

**Broome County  
Office for Aging**



# **Services for Seniors Guidebook**





**Senior  
Resource Line  
778-2411**  
Broome County Office for Aging





# Broome County Office for Aging

*...bringing seniors and services together*

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Dear Friends,

Broome County Office for Aging recognizes and supports the needs of individuals to live active, healthy and independent lives in their senior years. OFA is committed to helping seniors and their families with a variety of services that are as diverse as the older adult population of Broome County.

This *OFA Services for Seniors Guidebook* will introduce you to the services provided by OFA and our contractors and show you how to access them. We trust it will be helpful to you. Of course, we are happy to help you with additional information or assistance. Simply call our office at 778-2411.

Senior citizens are a valued part of our community! Our staff has faithfully served seniors and their families since 1973. We look forward to continuing this caring relationship.



Kathleen Bunnell, Director

# **Mission Statement**

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The Broome County Office for Aging provides a wide array of services to residents age 60 and over and to their caregivers. Many services are operated directly while some are contracted through community agencies.

The mission of the Broome County Office for Aging is to improve and enrich the quality of life for all older persons in Broome County.

The Office for Aging:

- Promotes the dignity and independence of the older person;
- Ensures that comprehensive and coordinated services address the needs of older persons;
- Fosters public awareness of the value and contribution of older persons in the community.

Funding is received from the federal government under Title III of the Older Americans Act, the New York State Office for the Aging, local municipalities, and private grants. Most services are offered on a contribution basis or at no charge.

The Broome County Office for Aging does not discriminate on the basis of race, color, creed religion, age, sex, national origin or sponsor, or subject any person to any discrimination in his or her civil rights.

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# Caregiver Services

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Caregiver Services helps family members, friends and neighbors who are caring for seniors living in our community. The program helps caregivers with both practical needs and with the emotional demands of caregiving. If you help an older person pay bills, manage medications, shop, cook, clean, or if you provide personal care, transportation or emotional support, you are a caregiver.

Caregiver Services provide:

- Consultations by phone, in our office, or in your home to help you understand local services and connect with programs.
- Workshops and educational events to provide support, education and connections with other caregivers;
- Powerful Tools for Caregivers: a six week course to help non-professional caregivers develop new skills to improve their lives and ability to provide care;
- Caregiver Corner: a newsletter with information, tips, and practical advice;
- Caregiver Respite Program: respite care that gives caregivers and families a break from the demands of caregiving and helps them meet the daily challenge of caring for an elderly spouse or relative;
- Caregiver Chat: a support group for caregivers giving them the opportunity to share experiences with other caregivers and learn about caregiver issues;
- Resources: a variety of materials about caregiver issues including DVDs, books and pamphlets;

Additional information, including links to caregiver resources is available on our website:

[www.gobroomecounty.com/senior/caregiver](http://www.gobroomecounty.com/senior/caregiver)

# Expanded In-Home Services for the Elderly (EISEP)

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EISEP is a long-term care program for seniors who need some outside help to remain in their homes. EISEP staff assess each situation and identify housekeeping or personal care services needed. Eligible seniors will also be set up with a Personal Emergency Response System (PERS).

We start with an in-home assessment of your needs. Together with you and your family, a case coordinator will discuss needs and solutions and a care plan will be developed.

You may be eligible for these services if you are:

- A Broome County resident age 60 or over;
- Experiencing difficulty dressing, bathing, eating, preparing meals, shopping, or doing laundry and housework;
- Not eligible for or receiving Medicaid; and
- Unable to get the help you need.



The cost of the service is shared between you and the Office for Aging based on your ability to pay for the service.

**To request an assessment, call Broome County CASA/EISEP at 778-2420.**

Additional information is available on our website:  
[www.gobroomecounty.com/senior/homecare#EISEP](http://www.gobroomecounty.com/senior/homecare#EISEP)

# Food Stamp Certification

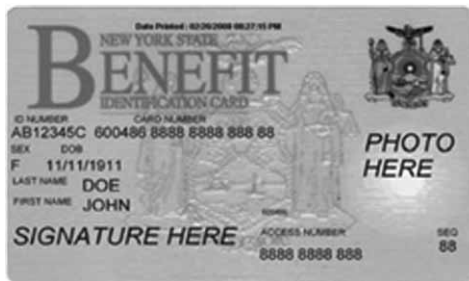
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Food Stamps is a nutrition program for individuals living on a low income that provides help with food purchases. The monthly benefit can be used at grocery stores and for meals at senior centers and for Meals on Wheels. The benefit amount depends on household size and income compared to shelter and medical expenses. The Food Stamps benefit comes in the form of an Electronic Benefit Transfer (EBT) card that is credited automatically each month.

