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**PLEASE NOTE:** all Senior Center and Office for Aging programming is subject to change depending on the current status of the COVID-19 pandemic. Please call the Office for Aging at (607) 778-2411 if you have questions.

## Age Friendly Moving Forward

Broome County is committed to becoming an age friendly community that can better meet the needs of residents of all ages. In this issue of the Senior News, you are invited to review and provide input on the goals and objectives that are part of the draft Age Friendly Action Plan. The draft Age Friendly Action Plan has been developed by workgroups that have met since the fall of 2019. The deadline for your comments is June 19, 2020.

Feedback on the goals and objectives to be included in the draft Age Friendly Action Plan can be provided by the method of your choice:

- By email to [ofa@broomecounty.us](mailto:ofa@broomecounty.us)
- By mail to Broome County Office for Aging, P.O. Box 1766, Binghamton, NY 13902
- By calling 607-778-3806 and leaving a voice message

Additional information, including proposed action steps, can be found on the Office for Aging website, [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior). A copy of the action steps for each of the goals can also be mailed to your home by calling 607-778-2411.

### History of the Broome Age Friendly Project

In the fall of 2018, the Office for Aging applied to AARP on behalf of Broome County to become an age friendly community. The first step after the application was to learn more about the needs of older adults in Broome County. To do this, the Office for Aging held several large community events, hearings, and focus groups, and distributed a community survey to assess the needs and preferences of residents age 55 and older.

### How the Draft Age Friendly Action Plan was Developed

Since the fall of 2019, six age friendly workgroups have met to review data and other relevant information about community strengths and needs. The workgroups consist of community volunteers, professionals from nonprofit agencies, service organizations, businesses, and government. Several expert speakers provided input to the various workgroups, and members were tasked with one main goal: to define priority areas for community improvements to be included in the Age Friendly Action Plan. The draft Age Friendly Action Plan outlines Broome County's priorities for the "domains of livability." These domains are part of a framework used to address the environmental, economic, and social factors which influence the health and well-being of a community.

*Continued on Page 2*



## Senior Picnic & Fun Fest Postponed to 2021

The 2020 Senior Picnic and Fun Fest will not be held this year due to the Covid-19 Pandemic. We are looking forward to seeing everyone at the 2021 Picnic.



*Senior Picnic at SUNY Broome, June 2019*

## Age Friendly, Moving Forward



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

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## Age Friendly, Moving Forward *continued from page 1*

### What's Next?

After obtaining community feedback, the Age Friendly Action Plan will be finalized over the summer. It will be submitted to AARP for approval in the fall so that implementation of the plan can begin. The Age Friendly Action Plan will be reviewed and updated every year. In light of the 2019-2020 global pandemic, the Age Friendly Action Plan will be modified based on new protocols and safety measures in the community.

This is your community! Your review of the draft Age Friendly Action Plan and your input is appreciated.

### Domain #1: Information and Communication Workgroup

**GOAL:** Improve the age friendliness of communication in Broome County.

**Objective 1:** Promote age friendly communication practices such as readability and utilizing both technology and traditional communication methods.

**GOAL:** Enhance education about existing community programs, services, and events among professionals and the public.

**Objective 1:** Promote the Elder Services Guide available in print and online and the NY Connects number to call for up to date information about community programs, services, and events.

**Objective 2:** Create an online and printed community calendar of events.

**Objective 3:** Create a pocket guide of important local information for older adults such as service providers, healthcare, senior centers, government, and libraries.

**Objective 4:** Improve communication among community agencies.

**GOAL:** Work towards increased internet access and education around technology in Broome County.

**Objective 1:** Advocate for increased availability of affordable internet access.

**Objective 2:** Advocate for increased internet coverage in rural areas.

**Objective 3:** Promote the availability of technology classes.

### Domain #2: Community Supports and Health Services Workgroup

**GOAL:** Support age friendly changes to the local health care system and affordable, accessible health care which minimizes health disparities and provides better health outcomes.

**Objective 1:** Explore plans that local hospitals and primary care centers have for age friendly changes to their physical facilities and service delivery, including dementia-capable care and age friendly emergency rooms.

**Objective 2:** Advocate for increased local delivery of primary and urgent care in rural areas, including mobile health services.

**Objective 3:** Increase access to transportation for medical care from rural areas.

**Objective 4:** Explore increased use of tele-health services, including access to technology, internet and technology training.

**Objective 5:** Work with local health systems and community partners to offer education on health care options and resources to find the lowest cost prescription drugs.

**GOAL:** Improve access to affordable, timely, and convenient mental health and substance abuse services and activities that promote mental wellness.

**Objective 1:** Advocate for increased funding for affordable mental health and substance abuse services.

**Objective 2:** Educate the public about available mental health and substance abuse services.

**Objective 3:** Explore increased use of tele-mental health services, including access to technology, internet and technology training.

**Objective 4:** Provide older adults with activities to promote mental health.

**GOAL:** Improve the social determinants of health for Broome County older adults and rural residents.

**Objective 1:** Promote NY Connects as a source for up to date information about community programs and services.

**Objective 2:** Improve transportation access to basic services (grocery, pharmacy, banking, health care) and community supports which address the social determinants of health (food pantries, congregate meal sites, public benefit assistance, chronic disease management classes, exercise, social and civic opportunities, faith communities).

**Objective 3:** Increase access to community supports and services at geographically convenient locations such as food pantries, senior centers, community centers, libraries, and churches.

**Objective 4:** Explore creating a "Village" or "Neighbor" model in one part of Broome County as a pilot program to provide supports to people where they live. This objective is shared with the Housing Workgroup.

