

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



## 5 Tips for Weatherizing Your Home for Winter

Figuring out where to start and how to weatherize your home for winter can be daunting. We've done the research for you, so here are five easy home weatherization tips to help you start lowering your energy costs and guarantee your home will be cozier when the temperature drops.

- 1. Clean your gutters.** Yes, it's a nasty job, but clogged gutters are a primary reason ice dams build up. Ice dams are those ice floes that form on your roof if the gutter doesn't properly drain. The warm air in your house leaks into the attic, which warms the roof and causes the ice and snow to melt. The ice lies beneath the snow, where it refreezes instead of being drained. That causes the ice buildup, which can create water spots inside your home. Sealing home air leaks can help prevent this problem, as well.
- 2. Install — and set! — programmable thermostats.** Programmable thermostats can make your heating (and cooling) system operate more efficiently. Why heat a home — or cool it for that matter — at the same temperature when no one is in it? Programmable thermostats are easy to install and ENERGY STAR estimates you can save as much as 10% on heating and cooling costs by properly using one. The critical piece is actually using the thermostat once you have it. Set it to the recommended temperatures and then just enjoy the savings.
- 3. Change ceiling fans to rotate the correct way.** A ceiling fan can be an important tool in your home weatherization tips toolbox year-round. In the winter, it can be used to rotate air flow so that heat rising into a high ceiling is blown back down to where it can do the most good — where the people are.

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## Thanksgiving Luncheon

Join us for a festive meal including

Roasted Turkey with Gravy, Mashed Potatoes,  
Stuffing, Green Bean Casserole, and Pumpkin Pie

**Thursday, November 16th serving at 11:30AM**

Countryside Community Center, 9 Sheldon Guile Blvd., Owego

Seats are limited. Reservations are required.

Call 687-4120 to make your reservation  
by Thursday, November 9th.

Suggested contribution for ages 60 and over \$5.00; under 60 \$7.00.



### Community Event and Presentation Calendar

**Registration is required.**

**Please call 607-687-4120 to save your seat.**

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

**Meditation with Ed Valentin - Fridays from 1:00pm to 2:00pm** at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. The Meditation sessions will be guided, focusing on breath and healing. For more information, call (607) 687-4120 ext. 335.

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

**BINGO for Older Adults!** Join us for a friendly game of Bingo on **Thursday, November 9th and Friday, December 8th** from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Call 607-687-4120 for more information.

**Berkshire Senior Social Hour and NY Connects Office Hours** - Join Tioga Opportunities, Inc. at Berkshire Fire Department, 12515 NY-38, Berkshire, **Friday, November 3rd and Friday, December 1st** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607) 687-4120.

**Putting the Garden to Bed with Cornell Cooperative Extension.** Get gardening tips and learn how to prepare your garden beds for winter. **Monday, November 6th from 10:00am to 11:00am** at TOI's Countryside Community Center. Call 607-687-4120 to sign up!

**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, November 17th and Friday, December 15th** 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, November 16th** from 10:00am-11:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Free cooking demonstration with easy, low cost recipes. Call (607) 687-4120 to reserve your seat.

**Waverly Senior Social Hour and NY Connects Office Hours** - Join Tioga Opportunities, Inc. at Waverly Community Methodist Church, 158 Chemung St., Waverly, **Friday, December 22nd** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607) 687-4120.

**Visit and subscribe to our Community Calendar at**  
<https://tiogaopp.org/community-calendar/>

### Countryside Café Tasting Event

Join our Nutrition Team on **Thursday, November 2nd** from 11:30am to 12:30pm at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

***This special tasting event will include:***

*Squash Noodle and Tomato Salad; Italian Wedding Soup; Corn, Bean and Tomato Salad; Turkey Sausage, Egg, and Cheese Quesadilla; Chicken Cordon Bleu; Lemon Strawberry Pudding; and Fruit Lasagna*

Let us know your favorites and you may see them on an upcoming menu in 2024!



### Holiday Paint & Sip

Tioga Opportunities, Inc. will be offering a Paint & Sip on Tuesday, December 5th at 2:00pm the Countryside Community Center. We will be painting an acrylic moonscape and sipping on refreshing infused water.

Registration for this event is required by November 28th. Call (607) 687-4120 to reserve your seat.

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!***

- Thursday, December 28th from 10:00am to 12:00pm at the Apalachin Library, 719 Main St., Apalachin.
- Wednesday, November 1st and Wednesday, December 6th from 1:00pm to 3:00pm at The Red Door Café, 359 Broad Street, Waverly.

