

Visit Our Website at www.gobroomecounty.com/senior

Care Options: An Educational Program for Family Caregivers



Date: Wednesday, November 13
Time: 2:30 – 4:30 PM
Location: Broome County Public Library
185 Court St., Binghamton

This event will give an overview of in-home support options that are available as well as different levels of care found in supportive housing.

Topics and Speakers Include:

Resources Available to Keep Someone in the Home Environment, presented by Judy Bobinski of the Broome County Office for Aging

Alternative Housing Options: It's More than Just Home to Nursing Home, presented by Tracy Thompson of Broome County CASA

Paying for Long Term Care, presented by Jane Talbot from Action for Older Persons' Health Insurance Counseling Program

What to Expect When Someone Moves to a Facility, presented by a staff person from United Methodist Homes.

Please call (607) 778-2411 to reserve your seat.

Give Back on Giving Tuesday

Your Donation Helps Others

You've probably heard of Black Friday, Small Business Saturday, and even Cyber Monday, but have you heard of Giving Tuesday? Giving Tuesday is observed each year on the first Tuesday after Thanksgiving. After kicking off the holiday shopping season, we are encouraged to think of how we can help others by making a charitable donation.

In honor of Giving Tuesday, please help us keep seniors healthy, safe and independent!

Limited resources prevent us from helping more seniors. Please consider making a donation to help others in the community. Your donation will go where there is the greatest need, or you can choose how you would like it to be used. We do the rest!

- Your \$20 donation assists 6 seniors with transportation.
- Your \$50 donation supports a 5-day delivery of Meals on Wheels along with a daily safety check.
- Your \$200 donation helps a senior remain independent in their home with personal care for a month.

To Donate, Please Print:

Name (s) _____ Phone _____

Address _____

If you wish, you may designate which program receives your generous donation:

- | | |
|---|--|
| <input type="checkbox"/> Use where most needed | <input type="checkbox"/> Senior Bus Transportation |
| <input type="checkbox"/> Caregiver/Respite Services | <input type="checkbox"/> Senior Meals |
| <input type="checkbox"/> In-Home Services | <input type="checkbox"/> Social Adult Day Program |
| <input type="checkbox"/> Personal Emergency Response System | |

Please make your check payable to: Broome County Office for Aging

CLIP AND RETURN THIS COUPON WITH YOUR DONATION TO:

Broome County Office for Aging, Attn: Fiscal Department
P.O. Box 1766, Binghamton, NY 13902

OR, MAKE A CONVENIENT DONATION ONLINE:

Visit www.gobroomecounty.com/senior. At the bottom of the page, under "Make Contributions or Donations Online," click the icon that says, "Click to Pay Now." Please note that you will be charged a small service fee when donating online.

THANK YOU! All donations are greatly appreciated!



#BeCareCurious

National Family Caregivers Month November 2019



Annual Office for Aging Volunteer Appreciation Dinner

On September 18th, the Office for Aging held its annual Volunteer Appreciation Dinner. This dinner is held to thank our volunteers who give so much of themselves to the community. The Broome County Office for Aging has been providing services for over forty years. We could not do this without the volunteers who donate their time, energy, and talents. Last year, volunteers contributed over 58,000 hours of volunteer service to the Office for Aging and the people we serve.

New volunteers are always needed in Office for Aging programs, so please contact us at (607) 778-2411 if you would like to join in one of our fun service opportunities. Volunteering is good for you and good for the community!



Pictured above, Edith Stalker was recognized for 20 years of volunteer service to the Office for Aging. Meals on Wheels Coordinator, Rebecca Morales, presented Edith with a recognition award.



Volunteers receive award certificates for 10 or more years of service to the Office for Aging.



Volunteers receive awards for 20+ years of service to the Office for Aging.

Caregiver Stress and Ways to Cope

by Sarah Richer, MSW Intern

Caregiving can be a demanding task which can result in mental exhaustion and physical fatigue. Often, caregivers' time is so taxed that they do not even have a moment to realize that they are stressed. However, all caregivers need to find ways that can help alleviate some of the pressures of caring for someone else.

The following are some symptoms of caregiver stress to keep in mind:

Anger: often sensing yourself getting angry with tasks at hand, life events or people

Social withdrawal: from activities and people

Anxiety: about the future and the reality of facing another day

Exhaustion: different from your normal level of fatigue

Sleeplessness: cannot sleep due to concern about responsibilities

Irritability: moodiness and negative responses to normal situations

Lack of concentration: difficulty performing familiar tasks

Health problems: both physical and mental

If you, as a caregiver, find yourself with any number of these symptoms, you may be experiencing caregiver stress. However, there are healthy ways to cope. As a caregiver you need to take time for yourself. Do not feel guilty about it! You can use relaxation techniques such as yoga or meditation, exercising, gardening, keeping a journal, going for a walk, coloring in an adult coloring book or even going grocery shopping.

The most important part of being a caregiver is being an informed and educated caregiver. For more information about caregiving and resources for caregivers, reach out to Office for Aging Caregiver Services at (607) 778-2411.

Senior Center Spotlight

JOHNSON CITY SENIOR CENTER

30 Brocton Street in Johnson City was once a very different place. Home to the Binghamton Triplets, a minor-league baseball team affiliated with the New York Yankees, Johnson Field occupied the space now held by the Johnson City Senior Center. The park was torn down in 1968 to allow for the construction of Route 17, and in October 1982, Johnson City Senior Center was established as a private, non-profit organization. It is the only senior center of its kind in Broome County!

Today, the Johnson City Senior Center is home to over 400 members who come to socialize, share, learn, create, and connect each day. A team of about 50 volunteers keeps the center running busily: helping with tasks from running the reception desk, to lending a hand in the kitchen, to facilitating activities and serving on the center's Site Council.



Visit Johnson City Senior Center and you will find a wide variety of activities to choose from. Bingo is offered every Monday. On Tuesdays, you can enjoy a made-to-order Breakfast for Lunch. Each week, there are plenty of ways to stay active, too. Join a Chair Yoga or Low-Impact Aerobics Class or participate in Zumba or Tai Chi; you might also join the TOPS (Taking Off Pounds Sensibly) group to keep on track with your fitness goals. If you're a lover of the creative arts, you're in luck: watercolor and oil painting classes are offered along with quilting, crocheting and knitting, and classes for both writing and poetry. Stay relaxed with beginner's meditation or join the book club to discuss the latest read. Ladies are welcome to join in meetings of the Red Hat Society.

