

BROOME COUNTY OFFICE FOR AGING

SENIOR NEWS

Visit Our Website at www.broomecountyny.gov/senior



Heart Healthy Living

Join us in celebrating American Heart Month by learning simple tips to prevent heart disease.

CHECK OUT OUR NEW LOOK!

We're excited to introduce a brand new layout designed entirely around you, our reader!

In this edition of the *Senior News*, you will notice that we have organized our content into two clear sections to make planning easier. Now events and schedules are grouped together first, followed by all informational articles.

This new structure ensures a smoother reading process, making it easier than ever to quickly find the information you need and plan your entire month.

Broome County
Office for Aging 

Valentine's Day Celebration at Senior Centers

**Friday, February 13th
(Thursday, February 12th at the Deposit Senior Center)**

Celebrate Valentine's Day with friends and festivities. Cupid's arrow will get you in the tummy with a delicious lunch of chicken cordon bleu or broiled fish, sides and Red velvet cake cup for dessert.

Lunch reservations are required and can be made by calling the senior center of your choice by noon on February 12th (February 10th for Deposit). In addition to a special lunch, centers will have activities and entertainment planned. See the Look What's Happening section of this publication for details.

There is a voluntary suggested contribution for lunch of \$4.00 for those age 60+ and spouse of any age and a charge of \$5.00 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.



Join us on Facebook

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BroomeCountyOfficeForAging/](https://facebook.com/BroomeCountyOfficeForAging/)

Health and Wellness

Motivation with MaryJane

February is American Heart Month, a time to focus on preventing heart disease, the leading cause of death in the United States. Healthy eating and regular exercise are two of the most powerful ways to protect your heart. Aim for a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats while cutting back on processed foods, sodium, and unhealthy fats. Regular physical activity—like walking, swimming, or even gardening—can help control blood pressure, lower cholesterol, and maintain a healthy weight. Just 30 minutes of exercise most days of the week can make a big difference. By adopting these heart-healthy habits, you can reduce your risk of heart disease and improve overall well-being.

Tai Chi for Beginners

Tai Chi is going to be offered at Chenango Bridge Senior Center located at the First United Methodist Church located at 740 River Road in Binghamton starting February 23rd. The class will be held on Mondays and Wednesdays at 1PM.



It is an 8-week evidence-based program that features Sun-Style Tai Chi movements. These movements have been proven to prevent falls and are particularly beneficial to those with arthritis.

If you are interested in participating, please call the number below. Pre-registration is required as space is limited.

To register: Call OFA at 607-778-2411.

The Mobility Minute

This recurring feature is your monthly guide to fall prevention, designed to help you maintain independence. Each month, we will share simple, actionable tips focusing on home safety, footcare, and personal confidence. You deserve to feel confident in each step you take.

What you wear on your feet matters. By wearing proper footwear, you can decrease your risk of falls and injuries. Let's compare our favorite pair of shoes to the tips below, do they meet the standard for safe shoes?

Please discuss proper footcare with your healthcare provider to get feedback specific to your needs.



Sourced: www.cdc.gov/steadi

WEEKLY ACTIVITIES

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each student's 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 Yoga: Mondays 9:00AM

ZOOM – Chair Drumming Exercises: Mondays 2:00PM

ZOOM – Chair Dance and Yoga:

Tuesdays 9:00AM, Wednesdays 11:00AM,
Thursdays 9:00AM, Fridays 11:00AM

ZOOM – Tai Chi: Wednesdays 9:00AM, Fridays 9:00AM

LOOK WHAT'S HAPPENING AT THE CENTERS!

Meal reservations are needed by noon the business day prior for all Senior Centers

Senior Centers will be closed on Monday, February 16th
in celebration of Presidents Day

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 10AM; 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

2/2 Groundhog Day Party! 11AM
2/3 Chop and Chat 1PM Call to reserve your spot.
2/5 Legal Aid 9 – 12PM Call for an appointment.
2/5 Broome West "Souper" Bowl Party 11AM
2/6 & 27 Binghamton University Fall Prevention Program 9AM
All other activities cancelled.
2/10 Downsize & Declutter with Joan 3PM
2/11 Broome West Caregiver Chat 1 – 2:30PM
2/11 "How to Search the Web Safety" presentation by GFJ Library Tech Center 11AM
2/12 "Science is Everywhere!" presentation live streamed by Kopernik Observatory & Science Center 1PM
2/13 Valentine's Day Celebration with Entertainment by Rick Pedro 11AM
2/13 Team Trivia 1:15PM
2/17 Mardi Gras Party and Parade 11AM
2/18 Discover Live: London, England 11AM
2/19 Discover Live: Heidelberg, Germany 10AM
2/20 "Heart Healthy Habits" presentation by Donna and Bridget from OFA's Nutrition Department 12:40PM
2/23 Entertainment by Vin Rosenbarker 11AM
2/24 Mental Health Awareness presentation by Binghamton University 11AM
2/26 Discover Live: Singapore 10:30AM

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 11:30AM | 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
Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM
Wednesday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Hand & Foot Card Game 9:30AM
Thursday: ZOOM ONLY: Chair Dance Yoga 9AM
Friday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjongg 10AM

All Zoom Classes: Meeting ID: 706 942 1672 • Password: 123456

Special Activities

2/2 Groundhog Day Celebration 10 – 2PM
2/6 Superbowl Party 10 – 2PM Wear your team's gear or colors!
2/6 & 20 Bingo with Sallie 10:30AM
2/9 Chop and Chat with Rick 10:30AM
2/11 & 23 Horse Racing Board Game 10:30AM
2/13 Valentine's Day Sweetheart Event 10 – 2PM
Meal Served 11:30AM Entertainment by Ryan Wilson to follow!
2/20 Nutrition presentation by Kathleen Cook, CCE 12PM
2/23 "Heart Healthy Habits" presentation by Donna and Bridget from OFA's Nutrition Department 12:30PM

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: Balance/Strength for Seniors 11 – 11:30AM; BINGO 1 – 2PM ; Tai Chi 2 – 3PM
Thursday: Wii Games 10:30 – 12:30PM; Tai Chi 2 – 3PM

Special Activities

2/12 Valentine's Day Celebration 12:30PM
2/19 Discover Live: Heidelberg, Germany 10AM
2/19 Breakfast for Lunch 12PM

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787
Center Hours: Monday – Friday, 9 – 2:30PM
Crowe's Nest Gift Shop: Monday – Friday, 9 – 2PM
Lunch served at 12PM

Breakfast Made-To-Order: Tuesdays, 8 – 9:30AM | 607-693-2069

Weekly Activities

Monday: Shuffleboard 9AM; Canasta 10 AM
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: Acrylic Painting Group 9 – 11AM; Bingo for Prizes 10 – 11:30AM
Friday: Shuffleboard 9AM; Gentle Tai Chi 9:30AM

