



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



## Optimistic October

This edition of the Senior News will feature tips on maintaining an optimistic outlook so you can focus on what really matters.

### ARTICLE HIGHLIGHTS

**Senior Legal Clinic coming soon!**  
Please see page 4 for more information.

**Office for Aging is Hiring!**  
Please see page 15 to see current job postings and contact information.

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

All the following events will be virtual walking tours at the senior center that is listed.



October 4th 12 – 1PM  
**Belfast, Ireland**  
(streamed to the Vestal Senior Center)



October 16th 1:30 – 2:30PM  
**Buenos Aires, Argentina**  
(streamed to the Johnson City Senior Center)



October 17th 11 – 12PM  
**Paris, France**  
(streamed to the Broome West Senior Center)

### Fall in Love with Respite

**Introducing two new Respite Programs for Caregivers of older adults!**

- **The India Cultural Center** will begin a respite program the **2nd Wednesday** of each month from 10:30 - 1:30 beginning October 9th.
- **St. Vincent de Paul** will be hosting **Social Saturday** the **4th Saturday** of each month beginning October 26th. The program will be offered from 11 - 2PM.

Participants will enjoy activities, discussions, and a light lunch while caregivers are provided time to meet their own needs. This is a free caregiver service. Caregivers must register their loved ones prior to participating. Participants must be able to manage their own toileting needs.

Please see the Caregiver Corner on page 3 for information how to register for these respite programs.

### Office For Aging Public Hearing Followed by Dinner & Bingo

Broome County  
**Office for Aging** 

Please join us at the **Eastern Broome Senior Center** on **Thursday, October 17th** for a discussion on Office for Aging services. Your ideas can help OFA create a plan for all older adults in Broome County.

**Senior Center address:** 27 Golden Lane in Harpursville

**Start time:** Dinner at 4:30PM, Public Hearing at 5:00PM followed by Bingo at 5:30PM

**Dinner contribution:** People age 60+ can enjoy the dinner for a suggested contribution of \$5. Those under age 60 pay \$6. Reservations: If you would like to have dinner, please call 607-693-2069 by October 16th at noon. No reservation is needed for the Public Hearing.

Please call **607-778-2411** if you need special accommodation to attend, or to share your comments if you are unable to attend. Comments can also be emailed to [ofa@broomecountyny.gov](mailto:ofa@broomecountyny.gov)

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

### Like Us! Follow Us!

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

Like our Facebook page:  
[www.facebook.com/BroomeCountyOfficeForAging/](http://www.facebook.com/BroomeCountyOfficeForAging/)



# HEALTH AND WELLNESS

## WEEKLY ACTIVITIES

### Chair Yoga

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

Monday 11:00AM First Ward Senior Center (Binghamton)

### Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt.

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

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 (Harpurville)

### Chair Exercise

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

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

Tues & Fri 12:30PM Johnson City Senior Center

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

### Virtual Zoom Classes



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

### ZOOM Chair Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

### ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

### ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

### ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM

## Fall Season is Flu Season. Don't Wait to Schedule Your Shot.

Now is the best time to start planning your flu vaccine. It is recommended to get a vaccine before the end of October, because it takes up to two weeks for your body and immune system to work its magic and build up its defenses. **The flu shot is safe, effective, and especially recommended for everyone over the age of 65.** Individuals over the age of 65 do not have the same level of defense against illness and disease that they had when they were younger. As a result, they tend to suffer from more serious side effects of the flu and end up in the hospital more as a result of the flu. These outcomes can be prevented with a simple flu shot, which can reduce the risk of illness by 60%. That number is a whole lot larger than the 0% coverage you would receive with no vaccine.

If you want to schedule a vaccine, check out Office for Aging's flu clinics, your pharmacy, or your healthcare provider for more information. Don't hesitate to vaccinate and stay safe this fall and winter.

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

#### October 3rd

Northern Broome 10:00 -12:00pm (Thursday)  
12 Strongs Place, Whitney Point

#### October 9th

Johnson City 10:00 – 11:30am (Wednesday)  
30 Brocton Avenue

#### October 14th

North Shore Towers 10:00 – 11:30am (Monday)  
24 Isbell Street, Binghamton



## Flex & Fuel BINGO with the OFA Nutrition Department

- Improve your Health and Wellness with simple exercises while having FUN playing BINGO
- Learn Tips on how to maintain a healthy lifestyle
- Win Prizes

### Broome West Senior Center

Thursday, October 10th • 12:40PM

### First Ward Senior Center

Tuesday, October 15th • 11:15AM

### Northern Broome Senior Center

Wednesday, October 16th • 12:30PM

### Eastern Broome Senior Center

Thursday, October 24th 12:30PM

Please see pages 10 and 11 for senior center addresses.



# Caregiver Corner

*Ideas and information for people caring for others.*

**The Johnson City Caregiver Chat:**

**Date:** Monday, October 7, 2024 **Time:** 1:00 - 2:30 PM

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

**Yesteryears Caregiver Luncheon - Music, lunch, and conversation!**

**Date:** Friday, October 25, 2024 **Time:** 11 - 2PM

**Location:** Church of the Holy Family, 3600 Phyllis St, Endwell

Join us for the opportunity to meet other caregivers and learn about area group respite programs. Please RSVP at 607-778-2946

**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. (Guest should be able to eat and toilet independently.)

**Saturday, October 5th 11 – 2PM • Second Saturday of the Month**  
**St Anthony’s Church Hall: 300 Odell Ave, Endicott • RSVP 607-754-4333**

**Saturday, October 12th 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](http://www.gracelutheranchurchvestal.com/graces-place)

**Saturday, October 19th 11 – 2PM • Third Saturday of the Month**  
**St. Mary’s Church Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086**

**NEW! Saturday, October 26th 11 – 2PM • Fourth Saturday of the Month**  
**St. Vincent de Paul Church: 465 Clubhouse Rd, Vestal • RSVP 607-778-2946**

**WEDNESDAY RESPITE**

**NEW! India Cultural Center**

The India Cultural Center will begin a respite program the 2nd Wednesday of each month from 10:30 -1:30PM beginning Wednesday, October 9th The program will be held at the India Cultural Center Rt 26, Vestal. Contact Vartika Dubey at 607-624-6587 to register.



**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.anycarecountsny.com/>

*“October is the month of painted leaves. Their rich glow now flashes round the world.”*

— Henry David Thoreau

**Attention Older Adult Caregivers!**

How about a little... R-E-S-P-I-T-E

The time you need to **Relax Recharge Revive**

Programs available in Binghamton, Kirkwood, Endicott, and Vestal.

To learn more call **Broome County Office for Aging (607) 778-2411**



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!



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

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



Call NY Connects 1-800-342-9871

## Events at the Centers

### **Broome West Senior Center**

Friday, October 11th at 1:15PM

Trivia!

Come join Deanna! Grab a team and prepare for a competitive round of trivia.

### **Chenango Bridge Senior Center**

10/11 National "Sausage Pizza Day" or Cheese Pizza 12PM

Please call for a meal reservation.

### **Deposit**

Tuesday, October 22nd

Magician Gary Freed for Entertainment!

12PM

### **Eastern Broome**

Wednesday, October 23rd

Eastern Broome Senior Center's 24th Anniversary Celebration and Volunteer Recognition

10AM Snacks and Punch

11AM Honoring our Volunteers

12PM Meal Served

12:30PM Live Music by Forever Young

Please call 607-693-2069 for a meal reservation.

### **First Ward**

Film Fridays in October

Free popcorn, soda for sale.

