



Visit Our Website at www.gobroomecounty.com/senior



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 January, we will be visiting Gdansk, Galway, and Seville. 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.



January 15th 11AM
Gdansk, Poland
(streamed to the Johnson City Senior Center)



January 16th 10AM
Galway, Ireland
(streamed to the Vestal Senior Center)



January 28th 1:30PM
Seville, Spain
(streamed to the Broome West Senior Center)

Exercise Groups through Office for Aging

Seeking more exercise in the new year? Look no further than your local senior center. Below is a list of all the different exercise programs available:

- Beginner Gentle Yoga
- Bonesavers
- Chair Exercise
- Chair Yoga
- Drum Exercise
- Line Dancing
- Low-Impact Aerobics
- Tai Chi
- Walking Classes
- Weight Loss Groups
- Zumba
- And many more!



Please see the Health and Wellness section on page 2 for more information about exercise classes at the local senior center of your choice.

ARTICLE HIGHLIGHT

See page 14 for New Years Resolution ideas!

Martin Luther King Jr. Day is Monday, January 20th!
Please see page 6 for more information.

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

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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 (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

Walk with Ease is Back!

Meeting at the Oakdale Commons in Johnson City Starting Monday, January 27th

Mondays, Tuesdays, and Thursdays from 10 - 11AM

Join your walking coaches at the Oakdale Commons for this indoor 6-week walking program where you will learn fitness tips, meet new people, and step your way to a lasting walking routine.

- We will meet for 1 hour, 3 times per week inside the mall.
- Each participant will receive a guidebook and walking diary to log progress.
- We will learn how to exercise safely and comfortably while having fun.

Walk with Ease is an evidence-based program with several proven benefits, such as decreased pain, improved balance, and increased strength. As you develop a walking routine, you may also control weight, reduce stress, boost your energy, and much more.

Advanced registration is required and space is limited. To obtain more information and sign up, please call (607) 778-2411.

Remember to consult a healthcare professional before beginning this or any new exercise program.



Falls Annual Wellness Checkup at Participating Broome County Senior Centers Fridays from 10 – 2PM:

- February 7 & 21: Broome West, Endwell
- February 28 & April 4: Chenango Bridge
- March 7 & 21: Johnson City
- March 28 & April 11: First Ward, Binghamton (10:45 – 2:45PM)
- April 18: Vestal
- April 22: Northern Broome, Whitney Point
- May 9: Eastern Broome, Harpurville
- May 15: Deposit

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

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

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

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

For more information and to register, call the Motion Analysis Research Laboratory at 607-777-4700 or book a time at: <http://motion-lab.org/home#events>. Registration is required. Walk-ins are not permitted.

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, January 6, 2025 **Time:** 1:00 - 2:30 PM

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

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, January 4th 11 – 2PM • First Saturday of the Month
St Anthony’s Church Hall: 300 Odell Ave, Endicott • RSVP 607-754-4333

Saturday, January 11th 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, January 18th 11 – 2PM • Third Saturday of the Month
St. Mary’s Church Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, January 25th 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Church: 465 Clubhouse Rd, Vestal • RSVP 607-778-2946

WEDNESDAY RESPITE

Wednesday, January 8th 10:30 – 1:30PM • Second Wednesday of the Month
India Cultural Center: Route 26, Vestal • RSVP 607-624-6587



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!



Wednesday, January 22nd
(January 23rd at the Deposit Senior Center)

Enjoy a day of fun, whether you like to dance or just be a spectator let’s warm up with some fun! Maybe it will be a Disco Party, a Soc Hop or a little chair dancing.

In addition to the music and dancing the centers will have a special luncheon. Contact the center you wish to attend for more information on how they are celebrating!

Guests age 60+ and spouse of any age may dine for the suggested voluntary contribution of \$4. All others may dine for a charge of \$5.

Phone numbers and center specifics can be found in the “Look What’s Happening at the Centers” section of this issue.

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

R-E-S-P-I-T-E

Time For You

Relax

Recharge

Revive

1st Saturday: St. Anthony’s Church Hall 300 Odell Ave Endicott (607) 754-4333	2nd Saturday: Grace Lutheran Church 709 Main St Vestal (607) 748-0840	3rd Saturday: St. Mary’s Church of Kirkwood 975 NY Rt 11 Kirkwood (607)775-0086
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4th Saturday: St. Vincent De Paul Blessed Sacrament Church 465 Clubhouse Rd Vestal (607) 778-2946	2nd Wednesday: Indian Cultural Center 1595 State Rt 26 Vestal (607) 624-6587
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Call Broome County Office for Aging for more information
(607) 778-2411



DO YOU...

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

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



Call NY Connects 1-800-342-9871

Events at the Centers

Broome West Senior Center

Friday, January 17th
Dolly Parton's Birthday Party
11AM

Join us as we celebrate the queen of country music with cupcakes and good times. We will have NEW entertainment by Party Cat who will be covering country classics such as Dolly herself, Patsy Cline, Lorretta Lynn and more.

Chenango Bridge Senior Center

Wednesday, January 15th
Board Game Day
10AM

Come join us as we play an array of fun board games together.

Deposit

Every Tuesday!
BINGO
1PM

Eastern Broome

January 6th – 20th
Animals on Parade!

All for the fun of it! Come see our "adoptable pets" and check out our pet themed raffle baskets.

First Ward

Wednesday, January 29th
Finch Hallow presentation:
Talking Touch Table
12PM

Johnson City

Every Monday!
BINGO
Board sales 12:30 – 1:30PM
Games played 1:30 – 4:15PM

Northern Broome

Monday, January 13th
Soup and Salad Bar
11:30AM

Please call 607-692-3405 for a meal reservation.