Special Activities

2/2 February Birthday Celebrations & Groundhog Day Party 10:30AM
2/5, 12, 19 & 26 Greater Good Grocery Bus 11 – 12PM
2/6 Superbowl Party ft. Our Burger Bar 11:30 – 12:30PM
2/11 Officers and Finance Meeting 9:30AM
Senior Center Site Council Meeting 10:45AM
2/13 Valentine's Day Party – 10AM, Goodies and Punch, 11AM
Eastern Broome Sweetheart Stories, Meal Served 12PM, Entertainment by Nino of Friday at Fred's 11:45 – 12:45PM
2/18 Grief and Loss Support Group presented by MHAST (Mental Health Association of the Southern Tier) 10AM
2/19 Golden Griddle – Soup and Sandwiches 11:30 – 12:30PM
2/20 Fun Friday – Movie & Popcorn 12:15PM
2/23 Cows, Pigs and Horse Race Board Game 10AM
2/25 Legal Aid 9 – 12PM Call for an appointment.
2/26 "Heart Healthy Habits" presentation by Donna and Bridget from OFA's Nutrition Department 12:15PM

First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905
Center Hours: Mon- Fri 8:30 – 3:30PM
Lunch served at 11:45AM | Center: 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; Discussion Group 10:30AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM
Wednesday: Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details); Open Shuffleboard 1PM
Thursday: Stitch and Stuff 9AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

2/2 Ground Hog Day Luncheon w/ Trivia 12PM
2/3 Holistic Healing: 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 – 11:30AM \$3
Advanced registration and payment required.

2/5 Executive Board Meeting 9:30AM
 2/6 Super Bowl Luncheon w/ "Remember the Titans" Screening 1PM
 2/9 Legal Aid 9AM Appointment required.
 2/10 & 25 Low Income Green Tax Form help from Assessors Office 12PM
 2/10 Chop & Chat 1PM Call to reserve your spot.
 2/10 Neighborhood Watch Meeting 6PM
 2/11 Philly Cheesesteak Day w/ Musical Guest Mike's Jukebox 11:30AM
 2/14 Valentines Day Luncheon w/ Musical Guest Wayne Beddoe 11:30AM
 2/18 Nature presentation by Rick Marsi 12PM
 2/20 Film Friday: "Boys in the Boat" 1PM Free popcorn, soda for sale.
 2/23 Breakfast for Lunch - Waffles w/ Strawberry Topping 10:45 - 12:15PM
 No take-out available.
 2/24 "Be Whole Body Healthy" presentation by Kathleen Cook 12PM
 2/25 Craft Class: 3D Snowflakes 10AM
 2/27 "Heart Healthy Habits" presentation by Donna and Bridget
 from OFA's Nutrition Department 11:15AM

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); Chair Exercises for Mobility 1 – 2PM (no fee);
Tuesday: Guitar Group 9 – 12PM (\$2); 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; Ukulele Group 9:30 – 11AM (\$3); 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); Chair Exercises for Mobility 1 – 2PM (no fee);
Thursday: Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Abs & Core Chair Exercises 11:30 – 12:30PM (no fee); Tai Chi 1 – 2PM (\$3)
Friday: Gentle Yoga 10 – 11AM (\$3); Line Dancing 11:15 – 12:15PM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

2/2, 9 & 23 Greater Good Grocery Bus 11 – 12PM
 2/2 Groundhog Day Lunch 11:45AM
 2/3 & 17 Widow & Widowers Support Group 10 – 11AM
 2/4 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
 2/4 Free Speech and Language Screenings by Binghamton University 10:30 – 1:30PM
 2/6 & 20 Art Workshop (\$3) 10 – 12PM
 2/6 Superbowl Party Lunch – represent your favorite team! 11:45AM
 2/6, 13, 20 & 27 Poetry Group 12:30PM Size is limited, call to pre-register.
 2/10 Discover Live: New Orleans, Louisiana 2:30 – 3:30PM
 2/12 Veterans Get Together 10 – 11AM
 2/13 & 27 Left-Right-Center Dice Game (\$3 to play) 11 – 11:45AM
 2/13 Valentine's Day Lunch – wear red! 11:45AM
 2/15 Southern Tier Orchid Society 1:30 – 2PM
 Social Time, 2 – 4PM Meeting
 2/18 Book Club (Tisha by Robert Specht) 3 – 4PM
 2/18 LGBTQ+ Senior Social Group 3 – 4PM
 2/18 Alzheimer's Association – Caregiver Support Group 4 – 5PM
 Registration and pre-screening required;
 call ALZ at 315-472-4201 x227.
 2/19 Legal Aid 9 – 12PM Call for an appointment.
 2/19 & 20 AARP Driver Safety 1 – 4PM Call to register; fee required.
 2/24 Chop & Chat (Faith in Action): Recipe TBA 11 – 12PM Signup by 2/17.
 2/25 Haircuts 10 – 11:30AM Call for an appointment.
 2/26 Discover Live: Singapore 10:30 – 11:30AM

Northern Broome Senior Center

12 Strong's 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 – 11AM; Wii Bowling 10AM
Wednesday: Sewing 10:30AM; Bridge 12PM; Shuffleboard 10AM
Thursday: Pitch 9AM; Osteo Bonesavers Class 10 – 11AM; Exercise with Vet 12:30PM
Friday: Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:

2/2 & 17 Golden Agers 12PM
 2/2 Groundhog Day Luncheon 12PM
 2/5, 19 & 26 Cornhole 10AM
 2/6 Discover Live Mexico City 12PM
 2/6 Free Speech and Language Screenings by Binghamton University 10:30 – 1:30PM
 2/6 Superbowl Party 10:30AM
 2/11 Discover Live: Paris, France (day and night) 10:30AM
 2/12 Breakfast 10AM (Retired Teachers 9:30AM)
 2/13 Valentine's Day Party – Dan Bolton on Saxophone 11AM
 Lunch 12PM
 2/18 Discover Live: London, England 11AM
 2/20 Photo Contest 10AM Bring in a photo that you took, and it will be judged for a prize.
 2/27 Pub Burger Bar 11:30AM

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 11:45AM | 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: Bingo 10AM; Ice Cream 12PM
Friday: Chef Salads 11:30AM (reservations required); Mexican Train 12PM

Special Activities

2/2 Chop and Chat: Creamy Potato Soup 10AM
 Call to reserve your spot.
 2/2 King High Card Game 12PM
 2/2 Groundhog Day Party 11:45AM
 2/4 "Heart Healthy Habits" presentation by Donna and Bridget
 from OFA's Nutrition Department 10:30AM
 2/6, 13, 20 & 27 Vivo Exercise Class 10AM
 2/6 Superbowl Party 10AM
 Wear your favorite jersey or football apparel!
 2/6 Discover Live: Mexico City 12PM
 2/9 Breakfast for Lunch 11AM Dine in only.
 2/11 & 25 Vestal Library Tech Help 10:15AM
 2/11 Free Speech and Language Screenings by Binghamton University 9:30 – 12:30PM
 2/13 Valentine's Day – Sweet treats and drinks 10AM
 2/18 Discover Live: London, England 11AM
 2/19 Philly Cheesesteak Day 11AM Takeout available.
 2/23 Chop and Chat: Menu TBA 10AM
 2/24 Vestal Senior Club Meeting Day 12:15PM
 2/26 Discover Live: Singapore 10:30AM
 2/27 Pizza of Chef Salad Day 11AM
 2/27 Bunko Dice Game 12PM

Events at the Centers

Broome West Senior Center

Tuesday, February 17th
Mardi Gras Party
11AM

Join us for entertainment by Johnny Only! Mardi Gras attire encouraged (purple, green and gold) for our parade.

