



# Neighborhood News

Issue 15 Fall 2024

## Tips for Preventing Falls at Home

As we get older, falls can become more common for a number of reasons such as the side effects of medications that may cause dizziness, a sudden drop in blood pressure, or even something overlooked like an area rug. Here are tips for preventing falls:

**Examine the rugs:** Rugs, especially small ones, can be a falling hazard. If you don't want to get rid of a rug, try securing the edges to prevent tripping.

**Wear appropriate footwear:** Wear closed-toe and closed-back shoes with an appropriate sole that fits you properly. If you wear slippers, make sure they have a nonskid sole. Avoid wearing just socks, even hospital socks, as the tread can wear out.

**Nightlights:** Nightlights that automatically turn on at night can keep a person safe from falling when they get up.

**Keep things within reach in the kitchen:** Keep routinely used items within reach in the kitchen. Avoid step stools as they are a common cause of falls. Put things at counter height if possible.

**Understand your medications:** Medications can have side effects, such as dizziness. It's good to monitor and understand these possible side effects, as they can affect your balance. Be sure to discuss with your doctor any concerns you may have and before stopping any medication.

Source: [https://www.hebrewseniorlife.org/blog/ten-tips-preventing-falls-homegad\\_source=1&qclid=EA1aIQobChM1z9Okpu66iAMVEVj\\_AR2BXLkEAAAYAiAAEgJHfD\\_BwE](https://www.hebrewseniorlife.org/blog/ten-tips-preventing-falls-homegad_source=1&qclid=EA1aIQobChM1z9Okpu66iAMVEVj_AR2BXLkEAAAYAiAAEgJHfD_BwE)

## Annual Public Hearing

Tioga County residents are invited to provide input and suggestions regarding Aging programs and to make recommendations on how Tioga Opportunities, Inc. can improve its services to older adults in the community.

Director of Program Operations, Christine Shaver, and Aging Services Coordinator, Amanda Kushner, will be on hand to review program highlights and accomplishments.

Monday, October 7th

12:15pm to 1:15pm

TOI's Countryside Community Center  
9 Sheldon Guile Blvd.,  
Owego, NY 13827

If you require any accommodations to participate (i.e., large print, sign language interpreter, etc.), please contact TOI at 607-687-4120 by September 23rd.



If you are unable to attend, but would like to share your suggestions, please contact Christine Shaver at 607-687-4120, ext. 313 or email your thoughts to [cshaver@tiogaopp.org](mailto:cshaver@tiogaopp.org).

Tioga Opportunities, Inc. | 9 Sheldon Guile Blvd., Owego, NY 13827  
 Call us at 607-687-4120 Visit Our Website [www.tiogaopp.org](http://www.tiogaopp.org) Like & Follow Us [@TiogaOpportunities](https://www.facebook.com/TiogaOpportunities) Follow Us on Instagram [tiogaopportunitiesinc](https://www.instagram.com/tiogaopportunitiesinc)

## is now a **MEDICAID TRANSPORTATION PROVIDER**

WE CAN HELP YOU ACCESS YOUR HEALTHCARE APPOINTMENTS!

If you have Medicaid and need transportation to a Medicaid-covered appointment, request Tioga Opportunities, Inc. as your provider when calling the Medical Answering Services (MAS)!

- SAFE**
- RELIABLE**
- ON-TIME**
- WHEELCHAIR ACCESSIBLE**

TO SCHEDULE YOUR TRANSPORT, CALL MAS AT 1-866-932-7740.



### Fraudulent TOI Calls

#### SCAM ALERT

It has been reported to TOI staff on multiple occasions that customers have been receiving phone calls from someone pretending to be a TOI employee. If you receive a phone call from someone who seems suspicious or from a name you don't recognize, please hang up and call the Housing office at 607-687-0707 to find out if the call was legitimate.



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](http://www.tiogaopp.org)



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## Here are 5 tips to help you get ready for Open Enrollment:

**Check your mail.** You may get important notices from Medicare or Social Security. If you're in a Medicare plan, you'll get an Annual Notice of Changes (ANOC). Note any 2025 changes to your health coverage or any extra help you may get to pay for prescription drugs. You may also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. **Remember** — plans aren't allowed to call or come to your home without an invitation from you.

**Review your 2025 "Medicare & You" handbook.** It has information about Medicare coverage, as well as Medicare plans in your area. If you get your handbook by mail and want to get your next copy electronically, choose to go paperless next fall.

**Think about your Medicare coverage needs for 2025.** Carefully review your Medicare coverage materials during Medicare Open Enrollment. Note any changes in 2025 costs or benefits. Decide if your current Medicare coverage will meet your needs for the year ahead. If you like your current coverage and it's still available for 2025, you don't need to take any action.

**Preview 2025 health and prescription drug plans.** Medicare Plan Finder makes it easy to compare coverage options and shop for health plans. For a personalized search, log in or create an account (if you have a Medicare Number) to create or access a list of your drugs, compare your current Medicare plan to others, and see prices based on any help you get with drug costs.

**Get personalized help in your community.** 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.

### Helpful links and resources:

Homepage: [Medicare.gov](https://www.medicare.gov) or call 1-800-MEDICARE

Medicare Plan Finder: [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare)

Extra Help with Medicare Prescription Drug Plan Costs: [http://go.cms.gov/helpwithRx](https://www.cms.gov/helpwithRx)

Medicare & You Handbook: <https://www.medicare.gov/medicare-and-you>

## Important Reminders

- All of Tioga Opportunities, Inc.'s properties (including the apartment buildings) are **NON-SMOKING** facilities. Please do not smoke (**including marijuana**) in your apartment or anywhere on the building grounds. Lease violations for smoking on the property could jeopardize your ability to continue living in TOI's Housing sites.
- 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.

## Annual Recertification Quick Tip!

Soon, individuals who receive Social Security will be getting their 2025 Social Security award letters in the mail. Once you receive your award letter, please stop down to see your Housing Services Specialist and they will make a copy to keep on hand for you for your next annual recertification.

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.



## 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

PAY ONLINE



## Did you know...?

*Did you know that you can pay your rent online?*

Go to [tiogaopp.org](https://tiogaopp.org), click the button that says, "Pay Your Bill Online!" and fill out the appropriate fields. 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 at 607-687-0707 or see your Housing Specialist.