Vestal

Monday, January 13th
Breakfast for Lunch (Dine In Only)
11:15AM

Blueberry Pancakes, Scrambled Eggs, Sausage and Potatoes
Please call 607-754-9596 for a meal reservation.

Senior Center Closings

- Wednesday, January 1st for New Year's Day



Ask the Office

A new year is starting, and I want to focus on my health and wellbeing. What can I do in the new year?

A new year can be the perfect time to reflect on your health, safety, and overall well-being. We can take this time to review important areas of our lives that can help maintain independence and improve quality of life. Here are some things to consider.

Health Checkups and Screenings

Routine health checkups are crucial for maintaining good health and catching potential issues early. Schedule appointments for regular screenings and an annual visit with your doctor. In addition, regular eye and hearing exams can detect conditions like cataracts, glaucoma, or hearing loss. High blood pressure and high cholesterol often go unnoticed but can significantly impact heart health. Regular monitoring is key.

Depending on age and family history, screenings for breast, prostate, colorectal, and skin cancer may be recommended. As we get older, we are at higher risk of developing type 2 diabetes. Regular blood glucose tests can help detect early signs and prevent health complications.

Medication Review

If you are on medications, you should review them annually or more often with your doctor. It is important to make sure the medications you are taking are still necessary, effective, and safe. Schedule a medication review with your healthcare provider to identify any medications that may no longer be necessary or could be causing side effects. This is especially important for preventing harmful drug interactions.

Over-the-counter drugs, including pain relievers, can interact with prescription medications. Make sure your doctor knows about all medications you are taking. Take a moment to check your medicine cabinet and dispose of any expired or unused medications. Expired medications can lose their effectiveness or even become harmful. Office for Aging can provide information on safe medication disposal locations.

Financial Check-up

The start of a new year is an ideal time to assess your finances and check on any benefits you might be eligible for. Contact the Office for Aging to discuss benefits available to you for heat, food, and prescriptions and more. Also regularly check your credit report for any unusual activity and be vigilant about protecting your personal information.

Home Safety and Accessibility

Check your home for tripping hazards, such as loose rugs, cluttered hallways, or uneven flooring. Installing grab bars in bathrooms and improving lighting in dim areas can also help reduce fall risks. Test your smoke and carbon monoxide detectors to ensure they are functioning properly. These life-saving devices should be checked monthly, and batteries replaced at least once a year. Consider whether your home needs modifications to enhance safety and accessibility.

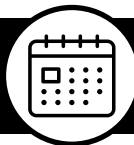


Downsize & Declutter Discussion Topic - We will be exploring the "4-Core Method" for decluttering.

1. Clear Out
2. Categorize
3. Cut Out
4. Contain

Learn more at our Declutter Discussion on Tuesday, January 14th at 3PM at the Broome West Senior Center or on Zoom.

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



Mark Your Calendar! Upcoming Community Events

Friends of the Library Book Sales

George F. Johnson Library
1001 Park Street, Endicott
Friday, January 3rd 10 – 4PM
Saturday, January 11th 10 – 2PM
Friday, January 17th 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, January 3rd 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/>

Roberson Museum – Home for the Holidays

Roberson Museum
30 Front Street, Binghamton
Through January 4, 2025 Hours vary.
Members: Free | Children 4 & under: Free | Students: \$6 | Seniors: \$6 | Adults: \$8 | Military: \$6

Home for the Holidays features hundreds of elaborately decorated trees, dazzling Holiday displays, and the International Forest—a collection of adorned trees and displays that represent the holiday traditions of cultures from around the world. The excitement and magic of Home for the Holidays has made it a community favorite for 70 years. If you're seeking a place to immerse yourself in the wonder of the season, you have arrived.

Roberson offers mansion tours, craft workshops for kids, and live entertainment every weekend! Plus, Seasonal Planetarium shows (additional \$4).

Ensemble Intermezzo

Phelps Mansion
191 Court Street, Binghamton, NY
Sunday, January 12th 3 – 5PM

Inspired in their youths by Leonard Bernstein's Young People's Concerts, the versatile musicians of Ensemble Intermezzo strive to share the experience of great music with all people. Their chamber music programs transcend any one stylistic category as they share their love and appreciation for music in all its varied genres. Complete sonatas by celebrated composers are interspersed with engaging commentary and original settings of popular classics, jazz, folk music, spirituals, and music from stage and screen. The accomplished solo and collaborative musicians of Ensemble Intermezzo are pianist John Colonna, cellist Ruth Berry, and oboist Cathryn Jones.

<https://binghamtonphilharmonic.org/2024-2025-season>
to purchase tickets \$28 General Admission

Binghamton Pond Festival

Chenango Valley State Park
153 Chenango Valley State Park, Chenango Forks
Starts January 17th

Enjoy a series of outdoor events with fun for all ages. Many events are focused on hockey but there is also on-site food and drinks, fireworks, a trail run and snowshoe race. See website for list of activities. Any questions, please email bingpondfest@gmail.com.

<https://www.bingpondfest.com/>



Join the Memory Maker Project for a Winter Blues painting workshop! Listen to blues music, enjoy lively conversations, and paint objects that help us get through the darkest days of the year. No art experience is necessary.

Memory Maker will facilitate conversations - where participants will be encouraged to exchange stories about their personal experiences, ideas, and opinions.

