



Visit Our Website at www.gobroomecounty.com/senior



Socialization & Sunshine

HAPPY Father's Day

Celebrate all fathers and special mentors on Friday, June 14th at participating Broome County Senior Centers. Enjoy a delicious luncheon of chicken cordon bleu or beer battered fish and a black forest pudding for dessert.

It's a wonderful opportunity to honor those fathers, brothers, sons, and friends who strive to make a difference in our community! Consider treating someone special in your life to lunch, or just gather your friends together for a great meal.

Call the senior center of your choice to make meal reservations and to ask what special activities are planned. Phone numbers are listed on the Look What's Happening pages of this issue.

Lunch is a suggested contribution of \$4 for those age 60+ and their spouse; those under age 60 pay \$5.

We hope to see you on June 14th!

Join us as we travel virtually with Discover Live. You can experience different cities around the world through interactive walking tours. An experienced tour guide will take you through their favorite places in their city. You get to interact and ask questions. In the month of June, we will be visiting London, Sao Paulo, and Buenos Aires. These are free classes, and no reservations are required.

6/12 10:30AM Virtual walking tour through **London, England** (streamed to Johnson City Senior Center)



6/17 1:30PM Virtual walking tour through **Sao Paulo, Brazil** (streamed to Vestal Senior Center)

6/25 1:30PM Virtual walking tour through **Buenos Aires, Argentina** (streamed to Broome West Senior Center)



ARTICLE HIGHLIGHTS

You Asked & We Answered!
How do we receive a Farmer's Market Coupon?
See page 7 for the answer!

Learn how to have fun in the sun safely on page 12!

Are you a caregiver looking for some respite time?
There are local options for Saturday respite!
See page 4 for more information.



HAPPY 100TH BIRTHDAY TO THESE BROOME COUNTY RESIDENTS!

See page 7 for more information.



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/

HEALTH AND WELLNESS

WEEKLY ACTIVITIES

Chair Yoga

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

Monday 11:00AM 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.

Monday 9:30AM East. Broome Sr. Center (Harpursville)

Monday 9:30AM Johnson City Senior Center (\$3 charge)

Friday 10:00AM Johnson City Senior Center (\$3 charge)

Bonesaver Class

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

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)

Mon & Wed 1:00PM Johnson City Senior Center

Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)

Wednesday 10:00AM Broome West Senior Center (Endwell)

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows.

Monday 10:45 AM Johnson City Senior Center (\$3 charge)

Zumba

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

Mon & Fri 9:30AM First Ward Senior Center (Binghamton) (\$3)

Tuesday 10:30AM Johnson City Senior Center (\$3)

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body.

Thursday 10:00AM Johnson City Senior Center (\$3 charge)

Tai Chi

Relieve stress, improve balance, increase flexibility, and promote wellness.

Thursday 1:00PM Johnson City Senior Center (\$3 charge)

Weds & Fri 9:00AM Chenango Bridge Senior Center (In Person or Zoom)

Friday 9:30AM East Broome Sr. Center (Harpursville)

Chair Exercise

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

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)

Tues & Fri 12:30PM Johnson City Senior Center

*Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11

Virtual Zoom Classes



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

ZOOM Chair Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM

Eating Healthy on A Budget - Mini Workshop

With food prices rising, the grocery bill is giving many people sticker shock. It is critical for good health not to toss out healthy eating goals when the food budget gets squeezed. To address food budget challenges, the Office for Aging Nutrition Team will be leading an interactive 30-minute workshop entitled, "Eating Healthy on a Budget" area senior centers.



During this workshop we will be sharing smart-shopping and meal-planning tips authored by experts in the field as well as hearing/sharing money saving ideas sent into the Office for Aging from Broome County residents like yourself.

We look forward to seeing you at one of these scheduled workshops. No registration is required and walk-ins are welcomed. If you have any questions, please call the Office for Aging at 607-778-2411.

Deposit Senior Center - Tuesday, June 4th at 12:30PM

Broome West Senior Center - Friday, June 7th at 12:15PM

First Ward Senior Center - Thursday, June 20th at 12PM

Eastern Broome Senior Center - Thursday, June 27th at 12:15PM



Join the Nature Walking Club

The Nature Walking Club invites you to join them for a new season of outdoor exploration. Come join this fun group! 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.

June 13th 10AM - Greenwood Park. Pack a lunch to enjoy with fellow hikers after exploring the park's well groomed trails. Meet us at the beach parking lot.

June 27th 10AM - Cole Park in Town of Colesville. Circle the lake on easy trails. Meet us at the parking lot to your right after entering park.

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 Johnson City Caregiver Chat:

Date: Monday, June 3, 2024 **Time:** 1:00 - 2:30 PM

Location: Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

Below are no cost respite programs hosted by area church communities on Saturdays monthly.

**Saturday, June 1st 11 – 2PM • First Saturday of the Month
Join Social Saturdays!**

Social Saturdays is a group respite program providing small group social engagement for care recipients while providing a break for caregivers. Participants will engage in discussions, activities, and a light lunch.

The program will host participants at the:

St. Anthony's Church Hall, 300 Odell Ave, Endicott

Please call **607-754-4333** for more information or to register.

This free caregiver respite program is sponsored by St. Anthony's, St. Ambrose, and St. Joseph's parish communities. Do you feel called to volunteer in this Respite? Would you like to register your loved one for this program?

**Saturday, June 8th 1 – 4PM • Second Saturday of the Month
Grace's Place**

Free Senior Respite is Provided by Grace Lutheran Church

Grace Lutheran Church, 709 Main Street, Vestal

Please contact **(607) 748-0840** or email GraceVestal709@gmail.com

Guests should be able to eat and toilet independently. Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

**Saturday, June 15th 11 – 2PM • Third Saturday of the Month
Saturday Afternoon at St. Mary's**

St. Mary's Church, 795 Route 11, Kirkwood

Please call **607-775-0086** to register.

A Divine Calling

The Broome County Office for Aging is calling on faith based communities to support caregivers with brief periods of respite.

Think of your own congregation/parish. Are there members who are stretched thin by their caregiving responsibilities? How can we support them? Let's work together to offer restorative respite. Respite programs improve the wellbeing of caregivers.

Be a part of the win-win-win:

- Participants enjoy activities like art, music, games & exercise
- Caregivers benefit from the opportunity to recharge
- Volunteers feel personally rewarded when helping families

Often, caregivers are reluctant to ask for help. But they will come to a familiar setting for social events and take the break that they need. Your church might be a safe comfortable space.

Throughout NYS, congregations are starting Caregiver Respite Programs that provide a break to caregivers and social opportunities for other older adults. We are excited to establish a network of faith based respite programs in Broome County.

Participants and volunteers will engage in discussions/trivia games/gross motor skill games/exercises/art projects/community projects/sing a long and a meal or snack. Programs can run monthly/weekly or daily for 2-4 hour sessions. Respite programs improve the quality of life for the participants and improve the health of their caregivers.

If your church would like to provide this type of support to caregivers and join our network, please contact Shellie Spinelli at 607-778-2946 or email Machelle.Spinelli@broomecountyny.gov

Caregiver Dinner

Date: Tuesday, June 11, 2024

Time: Dinner: 4:30PM

Creative Aging Presentation for Caregivers: 5:15PM

Music for Care Receivers: 5:30PM

Location: 2801 Wayne St. Endwell, NY 13760

(Broome West Senior Center)

Caregivers, join us for an evening out with your loved one (or come alone)! Dinner will be served at 4:30 pm (menu: broccoli cheese stuffed chicken, rice pilaf, veggie blend, dinner roll and strawberry shortcake) followed by a presentation of Creative Aging by Christina Muscatello from the Memory Maker Project for Caregivers. Staffing, activities, and musical entertainment by Kevin Oriole will be provided for Care Receivers.

