



Neighborhood News

Issue 11 Fall 2023

Important Reminder...

All apartment buildings are **non-smoking facilities (including marijuana)**. You **MUST** leave the property if you wish to smoke.

Please be mindful that there is a **NO SMOKING policy** per the Resident Handbook:

“SMOKING: This is a smoke FREE senior housing apartment complex and property. Smoking is not allowed on any of the Tioga Opportunities, Inc. properties. Residents are urged to instruct visitors there is no smoking when coming onto the property. Tenants and/or guests will have to leave property grounds completely if they wish to smoke.”

If you are found to be smoking in the building or an apartment, it could affect your future residency at Tioga Opportunities, Inc.’s apartment buildings, as this constitutes a violation of your lease.

PLEASE NOTE: There is oxygen in use on Tioga Opportunities, Inc.’s properties. The NO SMOKING policy is to ensure the health and safety of everyone in the building.

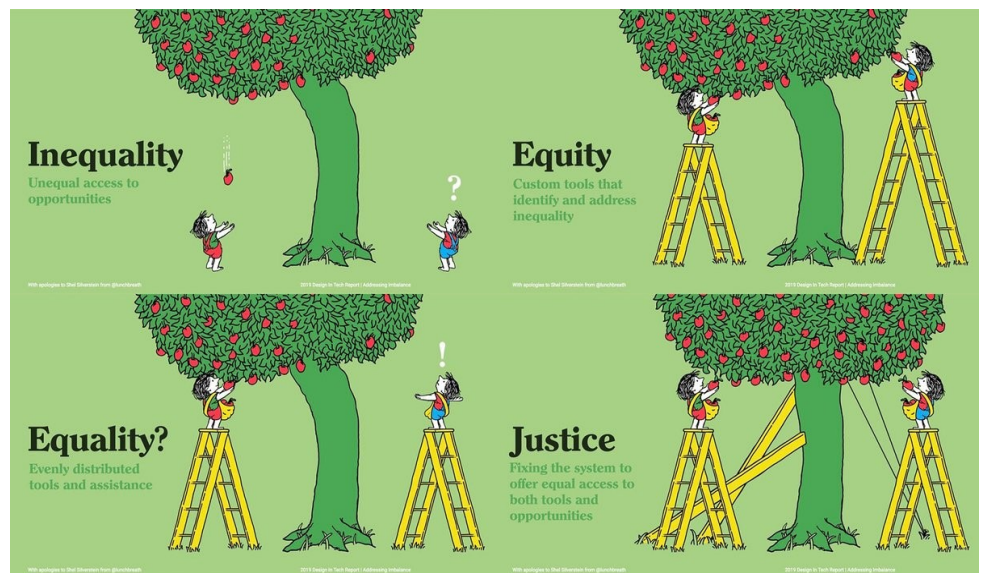
What is Equality?

What is equality? Equality is dividing resources and giving all the same thing, but it does not factor in need, ability, or difference. Everyone is seen as the same. What is equity? Equity is the belief that you factor in the difference and make adjustments to account for this difference. (Source: achievebrowncounty.org)

Equity and equality are often interchanged to mean that people are given fair opportunities. That everyone has the same opportunity, same advantages; that we all start at the same starting line.

Equality and equity are just parts of the move to create opportunities for everyone. When we look at all having equal rights, equal opportunities, equal advantage we cannot forget the early inequalities in the systems of the world and the justices. For equity and equality to exist justice has to be part of the equation. We all have the right to exist equally, equitably, and justly in this world.

Source: https://portal.ct.gov/-/media/DDS/Publications/DEI/DDS_DEI_Newsletter_August_2023.pdf



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TDD 607-687-5905



Visit Our Website
www.tiogaopp.org



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Medicare: Did you know?

Ambulance Services

Medicare Part B (Medical Insurance) covers ground ambulance transportation when traveling in any other vehicle could endanger your health, and you need medically necessary services from a:

- Hospital
- Critical access hospital
- Rural emergency hospital, or Skilled nursing facility

Medicare may pay for emergency ambulance transportation in an airplane or helicopter if you need immediate and rapid transport that ground transportation can't provide. In some cases, Medicare may pay for limited, medically necessary, non-emergency ambulance transportation if you have a written order from your doctor stating that the transportation is medically necessary. For example, someone with End-Stage Renal Disease may need medically necessary ambulance transport to a kidney dialysis facility.

Your costs in Original Medicare

After you meet the Part B deductible, you pay 20% of the Medicare-Approved Amount. Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. Ask questions so you understand why your doctor is recommending certain services and if, or how much, Medicare will pay for them. To find out how much your test, item, or service will cost, talk to your doctor or health care provider. The specific amount you'll owe may depend on several things, like:

- Other insurance you may have
- How much your doctor charges
- If your doctor accepts assignment
- The type of facility
- Where you get your test, item, or service

Things to know

Medicare will only cover ambulance services to the nearest appropriate medical facility that's able to give you the care you need. The ambulance company must give you an "Advance Beneficiary Notice of No coverage (Abn)" when both of these apply:

- You got ambulance services in a non-emergency situation.
- The ambulance company believes that Medicare may not pay for your specific ambulance service

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. 335.



Octoberfest LUNCHEON

MENU
BRATWURST
WITH PIEROGIES,
VEGETABLE, &
A FESTIVE DESSERT

THURSDAY, OCTOBER 26TH
SERVING AT 11:30AM
COUNTRYSIDE COMMUNITY CENTER
9 SHELDON GULE BLVD., OWEGO

Suggested contribution for ages 60 and over \$5.00; under 60 \$7.00.
SEATING IS LIMITED.
CALL 607-687-4120 TO MAKE YOUR RESERVATION!

Tioga Opportunities, Inc.



ACT FAST AT ANY SIGN OF A STROKE

F A S T

- F** Face droop
- A** Arm weakness
- S** Speech difficulty
- T** Time to call 911

Think someone is having a stroke? Call 9-1-1 right away!



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