

# 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.*

## Have you submitted your census yet? Time is running out!

Conducted every 10 years by the U.S. government, the Census counts every person living in the USA. It includes 10 questions and takes 10 minutes to complete.

The Census determines how many representatives your state has in the House, how many Electoral College votes your state gets, and how the voting districts are drawn. Census data determines federal funding for schools, roads, hospitals, and other critical services! Federal funding to state programs is about \$2,000 per year for 10 years per person counted in the Census. Missing just 100 people in our area could mean we miss out on \$200,000 per year, or \$2 million over 10 years! The Census is safe. Records are kept confidential by law for 72 years. The U.S. Census Bureau is prohibited from sharing respondents' personal details with other government agencies. Census Bureau employees swear a lifetime oath to protect respondent information.

Go to [my2020census.gov](http://my2020census.gov) or call 1-844-330-2020 to complete your census today – it only takes 10 minutes and can make a big impact on your community!



### In This Issue

- 1 Census, HAL Program
- 2 Gambling, TOI Website
- 3 Farmers' Market Coupons, Caregiver Tips
- 4 Nutrition News
- 5 Senior Citizen Clubs
- 6 Walk With Ease, Chronic Disease
- 7 Memorial Gifts and Subscriptions
- 8 Housing Available



### Do you have an appliance that needs to be replaced soon?

Tioga Opportunities, Inc.'s Home Appliance Loan Program (HAL) offers low interest loans to low- to moderate- income individuals and families in need of a major appliance including refrigerators, freezers, stoves, washers and dryers, and air conditioners.

Participants apply to the program, provide proof of income, and have a demonstrated ability to make on-time payments, which will be reported to the three major credit bureaus. TOI will purchase new appliances from a local vendor who will deliver and install the appliance in the participant's home.

Traditional "rent-to-own" entities charge extremely high interest rates, often resulting in the buyer paying four times the cost of the actual appliance over an extended period of time. TOI strives to empower individuals and families with the skills and tools necessary to achieve financial stability and independence. The HAL program is one way to gain an asset and build good credit.

For more information on the HAL Program, contact TOI at (607) 687-4222, ext. 353.



## What's the Big Deal with Gambling?

Gambling means to risk something of value on a game of chance in the hopes of a positive outcome. Many people gamble and do not have a problem. However, for some, gambling can become a real problem. The Finger Lakes Problem Gambling Resource Center (FL-PGRC) has been working to increase awareness of problem gambling and connect those adversely affected by problem gambling to the care they need. The FL-PGRC provides education, training, referral, and treatment options to individuals and families in need.

Problem gambling is when gambling causes problems in your life, such as financial struggles, relationship turmoil, or work-related problems. Gambling for many seniors can serve as entertainment or a social activity. However, betting with money designated for household necessities, gambling more to escape grief and stress, and hiding gambling losses from family are a few of the warning signs of problem gambling.

### Here are some tips to be a responsible gambler:

- Set limits on time and money and stick to them.
- Be prepared to lose.
- Don't gamble to win back losses. This is called "chasing."
- Treat the money you lose as the cost of your entertainment.
- Do not borrow to gamble.
- Gambling should not interfere with or substitute for friends, family, work, or other activities.
- Don't gamble to cope with emotional or physical pain.

If you or someone you care about is experiencing problems due to gambling, call the FL-PGRC at (585) 351-2262 or email [FingerLakesPGRC@nyproblemgambling.org](mailto:FingerLakesPGRC@nyproblemgambling.org).



**NEW SITE. NEW LOGO.  
SAME GREAT MISSION.**

*Introducing the new [tiogaopp.org](http://tiogaopp.org)*



Tioga Opportunities, Inc. has unveiled a completely redesigned logo and website, [www.tiogaopp.org](http://www.tiogaopp.org). The new website features a clean design and responds to the needs of our community by focusing on an integrated and holistic service approach for individuals and families. Created with the user's experience in mind, visitors can easily navigate essential information to make well-informed decisions and access TOI programs and services.

"We are excited to share our redesigned website with the community," said Kristin Sherman, Public Relations Coordinator. "The new design ties together our agency's updated mission and vision statements, and values. We focused on the needs of our customers by simplifying content, adding new resources, and showcasing our new logo. Designed by a team of TOI staff, our new logo creates a more inclusive and meaningful representation of our agency and the people and communities in Tioga County."

