

SENIOR SCOOP

SERVING TIOGA COUNTY SENIORS

July/August
2022

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



Do you find yourself struggling to choose which bills to pay? Do you wish to vacation or purchase a home? Do you want to feel some financial freedom?

Tioga Opportunities, Inc. is here for you! We have declared July Financial Independence month. Join us to learn how to gain financial independence through a series of interactive presentations. Presentations will cover our relationships with money, credit/debt, predatory lenders, personal savings & spending plans, investing, how to practice what we learn, and more. Participants are encouraged to attend every presentation as each offers new information.

This opportunity will be offered every Friday in July, beginning on July 8th.

July 8th through July 29th 9:30AM – 11:00AM at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd., Owego

July 8th through July 29th 1:30PM – 3:00PM at the Waverly Historical Society, 435 Chemung St., Waverly

Attend ALL FOUR sessions and receive a \$100 gift card. If you can't attend all four sessions, you'll still have a chance to win a \$50 gift card.

Please call Tioga Opportunities, Inc. at 607-687-4120 to learn more and to reserve your seat today.

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Spencer Senior Social Hour Returns!

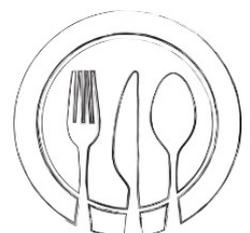
We are excited to announce the return of the Spencer Senior Social Hour! Join Tioga Opportunities, Inc. at Inspire S-VE Community & Fitness Center, 57 East Tioga St., Spencer for good company and delicious food on the third Friday of each month from 11:30AM to 12:30PM. NY Connects will also return during this time for office hours, providing the opportunity for information and referrals to a wide range of services.

What's for lunch?

July 15th will be a mouth-watering pulled pork sandwich with sweet potato fries.

August 19th is our famous Macaroni & Cheese. You do not want to miss this!

Reservations are required. Please call Tioga Opportunities, Inc. at 607-687-4120 today to reserve your seat!



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.

July 2022

July 8th— July 29th 9:30AM – 11:00AM: Financial Independence Presentations every Friday at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

July 8th – July 29th 1:30PM – 3:00PM: Financial Independence Presentations every Friday at the Waverly Historical Society, 435 Chemung St., Waverly

July 15th 11:30AM – 12:30PM: Senior Social Hour – Join Tioga Opportunities, Inc. at Inspire S-VE Community & Fitness Center, 57 E. Tioga St., Spencer for good company and delicious food

August 2022

August 4th 10:00AM: Consumer Fraud and Identity Theft with Michael Danaher at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

August 11th 10:00AM: Fire Safety with the Campville Fire Department at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

August 12th 1:00PM – 3:00PM: BINGO! at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

August 17th 1:00PM – 4:00PM: Family Game Day! Let's enjoy some music, light refreshments, and games like Yahtzee, Scrabble, Dominoes, and Trivia Pursuit

August 19th 11:30AM – 12:30PM: Senior Social Hour – Join Tioga Opportunities, Inc. at Inspire S-VE Community & Fitness Center, 57 E. Tioga St., Spencer for good company and delicious food

August 23rd 10:00AM – 11:00AM: 10 Warning Signs of Alzheimer's at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

August 23rd 1:00PM – 2:00PM: 10 Warning Signs of Alzheimer's at the Waverly Historical Society, 435 Chemung St., Waverly

Music and Dementia

“Where words fail, music speaks” – Hans Christian Andersen

Music can be powerful. Studies have shown music may reduce agitation and improve behavioral issues that are common in the middle-stages of Alzheimer's disease. Even in the late-stages of Alzheimer's, a person may be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult.

Use these tips when selecting music for a person with dementia:

- ◆ Identify music that's familiar and enjoyable to the person. If possible, let the person choose the music.
- ◆ Choose a source of music that isn't interrupted by commercials, which can cause confusion.
- ◆ Use music to create the mood you want. For example, a tranquil piece of music can help create a calm environment, while a faster paced song from someone's childhood may boost spirit and evoke happy memories.
- ◆ Encourage movement (clapping, dancing) to add to the enjoyment.
- ◆ Avoid sensory overload; eliminate competing noises by shutting windows and doors and by turning off the television. Make sure the volume of the music is not too loud.