### Countryside Community Center Activities

**Are you looking to stay active  
and meet new people?**

**Join us for our weekly activities!**

<b>Mondays</b>	<b>9:00am-Noon</b>	<b>Ceramics</b>
<b>Tuesdays</b>	<b>9:00am-Noon</b>	<b>Oil Painting</b>
	<b>1:00pm-4:00pm</b>	<b>Acrylic &amp; Watercolor</b>
<b>Wednesdays</b>	<b>10:00am-11:00am</b>	<b>Chair Yoga</b>
	<b>1:00pm-4:00pm</b>	<b>Cards &amp; Games</b>
<b>Thursdays</b>	<b>12:30pm-4:30pm</b>	<b>Bridge</b>
	<b>1:00pm-3:00pm</b>	<b>Knitting</b>
<b>Fridays</b>	<b>9:00am-1:00pm</b>	<b>Quilting</b>

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



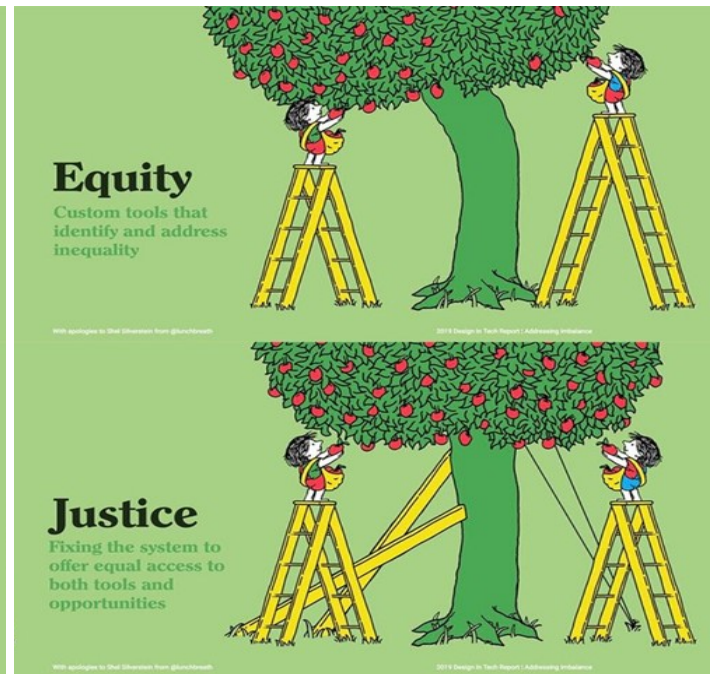
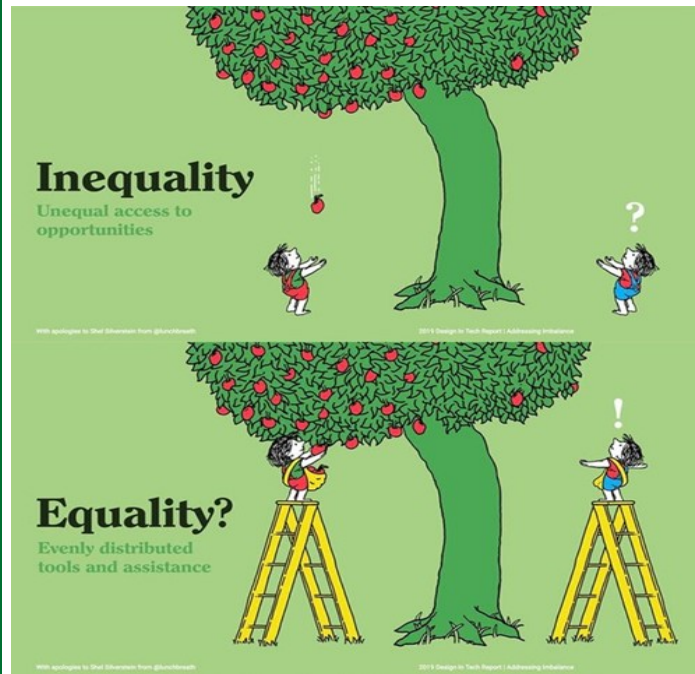
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## What is Equality vs. Equity?

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 advantages, 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.



# Save the Date!

Plan to join us as we celebrate the season with two exciting events!

**Winter Wonderland**  
Wednesday, December 20th  
12:15pm to 1:15pm  
Enjoy an afternoon of holiday favorites with special performance by the OA Music Department

**HOLIDAY Luncheon**  
Thursday, December 21st  
Serving at 11:30am  
Baked Ham  
Reservations Required

Look for updates in the coming weeks in the Owego Pennysaver and on the TOI Website and Facebook Page.