**GOAL:** Work to increase the availability of home health aides and trained medical personnel working in Broome County.

**Objective 1:** Advocate for expanded Medicaid and non-Medicaid subsidized in-home services due to current one-year wait.

**Objective 2:** Advocate for higher wages for paid in-home aides to improve hiring and retention of workers.

**Objective 3:** Explore workforce development changes to promote job opportunities and training for in-home aides in Broome County.

**Objective 4:** Advocate for changes to support increased retention of trained medical personnel in Broome County.

### Domain #3: Respect, Social Inclusion, Civic Participation, and Employment Workgroup

**GOAL:** Educate the community about the benefits of inclusiveness and how to engage with individuals with special needs.

**Objective 1:** Facilitate community-based programming that promotes broad community interaction and integration.

**Objective 2:** Promote the benefits of inclusiveness through an educational campaign.

**GOAL:** Enhance education about existing community resources, social and cultural opportunities, and events. This is a shared goal with the Information and Communication domain.

**Objective 1:** Promote existing sources of community information.

**Objective 2:** Provide printed information about social and cultural opportunities and events to the public.

**Objective 3:** Ensure that there will be a printed and digital community calendar of events.

**GOAL:** Increase intergenerational opportunities.

**Objective 1:** Enhance outdoor spaces to better facilitate intergenerational interaction.

**Objective 2:** Develop intergenerational programs such as a "Senior to Senior" intergenerational event which will bring together high school seniors and older adults to enjoy a shared evening of dinner and dancing.

**GOAL:** Improve awareness within Broome County of retirement opportunities related to lifelong education, physical activity, volunteering, employment, and civic engagement.

**Objective 1:** Offer a How-to-Retire Workshop or series of workshops.

**Objective:** Publicize OFA's information and assistance services to address individual questions about lifelong education, physical activity, volunteering, employment, and civic engagement.

### Domain #4: Transportation Workgroup

**GOAL:** Increase rural transportation options for older adults in Broome County.

**Objective 1:** Improve existing rural-to-urban transportation services and explore additional options to better meet the needs of older adults.

**Objective 2:** Improve rural-to-rural transportation for basic services like groceries and pharmacy.

**GOAL:** Enhance transportation hours so people can attend social opportunities, public events, and worship services.

**Objective 1:** Explore the feasibility of service enhancement options such as offering the OFA Mini-Bus on Saturdays and Sundays on a rotation basis.

**Objective 2:** Educate Rural Health Network's Getthere clients about Saturday and Sunday transportation options.

**Objective 3:** Increase the number of clients served through Rural Health Network's Getthere volunteer driver program.

**GOAL:** Educate the public about age friendly street enhancements such as pedestrian crosswalks and rapid flashing beacons in order to increase compliance and improve safety.

**Objective:** Air Public Service Announcements (PSAs) on television and social media.

**GOAL:** Obtain additional bus shelters and seating for the fixed route bus system.

**Objective 1:** Install 30 new bus shelters.

**Objective 2:** Add additional seating at other bus stops.

**GOAL:** Improve public knowledge about transportation options and transportation planning assistance.

**Objective:** Educate the public about available transportation and transportation coordination services.

*Continued on Page 3*

## Scam of the Month

### Door-to-Door Scams

Door-to-door scams are one of the most common ways that people over the age of 60 are victimized. Scammers target seniors with these types of scams most frequently because seniors tend to be home during the day more than other age groups. There are various popular door-to-door scams to be aware of. A few are listed below:

- Blacktop/paving scams (as discussed in last month's Scam of the Month article)
- Other outdoor home maintenance
- Meat sales
- "Free" home energy audits (call Office for Aging for information on legitimate free energy audits)
- Magazine subscriptions
- Voter registration and surveys
- Medical wellness checks

Be careful of all of these and other door-to-door offers.

When in doubt, keep strangers out. You do not have to answer your door when someone knocks. If you do answer, you should not let someone enter your home, or pay them for any service that you did not order. Legitimate door-to-door sellers should provide you with a cancellation form. If they do not or will not, you can assume that they are likely a scammer.

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.

## Age Friendly, Moving Forward *continued from page 2*

**GOAL:** Coordinate transportation planning and create a mechanism for continuous evaluation of Broome County transportation needs.

**Objective:** Utilize existing collaborative efforts such as Getthere and the BMTS Advisory Council for transportation planning and evaluation.

### Domain #5: Housing Workgroup

**GOAL:** Improve the availability of housing and the variety of housing options for low, middle-income, and rural older adults in Broome County.

**Objective:** Increase housing availability and the variety of housing options for low, middle-income, and rural older adults in Broome County.

**GOAL:** Improve the availability of home repair and modification options for Broome County older adults.

**Objective:** Support and advocate for community agencies to obtain more funding to help seniors repair and modify their homes and explore additional home repair/modification resources, including utilizing trade schools and affordable private pay options.

**GOAL:** Increase age-friendly zoning regulations in Broome County and promote age-friendly features in new housing.

**Objective:** Advocate for changes or variances to local zoning regulations to allow for age-friendly housing alternatives such as shared housing and accessory dwelling units.

**Objective:** Work with community partners to educate housing developers about the benefits of incorporating age-friendly features in their developments.

### Domain #6: Outdoor Spaces and Public Buildings Workgroup

**GOAL:** Improve the safety and public enjoyment of facilities, outdoor spaces, and programs across all of Broome County.

**Objective 1:** Integrate age friendly features into County facilities and outdoor spaces.

**Objective 2:** Enhance age friendly programming at the County.

**Objective 3:** Promote age friendly concepts for utilization by local Broome County municipalities when improving their outdoor spaces and public buildings.

