

BROOME COUNTY OFFICE FOR AGING

SENIOR NEWS

Visit Our Website at www.broomecountyny.gov/senior



**NATIONAL
SENIOR
CITIZENS
DAY**

FRIDAY, AUGUST 21, 2026

Celebrate National Senior Citizens Day with us!

Friday, August 21, 2026

"Throughout our history, older Americans have achieved, and continue to achieve, so much for our families, our communities, and our country."

— President Ronald Reagan, Proclamation 5847, National Senior Citizens Day

National Senior Citizens Day is a special day dedicated to recognizing the invaluable contributions older adults have made, and continue to make, to our society. It is the perfect opportunity to take a moment to appreciate the wisdom, strength, and life experiences shared with us every day.

Here in Broome County, our older adults do not just look back on history, they actively shape our community's present and future. Seniors are the backbone of local volunteer efforts, giving their time to mentoring schoolchildren, supporting local food programs, and looking out for neighbors. The rich diversity of experiences, talent, and dedication found across our senior population is what makes Broome County a truly special, interconnected place to live. This day is a heartfelt thank you to the generation that built our community and continues to keep it thriving!

Join Us for a Special Commemorative Luncheon!

To commemorate this special day, all Broome County senior centers (except Deposit) will be serving a celebratory lunch on August 21st around noon.

Please call your local senior center by noon on Thursday, August 20th to reserve your meal.

Special Events at the Centers:

- Broome West** – Entertainment by Greg Neff 10:30 – 11:30AM
- First Ward** – Musical Entertainment by Dan & Lea 11:30AM
Followed by a showing of "The Intern" 1PM
- Vestal** – Entertainment by Friday at Fred's 12PM

Phone numbers and a full list of specific center activities can be found in the "Look What's Happening" section of this paper.

Lunch is a voluntary suggested contribution of \$4 for those age 60+ and their spouse of any age. People under the age of 60 are charged \$5. No one will be denied a meal due to an inability or unwillingness to contribute.

<https://www.reaganlibrary.gov/archives/speech/proclamation-5847-national-senior-citizens-day-1988>

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



Join us on Facebook

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

Health and Wellness



Motivation with MaryJane

August is National Immunization Awareness Month

As summer winds down, August is the perfect time to think ahead and take steps to protect your health. During National Immunization Awareness Month, older adults are encouraged to talk with their healthcare provider about recommended vaccinations, including seasonal flu, RSV, shingles, and pneumonia vaccines. Staying up to date on immunizations is one of the simplest and most effective ways to help prevent serious illness and maintain your independence. A quick conversation with your doctor or pharmacist can help ensure you're protected and ready to enjoy the seasons ahead.

Be Diligent with Food Safety in Warm Weather

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

Warm temperatures decrease the amount of time it takes for food to spoil and become harmful to eat. At normal room temperature, bacteria can double every 20 minutes. This means perishable foods left at room temperature for 2 hours or more are unsafe to eat and should be thrown away. If the temperature is 90 degrees or higher, one hour is the limit.

General symptoms of a food-borne illness include nausea, vomiting, abdominal cramps, and diarrhea. As we age, these symptoms can become severe and possibly life-threatening. Taking proper steps when handling food can prevent you and others from getting sick.

Cook food thoroughly. Fish, pork, steak, and roast should be up to 145 degrees; eggs, 155 degrees, poultry & leftovers to 165 degrees, and ground meat to 160 degrees.

Never put cooked grilled food onto the platter that had the raw meat and never prepare raw produce on a cutting board that's been used for raw meat. Keep all dishes, utensils, and surfaces clean while preparing food. Also be sure to wash your hands before and after handling food.

Keep hot foods hot and cold foods cold. At an outdoor gathering this would include putting only some of the cold meats and salads out at a time, in a dish or platter that has ice underneath it. Replenish when gone, never adding fresh food to what has been sitting out.

Promptly store food in a cooler or a refrigerator set at 40 degrees or lower or freeze at zero degrees or lower.

If you're not sure how long food has set out (possibly in the hot sun) don't take any chances. When in doubt, throw it out. Don't let your food make you sick!

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 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 10:45AM 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 Eastern 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 3 & 4.**

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

- Nelson Mandela

LOOK WHAT’S HAPPENING AT THE CENTERS!

****Meal reservations are needed by noon the business day prior for all Senior 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 10AM; Hand and Foot Card Game 12:30–2:45PM
Tuesday: Adult Coloring 9:30AM; Mahjong Group 10AM; Chair Exercises 10:30AM; Scrabble 12:30 – 2:45PM; Ping Pong 1 – 2:45PM; Yarn Group 1PM
Wednesday: BoneSavers 10AM; Canasta 1 – 2:45PM; Floor Shuffleboard 1 –2:30PM
Thursday: Wii Bowling 9:30AM; Chair Exercises 10:30AM; Social Connections 1PM; Chair Yoga 1PM
Friday: Mahjong 12:30 – 2:45PM; Ping Pong 1PM; Cornhole 1PM

Special Activities

8/5 Beyond Breathing with Lindsey 1PM
8/7 Team Trivia with Gene and Deanna 1:15PM
8/10 Breakfast for Lunch featuring Cheesy Potato Casserole 10:30–Noon
8/11 Downsize & Declutter with Joan 3PM
8/12 GFJ Tech Class with Marianne 11AM
8/12 Broome West Caregiver Chat 1 – 2:30PM
8/13 Science is Everywhere! Livestream from Kopernik Observatory 1PM
8/13 Evening Meal with Music by Keyboardist, Kevin Oriolo 4PM
8/14 Variety Show 12PM Reservations required.
8/17 Discover Live: Barcelona, Spain 1:30PM
8/21 National Senior Citizens Day with Entertainment by Greg Neff 10:30 – 11:30AM
8/25 Bright and Beautiful Dogs 12:30PM
8/24 Breakfast for Lunch featuring Pancakes 10:30–Noon
8/25 Chop and Chat 1PM Call to reserve your spot.
8/25 Discover Live: Ennistymon, Ireland 1:30PM
8/27 Discover Live: Saint-Jean-de-Luz, France 10AM
8/28 Entertainment by Gene Civic 11AM
8/28 Creative Memories Scrapbooking Group 12:30PM

Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901
Located in the First United Methodist Church of Chenango Bridge
Center Hours: Mondays, Wednesdays, and Fridays, 10 – 2PM
Lunch is served around 11:30AM | 607-663-0406

Weekly Activities

Monday: Sit Down Chair Yoga 9AM; Drumming 2PM; Walk with Friends 1PM
Wednesday: Tai Chi 9AM; Chair Dance and Yoga 11AM; Hand & Foot Card Game 9:30AM
Friday: Tai Chi 9AM; Chair Dance and Yoga 11AM; Mahjongg 10AM