A Department of Social Services representative is available through the Office for Aging to help frail and homebound seniors apply for Food Stamps when they have no one else to help them.

**To apply, call the Broome County Department of Social Services Food Stamp office at 778-3772.**

Additional information is available on our website:  
[www.gobroomecounty.com/senior/foodstamps](http://www.gobroomecounty.com/senior/foodstamps)

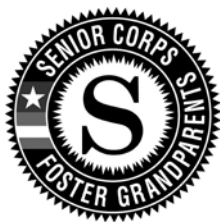


# Foster Grandparent Program (FGP)

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The Foster Grandparent Program is a national volunteer program run locally by Office for Aging. Foster Grandparents volunteer about 20 hours per week at schools, day care centers, Head Start sites and summer programs throughout Broome County. These caring volunteers provide love, support and extra attention to children with special needs to help them succeed.

The Foster Grandparent Program makes it possible for low-income seniors, 55 and older, to make a meaningful contribution to their community by providing the economic support they need to volunteer.



Benefits of being a Foster Grandparent:

- An hourly, non-taxable stipend and paid time off;
- A meal at the volunteer site and reimbursement for travel costs;
- An annual physical exam;
- Paid orientation and on-going training;
- The opportunity to socialize with other Foster Grandparents; and
- The opportunity for truly rewarding work.

**Call the Foster Grandparent Program at 778-2089.**

Additional information, including links to the FGP brochure and other volunteer opportunities, is available on our website:  
[www.gobroomecounty.com/senior/fgp](http://www.gobroomecounty.com/senior/fgp)

# **Gaining Resources for Older Workers (GROW)**

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GROW is an Office for Aging employment referral service to assist people 55 and older who are interested in working in private homes. GROW also helps older individuals continue to live in their homes or apartments by matching them with workers to do the chores they can no longer do for themselves.

## **To list job skills with GROW:**

- Call GROW to register for work. An interview will be set up to get all the information needed for a match with jobs.
- Workers with skills such as housekeeping, yard work, painting, carpentry, shopping, personal care, repair and maintenance, driving, and more, are matched with private employers who need assistance with these tasks.
- Jobs range from one-time or short-term assignments to long-term placements.
- Wages are negotiated between the worker and employer.

## **To get work done:**

- Call GROW and list your job opening. We will ask for information needed to match the job with a worker's skills.
- Wages are negotiated between the worker and employer.

**Call GROW at 778-6105**, Monday through Friday from 8:30 a.m. to noon.

Additional information is available on our website:  
[www.gobroomecounty.com/senior/grow](http://www.gobroomecounty.com/senior/grow)

# Health Insurance Information, Counseling and Assistance Program (HIICAP)

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HIICAP provides free, unbiased, confidential assistance with health insurance questions and concerns. Information and counseling is provided by professionally trained volunteers and staff members who help individuals make informed decisions. Office for Aging contracts with Action for Older Persons, Inc. (AOP) to provide the service in Broome County.

Make an appointment with a HIICAP counselor to get help with:

- Medicare eligibility, benefits and claims filing;
- Community and facility Medicaid;
- Medigap supplemental insurance policy coverage;
- Medicare Savings Programs and Social Security Administration Extra Help (Low Income Subsidy);
- Long-term care planning and insurance including the NYS Partnership for Long-Term Care;
- Employer and retiree health insurance plans;
- Prescription drug coverage, including Medicare Part D plans and Elderly Pharmaceutical Insurance Coverage (EPIC) program;
- Medicare Advantage including Private Fee for Service and Preferred Provider Organizations (PPO) plans; and
- Medicare preventive and health screening benefits.

For more information, call **Action for Older Persons at 722-1251**.