Reservations are required, please call **607-778-2411** by 6/5 to reserve your spot.



Fun and Games is a social connections group for seniors 60+. The group meets on Friday afternoons in the church hall for cards, table games and conversations.

Join us Fridays 1 - 3PM

Church of the Holy Family: 3600 Phyllis St., Endwell

Get competitive with a round of "Golf" or "Hand and Foot" cards games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!



Help someone with medical needs?
Talk to their doctor?
Pick up their medication?
... Feel like you are always "On Call"?

**You are a caregiver.
Support is available.**



Call NY Connects 1-800-342-9871

Events at the Centers

Broome West Senior Center

Pizza Day & Trivia

Friday, June 28th

Meal Served at 12PM

Trivia with Deanna and Lisa 1PM

Bring your team and let's have some fun!

Please call 607-785-1777 for a meal reservation by 6/27 at 12PM.

Chenango Bridge Senior Center

Music Day

Friday, June 21st

10 – 2PM

Join us as we listen to music all day long!

Deposit

Western Day

Tuesday, June 11th

11AM

Come watch country line dancing performed by Mindy Mills!

Eastern Broome

Evening Meal with musical guest Friday at Fred's!

Thursday, June 27th

Doors Open: 4PM

Meal served: 4:30PM

Entertainment: 5:15PM

Enjoy a BBQ Pulled Pork Dinner with Macaroni Salad, Corn, Roll, Beverage, and a Peanut Butter Pie Cup!

Please call 607-693-2069 for a meal reservation by 6/26 at 12PM

First Ward

Breakfast for Lunch is back at the First Ward!

1st and 3rd Monday of each month

10:45 – 12:15PM

Monday, June 3rd: Western Omelets

Monday, June 17th: Sausage, Biscuits & Gravy

Johnson City

Doug's Fish Dry Fundraiser

Wednesday, June 26th

11 – 6PM

Join us for our fundraiser, raffles, brownie sale, and a table of free books!

Northern Broome

Cornhole Outside!

Thursday, June 6th & 20th

10:30 – 11:30AM

Come enjoy a fun game and some sunshine!

North Shore

Pizza Day!

Thursday, June 13th

12PM

Pizza, Side Salad, Soda, and a Cookie for \$5

Please call 607-772-6214 for a meal reservation by 6/11 at 12PM, prepayment is also required.

Vestal

Breakfast for Lunch

Monday, June 17th

11:45AM

Breakfast sliders, hashbrowns, and yogurt parfaits!

Please call for a meal reservation by 6/14 at 12PM

Senior Center closings:

Wednesday, June 19th in observation of Juneteenth

Please see page 6 to learn more about Juneteenth.

Respite

/ˈrespɪt/

noun

an interval of rest

Are you the “I can handle it type”? Often the devotion we feel to our loved ones prevents us from taking care of our own needs. Doing it all can leave us feeling overwhelmed, yet somehow seeking help for ourselves can make us feel weak. The reality is, forgetting about our own needs is what weakens us.

“Sometimes asking for help is the most meaningful example of self-reliance”

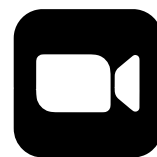
- *Unknown*

As caregivers, we schedule medical appointments and all kinds of therapies for our loved ones, but have you considered therapy for yourself? Scheduling time for yourself is critical. Keeping friendships intact and finding joy in hobbies is what will help you push through when you are feeling overwhelmed. Without meaningful activities we all become short tempered, and we feel less energetic.

We all have been told to reduce our stress by taking time to go to lunch with friends, join an exercise class or an art class. This month I challenge you to seek community supports and know that this will help you be the best caregiver possible. There are several community resources in Broome County such as Yesteryears, Faith Based Saturday Respite Programs, Caregiver Services, and other respite options that can help. The Yesteryears and the Faith Based Saturday Programs provide your loved one with supervision and socialization, giving you time to meet your own needs. Support groups, “Caregiver Chats,” referrals for in home respite workers, and education are also a phone call away.

Get a little R- E- S- P- I- T- E...the time you need to relax, recharge, and revive!

The Broome County Office for Aging can connect you to these resources. Contact us at **607-778-2411** for more information.



Downsize & Declutter Discussion Topic: Inventory & Why We Do It

Yes, it's time consuming, but an inventory of your valuables is helpful for many reasons such as a home disaster and insurance documentation.

Explore more at our Declutter Discussion on Tuesday, June 11th at 3PM at the Broome West Senior Center or on Zoom.

To attend via Zoom, contact Joan Sprague at spraguejm@verizon.net.

LGT LEVENE GOULDIN
& THOMPSON, LLP
ATTORNEYS AT LAW

Elder Law • Asset Protection

Long Term Care Planning

Handicapped Access

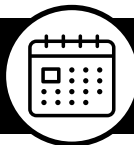
Free Parking

Certified Elder Friendly

Elder Care Coordinator on staff assisting our attorney team

450 Plaza Drive, Vestal, New York

LGTLegal.com • 607.763.9200



Mark Your Calendar! Upcoming Community Events

Psychic/Holistic Fair by Unity of Light Spiritual Center

Saturday, June 1st 10:30 – 4:30PM
955 Main Street, Vestal

No entry fees. Many vendors will be present with beautiful and unique gifts. Food and drinks will be available for purchase. Various readers and healers of different modalities available. \$5 donation for entry to a full day of spiritual presentations on a variety of subjects.

Used Book Sale

Broome County Public Library
185 Court Street, Binghamton
Friday, June 7th and Friday, June 28th 9:15 – 2PM
Saturday, June 8th and Saturday, June 29th 9:15 – 12PM

Book sale open to everyone and supports the library.
Book Sale Prices: Hardcover \$1 each/Paperbacks \$.50 each
Children's Hardcover \$.50/Children's Paperbacks \$.25
Saturday - "fill a bag" for \$5, bring your own bag

Binghamton Downtown Singers present, "Love, Harmony, and Spirit"

Sarah Jane Johnson Memorial United Methodist Church
308 Main Street, Johnson City
Saturday, June 8th 7:30PM
\$21/ticket online/credit card \$20/ticket cash
For more information visit, www.downtownsingers.org/tickets or call 607-205-8741

Pride Palooza

Otsiningo Park
1 Otsiningo Park, Binghamton
Saturday, June 8th 12 – 6PM
No entry fee. Vendors, Food, and Entertainment! Come celebrate Pride Month with us!

Juneteenth Celebrations

48 Carroll Street Binghamton
Saturday, June 22nd 12 – 4PM

Join in the celebration with food, music, and vendors. For more information, please visit <https://info.nystateofhealth.ny.gov/ny-state-health-2024-juneteenth-event>

Broome Bands Together Concert Series

Otsiningo Park
1 Otsiningo Park Binghamton, NY 13905
Tuesday's starting in June from 6 – 8PM

Free summer concert series presented by Coughlin & Gerhart, LLP. The event is free to Broome County residents and will be held at Otsiningo Park on most Tuesdays, weather permitting.

Garden Tour 2024 presented by
Binghamton University Lyceum, Preservation Association of the Southern Tier (PAST) and United Women of Faith of Central UMC

Saturday, June 22nd 10 – 3PM

Tour local gardens in the Endicott/Endwell area for \$20
Tickets may be purchased at Central United Methodist at 17 Nanticoke Ave, Endicott (M-F 9-2PM) or online at www.lyceum.binghamton.edu

Scam of the Month

Grandparent Scams

Scammers contact someone, typically by phone, claiming to be a family member—usually a grandchild—and state that they are in immediate financial need.

What might this look like?

Scammer calls the victim posing as a family member (most of the time as a grandchild) in distress or someone claiming to represent the family member (such as a lawyer or law enforcement agent). The family member of the grandparent states they are in trouble and needs their grandparent to wire them funds that will be used for bail money, lawyer's fees, hospital bills, or another false expense.