Special Activities

8/3 & 28 Horse Racing Board Game 10:30AM
8/14 Bingo 10:30AM
8/14 Michelle from Binghamton University Decker School of Nursing 11:45 – 12PM
8/17 & 31 Chop and Chat 10:30AM Call to reserve your spot.
8/21 National Senior Citizens Day Celebration – Lunch 11:30AM Entertainment by Johnny Only 12:30 – 1:30PM
9/2 Rich Wilson Returns! Lunch at 11:30AM Entertainment starts at 12PM

*“We make a living by what we get,
but we make a life by what we give.”*
— Winston Churchill

Deposit Senior Center

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

Weekly Activities

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

Special Activities

8/11 Entertainment by Magician, Gary Freed 11AM Lunch 12:30PM
8/20 Evening Meal and Murder Mystery Death by Chocolate Game 3PM Meal served at 4:30PM (Center open 2 – 6PM)
8/27 Discover Live: Saint-Jean-de-Luz, France 10AM

Eastern Broome Senior Center

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

Weekly Activities

Monday: Shuffleboard 9AM; Pinochle 9:30AM; Canasta 10:30AM
Tuesday: Breakfast to Order 8 – 9:30AM; Mobile DMV 9 – 1PM (Closed 11:30 – 12PM), Music JAM 10AM
Wednesday: Crafters Group 9 – 11AM; Billiards 10 – 12PM
Thursday: Acrylic Painting Group 9 – 11AM; Bingo for Prizes 10 – 11:30AM
Friday: Shuffleboard 9AM; Gentle Tai Chi 9:30 – 10:30AM
Monday–Friday: We offer cards, dominoes, a variety of boardgames, and the Wii.

Special Activities

8/3 Evening Meal with Entertainment by Harmony Lane 4:30PM
8/12 Alzheimer’s Association presentation 12:30PM
8/19 “Moonlight in a Bottle” Craft Event by Donna Niles 10 – 11AM \$5 supply fee. Sign up by 8/10.
8/20 Golden Griddle – Breakfast for Lunch 11:45AM
8/21 National Senior Citizens Day Celebration – Lunch and Ice Cream Social 12PM
8/25 Discover Live: Ennistymon, Ireland 1:30PM
8/26 Chop and Chat 9:30 – 10:30AM Call to sign up.

First Ward Senior Center

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

Weekly Activities

Monday: Zumba 9:30AM (\$3); Bonesavers 10AM; Chair Yoga 11AM (\$5); Penny Bingo 12:30PM; Texas Hold’em 12:30PM
Tuesday: Knitting & Crocheting 9AM; Discussion Group 10:30AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM
Wednesday: Ceramic 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

8/4 & 18 Holistic Healing – 15-minute Reiki, Chakra, Card Readings or Foot Reflexology \$3 10 – 11:30AM Advanced registration and payment required.
8/6 Executive Board Meeting 9:30AM
8/6 Grill Day with Musical Guest, Greg Neff 11:30AM
8/7 Film Friday: “Elvis” 1PM Free popcorn, soda for sale.
8/10, 17, 24 & 31 Beginners Line Dancing 1PM & 2PM
8/11 Neighborhood Watch Meeting 6PM
8/17 Breakfast for Lunch – Pancakes and Musical Guest,

Mike’s Jukebox 10:45 – 12:15PM No take-out available.
8/18 Lunchtime Trivia – Woodstock 12PM
8/18 Chop & Chat: Crunchy Cauliflower Salad 1PM
Call to reserve your spot.
8/21 National Senior Citizens Day Luncheon
with Musical Guest, Dan & Lea 11:30AM
8/21 Film Friday: “The Intern” 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); Chair Exercises for Mobility 1 – 2PM (no fee)
Tuesday: Guitar Group 9 – 12PM (\$2); TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3); Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee); Abs & Core Chair Exercises 1:15 – 1:45PM (no fee)
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 1 – 3PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)
Thursday: Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Abs & Core Chair Exercises 11:30 – 12:30PM (no fee); Tai Chi 1 – 2PM (\$3); Euchre (card game) 1 – 3:30PM
Friday: Gentle Yoga 10 – 11AM (\$3); Line Dancing 11:15 – 12:15PM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities
8/3, 10, 17, 24 & 31 Greater Good Grocery Bus 11 – 12PM
8/1 Summer Bingo Bash – Doors Open 3PM
Board Sales 4 – 5PM Games Played 5 – 8PM
8/4 & 8/18 Widow & Widowers Support Group 10 – 11AM
8/7, 14, 21 & 28 Poetry Group 12:30PM
8/11 Medication Management presentation by OFA Caregiver Services 9:30 – 11AM Call 607-778-2411 to register.
8/11 Chop & Chat (Faith in Action) – Crunchy Cauliflower Salad 11 – 12PM Signup by 8/4.
8/12 Discover Live: Hong Kong, China 10:30AM
8/13 Rick Marsi Presentation “Lifetime of Trails” 1 – 2PM
8/18 Financial Planning – Ask Me Anything with Carol Gallagher 11:15 – 12:15PM
8/19 LGBTQIA+ Senior Social Group 3 – 4PM
8/19 Alzheimer’s Association – Caregiver Support Group 4 – 5PM Registration and pre-screening required; call ALZ at 315-472-4201 x227.
8/20 Discover Live: Singapore 10AM
8/21 Art Workshop (\$3) 10 – 12PM
8/21 National Senior Citizens Day Lunch 11:45AM
8/25 Chop & Chat (Faith in Action) – Creamy Kale & Mushroom Penne 11 – 12PM Signup by 8/18.
8/26 Haircuts by Debbie Roberts \$20 10:00 – 11:30AM Call for an appointment.
8/27 Discover Live: Saint-Jean-de-Luz, France 10AM

Trivia

How many states does the Appalachian Trail cross?

Answer: 14

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: Osteo Bonesavers Class 10 – 11AM; Wii Bowling 10AM
Wednesday: Sewing 9:30AM; Shuffleboard 10AM
Thursday: Pitch 9AM; Cornhole 10AM; Osteo Bonesavers Class 10 – 11AM
Friday: Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:
8/3 Sandwich and Salad bar 11:30AM
8/4 & 18 Golden Agers 12:30PM
8/11 Discover Live: Yorkshire, England 11AM
8/12 Discover Live: Hong Kong, China 10:30AM
8/13 Breakfast 10AM (Teacher's breakfast 9:30AM)
8/17 Chop & Chat – Crunchy Cauliflower Salad 1PM
Call to reserve your spot.
8/20 Chef Salads 11:30AM
8/21 National Senior Citizens Day Luncheon
8/27 Discover Live: Saint-Jean-de-Luz, France 10AM
8/28 Grandparents Day 12PM
8/31 Chop & Chat – Creamy Kale & Mushroom Penne 1PM
Call to reserve your spot.

