any of the following factors:
  - \* “Convenience of the government” within three months of the end of their enlistment. (Sometimes referred to as an “early out” discharge).
  - \* A disability caused or worsened by military service. (This includes Veterans granted a service-connected disability rating of 10% or higher, even if they were not discharged for that disability).
  - \* A “hardship discharge” (a term which is noted in Title 10, Section 1173, but the exact conditions for which remain rather vague).

A Veteran who meets all of these requirements can file for their refund of unused VEAP benefits by contacting their County Veterans Services Office. For Yates County, contact: John R Antes, Yates County Veterans Service Officer, 417 Liberty Street, SW 2120, Penn Yan, NY 14527 Phone: 315-536-5196 or Fax 315-536-5197.

### **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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