Binghamton University Research Study on Memory Processes and Aging Seeking Participants



If you are a community member over the age of 65, please consider participating in a research study by Professors Ian McDonough and Michael Dulas from the Binghamton University Psychology Department. This study seeks to understand how people become aware of their memory processes and how this awareness differs across the adult lifespan. Our results will help improve memory-based education, as well as contribute to research surrounding declines in memory that develop with brain aging. The study will involve the completion of survey questions, memory tasks, and an MRI (magnetic resonance imaging) scan. MRI scans are a safe and painless way to measure brain structure and function. These scans are at no cost to you.

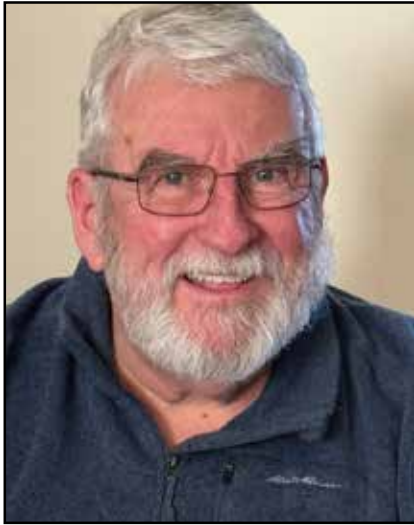
The study is split into two sessions:

Session 1: Interested participants will be screened over the phone for eligibility to complete the study. If eligible, participants will come to our space on Binghamton University's campus to fill out a survey and complete some cognitive tasks. The survey will ask questions about demographics (gender, education level, income, etc.) and health history. All responses to the survey will be kept confidential. The first session will take approximately 35-45 minutes.

Session 2: Participants who completed session 1 will be scheduled for an MRI scan at the UHS Vestal Hospital. During the scan, participants will alternate between periods of rest and periods of cognitive tasks. After the scan, participants will fill out a survey related to the memory strategies they used during the tasks. Participants who complete both sessions will be paid \$50 in cash. The second session will take approximately 1 hour and 45 minutes.

All interested participants will be screened to ensure that an MRI scan will be safe for them to do. Participation in this study is entirely voluntary. **If you have any questions or would like to participate in this study, please contact Dr. McDonough's lab at 607-444-2864 or mac2research@binghamton.edu.**

2024 HIICAP Counselor of the Year John Clark



John has been a valued member of our HIICAP volunteer team since 2016. He came in for counseling for himself and was so impressed with the service, he decided to become a volunteer. He is a kind, compassionate person who makes people feel welcome and heard. The clients he has helped write, "John is wonderful, knowledgeable, professional, and thorough." During the pandemic, he shifted seamlessly to remote appointments to make sure people's needs were being met. He is willing to go above and beyond to help the most vulnerable clients he serves when he can see they need an advocate. Over the course of his volunteer experience with the HIICAP program, he has counseled over 1,000 people and saved \$924,700 for his clients. We are very lucky that John chooses to give his time to provide Medicare counseling services for the residents of Broome County. Thank you, John!

Juneteenth Freedom Day June 19

What is Juneteenth ?

June 19, 2021, marks the 156th anniversary of the last African American slaves being freed in Texas. This year, President Biden signed into law Juneteenth National Independence Day Act, S. 475, creating a federal holiday to commemorate Juneteenth. This is the first federal holiday approved since Martin Luther King Jr. Day in 1983.

On June 19, 1865, federal troops arrived in Galveston, Texas to take control of the state and ensure that all enslaved people be freed. This, however, was two and a half years after the Emancipation Proclamation went into effect in January 1863. This day, the oldest known celebration commemorating the end of slavery in the United States, has become a day for African Americans to celebrate not only their freedom, but their history, culture, and achievements.

"On Juneteenth, we recommit ourselves to the work of equity, equality, and justice. And we celebrate the centuries of struggle, courage, and hope that have brought us to this time of progress and possibility. That work has been led throughout our history by abolitionists and educators, civil rights advocates and lawyers, courageous activists and trade unionists, public officials, and everyday Americans who have helped make real the ideals of our founding documents for all."

- A Proclamation on Juneteenth Day of Observance, 2021,
President Joseph Biden, June 18, 2021

For more information, please visit <https://www.govinfo.gov/features/juneteenth>.



Eastern Broome

Contact: Arlene 607-759-6306

June 27th - West Point

August 5 – 10th - Indiana Amish Area

September 20th - Skaneateles Luncheon Cruise and Merry Go Round Theater

September 23 – 26th - Cape May

December 2nd - Nellie's Irish Christmas

First Ward Travel Group

Contact: Liz W. 607-222-8440

July 10th - Hudson River Cruise

August 7th - Turning Stone Casino

September 23 – 27th - Cape May

Johnson City Senior Center

Contact: Lucy 607-427-6143

August 15th - Skaneateles Dinner Cruise (Sign up by 7/10)

August 29th - The Not-So-Mystery-Tour in Cooperstown
(Sign up by 7/20)

September 17th - Penn's Peak – Believe! The Cher Show
(Sign up by 8/14)

Kirkwood Senior Trips

Contact Jeanie 607-655-2685

June 25th - Cooperstown

September 19th - Moravia

October 22nd - Penn's Peak: The Carpenters

Northern Broome Golden Agers

Contact Sandy 607-761-0629

September 22 – 27th - Biltmore Estate & Asheville, NC
(Sign up by 7/15)

November 4 – 5th - Lancaster Show Trip & the Dutch Country
(Sign up by 8/28)

North Fenton Seniors

Contact: Ruth 607-648-8425

July 26th - Shawnee Playhouse: CABARET

September 8 – 16th - Branson, Missouri (due 8/1)

October 1st - German Fest

Port Crane Seniors

Contact: Donna 607-648-6071

June 11-13th - Ohio Amish Country - Sight & Sound "Ruth"

Vestal Senior Citizens Club

Contact: Jean 607-754-4479

July 18th - Golden Horseshow for Elvis

Sign up: Thursday June 27th at Noon

August 2nd - Cortland for Beauty and the Beast & Lunch at Heuga's
Sign up: Thursday, July 11th at Noon

September 27th - Rev Theater: May We All – Meal at Sherwood Inn
Sign up: Thursday, September 12th at Noon

October 9th - Penn's Peak: Everly Brothers tribute
Sign up: Thursday, September 26th at Noon

November 13th - Hunterdon Hills Christmas Show
Sign up: Thursday, October 24th at Noon



HAPPY 100TH BIRTHDAY



The Senior News wants to wish a very HAPPY BIRTHDAY to these two Broome County Centenarians!

Dorothy H. Weaver (6/7/1924)
Binghamton

"Keep on pecking away, when things are rough keep going....also nice to have a big family...and I'm lucky to have lived this long to see new generations."

Catherine R. Corse (6/29/1923)
Binghamton

"Two things, Be outdoors all the time...coffee and prayer, heavy on the prayer."

We wish you laughs, love, and all the joy in the world!



Summer was our best season: it was sleeping on the back screened porch in cots or trying to sleep in the treehouse; summer was everything good to eat; it was a thousand colors in a parched landscape.

— Harper Lee



"Very easy process and set up."

— Subscriber

The UHS TWIN TIER HOME EMERGENCY ALARM RESPONSE program not only gives you and your caregivers peace of mind, it makes independent living as easy as the push of a button!

nyuhs.org

Our new updated GPS Lanyard device is smaller and more lightweight



Our **IN HOME AND GPS EQUIPMENT** helps individuals remain in their homes and allows them the freedom to go anywhere with confidence!

Visit nyuhs.org for more information.

UHS HOME CARE

601 Riverside Drive
Johnson City, NY 13790
(607) 763-8952

PAID ADVERTISEMENT

Ask The Office

Is the Office for Aging providing Farmers' Market Coupons this year? I look forward to getting fresh produce!

