



Neighborhood News

Issue 14 Summer 2024

Summer tips from Tioga County Public Health for a safe, fun summer!

Apply sunscreen: Apply sunscreen with at least SPF 15 before going outside. Cover all areas of exposed skin.

Floatation device: Use a floatation device, such as a life jacket, if you are not a strong swimmer and also while boating. Never swim alone!

Exercise safely: If exercising outside, exercise in the morning or evening to beat the heat! Wear a helmet when riding anything with wheels.

Tickborne illness: Check for ticks after coming in from outside. Avoid tall grass, leaf litter, and wooded/heavily brushed areas.

Yield to traffic: Pay attention; stay off your phone and other electronic devices when crossing busy streets or congested areas.



UNDERSTANDING YOUR MONEY

Schedule a **FREE** one-on-one session with TOI's Self Sufficiency Facilitators



Are you interested in learning tips to **stretch your household budget?**



Would you like to learn more about **fraud & scams** and how to **protect yourself?**



Do you know how to **get your credit score**, **improve your credit score**, and how to **freeze your credit?**



Contact Tioga Opportunities, Inc. at 607-687-4222, ext. 318 or email aging@tiogaopp.org to learn more today.



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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Has your phone # or email address changed?

Please be sure to let the Housing Office know if your phone # or email address has changed. We use the One Call Now system to quickly let our Housing residents know critical information (via phone, email, and texts!), so it's important to let us know how to reach you. Please call the Housing Office at 607-687-0707 with any changes in your contact information.



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



Tioga Opportunities, Inc. | 1023 State Route 38, Owego, NY 13827



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



Visit Our Website www.tiogaopp.org



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Annual Recertification—quick tip!

For our residents who receive a rental assistance subsidy, providing information about your income and assets is **required each year**. Did you know that providing medical expenses can possibly help to lower your rent amount?

You can provide monthly medical insurance payments, monthly payments being made on past medical expenses, monthly anticipated medical cost of prescriptions, receipts for over-the-counter drugs, and doctor visits which are **not** covered by insurance.

It's important to note that providing copies of medical bills is **NOT** sufficient. **You must submit proof of your payments for medical bills** (often reflected on your account summary from your medical provider). Pharmacies can easily provide a print-out showing what you've paid for prescriptions during the year.

When you're prepared for your annual recertification, the process is quick and easy. If you have any questions about what to prepare for your annual recertification, please call the Housing Services office at 607-687-0707.

Important Reminders

- All of Tioga Opportunities, Inc.'s properties (including the apartment buildings) are **NON-SMOKING** facilities. Please do not smoke in your apartment **or** anywhere on the building grounds.
- Tioga Opportunities, Inc. will **not** tolerate any offensive language directed at staff, tenants, and/or guests. Please be kind and treat others as you wish to be treated.
- If something in your unit is broken or requires the attention of the Maintenance staff (such as problems with plumbing, light fixtures, or appliances), please call the Housing Office at 607-687-0707 to submit a work order.

Did you know...?

Did you know that you can pay your rent online?



If you go to tiogaopp.org, you'll click the button that says, "Pay Your Bill Online!" and fill out the appropriate fields. You will also select the option for "Payment Category" with your corresponding location.

If you don't have access to a computer or would like any other assistance with this, please call the Housing Office or see your Housing Specialist.

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

We offer:

Acute Care:

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

Reproductive Care:

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



Locations:

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

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

Walk-ins welcome!

