



Visit Our Website at www.gobroomecounty.com/senior



Active August

The Senior News is filled with information about different groups, events, and activities to ensure you can have an active August!

Broome County Office for Aging 50th Anniversary Parties in August

Join us as we celebrate 50 years since the opening of the Office for Aging. For 50 years we have been honored to serve the older adults in Broome County. To celebrate, each senior center will host an anniversary celebration from 10 am – 2 pm with a special luncheon, time capsule project, 50th anniversary sport cup, 1974 trivia, entertainment, and more!

- Northern Broome - August 7th
- Chenango Bridge - August 14th
- Deposit - August 20th
- North Shore Towers - August 21st
- Broome West - August 28th

Please call the center of your choice for a meal reservation by noon the day before the anniversary. Phone numbers and addresses of each center can be found on pages 10 & 11.

ARTICLE HIGHLIGHTS

See page 6 & 9 to learn more about how you can prevent diabetes.

Flip to page 2 to see how we are celebrating National Senior Citizen Day on August 21st.

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 August, we will be visiting London, Sao Paulo, and Buenos Aires. 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.



8/12 1:30PM
Lisbon, Portugal
(streamed to the Johnson City Senior Center)



8/14 2PM
Lima, Peru
(streamed to the Broome West Senior Center)



8/15 10AM
Gdansk, Poland
(streamed to the Vestal Senior Center)

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

Like Us! Follow Us!

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

Like our Facebook page:
www.facebook.com/BroomeCountyOfficeForAging/

HEALTH AND WELLNESS

WEEKLY ACTIVITIES

Chair Yoga

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

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

Beginner Gentle Yoga

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

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

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

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

Bonesaver Class

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

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

Mon & Wed 1:00PM Johnson City Senior Center

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

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

Line Dancing

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

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

Zumba

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

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

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

Low-Impact Aerobics

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

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

Tai Chi

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

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

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

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

Chair Exercise

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

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

Tues & Fri 12:30PM Johnson City Senior Center

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

Virtual Zoom Classes



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

ZOOM Chair Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM

Farmers Market Coupons Available to Local Seniors



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

Eligibility requirements and distribution sites are listed below.

You must meet the following guidelines to be eligible:

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

AND

Meet the following income guidelines:
 \$2,322/month (for a one-person household); Or
 \$3,152/month (for a two-person household); Or
 \$3,981/month (for a three-person household).

Please bring your Office for Aging ID Card. ID Card applications are available at all senior centers and can be printed at gobroomecounty.com/senior/idcard

Proof of income is not required. All eligible individuals may receive one booklet per year.

Distribution Dates & Locations

8/07 Northern Broome Senior Center, 10:30 – 11:30 am
 12 Strongs Pl., Whitney Point

8/14 Chenango Bridge Senior Center, 11 am - Noon
 First United Methodist Church, 740 River Rd, Binghamton

8/20 Deposit Senior Center, 12:00 – 12:30 pm
 Christ Episcopal Church, 14 Monument Street, Deposit



NATIONAL SENIOR CITIZEN'S DAY AUGUST 21ST

From The American Presidency Project, Proclamation 5847 — National Senior Citizens Day, 1988

This is a day dedicated to recognizing the valuable contributions older people have made and continue to make to our society. Let's take a moment to appreciate the wisdom and experiences they share with us!

Enjoy a special lunch at a Broome County Senior Center to commemorate this special day! With a special dessert of Root Beer Floats!

See the Looks What's Happening section of this paper for participating centers. Lunch reservations are required, please call by noon on August 20th to make your reservation.

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: August 5, 2024 **Time:** 1:00 - 2:30 PM

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

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

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

Saturday, August 3rd 11 – 2PM • First Saturday of the Month
St Anthony's Church Hall • 300 Odell Ave, Endicott
RSVP 607-754-4333

Saturday, August 10th 1 – 4PM • Second Saturday of the Month
Grace's Place
Grace Lutheran Church • 709 Main St, Vestal
RSVP 607-748-0840

Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

Saturday, August 17th 11 – 2PM • Third Saturday of the Month
St. Mary's Church Kirkwood • 975 NY Rt 11, Kirkwood
RSVP 607-775-0086

NEW! Wednesday Evening Respite Program at Yesteryears Endwell!
2801 Wayne Street, Endwell



Join us Wednesday evenings in August for our midweek pizza party! Yesteryears will be hosting an evening respite session August 7, 14, 21, and 28 from 4:30 to 6:30PM. RSVP at 607-778-2946 or with a Yesteryears Site Supervisor.

A Divine Calling

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

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

Be a part of the win-win-win:

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

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

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

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

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

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**



HOLY FAMILY FUN & GAMES

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

Join us Fridays 1 - 3PM
Church of the Holy Family: 3600 Phyllis St., Endwell

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

ANY CARE COUNTS™

NEW YORK

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/>

Events at the Centers

Broome West Senior Center

Friday, August 9th
Family Game Day!
BINGO at 9AM
Pizza for Lunch 12PM
Trivia 1:15PM

Please call 607-785-1777 for a meal reservation by noon on 8/8.

Chenango Bridge Senior Center

Friday, August 30th
Grandparents Day Celebration
10 – 2PM
Bring your grandchild to the senior center!
Enjoy "Laughterize" at 10:30AM
Playing cards, and cornhole with your grandkids. Meal served at 12PM

Please call 607-663-0406 for a meal reservation by noon on 8/29.

Deposit

Thursday, August 15th
Eric Beneke from the
Delaware County Office for Aging presentation
11AM

Eastern Broome

Thursday, August 29th
Evening Dining with Entertainment
Doors Open 4PM
Meal Served 4:30PM
Live Music by Harmony Lane 5:15PM

Please call 607-693-2069 for a meal reservation by noon on 8/21.