Farmers Market Coupons Available to Local Seniors



Farmers Market Coupons are vouchers that can be exchanged for produce at local farmers' markets. This program is meant to assist individuals who meet age and income guidelines with buying fresh produce from local farmers markets.

Eligibility requirements and voucher distribution sites will be listed in the July Senior News.

You must meet the following guidelines to be eligible:

1. Provide proof of age (**must be age 60 or older**)
2. Be a New York State resident
3. Have a BC Office for Aging ID Card with you or fill out an ID application on site

AND

Meet income guidelines (published in July)

Please bring your Office for Aging ID Card. ID Card applications are available at all Broome County Senior Centers and can also be printed from our website at gobroomecounty.com/seniorlidcard

Looking for Answers? Ask the Office!

Send questions to Broome County Office for Aging
PO Box 1766, Binghamton, NY 13902
or by email at ofa@broomecountyny.gov

We look forward to hearing from you!

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.

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

Apple Coleslaw

The sweet and crunchy coleslaw blends cabbage, carrot, apple, and green pepper for a colorful side dish. You can also try it without the mayonnaise!



Ingredients

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

Directions

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>

Banana Cocoa Yogurt Pops

Take a bite out of these creamy frozen yogurt pops! Banana, cocoa, and yogurt is the perfect combo for a frozen treat!



Ingredients

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 teaspoons cocoa powder
- 1 ice cube tray (or paper cups)

Directions

1. Mash banana with a fork.
2. Mix banana and yogurt well.
3. Stir in cocoa powder.
4. Divide into 4 small paper cups (or 8 mini muffin cups) and place in popsicle sticks (or cut paper straws).
5. Freeze.
6. Enjoy as a frozen treat!

Source: <https://www.myplate.gov/recipes/myplate-cnpp/banana-cocoa-yogurt-pops>

BBQ Chicken Pizza

BBQ sauce, chicken, and bell peppers jazz up these English muffin pizzas.



Ingredients

- 6 English muffins (whole wheat)
- 3/4 cup barbecue sauce
- 1 1/2 cups chicken breast, skinless (cooked, cut-up)
- 3/4 cup cheddar cheese (shredded, smoked, or regular)
- 1 bell pepper (chopped)

Directions

1. Heat oven to 450 °F.
2. Slice English muffins in half and place on ungreased, large cookie sheet.
3. Cut up bell pepper.
4. Spread barbecue sauce on English muffins to within 1/4 inch of edges. Top with chicken, cheese, and bell pepper.
5. Bake 7 to 12 minutes or until cheese is melted.

* Substitution options:

English muffins = Pizza bread

Chicken = Pinto beans, chopped tomatoes, and chopped onions

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/bbq-chicken-pizza>

Cucumber Blueberry Salad

A quick, simple, and refreshing salad featuring fresh blueberries and crisp cucumber chunks with feta cheese, arugula, and a lime vinaigrette.



Ingredients

Vinaigrette

- 1 1/2 tablespoons extra virgin olive oil
- 2 tablespoons white balsamic (or other) vinegar
- 1 tablespoon lime juice, freshly squeezed or bottled
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Salad

- 1 cup fresh blueberries
- 1 medium greenhouse-grown cucumber, cut into small chunks
- 4 cups fresh arugula
- 1/4 medium red onion, thinly sliced
- 1/4 cup crumbled reduced-fat Feta cheese
- 2 tablespoons coarsely chopped walnuts (toasted optional)
- 4 slices whole grain bread

Directions

1. In a small bowl whisk together vinaigrette ingredients.
2. In a large bowl mix together all salad ingredients, except bread.
3. When ready to serve, add vinaigrette to salad and toss.
4. Toast bread, then cut into four pieces.

* Substitution options:

English muffins = Pizza bread

Chicken = Pinto beans, chopped tomatoes, and chopped onions

Source: <https://www.myplate.gov/recipes/myplate-cnpp/cucumber-blueberry-salad>

Affordable Senior Independent Living



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

Laugh Break!

What do you call someone who doesn't believe it is June yet?
A May-Sayer.

Broome County Family Violence Prevention Council



Building Strong Support for Elders

World Elder Abuse Awareness Day is recognized on June 15th each year. This day is an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons. The goal is to raise awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect.

It is important for all communities to raise awareness and combat abuse. In Broome County, the Family Violence Prevention Council is a dedicated group of individuals committed to fostering safe and healthy relationships within our community. They also aim to decrease the incidents of family violence, including elder abuse.

The Council works with community agencies to develop and implement a comprehensive, coordinated community program for preventing, identifying, assessing, and treating all forms of family violence. This program aims to address various aspects of family violence prevention and intervention.

The Council's main functions include:

1. Preventing family violence, maltreatment, and neglect in all its forms - child abuse, domestic violence, and elder abuse
2. Protect the most vulnerable members of families and end family abuse where it has occurred
3. Strengthen and support families and individuals to live free of family violence

One subcommittee of the Family Violence Prevention Council is the Elder Abuse Prevention Committee. This committee made up of agencies who serve older adults in Broome County provides an ongoing forum to review issues surrounding elder abuse and neglect.

Older adults who are at greatest risk of being abused or neglected include:

- Those who lack social supports in the community
- Those who have physical or mental impairments
- Those who are over the age of 80
- Women

Older adults are sometimes reluctant to report when they are being abused or have been victimized. In fact, as many as 1 in 10 older Americans are abused or neglected each year, only 1 in 14 cases of elder abuse ever come to authorities' attention. Here are some the reasons older adults may not want to report the abuse or tell someone:

- Fear of retaliation
- Fear of unknown consequences (e.g., like having to go into a nursing home)
- Shame and embarrassment
- Fear of being alone
- Loyalty to caregiver

If you believe that you know someone who is being victimized, please notify the proper agency of your concern. The following are places that you can call to seek help for the individual:

- If the person resides in their home in Broome County, you should call Broome County Protective Services for Adults (at the Department of Social Services) at **607-778-2635**; Monday through Friday, 8:00 a.m. – 4:00 p.m. If it is an emergency that cannot wait for normal business hours call your local police department.
- If the person you are concerned about does not reside in Broome County, you can call your local Department of Social Services in the county where they live and ask for Protective Services for Adults, or in other counties in New York State you can call **1-844-697-3505** (M-F 8:00am -5:00pm)

If you are interested in a presentation on elder abuse prevention, please call Kristin Beylo, the Coordinator of Family Violence Prevention Council at **607-778-2626** or email Kristin.Beylo@broomecountyny.gov.

Information provided by <https://worldelderabuseawareness.com/> & <https://www.gobroomecounty.com/fvpc/eai>

IS NOW THE TIME TO *Sell* OUR HOME?

- ✓ Seller's Market
- ✓ Prices are at an ALL-TIME HIGH
- ✓ Buyer Saturated Market
- ✓ MORE for your property!
- ✓ Short Answer - YES!!!!



"DIAL DIANE" FOR A FREE CONSULTATION
(c) 607-760-4774

HELPING PEOPLE SELL THEIR HOMES FOR **OVER 35 YEARS.**

DIANE K. WHITE
LIC. RE ASSOCIATE BROKER

Diane is a Seniors Real Estate Specialist (SRES) that is an expert in helping seniors like us sell their homes. Let's Dial Diane for a free consultation and see how she can help us!




Dialdiane@warrenhomes.com
3456 Vestal Parkway East
Vestal, NY



PAID ADVERTISEMENT

Sick & Tired of Varicose Veins?

But You're Scared of Surgery?



Before After


"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

Look What's Happening at the Centers!

Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760

Center Hours: Monday - Friday, 9 – 3PM

Gift Shop: Monday – Friday, 9 – 2PM

Lunch is served at 12PM

607-785-1777

Weekly Activities

Monday: BoneSavers 9:30AM; Hand and Foot Card Game 12:30-2:45PM

Tuesday: Adult Coloring 9:30AM; Mahjong Group 10AM;

Chair Exercises 10:30AM; Scrabble 12:30 - 2:45PM;

Ping Pong 1 - 2:45PM; Yarn Group 1PM

Wednesday: BoneSavers 10AM; Canasta 1 - 2:45PM;

Floor Shuffleboard 1 -2:30PM

Thursday: Wii Bowling 9:30AM; Chair Exercises 10:30AM;

Social Connections 1PM; Chair Yoga 1PM

Friday: Mahjong 12:30 - 2:45PM; Ping Pong 1PM; Cornhole 1PM

Special Activities

6/3, 10, 17, & 24 Breakfast for Lunch! 10:30 – 12PM

6/3 Nutrition presentation by Kathleen Cook, CCE 11:30PM

6/6 Legal Aide 9AM Please call to make an appointment.

6/7 Fun Friday with BINGO, Gene Civic, Birthdays & Anniversaries 11AM

6/7 OFA Nutrition: Eating Health on a Budget 12:15PM

6/11 Downsize & Declutter 3PM

6/11 Creative Aging Caregiver Dinner 4:30PM Presentation for

Caregivers 5:15PM Music by Kevin Oriole 5:30PM

Reservations required by 6/5 by calling 607-778-2411

6/12 GFJ Tech Class presentation on AI 11AM

6/14 Father's Day Luncheon with entertainment by Jim Lamb 11AM

6/17 Alzheimer's Organization:

Understanding Alzheimer's and Dementia 12PM

6/21 Emergency Preparedness presentation 11AM

6/24 Historian Jack Shay 12PM

6/25 Discover Live – Buenos Aires, Argentina 1:30PM

6/25 Bright and Beautiful Therapy Dogs 12PM

6/28 Pizza Day and Trivia 12PM

Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

Center Hours: Mondays, Wednesdays, and Fridays, 10 – 2PM

Lunch is served around 12PM

607-663-0406

Weekly Activities:

Monday: In-Person or Zoom Sit Down Chair Yoga 9AM; In-Person or

Zoom: Drumming 2PM; Walk with Friends 1PM; Marbles 10 – 2PM

Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM

Wednesday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga

11AM In-Person or Zoom; Walk with Friends 1PM; Wii Wednesdays

10 – 2PM; Hand & Foot Card Game 10AM

Thursdays: ZOOM ONLY: Chair Dance Yoga 9AM

Friday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM

In-Person or Zoom; Walk with Friends 1PM; Mahjongg 10AM

All Zoom Classes

Meeting ID: 706 942 1672 • Password: 123456

Special Events:

6/3 Saving Money with Medicare by AOP 12PM

6/5 & 28 BINGO with Sallie 10:30AM

6/5 Clover Chat 1PM

6/7 Donut Day 10 – 2PM

6/10 Iced Tea Day 12PM

6/10 & 24 Crochet with Kathy 10:30AM

6/14 Father's Day Luncheon 12PM

6/14 OFA's 50th Anniversary Memory Maker Project 1PM

6/17 Eat Your Vegetables Day 10 – 2PM

6/17 Afternoon Summer Dance with Rich Wilson 1:30 – 2PM

6/21 Music Day 10 – 12PM

6/28 Nutrition presentation by Kathleen Cook, CCE 12PM

Deposit Senior Center

14 Monument Street, Deposit, NY 13754

Located in Christ Episcopal Church

Center Hours: Tuesday & Thursday, 10 – 2PM

Lunch served at 12:30PM

607-467-3953

Weekly Activities

Tuesday: BINGO 1PM

Thursday: Wii Games 10:30AM – 12:30PM

Special Activities

6/4 OFA Nutrition: Eating Healthy on a Budget 12:30PM

6/4 Breakfast for Lunch 12:30PM

6/6 Clay Sculpting with Bridgette 11AM

6/11 Western Day 11AM

6/20 Delaware County OFA presentation 11 – 12PM

6/20 Nutrition presentation by Kathleen, CCE 12PM

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

Center Hours: Monday – Friday, 9 – 2:30PM

Lunch served at 12PM

Breakfast Made-To-Order: Tuesdays, 8 - 9:30AM

607-693-2069

Weekly Activities

Monday: Shuffleboard (call ahead to sign up) 9AM;

Gentle Yoga 9:30AM; Canasta 10:30AM

Tuesday: Breakfast to Order 8 - 9:30AM; Music JAM 10AM,

Mobile DMV 9 - 1PM (Closed 11:30 - 12PM)

Wednesday: Crafters' Group & Wood Burning 9 - 11AM; Billiards 10AM

Thursday: Painting Group 9 - 11AM; Bingo for Prizes 10 - 11:30AM;

Golden Griddle Breakfast 11:45 – 12:45PM

Friday: Shuffleboard (call ahead to sign up) 9AM; Gentle Tai Chi 9:30AM

Special Activities

6/3 June birthday celebrations! 10:30AM

6/7 Burger Bar 11:30 - 12:30PM Walk Ins Welcome!

6/7 Laughtercize with Traci Penna 1 – 2PM

6/11 & 25 Chop and Chat 12:30PM

Reservations required by the Thursday prior.

6/12 Officers and Finance Meeting 9:15AM

6/12 Senior Center Site Council Meeting 10:45AM

6/14 Men's/Father's Day Observation 9 – 10:30AM Coffee,

Bagels, and More! Followed by a Delicious Luncheon at 12PM

6/20 Golden Griddle Breakfast 11:45 – 12:30PM

6/24 Farm Animal Race! 10AM

6/26 Legal Aide Society 9 – 12PM Please call for an appointment.

6/27 OFA Nutrition: Eating Health on a Budget 12:15PM

6/27 Evening Meal and Entertainment 4:30PM

First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905

Center Hours: Mon- Fri 8:30 - 3:30PM

Lunch served at 11:15AM

607-797-2307 | Meal reservations: 607-729-6214

Weekly Activities

Monday: JFF Pool League 9AM; Zumba 9:30AM (\$3); Bonesavers 10AM;

Chair Yoga 11AM (\$5); Penny Bingo 12:30PM; Texas Hold'em 12:30PM

Tuesday: Shuffleboard 9AM; Knitting & Crocheting 9AM; Progressive

Pinochle 11:30AM; Int. Mahjong 12:30PM

Wednesday: Ceramic 9AM; Bonesavers 10AM; Chorus 9AM (when

in session; call for details)

Thursday: Sewing 9AM; Cornhole 1PM

Friday: Ceramic 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

6/3 Breakfast for Lunch 10:45-12:15PM (No take-out available)

6/4 & 18 15-minute Reiki; Chakra; Card Readings;

or Foot Reflexology 10 - 11:30AM \$3

(advanced registration and payment required; 607-797-2307)

- 6/4 Chop & Chat: Spaghetti Salad 1PM
Reservations required 607-797-2307.
- 6/5 & 12 BT BOCES Practical Nurse Students - Blood Pressure Screenings & Presentation 11 - 12:30PM
- 6/6 Executive Board Meeting 9:30AM
- 6/7 BU Aging Brain Series: "Current Trends in Aging Research" 12PM
- 6/10 Legal Aid 9AM (Appointment required, please call.)
- 6/11 Make Healthy Eating Part of Your Total Lifestyle presentation by Kathleen Cook, CCE 12PM
- 6/13 OFA's 50th Anniversary Memory Maker Project 10AM
- 6/13 & 14 AARP Driver Safety Course 9 - 12:15PM
(advanced registration required)
- 6/14 Father's Day Luncheon w/ Musical Guest Jilissa Vellake @ 12PM
- 6/17 Breakfast for Lunch 10:45- 12:15PM (No take-out available)
- 6/18 Saving Money with Medicare presentation by AOP 12PM
- 6/18 Chop & Chat: Black Bean; Corn; and Quinoa Salad 1PM
Reservations required one week in advance 607-797-2307.
- 6/20 OFA Nutrition: Eating Health on a Budget 12PM
- 6/21 Film Friday: "Like Father" 1PM (Free popcorn, soda for sale)
- 6/28 Film Friday: "Open Range" 1PM (Free popcorn, soda for sale)

