Broome County Office for Aging

# Senior News

Mary Whitcombe, Director • Jason T. Garnar, Broome County Executive • Volume 50 Number 12 • DECEMBER 2022

*Visit Our Website at www.gobroomecounty.com/senior*

## Bandera Family Christmas Day Meals

In 1989, Bill and Carolyn Bandera served a small group of sixty-eight people a free, hot, homemade Christmas Day meal at the American Legion Post 80 in Binghamton. The meal and fellowship continue to grow each year, led by the Banderas' son, Bill Bandera Jr. This year you can join in the fellowship and have a festive Bandera Family meal on **Christmas Day, Sunday December 25, from 12 pm - 2 pm**, at one of the following locations:

- American Legion Post 80, 76 Main St. Binghamton
- Saint Ambrose Church, 203 Washington Ave. Endicott
- American Legion Post 189, 29 Sheldon St. Norwich
- American Legion Post 259, 279 Chestnut St. Oneonta

If you are unable to leave your home, you can still enjoy a festive Bandera Family meal with all the trimmings on Christmas Day, delivered to you by volunteers! The Bandera Family Meal is available to Meals on Wheels clients. Please call ahead to request a home-delivered Bandera Family Meal. The "**2-1-1** / First Call for Help" call center will be taking reservations. To reserve a meal call First call for Help by dialing **2-1-1** from a landline or **1-800-901-2180** from a mobile phone. Reservations will start on December 1st and can be made Monday-Friday between 8am -5pm.

**Reservations must be made by 5 pm on Tuesday, December 20th.**

## Special Luncheons to Celebrate the Holidays

Andy Williams sang in 1963, "It's the most wonderful time of the year!" So, mark your calendars and bring family and friends to one of the Broome County senior centers as part of your celebration this season. Listed below are details about upcoming festivities at participating senior centers.

**Holiday Luncheon and Entertainment • Wednesday, December 14**
(Thursday, Dec 15 in Deposit)
Enjoy a festive luncheon including stuffed broccoli cheese chicken, mashed potatoes, baby carrots & key lime pie cups for dessert.

Musical entertainment schedules on this day are as follows:
**First Ward**, Binghamton: Ralph Muro, 12 pm
**Eastern Broome**, Harpursville: Mike's Juke Box, 12:30 pm
**Johnson City**: Holiday Program by First Ward Senior Citizens Chorus, 1-2 pm
**North Shore Towers**: Dan & Lea, 10:30 am
**Broome West**, Endwell: Maine Endwell Brass Band, 11 am-12 pm
**Vestal**: Johnny Only, 12 pm

Guests age 60+ and spouse of any age may dine at the Holiday Luncheon for a suggested contribution of $3.50. All others may dine for a charge of $4.50.

**New Year's Eve Luncheon and Entertainment • Friday, December 30**
Join us as we ring in the New Year! The luncheon menu includes a choice of apricot meatballs or broiled fish, baked potato, peas with pearl onions, and black forest cobbler for dessert. (Note: First Ward Senior Center closed on 12/30 – no luncheon.)

In addition to lunch, centers will feature festivities throughout the day. Contact the center you wish to attend for more information on how they are "ringing in" the New Year!

Guests age 60+ and spouse of any age may dine on New Year's Eve for a suggested contribution of $3.50. All others may dine for a charge of $4.50.

For both luncheons, be sure to make your lunch reservations by 12 pm one day in advance. Phone numbers can be found in the "Look What's Happening at the Centers" section on the back pages of this issue.

No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

COVID-19 fluctuations could postpone or cancel events/activities listed in the *Senior News*.
Please consider calling ahead to determine if events/activities you are interested in are still occurring as scheduled.

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

## Like Us! Follow Us!

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

Like our Facebook page:
www.facebook.com/BroomeCountyOfficeForAging/

Follow us on Twitter:
https://twittercomBroomeCountyOFA

# HEALTH AND WELLNESS

## ACTIVITY SCHEDULE

### 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) |

### Beginner Gentle Yoga
Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. $3 charge for this class.

| | | |
|---|---|---|
| Monday | 9:30 am | East. Broome Sr. Center (Harpursville) – no fee |
| Monday | 9:30 am | Johnson City Senior Center |
| Friday | 10:00 am | Johnson City Senior Center |

### Bonesaver Class
A low-intensity class, using light weights to help prevent osteoporosis and improve balance. No fee for this class.

| | | |
|---|---|---|
| Mon, Wed & Fri | 10:00 am | First Ward Senior Center (Binghamton) |
| Mon & Wed | 1:00 pm | Johnson City Senior Center |
| Tues & Thurs | 10:00 am | Northern Broome Senior Center (Whitney Point) |
| Wednesday | 10:00 am | Broome West Senior Center (Endwell) |

### 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) |

### Zumba
Low impact dance aerobics class. Based on dance moves choreographed to Latin and international music.

| | | |
|---|---|---|
| Tuesday | 10:30 am | Johnson City Senior Center ($3) |
| Mon & Fri | 9:30 am | First Ward Senior Center (Binghamton) ($3) |

### Low-Impact Aerobics
Modified stretches, body movements and routines that improve and tone your body. $3 charge for this class.

| | | |
|---|---|---|
| Thursday | 10:00 am | Johnson City Senior Center |

### Tai Chi
Relieve stress, improve balance, increase flexibility and promote wellness. $3 charge

| | | |
|---|---|---|
| Thursday | 1:00 pm | Johnson City Senior Center |
| Friday | 9:30 am | Eastern Broome Senior Center (Harpursville) |

### Chair Exercise
Increase flexibility, range of motion and circulation. No fee for this class.

| | | |
|---|---|---|
| Tues & Thurs | 10:30 am | Broome West Senior Center (Endwell) |
| Tues & Fri | 12:30 pm | Johnson City Senior Center |

### Drum Exercise Class
Chair exercise using cardio drumming for seniors. No fee for this class.

| | | |
|---|---|---|
| Monday | 1:30 pm | Northern Broome (Whitney Point) |

### Virtual Zoom Classes

### ZOOM Chair Exercises
Mon.,Wed. & Thurs 10-10:30 am

**Advanced registration is required for Zoom chair exercise.**
**To obtain more information and sign up, please call (607) 778-2411.**

### ZOOM Chair Drum Exercises
Tuesday 10-10:30 am

### ZOOM Chair Yoga
Friday 10-10:30 am

Exercise equipment available daily at the following Senior Centers:
Broome West Senior Center, Northern Broome Senior Center,
First Ward Senior Center, Johnson City Senior Center
*Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11

## Walk with Ease
## Meeting at the Oakdale Mall in Johnson City
## Jan 23 – Mar 1, 2023
## Mondays, Tuesdays & Wednesdays from 10-11 am

Join your walking coaches at the Oakdale Mall for this indoor 6-week walking program where you will learn fitness tips, meet new people, and step your way to a lasting walking routine.

- We will meet for 1 hour, 3 times per week inside the mall.
- Each participant will receive a guidebook and walking diary to log progress.
- We will learn how to exercise safely and comfortably while having fun.

Walk with Ease is an evidence-based program with several proven benefits, such as decreased pain, improved balance, and increased strength. As you develop a walking routine, you may also control weight, reduce stress, boost your energy, and much more.

**Advanced registration is required for Walk With Ease. Space is limited. To obtain more information and sign up, please call (607) 778-2411.** Remember to consult a healthcare professional before beginning this or any new exercise program.

## Nature Walking Club Announces New Season's Schedule

The Nature Walking Club invites you to join them for a new season of outdoor exploration. Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit. For the winter walks, we will stay on paved, plowed surfaces.

- Thursday, December 15th, 10 am: Arnold Park, Vestal
  Meet in parking lot by colorful playground.

Advance reservations are **not required**. For more information on the walks, please **call Mary Lou at (607) 343-4985**.

# Caregiver Corner

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

**The Stay Healthy Caregiver Chat:**
**Date:** Monday, December 5th
**Time:** 1:00-2:30 PM
**Location:** Johnson City Senior Center
30 Brocton Street
Johnson City, NY 13790

**The Wayne Street Caregiver Chat:**
Participants can use Zoom or call in.
**Date:** Wednesday, December 14th
**Time:** 9:30-11:00 AM
**Zoom address:**
https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09
ID: 2152617450
**Password:** 037464

For questions on the Wayne Street Caregiver Chat, call (607) 778-2946 or email Machelle.spinelli@broomecountyny.gov

**TRIPS**

**Local bus travel groups are taking a break for winter. You can still travel virtually through the Lyceum Program! We will be posting their winter program schedule in January's paper. The virtual presentations can be viewed at participating senior centers, so you won't need your own electronic device or Internet connection to join in. Stay tuned!**

# Scams of the Month

***Snow Removal***

As you start to think about snow removal this season, especially if you own your own home or are responsible for your own snow removal, beware of scams. When hiring someone to handle your snow removal, keep these tips in mind:

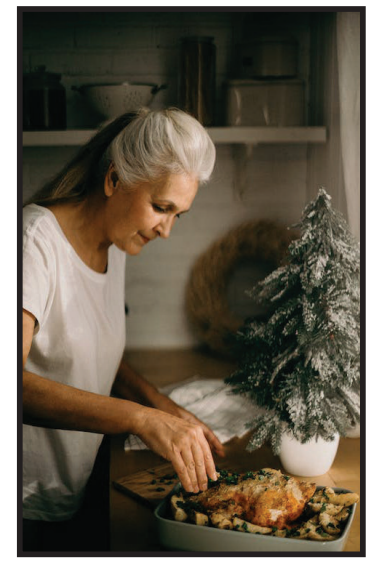
- Be clear about what service you are looking for. For example, do you want salt put down or not? Do you need a plow instead of a snowblower or a shovel?
- Ask for a quote. Get the price ahead of time, and avoid being surprised when the bill shows up for the service.
- Ask for references. For example, ask the snow removers to provide you with references from customers they have worked for in the past.
- Consider a contract. A contract agreement could include how much snowfall would warrant the snow remover to come to your home, how much you would be charged per visit, and any other relevant details that are important to you.
- Be clear about expectations. For example, if you have kidney dialysis on certain days of the week or other urgent recurring appointments, notify the provider so they know the importance of your circumstances ahead of time.

