



Visit Our Website at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)



## In This Issue...

There's a crispness in the air that tells us fall has arrived, bringing with it a new array of colors to appreciate in nature. Writer Albert Camus once wrote, "Autumn is a second spring when every leaf is a flower." As we welcome the transformation of leaves into brilliant shades of red, orange, and gold, we also start to slowly pack away our beach blankets, picnic baskets and summer sandals. While you prepare for the change of seasons this September, consider the ways that you can enjoy all that fall has to offer.

In this edition of the *Senior News*, you'll find:

- Broome County Senior Centers offer a wide array of activities, meals, and special events. Browse the "Did You Senior Center Today?" calendar on pages 8 and 9 of this paper for suggestions on ways to fill your days with fun.
- Are cooler autumn days keeping you from exercising outdoors? Consider bringing your fitness routine indoors; browse the schedule of health and wellness activities on Page 4 for ideas.
- It's apple season! Find recipes in this edition for ways to boost fiber intake and incorporate apples into savory dishes like stuffing and soup.
- Looking for transportation during the colder months ahead? Included in this edition is an overview of transportation options in Broome County. Consider B.C. Transit, the Office for Aging Mini-Bus, the B.C. Lift, and more. Information is provided on each transportation option so that you can select a service that best meets your needs.
- Medicare Open Enrollment will take place from October to December. On Page 6, find information from Action for Older Persons (AOP) to help you make informed health care plans this season.
- Prepare for flu season with your annual flu shot. A schedule of flu clinics appears on Page 4. Also find tips in this edition on other ways to stay healthy this season, including ways to prevent Sepsis, Lyme Disease, and falls.

**Make the most of the new season ahead, and Happy September from the Broome County Office for Aging.**

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

## Like Us! Follow Us!

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## In-Home Services: Worth Exploring

Do you feel that it would be easier to stay in your home if you could have just a few hours of help each week?



Expanded In-Home Services for the Elderly Program (EISEP) can help those who are 60 years or older and experience challenges maintaining themselves at home.

EISEP begins with a home visit from a case manager who speaks at length with you to complete an assessment of your current situation.

Together with the case manager, you develop a plan of care that may include things like:

- two hours a week of chore service
- someone to be in the home during your shower
- meal support
- a personal emergency response unit
- a scheduled break for your regular caregiver, or time at an adult care program

The services offered are non-medical but help meet personal care needs or other necessary activities such as shopping.

EISEP services are coordinated by the Office for Aging, and services are provided by agencies we contract with including Staffings, Interim Healthcare, Caregivers\Homemakers, Susquehanna Homecare, United Methodist Homes and Home Instead.

Consumers who are able to hire, train and manage their own services may also be approved for consumer-directed services. The Southern Tier Independence Center coordinates payroll services and other fiscal services for that care.

Depending on your income, there may be a cost for these services. This fee is called a cost share and is adjusted each year based on Federal Poverty levels. Those without a cost share are asked to contribute if they are willing and able. It is common for EISEP to have a waitlist, especially for personal care level II service, such as bathing or assistance with a shower.

If you feel that this support is something you would like to explore, please call NY Connects at (607) 778-2278.

### Apple Harvest Trivia

Test your knowledge and find answers on Page 5



1. How many feet high can an apple tree grow?
2. True or False: Apples are fat free, and a great source of fiber.
3. About how many quarts of applesauce can a bushel of apples produce?
4. About how many apples does it take to create one gallon of cider?
5. What color are apple blossoms when they open?
6. True or False: Pomology is the term for the science of apple growing.
7. Why do apples float in water?
8. The "greening apple" is the official fruit of what US state?
9. There are about 2,500 varieties of apples grown in which country?
10. True or False: the USDA reports that the average American eats about 5 pounds of fresh apples per year.

# LOOKING FOR A NEW FUN ACTIVITY?

**BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with falls prevention exercise.**

**Bingo + Exercise = Bingocize**

**Pre-registration is required.**

**To learn more about future class schedules: Call Mary Jane at (607) 778-2411.**

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## Virtual Senior Center Pilot Program



Here is an exciting opportunity for older adults who are looking for new activities. The Virtual Senior Center Program provides free access to online activities and classes that help participants to stay engaged and connect with others while learning new skills or staying active. The Virtual Senior Center Program is available for free to Broome County residents age 60+ through the end of 2021.

A variety of classes are available including the following:

- Open Chats
- Tai Chi, Yoga & Meditation
- Arts and Crafts
- Computer & Technology Training
- History
- Music
- Language classes

For the most current list of upcoming classes please visit: <https://www.vscm.selfhelp.net/calendar>

If you are interested in participating in this program, please contact the Broome County Office for Aging at (607) 778-2411 or send an email to [ofa@broomecounty.us](mailto:ofa@broomecounty.us). Technical assistance is available to help with set up and access to online classes.



# Caregiver Corner

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

## Event for Caregivers

### Guardianship and Power of Attorney

**Date:** Wednesday, September 15

**Time:** 1:00-2:00 PM

**Location:** Broome County Library, Decker Room, 185 Court Street, Binghamton, NY 13901 or join by Zoom platform

**Presenter:** Kristen Luce, Attorney from Coughlin and Gerhart, LLP

Kristen and associates will discuss how guardianship or having a power of attorney can work for you and those you care for. Please join us to learn more about these important documents.

**Pre-registration is required. Call Caregiver Services at (607) 778-2411 to register.**

## Caregiver Chat Groups

Let's chat! These informal discussions are open to caregivers of any age.

**The Stay Healthy Caregiver Chat:** Participants will have the option of meeting face to face or calling in using a landline or cell phone

**Date:** Monday, September 13

**Time:** 1:00-2:30 PM

**Location:** Johnson City Senior Ctr.  
30 Brocton Street  
Johnson City, NY 13790

**Or dial in:** (607) 778-6547

**Meeting Code:** 2187 #

**Attendee Access Code:** 123456#

**The Wayne Street Caregiver Chat:** Participants use the Zoom platform or can call in.

**Date:** Wednesday, September 15

**Time:** 9:30-11:00 AM

**Location:** Broome West Senior Ctr.  
2801 Wayne Street,  
Endwell, NY 13760 or:

**Zoom Meeting Link:**

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09ID:98867802737>

**Zoom Password:** 037464

For questions on the Wayne Street Caregiver Chat, call (607) 778-2946 or email [machelle.spinelli@broomecounty.us](mailto:machelle.spinelli@broomecounty.us)

## Scam of the Month

### Medicare Scams

With Medicare Open Enrollment starting on October 5, we are likely to see an increase in Medicare scams throughout the country because Medicare is on everyone's mind. Scammers have been known to call Medicare beneficiaries and request information from their Medicare cards. Medicare already knows what is on your Medicare card, so they do not need that information.

Remember these tips:

- If someone is requesting information on your Medicare card, that person is not from Medicare.
- If the caller asks for your bank account information, hang up immediately. There is no reason that Medicare would need your bank account information.
- If you would like to set up direct payments for your insurance from your bank account, contact your insurance plan directly.
- Another way that scammers try to access your information is through the mail. If you receive mail requesting personal information to be mailed back, this mailer may not actually be from the agency that they claim to be.

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

For non-biased, trusted information on Medicare, contact Action for Older Persons at (607) 722-1251.

## Subscribe to the Caregiver Corner newsletter!

Would you like to receive caregiver information, tips and practical advice by mail every other month?

Subscribe to the Caregiver Corner newsletter by completing the form below and dropping it off at any senior center or mailing it to:

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

I would like to receive the Caregiver Corner newsletter.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

If you would prefer to call Office for Aging to subscribe to Caregiver Corner, please call Caregiver Services at (607) 778-2411.