Johnson City Senior Center

30 Brocton Street, Johnson City, NY 13790
Center Hours: Monday – Thursday, 9 – 4PM; Friday, 9 – 2PM
Lunch served at 11:45AM
607-797-3145

Weekly Activities

Monday: Bingo Board Sales 12:30 – 1:30PM;
Games Played 1:30 – 4:30PM, Guitar Group 9 – 12PM (\$2);
Watercolor Painting 9:30 – 11:30AM (\$3); Gentle Yoga 9:30 – 10:30AM (\$3); Line Dancing 10:45 – 11:45AM (\$3); Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises 12:30 – 1:00PM (no fee); Balance + Mobility 1 – 2PM (no fee)

Tuesday: TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3);
Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee);
Table Shuffleboard 12:30 – 3:00PM (\$1)

Wednesday: Quilting 9 – 12PM; Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Balance + Mobility 1 – 2PM (no fee)

Thursday: Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Tai Chi 1 – 2PM (\$3)

Friday: Gentle Yoga 10 – 11AM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

- 6/3 Stay Healthy Caregiver Support Group 1 – 2:30PM
- 6/5 The Medicine Shoppe
(glucose, blood pressure & O2 checks) 10 – 12PM
- 6/6 Dealing with Family Issues with Rev. Hilda 10 – 12:00PM
- 6/7 OFA's 50th Anniversary Memory Maker Project 10 – 11:30AM
- 6/7, 6/14, 6/21, 6/28 Poetry Group 12:30PM
- 6/12 Discover Live - London, England 10:30AM
- 6/12 LGBTQ+ Senior Social Group 3 – 4PM
- 6/13 CRASE (Civilian Response to Active Shooter Events)
with Officer Peets 1 – 2:00PM
- 6/14 Father's Day Luncheon 11:45AM
- 6/18 CapTel Phone Presentation 10:30 – 11:30AM
- 6/20 Legal Aid 9AM – 12 PM. Call 607-797-3145 for an appointment.
- 6/21 Make Healthy Eating Part of Your Total Lifestyle presentation by Kathleen Cook, CCE 10:30 – 11:30AM
- 6/26 Doug's Fish Fry Fundraiser 11 – 6:00PM
- 6/27 + 6/28 AARP Driver Safety Class 1 – 4:15PM (call to register)

Northern Broome Senior Center

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Monday - Friday, 9 – 3PM
Senior Center Store: Monday – Friday, 9 – 3PM
Lunch served at 12PM
607-692-3405

Weekly Activities

Monday: Bingo 10:30 – 11:30 AM; Mobile DMV 9 – 1PM

- Tuesday:** Crochet & Knitting Class 9AM; Osteo Bonesavers Class 10 – 11:00AM; Wii Bowling 10AM
- Wednesday:** Sewing 10:30AM; Bridge 12PM; Shuffleboard 10AM
- Thursday:** Pitch 9AM; Osteo Bonesavers Class 10 – 11AM
- Friday:** Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:

- 6/4 OFA's 50th Anniversary Memory Maker Project 10AM
- 6/6 & 6/20 Cornhole outside! 10:30 - 11:30AM
- 6/13 Homemade Breakfast for Lunch 10AM
- 6/4 & 6/18 Golden Agers 12PM
- 6/14 Father's Day Celebration with door prizes and special BINGO! 12PM
- 6/28 Northern Broome's 50th Anniversary 10 – 3PM Please see page 14 for a breakdown of events.

The Northern Broome Senior Center is looking for volunteers to help with meal service. Volunteers are needed M-F from approximately 11 – 1PM, talk with Heather about joining our team!

North Shore Towers Senior Center

24 Isbell Street, Binghamton, NY 13901
Center Hours: Monday - Friday, 10 – 2PM
Lunch served at 12PM
607-772-6214

Weekly Activities

- Monday:** Wii Bowling 10AM
- Tuesday:** Greed Game 10 - 11:30AM
- Wednesday:** Shuffleboard 10AM
- Thursday:** Greed Game 10 - 11:30AM
- Friday:** Greed Game 10 – 11:30AM; Gardening 10AM

Special Activities

- 6/3 Plant Gardens in Courtyard (Weather permitting) 10:30AM
- 6/5, 12, & 26 Indoor Walking Club 1PM
- 6/7 National Donut Day! 10:15AM
- 6/13 Pizza Day! 12PM Please call for a meal reservation by 6/11 at Noon.
- 6/14 Father's Day Celebrations and Flag Day 12PM
- 6/21 Summer Solstice 10 – 2PM

Vestal Senior Center

201 Main Street, Box #4, Vestal, NY 13850
Located in Old Vestal High School Cafeteria
Center Hours: Monday - Friday, 9 – 2PM
Lunch served at 11:15AM
607-754-9596

Weekly Activities

- Monday:** Mahjong 12PM
- Tuesday:** Pinochle (new players welcome) 9AM
- Wednesday:** Knitting 9:30AM; Sandwich Bar 11:15AM (reservations appreciated); Bridge (new players welcome), 12PM; Oil Painting 1PM
- Thursday:** Card Group 9AM; Bingo 10AM; Ice Cream 12PM
- Friday:** Chef Salads 11:30AM (reservations required)

Special Activities

- 6/3 King High Card Game 12PM
- 6/5 Saving Money with Medicare presentation by AOP 10:30AM
- 6/10 & 6/24 Chop and Chat 10AM Please call to reserve.
- 6/11 Craft Class 10AM \$10
- 6/12 Tech Help from the Vestal Library 10AM
- 6/12 Understanding Alzheimers & Dementia presentation 11:45AM
- 6/14 Father's Day Celebrations: Luncheon 11:15AM
All fellas will receive free ice cream at 12PM!
- 6/17 Discover Live - Sao Paulo, Brazil 1:30PM
- 6/17 Breakfast for Lunch 11:45AM
- 6/25 Vestal Senior Club Meeting Day 12:15PM
- 6/26 Nutrition presentation by Kathleen Cook, CCE 10:15AM
- 6/27 Vestal Club trip sign up: The Golden Horse for Elvis 12 – 2PM
- 6/28 Pizza or Chef's Salad 11:15AM
- 6/28 Bunko 12PM
- 8/12 & 13 AARP Driver's Safety Course 2 – 5:30PM
Now accepting registrations!



The Memory Maker Project will be providing art workshops at the centers to help us celebrate 50 years of service!

Come join the fun as Memory Maker Project provides a variety of still-life objects that are thematically connected to the year 1974. Memory Maker will facilitate conversations using these objects as inspiration—where participants will be encouraged to exchange stories about their personal experiences, ideas, and opinions about the time period at hand. Participants will then be invited to paint the objects or respond to conversations through painting

- Northern Broome: June 4th at 10AM
- Johnson City: June 7th at 10AM
- First Ward: June 13th at 10AM
- Chenango Bridge: June 14th at 1PM

For those wishing to participate, OFA and Memory Maker Project are working on a collaboration with the Broome County Arts Council to frame and host a display at First Friday! Family is invited to Atomic Tom's on Friday, July 5th for an early reception from 4:30-5:30 pm and then open to the public from 6 – 9 pm.

Safe and Fun in the Sun!

