



THE GRAPEVINE EXPRESS

September/October 2026

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



Monday, September 7 & Monday, October 12

Medicare Open Enrollment: October 15th through December 7th 2026

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

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

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

The changes made during this time will go into effect January 1, 2027.

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

- **Penn Yan Yates County Building Auditorium:** Friday, October 16 from 2-3pm; Friday, November 20 from 2-3 pm; Monday November 30 from 2-3pm
- **Penn Yan Public Library:** Tuesday, October 20 from 5-6pm
- **Dundee Library:** Thursday, October 15 from 2-3pm; Wednesday November 4 from 10-11am
- **Yates County Highway Building (Benton):** Monday, October 19 from 2-3pm; Friday, October 30 from 10-11am; Tuesday, November 10 from 10-11am

Do you wish to not attend a presentation? We will be offering 2027 Yates County Medicare Reference Guide packets. Each packet will include all 2027 plan information, federal updates, and a comparison worksheet with tips and advice. These packets can be mailed to you, or you can stop in to pick one up. We will begin to distribute packets on Wednesday, October 15th, and you can call in advance to be added to the mailing list.

Call **315-279-4321** *after September 1st, 2026* to reserve your spot at a session or request a packet. Attendance at the group sessions is strongly encouraged as there will be limited availability for individual meetings. Individual meetings will not be scheduled until after October 1st, 2026.

***PRO ACTION YATES OFA SPECIAL EVENT DINNERS ***

SAVE THE DATES AND REGISTER BY 11/9/26

Pro Action Yates OFA Thanksgiving Dinner will be November 18, 2026 and Christmas Dinner will be December 16, 2026.* Both dinners will be held at the First Baptist Church. Sit down serving will start at 11:30. Register today by calling 315-279-4321. Menu will be shared in the next newsletter.

September 8

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

September 18

- ◆ Pro Action of Steuben and Yates, Inc. has partnered with Foodlink to provide a Drive Thru Pop Up Food Pantry on 9/18/26 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.

September 22 (Dundee) and September 28 (Penn Yan)

- ◆ 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 at the Penn Yan Library, 214 Main Street in Penn Yan and the 4th Tuesday each month from 4:00-5:00 pm at the Dundee Library, 32 Water Street in Dundee. Registration is requested by contacting 1-800-272-3900.

September 23

- ◆ 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 held on September 23rd at 2pm in the Yates County Office Building, Room 1037. Registration required by 9/21/26, please call 315-279-4321.

September 29

- ◆ “Our Town Rocks” Community Gathering monthly meeting are held at 6:00 pm at the Our Town Rocks Office, 12 Main Street in Dundee. For more information call Caryl Sutterby at 607-426-4015, go to www.ourtownrocks.org or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

October 13

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October 16

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

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October 27

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



September 9, 2026, at 2pm: Rock Painting: Join us for a fun afternoon of rock painting with Art Therapist Diane Stratton Smith. Whether making them for your garden, home, or as a gift, the choice is yours. No formal art skills are needed, just a desire to connect and have fun! Class offered in partnership with the Arts Center of Yates County. All materials will be provided. 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 9/4/26 at 4:00pm. Free and Open to Older Adults 60+.

October 14, 2026, at 2:00pm: Zentangle Art Class: The Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns called tangles. If you can form the letters S, O, C and I you can create beautiful Zentangle-inspired art. You will be provided with all the materials you need for the class. Class offered in partnership with the Arts Center of Yates County. 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 10/7/26 at 4:00pm. Free and Open to Older Adults 60+.

***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 September include:

- September 4: Prague, Czech Republic 12:00pm
- September 8: New York City (9/11 tour) 2:30 pm
- September 17: Ljubljana, Slovenia 1:30 pm
- September 22: Buenos Aires, Argentina (Street Arts) 1:30 pm

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 October ****

**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 and Microsoft Teams
Penn Yan – Tuesdays: October 6 to December 22, 2026 from 10:00-11:00 am at St. Paul's Lutheran Church
Penn Yan – Thursdays: October 8 to December 17, 2026 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: October 7, 2026, to January 20, 2027 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 are held on Mondays, Wednesdays and Fridays from 8:45 to 9:45 am in the Pro Action Yates Office for the Aging Conference Room. This class runs for 6 weeks. Contact our office for dates of the next class.

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. Contact our office for dates of the next class.