*Trips subject to change.*

### Eastern Broome Senior Center

Contact: Arlene,  
**(607) 759-6306**

September 13 - 17  
Ocean City, Maryland

### Johnson City Senior Center

Contact: Kim, **(607) 797-3145**

November 4  
Villa Roma: Dolly Parton & Kenny Rogers Tribute

December 1  
Villa Roma: Christmas Show

### North Fenton Seniors

Contact: Ruth, **(607) 648-8425**

September 15  
Turning Stone Casino

October 13  
Silver Birches: Oktoberfest

November 18 & 19  
Christmas in Lancaster, PA



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**Marian Apartments**  
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**Watkins Glen School Apartments**  
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## HEALTH & WELLNESS

### Chair Yoga

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

Monday	11:00 am	First Ward Senior Center (Binghamton) (\$5)
Thursday	1:00 pm	Broome West Senior Center (Endwell) (No fee)

### Bonesaver Class

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

Mon, Wed & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	1:00 pm	Johnson City Senior Center
Wednesday	10:00 am	Broome West Senior Center (Endwell)

### Beginner Gentle Yoga

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

Monday	9:30 am	First Ward Senior Center (Binghamton)
Friday	10:00 am	Johnson City Senior Center
Monday	9:30 am	Broome West Senior Center (Endwell)

### Line Dancing

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

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

### Zumba

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

Tuesday	12:30pm	Johnson City Senior Center (\$5)
Mon & Fri	9:30am	First Ward Senior Center (Binghamton) (\$3)

### Stretch & Strength Class

No Fee for this class.

Tuesday	1:00 pm	Johnson City Senior Center
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### Low-Impact Aerobics

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

Thursday	10:00 am	Johnson City Senior Center
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### Tai Chi

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

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

### Chair Exercise

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

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

### Drum Exercise Class

Chair exercise using cardio drumming for seniors. No fee for this class.

Friday	1:00 pm	Northern Broome (Whitney Point)
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### Exercise equipment available daily at the following Senior Centers:

Broome West Senior Center, Northern Broome Senior Center, First Ward Senior Center, Johnson City Senior Center

\*Complete addresses and phone numbers for all Senior Centers located on pages 11 & 12



### Why Do You Want to Simplify?

### Monthly Downsize & Declutter Discussion

Tuesday, September 14, 3 pm at Broome West or on Zoom

One of the 40 Life Lessons of The Minimalists Ryan Nicodemus and Joshua Fields Millburn is: "Decluttering doesn't work." We all know *how* to declutter. The problem is *our* attachment to our stuff. Once we understand why we want to simplify, it is easier to make progress. What is your *why*? Learn more of the techniques and how to get the why on Tuesday, September 14 at 3 PM at Broome West Senior Center in Endwell, or on Zoom.

For more information and to sign up, please call Joan at (607) 754-1230 or email [joan.sprague@broomecounty.us](mailto:joan.sprague@broomecounty.us) or [spraguejm@verizon.net](mailto:spraguejm@verizon.net).

## Remember Your Annual Flu Shot

Flu season is here for its annual visit!

Seniors over the age of 65 are the most susceptible to flu. Our immune systems become less vigorous as we age. In 2018-2019, the CDC estimated that the flu virus caused 35.5 million illnesses, 490,600 hospitalizations, and 34,200 deaths. Seniors accounted for 75% of the estimated deaths. This is why the flu shot is so critical for seniors.

Remember: Flu shots contain only dead viruses or single protein strands of flu viruses. Dead or dissected viruses can't replicate, so they can't cause the flu. Your immune system, however, reacts to the foreign protein (virus pieces) and launches a counter-attack against the "foreign invader" as if it was live. Your immune system's reaction can create the discomforts you hear people talk about, e.g. sore arm, bone and muscle aches, fatigue. Most immune cells are created in the bone marrow, and this is why you ache. Your arm is sore because your immune system has created an "inflammation and immune cell fort" at the "invasion site". All this immune system exercise makes you tired like any rigorous physical exercise does. In 14 short days, your body is fully armed to fight off the flu!

Sources: [www.CDC.gov/flu/about/burden/2018-2019](http://www.CDC.gov/flu/about/burden/2018-2019)

### Broome County Office for Aging & Lourdes Medical Mobile Unit 2021 Flu Clinic Schedule

#### Please consult your healthcare provider for questions and guidance on receiving your annual flu shot.

Monday, September 20	Broome West Senior Center, 1:00 - 2:30 pm 2801 Wayne Street, Endwell
Friday, September 24	First Ward Senior Center, 10:00 - 11:30 am 226 Clinton Street, Binghamton
Wednesday, September 29	Vestal Senior Center, 10:30 - 11:30 am 201 Main Street (Old Junior High School), Vestal
Friday, October 1	Eastern Broome Senior Center, 9:30 - 11:00 am 27 Golden Lane, Harpursville
Monday, October 4	Northern Broome Senior Center, 9:30 - 11:00 am 12 Strongs Place, Whitney Point
Wednesday, October 6	Johnson City Senior Center, 10 - 11:30 am 30 Brocton Avenue, Johnson City
Tuesday, October 12	North Shore Towers, 10 - 11:30 am (Tuesday) 24 Isbell Street, Binghamton

Flu clinics listed above do not take reservations in advance. Flu shots will be provided on a walk-in basis. If you have any questions, please contact the **Office for Aging at (607) 778-2411.**

### Laugh Break!

What does a schoolbook do in the fall?

*It puts on a jacket.*

## You Can Get There! Overview of Broome County Transportation Options

Reliable, safe transportation is essential for seniors wanting to stay active and connected throughout the year. Below are some excellent transportation resources for seniors in Broome County.

Broome County Public Transit provides the following transportation options:

- **B.C. Transit Fixed Route Buses:** This service has buses traveling a designated route with stops along the way at scheduled times. Seniors can ride at a discounted rate of \$1.00/ride by showing their yellow OFA ID card or Medicare card. The buses are accessible. Each bus can accommodate two wheelchair users, and on request, the driver can lower the front of the bus for easy entry and exit. Navigating is easy with the BC Transit Trip Planner, Google Maps or Apple Maps, or using bus schedules found at your local library, Weis Markets, Wegmans or various community organizations. Riders may view bus location with the DoubleMap bus tracker. Visit [www.ridebctransit.com/transit](http://www.ridebctransit.com/transit) and download the DoubleMap app. For more information call (607) 763-4464.
- **Office for Aging Mini-Bus:** This service is for those age 60 and over. To use this service, seniors will need to complete the OFA ID card application. With an OFA ID card and a suggested contribution of \$2.00 each way, you can reserve a curb-to-curb service. Directions on how to get an OFA ID card and how to make a reservation can be found at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior) or by calling (607) 778-2411. If you live in senior housing, your building may have a weekly OFA Mini-Bus Shopper service. Check with your building manager or look for posters in the lobby of your building.
- **B.C. Lift:** This service is for people with disabilities who cannot use the regular fixed route system due to conditions related their disability. To qualify, you must complete the BC Lift application and be determined eligible for this service. If approved, you will receive notification in the mail, instructions on how to use the service, and an ADA card. Rides are \$3.00 each way. Call BC Transit at (607) 763-4464 for more information.
- **B.C. Country:** This service is for rural Broome County residents to travel to destinations in the urban core (i.e. Binghamton, Vestal, Johnson City, Endicott, Endwell, etc). You may call BC Transit at (607) 763-4464 to sign up for this service and learn how to reserve your ride. The bus will pick you up in the morning and return you in the afternoon. The fare for each one-way trip is \$3.50 or \$2.50 for persons with disabilities. Children under 5 may ride for free if accompanied by an adult. Senior riders age 60 and above who are riding between 9 a.m and 4 p.m. may ride with a suggested contribution of \$2.00 each way.

