

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.



alzheimer's association

Tioga Opportunities, Inc. offers presentation on "Understanding Alzheimer's & Dementia"

Do you have a family member or loved one suffering from Alzheimer's disease or another type of dementia? Would you like to learn more and be better informed? Join Tioga Opportunities, Inc. on **Tuesday, November 17th from 3:30 to 4:30 PM via Zoom**. This informational and virtual presentation will review the basics of Alzheimer's and dementia, explore their relationship, examine what happens in a brain affected by Alzheimer's, and detail the risk factors and the general stages of the disease. The presenter will also identify FDA-approved treatments available for symptom management and other helpful Alzheimer's Association resources.

The program is free to attend, but registration is required. Please call 607-687-4120, ext. 331 to reserve your spot today. The link for Zoom will be provided to participants closer to November 17th; please provide us with your email address so we can email you the login information.

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TAKE ACTION!

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state, and federal elections
so you are represented at
every level of government.



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**Find information on absentee
ballots inside this issue on page 2!**

Visit www.vote.gov



Frequently Asked Questions: Absentee Ballots in New York State for the 2020 Election

Can I vote by absentee ballot in New York in 2020?

If you're a registered voter, yes, you can. Due to the COVID-19 pandemic, New York State has expanded eligibility in 2020 and 2021. A registered voter can request an absentee ballot if they're unable to vote in person because of the "risk of contracting or spreading a disease that may cause illness."

Do I have to request an absentee ballot?

For the upcoming election on November 3rd, you will have to formally request an absentee ballot. You may have received one earlier this year—that's because local officials were required to send all registered voters an absentee application (in the case of the primary) or an actual ballot (in the case of school budget votes) due to those elections being held during the height of the pandemic. If you applied for an absentee ballot for the June primaries, you were given the option to check a box for the general election ballot. If you checked that box at that time, you've already applied for a ballot for the November election.

How do I request an absentee ballot?

You can request an absentee ballot in three ways:

- By visiting absenteeballot.elections.ny.gov and filling out the online form.
- By contacting your county's Board of Elections by phone, email, fax, mail, or in person. If you live in Tioga County, the contact information is 1062 State Route 38, PO Box 306, Owego, NY 13827. Their phone number is 607-687-8261.
- Tioga Opportunities, Inc. is a voter registration site and can also assist. Please contact us at 607-687-4120, ext. 331.

If you're requesting an absentee ballot for reasons related to COVID-19, make sure that you select the "temporary illness" option when asked for your reasoning.

When do I need to request an absentee ballot by?

Your ballot request must be completed or postmarked by October 27th if you're submitting it via mail, email, online, phone, or in person per New York State Board of Elections.

Please keep in mind that the United States Postal Service has warned states (including New York) that it can't guarantee you will receive your absentee ballot on time unless the application arrives at least 15 days prior to the election. To ensure that you receive your ballot on time, send in your application prior to October 19th.

What is the deadline to send my absentee ballot?

If you're mailing your ballot in, it must be postmarked by November 3rd and received by your county Board of Elections by November 10th. You can also drop off your absentee ballot in person at your county's Board of Elections or at a polling place no later than 9:00 PM on Election Day, November 3rd. Early voting runs from October 24th to November 1st and those sites will also accept your ballot.

(Sources: Press & Sun Bulletin and New York State Board of Elections)

Medicare Open Enrollment

Medicare's Open Enrollment Period is October 15th through December 7th.

What is the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year--things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. **If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.**

(CMS, website, 6/21/17)

**Questions? Please contact Tioga Opportunities, Inc.
at 607-687-4120, ext. 344.**

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How serious is influenza?

Although many people think of influenza as just a common cold, it is really a specific and serious respiratory infection that can result in hospitalization and death.

Infection rates from seasonal influenza are highest among children, but the risks for influenza-related complications, hospitalizations, and deaths are highest among adults ages 65 years and older, and people of any age who have medical conditions that place them at increased risk for complications from influenza.

Is there an alternative to vaccination in preventing Influenza? No. Vaccination is the single best way to prevent influenza and its complications. Some steps that may help prevent the spread of respiratory illnesses, like influenza, include:

1. Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze – throw the tissue away after you use it and then wash your hands.
2. Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
3. Stay away as much as you can from people who are sick.
4. Try not to touch your eyes, nose, or mouth. Viruses often spread this way.

When should people be vaccinated? Health experts recommend that patients should be vaccinated by the end of October. Vaccination should continue into the winter and spring, even until April or May.

Adapted from: Immunization Action Coalition (10/19)

Tioga County Fun Fact:

The Tioga County Courthouse is the tallest building in the county. Built between 1871 and 1873, it is one of the oldest functioning courthouses in New York State. Originally known as the "New Court House," the Tioga County Courthouse was built on property called the Village Park, centrally located in the Village of Owego.



Adding an Apple a Day is a Snap with help from SNAP-Ed New York!

SNAP-Ed New York is excited to announce our new statewide website, www.SNAPEdNY.org – a one-stop destination for providing those in need with the tools to shop for and cook healthy meals while on a limited budget. SNAP-Ed New York keeps current times in mind by providing low-cost recipes, simple cooking videos, interactive lessons, and tons of ways to save time, save money, and eat healthy.