Vestal: January 8th 10 – 11:30AM

Eastern Broome: January 15th 10:30 – 12PM

Northern Broome: January 17th 12:30 – 2PM

Johnson City: January 21st 12 – 1:30PM

Chenango Bridge: January 31st 1 – 2:30PM

Scam of the Month

Random Text Message Scam

The Federal Trade Commission is reporting an increase in people getting text messages that look like they are coming from well known businesses such as USPS, Home Depot, Amazon and others. The text messages can be different each time, but the senders always want one of two things: money or your personal information. These texts will claim that a package was not delivered, that you are being charged for something, or that you need to fill out a survey. They often include a link to a website. Remember, do not click on the link. If you are concerned about a delivery or an item you purchased, you can always contact the business directly to speak with a customer service representative. So, do not trust random text messages from companies.

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

LEGAL CLINICS

Melissa Krause of the Legal Aid Society of Mid-NY, Inc. will give a short presentation on the basics of general estate planning at the **Vestal Senior Center on January 21st at 11am**. After the presentation, interested parties, aged 60 and up, may schedule a one-on-one appointment for further services.

No pre-registration is needed.

Broome County
Office for Aging





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, January 22nd 10 – 12PM

The Peloponnese: An Enlightening Journey to the Ancient Greek Villages, Coasts, and Mountaintops

Wednesday, January 29th 10 – 12PM

Galapagos: From So Simple a Beginning

Wednesday, February 5th 10 – 12PM

Cruise New England and the Canadian Maritimes

Wednesday, February 12th 10 – 12PM

Amtrak to the West (Johnson City & Vestal only)

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>

Martin Luther King Jr. Day

This Monday, we will celebrate the birthday of Martin Luther King, Jr. The holiday commemorates his life and work, which he dedicated to the service of others, not only as a pastor, but also as a civil rights activist. He administered to people’s spiritual lives, naturally, but he also gave people practical aid in times of need and distress.



With his commitment to service in mind, the federal holiday that was established in 1983 was transformed a decade later to be a holiday and a National Day of Service. Every year on the third Monday in January, Martin Luther King’s National Day of Service is designated as “a day on, not a day off.” Coretta Scott King said, “The greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others.” It is the only national service holiday. Americans are encouraged to honor Dr. King’s life and service by serving others and their communities.

Dr. King said, “We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.”

For more information, please visit <https://blogs.loc.gov/law/2023/01/martin-luther-king-jr-and-his-national-day-of-service/>

Martin Luther King Jr Day and Volunteering

The Martin Luther King Jr. holiday is not only an official day of remembrance, but also a day dedicated to National Service - honoring the life and legacy of the civil rights leader. It is a day to reflect on his vision of unity and work toward a just and equitable society by engaging in community service projects.

Designated as a National Day of Service, MLK Day encourages all Americans to volunteer and make a positive impact in their communities. Over the past 25 years, the MLK Day of Service has grown significantly, with more people recognizing that active citizenship means contributing to the betterment of their communities. There are many ways you can get involved and help improve your community.

The Foster Grandparent Program pairs individuals aged 55 and older with local youth, providing guidance to help students achieve greater academic success and set them on the path to a bright future. 100% of Foster Grandparents report that they feel that they make a positive difference in another person’s life. Through these relationships, children gain a sense of security from having a trusted adult mentor, while also developing important social and emotional skills, boosting their confidence, and increasing their academic involvement. Volunteering is important for older adults because it can improve their mental and physical health by providing a sense of purpose and boosting self-esteem.

If you are interested in learning more about being a Classroom Volunteer, please contact the Office for Aging at **607-778-2089**.



EVIDENCE BASED EXERCISE CLASSES

Trust the science! OFA currently runs three Evidence Based Programs at local senior centers and within the community.

- **Walk with Ease:** 6-week session. Participants have a short lesson on how to manage arthritis, pain, or how to exercise safely. Before the lesson we do a quick stretch and go for a walk.
- **Tai Chi for Arthritis:** 8-week session. We follow the program Dr. Paul Lam created. This not only helps with managing Arthritis, but also helps with falls prevention.
- **Bingocize:** 10-week session. Participants play Bingo, they stop periodically to learn about falls prevention/healthy eating and then do some seated chair exercises.

The centers run many other classes to help keep people active such as chair yoga/exercise, Bone Savers, Zumba and much more. The Senior News will have the most up-to-date information on senior center activities. If someone does not receive the Senior News, they can call **607-778-2411**.

LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, January 15th from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

Just For Laughs

Which one is faster: hot or cold?

Hot. You can catch a cold.

Transforming Care with AI for Older Adults



In a groundbreaking initiative, the New York State Office for the Aging (NYSOFA) and The Association on Aging in New York (AgingNY) partnered with Intuition Robotics to combat loneliness and social isolation among older adults using ElliQ, an AI companion robot. ElliQ is the first AI companion designed to alleviate loneliness and promote engagement, connection, health, and wellness.

Launched two years ago, the program provided 900 older adults across New York State with an ElliQ. ElliQ was designed to provide companionship, foster engagement, and reduce feelings of loneliness through interactive features and personalized support.

Participants averaged **28** interactions per person per day with ElliQ, indicating high levels of engagement and user satisfaction. ElliQ's CSAT (Customer Satisfaction Score) score is 4.9/5. The latest data reveals a sustained **93%** reduction in loneliness among participants, maintaining the initial success rate reported two years ago.

To qualify for an ElliQ robot you must:

- Be a Broome County resident age 60 and older
- Live alone or spend a lot of time alone
- **Have Internet in your home**

You do not have to be a current client of Office for Aging to qualify, but you must be willing to maintain contact with the agency after you receive ElliQ. To learn if you are eligible, please contact Office for Aging at 607-778-2411.

Endorsed by  Office for the Aging

“Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older.”

- Louise Hay

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



Join the NEW Season of the Nature Walking Club!

