

SENIOR SCOOP

SERVING TIOGA COUNTY SENIORS

May/June
2023

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

Mental Health Matters

We all have mental health, it affects how we think, feel, and act every day. However, mental health is often ignored until something goes wrong. The best way to prevent that is to pay attention to your mental health even when you're feeling ok or even good. We all have days when we feel better than others. And just like with our physical health, we can all do things that make us mentally healthier.

**MAY IS
MENTAL
HEALTH
MONTH**
TAKE SOME TIME TO
LOOK AROUND, LOOK WITHIN
MHANATIONAL.ORG/MAY



Mental health plays a big role in your overall well-being. When you're mentally healthy, you can enjoy your life and the people in it, feel good about yourself, keep up good relationships, and manage stress. It's normal for your mental health to shift over time. Creating positive habits is a great way to support your mental health. A mental health condition, or mental illness, refers to a set of symptoms that have been identified by the mental health community. People with mental health conditions experience changes in emotions, thinking, and/or behavior. For some, this means extreme and unexpected changes in mood, like feeling more sad or worried than usual. For others, it means not thinking clearly, pulling away from friends and activities you used to enjoy, or hearing voices that others do not. No matter what kind of mental health condition someone is facing, it is possible to heal. Having poor mental health is not the same as having a mental health condition. We all have tough days and weeks; struggling with your mental health doesn't automatically mean you have a mental health condition. To be diagnosed with a mental health condition, the changes in your thinking and emotions must be seriously hurting your ability to do the things you want to do, and the symptoms are staying around longer than they should, like weeks or months. (continued on page 4).

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Annual Public Hearing Set for Wednesday, May 17th

Tioga Opportunities, Inc. is holding its annual Public Hearing to gather comments and feedback on Aging services on Wednesday, May 17th from 12:30 to 1:30 PM at the Countryside Community Center (9 Sheldon Guile Blvd, Owego). Tioga County residents are encouraged to attend to provide input and suggestions regarding Aging programs and to make recommendations on how Tioga Opportunities, Inc. can improve its services to older adults in the community.

Director of Program Operations, Christine Shaver, and Aging Services Coordinator, Amanda Kushner, will review program highlights and accomplishments. All information gathered will be used to plan services in the coming year. Light refreshments will be provided. Please call 607-687-4120, ext. 313 for more information. If you require any accommodations to participate (i.e., large print, sign language interpreter, etc.), please contact Tioga Opportunities, Inc. by May 3rd.

If you are unable to attend, but would like to share your suggestions, please contact Christine Shaver at 607-687-4120, ext. 313 or email your thoughts to cshaver@tiogaopp.org.

Community Event and Presentation Calendar

All events and 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.

Congregate Lunch is served at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego, Monday- Friday from 11:30am to 12:30pm. Suggested contribution of \$5.00 for those aged 60+, \$7.00 for those under 60. Meal includes entrée, side dishes, beverage, and dessert. Salad bar available most days. Download our monthly menu at www.tiogaopp.org/nutrition.

Chair Yoga for Older Adults meets every Wednesday morning from 10:00am to 11:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Call 607-687-4120 for more information.

Caregivers Support Group meets on the 4th Friday of each month at 2:00pm in-person or via Go-To Meeting. For more information call Tioga Opportunities, Inc. at (607) 687-4120 ext. 315.

The Alzheimer's Association Support Group is offered remotely on the 3rd Tuesday of each month at 1:30pm. For more information call Tioga Opportunities, Inc. at (607) 687-4120 ext. 315.

OA Music Performance – Thursday, May 4th from 12:30pm to 1:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Enjoy a delightful performance from the students from the Owego Apalachin Music Department. Light refreshments will be served.

Berkshire Senior Social Hour and NY Connects Office Hours - Join Tioga Opportunities, Inc. at Berkshire Fire Department, 12515 NY-38, Berkshire, **Friday, May 5th and Friday, June 2nd** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607)687-4120.