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.**

## Wanted: Crockpot Recipes!

### Submit a Favorite Slow Cooker Recipe & Enter Drawing to Win a Crockpot

The Office for Aging invites you to send in a favorite slow cooker recipe. Are you the chili master in your family? Or, is your pot roast the best? Share it with us! Submit a recipe with ingredient list and cooking instructions by Friday, January 13, 2023. By submitting, your name will be included in a prize drawing to win a brand new crockpot. Winner of the drawing will be announced on our Facebook page and also in the Senior News. In addition, first names of contributors and their recipes may be featured in a future edition of the *Senior News.*



**Send your name, phone no. & recipe to:**
**Broome County Office for Aging**
**PO Box 1766, Binghamton, NY 13902**
**Attention: Senior News**

**Or email: ofa@broomecountyny.gov**

By submitting an entry, you allow the Office for Aging to use, publish and copyright your first name and submission in print and/or electronically. You agree that Broome County Office for Aging may use such content with or without your name and for any lawful purpose, including publicity, advertising, education, social media and web content. You hereby hold harmless, release, and forever discharge Broome County and Office for Aging from all claims, demands, and causes of action which you, your heirs, representatives, executors, administrators, or any other persons acting on your behalf or on behalf of your estate have or may have by reason of this authorization.

# Events at the Centers

**Evening Meal & Entertainment by Adrian Scarvinko**
Thursday, December 8, 3:30 pm
**Eastern Broome Senior Center**
What better way to get into the holiday spirit than with holiday tunes by pianist Adrian Scarvinko! Please call the center to make your reservation by Wednesday, December 7th.

**First Ward Chorus Performs at Local Centers**
Wednesday, December 7, 11 am-12 pm:
**Broome West Senior Center**
Wednesday, December 14, 1-2 pm:
**Johnson City Senior Center**
Wednesday, December 21, 1:30 pm:
**First Ward Senior Center**

**Holiday Gift Exchange**
Wednesday, December 21, 10:30 am
**North Shore Towers**
If you would like to participate in the annual holiday gift exchange, please sign up with Barb at the center by December 7th. Whether you'd like to exchange a gift or just visit and spread holiday cheer, the more the merrier!

**Ugly Holiday Sweater Party**
Friday, December 16, 12 pm
**Northern Broome Senior Center**
Do you have a winter sweater that has a real "personality" of its own? Wear it to the center and you just might win a prize in our contest.

**Pizza or Chef Salad Lunch Special**
Friday, December 16, 11:15 am
**Vestal Senior Center**
Whether your preference is pizza or a fresh salad, a delicious meal awaits you. Reservations are appreciated. Consider staying for a spirited game of Bunko following lunch.

**Evening Meal & New Year's Eve Celebration**
Thursday, December 29, 4 pm
**Deposit Senior Center**
Ring in the year 2023 with your friends at the Deposit Senior Center. Please call the center to make your reservation for this celebration by Tuesday, December 27th.

# Celebrate One Another with Random Acts of Kindness:
## A Checklist of Ways to Spread Seasonal Cheer

- Send hand-written seasonal cards or "thinking of you" cards to friends and family.
- Check your attic and basement. Donate your children's old toys to charity so that they can be enjoyed by a new family this year.
- Check your closet. Do you have gently used sweaters and coats that you no longer wear? Instead of keeping them in the back of the closet, donate them to a thrift shop so that someone else can stay warm this season.
- Donate used books to a local library, community center, or school.
- Bring a bag of dog or cat food to your local animal shelter. Animals appreciate your kindness, too!
- The next time you are at the grocery store, let someone go ahead of you in the checkout line.
- Take a moment to hold a door open for someone.
- Wish your waitress and cashier a good day after they have served you.
- Leave a thank you card in your mailbox for your mail carrier.
- Make a special effort to recycle cans and bottles. Give the bottle return money to charity.
- Bake cookies for your neighbor and deliver them as a surprise.
- Visit a loved one who has been ill or down and chat together over coffee or tea.
- Make an extra portion of your evening meal to bring to a neighbor who may not be able to cook that night.
- When in traffic, let a car merge into your lane.
- The next time a handyman, plumber, electrician, or other repair person is helping you in your home, offer them a glass of water.
- Volunteer at a local church, food pantry, senior center, or nonprofit organization.
- Give the gift of laughter by calling a friend who is going through a difficult time, and tell them a good joke or funny story.
- Check the newspaper for local fundraising events. Make a point to stop and support a good cause.
- If babysitting grandchildren, have a craft day and make cards for those in nursing care. Deliver or send the cards to your local adult care facility.
- Make a scrapbook, photo album, or collage for a family member who is not able to come home and visit family this holiday season. Let them know that distance does not separate them from your thoughts!
- If sending holiday greeting cards to friends and family this year, take an extra minute to thank each person for something special they have done for you during this past year. Instead of writing the same message in each card, try to personalize each one.
- The next time you are visiting your local senior center, say hello to someone you have never chatted with before, or someone who is new to the center. A friendly hello is sure to make them smile and brighten their day.

---

# Cold Weather Safety for Older Adults

If you are like most people, you feel cold every now and then during the winter. As older adults, we can lose body heat more quickly than when we were a bit younger. Learn how you can prevent serious conditions such as hypothermia with this information from the National Institute on Aging.

**What Is Hypothermia?**

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

**Bob's Story**

"Vermont winters can be very cold. Last December, I wanted to save some money so I turned my heat down to 62°F. I didn't know that would put my health in danger. Luckily, my son Tyler came by to check on me. He saw that I was only wearing a light shirt and that my house was cold. Ty said I was speaking slowly, shivering, and having trouble walking. He wrapped me in a blanket and called 9-1-1. Turns out I had hypothermia. My son's quick thinking saved my life. Now on cold days, I keep my heat at least at 68°F and wear a sweater in the house."

**Keep Warm Inside**

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

**Bundle Up on Windy, Cold Days**

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time. Here are some other tips:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy.
- Change your clothes right away if they get damp or wet.

**Chat with Your Healthcare Provider to Learn More:**

- Ask your doctor about signs of hypothermia. Some of the early symptoms of hypothermia include: cold feet and hands; puffy face; pale skin; shivering; slow speech; and being confused or angry.
- Ask about the best way to handle the situation if you or someone you love has signs of hypothermia.
- Talk to your doctor about any health problems and medicines that can make hypothermia a special problem for you. Your doctor can help you find ways to prevent hypothermia. Also remember to call 911 if you feel that you are suffering from a serious health emergency.

Remember that chilly winter days are best enjoyed when we are dressed warmly and spending time in a safe indoor temperature. If you want to learn more about the Home Energy Assistance Program at the Office for Aging, also known as HEAP, please call (607) 778-2411.

Adapted from:
https://www.nia.nih.gov/health/cold-weather-safety-older-adults

# Participate in Activities You Enjoy this Winter

There are many things you can do to help boost your health as you age, including making healthy food choices and not smoking. But did you know that participating in social and other activities you enjoy can also help support healthy aging?

As you grow older, you may find yourself spending more time at home alone. Being lonely or socially isolated is not good for your overall health. For example, it can increase feelings of depression or anxiety, which can have a negative impact on many other aspects of your health. If you find yourself spending a lot of time alone, try participating in activities you find meaningful — those that create a sense of purpose in your daily life. These can include hobbies, volunteer activities, or time with family and friends.

## Benefits of an Active Lifestyle

Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body. According to the National Institute on Aging, research has shown that older adults with an active lifestyle:

- **Are less likely to develop certain diseases.** Participating in hobbies and other social activities may lower risk for developing some health problems, including dementia, heart disease, stroke, and some types of cancer.
- **Have a longer lifespan.** Studies looking at people's outlooks and how long they live show that happiness, life satisfaction, and a sense of purpose are all linked to living longer. Doing things that you enjoy may help cultivate those positive feelings.
- **Are happier and less depressed.** Studies suggest that older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier.
- **Are better prepared to cope.** When people feel happier and healthier, they are more likely to be resilient, which is our ability to bounce back and recover from difficult situations. Positive emotions, optimism, physical and mental health, and a sense of purpose are all associated with resilience.
- **May be able to improve their thinking abilities.** Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory — and the more variety the better. Other studies are providing new information about ways that creative activities, such as music or dance, can help older adults with memory problems or dementia.