The Nature Walking Club invites you to join them for a 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.



Beautiful trees welcome you into Otsiningo Park in Binghamton.

January 9th 10AM – Otsiningo Park. Meet at the pavilion by the restroom on the river side of the park.

January 23rd 10AM – Rail Trail West. Meet at the parking lot after entering Castel Gardens Road from Rt. 434 West (a right turn about one mile past the intersection with Main Street in Vestal).

February 13th 10AM – Vestal Hills Cemetery. Meet at the entrance on Vestal Road in Vestal.

February 27th 10AM – Greenway. Meet at the intersection of Vestal Parkway and Plaza Drive in Vestal.

March 13th 10AM – Spring Forest Cemetery. Meet at entrance on Mygatt Street in Binghamton.

March 27th 10AM – Binghamton Riverwalk. Meet at intersection of Conklin Avenue and South Washington Street.

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

Snow Day Closings: Senior Centers & Meals on Wheels

Winter is here, and with that comes inclement weather and unsafe road conditions. When the weather takes a turn for the worst, Broome County Senior Centers and Meals on Wheels deliveries may be cancelled.

A good rule to follow:

- When schools in your area are closed, Senior Centers will be closed, and no Meals on Wheels will be available. This applies to school closings, but not delays or early dismissals.

If the weather looks questionable:

- Check for closings on your local news stations or call the Office for Aging at **607-778-2411**

Meals on Wheels clients will receive emergency meals. These meals contain nonperishable canned and packaged foods that can be used when Meals on Wheels are unable to deliver due to inclement weather. The emergency meals do not require refrigeration. When you hear that Meals on Wheels (or the schools in your area) are closed, then you should eat some of the foods in this package.

Ambrosia

This dessert features fresh fruit, yogurt, and coconut, with a dash of marshmallows for fun. No cooking is required.



Ingredients

- 1 can (20 ounces) pineapple chunks in juice, drained
- 1 1/3 cups canned mandarin orange, drained
- 1 banana, peeled and sliced
- 1 1/2 cups seedless grapes
- 3/4 cup miniature marshmallows
- 1/3 cup flaked coconut
- 1 cup vanilla yogurt, low-fat (about 8 ounces)

Directions

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill.
5. Serve.

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

Veggie Quesadillas

This dish, full of veggies and cheese, is made with whole wheat tortillas.

Top with salsa and use whatever veggies you have on hand.



Ingredients

- cooking oil spray
- 1 small zucchini (small, washed and chopped)
- 1/2 broccoli head (washed and chopped)
- 1 green bell pepper (washed, seeded, and chopped)
- 1 onion (medium, peeled and chopped)
- 1 carrot (scrubbed and shredded)
- 4 whole wheat tortillas (10-inch)
- 1 cup cheddar cheese (shredded low-fat)
- 1/2 cup salsa

Directions

1. Spray pan with cooking oil spray.
2. Cook vegetables on medium heat for 4 to 5 minutes, stirring frequently. Remove from pan.
3. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.
4. Place the other tortilla on top. Cook on medium heat for 4 to 6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Flip quesadilla. Cook for 4 minutes or until tortilla browns.
6. Repeat steps 3 through 5.
7. Cut each quesadilla in half. Serve with salsa.

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

Pineapple Chicken

Serve this tangy chicken dish with brown rice. Add brightly colored vegetables for a tasty and simple meal!



Ingredients

- 2 1/2 pounds chicken, boneless skinless
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

- 1 can pineapple (20 oz. can crushed or chunks)
- 2 us fluid ounces water

Directions

1. Coat frying pan with nonstick cooking spray and set heat to low.
2. Once pan heats up, add chicken. Sprinkle with salt and pepper.
3. Cook uncovered until chicken begins to brown, then add crushed pineapple and water.
4. Cover chicken until chicken is tender.
5. May serve over rice.

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

Vegetable Cheese Soup

Swiss cheese, vegetables, and curry powder make this thick and creamy soup a filling meal on a cold night this winter. Serve with whole wheat toast on the side.



Ingredients

- 2 cups water
- 3 cups mixed vegetables, frozen or fresh (chopped, no salt or fat added)
- 1/4 cup onion (chopped)
- 1 teaspoon salt
- curry powder (1/2 teaspoon, optional)
- 1 cup dry milk, non-fat
- 1 cup water
- 1 1/2 tablespoons cornstarch
- 1/2 cup Swiss cheese (cut into small pieces)

Directions

1. Bring 2 cups water to a boil. Add vegetables, onions, salt, and curry powder. Cover and cook until almost tender.
2. Mix dry milk, 1 cup water and cornstarch together. Add to partially cooked vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add more water if too thick.
5. Top with green onions if desired.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/vegetable-cheese-soup>

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 15.

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

Make Fruit a Comfort Food with Warmth and Spices

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

In the cold months of winter, it is not unusual for people to seek out foods that are comforting, warm and filling. Sweet foods are no exception, yet to not gain a lot of winter weight and to stay healthy, it's important to stay aware of foods that are high in calories and sugars and not much else.

Choosing fruit for snacks and desserts can help you avoid added sugars and still maintain an overall healthy eating pattern. Added sugars are put into foods when they are processed or prepared, and by making your own simple desserts, you can control the amount rather than a manufacturer.

There are many names for those sugars, including corn syrup, agave nectar, honey, sucrose, dextrose, and corn sweetener. You can find these listed in the ingredients section of the nutrition facts label. The amount of added sugar is listed under the Total Sugars section. Use the label to guide your choices.

Fruit is naturally sweet. When fruit is eaten whole or minimally processed, you also get the benefit of the fiber and other nutrients.