Friday, October 11th 1PM

"Beetle Juice"

Friday, October 25th 1PM

"Death Becomes Her"

### **Johnson City**

Krispy Kreme Doughnuts Fundraiser

Preorder (at JCSC or on our website) by Friday, 10/18. Original glazed, chocolate iced, raspberry-filled, white crème-filled, lemon-filled flavors all available. Pickup on Wednesday, 10/23 (12 – 4PM) or Thursday, 10/24 (9 – 4PM).

Boscov's 25% Off Shopping Passes

Available for \$5.00 at the JCSC in October. The "Friends Helping Friends" shopping passes can be used on Tuesday, October 22 for 25% off while shopping at Boscov's.

### **Northern Broome**

Tuesday, October 22nd

Intergenerational Games

10:30 – 11:30AM

Join OFA interns to play some games!

### **North Shore**

Thursday, October 17th at 12PM

Breakfast for Lunch

Breakfast Burrito (Egg, Cheese, Sausage, and Onion) and Home fries

Please call 607-772-6214 for a meal reservation.

### **Vestal**

Monday, October 21st at 10AM

Chop & Chat

Come chop provided vegetables and chat with us!

Please call 607-754-9596 to reserve your spot.

## Ask the Office

**With the cooler months coming, what are some steps I can take to stay warm at home?**

As the cooler months approach, it's essential to prepare your home for the colder weather. September marks the beginning of the seasonal transition, and in New York, October continues this shift with its crisp temperatures and beautiful autumn foliage. To help you stay warm and comfortable through the winter, consider the following.

Starting in November, the Home Energy Assistance Program (HEAP) opens and offers financial assistance to eligible households to help with heating costs. If you qualify based on income, you could receive a one-time grant to offset your heating bills.

For eligible homeowners, HEAP also provides access to clean and tune services for your heating equipment. These services ensure that your heating system operates safely and efficiently, helping you avoid potential issues during the winter.

In addition to heating assistance, HEAP recipients may qualify for weatherization services. These services aim to improve your home's energy efficiency by addressing issues like insulation and air leaks. To learn more about weatherization services and other benefits, contact the Office for Aging at **607-778-2411**. Speak with a caseworker to find out what assistance you may be eligible for.



## Downsize & Declutter Discussion

What do you feel when you enter your home? Joy? or Blah? Feelings are important.

Too much stuff can weigh us down emotionally, feel burdensome. Guilt creeps in when we no longer want to keep our relative's stuff. Unused hobby supplies make us anxious when we remember how much that investment is unused.

Explore more at our Declutter Discussion on Tuesday, October 8th at 3PM at the Broome West Senior Center or on Zoom.

To attend via Zoom, contact Joan Sprague at [spraguejm@verizon.net](mailto:spraguejm@verizon.net).

## ANNUAL SENIOR LEGAL CLINIC COMING SOON

The Broome County Bar Association and Legal Aid Society of Mid-New York are pleased to announce that the **Annual Senior Legal Clinic is open for registration to seniors age 60+! Receive a no cost 1/2 hour consult with an attorney** on a legal topic that you have questions about.

The clinic will be held on **Saturday, November 9th, between 9:00 am and 12:30 pm**. This year's program will again be held by telephone in consideration of the health of all participants.

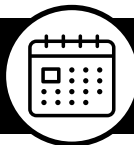
To reserve a slot, please call Dale Frear at **607-231-5911** by November 6th.

Leave a message with your:

- (1) legal question;
  - (2) full name-please spell it; and (3) phone number-repeat twice.
- You will receive a call with your appointment slot.

**"Listen! The wind is rising, and the air is wild with leaves. We have had our summer evenings, now for October eves!"**

— Humbert Wolfe



## Mark Your Calendar! Upcoming Community Events

### Friends of the Library Book Sales

George F. Johnson Library: 1001 Park St., Endicott  
Friday, October 4th 10 – 4PM  
Saturday, October 12th 10 – 2PM  
Friday, October 18th 10 – 4PM

Stock up on your favorite reads and support the George F. Johnson Library by attending their book sale! Soft covers, hard covers, audiobooks, DVDs, CDs, jigsaw puzzles, and more. For more information, please visit <https://www.gfjlibrary.org/friends/>

### First Friday

Downtown Binghamton  
Friday, October 4th 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/>

### Downtown Binghamton Public Sculpture Tours

Phelps Mansion Museum: 191 Court Street Binghamton  
Saturday, October 12th 1:30PM

Take a guided walking tour of Downtown Binghamton. The tour will start at the Phelps Mansion and explore Binghamton's rich history of architecture and public sculptures. For more information, call (607) 723-4620, or email [information@broomearts.org](mailto:information@broomearts.org).

### Hispanic Heritage Month Celebrations

Polish Community Center of Binghamton : 347 Prospect St. Binghamton  
Saturday, October 12th 6 – 8PM

Come celebrate the Hispanic Heritage Month Celebration and to celebrate the achievements and hard work that the Hispanic community provides to the community. There will food from different countries, dance, music, and entertainment.

Entrance fee: \$10 adults and \$5 kids

### Sarah Jane Craft Show and Bake Sale

Sarah Jane Johnson Memorial UMC: 308 Main St., Johnson City  
Saturday, October 19th 10 – 3PM

Come check out all the handmade craft show at Sarah Jane United Methodist Church. Ample parking for attendees and an elevator.

### DANCING QUEEN: THE MUSIC OF ABBA

Broome County Forum Theatre: 236 Washington St., Binghamton  
Conductor: Daniel Hege  
Saturday, October 26th at 7:30PM

For half a century, one of pop music's favorite quartets has made people dance, jive, and have the time of their lives! Featuring the Binghamton Philharmonic Orchestra and fronted by four amazing Jeans n' Classics vocalists with rock band, we bring you the iconic songs of ABBA in all their pop, rock, dance, and evocative ballad glory. Mamma Mia!

**Tickets start at \$28 each.**

Please call the Binghamton Philharmonic Box Office to order free children's tickets at 607-723-3931 ext. 1. Student Rush Tickets are 50% off with student ID. Show your ID at the concert to receive the discount. Rush tickets may not be purchased in advance.

## Scam of the Month

### Navigating Medicare Open Enrollment: Protecting Yourself from Scams

As Medicare open enrollment approaches, millions of older Americans are preparing to review and adjust their healthcare coverage.

Medicare scams have become increasingly sophisticated, with promises of better coverage, free services, or urgent updates to their plans. These scams often exploit the trust Medicare and can result in financial loss, lack of needed medical coverage, compromised personal information, and confusion about legitimate healthcare options.

