

THE GRAPEVINE EXPRESS

January/February 2026

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



Thursday, January 1, Monday, January 19, &
Monday, February 16

Free Income Tax Service

Pro Action Yates Office for the Aging and AARP Foundation Tax-Aide will be offering free income tax service for tax year 2025! Experienced tax preparers will e-file your Federal and New York State income tax returns. If you have a refund coming, it can be received in as little as 2 weeks via direct deposit to your bank account.

The tax preparation location is St. Paul's Lutheran Church, 135 Hamilton Street, Penn Yan, located just up the street from Morgan's grocery. Please enter the church through the rear entrance. **Do not go to Office for the Aging and do not go to the front door of the church!** Your return will be completed, quality reviewed, and e-filed all during your 1-hour appointment.

Tax preparation season will run from February 2, 2026, through 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 voice mail, leave a message for a callback. When leaving a voice message please clearly leave your name and phone number. Appointments can be made beginning **January 20, 2026**. You can call Monday through Friday from 8:30 AM to 4:30 PM. Use the same phone number to cancel or reschedule appointments. When scheduling, make sure you will have all your tax documents in time for the appointment date.

When coming for a tax appointment, please bring all current documents that report income and deductions for 2025 [wages – W2 form; Social Security – Form 1099SSA; other retirement/IRA – Form 1099R; home mortgage – Form 1098]. Please make sure you will have all such documents in hand before your tax appointment. If you own a home, bring your school and property tax bills paid in 2025. Required documents for all returns are; photo ID for each taxpayer, Social Security cards for each taxpayer **and** dependent on the return and a copy of your 2024 return. If you cannot locate last year's return, you can get a replacement transcript from www.irs.gov. Bring bank account information if you want direct deposit for a refund or direct debit for taxes owed.

You will also need to bring a completed Intake/Interview form just like last year. These can be picked up from the Yates County Building on Liberty St. after January 20, or you can request an email form when you make your tax appointment (best option). The electronic form can be printed and hand completed or filled in on your computer and then printed.

We need your help to streamline the process. Please open all tax document envelopes prior to your appointment and have all paperwork organized and flat in a folder. If there are items to add up (i.e., medical expenses, car mileage, rental income, etc.) please do it yourself ahead of time and bring totals.

Note that the IRS has begun phasing out paper refund checks for individual taxpayers. Paper checks are still available this year, but over 16 times more likely to be lost, stolen, altered, or delayed than electronic payments. Electronic refunds give taxpayers faster access to refunds, with payments issued in less than 21 days if filing electronically. Nonelectronic payments may take 6 weeks or longer for refunds sent by mail.

Please book your appointments early. We are short staffed and may not be able to serve everyone in the community who wants a tax return done.

SUMMARY

1. Call 315.279.4321 beginning January 20, 2026 for tax appointments
2. Tax location: St Paul's Lutheran Church, 135 Hamilton Street.
3. Bring photo ID, SS card(s), 2024 tax return, all tax documents, and your completed intake form.
4. If you were issued an identity protection number (IP PIN) by the IRS you must bring it or we will not be able to file your return.
5. You will get detailed taxpayer instructions with your intake form. Please read them carefully.

January and February

- ♦ “Our Town Rocks” Community Gathering monthly meetings are typically held at 6:00 pm on the 1st Monday of the month at the Our Town Rocks Office, 12 Main Street in Dundee. For specific 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.

January and February

- ♦ “Our Town Rocks” Champions Meeting meetings are typically held on the 2nd Tuesday of the month at the Our Town Rocks Office, 12 Main Street in Dundee at 10:00 am. For specific 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.

January 15

- ♦ Come learn the basics of Medicare! Topics discussed include Parts A and B, Medicare Advantage, Medigap, Part D, and more! Great for those new to Medicare or those looking for a refresher. **Welcome to Medicare** presentation by Pro Action Yates Office for the Aging will be January 15 at 2pm in the Yates County Office Building, Room 1037. Registration required by 1/12/26, please call 315-279-4321.

