



AGING

Department of Aging

9 Sheldon Guile Boulevard

Owego, NY 13827

607-687-4120

What is Tioga Opportunities?

- A private, not for profit, human service agency.
- Incorporated in 1965 and has grown over the years.
- Serves all of Tioga County



Departments



- Housing Services
- Community Services
- Early Childhood Services
- Aging Services
- Energy Services
- Family Health Services

Housing

- Rental Assistance Program
- Housing Properties
 - Long Meadow Apartments – Owego
 - Springview Apartments – Waverly
 - Nichols Schoolhouse Apartments
 - 58-60 North Ave. (8 Apartments, commercial space, Binghamton Optical, WEBO 1330)
- Eligible Individuals:
 - Low to Moderate income ages 62 and over
 - Disabled or handicapped over 18





Community Services



HEAP (Home Energy Assistance Program)

Food Pantries

Macaroni and Trees

Countryside Community Center
Management

Group Workcamps

Emergency Services-TARP

Special projects.....



Head Start: School Districts

Candor

Tioga Center

Waverly

Newark Valley

Univ. Pre-K: Center Programs

Newark Valley

Owego

Apalachin

Waverly

Home Based Program

Early Childhood Services



Energy Services

- Weatherization Referrals
 - HEAP (Home Energy Assistance Program) Eligible income criteria
- EmPower
 - The focus of EmPower New York is on cost-effective home electric reduction measures, particularly lighting and refrigeration replacements, as well as other cost-effective strategies such as insulation and draft reduction measures. This is a free service to those that meet the program's income eligibility requirements.

Family Health Services



- Family planning
- Pregnancy prevention
- Menopause management
- STD/HIV/AIDS testing and counseling
- Cancer screenings
- Community education
- Includes males
- WIC Program

Department of Aging

- **Access Services:** information and referral, elder caregiver support, long- term care ombudsman program, transportation and Senior SCOOP.
- **Nutrition Services:** Countryside Cafe, nutrition education and counseling, and home delivered meals for homebound elderly
- **In- Home Services:** Expanded In-home Services for the Elderly Program, Personal Emergency Response System, Emergency Cards, Friendly Visitors, Caregiver Respite and Telephone Reassurance
- **Community Based Services:** Countryside Community Center, Health Insurance Counseling, Tioga NY Connects, senior health promotions, Senior Health Fair and Expo, Senior Employment Program, Weatherization Services, and legal services

Long Term Care Insurance Information

- Planning for long term future needs
- Printed and visual materials on care and payment options
- Free, unbiased, confidential counseling
- Education program with an emphasis on understanding long term care insurance

In Home Services - EISEP

- Expanded In-home Services for the Elderly Program
 - Need-based non-medical in home care
 - Full In Home Assessment
 - Arrange services of Housekeeping and Personal Care needs for clients
 - Not a direct care service.

Community-Based Services

- Health Insurance Information Counseling
 - Filing a claim
 - Understanding the policies then choosing the right policy
 - Clarification on Doctor or Hospital bills
 - Appeals to Medicare
 - Prescription Drug Coverage
 - Long Term Care Insurance
 - EPIC – Elderly Pharmaceutical Insurance Coverage

More Community Based Programs

- Legal referrals
 - Non-criminal – limited on areas we can refer
- AARP Tax Preparation – seasonal
- Senior Employment
- Volunteer opportunities
- Countryside Community Center
 - Beauty Salon
 - Café Dining
 - Craft Room
 - Exercise classes
 - Card groups
 - Garden clubs

Dining & Nutrition Services

- Countryside Café
- Home Delivered Meals
- Blizzard Boxes
- Nutrition Education & Counseling
- Senior Farmers Market Nutrition Program
- Nutrition and Health Assistance Program
 - In conjunction with Catholic Charities



- Referral program that is designed to assist Seniors and disabled community members
- Cradle to grave care referrals
- One stop shop for reliable references
- Free for all who call
- References from adult care to support groups
- **NOT** a provider of services