The following community resources are available to support you as you explore transportation options:

- **Getthere Call Center** - If you are not sure what transportation option is right for you, call the Mobility and Transportation Advocates at the Getthere Call Center who are well-versed in all of Broome County's transportation options. They can help you figure out which program is right for you including free trip planning, transportation education, referrals and information on how to safely use any transportation resource in Broome County. Staff at the Getthere Call Center are available Monday through Friday from 7am until 7pm at 1 (855) 373-4040.
- **Broome County Transit Mobility Manager** can help you learn more about using BC Transit, BC Lift, BC Country, and the OFA Mini-Bus as well as arrange for group instruction and travel training. Alternative transportation options can also be considered when public transportation does not meet your needs. Call (607) 763-4926 for more information.

## Create an Upward Spiral of Good Health

By Kathleen Cook, Nutrition Educator,  
Cornell Cooperative Extension

We're all far too familiar with the phrase "a downward spiral," meaning a series of events that continue to make things worse one after the other. However, good things can also come about from positive healthful choices, forming an Upward spiral.

One thing that can begin that upward movement of positivity and improved health is caring enough for yourself to make nutritious small meals. You matter. You are worth it. Think of the foods that make you happy. Whether it is a creamy soup on a chilly day, warm oatmeal in the morning, or eggs with buttered toast and coffee, food we enjoy does improve our mood and inspire us to continue to do positive things for ourselves.

As a nutrition educator with Cornell Cooperative Extension, I teach methods and techniques, and give tips on ways to put together meals that are nutritious and energizing, but don't take a lot of time or ingredients. I teach at each Senior Center once a month and invite you to join me as I present nutrition information and recipes.

### "Healthy Starts at Home" Nutrition Education by Kathleen Cook September's Schedule of Classes

- 9/8 Broome West Senior Center, 11am
- 9/14 Deposit Senior Center, 11 am
- 9/15 North Shore Towers, 10:30 am
- 9/20 Northern Broome Senior Center, 9:45am
- 9/21 First Ward Senior Center, 12 pm
- 9/22 Vestal Senior Center, 10:30 am
- 9/24 Eastern Broome Senior Center, 12 pm
- 9/28 Johnson City Senior Center, 11:15 am

## 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 12

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

### Apple Harvest Trivia Answers

Apple Trivia Answers: 1. 40 feet, 2. True, 3. 20 quarts; 4. 36 apples; 5. pink; 6. True; 7. They are 25% air; 8. Rhode Island; 9. US; 10. False (16 lb.s)



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## Review your Plan! Medicare Open Enrollment Fall 2021

Action for Older Persons (AOP) offers no cost, unbiased insurance counseling and financial assistance program application help. Medicare Open Enrollment will take place from October 15th - December 7th. This is the one time each year that all Medicare beneficiaries can change their health care selection. Last year during Medicare Open Enrollment, AOP met with 1,311 individuals and saved these local residents an estimated \$741,956 in premium and copay expenses for the next year. Do you know that only a very small percentage of Medicare beneficiaries review their plans each year? Tell your friends and family that plans change dramatically each year and they should review their plan. Let's have Broome County beneficiaries lead the way in saving money!

There are many reasons why it is important to review your Medicare Advantage, Medicare Supplement or Medicare Prescription Drug Plan during Open Enrollment:

- Plans may make changes to their formulary (the drugs they cover)
- Plans may make changes to their premium (monthly cost)
- Plans may make changes to their co-pays at the pharmacy or at the doctor/hospital as well as to other covered services
- Plans may make changes to their network of doctors and hospitals
- Plans may end their contract with specific pharmacies or pharmacy chains
- Plans may cancel their contract with Medicare - canceling your plan completely
- New plans may become available that are more cost effective than your current plan

If you are enrolled in an AARP UHC Medicare Supplement Plan whose premium just increased by almost 15%, call us now as there are companies who offer lower premiums for the same plans. In NYS, you can change your supplement plan at any time.

Please be advised that Medicare and/or the New York State EPIC program will not send representatives to your home. If someone comes to your home and states that they work for Medicare or EPIC, know that this is not true.

We will be offering both in person and phone appointments this fall. AOP members may begin calling for an Open Enrollment appointment on Monday, September 20th at 8:30 am. All other clients may begin calling on Monday, September 27th at 8:30 am. We ask for your patience as we answer the influx of calls on those days. Demand for these appointments continues to grow and last year we ended up with a waiting list of over 100 people. We encourage you to make your appointment as soon as possible to ensure appointments are still available.

AOP is the **only** source of unbiased Medicare counseling in Broome County and our counselors are available all year round to assist you. Call us at (607) 722-1251 to find out how we can help you save money with Medicare!



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## Home Energy Assistance Program 2021-2022

If you qualify, the Home Energy Assistance Program (HEAP) may assist you with the cost of heating your home this fall/winter. Eligible households can receive one regular HEAP benefit per program year.

### The Regular Benefit HEAP season will open on October 1, 2021.

The 2021-2022 household income guidelines have not been released as of the date this article was sent to production. Income guidelines will be published in the October issue of the Senior News.

There are several ways you can apply for HEAP. You can apply online at [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov). To apply with a paper application, the following agencies will accept applications:

**Broome County Office for Aging (OFA)** accepts applications for regular HEAP for homeowners and renters who are age 60 or over and for those who receive disability income, either Supplemental Security Income (SSI) or Social Security Disability (SSD). If you were approved and received a HEAP benefit during the 2020-2021 season, "early outreach" applications were scheduled to be mailed out the week of August 30th. Please return your completed application to the Office for Aging. While early outreach applications for returning applicants are accepted before October, benefits will not be issued until the program officially opens on October 1, 2021.

If you are new to HEAP (over age 60 or receiving permanent disability) and would like to receive an application, please call the Office for Aging HEAP hotline at 607-778-2063. Applications will be mailed out when the program opens on October 1, 2021.

The Career & Community Services Center of Broome County (The CCSC) accepts applications for homeowners and renters under age 60 and not disabled. Once the official HEAP season begins on October 1, 2021, you can call The CCSC at 607-778-1100 to request an application.

\* Please note that families receiving ongoing Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not need to apply.

If you have questions or would like to learn about other financial benefits you may be eligible to receive, call the Office for Aging at 607-778-2411.

### Income Eligibility: Maximum Household Gross Monthly Income

1-person household: \$2,729

2-person household: \$3,569

3-person household: \$4,409

4-person household: \$5,249

Higher limits apply for larger households

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## Celebrate Apple Season

As we say farewell to summer, apple season is quick to follow. Welcome autumn by adding apples to some of your favorite savory recipes, in addition to fresh baked pies and desserts!

### Apple-Sage Wild Rice Stuffing

This tasty wild rice dish starts with sautéed celery and onions mixed with sweet apples and cranberries.

#### Ingredients

- 4 ounces chopped pecans
- 4 teaspoons canola oil (divided)
- 1 1/2 cups diced celery
- 1 1/2 cups diced onions
- 1 medium red apple, such as Jonathan or Gala (halved, cored, and diced, about 1 1/2 cup total)
- 2 cups hot cooked brown rice
- 1 cup hot cooked wild rice
- 1/2 cup dried cranberries
- 1 chopped jalapeno pepper (if desired) OR 1/4 tsp dried pepper flakes
- 1 1/2 tablespoons chopped fresh sage (or 1 1/2 tsp dried sage)
- 3/4 teaspoon salt

#### Directions

1. Heat a large skillet over medium-high heat. Add the pecans and cook 2-3 minutes or until beginning to brown, stirring frequently. Set aside on separate plate.
2. Heat 1 teaspoon of the oil over medium heat. Cook the celery and onion 8 minutes or until beginning to lightly brown on edge, stirring occasionally.
3. Add the apples and cook 4 minutes or until tender crisp.
4. Stir in the pecans and the remaining ingredients and cook 3-4 minutes or until the rice mixture is heated, stirring occasionally.

