



Neighborhood News

Issue 4 Winter 2022

Preparing for an EASY annual recertification

For our residents who receive a rental assistance subsidy, providing information about your income and assets is required each year. Proving medical expenses can possibly help to lower your rent amount.

Before your recertification appointment, please take some time to gather the following documents:

- ✓ Social Security, SSI, or SSD award letters
- ✓ Proof of pensions or any interest income
- ✓ Proof of any other regular income received (such as wages, alimony, etc.)

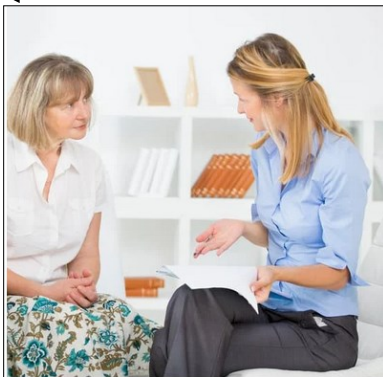
For your assets, please provide the following documents:

- ✓ Checking and/or savings account statements (preferably three months)
- ✓ Information about any trust accounts, stocks/bonds, certificates of deposit (CODs)

When gathering your documentation for your medical expenses, please keep the following in mind:

- ✓ Providing copies of medical bills is NOT sufficient. You must submit proof of your payments for medical bills (often reflected on your account summary from your medical provider).
- ✓ Pharmacies can easily provide a print-out showing what you've paid for prescriptions during the year.

When you're prepared for your annual recertification, the process is quick and easy. If you have any questions about what to prepare for your annual recertification, please call the Housing Services office at 607-687-0707.



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 Friday, February 11th from 9:30 AM to 12:30 PM at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

Appointments will be offered both onsite and via telephone. 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. 315 by 4:00 PM on February 4th. Appointments are limited, so please call today!

Tioga Opportunities, Inc.
1023 State Route 38
Owego, NY 13827
607-687-0707 or TDD: 607-687-5905
www.tiogaopp.org



SAFETY FIRST

Safety Reminders

- All of Tioga Opportunities, Inc.'s properties (including the apartment buildings) are NON-SMOKING facilities. Please do not smoke in your apartment or anywhere on the building grounds.
- Please DO NOT prop open the exterior doors to the apartment buildings. Your neighbors expect to live in a secured building...when you prop open the exterior doors, you are compromising the safety of everyone in the building.
- It is a good habit to lock your apartment door, whether you are home or out of the building.



Your refrigerator and freezer need room to breathe!

When your refrigerator or freezer are too full, they won't work well. Cold air needs room to circulate throughout the appliance to keep your food at a safe temperature.

Take a few minutes every week and throw away old, expired food. Eating food that is past its expiration date or that isn't kept at the right temperature (below 40 degrees in your refrigerator and below 0 degrees in your freezer) are big health risks. Please let us know if you need help with this task...we're happy to offer assistance!

Just Say Yes To Fruits and Vegetables

Come join the excitement at our

Nutritional Cooking Class!

Learn how to fuel your day in a healthy way! We will have a group discussion, a fun activity, and an easy recipe for all to try!



All attendees will receive a **useful kitchen tool!**

Every 3rd Thursday of the month!

Next session: Jan 20th ,10:00am-11:00am

Countryside Community Center

9 Sheldon Guile Blvd., Owego

Call 687-4120 ext.320 to sign up



Just Say Yes to Fruits and Vegetables



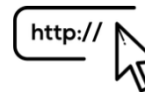
Did you know that you can sign up to have The Senior Scoop mailed or emailed to you?

Send an email to info@tiogaopp.org with your name, address, and email address. Please note "Senior Scoop Email Subscription" in the subject line or subscribe by phone at 607-687-4120 ext. 344.



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Visit Our Website

www.tiogaopp.org



After Hours Help Line for Tenants 1-800-233-3605
If you have an emergency, our after hours help line is here to assist you!

You can call the help line if you have concerns such as:

- No heat.
- Electrical problem – for example, the elevator doesn't work.
- Water problem – for example, a clogged toilet
- Locked out of your apartment and the tenant association president isn't available to let you in.