

SENIOR SCOOP

SERVING TIOGA COUNTY SENIORS

May/June
2024

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



Join the Fight Against Alzheimer's on The Longest Day: June 20th

Every year, on the summer solstice, people around the world unite to raise awareness and funds for Alzheimer's disease through The Longest Day initiative. Join us on Thursday, June 20th at the Countryside Community Center, 9 Sheldon Guile Blvd., in Owego for a variety of events promising a day filled with diverse activities aimed to bring people together to support and bring awareness to the fight against Alzheimer's.

Here's a glimpse of what's in store:



10:00am – “BRAZIL” with Marissa Kresge: Embark on a vibrant journey through the colorful landscapes and rich culture of Brazil with TOI's Community Health Educator, Marissa Kresge. Through an immersive presentation, Marissa will transport participants to the heart of Brazil, showcasing its beauty, traditions, and unique heritage. This cultural exploration promises to be both enlightening and entertaining.



11:30am – “Blue Zone” with Registered Dietician, Rachel Mischler: Discover the secrets of longevity and well-being as Rachel Mischler, RD introduces Blue Zones. These regions of the world are known for their exceptional health and longevity, offering valuable insights into lifestyle and nutrition choices that promote cognitive health and overall well-being. Following the discussion, participants will have the opportunity to enjoy a heart-healthy meal.



4:00pm-6:00pm – Ballroom Dance Demonstration with Tim and Peggy Sayers: Wrap up the day with an exhilarating ballroom dance demonstration led by Tim and Peggy Sayers. Let the music guide you as they share classic dance moves and showcase the joy of movement. Guests will be able to share an open dance floor during the event. Dancing is not only a fun and social activity, but also a powerful way to promote brain health and cognitive function.

Events are free and open to the public. For more information or to reserve your seat for an event, please call 607-687-4120 or email aging@tiogaopp.org.

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Community Action

60th Anniversary Celebration



Wednesday, May 22nd from 11:30-12:30pm
Countryside Community Center, 9 Sheldon Guile Blvd., Owego



Lot's of **Groovy** Fun!

Wear your **60's** attire! Music & Trivia!

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.

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, May 10th and Friday, June 14th** 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, May 3rd and Friday, June 7th** 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, May 17th and Friday, June 21st** 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, May 16th and Monday, June 17th** 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, May 24th and Friday, June 28th** from 11:30am to 12:30pm. Enjoy good food and great company. Please call to reserve your seat. (607) 687-4120.

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

Do you have questions about **Medicare** or your **health insurance?**

HIICAP
has the
answers.



The Health Insurance Information, Counseling, and Assistance Program (HIICAP) works directly with Medicare beneficiaries to educate them 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. Our trained staff and volunteers provide unbiased information on the different options available so that consumers can make well-informed decisions on their healthcare needs.

Call us at 607-687-4120 to learn more or to schedule an appointment.

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

Tioga Opportunities, Inc. Family Health Clinic

Satellite locations now available!

Call us to make your next appointment at a location closer to you!

(607) 687-5333



Services:

Reproductive Care:

- Birth Control Methods: Pills, Patches, & Depo Shots
- Pregnancy Testing
- STD Testing

Acute Care:

- Cold Symptoms
- Flu, Strep, COVID Testing
- Virtual Visits



Locations:

Apalachin United Methodist Church
4th Thursday, 10AM-1PM

Newark Valley Community Connection
2nd Wednesday, 1PM-4PM

Walk-ins welcome!

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. 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, June 17th and Tuesday, June 18th
from 1:30pm to 4:30pm at the
Countryside Community Center,
9 Sheldon Guile Blvd., Owego.**

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 prior to **June 3rd**. Call Tioga Opportunities, Inc. at 607-687-4120 to reserve your seat.



“Should I Give My House to My Kids?”



Friday, May 3rd at 10:00am

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

Karen McMullen, attorney from Levene Gouldin & Thompson, LLP, will present information on Medicaid eligibility for nursing home care and the five year look-back. One planning strategy is to accomplish a “life estate deed” or an “irrevocable trust” to shelter the house and land from nursing home expenses.

To reserve your seat, please call 607-687-4120 or email aging@tiogaopp.org.

TAKE THE REV UP NY CHALLENGE!

VOTE WITH AN ACCESSIBLE VOTING MACHINE.

They are required at all polling sites.
All voters can use them. Just ask.

If more voters use them, poll workers
will become more familiar with them.

People with disabilities have the right
to vote privately and independently.

Help us raise awareness and
make elections accessible to all.



An initiative of the AAPD REV UP NY Coalition.

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, June 28th at Waverly Community Methodist Church, 158 Chemung St., Waverly

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



LET'S ROCK!

Join us in painting rocks to cheer, inspire, and brighten our community. The rocks will be placed out in the community for kids and adults to find.

Paint and all art supplies will be provided!

Friday, May 17th at 2:00pm

Countryside Community Center,

9 Sheldon Guile Blvd., Owego.

Please register with Joanna at (607)687-4120 or email aging@tiogaopp.org.



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



Join us for Decision Making Day

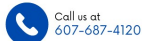
Friday, May 10th from 9:00AM to 11:30AM
at the Countryside Community Center,
9 Sheldon Guile Blvd., Owego.

Greg Catarella, Esq. from the Law Office of Greg S. Catarella will be sharing 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 appreciated.
Call 607-687-4120 to reserve your seat!



