

# SENIOR SCOOP

SERVING TIOGA COUNTY SENIORS

May/June  
2022

*The Senior SCOOP is a bi-monthly newsletter published for all Tioga County Senior Citizens by Tioga Opportunities, Inc. and volunteer Senior Citizens.*



## Nurture Your Resilience: Bouncing Back From Difficult Times

NHI News in Health National Institute of Health—April 2022

Everyone goes through tough times in life. But many things can help you survive—and even thrive—during stressful periods. There’s no one-size-fits-all approach. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

“Resilience is the extent to which we can bounce back from adverse events, cope with stress, or succeed in the face of adversity,” says Dr. Cindy Bergeman, a psychology professor at the University of Notre Dame. You’re not born with resilience. “It’s not something you either have or don’t have,” says Dr. Alexandra Burt, a child development expert at Michigan State University.

“Resilience is a process in which many factors—including family, community, and cultural practices—interact. It boosts wellness and protects you from risks to your well-being. For many people, these risks are compounded by hardship and discrimination,” adds Dr. Lisa Wexler, who studies suicide prevention at the University of Michigan. Researchers are studying what helps people become more resilient. Creating healthy habits and taking care of yourself can help. And so can family, friends, and your connection to community and culture. (Continued on page 3).

### In This Issue

- 1 Nurture Your Resilience, Walk to End Alzheimer’s
- 2 Community Calendar, Ambulance Fraud
- 3 Nurture Your Resilience Continued
- 4 GetThere Transportation
- 5 Recipe, Heritage Month
- 6 Menu
- 7 COVID Tests, CCC Activities, Subscription Information
- 8 HIICAP Insurance Counseling



### Walk to End Alzheimer’s



Alzheimer's isn't waiting — and neither are we. This year, Tioga Opportunities, Inc. is participating in the Alzheimer's Association Walk to End Alzheimer's® to raise funds and awareness for Alzheimer's care, support, and research.

The Walk to End Alzheimer's is held annually in more than 600 communities nationwide and is the world's largest fundraiser for Alzheimer's care, support, and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

There are 3 easy steps to participate:

1. Register for your local Walk. The walk will take place on Sunday, September 18th 2022 at 11:00 AM at Hickories Park, 359 Hickories Park Rd, Owego. Consider joining the Tioga Opportunities, Inc. team.
2. Start fundraising and spread the word.
3. Join us on Walk day. You may also participate by donating to the Tioga Opportunities, Inc. team.

Will you stand with us in this fight by joining our team? Visit [www.alz.org](http://www.alz.org) to register to walk and make donations. Tioga Opportunities, Inc. supports caregivers by providing Respite services. Please call Amanda Kushner at 607-687-4120 ext. 315 to learn more about the Walk to End Alzheimer's and Respite services.

## Community Presentation Calendar:

*All presentations will be held at the Countryside Community Center, 9 Sheldon Guile Blvd. Owego unless otherwise noted.*

**Registration is required. Please call 607-687-4120 to save your seat.**

### MAY 2022

Monday, May 16<sup>th</sup> 10:00AM – Veterans’ Services—An overview of services available to local veterans, presented by Mike Middaugh.

Wednesday, May 25<sup>th</sup> 5:00PM– 7:00PM Game Night! Join us for music, light refreshments, and games!

Thursday, May 26<sup>th</sup> 10:00AM Nutrition and Gardening. Learn more about gardening from a Master Gardener and nutrition from TOI’s Registered Dietician, Rachel Mischler.

Friday, May 27<sup>th</sup> 10:00AM Digital Fraud – Learn more about why fraudsters target older adults, phishing, foreign lotteries, post-disaster fraud, Social Security fraud, online buying, and how to verify donations are legitimate! Presented by Tioga State Bank.

Tuesday, May 31<sup>st</sup> 10:00AM Understanding and Responding to Dementia Related Behavior. Presented by the Alzheimer’s Association.

Tuesday, May 31<sup>st</sup> 1:00PM Understanding and Responding to Dementia Related Behavior. Presented by the Alzheimer’s Association at the Waverly Historical Society, 437 Chemung St, Waverly.

### JUNE 2022

Friday, June 17<sup>th</sup> 9:00AM Veterans’ Coffee Mess. This is an opportunity for veterans, active duty, guard reservists, and their families to connect and socialize. During this time, learn more about Tioga Opportunities, Inc. Breakfast and coffee will be served.

Tuesday, June 21<sup>st</sup> 10:00AM Managing Money: A Caregiver’s Guide to Finances. Presented by the Alzheimer’s Association.

