



Neighborhood News

Issue 8 Winter 2023

Protect Yourself from Scams

Scams are everywhere and can cost victims thousands of dollars! We must all stay vigilant. Here are some ways to protect yourself and your loved ones!

- ✓ Do not give out personal information over the phone or to a stranger at your door. No reputable company will ask you to wire funds or buy gift cards and send them in for payment of a debt!
- ✓ We recommend people screen their calls, particularly from unknown numbers. If you don't know the number, don't answer it! If it's important or an emergency, they will leave a message for you to call them back.
- ✓ Social Security or the IRS will not call you. They send letters via the mail.
- ✓ Do not click on attachments in emails, Facebook messages, or texts from someone you don't know. It is also a good idea to question a Facebook message or text from someone you do know if it seems strange or asks you to click on something, as their account may have been hacked.
- ✓ If you receive an email or call from a bank, utility, creditor, etc. - don't call the number given back. Look up the number and call them.

There are thousands of scams and it is impossible to list them all. These scammers are criminal experts at what they do and may have personal information on you, which can be terribly distressful and confusing. It is always better to be overly cautious than not. If you have questions on if something is a scam, please call NY Connects at 607-687-4120 for help. You can also call the local police or the NYS Division of Consumer Protection at 1-800-697-1220.



Winter Safety Tips

Heating, holiday decorations, winter storms, and candles all contribute to an increased risk of fire during the winter months. Here are tips to help reduce your risk of winter fires and other hazards, including carbon monoxide and electrical fires:

- ✓ Make sure your smoke alarm has a backup battery
- ✓ Don't use your oven to heat your home
- ✓ Don't use heaters to dry clothes or furnishings
- ✓ Read manufacturer's instructions for the number of light strands to connect.

For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter or www.nfpa.org/winter.



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Visit Our Website
www.tiogaopp.org



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Presentations:

10 Warning Signs of Alzheimer's

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease and their families sharing their stories. Join us on Tuesday, January 17th at 10:00 AM at the Countryside Community Center, 9 Sheldon Guile Blvd. Owego or at 1:00 PM at the Waverly Village Hall, 32 Ithaca St., Waverly. The program is free to attend, but registration is required. Please call 607-687-4120 to reserve your seat today!

Powerful Tools for Caregivers


Powerful Tools for Caregivers is a class helping caregivers take better care of themselves while caring for a friend or relative. This class meets once a week for 6 weeks.

Thursdays, February 16th through March 23rd, 3:00 to 4:30 at First United Methodist Church of Newark Valley, 70 S. Main St., Newark Valley

The program is free to attend, but spots are limited. Registration is required. Please call 607-687-4120 to reserve your seat today!

Elder Law Clinic

Tioga Opportunities, Inc., in conjunction with the NYS Bar Association, is hosting an Elder Law Clinic on Friday, February 10th from 9:30 AM to 12:30 PM at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Appointments will be offered on-site. The program is free to attend, but spots are limited. Registration is required. Please call 607-687-4120 to register by February 3rd.

 Visit Our Website
www.tiogaopp.org

AARP Driver Safety Course

Claim your safe driver discount! When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance. Plus, safer driving can save you more than just money. The course teaches proven driving techniques to help you and your loved ones stay safe on the road.

This is a six-hour course spread across two consecutive days. You must attend both days to receive the discount. The cost is \$25 for AARP members and \$30 for non-members. It is important that you call ahead to reserve your spot as walk-ins will not be accepted. On training day, you must bring your valid NY State Driver's License, AARP card (if you are a member), and a check written out to AARP for either \$25 or \$30. The class will be held at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

- February 27th and 28th, 1:30PM to 4:30PM, must sign up prior to February 10th

Please call Tioga Opportunities, Inc. at 607-687-4120 to reserve your spot today!

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.
- 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



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