To safeguard yourself during Medicare open enrollment and throughout the year, here are essential tips to protect against scams:

1. **Understand Medicare Basics:** Educate yourself about the fundamentals of Medicare coverage, including Parts A, B, C (Medicare Advantage), and D (Prescription Drug Plans). Knowing what each part covers and how they work together will help you spot fraudulent claims or offers that sound too good to be true.
2. **Be Cautious of Unsolicited Contacts:** Beware of unexpected phone calls, emails, or door-to-door visits offering new Medicare cards, upgrades, or free medical services. Medicare will never call you unsolicited to ask for personal information or offer services.
3. **Verify Information:** If you receive a call or message claiming to be from Medicare, hang up or delete the message. Instead, contact Medicare directly using the official phone number or website listed on your Medicare card to verify the authenticity of the communication.
4. **Guard Your Personal Information:** Never share your Medicare number, Social Security number, or bank account information with anyone you don't trust. Legitimate Medicare representatives will not ask for this information over the phone or via email.
5. **Review Your Medicare Statements:** Regularly review your Medicare Summary Notices (MSN), Explanation of Benefits (EOB), and any statements from your healthcare providers. Look for any charges for services or equipment you did not receive and report errors immediately.
6. **Use Trusted Sources:** Seek advice from reputable sources such as Medicare.gov, the State Health Insurance Assistance Program (SHIP) called HIICAP in New York, or certified Medicare counselors. These resources can provide reliable information about your Medicare options without the risk of a scam. In Broome County, Action for Older Persons are our local HIICAP Medicare experts. They can be reached at **607-722-1251**. There is no cost for this service, and they do not work for any insurance company.
7. **Report Suspected Scams:** If you believe you have encountered a Medicare scam or have been targeted, report it immediately to Medicare at 1-800-MEDICARE (1-800-633-4227) or the Federal Trade Commission (FTC) at [ftc.gov/complaint](http://ftc.gov/complaint). Reporting scams helps protect your and others from falling victim to fraudulent activities.

Remember that knowledge and caution are your best defenses against scams. By staying informed, verifying information, and protecting your personal information, you can navigate the complexities of Medicare with confidence and security. Together, let's ensure that Medicare open enrollment is a time for positive changes in healthcare coverage, not a time for fraud and deception.

## Laugh Break

**What is the first sign that a vampire skipped his flu shot?**

*He starts coffin!*





**Lyceum "Armchair Travel" Classes at Senior Centers**  
 Explore the World Virtually & Become a Lifelong Learner

The Lyceum class listed below will be broadcast from the Broome West, Johnson City, and Vestal Senior Centers. If you participate in this Lyceum class virtually at a participating senior center, registration is FREE of charge. Pre-registration is not required.

**Lyceum "Armchair Travel" Classes at Senior Centers: Explore the World Virtually & Become a Lifelong Learner**

The Lyceum class listed below will be broadcast from the Broome West, Johnson City, and Vestal Senior Centers. If you participate in this Lyceum class virtually at a participating senior center, registration is FREE of charge. Pre-registration is not required.

- Wednesday, October 2nd 10am - noon**  
Trek the Sefa in Algeria
- Wednesday, October 9th 10am - noon**  
New Zealand (Vestal Senior Center only)
- Wednesday, October 23rd 10am - noon**  
The Alps & Italy
- Wednesday, October 30th 10am - noon**  
Haiti

Lyceum is affiliated with Binghamton University and National Road Scholar. This institute for lifelong learning has 500+ local members. To learn more about Lyceum, visit the Lyceum website at <https://lyceum.binghamton.edu>



**Trips**

**Conklin Seniors**

Contact: Kathy 607-775-0880

**October 29th - Caesars Extravaganza at Villa Roma:**  
Show and Four Course Dinner

**Eastern Broome**

Contact: Arlene 607-759-6306

**December 2nd - Nellie's Irish Christmas**

**First Ward Travel Group**

Contact: Liz W. 607-222-8440

**November 6 & 7 - Lancaster, PA**

**Johnson City Senior Center**

Contact: Lucy 607-427-6143

**December 7th - Pennsylvania Christmas Shopping (Sign up by 11/1)**  
**December 11th - Koziar's Christmas Village (Sign up by 11/12)**

**Kirkwood Senior Trips**

Contact Jeanie 607-655-2685

**October 22nd - Penn's Peak: The Carpenters**

**North Fenton**

Contact: Ruth 607-648-8425

**October 1st - German Fest**

**Vestal Senior Citizens Club**

Contact: Jean 607-754-4479

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

**December 4th - Destination Souttown Holiday Show at Villa Roma**  
Sign up: Thursday, November 21 at noon

**FIRST WARD SENIOR CENTER**

**HOMECOMING**  
*Dinner & Dance*

MUSIC BY: JILISSA UALLAKE

**Friday, OCT 4TH, 5-8pm**  
226 CLINTON ST, BINGHAMTON  
TICKETS \$10

**TICKETS AND DINNER RESERVATIONS REQUIRED BY 12PM ON THURSDAY, OCTOBER 3RD**

Dinner: Chicken Cordon Blue or Fish Florentine served with scalloped potatoes, peas w/pearl onions and red velvet cake cup

**QUESTIONS: 607-797-2307**



**LGBTQ+ MEETING:**

The next LGBTQ+ meeting will be Wednesday, October 16th, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

**Affordable Senior Independent Living**



**Housing • Management • Development**

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

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



*Housing with a Heart*







20TH ANNUAL  
BROOME WEST SENIOR CENTER  
**HOLIDAY**  
**CRAFT SHOW**

**19**  
OCT

2801  
WAYNE STEET,  
ENDWELL  
(OFF WATSON BLVD.)

**10-3**  
PM

*Come enjoy a unique variety  
of handcrafted items!*

Delicious Food  
Door Prizes  
Awesome Bake Sale  
Raffles

FREE ADMISSION.  
ALL PROCEEDS BENEFIT THE  
BROOME WEST SENIOR CENTER SITE COUNCIL  
PLEASE CALL 607-785-1777 WITH ANY QUESTIONS.



## Join the Nature Walking Club

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

Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit.

**October 24th 10AM** – Pettus Hill Preserve in West Windsor. Exit 77 on I-86 East, right on Place Rd, left on Fox Farm Rd, right on Roberts Rd, right on Abbey Road to meet at the parking lot by the entrance.

**November 14th 10AM** – Greenwood Park in Lisle. Meet in the beach parking lot.

**December 12th 10AM** – Arnold Park in Vestal. Meet at the parking lot by the colorful playground.

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

### Just For Laughs

Why can you always expect the Rolling Stones to have a concert in the tenth month of the year?

