

# 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 Elder Law Clinic

Would you like free guidance from a local attorney about your legal needs? Tioga Opportunities, Inc., in conjunction with the NYS Bar Association, is hosting an Elder Law Clinic on Tuesday, December 15<sup>th</sup> from 9:30 AM to 12:30 PM. Due to COVID-19, these appointments will be held via phone call. Tioga County residents over the age of 60 can register for a free 30-minute legal consultation with a local attorney on a wide range of legal concerns. To schedule an appointment, please call 607-687-4120, ext. 331 by 4:00 PM on December 11<sup>th</sup>. Appointments are limited, so please call today!



**NEW YORK STATE BAR ASSOCIATION**  
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**COVID19 CheckUp**

**CV19 CheckUp** is a free, anonymous, online tool for New Yorkers that evaluates your C19 risks, and could help save lives.

***Learn more on page two!***

## New York State Office for Aging introduces COVID-19 CheckUp Tool

The New York State Office for the Aging (NYSOFA), in partnership with BellAge, Inc., and the Association on Aging in New York (AgingNY) has announced the launch of CV19 CheckUp in New York State, a free, anonymous, personalized online tool that evaluates an individual's risks associated with COVID-19 based on their life situation and individual behavior and provides recommendations and resources to reduce those risks.

"There has been a lot of misinformation about COVID-19 and the risks associated with contracting and spreading the virus," said NYSOFA Acting Director Greg Olsen. "This tool, which we will make available to all New Yorkers, helps individuals understand their risk based on their life situation and personal behavior and offers recommendations to reduce those risks while also connecting people to services, if needed."

The tool was developed by BellAge to help people be safer, healthier, and ensure their individual needs are met during the pandemic. CV19 CheckUp fills a critical need for a comprehensive resource that educates, advises, and empowers individuals to help protect themselves from COVID-19.

CV19 CheckUp employs artificial intelligence to analyze data each person provides by completing an online questionnaire. It is designed for those who are considered high risk, including older adults, low income individuals, ethnic and racial minorities, and LGBTQ communities. The tool's algorithms are driven by science and medicine, using data from the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). CV19 CheckUp is free to users. It is anonymous and does not require a name, email address, or identifier of any type. Upon completion of the anonymous questionnaire, CV19 CheckUp immediately delivers a personalized report.

To learn more, please visit [newyork.cv19checkup.org](http://newyork.cv19checkup.org).

## New Year—New Scoop!

You may be wondering why this issue of the Scoop is only for the month of December.

Starting in 2021, we will be distributing the Scoop as follows:

January-February

March-April

May-June

July-August

September-October

November-December

We look forward to continuing to provide the community with the same great information!



## Tioga County Fun Fact:

ESTHER McQUIGG MORRIS b.1812 d.1902

Esther Morris was born in Spencer, N.Y., resided in Owego, and later moved to Wyoming where she had been the primary factor in lobbying for women's right to vote in that state. The bill was signed in 1869 and for the first time, granted women the right to vote equally with men. In 1870, Esther became the first female Justice of the Peace in this country. Today, there is a large statue of her in front of the State Capitol Building in Cheyenne, Wyoming and a smaller one has been placed in Statuary Hall in Washington, D.C. A commemorative NYS historical marker also notes her accomplishments and is located in front of the Spencer Town Hall.



## Just Say Yes to Fruits and Vegetables

**Join the excitement of the Virtual Cooking Class led by the Food Bank of the Southern Tier.**

Every month, we will share healthy, delicious meal and snack ideas!

### When & Where

Wednesday, February 17, 2021 from 1-2pm on Zoom

Call 687-4120 ext. 331 to sign up today!

*Warmest thoughts and best wishes for a wonderful holiday season.*

—Tioga Opportunities, Inc.



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## Older Adults and Caregivers are Encouraged to Stay Updated with Recommended Immunizations

The Centers for Disease Control and Prevention (CDC) encourages Older Adults and their caregivers to stay up to date with all their immunizations, especially those that guard against respiratory illnesses such as influenza and pneumococcal disease.