Tuesday, June 21<sup>st</sup> 1:00PM Managing Money: A Caregiver’s Guide to Finances. Presented by the Alzheimer’s Association at the Waverly Historical Society, 437 Chemung St, Waverly.

## Be Aware of Ambulance Fraud



A bill from an ambulance ride can add stress to anyone’s emergency situation, especially if the charges are incorrect. In an emergency, the last thing anyone wants to think about is the bill. It’s important to know what your insurance coverage does for you and how it works. Original Medicare covers ground and air ambulance services when these criteria are met:

- The transportation is medically necessary and a wheelchair van or car could endanger the patient.
- The ambulance and crew must meet certain standards and provide transportation to the nearest appropriate facility, such as a skilled nursing facility or hospital.

“Sometimes a provider will bill beneficiaries directly instead of billing Medicare, even though the provider participates in Medicare and the trip met coverage criteria,” said Tiffany Erhard, NYS Senior Medicare Patrol (SMP) Outreach Counselor.

Some other types of fraud schemes include providers billing for more miles than the beneficiary was transported or billing non-emergency trips as emergency transport.

To stop ambulance fraud, the NYS SMP recommends that beneficiaries:

Review their Medicare Summary Notices (MSNs) and/or Explanations of Benefits (EOBs) and ensure the following:

- The services listed match what they actually received.
- The mileage billed isn’t more than the distance traveled.
- They weren’t billed for emergency transport if there wasn’t an emergency.

If you think you may have been a victim of fraud, call Tioga Opportunities, Inc.’s NY Connects at 607-687-4120, ext. 331.

**Nurture Your Resilience— Bouncing Back from Difficult Times**— (continued from page 1) Stress can cause wear and tear on the body and brain. Chronic stress has been linked to an increased risk of many health conditions. These include heart disease, high blood pressure, depression, and anxiety. Many stressful situations can't easily be changed by one person. And some—such as parenting or a challenging job—can be things you want to do, even if they're taxing.

But resilience isn't just about eliminating stress. It's also about tapping into your strengths. Researchers call these protective factors. "They can buffer stress or directly promote well-being—and sometimes even do both," Wexler says. Your strengths include those of your neighborhood and community. Different cultures have developed different ways to help people cope. The ceremonies, teachings, and cultural practices that are meaningful to you can help, Wexler says. Other protective factors involve nurturing your body. "Being able to manage your stress is key to what underlies resilience. And a healthy body is going to deal with stress much better," says Bergeman. Other tools are emotional, like expressing your feelings rather than bottling them up, she explains. Looking at problems from different angles can help, too.

Meeting your own needs also makes a difference. "We're often so busy trying to take care of other people that we don't do good self-care. I encourage people to do something that they enjoy every single day. Many people feel guilty about that. But it really helps us replenish our emotional reserves, just like a meal fills our physical reserves," says Bergeman. In times of stress, self-care can be the opposite of selfish. Adults who take time for themselves can better help nurture resilience in children, says Burt. "One of the best things any parent can do for their child is to be well and healthy themselves. That makes it a lot easier for you to provide the support your child needs."

Another part of resilience is about using the resources available to you. More and more, researchers are understanding that resilience doesn't happen in a vacuum. "The presence of resilience in a person is related to the supports around them," Burt says. For example, she and her team found that growing up in a very impoverished neighborhood can change the way a child's brain develops. But when adults in the community work together to support and monitor neighborhood children, it helps protect the children's brains despite their circumstances. "A child can be resilient because they have these resilience-promoting things around them," Burt explains. Supportive adults don't have to be a parent or relative, Burt says, though they often are. Some kids don't have supportive families. "That supportive person can also be a teacher, or someone else who's important to them. Just one person who they really feel has their back," she says.

The tools that best help you offset stress can differ from situation to situation, says Bergeman. "Sometimes you have a stressor where you need to take action and solve the problem. But for other types of stressors, maybe you need emotional support," she says. "A way to think about resilience may be: How do you match what you need with the kinds of tools that you have?" In a way, practice makes perfect, Bergeman says. Keep tabs on what felt helpful to you during stressful times. Ask yourself: How did you deal with it? Did you choose a healthy strategy? How might other people have helped you deal with it? "That can prepare you for the next experience that may be more difficult," Bergeman says.

Did you know that TOI's NY Connects can help you find services, remain independent, and find answers? We can work with anyone who needs information on long term services and supports — children or adults with disabilities, older adults, family members and caregivers, friends or neighbors, veterans, and helping professionals. Call us at 607-687-4120 or 607-724-2111 or visit <https://tiogaopp.org/information-assistance/>

### Building Resilience

Nurturing your body, brain, and social connections can help you bounce back from stress.