*Because it's Rock-tober!*



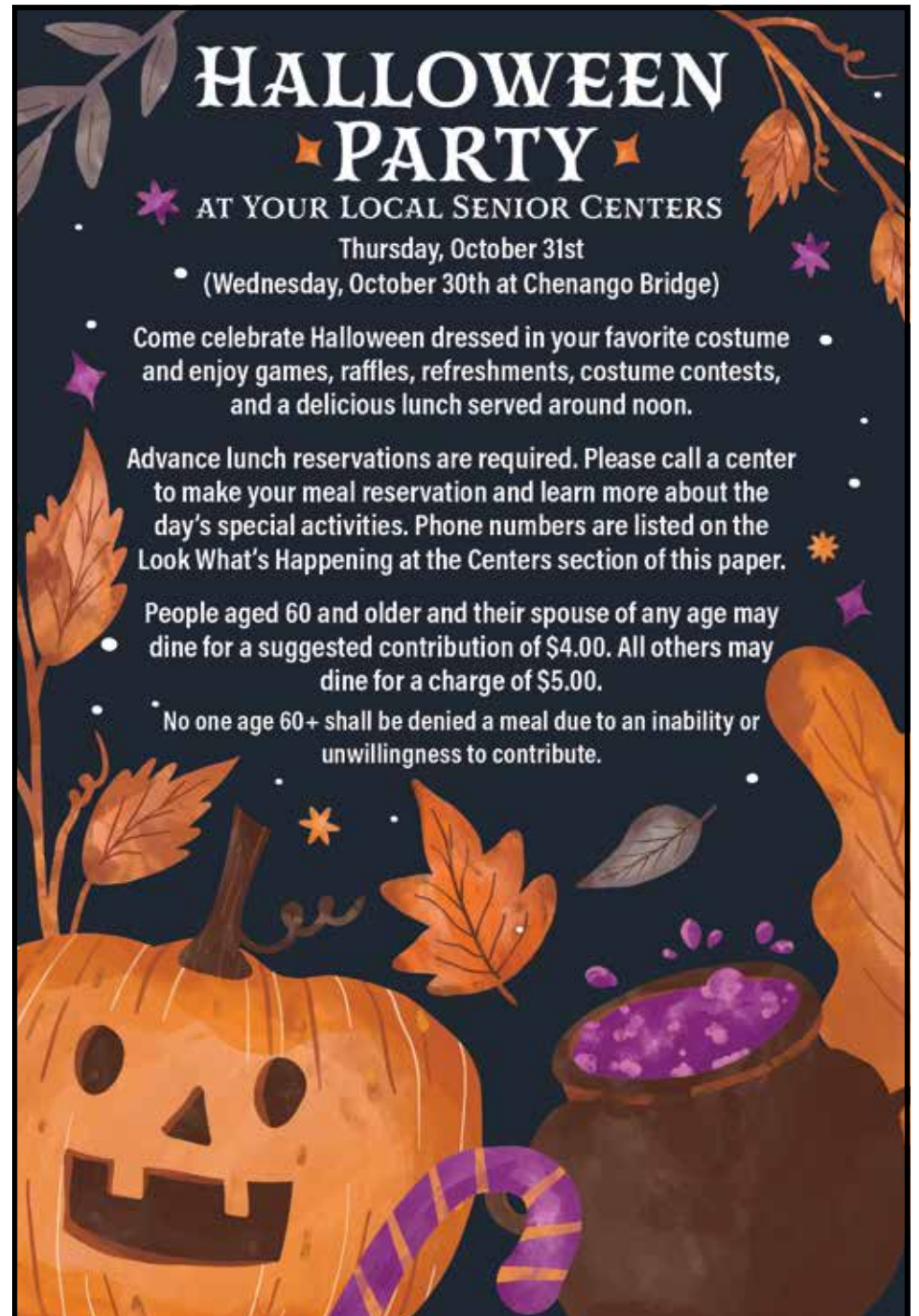
**INTERGENERATIONAL**  
*Game Time*

Join OFA interns as they bring Scrabble, Uno, Trivial Pursuit and more games to the center.

**October 22**  
**10.30 AM- 11.30 AM**

**Northern Broome Senior Center**  
12 Strongs Pl, Whitney Point, NY 13862

Let's play!



**HALLOWEEN PARTY**  
AT YOUR LOCAL SENIOR CENTERS  
Thursday, October 31st  
(Wednesday, October 30th at Chenango Bridge)

- Come celebrate Halloween dressed in your favorite costume and enjoy games, raffles, refreshments, costume contests, and a delicious lunch served around noon.
- Advance lunch reservations are required. Please call a center to make your meal reservation and learn more about the day's special activities. Phone numbers are listed on the Look What's Happening at the Centers section of this paper.
- People aged 60 and older and their spouse of any age may dine for a suggested contribution of \$4.00. All others may dine for a charge of \$5.00.
- No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

**"The longer I live, the more beautiful life becomes."**

- Frank Lloyd Wright



## Sweet Acorn Squash

Squash baked in the oven and then seasoned with cinnamon and nutmeg give this dish a taste of fall.



### Ingredients

- 2 acorn squashes
- 1/2 cup orange juice
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

### Directions

1. Put each squash in the microwave. Heat for 1 1/2 minutes on high. This will soften the squash and make it easier to cut.
2. Cut each squash in half. Remove the seeds.
3. Place the squash on an ungreased baking pan. The cut side of the squash should be face-up.
4. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
5. Bake at 400 °F for 30 to 45 minutes, until tender.
6. Season with cinnamon and nutmeg.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sweet-acorn-squash>

## Apple Crisp

This apple crisp is a delicious dessert and a great way to enjoy fall's bounty from the orchard.



### Ingredients

- 4 medium apples
- 1/4 cup oatmeal, quick cooking
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 tablespoon cinnamon
- 1/4 cup margarine

### Directions

1. Preheat the oven to 350 °F.
2. Grease the bottom and sides of a square 9 x 9" pan.
3. Remove the cores from the apples. Slice the apples. Spread the sliced apples on the bottom of the pan.
4. Cut the margarine into small pieces and put in a medium-sized bowl.
5. Add the oatmeal, flour, brown sugar, and cinnamon.
6. Using two knives, cut the margarine into the mixture until it looks like small crumbs.
7. Sprinkle the mixture over the top of the apples.
8. Bake in the oven for about 20 minutes.

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

## Sesame Turnips & Carrots

This quick and easy recipe uses carrots and turnips for a warm, fall flavor. Garlic and honey (or brown sugar) work together to create a sweet and savory blend.



### Ingredients

- 1 tablespoon vegetable oil
- 2 medium turnips (cut into 1/4-inch cubes)
- 2 medium carrots (cut into 1/4-inch cubes)
- 1/8 teaspoon salt
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 2 tablespoons sesame seeds
- 3 tablespoons honey (or brown sugar)

### Directions

1. In a skillet on medium-high heat, add oil and sauté turnips, carrots, and salt until vegetables begin to soften.
2. Stir in garlic and sesame seeds and cook until vegetables begin to brown.
3. Stir in honey. Serve warm.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sesame-turnips-and-carrots>

## Spinach Salad with Apples and Raisins

Enjoy this tasty, sweet fall salad with a savory and seasonal entrée. Use Granny Smith or your favorite kind of apples. Try leaving out the sugar for a tarter flavor.



### Ingredients

- 1 package baby spinach, 10 ounces, washed (or kale or other greens)
- 1 1/2 apples (chopped, can use 1-2 apples)
- 1 cup raisins
- 1/4 cup canola oil
- 1/4 cup apple cider vinegar
- 1/4 cup sugar
- 1/16 teaspoon garlic powder (pinch)

### Directions

1. Combine spinach, apples, and raisins.
2. Mix all dressing ingredients and pour over salad just prior to serving.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spinach-salad-apples-and-raisins>

## 4 Ways to Vote

# this General Election

**ELECTION DAY**  
NOVEMBER 5TH!

**EARLY VOTING**

Vote early at the polls from  
October 26th-November 3rd

Find your Early Voting or Election Day poll site at voterlookup.elections.ny.gov

**ELECTION DAY**

Vote on November 5th, 6am-9pm

ABSENTEE & EARLY MAIL

<p style="text-align: center; font-weight: bold; margin: 0;">WHEN &amp; WHERE?</p> <p style="margin: 5px 0;">Send applications to your county's Board of Elections by October 26th or complete in-person by November 5th</p> <p style="margin: 5px 0;">Send back or drop off ballots at your county's Board of Elections by November 5th</p>	<p style="text-align: center; font-weight: bold; margin: 0;">HOW ARE THEY DIFFERENT?</p> <p style="margin: 5px 0;">To apply for an absentee ballot, you must have an excuse such as being out of town or illness. For early mail, no excuse is needed.</p> <p style="margin: 5px 0;">Absentee allows people to apply for recurring ballots by marking "permanent illness or physical disability" on their applications. Early mail applications must be completed on a yearly basis.</p>
--	--

LEAGUE OF WOMEN VOTERS OF NEW YORK

LWVNY.ORG
 @LWVNYS
 @LWVNYS
 @LWVNYS



### Stay Warm this Winter with Help from HEAP

If you qualify, the Home Energy Assistance Program (HEAP) may assist with the cost of heating your home this fall/winter. HEAP provides a federally funded one-time grant towards the cost of winter heating for eligible homeowners and renters.

