

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.

Tioga Opportunities, Inc. offers free grocery and prescription deliveries to the community



Are you having a difficult time getting to the grocery store or pharmacy because of the COVID-19 pandemic? Would you prefer to stay at home and have your groceries and/or prescriptions delivered?

In response to the Coronavirus pandemic and in order to keep our community safe and healthy, Tioga Opportunities, Inc. is offering a FREE grocery and prescription delivery service. All grocery and prescription orders must be pre-paid to the vendor. For more information or to schedule a delivery, please call 607-687-4222, Monday through Friday, 8:30 AM to 4:30 PM. Your health and safety is our priority!

Thank you, Dollar General!



Tioga Opportunities, Inc. would like to send a heartfelt “thank you” to the Dollar General (575 Broad St., Waverly) for recently holding a food drive in their store and donating the non-perishable food items to the Family Services Department! These items will be packaged and delivered to some of our most vulnerable clients, those who are homebound throughout Tioga County. We appreciate your generosity and thank you for supporting our community!

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Don't forget!

COMPLETE YOUR 2020 CENSUS NOW.

- 1-844-330-2020
- my2020census.gov

Tioga County's response rate is at 65.3%. We are doing great, but let's keep counting! If you need assistance, please contact Tioga Opportunities, Inc. at 607-687-4120.



Ideas to stay connected & healthy

Fun and joy are necessary for our overall well-being and can even help stimulate our brains, especially if we're learning something new. Below are some ideas for some of our old favorite games, mixed with suggestions for other activities.

1. **Play board games:** If you're at home you're with other family members, challenge them to a game that requires you to outwit your opponent like checkers, backgammon, mahjong, or chess. Show them who's clever!
2. **Card games:** Play Solitaire if you're alone, or if you have partners try Gin Rummy, Bridge, Crazy Eights, Spades, Canasta, Go Fish, or Old Maid.
3. **Cook:** Many people find cooking and baking therapeutic. Find some old recipes you love and create healthy versions or create new healthy recipes. Share them over the phone with your friends and neighbors.
4. **Reminisce:** Go through all those old family photos that you have laying around. Think about those wonderful occasions and look at how you dressed then as opposed to the kind of clothing you now wear.
5. **Exercise:** Keep moving! Get up and walk around your house or apartment every hour or so. Also remember that there are television and web versions of exercise classes for older adults. Check your local television listings to find the dates and times, and don't forget to check YouTube for web-based fitness.
6. **Brain Games:** Pick-up a crossword puzzle or play some online word and number games. There are many that can be downloaded for free.
7. **Sing:** Even if you can't carry a tune, singing is known to have health benefits. It helps to stimulate your circulation and boosts your immune system.
8. **Listen to music:** Again, research suggests that listening to music helps to elevate your mood, reduces stress, and increases happiness.
9. **Spring Clean:** Now is a great time to clean out those closets that you've been meaning to get to, and rid yourself of those items that you no longer want or can no longer wear.
10. **Garden:** If you have a yard, now is a good time to fertilize your plants and flowers. If not, you might consider doing some inside planting in pots and keeping them on your windowsill.
11. **Create a Journal:** You can start a gratitude journal by writing down all that you have in life that you are grateful for, or write down your feelings and how you are going to overcome the negative ones.
12. **Laugh:** Remember that old saying, "Laughter is the best medicine?" Well, it turns out that it's true. Research shows that in times of uncertainty, laughter helps to calm us and ease our tensions. It also increases our oxygen circulation and stimulates our lungs, muscles, and heart, providing yet another boost to our immune system. So, while we're reminiscing, cooking, and playing games, let's just remember to laugh!

- ASSISTED LIVING
- SUBACUTE REHAB
- SKILLED NURSING
- MEMORY CARE
- OUTPATIENT THERAPY
- ADULT MEDICAL DAY SERVICES
- RESPITE CARE



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Memory Maker at Home



Knowing that there is a magnified correlation between social isolation and the cognitive/mental health decline of people living with memory loss, the Memory Maker Project has developed creative, virtual ways to engage people living with memory loss, their care partners, and the older population in general, through a program called “Memory Maker at Home.”

Initiatives within the program include weekly Virtual Art Talks in collaboration with local galleries and art museums, and the Memory Maker Radio Hour on 99.5 WBDY. A digital database has also been created on their website, offering fine art images with conversation prompts and printable short stories, written especially for people with dementia and their caregivers. Find out more at www.memorymakerproject.org.

Update on Economic Impact Payments for Social Security and SSI Beneficiaries



Beginning May 22nd, the Internal Revenue Service (IRS) issued Economic Impact Payments (EIP) to approximately 1.4 million SSI recipients with representative payees and 10.4 million Social Security beneficiaries with representative payees.

The IRS issued the EIPs via direct deposit and Direct Express starting May 22nd, to the same direct deposit account or Direct Express card as the recipient’s monthly Social Security or SSI payment. Paper check EIPs will be mailed starting May 27th.