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



Join us for the Living Healthy Self-Management Program

Support for health conditions and symptoms

- o Manage pain and fatigue.
- o Set goals and make plans to improve your health and life.
- o Learn valuable skills focused on decision making, problem solving, communication, healthy eating, and more!
- o Proven to improve health and lifestyle factors.
- o All workshops are Free!

The next workshop series will be:

Mondays, 1:00 - 3:30pm
June 3rd to July 8th

Tioga Opportunities Countryside Community Center, 9 Sheldon Guile Boulevard, Owego

All participants who complete the program will receive their choice of a \$20 fuel or grocery gift card!

Pre-registration is **Required!**
For more information, contact:
Rachel Cron at 607-687-4120 ext. 335



RURAL HEALTH NETWORK
Serving South Central New York



This program is supported by Bristol Myers Squibb in coordination with the Self-Management Resource Center's Chronic Disease Self-Management certification guidelines. This program is supported by the Administration for Community Living (ACL) US Department of Health and Human Services (HHS) as part of a financial assistance award with 100% funded by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by ACL/HHS, or the US Government.

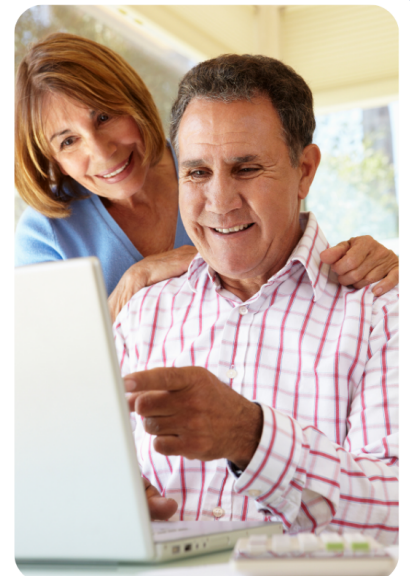
Are you having difficulty with the cost of your Medicare health care and prescription drug coverage?

There are programs available to help with these costs, if you qualify.

- If your monthly income is under \$2,355 (if single), or \$3,189 (if married), you may be eligible for help paying your Medicare Part B premium and assistance with lowering your out-of-pocket costs for prescriptions.
- If your monthly income is under \$1,752 (if single), or \$2,371 (if married), you may be eligible for additional health care benefits, plus help paying your Medicare Part B premium and assistance with lowering your out-of-pocket costs for prescriptions

TOI's trained HIICAP Counselors can provide you with free, objective information and resources about Medicare and other health insurance to help find the best plan for you!

To learn more or to schedule your free appointment,
call us at 607-687-4120 ext. 335



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





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.

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Salisbury Steak with Mushroom Gravy	2 Pork Stir Fry	3 <i>Cinco de Mayo</i> Taco Casserole
6 Chicken Spiedies	7 Meatball Sub with Sweet Potato Fries	8 Turkey a la King	9 <i>Mother's Day Luncheon</i> <i>Reservations Required</i> Greek Chicken with Wild Rice	10 Philly Cheesesteak Sandwich
13 Garden Chili	14 Sloppy Joe	15 Chicken Caprese	16 Macaroni & Cheese	17 Meatloaf
20 Bratwurst with Sauerkraut	21 Caramelized Onions & Cheddar Cheeseburger	22 60th Anniversary Lunch Penne & Chicken Meatballs	23 Beef Burgundy	24 Chicken Sausage with Onions & Peppers
27 CLOSED MEMORIAL DAY	28 Chicken Philly Cheesesteak Sandwich	29 Roasted Pork with Mashed Potatoes	30 Cannellini with Beans	31 Pesto Chicken with Bow Tie Pasta

June 2024

3 Spaghetti & Meatballs	4 Caramelized Onions & Cheddar Turkey Burger	5 Pulled Pork Sandwich	6 Macaroni & Cheese	7 Tuscan Chicken Pasta
10 Swedish Meatballs	11 CLOSED Staff Training Day	12 Salisbury Steak with Mushroom Gravy	13 <i>Father's Day Luncheon</i> <i>Reservations Required</i> Marinated Chicken	14 CLOSED Staff Training Day
17 Philly Cheesesteak Sandwich	18 Meatball Sub with Sweet Potato Fries	19 CLOSED Juneteenth Holiday	20 Global Day Sardinian Minestrone Soup with Salad Bar	21 Chicken Ratatouille
24 Turkey Tetrazzini	25 Sloppy Joe	26 Chicken Caprese	27 Beef Burgundy	28 Roasted Pork

Join Us for a Special Celebration Honoring Mothers and Fathers!



Mother's Day Luncheon

Thursday, May 9th

Serving at 11:30am

Greek Chicken with Wild Rice

Countryside Community Center, 9 Sheldon Guile Blvd., Owego



Father's Day Luncheon

Thursday, June 13th

Serving at 11:30am

Marinated Chicken

Reservations are required. Call Sue at 687-4120 ext. 320 or email info@tiogaopp.org to make your reservation.



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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.

Make Giving Back Your Second Act.



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607-687-4120

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I'd like to make the suggested contribution of \$10 for the Senior Scoop: \$ _____

I'd like to make a donation to Tioga Opportunities, Inc. in the amount of: \$ _____

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Assistance may be available to residents for rent and utilities.

*Income guidelines are subject to change yearly.

For more information and applications, contact:

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Visit Our Website
www.tiogaopp.org



Call us at
607-687-0707
TDD:607-687-5905



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