First Ward

Tuesday, August 20th
VINES Presentation
12PM

VINES will be joining us to discuss the programs they offer that could help bring fresh food into the homes of senior citizens.

Johnson City

Thursday, August 1st
Dealing with Family Issues with Rev. Hilda
10 – 11:30AM

Learn strategies to remain peaceful as you navigate challenging family situations.

Northern Broome

Monday, August 19th
Chop and Chat
1PM
Come chop the veggies needed to make veggie burgers!

Please call 607-692-3405 to reserve your spot.

North Shore

Thursday, August 15th
Pizza Day
12PM
Join us for Pizza, Salad, Soda, and a Cookie!

Please call 607-772-6214 for a meal reservation by noon on 8/14.

Vestal

Wednesday, August 21st
Vestal Senior Center 42nd Anniversary Luncheon
11:15AM
Join us for Hot Dogs, Hamburgers, Baked Beans, Mac Salad, and Root Beer Floats
Entertainment by Johnny Only at 12PM

Please call for a meal reservation by noon on 8/20.

Ask the Office

I want to stay active over the summer months, but it gets too hot. How can I be active and stay safe.

Staying active has many positive health benefits including improving physical and mental wellbeing. This can be challenging during the warmer months. High heat and humidity can cause potential safety risks but there are still activities you can do. Please consider these safety tips while staying active.

Engaging in outside physical activity early in the day or later in the evening can prevent heat related health issues. Gardening is one of the most popular activities during spring and summer months. If possible, garden using a raised garden bed which can prevent excessive squatting and bending. Raised beds gardening is also more accessible to older adults with mobility issues.

Consider low-impact activities such as walking or yoga. When engaging in any activity, remember to hydrate, wear light weight clothing, and take regular breaks in an air-conditioned area.

To be active, one doesn't need to be outside. There are plenty of indoor activities you can take part in. All Broome County senior centers are air-conditioned and have activities scheduled most days of the week. You can take part in board games, crafts, puzzles, and exercise classes. All senior centers also offer a nutritionally balanced lunch.

Review the most recent issue of the Senior News to learn about activities near you: www.gobroomecounty.com/senior. You can also pick up a copy of the Senior News at local senior centers or subscribe by calling **607-778-2411**.



Downsize & Declutter Discussion Topic: Detachment

**"Detachment is not that you own nothing, but that nothing owns you."
- Yasmin Mogahed**

Hmm! This suggests that we need to be consistently aware of our things and their overall useability. If you are holding onto items that you regularly need to mend, repair, dust, or move around constantly – do you own the items or do the items own you?

Learn more at our Declutter Discussion on Tuesday, August 13th at 3PM at the Broome West Senior Center or on Zoom.

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

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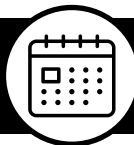
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Mark Your Calendar! Upcoming Community Events

First Friday

Downtown Binghamton
Friday, August 2nd, 6 – 9PM

Please join us for an unforgettable evening celebrating creativity and culture in Downtown Binghamton NY! First Friday is an annual 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/>

Binghamton Aeros 39th Annual Festival of Giants R/C Air Show

247 Airport Rd, Chenango Bridge
August 11 - 13th
Friday – Saturday, 10 – 5PM
Sunday, 1 – 3:30PM

Come watch some of the largest radio controlled aircraft take to the skies over the historic Chenango Bridge Airport. You will see everything from giant biplanes to turbine jets. All flown by skilled pilots from all over the Eastern U.S. Bring a chair and stay the whole day! For more information, please visit <https://binghamtonaeros.webador.com/events>

Tickets are \$25 per person and limited to 28 guests.
Book online at <https://phelpsmansion.org/event/carousel-trolley-tour/>

Senior Stroll Sunday at the Ballpark

Mirabito Stadium
211 Henry Street, Binghamton
Every Sunday Home Game
Presented By Home Instead | All fans 60 and over
Every Sunday at Mirabito Stadium is a Home Instead Senior Stroll Sunday. All fans 60 and older can take advantage of discounted ticket specials at the Visions Federal Credit Union Starting Gate Box Office. For the first 30 minutes that gates are open all fans can take a stroll around the warning track.

EPAC Presents Shakespeare in the Park

The George W. Johnson Park
102 Washington Ave, Endicott
August 15th – August 18th

Endicott Performing Arts Center Youth Troupe produces an abridged version of Shakespeare in the park for free every year. August 18th is also the EPAC Community Arts Festival.

Family Fun Night

CJF Park
98 CFJ Blvd, Johnson City
Wednesday, August 21st 5:30 – 7:30PM (Rain date August 22nd)
Join BCSAFE (Broome County Suicide Prevention for Everyone) for snacks, games, giveaways, music, entertainment, and mental health resources. Backpack and school supply give away while supplies last!

History Night - In the Good Ole Summertime!

Kilmer Mansion
9 Riverside Drive, Binghamton
Thursday, August 29th, 11 – 12PM
A fascinating history presentation by Bill Tomic! The picture montage of how people in our area enjoyed summertime from the late 1900 to 2000. Please call 607-205-3223 for reservations.

Scam of the Month

Navigating the Digital Age Safely: How to Spot and Avoid New AI Scams

As technology advances, so do the tactics of scammers who use Artificial Intelligence (AI) to exploit unsuspecting older adults. These scams can be sophisticated and convincing, making it crucial to stay informed and vigilant. Here's a comprehensive guide on how to recognize and protect yourself from new AI-driven scams.

Understanding AI in Scams

Artificial Intelligence enhances scammers' ability to:

1. Personalize Scams: AI can gather and analyze data from social media and other online sources to tailor scams to specific individuals, making them appear more legitimate and personalized.
2. Impersonate: AI can mimic voices, generate convincing emails, or create fake profiles that seem genuine, increasing the likelihood of successful deception.
3. Automate Attacks: Scammers use AI-powered bots to send mass emails or messages, targeting many people simultaneously.