Vestal Senior Center
201 Main Street, Box #4, Vestal, NY 13850
Located in Old Vestal High School Cafeteria
Center Hours: Monday – Friday, 9 – 1:45PM
Lunch served at 11:45AM | 607-754-9596

Weekly Activities
Monday: Mahjong 12PM
Tuesday: Pinochle (new players welcome) 9AM
Wednesday: Knitting 9:30AM; Sandwich Bar 11:15AM (reservations appreciated); Bridge (new players welcome) 12PM; Oil Painting 1PM
Thursday: Bingo 9:45AM
Friday: Chef Salads 11:30AM (reservations required); Mexican Train 12PM

Special Activities
8/3 King High Card Game 12PM
8/5 Loaded Hot Dog Bar 11AM Take out available.
8/6 Vestal Senior Club Trip Signup – Lunch Cruise on the Seneca Legacy 12PM
8/7, 14, 21 & 28 Vivo Exercise Class 10AM
8/10 Chop and Chat – Crunchy Cauliflower Salad 10AM
Call to reserve your spot.
8/12 Discover Live: Hong Kong, China 10:30AM
8/12 & 26 Vestal Library Tech Help 10:15AM
8/13 Philly Cheesesteak Day 11AM
Call to reserve. Take out available.
8/17 Breakfast for Lunch – Blueberry Pancakes, Eggs, Sausage and Potatoes 11AM
8/18 Craft Day – Card Making with Mercia 9:30AM
8/20 Discover Live: Singapore 10AM
8/21 Vestal Senior Center’s 44th Anniversary & National Senior Citizens Day Celebration – Luncheon 11AM Entertainment by Friday at Fred’s 12PM
8/24 Chop and Chat – Creamy Kale and Mushroom Penne 10AM
Call to reserve your spot.
8/24 Senior Safety Day with Broome County Health Department – Safety Presentation 11:30 – 12:30PM
CarFit Event 12:30 – 2:30PM
8/25 Vestal Senior Club Meeting Day 12:15PM
8/26 August Birthday Celebrations – Ice Cream Sundaes! 12PM
8/28 Pizza Day or Chef Salads 11AM
8/28 Bunko Dice Game 12PM
10/1 Vestal Senior Club – AAA presentation for Vestal’s 2027 New England's Cruise 11:30 – 1:30PM

Office for Aging Public Hearing



Please join us at the Vestal Senior Center on **Thursday, September 10th** for a discussion on Office for Aging services. Your ideas can help OFA create a plan for all older adults in Broome County. All who attend will be entered in a raffle for prizes. Additional raffle tickets will be given to those who participate in the discussion.

Senior Center address: 201 Main Street, Vestal

Start time: Dinner at 4PM Public Hearing at 5PM

Dinner and contribution information: Dinner will be chicken stuffed with broccoli and cheese, sides and peanut butter pie cups for dessert. A suggested voluntary contribution of \$4.00 is requested for people age 60+ and their spouse of any age. Those under age 60 pay \$5.

Reservations: If you would like to stay for dinner, please call **607-754-9596** by September 9th at noon. No reservation is needed for the Public Hearing.

Please call **607-778-2411** if you need special accommodations to attend, or to share your comments if you are unable to attend. Comments can also be emailed to ofa@broomecountyny.gov



Downsize & Declutter Discussion with Joan

Here are some helpful, practical questions to ask yourself when assessing what you have around the house and deciding what you truly need to keep:

- Does this item bring joy or a meaningful memory? Would someone in my family look at this and instantly understand its story and value?
- If I were out shopping today, would I still buy this item?
- Is this item in good repair? Does it still look good, smell good, and serve a useful purpose in my daily life?

Learn more on Tuesday, August 11th at 3PM at the Broome West Senior Center or on Zoom.

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

Senior Safety Day Event



The Broome County Traffic Safety Program and United Health Services along with its partners will host a Senior Safety Day that includes a Safety Presentation inside followed by a CarFit Event in the parking lot.

The presentation will include information about how to be safe inside and outside your home. Participants will learn about how to prevent falls, how to stay healthy with Tai Chi, basic medical information as well as pedestrian safety, prescription drug use and driving and how to stay safe on the road and in your car.

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 designed to help you explore the safety components in your vehicle with a trained technician to ensure the safest and most comfortable "fit" and keep you on the road longer! It's free, it's easy and it only takes 20 minutes!

Appointments are encouraged but walk-ins are welcomed!

Where: Vestal Senior Center: 201 Main Street, Vestal

When: Monday, August 24th
Safety Presentation 11:30 – 12:30PM
CarFit Event 12:30 – 2:30PM
Come for one or for all!

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

Special Events at the Centers

Broome West Senior Center

Wednesday, August 5th
Beyond Breathing with Lindsey
1PM

An introduction to relaxation and meditation

Chenango Bridge Senior Center

Friday, August 14th
Bingo
10:30

Join us for a fun game of bingo!

Deposit

Thursday, August 20th
Evening Meal and Murder Mystery Death by Chocolate Game
3PM

Meal served at 4:30PM
(Center open 2 – 6PM)

Come join us for a fun evening with special snacks and door prizes! Call 607-467-3953 for more information.

Eastern Broome

Thursday, August 20th
Golden Griddle
11:45AM

Breakfast for lunch!

First Ward

Thursday, August 6th
Grill Day & Entertainment by Greg Neff
11:30 – 12:30PM

Join us for Hamburgers and Hot dogs!

Johnson City

Thursday, August 13th
Rick Marsi Presentation "Lifetime of Trails"
1 – 2PM

Northern Broome

Friday, August 28th
Grandparents Day
Entertainment by Johnny Only & Lunch 12PM

Join us for face painting, tie dye crafts, and games throughout the day!