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

Stages of Grief—NYSOFA Caregiver Portal powered by Trualta

As you grieve the loss of your care recipient, you may go through different stages of emotions. Because everyone is different, you may not go through them in order, and you may even move back and forth between the same ones a few times. Keeping a journal to track what stage you're in can help you see your progress over time. Here's a breakdown of the stages of grief and what they might look like in your caregiving context.

Consider This: We can grieve many different types of loss throughout life. As a caregiver, you may have already dealt with grief on your caregiving journey. You may have experienced feelings of loss about:

- * Your care recipient's health or abilities
- * The relationship with your care recipient or others
- * A role you used to have before becoming a caregiver
- * Losing yourself or your freedom

The 5 Stages

Denial: Not wanting to accept your care recipient's diagnosis; Expecting your care recipient to get better; Convincing yourself that your care recipient hasn't changed.

Anger: Being frustrated with your care recipient or their diagnosis; Feeling alone or abandoned; Blaming others for your grief; Resenting caregiving tasks.

Guilt: Feeling bad for taking breaks from caring; Having negative thoughts about your care recipient or wishing they would disappear; Regretting previous actions toward your care recipient; Feeling guilty for experiencing relief to not be providing care anymore.

Sadness: Losing hope and not being able to imagine life after your care recipient; Withholding emotions or showing them more often; Withdrawing from family or friends.

Acceptance: Finding meaning in caregiving and your care recipient's life; Enjoying the remaining time with your care recipient; Allowing yourself to receive help from other; Recognizing your growth in handling loss.

4 Ways To Support Yourself Through Grief

The TEAR method includes 4 helpful strategies you can use to help you manage grief. Just like how you can move between stages of grief, you can work through the TEAR method tasks at different times.

T: To Accept The Reality Of Your Loss: This strategy involves coming to terms with the end of your care recipient's life and allowing yourself to begin healing. Here are some ideas you can try to support acceptance: Having a ritual, like a funeral or a celebration of life; Writing a letter to your care recipient; Talking to friends and family about how you're feeling; Seeking professional mental health support, like a therapist.

E: Experience The Pain Of Your Loss: This strategy involves allowing yourself to feel all the emotions and feelings that come with grieving, like sadness, anxiety, anger, emptiness, and loneliness. While this may sound obvious, it can actually be challenging, as these emotions can be quite painful. Giving yourself permission to feel them can help you process them. During this time, it's important to be patient and find ways to take care of yourself by: Getting enough sleep; Eating nutritious food (and enough of it); Spending time with people you're comfortable around; Getting enough physical activity.

A: Adjust To The Environment Without Your Care Recipient: Your care recipient may have played different roles in your life, and filling in that role can look different for everyone. For example, your care recipient may have always been the one to pay the bills or cook the meals—tasks that now need to be taken care of. Check-in with yourself and recognize when you need more help or resources as you adjust to this new way of life. In some cases, it may not be realistic for you to take these tasks on by yourself.

R: Reinvest In A New Reality: This strategy involves finding support to help you heal while allowing yourself to remember your care recipient and live your life with purpose. This might look like: Allowing yourself to have thoughts of your care recipient and accepting them without judgment; Celebrating your care recipient in a way that's meaningful and healthy for you; Forming new relationships with others; Doing new activities you enjoy.

⇒ Losing your care recipient is difficult. Remember that there are ways you can help yourself heal. It's normal to experience feelings of guilt for moving away from your sadness or for enjoying life without your care recipient. Recognize these feelings and remind yourself that there's no judgment in living your life meaningfully and healthily.

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.

*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.
- All animals being transported must be fully restrained within a carrier during the entire trip. They cannot be held in a lap, sit in a car seat, or ride on the floor. Drivers cannot assist with the carrier or the animal inside.
- 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 land-line 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

- ♦ **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.

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

Meet **Priscila Nunes-Ames, Yates Prevention Services Coordinator**, at Pro Action Yates OFA! Priscila has been with the Yates OFA since March 2024. She initially started as a Housekeeping Aide providing in-home services to older adults. She changed positions moving into her current role in April 2025. She is responsible for a variety of services. She is the technician for the Personal Emergency Response System (PERS) program handling installation, maintenance and removal of PERS units. She also puts on, replaces batteries and removes Project Lifesaver (PL) bracelets. These items help keep people safe in the community. She also leads Tai Chi, Bone Builders,, Walk With Ease and Bingocize exercise classes. The other component of her position is related to the Older Adult Center. She plans and organizes the Discover Live Tours and monthly activities that are offered.

If you or someone you know is in need of any of these services, reach out to Priscila at 315-279-4321. She would be happy to answer any questions about these programs and services.



