

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

## Diabetes: What You Need to Know

About 37 million Americans are affected by diabetes, according to the **National Institute of Diabetes and Digestive and Kidney Diseases** (<https://bit.ly/3SivzqG>), and diabetes is the eighth leading cause of death in the United States. Those who already have diabetes can avoid complications by practicing proper self-management. While a diabetes diagnosis can be scary, there are steps you can take to lead a healthy, happy life.

### Types of Diabetes

Diabetes generally happens when the body stops producing the hormone insulin, leading to excess sugar in the bloodstream. Type 1 diabetes occurs when the body attacks your pancreas, causing it to produce no insulin at all. Gestational diabetes occurs in pregnant women who have never had diabetes. Type 2 diabetes is usually diagnosed in older adults and is largely preventable. It occurs when the body doesn't respond to insulin. Type 2 diabetes often follows prediabetes, a condition in which blood sugar levels are higher than normal, but not high enough to be considered type 2 diabetes. Talk to your healthcare provider about getting screened for diabetes if you are 35 years old or younger with health issues. If you have not been diagnosed with diabetes, but are experiencing one or more of the following symptoms, ask your doctor if you should be concerned about diabetes. Symptoms may include:

- Frequent urination, constant thirst and hunger, extreme tiredness, blurry vision, wounds that heal slowly, and tingling, pain, or numbness in your hands and/or feet. (Continued on page 3).

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## St. Patrick's Day LUNCHEON

Join us as we celebrate with a festive meal including  
**Corned Beef and Cabbage,  
Boiled Red Potatoes, Carrots, and Pistachio Cake**

**Thursday, March 14th serving at 11:30AM**

**Countryside Community Center  
9 Sheldon Guile Blvd., Owego**



**Reservations are required.**

**Call Sue at 687-4120 ext. 320 to make your  
reservation by Friday, March 8th**

### **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. **There will be no Chair Yoga classes during the month of March. We will look forward to seeing everyone in April.**

**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 **Friday, March 8th and Friday, April 12th** from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

**Berkshire Senior Social Hour and NY Connects Office Hours** at Berkshire Fire Department, 12515 NY-38, Berkshire, **Friday, March 1st and Friday, April 5th** from 11:30am to 12:30pm. Enjoy good food and great company. Please call to reserve your seat. (607) 687-4120.

**Spencer Senior Social Hour and NY Connects Office Hours** at Inspire S-VE Community & Fitness Center, 57 E. Tioga St., Spencer, **Friday, March 15th and Friday, April 19th** from 11:30am to 12:30pm. Enjoy good food and great company. Please call to reserve your seat. (607) 687-4120.

**Just Say Yes to Fruits and Vegetables** with the Food Bank of the Southern Tier on **Thursday, March 21st and Thursday, April 18th** 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** at Waverly Community Methodist Church, 158 Chemung St., Waverly, **Friday, March 22nd and Friday, April 26th** from 11:30am to 12:30pm. Enjoy good food and great company. Please call to reserve your seat. (607) 687-4120.

Time is A'Wasting!

Have you signed up yet for Tioga County Rural Ministry's Spring Cleanup? Step right up. The time is NOW.

Call TCRM NOW if you would like help with some outdoor work. You qualify for our Spring Cleanup endeavors if you are 65 years of age or older and live in the town of Owego or Apalachin. On Saturday, April 13th, volunteers from our community will assist with outside yard work between the hours of 9:30 am – 3:00 pm. To register, contact Sr. Mary or Rachel at Tioga County Rural Ministry at 607-687-3021 no later than March 20th.

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, March 28th and Thursday, April 25th** from 10:00am to 12:00pm at the Apalachin Library, 719 Main St., Apalachin.
- **Wednesday, March 6th and Wednesday, April 3rd** 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!**

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

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



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

(Continued from page 1)

Having diabetes means that you could be at higher risk for heart and kidney disease; skin, eye, and feet problems; obesity; strokes; and some types of cancer.

### Prevention Works

There are many ways to prevent Type 2 diabetes as you get older. The best way is to sustain a healthy lifestyle by maintaining a healthy weight and being physically active. Healthy weights are different for everyone. Talk to your doctor about the right weight for you, and what kind of diet and exercise routine can help you achieve that.

Many hospitals, health systems, community-based organizations, and even health departments offer Diabetes Prevention Programs. These educational programs have been shown to help prevent or delay the onset of Type 2 diabetes in adults who are at high risk. Visit <https://bit.ly/3Me9lgf> to learn about Diabetes Prevention Programs near you.