Spencer Senior Social Hour and NY Connects Office Hours - Join Tioga Opportunities, Inc. at Inspire S-VE Community & Fitness Center, 57 E Tioga St., Spencer, **Friday, May 19th and Friday, June 16th** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607)687-4120.

Just Say Yes to Fruits and Vegetables with the Food Bank of the Southern Tier on **Thursday, May 18th and Monday, June 12th** from 10:00am-11:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Free cooking demonstration with easy, low cost recipes and tips on new ways to use common pantry foods. Guests can taste prepared recipes and participate in educational group discussions on nutrition topics to support good health. Call Tioga Opportunities, Inc. at (607) 687-4120 to reserve your seat.

Community Art Show– Monday, May 22nd -Thursday, May 25th at TOI's Countryside Community Center from 10am to 3:30pm. View paintings, quilts, ceramics, and other incredible works of art created by your friends and neighbors in the community. Register your entry by emailing Ksherman@tiogaopp.org or call 607-687-4120.

Basics of Estate Planning: Wills, Powers of Attorney, and Advance Directives

Have you thought about a Will, Power of Attorney, or Health Care Proxy?

Tioga Opportunities, Inc. will welcome Greg Catarella from the Law Office of Greg S. Catarella on Friday, May 12th from 9:30AM to 11:30AM at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Greg will be presenting important information on essential documents including Wills, Living Wills, Powers of Attorney, Health Care Proxies, and Do-Not-Resuscitate Orders.

The program is open to the public, but registration is required. To attend this event, please call 607-687-4120 ext. 315 to reserve your seat!

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

Bingo is Back! Join us the 2nd Friday of each month at 1pm.



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

NY Connects is your trusted place to go for free, unbiased information and assistance for resources in Tioga County.

Visit NY Connects office hours to learn how TOI can help you!

- Tuesday, May 16th and Thursday, June 15th from 10:00am to 12:00pm at the Apalachin Library, 719 Main St., Apalachin.
- Tuesday, May 16th from 1:00pm to 3:00pm and Tuesday, June 20th from 1:00pm to 3:00pm at The Red Door Café, 359 Broad Street, Waverly.



***Meditation with
Ed Valentin***
Please come and join us!

**Fridays at 1:00PM beginning May 12th
Countryside Community Center,
9 Sheldon Guile Blvd., Owego**

Meditation is a practice in which the focus is on breathing to gain mental or emotional clarity. It's a strategy to help you achieve a relaxed state of being and move in the direction of achieving inner peace. Americans are soothing their senses and quieting their minds like never before. Studies have shown meditation can reduce blood pressure, stress, anxiety, and other medical conditions just as well as medication.

By learning to focus one's breathing or attention on a specific thought or activity, meditation can produce a deep state of relaxation and enhance clarity and emotional well-being. This is thought to happen because several brain regions are known to be affected at once while in a meditative, and continuous breathing has been shown to increase air and blood flow throughout the body – calming one's nerves, releasing toxins, and expanding lung tissue. Research has shown that meditation can also strengthen areas of the brain that are responsible for memory and, over time, may increase one's cognition and attention span. Meditation can also help you build your patience, quiet the mind, feel more grounded, and live in the present moment. The Meditation sessions will be guided, focusing on breath and healing.
For more information, call (607) 687-4120 ext. 335.

**Did you know that Tioga Opportunities, Inc. has a
Family Health Clinic that is available to all
community members?**

The American College of Obstetrics and Gynecology recommends getting a mammogram and clinical breast exam every year to check for breast cancer starting at age 40. Additionally, women age 30 to 65 have three options for Cervical Cancer Screening, also known as a Pap Smear. They can choose to have both a Pap test and an HPV test every 5 years. They can have a Pap test alone every 3 years. Alternately, they can have HPV testing alone every 5 years. After age 65, you can stop having cervical cancer screenings if you have never had abnormal cervical cells or cervical cancer, and you've had two or three negative screening tests in a row, depending on the type of test.

