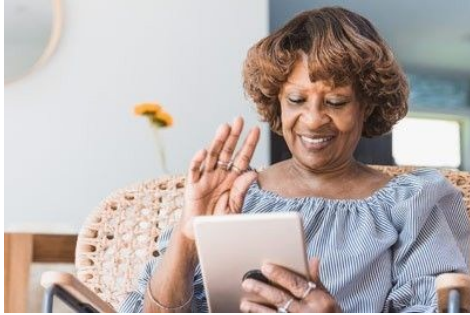


SENIOR SCOOP

SERVING TIOGA COUNTY SENIORS

January/February
2025

The SCOOP is a bi-monthly newsletter published for all Tioga County Older Adults by Tioga Opportunities, Inc. and volunteers.



Tips for Staying Connected

Making new connections or maintaining relationships isn't always easy. As we age, our lives may look different, and it can feel especially tough if you're not feeling your best, struggling financially, or living alone. But one thing remains constant: the need for meaningful connections with others. Staying connected to family, friends, and your community is just as important for older adults as it was when you were younger. In fact, it becomes even more vital as we grow older. Being connected not only helps to improve your emotional well-being but also plays a key role in maintaining physical health and overall quality of life.

What is the difference between loneliness and social isolation? The number of older adults age 65 and older is growing, and many are socially isolated and regularly feel lonely. Loneliness and social isolation are different, but related. Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people. (Continued on page 3).

In This Issue

- 1 Staying Connected, New-Drumming Class
- 2 Community Calendar and Events, Volunteer Opportunity, Elder Law Clinic
- 3 Staying Connected, Medicare Scams
- 4 Superb Owl Party, Reviewing Your Medications
- 5 Senior Social Hour, Tax Preparation, MAS Transportation
- 6 Menu
- 7 MLK, Jr. Celebration, Subscription
- 8 Volunteer Opportunity

Feel the Beat: New Drumming Class Starts Thursday, January 23rd!

Join us for a **FREE** drumming class that's all about rhythm, relaxation, and connection! This new exciting class starts on Thursday, January 23rd and will meet every Thursday from 1:00pm to 2:30pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

Drumming offers a dynamic and therapeutic experience that benefits both the mind and body by improving memory and concentration while relieving stress and anxiety. The rhythmic nature of drumming promotes relaxation and connection, making it an excellent activity to share with others. Plus, it's a fun and energizing form of physical activity that leaves participants feeling uplifted.

Each class is designed to be engaging and accessible for everyone, regardless of prior experience. Whether you're looking to meet new people, enjoy great music, or simply try something new, this drumming class is the perfect opportunity.

All materials will be provided. Registration is required. Spaces are limited, so early registration is encouraged. Contact TOI at 607-687-4120 or email aging@tiogaopp.org to secure your spot!



Tioga Opportunities, Inc.



Community Event and Presentation Calendar

NEW! Free Blood Pressure and Glucose Screenings with TOI's Family Health Clinic from 11:30am to 12:30pm on the 3rd Monday of each month at TOI's Countryside Community Center.

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 TOI at (607) 687-4120 ext. 315.

BINGO for Older Adults! Join us for a friendly game of Bingo on **Friday, January 17th and Friday, February 21st** 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, January 3rd and Friday, February 7th** from 11:30am to 12:30pm. Enjoy good food and great company. 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, January 17th and Friday, February 21st** from 11:30am to 12:30pm. Enjoy good food and great company. Call to reserve your seat. (607) 687-4120.

Waverly Senior Social Hour and NY Connects Office Hours at Waverly Community Methodist Church, 158 Chemung St., Waverly, **Friday, January 24th and Friday, February 28th** from 11:30am to 12:30pm. Enjoy good food and great company. Call to reserve your seat. (607) 687-4120.

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

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, January 30th and Thursday, February 27th** from 10:00am to 12:00pm at the Apalachin Library, 719 Main St., Apalachin.

VOLUNTEER OPPORTUNITY!

Do you have a passion for the **arts, crafts, or music** that you'd love to share with others? Tioga Opportunities, Inc. is looking for talented community members to lead classes at the **Countryside Community Center (CCC)**! Whether you're skilled in painting, knitting, playing an instrument, or any other creative talent, we invite you to bring your skills and enthusiasm to our community.

By leading a class, you'll have the chance to connect with others, inspire creativity, and make a difference. If you're interested in sharing your talent, contact us at 607-687-4120 or email aging@tiogaopp.org.



Would you like free guidance from a local attorney about your legal needs?

Tioga Opportunities, Inc., in conjunction with the NYS Bar Association, is hosting an

ELDER LAW CLINIC

**Friday, February 14th
9:30am to 12:30pm**

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

Tioga County residents over the age of 60 can register for a free 30-minute legal consultation with a local attorney on a wide range of legal concerns.