Visitors can view TOI programs and services, updated agency news features and articles, make secure online donations and payments, and subscribe to the agency's e-newsletter by visiting the website at [www.tiogaopp.org](http://www.tiogaopp.org)



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## Senior Farmers' Market Coupons booklets are available!

Pick up your booklet at the  
**Countryside Community Center**  
 9 Sheldon Guile Blvd., Owego

**Monday through Friday from 9:30AM to 1:30PM**

Each eligible individual in a household is able to receive a booklet of coupons.  
 This year, due to the COVID pandemic, coupon booklets can be mailed to your home.  
 Each person receiving a coupon booklet will also receive a reusable face mask.

### Eligible recipients must be:

- 60 years of age or older and have a monthly income that is at or below:  
 \$1,968/month for a one-person household; \$2,658/month for a two-person household

For more information, please call Tioga Opportunities, Inc. at (607) 687-4120.

## Running on Empty?

### *Avoid Caregiver Burnout.*

Caregiver burnout can affect anyone providing care for a loved one. Here are a few tips to help you care for yourself and your loved one.

1. Set reasonable goals. Set monthly goals such as scheduling and paying bills. Weekly goals could include a set laundry day. Be sure that goals are reasonable and not overwhelming. Start small.
2. Know your limits. Know when to stop and simply slow down. Know that it's ok to not always meet every goal. Know your own limits.
3. Stay healthy and positive. Go for a walk after dinner. Take a yoga or group exercise program. Read a good book or take a nap.
4. Reach out and trust someone. Fostering relationships outside of your caregiving role can help prevent isolation and serve as a great way to cope with stress.

For more information on how to avoid caregiver burnout, please call Tioga Opportunities, Inc. at 607-687-4120, ext. 331 and watch for more tips on our Facebook page!

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(800) 342-9871 (607) 687-4120

(607) 724-2111



## How has COVID 19 impacted you?

*Tioga Tells wants to hear from you!*  
 Take the survey today at [www.tiogaopp.org](http://www.tiogaopp.org).



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 NETWORK**  
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## Hydration Tips for Older Adults

Adapted from agingcare.com, July 2020

Not getting enough fluids can pose serious health problems for anyone, but older adults are at particular risk for dehydration. With age, our body's ability to conserve water is reduced. This can make it more difficult to adapt to things like fluctuating temperatures. Additionally, the sense of thirst diminishes with age. By the time someone actually feels thirsty, essential fluids could already be extremely low.

Initial signs to look for include headache, constipation, muscle cramps, dry mouth and tongue, and sleepiness or lethargy. Urine color is another helpful indicator and should be clear or light yellow for someone who is properly hydrated. Talk to your health-care provider about other signs and symptoms to look out for if you are concerned about dehydration.

For most of us, drinking plenty of fluids and eating foods with a higher water content is a great way to keep our bodies properly hydrated in warmer weather. Most adults need about 64-ounces of fluid every day, but that amount increases with heat and humidity and can change based on various medications and health conditions. A good rule of thumb is to try balancing fluid intake with output. If you are sweating or urinating more frequently, then your fluid intake should become more frequent as well.

Remember, water is not the only option. Most fluids count towards the 64-ounces (except for alcohol), and many foods do, too. If you are unwilling to drink plain water, there are plenty of modifications and alternatives available. Opt for pre-flavored waters, combine a half water/half juice mixture, or try fruit-infused water. Consider both savory and sweet flavors. Warm chicken, beef, or vegetable broth can provide a soothing savory source of fluids and electrolytes that seems more like a "meal" and less like a drink. For those who are fond of sweets, popsicles, milkshakes, and smoothies may be more enticing options that function as a sweet vehicle for fluids.

Foods can be hydrating, too! While water is the go-to for most people, keep in mind that beverages are not the only source of fluids. Raw fruits and vegetables can pack a hydrating punch as well. For example, a small plate of cut vegetables, like celery sticks, cucumber slices, cherry tomatoes, and bell pepper slices served with a healthy dressing or hummus for dipping can be a nutrition- and fluid-filled snack. Choose more fruits and vegetables with a higher percentage of water. These include cucumber, tomato, watermelon, bell pepper, grapes, cantaloupe, oranges, blueberries, and apples.



