



THE GRAPEVINE EXPRESS

May/June 2026

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



Monday, May 25 & Friday, June 19

Older Americans Month 2026 Theme: *Champion Your Health*

Every May since 1963, Administration for Community Living (ACL), leads the nation's observance of Older Americans Month, a time to recognize older adults' contributions and reaffirm our commitment to supporting their health and independence.



The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. This year, it is focused on evidence-based approaches, self-management, caregiver roles, and community partnerships that empower individuals to lead healthy lives.

Are you or a loved one: Lonely, home bound, socially isolated, recovering from an injury, or have a chronic illness?

If so, and you are 60 years old or older, the Telephone Reassurance program, better known as "Phone Friends", may benefit you. Caring volunteers make calls offering friendly conversation and friendship. Talk about current events, pets, family, concerns, almost anything you'd like. Make a new friend, learn about upcoming events. Calls are made weekdays between 9am—11am. You choose how often from 1 day up to 5 days. All calls are confidential. Each volunteer has been carefully screened to ensure your safety and privacy. In addition to enjoying the companionship of your kind and caring volunteer, the Phone Friends program can be used as a safety check. Optional: have an emergency contact notified if the phone is not answered. If you choose this option, a volunteer will call each morning, Monday - Friday. If you do not answer the phone, the volunteer will notify the Pro Action Yates Office for the Aging staff who will then contact a family member, friend, or neighbor that you have designated as an emergency contact to check on you.

**** If you are interested in the Phone Friends program, please contact Colin Weichenthal at 315-279-4321.**

Senior Health Check-Up– Free Medicare Preventative Care

As of 1/1/26, if you have Original Medicare or are enrolled in a Medicare Advantage Plan, you're still entitled to **free** selected preventative services, including an annual "Wellness Visit," where you can go over the general state of your health with your doctor and work with him or her on a plan to stay as healthy as possible.

People enrolled in Original Medicare or Medicare Advantage plan are eligible for preventative services such as flu, COVID, and pneumococcal vaccines, bone-mass measurements, smoking-cessation counseling, and screenings for cancer (cervical, colorectal, lung, prostate, and breast), Alcohol Misuse Screening & Counseling, Cardiovascular Disease Behavioral Therapy, Cardiovascular Disease Screening, Depression Screening, HIV Screening, Obesity Screening and counseling, Sexually Transmitted Infection Screening/Counseling, and Advanced Care Planning (ACP) done during a person's Annual Wellness Visit.

Some preventative services, such as Medical Nutrition Therapy, Abdominal Aortic Aneurysm Screening, Diabetes Screening, Hepatitis B vaccines, Hepatitis C Screening, and Obesity Counseling are covered only if you meet certain risk criteria. Diabetes prevention program is provided once per lifetime to help prevent type 2 diabetes.

****If you have questions about your preventative health care benefits under your Original Medicare or Medicare Advantage plan, please contact Ashley Beach at 315-279-4321.**

May and June

- ♦ “Our Town Rocks” Community Gathering monthly meetings are typically held at 6:00 pm on the 1st Monday of the month and Champions Meeting meetings are typically held on the 2nd Tuesday of the month at 10:00 am 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.

May 8

- ♦ The Alzheimer's Association is hosting a Yates-Schuyler Watch Party for the Rural Health Conference on Friday, May 8, 2026 from 9AM to 4:PM at the Yates County Emergency Services Building, 939 State Rt. 14A Penn Yan. Continental Breakfast and Lunch are provided. Call 1-800-272-3900 to register or for more information email nfriedman@alz.org

May 15

- ♦ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 5/15/26 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.

May 18 & June 22 (Penn Yan) & May 26 & June 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 typically 4th Monday each month from 4:00-5:00 pm (3rd Monday in May due to holiday) 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.

May 21

- ♦ 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. The presentation will be May 21 at 2pm in the Yates County Office Building, Room 1037. Registration required by 5/19/26, please call 315-279-4321.