Johnson City Senior Center hosts many community events such as its upcoming Fall Craft & Vendor Fair, which attracts a crowd each year. Also, make sure you stay tuned for the Trip Fair in January 2020, which will allow you to meet with the center's very active Trips Committee to learn about all the exciting destinations they have planned!

If you have never visited Johnson City Senior Center, today is the day to change that—let the center's friendly staff and volunteers show you what you have been missing! Check out pages 10 & 11 of this paper to see what special activities are going on this month at Johnson City and all our Broome County Senior Centers. Call (607) 797-3145 and speak with Site Director, Kim, to learn more.

Veterans Recognition and Remembrance at Senior Centers

All veterans and their families are invited to a special Veterans Recognition and Remembrance at local senior centers on Wednesday, November 6th (Thursday, November 7th in Deposit).

Senior centers are offering a variety of activities to honor your service to our country, including recognition ceremonies and music. A delicious meal including beef burgundy, buttered noodles, green beans, and chocolate cream pie for dessert will be served around noon.

All veterans will receive a complimentary lunch. For all others, the suggested contribution for lunch is \$3.50 for those age 60+ and spouse of any age. For those under age 60, the charge is \$4.50. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.

Please call the senior center of your choice to make a lunch reservation by noon on Tuesday, November 5th. Find the phone number of the senior center nearest you listed on the back pages of this Senior News publication. We hope to see you there!

Caregiver Corner

... ideas and information for people caring for others.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required.

Place: UHS Stay Healthy Center
Oakdale Mall, Johnson City, NY

Date: Monday, November 4
Time: 1:00-2:30 PM

Place: Broome West Senior Center
2801 Wayne Street,
Endwell, NY

Date: Wednesday, November 20
Time: 9:30-11:00AM

Free Veterans Legal Clinic

Saturday, November 16, 2019
9:30 am – 12:30 pm
Broome County Public Library
185 Court St, Binghamton, NY

Veterans are eligible to receive a free 30-minute private consult with an attorney to discuss the following topics:

VA Benefits; Wills/Trusts; Powers of Attorney/Health Care Proxies; Medicaid Planning; Landlord-Tenant Disputes; Real Estate; Oil and Gas Leases; Grandparents' Rights; Debt Collection/Bankruptcy; and more.

Must register by November 8, 2019.

To register, call (607) 584-5668. Leave a message. Your call will be returned to schedule your appointment with the appropriate attorney.

Brought to you by the Broome County Bar Foundation

Clutter, Large and Small

Sometimes it's the little things that are hardest to part with. Little treasures like jewelry, ornaments, coins, or cards may make us happy, bring back memories, or be linked to good intentions. On Tuesday, November 12, we'll explore the value of our small clutter at the monthly Downsize and Declutter Discussion at Broome West Senior Center, 2801 Wayne St., Endwell. The discussion begins at 3 pm. Registration is not required. Call Michelle at (607) 785-3427 with any questions.

Scam of the Month

Fraudulent Cosmetics and 'Anti-Aging' Products
by Arianna Moore, Undergraduate Intern

With the holiday shopping season approaching, and with the huge rise in online shopping in recent years, it is crucial to consider the authenticity of beauty products and products claiming to have anti-aging properties. Counterfeit products are extremely common on online sites and are mostly seen coming from foreign distributors. Fraudulent cosmetics are likely to contain arsenic, beryllium, and cadmium—all known carcinogens—along with high levels of aluminum and dangerous levels of bacteria. Be sure to check for these chemicals on any anti-aging products you may own or plan to purchase in the future. Side effects of these false anti-aging products include: severe acne, psoriasis, rashes, and eye infections. Below are some ways to avoid this scam:

- Watch out for “secret formulas” or claims of “scientific breakthroughs.” These are usually too good to be true.
- Research a product thoroughly before buying it. If you are unsure, you can contact the Better Business Bureau to find out whether other people have complained about the product.
- Beware of products boasting “no side effects,” or products that advise visiting your primary care doctor more often.
- Understand that testimonials and celebrity endorsements can be very misleading—the people giving their opinions are being paid to say good things about the product.
- Always consult your doctor before using any medicated products or taking dietary supplements.
- Before using any anti-aging products, remember to try to “love the skin you're in” and that everyone, regardless of age, is beautiful.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at (607) 778-2411.

From the Editor By Emma Saeger

What comes to mind when you think about November?

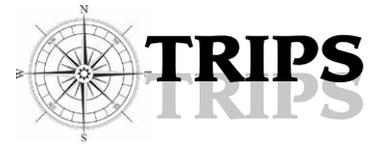
As fallen leaves and chilly breezes surround us, many are looking forward to the 4th Thursday of the month, where we might spend the day with family or friends, sharing a meal and reflecting on the ways in which we are fortunate.

To me, Thanksgiving means two things. First, it marks the beginning of a season of giving: showing generosity to others through gift-giving, or donating our time, labor, or money to a charity or organization whose mission we support. However, along with generosity, there is another important aspect of Thanksgiving which must be pointed out: gratitude. Making an active effort each day to be grateful for what you have, though it may not always be easy or pleasant, is an exercise in personal growth. It makes us feel good and can really make the difference between a happy life and an unhappy one. This can be as simple as saying “thank you” to someone to show your appreciation, or just quietly meditating on the good things in your life.

In this season of giving, we recognize November as National Family Caregivers Month. This year's theme is #BeCareCurious, which encourages caregivers to be, well—curious! Caregivers should ask questions, explore care options, do research, and share in the important decisions which affect their loved ones' health and well-being. Caregiving takes time, dedication, and in a great many instances, self-sacrifice in the name of providing the best care possible. Do you know someone who is a caregiver? Take some time to show gratitude toward that person for his or her generosity. It is certain to be appreciated.

For more information on National Family Caregivers Month, please visit the Caregiver Action Network's website at www.caregiveraction.org/national-family-caregivers-month.

For information on local resources and programs for caregivers, contact the Office for Aging at (607) 778-2411.