- Annual Flu Shot - recommended for those at increased risk for severe illness from COVID-19, including adults 65 and older, residents in nursing homes or long term care facilities, and persons of all ages with certain underlying medical conditions.
- Pneumococcal Polysaccharide Vaccines (PPSV23) - Recommended for people who are 65 and older, and for adults younger than 65 who have certain health conditions. This vaccine protects against pneumonia, meningitis, and bloodstream infections.
- Pneumococcal Conjugate Vaccine (PCV13) - helps to protect against serious pneumococcal disease and pneumonia. Recommended for all adults with a condition that weakens the immune system, cerebrospinal fluid leak, or cochlear implant.
- Tdap - this vaccine helps to protect against whooping cough, tetanus, and diphtheria.
- Shingles Vaccine - recommended for adults 50 and older. Helps to protect against shingles and the complications from the disease.
- Talk with your Doctor to make sure you get the vaccines that are right for you. Most insurance companies as well as Medicare Part B provide coverage for recommended vaccinations.

Source: <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

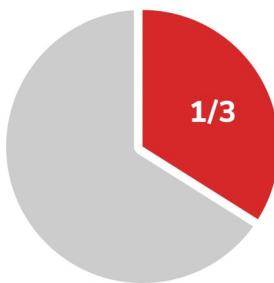
# WHAT IS SEPSIS?

Sepsis is the body's overwhelming and life-threatening response to infection which can lead to tissue damage, organ failure, and death.

**Signs of sepsis are generally the same among all adults, regardless of age:**

- Change in body temperature, either a fever (above 101.3 degrees F) or a lower than normal temperature (below 95 degrees F);
- Rapid heart rate (above 90 beats per minute);
- Rapid breathing (above 20 breaths per minute);
- Shaking
- Confusion, which may be more common among older people

Sepsis can move into severe sepsis quickly, so getting help and treatment as quickly as possible is vital.



Less than 1/3 of adults know that the flu can lead to sepsis.

Sepsis can and does affect people of all ages. The very young and those who already have a chronic health problem or a compromised immune system are at higher risk of developing sepsis. But people who are aging, over 65 years old, particularly those who have health issues, are even more susceptible to sepsis than any other group. Adults age 65 years and older are 13 times more likely to be hospitalized with sepsis than adults younger than 65 and 63% of older adults 60 years and older who are admitted to the ICU present with sepsis upon admission.

Sometimes incorrectly called blood poisoning, sepsis is the body's often deadly response to infection or injury. Sepsis kills and disables millions and requires early suspicion and rapid treatment for survival.

When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:

- |   |   |   |   |
|---|---|---|---|
| <b>T</b><br><b>TEMPERATURE</b><br>higher or lower than normal | <b>I</b><br><b>INFECTION</b><br>may have signs or symptoms of infection | <b>M</b><br><b>MENTAL DECLINE</b><br>confused, sleepy, difficult to rouse | <b>E™</b><br><b>EXTREMELY ILL</b><br>severe pain, discomfort, shortness of breath |
|---|---|---|---|

**CALL 911**

**OR**

**GO TO A HOSPITAL AND SAY  
"I'M CONCERNED ABOUT SEPSIS"**

Take the **TIME** to learn the signs at [sepsis.org](http://sepsis.org).



**The key to preventing sepsis is to prevent an infection, especially among the aging, from occurring in the first place.**

Many illnesses can be and are prevented through regular vaccinations, such as for the flu or pneumonia.

The risk of getting an infection also drops with proper hand washing. Thorough, proper, and frequent hand washing with either soap and water or soapless products decrease the number of pathogens that could enter your body.

Reduce infections by properly caring for all wounds, even the smallest scrape or cut. A thorough cleaning with soap and water will help remove any bacteria at the wound opening.

Take all infections seriously. Do not hope it will go away. Act quickly. To learn more about sepsis, visit the Sepsis Alliance at [www.sepsis.org](http://www.sepsis.org).