The 2024-2025 Regular HEAP season is opening on November 1, 2024, and will go through March 31, 2025, or when funds are exhausted.

**The 2024-2025 household income guidelines are:**

Household Size	Maximum Monthly Income
1-person	\$3,322
2-person	\$4,345
3-person	\$5,367
4-person	\$6,390

\* Higher limits for larger households

All households that received a Regular HEAP benefit in the 2023-2024 program year will receive an application in the mail automatically. Even if nothing has changed in your household or income, you still must apply each program year. While returning applicants can apply before the program opens to new applicants, benefits will not be issued until the program officially opens.

When Regular HEAP opens, there are several ways to apply. You can **apply online** at [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

To apply with a paper application, the following agencies accept applications: **Broome County Office for Aging (OFA)** accepts applications for regular HEAP for homeowners and renters who are age 60 and over or for those who receive disability income, either Supplemental Security Income (SSI) or Social Security Disability (SSD).

If you are new to HEAP (over age 60 or receiving permanent disability income) and would like to receive an application in the mail when the program opens, please call the Office for Aging HEAP hotline at **607-778-2063** and leave a message with your name and address.

**The Career & Community Services Center of Broome County**, DSS location accepts applications for homeowners and renters under age 60 and not disabled. Once the regular HEAP season opens, you can call 607-778-1100, choose extension 6 to request an application.

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

\* 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.

### Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 13.

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

# Sick and Tired of Varicose Veins?

## But You're Scared of Surgery?



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

- Julie S., Binghamton

If your legs ache, throb, swell, cramp or jump, feel heavy, tired, itch, have rashes, or ulcers **then it's probably a vein problem even if you don't see veins under the skin.** You can be treated in just minutes right in our office, using only local anesthesia.

**You'll be Back to Work and Play in Just a Day!**

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

**Call For Your Appointment Today**

**Dr. Eric Dohner**

75 Pennsylvania Ave, Binghamton  
**607-201-1100**

157 East Main St, Norwich  
**607-336-2400**

**SCHWEIGER** DERMATOLOGY GROUP

Formally known as New York Skin and Vein Center  
[schweigerderm.com](http://schweigerderm.com)

PAID ADVERTISEMENT

## Southern Tier Senior Fair

Free

**October 16, 2024**  
**9am - 1pm**

Presented by:



**Oakdale Commons**  
**601-634 Harry Drive**  
**Johnson City, NY**

Coordinated by:

Community Living  
**CLA**  
Advocates

**BROOKDALE**  
CASTLE GARDENS  
SENIOR LIVING  
(607) 748-5700  
[brookdale.com](http://brookdale.com)

For all people 55+ or if you help care for an older loved one.

Enjoy the games while planning your next adventure in living, discover how to stay in your home as long as possible, or find programs and services you didn't even know you wanted.

**Easy parking and free door prizes.**

*Over 20 organizations with resources for you!*

PAID ADVERTISEMENT

# Look What's Happening at the Centers!

## Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760  
Center Hours: Monday - Friday, 9 – 3PM  
Gift Shop: Monday – Friday, 9 – 2PM  
**Lunch is served at 12PM**  
**607-785-1777**

### Weekly Activities

**Monday:** BoneSavers 9:30AM; Hand and Foot Card Game 12:30-2:45PM  
**Tuesday:** Adult Coloring 9:30AM; Mahjong Group 10AM;  
Chair Exercises 10:30AM; Scrabble 12:30 - 2:45PM;  
Ping Pong 1 - 2:45PM; Yarn Group 1PM  
**Wednesday:** BoneSavers 10AM; Canasta 1 - 2:45PM;  
Floor Shuffleboard 1 -2:30PM  
**Thursday:** Wii Bowling 9:30AM; Chair Exercises 10:30AM;  
Social Connections 1PM; Chair Yoga 1PM  
**Friday:** Mahjong 12:30 - 2:45PM; Ping Pong 1PM; Cornhole 1PM

### Special Activities

10/1 & 22 Chop and Chat 1PM Please call to reserve your spot.  
10/2 Lyceum: Algeria 10AM  
10/3 Legal Aide 9 – 12PM Please call for an appointment.  
10/4 Fun Friday with Ray Cuadria 11AM  
10/7 Whole Grains = Satisfaction with Kathleen C., CCE 11:30AM  
10/9 GFJ Tech Class: What is AI? 11AM  
10/10 Flex and Fuel BINGO with Bridget & Donna 12:30PM  
10/11 Trivia! 1:15PM  
10/15 Site Council Meeting 9:30AM  
10/15 AOP: Medicare Updates for 2025 11:30AM  
10/17 Discover Live: Paris, France 11AM  
10/18 Pizza Day 11AM, Center closing at 12PM  
10/19 Craft Fair 9 – 3PM  
10/23 Lyceum: The Alps 10AM  
10/24 Fly Fishing Group 1PM  
10/28 Historian Jack Shay 12PM  
10/29 Bright and Beautiful Therapy Dogs 12:30PM  
10/30 Lyceum: Haiti 10AM  
10/30 Center closing at 2PM  
10/31 Halloween Party with DJ Johnny Only 11AM Meal served at 12PM

## Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901  
Located in the First United Methodist Church of Chenango Bridge  
Center Hours: Mondays, Wednesdays, and Fridays, 10 – 2PM  
**Lunch is served around 12PM**  
**607-663-0406**

### Weekly Activities:

**Monday:** In-Person or Zoom Sit Down Chair Yoga 9AM; In-Person or  
**Zoom:** Drumming 2PM; Walk with Friends 1PM; Marbles 10AM  
**Tuesday:** ZOOM ONLY: Chair Dance Yoga 9AM  
**Wednesday:** In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga  
11AM In-Person or Zoom; Walk with Friends 1PM; Wii Wednesdays  
10 – 2PM; Hand & Foot Card Game 10AM  
**Thursdays:** ZOOM ONLY: Chair Dance Yoga 9AM  
**Friday:** In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM  
In-Person or Zoom; Walk with Friends 1PM; Mahjongg 10AM

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

### Special Events:

10/2 Clover Chat 1PM  
10/7 & 28 Chop and Chat with Sallie 10:30AM  
10/9 Craft with Sallie 10:30AM  
10/11 National "Sausage Pizza Day" or Cheese Pizza 12PM  
10/14 & 28 Crochet with Kathy 10:30AM  
10/14 Horse Racing 10:30AM  
10/16 Nails by Kathy 1PM  
10/18 & 30 BINGO with Sallie 10:30AM  
10/23 Bake Sale 10 – 2PM  
10/25 Art Show with Bill 10 – 2PM  
10/25 Whole Grains = Satisfaction by Kathleen C., CCE 12PM

10/28 Crafts with Kathy 1PM

10/30 Halloween Luncheon & BINGO! Games played at 10:30AM

## 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 1PM  
**Thursday:** Wii Games 10:30AM – 12:30PM

### Special Activities

10/17 Cooking Event with Kathleen Cook & Bridget Hoyt 10:30AM  
10/17 Delaware County OFA 11AM  
10/22 Magician Gary Freed 12PM  
10/29 AOP: Medicare Updates for 2025 11AM

## Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787  
Center Hours: Monday – Friday, 9 – 2:30PM  
**Lunch served at 12PM**  
**Breakfast Made-To-Order: Tuesdays, 8 - 9:30AM**  
**607-693-2069**