January 16

- ♦ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 1/16/26 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. Reminder: canceled if the PYCS or DCS are closed or delayed due to weather.

January 26 (Penn Yan) & January 27 (Dundee)

- ♦ All Yates County family caregivers are welcome 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 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.

February 19

- ♦ Learn how to prepare for the fall open enrollment period and what tools are available to compare plans, and support education and decision making. **Plan Comparison Workshop** will include a brief Medicare basics refresher, plan comparison tips and examples, and a demonstration of the online Medicare Plan Finder Tool. Specific plan information will not be discussed. Attending a Welcome to Medicare presentation first is highly encouraged. Presentation by Pro Action Yates Office for the Aging will be February 19 at 2pm in the Yates County Office Building, Room 1037. Registration required by 2/16/26, please call 315-279-4321.

February 20

- ♦ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 2/20/26 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. Reminder: canceled if the PYCS or DCS are closed or delayed due to weather.

February 23 (Penn Yan) & February 24 (Dundee)

- ♦ All Yates County family caregivers are welcome 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 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.

Stay Tuned: The HUBBA Tea will be held in April 2026. More details to follow.

Activities at the Pro Action Yates Office for the Aging's Older Adult Center

****Discover Live** is a virtual and interactive travel experience with exceptional tour guides from around the world. Discover Live whisks you away on premier, AI-empowered, virtual tours to incredible locales across the globe. Tours are 1 hour in length. Upcoming scheduled tours for January and February include:

- ♦ January 2: Cardiff, Wales, UK 12:00pm
- ♦ January 13: Buenos Aires, Argentina (Street Arts) 2:30pm
- ♦ January 14: Lisbon (Alfama District) Portugal 10:30am
- ♦ January 27: London, England- West End 1:30pm
- ♦ February 6: Mexico City, Mexico 12:00pm
- ♦ February 10: New Orleans, Louisiana 2:30pm
- ♦ February 18: London, England- Centre 11:0am
- ♦ February 24: Tbilisi, Georgia 1:30pm

To attend a tour, you need to pre-register by calling Pro Action Yates Office for the Aging at 315-279-4321. Limited space available with tour attendance limited to 10 older adults. No limit on the number of tours you can attend. Tours are broadcasted at Pro Action Yates Office for the Aging, 417 Liberty Street in Penn Yan.

****Contact the Pro Action Yates Office for the Aging at 315-279-4321 for additional activities that will be happening in the Older Adult Center in January and February. ****

FREE RESOURCE: DART Academy (E-learning platform to provide education about avoiding scams)

1. Courses on the top scams targeting older adults: Learn the tricks and techniques scammers use, the red flags to watch (and listen) out for, and how to keep yourself safe. Learn at your own pace—setup an account to save your progress. **2. Practice protective behaviors:** All of the courses foster active learning. Examples are drawn from real scams, and show you what to watch out for and provide a safe place to practice what to do if you are ever faced with the scam in real life. Each course also has stand-alone Practice and Evaluation sections that you can test yourself against. **3. And best of all, it is FREE** to give as many older adults access as possible. Link to set up an account: <https://app.dartacademy.net/about>

**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- 12 weeks In person and via Microsoft Teams
Penn Yan – Tuesdays: January 6 to March 24 from 10:00-11:00 am at St. Paul's Lutheran Church
Penn Yan – Thursdays: January 8 to March 26 from 10:00-11:00 am at St. Paul's Lutheran Church

Beginner Tai Chi- Relieve Pain and Improve Health and Balance - 16 weeks
Penn Yan – Wednesdays: February 18 to June 3 from 11:00 am to 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 Fridays from 8:45 to 9:45 am from March 23 to May 1 in the Pro Action Yates Office for the Aging Conference Room. This class runs for 6 weeks.

Bingocize- This program combines bingo with exercise using exercise bands and exercise balls. Classes are held twice a week for 10 weeks and 1 hour per class. Class is on Mondays and Fridays, June 1 to August 10 from 12:00pm –1:00pm at St. Mark's Terrace in Penn Yan.