## Find the Right Balance

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person may be too much for another. You might start by adding one or two activities to your routine and see how you feel. You can always add more. Remember: Participating in activities you enjoy should be fun, not stressful.

## Activities to Consider

**Connect with family and friends.**

- Play cards or other games with friends in person or online.
- Travel with a group of older adults, such as a retiree group.
- Video chat or call your friends and family members.
- Try different restaurants with your loved ones.
- Listen and share favorite music with your family.
- Join a group interested in a hobby, such as knitting, hiking, painting, or dancing.
- Reconnect with old friends through your high school or college alumni association.

**Learn something new at local senior centers.**

- Take a craft class.
- Join a book club.
- Try yoga, tai chi, or another physical activity (see page 2 for details).
- Enjoy musical entertainment on special event days.
- Invite a neighbor to sit in on a presentation with you.
- Turn to the "Look What's Happening at the Centers" pages of this paper and highlight all the monthly events that interest you. Hang the page on your fridge as a reminder.

**Become more active in your community.**

- Serve meals or organize clothing donations for people in need. Volunteer for Meals on Wheels, senior centers, or local thrift shops. For volunteer opportunities at the Office for Aging, call us at (607) 778-2411.
- Run errands for people with limited mobility or access to transportation.
- Join a committee or help out with an activity at your place of worship.
- Volunteer at a library, museum, hospital, or animal shelter.
- Sing in a community choral group, or play in a local band or orchestra.
- Take part in a local theater troupe.
- Get a local part-time job.
- Teach a favorite pastime or skill, such as embroidery, photography, building models, chess, baking, woodworking, calligraphy, or quilting, to a new generation.

**Go out and get moving.**

- Go dancing. Senior centers often have local bands perform at special events. Also check with your local community centers and places of worship for live entertainment.
- Join a sports club for older adults, like a bowling club. Contact your local bowling alley to see how you can contact a bowling league.
- Take a swimming class. Check with your local YMCA for details.
- Play with your grandchildren. Teach them a game or dance you remember from childhood.
- Join the nature walking club (see page 2 for details).

**Adopt healthy stress-relieving habits.**

- Read a good book, magazine, or newspaper
- Practice gratitude and mindfulness
- Cook your favorite healthy meal
- Enjoy the little things, such as a cup of coffee or sunrise

This article was adapted from the National Institute on Aging. If you are interested in reading more articles like this one, please visit https://www.nia.nih.gov.

## Did You Know?

National Cookie Day is on December 4th. While chocolate chip cookies are America's favorite cookie, Oreos are the best-selling cookies at stores!

**Woodburn Court 1 Apartments**
Senior Housing
21-23 Exchange St.
Binghamton, NY 13901
Call: (607) 723-7875
TDD: 711 Relay
www.wingateapartmenthomes.com
**Now accepting applications!**
- 148 One Bedroom Apartments
- Project-Based Section 8
- Elevators
- Secure Building
- Gated Parking Lot
- 24-Hour Maintenance

**Under new management, proudly by Wingate!**
If you have a disability and need assistance with the application process, please contact Jared at (607) 723-7875.
WINGATE
PAID ADVERTISEMENT

# A Note from the Editor

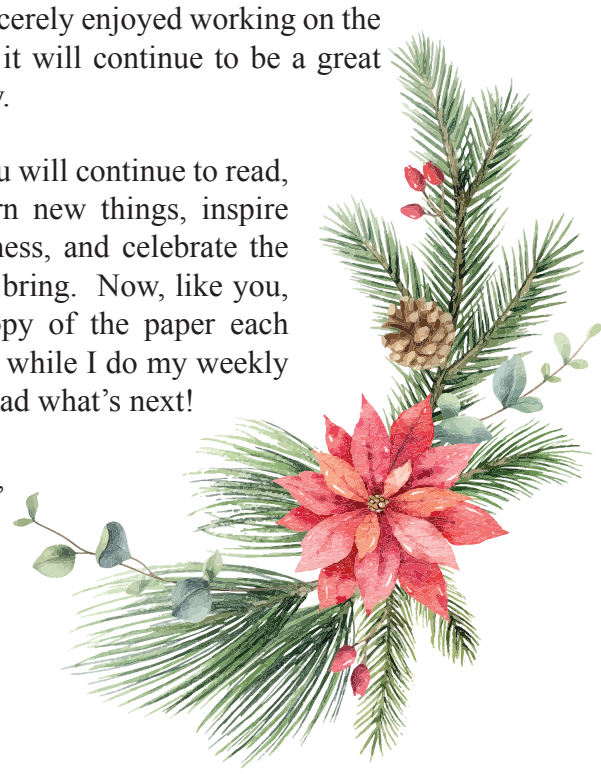
**Dear *Senior News* Readers,**

This December, I am leaving my post as editor of your paper in order to pursue a new adventure. Thank you very much for reading, sending in notes of appreciation, and forgiving me for all the pesky typos I did not catch along the way! I have sincerely enjoyed working on the *Senior News*, and I know it will continue to be a great resource in our community.

My wish for you is that you will continue to read, challenge yourself to learn new things, inspire others through your kindness, and celebrate the wisdom that only age can bring. Now, like you, I'll be picking up my copy of the paper each month at the grocery store while I do my weekly shopping. Can't wait to read what's next!

Best wishes to you always,

Sofia



## Make Small & Simple Ingredient Swaps for Delicious and Healthy Holidays

by Kathleen Cook, Nutrition Educator,
Cornell Cooperative Extension Broome County

The holiday season is one of those happy indulgences for many people. We savor rich gravies and vegetable dishes "candied" or caramelized with brown sugar and butter or with cream sauces. The sweets are colorful and delicious with sparkly sugar.

At each gathering we must make choices about what and how much of those foods to eat. Some choose to avoid them altogether, but you don't have to! Here are some ways to both enjoy the special flavors and not end up feeling unwell from too much saturated fats, salt, and sugar.

When making a food, use less of the rich ingredients, or substitute them outright. For example, mash potatoes using chicken or vegetable broth. At the table people are likely to add their own butter. Try using low-fat plain Greek yogurt instead of sour cream. It has the same tangy flavor, but more protein and calcium and less calories. Use evaporated skim milk in place of heavy cream in custards like pumpkin pie filling.

When baking, experiment with using less sugar and more spice! Cinnamon, citrus zest, and extracts like vanilla, almond, or peppermint add delicious flavor without any calories. Also, many baked goods still have the same texture when one-third to half of the white flour is exchanged for whole wheat. Look in the baking section for "white whole wheat flour." It has a lighter flavor and color, yet nearly three times more fiber and protein. Use it for cookies, cakes, pie crusts and quick breads, and when making sauces! When making meatballs or meatloaf, use rolled oats or crushed bran cereal instead of breadcrumbs and make stuffing for poultry using wholegrain bread as part of the stuffing. Fill your plate with colorful vegetables full of fiber to balance processed creamy foods.

You can feel content yet not uncomfortably stuffed by making your favorites using some of these swaps, and at holiday gatherings take smaller amounts, relax, and enjoy the company of others. Happy, Healthy Holidays to you!

### Give the Gift of Senior Center Meals

If you have a loved one who would enjoy a hot meal and the good company of others, consider stopping at any of our 8 Senior Centers to pick up a gift card this holiday season. Each meal is a suggested contribution of $3.50 for those 60 and over, or a charge of $4.50 for those under the age of 60. You can prepurchase one or more meals in advance, and you will receive a gift ticket to place in a greeting card or gift box for your loved one.

We invite you to browse the monthly menu selection on the back page of each Senior News edition. There is something for everyone with a wide variety of recipe selections, including savory pub burgers, halupki and mashed potatoes, herb rubbed baked fish, and more.

Most importantly, remember this holiday season that when you give the gift of a meal, you also provide the opportunity to meet new friends, take part in activities, join wellness classes, and more. See the "Look What's Happening at the Centers" section of this paper for the addresses and phone numbers for all centers in Broome County, as well as a listing of scheduled special events.

### Find Treasures and Trinkets at Senior Center Craft and Gift Shops

Several of our local centers feature unique, handmade, and reasonably priced items that make perfect gifts for the holidays. Browse one of these locations as you work through your shopping list this season:

- Broome West Senior Center, Endwell
- Eastern Broome Senior Center, Harpursville
- Northern Broome Senior Center, Whitney Point
- First Ward Senior Center, Binghamton

### Connect Loved Ones to Valuable Information with a Senior News Subscription

Do you know of someone who would enjoy receiving home delivery of the Senior News each month? You can give the gift of an annual subscription for a suggested contribution of $12.00. Contact the Office for Aging for more information at **(607) 778-2411.**

### Holiday Gifts Downsize & Declutter Discussion Tuesday, December 13th at 3 pm

**Meet In-Person at Broome West Senior Center or Remotely on Zoom**

Tis the season for gift giving and receiving. Before you pass out that wish list to friends and family, take a moment to reflect. What do you WANT for the holidays, and what do you NEED for the holidays? Know the answer between your wants and needs. To help you sort this out, write down what would add value to your home, and focus on those items when you write your wish list for the holiday season. Learn more by joining us this Tuesday, December 13th at 3 pm.