### Weekly Activities

**Monday:** Shuffleboard 9AM; Canasta 10:30AM  
**Tuesday:** Breakfast to Order 8 - 9:30AM; Music JAM 10AM,  
Mobile DMV 9 - 1PM (Closed 11:30 - 12PM)  
**Wednesday:** Crafters Group & Wood Burning 9 - 11AM; Billiards 10AM  
**Thursday:** Acrylic Painting Group 9 - 11AM; Bingo for Prizes 10 - 11:30AM;  
**Friday:** Shuffleboard 9AM; Gentle Tai Chi 9:30AM

### Special Activities

Every Thursday Greater Good Grocery Bus 10 – 12PM  
10/1 & 22 Chop and Chat 12:30PM Please call to reserve your spot.  
10/4 Burger Bar 11:30 – 12:30PM  
10/7 Birthday Celebrations for October 10:30AM  
10/9 Officers and Finance Meeting 9:15AM  
10/9 Senior Center Site Council Meeting 10:45AM  
10/9 & 10 Evening AARP Safe Driver Course 5 – 8:30PM Soup and  
Sandwich Bar served on break. Call to reserve course and meal.  
10/16 AOP: Medicare Updates for 2025 12:30PM  
10/17 Golden Griddle 11:45 – 12:45PM  
10/17 Public Hearing w/Dinner and Bingo! Starting at 4:30PM  
Please call to reserve your meal by noon on 10/16.  
10/23 Eastern Broome Senior Center's 24th Anniversary Celebration  
and Volunteer Recognition 9 – 2:30PM  
10/24 Flex and Fuel BINGO with Bridget & Donna 12:30PM  
10/28 Cows, Pigs, and Horse Races 10AM  
10/30 Legal Aid Society 9 – 12PM Call for an appointment.  
10/31 Halloween Party and BINGO! Starts at 9AM, BINGO at 10AM

## First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905  
Center Hours: Mon- Fri 8:30 - 3:30PM  
**Lunch served at 11:45AM**  
**607-797-2307 | Meal reservations: 607-729-6214**

### Weekly Activities

**Monday:** JFF Pool League 9AM; Zumba 9:30AM (\$3); Bonesavers 10AM;  
Chair Yoga 11AM (\$5); Penny Bingo 12:30PM; Texas Hold'em 12:30PM  
**Tuesday:** Shuffleboard 9AM; Knitting & Crocheting 9AM; Progressive  
Pinochle 11:30AM; Int. Mahjong 12:30PM  
**Wednesday:** Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when  
in session; call for details)  
**Thursday:** Stitch and Stuff 9AM; Cornhole 1PM  
**Friday:** Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM



**Special Activities**



**10/1 - 4 Spirit Week!**

- 10/1 Trippy Tuesday: Come wearing your favorite tie-dye shirt and test your knowledge with a "Hippie" trivia competition at 12PM
- 10/2 Way Back Wednesday: Dress in your favorite decade and play BINGO for prizes at 11AM
- 10/3 Sports Day: Wear your favorite team jersey and compete in a corn hole tournament for prizes. Must have a partner and sign up in advance.
- 10/4 Homecoming Dinner Dance w/ musical guest Jilissa Vallake 5 – 8PM, Reservations required by no later than noon on 10/3. Tickets \$10

- 10/1 & 15 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3 Advanced registration and payment required.
- 10/2 Chorus Resumes 9:30AM
- 10/3 Executive Board Meeting 9:30AM
- 10/8 "Whole Grains = Satisfaction" presentation by Kathleen C., CCE 12PM
- 10/8 Chop & Chat: Apple Walnut Quinoa Salad 1PM  
Reservations required one week in advance.
- 10/11 Film Friday: "Beetle Juice" 1PM
- 10/14 Center Closed for Columbus Day
- 10/15 Flex & Fuel BINGO with Bridget & Donna from OFA 11:15AM
- 10/21 Legal Aid 9AM (Appointment required, please call.)
- 10/21 Breakfast for Lunch: Pumpkin Pancakes 10:45 - 12:15PM  
(No take-out available.)
- 10/22 AOP: Changes to Medicare in 2025 12PM
- 10/24 & 25 AARP Driver Safety Course 9 - 12:15PM  
(Advance registration required.)
- 10/25 Film Friday: "Death Becomes Her" 1PM
- 10/24 Chop & Chat: Winter Vegetable Chili 1PM.  
Reservations required one week in advance.
- 10/31 Halloween Luncheon w/musical guest Dan & Lea 12PM

**Johnson City Senior Center**

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

**Weekly Activities**

- Monday:** Bingo Board Sales 12:30 – 1:30PM;  
Games Played 1:30 – 4:30PM, Guitar Group 9 – 12PM (\$2);  
Watercolor Painting 9:30 – 11:30AM (\$3); Gentle Yoga 9:30 – 10:30AM (\$3); Line Dancing 10:45 – 11:45AM (\$3); Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises 12:30 – 1:00PM (no fee); Balance + Mobility 1 – 2PM (no fee)
- Tuesday:** TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3);  
Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee);  
Table Shuffleboard 12:30 – 3:00PM (\$1)
- Wednesday:** Quilting 9 – 12PM; Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Balance + Mobility 1 – 2PM (no fee)
- Thursday:** Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Tai Chi 1 – 2PM (\$3)
- Friday:** Gentle Yoga 10 – 11AM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

**Special Activities**

- 10/2 Lyceum: Trek the Sefar in Algeria 10 – 12PM
- 10/2 Book Club (Wishin' & Hopin' by Wally Lamb) 3 – 4PM
- 10/2 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 10/3 Spiritual Seminar with Rev. Hilda – 10 Steps Towards Emotional Wellbeing 10 – 12PM
- 10/4, 11, 18 & 25 Poetry Group 12:30PM (call 607-797-3145 to pre-register.)
- 10/7 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30PM
- 10/7 AOP: Medicare Updates in 2025 11:30AM
- 10/9 Binghamton University Nursing Students Visit 9 – 12PM
- 10/9 Flu Shot Clinic 10 – 11:30AM
- 10/10 Disaster Preparedness Including a Free Backpack 12:30 – 1:30PM (Call to register.)

- 10/16 Discover Live: Buenos Aires & Argentina (Street Arts) 1:30 – 2:30PM
- 10/16 LGBTQ+ Senior Social Group 3 – 4PM
- 10/16 Alzheimer's Association – Caregiver Support Group 4:00PM (call ALZ at 315-472-4201 x227 to register)
- 10/17 Legal Aid 9 – 12 PM. Please call for an appointment.
- 10/17 & 10/18 AARP Driver Safety 1 – 4:15PM
- 10/18 Whole Grains = Satisfaction by Kathleen C., CCE 10:30 – 11:30AM
- 10/23 Lyceum: The Alps Plus Italy 10 – 12PM
- 10/23 Haircuts by Debbie Roberts \$20 Call for an appointment
- 10/24 Estate Planning by Legal Aid Society's Melissa K. 10:30 – 11:30AM
- 10/24 Legal Aid 12 – 3PM Call for an appointment.
- 10/30 Lyceum: Haiti 10 – 12PM
- 10/31 Lobby Guest: UHS Senior Living at Ideal 10 – 1PM
- 10/31 Halloween Party / Lunch 11:45AM
- 11/13 Book Club (The Curious Incident of the Dog in the Night Time by Mark Haddon) 3 – 4PM

