

# SENIOR SCOOP

SERVING TIOGA COUNTY SENIORS

*The Senior SCOOP is a bi-monthly newsletter published for all Tioga County Senior Citizens by Tioga Opportunities, Inc.'s Family Services Department and volunteer Senior Citizens.*



In response to the Coronavirus pandemic and in order to keep our community safe and healthy, Tioga Opportunities, Inc. has implemented several changes. Please note that although our services may look a little different right now, we're still here and committed to serving the residents of Tioga County!

Tioga Opportunities, Inc.'s Countryside Community Center (9 Sheldon Guile Blvd, Owego) will be closed for the following until Monday, May 18<sup>th</sup> (unless otherwise noted):

- Activities including classes (i.e. painting, ceramics), recreational activities (i.e. Wii Bowling, Bridge), and wellness classes (i.e. Chair Yoga, Tai Chi)
- Congregate lunch
- Countryside Community Center rentals

**PLEASE NOTE:** "Grab & Go" lunch bags will be available for older adults (age 60+) Monday through Friday from 11:30 AM to 12:30 PM at the Countryside Community Center. Please call Tioga Opportunities, Inc. at 607-687-4120 with any questions.



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## Free grocery and prescription deliveries

Are you homebound and need groceries or prescriptions delivered? Are you over 60? Do you have a compromised immune system?

Tioga Opportunities, Inc. will be offering grocery and prescription deliveries throughout Tioga County beginning the week of April 6, 2020 until further notice. All grocery and prescription orders must be pre-paid. For more information or to schedule a delivery, please call 607-687-4222, Monday through Friday, 8:30 AM to 4:30 PM.

### Managing stress during the Coronavirus outbreak

The Coronavirus outbreak has caused fear and panic for many. Here are some ways to stay safe and manage stress during this uncertain time:

*Just breathe*

- Practice good hygiene and plan ahead in case your routine is disrupted.
- Monitor your stress levels. If you experience major changes in your energy level, eating/sleeping patterns, or ability to concentrate or have thoughts of self-injury or suicide, seek help at the National Suicide Prevention Lifeline 1-800-273-8255 or text Got5 to 741741.
- Choose a few trusted news sources and only check them once or twice a day.
- Exercise, eat healthy foods, and get a good night's sleep. Avoid staying up late to monitor the news.
- Virtually reach out to different types of support networks (i.e. family, friends, colleagues, faith-based communities, and social organizations) to try to avoid isolation.
- Keep busy by finding ways to help others, and focus on other things, such as movies or TV shows.
- Start a gratitude journal or talk nightly with someone you're close with about fun or enjoyable moments of the day.
- Grounding exercises, sensory modulation, and deep breathing may be helpful for some people.

### Did you wash your hands?

The Center for Disease Control and Prevention (CDC) recommends everyone wash their hands for at least 20 seconds in order to help mitigate the spread of COVID-19 and help flatten the curve.

Here are some ideas of catchy songs to sing while you're washing your hands!

- The theme song to the Golden Girls, "Thank You for Being a Friend"
- The chorus to "Hey Jude" by The Beatles
- The chorus to "Africa" by Toto
- The first verse to "Fever" by Peggy Lee
- The song "This Land is Your Land"
- The theme song to Jeopardy



*If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be...Because during these times, hope will be the very thing that carries you through. --Unknown*

Don't forget!

COMPLETE YOUR 2020 CENSUS NOW.

- 1-844-330-2020
- [my2020census.gov](https://my2020census.gov)

If you need assistance, please contact Tioga Opportunities Inc. at 607-687-4120.



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**GREAT NEWS!**

Older adults who receive Social Security benefits will automatically be sent a stimulus payment (even if they don't typically file a tax return). Direct deposits should begin by April 17th, followed by checks in the mail.