The Alzheimer's Association is running a phenomenal series on the power of music with “Music Moments”. “Music Moments” features award-winning artists sharing their personal experiences with the disease. It offers a glimpse into the emotional connection between music and the moments in life we never want to lose.

To learn more about the benefits of Music with Alzheimer's & Dementia, visit the Alzheimer's Association website at www.alz.org.

Nutrition and Gardening

On May 26th, we hosted a Nutrition and Gardening presentation. This was a wonderful collaboration between Cornell Cooperative Extension and Tioga Opportunities, Inc.

Master Gardener, Barb Neil, from Cornell Cooperative Extension was a wealth of gardening information! She taught us about growing vegetables in pots and raised beds, educating us on soil, watering, lighting, critters, bugs (good and bad), and a variety of other things. We got our hands dirty digging into the soil to plant lettuce. We learned that individuals that garden are some of the healthiest individuals. Studies have found gardening also reduces symptoms of anxiety and depression.

Tioga Opportunities, Inc.'s Registered Dietician, Rachel Mischler, spoke about nutrition, sharing with us some delicious, infused water. She spoke about the health benefits of water, including hydration, appetite control, immune defense, and blood sugar regulation. We got to sample a couple of refreshing recipes. We learned that all we need to do is fill a pitcher up with our flavoring choices. Slightly scrunch up the herbs so the flavor is released fully and cover with cold water. The water flavor is best if it is infused for at least one hour. A participant shared they had never planted anything before and did not realize they could plant vegetables in a pot and keep them on the porch. They are excited to plant more vegetables at home with their family. Participants also shared that they really enjoyed the fruit-infused water.

Watch for another Nutrition and Gardening presentation in the fall. Please explore Tioga Opportunities, Inc.'s website and Facebook to learn about upcoming events.



Cucumber, Basil & Strawberry Flavored Water	Watermelon Flavored Water	Thyme and Lemon Infused Water
4-6 strawberries, hulled and quartered 1 cucumber, sliced ½ lemon, sliced Small handful of basil, scrunched Ice and cold water	2 slices of watermelon, cut into thirds or quarters Small handful of basil, scrunched Ice and cold water	1 lemon, sliced Fresh thyme Ice and cold water

Farmers' Market Coupons available for Older Adults

Tioga Opportunities, Inc. is pleased to announce that the Senior Farmers' Market Nutrition Program will kick off July 18th. This program puts coupons that can be used at area Farmers' Markets into the hands of low-income older adults, helping them to maintain or improve their nutritional health.

If you are 60 years of age or older and have a monthly income of \$2,096 or less for a one-person household (or \$2,823 or less for a two-person household), you qualify for a booklet of coupons worth \$25. Each eligible individual in a household is able to receive a booklet of coupons.

The Senior Farmers' Market Nutrition Program coupon booklets will be available at Tioga Opportunities, Inc.'s Countryside Community Center (9 Sheldon Guile Blvd., Owego) Monday through Friday 9:00am to 4:00pm beginning July 18th running through September 30th.

Coupon booklets will also be available to be mailed directly to your home. There will be opportunities to receive them at senior housing sites and at the Farmers' Market locations. For more information on these options, please call 607-687-4120.

If you are a farmer or farmers' market and would like more information about becoming authorized to accept Farmers' Market coupons, please contact the Department of Agriculture & Markets at 1-800-554-4501.



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"Building Relationships On Results"

Summer Zucchini Salad

Recipe from www.mainesnap-ed.org



Ingredients:

- 1 teaspoon oil
- 2 tablespoons lemon juice
- 1/4 teaspoon dried oregano or basil
- 1/4 teaspoon each salt and pepper
- 5 cups zucchini rounds (about 4 small zucchini)
- 1/2 cup red or sweet onion (sliced thinly or chopped small)
- 1/4 cup shredded or grated Parmesan cheese

Directions:

- Mix oil, lemon juice, oregano or basil, salt and pepper together in large bowl.
- Add zucchini, onion and cheese. Mix gently.
- Cover and chill until ready to serve. Refrigerate leftovers within 2 hours.