Chenango Bridge Senior Center

Every Wednesday
Hand & Foot Card Game
9:30AM

Come learn a fun card game with us!

Deposit

Thursday, February 19th
Breakfast for Lunch
12PM

Join us for scrambled eggs, sausage, hashbrowns and toast!

Eastern Broome

Thursday, February 19th
Golden Griddle
11:30 – 12:30PM

We will be serving soup, sandwiches (grilled or cold), a side, drinks, and a dessert. Walk-ins welcome! Come try our popular BLT!

First Ward

Wednesday, February 18th
Nature Presentation
12PM (Lunch served at 11:45AM)

Join us as we welcome back Rick Marsi for another wonderful nature presentation. Please call 607-729-6214 for a meal reservation.

Johnson City

Sunday, March 1st
Swing Into Spring with the Blue Velvet Big Band
(formerly the Snowflake Follies)
2 – 4PM

Join us for a fun afternoon of music and dance to bring on spring!

Admission: \$12

Northern Broome

Friday, February 27th
Pub Burger Bar
11:30AM

Vestal

Monday, February 9th
Breakfast for Lunch
11AM

Blueberry Pancakes, Scrambled Eggs, Sausage and Potatoes
Dine in only.

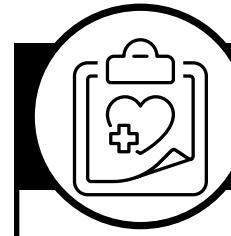


Downsize & Declutter Discussion with Joan

Need a Valentine's Day gift for your loved ones? What about items you already have?

Discuss more on Tuesday, February 10th at 3PM at the Broome West Senior Center or on Zoom.

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



Falls Annual Wellness Checkup at Broome County Senior Centers

- February 6 & 27: Broome West, Endwell
- February 20 & March 27: Chenango Bridge
- March 6 & 20: Johnson City
- March 13 & April 10: First Ward, Binghamton (10:45 – 2:45PM)
- April 17: Vestal
- April 23: Northern Broome, Whitney Point
- May 4: Eastern Broome, Harpursville
- May 12: Deposit

Did you know that more than one third of adults 65 and older fall each year in the United States? Among older adults, falls are also the leading cause of injuries and deaths. They are the most common cause of nonfatal injuries and hospital admissions for trauma. Over the past four years, investigators and students at Binghamton University have evaluated hundreds of Broome County adults for their balance and fall risk.

Are you interested in learning more about your balance performance? Binghamton University's Division of Physical Therapy seeks new and returning participants for a study investigating fall risk. Activities will include testing your standing and walking balance, as well as tests of muscle strength, vision, cognition, and fear of falling.

All activities will take place between 10am to 2pm (unless otherwise noted), with your personal involvement being approximately 45 minutes. To participate, you must be 55 years of age or older and be able to walk at least 10 feet with or without an assistive device. A \$20 gift card will be provided to all participants.

The purpose of this study is to quantify balance and walking ability among community-dwelling adults in Broome County and has been approved by the Binghamton University Institutional Review Board.

For more information and to register, call the Motion Analysis Research Laboratory at **607-777-4700** or book a time at: <http://motion-lab.org/home#events>

Registration is required. Walk-ins are not permitted.

"Souperbowl" Week and Pregame Superbowl Party at Senior Centers Tuesday – Friday, February 3rd – 6th

The actual Super Bowl is Sunday, February 8th at Levi's Stadium in California but we will start our celebrations early with a "Souper Bowl" challenge. Tuesday – Friday we will be trying a new soup each day and we'd like you to vote for the "SOUP MVP" at the big pregame party on Friday, February 6th (February 5th at the Broome West Senior Center).

Come join us for lunch, try the new soups and then Pregame with us on Friday with football themed festivities and voting.

See the Look What's Happening section of this publication for each centers special activities.

Lunch reservations are required and can be made by calling the senior center of your choice by Noon the day prior.

There is a voluntary suggested contribution for lunch of \$4.00 for those age 60+ and spouse of any age and a charge of \$5.00 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Check the menu on the back page of this publication for the Souper Bowl week menus.



Mark Your Calendar! Upcoming Community Events

Wisdom Keepers Series Screening

George F Johnson Library: 1001 Park Street, Endicott
Mondays (every two weeks) at 2:30PM
2/2, 2/16, 3/2, 3/16, 3/30, 4/13, 4/27

Join for a nine-episode screening series of *Wisdom Keepers*, a PBS Books documentary celebrating storytelling, cultural knowledge, and community resilience across America. Each episode centers on communities preserving traditions that shape our shared future.

Each 90-minute program includes a 60-minute screening followed by a 30-minute guided discussion.

First Thursday Book Club

Broome County Public Library: 185 Court Street, Binghamton
Thursday, February 5th 6 – 7:30PM

Join the First Thursday Book Club! The group will discuss *James* by Percival Everett and *The Adventures of Huckleberry Finn* by Mark Twain.

Local Library Book Sales

George F. Johnson Library: 1001 Park Street, Endicott
Friday, February 6th 10 – 4PM
Saturday, February 14th 10 – 2PM
Friday, February 20th 10 – 4PM
Cash only. For more information, please visit
<https://www.gfjlibrary.org/friends/>

Broome County Public Library: 185 Court Street, Binghamton
Friday, February 6th 10 – 2PM
Saturday, February 7th 10 – 1PM
For more information, please visit
<https://www.thebcpl.org/events/upcoming>

Vestal Public Library: 320 Vestal Parkway East, Vestal
Thursday, February 12th 10 – 6PM
Friday, February 13th 10 – 5PM
Saturday, February 14th 11 – 4PM
For more information, please visit
<https://www.vestalpubliclibrary.org/book-sales>

First Friday

Downtown Binghamton
Friday, February 6th 6 – 9PM
Please join us for an unforgettable evening celebrating creativity and culture in Downtown Binghamton, NY! First Friday is a monthly event organized by the Broome County Arts Council (BCAC) that invites community members to explore a variety of art exhibitions and creative highlights in Downtown Binghamton. Patrons can expect to enjoy live music performances and artist exhibitions that showcase the cultural richness of our community.

Check out the website for events:
<https://broomearts.org/in-the-community/first-friday/>

Broome County Regional Farmers Market

840 Front Street, Binghamton
Saturdays, 9 – 1PM

All our vendors are local to Broome or surrounding counties and produce the best products around. Our market accepts SNAP/EBT, Farmers Market Nutrition Program, FreshConnect, Produce

Prescription, and Broome County Veterans coupons. Come visit the market to meet your local farmers/artisan, buy fresh produce and delicious prepared food. Help your community thrive. Buy local, buy fresh!

POPS Pipes: ABCDE

Forum Theatre: 236 Washington Street, Binghamton
Sunday, February 22nd 2PM
\$20 adults, \$15 BTOS members, students free. Tickets available at the door 1 hour before show.