Please check out the story below or call Tioga Opportunities, Inc. at 607-687-4120, ext. 331 for more information:

<https://www.washingtonpost.com/business/2020/04/01/bailout-checks-social-security/>









**TIOGA COUNTY MENTAL HYGIENE:**  
**607-687-4000**  
**MONDAY - FRIDAY FROM 9AM - 5PM**


**AFTER HOURS CRISIS NUMBER:**  
**607-687-1010**



## How Can You Protect Yourself From the Coronavirus (COVID-19)?

 <p><b>Eat Extra Servings of Fruits and Vegetables!</b></p>	 <p><b>Wash Your Hands Frequently!</b></p>	 <p><b>Stay Hydrated and Drink Extra Fluids Throughout the Day!</b></p>
 <p><b>Get Plenty of Sleep!</b></p>	 <p><b>Avoid Contact with Sick Individuals!</b></p>	 <p><b>Disinfect Frequently Touched Objects, Like Cell Phones!</b></p>

Individuals who have questions or concerns are encouraged to call the Coronavirus Hotline at 888-364-3065. For updated information, please visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

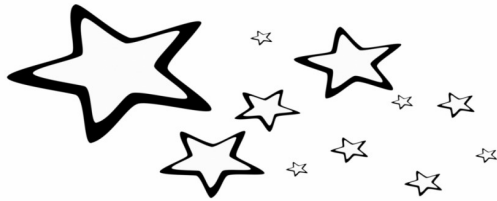




Below are resources to help you manage grief, social isolation, and the anxiety and uncertainty you may be feeling.

- Mental Health Hotline is 844-863-9314
- Grief groups - Grief.com
- AARP Social Isolation - [www.connect2affect.org](http://www.connect2affect.org)
- <https://aarpcommunityconnections.org>

*Only in the darkness can you see the stars.—Martin Luther King, Jr.*



**TIOGA COUNTY'S  
SELF RESPONSE RATE  
TO THE 2020 CENSUS IS  
36.5%**

**WE COUNT**  
in Tioga County.

United States<sup>®</sup>  
**Census**  
**2020**

COMING APRIL 1, 2020

We're doing great,  
Tioga County.  
Let's keep counting!

**Senior Medicare Patrol (SMP) Scam Watch  
Coronavirus (COVID-19)**

Be on the lookout for scams that could arise from the coronavirus (COVID-19) pandemic.

As a reminder:

- Protect your Medicare number and only provide it to your doctor and Medicare providers.
- Be cautious of anyone going door-to-door to offer free coronavirus testing, supplies, or treatments.
- Don't fall for scare tactics or time sensitive offers.

Contact the SMP for questions or to report Medicare fraud, error, or abuse at 1-877-808-2468 or at [smpresource.org](http://smpresource.org).



Clip and mail coupon with your contribution to:  
Tioga Opportunities, Inc.  
Family Services Department  
9 Sheldon Guile Blvd  
Owego, NY 13827

**Suggested Contribution**

Due to the high cost of publishing our newsletter, the Family Services Department is asking for a suggested donation of \$10 per year for a subscription to the Senior Scoop. No one will be denied the newsletter, however, due to an inability or unwillingness to contribute. All donations will go directly towards the creation and distribution of the Senior Scoop.



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**alzheimer's association®**

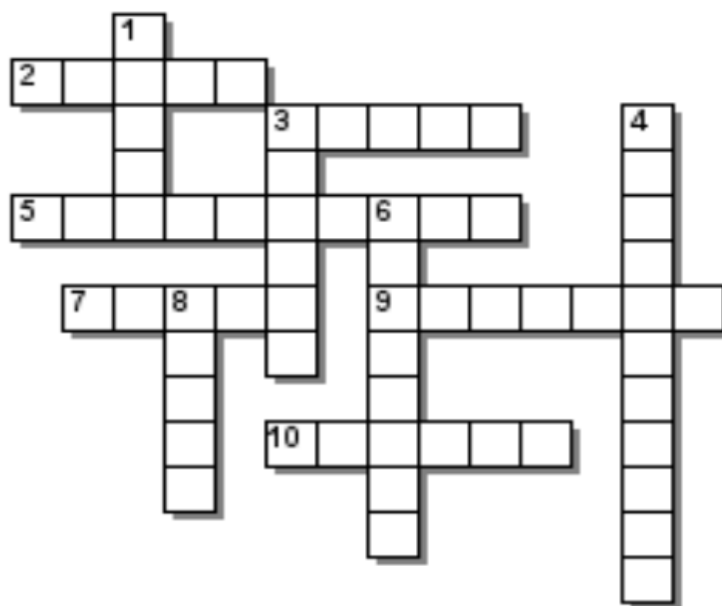
Caring for some with Alzheimer's isn't easy.  
Reaching us is.