**Pre-registration is not necessary unless you have a question or need the Zoom link. For more information, please call Joan at (607) 754-1230 or email spraguejm@verizon.net.**

# The Joy of Autumn

**Written by the Deposit Senior Center Members, 10-25-22**

In the fall
Time has to be changed.

The leaves look like a beautiful pallet of colors

Against overcast skies.
To some, they look like more work.
To others, they look like more fun.

The children, grownups, and even some dogs jump in piles
That explode like fireworks of autumnal colors.

The fall smells like fresh air,
Cool, crisp, and earthy,
Like wet leaves,
Like winter is on its way.

Fall feels like the crackle of dead, dry leaves,
Like the smooth touch of an apple,
Like the crisp morning air.
Fall tastes like pumpkin pie, cider, maple,
And sticky candied apples getting all over you.
Fall sounds like the geese flying South,
Like crunching leaves and branches breaking,
Like deer crunching on hostas.
Fall is relaxing from summer.
It is preparing for winter.
Winter is on its way.

Memory Maker
Consulting, LLC

## 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 13.

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


*Affordable Senior Independent Living*

The SEPP Group

Housing • Management • Development

53 Front Street, Binghamton, NY 13905
Phone: (607) 723-8989 • TDD: (607) 677-0080
www.seppinc.com

- Creamery Hills Apartments Richford, NY (607) 844-8229
- Hamilton House Apartments Binghamton, NY (607) 724-6102
- Harry L Apartments Johnson City, NY (607) 217-7332
- Marian Apartments Endwell, NY (607) 785-5223
- Nichols Notch Apartments Endicott, NY (607) 754-0579
- Watkins Glen School Apartments Watkins Glen, NY (800) 838-0441
- Wells Apartments Johnson City, NY (607) 797-8862
- Whitney Point Apartments Whitney Point NY (607) 692-2609
- Windsor Woods Apartments Windsor, NY (607) 655-4191

*Housing with a Heart*

PAID ADVERTISEMENT

Our compassionate caregivers provide in-home services including:

- Personal Care
- Prescription Pick-up
- Laundry
- Light Housekeeping
- Meal Preparation
- Personal Errands

WE'RE UNDER NEW MANAGEMENT!

TO LEARN MORE
Contact Melissa at malt@sushomecare.com or Call (607) 217-4880 ext. 5

VISIT US!

SUSQUEHANNA
Licensed Home Care Services Agency

PAID ADVERTISEMENT

**Do you need a new dessert to replace that standard chocolate cake, or an appetizer that incorporates the colors of the season? Perhaps you want a fresh baked bread instead of storebought dinner rolls for the holiday table this year, or a brunch dish that feels fancy but is easy to prepare. We are sharing ideas this month to make any family table feel a bit more festive. Enjoy!**

## Sweet Potato Cheesecake

Make this delicious and creamy cheesecake full of spice flavor for your next holiday celebration. Serve with coffee, egg nog, hot cider, or cocoa.

**Ingredients**

- 1 cup gingersnaps (finely crumbed, or graham crackers)
- 3 tablespoons butter (unsalted, melted)
- 8 ounces cream cheese (light, softened)
- 1 cup sweet potatoes (mashed, peeled and cooked)
- 1/3 cup sugar
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon orange peel (finely shredded)
- 1 teaspoon vanilla
- 5 egg whites
- 1 cup milk (evaporated, reduced fat 2%)

**Directions**

**Crust:**

1. Combine crumbs and butter. Press mixture into bottom and 1 inch up sides of an 8 inch spring form pan. Set aside

**Filling:**

1. In a large mixing bowl, beat cream cheese, sweet potatoes, egg white, sugar, pumpkin pie spice, orange peel and the vanilla until combined. DO NOT OVER **BEAT.**
2. Stir in milk. Carefully pour into prepared pan.
3. Bake at 350 degrees for 60-70 minutes until center appears set.
4. Cool on wire rack for 45 minutes. Cover and chill thoroughly.
5. Remove sides of pan.
6. Garnish with dessert topping and orange peel. Serves 14.

www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sweet-potato-cheesecake

## Parmesan Chive Biscuits

Enjoy these savory biscuits instead of dinner rolls with your holiday meal.

**Ingredients**

- 2 cups biscuit mix
- 2/3 cup milk (2% or fat-free)
- 1/4 butter stick (1/4 cup, melted)
- 3/4 cup Parmesan cheese (freshly grated)
- 1/2 tablespoon chives (finely chopped, fresh)

**Directions**

1. Combine all ingredients in a large bowl.
2. Stir together to mix well. Do not over mix.
3. Turn out onto a floured board. Roll to a 1-inch thick square.
4. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400° F oven for 12 to 15 minutes. Serves 12.

www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/parmesan-chive-biscuits

## Broiled Tomatoes and Cheese Appetizers

This festive red appetizer is sure to please your guests before the main entrée.

**Ingredients**

- 3 Roma tomatoes (a smaller size tomato is ideal for appetizers)
- 8 ounces cottage cheese, low-fat
- 1/2 teaspoon basil (dried)
- 1/8 teaspoon black pepper
- 1/4 cup bread crumbs (plain)
- cooking spray (or vegetable oil)

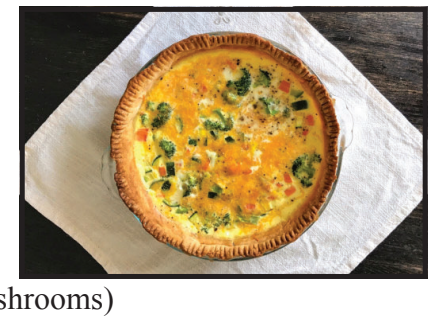
**Directions**

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with breadcrumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes. Serves 6 if each guests takes ½ of a stuffed tomato.

Twists on this recipe: If you prefer to stuff your tomato with something other than cottage cheese, consider the possibilities. Try spinach and feta as another variation on the filling.

www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese

## Holiday Quiche



This festive red appetizer is sure to please your guests before the main entrée.

**Ingredients**

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 egg (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

**Directions**

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving. Serves 6.

www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/basic-quiche

## Texas Hold 'Em Group

**Beat the winter chill and come in to play a game of cards at First Ward Senior Center in Binghamton. The Texas Hold 'em group is in need of new players every Monday and Friday at 12:30 pm.**

## Mark Your Calendar! Upcoming Community Events

**Endicott Holiday Parade**
Washington Avenue, Endicott
Saturday, December 3rd, parade at 4 pm, fireworks at 5:15 pm

Come enjoy this village tradition that has been delighting residents for over 85 years. Parade includes floats, music, and Santa. Memorial Park Tree Lighting immediately following the parade. Visit Santa with refreshments at the Endicott Fire Department. A free event for the whole family to enjoy.

**Roberson Museum Home for the Holidays**
30 Front Street, Binghamton
Open 7 Days a Week Through January 6th, 2023

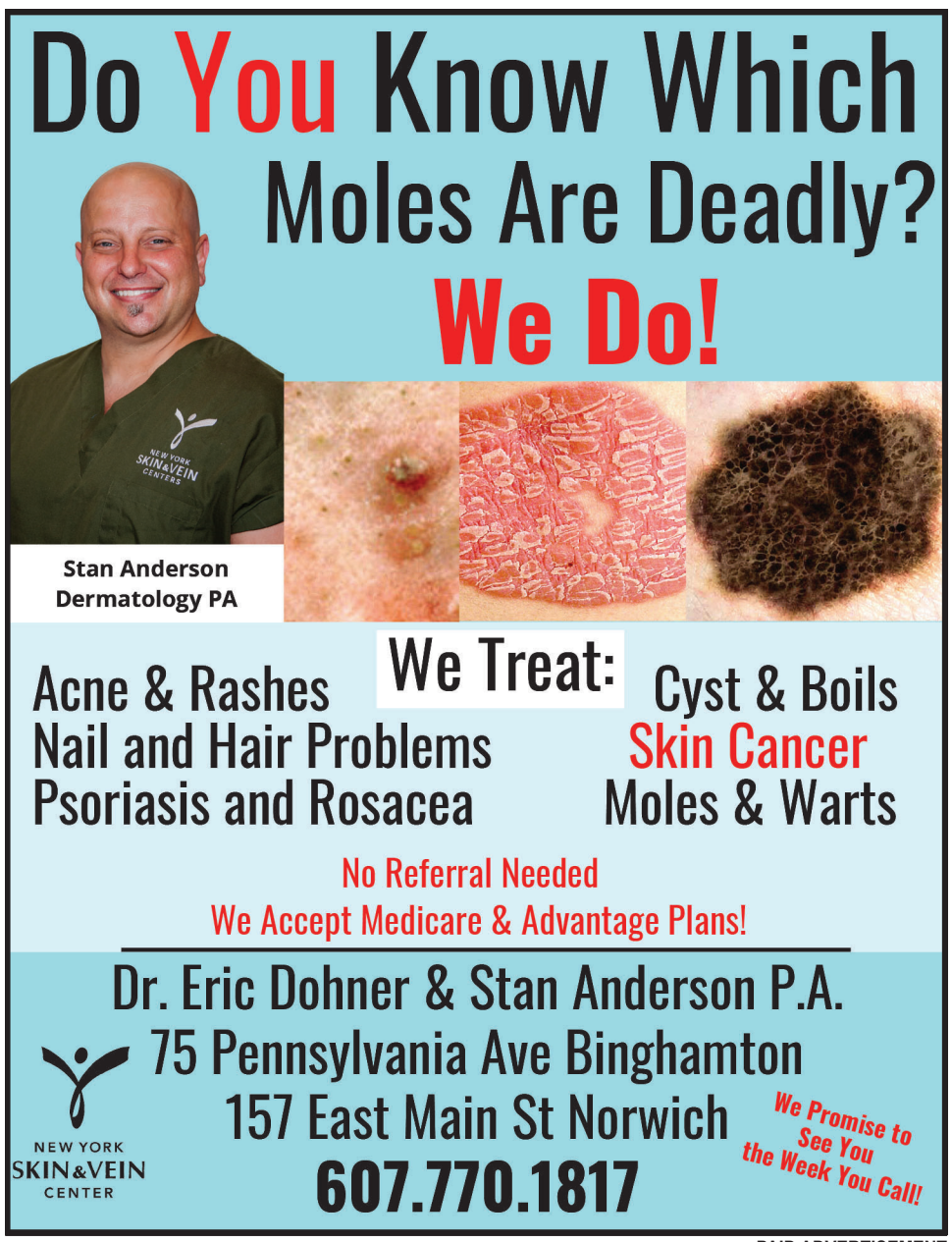
Home for the Holidays features hundreds of elaborately decorated, trees, dazzling holiday displays, and the International Forest – a collection of adorned trees and displays that represent the holiday traditions of cultures from around the world. Mansion tours, craft workshops for kids, and live entertainment every weekend. Reservations can be made in advance, a limited number of tickets are available day-of, and tickets are valid for the entire day. Admission for students and seniors aged 62 and up is $6, adults are $8, members and children under 4 are free. See website or call for hours, 607-772-0660.