National Falls Prevention Week: September 21-25, 2026 Excerpts from NYSOFA Aging Issue 55

* Falls are among the top causes of lost independence for older adults annually. NYSOFA data (excluding NYC) shows that 43,806 people (88%) currently being served by our network were at risk of falls and injuries related to falls. Based on a comprehensive assessment of themselves and their home environment, most older adults would like to stay as independent as possible for as long as possible in their own homes. Falling poses a serious threat to this independence. The fear of falls also increases social isolation and loneliness for many older adults who avoid going out because of these fears.

* A simple accident like losing your footing on stairs, tripping over a cord or throw rug or slipping in the bathroom can change the course of an individual's life, especially for older people who may have underlying or co-occurring conditions that are exacerbated by the results of a fall.

* Falls are a major driver for emergency room visits, hospitalizations and nursing home placement and they cost the health system billions of dollars annually. Falls are the second leading cause of unintentional injury deaths worldwide; adults over the age of 60 suffer the greatest number of fatal falls.

* Exercise classes are proven to decrease falls risk and reduce the fear of falling. Programs are available through Pro Action Yates Office for the Aging. Contact Priscila Nunes-Ames at 315-279-4321 for more information.

- ♦ Falls affect approximately 30% of the older population per year and cost in excess of \$50 billion annually.
- ♦ Individuals with two or more chronic diseases were significantly more likely to fall than individuals with two or fewer chronic diseases.
- ♦ By age 85, approximately two-thirds of all reported injury-related deaths are due to falls.
- ♦ Falls among adults 65 and older caused over 38,000 deaths in 2021, making it the leading cause of injury and death for that group.

Prevention

Preventing a fall minimizes your chances of injury and maximizes your chances of remaining independent. Some ways to prevent falls include:

- Gait, balance and functional training. Evident based programs such as Tai Chi, "Matter of Balance" and "Stepping On".
- Home assessment and modifications.
- Reduction or withdrawal of psychotropic drugs.
- Multifactorial interventions (individual fall-risk assessments followed by tailored interventions and referrals to address identified risks).
- Vitamin D supplements for those who are Vitamin D deficient.

As always, individuals should consult with their health care provider when considering any changes to medications, diet or other significant changes.

Environmental risk factors and prevention (Source: Mayo Clinic)

- Make sure stairs and hallways are well lit. Install nightlights to light the path from your bed to the bathroom. Keep flashlights at the bedside in case of power outages.
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- Avoid wet floors and use nonskid floor wax.
- Secure area rugs with double-sided, slip-resistant backing, and consider carpeting concrete, ceramic or marble floors to cushion falls.
- Stairs should have sturdy handrails on both sides. Add nonslip treads to hardwood stairs. Avoid using patterned or thick carpets on stairs since these make the edges of the steps harder to see and easier to trip on. Repair loose carpets and floorboards.
- Install grab bars near toilets and showers, replace glass shower enclosures with shatterproof material, and place slip-resistant rugs near the shower for safety. Consider using shower chairs and raised toilet seats.
- Remove clutter, low coffee tables, footrests and electric cords that may cause you to trip. Remove any shaky or damaged furniture.
- Make your bed easy to get in and out of, keep a phone near your bed, and remove any clutter from around the bed.
- Use easy-to-reach and low cabinets. Don't stand on chairs or boxes to reach higher cabinets or shelves. Instead, use a sturdy step stool with handrails for balance.
- Avoid chairs that are too low to get up from easily. Remove unstable chairs.

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FARMER MARKET COUPON DISTRIBUTION HAS ENDED

Our supply of Farmers Market Coupons, **have been exhausted**. IF you received a booklet, coupons must be used before 11/30/26. Call Pro Action Yates Office for the Aging at 315-279-4321 for questions.

Need Assistance with Medical Costs?

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

- Medicare Savings Program (MSP): Pays your Part B Premium.
 - Extra Help: Helps pay your Part D Premium.
 - Qualified Medicare Beneficiary Program (QMB): Pays your Medicare Premiums, Pays your deductibles and coinsurances if you see providers who participate in Medicare or who are in your Medicare private health plan's network. Medicare providers cannot charge you anything for Medicare-covered services.
- **Even if you think you may not qualify, please call Pro Action Yates Office for the Aging's Aging Services Coordinator (Ashley Beach) at 315-279-4321 for a screening.****

Stay Informed

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



Yates NY Connects/Office for the Aging

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