POP PIPES Concert on the Forum Theater's 1926 Robert Morton Organ. **Nancy Wildoner** plays hit songs of Abba, Beatles, Cars, Doors, Eagles, and more groups you grew up hearing on the radio. Followed by open console, where you can sit at the bench and play too! Presented by the Binghamton Theater Organ Society.

Where the Heart Is

Binghamton Community Orchestra Concert
East Middle School, 167 E Frederick Street, Binghamton
Sunday, February 22nd 3 – 5PM
General Admission tickets \$12

The BCO presents "Where the Heart Is", featuring the music of Stefania Turkevych and Tchaikovsky. Join in a pre-concert chat starting at 2:15PM.

Learn Some Heart Healthy Habits from Broome County Office for Aging's Nutrition Department!

Bring in the New Year with good intentions. Join Office for Aging staff to raise awareness for heart health, learn preventable measures, and evaluate your own daily habits.

Upcoming information sessions:

Vestal – Wednesday, February 4th at 10:30AM

Broome West – Friday, February 20th at 12:40PM

Chenango Bridge – Monday, February 23rd at 12:30PM

Eastern Broome – Thursday, February 26th at 12:15PM

First Ward – Friday, February 27th at 11:15AM

**Broome County
Office for Aging**



LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ social group meeting will be Wednesday, February 18th from 3 – 4PM at the Johnson City Senior Center
30 Brocton Street, Johnson City

TECHNOLOGY CORNER

February is the month we celebrate love, and for many of us, the greatest love is for our family, friends, and grandkids—even those who live miles away.

If distance has made it difficult to see those smiling faces, this is the perfect time to discover how technology can turn miles into moments.

Think of our technology classes as your secret weapon for connection. Learning to use a smartphone or tablet means you can:

- Master video calling on platforms like Zoom or FaceTime and enjoy real-time conversations, no matter where they live.
- Easily send and receive photos and videos, staying up to date with life's big (and small) events.
- Learn to send email cards, heartfelt messages, and stay in touch with long-distance friends.

It is completely normal to feel unsure about technology, but we want you to know our classes are designed specifically for the beginner. We offer a supportive, patient, and friendly environment where you move at your own pace. There's no grading, no pressure, and no question is too basic.

The biggest reward is the joy of staying close to the people you love.

Resolve to reach out this February!

CLASSES THAT COME TO YOUR LOCAL SENIOR CENTER:

- George F. Johnson Tech Center comes to the Broome West Senior Center
Topic: How to Find Reliable Health Info Online
Wednesday, February 11th 11AM
- Vestal Library comes to the Vestal Senior Center
Wednesday, February 11th and 25th 10:15AM

CLASSES AT LOCAL LIBRARIES:

- Basic Computer Classes through the Broome County Library
Every Wednesday 10 – 12PM
185 Court Street, Binghamton, NY

These classes are intended for people with little or no computer experience. Lessons are personalized for each group of students. Typical topics include:

- Basic computer equipment, vocabulary, and usage
- Email accounts
- Internet usage
- Microsoft Office and Google Docs
- Online tasks like signing up for accounts or submitting applications
- Windows desktop and files

Contact us at **607-778-6406** or tel.lvbtc@gmail.com to preregister. Walk-ins may register but will be scheduled to start at a later date.

ONE-ON-ONE TECHNOLOGY ASSISTANCE:

- **Broome County Library:** Assistance is available every Thursday from 1 – 3 PM. Call **607-778-6451** or email bcpreference@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 at **607-693-1858**

Travel the World 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 February, we will be walking through Mexico City, New Orleans, Paris, London, Heidelberg and Singapore. These are free classes, and no reservations are required.

February 6th 12PM



Virtual walking tour through Mexico City
(streamed to the Northern Broome and Vestal Senior Center)

February 10th 2:30PM



Virtual walking tour through New Orleans
(streamed to the Johnson City Senior Center)

February 11th 10:30AM



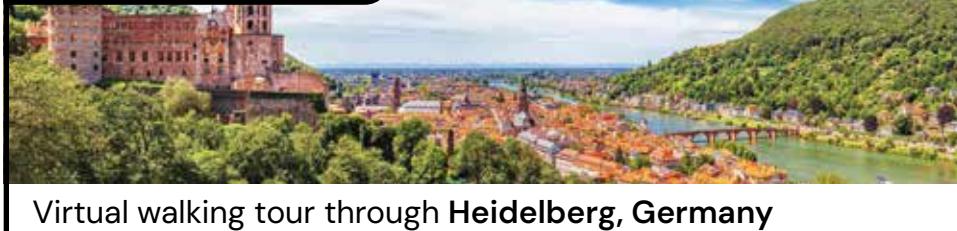
Virtual walking tour through Paris, France (day and night)
(streamed to the Northern Broome Senior Center)

February 18th 11AM



Virtual walking tour through London, England
(streamed to the Broome West, Northern Broome & Vestal Senior Center)

February 19th 10AM



Virtual walking tour through Heidelberg, Germany
(streamed to the Broome West and Deposit Senior Center)

February 26th 10:30AM



Virtual walking tour through Singapore
(streamed to the Broome West, Johnson City and Vestal Senior Center)



Groundhog Day Celebrations at the Centers

Monday, February 2nd

Spend Groundhog Day at your local Broome County Senior Center

Groundhog Day is a tradition observed in the United States and Canada on February 2nd of every year. It derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees its shadow, it will retreat to its den and winter will go on for six more weeks; if it does not see its shadow, spring will arrive early. In 2025, the shadow was seen, auguring six more weeks of winter.

We have our fingers crossed that this year Punxsutawney Phil will not see his shadow and Spring will arrive early. We are sending the "Positive Spring Vibes" with a warm weather menu of pulled pork or beer battered fish with picnic sides and Strawberry Shortcake for dessert.

Lunch reservations are needed and can be made by calling the Senior Center of your choice. See the locations and phone numbers on the Look What's Happening Section of the publication.

There is a suggested voluntary contribution for lunch of \$4.00 for those age 60+ and spouse of any age and a charge of \$5.00 for those who are not yet age 60.

60+ shall be denied a meal due to an inability or unwillingness to contribute.



Johnson City Senior Center

Contact Lucy 607-427-6143

March 2nd – Philadelphia Flower Show

Join us for "Rooted: Origins of American Gardening" – it celebrates American gardening traditions for the Nation's 250th birthday!

North Fenton Seniors

Contact Ruth 607-648-8425

April 15th – Turning Stone Casino & Bingo

June 17th – The Stourbridge Line Train in Honesdale, PA

October 19th- 21st – Sight & Sound Theater in Lancaster, PA for "Joshua"

Port Crane Seniors

Contact: Donna 607-648-6071

March 18th – Hunterdon Hills Playhouse

May 4th – 8th – Michigan Tulip Festival

Trivia

How often do leap years occur?

Answer: Every 4 years



**"It's not so much
what we have
in this life that
matters. It's what
we do with what
we have."**

— Fred Rogers

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 P. 14

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

Hair @ Home

for men and women

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



**Call Barb for an appointment
607-862-3450**

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- Nichols Notch Apartments
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Watkins Glen, NY (607) 535-4181
- Wells Apartments
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- Whitney Point Apartments
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www.seppinc.com

Housing with a Heart





CAREGIVER CORNER

Ideas and information for people caring for others.