How to Spot New AI Scams

Recognizing potential AI-driven scams is essential for your protection:

1. Be Skeptical of Unsolicited Contact: Whether it's a phone call, email, text message, or social media message, be cautious if it's unexpected or seems too good to be true. Remember scammers contact you.
2. Watch for Red Flags: Grammatical errors, generic greetings, urgent demands for personal information or money, and promises of large sums of money are common signs of a scam.
3. Beware of Pressure: Scammers may create a sense of urgency, urging you to act quickly without consulting others or taking time to verify their claims. Take your time and don't let emotions override your judgment.
4. Trust Your Instincts: If something feels off or too good to be true, it probably is. Take your time to investigate and don't rush into making decisions.
5. Guard Personal Information: Avoid sharing personal or financial information over the phone unless you are certain of the caller's identity and trustworthiness.

Tips to Protect Yourself

- Educate Yourself: Stay informed about the latest scams and how they operate. Knowledge is your best defense.
- Use Strong Passwords: Protect your accounts with strong, unique passwords and enable two-factor authentication where possible.
- Limit Personal Information: Be cautious about sharing personal or financial information online or over the phone.
- Verify Before You Trust: Always verify the legitimacy of requests for money or personal information, especially if they come from unfamiliar sources or under pressure.
- Verify Sources: Independently verify the identity of the sender or caller. Look up contact information from a trusted source (not the one provided in the message) and contact them directly.
- Verify the Story: Contact other family members or the supposed person directly through a known phone number to verify their situation. Scammers often insist on secrecy or urgency to prevent you from confirming their story.

Reporting Suspected Scams

If you suspect you've encountered an AI-driven scam:

- Report It: Contact your local law enforcement or the Federal Trade Commission (FTC) at **1-877-FTC-HELP (1-877-382-4357)** to report the scam and seek advice.
- Inform Others: Share your experience with friends and family to raise awareness and prevent others from falling victim.

Conclusion

As technology evolves, so do the strategies of scammers. By staying informed, exercising caution, and trusting your instincts, you can protect yourself from falling victim to AI-driven scams. Remember, it's okay to verify before you trust, especially when it comes to your finances and personal information. Together, we can combat these scams and safeguard our communities from online threats.

What is Diabetes?

Diabetes is a metabolic disease that causes high blood sugar. With diabetes, your body either doesn't make enough insulin or can't effectively use the insulin it makes. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. If this malfunctions, you may have diabetes. Untreated high blood sugar/glucose from diabetes over time can seriously damage your nerves, eyes, kidneys, and other organs. The prevalence of diabetes in the U.S. population is staggering. According to the Centers for Disease Control and Prevention (CDC), nearly half (48.8%) of adults 65 years of age or older have diabetes or prediabetes.

There are several types of diabetes. The most common forms are:

Type 1 diabetes: This type is an autoimmune disease in which your immune system attacks and destroys insulin-producing cells in your pancreas for unknown reasons. Only about 10% of people who have diabetes have Type 1. It's usually diagnosed in children and young adults, but it can develop at any age.

Prediabetes: This type is the stage before Type 2 diabetes. Your blood glucose levels are higher than normal but not high enough to be officially diagnosed with Type 2 diabetes.

Type 2 diabetes: With this type of diabetes, your body doesn't make enough insulin and/or your body's cells don't respond normally to insulin (insulin resistance). This is the most common type of diabetes. It mainly affects adults, but children can have it as well.

Risk factors for pre-diabetes and Type-2 diabetes include:

- Having a parent or sibling with type 2 diabetes
- Having a cardiovascular disease, high blood pressure, high LDL "bad" cholesterol, or high triglycerides
- Being overweight
- A history of gestational diabetes or delivering a baby more than nine pounds
- Being a Black American, Asian American, Latino/Hispanic American, Native American or Pacific Islander

There are no clear symptoms of prediabetes; you can have it and not know it. However, should high blood sugar persist and rise, symptoms characteristic of diabetes may present themselves. Typical symptoms of diabetes are: excessive thirst, unintended weight loss, frequent urination, increased appetite, blurry vision, fatigue, numbness or tingling of hands or feet, and slow wound healing.

Diabetes and prediabetes are diagnosed by health care providers via laboratory blood tests. Should test results reveal concerning high blood glucose levels, your physician will talk to you about a treatment plan. A treatment plan will likely include recommendations about lifestyle changes including food selections and physical activity. Should medication be part of the treatment plan it is important to take medications exactly as directed.

For most individuals, getting 30 minutes of safe, physical activity 5 days a week, will positively impact blood sugar levels. Being physically active can also help to promote healthier body weight, blood pressure and cholesterol levels.

A large part of taking care of diabetes is making healthy food choices. The best choices are foods that are high in fiber and nutrients and low in saturated fat, added sugar, and sodium. For those who desire to read more about eating healthfully with diabetes, please refer to "Tips for Eating Well with Diabetes" article in this issue of the Senior News. Your physician may suggest meeting with a Registered Dietitian to develop an individualized meal plan. The Broome County Office for Aging's Registered Dietitian is available to meet with individuals 60 years of age or older in their home or at a local senior center to discuss nutritional concerns including those related to diabetes. To ask questions about this article or make an appointment with the dietitian please call the Office for Aging at **607-778-2411**.

References: The American Diabetes Association, The American Heart Association, The Cleveland Clinic and the Centers for Disease Control and Prevention.