**GOAL:** Improve public knowledge of Broome County facilities and programs.

**Objective:** Publicize information about facilities, activities, and discount programs throughout Broome County.

## Did You Know?

### New York State Parks offer Senior Discounts

New York State Parks offer discounts to many groups of people, including veterans, Native Americans, active duty military, people with permanent disabilities, and seniors.

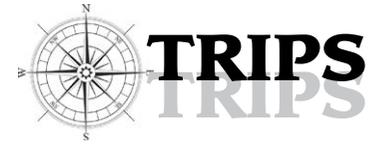
As we know, many different definitions of "seniors" exist. The New York State Parks Department offers senior discounts for those 62 and older through The New York State Golden Park Program.

62+ discounts include:

- Free vehicle access to most state parks, boat launches and arboretums on weekdays (except holidays)
- Reduced fees to golf courses and historic sites on weekdays (except holidays)

Information on additional discounts offered by New York State Parks can be found on the NYS Parks Website. Visit [www.parks.ny.gov](http://www.parks.ny.gov) to learn more.

If you would like more information about this topic, please call the Office for Aging at (607) 778-2411.



*Trips subject to change.*

### Johnson City Senior Center

Contact: Kim, 797-3145

July 11  
The Lion King  
New York, NY

July 28  
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### Eastern Broome Senior Center

Contact: Arlene, 759-6306

July 9  
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## World Elder Abuse Awareness Day: June 15, 2020

Every day, 10,000 people in the United States turn 65 or older, and this trend is going to continue for the foreseeable future. If you are a member of this group, it is important to plan for your future. No one ever wants to think about becoming less independent and having to depend on others to complete daily living activities, but sometimes those things are necessary. Start to think about your future today, so that you do not have to make big decisions when you may not be able to.

All adults have rights. Some that are important are listed below:

- The right to be treated with respect and dignity.
- The right to be safe and live in a safe environment.
- The right to make plans for future needs: both financially and physically.
- The right to have your own money used to benefit you and meet your needs.
- The right to maintain your friendships, as well as your family and social supports.
- The right to maintain your independence as long as possible.

We encourage you to take some time to talk to others and think about how you can plan for your future. How can you plan? Some ideas are listed below:

- Set up legal documents to protect yourself and your finances. Assistance with wills and Powers of Attorney are offered for free through the Legal Society for anyone over the age of 60 in Broome County by calling (607) 231-5900.
- Think about your living environment and how changes to it might help you keep your independence (for example, if you have a two-story home, do you have everything you might need if you had to start living only on the main floor?).
- Pick the right people to have close to you now: people whom you can trust to support you and treat you respectfully as you grow older.

World Elder Abuse Awareness Day will, once again, be celebrated on Monday, June 15, 2020. We encourage you to honor and respect yourself by planning, being informed and being prepared! Call the Office for Aging at (607) 778-2411 for more information about any of these topics.

### Feed Your Brain!

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

Did you ever get mad at yourself for forgetting something? Well, don't be too hard on yourself. It happens to everyone! The brain is an organ that needs to be taken care of just as much as any other part of you. One thing you can do to help your brain think and work better for you is to feed it nutritious foods and don't feed it foods that will bog it down.

First, buy and eat foods that are whole. You knew that, right? This especially means whole, unprocessed fruits and vegetables—the darker and more colorful, the better. Dark, leafy greens like spinach, collards, and kale have specifically been shown to lower the risk of dementia. Just one serving of leafy greens each day slows brain aging, so throw a couple cups into a salad, toss them into a soup, or blend them into a drink! Also, have at least one more serving of vegetables in another color like deep yellow or orange—raw, roasted, or steamed.

Next, go for berries. Two or more servings a week have been shown to improve memory, especially the purple and dark blue-colored fruits such as blueberries. Buy berries fresh or frozen, as both are equally beneficial.

Then, let yourself go nuts a little! Walnuts, almonds and other nuts contain vitamin E, which helps protect the brain. Nuts (get raw or dry-roasted, without salt) are a much better, whole-food choice than processed snacks that may be high in saturated fat and salt.

For a super brain-boosting meal, take your leafy greens, berries and nuts and combine them in a salad! If you like, you can add small chunks of mozzarella cheese or a sprinkle of parmesan. Then, top it off with a simple vinaigrette that will help your body absorb the wonderful nutrients! Here is a vinaigrette recipe you can try:

- 2 tablespoons of olive oil
- 1 tablespoon of balsamic vinegar
- ¼ teaspoon of salt
- ¼ teaspoon of pepper

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## Reducing the Risk of Falls

Falls are the leading cause of injury to people over age 65, according to the Center for Disease Control (CDC). It's uncertain how many seniors fall each year, but the CDC estimates the number to be about 30 million. Many falls are preventable, and with just a few simple steps you can reduce your odds of falling.

The first step in preventing falls is talking to your doctor about your overall health. This includes any chronic conditions, blood pressure, and medications you're taking—all factors that can increase your risk of falling. You might also request a geriatric fall risk assessment so your doctor can make recommendations to protect you from falls. You will need to tell your doctor if you'd like this done because many doctors won't automatically do this assessment unless specifically asked.

The second step is to increase your physical activity and change daily habits. Good strength, balance, and flexibility can mean the difference between recovering from a misstep and experiencing a major fall. Simple exercises like walking and even basic chair exercises can help you improve your balance and strength. Changing daily habits such as wearing good fitting non-slip shoes, even inside, can prevent falls. Take slow steps and wear solid boots and shoes in wet or icy conditions. Get up slowly, especially if you're getting up from bed at night. It's wise to sit for a minute or two and then stand. Other daily habit tips include staying hydrated, avoiding carrying too much at once; not rushing around; showering safely by installing grab bars or using a shower chair; watching your alcohol intake.