* To sign up for these classes, call Pro Action Yates Office for the Aging, Priscila Ames, at 315-279-4321. Transportation may be available.

REMINDER: Contact Pro Action Yates OFA at 315-279-4321 if your address has changed so we can ensure you continue to receive the newsletter. Thank you.

Scam Prevention Tips to Help Protect You and Your Loved Ones– Senior Care Authority

Protecting Older Adults in a Digital World

Knowledge, awareness, and a few simple habits can make all the difference

When Betty's phone rang one morning, she thought it was just another telemarketer. The caller, however, claimed to be from the IRS and said she owed back taxes that had to be paid immediately, or she would be arrested. Betty, a 76-year-old retired nurse and widow, felt her heart race. Fortunately, she remembered advice from her daughter: "*Never pay or give out personal information over the phone without verifying it.*" Betty hung up, called her family and they contacted the IRS directly, and discovered it was a scam.

Stories like Betty's are all too common. Every year, scammers target older adults—often because they are polite, trusting, and financially secure. The scams may come through phone calls, emails, social media, or increasingly via text messages. The consequences can range from financial loss to emotional distress and erosion of an older adult's confidence. Equipped with awareness, knowledge, and practical strategies, older adults and families can stay one step ahead.

Common Scams Targeting Older Adults

1. Imposter or "Grandparent" Scams

A scammer calls pretending to be a grandchild or relative in urgent trouble, asking for immediate money. The goal is to trigger panic and bypass rational thinking.

2. Government or Tech Support Scams - Fraudsters pose as IRS agents, Social Security officials, Medicare representatives, or tech support staff, threatening fines or claiming accounts are compromised. Legitimate agencies will never demand payment over the phone.

3. Prize, Lottery, or Investment Scams - Scammers promise large winnings or returns, always requiring an upfront "processing fee" or quick payment. If it sounds too good to be true, it is.

4. Online Romance Scams - Criminals form trust via dating or social media sites, then request money for emergencies or travel. Loneliness makes some older adults especially vulnerable.

5. Phishing and Identity Theft - Emails or text messages look official but aim to steal passwords or financial data. Clicking links can install malware or compromise accounts.

How Older Adults Can Protect Themselves

Encourage Healthy Skepticism - It's okay to hang up, delete an email, or question a suspicious message. Asking questions and verifying information is smart, not rude.

Establish Verification Habits - Always confirm identities before acting. Use trusted phone numbers, websites, or a family member to double-check.

Leverage Technology

* Sign up for the National Do Not Call Registry at <https://www.donotcall.gov/>

* Install spam filters and antivirus software.

* Use call-blocking apps or carrier services.

Limit Personal Information Online - Avoid sharing sensitive information on social media and use strong, unique passwords for accounts.

Monitor Financial Accounts Regularly - Check bank statements, credit cards, and credit reports for unusual activity. Early detection prevents bigger problems.

How Adult Children Can Help

Adult children play a critical role in keeping their parents safe from scams. Older adults may feel embarrassed or hesitant to ask for help, but a little proactive support can make a huge difference.

Open the conversation – Discuss scams gently, using real-life examples. Encourage parents to speak up about suspicious calls or emails.

Set up safeguards together – Help install call-blocking services, spam filters, and antivirus software.

Create a Verification Plan – Agree that if a call or email seems suspicious, the parent can pause and call a trusted family member to verify.

Monitor, but don't hover – Check accounts periodically, emphasizing protection rather than control.

Empower with knowledge – Teach older adults to spot red flags: threats, urgent requests, and requests for gift cards or wire transfers.

Be a source of emotional support – If a scam occurs, reassure parents that it's not their fault. Emotional support helps them regain confidence.

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 the Yates OFA 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.**

*We regularly travel throughout Yates County as well as have routes to out of the county locations, including but not limited to Canandaigua, Geneva, and Rochester. To schedule a transportation trip, please call the Yates OFA Transportation Line at 315-279-4409. If you require a wheelchair accessible van, please mention that at the time of your call. If you would like to request a volunteer riding companion, please request this 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.