The Broome West Caregiver Chat:

Date: Wednesday, February 11th Time: 1 – 2:30PM

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

Group Respite will be available to provide care for your loved one during the session. If you will be needing care for your loved one, please RSVP by calling 607-785-0494.

SOCIAL SATURDAYS

Below are no cost respite programs hosted by area church communities on Saturdays monthly. You do not need to be a member of the parish to participate in the caregiver respite program.

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 or snack. (Guests should be able to eat and toilet independently.)

Saturday, February 7th 11 – 2PM • First Saturday of the Month
St. Anthony's Church Hall • 300 Odell Ave, Endicott

Saturday, February 14th 1 – 4PM • Second Saturday of the Month
Grace's Place • Grace Lutheran Church: 709 Main St, Vestal
RSVP 607-748-0840 • Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

Saturday, February 21st 11 – 2PM • Third Saturday of the Month
St. Mary's Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, February 28th 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • 607-778-2946

WEDNESDAY RESPITE

Wednesday, February 11th 11 – 1:30PM • Second Wednesday of the Month
India Cultural Center • Route 26, Vestal
For more information or to RSVP, please call 607-624-6587.

An Opera for Caregivers!

February 27th at 7:30PM and March 1st at 3PM
Tri-Cities Opera: 315 Clinton Street, Binghamton

Lucidity is a chamber opera by composer Laura Kaminsky and librettist David Cote that explores the fragile interplay between memory, identity, and music. The story centers on Lili, a celebrated former opera singer confronting the early stages of dementia. As her cognitive abilities decline, her son Dante—a once-promising pianist—has put his own career on hold to care for her. Their dynamic is further complicated when Dr. Claire Klugman, a neuroscientist and Lili's former student, introduces Lili to a music therapy study involving Sunny, a gifted young clarinetist.

Themes of memory, caregiving, ambition, and the transcendent power of music resonate throughout Lucidity. The opera is a meditation on how art can preserve identity even as the mind falters, and how love endures through the most intimate and difficult transformations. Through Kaminsky's emotionally charged score and Cote's poetic libretto, Lucidity offers a moving portrait of resilience, connection, and the healing capacity of sound.

To purchase tickets, please visit <https://www.tricitysoopera.com/lucidity/> or call 607-772-0400.



DO 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



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 every Friday 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!



**CAREGIVERS ARE EVERYWHERE.
ANY CARE COUNTS.**

Mow the lawn for a loved one? Manage finances? Help with meds? That's care, and any care counts. Almost 1 in 2 of us are caring for someone, and while it can be an honor, it can also be intense.

The Any Care Counts – New York Campaign is a way to recognize and support the millions of unpaid caregivers across the state by connecting them to available support resources in New York.

For more information, please visit
<https://www.anycarecountsnyc.com/>



Recipes

We hope you enjoy this month's recipes from the Office For Aging.

Avocado Veggie Bake

No chips missing here in this new take on a snack favorite. A great way to enjoy extra veggies!

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/2 medium head of cauliflower, cut into 1/2-inch thick slices, then cut into 2-inch pieces, 8 oz. total
- 1 medium zucchini, sliced into 1/2-inch thick rounds
- 1 cup reduced fat shredded Mexican or taco seasoned cheese
- 1 can low-sodium black beans, drained and rinsed (~15 oz)
- 1 cup canned corn kernels, drained
- 1 cup cherry tomatoes, halved lengthwise
- 1 ripe, fresh avocado, halved, pitted, peeled and diced
- 2 scallions, sliced on diagonal (about 1/2 cup)
- 1 jalapeño, seeded and sliced
- 2 tablespoons cilantro leaves



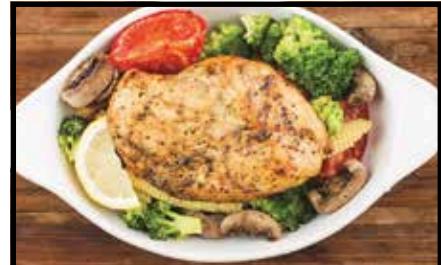
Directions

1. Preheat oven to 425F.
2. Combine olive oil, chili powder, cumin, garlic powder and salt.
3. Brush half of oil mixture on bottom of a 15-inch x 10-inch baking sheet with shallow sides.
4. Arrange cauliflower and zucchini on baking sheet in single layer and brush with remaining oil mixture.
5. Roast 20 minutes or until fork tender. Top with black beans, corn and cheese and roast an additional 5 minutes or until heated through and cheese is melted.
6. Top with tomatoes, avocado, scallions, jalapeño and cilantro.

<https://www.myplate.gov/recipes/avocado-veggie-bake>

Baked Chicken

Take the mystery out of baking chicken. A little garlic powder and pepper are all the added flavorings you need.



Ingredients

- 1 pound chicken, boneless, skinless
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- salt (optional)

Directions

1. Preheat the oven to 350 °F.
2. Put the chicken in a baking pan or casserole dish.
3. Sprinkle with garlic powder and pepper to taste.
4. Bake for 1 hour.

<https://www.myplate.gov/recipes/baked-chicken>

Mozz Totz

A healthy twist on a deep-fried appetizer, these breaded and baked Mozz Totz are a favorite of kids and adults alike.



Ingredients

- 12 ounces fat-free mozzarella string cheese
- 1/2 cup low-fat 1% milk
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 cup breadcrumbs
- 1/2 cup marinara sauce, warmed
- non-stick cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. Line a baking sheet with foil and spray lightly with cooking spray.
3. Remove cheese from package and cut into bite size pieces.
4. In a small non-stick skillet mix oregano and basil with breadcrumbs.
5. Cook over medium heat, stirring occasionally until crumbs are lightly browned, about 5 minutes.
6. Dip each piece of cheese in milk and then into toasted breadcrumbs, coating completely.
7. Place on baking sheet about 1 1/2-inches apart.
8. Spray string cheese lightly with non-stick cooking spray.
9. Bake 5 to 6 minutes or until heated through. (Cheese may melt slightly and lose shape. Simply press it back into place).
10. Dip in warmed marinara sauce and enjoy.

<https://www.myplate.gov/recipes/mozz-totz>

Popcorn Treats

A great snack for adults and kids. A crunchy and sweet treat, enjoy this snack by yourself or double the recipe and share it with a group of friends.



Ingredients

- 2 tablespoons margarine (melted, or butter)
- 5 cups of popcorn (popped)
- 3/4 cup raisins
- 1 cup shredded wheat (bite-size)
- 1 tablespoon sugar (brown or white)
- 1 1/4 teaspoons cinnamon

Directions

1. Pop popcorn.
2. Mix popped corn, raisins, and cereal in a large bowl.
3. Mix sugar and cinnamon in small dish.
4. Drizzle melted margarine or butter over mixture.
5. Add sugar and cinnamon mixture.
6. Shake or stir until all ingredients are evenly distributed.

<https://www.myplate.gov/recipes/popcorn-treats>

Trivia

What is the February birthstone?

Amethyst

What Is Heart-Healthy Living?