AARP, Endicott Chapter

Contact: Marilyn 748-8849 or
Betty 354-4260

November 14 & 15
Christmas in Lancaster
Lancaster, PA

December 2
Christmas Wonderland Holiday
Spectacular
Wind Creek Event Center,
Bethlehem, PA

Port Crane Seniors Club

Contact: Ruth, 648-8425

November 20
“Miracle of Christmas” Show
Sight & Sound Theatres, Lancaster, PA

Johnson City Senior Center

Contact: Kim, 797-3145

December 3
Longwood Gardens & Koziar's
Christmas Village
Kennet Square, PA & Bernville, PA

Eastern Broome Senior Center

Contact: Arlene, 759-6306

December 3
The Jersey Tenors Holiday Show
Villa Roma Resort, Callicoon, NY

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HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Tuesday	12:15 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	2:15 pm	Broome West Senior Center (Endwell)

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon	7:00 pm	First Ward Senior Center (Binghamton)
Mon, Wed & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	1:00 pm	Johnson City Senior Center
Mon	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Sr Center (Whitney Pt)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

Monday & Friday	9:15 am	Northern Broome Senior Center - no fee
Tuesday	10:30 am	Johnson City Senior Center
Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	10:00 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability.

Monday	11:00 am	First Ward Senior Center (Binghamton) - \$5 charge
Wednesday	10:00 am	Johnson City Senior Center - \$3 charge
Thursday	1:00 pm	Broome West Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Sr Ctr (Harpurville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center (Endwell)
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Stretch & Strength Class

Tuesday	1:30 pm	Johnson City Senior Center - no fee
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Fusion Exercise Class

Includes a combination of Tai Chi, yoga, and low-impact cardio.

Thursday	11:30 am	Johnson City Senior Center - \$3 charge
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*Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center

Walk Indoors with Us This Winter

The Broome County Office for Aging and local school districts have teamed up to offer people age 60 and older indoor walking during the winter months.

Sites are open starting November 1 through April 30, 2020. Seniors can walk through the hallways at designated sites only during scheduled times, Monday through Friday, except where otherwise noted. Whenever schools are closed, such as on holidays and snow days, the walking program will not be held.

A registration form is required to walk. Walking schedule, registration forms, and incentive sheets are available online at www.gobroomecounty.com/senior/healthed or by calling the Office for Aging at (607) 778-2411.

HAIR @ HOME
Attention Men and Women!

A licensed hairdresser will come to you and do your hair in the convenience of your own home!

Reasonable Prices!
- Shampoo/Cuts
- Shampoo/Set
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EVENTS at the CENTERS

Annual Craft Fair

Saturday, November 9, 9 am – 2 pm
Northern Broome Senior Center
Browse the selection of beautiful crafts made by the local community. Have lunch & do some holiday shopping.

Pizza or Chef Salad Lunch & Bunko Dice Game

Friday, November 22, 11:30 am
Vestal Senior Center
Your choice of pizza or chef salad for lunch, followed by a friendly game of Bunko!

Annual Talent Showcase

Wednesday, November 27, 12:15 pm
First Ward Senior Center
Do you have a special talent? Show it off at the Annual First Ward Talent Showcase. Sign up by Friday, November 22.

Historical Portrayals by Sam Goodyear

Wednesday, November 6, 10:45am
North Shore Towers Center
Come and be transported back in time as Sam Goodyear portrays historical figures.

SUNY Broome Dental Hygiene Students Visit

Friday, November 8, 1:30 pm – 2:30 pm
Broome West Senior Center
Visit with the students of SUNY Broome's Dental Hygiene program and learn from them.

Alzheimer's Community Forum w/Alzheimer's Association

Monday, November 4, 5 pm – 7 pm
Johnson City Senior Center
Learn about Alzheimer's, other forms of dementia, and memory loss. Share thoughts on the best ways for the Alzheimer's Association to help people in the community.

Evening Dining w/Bingo

Thursday, November 14, doors open 3:30 pm
Eastern Broome Senior Center
Share a meal with friends and play bingo for prizes, including gift certificates!

History Discussion Series: Joan of Arc

Thursday, November 21, 11 am
Deposit Senior Center
Join the monthly discussion. This month's topic is 15th century French heroine, Joan of Arc.

Seniors Inspire at the Run-Walk Festival

At the 5th annual Seniors Running and Walking Festival held on September 7th, nearly 100 older adults crossed the finish line of the 1 mile or 5K (3.1 miles) races. Finishers included three people age 90 or older, one of whom finished the 5K in under an hour! There were also eleven older adults who participated in a 5K race for the first time in their lives! All finishers received a t-shirt, finisher medal and a commemorative glass which was used for a toast to everyone's health and wellness. All who participated are certainly an inspiration to keep moving and to achieve exercise goals!

We hope you can join the festival next year. It includes an optional summer training program and the race event in early September. Look for an announcement about registration in the May 2020 issue of *Senior News*.



Crossing the finish line at the Seniors Running and Walking Festival:
Lorrie Vaber and Ted Baecher
Photo by Erin M. Saeger

YESTERYEARS OPEN HOUSE

Food, Music, Raffles and New Friends

Friday November 1, 11AM – 2PM
Our Savior Lutheran Church
731 Hooper Rd, Endwell
RSVP: 607-778-2946

**Do You Know Someone Who is
Socially Isolated Due to a Vision, Hearing,
Mobility or Memory Impairment?**

Yesteryears Social Adult Day Program provides structured activities in a supervised setting. Join us at our upcoming Open House and Fall Family Luncheon for the opportunity to meet our warm and welcoming staff and speak with program participants and their caregivers. Enjoy lunch and entertainment, maybe even win a prize.

Broome County
Office for Aging

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Don't miss out on any Office for Aging events & news!



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BroomeCountyOfficeForAging/](http://www.facebook.com/BroomeCountyOfficeForAging/)



Follow us on Twitter:
[https://
twitter.com/BroomeCountyOFA](https://twitter.com/BroomeCountyOFA)



Benefits of Being a Caregiver

by Sarah Richer, MSW Intern

Although caregiving can seem like a difficult task, it can be a rewarding experience for both you, the caregiver, and the person you are caring for. In fact, there are many benefits to caregiving that are often overlooked. One of the first benefits of being a caregiver involves the process of getting to know the goals the person you are caring for may have. During this important conversation between the caregiver and the person being cared for, the caregiver can even share some of his or her own goals. This benefits the overall caregiving process. It increases trust and alleviates some stress by having an outline, a plan, and goals in place.