Vestal

Friday, August 21st
Vestal Senior Center 44th Anniversary & National Senior Citizens Day Celebration
Luncheon 11AM
Friday at Fred's 12PM

Sausage Link or Beer Battered Fish, Mashed Potato with Gravy, Corn and Peanut Butter Pie Cups for Dessert



Mark Your Calendar! Upcoming Community Events

Local Library Book Sales

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

Friday, August 7th 10 – 4PM

Friday, August 21st 10 – 4PM

Cash only. For more information, please visit

<https://www.gfjlibrary.org/friends/>

Broome County Public Library: 185 Court Street, Binghamton

Friday, August 21st 10 – 2PM

Saturday, August 22nd 10 – 1PM

For more information, please visit

<https://www.thebcpl.org/events/upcoming>

Vestal Public Library: 320 Vestal Parkway East, Vestal

Thursday, August 27th 10 – 6PM

Friday, August 28th 10 – 5PM

Saturday, August 29th 11 – 4PM

For more information, please visit

<https://www.vestapubliclibrary.org/book-sales>

Spiedie Fest & Balloon Rally

Otsiningo Park: 1 Otsiningo Park, Binghamton

August 7th – 9th

Now in its 42nd year, the Spiedie Fest & Balloon Rally has grown from a small neighborhood cook-off into one of Upstate New York's signature summer traditions, drawing tens of thousands of visitors to Binghamton each August. Over four decades later, Spiedie Fest has evolved far beyond its roots as a cook-off. Today, the festival features spectacular hot air balloons, nationally known musical acts, family entertainment, a 5K run/walk, volleyball tournament, car show, children's attractions, and dozens of food and merchandise vendors. Free admission on Friday only. For more information, please visit <https://www.spiediefest.com/>

First Friday

Downtown Binghamton

Friday, August 7th 6 – 9PM

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

Check out the website for events:

<https://broomearts.org/in-the-community/first-friday/>

Broome County Regional Farmers Market

840 Front Street, Binghamton

Saturdays, 9 – 1PM

All our vendors are local to Broome or surrounding counties and produce the best products around. Our market accepts SNAP/EBT, Farmers Market Nutrition Program, FreshConnect, Produce Prescription, and Broome County Veterans coupons. Come visit the market to meet your local farmers/artisans, buy fresh produce and delicious prepared food. Help your community thrive. Buy local, buy fresh!

Growing Great Garlic

Cornell Cooperative Extension: 840 Upper Front Street, Binghamton

Saturday, August 8th 1 – 2PM

Soon we will be seeing "seed garlic" for sale at markets and farm stands. Learn what it takes to grow great heads of garlic in your own garden this fall for a fine harvest next summer. Planting, growing, harvesting, curing and preserving techniques will all be discussed. Pre-registration is required. To secure your spot, please contact Linda Svoboda, Horticulture Program Educator, at ljs322@cornell.edu or call 607-584-5016.

The Search for Fort Bull: Archaeological Investigation of a French and Indian War Battlefield by the Binghamton University Archaeology Department

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

Monday, August 10th 6PM

This engaging talk will explore the ongoing effort to locate the long-lost site of Fort Bull, a key outpost destroyed during the French and Indian War. Built to protect vital British supply routes along the Oneida Carry, the fort was attacked in 1756. Perfect for history lovers, archaeology enthusiasts, and anyone curious about how the past is rediscovered, this free program offers a behind-the-scenes look at one of New York's most intriguing historical investigations. Join us at the George F. Johnson Memorial Library for an evening of history, mystery, and discovery!

Stitched Together: A History of the Norwich Knitting Co. and Walt Disney

Phelps Mansion: 191 Court Street, Binghamton

Thursday, August 13th 6:30 – 7:30PM

Join us for a presentation on the partnership between the Norwich Knitting Co. and Walt Disney that saved a local workforce during the Great Depression. General admission tickets are \$10. For more information, visit <https://phelpsmansion.org/event/history-hour-stitched-together-a-history-of-the-norwich-knitting-co-and-walt-disney/>

Broome Bands Together

Otsiningo Park: 1 Otsiningo Park, Binghamton

Tuesday, August 18th 6 – 8PM

Come enjoy live music by Hi-Way Fruit Market! Bring a chair, blanket, friends or family and come enjoy the show. Food and drinks will be available from Downtown Danny's, Beer Tree Brew Co, and Here's the Twist! CHOW will be accepting non-perishable food and monetary donations at all Broome Bands Together Concerts. There will be bins placed around event area.

This event is brought to you by the generous sponsorship of Coughlin & Gerhart, LLP.

GUSTO! Italian Festival

Witherill Street, Endicott

Friday, August 28th, 5 – 9PM

The GUSTO! Italian Festival is a vibrant, end-of-summer neighborhood block party in Little Italy, Endicott, New York. The celebration features authentic Italian food, live music, a vendor market, and a fireworks finale. Free admission.

Windsor Corn Festival & Tractor Show

Klumpp Park: 88 Park Street, Windsor

Saturday, August 29th 12 – 5PM

Enjoy a fun-filled day at the Tractor Show and Parade! Featuring live music by The Stoutmen, corn-themed and traditional foods, free hayrides, kids' games, contests, vendors of all kinds, and fresh local produce for sale. Admission is free! Spend a relaxing day with family and friends of all ages. Please consider bringing a canned or boxed food item to donate to the Windsor Food Bank and help support the local community.

TECHNOLOGY CORNER

TECHNOLOGY CLASSES THAT COME TO YOUR LOCAL SENIOR CENTER:

- Vestal Public Library comes to the Vestal Senior Center
Wednesday, August 12th & 26th 10:15AM
- George F. Johnson Tech Center comes to the Broome West Senior Center
Wednesday, August 12th 11AM
Topic: Get to Know Your Phone Better!

CLASSES AT LOCAL LIBRARIES:

- Personalized Tech Assistance from the George F. Johnson Memorial Library
Every Tuesday and Thursday 2 – 4PM
1001 Park Street
Endicott, NY

Receive one-on-one technology support tailored to your needs. Whether you want to learn how to use a smartphone, tablet, computer, or navigate the internet, our knowledgeable staff is here to help. Drop in during scheduled hours for friendly, patient guidance in a welcoming environment. Call the library at 607-757-5350 to register.