The third step is to assess your environment. Eliminate clutter, especially trip hazards on the floor and stairs. Make sure there are clear pathways throughout where you live. Also, make everything easy to reach so you're not using a ladder or stool to get to items you need frequently. Make sure there's a light source near your bed at nighttime. Get rid of small throw rugs. If you cannot bear to part with them, replace with those that are less likely to slip. Be sure to clean up all spills immediately. Also, consider installing adaptive equipment, especially in high-risk areas such as the bathroom and bedroom—your doctor can provide you with guidance on this. A Personal Emergency Response System (PERS), sometimes called an emergency button, is also an option to consider as a link to help when you need it. The Office for Aging provides information on the various options available and possible ways to obtain a PERS Unit at low or no cost to you.

If you do fall, it's important to get help immediately, especially if you can't get up. This is where a PERS Unit may come in handy. If you can get up, you should report the fall to your doctor and others. You may have been injured by falling, even if you feel fine. Your doctor can tell you warning signs to look for of an underlying injury. Finally, don't let the fear of falling keep you from being active, as inactivity only increases your risk of falling.

Article adapted from Great Senior Living

## New Blood Test May Predict Alzheimer's Disease

A new blood testing technique could help researchers detect Alzheimer's disease before symptoms start or in its early stages.

Alzheimer's disease is an age-related brain disorder that develops over many years. Toxic changes in the brain slowly destroy memory and thinking skills.

The disease involves two proteins called beta-amyloid and tau. Beta-amyloid clumps into plaques, which slowly build up between brain cells. Abnormal tau collects inside brain cells and forms tangles.

Researchers investigated whether a new blood testing technique could help predict development of Alzheimer's disease. They tested for a modified version of tau called ptau181 in blood plasma (the liquid part of blood). Levels of this protein have been linked with Alzheimer's disease.

The team collected blood samples from more than 400 people. The analysis showed that ptau181 levels differed between healthy participants and those with Alzheimer's disease.

The new approach could be less invasive and costly than current tests for Alzheimer's disease. These rely on brain scans and lab tests of spinal fluid.

"The development of a blood test would enable us to rapidly screen a much larger and more diverse group of volunteers who wish to enroll in studies," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging.

Source: NIH News in Health

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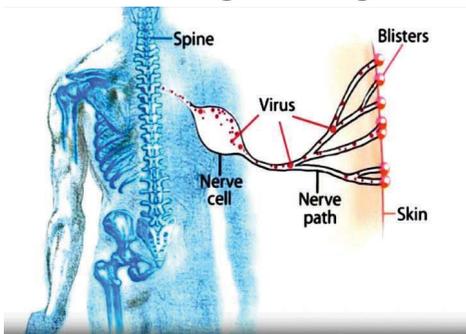
- 8 Italian sausage links
- 4 bell peppers, thinly sliced
- 2 large onions, thinly sliced
- 4 T extra-virgin olive oil, divided
- kosher salt
- Freshly ground black pepper
- Chopped fresh parsley, for garnish

### DIRECTIONS

- Heat grill to high. Cut 4 sheets of foil, each about 12" long.
- Grill sausages until lightly charred, 3 minutes per side (they don't need to be cooked through yet), then divide among your sheets of foil.
- Top sausages with peppers and onions and drizzle each portion with 1 tablespoon olive oil, then season with salt and pepper.
- Fold foil packets crosswise over the sausage and peppers mixture to completely cover the food. Roll top and bottom edges to seal closed.
- Grill until peppers and onions are tender and sausage is cooked, 13 to 15 minutes.
- Garnish with parsley and serve.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47494/sausage-and-peppers-foil-pack-recipe/>

## Preventing Shingles



The chickenpox virus hides in nerve cells in your spine. If reactivated, the virus can travel to your skin and cause burning, itchy blisters called shingles. Visit [www.nia.nih.gov/health/shingles](http://www.nia.nih.gov/health/shingles) to learn more.

Did you ever have chickenpox? If so, you're at risk for getting a disease called shingles. About 1 out of every 3 people will get shingles at some point in their lives.

After you've had chickenpox, the virus becomes inactive and hides in your body. Shingles is caused by the virus becoming active again, but its symptoms can be much more severe. Burning, itchy rashes and blisters may appear on one side of your body or face. You might also feel fatigue, fever, headache, or an upset stomach.

The rashes and blisters can take 3 to 5 weeks to heal. However, the pain could last much longer. It's possible to get shingles more than once.

As you get older, your risk for getting shingles grows. Shingles most commonly occurs in adults over 50, but it can appear at any age.

There are now two shingles vaccines approved by the U.S. Food and Drug Administration (FDA) for people over 50. They can help prevent shingles or lower the extent of the effects it may cause.

Source: NIH News in Health

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## Staying Connected to Fight Loneliness

Positive relationships with friends and family help us thrive. Without social connections, it's easy to feel lonely or isolated.

Many of us have been spending more time alone in our homes lately. While anyone can feel lonely, certain factors increase your risk. Major life changes or losses can increase feelings of loneliness.

Older adults are at greater risk because they're more likely to live alone. Mobility issues can make it harder to leave the house. And sensory issues like vision and hearing loss can contribute to feeling isolated.

No matter what your age, it's important for your health to stay socially connected. Loneliness can take a toll. It's linked to higher rates of depression and heart disease, and can weaken your immune system. Here are some strategies to help stay connected if you're feeling lonely.