Additional information, including links to more services,  
is available on our website:

[www.gobroomecounty.com/senior/hiicap](http://www.gobroomecounty.com/senior/hiicap)

Or visit the AOP website:

[www.actionforolderpersons.org/health-insurance-counseling.asp](http://www.actionforolderpersons.org/health-insurance-counseling.asp)

# Health, Wellness and Recreation Opportunities

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Office for Aging provides opportunities for seniors to participate in a wide variety of programs designed to promote health and social well-being through social interaction, physical activities and learning opportunities. The options provide choices for satisfying and fun ways to stay active and learn to improve and maintain a healthy lifestyle.

Health and Wellness opportunities include:

- Health screenings and flu clinics;
- Health forums presented by doctors, nurses and other health care professionals; and
- Physical activity classes at senior centers: modified aerobics, line dancing, chair exercise, yoga, tai chi and classes to address the problems of osteoporosis.
- Specialty programs and events, at a variety of locations. Programs have included:
  - Better Balance for Broome: a variety of falls prevention programs.
  - Living Healthy: a program focused on teaching participants with chronic conditions how to confidently manage health issues while maintaining active and fulfilling lives.
  - Mission Meltaway: a six week program using a team approach to promote healthy living through practical life changes.
  - Senior Games; opportunities for anyone 55 and older to stay active through friendly, competitive athletic events.
  - Senior Picnic: annual fun-filled day that attracts over 1,200 people each June.

Additional information, including events calendars and program schedules, is available on our website [www.gobroomecounty.com/senior/healthed](http://www.gobroomecounty.com/senior/healthed)

# Home Energy Assistance Program (HEAP)

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The Home Energy Assistance Program (HEAP) is a federally funded program that helps income eligible homeowners and renters meet the cost of home heating. Office for Aging helps seniors apply for regular HEAP. The benefit is a once-per-season credit to the home heating account; the amount of the benefit is based on income and type of fuel. HEAP is normally open from November until funds run out in the spring.

You are eligible to apply for **regular** HEAP by mail at Office for Aging if you:

- Have income under the HEAP guidelines (changed annually);
- Are 60 or older, or are disabled and receiving Social Security disability (SSD) or Supplemental Security Income (SSI);
- Pay a fuel or utility bill or have heat and electric included in your rent with no government rent subsidy; and
- Do not have a shut off or other heat-related emergency. (For these situations, contact Department of Social Services Emergency HEAP at **778-2638**.)

Those who have a current Food Stamp or Temporary Assistance case, receive HEAP through those offices at the Department of Social Services.

Call the **Office for Aging HEAP information line at 778-2063** for current HEAP information or to request an application during HEAP season.

Additional information, including link to an online application during HEAP season, is available on our website:  
[www.gobroomecounty.com/senior/heap](http://www.gobroomecounty.com/senior/heap)

# Home Repair Program

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The Home Repair program provides minor repairs for low-income elderly individuals who cannot complete the needed repair without assistance. The program focuses on safety and energy efficiency. This service is provided through a contract with the First Ward Action Council. Their staff will help determine what repairs are needed.

## Examples of services provided:

- Restoring porches and stairs
- Fixing leaky faucets
- Putting in safety devices
- Building wheelchair ramps
- Installing locks
- Fixing and installing railings
- Assisting with minor weatherization



Eligible persons must be age 60 or over. Depending on income and household size, the senior may qualify for either free labor or for an affordable hourly fee. The senior is responsible for paying for all materials needed for the job. Services are provided mainly to homeowners but, in some circumstances, renters are served as well.

Call **778-2411** and ask for the weatherization specialist.

Additional information is available on our website:  
[www.gobroomecounty.com/senior/homerepair](http://www.gobroomecounty.com/senior/homerepair)

# Identification Card

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The Office for Aging Identification Card (ID card) provides proof of age and identification for Office for Aging programs, including senior center meals and the Broome County Mini-Bus transportation system.

The ID card is accepted by many businesses offering senior discounts and is available free to seniors age 60 or older and their spouses. It can be obtained by completing a short application that is available at all senior centers and at our main office in the County Office Building. Or call the Office for Aging at **778-2411** to request an application be mailed to you.

Proof of age is required for the ID card.