Whether or not you are due for cervical cancer screening, you should still see your ob-gyn at least once a year. Your routine visit is a good time for you and your ob-gyn to share information and talk about your wishes for your health care. During your visit, you can talk about any number of common concerns, such as problems with sex or birth control, pelvic pain, or abnormal bleeding. You also can talk together about whether you need a breast exam or pelvic exam. Plus, you can discuss testing for STIs (sexually transmitted infections), getting the vaccines you need, having your blood pressure checked, and other general medical issues.

Tioga Opportunities, Inc.'s Family Health Clinic is here to help you meet all these needs as well as offer birth control, treat UTIs or yeast issues, perform urine pregnancy tests, and provide FREE emergency contraceptives and condoms. We also offer health education classes on an individual or group basis to support overall wellness.

Call to schedule your appointment today @ (607) 687-5333 or schedule online at tiogaopp.org/family-planning



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(Continued from page 1– Mental Health Awareness Month) It is important for us to take care of ourselves. Your mental health is no different than your physical health; just like you do things to stay physically healthy, there are things you can do to stay mentally healthy. Self-care is the practice of taking care of oneself. It takes purposeful effort, but it can help with maintaining or improving your daily mental well-being.

Remember, self-care is not a selfish act and doesn't have to be time-consuming or expensive. It can be whatever you make it and is an intentional way to love yourself. There are many different forms of self-care, and it is important for you to find out what works best for you. Below are a few different forms of self-care, according to the Mental Health Coalition:

- **Physical:** Addresses stress that lives in your body. It alleviates physical pain or tension that either causes or results from mental stress. This can include massage, fitness, dance, aromatherapy, rest, pampering.
- **Emotional:** Involves tending to your own internal emotional world – especially your mood and feelings. This can include connecting with others, psychotherapy, journaling or creative writing, art.
- **Cognitive:** Engages in activities that are intellectually rewarding and/or stimulating. This can include reading, writing, listening to books or podcasts, watching films, psychotherapy.
- **Spiritual:** This can take many different forms and does not have to be tied to formal religion. It means getting in touch with the less tangible aspects of yourself and the world around you. This can include meditation, breathwork, prayer, connecting with a spiritual or religious community, mantras.

Identify a few different forms of self-care that you would like to try or have tried and liked, schedule a time to engage in and enjoy these forms of self-care, and continue regularly until it becomes a part of your daily life.


When your mental health is off, it is important to find the help that is right for you. Where you go for help will depend on what is occurring within your life. Often the best place to start is to talk with those that you already have connections with, including your friends and family, your primary care doctor, spiritual advisor, or local mental health organizations.

Addressing mental health isn't just about overcoming struggles, it is also about enhancing your strengths so that you can live a healthy life! If you or someone you know is struggling, Tioga County's Mental Health Department offers Tioga County residents counseling services and support for individuals of all ages and families coping with emotional problems, mental illness, marital issues, depression, alcoholism, and substance abuse. Call (607) 687-4000 or 1-877-882-8313 to learn more. TOI's NY Connects program is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability. Call 607-687-4120 to speak with a NY Connects Specialist or visit tiogaopp.org.

#YouMatterMN


Tips to care for your **MENTAL HEALTH**

 Talk to someone you trust	 Take care of your physical health	 Focus on your surroundings for two minutes
 Do activities you enjoy	 Tell yourself that everything will be fine	 Don't be afraid to say "No"



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10:00am – 11:00am



Tioga Opportunities, Inc
 Countryside Community Center
 9 Sheldon Guile Blvd., Owego

Classes start June 6th! Registration is required!
 There will be 24 classes plus a pre-assessment and post-assessment.

For more information and to register call:
607-687-4120 ext. 315

It Works!

You'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.

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The instructors are experienced and skilled, and exercises have been tested with seniors.