Another benefit which personally impacts the caregiver is that caregiving gives a sense of purpose and meaning in life. Caregiving can provide a feeling of fulfillment of commitment to a spouse or an opportunity to give back to a parent or friend. It can create closer ties with people through forming new relationships or strengthening existing ones. With this strengthened relationship, caregivers can be more confident in their ability to handle things and may better understand what they value in life. Caregiving is a way to better appreciate the "little moments" that life has to offer.

Caregiving often offers more concrete benefits as well. Since caregiving can be a physical task, it can help build up a person's stamina and strength. In some cases, it has been found to reduce the risk of heart disease. In a study conducted at Boston University, it was found that caregivers can experience better thought processing and sharper memory. One of the greatest and most significant benefits of providing care for a loved one is that there is less of a need to worry about the loved one receiving good care because you, yourself, are administering it.

While not everyone is guaranteed to experience these benefits, caregivers who try their best, even when things do not go perfectly, are sure to feel some sort of reward.

If you have any questions about caregiving or services offered in relation to caregiving, please reach out to the Broome County Office for Aging at (607) 778-2411.

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Answers on Page 9

	8		7		1		3	
4		9						
	5			6		4	1	8
7					9			
8			6	1		5		
	3	5					2	9
	6		4		7		9	
1					8			4
	2			5			7	



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OFA Q&A

Question:

I am finding it increasingly difficult to afford the cost of heating my home, and I worry that my old furnace may stop working this winter. Are there any programs that could help me?

Answer:

Yes, there are programs that may be able to help!

HEAP, the Home Energy Assistance Program, is a federally-funded program which helps pay the cost of home heating for households that meet income guidelines. For instance, a one-person household can have monthly income up to \$2,494 and a two-person household can have monthly income up to \$3,262 (larger households have higher limits). The heat source can be natural gas, fuel oil, kerosene, propane or bottle gas, coal, corn, wood/wood pellets, or electric heat from a participating vendor in Broome County.

The 2019-2020 Regular HEAP Program opens on November 12, 2019, and is scheduled to close on March 26, 2020, or when funds are exhausted. If you are age 60 or over and do not receive Food Stamps or Public Assistance or are disabled and receiving SSI or SSD, you can request an application for regular HEAP by calling 607-778-2063. Regular HEAP for those under age 60 and not disabled can call Department of Social Services at 607-778-1100, extension 8, for an application.

If your primary heating equipment is inoperable, unsafe or needs repair/replacement, the HEAP Heating Equipment Repair and Replacement Program may be able to help if your household is income eligible. There is also a HEAP Clean and Tune program for a homeowner's primary heating equipment. To apply, call the Department of Social Services at 607-778-1100, extension 8.

Additional information on these and other energy assistance programs can be found at: <https://otda.ny.gov/programs/heap/>

"OFA Q & A" is a monthly column addressing frequently-asked questions and topics of interest to seniors and those who care for them.



SENIOR HELPERS PROGRAM

Are you a Broome County resident age 55 or older who is interested in earning some extra cash?

Do you have skills in snow removal, yardwork, grocery shopping, transportation to appointments, companion or personal care?

The Senior Helpers Program matches workers with individuals who are looking to hire help. A job can be short or long-term and range from simple to larger projects. The Senior Helpers Program has been providing the community with private hire Senior Helpers for over 40 years.

For more information on becoming a Senior Helper, call 778-6105, Monday – Friday between 8:30 am and noon.

Broome County
Office for Aging 

CUTE PET PHOTO CONTEST

 **Make Us Smile. Make Us Laugh.** 
Enter our Cute Pet Photo Contest!



We welcome all pet types – furry, scaly, feathered.

Only **one photo of one pet per person**. Photos with humans in them will not qualify for the contest. Please, **no professional photos or photos which have been edited** (such as with digital photo software).

Photos can be submitted the week of November 18 through November 22, 2019. At the end of that week, 10 photo entries will be randomly selected and posted on the Broome County Office for Aging Facebook page between November 25 and December 4, 2019.

To vote for your favorite photo, "Like" it on Facebook. The photo with the most Likes by the end of December 4 will receive a gift card prize.

To enter the Cute Pet photo contest, send us a picture of your pet by mail, email or Facebook message.

Send photos to: Broome County Office for Aging, 60 Hawley Street, PO Box 1766 Binghamton, NY 13901 (please note that photos cannot be returned)

OR Email to ofa@co.broome.ny.us with "Cute Pet Photo Contest" in the subject line

OR Send Broome County Office for Aging a Facebook message with a photo of your pet



20 Food Preparation Tips for Caregivers

Fatigue, memory loss, sensitivity to odors, stress, and loss of taste are just a few reasons that those we love lose interest in eating. As a caregiver, it can be difficult to prepare enjoyable meals. See the following food preparation tips to help you with meal times. Also consider receiving Meals on Wheels or visiting a Senior Center or Social Adult Day Center, both of which provide meals. Call the Office for Aging at (607) 778-2411 for more information.

1. Prepare ready-to-eat meals such as sandwiches, fruit, cheese plates, peanut butter with celery, etc. Create a shopping list and meal plan.
2. Chop vegetables or marinate meats to assist with any prep-work.
3. Understand food preferences to make meals that appeal to the individual.
4. Serve small portions of foods frequently to help with decreased appetites, digestion issues, and upset stomachs.
5. Supplement meals by making smoothies that combine fruits, vegetables, healthy fats, and protein.
6. Always write an "eat by" date on refrigerated foods.
7. Use pictures of the meals ahead of time to increase appetite.
8. Use your slow cooker.
9. Save leftovers and use them to make dishes such as burritos, salads, or stews.
10. Learn to read food labels to understand the nutritional quality of the food for conditions such as diabetes or heart disease.
11. Use smaller plates and cups to control portion sizes.
12. Adjust the spice level of foods to their preference.
13. Use plastic utensils and plates for those who have a 'metallic' taste.
14. Encourage sipping water between meals instead of immediately before or after to prevent fullness.
15. Create meals that provide additional water to prevent dehydration, such as soups, puddings, stews, fruits and vegetables.
16. Try to avoid cooking the same foods each day to prevent boredom.
17. Eat together to increase socialization.
18. Buy groceries online to reduce time spent shopping.
19. Keep rooms ventilated or use a fan to move cooking smells around.
20. Ask a dietitian for help.