**Northern Broome Senior Center**

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

**Weekly Activities**

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

**Special Activities:**

- 10/1 & 15 Golden Agers 12PM
- 10/3 Flu Shot Clinic 10 – 12PM
- 10/3 & 17 Cornhole 10AM
- 10/5 Auction - Doors Open at 10AM, Auction starts at 11AM
- 10/7 Chop & Chat Apple Walnut Quinoa Salad 1PM  
Please call to reserve your spot.
- 10/8 DIY Craft 10AM
- 10/10 Breakfast 10AM
- 10/10 Binghamton University Nursing Students 9AM
- 10/14 & 28 Soup and Sandwich Bar 11:30AM
- 10/16 & 30 Chef Plates 11:30AM
- 10/16 Flex & Fuel BINGO 12:30PM
- 10/18 AOP: Medicare presentation 12PM
- 10/22 Intergenerational Games 10:30 – 11:30AM
- 10/25 Pub Burger Bar 11:30AM
- 10/28 Chop & Chat Winter Vegetable Chili 1PM
- 10/31 Halloween Party & Luncheon 12PM

**North Shore Towers Senior Center**

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

**Weekly Activities**

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

**Special Activities**

- 10/1 International Coffee Day 10:15AM
- 10/8 Decorating for Halloween 10:15AM
- 10/11 AOP: Medicare Updates for 2025 11:15AM
- 10/14 Flu Shot Clinic 10 – 11:30AM
- 10/17 Breakfast for Lunch 12PM
- 10/21 National Apple Day 10:30AM
- 10/23 New Games! 10:15AM
- 10/28 National Chocolate Day 10:15AM
- 10/30 National Candy Corn Day 10:15AM
- 10/31 Halloween Costume Party 10:30AM

**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 11:15AM**  
**607-754-9596**

**Weekly Activities**

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

**Special Activities**

10/4 Discover Live: Belfast, Ireland 12PM  
 10/7 Breakfast for Lunch: Blueberry Pancakes and More! 11AM  
 10/7 King High Card Game 12PM  
 10/9 & 23 Vestal Library Technology Assistance 10:15AM  
 10/9 AOP: Changes to Medicare in 2025 10:30AM  
 10/11 Mexican Train 12PM  
 10/18 Pizza or Chef's Salad 11AM Please call to reserve.  
 10/18 Bunko Dice Game 12PM  
 10/21 Chop and Chat 10AM Please call to reserve your spot.  
 10/22 Vestal Senior Club Meeting Day 12:15PM  
 10/23 Whole Grains = Satisfaction by Kathleen C., CCE 10:15AM  
 10/24 Trip sign up for Hunterdon Hills Christmas Show 12 – 1PM  
 10/31 Halloween Party and Luncheon 10AM (Meal served at 11:45AM)

**Medicare Open Enrollment Fall 2024**

Action for Older Persons (AOP) offers no cost unbiased Medicare insurance counseling and financial assistance program application help. Medicare's Open Enrollment runs from October 15th - December 7th and is the one time each year that all Medicare beneficiaries can change their health care selection.

It is very important to review your Medicare plan each year as they can change significantly. For example:

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

We are here to help. We have state certified, highly trained Medicare counselors and we offer both in person and phone appointments. AOP members may begin calling for an Open Enrollment appointment on Monday, September 16th at 8:30 am. All other clients may begin calling on Monday, September 23rd at 8:30 am. We ask for your patience as we answer the influx of calls on those days. AOP's phone number is **607-722-1251**.

**The Broome County Home Repair Service**

**Home Repairs for Senior Citizens**

*A Non-profit public service operated by*

**First Ward Action Council, Inc.**

167 Clinton Street, Binghamton, NY

**You pay only for materials.**

**Labor is provided free of charge to eligible home owners.**

- |                 |                      |                  |
|-----------------|----------------------|------------------|
| Leaky Faucets   | Safety Devices       | Railings         |
| Locks Installed | Porch & Stair Repair | Wheelchair Ramps |
| ...And More     |                      |                  |

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

PAID ADVERTISEMENT

**Technology Classes to Help Older Adults  
 Become Tech Savvy**

Join classes offered through the George F. Johnson Library.

**Tech 360 Computer & Internet Basics Two-Week Courses!**

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

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

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

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

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

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

Wednesday, October 9th 11AM  
 Offering one on one tech assistance!

**Vestal Library comes to the Vestal Senior Center**

Wednesday, October 9th & 23rd 10:15AM  
 Technology help!

**One-on-One Technology Assistance**

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

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

**You can help members of your community  
 stay healthy and independent!**

Meals on Wheels is looking for people to volunteer to deliver meals once a week. Volunteers are needed Monday-Friday from 11:00 am to 1:00 pm. Routes are available in various locations throughout Broome County. You can sign up to be a driver, visitor, or both.

**Volunteering at Meals on Wheels brings a sense of fulfillment to volunteers. New volunteers quickly become part of a close-knit, caring group of people. The dedication of the volunteers toward the clients they serve, is truly inspirational.**

**Call 607-778-6206 for more information on how you can volunteer.**



## Binghamton University Research Study on Memory Processes and Aging Seeking Participants



If you are a community member age 50+ with normal or corrected-to-normal vision and no history of brain/neurological disorders, consider participating in research studies conducted by Professors Ian McDonough and Michael Dulas from the Binghamton University Psychology Department. These studies seek to understand aspects of memory including how it changes throughout the lifespan and how it is a part of the mind-body link. The results of these studies can improve memory-based education and contribute to research on memory declines that develop with brain aging.

Study requirements (activities, location(s), time commitment), will vary depending on the project. All studies will involve the completion of surveys, memory tasks, and other cognitive tasks. Potential activities also include one or more of the following:

- 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/number of bacteria and other microbes present.

All studies will be conducted at Binghamton University campus, UHS Vestal Hospital, or both locations. Depending on the requirements of the study, participants may be asked for approximately 1-4 hours of their time, split across 1-2 study sessions. Participants will earn up to \$80 for their time.

Anyone who would like to know more is asked to reach out to either 607-444-2864 or [bingucamplab@gmail.com](mailto:bingucamplab@gmail.com). Our lab members will 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.

## Whole Grains= Satisfaction!

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

Are you one of those who immediately think of whole wheat when you hear the term “whole grains?” Read and realize there are many more types of grains that fit that term, including some that are gluten-free such as quinoa, rice, corn, oats, and buckwheat!

Because whole grain foods have the outer layer intact (the bran) they naturally have a high fiber content, which is satisfying in just a small portion. One third of a cup of oatmeal, half a cup of brown rice, half a cup of quinoa... those are common serving sizes. Just eat a little to feel full for a long time!

Whole grains also have beneficial oils that can help to lower LDL cholesterol and improve HDL. It is recommended that we eat 6 to 8 servings a day, and while that may seem a lot, consider 2 pieces of whole grain bread in a sandwich, half a cup of rice for dinner, one third cup of oatmeal, and a snack like a tortilla with hummus mid-day and air-popped popcorn for an evening snack and you already have six servings!

Other readily available and quick whole grains: couscous, whole wheat tortillas, cereals like bran flakes, all bran, shredded wheat; brown rice, farro, buckwheat, and whole wheat pastas.

Combine a small amount of these grains with fruits and vegetables and kidney beans or black beans (or navy, pinto, cannellini...) and enjoy a filling nutritious and satisfying meal. Expand your tastes and try a new whole grain!