Fall is quickly approaching. The leaves will be falling, and apple trees will be ready to pick soon! Do you enjoy making fall recipes with apples? Apples are a great way to add a serving of fruit into your day. For adults, the USDA recommends aiming for 2 servings of fruit every day. That means 2 whole apples. Apples will provide you with soluble and insoluble fiber which can help keep you full longer, regulate blood sugar, and aid in healthy digestion. Fiber can also help reduce the risk of chronic diseases such as heart disease, diabetes, diverticular disease, and constipation. To meet the daily recommendations of fruit, try our Apple Nachos! Drizzle some protein packed peanut butter over sliced apples and top it with sunflower seeds, cranberries, and mini chocolate chips.

Looking for additional healthy and affordable recipes, tips for saving money, and more? Visit www.snapedny.org or contact Caitlin Mizerak, SNAP-Ed New York Nutrition Educator, Cornell Cooperative Extension Tioga County at 607-687-4020, ext. 314 or cm847@cornell.edu.

Sources:

<https://web.extension.illinois.edu/apples/nutrition.cfm>

<https://sites.tufts.edu/nutrition/winter-2019/10-things-you-need-to-know-about-fiber/>

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber/>

<https://www.nutrition.gov/es/node/3409>

Apple Nachos

Ingredients:

- 1 teaspoon lemon juice
- 2 medium apples (thinly sliced)
- 2 tablespoons sunflower seeds (unsalted and shelled)
- 1/4 cup dried cranberries (unsweetened or raisins)
- 1 tablespoon mini chocolate chips
- 2 tablespoons creamy peanut butter
- 5 1/2 tablespoons honey
- Yield 4 servings

Directions:

1. Wash hands with soap and water.
2. Gently rub apples under cool running water.
3. Add lemon juice to sliced apples to reduce browning.
4. Spread apple slices on a plate.
5. Top apple slices with sunflower seeds, dried cranberries, and mini chocolate chips.
6. Combine peanut butter and honey in a small, microwave-safe container. Microwave 20 seconds and stir until smooth. Be careful when removing from microwave.
7. Drizzle peanut butter sauce over apple slices.



September—National Honey Month

Honey has a variety of purposes. Try out a few of the following this Fall!

Use honey in your baking. Not only does it taste wonderful, but it makes food moist and acts as a natural preservative. Baked goods will last longer without molding. Honey is sweeter than sugar, so be sure to use less and lower the temperature a little as honey can burn quickly!

Our grandmothers knew a thing or two about honey, also. Try using honey to soothe a sore throat and cough. It can help heal minor burns and cuts. Honey can also alleviate seasonal allergies. If you suffer from allergies in the spring, eat spring honey; likewise, if your allergies flare up in the fall, try fall honey.

Honey works nicely as a face scrub and moisturizer. Use a little of the crystalized honey on your damp face and rinse.

Honey contains a wide array of vitamins, minerals, amino acids, flavonoids, and phenolic acids, which act as antioxidants. The amount and type of these compounds depend largely on the floral source.

Please note that honey should never be given to children under 2 years old as they could become sick from spores that are found in the honey.

Always try to buy from a local beekeeper to enjoy the benefits of honey that hasn't been over-processed. The color and aroma depend on the flowers that the bees visit. Raw honey will crystallize over time, which is completely normal. Just heat a pan of water, remove from the heat, put the honey jar in the water, and stir until it returns to liquid. Crystalized honey is great for toast!

Bee well and bee happy!



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607-240-6204



ENERGY EFFICIENCY DAY



OCTOBER 7, 2020

Families benefit from energy efficiency when less of their household incomes go to utilities.

The strategies below will help you save energy, save money, and stay comfortable during the cool fall and cold winter months. These are simple and inexpensive actions you can take to ensure maximum savings through the winter.

Take Advantage of Heat from the Sun- Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.

Cover Drafty Windows- Install tight-fitting, insulating drapes or shades on windows that feel drafty after weatherizing.

Adjust the Temperature- When you are home and awake, set your thermostat as low as is comfortable. When you are asleep or out of the house, turn your thermostat back 10° to 15° for eight hours and save around 10% a year on your heating and cooling bills. A smart or programmable thermostat can make it easy to set back your temperature.

eight hours and save around 10% a year on your heating and cooling bills. A smart or programmable thermostat can make it easy to set back your temperature.

Find and Seal Leaks- Seal the air leaks around utility cut-throughs for pipes ("plumbing penetrations"), gaps around chimneys and recessed lights in insulated ceilings, and unfinished spaces behind cupboards and closets. Add caulk or weatherstripping to seal air leaks around leaky doors and windows.

If you haven't already, conduct an energy audit to find out where you can save the most, and consider making a larger investment for long-term energy savings. The Weatherization Assistance Program assists income-eligible homeowners and renters by reducing heating and cooling costs through energy-conservation measures, while also addressing health and safety issues in their homes. Our Energy Services Team can also help with energy efficiency upgrades and reduce your energy costs! Call Tioga Opportunities, Inc. at 687-0944 or visit tiogaopp.org/energy-weatherization/ for more information.



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