#### Develop healthy physical habits.

Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

**Take time for yourself.** Make taking care of yourself part of your daily routine. Take time to do something that you enjoy, like reading a book or listening to music.

**Practice gratitude.** Take time to note things to be thankful for each day.

**Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles that are important to you.

**Tap into your social connections and community.** Ask friends, family, or trusted members of your community for information or assistance when you need it.

**Get help for mental health and substance use disorders.** Talk with a health care professional if you're having trouble coping.

Did you know?

Tioga Opportunities, Inc. has partnered with Rural Health Network of South Central New York, which operates Getthere, a one-stop source for those seeking assistance with transportation and mobility. The partnership seeks to improve transportation access and coordination in the region, particularly in rural areas. Getthere provides multiple services to residents of Broome, Chenango, Delaware, Otsego, and Tioga counties, including the following:

- ◆ Getthere Call Center, which provides free assistance for coordinating transportation needs.
- ◆ Connection to Care, which provides transportation planning and financial assistance.
- ◆ Travel Training, which provides training for local transportation options to individuals or groups.
- ◆ Voucher Program, which is available by referral to help qualified Medicaid members access transportation services not covered by their Medicaid benefits.
- ◆ Transportation to Employment Program, which provides vouchers and works with employed individuals to develop sustainable transportation plans to get to and from their place of employment.
- ◆ Employee Delivery Service, which is a vanpool program established to assist employers in providing transportation to work for their employees.

The Rural Health Network of South Central New York website also offers a Trip Planner tool which allows individuals to search for nearby transportation providers and best possible routes. The tool allows users to type in their origin, destination, and any specific requirements, such as wheelchair accessibility. Call NY Connects at Tioga Opportunities, Inc. at 607-687-4120 or toll free at 1-800-342-9871 for more information and for a potential referral to Getthere.



**Elder Law • Asset Protection  
Long Term Care Planning**

Elder Care Coordinator on Staff  
Certified Elder Friendly

450 Plaza Dr, Vestal, NY • 607.763.9200 • LGTlegal.com



Your Warm Comfort dealer™

Nearly 100 Years of being ...

"Like Family"  
687-1803

www.warmcomfort.com



ATTORNEYS AND COUNSELORS

Our Attorneys have experience in all areas of  
Estate Planning  
Estate Administration  
Elder Law

**Main Office:**  
Binghamton  
**Branch Offices:**  
Bainbridge • Cortland • Hancock •  
Ithaca • Montrose • Walton

**Owego Office:**  
27-29 Lake Street  
Owego, NY 13827  
607-687-0567  
www.CGLawOffices.com

*"Building Relationships On Results"*

# Zesty Asian Chicken Salad

Recipe from [www.eatfresh.org](http://www.eatfresh.org)



## Ingredients:

- 3 Chicken Breasts, boneless, skinless, cooked, and chilled
- 3 stalks Green Onions, sliced
- 1 1/2 cups Broccoli, cut into florets
- 2 Carrots Medium, shredded
- 1 Red Bell Pepper, cut into strips
- 2 cups Cabbage, shredded
- 1/2 cup Asian Salad Dressing fat-free or Sesame Salad Dressing
- 1/4 cup Orange Juice
- 1/4 cup Cilantro fresh, chopped

## Directions:

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Prep Time	15mins
Cook Time	25 mins
Total Time	30 mins
Yield	4 servings



Tioga Opportunities, Inc.

**MAY IS COMMUNITY ACTION MONTH**

## May is National Community Action Month!

Celebrating our 58th year, Tioga Opportunities, Inc. is proud to be part of the Community Action Network, established to help strengthen communities and empower individuals and families to achieve independence and enrich their quality of life.

Join us during the month of May as we celebrate the collective history, heritage, work, and impact of the Community Action Network. You'll find news, articles, and special features all month long on our Facebook page, website, and local news!

Visit us at [www.tiogaopp.org](http://www.tiogaopp.org) or like us on Facebook: [www.facebook.com/TiogaOpportunities](https://www.facebook.com/TiogaOpportunities)

**EMB REALTY**  
Licensed in NY & PA

**Elwyn M. Berg, GRI**  
Licensed Real Estate Broker

35 1/2 Lake Street, Owego, NY 13827

[embrealty1@gmail.com](mailto:embrealty1@gmail.com)

607-687-7722 office  
607-727-4386 cell

Visit us at [www.embrealty.com](http://www.embrealty.com)

**Representing Buyers and Sellers since 1982**

*Just Say Yes* to Fruits and Vegetables

## Nutritional Cooking Class

**Upcoming Dates:**  
Thursday, May 19th      Monday, June 6th

*All attendees receive a free cooking tool!*

Countryside Community Center  
9 Sheldon Guile Blvd., Owego

Call 607-687-4120 to sign up today!