*We are operating with a low number of drivers. Medical trips are the priority. Grocery shopping trips are scheduled around the medical appointments for the week if there is availability. If you have a non-medical trip need, call and ask if it can fit into the schedule. Tuesday and Thursday are the preferred days.

Important Reminders:

- OFA cannot provide rides to medical appointments for individuals with Medicaid. They need to utilize Medicaid Transport Services.
 - 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.* For everyone's safety, our drivers can only lend an arm and each vehicle has a step stool to help with getting in/out of the vehicle.
 - 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.
 - Reminder 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 to confirm your ride.
 - If you need to cancel a ride, please call the main Yates OFA phone number at 315-279-4321 as soon as you can, and speak to the receptionist so that the driver can be notified and does not drive to your home.
- ****A minimum of 3 business 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 without a landline phone. It covers 24-hour monitoring, annual maintenance, and service calls.

Additional services available include:

- Falls Detection Pendants 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. It is offered to anyone in Yates County, regardless of age. The monthly cost is just \$25.

**If you would like more information or to sign up for either program, please call Sarah Thillman at the Yates OFA at 315-279-4321.

*Attention current PERS and Project Lifesaver Clients: If you are admitted to the hospital please make sure your PERS pendant or Project Lifesaver pendant stays with your belongings. There is a \$46 fee to replace a lost PERS pendant. Project Lifesaver pendants are \$300 to replace. **Contact Sarah Thillman at the Yates OFA at 315-279-4321 if you did not receive your 2026 coupon booklet.**



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@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.
- ♦ **Food Box Delivery-** Pro Action's Hope Center Keuka Food Pantry is seeking volunteer drivers for the once-a-month food delivery to eligible individuals. Approximately 1 to 2 hours per month required. Call Becky Bennett-Tears at 315-279-4321 for more information.
- ♦ **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.
- ♦ **Pop Up Food Pantry-** Pro Action Yates Office for the Aging is seeking volunteers for the once-a-month food pantry to assist with sorting, packing and distributing food to drive thru participants. Approximately 3 hours once a month. Call Becky Bennett-Tears at 315-279-4321 for more information.
- ♦ **Transportation Companion-** Pro Action Yates Office for the Aging is seeking volunteers to accompany older adults being transported by Office for the Aging, to their medical appointments. As a volunteer you would ride along with the older adult in our vehicle, help make sure they get to their designated appointment spot, wait while they are in the appointment and then accompany them back to our vehicle and ride back home with them. Call Becky Bennett-Tears at 315-279-4321 for more information.

2025-2026 Emergency HEAP benefits will open January 2, 2026

(This date is contingent on federal action to fund the program and timely notification from the United States Department of Health and Human Services regarding New York State's allocation.)

If you are eligible, the Emergency HEAP Benefit can help you heat your home if you are in a heat or heat related emergency. Emergency HEAP benefits and eligibility are based on: 1) income; 2) available resources, and; 3) the type of emergency.

You may be eligible for an emergency HEAP benefit if:

- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off or
- Your electric or natural gas heat is off or scheduled to be shut-off or
- You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.

AND

- Your income is at or below the current income guidelines or you receive Supplemental Nutrition Assistance (SNAP), federally funded Temporary Assistance (TA) or Code A Supplemental Security Income (SSI) Living Alone. 2025-2026 Maximum Gross Monthly Income guidelines:

1 Person Household --\$3473 2 Person Household--\$4542 3 Person Household--\$5611

- The heating and/or electric bill is in your name **AND** Your household's available resources are: less than \$2,500; or less than \$3,750 if any member of your household is age 60 or older, or under age 6.

If you have an emergency, contact the Yates County Department of Social Services at (315)536-5184 for assistance.



Public Health
Prevent. Promote. Protect.
Yates County, NY

Adults Need Vaccines Too!