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

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

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

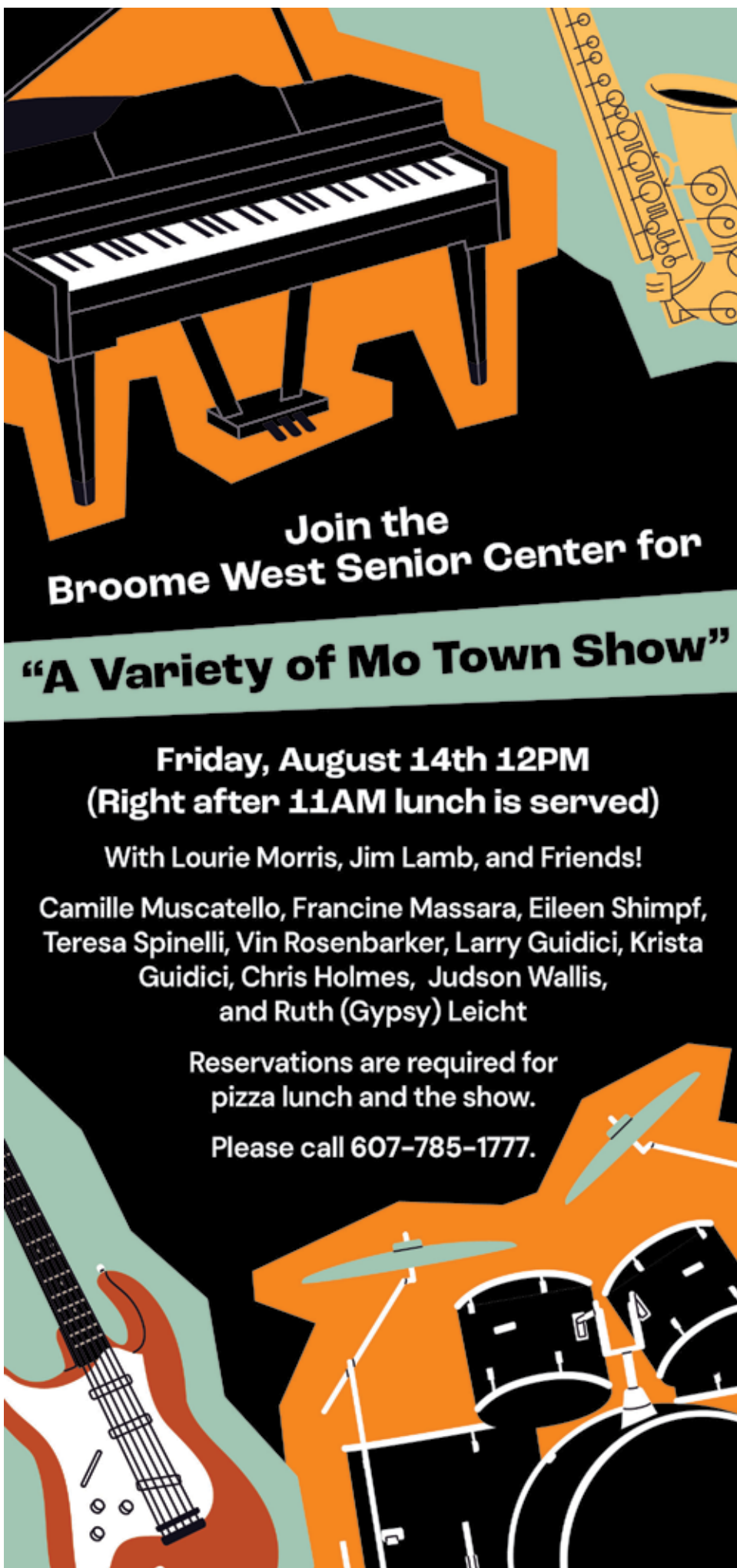
Contact us at **607-778-6406** to preregister. Walk-ins may register but will be scheduled to start at a later date.

ONE-ON-ONE TECHNOLOGY ASSISTANCE:

- **Broome County Library:** Assistance is available every Thursday from 1 – 3 PM. Call **607-778-6451** or email bcplreference@gmail.com to book a 20-minute session.
- **Nineveh Public Library (Tech Talk for Seniors):** Technology assistance and answers to your questions are available! Call the Library for details at **607-693-1858**

LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ Senior Social Group will be Wednesday, August 19th from 3 – 4PM at the Johnson City Senior Center
30 Brocton Street, Johnson City



**Join the
Broome West Senior Center for
“A Variety of Mo Town Show”**

**Friday, August 14th 12PM
(Right after 11AM lunch is served)**

With Lourie Morris, Jim Lamb, and Friends!

**Camille Muscatello, Francine Massara, Eileen Shimpf,
Teresa Spinelli, Vin Rosenbarker, Larry Guidici, Krista
Guidici, Chris Holmes, Judson Wallis,
and Ruth (Gypsy) Leicht**

**Reservations are required for
pizza lunch and the show.
Please call 607-785-1777.**



Conklin Seniors
Contact Linda 607-221-4697

August 18th – Rev Theater in Auburn, NY – Carousel

Johnson City Senior Center
Contact Dorothy 607-743-1747

September 1st – New York State Fair
September 23rd – Penn’s Peak: A Tribute to James Taylor
September 24th – Penn’s Peak: A Tribute to George Jones & Tammy Wynette
October 21st – Shawnee Playhouse – Legally Gray
November 17th – Branson Christmas Show & Veterans’ Show
November 21st – Christmas Spectacular – Radio City Rockettes
December 3rd – Turning Stone Casino & Dick Clark’s Countdown to Christmas
December 6th – 10th New Hampshire

North Fenton Seniors
Contact Ruth 607-648-8425

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

Vestal Senior Citizens Club
Contact Jean 607-754-4479

September 2nd – Lunch Cruise on the Seneca Legacy & visit to the Corning store (Sign up 8/6 at 12PM)
October 15th – Golden Horseshoe Ranch for “Duets through the Years” (Sign up 9/24 at 12PM)
November 3rd – 4th Lancaster for American Music Theater for Holiday Show and Sight & Sound for “Joshua” (Sign up on 9/17 at 12PM)



The Nature Walking Club invites you to join them for a season of outdoor exploration.

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. Come join this fun group!

August 13th 10AM – Binghamton University Nature Preserve. Park and meet at the top of Lehigh Ave.

August 27th 10AM – Nathaniel Cole Park in Town of Colesville. Park and meet at the right side of parking lot.

September 10th 10AM – Walk and Lunch at Waterman Conservation Education Center in Apalachin. Meet in parking lot. Bring your lunch and beverage to socialize after the walk!

September 24th 10AM – Greenwood Park. Meet at the left side of the parking lot.

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

Travel the World Virtually with Discover Live

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 walking through Yorkshire, Hong Kong, Barcelona, Singapore, Ennistymon, and Saint-Jean-de-Luz. These are free classes, and no reservations are required.

August 11th 11AM



Virtual walking tour through **Yorkshire, England** (streamed to the Northern Broome Senior Center)

August 12th 10:30AM



Virtual walking tour through **Hong Kong, China** (streamed to the Johnson City, Northern Broome and Vestal Senior Center)

August 17th 1:30PM



Virtual walking tour through **Barcelona, Spain** (streamed to the Broome West Senior Center)

August 20th 10AM



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

August 25th 1:30PM



Virtual walking tour through **Ennistymon, Ireland** (streamed to the Broome West and Eastern Broome Senior Center)

August 27th 10AM



Virtual walking tour through **Saint-Jean-de-Luz, France** (streamed to the Broome West, Deposit, Johnson City and Northern Broome Senior Center)

Foster Grandparent Program

Support children as a classroom mentor in local elementary schools, daycare centers and Head Start.

To be eligible, your income must fall below \$2,660/month after allowable deductions. Higher income levels apply for larger households. Foster Grandparents receive a paid hourly stipend, mileage, ongoing paid training, paid time off, and meals at their sites.

We need new Foster Grandparents for the following sites:

- Susquehanna Valley Elementary Schools
- Head Start in Endicott
- HCA Preschool in Johnson City
- Union Endicott Elementary Schools

Call 607-778-2089 for more information.