Prep Time	10mins
Cook Time	0 mins
Total Time	10mins
Yield	6servings



What about Radon? by Mike Sarnoski, Energy Services Coordinator

Radon is a colorless, odorless radioactive gas and decays into other radioactive and toxic elements. Radon is naturally present in the earth's crust and is a decay product of Uranium.

Radon is always present outdoors and in water from natural sources, but at a low level (0.4 picocuries per liter of air (pCi/L)). It is mainly a problem when in enclosed spaces, such as your home.

It is estimated that approximately 1 in 15 homes have high levels of radon, which is 4.0 pCi/L or higher. Radon is the second leading cause of lung cancer after smoking and the leading cause in nonsmokers, claiming approximately 22,000 lives each year. Radon enters the home through cracks in the concrete floor, but can also permeate through the concrete slab. The only way to know is to test your home. If your test comes back higher than 4.0 pCi/L, it is highly recommended that a mitigation system be installed and the home be retested 24 hours after installation.

To have your home tested, call Tioga Opportunities, Inc. at (607) 687-0944, ext. 346.



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6 Senior SCOOP



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

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Tips over Rice
4 CLOSED	5 Stuffed Peppers	6 Swedish Meatballs	7 Macaroni & Cheese	8 Chicken Philly Cheesesteak Sandwich
11 Greek Style Cannellini with Vegetables	12 Ravioli Florentine	13 Pesto Chicken with Barley	14 Roasted Turkey with Mashed Potatoes & Gravy	15 Pulled Pork Sandwich
18 Chicken Ratatouille	19 Swiss Mushroom Cheeseburger	20 French Toast with Fresh Berries	21 Spaghetti & Meatballs	22 Chicken Stir Fry with Yellow Rice
25 Roast Beef with Mashed Potatoes & Gravy	26 Chicken Sausage with Perogies	27 Vegetable Lasagna	28 Pot Roast	29 Beef and Mushroom Stroganoff

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet & Sour Pork	2 Stuffed Shells	3 Summer Vegetable Frittata	4 Chicken Cacciatore with	5 Herb Crusted Cod with Rice Pilaf
8 Philly Cheesesteak Sandwich	9 Cabbage Rolls	10 Tuscan Chicken Pasta with Italian Medley	11 Parmesan Crusted Chicken with Orzo	12 Caribbean Chicken Cold Plate
15 Garden Chili	16 Chicken Sausage	17 Turkey a la King	18 Swiss Steak	19 Macaroni & Cheese
22 Marinated Chicken with Baked Potato	23 Roasted Pork with Sauerkraut	24 Classic Meatloaf	25 Salmon Patty	26 Soup & Sandwich
29 Ham & Potatoes Au Gratin	30 Barbecue Chicken with Pinto Beans	31 Chicken Florentine		

The NYS Department of Taxation and Finance recently began mailing nearly three million checks for the 2022 homeowner tax rebate credit (HTRC) to eligible New Yorkers. The credit provides direct property tax relief in the form of checks to eligible homeowners. The amount of the credit will depend on your home's location, your income, and whether you receive Basic or Enhanced STAR (School Tax Relief).

To be eligible, you must have qualified for a 2022 STAR credit or exemption, had income that was less than or equal to \$250,000 for the 2020 income tax year, and a school tax liability for the 2022–2023 school year that is more than your 2022 STAR benefit.

Checks will be automatically mailed to eligible homeowners. You do **not** need to take any action **unless** you are sent a letter requesting additional information. Most homeowners will receive their checks in June. In a small percentage of cases, tax information is needed from school districts that is not available until later in the summer.

Regardless, homeowners can expect to receive their checks before the due date for school taxes. For more information, visit <https://www.tax.ny.gov/>.



Countryside Community Center Activities

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

Mondays	9AM–Noon	Ceramics
Tuesdays	9AM–Noon 1PM–4PM	Oil Painting Acrylic & Watercolor
Wednesdays	10AM–11AM 1PM–4PM	Chair Yoga Cards & Games
Thursdays	12:30PM–4:30PM	Bridge
Fridays	9AM–1PM 1PM–3PM	Quilting Knitting

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 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.

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(607)687-3210

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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: \$ _____

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