Additional information, including a downloadable application, is available on our website:

[www.gobroomecounty.com/senior/idcard](http://www.gobroomecounty.com/senior/idcard)



# Information and Assistance Senior Resource Line

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Office for Aging is the central source for accurate, up-to-date information on programs, services and benefits for seniors and caregivers. Information is provided through the Senior Resource Line and Information and Assistance representatives. Language interpretation services are arranged upon request.

## Senior Resource Line staff:

- Respond to questions regarding a wide variety of concerns;
- Provide information about many topics including financial benefits, home care, transportation, caregiver issues, mental health concerns, senior housing and more;
- Help identify needs and explore available options;
- Suggest appropriate services and make referrals to service providers in the community; and
- Link with local and out of county resources.

## Information and Assistance representatives:

- Provide assistance with obtaining benefits;
- Help fill out forms and applications;
- Meet with seniors at senior centers; and
- Make home visits to frail and home bound seniors when necessary.



Additional information, including links to aging services throughout the U.S. is available on our website:

[www.gobroomecounty.com/senior/srl](http://www.gobroomecounty.com/senior/srl)

# Legal Services

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The Legal Services for the Elderly Program is operated by Legal Aid Society of Mid-New York. The program helps seniors with simple wills, powers of attorney, health care proxies, living wills, simple real estate transactions, consumer matters and income maintenance issues concerning public benefits. Legal Aid does not advise anyone other than the actual client concerning any matter.

To be eligible for free legal services, you must be:

- Age 60 or over;
- A resident of Broome County; and
- Have an economic or social need for legal services.



Voluntary contributions are accepted and used to provide legal services to other seniors in the community.

For drafting legal documents, call **Legal Aid, 231-5900**, Monday through Friday, 9:00 a.m. to 5:00 p.m., to schedule an appointment. Appointments are also available at some senior centers. Call the center directly to schedule an appointment. Home visits are possible for homebound seniors when no alternative is available.

For consumer and income maintenance matters, call the **Legal HelpLine toll free, 1-877-777-6152**, Monday through Thursday, 9:00 a.m. to 3:30 p.m.

Additional information is available on our website:  
[www.gobroomecounty.com/senior/legal](http://www.gobroomecounty.com/senior/legal)

# Meals on Wheels (MOW) Home Delivered Meals

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The Office for Aging’s Meals on Wheels program is a home-delivered meal program available to eligible homebound seniors who are unable to prepare meals for themselves. The service is a valuable resource to help seniors remain independent in their own homes.

Delivery is available in Binghamton, Chenango Bridge, Conklin, Kirkwood, Harpursville, Windsor, and Whitney Point. Meals are delivered Monday through Friday by caring volunteers who check on recipients each day. Contributions are requested and are used to support the program.

### **You are eligible if you:**

- Are age 60 or older and incapacitated due to accident, illness, or frailty as determined by an in-home assessment; and
- Are unable to prepare meals for yourself; and
- Have no one available on a regular basis to prepare meals for you.

### **Home delivered meals provide:**

- A hot lunch and a light supper;
- Frozen meals for weekends, if needed;
- Two thirds of daily dietary requirements; and
- Some selections for those on special diets.



Meals on Wheels always welcomes new volunteers. Call to become part of the team of over 200 caring people in our community who help deliver meals.

**Call Office for Aging Meals on Wheels at 778-6206**

Additional information is available on our website:  
[www.gobroomecounty.com/senior/mow](http://www.gobroomecounty.com/senior/mow)

# Medicaid Certification

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Medicaid is a comprehensive health care benefit for those with low income and limited resources. It may supplement Medicare and other private medical insurance coverage. Medicaid may cover medical bills that Medicare does not. Physician services, dental and vision services, hospitalizations, nursing home stays, medical transportation, home care and some prescription drugs are also covered.

A Department of Social Services representative is available through the Office for Aging to help frail and homebound seniors apply for Medicaid when they have no one else to help them.

**To apply, call the Broome County Department of Social Services Medicaid office at 778-2604.**

Additional information is available on our website:  
[www.gobroomecounty.com/senior/medicaid](http://www.gobroomecounty.com/senior/medicaid)

# Mental Health Services

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The Office for Aging supports two programs that provide mental health treatment to seniors with special attention to those who need in-home services.