Visit www.ssa.gov/coronavirus/#reppayee to learn about EIPs and representative payees. You can find the eligibility requirements and other information about the EIPs at the IRS’ Economic Impact Payment Information Center.

Summer Fun Word Search

- BARBECUE
- BATHINGSUIT
- BEACH BOAT
- CAR TRIP
- CHALK
- FAMILY
- FIREFLIES
- FIREWORKS
- FRIENDS
- FUN
- GAMES
- ICE CREAM
- LEMONADE
- PARTY
- PICNIC
- POOL
- SUNGLASSES
- SUNSHINE
- SWIM
- TOWEL
- VACATION
- VOLLEYBALL
- ZOO



L	F	I	R	E	F	L	I	E	S	S	D	M	V	E
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K	U	C	A	R	T	R	I	P	L	L	E	N	S	Q
E	G	A	M	E	S	E	L	B	O	Y	Y	N	U	X
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C	Z	H	U	R	T	J	E	M	T	C	K	Q	X	Z

Provided By Chicken Scratch NY



Tips for Dementia Caregivers at Home

Caregivers of individuals living with Alzheimer's and all other dementia should follow guidelines from the Centers for Disease Control (CDC), and consider the following tips:

- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice. Unless the person is having difficulty breathing or a very high fever, it is recommended that you call your health care provider instead of going directly to an emergency room. Your doctor may be able to treat the person without a visit to the hospital.
- People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
- Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds.
- Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to handwashing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.
- Think ahead and make alternative plans for care management if the primary caregiver should become sick.

(<https://www.alz.org/alzheimers-dementia/coronavirus-covid-19>)

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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On the web: alz.org

SENIOR CITIZEN CLUBS OF TIOGA COUNTY

TOWN	PRESIDENT/CONTACT	PHONE NO.	MEETING INFORMATION
Apalachin-Little Meadows	Charles DiGiacomo	625-2855	Meets at Noon on the 1 st Saturday of each month at the Apalachin United Methodist Church. Dish to pass.
Barton	Josephine Canzler	565-4429	Meets at 10:30 AM on the 4 th Tuesday each month at the Barton Community Club Hall.
Berkshire	William Stell	856-689-3573	Meets at 6:00 PM on the 2 nd Thursday each month at the Berkshire Fire Station: Apr-Sept meets at 6:00 PM; Oct-Mar meets at 12:00 PM.
Candor	Lila Hall	659-7139	Meets at Noon on the 4 th Thursday of each month at the United Methodist Church. Dish to pass.
Owego	Paula Slavy, President	624-4377	Golden Agers meet at 12:30 PM every 3 rd Friday. Please call for location of meetings.
Newark Valley	Carol Boughton, Pres.	642-5213	Meets at 12:00 PM at the Newark Valley Fire Station the 3 rd Thursday of every month. Dish to pass.
Nichols	Linda Carr	570-744-2720	Meets at 10:00 AM at the Nichols Methodist Church on the 2 nd Monday (bag lunch & bingo) and the 4 th Monday at Noon (dish to pass & entertainment).
Owego	Dianne W. Glann	237-9318	Meets at the Countryside Community Center, 9 Sheldon Guile Boulevard at 6:00 PM on the 1 st Monday of each month. Dish to pass. No meeting if center is closed.
Spencer	Shirley Richards	589-6838	Meets at Noon the 3 rd Tuesday of each month at the Spencer Municipal Building. Dish to pass.
Tioga Center	Douglas Graves	687-4231	Meets at Noon the 3 rd Tuesday of each month at the Tioga Center Methodist Church. No meetings in January & February.
Waverly	Patty Benjamin, Secretary	570-247-7410	Meets at Noon the 1 st and 3 rd Tuesday of each month at the Waverly Presbyterian Church. Brown bag lunch.

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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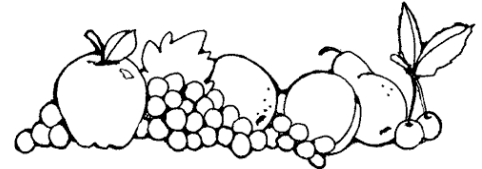
Join us for lunch at the Countryside Café!

Lunch is served Monday through Friday from 11:30AM to 12:30PM.
 Suggested contribution is \$4.00 for age 60 and over and \$6.00 for ages under 60.
 Contributions may be made in the form of cash, check, SNAP, or credit/debit card.

Countryside Community Center • 9 Sheldon Guile Blvd., Owego, NY 13827 • 607-687-4120 ext. 320

Updates: Congregate Dining & Countryside Community Center

We are looking forward to welcoming guests back to our Congregate Dining program during the month of June! Although our tentative target “re-opening” date is Monday, June 15th, this will be contingent upon the beginning of Phase 3 of Governor Cuomo’s plan. Please call 607-687-4120 to ensure that we are open for lunch prior to your arrival if you are hoping to enter the building to eat.