Staying up to date on vaccines isn't just for kids, adults need them too. The protection we get from childhood vaccines can fade over time. As we age, our immune systems aren't as strong, so we can get sick more easily. **Staying up to date with the latest vaccines is the most effective and safe way to prevent severe illness!**

Vaccines for Adults 65+

Flu vaccine (Influenza)
COVID-19 vaccine
Pneumonia vaccine (Pneumococcal)
Shingles vaccine (Zoster)
Tdap (Tetanus, Diphtheria, and Pertussis) or Td (Tetanus and Diphtheria)

Respiratory syncytial virus (RSV) vaccine recommendation*:

Everyone ages 75 and older
Adults ages 50-74 who are at an increased risk of severe RSV disease

***Note:** the RSV vaccine isn't an annual vaccine. If you've received an RSV vaccine already (including last year), you don't need another RSV vaccine at this time. Talk to your healthcare provider about what's right for you!

Where to get vaccinated:

Your healthcare provider's office
Your pharmacy
Yates County Public Health*

***Note:** If you're uninsured, or if your insurance doesn't cover certain vaccines, you may be eligible to get vaccinated at Yates County Public Health.

You may need other vaccines based on your age or other factors. Talk to your health care provider to learn which vaccines are recommended for you!

Questions?

Call Yates County Public Health at (315) 536-5160 to learn more about vaccines or to schedule an appointment!

Septic and Well Assistance Resource from Keuka Housing Council

Are you having problems with your septic or well, or would like to connect to public sewer or water services? NYS Community Development Block Grant funding is available to income eligible homeowners in Yates County to assist them with repairing or replacing their failing septic and water well systems. Eligible repairs also include laterals.

For more in-formation and to apply: Contact Kelly Smith with Keuka Housing Council, Inc. at (315) 536-8707 ext. 101

Nominations for Older Adult Day 2026

Each May as part of national Older Americans Month, NYSOFA celebrates older adults at an Older New Yorkers' Day event in Albany. Many older New Yorkers, chosen by their local Offices for the Aging, are recognized for their outstanding contributions at this annual event. Pro Action Yates Office for the Aging is accepting nominations for the Older Adult Day 2026 event. It is time to take a moment and share information about the great volunteers you know. Please contact Marianne Rosica-Brand at (315)279-4321 to nominate someone. Let Marianne know how the nominee has made a difference in our community through civic engagement. Nominations are due no later than **Friday, February 6, 2026.**

Yates County Office for the Aging
417 Liberty Street, Suite 1116
Penn Yan, NY 14527
Phone: 315-279-4321
Fax: 315-536-5514
Email: ycofa@proactioninc.org
www.proactioninc.org

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THE GRAPEVINE EXPRESS JANUARY/FEBRUARY 2026

REMINDER:

Keep 2026 Social Security award letters in a safe place!

They will be needed for HEAP, SNAP and any other applications that require income documentation.

NEWSLETTER ACCESSIBILITY: LARGE PRINT issues of "The Grapevine Express" are available upon request. You may also receive this newsletter electronically via email. Let us know your preference. We offer help for those who don't speak/read English or cannot read. We have special equipment if you are hard of hearing. All of these services are FREE. Just ask!

Language Assistance Services Available

Pro Action Yates Office for the Aging provides language assistance services through the AT&T Language Line program. If you or someone you know speaks or prefers a language other than English, please let us know by using the enclosed Language Access Poster. We will arrange for services to be provided in your preferred language at **no cost** to you.

2026 NY Connects Yates Office for the Aging Service Directory

The 2026 Service Directory is enclosed. Please keep this as a helpful reference tool all year long.

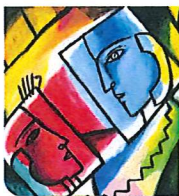
Stay Informed

- Follow Yates NY Connects/Office for the Aging on Facebook.
- Go to our website for previous issues of The Grapevine Express at <http://proactioninc.org/thriving-seniors/>



Yates NY Connects/Office for the Aging

This newsletter is funded in part through the New York State Office for the Aging under Title III-B of the Federal Older American's Act



Interpretation Service Available

English Translation: Point to your language. An interpreter will be called. The interpreter is provided at no cost to you.