**The Helping through Outreach and Mental Health for the Elderly (HOME) Program** connects seniors with social workers who provide mental health assessments, short-term counseling in the home, and links to community resources. HOME is operated through a cooperative agreement between the Office for Aging, United Health Services, and the Broome County Department of Social Services. To make a referral, call the **Senior Resource Line at 778-2411**.

**The Family and Children's Society Elder Counseling Program** offers professional counselors who can meet in the home or office to help seniors and their families address issues. For more information, call **The Family and Children's Society at 729-6206**.

Additional information is available on our website:  
[www.gobroomecounty.com/senior/mhealth](http://www.gobroomecounty.com/senior/mhealth)  
or the Family and Children's website:  
[www.familycs.org](http://www.familycs.org)

# Nutrition Counseling

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Nutrition counseling and education is an Office for Aging service that helps seniors develop a personal diet plan to achieve better health.

A registered dietitian provides diet counseling and education and works with the senior to create a plan based on his or her individual needs, which may include:

- Diet restrictions
- Economical food preparation
- Supermarket shopping
- Food sanitation
- Kitchen safety

Persons 60 and over are eligible for this service as long as they are not eligible to receive medical nutrition therapy through another program.

**Call Office for Aging at 778-2411** if you need nutrition counseling.



# Senior Centers

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There are eleven senior centers serving seniors in Broome County. The centers offer a wide range of opportunities for socialization; affordable, healthy meals; exercise and wellness programs and volunteer opportunities. Senior centers are focal points for information about services and programs that help people remain healthy, active and independent.

Programs and activities include:

- Nutritious weekday lunches;
- Classes on art, computer, dance, Tai Chi and yoga;
- Cards, games, billiards, Wii play and access to exercise equipment;
- Group trips, walking, flexibility, strength training and weight loss;
- Programs on health, safety, caregiver issues, health insurance, taxes, transportation and other senior services.

It is easy to make a lunch reservation; call the senior center one day in advance. **(See the contact information for senior centers on the following pages.)** No reservations are necessary for salad or sandwich bar meals. There is a suggested contribution for a meal for those 60 and older and their spouses, and a set price for those under 60.

Additional information, including menus, a monthly listing of events, links to senior center newsletters, is available on our website:  
[www.gobroomecounty.com/senior/scc](http://www.gobroomecounty.com/senior/scc)

# Senior Centers

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## **Broome West**

2801 Wayne Street, Endwell, NY 13760; Phone: **785-3427**

Open: Monday through Friday 9:00 a.m. to 3:00 p.m.

Lunch Served: 12:00 p.m.

Breakfast for Lunch: Monday 10:30 a.m. to 12:30 p.m.

Sandwich Bar: Wednesday through Friday 11:00 a.m. to 12:30 p.m.

\* no reservations necessary for sandwich bar or breakfast for lunch

## **Deposit**

14 Monument Street, Deposit, NY 13754; Phone: **467-3953**

Open: Tuesday & Thursday, 9:00 a.m. to 2:30 p.m.

Lunch Served: 12:30 p.m.

## **East Side**

254 Robinson St., Binghamton, NY 13904; Phone: **723-4292**

Open: Monday, Wednesday & Thursday, 10:00 a.m. to 2:00 p.m.

Lunch Served: 12:00 p.m.

## **Eastern Broome**

27 Golden Lane, Harpursville, NY 13787; Phone: **693-2069**

Open: Monday through Friday, 9:00 a.m. to 2:30 p.m.

Lunch Served: 12:00 p.m.

Sandwich Bar: Wednesday & Friday, 11:30 a.m. to 12:30 p.m.

Golden Griddle: Thursday, 10:30 a.m. to 12:00 p.m.

Breakfast: Tuesday, 8:00 a.m. to 9:30 a.m.

\* no reservations necessary for sandwich bar or breakfast

## **First Ward**

*(Operated by City of Binghamton. OFA provides meal program and joint programming.)*

226 Clinton Street, Binghamton, NY 13905; Phone: **729-6214**

Open: Monday through Friday, 9:00 a.m. to 4:00 p.m.

Lunch Served: 11:45 a.m.

## **Johnson City**

*(Operated by Johnson City Senior Citizens Center, Inc.)*

30 Brocton Street, Johnson City, NY 13790; Phone: **797-1149**

Open: Monday through Friday, 9:00 a.m. to 4:00 p.m.