We will continue to offer “Grab & Go” lunch bags at the front door of the Countryside Community Center, Monday through Friday from 11:30 AM to 12:30 PM, in order to provide an alternative for those who might not yet feel comfortable eating in a congregate setting. This service will continue until further notice.

We are excited to begin welcoming the community back into our building and have been busy making changes to increase safety measures for our customers and staff alike. You will notice plexiglass barriers at our reception desk and on the serving line in the dining room. Social distancing markers will be used on the floors and staff will wear masks when interacting with customers in our buildings. Several chairs have been removed from our lobby and from all of the tables in the dining room. Detailed “re-opening” plans are available for the public to view in our lobby. Please call 607-687-4120 with any questions or concerns!

Countryside Café Menu

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Summer Vegetable Frittata	2 Stuffed Peppers	3 CLOSED July 4th Holiday
6 Tuscan Chicken Pasta	7 Spanish Rice with Black Beans	8 Roasted Turkey	9 Chicken Philly Cheesesteak Sandwich	10 Pot Roast
13 Cheesy Rice & Beans	14 Macaroni & Cheese	15 Meatloaf	16 Chicken Cacciatore	17 Roasted Pork Loin
20 Chicken & Biscuits	21 Turkey Burger	22 Chicken Caprese	23 Shepherd's Pie	24 Cannellini Beans & Vegetables
27 Spaghetti & Meatballs	28 Chicken Sausage with Onions & Peppers	29 Swedish Meatballs	30 Brunch Day Pancakes	31 Fish Sandwich



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.

In memory of Shirley Planishek from Roger and Lee Ann Williams

In memory of James Evans from Dan and Mary Jo Carey

In memory of Robert Corbin from Rhonda Seeley

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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

*Rise above the storm and
you will find the sunshine.*

—Mario Fernandez

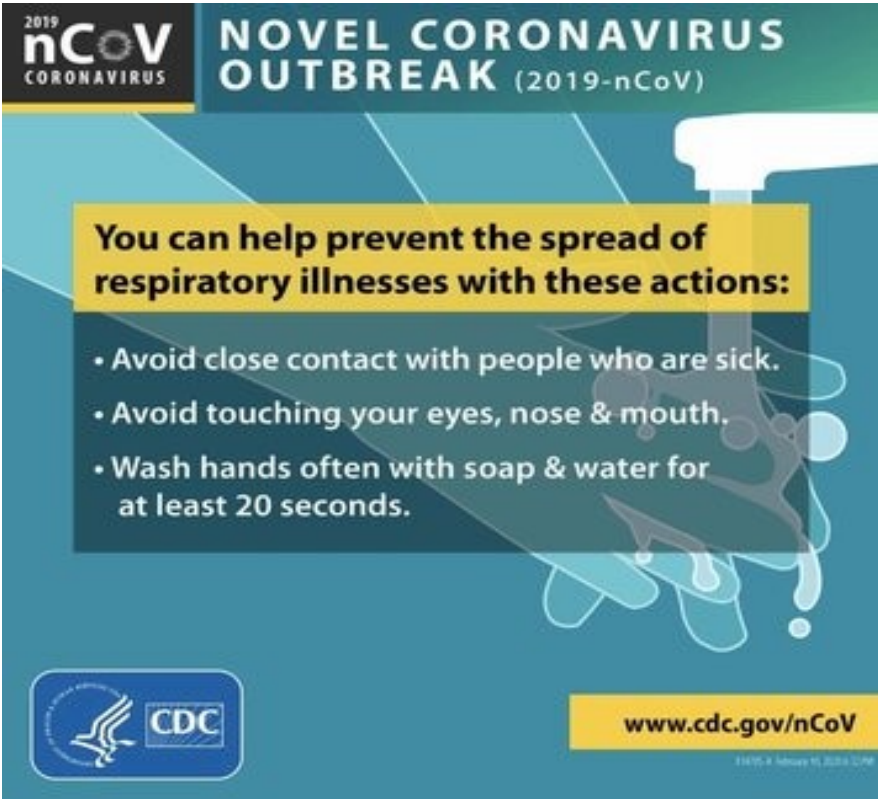
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VOLUNTEERS NEEDED IN THE FOLLOWING AREAS:

Home Delivered Meals—Meal Packers, Home Delivered Meals Drivers,
Kitchen Helper, Holiday Luncheon Servers

If interested, please contact us for an application: Tioga Opportunities, Inc. Family Services Department, 9 Sheldon Guile Blvd, Owego, NY 13827 or call 607-687-4120, ext. 315.




2019 nCoV CORONAVIRUS

NOVEL CORONAVIRUS OUTBREAK (2019-nCoV)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.

 www.cdc.gov/nCoV

SENIOR SCOOP - Editorial Policy -


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