Eastern Broome

Contact: Arlene 607-759-6306

August 5 – 10th - Indiana Amish Area

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

September 23 – 26th - Cape May

December 2nd - Nellie's Irish Christmas

First Ward Travel Group

Contact: Liz W. 607-222-8440

August 7th - Turning Stone Casino

September 23 – 27th - Cape May

November 6 & 7 - Lancaster, PA

Johnson City Senior Center

Contact: Lucy 607-427-6143

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

September 26th - Progressive Lunch (Sign up by 8/22)

October 1st - Yellow Brick Road Casino (Sign up by 9/1)

October 9th - Longwood Gardens: Chrysanthemum Festival (Sign up by 9/12)

October 29th - Penn's Peak: Tribute to Three American Troubadours (Signup by 9/23)

Kirkwood Senior Trips

Contact Jeanie 607-655-2685

September 19th - Moravia

October 22nd - Penn's Peak: The Carpenters

Northern Broome Golden Agers

Contact Sandy 607-761-0629

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

North Fenton

Contact: Ruth 607-648-8425

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

October 1st - German Fest

Vestal Senior Citizens Club

Contact: Jean 607-754-4479

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

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

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

LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, August 21st, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

SENIOR NEWS PET PHOTO CONTEST 2024

Time to show off your furry (or scaly) friend!
In the September edition we will be awarding one pet
with the title of "Cutest Pet of 2024".



"The whole glorious history of animals with people is about joy and connection. It's about loving this creature and letting this creature love you." – Jon Katz

Send your **name, phone number, pet's name, and a brief description of why you are thankful for your pet to:**

Broome County Office for Aging
Attention: Senior News
PO Box 1766
Binghamton, NY 13902
Or email ofa@broomecountyny.gov



Join the Nature Walking Club



Nature Walking Club enjoying a hike at Greenwood Park in Lisle on June 13th.



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.

August 8th 10AM – Pettus Hill in West Windsor. I 86 east to exit 77, turn right on Place, quick left on Fox Farm Road, right on Roberts, right on Abbey Road to meet at the parking lot at the entrance.

August 22nd 10AM – Choconut Creek in Vestal. Park and meet on the creek side of Weis Market on Main Street in Vestal.

September 12th 10AM – SPECIAL EVENT at Waterman Education Conservation Center in Apalachin. Meet at The Marsh on Route 434 (park on right side pull off 1/2 mile past Hilton Road). Bring a packed lunch to enjoy at the pavilion at the Center. Then we will go into the Center to watch the WSKG interview with Harriet Marsi. Harriet is responsible for saving the Marsh from being paved over by Rt 17!

September 26th 10AM – Sandy Beach on Conklin Road. Meet at entrance off Conklin Road on left, just before Home Plus.

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



A VERY DIFFERENT VARIETY SHOW

Join us Friday, August 23rd at 12PM
Broome West Senior Center

with entertainment from:

Lourie Morris, Jim Lamb, and Friends!
Camille Muscatello, Francine Massara,
Mike Darpino, Teresa Spinelli, Vin Rosenbarker,
Bill Gorman, Kathleen Costello, Ray Cuadra,
Lisa McBride, and "The Crusaders"

Meal is served at 12PM.

Entertainment will start around 12:30PM

Please call 607-785-1777 for a meal
reservation before noon on 8/22.

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.

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

Stuffed Summer Squash

Summer squash stuffed with brown rice, fresh basil, beans, cheese, and veggies make a hearty and filling dish. Try this tasty recipe when summer squash are abundant in your garden or at the market.



Ingredients

- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed
- 1 tablespoon fresh basil
- 4 tablespoons Parmesan cheese

Directions

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake at 350 °F for about 30 minutes.

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

Easy Fried Rice

This delicious rice dish is packed with protein, veggies, and whole grain goodness.



Ingredients

- 1 tablespoon vegetable oil
- 2 eggs (beaten)
- 3 1/2 cups brown rice, cooked (or white rice)
- 1 cup chicken breast, ham, or pork, cooked (and chopped)
- 1 cup mixed vegetables, cooked (and chopped)
- 2 green onions (sliced)
- soy sauce or hot sauce (optional, to taste)

Directions

1. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble.
2. Remove cooked eggs and set aside.
3. Add the rest of oil (2 teaspoons) to pan. Stir fry rice, breaking up lumps by pressing rice against pan.
4. Add cooked meat and/or vegetables. Stir fry until heated.
5. Add green onions, reserved eggs, and sauce to taste. Serve hot.
6. Cover and refrigerate leftovers within 2 hours.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-fried-rice>

Garlic Ginger Ramen with Beef

Adding garlic and ginger to ramen is a game changer. This recipe has vegetables, lean protein, and lots of flavor!



Ingredients

- 1/2 pound lean ground beef (15% fat or less)
- 2 cups water

- 2 packages instant ramen-style noodles, broken into small pieces (3 ounces each)
- 1 package frozen stir-fry vegetables, any type (16 ounces)
- 2 green onions, thinly sliced
- 1 tablespoon fresh ginger (or 1/4 teaspoon ground ginger)
- 2 cloves garlic, minced (or 1/2 teaspoon garlic powder)

Directions

1. In a large skillet over medium-high heat (350 °F in an electric skillet), brown the ground beef. Drain fat from the skillet. Drain fat from the skillet.
2. Add water and seasonings to cooked beef and mix well.
3. Add vegetables, green onion, ginger, and garlic. Bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3 to 5 minutes until vegetables are tender, stirring occasionally.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/garlic-ginger-ramen-beef>

Honey Milk Balls

Honey milk balls make a great afternoon snack – packed with protein and calcium. They taste like a treat, so be sure to save a few for yourself.