### Managing Highs, Lows, and Everything In Between

You can manage diabetes daily by eating a healthy diet that is low in carbohydrates, added sugars, and saturated fat, and incorporating physical activity into your schedule. These healthy habits should be followed, even if you are prescribed insulin to help regulate your blood sugar. You should also track your blood sugar levels, food and beverage intake, insulin dosages, and physical activity in order to keep your blood sugar at its target level. Eating a healthy diet may include controlling your meal portions; choosing foods that have fewer calories, fats, sugars, and sodium; drinking water instead of sugary drinks and alcohol; and having fruit instead of candies and other sugary sweets.

*Source: IPRO Healthy Insights comes from Dr. Clare Bradely, IPRO's Sr. Vice President/Chief Medical Officer, a nationally recognized public health advocate. Learn more at <https://ipro.org>*

**Visit and subscribe to our  
Community Calendar at  
[https://tiogaopp.org/  
community-calendar/](https://tiogaopp.org/community-calendar/)**



## 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.

Tioga Opportunities, Inc. is pleased to host the AARP Driver Safety Course:

Monday March 18th & Tuesday March 19th, 1:30pm to 4:30pm  
Monday April 29th & Tuesday April 30th, 1:30pm to 4:30pm

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.

Participants must sign up two weeks prior to the class. Please call Tioga Opportunities, Inc. at 607-687-4120 to reserve your seat.

### Agency Spotlight: Community Connections

Are you in need of support to help you live independently? Are you having difficulty connecting with or finding local resources and services? Tioga Opportunities, Inc. is proud to host Agency Spotlight: Community Connections.

Tioga Opportunities Inc. and the Southern Tier Independence Center (STIC) will present information on a variety of resources and services such as transportation (Medicaid and Volunteer), home repair/modification, fire alarms for the hard of hearing, Weatherization, Empower NY, and the HEAP Cooling benefit.

This free presentation will be offered on at Tioga Opportunities, Inc.'s Countryside Community Center, 9 Sheldon Guile Blvd., Owego on Wednesday, March 27<sup>th</sup> at 1:30. This will be a great opportunity to make a connection and learn more about a wide variety of services and resources. Please call 607-687-4120, ext. 344 to reserve your spot today.

### Understanding Alzheimer's and Dementia

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on what happens in a brain affected by Alzheimer's, risk factors, and the 3 general stages of the disease.

This presentation will be coming to a Senior Social Hour near you this year! Please join us for good company, great food, and invaluable information. The meal begins at 11:30 am and the presentation begins at 12:00 pm.

- Friday, March 15<sup>th</sup> at Inspire S-VE Community & Fitness Center, 57 E. Tioga St., Spencer
- Friday, May 3<sup>rd</sup> at Berkshire Fire Department, 12515 NY-38, Berkshire
- Friday, June 28<sup>th</sup> at Waverly Community Methodist Church, 158 Chemung St., Waverly

Please call ahead to reserve your seat. (607) 687-4120.

### Managing Money

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program is a caregivers' guide to finances; you will learn tips for managing someone's finances and how to prepare for future costs for care of the individual with Alzheimer's.

Monday, April 15<sup>th</sup> at 9:30 am at the Country-side Community Center, 9 Sheldon Guile Blvd., Owego

Please call ahead to reserve your seat. (607) 687-4120.

alzheimer's  association®



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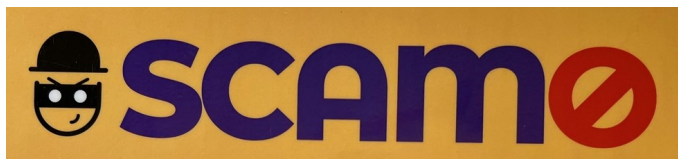
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Tioga Opportunities, Inc. invites you to learn about different frauds and scams with a game of SCAMO. SCAMO is a game like BINGO in which participants' knowledge of scams and fraud is tested. Definitions are read and answers called out. Cover five spaces in a row and shout "SCAMO"!

Friday, April 26<sup>th</sup> at 10:00am at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego, NY. Come for the information and fun, stay for a delicious meal.

Friday, April 26<sup>th</sup> at 11:30am at Wavery Community Methodist Church, 158 Chemung St., Waverly, NY. Come for the delicious meal and stay for the information and fun.

Please call (607) 687-4120 to reserve your space today! **This fun-filled, interactive, and informative Bingo style game/presentation is brought to you by the Upstate Elder Abuse Center at Lifespan of Greater Rochester Inc.**



## Empower Your Financial Future: Explore Trusts with Attorney Greg Catarella, Esq. at TOI's Countryside Community Center

Are you curious about how trusts work and their role in shaping your financial planning? Trusts can be a complex subject for many and understanding them is essential in securing a financial future.