Get your heart going. Exercise has been shown to reduce stress and boost your mood. Whether it's sweating to a workout video or taking a walk around your neighborhood, exercise can help.

You might also consider getting a pet. Animals can be a source of comfort and companionship.

Many people are using technology to connect with friends and family virtually. Take time to reach out to others by phone or online. A call or video chat can remind you that you're not alone.

Providing social support or helping others in need can give meaning to our lives and help combat feelings of isolation or disconnection.

Source: NIH News in Health

## Summer Word Search

Circle the words below which are hidden from left to right, top to bottom, right to left, and bottom to top. Happy Puzzling! Answers on Page 10

G	N	I	N	T	H	G	I	L	G	G	W	S	D	Z
E	D	S	T	I	U	S	M	I	W	S	U	E	H	J
O	L	R	G	N	I	K	I	H	O	M	X	A	Q	I
N	R	O	S	E	Z	N	C	J	M	V	M	S	W	V
A	Y	O	E	F	S	L	I	E	U	R	F	H	A	K
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V	I	T	W	O	R	O	I	T	I	O	E	R	E	L
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- |         |           |              |
|---------|-----------|--------------|
| BERRIES | ICECREAM  | SEASHORE     |
| BIKINI  | JUNE      | SUMMER       |
| CANOE   | LIGHTNING | SUNFLOWER    |
| DAISY   | OUTDOORS  | SWIMSUIT     |
| FAN     | PICNIC    | TAN          |
| FLOWER  | POPSICLE  | THUNDERSTORM |
| FRUIT   | RELAXING  | WATERMELON   |
| HIKING  | ROSE      |              |
| HUMID   | SANDALS   |              |

## Strawberry Salsa

This strawberry salsa recipe is delicious, colorful and easy to make! Recipe yields enough salsa for about 4 to 6 snacking portions.

### INGREDIENTS

- Juice and zest from 1 medium lime
- 1 tsp. honey (optional)
- Pinch of fine sea salt
- 1 pint of strawberries, hulled and diced
- 1 jalapeño pepper, seeded and chopped (use a smaller jalapeño for less heat, or leave in some seeds for more heat)
- ½ small red onion, chopped
- ½ cup chopped fresh cilantro
- Freshly ground black pepper, to taste
- Whole-grain chips, for serving

### INSTRUCTIONS

In a large bowl, whisk together the lime juice and zest, honey (if using), and salt. Stir in the strawberries, jalapeño, onion and cilantro. Add pepper, to taste, and mix well. Adjust the seasonings if need be (you might like a little more lime for acidity, honey for a little sweetness, or salt if it's just not quite right yet).

If your strawberries are nice and juicy, you can serve immediately, with whole-grain chips. Some batches need some time to marinate before the salsa is juicy and awesome (about 30 minutes should do it). Store leftovers in an airtight container in the fridge for up to 3 days.

## NY Connects

### Your link to home and community-based supports

NY Connects provides information, assistance and referrals to people of any age, regardless of income, about programs and services to help maintain independence. Callers will become aware of the many home- and community-based supports to meet their needs.

**Do you or does someone you know need some assistance?**  
**Are you interested in reviewing your eligibility for financial benefits?**  
**Do you want to explore transportation options?**  
**Are you looking for information on a specific program or service in our community?**

You may be eligible for services you are not aware of. Anyone can contact NY Connects – from family and friends to professionals.

Call NY Connects to learn about all your options:  
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 1-800-342-9871.

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## Summer Fun Facts

The “dog days of summer” refer to the weeks between July 3 and August 11 and are named after the Dog Star (Sirius). The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

Watermelon, a popular summer treat, is part of the cucumber, pumpkin, and squash family and consists of 92% water. On average, Americans consume 14 pounds of watermelon annually!

According to the USDA, over 120,000 acres of watermelons were grown in the US in 2014, producing 3.2 billion pounds!

Popsicles, a popular summer treat, were accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside and by the next morning the soda had frozen. He began by selling the treat in his neighborhood and, later, in a nearby amusement park.

## Fire Safety for Older Adults

by Francie Keefe

According to the U.S. Fire Administration (USFA), your risk of dying in a home fire increases as you get older. As we age, our bodies change. Poor eyesight, loss of hearing, arthritis, dementia, side effects from medicine, and other factors may make it more difficult to react quickly in the event of a fire. It is important to consider these changes and how they may affect our abilities. Then, it is a good idea to plan our escape around our abilities. If you use a wheelchair, walker, or other mobility aid, or if you may have problems escaping from your home by yourself, plan ahead: let your fire department, family, building manager and/or neighbors know. If you do experience a fire, stay calm and get out as quickly as you can. Once you are in a safe space, call 9-1-1. Do not go back into the building.

### Tips from the USFA:

- Never light a candle or smoke where medical oxygen is being used.
- Have working fire alarms on all levels of your home. If you have hearing loss, invest in an alarm that uses a flashing light or vibration to help get your attention.
- Do not leave items cooking on the stove unattended; do not cook if you are sleepy or have taken medication that may make you drowsy.
- If you use space heaters, buy one that will shut off automatically if it is tipped over accidentally.
- Avoid using extension cords and do not overload a single electrical outlet.
- If you have difficulty checking or replacing your smoke alarms, or if you do not have alarms that work, call the local chapter of the American Red Cross at (607) 785-7207. There are programs designed to help you with this.