 Tioga Opportunities, Inc.

## VETERANS DAY

November 11th

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on Nov. 11, 1918. In legislation that was passed in 1938, Nov. 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress -- at the urging of veterans service organizations -- amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

Happy Veterans Day to our local Veterans and their families... we salute you!

Thank you for your service and sacrifice!





## HOLIDAY SHOPPING TIPS FOR OLDER ADULTS

The holidays are fast approaching, which means many people are gearing up to do some serious shopping. While it can be fun to shop for the perfect gifts for loved ones, it can also present a few challenges, especially for older adults. Consider these tips to make your holiday shopping a safe and enjoyable experience.

**Have a Plan**—Start by making a detailed shopping plan including a list of the people you need to shop for, what stores you need to visit, and where they are located. This will give you a good idea of what you need to accomplish and help eliminate any hurdles along the way.

**Get an Early Start**—It is never advised to wait until the last minute to shop for the holidays. If you have the space in your home, consider shopping throughout the entire year to avoid the holiday shopping rush that occurs after Thanksgiving. Keep in mind that stores are typically slower on weekday mornings. In the evening hours and on the weekends, many stores become crowded which can make shopping difficult.

**Shop with a Friend**—It's more fun to shop with a friend or a family member—and it's safer, too. Invite a friend to join you on your shopping adventures. Whether you need assistance with transportation, carrying bags, or deciding what gifts to buy, having support can make the shopping experience less stressful and more enjoyable.

**Consider Online Shopping**—Online shopping is easier on aging bodies than physically visiting stores. There are also usually several cyber deals online during the holidays. Recruit a tech-savvy friend or family member to help you if you need it and enjoy holiday shopping from the comfort of your home while avoiding the crowds altogether.

**Beware of Holiday Scams**—Charitable giving is a common holiday activity for many—and scammers are well-aware. Avoid these end-of-year scams by verifying any organization that reaches out for help. As a general rule, never give out sensitive information without researching first, and always say no if you sense something isn't right. By staying vigilant, you can better prevent any type of fraud and stay focused on enjoying the season.

**Gift Cards and Experiences**—The best gifts don't have to come wrapped up in pretty boxes. Why not give a gift card to their favorite store or restaurant? Do your grandkids love animals? An annual membership to the local zoo is a great gift that doesn't require shopping at the mall.

It's easy to get overwhelmed with the hustle and bustle of the holidays, especially as you get older. By taking time now to make a plan, you can eliminate obstacles and enjoy a safer, stress-free holiday shopping season.

Source: <https://blog.ssmgrp.com/holiday-shopping-tips-for-seniors>

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### 4. Check, clean, or replace central heating filters.

Checking filters is on ENERGY STAR's monthly home weatherization tips checklist. ENERGY STAR recommends checking filters monthly and changing them every three months, at least. A dirty air filter slows down air flow and makes a system work harder, thereby wasting energy.

**5. Flush your water heater.** Sediment inevitably gathers inside your water heater (unless you have a tankless one) and impedes the water flow. Flushing is an easy DIY task to weatherize your home for winter. The Family Handyman is just one of many online videos that can walk you through this.

Windows and doors top the list of culprits for air leaks and other issues that can lower the energy efficiency of your house. Paying attention to weatherizing doors and windows, then, is one of the smartest ways to prepare your home for winter.

Source: <https://hcr.ny.gov/weatherization-tips-5-tips-weatherizing-your-home-winter>

## Tired of high energy bills?

Save Money & Stay Warm  
this Winter!

### Stop spending too much money on energy bills!

TOI's Weatherization Services can help make your home energy efficient and save you money!

**START SAVING! CALL TOI TODAY!**

- Insulation
- HVAC Repairs/Upgrades
- Ventilation & More
- Improve Air Quality
- Reduce Utility Costs
- Increase Energy Efficiency

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## New York State Department of Health Issues Standing Order to Allow Pharmacists to Administer RSV Vaccines to Older Adults

The New York State Department of Health recently announced that a statewide standing order has been issued to allow pharmacists in New York State to administer the RSV vaccination to adults 60 years and older. Older adults are susceptible to complications from RSV and are encouraged to get the vaccine now, as respiratory viruses typically spread in the fall and winter seasons.

The RSV vaccine helps protect adults 60 years and older from RSV disease. Older adults are at greater risk for serious complications from RSV because immune systems weaken with age. In addition, certain underlying conditions, such as chronic heart or lung disease, may increase the risk of getting very sick from RSV.