## SUMMER SQUASH & WHITE BEAN SALAD

### Ingredients:

4 cups diced summer squash  
 1 cup chopped red onion  
 2 1/4 cups cooked or 1-19 oz. can  
 cannellini beans, rinsed and drained  
 2 tablespoons of vegetable oil  
 1/4 cup apple cider vinegar  
 1/2 tablespoon chopped rosemary  
 Salt and pepper to taste

### Directions:

1. In a large bowl, combine squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve, and enjoy!
5. Refrigerate leftovers. Makes 10 servings.

Adapted from <http://newhope360.com>



## SENIOR CITIZEN CLUBS OF TIOGA COUNTY

TOWN	CONTACT	PHONE NO.	MEETING INFORMATION
Apalachin-Little Meadows	Charles DiGiacomo	625-2855	Meets at Noon on the 1 <sup>st</sup> 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 <sup>th</sup> Tuesday each month at the Barton Community Club Hall.
Berkshire	William Stell	856-689-3573	Meets at 6:00 PM on the 2 <sup>nd</sup> 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 <sup>th</sup> Thursday of each month at the United Methodist Church. Dish to pass.
Owego	Paula Slavy	624-4377	Golden Agers meet at 12:30 PM every 3 <sup>rd</sup> Friday. Please call for location of meetings.
Newark Valley	Carol Boughton	642-5213	Meets at 12:00 PM at the Newark Valley Fire Station the 3 <sup>rd</sup> 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 <sup>nd</sup> Monday (bag lunch & bingo) and the 4 <sup>th</sup> 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 <sup>st</sup> Monday of each month. Dish to pass. No meeting if center is closed.
Spencer	Shirley Richards	589-6838	Meets at Noon the 3 <sup>rd</sup> Tuesday of each month at the Spencer Municipal Building. Dish to pass.
Tioga Center	Douglas Graves	687-4231	Meets at Noon the 3 <sup>rd</sup> Tuesday of each month at the Tioga Center Methodist Church. No meetings in January & February.
Waverly	Patty Benjamin	570-247-7410	Meets at Noon the 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of each month at the Waverly Presbyterian Church. Brown bag lunch.

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## Walk With Ease

The Walk With Ease *self-directed* walking program allows participants to walk on their own, at their own pace, to increase their physical activities. If you have movement challenges caused by health conditions, but you are able to walk independently, Walk With Ease is for you!

The program is proven to:

- Reduce arthritis pain and discomfort
- Increase balance, strength, and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Contact Mary Maruscak, Director of Community Health Education, at Rural Health Network SCNY to learn more about participating in Walk With Ease! 607-692-7669 x 209 or [mmaruscak@rhnscny.org](mailto:mmaruscak@rhnscny.org)

## Chronic Disease Self-Management Telephonic Program

In response to the COVID-19 pandemic, Rural Health Network SCNY is holding a telephonic version of the Chronic Disease Self-Management Program workshop. This 6-week program is designed to help with problem solving, decision making, pain management, action planning, and so much more. If you have symptoms associated with a long-term health condition and would like to learn tools and skills to help manage those symptoms, call Mary Maruscak, Director of Community Health Education, at Rural Health Network SCNY. 607-692-7669 x 209 or [mmaruscak@rhnscny.org](mailto:mmaruscak@rhnscny.org)

# HOW TO IDENTIFY A CENSUS TAKER



**TIME OF DAY**  
Census takers will visit between 9AM - 9PM LOCAL TIME

**ID BADGE**  
Ask for official Census Bureau identification

**VEHICLE IDENTIFICATION**  
An "Official Business" notice will be placed on the vehicle

**SMART DEVICE**  
Census takers will carry a tablet or phone to record information

**WEAR A MASK**

Census takers are required to wear a mask and maintain 6ft social distancing

**Fill out your form online or by phone!**  
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# 5 TIPS

To Prevent Falls at Home

- 1** Make sure house is well lit
- 2** Get rid of clutter and cords on floor
- 3** Install grab bars in bathrooms
- 4** Remove throw rugs and mats
- 5** Keep things in easy-to-reach places

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## 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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9 Sheldon Guile Blvd, Owego, NY 13827

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[www.tiogaopp.org](http://www.tiogaopp.org)



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