Ingredients

- 1/4 cup honey
- 1/4 cup peanut butter
- 1/2 cup dry milk, non-fat
- 1/2 cup cereal (crushed)

Directions

1. Mix honey and peanut butter.
2. Gradually add dry milk and mix well.
3. Chill for easier handling.
4. With greased hands, form into small balls.
5. Roll in crushed cereal flakes.
6. Chill until firm.
7. Refrigerate leftovers within 2 hours.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/honey-milk-balls>

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Tips for Eating Well with Diabetes (Adapted from the American Diabetes Association)

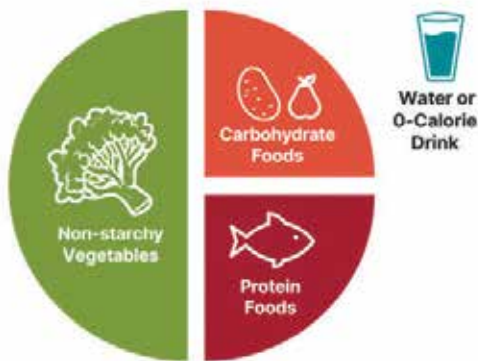
Eat Good to Feel Good. Eating healthy doesn't have to be complicated, even when you have diabetes. No matter what type of food you love to eat, a few simple swaps can make a big difference.

Healthy eating for prediabetes and diabetes not only helps to manage your blood glucose (blood sugar), it also helps you have a better relationship with food. When you nourish your body with quality foods, it helps your body function at its best.

Food fuels the body and is a key part of diabetes management. No matter what eating plan you follow, there are some basic guidelines that apply across the board. What all healthy eating plans have in common:

- Non-starchy vegetables as a foundation for the plate
- Lean proteins and plant-based sources of protein
- Quality carbohydrates like starchy vegetables, fruits, whole grains, and low-fat milk
- Less added sugar
- Healthy fats
- Less processed foods
- Water or zero-calorie beverages

Use the Diabetes Plate for Meal Planning (see above image) to simplify healthy eating with the Diabetes Plate — a low-carb meal pattern jumpstart that helps you portion your plate and support your diabetes management. This simplified way to approach meals is easy to customize to your food preferences.



Start with a nine-inch plate and fill half with non-starchy veggies, one-quarter with lean proteins, and one-quarter with and quality carbs like starchy vegetables, fruits, whole grains, or low-fat dairy.

You can also use the Diabetes Plate as a framework for all the recommended diabetes meal patterns with simple adjustments to match the pattern.

Non-Starchy Vegetables - fill half your plate with non-starchy vegetables for a healthy meal. These vegetables keep you feeling full for longer and provide you with the great-tasting nutrients your body needs without as many calories and carbs. Non-starchy vegetables include broccoli, carrots, cauliflower, tomatoes, salad greens, onions, peppers, mushrooms and more!

Protein - Protein is an important part of a diabetes meal plan. Consider lean meats, fish, and plant-based proteins. There are plenty of protein-rich plant-based options, such as beans, hummus, lentils, and others.

Fruits - Wondering if you can eat fruit? Yes! While fruit does count as a carbohydrate food, they are loaded with vitamins, minerals, and fiber just like vegetables. Fruit can also help you satisfy your sweet tooth without the added sugar.

Fats - Focus on adding healthy fats (like monounsaturated and polyunsaturated fats) to help lower your cholesterol and protect your heart. Healthy fats can be found in foods like olive oil, nuts, avocados, some types of fish, and a host of other tasty options. Make healthy swaps to help decrease your risk of heart disease.

Beverages - Avoid or cut back on regular soda and juice. Have water or try calorie free drinks.

Individualized meal plans should be discussed with your health care providers based on your specific needs.

If you have any questions about this article or would like to discuss diabetes and your diet, please call the Office for Aging Dietitian at **607-778-2411**.

STITCH AND STUFF

Join us as we make stuffed bears and cardiac pillows for pediatric and cardiac patients. We also make rag dolls and other stuffed animals such as dinosaurs, dogs, and cats for Toys for Tots, Ladies of Charity, and other community groups.

There are tasks for all: cutting, sewing, stuffing and embroidery. No skill needed.

Stop by Thursdays 9:00 am to 11:00 am at First Ward Senior Center. Please call 607-797-2307 with any questions.



Amanda VanFossen,
NYS Licensed
Hearing
Aid Dispenser



Amanda Levy, Au.D.
Doctor of
Audiology

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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

8/1 Legal Aide 9AM Please call for an appointment.
8/5, 12, 19 & 26 Breakfast for Lunch! 10:30 – 12PM
8/5 Nutrition presentation by Kathleen Cook, CCE 11:30AM
8/7 Beach Bash with Entertainment by Vin Rosenbarker 11AM
8/8 Evening Meal with Entertainment by Rick Pedro 4:30PM
8/9 Family Game Day 9:30AM
8/13 & 28 Chop and Chat 1PM Please call 607-785-1777 to sign up.
8/14 GFJ Library Tech Class 11AM
8/14 Discover Live: Lima, Peru 2PM
8/15 CarFit 10 – 12PM
8/16 Entertainment by Jukebox Mike 11AM Lunch served at 12PM.
8/20 Site Council Meeting 9:30AM
8/21 “Not So Bored” Games for National Senior Citizens Day!
Board Games (Like Candyland & UNO) & Video Interviews for
the 50th Anniversary Celebration 10AM
8/23 A Very Different Variety Show 1PM (Right after Lunch at 12PM)
8/26 Historian Dan Shay 12PM
8/27 Bright and Beautiful Dogs 12:30PM
8/28 A World of Pure Imagination: Office for Aging celebrates
50 years! Party Trivia 10:30AM, Luncheon 12PM,
Magician Performance after Lunch, and more.