https://www.roberson.org/

**Broome County Festival of Lights**
Otsiningo Park, 1 Otsiningo Park, Binghamton
Runs throughout December until January 1st, 2023

Back for its 3rd year in a row with even more light displays and out-of-the-car experiences for additional holiday magic. For some additional holiday cheer, there will also be fireworks on 12/17 and 12/31 and food and drink vendors, Santa, and a train around the park on select nights. Hours are nightly from 5pm-9pm; Saturdays and Sundays until 10pm. $25 per car. Free admission for veterans. For more information, call 607-761-2475 or 607-221-8117.

https://bcfestivaloflights.com/



PAID ADVERTISEMENT

PAID ADVERTISEMENT

# Look What's Happening at the Centers!

**Please Remember: Covid-19 is Still a Concern**
Guidelines are changing every day as the pandemic continues to exist. Face masks are currently optional at the centers.

**Covid-19 Vaccines and Booster Shots:**
The Office for Aging is here to help you schedule your first vaccine or a follow-up booster. If you would like to schedule your shot, please call our Vaccine Line at (607) 778-1083.

## FIRST WARD ..... (607) 797-2307

226 Clinton St., Binghamton, NY 13905
**Center Hours:** Mon - Fri, 8:30 am - 3:30 pm
**Lunch served at 11:45 am call 607-729-6214**

**Weekly Activities**
**Monday:** Chair Yoga, 11 am ($5); Penny Bingo, 12:30 pm
**Tuesday:** Knitting & Crocheting, 9 am; Shuffleboard, 9 am; Progressive Pinochle – Looking for New Players, 11:30 am; Int. Mah-Jong, 12:30 pm
**Thursday:** Sewing, 9 am
**Mon, Wed & Fri:** Bonesavers, 10 am
**Mon & Fri:** Zumba, 9:30 am ($3); Texas Hold'em, 12:30 pm
**Wed & Fri:** Ceramics, 9 am

**Special Activities**
12/1 Executive Board Meeting, 9:30 am
12/6,20 Holistic Wellness Programming (appt. required/$3), 10-11:30 am
12/12 Legal Aid (please make appt.), 9 am
12/14 Holiday Luncheon (please reserve), 11:45 am
12/15 Nutrition Education w/Office for Aging, 12 pm
12/20 Cornell Coop Extension Nutrition & Cooking Class, 12 pm
12/21 Christmas Chorus Concert, 1:30 pm
12/26-30 Center Closed

Note: **No** New Year's Luncheon Served on 12/30.

## BROOME WEST ..... (607) 785-1777

2801 Wayne St., Endwell, NY 13760
**Center Hours:** Mon - Fri, 9:00 am - 3:00 pm
**Lunch served at Noon call 607-785-1777**

**Weekly Activities**
**Monday – Friday:** Gift Shop, 9 am – 3 pm
**Monday:** Quilting, 9:30 – 11 am; Bonebuilders, 9:30 am; Hand and Foot Card Game, 12:30 pm; Shuffleboard, 1 - 2:30 pm
**Tuesday:** Adult Coloring, 9:30 am; Mahjong Group, 10 am; Chair Exercises, 10:30 am; Scrabble, 12:30 pm; Ping Pong, 1 - 2:45 pm; Knitting & Crocheting, 1 pm
**Wednesday:** Bone Builders Exercise, 10 am; Canasta, 1 pm; Floor Shuffleboard, 1-2:30 pm
**Thursday:** Wii Bowling, 9:30 am; Chair Exercises, 10:30 am; Social Connections, 1-2:30 pm; Chair Yoga, 1 pm
**Friday:** Craft Class(TBA); Bingo, 9:30 am; Line Dancing w/Ms. Julie, 10-11:30 am ($3); Mahjong, 11:30 - 2:30 pm; Ping Pong, 1- 2:45 pm

**Special Activities**
12/1 Legal Aid (please make appt.), 9 am-12 pm
12/7 First Ward Chorus Holiday Performance, 11 am
12/9 Nutrition Education w/Office for Aging, 11:15 am
12/12 Made to Order: Soup and Sandwich Day, 11:30 am – 12:30 pm
12/13 Downsize & Declutter, 3 pm
12/14 Holiday Luncheon (please reserve), 12 pm
12/27 Pizza Luncheon (please reserve), 11 am
12/30 New Year's Luncheon (please reserve), 12 pm

## Snow Day Closings: Senior Centers & Meals on Wheels

Winter is here, and with that comes inclement weather and unsafe road conditions. When the weather takes a turn for the worst, Broome County Senior Centers and Meals on Wheels deliveries may be cancelled.

**A good rule to follow:**
- When schools in your area are closed, Senior Centers will be closed and no Meals on Wheels will be available. This applies to school closings, but not delays or early dismissals.

**If the weather looks questionable:**
- Check for closings on your local news stations or call the Office for Aging at **(607) 778-2411.**

Meals on Wheels clients will receive emergency meals. These meals contain nonperishable canned and packaged foods that you can use when Meals on Wheels are unable to deliver due to inclement weather. Use these meals for days when meal delivery is not possible. The emergency meals do not require refrigeration. When you hear that Meals on Wheels (or the schools in your area) are closed, then you should eat some of the foods in this package.

## JOHNSON CITY ..... (607) 797-3145

30 Brocton St., Johnson City, NY 13790
**Center Hours:** Mon - Thurs 9:00 am - 4:00 pm; Fri 9:00 am - 2:00 pm
**Lunch served at 11:45 call 607-797-1149**

**Weekly Activities**
**Monday:** Guitar Group, 9am – 12 pm ($2); Watercolor Painting, 9:30 am – 11:30 am ($3); Gentle Yoga, 9:30 am – 10:30 am ($3); Line Dancing, 10:45 am – 11:45 am ($3); Knitting and Crocheting, 11:30 am – 1:30 pm(no fee); Bonesavers, 1 pm – 2 pm
**Tuesday:** TOPS, 9 -11 am; Zumba, 10:30-11:30 am ($3); Chair Exercises: Stretch DVD, 12:30 – 1:15 pm (no fee); Table Shuffleboard, 12:30 – 3:00 pm ($1); Drawing Class, 1-2 pm ($3)
**Wednesday:** Quilting, 9-11:30 am; Bridge, 10:30 am – 2:30 pm; Penny Bingo for Fun, 12:30-3 pm; Proressive Pinochle, 12:30-3 pm; Mahjong and Beginners Mahjong, 1 pm; Bonesavers, 1-2 pm
**Thursday:** Guitar Group, 9 am-12 pm ($2); Oil Painting, 10 am-1 pm ($3); Low-Impact Aerobics, 10-11 am ($3); Spiritual Seminar w/Rev. Hilda, 10-11 am; Relaxation & Meditation, 11 am (call to reserve); Tai Chi, 1-2 pm ($3)
**Friday:** Gentle Yoga, 10-11 am ($3); Ladies' Singing Group, 10:30-11:30 am; Chair Exercises: Stretch DVD, 12:30-1:15 pm (no fee)