Source: [https://www.usfa.fema.gov/downloads/pdf/publications/fa\\_221.pdf](https://www.usfa.fema.gov/downloads/pdf/publications/fa_221.pdf)

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## How Stress Causes Gray Hair

A new study shows that stress really can give you gray hair. Researchers found that the body’s fight-or-flight response plays a key role in turning hair gray.

Your hair color is determined by pigment-producing cells called melanocytes. New melanocytes are made from melanocyte stem cells that live in the hair follicle at the base of your hair strand.

As we age, these stem cells gradually disappear. The researchers showed that stress also leads to the loss of these pigment-producing stem cells in mice.

Nerves in your sympathetic nervous system—which is responsible for the body’s fight-or-flight response—go throughout the body, including into hair follicles. The study showed that stress causes the release of the chemical norepinephrine into the follicle.

Norepinephrine affects the melanocyte stem cells living there. It causes them to rapidly turn into pigment cells and move out of the hair follicles. Without stem cells left to create new pigment cells, new hair turns gray or white.

“When we started to study this, I expected that stress was bad for the body—but the detrimental impact of stress that we discovered was beyond what I imagined,” says Dr. Ya-Chieh Hsu of Harvard University, who led the study. “After just a few days, all of the melanocyte stem cells were lost. Once they’re gone, you can’t regenerate pigments anymore. The damage is permanent.”

Source: *NIH News in Health*

## Time Warp!

What happened this month 60 years ago?

June 6, 1960- Roy Orbison releases “Only the Lonely”

June 16, 1960- Psycho, psychological horror film directed by Alfred Hitchcock, opens in New York City

June 17, 1960- Ted Williams hits his 500th Home Run

June 20, 1960- “The Huckleberry Hound Show,” by Hanna-Barbera, becomes the first animated program to win an Emmy award.

## What’s a Serving?



For those of you who think 5 to 9 servings of fruits and vegetables a day is a lot, think again.

One serving of fruits and vegetables should fit within the palm of your hand — it’s a lot smaller than most people think. The palm of your hand is an easy way to think about serving sizes and to see how doable it is to eat 5 to 9 a day, everyday.

A typical portion is often more than one serving. A large salad, for example, can add up to 2 to 3 servings. If you measure it out, one serving is:

- A small glass of 100% fruit or vegetable juice (3/4 cup or 6 oz)
- A medium-size piece of fruit (an orange, small banana, medium-size apple)
- One cup of raw salad greens
- 1/2 cup of cooked vegetables
- 1/2 cup of cut-up fruit or vegetables
- 1/4 cup of dried fruit
- 1/2 cup of cooked beans or peas

## Medicare Preventive Services Checklist

Please visit [www.Medicare.gov](http://www.Medicare.gov) for more specific information on your covered preventive services.

Services	How Often?	Cost to Beneficiary
Annual Wellness Exam	Once every 12 months after your first full year of Medicare Part B enrollment.	Medicare pays 100%
“Welcome to Medicare” Preventive Visit	Once within the first 12 months that you have Medicare Part B.	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If provider recommended, up to 4 face-to-face visits per year with qualified doctor.	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound.	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those with certain medical conditions.	Medicare pays 100%
Cardiovascular Disease Behavioral Therapy	One visit per year.	Medicare pays 100%
Cardiovascular Disease Screening	Once every 5 years.	Medicare pays 100%
Cervical Cancer Screening (Pap Smear & Pelvic Exam)	Once every 24 months or every 12 months for those at risk.	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your doctor.	Medicare pays 100% for most tests
Depression Screening	One screening per year done in a primary care setting that can provide follow-up treatment and referrals.	Medicare pays 100%
Diabetes Prevention Program	Once per lifetime to help prevent type 2 diabetes.	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors. Ask your doctor.	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes—doctor must provide written order.	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per flu season.	Medicare pays 100%
Glaucoma Tests	Once every 12 months for those at risk.	20% of Medicare approved amount (subject to deductible)
Hepatitis B Shot & Screening	Based on risk factors. Ask your doctor.	Medicare pays 100%
Hepatitis C Screening	One-time for adults who do not meet the high-risk definition, but were born from 1945 through 1965.	Medicare Pays 100%
HIV Screening	Once every 12 months or up to 3 times per year during pregnancy.	Medicare Pays 100%
Lung Cancer Screening	Once every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years.	Medicare Pays 100%
Mammogram Screening	Every 12 months for women age 40 and older.	Medicare pays 100%
Medical Nutrition Therapy	Three hours per year for the first year for people with diabetes, renal disease or kidney transplant. Two hours per year after that.	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index (BMI) of 30 or more.	Medicare pays 100%
Pneumococcal Shot	Usually once in lifetime. A second shot is now covered at least 11 months after the first shot.	Medicare pays 100%
Prostate Cancer Screening	Once every 12 months.	Rectal exam subject to 20% coinsurance. PSA blood test covered 100%.
Smoking & Tobacco Cessation	Up to 8 face-to-face visits per year.	Medicare pays 100%
Sexually Transmitted Infection (STI) Screening/Counseling	Once every 12 months for those at risk.	Medicare pays 100%

For more information, contact your local Office for the Aging or call the Health Insurance Information Counseling and Assistance Program (HIICAP) at 1-800-701-0501.

