



THE GRAPEVINE EXPRESS

July/August 2026

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



Friday, July 3

Farmer Market Coupons

- ♦ Farmer's Market Coupons are available again this year. You need to: 1) be at least age 60 **AND** 2) be low income (contact Pro Action Yates Office for Aging for financial guidelines). Each older adult in a household is eligible to receive a booklet if they meet the requirements.
- ♦ Each booklet has \$25 worth of coupons (five \$5 coupons) to buy locally grown produce from the approved Farmer Markets. You will receive a list of markets with the coupon booklet.
- ♦ The coupons must be used to purchase produce items and cannot be spent on jams, baked goods, or crafts. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ♦ These coupons help older adults access fresh, healthy, locally grown produce, and they also help the area economy by supporting our local farmers.
- ♦ You need to get your booklet before 9/30/26 and coupons must be used before 11/30/26. Booklets are dispersed on a first come, first serve basis. **** Booklets should be available the 1st week in July ****

Please call Pro Action's Yates Office for the Aging at 315-279-4321 for further details.

WE ARE ANTICIPATING A VERY LIMITED SUPPLY THIS YEAR

Hot Weather Safety for Older Adults– National Institute on Aging

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues. Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat. What raises the risk of heat-related illnesses for older adults? Older adults are at higher risk for heat-related illnesses and death. Factors that put older adults at greater risk may include: *Health problems such as cardiovascular, lung, or kidney disease *Changes in skin caused by normal aging *Any illness that causes weakness or results in a fever *Taking drugs such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines that may make it harder for the body to cool itself *Being on several prescription drugs at the same time *Having obesity, overweight, or underweight *Drinking alcoholic beverages *Living in places without air conditioning or fans * Becoming dehydrated Things you can do to lower your risk of heat-related illness: *Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot. *If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night. * If your living space is hot, try to spend time during midday in a place that has air conditioning. Look for community cooling centers. *Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers. *Avoid outdoor exercising and other physical activity when it is very hot. *If you must go outside, try to limit your time out and avoid crowded places. *Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area. *Ask your doctor if any of your medications make you more likely to become overheated or sunburned.

July & August

- ♦ “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.

* No “Our Town Rocks” Community Gathering or Champion Meetings scheduled for July or August.

July 8-11

- ♦ Yates County Fair: Celebrating 187 years! Fair admission is \$10 per person. It includes: Parking, Musical Entertainment, All Grandstand Events, Daily Shows, and Pig Races.

July 16

- ♦ 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 July 16th at 2pm in the Yates County Office Building, Room 1037. Registration required by 7/14/26, please call 315-279-4321.

July 27 (Penn Yan) and July 28 (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 typically 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.

July 31

- ♦ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 7/31/26 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.

August 20

- ♦ 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 August 20th at 2pm in the Yates County Office Building, Room 1037. Registration required by 8/18/26, please call 315-279-4321.

August 21

- ♦ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 8/21/26 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.

August 24 (Penn Yan) and August 25 (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 typically 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.

Announcement: Special Edition Grapevine Express

Watch your mail for a Special Edition coming in August 2026. This edition will be dedicated to a variety of information related to Medicare.

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

Meet **Donna O'Connell, Receptionist**, at Pro Action Yates OFA! Donna has been with the Yates OFA since December 2015. She is the friendly voice on the other end of the call when contacting the Yates OFA. She is the one with a welcoming smile to greet all individuals stopping by the Yates OFA. Donna will listen to what the situation is and help link the person to the OFA staff person or local resource that can assist. Donna also assists the OFA programs with a variety of clerical needs including event registrations. She is also the main clerical support person for the AARP Tax Aide program. She does get out of the office a bit in the summer months to assist with the distribution of the Senior Farmer Market Coupons as well! If you think Yates OFA could help you in any way, give Donna a call at 315-279-4321.