# Sweet Potato Blueberry Baked Oatmeal

Developed by Sarah Schlichter, MPH, RDN for the North Carolina Sweet Potato Commission

## Ingredients:

- 2 cups uncooked rolled or old fashioned oats
- 2 tsp of cinnamon
- 1/4 tsp salt
- 1 1/2 tsp baking powder
- 1 1/2 cups milk
- 2 large eggs
- 1 cup mashed sweet potatoes
- 1 1/2 Tbsp butter
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 2/3 cup blueberries

## Directions:

1. Preheat oven to 350 degrees.
2. Coat the inside of a 2 quart baking dish with butter, oil or non-stick spray.
3. Mix dry ingredients (oats, cinnamon, salt, baking powder).
4. Beat in milk, eggs, sweet potatoes, butter, maple syrup, and vanilla extract.
5. Mix all ingredients together, saving blueberries for last to prevent staining and/or crushing, and spread inside the dish.
6. Bake for 30-35 minutes, until oats are tender and moisture has been absorbed.
7. Drizzle with a little maple syrup, to taste.

## Prep Time

## Cook Time

## Total Time

## Yield

**6 servings**



Tioga Opportunities, Inc.



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## 3 Simple Ways to Cultivate Gratitude

### 1) Tap into 5 good things

Think of five things that you're grateful for, and do this on a daily basis. Explore this practice and notice the positive impact it can have for you.

### 2) Get inspired

Think of at least one person right now who you are appreciative or grateful for having in your life, as an inspiration in some way.

### 3) Grow grateful feelings

Text, email, message, or call that person right now and share with them what it is about them that you're appreciative of, or let them know that you're just appreciative for having them in your life.

Adapted from [www.mindful.org](http://www.mindful.org)



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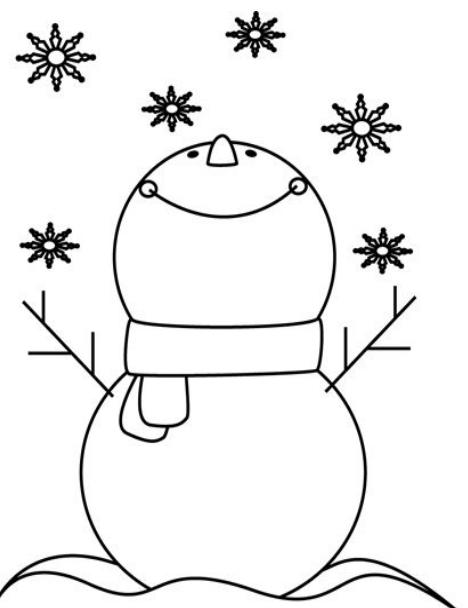
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## Winter Holiday Safety Tips

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, remember:

- \* Keep candles at least 12 inches away from anything that burns.
- \* A heat source too close to the Christmas tree causes 1 in every 4 winter fires.
- \* Read manufacturer's instructions for the number of light strands to connect.
- \* Make sure your tree is at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles, or heat vents. Also, make sure your tree does not block exits.

For more information on how to prevent winter fires, visit [www.usfa.fema.gov/winter](http://www.usfa.fema.gov/winter) or [www.nfpa.org/winter](http://www.nfpa.org/winter).



## MASK UP, LATHER UP, SLEEVE UP



## Prevent Winter Falls

It's easy to slip and fall in the winter, especially in icy and snowy conditions. A few things to keep in mind to help prevent falls are:

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home (or ask a friend, family member, or neighbor to help).
- Wear boots with non-skid soles—this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.

For more winter safety tips, visit [HealthinAging.org](http://HealthinAging.org).



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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.

A gift has been made in memory of Mildred Walters by  
Joy Fellows and Patricia & Gary Holbert.  
We thank you for your kind support.



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**Need help paying  
rent or utilities  
due to COVID-19?**



**Those who qualify may receive  
\$500 in rent and utility assistance.**

Tioga Opportunities, Inc. has received funding from the CARES Act to provide rent and utility assistance to community members who have been financially impacted by COVID-19.



**For more information  
and to apply  
call us at 687-4222 ext. 353**



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