You can also learn more about the program by visiting:
www.gobroomecounty.com/senior



“The greatest healing therapy is friendship and love.”

— Hubert H. Humphrey

SUDOKU

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

ANSWERS ON P. 15

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

Summer Fun, Done Right: Fire Safety Tips

If summer had a soundtrack in it, it would probably include burgers sizzling on the grill, a campfire crackling by the lake, and kids laughing as sparklers light up the evening sky. These are the moments people look forward to all year.

But every summer, local fire departments across the region respond to calls that didn’t have to happen, most of them tied to grills, campfires, or fireworks that got away from someone. A little awareness goes a long way toward making sure summer memories stay happy ones.

Grilling Season: Enjoy the Food, Watch the Flames

Grilling is practically a sport once the weather turns. Whether it’s a backyard barbecue or a cookout at camp, the basics matter more than fancy equipment.

Grills should always stay outside and well away from buildings, decks, siding, and low hanging branches. A good rule of thumb is at least 10 feet of space from anything that can burn. And once the grill is on, someone should be nearby the whole time—most grill fires start when people step away “just for a minute.”

Keeping things simple helps, too:

- Keep kids and pets out of the grilling area
- Have a hose, water, or fire extinguisher close by
- Clean grease buildup regularly—grease fires are a big reason grills get out of control

Campfires: Small, Steady, and Never Left Alone

Campfires are part of life here—whether it’s a fire pit behind the house, a campsite, or a quiet evening by the lake. The key is keeping fires small and manageable.

State guidelines recommend keeping campfires under three feet high and four feet across, using only clean, untreated wood or charcoal. Fires should be built away from dry grass, leaves, and anything overhead that could catch an ember.

The most important rule is also the simplest: never leave a fire unattended. Even a short walk away is enough time for wind to kick up and send sparks where they don’t belong, especially in wooded or rural areas.

When the night winds down, take a few extra minutes to put the fire out right:

- Drown the embers with water
- Stir everything around
- Feel for heat to make sure it’s completely out

If it’s still warm, it’s not done yet.

For more information and tips, please visit
<https://www.dhSES.ny.gov/fire-safety-tips>



Trivia

What type of pasta is shaped like a wagon wheel?

Answer: Rotelle



CAREGIVER CORNER

Ideas and information for people caring for others.

The Broome West Caregiver Chat:
Date: Wednesday, August 12th Time: 1 – 2:30PM
Location: Broome West Senior Center, 2801 Wayne Street, Endwell, NY

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

SOCIAL SATURDAYS

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

Social Saturdays is a group respite program providing small group social engagement for care recipients while providing a break for caregivers. Participants will engage in discussions, activities, and a light lunch or snack. (Guests should be able to eat and toilet independently.)

Saturday, August 1st 11 – 2PM • First Saturday of the Month
St. Anthony’s Church Hall • 300 Odell Ave, Endicott • 607-754-4333

Saturday, August 15th 11 – 2PM • Third Saturday of the Month
St. Mary’s Church of Kirkwood • 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, August 22nd 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament • 465 Clubhouse Rd, Vestal • 607-778-2946

Broome County

Office for Aging  Caregiver Services

An Educational Event for Caregivers
Medication Matters: Safe, Simple, and Smart Strategies

Join Office for Aging Caregiver Services as they present a New York State Caregiver Portal Toolkit, powered by Trualta, on managing medications. Assistance in signing up for Trualta will be provided at the end of the presentation.

Tuesday, August 11th from 9:30 – 11AM

Johnson City Senior Center: 30 Brocton St., Johnson City, NY 13790

Registration is required as seats are limited. Please call **607-778-2411** to register or to ask any questions – ask for Megan.

"Taking a Break: Why Respite Care Matters"

Caring for a loved one can be rewarding, but it can also be physically and emotionally demanding. Have you become frustrated with your loved one? Do you find your patience fading? Are you losing sleep? Have you been feeling depressed or anxious?

The responsibilities of caregiving can take a significant toll on your own health and well-being. Taking a break is not a sign of failure—it is an important part of being able to continue providing quality care.

Article Continued on page 12



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!

The NY Caregiver Portal



Caregiving is challenging and sometimes the role can go on for years. Caregivers benefit from and deserve support and easy connections. That is where Trualta can really deliver.

On a monthly basis there are videos and webinars for all levels of learning. Caregivers can access the materials when it is convenient for them.

Each caregiver has a different learning style, but regardless, Trualta has something for you. Jean, our Public Health Nurse at BCOFA, speaks very highly of Trualta. Jean once said, “I have seen many websites designed to help caregivers, but the Trualta site goes deep enough to be helpful.”

Trualta offers:

- A talk show for dementia caregivers
- A doctor speaking on palliative care
- 30-minute weekly segments on relaxing & recharging the mind and body
- Book clubs
- Classes on adaptive thinking
- Short term (4 or 5 week) support groups on a variety of caregiving roles

Check out NewYork-Caregivers.com today and set up a completely FREE account. If you need help, call Megan in our caregiver services department **607-778-2411**.



Recipes

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

Argentinian Chimichurri Sauce

Add some South American flair to your meal with this flavorful sauce, which can be used on meat, fish, or vegetables as a marinade or poured over your finished product.

Ingredients

- 1 cup parsley (lightly packed and chopped without the stalks)
- 4 cloves garlic (minced)
- 1/8 teaspoon salt
- 1/4 teaspoon peppercorn
- 1/2 teaspoon red pepper flakes
- 1 tablespoon oregano (dried)
- 2 tablespoons green onion (minced)
- 1/2 cup olive oil
- 3 tablespoons vinegar
- 3 tablespoons lemon juice (fresh)
- 1/4 cup water



Steps

1. Place all the ingredients in a blender or food processor and pulse until well chopped but not pureed.
2. Spoon the sauce over grilled meats, poultry, seafood, or vegetables. This sauce can also be used as a marinade.

<https://www.nutrition.gov/recipes/argentinian-chimichurri-sauce>

Couscous With Carrots, Walnuts, and Raisins

This quick-cooking grain dish has a touch of sweet and nutty flavors to go with most main dishes.

Ingredients

- 1 cup couscous
- 1 teaspoon olive oil
- 2 tablespoons walnut (coarsely chopped)
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon pumpkin pie spice (or cinnamon)
- 1 1/3 cups water
- 2 tablespoons raisins
- 1/2 cup carrots (peeled and shredded)



Steps

1. In a 4-quart saucepan over medium heat, cook and stir couscous, olive oil, walnuts, salt, pepper, and spice just until couscous begins to brown.
2. Slowly add water, then add raisins and carrots. Cover. Bring to a boil over high heat.
3. Remove from the heat and let stand for 10 minutes.
4. Fluff with a fork. Serve immediately.