Some delicious ways to enjoy fruit in the winter include baking, stewing, and poaching. Adding whole grains like oats can turn apples into a tasty crisp or try warming up applesauce with some cinnamon and using it as a topper for yogurt with some granola topping.

Frozen fruits are an inexpensive, convenient, and quick way to create a comforting and healthy dessert. Make use of berries and other mixed fruit blends for baked goods or try poaching fresh fruit in juice with cinnamon and orange zest for a fragrant delicious dessert.

This winter, eat fruit for health, comfort, and flavor!



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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

½ & 3 AARP Safe Driving Course 9:30AM Call to reserve your spot.
 1/6 Nutrition presentation by Kathleen Cook, CCE 11:30AM
 1/7 & 28 Chop and Chat 1PM Call to reserve your spot.
 1/8 GFJ Tech Class 11AM
 1/9 Science is Everywhere presentation – CRISPR: Human DNA 1PM
 1/10 Town of Union Falls Prevention Program 11AM
 1/14 Downsize and Declutter 3PM
 1/16 Fly Fishing Veteran's Group 1PM
 1/17 Dolly Parton's Birthday Party with Entertainment 11AM
 1/21 Legal Clinic with Legal Aid Society 11AM
 1/22 Disco Luncheon with Johnny Only 11AM Come dressed in 70s attire!
 1/22 Lyceum Armchair Travel:
 The Peloponnese (Ancient Greek Villages) 10 – 12PM
 1/28 Discover Live: Seville, Spain 1:30PM
 1/29 Lyceum Armchair Travel: Galapagos 10 – 12PM
 MHA (Mental Health Association of the Southern Tier) will be presenting Mental Health First Aide in January, please call center for date and time.

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; 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; Mahjongg 10AM

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

Special Events:

1/6 Horse Racing 10:30AM
 1/8 & 24 BINGO with Sallie 10:30AM
 1/10 Crafts with Kathie 10:30AM
 1/13 & 27 Crochet with Kathy 10:30AM
 1/13 & 27 Chop and Chat 10:30AM Call to reserve your spot.
 1/15 Board Game Day 10AM
 1/15 Nails by Kathy 1PM
 1/17 Nutrition presentation by Kathleen Cook, CCE 12PM
 1/17 Clover Chat 1PM
 1/22 Dance Luncheon 12PM
 Sock Hop themed Celebration with Mike's Jukebox.
 1/24 Flex & Fuel BINGO with Bridget & Donna from OFA 12:45PM
 1/31 Horse Racing 10:30AM
 1/31 Memory Maker Project:
 Beat the Winter Blues Painting Workshop 1 – 2:30PM

Deposit Senior Center

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

Weekly Activities

Tuesday: Balance/Strength for Seniors 11 – 11:30AM; BINGO 1PM
Thursday: Wii Games 10:30AM – 12:30PM

Special Activities

1/16 Eric Benekee from Delaware County Office for Aging 11AM
 1/23 Disco Luncheon 12:30PM
 Please call for a meal reservation by noon on 1/21.

MHA (Mental Health Association of the Southern Tier) will be presenting Mental Health First Aide in January, please call center for date and time.

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

1/3 Burger Bar 11:30 – 12:30PM
 1/6 – 20 Animals on Parade
 1/6 January Birthday Celebrations 10:30AM
 1/7 & 28 Chop and Chat 12:30PM Call to reserve your spot.
 1/8 Officers and Finance Meeting 9:15AM
 1/8 Senior Center Site Council Meeting 10:45AM
 1/8, 15, 22 & 29 Greater Good Grocery Bus 11 – 12PM
 1/15 Memory Maker:
 Project Beat the Winter Blues Painting Workshop: 10:30 – 12PM
 1/16 Golden Griddle 11:30 – 12:30PM
 1/17 & 31 Fun Fridays 10:30AM
 1/22 Disco Luncheon 12PM Come dressed in 70s attire.
 1/23 Nutrition presentation by Kathleen Cook, CCE 12:15PM
 1/27 Cows, Pigs and Horses Race 10AM
 1/29 Legal Aid Society 9 – 12PM Call for an appointment.
 MHA (Mental Health Association of the Southern Tier) will be presenting Mental Health First Aide in January, please call center for date and time.

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
 1/7 & 21 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3 Advanced registration and payment required.
 1/8 Lunchtime Entertainment with Mike's Jukebox at 12PM

- 1/9 Executive Board Meeting 9:30AM
 1/10 Film Friday: "Dave" 1PM (free popcorn, soda for sale)
 1/13 Legal Aid 9AM (Appointment required, please call.)
 1/13 Breakfast for Lunch: Sausage, Biscuits & Gravy
 10:45 - 12:15PM (No take-out available.)
 1/14 Flavorful, Fruity Desserts presentation by Kathleen Cook, CCE 12PM
 1/14 Chop & Chat: Root Vegetable Stew 1PM.
 Reservations required one week in advance.
 1/14 Neighborhood Watch Meeting 6PM
 1/20 Center Closed for Martin Luther King Jr. Day
 1/21 OFA Nutrition Ed - Flex & Fuel BINGO: Mindful Eating 11:15AM
 1/22 Disco Luncheon & Disco Trivia for prizes at 12PM
 Movie showing: Saturday Night Fever at 1PM (free popcorn, soda for sale)
 1/24 Film Friday: "Overboard" 1PM (free popcorn, soda for sale)
 1/29 Finch Hollow: Talking Touch Table Presentation 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