**24-Hour Support: 800.272.3900**

On the web: [alz.org](http://alz.org)

PUZZLES & GAMES

# Spring Crossword Puzzle



**Across**

- 2 - flower; Dutch flower from a bulb
- 3 - Sow these in the ground and they grow
- 5 - A day for moms; holiday
- 7 - Sign of spring; bird
- 9 - April showers bring May \_\_\_\_\_.
- 10 - A small pool of water

**Down**

- 1 - Farmers \_\_\_\_\_ crops
- 3 - Season after Winter
- 4 - Bug that turns into a butterfly
- 6 - flower; yellow or white
- 8 - Spring \_\_\_\_\_; vacation

*<https://www.wealthwords.com>*

IF YOU WOULD LIKE THE "SENIOR SCOOP" TO COME TO YOUR HOME, please fill out the information below, indicate whether you would like to receive the SCOOP in your mailbox or email, and return this form to Tioga Opportunities, Inc.'s Family Services Department, 9 Sheldon Guile Blvd, Owego, NY 13827.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

I WOULD LIKE TO:

- Receive the Senior Scoop in my MAILBOX.
- Receive the Senior Scoop in my EMAIL.



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REHABILITATION AND NURSING

# Immune Boosting Foods

Prepared for Tioga Opportunities, Inc. December 2019

Adapted from Harvard Health Publications, 2018

Healthy immune systems need balanced, regular nourishment which we ideally receive from a variety of foods. Scientists have long recognized that people who live in poverty and are malnourished are more vulnerable to infectious diseases. Whether the increased rate of disease is caused by malnutrition's effect on the immune system, however, is not certain.



## ***So, what can you do?***

If you suspect your diet is not providing you with all your micronutrient needs -maybe, for instance, you don't like vegetables- taking a daily multivitamin and mineral supplement may bring other health benefits, beyond any possible beneficial effects on the immune system. Taking mega doses of a single vitamin can be harmful.

The best way to get vitamins and minerals is from a well-rounded diet, with plenty of fruits, vegetables, legumes, whole grains, and lean sources of protein, along with healthy fats, such as nuts and olive oil.

## ***Choosing foods to boost your immune system.***

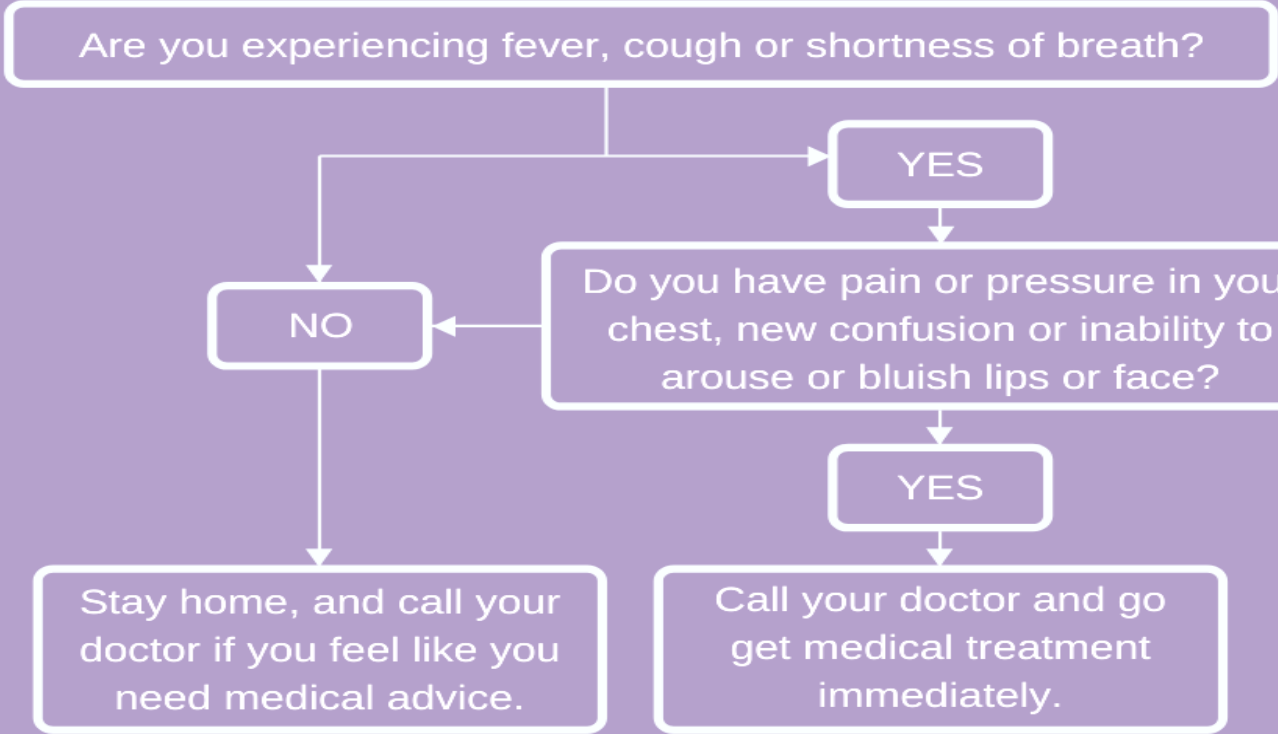
Five micronutrients—vitamin B<sub>6</sub>, vitamin C, vitamin E, magnesium, and zinc play roles in maintaining immune function, and supplements containing them are often sold as immune boosters in doses that greatly exceed the recommended daily allowance. However, there is no evidence that such supplements have more benefits than merely following a healthy diet. Rather than popping pills to get these micronutrients, you're wiser to use various foods to boost your immune system.