**Special Activities**
12/2 Poetry Group, 12:30 pm
12/5 Stay Healthy Caregiver Chat, 1 pm
12/7 Blood Pressure, Diabetes & Oxygen Presentation w/The Medicine Shoppe, 10 am – 12 pm
12/8 Nutrition Education w/Office for Aging, 12 pm
12/14 Holiday Luncheon (please reserve), 11:45 am
Holiday Program w/First Ward Senior Citizens Chorus
12/15 Legal Aid (please make appt.), 9 am-12 pm
12/16 Poetry Group, 12:30-2 pm
12/28 Haircuts (please make appt.), 10-11:30 am
12/28 Cornell Coop Extension Nutrition & Cooking Class, 12:15 pm
12/30 New Year's Luncheon (please reserve), 11:45 am

## VESTAL ..... (607) 754-9596

201 Main St, Box #4, Vestal, NY 13850
Located in Old Vestal High School Cafeteria
**Center Hours:** Mon - Fri, 9:00 am - 2:00 pm
**Lunch served at 11:45am**

**Weekly Activities**
**Monday:** Hand and Foot Card Games, 9 am
**Tuesday:** Pinochle (new players welcome), 9 am
**Wednesday:** Knitting, 9:30 am; Sandwich Bar, 11:15 am (reservations appreciated); Bridge (new players welcome), 12 pm; Oil Painting, 1 pm
**Thursday:** Card Group, 9 am; Bingo, 10 am; Ice Cream, 12 pm
**Fridays:** Mahjong, 9 am; Chef Salads, 11:30 am (reservations required)

**Special Activities**
12/5 King High Card Game, 12 pm
12/6 Holiday Crafts (please reserve), 10 am
12/7 Burger Bar, 11:15 am
12/14 Holiday Luncheon (please reserve), 11:15 am
12/16 Pizza or Chef Salad Special, 11:15 am
Bunko Game, 12 pm
12/20 Nutrition Education w/Office for Aging, 11:30 am
Vestal Senior Club Meeting, 12:15 pm
12/28 Cornell Coop Extension Nutrition & Cooking Class, 10:30 am
12/30 New Year's Luncheon, 11:15 am

**Note: No Sandwich Bar on 12/14, 21 and 28 and No Chef Salads on 12/23 and 12/30**

## DEPOSIT ..... (607) 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)
**Center Hours:** Tues & Thurs,10:00 am - 2:00pm
**Lunch served at 12:30 pm**

**Weekly Activities**
**Tuesday:** Balance/Strength for Seniors, 10:30 am – 11 am; Bingo, 1 – 2 pm
**Thursday:** Wii Bowling, 10:30 am – 12 pm

**Special Activities**
12/1 Nutrition Education w/Office for Aging, 12:30 pm
12/15 Holiday Luncheon (please reserve), 12:30 pm
12/29 New Year's Celebration & Evening Meal (please reserve), 4 pm

## EASTERN BROOME ..... (607) 693-2069

27 Golden Lane, Harpursville, NY 13787
**Center Hours:** Mon - Fri, 9:00 am - 2:30 pm
**Lunch served at Noon**
**Breakfast Made-To-Order:** Tues, 8 - 9:30 am

**Weekly Activities**
**Monday:** Simple Yoga 9:30 am; Shuffleboard (call ahead), 9 am
**Tuesday:** Breakfast, 8-9:30 am; Music Jam, 10 am; DMV Mobile (By Appt.), 9 am – 1 pm
**Wednesday:** Crafters' Group, 9-11 am; Wood Burning, 9-11 am; Music Jam, 10 am; Billiards, 10 – 11:30 am
**Thursday:** Bingo for Prizes, 10-11:30 am; Painting Group, 9-11 am
**Friday:** Shuffleboard ahead to sign up), 9 am; Gentle Tai Chi, 9:30 am

**Special Activities**
12/1 United Healthcare Information Table, 11:30 am-1:30 pm
12/2 Burger Bar, 11:30 am-12:30 pm
12/6 Holiday Breakfast (walk-ins welcome), 8-9:30 am
Holiday Bag Auction, 8 am
12/7 Finance Meeting, 9:15 am
Site Council Meeting, 10:45 am
12/8 Early Evening Meal w/Pianist Adrian Scarvinko, 3:30 pm
12/9 Holiday Felt Crafts, 9:30-11 am
12/14 Holiday Luncheon w/Entertainment by Mike's Jukebox, 12 pm
12/21 "Page Turners" Book Club, 10 am
Cookie Exchange, 12:30 pm
12/28 Legal Aid (please make appt.), 9 am-12 pm
12/29 Nutrition Education w/Office for Aging, 12:15 pm
12/30 New Year's Luncheon w/Musical Entertainment (please reserve), 12 pm
Rainbow Table Raffle: Red & Green Holiday Colors, 1 pm

## NORTHERN BROOME ..... (607) 692-3405

12 Strongs Place, Whitney Point, NY 13862
**Center Hours:** Mon - Fri, 9:00am - 3:00pm
**Senior Center Store:** 9 am – 3 pm
**Lunch served at Noon**
Soup and Sandwich Bar: Mon-Fri, 11:30 am – 12:30 pm
Breakfast for Lunch: Thursday, 10:30 am

**Weekly Activities**
**Monday:** Bingo, 10:30 – 11:30 am, Drumming, 1:30 pm
**Tuesday:** Osteo Bonesavers Class, 10 – 11 am; Wii Bowling, 10 am
**Wednesday:** Weight Loss Group – "Choose to Lose", 9:30 am; Sewing, 10:30 am; Bridge, 12 pm; Shuffleboard, 10 am
**Thursday:** Pitch, 9:00 am; Osteo Bonesavers Class, 10 – 11 am;
**Friday:** Bingo, 10:30 – 11:30 am; Knitting, 1 – 3 pm;
Nurse Michelle - check Glucose, Blood Pressure, and Oxygen, 9 am

**Special Activities**
12/2 Nascentia Information Table, 11:30 am
12/6,7 AARP Smart Drivers Course (please reserve), 10 am-1:30 pm
12/14 Holiday Luncheon (please reserve), 12 pm
12/16 Ugly Christmas Sweater Party w/Prizes, 12 pm
Nutrition Education w/Office for Aging, 12 pm
12/21 Holiday Party (call for details)
12/30 New Year's Luncheon – Pizza Party (please reserve), 12 pm

## NORTH SHORE ..... (607) 772-6214

24 Isbell St., Binghamton, NY 13901
**Center Hours:** Mon - Fri 10:00 am - 2:00 pm
**Lunch served at Noon**

**Weekly Activities**
**Monday**: Bingo or Shuffleboard, 10-11:30 am
**Tuesday:** Wii Bowling, 10-11:30 am
**Wednesday:** Crafts & Gardening, 10-11:30 am
**Thursday:** Wii Bowling, 10-11:30 am
**Friday:** GREED – Dice Game, 10-11:30 am

**Special Activities**
12/1,2 Decorate for the Holidays, 10 am
12/6 Coffee & Conversation, 10 am
Greed Tournament Final Day
12/7 Holiday Gift Exchange ($5) Sign-up Day, 10 am
12/8 Coffee & Conversation – National Brownie Day, 10 am
12/12 Nutrition Education w/Office for Aging, 11:15 am
12/13 Coffee & Conversation – National Hot Cocoa Day, 10 am
12/14 Music by Dan & Lea, 10 am
Holiday Luncheon (please reserve), 12 pm
12/16 Ugly Christmas Sweater Party, 10:30 am
12/21 Holiday Gift Exchange Day, 10:30 am
12/28 Uno Card Game, 10 am
12/30 New Year's Luncheon (please reserve), 12 pm

### Senior Center Closings

All Broome County senior centers will be closed on these days in December:

**Christmas Recognition:**
**Monday, December 26, 2022**

**New Year's Recognition:**
**Monday, January 2, 2023**

METRO Interfaith Housing Management
*The Key to Housing in Greater Binghamton Since 1968*
**Elderly/Handicapped Housing**
**772-6766**
Licensed Enriched Housing Provider
- Metro Plaza Apartments
110 Chenango Place
- Lincoln Court Apartments
21 New Street
**www.metrointerfaith.org**
**HUD Housing Counseling Agency**
**(607) 723-0582**
PAID ADVERTISEMENT

## Emergency Home Energy Assistance Starts January 3

If you have no heat or imminent loss of heat, the Home Energy Assistance Program (HEAP) may be able to help. Starting on January 3rd, you can apply for an Emergency HEAP benefit through The Career & Community Services Center of Broome County (formerly Department of Social Services) by calling 607-778-1100, option 8.

The Regular HEAP Benefit season opened on November 1st, 2022, and is scheduled to close on March 15th, 2023, or when funds are exhausted. There are several ways you can apply for a Regular HEAP Benefit. Apply online at www.mybenefits.ny.gov. If applying on paper, the following agencies can help:

**The Career & Community Services Center of Broome County** accepts applications for Regular HEAP Benefits for homeowners and renters under age 60 and not disabled. Call 607-778-1100, option 8.

**Broome County Office for Aging (OFA)** accepts applications for Regular HEAP Benefits for homeowners and renters who are age 60 or over and for those who receive permanent disability income, Supplemental Security Income (SSI) or Social Security Disability (SSD). To request a paper application, leave a message on the OFA HEAP line at 607-778-2063.

Those receiving the Temporary Assistance (TA), or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and should speak with a caseworker at 607-778-1100.