<https://www.nutrition.gov/recipes/couscous-carrots-walnuts-and-raisins>

Cowboy Caviar

This salsa is a party favorite. Using pantry items like canned beans, corn, and tomatoes, this recipe comes together quickly and can serve a crowd.



Ingredients

- 1 can kidney beans (15 ounces, low-sodium, drained)
- 1 can black beans (15 ounces, low-sodium, drained)
- 1 can corn (15 ounces, low-sodium, drained)
- 1 can crushed tomatoes (15 ounces)
- 1 can green chiles (4 ounces, chopped)
- 1 tablespoon oil
- 3 medium limes, juiced (optional)
- salt (to taste, optional)
- black pepper (to taste, optional)
- hot sauce (to taste, optional)

Steps

1. Mix kidney beans, black beans, corn, tomatoes, and chilies in a large bowl.
2. Add lime juice (if using) and oil, toss gently to combine. Taste. Add small amount of salt and pepper if desired.
3. Serve by itself, with raw vegetables and/or corn chips.

<https://www.nutrition.gov/recipes/cowboy-caviar>

Strawberry Mango

Feta Toast

Diced strawberries, mango, and fat-free feta cheese provide the perfect balance of sweet, savory, and tangy for these quick and colorful brunch or lunch toast points.



Ingredients

- 1 medium mango (ripe, divided)
- 2 cups strawberries (divided)
- 1/2 cup Feta cheese (fat-free, crumbles)
- 2 tablespoons balsamic vinegar
- 1 cup basil (leaves, plus 2 tablespoons for topping)
- 2 tablespoons olive oil
- 4 slices whole wheat bread

Steps

1. Peel and pit the mango. Dice 3/4 of the mango and 3/4 of the strawberries; place them in a large bowl with the feta cheese.
2. Put the remaining fruit, the 1 cup of basil leaves, the balsamic vinegar, and the olive oil in a blender and blend until smooth to create the vinaigrette.
3. Pour the blended vinaigrette over the fruit-and-feta mix and toss gently to combine.
4. Toast the bread slices and cut each slice diagonally into toast points.
5. Chop the remaining 2 tablespoons of basil. Top the toast points with the dressed fruit-feta mixture and garnish with the chopped basil.

<https://www.nutrition.gov/recipes/strawberry-mango-feta-toast>

Trivia

Who was the first woman to win a Nobel Prize?

Answer: Marie Curie (1901)

"Taking a Break: Why Respite Care Matters"

Continued from page 10

Benefits of Respite Care

- Respite care gives caregivers the opportunity to:
- Complete errands and personal tasks
 - Attend to their own physical and mental health
 - Maintain employment or other responsibilities
 - Rest, recharge, and prevent caregiver burnout
 - Continue providing care with renewed energy and patience

Respite Care Opportunities

Group Respite

Yesteryears Program

Provides structured social engagement in a supervised setting, Monday through Friday 8:30–3:30; 2801 Wayne St Endwell. Participants enjoy activities, companionship, and a supportive environment while caregivers receive time for themselves.

Yesteryears North

Yesteryears North extends these same benefits to older adults living in the rural Whitney Point area. This weekly social engagement program is designed for adults 60 years of age and older, particularly those who are socially isolated, introverted, or experiencing early cognitive decline. Participants enjoy meaningful activities, conversation, and companionship in a welcoming, supportive environment while caregivers have the opportunity to take a break.

The program is held Fridays from 10AM to 1PM at the Northern Broome Senior Center. Transportation may be available for eligible participants.

Social Saturday Programs

Volunteer respite programs hosted by local faith communities that provide meaningful social opportunities for participants and a break for caregivers.

In-Home Respite Companion and Friendly Visiting

- Staff or trained volunteers visit individuals in their homes, providing companionship and social engagement for the care recipient while giving caregivers time to rest, run errands, or attend to other responsibilities.

Two-Week In-Facility Respite

- This program provides short-term care in a residential facility, allowing caregivers the opportunity to take a vacation or attend to extended personal needs. Broome County contracts with two facilities that offer respite beds for eligible participants.

To learn more or register, please RSVP with **Shellie Spinelli** by calling **607-778-2411**.

Five Ways to Get the Most Out of Your Doctor's Visit

Have you ever left your doctor's office realizing you forgot to ask an important question? Or were you frustrated because you didn't fully understand the doctor's instructions? These tips may help.

1. Decide what questions are most important to ask the doctor

Before your appointment, pick three or four questions or concerns that you most want to talk about with the doctor. You can tell them what they are at the beginning of the appointment and then discuss each in turn. If you have time, you can then go on to other questions.

2. Stay focused on why you are there

Although your doctor might like to talk with you at length, each patient is given a limited amount of time. To make the best use of your time, stick to the point. For instance, give the doctor a brief description of the symptoms, when they started, how often they happen, and if they are getting worse or better.

3. Be honest with your doctor

It is tempting to say what you think the doctor wants to hear, for example, that you smoke less or eat a more balanced diet than you really do. While this is natural, it's not in your best interest. Your doctor can suggest the best treatment only if you say what is really going on. For instance, you might say: "I have been trying to quit smoking, as you recommended, but I am not making much headway."

4. Share your point of view about the visit with your doctor

Tell the doctor if you feel rushed, worried, or uncomfortable. If necessary, you can offer to return for a second visit to discuss your concerns. Try to voice your feelings in a positive way. For example, you could say something like: "I know you have many patients to see, but I'm really worried about this. I'd feel much better if we could talk about it a little more."

5. Remember, the doctor may not be able to answer all your questions

Even the best doctor may be unable to answer some questions. Most doctors will tell you when they don't have answers. They also may help you find the information you need or refer you to a specialist. If a doctor regularly brushes off your questions or symptoms as simply a part of aging, think about looking for another doctor.

Sourced from: <https://www.nia.nih.gov/health/medical-care-and-appointments/five-ways-get-most-out-your-doctors-visit>

Ask the Office

I need some small repairs made around my home. Is there anyone who can help me?

As we get older, or if we are living with a disability, keeping up with home maintenance and everyday chores can be more challenging. Small repairs and tasks can add up over time, leading to safety concerns and making it harder to stay at home. For help with these chores, we have a few options available.

One available resource is the First Ward Action Council Home Repair Program. This service focuses on small home repairs that can make a big difference in safety and accessibility. Eligible low income seniors and people with disabilities can receive help with tasks such as fixing leaky faucets, repairing railings, installing or repairing locks, building wheelchair ramps, rebuilding steps, and adding safety devices.

These repairs aren't just routine fixes—they help prevent falls, reduce hazards, and make daily life easier. Taking care of issues early can also help avoid larger and more costly problems down the road. If a repair is outside the scope of the program, staff can provide referrals. Through this program, residents are responsible only for the cost of any materials needed.