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7–9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2–3 hours before bedtime.
- Avoid caffeine and nicotine.

Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.

Maintain a Healthy Weight

- Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.
- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.

Be More Active

- Getting enough physical activity helps to lower your risk of heart disease and stroke.
- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!

Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

Select a quit date and write yourself a contract that outlines your plan for quitting.

Talk with your healthcare provider about programs and products that can help you quit.

Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.

Call 1-800-QUIT-NOW and visit smokefree.gov to get additional support.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and learn how to measure it correctly.
- Use a blood pressure tracker to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.

Practice Self-Care & Find Social Support

Daily acts of self-care can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit hearttruth.gov

Get Help from Getthere

- **Getthere Connection to Care Program** connects older adults with transportation services that best fit their needs
- **Getthere Travel Training** provides training to individuals and groups to help them navigate and utilize local transportation options
- **Getthere Volunteer Transportation Service** helps people with cost-effective transportation to health services
- To access these services, call the **Getthere Call Center at 607-296-2509**.
- Call Center staff complete an intake and determine all possible transportation options
- Hours of operation:
Monday - Friday; 7am-5:30pm.

Ask the Office

I've heard that staying relaxed is good for the heart. Since it's American Heart Month, what are some ways I can support my heart health?

Answer: What a wonderful goal for February! Recent research highlighted by the National Institutes of Health (NIH) gives us a great reason to prioritize our peace of mind. The study found that by managing our "stress hormones" through relaxation and healthy habits, we are giving our blood pressure and heart health a powerful, natural boost.

The best part? Taking care of your heart doesn't have to be a chore—it can be the most enjoyable part of your day! When we choose activities that make us feel calm and connected, we are physically protecting our cardiovascular system.

Three Heart-Warming Ways to De-stress:

- Find Your Joy: Whether it's a craft class, a card game, or a simple chat with a friend at the center, laughter and connection are nature's best stress-fighters.
- Embrace Gentle Motion: A light stroll or a chair yoga session helps your body "reset" and keeps your heart pumping strong and steady.
- The Power of a Pause: Just a few minutes of quiet reflection, deep breathing, or listening to your favorite music can give your heart a well-deserved rest.

By choosing relaxation and connection, you're giving your heart the very best gift this February!

For more information, please visit

<https://www.nhlbi.nih.gov/news/2021/study-links-high-levels-stress-hormones-increased-blood-pressure-cardiovascular-events>

Have more questions? Ask the Office!

Send your inquiries to:

Broome County Office for Aging
PO Box 1766, Binghamton, NY 13902

or email us at: ofa@broomecountyny.gov

We look forward to hearing from you.

The Beginnings of Black History Month



Dr. Carter G. Woodson is universally known as the "Father of Black History"

Black History Month, or African American History Month, began as a weeklong celebration in 1926. Since the 1890s, Black communities celebrated the birthdays of two people considered to have a big impact on Black history in the US:

Abraham Lincoln (February 12) and Frederick Douglass (February 14). In 1915, Dr. Carter G. Woodson was one of many people who traveled to Washington, DC, to participate in a national celebration of the 50th anniversary of nationwide emancipation. He was inspired by experiences from his trip to create an organization to promote the study of Black life and history. Soon after he helped to form what is now known as the Association for the Study of African American Life and History, the sponsors of Black History Month.

Dr. Woodson dedicated his life to institutionalizing the field of Black history, including by advocating that it is a regular part of formal education. In 1926, he created the celebration of "Negro History Week" during the second week of February timed with the birthdays of Lincoln and Douglass. Dr. Woodson and other advocates provided educational materials each year, such as lesson plans, pictures, scripts for historical performances, and posters. Fifty years later, the weeklong celebration became a month long and has been recognized by presidential proclamation every year since.

Source: <https://www.nps.gov/subjects/npscelebrates/black-history-month.html>

Participants Wanted for Binghamton University Memory Research Studies

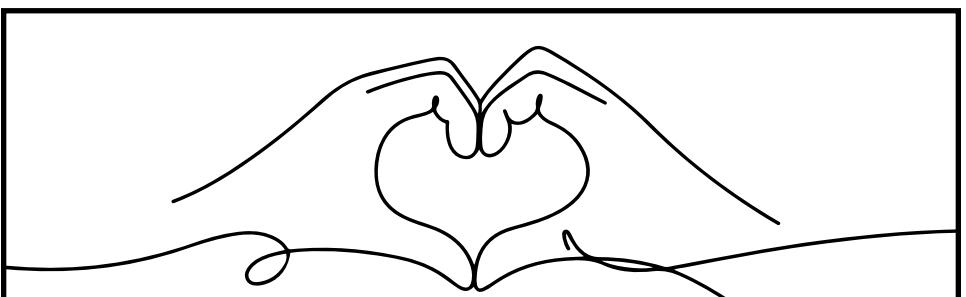


Are you age 50+ and interested in being paid for research participation? Studies run by Professors Ian McDonough and Michael Dulas, from the Binghamton University Psychology Department, are looking for interested community members with normal or corrected-to-normal vision and no history of brain/nerve/neurological disorders. These studies focus on how memory is linked with other parts of the body, as well as how that relationship changes across the lifespan. The results can help improve memory-based education and contribute to research on memory declines that develop with brain aging.

While specifics of each study vary, all sessions occur either at the Binghamton University campus, at UHS Vestal Hospital, or at both locations. Participants may be asked for 1-4 hours of their time depending on the study, split across 1-2 study sessions. Payment is always \$20/hour, regardless of the study completed. Additionally, all studies will ask participants to complete surveys, memory tasks, and other cognitive tasks. Further activities may include:

- An MRI (magnetic resonance imaging) scan. MRI scans allow us to measure the brain in a safe and painless way. These scans come at no cost to you.
- Eye tracking measurements taken using a noninvasive device that tracks your eye movements while you view a computer screen.
- Measurements using an fNIRS (functional near-infrared spectroscopy) device. This device consists of a headcap which shines light on your head to measure blood flow. Using fNIRS is also noninvasive and safe for people of all ages.
- Gut analyses looking at factors such as inflammation and type/amount of bacteria and other microbes present.

Interested individuals are welcome to look at details provided on our website, BingAging.com, or to reach out to us either at 607-444-2864 or bingucamplab@gmail.com. Our lab members will be happy to discuss study options with you to help determine which option(s) best fits your interest! All interested participants will be screened to ensure study procedures are safe for them to do. Participation in this study is entirely voluntary.



"No other love, no matter how genuine it is, can fulfill one's heart better than unconditional self-love."

– Edmond Mbiaka



Scam of the Month

US Senate Special Committee on Aging's Romance Scams Reminder

The following information on Romance Scams was taken from the United States Senate Special Committee on Aging, 2025 Edition of "Age of Fraud: Scams Facing Our Nation's Seniors." Established in 1961, The Special Committee on Aging is the focal point in the senate for discussion and debate on matters relating to older Americans. This committee operates a toll-free fraud hotline (1-855-303-9470) which provides information for older Americans and their family members on how to identify and report fraud and scams to the proper officials, including law enforcement.