### The 2022-2023 household income guidelines are:

| Household Size | Maximum Monthly Income |
|---|---|
| 1-person | $2,852 |
| 2-person | $3,730 |
| 3-person | $4,608 |
| 4-person | $5,485 |

Higher income limits apply to larger households.

For information about HEAP, go to https://otda.ny.gov/programs/heap/ or call one of the agencies listed above.

### Tai Chi for Arthritis Program

Offered by:
The Southern Tier Community Center (STCC) & The Retired & Senior Volunteer Program (RSVP)

Dates: January 23, 2023 - March 17, 2023
Days and Time: Mondays & Fridays 1 0:00AM - 11 :00AM

Location: Southern Tier Community Center (STCC)
1 Clubhouse Road
Endicott, NY 13760

The Tai Chi for Arthritis Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

This class, led by a certified instructor, includes: warm up and cool down exercises and six basic core movements.
To register, or for more information/questions contact Donna at (607)785-4747 or email: frye.donna@rocketmail.com

Southern Tier Community Center

AmeriCorps Seniors

## Is it too late to review my Medicare plan for 2023?

If you still want to review your Medicare plan before Open Enrollment ends on December 7th, call Medicare at 1-800-Medicare. If you miss this period, there are many Special Enrollment Periods (SEPs) that allow beneficiaries to change their plans outside of Open Enrollment.

Medicare Advantage Open Enrollment runs from January 1st-March 31st. During this period, any person who is enrolled in a Medicare Advantage Plan (MAP) may change to a different MAP or may switch to Original Medicare and enroll in a Medicare Supplement plan with a standalone prescription drug plan. About 45% of the Medicare population can utilize this SEP.

If you qualify for Extra Help for your prescription drug plans, you may change your drug plan or Medicare Advantage Plan once during each quarter of the year.

If you qualify for New York State EPIC (income limit- $75,000 single, $100,000 couple), you may change your MAP or prescription drug plan once each year outside of Open Enrollment.

If you are living in a nursing home, if you have permanently moved, or if you qualify for Medicaid or a Medicare Savings Program, you may change your plans mid-year. Also, in New York State, you may change your Medicare Supplement plan at any time during the year.

These are a few of the many situations that allow beneficiaries to change their plans outside of Open Enrollment. Contact Action for Older Persons (AOP), your only local source of unbiased information, at (607) 722-1251 to see how we can help you.

**ARE YOU LOOKING FOR AN ALTERNATIVE TO A NURSING HOME OR ASSISTED LIVING?**

***Do you need a little extra help with daily activities like meal preparation, housework and laundry?***

***Does the idea of family-style living appeal to you?***

**FAMILY HOMES FOR THE ELDERLY**
**may be perfect for you!**

Family & Children's COUNSELING SERVICES
*Cultivating resilience*

**Call us to learn more...**
**(607) 296-7108**

PAID ADVERTISEMENT

LEVENE GOULDIN & THOMPSON, LLP
ATTORNEYS AT LAW

**Elder Law • Asset Protection**
**Long Term Care Planning**
**Handicapped Access**
**Free Parking**
**Certified Elder Friendly**
***Elder Care Coordinator on staff assisting our attorney team***
**450 Plaza Drive, Vestal, New York**
**LGTLegal.com • 607.763.9200**

PAID ADVERTISEMENT

## Make the Most of Your Electronic Devices to Connect with Others

This winter, virtual programs are available. To learn more before you enroll or to receive help setting up your access to these programs, please call the Broome County Office for Aging at **(607) 778-2411**
or email ofa@broomecountyny.gov

**VSC Selfhelp: Virtual Senior Center Program**

The Virtual Senior Center (VSC) is a community-building platform that helps older adults connect and engage with each other through virtual or hybrid classes and events. VSC offers daily online activities, including: chat groups, exercise, art, crafts, history, science, and music classes.

- To see the full class schedule, please visit https://www.vscm.selfhelp.net/calendar
- To enroll in the VSC, please call the Broome County Office for Aging at **(607) 778-2411** or email ofa@broomecountyny.gov

**Get Set Up**

Get Set Up is a place for active older adults to learn, connect and share with peers in small, intimate class settings. Class topics include a wide variety of subjects, including: fitness, history, cooking, music, computers, and technology. Older adults who reside in NY State can also take advantage of free classes.

- To see the full class schedule, please visit https://www.getsetup.io/schedule
- To enroll in Get Set Up, please visit https://www.getsetup.io/partner/nystate

**Senior Planet: AARP**

Senior Planet offers free classes that encourage older adults to learn new skills, save money, get in shape, and make new friends.

- To see the full class schedule and enroll, please visit https://seniorplanet.org/

## Local Retired Teachers: You're Invited!

The Eastern Broome Branch of Retired Teachers (EBB), an affiliate of Retired Educators of New York, Invites local retired teachers to monthly luncheons.

The EEB meets once per month from October through June for a luncheon with guest speaker at the Relief Pitcher Restaurant in Binghamton. Lunch is $20 and includes a buffet, desserts, and non-alcoholic beverages. Meeting room is handicap accessible. Chat with fellow retired teachers, enjoy a meal, and learn about community programs and resources from guest speakers. For information on upcoming gatherings, call Lynn at (607) 785-2734.

## Sudoku Answers

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

## Seasonal Blues? Help is Available

Take a moment to think about what you're thinking about. Are you overwhelmed by stressful, anxious, or depressing thoughts? We all feel stress from time to time, but it is important to be aware of our mental health, especially when an ordinary bout of the blues intensifies rather than fading away.

Community resources are available to address our mental health needs:

**The Mental Health Association of the Southern Tier (MHAST)**
Address: 47 Broad Avenue, Binghamton, NY 13904
Phone: (607) 771-8888
Website: https://mhast.org/
Providing advocacy services, educational presentations, prevention programs, information, and resource referrals. MHAST helps unite recipients of mental health services and their families with mental health professionals, service providers and advocates to create collaborations, generate action, and combat the devastating stigma of mental illness.

**988 Suicide & Crisis Lifeline**
Phone or Text Message: 988
If you or someone you know is suicidal or in emotional distress, contact the 988 Suicide & Crisis Lifeline. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

### Participants Needed for a Binghamton University Project Exploring the Value of Robotic Companion Pets

If you are an older female currently residing in the community, consider joining a Binghamton University Research Project. John Suk-Young Kang, an associate professor at Binghamton University Department of Social Work is recruiting female participants who are 65+ for a research project that explores **the potential benefits of companion robotic pets on the quality of life among community-dwelling older women.** This research project will also explore the technology-related predictors of emotional well-being.

The research project consists of the following phases:

- Phase 1: Interested participants will complete the screening survey that will determine eligibility for participation in this research project and whether or they are eligible to receive a robotic companion pet. Everyone who returns a completed survey will be mailed a $5 Walmart or Target gift card. A pre-paid envelope will be provided to return the survey. This screening mail survey has questions about physical and mental health as well as information about age, income, education, etc. All answers in the survey will be kept confidential and will only be used to evaluate eligibility to receive a robotic companion pet.

- Phase 2: Participants who completed the screening survey in Phase 1 will be notified if they are eligible to receive a robotic companion pet. Approved participants will be able to choose between a robotic cat or dog and will complete a pre-test survey before a robotic companion pet is provided to them. About a month after receiving the robotic pet, participants will be asked to complete the post-survey. Participants will be eligible for a total of $20 in gift cards for the completion of both the pre-and post-surveys. These pre-and post-surveys will be conducted either by phone of by face-to-face interview.

**Participation in this study is voluntary. If you have any questions or to enroll in this research project, please contact Dr. Kang at Binghamton University: (607) 777-9156 or 480-209-5718.**

BINGHAMTON UNIVERSITY
STATE UNIVERSITY OF NEW YORK

**Decker College of Nursing and Health Sciences**
School of Rehabilitation Sciences
Division of Physical Therapy
PO Box 6000
Binghamton, New York 13902-6000
607-777-5446, Fax: 607-777-4440

**Adults 65+ Needed**

Binghamton University Fall Prevention Study
Department of Physical Therapy

Have you had a fall or are you interested in your balance performance? Participants are needed to participate in a 4-week home-based balance intervention program and to evaluate walking and standing balance over the course of an 8-week period:

- Adults who are 65 years of old or older
- Can walk at least 30 feet without an assistive device
- Have access to a smartphone

Please contact the Motion Analysis Research Laboratory at
**(607)777-4700**

Your support is crucial to the success of this study.

Thank you very much!

**Question:**
**My friend at the Broome West Senior Center in Endwell told me that she has an OFA ID card. I don't have the ID card, but I'd like to learn more. What are the benefits of getting this card, and how do I apply for it?**

**Answer:**
Getting an Office for Aging ID Card application is easy and convenient. The card is free of charge, and it will help connect you to services such as transportation and Senior Center programs and activities. You have the option to stop at a Senior Center and ask a staff person for an application, or you may call the Office for Aging and request one to be mailed to you. You can also download the application online.