Nutrition Information: Calories 160, Fat 9 g, Sodium 160 mg, Carbohydrates 20 g, Total Sugar 7 g, Protein 3 g. Serves 12.

Reprinted From: <https://www.myplate.gov/recipes/myplate-cnpp/apple-sage-wild-rice-stuffing>

### Apple Carrot Soup



Ginger and orange peel are the secret ingredients to this pork, apple, and carrot soup.

#### Ingredients

- 1 pound pork (lean, cut into chunks)
- 4 apples (with skin, cored and quartered)
- 4 carrots (large, peeled and cut into chunks)
- 1 orange peel
- 4 slices ginger
- 1/2 teaspoon salt
- 20 cups water

#### Directions

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

Nutrition Information: Calories 116, Fat 2 g, Sodium 220 mg, Carbohydrates 13 g, Total Sugars 9 g, Protein 12 g. Serves 8.

Reprinted From: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-carrot-soup>



## Braised Red Cabbage with Sweet Apples & Onion

Bringing health and flavor together, red cabbage adds to the rainbow on your plate, delivering antioxidant benefits.

#### Ingredients

- 1 tablespoon canola oil
- 1 medium red onion, thinly sliced
- 1 small head red cabbage, cored and shredded (about 4 cups)
- 2 sweet apples (such as Fuji, Gala or Jonagold), cored and cubed
- 2 tablespoons packed brown sugar
- 1/2 cup apple juice
- 2 tablespoons red wine vinegar
- 2 tablespoons caraway seeds, toasted (optional)
- 1 bay leaf
- 1/2 teaspoon salt
- 1/8 teaspoon freshly-ground pepper

#### Directions

1. Heat the oil in a large saucepan over medium heat. Add the onion; cook, stirring for about 5 minutes until the onion softens and becomes translucent.
2. Stir in cabbage and apples. Cook just until the cabbage wilts, 3 to 5 minutes.
3. Combine brown sugar, apple juice and red wine vinegar in a small bowl and then stir the mixture into cabbage and apples. Add caraway seeds and bay leaf. Stir well.
4. Bring the cabbage-apple mixture to a boil. Cover and reduce heat to a simmer, cover, cook for 20 to 25 minutes until cabbage is tender.
5. Season with salt and pepper.
6. Before serving, remove bay leaf.

Nutrition Information: Calories 120, Total fat 3g, Sodium 220mg, Carbohydrate: 25g, Total Sugar 17 g, Protein 2 g. Serves 6.

Adapted From: <https://www.eatright.org/food/planning-and-prep/recipes/braised-red-cabbage-with-sweet-apples-and-onion-recipe>

# Do You Know Which Moles Are Deadly?

## We Do!

**Acne & Rashes**

**Nail and Hair Problems**

**Psoriasis and Rosacea**

**We Treat:**

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*We Promise to See You the Week You Call!*



# Did You Senior Center Today?

Some events require preregistration and some may have fees. Please refer to pages 11 & 12 for more details about senior center activities. Contact the Office for Aging at (607) 778-2411 for information about any of our programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Create a masterpiece with the Quilters Group at Broome West, 9:30-11 am Join a yoga class at Eastern Broome, 9:30-10:30 am Play Penny Bingo at First Ward, 12:30 pm</p>	 <p>Treat yourself to a made-to-order breakfast at Eastern Broome, 8-9:30 am Enjoy a game of shuffleboard at First Ward, 9 am Play Wii bowling at North Shore Towers, 10-11:30 am Join a painting class at Eastern Broome, 9-11 am</p>	 <p>Create ceramics at First Ward, 9 am Play Canasta at Broome West, 1 pm Soup and Salad Bar hits the spot at Vestal, 11:30 am</p>	 <p>Join the Sewing Group at First Ward, 9 am Play bingo for prizes at Eastern Broome, 10:15 am Find balance with gentle chair yoga at Broome West, 1 pm</p>	 <p>Crafts at Broome West, 9:30 am Hit a high note with the Ladies' Singing Group at Johnson City, 10:30-11:30 am Enjoy a fresh chef salad at Vestal (reserve one day prior), 11:30 am Play a game of cards at North Shore Towers, 10-11:30 am</p>
 <p><b>During the month of September</b>, whenever you dine at one of the eight affiliated Broome County Office for Aging Senior Centers, you will have the opportunity to enter your name in a raffle. Senior Center site supervisors will announce winners before lunch on Friday, October 1st (September 30th in Deposit). Prize winners will also be posted at the centers and on the Broome County Office for Aging Facebook page. We encourage you to visit your local senior center to see all that it offers!</p>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>• Crafts at North Shore Towers, 10-11:30 am</li> <li>• Floor Shuffleboard at Broome West, 12:45-2:45 pm</li> <li>• Bonesaver Class at First Ward &amp; Johnson City, 1 pm</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• Legal Aid at Broome West (call to reserve), 9 am – 12 pm</li> <li>• Low Impact Aerobics at Johnson City (\$3), 10 am</li> <li>• Bingo at Vestal, 10:15 am</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• Tai Chi at Eastern Broome (\$3), 9:30 am</li> <li>• Line Dancing at Broome West (\$3), 10 am</li> <li>• Drum Exercise Class at Northern Broome, 1 pm</li> </ul>
 <p><b>6</b> <i>Centers Closed. Happy Labor Day</i></p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Knitting &amp; Crocheting at First Ward, 9 am</li> <li>• Ping Pong at Broome West, 1-2:45 pm</li> <li>• Stretch and Strength Class at Johnson City, 1 pm</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Live Music w/Harmony Lane at Eastern Broome, 12:15 pm</li> <li>• Bridge Card Game at Vestal, 12:30 pm</li> <li>• Bonesaver Class at First Ward &amp; Johnson City, 1 pm</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Low Impact Aerobics at Johnson City (\$3), 10 am</li> <li>• Help Make a Cookbook at North Shore Towers (bring a favorite recipe), 10:30 am</li> <li>• Cook Out w/Music by Harmony Lane at Deposit (call to reserve), 12-1:30 pm</li> <li>• Bingo for Prizes at Northern Broome, 1 pm</li> <li>• K9 Dog Demonstration w/BC Sheriff's Dept at Northern Broome, 2 pm</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Tai Chi at Eastern Broome (\$3), 9:30 am</li> <li>• Line Dancing at Broome West (\$3), 10 am</li> <li>• Drum Exercise Class at Northern Broome, 1 pm</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Legal Aid at First Ward (call to reserve), 9 am</li> <li>• Zumba at First Ward (\$3), 9:30 am</li> <li>• King High Card Game at Vestal, 12 pm</li> <li>• Stay Healthy Caregiver Chat at Johnson City, 1 pm</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Adult Coloring at Broome West, 9:30 am</li> <li>• Scrabble at Broome West, 12:30 pm</li> <li>• Stretch and Strength Class at Johnson City, 1 pm</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Chorus Group Resumes at First Ward, 9 am</li> <li>• Book Club Meets at Eastern Broome (call for information), 10 am</li> <li>• Bonesaver Class at First Ward &amp; Johnson City, 1 pm</li> <li>• Caregiver Chat at Broome West, 9:30 am</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Low Impact Aerobics at Johnson City (\$3), 10 am</li> <li>• Social Connections Group at Broome West, 1-2:30 pm</li> <li>• AARP Smart Driver Course at First Ward (call to register) 9 am-12:30 pm &amp; 12-3:30 pm</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Tai Chi at Eastern Broome (\$3), 9:30 am</li> <li>• Line Dancing at Broome West (\$3), 10 am</li> <li>• AARP Smart Driver Course at First Ward (call to register), 9 am-12:30 pm &amp; 12-3:30 pm</li> <li>• Drum Exercise Class at Northern Broome, 1 pm</li> <li>• Brooks BBQ Fundraiser for Senior Centers at Tractor Supply, Vestal (\$12), 3 pm-Sold Out</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Zumba at First Ward (\$3), 9:30 am</li> <li>• Hand and Foot Card Game at Broome West, 12:30 pm</li> <li>• Flu Shot Clinic at Broome West, 1-2:30 pm</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Fall Leaf Bowl Crafts at Vestal (call to reserve), 10 am</li> <li>• Trivia at North Shore Towers, 10:30 am</li> <li>• Stretch and Strength Class at Johnson City, 1 pm</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Lourdes Mobile Mammography Van at Johnson City, 9 am – 3 pm</li> <li>• Ice Cream for National Ice Cream Day at Northern Broome, 12 pm</li> <li>• Bonesaver Class at First Ward &amp; Johnson City, 1 pm</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Wii Bowling at Broome West, 9:30 am</li> <li>• Low Impact Aerobics at Johnson City (\$3), 10 am</li> <li>• Chair Exercises at Broome West, 10:30 am</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Tai Chi at Eastern Broome (\$3), 9:30 am</li> <li>• Flu Shot Clinic at First Ward, 10-11:30 am</li> <li>• Line Dancing at Broome West (\$3), 10 am</li> <li>• Pizza or Chef Salads &amp; Bunko at Vestal (call to reserve), 11:15 am</li> <li>• Drum Exercise Class at Northern Broome, 1 pm</li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Horse Racing Game w/Bonnie Hill at Eastern Broome, 10 am</li> <li>• Bingo at North Shore Towers, 10 – 11:30 am</li> <li>• Blood Pressure Checks at Broome West, 11 am</li> <li>• Personal Safety Madeline Bay, BU Deputy Chief of Police at Northern Broome, 11:45 am</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• Stretch and Strength Class at Johnson City, 1 pm</li> <li>• Chair Exercise at Broome West, 10:30 am</li> <li>• Scrabble at Broome West, 12:30 pm</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• Flu Shot Clinic at Vestal, 10:30-11:30 am</li> <li>• Bookmark Crafts at North Shore Towers, 10:30 am</li> <li>• Legal Aid at Eastern Broome (call to reserve), 9 am – 12 pm</li> <li>• Bonesaver Class at First Ward &amp; Johnson City, 1 pm</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• Low Impact Aerobics at Johnson City (\$3), 10 am</li> <li>• Evening Meal w/Music by Greg Neff at Vestal (call to reserve), 4 pm</li> </ul>	<p><b>Please Remember: Covid-19 is Still a Concern</b> Guidelines are changing every day as the pandemic continues to exist. Bring a face mask with you when visiting Broome County Senior Centers in case one is required. Vaccines are still available and easy to schedule. If you would like to schedule a vaccine, please call the Office for Aging at (607) 778-2411.</p>