June 4

- ♦ The Alzheimer’s Association is offering a Yates County Community Forum, at the American Legion, 2001 Himrod Road, Penn Yan 14527 on Thursday, June 4, 2026 from 11:00 -12:30 PM. Join them to learn about the Alzheimer’s Association, resources in the Yates County Community and share your ideas for future planning with those around the table. Lunch will be provided. Pre-registration is required by June 3rd. For more information and to pre-register, call 1-800-272-3900 or visit alz.org/CRF.

June 12

- ♦ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 6/12/26 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.

June 18

- ♦ Learn how to prepare for the fall open enrollment period and what tools are available to compare plans, and support education and decision making. The presentation 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 will be June 18 at 2pm in the Yates County Office Building, Room 1037. Registration required by 6/16/26, please call 315-279-4321.

**** SAVE THE DATE & RSVP****

July 8 - Pro Action Yates Office for the Aging will hold a Summer Picnic on Wednesday, July 8th at 11:30am at the First Baptist Church in Penn Yan. The menu is hamburger or hot dog, rolls, baked beans, macaroni salad, watermelon, frosted brownies, and lemonade or iced tea. The meal will be served at 11:30. Dine in only. No take-out meals available. Limited to 100 participants. Suggested donation of \$8 per meal for people over 60. Mandatory \$13.75 for people under 60. **RSVP due by 6/29/26** by calling 315-279-4321.

2026 Concerts on the Courthouse Lawn, corner of Main and Court Streets, Penn Yan

Summer means the return of the Yates Concert Series “Wednesday Night Concerts in the Park” which takes place by the County Courthouse on Main Street in Penn Yan. The concerts are free for everyone. All concerts are on Wednesdays at 6:30 pm -8:00 pm, with a 10 minute intermission. Hot dogs and hamburgers are offered for sale by members of the First Baptist Church of Penn Yan prior to the concerts. Local not-for-profits will sell snacks during the concerts. In case of inclement weather, the concert will be moved indoors to the First Baptist Church. Ample parking is available. Bring their own lawn chairs and/or a blanket.

* **June 24** - Decades Band

* **July 22** – Irish Lassies

* **July 1** - Southern Tier All-Star Jazz Band

* **July 29** – Blue Eyed Soul

* **July 8** – Finger Lakes Chamber Music Festival

* **August 5** – Community Band

* **July 15** – The Penn Yan Community Chorus

* **August 12** - Lyin Eyes

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 May and June include:

- ♦ May 5: Puebla, Mexico-Cinco de Mayo Festival 2:30pm
- ♦ May 13: Uganda, East Africa 10:30 am
- ♦ May 20: Budapest, Hungary (Downtown Pest) 11am
- ♦ May 28: Ljubljana, Slovenia – Castle Hill at 11am
- ♦ June 5: Belfast, Ireland 12pm
- ♦ June 15: Plymouth, England 11am
- ♦ June 18: Venice, Italy - A Father's Day Special 2pm
- ♦ June 23: London West End, England – A Pride Tour 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.

June 11, 2026, at 11:30am: Eating for Healthy Aging- Protein, Muscle, and Strength.

Join us for an engaging and informative nutrition talk led by Liz Hoskins, Yates OFA Registered Dietitian. As we age, maintaining muscle mass and strength become increasingly important for overall health, mobility, and independence. This session will explore how proper nutrition, especially adequate protein intake, plays a key role in supporting healthy aging. **Location:** Yates Older Adult Center at Pro Action Yates Office for the Aging, 417 Liberty St., Suite 116 Penn Yan NY, 14527. Please call Pro Action Yates Office for the Aging at 315-279-4321 to register. RSVP by 06/05/26 at 4:00pm. Free and Open to Older Adults 60+.

****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 May and June ****

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: April 7 to June 23 from 10:00-11:00 am at St. Paul's Lutheran Church

Penn Yan – Thursdays: April 9 to June 25 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: June 17 to September 30 from 11:00 am to 12:00 pm at St. Paul's Lutheran Church.

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.

Penn Yan- Mondays and Fridays: June 1 to August 7 from 12:30pm – 1:30pm at St. Mark's Terrace- 110 Chapel St, Penn Yan, NY.

Walk with Ease— Helps people with arthritis improve balance, reduce pain, and improve overall health. - Held 3 times a week for 6 weeks. Contact Pro Action Yates Office for the Aging for information about next class dates.