Once we receive your completed OFA ID Card application along with proof of age and a consent form, your new card will be created, laminated, and mailed to you. Depending on your age, you will receive one of these 3 cards:

- The Yellow Card: This card is for those age 65+ and it can be used for the OFA Mini-Bus, and for discounted fares on the BC Transit fixed route and BC Country buses. It can also be used to demonstrate eligibility to participate in Senior Center programs and activities.
- The Blue Card: This card is for those ages 60 to 64, and it can be used for the OFA Mini-Bus and to receive discounted rates on BC Country buses. It can also be used to demonstrate eligibility to participate in Senior Center programs and activities.
- The Tan Card: This card is for those under the age of 60 who are married to someone age 60 or older. This card demonstrate eligibility to participate in Senior Center programs and activities.

If you have any questions, please call the Office for Aging at (607) 778-2411 or speak to a staff person at your local Senior Center. If you would like to read more about the ID card online or download a copy of the application from home, please visit us at:
https://www.gobroomecounty.com/senior/idcard

Broome County
## Office for Aging

If you would like to send in a question, please choose from one of these convenient options:

- Email the Office for Aging at: ofa@broomecountyny.gov
- Write to us via postal mail at:
  Broome County Office for Aging
  PO Box 1766, Binghamton, NY 13902

**Laugh Break!**

**Why don't mountains get cold in the winter?**
*They wear snow caps.*

**"I think it's time to sell our HOME"**

**This is so overwhelming.... who can help us?**

SRES Senior Real Estate Specialist

**"DIAL DIANE" (c) 607-760-4774**

Diane K. White is a **Senior Real Estate Specialist**, helping seniors sell their homes for over 35 years.

*She can help you too!*

Lic. RE Assoc. Broker

Warren Real Estate
warrenhomes.com

**3456 Vestal Pkwy E, Vestal, NY**

PAID ADVERTISEMENT

## Nutrition Education Presentation by Donna Bates, Registered Dietitian

Throughout the month of December, our Registered Dietitian Donna Bates will be visiting each senior center. Donna's presentation will cover healthy swaps for favorite holiday foods, and she will also provide our annual customer satisfaction survey. Please take a moment to share your feedback on the survey. Mark your calendar and sit in on Donna's presentation at one of these locations:

| | |
|---|---|
| • Deposit | Thursday, 12/1/22 at 12:30 pm |
| • Johnson City | Thursday, 12/8/22 at 12:00 pm |
| • North Shore Towers | Monday, 12/12/2022 at 11:15 am |
| • Broome West, Endwell | Friday, 12/9/2022 at 11:15 am |
| • First Ward, Binghamton | Thursday, 12/15/2022 at 12:00 pm |
| • N. Broome, Whitney Pt. | Friday, 12/16/22 at 12:00 pm |
| • Vestal | Tuesday, 12/20/22 at 11:30 am |
| • E. Broome, Harpursville | Thursday, 12/29/22 at 12:15 pm |

## Grace's Place

**Attention Caregivers:**
**Free Senior Respite is Provided by Grace Lutheran Church**

**Date:** The 2nd Saturday of Every Month
**Time:** 1-4 pm
**Location:** Grace Lutheran Church, 709 Main Street, Vestal
**Contact:** **(607) 748-0840** or email gracevestal709@gmail.com
**Requirements:** Masks and Covid-19 vaccinations are required of all participants and volunteers. Guests should be able to eat and toilet independently.
**To Register:** Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

## Yesteryears Social Adult Program

Day program for frail, isolated or memory-impaired older adults. Caregivers can take advantage of this program to get a break from their caregiving duties. Offers daily structured activities including:

- Music & Games
- Arts & Crafts
- Virtual engagement
- Lunch
- Caregiver chats

Currently enrolling older adults at two locations:
- 2801 Wayne Street, Endwell
- 24 Isbell Street, Binghamton

For more information please call **(607) 778-2946** or visit www.gobroomecounty.com/senior

Broome County Office for Aging


**The Broome County Home Repair Service**

**Home Repairs for Senior Citizens**

*A Non-profit public service operated by*

**First Ward Action Council, Inc.**

**167 Clinton Street, Binghamton, NY**

**You pay only for materials.**
**Labor is provided free of charge to eligible home owners.**

**Leaky Faucets** **Safety Devices** **Railings**
**Locks Installed** **Porch & Stair Repair** **Wheelchair Ramps**
***…And More***

***Call (607) 772-2850 For Details***

PAID ADVERTISEMENT

# Need a part time job?

## Become a BC Transit Van Operator

Part time positions are Monday-Sunday, typically 3 to 4 days per week

Starting pay is $16.51/hour

CDL C license preferred, but BC Transit will train the right person for the job.

EEO/AA females and minorities encouraged to apply.

Apply at BC Transit 413 Old Mill Rd, Vestal NY

# Sick & Tired of Varicose Veins?

## *But You're Scared of Surgery?*

"I had my veins done with Dr. Dohner. It was so easy, no down time. I am a waitress and I took the next day off of work, but I did not need to. The staff at New York Skin and Vein are incredible! I highly recommend going to see them."
-Julie S., Binghamton

**If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, Have Rashes, Ulcers or Clots, then it's probably a Vein Problem that can be treated in less than an hour right in our office. You'll be back to work and play in a day!**

**All Treatments Covered by Insurance.**
**We Accept Medicare & Advantage Plans!**

**Call For Your Appointment Today!**

NEW YORK SKIN&VEIN CENTER

**Dr. Eric Dohner**
75 Pennsylvania Ave Binghamton
157 East Main St Norwich
**607.770.1815**

PAID ADVERTISEMENT

# December Menu – Bon Appétit!

For 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.*

| | | | | |
|---|---|---|---|---|
| | | | **Halupki** 1<br>**OR Grandma's Meatloaf**<br>Mashed Potatoes<br>French Cut Green Beans<br>Apple Crisp | **Breaded Fish** 2<br>**OR Sausage w/Peppers & Onions**<br>Baked Beans<br>Garden Salad<br>Peaches |
| **Beef Burgundy** 5<br>**Over Noodles**<br>Baby Carrots<br>Oatmeal Cookie | **Chicken Salad** 6<br>**Croissant**<br>Cream of Broccoli Soup<br>Three Bean Salad<br>Strawberry Shortcake | **Rotisserie Chicken** 7<br>Roasted Potatoes<br>Winter Squash<br>Banana | **Pasta Parmesan** 8<br>**w/Sausage**<br>Wax Beans w/Pimento<br>Garden Salad<br>Chocolate Brownie | **Swiss Steak** 9<br>**OR Herbed Pollack**<br>Mashed Potatoes<br>Peas & Carrots<br>Applesauce |
| **Cheesy Shells Casserole** 12<br>Minestrone Soup<br>Pears<br>Double Chocolate Cookie | **Beef Stroganoff** 13<br>**Over Noodles**<br>Diced Beets<br>Pineapple | **Holiday Luncheon**<br>**Stuffed Broccoli Cheese Chicken** 14<br>Mashed Potatoes<br>Baby Carrots<br>Key Lime Pie Cups | **Baked Ham** 15<br>**OR Citrus Pollack**<br>Scalloped Potatoes<br>Cut Green Beans<br>Peach Cobbler | **Breaded Fish** 16<br>**OR Pub Burger**<br>Baked Beans<br>Garden Salad<br>Mandarin Oranges |
| **Chicken Florentine** 19<br>**Penne Casserole**<br>Cauliflower w/Parsley<br>Banana | **Meatball Sub** 20<br>Harvest Vegetable Soup<br>Spinach<br>Lemon Pudding | **Liver w/Onions** 21<br>**OR Chicken Marsala**<br>Mashed Potatoes w/Gravy<br>Peas & Carrots<br>Orange Cranberry Bar | **Turkey & Provolone** 22<br>**On Marble Rye**<br>Stuffed Pepper Soup<br>Applesauce<br>Sherbet | **Pork Loin** 23<br>**OR Breaded Fish**<br>Brown Rice Pilaf<br>Winter Squash<br>Eclair |
| **Center Closed** 26 | **Rotisserie Chicken** 27<br>Bread Dressing<br>Peas & Carrots<br>Sugar Cookie | **Halupki** 28<br>**OR Pepper Steak**<br>Mashed Potatoes<br>Country Blend Vegetables<br>Pineapple Upside Down Cake | **Beef Stew over Biscuit** 29<br>Green Beans<br>Corn<br>Spiced Pears | **Apricot Meatballs** 30<br>**OR Broiled Fish w/Lemon**<br>Baked Potato<br>Peas w/Pearl Onions<br>Black Forest Brownie |

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

## Like What You're Reading? Subscribe & Have it Delivered!

Subscribe to the Senior News to make sure you don't miss out on important information, events and programs for seniors in Broome County! Direct-mail subscriptions are available at a suggested contribution of $12.00 per year. Subscribe yourself or get a subscription for a friend or family member! Call the Office for Aging at (607) 778-2411 to learn more.

***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.

## Senior News Editorial Policy

All advertising is subject to approval by Senior News staff and the Broome County Office for Aging (BC OFA). The Senior News and BC OFA have full discretion in determining the types of advertising and promotions that are published. An ad's presence in the Senior News does not imply endorsement of the advertised company or product. The Senior News and BC OFA are not responsible for the content or accuracy of advertisements. Advertisers assume liability for all advertising content, including illustrations, and for any resulting claims against the Senior News and the BC OFA. Public service announcements are published on a space-available basis, subject to approval of Senior News staff and BC OFA. The Senior News does not include editorial comments from readers. For more information go to www.gobroomecounty.com/senior