Appointments are limited.

Call TOI at 607-687-4120 or email aging@tiogaopp.org before 4:00pm on Friday, February 7th.



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



Call us at 607-687-4120



Visit Our Website www.tiogaopp.org



Like & Follow Us @TiogaOpportunities



(Continued from front page)

Here are some ideas to help you stay connected.

- Take care of your mental and physical health. Exercise, eat healthy, and aim for 7-9 hours of sleep.
- Find an activity that you enjoy, restart an old hobby, or take a class to learn something new. You might have fun and meet people with similar interests.
- Stay in touch with family, friends, and neighbors in person, by email, social media, phone, or text. Sending letters or cards is another good way to keep up friendships.
- Consider adopting a pet if you are able to care for one. Animals can be a source of comfort and may also lower stress and blood pressure.
- Stay physically active. Find ways to exercise with others, such as joining a walking club or working out with a friend.
- Find a faith-based organization where you can deepen your spirituality and engage with others in activities and events.
- Check out resources and programs at your local social service agencies, community and senior centers, and public libraries.
- Volunteer or join a cause and get involved in your community.

Stay Connected with TOI

At TOI, we're here to help you stay connected. We offer a variety of programs, social gatherings, and wellness classes designed to bring people together and support meaningful relationships. Visit our website at www.tiogaopp.org to explore the opportunities available to you. You can also learn more by subscribing to this newsletter, *The Scoop*, by mail or email. See page 7 of this publication for details.

Source: "Loneliness and Social Isolation - Tips for Staying Connected" National Institute on Aging, July 11, 2024, <https://www.nia.nih.gov/health/loneliness-and-social-isolation/loneliness-and-social-isolation-tips-staying-connected#how-can-feeling-lonely-or-being-isolated-affect-older-adults-health>

You heard that correctly: Scammers are committing hospice fraud!

By Kira Brown, Consumer Education Specialist

Did someone reach out and offer free, in-home perks like cooking and cleaning in exchange for your Medicare number? Don't give it. That could be a scammer trying to commit hospice fraud. Scammers are targeting older adults — with calls, texts, emails, fake ads, and even door-to-door visits — claiming they'll set you up with services like free cooking, cleaning, and home health care. What they likely won't tell you is how: They want to [commit fraud](#) by signing you up for Medicare hospice. Then, they can bill Medicare for all kinds of services in your name. ***Here's what to know:*** Hospice care is a specialized service, often done at home, for people with a terminal illness approaching the end of life. Only your doctor can certify that you're eligible for hospice (meaning your life expectancy is 6 months or less). If you're signed up for hospice and don't need it, this could affect your Medicare coverage in the future. Anyone who tells you differently is a scammer.

Here are some ways to avoid hospice scams:

- Never give your Medicare number to someone offering "free" services like housekeeping or cooking. Medicare doesn't offer free services like that.
- Never agree to sign up for hospice care in exchange for perks or gifts like money, gift cards, or groceries.
- Know that Medicare will never come to your home to sign you up for services. If someone comes to your door, says they're from Medicare, and tries to get you to sign up for services, they're lying. Don't give them any information.

If you think you've spotted or experienced hospice fraud, report it as soon as possible. Call 1-800-MEDICARE or visit [Medicare.gov/fraud](https://www.medicare.gov/fraud).

SUPERB OWL TAILGATE & TRIVIA PARTY



Gather yourself or a team and join us to play along and find out "who" will be crowned the wisest Superb Owl for 2025!

Thursday, February 6th

"Build Your Own Burger" Lunch at 11:30am
Trivia at 12:30pm

Countryside Community Center
9 Sheldon Guile Blvd., Owego

Not a football fan? Don't worry, there will be plenty of football adjacent questions, too! (entertainment, commercials, halftime performers, Puppy Bowl, etc.)

For more information please call 607-687-4120 or email aging@tiogaopp.org.




RiverView

REHABILITATION AND NURSING



Elwyn M. Berg, GRI
Licensed Real Estate Broker
11295 State Route 38
Newark Valley, NY 13811
embrealty1@gmail.com
607-727-4386

Representing Buyers and Sellers since 1982

OUR BEST. EVERY DAY. SINCE 1898.



ATTORNEYS AND COUNSELORS

Estate Planning
Estate Administration
Elder Law

27-29 Lake Street, Owego, NY 13827
607-687-0567 | CGLawoffices.com



BAINBRIDGE • BINGHAMTON • CORTLAND • HANCOCK • ITHACA
MONTROSE • OWEGO • WALTON



5 Tips for Success

Reviewing Medications with Your Doctor or Pharmacist

Many people take more than one prescription and use over-the-counter medications. As we grow older and our bodies change, taking multiple medications increases the chance of side effects and risk of falling. It is important to review your medications often with your doctor and pharmacist to make sure your medications are not increasing your risk of falls and other problems.