## Senior Center Contact Information

**BROOME WEST**..... 785-3427  
2801 Wayne St., Endwell, NY 13760

**DEPOSIT**..... 467-3953  
14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

**EASTERN BROOME**..... 693-2069  
27 Golden Lane, Harpursville, NY 13787

**FIRST WARD**..... 729-6214  
226 Clinton St., Binghamton, NY 13905

**JOHNSON CITY**..... 797-3145  
30 Brocton St., Johnson City, NY 13790

**NORTHERN BROOME**..... 692-3405  
12 Strongs Place, Whitney Point, NY 13862

**NORTH SHORE**..... 772-6214  
24 Isbell St., Binghamton, NY 13901

**VESTAL**..... 754-9596  
Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY

## Do you have small amounts of leftovers but don't know what to do with them? Do you simply need a new dinner idea from what you have on hand? Try this recipe:

"Make-Your-Own" Casserole  
Makes 6 servings

### General Directions:

Select food(s) from each category as indicated below, or use your own favorites. Combine all ingredients in a 2- to 2 1/2- quart casserole dish that has been greased or coated in cooking spray. Cover and bake at 350°F for about 50 minutes to 1 hour or microwave using 50% power for about 15 to 30 minutes, rotating or stirring as necessary. Heat until steaming hot (165°F) throughout.

### Starch - select ONE:

2 cups (measure it uncooked) pasta (macaroni, penne, rotini, bow tie), COOKED  
1 cup (measure it uncooked) long-grain white or brown rice, COOKED

### Protein - select ONE:

2 cups cooked ground beef, turkey, or sausage  
2 cups cooked and diced chicken, turkey, ham, beef, or pork  
2 cups chopped hard-cooked egg  
2 (6 to 8-oz.) cans fish or seafood, flaked  
2 cups canned beans or cooked dry beans (kidney, pinto, black, garbanzo, etc.)

### Vegetable - select ONE:

1 (10-oz.) pkg. thawed and drained frozen spinach, broccoli, green beans, carrots, corn, or green peas  
1 (16-oz.) can drained vegetable of choice  
2 cups sliced fresh zucchini or summer squash

### Sauce - select ONE:

2 cups white sauce  
1 can sauce-type soup (cream of mushroom, celery, cheese, tomato, etc.) mixed with milk to make 2 cups liquid total  
1 (16-oz.) can diced tomatoes with juice

### Flavor - select ONE or MORE:

1/2 cup chopped celery  
1/4 cup chopped onion  
1/4 cup sliced black olives  
1 - 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, oregano)  
1 - 2 teaspoons taco seasoning, garlic powder, or onion powder  
Salt and pepper to taste

*If desired after heating, place on top:*

### Topping- select ONE or MORE:

2 tablespoons grated Parmesan cheese  
1/4 cup shredded Swiss, Cheddar, Monterey Jack or other cheese  
1/4 cup buttered bread crumbs

Return casserole with topping(s), uncovered, to oven for about 10 minutes or to microwave for about 2 minutes.

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## Summer Word Search Answers

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E	D	S	T	I	U	S	M	I	W	S	U	E	H	J
O	L	R	G	N	I	K	I	H	O	M	X	A	Q	I
N	R	O	S	E	Z	N	C	J	M	V	M	S	W	V
A	Y	O	E	F	S	L	I	E	U	R	F	H	A	K
C	S	D	U	L	S	E	R	K	O	N	J	O	T	S
V	I	T	W	O	R	O	I	T	I	O	E	R	E	L
S	A	U	A	W	U	E	S	R	Z	B	H	E	R	A
T	D	O	P	E	F	R	W	H	R	U	M	W	M	D
I	C	E	C	R	E	A	M	O	M	E	L	M	E	N
L	N	J	W	D	J	T	C	I	L	L	B	T	L	A
Z	F	A	N	A	I	P	D	H	B	F	V	F	O	S
L	W	U	T	U	R	E	L	A	X	I	N	G	N	Y
N	H	D	R	P	O	P	S	I	C	L	E	U	Q	J
T	B	F	W	R	C	I	N	C	I	P	V	I	S	T

"Do something today that your future self will thank you for."

Anonymous

## Taking Control of Your Mental Health: Tips for Talking With Your Health Care Provider

Don't wait for your health care provider to ask about your mental health. Start the conversation. Here are five tips to help prepare and guide you on how to talk to your health care provider about your mental health and get the most out of your visit.

### 1. Don't know where to start for help? Talk to your primary care provider.

If you're going to your primary care provider for other health concerns, remember to bring up your mental health concerns. Mental health is an integral part of health. Often, people with mental disorders can be at risk for other medical conditions, such as heart disease or diabetes. In many primary care settings now, you may be asked if you're feeling anxious or depressed, or if you have had thoughts of suicide. Take this opportunity to talk to your primary care provider, who can help refer you to a mental health specialist.

### 2. Prepare ahead of your visit.

Health care providers have a limited amount of time for each appointment. Think of your questions or concerns beforehand, and write them down.

Prepare your questions. Make a list of what you want to discuss and any questions or concerns you might have. This worksheet can help you prepare your questions.

Prepare a list of your medications. It's important to tell your health care provider about all the medications you're taking, including over-the-counter (nonprescription) drugs, herbal remedies, vitamins, and supplements. This worksheet can help you track your medications.

Review your family history. Certain mental illnesses tend to run in families, and having a close relative with a mental disorder could mean you're at a higher risk. Knowing your family mental health history can help you determine whether you are at a higher risk for certain disorders. It also can help your health care provider recommend actions for reducing your risk and enable both you and your provider to look for early warning signs.

### 3. Consider bringing a friend or relative.

Sometimes it's helpful to bring a close friend or relative to your appointment. It can be difficult to absorb all the information your health care provider shares, especially if you are not feeling well. Your companion can be there for support, help you take notes, and remember what you and the provider discussed. They also might be able to offer input to your provider about how they think you are doing.