## BE A CLASSROOM GRANDPARENT AND GET PAID



Experience the joy of making a difference in the life of a child in an elementary school or Head Start program. You will receive training, a stipend of \$3.00 per hour that does not affect income-based assistance programs, and paid time off.

**Join the Foster Grandparent Program!**  
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Broome County  
 Office for Aging

18th Annual Fall & Holiday Craft Show  
 Saturday, October 9, 10 am - 3 pm

Broome West Senior Center  
 2801 Wayne Street, Endwell (off Watson Blvd)  
 Free Admission - Welcome to All

Enjoy a wide variety of handmade crafts, delicious food, baked goods, raffles, and door prizes!

## Sick & Tired of Varicose Veins? But You're Scared of Surgery?

At New York Skin and Vein We Now Offer **Varithena** - the Nonsurgical 15 Minute In-Office Injection Treatment for Varicose Veins Covered by Medicare!  
 No Glue, Cutting, Stitches, or Staples!

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 just a few minutes right in our office. You'll be back to normal in a day!

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### This Month...

We answer a question about visiting a Broome County Senior Center for the first time.

**Question:**

I would like to visit a Senior Center in my neighborhood, but I have never been there before. What should I expect when I walk in for the first time, and will someone be there to help me?

**Answer:**

On your first visit to a center, there will be a staff person or volunteer available to meet you when you come in. They can answer your questions and show you around the center, explain how to sign up for events and a meal, and introduce you to the other guests.

You will be given a welcome pack that includes a copy of the *Senior News*, and other resources and information that could be helpful. Most centers also provide a newsletter with specific information and events for that location.

You will also be offered an OFA ID card application which is optional for attending a center, but it can make getting a meal easier. The ID card can also be used at all the other centers and for public transportation.

We have eight different centers in Broome County. You can find the contact information and locations for each center in the "Look What's Happening at the Centers!" section of this paper. There is a lot to offer when it comes to Senior Centers in Broome County, and there is a perfect fit for everyone! We hope you enjoy your visit.

Broome County  
 Office for Aging

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

- Email the Office for Aging at: [ofa@broomecounty.us](mailto:ofa@broomecounty.us).
- Write to us via postal mail at:  
 Broome County Office for Aging  
 PO Box 1766, Binghamton, NY 13902

### Veteran Discounts Cremation & Funeral



#### FAMILY SERVING FAMILIES

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<b>724-1415</b>		<b>785.2841</b>

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# Look What's Happening at the Centers!

## **BROOME WEST**..... **785-3427**

2801 Wayne St., Endwell, NY 13760

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

**Lunch served at Noon call 785-1777**

### Weekly Activities

**Monday – Friday:** Gift Shop, 9 am – 3 pm

**Monday:** Quilting, 9:30 – 11 am; Hand and Foot Card Game, 12:30 pm; Shuffleboard, 1 - 2:30 pm

**Tuesday:** Adult Coloring, 9:30 am; Mahjong, 10:30 am; Chair Exercises, 10:30 am; Scrabble, 12:30 pm; Ping Pong, 1 - 2:45 pm

**Wednesday:** Bone Builders Exercise, 10 am; Canasta, 1 pm;

Floor Shuffleboard, 12:30 - 2:45 pm

**Thursday:** Wii Bowling, 9:30 am; Chair Exercises, 10:30 am; Gentle Chair Yoga w/Deanna, 1-2 pm; Social Connections, 1-2:30 pm

**Friday:** Craft Class, 9:30 am;

Line Dancing w/Ms. Julie, 10-11:30 am (\$3);

Mahjong, 11:30 - 2:30 pm; Ping Pong, 1- 2:45 pm

### Special Activities

9/2 Legal Aid (call to reserve), 9 am – 12 pm

9/8 “Healthy Starts at Home” Nutrition Education w/Cornell Coop. Ext., 11:00 am

9/14 Downsize and Declutter Discussion, 3 – 4:30 pm (also on zoom)

9/15 September Birthday and Anniversary Celebrations with Lunch

9/15 Caregiver Chat, 9:30 am

9/21 Site Council Meeting, - Your Input Matters, 9:30 am

## **DEPOSIT**..... **467-3953**

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

**Center Hours:** Tues & Thurs, 10:00 am - 2:00pm

**Lunch served at 12:30 pm**

### Special Activities

9/9 Cook Out w/Music by Harmony Lane, 12 – 1:30 pm

9/14 “Healthy Starts at Home” Nutrition Education w/Cornell Coop. Ext., 11 am

## **EASTERN BROOME**..... **693-2069**

27 Golden Lane, Harpursville, NY 13787

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

**Lunch served at Noon**

**Breakfast Made-To-Order:** Tues, 8 - 9:30 am

### Weekly Activities

**Monday:** Gentle Yoga, 9:30-10:30 am; DMV Mobile (By Appt.)

**Tuesday:** Breakfast, 8-9:30 am; Painting Group, 9-11 am

**Wednesday:** Crafters' Group, 9-11 am; Music Jam, 10 am; Billiards, 10 – 11:30 am

**Thursday:** Bingo for Prizes, 10:15 am-12:15 pm

**Friday:** Gentle Tai Chi, 9:30 am

### Special Activities

9/1 Finance Officers' Meeting, 9:30 am

9/8 Musical Entertainment by Harmony Lane, 12:15 pm  
Site Council Meeting, 10:30 am