Keep Your Voice Sound

How to Prevent and Avoid Voice Problems

Whether answering the phone or chatting with friends, your voice helps you connect with others. It also reflects your personality, mood, and health. Experts estimate that nearly 18 million adults in the U.S. have voice problems. You can take steps to keep your voice healthy and avoid problems.

In many ways, your voice is as unique as your fingerprint. It's produced in your throat by two bands of muscle tissue called vocal folds, which sit at the top of your windpipe. The larynx, commonly called the voice box, houses the vocal folds.

When you speak, the folds come together as air from your lungs rushes through them. The air blowing through the folds makes them vibrate. The vibrations make sound waves that travel through your throat, nose, and mouth. The size and shape of these structures create the pitch, loudness, and tone of your voice. That's why each person's voice sounds so different.

Overuse and misuse of your voice, such as screaming, cheering, or talking above loud background noises, can strain your vocal folds. It's best to avoid such activities. Perhaps you've woken up with a hoarse voice after watching a sporting event. Repeatedly clearing your throat; a raw, achy throat; a deeper voice; or a sudden inability to hit high notes when singing are also signs of an unhealthy voice.

It's important to identify and avoid behaviors that might harm your voice. For example, choose a quiet restaurant or senior center when meeting friends for a meal. On days that your voice sounds raspy or hoarse, protect it by not straining or overusing it.

Although many voice conditions result from misuse or overuse, other voice disorders may be related to disease. Voice disorders may result from growths on the vocal folds, gastric reflux, head or neck cancer, neurological problems, or other causes.

Keep in mind that what is good for your well-being is good for your voice. Drinking plenty of water and using your voice less should help relieve hoarseness from misuse or overuse.

If you think you have a voice problem, talk with your health care provider. They may recommend that you see a specialist, such as an ear, nose, and throat doctor or a speech-language pathologist, to help diagnose and treat voice issues.

Source: <https://newsinhealth.nih.gov>

Did You Know?



According to the Guinness Book of World Records, the largest pumpkin pie ever baked was made in September 2010 by New Bremen Giant Pumpkin Growers in New Bremen, Ohio. The pie weighed 3,699 pounds and measured 20 feet across!

Broome County Office for Aging Public Hearings & "Savor the Senior Centers" Tasting Events

Please share your thoughts with us on Office for Aging's new four-year Plan for Services and then see what delicious food items our senior centers are offering!

Tuesday, November 5, 5 pm
Northern Broome Senior Center in Whitney Point
Please call 692-3405 for tasting reservations.

Tuesday, November 19, 5 pm
Broome West Senior Center in Endwell
Please call 785-1777 for tasting reservations.

The Draft Plan will be available at:
gobroomecounty.com/senior/publications.

For a hard copy, please contact the office: (607) 778-2411.
Written comments on the Draft Plan will be accepted by mail:
BCOFA, P.O. Box 1766, Binghamton, NY 13902 or email:
OFA@broomecounty.us.

If you require special accommodations to attend, please contact the Office for Aging well in advance.

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Out & About with the Memory Maker Project

The Memory Maker Project offers interactive cultural programs for people living with memory loss, and their loved ones. The Memory Maker Project's November Events Schedule is listed below.



Out & About at Anthony Brunelli Fine Arts | Binghamton

Saturday, November 2, 2019, 11 am – 12 pm

186 State St, Binghamton, NY 13901

View and discuss artwork at our favorite contemporary art gallery.

Meet Me at the Rockwell | Corning

Monday, November 4, 2019, 1:30 pm – 3 pm

111 Cedar St, Corning, NY 14830

An interactive look at the Tia Collection.

Out & About at Roberson: Trains | Binghamton

Wednesday, November 6, 2019, 2 pm – 3 pm

30 Front St, Binghamton, NY 13905

Where would you go on a train? View and discuss the model train.

Out & About at Roberson: Era of Change | Binghamton

Wednesday, November 13, 2019, 2 pm – 3 pm

30 Front St, Binghamton, NY 13905

View and discuss the new *Era of Change* exhibit.

Out & About at the Opera | Binghamton

Wednesday, November 20, 2019, 2 pm – 3 pm

315 Clinton St, Binghamton, NY 13905

Opera, Show Tunes, and conversation with the Tri-Cities Opera.

Registration is required for all programs.

Please call (607) 240-6204

or email Christina@MemoryMakerProject.org to register.

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-Julie S.

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Pre-Planning for Funerals

by Arianna Moore, Undergraduate Intern

Why should I pre-plan my funeral?

Pre-planning eliminates guesswork for your family. It ensures that personal records are organized and accessible for your survivors to locate. Pre-planning allows you to take control and ensures that your wishes will be fulfilled. It allows you to personalize your services to suit your lifestyle and to better represent the characteristics that you want people to remember most about you. You can also control the cost of your funeral and protect your family from financial stress. Finally, it gives you a sense of comfort and relief knowing that your final farewell will be taken care of with the personalized aspects you choose to incorporate.

What are the main things that I should consider during pre-planning?

- Consider a burial estate location and which plot to open
- Preferred type of casket or urn
- Grave style
- Type of service: religious, military, fraternal, etc.
- Memorial type and inscription
- The clergy or funeral director chosen to officiate
- Where the services will be held
- Charitable organization(s) for possible memorial donations
- Information for a eulogy
- Check and sign papers for burial permit, if necessary (varies by state)
- Make a will regarding any special wishes
- Arrange for any special religious services
- Decide whether you would like to donate organs, and inform family
- Any special selections from scriptures, songs, or other literature that is meaningful to you

How do I go about starting a will and maintaining one?

It is recommended that the preparation and execution of a will be handled by a competent attorney. Homemade or “do-it-yourself” wills, often do not stand up in court. The best way to approach starting a will is to set up a meeting with a competent attorney who will guide you through the process. Once you make a will, you should be reviewing it every few years. Particularly if you have moved or if your family situation has changed since you last executed the will. For example, a divorce, birth of a child, or death of a beneficiary are all things that can confuse the processing of a will and make things difficult, if not updated regularly or as these events occur.