## Sudoku Answers

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

## 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 at (607) 723-7875.



**CG** Coughlin & Gerhart LLP  
ATTORNEYS AND COUNSELORS

**1-877-COUGHLIN**

Main Office:  
99 Corporate Drive  
Binghamton, NY 13904  
607-723-9511  
[www.CGLawOffices.com](http://www.CGLawOffices.com)

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

Branch Offices In:

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



# Mental Health Corner

## Optimism and its Impact on Mental Health

Mental health is an important part of your well-being. Mental health includes your emotional, social, and psychological wellness. It helps determine how you handle stress, relate to others, and make healthy choices. According to research, optimism is linked to better physical and mental health outcomes. It can also promote a sense of well-being during difficult times.

Mental health, hope and optimism are intimately related, and can be reinforced with these simple daily actions.

- Focus on your strengths. Take time to identify and explore your individual strengths. This can foster a sense of hope and resilience.
- Reframe negative thoughts. In difficult situations, identify your negative thoughts and the resulting effect they have on your feelings, physical symptoms, and behavior. Relabel negative thoughts as opportunities for growth and energizing resources to explore.
- Practice hopeful thinking. A focus on hopeful thinking enables individuals to reengage in pleasant activities and improve self-talk. Hopeful thinkers take intentional action to achieve a desired positive outcome.
- Surround yourself with hopeful and optimistic people. Evidence reveals that both positive and negative emotions are “contagious,” so carefully choose your social environment and interactions. Surrounding yourself with hopeful and positive people can, by “emotional contagion,” lead you to feel that way about yourself.
- Practice gratitude. Simple practices like journaling, positive self-affirmations, or sending thank you notes can bring sanctity and authentic happiness.

For more information, please visit <https://www.dhs.gov/employee-resources/news/2023/01/18/optimism-and-its-impact-mental-health>

### HAIR @ HOME

Attention Men and Women!

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

Reasonable Prices!

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




Call Barb Wittig for appointment:  
(607)862-3450  
No charge for travel!

PAID ADVERTISEMENT

**“October is the golden month where autumn paints nature in vibrant hues.”**

– L.M. Montgomery, “Anne of Green Gables”




**Amanda VanFossen,**  
NYS Licensed Hearing Aid Dispenser



**Amanda Levy, Au.D.**  
Doctor of Audiology

## Our hearing experts are here to serve you!

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

**Services:**

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

**Complimentary Hearing Screenings**

Call us today to learn more about your hearing health!



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

A member of the Timeless Hearing network

PAID ADVERTISEMENT




**“Very easy process and set up.”**  
– Subscriber

Our new updated GPS Lanyard device is smaller and more lightweight



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

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

Visit [nyuhs.org](https://nyuhs.org) for more information.

**UHS HOME CARE**  
601 Riverside Drive  
Johnson City, NY 13790  
(607) 763-8952

[nyuhs.org](https://nyuhs.org)

PAID ADVERTISEMENT



# Broome County Office for Aging

## WE ARE **HIRING!**

JOIN OUR AMAZING TEAM

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

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

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



- 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.

- Full-Time Cook

Large scale food production experience preferred. Must have excellent attendance, ability to read, understand, and follow recipes. Must be able to stand for long periods. Ability to work with a team. Positive attitude. Prepare and pack meals for clients accurately and efficiently. 38 hours/week. Professional character and good work ethics.

For specifics, call Sodexo HR at **607-763-4240** or apply online @ [www.us.sodexo.com](http://www.us.sodexo.com)

### IS NOW THE TIME TO *Sell* OUR HOME?

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



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

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

**DIANE K. WHITE**  
LIC. RE ASSOCIATE BROKER

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

 [Dialdiane@warrenhomes.com](mailto:Dialdiane@warrenhomes.com)

 3456 Vestal Parkway East  
Vestal, NY



PAID ADVERTISEMENT

### **Laugh Break!**

Did you hear about the tree who didn't know it was October already?

*Needless to say, he was in disbe-leaf!*



**Elderly/Handicapped Housing**  
772-6766

Licensed Enriched Housing Provider

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

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



HUD Housing  
Counseling Agency  
(607) 723-0582



PAID ADVERTISEMENT



**Elder Law • Asset Protection  
Long Term Care Planning**

**Handicapped Access**

**Free Parking**

**Certified Elder Friendly**

*Elder Care Coordinator on staff assisting our attorney team*

**450 Plaza Drive, Vestal, New York**

**LGTLegal.com • 607.763.9200**

PAID ADVERTISEMENT



# October Menu - Bon Appétit!

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

If you have a food allergy please notify the Office for Aging.

A contribution of \$4.00 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$5.00 per meal.

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

	<b>Liver w/Onions</b> 10/1 <b>OR Seasoned Chicken</b> Mashed Potatoes Carrots Chocolate Cake	<b>Roast Turkey</b> 2 Apple Bread Dressing Cut Green Beans Pumpkin Cake	<b>Swedish Meatballs</b> 3 <b>Or Broiled Fish</b> Buttered Noodles California Blend Veg. Pears	<b>Chicken Salad</b> 4 <b>OR Tuna Salad Croissant</b> Harvest Vegetable Soup Peaches Brownie
<b>Pierogies w/Kielbasa</b> 7 Asian Blend Vegetables Chocolate Chip Cookie	<b>Ziti Sausage Bake</b> 8 Italian Green Beans Garden Salad Peaches	<b>Breaded Chicken Cutlet</b> 9 <b>Sandwich</b> Cream of Broccoli Soup Fruit Cup Oatmeal Raisin Cookie	<b>Beef Burgundy</b> 10 <b>Over Noodles</b> Brussels Sprouts Cinnamon Rice Pudding	<b>Pub Burger</b> 11 <b>OR Breaded Fish</b> Macaroni Salad Three Bean Salad Pears
<b>Pasta w/Meatballs</b> 14 Italian Green Beans Sherbet Cup	<b>Chicken Cutlet</b> 15 <b>Sandwich</b> Red Potato Salad Fruit Cup Banana	<b>Pub Burger</b> 16 Baked Beans Cottage Cheese Sugar Cookie	<b>Teriyaki Chicken</b> 17 Mashed Potatoes Asian Blend Vegetables Peaches	<b>Grandma's Meatloaf</b> 18 <b>OR Broiled Fish w/Lemon</b> Baked Potato Carrots Vanilla Pudding
<b>Chili over a Baked</b> 21 <b>Potato</b> Carrots Ice Cream Cup	<b>Ham &amp; Swiss</b> 22 <b>On Rye</b> Stuffed Pepper Soup Banana Sugar Cookie	<b>Halupki</b> 23 <b>OR Beer Battered Fish</b> Mashed Potatoes Peas & Carrots Mandarin Oranges	<b>Chicken w/Gravy</b> 24 Bread Dressing Cut Green Beans Pumpkin Cake	<b>Pulled Pork</b> 25 <b>OR Citrus Broiled Fish</b> Macaroni & Cheese Stewed Tomatoes Pineapple
<b>Chicken Cacciatore</b> 28 <b>Over Brown Rice</b> Wax Beans Fresh Apple	<b>Pulled BBQ Chicken</b> 29 <b>OR Beer Battered Fish</b> Baked Potato Garden Salad Butterscotch Pudding	<b>Manicotti</b> 30 Sausage Florentine Soup Cauliflower w/Parsley Blueberry Coffeecake	<b>Halloween Party!</b> 31 <b>Rotisserie Chicken</b> Baked Beans Hawaiian Coleslaw Peanut Butter Pie Cup	

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

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