Take prescriptions only as prescribed. Follow medication instructions such as when to take, how often, how much, and with or without food. Do NOT skip doses, take multiple doses, or take any medications that were not prescribed to you.

Keep a list of your medications. Keep an up-to-date list of all your medications, including prescriptions (those taken by mouth, applied to the skin, eye drops, and injectables), over-the-counter medications, herbal supplements, and vitamins and minerals.

Set reminders for a medication review. Bring your medication list to your doctor or local pharmacist, have them reviewed, and ask questions about your medicines. Make sure to get your medications reviewed at least once a year, if a new medication is added, or if your health changes.

Report side effects. Some medications can cause side effects that make you dizzy or woozy, sleepy during the day, confused, need to urinate more often, and can even affect coordination in your legs. Talk with your doctor if you are experiencing these problems.

Stick to one pharmacy. Using one pharmacy will keep you safer as the pharmacist tracks all the medicines you are taking. They can contact your doctor if they identify any medicines that do not work well together, that may be similar to another medication you are taking, or too high a dose.

@NCOAging | ncoa.org | © 2023 All Rights Reserved
251 18th Street South, Suite 500, Arlington, VA 22202



JOIN US FOR SENIOR SOCIAL HOUR IN WAVERLY!

Come and enjoy good company, delicious food, and Bingo!

Friday, January 24 from 11:30am to 12:30pm

Waverly Community Methodist Church | 158 Chemung St., Waverly, NY



Reservations are required. Call TOI at 607-687-4120 or email aging@tiogaopp.org to make your reservation.

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



FREE TAX PREPARATION

Sign-up starts January 2nd

Tioga County AARP Foundation Tax-Aide volunteers are IRS certified and will prepare your taxes for free. We filed over 500 returns last year, and will have a similar number of appointments available this year. We work with low- to moderate-income taxpayers, mainly those 50 and older. This service is not related to AARP magazine membership.

It's best to pick up the intake form before your appointment, but you can come 15 minutes early instead. (The intake forms will be available at the sites in late January.)

Starting January 2, 2025 please call to schedule your February, March, or April appointment:

Apalachin Library
607-205-8495 *

TOI's Countryside Community Center
607-687-4120

Owego Coburn Free Library
607-687-3520

Waverly Historical Society Museum
607-301-1193 *

For general questions you can contact Peter at tax13827@gmail.com or 607-689-2787 *

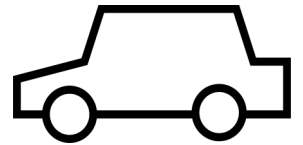
* These phone numbers may show as "Suspected Spam" so you may want to add to your contacts

ALZHEIMER'S  ASSOCIATION®

THE BRAINS BEHIND SAVING YOURS:

800.272.3900 | alz.org

DID YOU KNOW!



**Tioga Opportunities, Inc. (TOI) is now a
Medicaid Transportation Provider!**

TOI is making it easier for individuals with Medicaid to access safe, reliable, and on-time transportation for healthcare appointments. If you need a ride to a Medicaid-covered appointment, it's important to request Tioga Opportunities, Inc. as your provider when scheduling through the Medical Answering Services (MAS). This service ensures not only timely and dependable transportation, but also wheelchair accessibility for those who require it.

To schedule your transport, call MAS at 1-866-932-7740 and make sure to specify TOI for your transportation needs.



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.

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED New Year's Day	2 Parmesan Crusted Chicken with Wild Rice	3 Baked Fish with Mac & Cheese and Coleslaw
6 Marinated Chicken	7 Stuffed Peppers	8 <i>Breakfast for Lunch</i> Vegetable Frittata	9 Spaghetti & Meatballs	10 Chicken & Biscuits
13 Garden Chili	14 Hot Roast Beef Sandwich	15 Roasted Turkey	16 Swedish Meatballs	17 Oven Baked Chicken
20 CLOSED Martin Luther King, Jr. Day	21 Beef & Lentil Stew	22 Baked Cod	23 Homestyle Chicken Noodle & Croissant Sandwich	24 Roasted Pork with Sauerkraut
27 Turkey Burger	28 Penne with Chicken Sausage	29 Spanish Rice with Black Beans	30 Pot Roast with Red Potatoes & Carrots	31 Chicken a la King