Arabic عربي أشر إلى لغتك. وسوف يتم جلب مترجم فوري لك. سيتم تأمين المترجم الفوري مجاناً.	Korean 한국어 귀하께서 사용하는 언어를 지적하시면 해당 언어 통역 서비스를 무료로 제공해 드립니다.
Armenian Հայերէն Տոյց տուելը Դ՞ուք մէկ լեզուն կը խօսիք՝ Թարգմանիչ մը կանչել կը տանք. Թարգմանիչ կը տրամադրուի անվճար.	Laotian ພາສາລາວ ຊີ້ບອກພາສາທີ່ເຈົ້າເວົ້າໄດ້. ພວກເຮົາຈະຕິດຕໍ່ນາຍພາສາໃຫ້. ທ່ານບໍ່ຕ້ອງເສຍເງິນຄ່າແປໃຫ້ແກ່ນາຍແປພາສາ.
Cantonese 廣東話 請指認您的語言， 以便為您提供免費的傳譯服務。	Mandarin 國語 請指認您的語言， 以便為您提供免費的口譯服務。
French Français Pointez vers votre langue et on appellera un interprète qui vous sera fourni gratuitement.	Polish Polski Proszę wskazać swój język i wezwiemy tłumacza. Tłumacza zapewnimy bezpłatnie.
German Deutsch Zeigen Sie auf Ihre Sprache. Ein Dolmetscher wird gerufen. Der Dolmetscher ist für Sie kostenlos.	Portuguese Português Indique o seu idioma. Um intérprete será chamado. A interpretação é fornecida sem qualquer custo para você.
Hindi हिंदी अपनी भाषा पर इंगित करें और एक दुभाषिया बुलाया जाएगा। दुभाषिये का प्रबन्ध आप पर बिना किसी खर्च के किया जाता है।	Russian Русский Укажите язык, на котором вы говорите. Вам вызовут переводчика. Услуги переводчика предоставляются бесплатно.
Hmong Hmoob Taw rau koj hom lus. Yuav hu rau ib tug neeg txhais lus. Yuav muaj neeg txhais lus yam uas koj tsis tau them dab tsi.	Spanish Español Señale su idioma y llamaremos a un intérprete. El servicio es gratuito.
Italian Italiano Puntare sulla propria lingua. Un interprete sarà chiamato. Il servizio è gratuito.	Tagalog Tagalog Ituro po ang inyong wika. Isang tagasalin ang ipagkakaloob nang libre sa inyo.
Japanese 日本語 あなたの話す言語を指して下さい。 無料で通訳を提供します。	Thai ไทย ช่วยชี้ที่ภาษาที่ท่านพูด แล้วเราจะจัดหาสามให้ท่าน การใช้สามไม่ต้องเสียค่าใช้จ่าย
Khmer (Cambodian) ខ្មែរ (កម្ពុជា) សូមចង្អុលភាសាអ្នក។ យើងនឹងហៅអ្នកបកប្រែភាសាកម្ពុជា។ អ្នកបកប្រែភាសានឹងជួយអ្នកដោយមិនគិតថ្លៃ។	Vietnamese Tiếng Việt Hãy chỉ vào ngôn ngữ của quý vị. Một thông dịch viên sẽ được gọi đến, quý vị sẽ không phải trả tiền cho thông dịch viên.

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2026

Pro Action Yates Office for the Aging Directory of Services

417 Liberty Street, Suite 1116
 Penn Yan, NY 14527
 315-279-4321/ 800-618-7882
ycofa@proactioninc.org
 Marianne Rosica-Brand, Director



Save
This!!

Welcome to the Pro Action Yates Office for the Aging. Our mission is to help Yates County residents, 60 years of age and older, remain independent in their homes while maintaining their dignity and quality of life. Please see the following directory for our list of services and who, of our helpful staff members, you may contact if you have any questions or needs. Our hours of operation are Monday-Friday 8:30am-4:30pm. You may reach all of our staff by calling 315-279-4321 unless otherwise indicated or at their email address listed below.