Romance scams are prevalent across dating websites, social media platforms, messaging apps, and online forums. The Federal Trade Commission reports that more than 59,000 consumers reported that they were victims of romance scams last year, with reported losses totaling over 1.17 billion dollars. Scammers exploit an individual's desire for companionship and love by creating fake identities and forming emotional connections online. Scammers often pose as potential romantic partners, gaining their victim's trust over time through frequent communication and showing affection. Once they establish trust, the scammer often fabricates a crisis or urgent need for money, such as a medical expense, travel cost, or urgent investment opportunity, persuading the victim to send money.

Scammers will manipulate their victims into keeping the relationship secret and rush them into making financial transactions before fully verifying who they are sending their money to. It is important for people to recognize the signs of deception and to protect themselves from both financial and emotional harm. Red flags that you can be on the look out for to avoid these types of scams include that you share no mutual friends with them on social media, they never meet you in person, and their identity is difficult to trace online. They often claim to be in love with you before meeting you in person. They will plan to visit you but then always have an excuse for why they have to cancel that comes up last minute. They may request money be sent through cryptocurrency, wire transfer, P2P (person to person) payment apps, or gift cards.

You can follow these steps to prevent and respond to a potential romance scam:

- If the person always refuses to video call or meet in person, block them. Also be cautious of video calls because scammers are able to use Artificial Intelligence to disguise themselves as someone else.
- Never send money or gifts to someone that you have not met in person.
- Talk to a family member, friend, or someone else that you trust to get their advice.
- Contact your bank immediately if you think you may have sent money to a scammer.
- Report all suspicious calls or messages to the FTC (1-877-382-4357) or local law enforcement. You can also file a complaint online at reoprtfraudftc.gov.

For more information on scams and to alert Office for Aging about a scam, please call 607-778-2411.

Being Whole-Body Healthy this Winter

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

It's mid-Winter, do you feel like hibernating? It's only natural if you do, yet that doesn't mean our brains and being have to stall out. Instead, this can be a time for being reflective on ways to be active both mentally and physically. Utilize the resources available to learn something new and try something that gets your blood flowing.

Creativity can come out through the arts, like painting, drawing, and music, but also through cooking and baking! Find recipes in magazines and books as well as online. Some healthy websites to check out include <https://www.snapedny.org/> and <https://foodhero.org/healthy-recipes-search> the recipes are designed to be tasty, and not too complicated, and the Senior News also regularly features recipes to try!

Another part of whole-body health is spiritual and mental. By reaching out to friends and family you can stay connected and less isolated. Maybe share a creative venture and take time to enjoy the small pleasures of life like good food; join up with others to take a yoga or chair yoga class or Tai Chi; or even go to see a play in the community or share a movie.

For physical activity, there is a wealth of variety to be found. If you need to stay at home, search for fitness that suits you that can be done in your home. There are many routines specifically designed for seniors, and these can be found at your local library for free or through many television stations or channels.

Balance, flexibility, strength, and endurance are the four areas to work on. It's surprising how many aspects are included with dancing or moving to music!

Action for Older Persons

Medicare Assistance at Action for Older Persons

Medicare can be challenging, whether you're newly eligible or have been enrolled for years. The Health Insurance Information Counseling and Assistance Program (HIICAP) at Action for Older Persons (AOP) can provide the information you need to answer your Medicare questions.

Are you new to Medicare in the next 6 months? Do you need help with a billing question or an appeal? Are you wondering if there is a different plan that better fits your needs? Do you want to compare your retiree insurance to Medicare options? Do you think you are paying too much for your insurance? Do you wonder if you may qualify for low-income programs? Do you want to talk to someone who can provide you with information about all Medicare options? These are just a few of the questions we can help to answer when you call AOP for a Medicare counseling appointment with one of our experienced, certified counselors. In addition to in-person or phone appointments, we have in-person seminars including Medicare 101, Medicaid Long-Term Care Options and Advanced Planning for End of Life. See our website for seminar details and the dates and times they will be held: www.actionforolderpersons.org

AOP is the only local source of no-cost, **unbiased** Medicare insurance counseling and financial assistance program application help. Call us for your Medicare needs at 607-722-1251.

"Character is power."
– Booker T. Washington



Broome County Office for Aging



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

- Meals on Wheels Site Supervisor
Location is in Conklin
\$18.11/Hour
Full Time – 37.5 hours per week
Monday – Friday, 8 – 4PM
Call Jesse for more information at **607-778-6206**.
- Classroom Foster Grandparent
Stipend and Mileage Reimbursement Provided
Income Eligibility Required
No Civil Service Exam Required
Monday – Friday, Hours Vary
Call Lucia for more information at **607-778-2411**.

- Call-In Driver for Sodexo
Part Time Hours



Great for Retirees! Must have a clean driving record, pass a yearly physical, ability to drive a 23' box truck and cargo van, and pass a criminal background check. As needed on call driver. Up to 12.5 hours a week. Professional character and good work ethics.

For specifics, call Sodexo HR at **607-763-4240** or apply online at www.us.sodexo.com

SUDOKU • ANSWERS •

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



CONNECTION

As we settle into the depths of winter, many of us feel a natural dip in our energy and find it harder to get out and socialize. This can lead to feelings of loneliness and social isolation, which are especially hard on our mental and physical health.

Last month, we talked about using intentional communication. This month let's make a commitment to use those skills with a low effort, high impact approach. You don't need complex plans or long journeys to feel connected; you just need small, sincere steps.

The biggest hurdle to reaching out is often the feeling of effort – the difficulty of planning, scheduling, or coordinating a big event. The low effort principle reminds us that simple acts of kindness and outreach are enough. It focuses on taking small, sincere actions that are easy to repeat, turning connections into a simple, positive part of your routine.

Try This: Use your phone (landline or cell) or a postcard today to reach out to one person you miss. Instead of asking a general "How are you?" send a brief, specific message that makes it easy for them to reply:

"I was just looking at the photo of our trip to the shore. I wanted to hear a familiar voice—just for a minute."

"I was thinking of you when I made this cup of tea. Hope your day is going well."

"I need a quick recommendation: what was the last good book you read or show you watched?"

You do not have to rely only on friends and family. A strong sense of belonging often comes from the regular, gentle presence of community resources:

When you see a neighbor, the post carrier, or a community service worker, make direct eye contact and offer a warm greeting. These small, consistent interactions build a supportive micro-community around your home.

This February, don't let the weight of effort keep you isolated. Start small. Make a habit of tiny, sincere reach for connection. By prioritizing low effort and quality interactions, you can effectively thaw the chill of loneliness and reinforce your sense of belonging.



Home Repair Service for Seniors

- Call us about seasonal repairs!

The council employs a staff of skilled technicians to do small, but necessary, repair jobs helping seniors continue living in their homes. We do small home repairs for qualifying seniors in the Town of Union and Binghamton.

For more information contact First Ward Action Council at **607-772-2850**.

Address: 167 Clinton Street, Binghamton, NY 13905

Email: Fwac-general@firstwardaction.org

Website: www.firstwardaction.org



LOCAL HISTORY

In observance of Black History Month this February, we are privileged to dedicate this issue to celebrating the profound and essential contributions of Black individuals in shaping Broome County.