It's Fun!

You'll meet other seniors and make new friends!

What to expect?

- One hour of exercise, twice a week
- Classes are taught by qualified instructors
- You can sit or stand. Exercises are adapted for all levels of physical ability
- All participants receive a copy of Stay Active and Independent for Life: An Information Guide for Adults 65+

How can I get the most from this class?

- Make sure that you that you have eaten before attending the class.
- Keep hydrated. Drink plenty of water during the class.
- Try to arrive early. That way you are not out of breath before class starts.
- Wear flexible, supportive rubber-soled shoes and loose-fitting clothing.
- Refrain from wearing perfume, aftershave or scented personal care products.
- Make an effort to attend as many classes as possible. The best way to benefit from exercise is to exercise regularly!



The best morning routine to start your day off right!

- Do some light stretches/yoga
- Eat a nutritious breakfast
- Make a list for the day
- Get some fresh air
- Read or do something you love

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For more information and applications contact:
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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 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf	2 Pulled Pork Sandwich	3 Salisbury Steak with Mushroom Gravy	4 Chicken Spiedies	5 Chicken Fajita
8 Chicken Piccata	9 Meatball Sub with Sweet Potato Fries	10 Turkey a la King	11 Stuffed Greek Chicken	12 Philly Cheesesteak Sandwich
15 Garden Chili	16 Sloppy Joe	17 Chicken Caprese	18 Caribbean Chicken Salad	19 Macaroni & Cheese
22 Bratwurst	23 Cheeseburger with Caramelized Onions and Cheddar	24 Spaghetti & Meatballs	25 <i>Community Action Month Celebration Reservations Required</i>	26 CLOSED STAFF TRAINING
29 CLOSED MEMORIAL DAY	30 Chicken Philly Cheesesteak Sandwich	31 Roasted Turkey		

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Barbecue Chicken Thighs	2 Macaroni & Cheese
5 Meatloaf	6 Pulled Pork Sandwich	7 Salisbury Steak with Mushroom Gravy	8 Chicken Spiedies	9 Garden Chili
12 Chicken Piccata	13 Meatball Sub	14 Turkey a la King	15 CLOSED AGENCY	16 Philly Cheesesteak Sandwich
19 CLOSED JUNETEENTH	20 Sloppy Joe	21 Chicken Caprese	22 Beef Burgundy	23 Roasted Pork
26 Bratwurst	27 Cheeseburger with Caramelized Onions and Cheddar	28 Spaghetti & Meatballs	29 Tuscan Chicken Pasta	30 Baked White Fish

Let's Celebrate

**PLEASE JOIN TIOGA OPPORTUNITIES, INC.
AS WE CELEBRATE COMMUNITY ACTION MONTH
AND THE**

**30TH ANNIVERSARY OF THE
COUNTRYSIDE COMMUNITY CENTER**

THURSDAY, MAY 25TH
COUNTRYSIDE COMMUNITY CENTER
9 SHELDON GUILLE BLVD., OWEGO

ENJOY A DELIGHTFUL MEAL SERVED FROM
11:30AM TO 1:00PM

*Beef Burgundy over Egg Noodles
Mixed Vegetables and a Festive Dessert*

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



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**Are you familiar with Medicare?
Looking for a unique volunteer opportunity?**

Tioga Opportunities, Inc. is seeking volunteers to support its Medicare Counseling program.



Help your friends and neighbors select the best health and prescription drug plans to meet their needs, often saving them money in the process!

As a HIICAP Volunteer, you'll provide one-on-one guidance to share information about Medicare, Medicare Advantage programs, prescription drug coverage, and more. You'll receive initial and ongoing training to stay up to date on Medicare programs. No prior experience is necessary.



Contact Tioga Opportunities, Inc. for more information on becoming a volunteer at 607-687-4120, ext. 315.



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



Call us at 607-687-4120



Visit Our Website www.tiogaopp.org



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

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