PROGRAM	PROGRAM DESCRIPTION	CONTACT PERSON
Grapevine Express	OFA's bi-monthly newsletter informing Yates County seniors of OFA and local programs and events as well as educational articles.	Becky Bennett-Tears bennett-tearsb@proactioninc.org
Information and Referral/Yates NY Connects Choices for Long Term Services and Supports	Offers information about OFA programs and referral to the appropriate contact person. NY Connects is available to all ages for information and referral regarding long term care choices	Becky Bennett-Tears bennett-tearsb@proactioninc.org Ashley Beach tillmana@proactioninc.org
Transportation Transportation Companion Program	Provides trips for medical appointments in and out of Yates County, as well as social trips for shopping, errands, special events, etc.	Sarah Thillman thillmans@proactioninc.org
Private Care Registry	A list of private duty aides, nurses, housekeepers, companions, etc.	Jennalyn Conley conleyj@proactioninc.org
Health Insurance Information and Assistance	Information and counseling regarding questions related to Medicare, long-term care insurance, pharmaceutical coverage programs, Medicare Savings and Medicare Extra Help	Ashley Beach tillmana@proactioninc.org Becky Bennett-Tears bennett-tearsb@proactioninc.org
Prevention and Wellness	Offers community evidence-based health promotion classes to increase physical activity and maintain independence.	Priscila Ames nunes-amesp@proactioninc.org
Tax Assistance	Preparation of tax forms from February-April 15.	Call Office for the Aging 315-279-4321 to schedule an appointment.
Volunteer Program	Many different opportunities to volunteer with seniors. One time, or on-going opportunities, we will work with your schedule and interests.	Becky Bennett-Tears bennett-tearsb@proactioninc.org
Elder Abuse	Public education regarding physical and financial abuse, mistreatment or neglect.	Jennalyn Conley conleyj@proactioninc.org

Legal Services	Referrals provided to Legal Assistance of the Finger Lakes for individuals to have access to representation on rights, benefits, and issues regarding civil law.	Ashley Beach tillmana@proactioninc.org Becky Bennett-Tears bennett-tearsb@proactioninc.org
Nutrition Counseling	Consultation with a Registered Dietician is available by appointment to discuss diet and nutrition, including special needs diets.	Elizabeth Hoskins hoskinse@proactioninc.org
Personal Emergency Response (Fall Assistance Program)	A device to wear which offers immediate access to emergency assistance when button is pressed.	Priscila Ames nunes-amesp@proactioninc.org
Project Lifesaver (Wandering Locator System)	A water-resistant personalized wristband transmitter worn by individuals who have a tendency to wander that emits a unique tracking signal every second, 24 hours a day for location.	Priscila Ames nunes-amesp@proactioninc.org
Long Term Care Options Counseling	Advice and counseling on in-home services and residential options.	Ashley Beach tillmana@proactioninc.org Becky Bennett-Tears bennett-tearsb@proactioninc.org
Home Delivered Meals	Nutritious meals delivered to your home for short or long periods of time depending on your need.	Jennalyn Conley conleyj@proactioninc.org
Caregiver Support Program	Offers guidance, respite and support to those who provide assistance to loved ones.	Jennalyn Conley conleyj@proactioninc.org
Consumer Directed In-Home Services	Enables an individual who needs personal care assistance at home to have a choice in selecting and managing the way they receive care and who provides the care to them.	Jennalyn Conley conleyj@proactioninc.org
Expanded In-Home Services for the Elderly (EISEP)	For frail individuals needing help with housekeeping, personal care, shopping, laundry, etc.	Jennalyn Conley conleyj@proactioninc.org
Case Management	Helps to identify needs of individual, plan care, Arrange and monitor services.	Jennalyn Conley conleyj@proactioninc.org
Telephone Reassurance (Phone Friends)	A phone call to home-bound seniors to Check on well-being and to encourage social interaction.	Jennalyn Conley conleyj@proactioninc.org