At The Homesteads, we provide residents with more than assisted living services – we offer a safe, comfortable and secure environment with an extended family.

Call today to schedule your tour of our family-type homes for older adults.

**Convenient, Person Centered Care**

The Homesteads, LLC. 6 Main Street, Apalachin, New York 13732  
607-625-3658

**alzheimer's association®**

Caring for some with Alzheimer's isn't easy.  
Reaching us is.

**24-Hour Support: 800.272.3900**

On the web: [alz.org](http://alz.org)



## Join us for lunch at the Countryside Community Center

Lunch is served Monday through Friday from 11:30AM to 12:30PM.

Suggested contribution is \$5.00 for age 60 and over and a fee of \$7.00 for ages under 60.

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

### May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey Chili	3 Pulled Pork Sandwich	4 Pesto Chicken	5 Meatball Sub	6 Beef & Lentil Stew
9 Turkey Tetrazzini	10 Stuffed Peppers	11 Philly Cheesesteak	12 Chicken Florentine	13 Macaroni & Cheese
16 Sweet & Sour Pork	17 Spaghetti & Meatballs	18 Lemon Garlic Chicken	19 Swiss Steak with Mushroom Gravy	20 <b>CLOSED</b> Volunteer
23 Ravioli Florentine	24 Swiss Mushroom Turkey Burger	25 Rigatoni with Chicken Sausage	26 Chicken Marsala	27 Herb Crusted Cod
30 <b>CLOSED</b> Memorial Day	31 Swedish Meatballs		<i>Meals are served with bread and milk.</i>	<i>Menu is subject to change without notice.</i>

### June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Cacciatore	2 Meatloaf	3 Chicken Philly Cheesesteak
6 Chicken with Zucchini & Tomato Bake	7 Macaroni & Cheese	8 Marinated Chicken	9 Hungarian Goulash	10 Baked Fish Scandia
13 Garden Chili with Brown Rice	14 Chicken Caprese	15 Sloppy Joe Sandwich	16 <b>CLOSED</b> Staff Training Day	17 Spanish Rice
20 <b>CLOSED</b>	21 Cheeseburgers	22 Pot Roast	23 Chicken Spiedies	24 Roasted Pork Loin
27 Skillet Chicken Sausage & Zucchini	28 Stuffed Shells	29 Pork Teriyaki	30 Chicken Barbecue	