Pizza Bar: Monday and Tuesday, 11:00 a.m. to 12:30 p.m.

Sandwich Bar: Wednesday through Friday, 11:00 a.m. to 12:30 p.m.

\* no reservations necessary for pizza and sandwich bars

## **Loyal D. Greenman /Binghamton**

*(Operated by City of Binghamton. OFA provides meal program and joint programming.)*

37 Pine Street, Binghamton, NY 13901 Phone: **772-7166**

Open: Monday through Friday, 9:00 a.m. to 4:00 p.m.

Lunch Served: 11:45 a.m.

Soup and Sandwich Bar: Monday, Wednesday & Thursday, 11:00 a.m. to 12:30 p.m.

## **North Shore Towers**

24 Isbell Street, Binghamton, NY 13901; Phone: **772-6214**

Open: Monday through Friday, 10:00 a.m. to 2:00 p.m.

Lunch Served: 12:00 p.m.

## **Northern Broome**

12 Strongs Place, Whitney Point, NY 13862; Phone: **692-3405**

Open: Monday through Friday, 9:00 a.m. to 3:00 p.m.

Lunch Served: 12:00 p.m.

Sandwich Bar: Monday, Wednesday, Thursday & Friday, 11:00 a.m. to 12:30 p.m. Breakfast for Lunch: 10:00 a.m. to 12:30 p.m.

\* no reservations necessary for breakfast for lunch or sandwich bar

## **Oak Street**

*(Operated by Catholic Charities of Broome County.)*

9 Leroy Street, Binghamton, NY 13905; Phone: **724-1220**

Open: Monday, Tuesday, Wednesday and Friday, 10:00 a.m. to 2:00 p.m.

Lunch Served: 12:00 p.m.

## **Vestal**

201 Main Street, Vestal, NY 13850; Phone: **754-9596**

Open: Monday through Friday, 9:00 a.m. to 2:00 p.m.

Lunch Served: 12:00 p.m.

# Senior News

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*Senior News* is the monthly newspaper published by the Office for Aging. Articles include items of interest to seniors including special events, health information, wellness activities, benefit programs and senior center activities.

Most of the 7,000 households who read *Senior News* pick up their copy at a senior center, library, or any of the many other distribution points throughout Broome County. Some households prefer to subscribe to the *Senior News* and get the newspaper mailed to their homes. The Office for Aging asks subscribers for a small contribution to cover mailing costs.

**Call Office for Aging at 778-2411** to subscribe.

You can access *Senior News Online* to read the current or past issues on our website:  
[www.gobroomecounty.com/senior/seniornews](http://www.gobroomecounty.com/senior/seniornews)



# Shopper Service

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The Shopper Service provides non-emergency, on-going help with weekly grocery shopping and limited errands (such as going to the bank, post office and pharmacy) to eligible homebound seniors. The Shopper Service helps those who are physically unable to shop maintain their independence. There are no fees, but contributions are accepted. Volunteers provide this service throughout Broome County through a contract with the Southern Tier Chapter of the American Red Cross.

To be eligible for Shopper Service you must:

- Be 60 or older and meet the financial eligibility guidelines;
- Be physically unable to shop as ordered by a physician, or as determined through an assessment by our staff; and
- Have no one able to shop for you.

**If you need help shopping call 778-2411.**

Additional information is available on our website:  
[www.gobroomecounty.com/senior/homecare#Shopper](http://www.gobroomecounty.com/senior/homecare#Shopper)



# **Social Adult Day Program -** *Yesteryears*

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*Yesteryears* is an Office for Aging social adult day program serving frail, socially isolated or memory impaired seniors age 60 and over. *Yesteryears* provides seniors the opportunity to socialize and participate in structured activities in a caring environment.

This program offers:

- Socialization with peers;
- A variety of creative activities;
- Supervision and a structured environment;
- A hot lunch and nutritious snacks;
- Support, information and referrals to other community resources for caregivers; and
- Assistance with transportation.

Locations:

In Binghamton at 24 Isbell St. (in cooperation with the Binghamton Housing Authority) and in Endwell at 2801 Wayne St. (in the Broome West Senior Center building).

Call *Yesteryears* at 778-2411.