<b>Foods to boost your immune system</b>	
<b>Micronutrient</b>	<b>Food sources</b>
Vitamin B <sub>6</sub>	Chicken, cereals, bananas, pork loin, potatoes with skin
Vitamin C	Tomatoes, citrus fruit, sweet peppers, broccoli, kiwi fruit
Vitamin E	Sunflower seeds and oil, almonds, safflower oil, peanut butter
Magnesium	Whole wheat, legumes, nuts, seeds
Zinc	Oysters, beef shank, Alaskan king crab, turkey (dark meat)

# I think I might have Coronavirus. What should I do?



Office for the Aging



## We Welcome Gifts In Honor And In Memory

Remember your friends or loved ones by sending or suggesting a monetary gift to the Family Services Department IN HONOR or IN MEMORY of a relative or friend. We will recognize all such donations in the format requested by the donor (by name or anonymous). These gifts exclusively benefit the many programs we offer older adults throughout Tioga County. We thank you for your kind support.

*Happiness can be found even in the darkest of times if one only remembers to turn on the light.—Albus Dumbledore, Harry Potter & the Prisoner of Azkaban*

**Chemung Canal Trust Company**  
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FDIC



**NY Connects**  
Your Link to Long Term Services and Supports

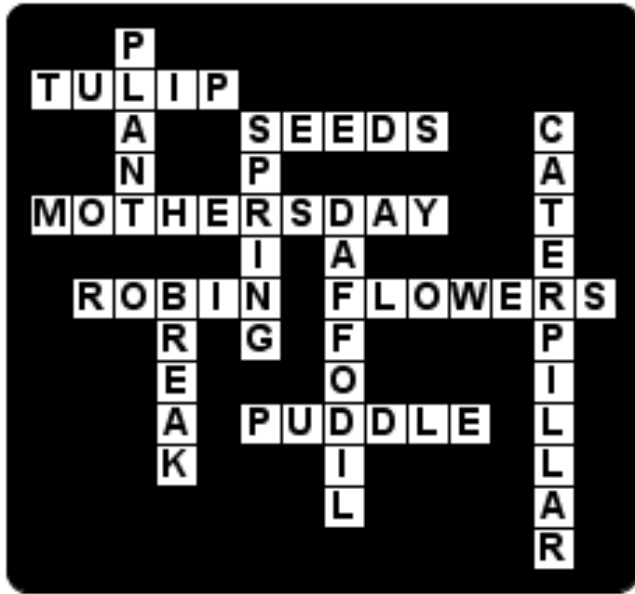
NY Connects is a trusted resource providing free information and assistance on long-term care and more for persons of all ages in Tioga County. We use a personal interpreter service for those with limited English speaking abilities. For more information please contact:

Tioga Opportunities, Inc.  
Family Services Department  
Countryside Community Center  
9 Sheldon Guile Blvd.  
Owego, NY 13827  
Call 607-687-4120 ext. 331

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**PUZZLES & GAMES ANSWER KEY**



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