RSV is a highly contagious virus that usually causes mild, cold-like symptoms, but can be serious, especially in infants and older adults. In adults, it can cause pneumonia, infections of the bronchioles (bronchiolitis), and can exacerbate underlying chronic lung disease.

To protect against respiratory viruses, the Department of Health recommends commonsense precautions, including:

- Staying up to date on all vaccines, including the RSV vaccine.
- Washing hands often with soap and hot water for least 20 seconds.
- Not coughing or sneezing into hands.
- Staying home when sick or symptomatic.

Those wishing to further protect themselves from respiratory viruses such as RSV disease may consider wearing a well-fitting, high-quality mask when in public indoor spaces.



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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

*If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.*

### November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mediterranean Pasta	2 Stuffed Cabbage	3 Roasted Pork with Spiced Applesauce
6 Macaroni & Cheese	7 Sloppy Joe Sandwich	8 Greek Chicken	9 Swiss Steak	10 <b>CLOSED</b> Veterans' Day
13 Tuscan Chicken Pasta	14 Cheeseburger with Cheddar & Onion	15 Garden Chili	16 Thanksgiving Lunch <b>Reservation Required</b> Roasted Turkey	17 Spaghetti & Meatballs
20 Chicken & Biscuits	21 Meatball Sub	22 Turkey a la King	23 <b>CLOSED</b> Happy Thanksgiving	24 <b>CLOSED</b> Happy Thanksgiving
27 Ravioli Florentine	28 Fish Sandwich	29 Ham & Scalloped Potatoes	30 Chicken Caprese	

### December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Swedish Meatballs
4 Spanish Rice with Black Beans	5 Chicken Sausage with Penne	6 Pork Chop with Applesauce	7 Cannellini with Orzo	8 Baked Fish with Wild Rice
11 Chicken Philly Cheesesteak Sandwich	12 Sloppy Joe Sandwich	13 Chicken Loaf	14 Rigatoni with Chicken Sausage	15 Shepherd's Pie
18 Chicken Chili with Cornbread	19 Vegetable Lasagna	20 Juicy Baked Chicken	21 <b>Holiday Luncheon</b> <b>Reservation Required</b> Baked Ham	22 Hot Roast Beef Sandwich
25 <b>CLOSED</b> Christmas Holiday	26 Cheeseburger with Mushroom & Swiss	27 Chicken & Biscuits	28 Spaghetti & Meatballs	29 Pizza



### Perfect Ghanaian Jollof Rice for Your Kwanzaa Feast

Kwanzaa is a week-long celebration of African-American culture that takes place from December 26th to January 1st. Each day is dedicated to a particular principle: unity, self-determination, collective responsibility, cooperative economics, purpose, creativity, and faith. Each night, a black, red, or green candle is lit on the Kinara, a seven-branched candleholder used in Kwanzaa celebrations. Food is also an important part of Kwanzaa, incorporating both Black American and West African dishes. Jollof Rice is a West African inspired dish that can be customized to your taste preferences. You can add more or less spice and your favorite protein or vegetables to the dish. Some popular additions to Jollof Rice include chicken, fish, shrimp, or peas. You can learn more about Kwanzaa by visiting [www.history.com/topics/holidays/kwanzaa-history](http://www.history.com/topics/holidays/kwanzaa-history)



Habari Gani! *Let the light of Kwanzaa bring happiness to your home. May peace, love, and unity bring a happy Kwanzaa to you.*

#### Ingredients:

- 2 cups long-grain rice
- 4 cups chicken broth or water
- 2 tablespoons tomato paste
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 1 red bell pepper, finely chopped
- 1 green bell pepper, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon paprika
- 1/2 teaspoon dried thyme
- 1/2 teaspoon cumin
- 1/2 teaspoon curry powder
- Salt and freshly ground black pepper to taste

#### Directions:

1. Rinse the rice in cold water and drain.
2. In a large pot, heat the oil over medium heat.
3. Add the onion and sauté until soft and translucent, about 5 minutes.
4. Add the bell peppers and garlic and cook for another 5 minutes, until the vegetables are soft.
5. Add the tomato paste, paprika, thyme, cumin, and curry powder and cook for another 2 minutes, until fragrant.
6. Add the rice and stir to coat with the vegetable mixture.
7. Pour in the chicken broth or water and bring to a boil.
8. Reduce the heat to low, cover the pot, and simmer for 20 to 25 minutes, until the rice is cooked and the liquid has been absorbed.
9. Fluff the rice with a fork and season with salt and pepper to taste.

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