Dr. Beverly Hosten Dorsey
1925-2023

Dr. Beverly Hosten Dorsey graduated from Hunter College in 1944 with a bachelor's degree in chemistry and the sciences. She later attended Howard University Medical School where she met her soon-to-be husband. They got married in 1953 and did their internship at

Queens General Hospital. The married couple began their residency at Wilson Hospital in 1954 in Binghamton. Her professional career included working as a Physician for Planned Parenthood, Laboratory Technician in Goldwater Hospital in NYC, Primary Grade School Teacher in Flushing, NY, Medical Advisor for the Broome County Home Care Committee, Medical Staff at Endicott Johnson Corporation, and Private Medical Practice with her husband. Dorsey retired in 1997 as a medical doctor and enjoyed her life living at St. Louis Manor in Binghamton. Devoted in faith, she maintained active participation with the Trinity Memorial Episcopal Church throughout her retirement.

Dr. Beverly Hosten Dorsey formerly served in the following positions: United Health Service Hospitals (Board of Directors), Broome County Medical Society (Board of Directors), Council of Binghamton University (Advisor to President Louis De Fleur), Council of Binghamton University School of Education and Human Development, United Fund (forerunner of United Way), NYC Commission on Human Rights, Physicians for Planned Parenthood, Medical Advisor for Broome County Home Care Commission, the Vestry of Trinity Memorial Episcopal Church, and as a Trustee for Children's Home of Wyoming Conference (Methodist). Armed with a humanistic spirit and imbued with a sense of compassion, Dr. Beverly Hosten Dorsey leaves behind a legacy which will long endure the passage of time and will remain as a comforting memory to all she served and befriended.

Sourced from <https://legislation.nysenate.gov/pdf/bills/2023/K508>



Alfonso Whitfield
1903-1999

Some community members fought to prevent Alfonso Whitfield becoming a Binghamton school custodian, but he fought back. He became the first Black person to work in the school system. He and his wife Constance came to Broome County in 1930. They had both

previously graduated from Morris Brown College in 1923. He became a charter member of the Interracial Association and the NAACP. He was a preacher at the AME Zion Church and in the early 1940's studied for the ministry. He also served in jail ministries. He was ordained and served pastorates in Norwich, Montrose and Utica. He participated in the 1963 March on Washington for Dr. Martin Luther King. He lived to be 96 years old and celebrated 75 years married to Constance.



"Gentleman" Joe Taylor
1923-1995

"Gentleman" Joe Taylor was a boxer from Binghamton, who rated 9th in the entire world. Taylor excelled in sports at Binghamton High School before joining the Army after World War II. He learned to box when he was stationed at Fort Hood in Texas. His boxing career began

with a victory on his 23rd birthday in his Uncle Obie's pool room in Binghamton. He was 21-3 within a year and won 60 matches before

retiring in 1952. Highlights of Taylor's career include a boxing round with Lee Sala, the 7th ranked boxer in middleweight, that took place at Johnson Field in Johnson City with over 7,000 watching. After retirement he opened Gentle Joe's restaurant on Susquehanna Street in Binghamton. When he sold the restaurant in 1968 he worked for IBM as a career coordinator for BOCES.



Midgett S. Parker
1925-1999

Parker was the 11th child of his family of 13 children. He went to college and received a BA in math, chemistry and physics from Hampton University, a MS in chemistry, and completed doctoral studies in chemistry and math at Georgetown University. He taught at Binghamton University, Cornell and Ithaca College. He served in both World War II and the Korean War. For 26 years prior to retirement, he worked at ISM as a polymer chemist. He was on many boards and fraternal organizations, and just before he passed away he was awarded an Honorary Doctorate of Social Studies from the Caribbean Community Ministerial Academy.

Thank you to the Broome County Historical Society and Broome County Historian Roger Luther for providing information for this article.



MEALS on WHEELS
WESTERN BROOME

Meals on Wheels of Western Broome is looking for more volunteers!

Volunteering with Meals on Wheels is a great way to get connected to your community. It takes only an hour of your day to deliver meals, and you can volunteer as frequently as you wish! Volunteers sign up as either drivers, friendly visitors, or both and work in pairs to deliver nutrition and companionship during the lunch hour. Volunteer every day, once a week, or even once a month.

Delivering meals is a great fit for teachers, retirees, college students, stay-at-home parents, church groups, and business professionals looking to make a difference during their lunch hour.

Volunteers must be at least 18 years old, unless accompanied by a parent. We run a basic background check on all volunteers to help ensure the safety of our clients.

Our meals are delivered between the hours of 11:15 a.m. and 1 p.m., **Monday through Friday**, throughout Endicott, Endwell, Vestal, Johnson City, and Maine, and generally take about one hour to complete.

Your time and kindness can help deliver meals and smiles to those in need within our community. If you would like to volunteer please call us at **607-754-7856**. Thank you for helping us make a difference!

Trivia

In the Southern Hemisphere, what season is February in?

Answer: Summer

February Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.

A suggested voluntary 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.*

Ground Hog Day!		Souper Bowl Week! Vote for this week's MVP!					
Pulled Pork OR Beer Battered Fish Baked Beans Corn Strawberry Shortcake	2	Chicken Enchilada Soup 3 Black Bean Salad Pineapple Sugar Cookie	Ham on Rye Cabbage & Bean Soup Cut Green Beans Cranberry Oatmeal Cookie	4	White Bean Chicken Chili Cottage Cheese Garden Salad Mandarin Oranges	5	Turkey & Provolone 6 OR Tuna Sandwich Broccoli Cheddar Soup Carrots Key Lime Pie Cup
Manicotti Italian Green Beans Oatmeal Raisin Cookie	9	Grandma's Meatloaf 10 OR Liver w/Onions Mashed Potatoes Country Blend Vegetables Peaches	Roasted Chicken Thigh Bread Dressing Corn Pineapple Upside Down Cake	11	Pub Burger OR Crab Cake Baked Beans Garden Salad Applesauce	12	Valentine's Day Luncheon Chicken Cordon Bleu 13 OR Broiled Fish w/Lemon Roasted Potatoes Peas w/Pearl Onions Red Velvet Pie Cup
Centers Closed in Recognition of President's Day	16	Breaded Chicken Cutlet 17 Mashed Potatoes Peas Vanilla Pudding	Italian Vegetable Parmesan Chowder Garden Salad Pineapple Oatmeal Raisin Cookie	18	Apricot Meatballs OR Apricot Chicken Over Noodles French Cut Green Beans Pumpkin Pie	19	Beer Battered Fish 20 OR Kielbasa Pierogies w/Onions Broccoli Mandarin Oranges
Meatball Parmesan Sub Sausage Florentine Soup Pears Ice Cream Cup	23	Salisbury Steak 24 OR Shrimp Scampi Brown Rice Pilaf Winter Squash Banana Pudding	Lemon Basil Chicken OR Halupki w/Sauce Mashed Potatoes Carrots Cherry Cobbler	25	Rotisserie Chicken Baked Potato California Blend Vegetables Chocolate Brownie	26	Chicken 27 OR Egg Salad Croissant Manhattan Clam Chowder Cut Green Beans Carnival Cookie

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.

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

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