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:

8/7 Clover Chat 1PM
8/12 & 26 Crochet with Kathy 10:30AM
8/14 “Back in 1974” Office for Aging 50th Anniversary Event 10 –
2PM “Gold Bingo” 10AM, Luncheon 12PM, Entertainment
by Mike’s Jukebox 12:30 – 2PM
8/21 National Senior Citizens Day!
8/21 Craft with Kathy 10AM
8/21 Nails by Kathy 1PM
8/23 Horse Racing 10:30AM
8/30 Grandparents Day Celebration 10 – 2PM
8/30 Nutrition presentation by Kathleen Cook, CCE 12PM

Deposit Senior Center

14 Monument Street, Deposit, NY 13754
Located in Christ Episcopal Church
Center Hours: Tuesday & Thursday, 10 – 2PM
Lunch served at 12:30PM
607-467-3953

Weekly Activities

Tuesday: BINGO 1PM
Thursday: Wii Games 10:30AM – 12:30PM

Special Activities

8/15 Delaware County Office for Aging 11AM
8/15 Nutrition presentation by Kathleen Cook, CCE 1PM
8/20 50th Anniversary of Office for Aging Celebration! Music
by Ray Turner and Darby DeGraw 11AM, Luncheon 12:30PM
(Please call for a meal reservation by noon on 8/19),
Broome County Sheriffs K9 presentation 1PM

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

Special Activities

8/2 Burger Bar 11:30 – 12:30PM
8/2 Laughtercize with Traci Pena 1 – 2PM
8/5 August Birthday Celebrations 10:30AM
8/7 Beach Day 9 – 11:30AM
8/8 & 22 Greater Good Grocery Bus 10 – 12PM
8/11 Concert at the Colesville Gazebo! Entertainment by Friday at
Fred’s and Refreshments 6 – 7:30PM
8/13 & 27 Chop and Chat 12:30PM Please call to reserve your spot.
8/14 Officers and Finance Meeting 9:15AM
8/14 Senior Center Site Council meeting 10:45AM
8/14 “Healthy Living for Brain and Body” presentation
by the Alzheimer’s Association 12:30PM
8/15 Golden Griddle 11:45 - 12:45PM
8/21 National Senior Citizens Day! 9 – 2:30PM
8/22 OFA Nutrition 12:15PM
8/24 EBSC items for sale and raffle at the
Afton Arts and Crafts Festival 9 – 3PM
8/26 Cows, Pigs, and Horses Race 10:30AM
8/28 Legal Aid Society 9 – 12PM Please call for an appointment.
8/29 Evening Dining with Entertainment by Harmony Lane 4:30PM
8/30 Grandparents Day Celebrations 9 – 2PM
Russ Lockwood on Piano 11:30AM Luncheon 12PM

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: Sewing 9AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

- 8/1 Executive Board Meeting 9:30AM
 8/6 & 20 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM, \$3 (Advanced registration and payment required, please call 607-797-2307.)
 8/9 Film Friday: "The Last Laugh" 1PM (free popcorn, soda for sale)
 8/12 Legal Aid 9AM (Appointment required, please call.)
 8/13 Simple, Small Meals: Quick & Nutritious Foods for Summer presentation by Kathleen Cook, CCE 12PM
 8/19 Breakfast for Lunch: French Toast 10:45 - 12:15PM (No take-out available.)
 8/20 VINES Presentation 12PM
 8/20 Chop & Chat: Veggie Burgers 1PM Reservation one week in advance
 8/21 National Senior Citizens Day!
 8/22 & 23 AARP Driver Safety Course 9 - 12:15PM (Advance registration required)
 8/23 Film Friday: "Queen Bees" 1PM (free popcorn, soda for sale)

Johnson City Senior Center

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

Weekly Activities

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

Special Activities

- 8/1 Dealing with Family Issues with Rev. Hilda 10 – 11:30AM
 8/2, 8/9, 8/16, 8/23, 8/30 Poetry Group 12:30PM
 8/5 Stay Healthy Caregiver Support Group 1 – 2:30PM
 8/7 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
 8/12 Discover Live: Lisbon, Portugal 1:30 – 2:30PM
 8/15 Legal Aid 9AM – 12 PM. Call 607-797-3145 for an appointment.
 8/16 Make the Most of Summer's Bounty presentation by Kathleen Cook, CCE 10:30 – 11:30AM
 8/21 National Senior Citizens Day!
 8/21 Book Club (The Indigo Girl by Natasha Boyd) 3 – 4PM
 8/21 LGBTQ+ Senior Social Group 3 – 4PM
 8/21 Alzheimer's Association – Johnson City Caregiver Support Group 4:00PM (Registration and pre-screening required; call ALZ at 315-472-4201 x227.)
 8/28 Haircuts by Debbie Roberts (\$20) (call 607-797-3145 for an appt) 10 – 11:30AM

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:

- 8/1, 15 & 29 Cornhole 10AM
 8/7 Office for Aging 50th Anniversary Celebration with Entertainment by Greg Neff 12:15PM Meal served at 12PM
 8/7 Farmers Market Coupon Distribution 10:30 – 11:30AM
 8/8 Breakfast for Lunch 10AM Please call for a meal reservation.
 8/13 & 14 AARP Drivers Safety Course 10 – 1:30PM Please call to reserve your spot.
 8/19 Chop & Chat 1PM Please call to reserve your spot.
 8/21 National Senior Citizens Day!
 8/30 Pub Burger Bar 11:30AM
 8/30 Grandparents Day Celebration! Dan the Snake Man 10:30AM, Lunch 12PM (Please call for a meal reservation by noon on 8/29.), Tye Dye Shirts and Games after Lunch.