Discover Live at Pro Action Yates Office for the Aging

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 July :

- ♦ July 14: Lima, Peru (Old City) 2:30pm
- ♦ July 16: Florence, Italy 12:30pm
- ♦ July 20: Bahia, Brazil 1:30pm
- ♦ July 28 Boston, Massachusetts 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. **August 20, 2026, at 3 pm- Spotting AI Writing: What it looks like and how to avoid it.**

Join us for an informative workshop on how to spot Artificial Intelligence (AI) writing with Alex Andrisik. Learn the hallmarks of AI generated writing, why it's important to recognize them and how AI is becoming more common in everyday communication. Location: Yates Older Adult Center at Pro Action Yates Office for the Aging, 417 Liberty St., Suite 1116 Penn Yan NY, 14527. Please call Pro Action Yates Office for the Aging at 315-279-4321 to register. RSVP by 08/17/26 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 tours and activities that will be happening in the Older Adult Center in July and August ****

**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 – 12 weeks In person classes or Microsoft Teams

Penn Yan – Tuesdays: July 7 to September 22 from 10:00-11:00 am at St. Paul's Lutheran Church

Penn Yan – Thursdays: July 9 to September 24 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. 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.

Navigating A New Caregiver Role from Trualta Website

Whether your care recipient is a parent, sibling, partner, friend, or neighbor, navigating the transition into a caregiver role can be challenging. You might feel overwhelmed by having to provide care in ways you've never done before, or stressed by taking on tasks your care recipient used to do. You may also be managing feelings of grief over the loss of who your care recipient used to be. Below are four things you can do to help you adjust to this new role.

Find Ways To Maintain Your Relationship

If you're close with your care recipient, it may feel strange to take on a caregiver role while preserving your past relationship. On the flip side, you may be tempted to force a close relationship with them now if you weren't close before.

To help smooth the transition, try to include parts of your relationship from the past to your new reality. This may help both of you recognize that some things are still the same. For example, you can:

- * Ask for their opinion on something
- * Show appreciation with a hug or saying thank you
- * Ask for help with tasks
- * Do a daily ritual together, like sitting down for coffee
- * Run errands together
- * Take them to places you liked to go together

Support Their Continued Independence

Even if they need a lot of help, you can find small ways to support their identity and independence. This may help both of you feel better, as well as help them continue to use important skills. You can try:

- **Giving them choices.** For example, what they'd like you to make for lunch or what color shirt they want to wear.
- **Finding ways they can contribute.** Can they stir dinner ingredients together, or help hang up the laundry to dry?
- **Asking for their input.** For example, work together to create a daily routine. Involve them in important discussions, especially when it concerns their care. Factors like medications or energy levels might affect daily tasks. Work together to figure out when certain activities would work better for them.
- **Letting them do as much as possible.** Although it may be tempting to do the task for them, help them use and retain skills by having them do as much of their daily activities as possible. Step in when they need help or if the situation becomes unsafe.
- **Let go of perfection.** Remind yourself and your care recipient to let go of the idea of how something "should be done" or completing it perfectly. The important thing is they're participating as much as they can.

Set Boundaries On What You Can & Can't Do

Sometimes, the hardest part of being a caregiver is feeling like you need to take on everything!

To prevent burnout and maintain relationships, it's important to know your limits. Start by going through their daily or weekly routine, making a list of activities your care recipient needs support with. Be specific about what parts of each task require help. Review this list and determine what you can help with and what you can't. Brainstorm who else can do the activities you can't do—like family, friends, paid services, or care staff.

For example:

Mom has trouble with:

- *Getting to the doctor's appointment every Tuesday—she can't drive*
- *Taking and refilling medications—can't unscrew the bottles, can't drive to pharmacy*
- *Getting dressed—needs help taking off and putting on shirts*
- *Taking a shower—can't reach up to wash her hair, needs supervision getting in and out*

<i>I can do:</i>	<i>I can't do:</i>
• <i>Drive to doctor appt every Tuesday</i> • <i>Pick up blister pack from pharmacy every 2 weeks</i> • <i>Help get into pajamas in the evening</i>	• <i>Help getting dressed in the morning. Sister can come over in the morning before work</i> • <i>Shower help . Set up home care</i>

Talk To Other Caregivers In Similar Situations

Remember—you're not the only one with feelings like this. Having the opportunity to share your experiences with other caregivers may help you process what you're going through on your caregiving journey. This can also help you learn tools and tips that have helped others in your same situation. The healthcare team or Area Agency on Aging may be able to help you find some support resources in your area.

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 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.

*Medical and Non-Medical trips are scheduled on a first come first serve basis with medical trips taking priority. Non-medical trips can include shopping, hair appointments, visiting a friend, etc. and will be scheduled around medical trips with preference for date and time given where the schedule permits.

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.** 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 stay 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@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.
- ♦ **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.