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

Dementia Caregiver Checklist

A new diagnosis of dementia can be overwhelming. Use this checklist to help guide your next steps. Whether you're hearing of a diagnosis for the first time or noticing changing symptoms in an existing diagnosis, it can be overwhelming. Not only are you dealing with the emotional reaction to it, but you may also be receiving lots of information from the healthcare team, friends, family, or researching on your own. It's important to take a step back and pause. All of this doesn't need to be done at once. In fact, it can be done over a few months.

Here's our recommendation for what to do after a dementia diagnosis or when recognizing new symptoms. If you've already done some of these steps, check them off:

- Sit back and take time to process for 1-2 weeks. Everyone responds differently to a diagnosis and changes. Some people feel sad, scared, embarrassed, or angry. Others may feel a sense of relief that they can finally put a name to the symptoms they've been experiencing. It is rare for things to change quickly, so take time to process feelings.
- Research and learn more about the diagnosis. Doing this will help you understand how the disease progresses and what to expect. You can learn helpful tips and strategies for common challenges caregivers face to make your life easier.
- Follow up with the healthcare team to ask questions about the diagnosis like:
 - * What is causing the dementia? There are many causes of dementia. Knowing the cause will help give you a better understanding of how the disease will progress.
 - * Are there any additional treatments or services that are available to my care recipient?
- If your care recipient was advised to stop driving, talk about plans for transportation moving forward. Some options to discuss include rides from family and friends, taxis, rideshare apps (like Uber and Lyft), public transportation, private driving services, or volunteer driver programs. You can also think about ways to avoid transportation, like ordering groceries online.
- Talk to family and friends about the diagnosis and how they can support you. Caregivers can experience friends and family drifting away after a diagnosis. This can happen for different reasons, like others not being comfortable around a person with dementia or because the caregiver becomes too busy. However, it's more important than ever to keep family and friends close and engaged with the care recipient. Socialization helps the care recipient's brain. It can also give you respite time in the future.
- Call your local Area Agency on Aging or Aging and Disability Resource Center to find out what resources are available in your area. This might include programs that can help with shopping, cooking, transportation, cleaning, and other needs. They can also connect you with adult day programs, respite care, and caregiver support groups.
- Get important legal and financial documents in order like Power of Attorney (POA) for Healthcare and POA for finances. A POA is a legal document naming who can help make decisions if the care recipient is unable to. Without it, their healthcare provider may ask someone else to make decisions based on state law. It may be someone they don't want making decisions for them. It is important to have these documents ready in advance to be in control of what happens.
- Get connected to resources that support you as a caregiver. There are many options available to explore, like caregiver support groups, online forums, counseling, respite care, and caregiver education.

Consider This: Ask your doctor for a referral to an occupational therapist (OT). OTs can do home safety assessments and driving assessments to make recommendations that can help your care recipient stay as independent and safe as possible.

You Don't Have To Do It All At Once

These are our recommendations. You can do them in any order you like and even add in your own steps. There's no set timeline for you to do these. You can complete them over a period of time that works for you. You can also talk to other caregivers who have been through this and find out what they did that was helpful to them.

Source: NY Caregivers

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

Transportation Program

*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.



* 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.

GET INVOLVED!
Strengthening yourself by Strengthening your Community

- ♦ **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@milyspantry.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.

Looking for Help with Medical Expenses?

If you qualify for the Medicare Savings Program (MSP), you will no longer have to pay the Part B premium which is taken from your Social Security benefit monthly. Income guideline limits to qualify are \$2,494/month for an individual and \$3,375/month for a married couple. Those eligible will automatically qualify for Extra Help which is a benefit directly applied to your Medicare Advantage or Part D plan. This benefit eliminates any Part D annual deductible, and your medication copays will be no more than \$5.10 generic or \$12.65 brand name for a 30-day supply. Extra Help will also cover up to \$58.82/month of your plan premium. Even if you think you are over the guideline, certain expenses can be deducted from your income which may make you eligible. There are no asset limits.