Additional information is available on our website:  
[www.gobroomecounty.com/senior/daycare](http://www.gobroomecounty.com/senior/daycare)

# Transportation

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Office for Aging can help people age 60 and older determine the type of transportation they need to get to medical appointments, senior centers, shopping or other engagements.

There are three bus options available:

- **Fixed Route Buses** serve the urban area of the county from west Endicott to Kirkwood. The buses run seven days a week, with different schedules on weekends. Reduced fares are available to seniors (65 and older) and the disabled with valid ID.
- **Office for Aging Mini-Bus/BC Lift** are curb-to-curb reservation services for seniors (age 60 and over) who cannot ride the fixed route buses. Areas served include Binghamton, Endicott, Endwell, and Johnson City and portions of Chenango Bridge, Conklin, Kirkwood, and Vestal. Seniors receive the reservation-based curb to curb services through Broome County Department of Public Transportation.
- **BC Country** is a reservation-based service to transport rural residents of all ages to the urban areas and back again. Seniors with OFA ID cards ride at the suggested contribution rate.

**To get the Office for Aging ID card needed to ride the Mini-Bus/BC Lift or BC Country at the suggested contribution rate, call the Senior Resource line at 778-2411.**

See the Office for Aging **GROW** listing service for another transportation option.

Additional information, including links to schedules, hours of service, reservation instructions and an application for the Office for Aging ID card, is available on our website:  
[www.gobroomecounty.com/senior/trans](http://www.gobroomecounty.com/senior/trans)

# Volunteer Opportunities

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Office for Aging welcomes you to join in and discover the benefits of volunteering. Volunteering is a great way for seniors to stay socially connected - one of the leading indicators of healthy aging. The community benefits as well since volunteers perform duties that agencies depend on. There are many excellent opportunities with various Office for Aging programs for people of all ages to learn new activities, build relationships and know that the time and skills they share are truly appreciated.

- Volunteer a couple of hours a day with **Meals on Wheels** to help some of the hundreds of seniors who receive meals each day. You can volunteer 1 day a month, up to 5 days a week or as a fill-in.
- Give attention and support to special needs children in schools and day care centers through the **Foster Grandparents Program**.
- Be a leader for an Office for Aging **Health and Wellness Program**.
- Provide socialization and activities at **Social Adult Day Program** sites.
- Shop and do errands for homebound seniors through the **American Red Cross**.
- Be a special event helper at **Senior Games**.
- Volunteer at a **Senior Center** planning programs, teaching classes, answering the phone, taking reservations or serving meals.
- Use your office and clerical skills, from filing to data entry and beyond, to help various programs.

To explore a volunteer opportunity, e-mail the Office for Aging at [ofa@co.broome.ny.us](mailto:ofa@co.broome.ny.us) or call **778-2411**.

Additional information is available on our website:  
[www.gobroomecounty.com/senior/volunteer](http://www.gobroomecounty.com/senior/volunteer)

# Weatherization Referral and Packaging (WRAP)

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The Weatherization Referral and Packaging (WRAP) program is designed to help HEAP eligible homeowners reduce energy consumption, avoid crisis situations and maintain their independence at home. WRAP staff visit seniors to assess their needs and then make referrals to resources to increase energy efficiency, reduce energy costs, and maintain the safety of the home.



Referrals are made to Tioga Opportunities, Inc. (the weatherization agency for Broome and Tioga counties) for energy audits and weatherization. Weatherization is provided at no cost to those who are eligible. Other referrals may be made to meet individual needs.

Seniors are eligible to apply for services if they:

- Are 60 or older;
- Are eligible for HEAP;
- Have a weatherization need; and
- Have documented ownership of the home or are renters whose landlord is willing to contribute to the cost.

Call the Senior Resource Line and ask for the weatherization specialist at **778-2411**.

Additional information is available on our website:  
[www.gobroomecounty.com/senior/wrap](http://www.gobroomecounty.com/senior/wrap)



Broome County  
**Office for Aging**  
County Office Building  
60 Hawley Street  
Binghamton, New York 13901

Phone (607) 778-2411  
Fax (607) 778-2316

Email: [ofa@co.broome.ny.us](mailto:ofa@co.broome.ny.us)  
Website: [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)



Kathleen Bunnell  
Office for Aging Director  
Patrick J. Brennan  
Broome County Executive