- 1/3, 10, 17, 24 & 31 Poetry Group 12:30PM
 Size is limited; call to reserve your spot.
 1/6, 13, 20 & 27 Great Good Grocery Bus 10 – 11AM
 1/6 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30pm
 1/7 Flex & Fuel BINGO with Bridget & Donna from OFA 10:15AM
 1/7 Chop & Chat: Root Vegetable Stew 11 – 12PM Signup by 1/2.
 1/8 The Medicine Shoppe (glucose, blood pressure & O2 checks)
 10 – 12PM
 1/15 LGBTQ+ Senior Social Group 3 – 4PM
 1/14 & 16 AARP Driver Safety 1 – 4PM Call to register.
 1/15 Discover Live: Gdansk, Poland 11AM
 1/15 Alzheimer's Association: Caregiver Support Group 4 – 5PM
 Registration and pre-screening required;
 call ALZ at 315-472-4201 x227.
 1/16 Legal Aid 9 – 12PM Call for an appointment.
 1/17 Flavorful, Fruity Desserts
 presentation by Kathleen Cook, CCE 10:30 – 11:30AM
 1/22 Haircuts by Debbie Roberts \$20 Call for an appointment.
 10 – 11:30AM
 1/21 Memory Maker Project:
 Beat the Winter Blues Painting Workshop 12 – 1:30PM
 1/22 Lyceum Armchair Travel: The Peloponnese
 (Ancient Greek Villages) 10 – 12PM
 1/22 Disco Luncheon 11:45AM
 1/28 Chop and Chat: Vegetarian Taco Skillet 11 – 12PM
 Sign up by 1/22.
 1/29 Lyceum Armchair Travel: Galapagos 10 – 12PM
 1/29 Book Club
 (The Thursday Murder Club by Richard Osman) 3 – 4PM
 MHASt (Mental Health Association of the Southern Tier) will be
 presenting Mental Health First Aide in January, please call center for
 date and time.

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:

- 1/7 & 21 Golden Agers 12PM
 1/9 Made to Order Breakfast 10AM
 1/13 Soup and Salad Bar 11:30AM
 1/15 Chef Plates 11:30AM
 1/17 Memory Maker Project:
 Beat the Winter Blues Painting Workshop 12:30 – 2PM
 1/22 Dance Party Luncheon!
 1/27 Brown Bag Guessing Game 12:30PM
 1/31 Pub Burgers 11:30AM
 MHASt (Mental Health Association of the Southern Tier) will be presenting
 Mental Health First Aide in January, please call center for date and time.

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

- 1/6 & 27 Chop and Chat 10AM Call to reserve your spot.
 1/6 King High Card Game 12PM
 1/8 Memory Maker Project:
 Beat the Winter Blues Painting Workshop 10 – 11:30AM
 1/9 Philly Cheesesteak Day 11:15AM Reservations appreciated.
 1/13 Breakfast for Lunch 11:15AM
 1/15 & 29 Vestal Library Tech Assistance 10:15AM
 1/16 Discover Live: Galway, Ireland 10AM
 1/22 Lyceum Armchair Travel:
 The Peloponnese (Ancient Greek Villages) 10 – 12PM
 1/22 Nutrition presentation by Kathleen Cook, CCE 10:15AM
 1/22 Disco Luncheon 10AM Come dressed in 20s attire!
 Meal reserved at 11:45AM
 1/24 Pizza Day or Chef's Salad 11AM Please call to reserve.
 1/24 Bunko Dice Game 12PM
 1/28 Vestal Senior Club Meeting Day 12PM
 1/29 Lyceum Armchair Travel: Galapagos 10 – 12PM
 MHASt (Mental Health Association of the Southern Tier) will be presenting
 Mental Health First Aide in January, please call center for date and time.

Tai Chi for Beginners

Tai Chi is going to be offered at Broome West Senior Center
 starting Wednesday, January 22nd. The class will be held on
 Wednesdays and Fridays at 11AM.

If you are interested in participating, please call the number below.

Pre-registration is required as space is limited.

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

January Medicare News

Do you have a Medicare issue but think that you missed your chance to make a change since Open Enrollment is over? Don't fear. Odds are you can still make a change to your plan. Here are a few of the ways beneficiaries are permitted to change their plans outside of Open Enrollment.

The Medicare Advantage Open Enrollment period runs from January 1st-March 31st. During this period, any person who is enrolled in a Medicare Advantage Plan (MAP) may change to a different MAP or may switch to Original Medicare and enroll in a Medicare Supplement plan with a standalone prescription drug plan.

If you qualify for NYS EPIC, are new to Medicaid or a Medicare Savings Program, or if you live in a nursing home or have permanently moved, you can change your drug plan or Medicare Advantage Plan outside of Open Enrollment. There are other opportunities that might qualify you to make a change – give us a call if you have any questions.

Did you notice a large increase in your monthly premium for your Medicare supplement plan? In NYS, you can change your supplement at any time. We can help compare prices with you to find the lowest cost plan to meet your needs.

Did you miss enrolling in Part B when you were first eligible for Medicare? You are in luck! The Part B General Enrollment Period runs from January 1st-March 31st. Call Social Security to enroll in Part B and it will be effective on the first day of the next month.

These are a few of the many situations that allow beneficiaries to change their plans outside of Open Enrollment. Contact Action for Older Persons (AOP), your only local source of unbiased, no cost information, at **607-722-1251** to see how we can help you.



Transportation assistance for Broome County older adults to medical appointments, grocery stores, senior centers, and other locations.

Call (855) 373-4040 - Monday-Friday - 7am-5:30pm

Connection to Care: Helps people without Medicaid secure health-related services including prescription pick-up and delivery. Contributions toward the cost of transportation are appreciated and help support this service. No one unwilling or unable to contribute will be denied the service.