With summer upon us, now is the perfect time to go outside and enjoy the warmth, sunshine, and fresh air! Going outside can benefit not only our physical health, but also our mental and emotional wellbeing. Joining a friend to walk in one of Broome County's parks is a great way to de-stress and socialize while taking steps to strengthen your bones, reduce your blood pressure, and improve coordination. Vitamin D, which we get from the sun, can help protect against osteoporosis, reduce inflammation, regulate insulin, improve immunity, and boost your mood! However, it is important to be safe and responsible while spending time outdoors. Keep the tips below in mind to help enjoy the benefits of being outside while mitigating the risks:

- Sun Protection:** Make sure to protect your eyes and skin from harmful UV rays. Too much sun exposure can lead to skin cancer and loss of skin elasticity, even in people with darker skin tones or who don't burn easily. Apply sunscreen with at least SPF 30 regularly, use sunglasses with 100% UV absorption, and wear protective clothing such as wide-brimmed hats or UPF-rated shirts.
- Hydration:** It's easy to accidentally become dehydrated while spending time outdoors, especially on hot days or while exercising. You may have to drink more water than you normally do; make sure to drink water before, during, and after outdoor activities. Besides thirst, symptoms of dehydration include fatigue, confusion, and less frequent or dark-colored urine.
- Moderation:** Exercising in the heat can take more of a toll on yourself than you may be expecting. Be sure to listen to what your body is communicating to you: if you feel lightheaded or dizzy, take a break inside or under the shade for as long as you need.

For more information on how to practice sun safety, contact Alicia Spencer Cancer Prevention in Action Grant Program Coordinator at 607-778-2848.



Office of the State Long Term Care Ombudsman

Ombudsmen Long-Term Care Update

Long-Term Care Ombudsmen are advocates for residents residing in long-term care facilities across the state. Ombudsmen provide information and assistance to long-term care residents and their families to attain quality care. They are specifically trained to investigate complaints and resolve problems.

Ombudsmen provide a "regular presence" in facilities so they can get to know residents, their needs, and those things that make a difference in their everyday lives. Staffing issues are among the top concerns. Appropriate staffing levels decrease errors, increase resident satisfaction, and increase staff retention rates.

On April 22, 2024, the Centers for Medicare & Medicaid Services (CMS) announced the first steps in implementing a Federal Minimum Staffing Standard. This Final Rule will require skilled nursing facilities to provide a total of 3.48 hours of total care per resident per day, **including** Registered Nursing 24 hours a day 7 days a week. The requirements of this final rule prioritize safety and health care quality. This is the first step in the journey to improve life for our seniors.

Action for Older Persons in Endicott, NY sponsors the regional New York State (NYS) Long Term Care Ombudsman Program (LTCOP) in this local area. For more information about the LTCOP, please contact Danielle LaBare this LTCOP's Program Coordinator at 607-722-1251 or dlabare@actionforolderpersons.org.

NYS LTCOP Services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.

Just For Laughs

Why did the teacher jump into the pool?

He wanted to test the water!

HAIR @ HOME

Attention Men and Women!

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

Reasonable Prices!

- Shampoo/Cuts
- Shampoo/Set
- Perms:
- Highlights
- Color
- Manicures



Call Barb

Wittig for

appointment:

(607)862-3450

No charge for travel!


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

PAID ADVERTISEMENT

"At the end of the day, it's not about what you have or even what you've accomplished. It's about what you've done with those accomplishments. It's about who you've lifted up, who you've made better. It's about what you've given back."

Denzel Washington

 **Coughlin & Gerhart LLP**
ATTORNEYS AND COUNSELORS

Main Office:
99 Corporate Drive
Binghamton, NY 13904
607-723-9511
www.CGLawOffices.com

Branch Offices In:

Bainbridge | Cortland | Hancock | Ithaca | Montrose | Owego | Walton |

1-877-COUGHLIN

- **ESTATE PLANNING:** Wills, Trusts, Powers of Attorney, and Tax Planning
- **ESTATE ADMINISTRATION:** Probate & Administration, Judicial and Informal Accountings, Surrogate Court Proceedings, Estate Taxes
- **ELDER LAW:** Basic Planning, Asset Preservation, Medicaid Planning, Living Wills and Health Care Proxies, Long-term Care, Guardianships, Planning Insurance, Medicare / Medicaid Advice

PAID ADVERTISEMENT

What's the Secret to Life?

We want to hear from you! What is the best piece of life advice you can give someone? What are some sure ways to ensure a happy and healthy life?

We will be featuring some responses in the July edition of the Senior News. We are looking forward to hearing your advice!

Send your name, phone number, and submission to:
 Broome County Office for Aging
 Attention: Senior News
 PO Box 1766
 Binghamton, NY 13902
 Or email nicole.nordstrom@broomecountyny.gov

Sudoku Answers

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

Make Healthy Eating Part of Your Total Lifestyle

Kathleen Cook, SNAP-Ed Nutrition Educator,
 Cornell Cooperative Extension

No one wants to have to think about food all the time; what is "good" or what is "bad"? It's best to realize that no food is either all good or all bad! Focus on all the food groups to get the nutrients you need to be well and feel well. Fruits, vegetables, grains, protein foods and dairy satisfy the various needs of each part of the body.

Use the nutrition facts label to see how much added sugars, sodium and saturated fats are in the choices you're about to make and aim for the ones with lesser amounts of those ingredients. Sometimes different brands of the same item can vary widely, so it's helpful to compare.

When going out to eat, try ordering smaller portions or lower calorie items. Adding more vegetables and fruits will naturally lighten the calories, give you more fiber, and increase your vitamins and minerals for the day. At home, enjoy canned, frozen, or fresh produce.

Eating a small portion of whole grains like brown rice, whole wheat bread, or oatmeal each day will help your body feel satisfied longer than the more processed white grains, and including a protein with each meal also helps curb hunger and feed muscles and your brain.

When overall eating habits are on the healthier side, occasionally indulging in some sweet, salty, or higher fat foods is not such a big deal!

Technology Classes to Help Older Adults Become Tech Savvy

Join classes offered through the George F. Johnson Library.

Tech 360 Computer & Internet Basics Two-Week Courses!

Join our launch of the basic computer course Tech 360! This **two-week** course will cover **computer and internet** basics and build your tech skills. Patrons who complete the two-week course will receive a certificate of completion and a \$25 Dunkin Gift Card. Spots for each offering of the course are limited, but people on a waitlist will be given the first chance to register for new sessions as they are scheduled. Patrons can only take this course once.

Call the Tech Center at **607-757-5359** for more information.

We offer many other **FREE** in-person and virtual tech classes, as well as **one-on-one tech help**. Contact us at **607-757-5359** or gjftechcenter@gmail.com for more information!

George F. Johnson Memorial Library
 1001 Park St.
 Endicott, NY 13760

The library has multiple classes you can watch on your own time. Visit <https://www.gfjlibrary.org/tc/on-demand-virtual-learning/> to view the options.

George F. Johnson Tech Center comes to the Broome West Senior Center!

Wednesday, June 12th 11AM
 Topic: AI, What Is It And How Are We Using It?
 Offering one on one tech assistance!

Vestal Library comes to the Vestal Senior Center

Wednesday, June 12th 10AM
 Technology help!

One-on-One Technology Assistance

Broome County Library: Assistance is available every Thursday from 1 – 3 PM. Call **(607) 778-6451** or email bcplreference@gmail.com to book a 20-minute session.

Nineveh Public Library (Tech Talk for Seniors): Technology assistance and answers to your questions are now available! Call the Library for details. **(607) 693-1858**

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.





Throughout the Decades We've Been Open

1974 **CELEBRATING 50** 2024

NORTHERN BROOME
SENIOR CENTER

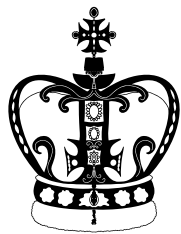
FRIDAY, JUNE 28TH AT 10:00AM

2024 marks 50 years of the Northern Broome Senior Center's opening and we want you to come celebrate with us! We will be having the below celebrations taking place:

Refreshments at 10AM
 Introductions at 11:30AM • Dining at 12PM
 Musical Guest Friday at Fred's at 12:45PM

Please call 607-692-3405 to make a meal reservation by 6/27 at noon.

