



# Neighborhood News

Issue 7 Fall 2022

## Please, pick up after your animals!

As a reminder, per the pet policy:

### ***“Tenant Responsibilities for clean up:***

*It is the Tenants’ responsibility, or the responsibility of the designated walker, to clean up after the pet. No pet droppings should be left in the yard and pet should not be allowed to do its business in areas traveled by all residents. Meaning, do not let the pet go on sidewalks, etc. All droppings should be disposed of in the dumpsters. Tenant is responsible to take kitty litter to dumpsters as well. Failure to comply will result in a violation.”*

**Failure to comply with the policy could affect your future residency at Tioga Opportunities, Inc.’s apartment buildings, as this constitutes a violation of your lease.**

## Medication Safety Tips

Having an updated medication list could save your life. It’s important to take charge and be proactive to ensure your health and safety. Here are some steps you and/or a loved one can do to protect yourself, especially when going to the hospital or visiting a doctor.

**Keep an updated list of all of your medications, including (be sure to identify what you are taking them for, how many, how often, and at what time of day):**

- Over the counter medications , vitamins and supplements, prescription medications
- Be sure to include any known allergies and “never meds”.

**Be sure to:**

- Carry your list(s) with you at all times.
- Provide your care partner or someone you trust with update copies of both lists.
- Check that your doctors have an updated and accurate record of your current medications.
- Ask your doctor to review your medication lists annually. There may be medications that you no longer need or can be reduced. Remember, less is more.

Don’t wait to be asked about your medication lists. Make it clear to your loved ones, care partner, and your health care team of any known medications that you should not take (whether it be due to an allergy or if a doctor told you to never take a certain medication or to stop taking them if they were already prescribed to you).



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



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## Medicare's Open Enrollment is almost here!

Here are 5 tips to help you get ready for Open Enrollment:

**Check your mail.** You may get important notices from Medicare or Social Security. If you're in a Medicare plan, you'll get an Annual Notice of Changes (ANOC). Note any 2023 changes to your health coverage or any extra help you may get to pay for prescription drugs. You may also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. **Remember** — plans aren't allowed to call or come to your home without an invitation from you.

**Review your 2023 "Medicare & You" handbook.** It has information about Medicare coverage, as well as Medicare plans in your area. If you get your handbook by mail and want to get your next copy electronically, choose to go paperless next fall.

**Think about your Medicare coverage needs for 2023.** Carefully review your Medicare coverage materials during Medicare Open Enrollment. Note any changes in 2023 costs or benefits. Decide if your current Medicare coverage will meet your needs for the year ahead. If you like your current coverage and it's still available for 2023, you don't need to take any action.

**Preview 2023 health and prescription drug plans.** Medicare Plan Finder makes it easy to compare coverage options and shop for health plans. For a personalized search, log in or create an account (if you have a Medicare Number) to create or access a list of your drugs, compare your current Medicare plan to others, and see prices based on any help you get with drug costs.

**Get personalized help in your community.** Tioga Opportunities, Inc.'s HIICAP insurance counselors work directly with Medicare beneficiaries to educate you about the Medicare Program, Medigap policies, Medicaid, Medicare Advantage Plans, Long-term Care Insurance, Low-Income Subsidy Programs, employer-sponsored insurance, and other health insurance programs that are available in New York State. Call and schedule an appointment at 607-687-4120, ext. 344.

**Helpful links and resources:** Homepage: [Medicare.gov](https://www.Medicare.gov) or call 1-800-MEDICARE

Medicare Plan Finder: [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare)

Extra Help with Medicare Prescription Drug Plan costs: <http://go.cms.gov/helpwithRx>

Medicare & You Handbook: <https://www.Medicare.gov/Medicare-and-you>

Tioga Opportunities, Inc.: [www.tiogaopp.org](http://www.tiogaopp.org)

**BINGO**  
*is back!*

Join us for a  
friendly game of Bingo at



TOI's Countryside Community Center  
9 Sheldon Guile Blvd., Owego

the 2nd Friday of each month at  
1:00pm.



Call 607-687-4120 ext. 344  
with any questions.

## Dementia Conversations

A program presented by the Alzheimer's Association that will go over strategies on obtaining a diagnosis, driving, and legal and financial matters. Join us at the Countryside Community Center on October 18<sup>th</sup> at 10:00 AM or at the Waverly Historical Society on October 18<sup>th</sup> at 1:00 PM. Please call 607-687-4120 to reserve your spot today!



**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-ex. the elevator doesn't work.
- Water problem – ex. a clogged toilet
- Locked out of your apartment and the tenant association president isn't available to let you in.