Travel Training: Teaches people to use transportation safely and independently.

MAS Navigation: Helps people with Medicaid set up rides with Medical Answering Services (MAS), Medicaid's non-emergency transportation provider.

Volunteer Driver Opportunity:

- Help your neighbors get where they need to go!
- Drive your own vehicle & set your own hours.
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Getthere is supported in part by the Broome County Office For Aging.



Getthere is a program of the Rural Health Network of SCNY, Inc.

Additional support provided by NYS Office for Aging and Administration on Community Living.

Technology Classes to Help Older Adults Become Tech Savvy

Basic Computer Classes through the Broome County Library
Wednesday, January 8th, 15th, 22nd and 29th 10 – 12PM

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

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

Contact us at **607-778-6406** or tel.lvbtc@gmail.com to preregister.

Broome County Public Library
185 Court Street
Binghamton, NY

Tech Classes offered through the George F. Johnson Library

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 gfjtechcenter@gmail.com for more information!

George F. Johnson Memorial Library
1001 Park Street
Endicott, NY

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

**George F. Johnson Tech Center comes to the
Broome West Senior Center**
Wednesday, January 8th 11AM
Offering one on one tech assistance!

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**

Snow Vendors Wanted

Office for Aging is developing a list of individuals and businesses who provide snow removal services. This list will be used to provide information to older adults in the community who are looking for assistance clearing their sidewalks and driveways.

When people call for information about snow removal services, Office for Aging will provide the names of vendors on this list who are willing to provide the services they want in their area.

It is important to find resources for snow removal for older adults in our community so they can remain safe and independent in their homes. Many homebound older adults receive services in their homes, and it is critical that their walkways remain clear of snow to ensure these services continue without interruption.

If you are interested in being included on this list, please contact Office for Aging at **607-778-2411**.

Safely Consuming Marijuana

New York State has tremendously relaxed marijuana laws within the past few years. It's now legal for New Yorkers 21 years of age and older to possess, consume and grow marijuana. As the laws continue to relax, it's more important than ever to ensure you are aware of how to safely consume marijuana.

TAKE IT SLOW

If you're consuming marijuana for the first time, it's a good idea to take it slow. Don't overdo it and know that it may take time for the feeling to set in. Don't consume alone and do so with people you trust.

RISK FACTOR: FENTANYL

It is recommended that you purchase your marijuana from a NYS approved dispensary. NYS dispensaries are legal and have quality control measures in place. Buying marijuana products from outside of dispensaries is illegal. There is always a risk of fentanyl being present on any drugs that are not grown in a controlled setting. You can purchase fentanyl test strips and easily test at home.

GROW AT HOME?

It's now legal for New Yorkers to grow up to three mature plants and three immature plants at home. Growing at home would take a lot of electricity and it's important to do everything possible to reduce the risk of fire. Consider using LED lights and consulting with an electrician prior to setting up. Also ensure air quality by using fans, reducing moisture, and keeping the area well ventilated.

GENERAL SAFETY TIPS

Keep all marijuana stored properly and out of reach of children and pets.

For more information on fentanyl test strips, please visit <https://www.cdc.gov/stop-overdose/safety/index.html>

For full information on New York State's marijuana laws, please visit www.cannabis.ny.gov

Senior Helpers

Whether you are looking to hire a Senior Helper or become a Senior Helper here are some things you need to know.

Senior Helpers must be over the age of 55 years old and reside in Broome County.

People wishing to utilize a Senior Helper can be of any age! OFA maintains lists of registered Senior Helpers organized by categories. These are the only categories in which one can hire a Senior Helper or be a Senior Helper. We currently have over 90 workers registered in the following categories:

- Companionship
- Personal Care
- Housekeeping/Cleaning
- Shopping
- Transportation
- Small repairs /Handyman
- Yard work & lawn mowing
- Snow removal
- Pet Care

The Senior Helper Program is managed completely through voicemail messaging. Only if we have questions will we reach out to you.

Hiring help through this program is easy and here are the steps:

- Call 607-778-6105 leave a voicemail with your full name, mailing address, phone number, and what type of jobs you are interested in hiring for.

- Office for Aging will mail you lists that have names of workers who registered for the type of work that matches your request. We can email the lists to you if you share your email address.
- Once you get your list(s) you will choose the Senior Helper workers you wish to hire. You will negotiate the terms including the price you are willing to pay, hours, and other conditions. Before you hire, we recommend you ask for references from the worker you select.

To become a Senior Helper:

- Call 607-778-6105 leave a voicemail with your full name, mailing address and phone number. We will mail you a registration consent form. Once you mail the completed form back to the Office for Aging your name and phone number will be added to lists for the tasks you registered for.

We will share the list(s) with older adults who request help and are hoping to private hire. Your name can be removed from these lists at any time as per your request.

“Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older.”

— Louise Hay



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- Windsor Woods Apartments
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Mental Health Corner

New Year's Resolutions: Building Good Mental Health Habits

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For most, New Year's resolutions typically focus on self-improvement – whether it's losing weight, exercising more, or learning a new skill or hobby. These resolutions can fill us with excitement in anticipation of the possibilities of achieving goals or weigh us down with dread and apprehension of not living up to our expectations.

Setting New Year's resolutions can be a positive way to focus on self-improvement, but it's important to approach them in a manner that promotes good mental health and well-being and maximizes our chances of sticking with them.