9/15 Book Club, 10 am

9/24 “Healthy Starts at Home” Nutrition Education w/Cornell Coop. Ext., 12 pm

9/27 Horse Racing, 10:30-11:30 am

9/29 Legal Aid (call to reserve), 9 am – 12 pm

## **FIRST WARD**..... **797-2307**

226 Clinton St., Binghamton, NY 13905

**Center Hours:** Mon - Fri, 8:30 am - 3:30 pm

**Lunch served at 11:45 am call 729-6214**

### Weekly Activities

**Monday:** Chair Yoga, 11 am (\$5); Penny Bingo, 12:30 pm

**Tuesday:** Knitting & Crocheting, 9 am; Shuffleboard, 9 am;

Progressive Pinochle, 11:30 am; Int. Mah-Jongg, 11:30 am

**Wednesday:** Chorus, 9 am

**Thursday:** Sewing, 9 am

**Mon, Wed & Fri:** Bonesavers, 10 am

**Mon & Fri:** Zumba, 9:30 am (\$3); Texas Hold'em, 11 am

**Wed & Fri:** Ceramics, 9 am

### Special Activities

9/1,15 Swinging Swans (Hand, Knee & Foot Card Game), 10 am

9/2 Executive Board Meeting, 9:30 am

9/13 Legal Aid, 9 am (call to reserve)

9/15 Chorus Resumes, 9 am

9/16,17 AARP Smart Driver Course (call to register),  
9-12:30 pm & 12-3:30 pm

9/20 JFF Pool League Resumes, 9 am

9/21 “Healthy Starts at Home” Nutrition Education w/Cornell Coop. Ext., 12 pm

## **JOHNSON CITY**..... **797-3145**

30 Brocton St., Johnson City, NY 13790

**Center Hours:** Mon - Thurs 9:00 am - 4:00 pm; Fri 9:00 am - 2:00 pm

**Lunch served at 11:45 call 797-1149**

### Weekly Activities

**Monday:** Watercolor Painting, 9 am – 12 pm (\$3); Gentle Yoga, 9:30 am – 10:30 am (\$3); Line Dancing, 10:45 am – 11:45 am (\$3); Knitting and Crocheting, 11:30 am – 1:30 pm; Bonesavers, 1 pm – 2 pm

**Tuesday:** TOPS, 9 -11 am; Zumba, 12:30 -1:30 pm (\$5);

Stretch & Strength, 1-2 pm

**Wednesday:** Quilting, 9-11:30 am; Bridge, 10:30 am – 2:30 pm; Chair Yoga (call for info); Penny Bingo for Fun, 12:30-3 pm; Progressive Pinochle, 12:30-3 pm; Writer's Workshop, 1-2 pm, Mahjong and Beginners Mahjong, 1 pm; Bonesavers, 1-2 pm

**Thursday:** Guitar Group, 9 am-12 pm (\$2); Oil Painting, 10 am-1 pm (\$3); Low-Impact Aerobics, 10-11 am (\$3);

Spiritual Seminar w/Rev. Hilda, 10-11 am; Tai Chi, 1-2 pm (\$3)

**Friday:** Watercolor Painting, 9-11:30 am (\$3); Gentle Yoga, 10-11 am (\$3); Chair Exercises, 12:30-1:15 pm, Ladies Sing, 10:30-11:30 am

### Special Activities

9/13 Stay Healthy Caregiver Support Group, 1-2:30 pm

9/16 Legal Aid (call to reserve), 9 am-12 pm

9/22 Haircuts with Debbie Roberts, 10-11:30 am

9/22 Lourdes Mammography Van, 9 am-3 pm

9/24 Ziti Fundraiser Dinner and Raffles, Time TBD

9/28 “Healthy Starts at Home” Nutrition Education w/Cornell Coop. Ext., 11:15 am

**Due to repairs from minor flooding, the Johnson City Senior Center's hours and events schedule are subject to change. Please call the center for updates.**

## **NORTHERN BROOME**..... **692-3405**

12 Strongs Place, Whitney Point, NY 13862

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

**Lunch served at Noon**

Sandwich Bar 11:30 am – 12:30 pm

### Special Activities

9/9 Bingo for Prizes, 1 pm

K9 Dog Demonstration w/BC Sheriff's Dept, 2 pm

9/21 Wear Purple & Play Games for World Alzheimer's Day

9/22 Ice Cream & Prize Drawing for National Ice Cream Day, 12 pm

**Broome County Senior Centers will be closed on Monday, September 6 in recognition of Labor Day.**



## Look What's Happening at the Centers!

*Continued from Page 11*

### **NORTH SHORE**..... 772-6214

24 Isbell St., Binghamton, NY 13901

**Center Hours:** Mon - Fri 10:00 am - 2:00 pm

**Lunch served at Noon**

#### **Weekly Activities**

**Monday:** Bingo, 10-11:30 am

**Tuesday:** Wii Bowling, 10-11:30 am

**Wednesday:** Crafts, 10-11:30 am

**Thursday:** Wii Bowling, 10-11:30 am

**Friday:** Cards & Gardening, 10-11:30 am

#### **Special Activities**

9/3 Drawing for School Backpack Giveaway, 10:30 am

9/9 NST Cookbook Project (bring a favorite recipe), 10:30 am

9/15 Monthly Trivia, 10:30 am

“Healthy Starts at Home” Nutrition Education  
w/Cornell Coop. Ext., 10:30 am

9/21 Wear Purple and Play Trivia for World Alzheimer’s Day, 10:30 am

9/29 Bookmark Crafts, 10:30 am

### **VESTAL** ..... 754-9596

201 Main St, Box #4, Vestal, NY 13850

Located in Old Vestal High School Cafeteria

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

**Lunch served at 11:45am**

#### **Weekly Activities**

**Wednesday:** Soup and Salad Bar, 11:30 am

**Fridays:** Chef Salad (Please Call to Reserve), 11:30 am

#### **Special Activities**

9/2,16 Bingo, 10:15 am

9/13 King High Card Game, 12 pm

9/21 Fall Leaf Bowls Crafts (call to reserve), 10 am

9/22 “Healthy Starts at Home” Nutrition Education  
w/Cornell Coop. Ext., 10:30 am

9/24 Pizza Day & Bunko (\$5 to play Bunko – call to reserve), 11:15 am

9/28 Vestal Senior Club Meeting, 12:30 pm

9/30 Evening Meal w/Music by Greg Neff (call to reserve), 4-7 pm

## Sudoku Answers

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

### Need to Stop Your Senior News Subscription Or Change Your Mailing Address?

Please call the Office for Aging at (607) 778-2411

## NY Connects: Your Link to Home and Community Based Supports

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

**Do you or someone you know need some assistance?**

**Are you interested in reviewing your  
eligibility for financial benefits?**

**Do you want to explore transportation options?**

**Are you looking for information on a specific program or service in  
our community?**

You may be eligible for services you are not aware of. Anyone can  
contact NY Connects –

from family and friends to professionals.

Call NY Connects to learn about all your options

(607) 778-2278 or (800) 342-9871.