### 4. Be honest.

Your health care provider can help you get better only if you have clear and honest communication. It is important to remember that communications between you and a health care provider are private and confidential and cannot be shared with anyone without your expressed permission. Describe all your symptoms with your provider, and be specific about when they started, how severe they are, and how often they occur. You also should share any major stresses or recent life changes that could be triggering symptoms.

#### Examples of symptoms include:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite or weight changes (or both)
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

### 5. Ask questions.

If you have questions or even doubts about a diagnosis or treatment your health care provider gives, ask for more information. If your provider suggests a treatment you're not comfortable or familiar with, express your concerns and ask if there are other options. It's okay to disagree with your provider on what treatment to try. You may decide to try a combination of approaches. You also may want to get another opinion from a different health care provider. It's important to remember that there is no "one-size-fits-all" treatment. You may need to try a few different health care providers and several different treatments, or a combination of treatments, before finding one that works best for you.

*National Institute of Mental Health*

## Foster Grandparents Get a Raise!

Exciting news: Foster Grandparents are getting a raise! Even though Foster Grandparents are volunteers, they get a paid stipend. This stipend has increased from \$2.65 per hour to \$3.00 per hour. If you do the math, Foster Grandparents got a 13% increase to do the volunteer work that they love.

Foster Grandparents volunteer in classrooms in schools, Head Start programs and daycare centers throughout Broome County. They help children learn through nurturing and giving them positive reinforcement. Foster Grandparents receive a free meal each day at their volunteer site, mileage reimbursement, a chance to socialize with other adults and a sense of accomplishment from helping children succeed in the classroom. Plus, they get a stipend that is not countable income. It doesn't affect rent subsidies, HEAP, SNAP, Medicaid or any other government benefit a Foster Grandparent may be receiving.

Foster Grandparents may volunteer from 5 to 40 hours per week but most Foster Grandparents volunteer about 20 hours per week. To be a Foster Grandparent, you must be 55 or older, a Broome County resident and income-eligible. If you are interested in volunteering in a classroom, call the Foster Grandparent Program at (607) 778-2089.

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# MEET, GREET & EAT

## June 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.*

**Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go.**  
**Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of June.**

<b>Chicken Alfredo</b> 1 Over Rotini Pasta Green Beans w/Mushrooms Oatmeal Raisin Cookie	<b>Liver w/Onions OR</b> 2 <b>Chicken Thigh Marengo</b> Mashed Potatoes w/Gravy Carrots Fruit Cocktail	<b>Roast Pork</b> 3 <b>OR Broiled Fish w/Lemon</b> Scalloped Potatoes California Blend Vegetables Peanut Butter Brownie	<b>Chicken Salad Croissant</b> 4 Winter Squash Ambrosia Cranberry Orange Muffin	<b>Spinach Parm Pollack</b> 5 <b>OR Beef Burgundy</b> Buttered Noodles Tossed Salad Strawberry Fruited Gelatin
<b>Beef Stew over a Biscuit</b> 8 California Vegetable Blend Warm Spiced Peaches Sugar Cookie	<b>Hot Dog w/Cheese OR</b> 9 <b>Spiedie Marinated Chicken</b> Corn Potato Salad Ice Cream Cup	<b>Stuffed Pepper</b> 10 <b>Casserole</b> Green Beans Chocolate Mousse	<b>Roast Turkey</b> 11 Mashed Potatoes Peas Mandarin Oranges	<b>Rotisserie Chicken OR</b> 12 <b>Salmon Patty w/Dill Sc.</b> Herb Roasted Potatoes Carrots Strawberry Shortcake
<b>Beef Stroganoff over</b> 15 <b>Buttered Noodles</b> Carrots Banana	<b>Halupki OR</b> 16 <b>Broiled Fish w/Lemon</b> Mashed Potatoes Brussels Sprouts Orange Cranberry Bar	<b>Egg Salad OR</b> 17 <b>Chicken Breast w/Honey</b> <b>Mustard Sc. on Croissant</b> Pasta Salad Baked Beans Lime Fruited Gelatin	<b>Pasta w/Meatballs</b> 18 Spinach Vanilla Pudding w/Cherries	<b>Herb Rubbed Pollack</b> 19 <b>OR Swiss Steak</b> Brown Rice Peas w/Pearl Onions Frosted Vanilla Cake
<b>Meatball Sub</b> 22 Minestrone Soup Diced Peaches Snickerdoodle Cookie	<b>Macaroni &amp; Cheese</b> 23 Stewed Tomatoes Italian Green Beans Frosted Banana Cake	<b>Roast Pork</b> 24 <b>OR Herb Chicken Thigh</b> Bread Dressing Peas Cinnamon Sliced Apples	<b>Chili Over Brown Rice</b> 25 Broccoli Florets Chocolate Mousse	<b>Chinese Pepper Steak</b> 26 <b>OR Lemon Pepper Pollack</b> Mashed Potatoes Sonoma Vegetable Blend Mandarin Oranges
<b>Stuffed Pepper</b> 29 <b>Casserole</b> Carrots Three Bean Salad Fruit Cocktail	<b>Pub Burger OR</b> 30 <b>Tuna Salad on Kaiser Roll</b> Baked Beans Macaroni Salad Strawberry Mousse	<b>Sweet &amp; Sour Pork</b> 7/1 <b>OR Citrus Rubbed Pollack</b> Brown Rice Pilaf Broccoli Florets Applesauce Bar	<b>Sausage Link OR</b> 7/2 <b>Chicken Thigh w/BBQ Sc</b> Baked Potato Pickled Beet Salad Peach Cobbler	<i>Centers Closed in Observance of Independence Day</i>

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



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**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](http://www.gobroomecounty.com/senior).

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

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