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

North Shore Towers Senior Center

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

Weekly Activities

- Monday:** Wii Bowling 10AM; 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

- 8/1 Taking donations for the Anniversary Party raffle basket 10 – 2PM
 8/2 National Ice Cream Sandwich Day 10:30AM
 8/6, 13, 20, & 27 Greed Tournament 10:15AM
 8/7 Beach Blast – Games 10:30AM, Lunch 12PM
 8/15 Pizza Day 12PM
 8/21 OFA 50th Anniversary Celebration & National Senior Citizens Day 10 – 2PM Luncheon, Games, Music by Marian Tewksbury, Raffle Basket, and More!
 8/30 Grandparents Day Celebration 10 – 2PM

Vestal Senior Center

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

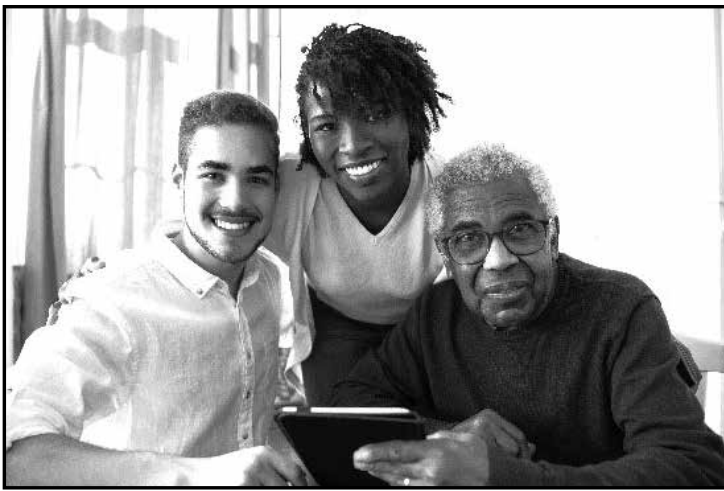
Weekly Activities

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

Special Activities

- 8/5 Breakfast for Lunch: Blueberry Pancakes, Eggs, Sausage, and a Hashbrown 11AM
 8/5 King High Card Games 12PM
 8/9 Mexican Train 12PM
 8/10 & 26 Chop and Chat 10AM Please call to reserve your spot.
 8/12 & 13 AARP Drivers Safety Class 2 – 5:30PM Please call to reserve your spot.
 8/15 Discover Live: Gdansk, Poland 10AM
 8/21 Vestal Senior Center 42nd Anniversary Luncheon and National Senior Citizen Day Celebration 11:15AM
 8/23 Pizza or Chef's Salad 11AM
 8/23 Bunko 12PM
 8/27 Vestal Senior Club Meeting Day 12:15PM
 8/28 Nutrition Education by Kathleen Cook, CCE 10:15AM

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. 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.

POP Culture: 1940

- Marvel Comics introduces superhero Captain America in March 1941.
- After approximately 14 years, carving at Mount Rushmore concludes in October 1941.
- Walt Disney wins a 1943 Academy Award for his animated short film *Der Fuehrer's Face*.
- Charles Yeager becomes the first man to break the sound barrier on October 14, 1947, flying the experimental Bell X-1 at Mach 1 at an altitude of 45,000 ft.
- NASCAR® holds its first modified stock car race in Daytona Beach, FL, in 1948.

For more fun facts, please visit https://www.census.gov/history/www/through_the_decades/fast_facts/1940_fast_facts.html

Save Money on Gas – Try the OFA Mini Bus

With the increased gas prices driving your own car can be costly. The OFA Mini Bus provides curb-to-curb transportation to those who are age 60 and over and have a valid OFA ID Card. The bus operates from 9:00 am to 4:00 pm Monday through Friday. You make a reservation for the bus to pick you up at your home or other point of origin and deliver you to your destination.

To make a reservation you must have a valid OFA ID card. Those who need an OFA ID card can call **607-778-2411** for an application or print the application from OFA's website: www.gobroomecounty.com/senior/idcard

After you apply for the OFA ID Card contact BC Transit to obtain your client ID and passcode to be used for the reservation system. The OFA Mini Bus serves seniors living in the urban areas of Broome County. This includes Binghamton, Johnson City, Vestal, Endicott, Endwell, Chenango Bridge and parts of Kirkwood and Conklin.

With an OFA ID card, you can ride the OFA Mini Bus at the voluntary contribution rate of \$2.00 per each one-way trip. Contributions are appreciated and help to assure the continuation of this service. No one will be denied service due to an inability or unwillingness to contribute. Your reservation may include 1-2 guests. Guests under age 60 are charged \$3.00. Guests 60 or over who have a valid OFA ID card can ride the bus for the suggested contribution of \$2.00/ride.

If you need travel training on how to utilize the OFA Mini Bus or further assistance exploring other transportation options please contact the Getthere Call Center at **1-855-373-4040**. The Mobility and Transportation Advocates at the Getthere Call Center are available Monday through Friday from 7am until 7pm to help you determine what transportation option best meets your needs.

CarFit Event

The Broome County Traffic Safety Program along with its partners will be conducting a CarFit Event at the Broome West Senior Center on August 15th.

As we age, we change. And how often do we adjust the features in our vehicle to accommodate those changes? CarFit is an educational program that helps drivers explore the safety features within their vehicle to ensure they are adjusted appropriately for their body so in the event of a crash, not only with they have the best control over their vehicle, but they will receive the optimal protection provided by those safety features. Participants will meet with a trained technician to ensure the safest and most comfortable "fit." It's free, it's easy and it only takes 20 minutes!

Appointments are encouraged but walk-ins are welcomed!

Where: Broome West Senior Center
2801 Wayne Street, Endwell

When: Thursday, August 15th
10 - 12PM

Contact: Christine Marion, Broome County Health Department
607-778-2807
Christine.Marion@broomecountyny.gov

CARFIT 

Helping Mature Drivers Find Their Safest Fit

 American Occupational Therapy Association





2024-2025 Home Energy Assistance Program

All households that received a Regular HEAP benefit in the 2023-2024 program year should receive an application in the mail automatically. As in past years, we anticipate that applications will be mailed out during the last week of August. Even if nothing has changed in your household or income, you still must submit a new application 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 in the fall.

As of the deadline for submitting content for this issue of the Senior News, the opening date of the Regular HEAP program for new applicants has not been announced. The 2024-2025 household income guidelines have also not been released. Once income guidelines are known, they will be published in the Senior News.

When HEAP opens, there are several ways for new applicants to apply. You can apply online at 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 or over and 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 application hotline at 607-778-2063 and leave a message with your name and address.

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 opens, you can call 607-778-1100, option 6 to request an application.