**We will connect you!**



**NY Connects**  
Your Link to Long Term  
Services and Supports

of BROOME COUNTY

**(800) 342-9871 (607)778-2278**

## 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**  
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### Did You Know?

**According to the Guinness World Records, the most apples ever picked in 8 hours was completed on September 23, 1980 in Indianapolis, Indiana. On this day, 15,830 pounds of apples were picked by one person!**



**Elderly/Handicapped Housing**  
772-6766

Licensed Enriched Housing Provider

- Metro Plaza Apartments  
110 Chenango Place
- Lincoln Court Apartments  
21 New Street

[www.metrofaith.org](http://www.metrofaith.org)



HUD Housing  
Counseling Agency  
723-0582



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## Building Better Balance

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Every year around the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding, here are some common myths, and the reality, about older adult falls:

**Myth 1:** Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 3 older adults, about 12 million, falls every year in the U.S.

**Myth 2:** Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3:** If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health. Consider visiting a senior center to participate in a wide variety of activities! The listing of local centers is listed on the back pages of this publication.

**Myth 4:** As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

**Myth 5:** Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls. Your local senior centers offer a wide variety of exercise classes including chair exercises, line dancing, Tai chi and yoga! These are all great to help prevent falls. Visit page 4 of this publication for a list of exercise classes.

Learn more about falls prevention at [www.ncoa.org/FallsPrevention](http://www.ncoa.org/FallsPrevention).

## September is National Sepsis Awareness Month

Recognizing early warning signs, getting timely treatment, and preventing infections that can lead to Sepsis are critical to saving lives!

**What is Sepsis:** Sepsis is the body's overwhelming response to infection, which can lead to tissue damage, organ failure, amputations, and death.

**Who it Hurts:** Sepsis is more likely to affect older adults, people with chronic diseases, and those with a weakened immune system, but it can impact people of all ages and levels of health.

**Prevention:** The risk of Sepsis can be reduced by preventing infections, practicing good hygiene, and staying current with vaccinations.

**Treatment:** Sepsis is a medical emergency that requires urgent attention and rapid treatment for survival. Sepsis can be treated, and in many instances, lives are saved by using existing and proven protocols.

**Recovery:** Many individuals fully recover from Sepsis, while many others are left with long-lasting effects.

**Symptoms:** Symptoms of Sepsis include:

- S – Shivering, fever, or very cold
- E – Extreme pain or general discomfort ("worst ever")
- P – Pale or discolored skin
- S – Sleepy, difficult to rouse, confused
- I – "I feel like I might die."
- S – Shortness of breath

If you suspect Sepsis (observe a combination of these symptoms), see your medical professional immediately, CALL 911, or go to a hospital with an advocate and say, "I am concerned about Sepsis."

**Critical Facts:**

- Sepsis is the leading cause of death in U.S. hospitals.
- Mortality from Sepsis increases 8% for every hour that treatment is delayed. As many as 80% of Sepsis deaths could be prevented with rapid diagnosis and treatment.
- Just 55% of U.S. adults have heard of Sepsis.

For more information and to find out more about Sepsis, please visit the New York State Department of Health at <https://www.health.ny.gov/diseases/conditions/sepsis/> or [www.sepsis.org](http://www.sepsis.org).

## Prevent Lyme Disease Before gardening, camping, hiking, or just enjoying the outdoors, make preventing tick bites part of your plans.

Lyme disease is spread by the bite of an infected tick. In the United States, an estimated 476,000 infections are diagnosed and treated each year. If you camp, hike, work, or play in wooded or grassy places, you could be bitten by an infected tick.

**Know where to expect ticks.** Blacklegged ticks (the ticks that cause Lyme disease) live in moist and humid environments, particularly in and near wooded or grassy areas. You may get a tick on you during outdoor activities around your home or when walking through leaves and bushes. To avoid ticks, walk in the center of trails and avoid walking through tall bushes or other vegetation.

**Perform daily tick checks.** Check your body for ticks after being outdoors, even in your own yard. Search your entire body for ticks when you return from an area that may have ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Take special care to check these parts of your body:

- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around all head and body hair
- Between the legs
- Around the waist

Check your clothing and pets for ticks because they may carry ticks into the house. Check clothes and pets carefully and remove any ticks that are found. Place clothes into a dryer on high heat to kill ticks.

Remove an attached tick with fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small; however, other diseases may be transmitted more quickly. Over the next few weeks, watch for signs or symptoms of Lyme disease such as rash or fever. See a healthcare provider if you have signs or symptoms.

Adapted from the Centers for Disease Control and Prevention <https://www.cdc.gov/ncezid/dvbd/media/lymedisease.html>



## Mark Your Calendar! Upcoming Community Events

### LUMA Projection Arts Festival

Downtown Binghamton

Friday and Saturday, September 10 and 11, 5-10 pm

This annual community event transforms downtown Binghamton into a projection arts festival. The buildings will be turned into canvases by some of the most talented digital storytellers. Come and enjoy a wondrous display of digital art pieces while walking around the downtown area. The event is open to the public and free of charge. Free tickets are required to attend this year in order to prevent overcrowding. [www.lumafestival.com](http://www.lumafestival.com)

### Animal Adventure Park Low Sensory Night

Animal Adventure Park

85 Martin Hill Road, Harpursville

Saturday, September 11, 5:30-7:30 pm

Low Sensory Evenings are special times when members of the community with sensory sensitivities and other needs can enjoy the park without the hustle and bustle of crowds. This event will provide access to all parts of the park including animal feedings, a keeper talk, concessions, and all attractions. This event requires a paid admission ticket, but no preregistration is required. Animal Adventure Park can be reached at (607) 760-4429 and their website is <https://theanimaladventurepark.com>.

### Historic House Tour by the Preservation Association of the Southern Tier Endicott Area

Saturday, September 11, 1-4 pm

PAST is presenting an annual Historic House Tour on Saturday, September 11, featuring homes in Endicott. The tour explores 4 occupied residences and 3 bonus houses, including the Endicott Visitor Center where the tickets can be picked up. Find ticket information and additional details at [www.pastny.org](http://www.pastny.org).

### The Cutler Flea

Broome County Regional Farmers Market

840 Upper Front Street, Binghamton

Sunday, September 12, 9 am-2 pm

Enjoy an indoor/outdoor curated market of quality antiques, vintage collectibles and one-of-a-kind artisan finds with select food and beverage vendors. The event will occur rain or shine and is available to the public free of charge. Questions can be directed to (607) 772-8953.

### Ag & Art Night Market

840 Upper Front St, Binghamton

Thursday, September 16, 4-7 pm

This monthly community event occurs on the third Thursday of every month, from 4 pm to 7 pm. The Ag & Art Night Market is a pop-up market that brings together local food, farmers, and artisans to create a specially curated market celebrating our local businesses. You can enjoy perusing the market while supporting local businesses and artisans by purchasing items if you choose. The event is free to attend and welcoming to all! The Broome County Regional Farmers Market can be contacted at (607) 772-8953.

### Fall Restaurant Week

Available at all Participating Restaurants

September 28-October 7

Binghamton is filled with unique and delicious restaurants, so make sure to participate in this year's restaurant week. Over fifteen restaurants will be providing discounted courses for their lunch and dinner options, meaning that you can enjoy a great meal while supporting a local business while getting a great deal! More information can be found at [www.eatbing.com](http://www.eatbing.com).

### Prize Party Bingo Fundraiser

Our Lady of Good Council Church

701 W. Main Street, Endicott

Saturday, October 2, 11 am

Proceeds will benefit the Samaritan Counseling Center of the Southern Tier, Inc. Contact the Samaritan Counseling Center with questions about this event at (607) 754-2660.

## Woodburn Court 1 Apartments

Senior Housing

21-23 Exchange St.