Who can I contact if I need help pre-planning my arrangements?

You can call any local funeral director or clergy member that you trust and ask for help with services. They can usually explain more in detail the benefits of pre-planning and where to start with the pre-planning process. Talking to these members of your community will also help you find out a range of the average expenses and even set up payment plans for future services.

Sudoku Answers

2	8	6	7	4	1	9	3	5
4	1	9	3	8	5	7	6	2
3	5	7	9	6	2	4	1	8
7	4	1	5	2	9	3	8	6
8	9	2	6	1	3	5	4	7
6	3	5	8	7	4	1	2	9
5	6	8	4	3	7	2	9	1
1	7	3	2	9	8	6	5	4
9	2	4	1	5	6	8	7	3

Time Warp!

What happened this month 60 years ago?

November 18, 1959—*Ben-Hur*, directed by William Wyler and starring Charlton Heston, premieres in New York City.

November 21, 1959—Comedian Jack Benny, on violin, teams up with then-Vice President Richard Nixon, on piano, to perform a duet at the annual President’s Black Tie Ball.

November 29, 1959—The 2nd GRAMMY award ceremony is the first to air on television. Bobby Darin wins Record of the Year with his version of “Mack the Knife,” and Frank Sinatra wins Album of the Year for *Come Dance with Me*.

Souperlicious Senior Center Sandwich Bars

Monday	Tuesday	Wednesday	Thursday	Friday
Northern Broome	Northern Broome	Broome West	Broome West	Broome West
Walk-ins Welcome 11am-12:30pm 		Eastern Broome	Eastern Broome (Golden Griddle)	Eastern Broome (Burger Bar)
		Johnson City	Johnson City	Northern Broome (Burger Bar)
		Northern Broome		
		Vestal		Vestal (Chef Salads)

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Look What's Happening at the Centers!

BROOME WEST 785-3427

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon call 785-1777

Breakfast for Lunch: Mon 10:30am - 12:30pm

Sandwich and Soup Bar: W/Th/F, 11:15 am - 12:30pm

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

M: Bingo 9:30 am, Quilting 9 am-12 pm; Blood Pressure Checks, 11 am

T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;

W: Bingo 9:30 am; Scrabble 12:30 pm; Pinochle 12:30 pm;

Floor Shuffleboard 12:45 pm; Beginners Canasta, 1 pm

Th: Social Connections 1-2:30 pm

F: Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am, Ping Pong 1-3 pm

Special Activities

Mondays: Blood Pressure Monitoring, 11 am - 12:30 pm; Hand & Foot Card Game, 11 am - 3 pm

- 11/4 Bright & Beautiful Therapy Dogs w/Agility Demonstration, 1 pm
 11/6 Veterans Day Remembrance Luncheon w/Rich Wilson, 11 am
 11/8 SUNY Broome Dental Hygiene Students visit, 1:30 pm - 2:30 pm
 11/12 Downsize & Declutter Discussion, 3 pm - 4:30 pm
 11/15 Senior Center Wii Bowling Tournament Awards Banquet, 12 pm
 11/18 Breakfast Special: Breakfast Frittata, 10:30 am - 12:30 pm
 "Visit Vienna, Austria" presentation w/Bruce Ressler, 1 pm
 11/19 Office for Aging Public Hearing &
 "Savor the Senior Centers" Tasting Event, 5 pm
 11/20 Caregiver Chat Group, 9:30 am - 11 am
 Thanksgiving Luncheon, 12 pm
 11/21 Philly Cheesesteak Day
 w/music by Marian Tewksbury & Bill Salvemini, 11 am - 12:30 pm

DEPOSIT 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tues & Thurs, 9:00am - 2:00pm

Lunch served at 12:30 pm

Weekly Activities (call for info):

T & Th: Morning Coffee, Cards, Puzzle Board & Wii 9 am-12 pm; Piano Music 10:30 am

T: Crafts 10:30 am; Chair Exercises 11 am

Special Activities

Tuesdays: Bingo, 1 pm: 11/5 Nickel; 11/12 Bag; 11/19 Quarter;

11/26 Nutrition

Craft Making, 10:30 am

Thursdays: Chair Exercises, 11 - 11:30 am

- 11/7 Veterans Day Remembrance Luncheon, 12 pm
 11/19 Southern Tier Food Bank at the Deposit Fire Station, 11 am
 Blood Pressures w/Sandy, 11:30 am
 Delaware County Office for Aging Presentation
 by Eric Benecke, 11:45 am
 11/21 History Discussion Series: Joan of Arc, 11 am
 Thanksgiving Luncheon, 12 pm

HAPPY
Veterans
 DAY

All Broome County Senior Centers will be closed on Monday, November 11, in observance of Veterans Day.

EASTERN BROOME 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9:00am - 2:30pm

Lunch served at Noon

Breakfast: Tues, 8 - 9:30 am

Golden Griddle Brunch: Thurs, 10:30 am - 12:00 pm

Sandwich and Soup Bar: Wed, 11:30 am - 12:30 pm

Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Computers, Coffee Hour, Cards, Billiards

M: Wii Practice/Play 9-11 am, Shuffleboard 10 am

W: Woodworking w/Mark Young 9 - 11 am; Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

F: Shuffleboard 9:15 am

Special Activities

Mondays: Mobile DMV, 10 am - 3 pm (Closed 12-12:30 pm for lunch)

Thursdays: Golden Griddle Special: *Blueberry, Apple, or Cranberry Pancakes*

- 11/1 Music by Ray Caudra, 12:15 pm
 11/2 (Sat.) AARP SmartDriver Course (*enrollment required*)
 w/Breakfast Buffet, 9 am - 4 pm
 11/6 Veterans Day Remembrance & Luncheon
 w/music by Ed Travis, 9 am - 2 pm
 11/7,21 Bingo for Prizes, 11:45 am - 1 pm
 11/12,26 Chop & Chat (*reservations required*), 9:45 am - 10:45 am
 11/13 Search & Rescue Dogs Presentation w/Trainer Kara Schaeffer,
 12:30 pm - 1:15 pm
 11/14 Evening Dining (*Beef Burgundy/Apple Pie*) w/Bingo, 4 pm
 11/16 (Sat.) Saturday Soup Special fundraiser, 11 am - 2 pm
 11/20 Thanksgiving Luncheon w/music & Silent Pie Auction, 9 am - 2 pm
 11/25 Horse Racing Game w/Bonnie Hill, 10 am