If you qualify for Qualified Medicare Beneficiary Program (QMB), you get all the same benefits with MSP (Part B premium and Extra Help), but QMB will also cover all your copays and coinsurances for medical and hospital services, but will only pay for services that Medicare pays for. Income guideline limits to qualify are \$1,856/month for an individual or \$2,509/month for a married couple. Even if you think you are over the guideline, certain expenses can be deducted from your income which may make you eligible. There are no asset limits.

If you qualify for Medicaid, you get all the same benefits of MSP, Extra Help, and QMB. Medicaid will also cover services that Medicare and QMB may not like in home care, vision, dental, and transportation. Qualifying for Medicaid also qualifies you for even lower Extra Help copays of no more than \$1.60 for generic or \$4.90 for brand name. Income guideline limits to qualify are \$1,856/month for an individual or \$2,509/month for a married couple. There are asset limits for Medicaid which are \$33,038 single/\$44,796 married (does not typically include your home or one vehicle).

*Call Pro Action Yates Office for the Aging (Ashley Beach) at 315-279-4321 to complete a Medicare Beneficiary Income Screening to see if you are eligible. Please have proof of your income, all Medicare cards and your most recent health insurance bill readily available to discuss.

Yates County Public Health 2026 Free Rabies Clinics

Date	Location
Wednesday May 6, 2026 6pm-7pm	CATS ONLY CLINIC Yates County Highway Department 939 State Route 14A Penn Yan, NY 14527
Saturday June 6, 2026 9am-10am	Yates County Highway Department 939 State Route 14A Penn Yan, NY 14527
Tuesday August 11, 2026 6pm-7pm	Yates County Highway Department 939 State Route 14A Penn Yan, NY 14527
Monday September 14, 2026 6pm-7pm	Italy Highway Barn 915 Italy Valley Road Naples, NY 14512 \$ 5 vet fee if you are not a resident of the Town of Italy
Wednesday September 23, 2026 6pm-7pm	Yates County Highway Department 939 State Route 14A Penn Yan, NY 14527
Saturday November 7, 2026 9am-10am	Yates County Highway Department 939 State Route 14A Penn Yan, NY 14527

- Reduce your wait time at Rabies Clinics! Scan to pre-fill your paperwork, or visit our website at: www.yatescountypublichealth.org
- Bring proof of any previous rabies vaccination (like a vet certificate or other rabies clinic certificate) and the new certificate will be valid for 3 years. All others will be valid for 1 year.
- Please have all animals on leash or in a carrier.

All vaccinations are FREE



Pro Action Yates Office for the Aging (OFA) Staff Spotlight

Meet **Sarah Thillman, Transportation & Home Safety Coordinator**, at Pro Action Yates OFA! Sarah has been with the Yates OFA since February 2021, but in her current role since 3/1/2025. She oversees the Transportation, Pup Up Pantry (PUP), Wellness Classes, Project Lifesaver (PL) and Personal Emergency Response System (PERS) services. If you or someone you know age 60+ needs a ride, she is the person to contact. She can also link people to PL, PERS, PUP and Wellness Classes. If you think Sarah could assist you in any way, contact her at 315-279-4321.



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THE GRAPEVINE EXPRESS MAY/JUNE 2026

Local Resource - Clinton Crest Manor

Clinton Crest Manor is a licensed adult care facility. It offers a safe, supportive and welcoming environment that allows for residents to live independently in a residence while still having access to assistance with daily living through the preparation of meals, medication supervision, housekeeping services, and laundry. Staff provide 24-hour supervision, personalized care, and peace of mind for families.

This is an ideal living situation for older adults who do not require the more intensive care of a nursing home or Continuing Care Retirement Community, but still requiring some level of assistance on a daily basis. Accommodations include 38 one bedroom rooms, complete with furnishings, individual half-bathrooms and individual temperature controls. They also have 1 suite and 2 rooms including showers. They offer a barber and beauty shop, convenience mobile store, transportation scheduling services and many other amenities. Room furnishings include: a twin bed, dresser, night stand, lamp, round table and two straight back chairs.

If you would like to learn more or schedule a tour, contact: Clinton Crest Manor, 411 Clinton Street, Penn Yan, NY 14527 Telephone: (315) 536-8800 E-mail: heidi@clintoncrestmanor.com

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/>



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