There are strategies to prioritize our mental health during this time as we strive to achieve our resolution goals, but keep in mind that you know yourself better than anyone else. Your resolutions – if you even choose to make them – should be custom-tailored to you. Before deciding on your goals, ask yourself, "Does the very thought of making a New Year's resolution excite you or overwhelm you? How can I make simple day-to-day changes that will help me achieve success? What are the little goals that will allow me to build momentum, so I'm headed in a positive direction?"

Taking it one day at a time forces us to be intentional and think about the "now" and not the long-term, which can be overwhelming. This approach can help us achieve our desired goals. New Year's resolutions are a tool for personal growth, but the most important thing to remember is to prioritize your mental health throughout the process. If a particular resolution is causing significant stress or negatively impacting your well-being, feel free to reevaluate and adjust your goals as needed. Taking care of your mental health is key to overall health.

Here are some tips for creating resolutions that prioritize your mental well-being:

- **Pick a Goal that Motivates You:** You are more likely to stick to your goal if it motivates you or if it is influenced by others, such as a spouse, a workout partner, or a medical professional. If your goal is to exercise more, but you know going to a gym is not a motivation for you, then pick another exercise you can do outside of the gym.
- **Focus on Progress, Not Perfection and Stay Positive:** Emphasize the journey and strive for progress rather than aiming for perfection. And reward yourself for the progress you made. For instance, if your goal is to lose 10 pounds, but you only lost five pounds, acknowledge the five pounds you lost were five more than before you started trying to lose weight. The way we talk to ourselves can foster a positive and realistic outlook and contribute to a healthier approach to both mental health and success in meeting our New Year's resolutions.
- **Lean on Others for Support and Motivation:** Achieving goals can be easier when done with others. Consider joining groups or communities with similar goals to connect with people who can provide encouragement and accountability.
- **Practice Self-Compassion:** Be easy on yourself. Acknowledge that setbacks will happen and that's okay. Just pick back up where you left off.

No matter how big or small your New Year's resolutions are for 2025, remember to show yourself some grace and forgiveness during the times when you may struggle as you work to reach your goals. Please take time over the course of this new year to engage in something meaningful to you, but more importantly, be kind to yourself. You deserve it.

For more information, please visit <https://www.samhsa.gov/blog/new-years-resolution-building-good-mental-health-habits>

FLEX & FUEL BINGO- Mindful Eating Module



- Come participate in a FUN game of BINGO while obtaining more knowledge about Mindful Eating and participating in stretch and balance exercises.
- Start the New Year off right by making lifestyle changes that will benefit your overall health.
- Have a chance at winning a special PRIZE!

Upcoming Senior Center Events:

Johnson City - Tuesday, January 7th at 10:15am

First Ward - Tuesday, January 21st at 11:15am

Chenango Bridge - Friday, January 24th at 12:45pm

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:

- Classroom Foster Grandparent
Stipend and Mileage Reimbursement Provided
Income Eligibility Required
No Civil Service Exam Required
Monday – Friday, Hours Vary

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



SENIORS

- Call-In Driver for Sodexo
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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

Sudoku Answers

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

New Year, New You!

People usually don't regret taking the time to be a caregiver. Caregiving can be a privilege, but it is important to plan self-care into your routine. Having a New Year resolution of self-care can be a vital way to avoid burnout in caregiving.

Make 2025 the year that you check out supports available locally or online.

Online resources can be a good option for a busy caregiver. Websites include instructional videos and podcasts available on a variety of topics. Trualta, has free resources made available to caregivers through funding by NYS Office for Aging. Another website to check out is the National Family Caregiver Alliance.

To explore local support options contact Office for Aging at **607-778-2411**, visit Office for Aging website or review information included in the Caregiver Corner on page 3 of this publication. The Caregiver Corner provided information about Office for Aging support group, upcoming presentations, and local respite programs.

Support groups can be a good way to connect with other caregivers who may be going through similar situations and have similar feelings about caregiving. Support groups are offered locally in person at a variety of different places, either ongoing or short term. National support groups are available online, and sometimes it is possible to join in even anonymously.

Respite options are available to caregivers who need a break. Office for Aging operates a Group Respite program called Yesteryears between Monday and Friday at two locations: Binghamton and Endwell. Yesteryears offers frail, isolated, or memory-impaired older adults over 60 years of age structured, supervised activities in a warm, caring environment. Weekend respite options are available at various churches offering structured activities and supervision.

If the idea of searching for resources seems overwhelming and you are not sure where to start, Office for Aging offers caregiver consults to help start the process. The caregiver specialist you speak with can connect you to local or national supports to help aid in your caregiving journey. You can call **607-778-2411** to connect with a caregiver specialist.

We've got the perfect New Year's Resolution for you. Give Back to Your Community by Volunteering for Meals on Wheels!

If you're looking to make a positive change in your life in 2025 consider becoming a Meals on Wheels volunteer. This is a meaningful way to impact the lives of older adults in our community! Volunteering not only helps others but can also positively impact your own mental and physical well-being. Meals on Wheels volunteers report that joining this program has brought them a sense of fulfillment and allows them to be part of a close-knit, caring group of people.

Meals on Wheels is more than daily meals, sometimes the volunteer is the only person a Meals on Wheels client may see in a day. Meals on Wheels is proven to help people stay in their homes, one of our Meals on Wheels clients just turned 100 years old!

Be a part of this great opportunity and help your own neighbors!

Meals on Wheels volunteers are needed to deliver meals once a week, Monday – Friday, between 11:00 am and 1:00 pm. You can sign up to be a driver, visitor, or both. Routes are available in various locations throughout Broome County including Binghamton, Chenango Bridge, Conklin/Kirkwood, Harpursville, and Whitney Point. Volunteer drivers receive a mileage reimbursement.

For more information, call **607-778-6205**.