FIRST WARD 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm & Mon Evenings, 7:00pm - 9:45pm

Lunch served at 11:45 am call 729-6214

Mondays: Breakfast for Lunch, 10:30 am - 12:30 pm (No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

M: Bingo 12:30 pm; Texas Hold'em 12:45 pm

T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Hold'em 12:30

W: Ceramics 9:00 am; Chorus 9:30 am

Th: Sewing 9:00 am; Mahjong 12:30 pm; Craft Class 1:00 pm

F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Hold'em 12:45 pm

Special Activities:

Mondays: Roberson International Folk Dancers (*all welcome/no partner needed*), 7:30 - 9:45 pm (*If you have a group that would like to use the center, please call 797-2307*)

Tuesdays: CHOW Mobile Market (*please call for updates/time changes*), 9:30 am

Thursdays: Gentle Standing Yoga Class (\$3/class), 10 am

- 11/4,18 Chop & Chat (*reservation required*), 1 pm
 11/6 Veterans Day Remembrance Luncheon
 w/music by Rick Pedro, 12 pm
 Social Club, 1 pm
 11/7,8 AARP SmartDriver Course (*enrollment required*), 9 am - 12 pm
 11/13 Legal Aid Society Appointments (*call for appt*)
 11/18 Breakfast for Lunch: Sausage, Biscuits & Gravy, 10:30 am - 12 pm
 Music by Scarlet Bonnets, 12:30 pm
 11/20 Thanksgiving Luncheon w/Trivia for Prizes, 11 am
 11/21 Philly Cheesesteak Day, 11:30 am
 Music by Orange Blossom Special, 12:15 pm
 11/27 Talent Showcase, 12:15 pm

JOHNSON CITY.....797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Thurs 9:00am - 4:00pm; Fri 9:00am - 2:00pm**Lunch served at 11:45 call 797-1149****Hot Lunch (Reservations):** M/W/Th/F**Walk-Ins Welcome:****Sandwich & Soup Bar:** Wed/Thurs, 11:45 am - 12:30 pm**Breakfast for Lunch:** Tues, 10:30 am - 12:00 pm**Weekly Activities:** Exercise classes listed on page 4**M:** Watercolor Painting 9 am; Knit/Crochet 11:30am;

Bingo 12:30 sales/1:30 play; Poetry 1 pm; Pitch (cards) 1 pm

T: Guitar 9 am; TOPS 9 am; Shuffleboard (recreational) 12:30 pm**W:** Quilting 9 am; Bridge (cards) 10 am; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Mahjong 1 pm**Th:** Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:30 am; Group Meditation 1:30 - 2:30 pm**F:** Watercolor Painting 9:30 am; Ladies Singing 10:30 am; Chair exercises 12:30pm**Special Activities:**

Wednesdays: Technology Assistance w/Binghamton University Students, 11 am - 12:30 pm

11/4 Alzheimer's Community Forum w/Alzheimer's Assn., 5 pm - 7 pm

11/9 (Sat.) Craft & Vendor Fair, 11 am - 4 pm

11/12 Nutrition Education w/Cornell Coop. Extension, 11:30 am

11/14 Effective Communication Strategies for Dementia w/Alzheimer's Assn, 12:30 - 1:30 pm

11/16 (Sat.) AARP SmartDriver Course (*enrollment required*), 9 am - 3 pm

11/19 Cooking Demo by Chef Weaver, 1:30 pm

Red Hat Society Meeting, 3:30 pm

11/20 Blood Pressure & Glucose Checks w/The Medicine Shoppe, 10 am - 2 pm

Thanksgiving Luncheon, 11 am

11/21 Legal Aid Society Appointments (*please call for appt*), 9 am - 12 pm

11/27 Haircuts for Men & Women

by Debbie Roberts (*please call for appt*), 10 am - 11:30 am**NORTHERN BROOME 692-3405**

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Mon - Fri, 9:00am - 3:00pm**Lunch served at Noon****Sandwich & Soup Bar:** Mon, Tues, Wed 11:30am - 12:30pm**Breakfast for Lunch:** Thurs 10-12:30 pm**Pub Burger:** Fri 11:30 am - 12:30pm**Weekly Activities:** Exercise classes listed on page 4**M:** Tai Chi 9:15 am; Horse Racing (1st/3rd) 10:30 am;

Bingo 10:30 am; Adult Coloring Class 12-2pm

T: Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class

10 am-3 pm; Bridge Card Group 12 pm

W: Shuffleboard 10 am; Bunko (dice game), 12:30 pm,

Knitting 1 pm

Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am**F:** Tai Chi 9:15 am; Bingo, 10:30 am**Special Activities:**

11/4 Horse Racing Game, 10:30 am

11/5 Office for Aging Public Hearing & "Savor the Senior Centers" Tasting Event, 4 pm - 6 pm

11/6 Veterans Day Remembrance Luncheon, 11 am

11/9 (Sat.) Annual Craft Fair, 9 am - 2 pm

11/12 Evening Dining (*Beef Burgundy/Brownie*) w/Ryan Wilson, 4:30 pm

11/13 Nutrition Education w/Cornell Cooperative Extension, 10 am

11/18,19 AARP SmartDriver Course (*enrollment required*), 10 am - 1:30 pm

11/20 Thanksgiving Luncheon, 11 am

11/25 Parfaits for National Parfait Day, 11:30 am

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00am - 2:00pm**Lunch served at Noon****Weekly Activities:****Daily:** Coffee 8 - 11 am, Games and Cards**M:** Bingo 10 - 11:30 am**T:** Wii Bowling 10 - 11:30 am**W:** Dice & Card Games 10 - 11:30 am**Th:** Dice & Card Games 10 - 11:30 am**F:** Wii Bowling 10 - 11:30 am**Special Activities:**Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy on 10th Floor, 9-11 am