February 2025

3 Turkey Tetrazzini	4 Hot Roast Beef Sandwich	5 "Light" Turkey Pot Pie with Mashed Potatoes	6 Build Your Own Burger	7 Chicken Meatloaf
10 Chicken & Biscuits	11 Lasagna	12 <i>Breakfast for Lunch</i> Vegetable Frittata	13 Beef Burgundy	14 CLOSED Staff Meeting Day
17 CLOSED President's Day	18 Meatball Sub	19 Baked Chicken with Wild Rice	20 Macaroni & Cheese	21 Roasted Pork
24 Shepherd's Pie	25 Fish Sandwich	26 Ham & Scalloped Potatoes	27 Italian Wedding Soup & Croissant Sandwich	28 Pork Loin with Stuffing



Celebrating Dr. Martin Luther King, Jr.

Friday, January 17th at Noon
 Countryside Community Center
 9 Sheldon Guile Blvd., Owego

Join us for lunch! We will be serving Dr. King's favorites including Oven Baked Chicken, Sweet Potatoes and Greens.

Enjoy a special viewing of his inspiring speeches, "I Have a Dream" and "Letters from Birmingham".

There will also be an opportunity to register to vote during the event!

If you have any questions, please call 607-687-4120 or email aging@tiogaopp.org

LGT LEVENE GOULDIN & THOMPSON, LLP
 ATTORNEYS AT LAW

**Elder Law • Asset Protection
 Long Term Care Planning**

Elder Care Coordinator on Staff
 Certified Elder Friendly

450 Plaza Dr, Vestal, NY • 607.763.9200 • LGTlegal.com

RICHARDS FUNERAL HOME, INC.

3670 Waverly Rd
 Owego, NY 13827
 (607)687-3210

SCOTT SMITH & SON
 100 YEARS

Your Warm Comfort dealer™

100 years of Trust!

607-687-1803
warmcomfort.com

Chemung Canal Trust Company

chemungcanal.com | 800.836.3711

FDIC

ESTEY, MUNROE & FAHEY FUNERAL HOME

Owego Candor
 687-1775 659-5507

Subscribe to The Senior Scoop Today!

Direct mail and email subscriptions are available for a suggested annual contribution of \$10.00. No one will be denied a newsletter due to an inability or unwillingness to contribute. Fill out the information below and return it to Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego, NY 13827 or email aging@tiogaopp.org.

I WOULD LIKE TO RECEIVE THE SCOOP: In my MAILBOX. In my EMAIL.

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: \$ _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____

BOSTWICKS
 Estate Liquidations

We Buy Whole Estates and Individual Items

We have been helping families respectfully dissolve estates, downsize households, and sell assets for 30+ years. From hoarder houses to individual items, we can handle it all. Call us to see how we can help you. (607) 659-4842

Antique Mall 80+ Vendors

Antiques. Vintage. Collectibles.
 1121 Owego Road, Rt. 96, Candor, NY 13743
 (30 minutes from Binghamton, Elmira, and Ithaca)

Antique Mall Open: Mon.-Sat. 8am-5pm Diner Open: Mon.-Sat. 7am-2pm

The Diner is a great place to meet friends & family for breakfast, brunch, or lunch.

We can accommodate large groups, call ahead (607) 333-6075.

Always closed on Sundays. BUSES WELCOME!

Like us on: <https://www.facebook.com/antiquemallatbostwicks>
 Check out our auctions for great finds at: bostwickauction.hibid.com

Make giving back your second act!



Now reimbursing at \$0.70 per mile!

AmeriCorps Seniors



Join our team as a volunteer driver!
 Call 687-4120 for more information
 on volunteer opportunities and to apply today!



SENIOR SCOOP - Editorial Policy

Tioga Opportunities, Inc. reserves the right to review and approve all articles and paid advertising submitted for publication. There are no implied or actual endorsements by Tioga Opportunities, Inc. of products or services advertised in this publication.

Activities sponsored by senior clubs and other senior organizations are printed on a space-available basis.

Tioga Opportunities, Inc. can be contacted by mail at: 9 Sheldon Guile Blvd., Owego, NY 13827.

Tioga Opportunities, Inc., is an equal opportunity employer and service provider and does not discriminate on the basis of race, religion, sex, national origin, age, disability, political affiliation or sexual preference or any other unlawful basis. Aging Services funding is provided by New York State Office for the Aging, Tioga County, participant contributions, private foundations, and community service groups.

«AddressBlock»

RETURN SERVICE REQUESTED



Tioga Opportunities, Inc.
 9 Sheldon Guile Boulevard
 Owego, New York 13827
 Phone 607-687-4120

Owego, NY 13827
 Permit No. 13
 U.S. Postage Paid
 Non-Profit Org.