Are You Getting the Most Out of Your Doctor's Appointment?- IPRO Healthy Insights May 2026

How long do you spend speaking to your doctor? A study conducted by Health Services Research found that the average primary care doctor's appointment visit length was 15.7 minutes during which an average of six topics were discussed. That's a lot to cover in a brief window of time, but with the right preparation and planning, you can successfully get the information you need at your next doctor's visit. Here's how...

Plan in Advance: Before going to your appointment, write down three topics you'd like to go over with your doctor. Consider what is most important and concerning to you, whether that be symptoms you're experiencing or feelings you're having. To make it simpler, come up with three to four questions you'd like answered before the end of your visit. **Ask the Right Questions:** Sometimes, doctors talk about topics that are hard to understand. Asking for the meaning of a word or for the doctor to repeat instructions could help. Here are some more tips: • *Before a medical test*, ask why the test is important, what it will show, how you should prepare for it, when you'll receive results, and if you should expect any side effects. You may want to ask your doctor about the risks, benefits, and costs of tests and treatments they are suggesting and ask for additional preventative measures to take. • *If you are diagnosed with a condition*, asking what may have caused it, if it will improve, its treatment and management, and its long-term effects will help you manage your health. • *When discussing medications*, remember to ask how often and for how long you should take them. If you are unable to afford the cost of your medication, ask if there is a less expensive alternative or generic version, or if the manufacturer offers any programs to make the medication more affordable. **When the Date Comes:** Now that we've discussed before the appointment, let's go over what you should do during it. To start off, make sure you stick to the point and keep your descriptions short, but accurate. Tell your doctor when your symptoms started, how often they occur, and if they've gotten worse or better since your last appointment. Also, review your lifestyle and habit changes. Share all of the medications you're currently taking so your doctor has a full view of your health status. If you are having trouble hearing your doctor, ask them to face you and speak slowly. After your visit, request written material that you can take home to review what you've learned. **Some Subjects are More Difficult Than Others:** Part of receiving a complete check-up includes talking about challenging topics. Some of these include alcohol use, driving, falling and fears of falling, grief, mourning, depression, bladder control issues, memory problems, family issues, and sexuality. You may feel like your doctor doesn't want to hear about these subjects, or you could feel embarrassed to discuss them. Even if you feel this way, being completely honest with your doctor is the way to go. Remember, they might not be able to answer all of your questions, but they can give you additional information or refer you to a specialist. If you feel rushed, uncomfortable, or worried during your appointment, you may be unhappy with your doctor. Consider asking for a follow-up telephone call, virtual visit, or email. If you continue to feel unhappy with your healthcare provider, consider looking for another professional whose communication style is more comfortable for you.

Your thoughts are important to us!

As part of our annual budget process, Pro Action Yates Office for the Aging looks for your input to determine the needs of Yates County Older Adults and to obtain feedback on the services we provide.

We use a variety of methods to determine needs, including a review of the services we provide, a review of the phone calls and inquiries to our office, along with surveys and interviews with older adults in our community. **The most important part of this is your input.**

Please take a minute and let us know:

The most important needs of Yates County Older Adults: _____

How well are we are doing with the services we provide?: _____

Feedback on Office for the Aging Services: _____

Suggestions: _____

As always, if you have a question, problem or concern, we're just a phone call away at 315-279-4321.

For your convenience, your newsletter subscription renewal is on the back of this survey. Please complete both and send them to:

Pro Action Yates Office for the Aging, 417 Liberty Street, Ste. 1116, Penn Yan, NY 14527,
or fax to 315-536-5514,
or scan and email to bennett-tearsb@proactioninc.org

Stay Informed

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



Yates NY Connects/Office for the Aging

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JULY/AUGUST 2026

It's Time to Renew Your Pro Action Yates Office for the Aging Newsletter Subscription

Your newsletter support helps us reach more older adults and their families and to expand our services to you. No one will be denied a newsletter due to inability to pay. Please complete the form below and return it to the address listed. Please let us know if there are any corrections needed on your address. We suggest a \$15.00 contribution. Thank you!

For your convenience, your feedback survey is on the back of this renewal form. Please complete both and send them to:

Pro Action Yates Office for the Aging, 417 Liberty Street, Ste. 1116, Penn Yan, NY 14527,
or fax to 315-536-5514, or scan and email to bennett-tearsb@proactioninc.org

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

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How would you like to receive our bi-monthly newsletter Mail Only Email Only Both

In order to receive our newsletter year round should we:

☐ Send it to my **primary** address from ____/____ through ____/____ (month/day)

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Comments/Suggestions: _____