Binghamton, NY 13901

Call: (607) 723-7875

TDD: 711 Relay

[www.wingateapartmenthomes.com](http://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 or Treena at (607) 723-7875.



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## Join the Nature Walking Club this Autumn



Wander the woods in good company this September, and experience the beauty of Broome County. Each group walk will last approximately 2 hours, weather permitting. All walks are slow paced and accommodating. We want everyone to get out in nature and enjoy exploring plant life while we point out specimens of interest.

### Thursday, September 9: : Waterman Marsh

- Meet at the parking pull-off on right after passing Hilton Road in Apalachin. This is a wetland situated between east and westbound lanes on Route 17/86. Meeting time is 10 am.

### Thursday, September 23: : IBM Glen Nature Walk

- Meet at Robinson Hill parking lot in Endicott at 10 am.

Advance reservations are **not required**. Please note that pandemic safety protocols will be followed, as required. For more information on the walks, please **call Mary Lou at (607) 343-4985**.

Please note: Always watch for ticks. Information on preventing Lyme Disease can be found on Page 13 of this newspaper.

## Did You Know?

Weather affects how brilliant autumn leaves will be. Sunny days and cool nights help produce those bright colors in leaves that we have all come to enjoy. Rainy and cloudy days limit the color of autumn leaves. So, the next time you see a beautiful orange, red, or gold tree in your neighborhood, thank the sunshine!

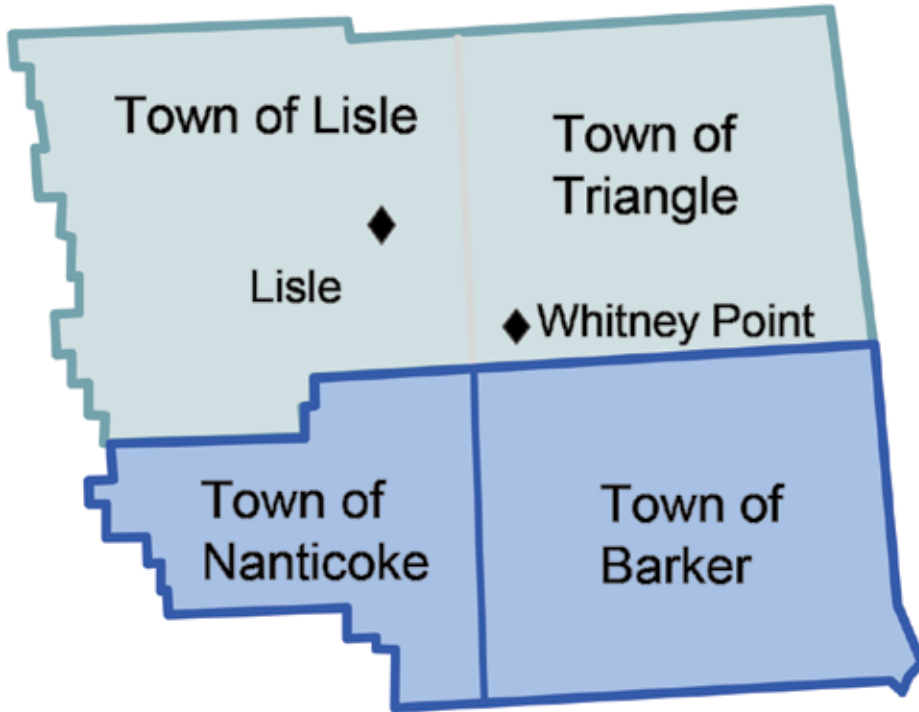


# Featured Program

September 2021



## PROGRAM EXPANSION




**Northern Broome  
CARES**

Now serving age 60+ in the towns of **Nanticoke and Barker** in addition to Lisle and Triangle!

Contact: Mike Treiman  
[mtreiman@rhnscny.org](mailto:mtreiman@rhnscny.org)  
 (607) 352-4681

### Services Are Free of Charge and Include:

- ✓ **Shopping Assistance**     *Groceries, prescription pickup, post office, etc.*

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- ✓ **Transportation**         *GetThere Program, weekly local taxi program.*

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- ✓ **Food Security**            *Fruit and Vegetable Prescriptions (FVRx), Food and Health Network, and the Food Bank*

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- ✓ **Advocacy**                 *With written consent we'll get the answers you need!*

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- ✓ **Health Education**        *Evidence-based health management and self-help programs.*

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- ✓ **Health Insurance**        *Our community partners will help you figure out the best health insurance coverage for your specific needs.*

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- ✓ **Home Repairs**             *We may be able to help with critical home repairs.*

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- ✓ **Clinical Assistance**      *Our partnership with Lourdes Hospital gives you **FREE** access to two Registered Nurses who can help with almost all your clinical needs and questions.*

Feel free to visit us at 12 Strongs Place, Whitney Point, NY 13862, inside the Northern Broome Senior Center.



# September Menu - Bon Appétit!

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

		<b>Roast Turkey</b> 9/1 Apple Bread Dressing Broccoli Florets Pumpkin Cake	<b>Beef Stroganoff</b> 2 <b>Over Noodles</b> Spinach Pineapples & Mandarin Oranges	<b>Meatloaf</b> 3 <b>OR Broiled Fish w/Lemon</b> Mashed Potatoes Italian Green Beans Peach Cobbler
<b>Senior Centers Closed for Labor Day</b> 6	<b>Chicken Fettuccini Alfredo</b> 7 California Blend Vegetables Orange Juice Chocolate Chip Cookie	<b>Liver w/Onions OR Meatloaf</b> 8 Mashed Potatoes French Cut Green Beans Tapioca Pudding	<b>Halupki OR Chicken Marengo</b> 9 Mashed Potatoes Italian Blend Vegetables Blueberry Crisp	<b>Swiss Steak OR Spinach Parmesan Pollack</b> 10 Buttered Noodles Sliced Carrots Snickerdoodle Cookie
<b>Macaroni &amp; Cheese</b> 13 Stewed Tomatoes Mixed Vegetables Banana	<b>Breaded Chicken OR Egg Salad Sandwich</b> 14 Pasta Salad Grape Juice Cranberry Oatmeal Cookie	<b>Baked Ham OR Pub Style Battered Fish</b> 15 Scalloped Potatoes French Cut Green Beans Gingerbread Cake	<b>Classic Meat Lasagna</b> 16 Wax Beans w/Pimento Garden Salad Ice Cream Cup	<b>Salisbury Steak OR Herb Rubbed Pollack</b> 17 Mashed Potatoes Broccoli Florets Orange Cranberry Bar
<b>Baked Ziti Parmesan</b> 20 Sausage Soup Banana	<b>Beef Burgundy OR Buttered Noodles</b> 21 Sliced Carrots Chocolate Pudding	<b>Roast Pork OR Chicken Marsala</b> 22 Mashed Potatoes French Cut Green Beans Apple Crisp	<b>Chicken Salad OR Croissant</b> 23 Tomato & White Bean Salad Cranberry Juice Pineapple Upside Down Cake	<b>Roasted Chicken Thigh OR Citrus Rubbed Pollack</b> 24 Baked Potato Broccoli Florets Pears
<b>Tomato &amp; Bacon Omelet</b> 27 O'Brien Potatoes LF Cottage Cheese Pineapple Tidbits	<b>Kielbasa w/Onion OR Halupki</b> 28 Mashed Potatoes Peas Mandarin Oranges	<b>Roast Turkey</b> 29 Bread Dressing Green Bean Casserole Chocolate Brownie	<b>Pub Burger</b> 30 Baked Beans Potato Salad Cinnamon Apple Slices	<b>Rotisserie Chicken OR Salmon Patty w/Dill Sc.</b> 10/1 Herb Roasted Potatoes Spinach Strawberry Fruited Gelatin

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

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

### Senior News Editorial Policy

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