# FREE COVID-19 TEST KITS for Tioga County Residents

**BARTON TOWN HALL**  
Monday-Thursday  
9:00am to 4:30pm

**BERKSHIRE HELPING HANDS  
FOOD PANTRY**  
Mon. 6:30pm to 7:30pm  
Thurs. 2:00pm to 4:00pm

**BERKSHIRE LIBRARY**  
Tues.-Fri. 12:00pm to 5:00pm  
Sat. 9:00am to 2:00pm

**BERKSHIRE TOWN HALL**  
Tues. 6:00pm to 8:00pm  
Sat. 8:00am to 10:00am

**CANDOR FOOD PANTRY**  
Wed. 3:00pm to 5:30pm

**CANDOR VILLAGE HALL**  
Tues. 11:00am to 5:00pm  
Wed. 8:00am to 2:00pm  
Thurs. 12:00pm to 5:00pm

**NEWARK VALLEY VILLAGE HALL**  
Mon.-Thurs. 9:00am to 5:00pm  
Friday 9:00am to 12:00pm

**NICHOLS TOWN HALL**  
Mon. 8:00am to 5:00pm  
Tues.-Thurs. 8:00am to 2:00pm  
Friday 8:00am to 12:00pm

**OWEGO POLICE DEPARTMENT**  
Monday-Friday  
8:00am to 4:00pm

**OWEGO TOWN HALL**  
Monday-Friday  
8:00am to 4:30pm

**RICHFORD TOWN HALL**  
Wed. 9:00am to 11:00am

**SPENCER TOWN HALL**  
Mon. 2:00pm to 6:00pm  
Tues. 12:00pm to 3:00pm  
Wed. & Sat. 8:30am to 12:00pm

**TIOGA TOWN HALL**  
Monday-Friday  
8:00am to 4:30pm

**TIOGA COUNTY DEPT.  
SOCIAL SERVICES**  
Monday-Friday  
9:00am to 5:00pm

**LEGISLATIVE OFFICE**  
56 Main Street, Owego  
Monday-Friday  
8:00am to 5:00pm

**TIOGA COUNTY  
PUBLIC HEALTH**  
Monday-Friday  
9:30am to 4:00pm

**WAVERLY VILLAGE HALL**  
Monday-Friday  
9:00am to 3:00pm

IF YOU ARE FEELING ILL, PLEASE **DO NOT** VISIT THESE LOCATIONS. SEEK TESTING AT YOUR DOCTOR'S OFFICE.



## Countryside Community Center Activities

Are you looking for a way to stay active and meet new people? Join us for our weekly activities!

<b>Mondays</b>	<b>9AM-Noon</b>	<b>Ceramics</b>
<b>Tuesdays</b>	<b>9AM-Noon 1PM-4PM</b>	<b>Oil Painting Acrylic &amp; Watercolor</b>
<b>Wednesdays</b>	<b>10AM-11AM 1PM-4PM</b>	<b>Chair Yoga Cards &amp; Games</b>
<b>Thursdays</b>	<b>12:30PM-4:30PM</b>	<b>Bridge</b>
<b>Fridays</b>	<b>9AM-1PM 1PM-3PM</b>	<b>Quilting Knitting</b>

9 Sheldon Guile Blvd., Owego 607-687-4120 ext. 315

**Did you know that you can sign up to have your Senior Scoop emailed to you?**  
Send an email to [info@tiogaopp.org](mailto:info@tiogaopp.org) with your name, address, and email address. Please note "Senior Scoop Email Subscription" in the subject line.  
Thanks for doing your part!

**RICHARDS FUNERAL HOME, INC.**  
  
3670 Waverly Rd  
Owego, NY 13827  
(607)687-3210

### Don't Miss an Issue of The Senior Scoop! Subscribe Today!

Direct mail and email subscriptions are available for a suggested annual contribution of \$10.00. No one will be denied a newsletter due to an inability or unwillingness to contribute. Fill out the information below and return this form to Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego, NY 13827

I WOULD LIKE TO:

Receive the Senior Scoop in my MAILBOX.  Receive the Senior Scoop in my EMAIL.

I'd like to make the suggested contribution of \$10 for the Senior Scoop: \$ \_\_\_\_\_

I'd like to make a donation to Tioga Opportunities, Inc. in the amount of: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Chemung Canal Trust Company**  
chemungcanal.com | 800.836.3711  
FDIC

**ESTEY, MUNROE & FAHEY FUNERAL HOME**  
Owego Candor  
687-1775 659-5507



**Are you new to Medicare?  
Thinking of retiring?  
What's your best plan?**

Making the right choice about your health care plan is an important part of planning for your retirement and staying healthy longer.

TOI's trained HIICAP Counselors can provide you with free, objective information and resources about Medicare and other health insurance to help find the best plan for you!



To learn more or to schedule your free appointment, call us at 607-687-4120 ext. 344



Tioga Opportunities, Inc. | 9 Sheldon Guile Blvd., Owego, NY 13827



Call us at  
607-687-4120



Visit Our Website  
[www.tiogaopp.org](http://www.tiogaopp.org)



Like & Follow Us  
@TiogaOpportunities



**SENIOR SCOOP - Editorial Policy**

Tioga Opportunities, Inc. reserves the right to review and approve all articles and paid advertising submitted for publication. There are no implied or actual endorsements by Tioga Opportunities, Inc. of products or services advertised in this publication.

Activities sponsored by senior clubs and other senior organizations are printed on a space-available basis.

Tioga Opportunities, Inc. can be contacted by mail at: 9 Sheldon Guile Blvd., Owego, NY 13827.

Tioga Opportunities, Inc., is an equal opportunity employer and service provider and does not discriminate on the basis of race, religion, sex, national origin, age, disability, political affiliation or sexual preference or any other unlawful basis. The Family Services Department funding is provided by New York State Office for the Aging, Tioga County, participant contributions, private foundations, and community service groups.

«AddressBlock»

RETURN SERVICE REQUESTED



Tioga Opportunities, Inc., Family Services Dept.  
9 Sheldon Guile Boulevard  
Owego, New York 13827  
Phone 607-687-4120

Owego, NY 13827  
Permit No. 13  
U.S. Postage Paid  
Non-Profit Org.