11/6 Veterans Day Remembrance Luncheon w/Sam Goodyear, 10:45 am

11/7 Crafts, 10:15 am

11/12 Goodies for Peanut Butter Lovers Month, 10:30 am

11/13 Discussion & Card Making for National Caregiver Appreciation Day, 10:30 am

11/20 Thanksgiving Luncheon, 12 pm

11/21 Ceramics, 10:15 am

11/22 Nintendo Wii Games, 10:15

11/26 Yoga/Dance Video Exercise, 10:15 am

VESTAL 754-9596

Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY

Center Hours: Mon - Fri, 9:00am - 2:00pm**Lunch served at 11:45am****Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm****Weekly Activities:** Exercise classes listed on page 4**Daily:** Coffee Klatch, Cards, Games**M:** Walking Group 8 am**T:** Pinochle 9:30 am**W:** Walking Group 8 am; Crochet/Knitting 9:30 am;

Bridge Group 9:30 am; Computer Instruction 10 am;

Oil Painting 1-3 pm

Th: Bingo (1st & 3rd) 10:15 am; Bridge Group 12:30 pm**F:** Walking Group 8 am; Mahjong 9:30 am**Special Activities:**11/1 Pottery Class w/Jenn Johnson (*\$5/person; all supplies provided*), 10 am

11/4 King High Card Game, 12 pm

11/4,18 Chop & Chat (*reservations required*), 10:30 am

11/5 Taco Tuesday Lunch Special, 11:30 am - 12 pm

11/6 Nutrition Education with Cornell Cooperative Extension, 10:30 am

Veterans Day Remembrance Luncheon

w/music by David Hores, 11 am

11/7,21 Bingo, 10:15 am

11/14,15 AARP SmartDriver Course (*enrollment required*), 10 am - 1:45 pm

11/20 Thanksgiving Dessert & Pie Auction, 10:45 am

Thanksgiving Luncheon w/Orange Blossom Special, 11 am

11/21 Philly Cheesesteak Day, 11:30 am

11/22 Pizza OR Chef Salad for Lunch, 11:30 am

11/22 Bunko Dice Game, 12 pm



All Broome County Senior Centers will be closed on Thursday & Friday, November 28 & 29, in observance of Thanksgiving.

MEET, GREET & EAT

November Menu - Bon Appétit!

At all Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
 A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged **\$4.50 per meal.**
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Need to Reduce Sugar and Calorie Intake?

We offer a non-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this modified menu option, please tell the receptionist at the senior center that you would like the NCS menu.

Savor the Senior Centers Tasting Events: See what delicious food items senior centers are offering!

Tuesday, November 5 around 5:30 pm at the Northern Broome Senior Center in Whitney Point.

Please call 692-3405 for tasting reservations.

Tuesday, November 19 around 5:30 pm at the Broome West Senior Center in Endwell

Please call 785-1777 for tasting reservations.

The suggested contribution for lunch is \$4.25 for those age 60+ and spouse of any age. For those under age 60, the charge is \$5.25.

Beef Stroganoff over Buttered Noodles Carrots Banana	4	Hot Dog w/Chili Baked Potato w/Sour Cream Diced Peaches	5	Veterans Recognition Day Beef Burgundy over Buttered Noodles Green Beans w/Mushrooms Chocolate Cream Pie	6	Sausage Pesto Pasta Casserole Corn Vanilla Pudding w/ Cherries and Whipped Topping	7	Breaded Fish OR Breaded Chicken Sand. w/Lettuce, Tomato & Onion Herb Roasted Potatoes Cottage Cheese w/Chives Pineapples & Oranges	1
Centers Closed	11	Macaroni & Cheese w/Stewed Tomatoes Cauliflower w/Parsley Oatmeal Cookie	12	Roast Pork w/Gravy OR Herb Chicken Thigh w/Gravy Bread Dressing, Green Beans Fruited Raspberry Gelatin w/Whipped Topping	13	Western Omelet OR Chicken Thigh w/BBQ Baby Red Potatoes Tossed Salad Blueberry Crisp w/Topping	14	Broiled Fish w/Lemon OR Salisbury Steak Macaroni & Cheese Stewed Tomatoes Vanilla Cake w/Icing	8
<i>In Recognition of Veterans Day</i>								Chinese Pepper Steak OR Lemon Pepper Pollack Mashed Potatoes w/Gravy Sonoma Blend Vegetables Cranberry Orange Muffin	15
Stuffed Pepper Casserole Baby Carrots Three Bean Salad Fruit Cocktail	18	Egg Salad OR Tuna Salad Croissant w/Lettuce & Tomato Cream of Broccoli Soup Lemon Poppyseed Muffin	19	Thanksgiving Luncheon Roast Turkey w/Gravy Apple Bread Dressing Monte Carlo Blend Vegetables Cranberry Sauce Pumpkin Pie	20	Ham Loaf OR Broiled Fish w/Lemon Scalloped Potatoes Peas w/Pearl Onions Chocolate Pudding w/ Whipped Topping	21	Meatloaf w/Gravy OR Salmon w/Dill Sauce Mashed Potatoes w/Gravy Green Beans w/Mushrooms Raspberry Gelatin w/Whipped Topping	22
Chicken a la King Over a Biscuit Green Beans Diced Peaches	25	Meat Lasagna w/Tomato Sauce Caesar Salad Sugar Cookie	26	Halupki w/Tomato Sc OR Kielbasa w/Onions Peas & Carrots Mashed Potatoes w/Gravy Pineapple Tidbits	27	Centers Closed	28	Centers Closed	29
				<i>In Recognition of Thanksgiving</i>		<i>In Recognition of Thanksgiving</i>		<i>In Recognition of Thanksgiving</i>	

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging

Broome County Office for Aging
 County Office Building
 60 Hawley Street
 PO Box 1766
 Binghamton, NY 13902



Thanksgiving Luncheon

Enjoy a traditional Thanksgiving dinner with all the fixings at a Broome County Senior Center!

Celebrate on Wednesday, November 20th around noon at most senior centers or Thursday, November 21st at the Deposit Senior Center.

We make this day fun and festive, so call the senior center of your choice to make your lunch reservation by noon at least one day in advance. Find phone numbers listed in the "Look What's Happening at the Centers!" section.

The suggested contribution for lunch is \$4.25 for those age 60+ and spouse of any age. For those under age 60, the charge is \$5.25. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.



Language interpretation for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, www.gobroomecounty.com/senior.

Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

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