*Please note that households 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.**

Make the Most of the Tastes of Summer

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

What a bounty there is in the growing season! Now is the time to get out to your local Farmers Markets, enjoy the fresh locally grown produce, and maybe take a moment to talk to the farmers who have brought their fruits and vegetables to the market. Most enjoy sharing information about what something tastes like and how to prepare it.

Learning how to store the produce properly to prevent it from spoiling quickly, and developing tasty ways to prepare it are two keys to getting the most out of your purchases. By planning to use it soon and then preparing and eating it you are saving money and gaining essential vitamins and minerals for good health!

If you see a great deal on a vegetable or fruit you love, try buying a quantity and freezing some for later. Berries are especially easy to freeze. Just lightly wash them under cool water, pat dry, and lay them out on a flat surface in the freezer. Once they are frozen, slide them into a resealable plastic bag and store. This makes it easy to just use a little bit at a time and keeps them separated.

Peppers and onions also freeze well this way. Once frozen you can add them to soups, casseroles and stir fry or even just cooked in a skillet with scrambled eggs.

Take care of your produce and you will enjoy the great tastes of summer for months!

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 gjstechcenter@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, August 14th 11AM
Offering one on one tech assistance!

Vestal Library comes to the Vestal Senior Center

Wednesday, August 14th 10AM
Technology help!

One-on-One Technology Assistance

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

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

Sudoku Answers

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

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Broome County
Office for Aging 

WE ARE
HIRING!

JOIN OUR AMAZING TEAM

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

- Foster Grandparent Classroom Volunteer
Income Eligibility Required
No Civil Service Exam Required
Monday - Friday; Hours Vary
- On Call Leisure Time Activity Leader
Yesteryears: Group Respite Program
No Civil Service Exam Required
Monday – Friday; Hours Vary
- On Call Senior Site Supervisor
Yesteryears: Group Respite Program
No Civil Service Exam Required
Monday – Friday; Hours Vary
- On Call Senior Site Supervisor
Senior Centers
No Civil Service Exam Required
Monday – Friday, Hours Vary
- Principal Account Clerk
Monday – Friday, 40 hours
\$41,050

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

Volunteer Recognition



In July, the Foster Grandparent volunteers were acknowledged and celebrated during the annual Foster Grandparent Recognition Dinner. Volunteers were honored by Broome County Executive Jason Garnar, Korin Kirk from Senator Lea Webb's office, and Assemblywoman Donna Lupardo. These dedicated volunteers were presented with proclamations acknowledging their hard work and unwavering commitment throughout the year. The event featured music by Peter Fuerst and a delightful dinner, providing a fitting tribute to their service.

Foster Grandparents generously offer their time and support to elementary schools, Head Start programs, and daycare centers, enriching the lives of children with exceptional needs. Through activities such as reading books and engaging in educational games, they play a vital role in encouraging these children to learn and thrive. Volunteering is a great way give back to your community and to feel more connected. If you are interested in joining our Foster Grandparent Program call **607-778-2089** and for other volunteer opportunities available within the Office for Aging visit your local senior center or call **607-778-2411**.



The Broome County Home Repair Service

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A Non-profit public service operated by

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August Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$4.00 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$5.00 per meal.

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

Grandparent's Day Celebration Friday, August 30 th Come celebrate with us! Grandchildren are welcome. Check the "Look What's Happening at the Centers" section of this publication for specific details.			Marinated Chicken 8/1 OR Sausage w/Peppers & Onions Baked Potato Garden Salad Peach Cobbler	Manicotti 2 Italian Green Beans Garden Salad Pineapple Upside Down Cake
Macaroni & Cheese 5 Stewed Tomatoes Brussels Sprouts Double Chocolate Cookie	Swedish Meatballs 6 Or Broiled Fish Buttered Noodles California Blend Veg. Pears	Turkey Salad 7 Or Egg Salad Croissant Tomato Florentine Soup Mandarin Oranges Ice Cream Cup	Liver w/Onions 8 OR Seasoned Chicken Mashed Potatoes Country Blend Vegetables Chocolate Cake	Sausage Link 9 OR Breaded Fish Roasted Potatoes French Cut Green Beans Watermelon
Pierogies w/Kielbasa 12 Oriental Blend Vegetables Chocolate Chip Cookie	Ziti Sausage Bake 13 Italian Green Beans Garden Salad Honey Dew Melon	Breaded Chicken Cutlet 14 Sandwich Red Potato Salad Pickled Beet Salad Pineapple	Beef Burgundy 15 Over Noodles Brussels Sprouts Cinnamon Rice Pudding	Halupki 16 OR Herbed Broiled Fish Mashed Potatoes Wax Beans Vanilla Cake
Meatball Parm Sub 19 Pasta Fagioli Soup Fruit Cup Sherbet Cup	Ham Au Jus 20 OR Citrus Rubbed Fish Mashed Potatoes Peas & Carrots Spice Cake	National Senior Citizens Day! Pub Burger 21 Baked Beans Macaroni Salad Root Beer Floats	Teriyaki Chicken 22 Brown Rice Pilaf Oriental Blend Vegetables Peach Crisp	Grandma's Meatloaf 23 OR Broiled Fish w/Lemon Baked Potato Carrots Vanilla Pudding
Chili over a Baked Potato 26 Carrots Ice Cream Cup	Halupki 27 OR Chicken Cutlet Mashed Potatoes Peas Mandarin Oranges	Ham & Swiss On Rye 28 Stuffed Pepper Soup Banana Sugar Cookie	Roast Turkey 29 Apple Bread Dressing Winter Squash Pumpkin Cake	Grandparent's Day! Hot Dog 30 OR Beer Battered fish Macaroni & Cheese Mandarin Oranges Chocolate Chip Cookie

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



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Language interpretation for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, www.gobroomecounty.com/senior.

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

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