Prior to the event, please bring in any photos/memories you have from over the years at NBSC to help us decorate with!



It is often the small steps, not the giant leaps, that bring about the most lasting change.
 — HRH Queen Elizabeth II

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



LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, June 12th, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

HAPPY PRIDE MONTH FROM THE BROOME COUNTY OFFICE FOR AGING!



What is Pride Month?

Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as "Gay Pride Day," but the actual day was flexible. In major cities across the nation the "day" soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual, and transgender individuals have had on history locally, nationally, and internationally.

More for information on Pride Month, please visit <https://www.loc.gov/lgbt-pride-month/about/>

Laugh Break!

And where do sharks go on vacation?

Finland!



Broome County
Office for Aging 

**WE ARE
 HIRING!**

JOIN OUR AMAZING TEAM

**Come Join the Team at Broome County Office for Aging!
 We are now hiring for the below positions:**

- Foster Grandparent Classroom Volunteer
 Income Eligibility Required
 No Civil Service Exam Required
 Monday - Friday; Hours Vary
- On Call Leisure Time Activity Leader
 Yesteryears: Group Respite Program
 No Civil Service Exam Required
 Monday – Friday; Hours Vary
- On Call Senior Site Supervisor
 Yesteryears: Group Respite Program
 No Civil Service Exam Required
 Monday – Friday; Hours Vary
- On Call Senior Site Supervisor
 Senior Centers
 No Civil Service Exam Required
 Monday – Friday, Hours Vary

**To inquire about these positions call Mary at OFA at
 607-778-2411**

Fast Facts from 1960

- On July 15, 1960, Senator John F. Kennedy accepts the Democratic nomination for president at Memorial Colliseum, Los Angeles, CA.
- After 13 years, NBC cancels Howdy Doody. The last episode airs September 24, 1960.
- Harper Lee's 1961 book To Kill A Mockingbird is a bestseller.
- On October 1, 1962, James H. Meredith becomes the first black student to attend the University of Mississippi.
- Betty Friedan's 1963 book The Feminine Mystique critiques the myth that a woman's identity is linked to childrearing and the accomplishments of their husbands.
- The Beatles make their U.S. debut on The Ed Sullivan Show, on February 9, 1964.
- The 9th Marine Expeditionary Brigade arrive in Vietnam on March 8, 1965.
- Apollo astronauts Virgil Grissom, Edward White, and Roger Chaffee die during a simulated launch exercise on January 27, 1967.
- Western movie hero John Wayne wins the 1969 Best Actor Oscar for his role in the movie True Grit beating now legendary actors Richard Burton, Peter O'Toole, Dustin Hoffman, and Jon Voight.
- The August 1969 Woodstock Music and Art Fair draws more than 450,000 people to Bethel, NY.

For more fun facts, please visit https://www.census.gov/history/www/through_the_decades/fast_facts/1960_fast_facts.html

Using Prepaid Meal Tickets at the Senior Centers

Making change can sometimes be a nuisance. Did you know that the Office for Aging has meal tickets that can be used for senior center lunches. A meal ticket, which can be purchased at any Broome County Senior Center, is good for one lunch. You can also purchase Gift tickets for your family and friends. A meal at a senior center is a great gift during the holidays, for birthdays, or anytime!

Lunch is a suggested contribution of \$4 for those age 60+ and their spouse. People under age 60 pay \$5 for lunch.

Does an Older Adult in Your Life Need Help?

It is not always clear whether an aging parent or relative needs help. Sometimes a person will recognize that they need help and request it, or an emergency or sudden illness will make it clear. Others may not want to cause worry or admit they're struggling.

How to tell if someone needs extra support:

The best way to know what someone needs is to ask them directly. But a phone call, email, or text message is not always the best way to tell whether an older person needs help. These signs may indicate that someone needs extra support:

Changes at home. When you spend time at the person's home, you might notice possible trouble spots. Some examples include:

- Can the person prepare meals on a stove safely?
- Is the home relatively clean and free of clutter?
- Do they have the medications they need, and are they taking them regularly?

Other health concerns: Signs related to the person's general health that can raise concerns include:

- Significant weight gain or weight loss
- Confusion
- Poor hygiene
- Falls

Memory issues: Occasional forgetfulness is a normal part of aging. But more significant memory problems, changes in thinking ability or personality, or poor decision-making could indicate a serious condition that requires medical attention.

For more information, please visit <https://www.nia.nih.gov/health/caregiving/does-older-adult-your-life-need-help>



Amanda VanFossen,
 NYS Licensed
 Hearing
 Aid Dispenser



Amanda Levy, Au.D.
 Doctor of
 Audiology

**Our hearing experts
 are here to serve you!**

The entire staff at **Tri-City Hearing** is committed to giving patients the best hearing care possible. If you or a loved one is experiencing hearing loss, call the experts at Tri-City Hearing and trust your hearing to the best.

Services:

- Complimentary Digital Hearing Aid Demos
- Hearing Aid Adjustments
- Hearing Aid Repairs
- Complete Hearing Healthcare
- Accepting Most Insurances

Complimentary Hearing Screenings

Call us today to learn more about your hearing health!



200 Plaza Drive, Vestal, NY 13850
 (888) 318-2789

A member of the Timeless Hearing network

June Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$4.00 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$5.00 per meal.
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Beef Stew over a Biscuit 3 Peas Warm Spiced Apples Oatmeal Raisin Cookie	Chicken Salad Croissant 4 Chicken Noodle Soup Fruit Cup Chocolate Pudding	Salisbury Steak Or Halupki 5 Mashed Potatoes Carrots Apple Crisp	Roasted Chicken Breast 6 Bread Dressing Winter Squash Pears	Manicotti 7 Italian Green Beans Garden Salad Pineapple Upside Down Cake
Macaroni & Cheese 10 Stewed Tomatoes Brussels Sprouts Double Chocolate Cookie	Ham & Swiss On Rye 11 Stuffed Pepper Soup Banana Sugar Cookie	Pulled Chicken OR Sausage w/Peppers & Onions 12 O'Brien Potatoes Hawaiian Coleslaw Marble Ice Cream Cup	Liver w/Onions OR Seasoned Chicken 13 Mashed Potatoes Country Blend Vegetables Mandarin Oranges	Father's Day Celebration Chicken Cordon Bleu OR Beer Battered Fish 14 Roasted Potatoes French Cut Green Beans Black Forest Pudding
Pierogies w/Kielbasa 17 Oriental Blend Vegetables Chocolate Chip Cookie	Pub Burger OR Breaded Chicken Sandwich 18 Macaroni Salad Pickled Beet Salad Pineapple	Center's Closed In Observance of Juneteenth 19	Beef Burgundy Over Noodles 20 Brussels Sprouts Cinnamon Rice Pudding	Turkey Salad Or Egg Salad Croissant 21 Tomato Florentine Soup Mandarin Oranges Ice Cream Cup
Meatball Parmesan Sub 24 Pasta Fagioli Soup Fruit Cup Sherbet Cup	Ham Au Jus OR Citrus Rubbed Fish 25 Scalloped Potatoes Stewed Tomatoes Spice Cake	Teriyaki Chicken OR Apricot Meatballs 26 Brown Rice Pilaf Oriental Blend Vegetables Mandarin Oranges	Hot Dog OR Tuna Salad 27 Baked Beans Red Potato Salad Fresh Melon	Rotisserie Chicken OR Beer Battered Fish 28 Baked Potato Carrots Vanilla Pudding

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