Tioga Opportunities, Inc. invites the community to "A Matter of Trust—What is a Trust (and Do I Need One)?" on Friday, March 8<sup>th</sup> from 9:00 am to 11:00 am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

During this free 2-hour seminar, local attorney, Greg Catarella, Esq., will share valuable insights on what trusts are, how trusts work, and if a trust is right for you. Whether you're navigating estate planning and wealth management, or simply seeking to understand trusts as a financial tool, this presentation will help you gain a deeper understanding of your options and help you make confident choices regarding your financial future and estate planning needs.

This event is free to the public, but reservations are appreciated by calling 607-687-4120.

## Calling all Veterans!

**Tioga Opportunities, Inc. is excited to welcome Michael Middaugh from  
Tioga County Veterans' Service Agency!**

Join us to learn more about Benefits, Services, Programs, and Thanks. This program will be an overview of who they are, what they do, how they can help, and thanking those who served for their service.

- Friday, April 5<sup>th</sup>, at 11:30am at the Berkshire Fire Department, 12515 NY-38, Berkshire, NY. Start with a delicious meal and stay to learn more about the Tioga County Veterans' Service Agency.
- Friday, April 19<sup>th</sup>, at 11:30am at the S-VE Community and Fitness Center, 57 E. Tioga Street, Spencer, NY. Start with a delicious meal and stay to learn more about the Tioga County Veterans' Service Agency.
- Monday, April 22<sup>nd</sup>, at 10:00am at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego, NY. Come for the information and fun, stay for a delicious meal.



## 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.*

### March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Fish with Mac & Cheese
4 Garden Chili	5 Ravioli Florentine	6 Turkey Tetrazzini	7 Meatloaf	8 Almond Crusted Fish
11 Hot Turkey Sandwich	12 Stuffed Shells	13 Chicken & Biscuits	14 <b>St. Patrick's Day Luncheon</b> <i>Reservation Required</i> Corned Beef & Cabbage	15 Macaroni & Cheese
18 Spaghetti & Meatballs	19 Stuffed Cabbage	20 <b>Breakfast for Lunch</b> French Toast	21 Roasted Pork	22 Tuna Casserole
25 Ham & Scalloped Potatoes	26 Vegetable Lasagna	27 Roasted Turkey	28 Minestrone Soup & Built-Up Salad Bar	29 Herb Crusted Fish

### April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beans & Greens	2 Sloppy Joe Sandwich	3 Beef & Lentil Stew	4 Hungarian Goulash	5 Chicken Caprese
8 Swedish Meatballs	9 Chicken Philly Cheesesteak	10 Chili with Cornbread	11 Beef Burgundy	12 <b>CLOSED</b> <b>Staff Training</b>
15 Cannellini with Orzo	16 Turkey Burger with Mushrooms & Swiss	17 Roasted Pork	18 Spaghetti & Meatballs	19 Parmesan Crusted Chicken
22 Macaroni & Cheese	23 <b>CLOSED</b> <b>Volunteer Event</b>	24 Tuscan Chicken Pasta	25 Chicken Noodle Soup & Built-Up Salad Bar	26 Meatball Sub
29 Mediterranean Pasta	30 Chicken Patty Sandwich			

## Nursing Home Residents Find A Voice Within Ombudsmen Program

Long-Term Care Ombudsmen are advocates for residents of nursing homes, adult care facilities, and family type homes. Ombudsmen provide a "regular presence" in facilities, and because of this, get to know residents, their needs, and those things that make a difference in their everyday lives. Ombudsmen are another set of eyes in facilities. For residents without any family or loved ones, Ombudsmen may be their only socialization from outside the facility and the only advocate they can truly count on. The Ombudsmen become a "voice for the voiceless" and a lifeline for those who need assistance when they feel like they have nobody to turn to.

Action for Older Persons in Endicott, NY, sponsors the Regional Long-Term Care Ombudsman Program in this local area. This locally based program provides Ombudsman services to approximately 49 facilities and approximately 3,773 residents who reside in these facilities in Broome, Chenango, Delaware, and Tioga Counties.

Ombudsmen Volunteers bring compassion and understanding to the residents of Long-Term Care in our community. They serve our community not because they have the time, but because they have the "heart." If you are interested in becoming a "voice for the voiceless," contact Danielle LaBare @ Action for Older Persons (607) 722-1251 or [dlabare@actionforolderpersons.org](mailto:dlabare@actionforolderpersons.org) for more information.



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**Do you know someone celebrating their 100th birthday soon (or even 100+)?**

Nominate them to appear in a new celebration section of the Scoop by calling 607-687-4120 or emailing [Aging@tiogaopp.org](mailto:Aging@tiogaopp.org).



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