Another option, the Senior Helpers Program, can also help with small tasks. Through this program, you can hire a helper to provide light housekeeping, shopping, errands, meal preparation, yard work, transportation, or companionship. These services work hand in hand with the repair program by offering support with day to day activities that may become more difficult with age or limited mobility.

If you have questions or need more information on home repair or chore options, please call the Broome County Office for Aging at **607-778-2411** to speak with a caseworker.



Scam Protection

Grandparent or Family Emergency Scams

Did you know that anyone can be a victim of a scam? While scams can affect anyone of any age and income, older adults are often the targets of sophisticated scams known as "Grandparent or Family Emergency" scams.

In this situation, scammers gain access to personal information and create storylines to prey on fears of grandparents. Scammers will call and impersonate a grandchild or other close relative in a crisis and ask for immediate financial assistance.

These scammers can "spoof" the caller ID to make an incoming call appear to be coming from a trusted source. Advances in Artificial Intelligence (AI) mean that scammers can clone the voices of loved ones, making these calls more believable.

Often the scammer will claim to have been in an accident or arrested. The scammer may say "don't let Mom and Dad know" and then hand the phone over to someone posing as a lawyer or a court official seeking immediate payment.

So, what should you do?

If you get a call like this, do not trust the voice over the phone. Write down details, then hang up and call the relative who is supposed to be in trouble. Use the number you have saved in your contacts. If you can't reach them, check with other family members or friends who may be able to get in touch with them.

Consider using a "safe word" that only you and your family members know and have chosen ahead of time. If the caller can't remember the safe word, it may be a scammer.

Recognize Red Flags

Always use caution if you are being pressured for information or to send money quickly. Scammers often try to bully victims into transferring money through a mobile payment app, by wiring money, or by purchasing gift cards or money orders. Some may even request to meet to receive money in person. These are all red flags. If you get a call like this, hang up and report it immediately to local law enforcement.

Broome County Sheriff's Office: for immediate reporting of a crime, call their non-emergency dispatch at 607-778-1911, option 1.

More Tips to Help You Avoid Being Scammed

One of the best deterrents against scam artists is awareness.

- Check out FCC consumer guides on spoofed caller ID: <https://www.youtube.com/watch?v=PS3IIQfRLD8>
- Read the FCC consumer guide on spoofing: <https://www.fcc.gov/consumers/guides/spoofing>
- The U.S. Postal Inspection Service webpage about grandparent scams includes videos of victims sharing their stories to help raise awareness of this criminal tactic.
- www.uspis.gov/news/scam-article/grandparent-scams

For more information about scams or to report a scam you can contact the Broome County Office for Aging at 607-778-2411.

August is National Eye Exam Awareness Month

Eye exams aren't just for finding out whether you need a new pair of glasses or contacts. They're about getting a better understanding of your eyes, your eye history and your overall health. Tired eyes and frequent squinting can be signs that you need to see an eye care professional.

Eye exams not only help keep your vision sharp. They can reveal serious health problems, such as:

- Diabetes
- High blood pressure
- High cholesterol
- Heart disease
- Cataracts
- Glaucoma

Diabetes is the leading cause of blindness in working-age American adults. Left untreated, eye diseases, such as retinopathy, cataracts and glaucoma, could develop. However, proper eye care can lead to early detection and treatment of vision-related complications. Your heart is too important to put at risk by overlooking your eye health. By viewing the blood vessels in your retinas, your eye doctor can see early signs of high blood pressure, also known as hypertension. High blood pressure can affect many vital parts of the body, including the arteries, heart, brain, kidneys and eyes. So early detection and treatment are important.

The same ultraviolet (UV) rays from the sun that burn your skin can damage your eyes. If you spend time outdoors, you could be at risk for eye problems from UV rays. So, wear sunglasses that block at least 99% of both UVA and UVB rays to help reduce your risk for:

- Cataracts
- Macular degeneration
- Photokeratitis, which causes temporary vision loss
- Your eye care professional can help you choose the right eyewear so you can protect your eyes in the great outdoors. Blue light radiates from your TV, computer, tablet and phone, even the sun. The effects of blue light on vision can be wide ranging and potentially damaging. Effects include blurry vision, difficulty focusing, dry and irritated eyes, headaches and even macular degeneration.
- Even if you don't need vision correction, getting your eyes checked every year can help your eyes and whole body stay well. Creating a history of how your eyes have changed over the years is important. So, schedule an eye exam today.

For more information, please visit

<https://cms.illinois.gov/benefits/stateemployee/bewell/awarenessmatters/august24-eye-exam-awareness.html>

***Aging is not
a curse but a
privilege, and
the good news is
that we can all
become better
versions of
ourselves with
age."***

— Mary Buchan

Hair @ Home *for men and women*

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



- Shampoo/Cuts
- Shampoo/Sets
- Perms
- Highlights
- Color



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

NOW HIRING

Broome County Office for Aging

Come Join the Team at Broome County Office for Aging! We are now hiring for the following positions. If interested, please submit an application online at the following address! <https://broomecountyny.gov/personnel/vacancy>

- **Classroom Foster Grandparent**
Stipend and Mileage Reimbursement Provided
To be eligible your income must fall below \$2,660/month after allowable deductions.
No Civil Service Exam Required
Monday – Friday, Hours Vary
Call Lucia for more information at **607-778-2411**.
- **Broome County Meals on Wheels** is currently in need of volunteers in the Binghamton, Conklin, Chenango Bridge, Harpursville and Whitney Point areas. Volunteer drivers and visitors are needed; volunteering only takes about an hour of your time. Mileage reimbursement is available. Call **607-778-6206** for more information.
- **Senior Citizen Site Supervisor (1 position)**
Eastern Broome Senior Center in Harpursville
High School Diploma required
30 hours per week M-F 8:30-2:30 pm, \$18.11 per hour
Daily Duties Include:
Responsible for the overall management of the senior center.
Responsible for program planning.
Works with kitchen staff and volunteers to facilitate meal service and clean up.
Works with and recruits senior center volunteers.
For more information, please call **607-778-2411**.



SENIORS

- Call-In Driver for Sodexo
Part Time Hours

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

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



Recognizing and Managing Caregiver Stress

Caring for an aging family member, spouse, or loved one is an act of profound compassion. It requires immense time, energy, and emotional strength. However, the physical and emotional demands of caregiving can build gradually, often leaving caregivers feeling overwhelmed, isolated, and physically exhausted.

Signs of Caregiver Burnout

Because caregiving shifts your focus entirely onto someone else, it can be easy to miss the signs that your own well-being is at risk. Common warning signs include:

- Feeling constantly exhausted, even after a night of sleep.
- Becoming easily irritated, frustrated, or angry with your loved one or others.
- Withdrawing from friends, family, and hobbies you used to enjoy.
- Experiencing changes in sleep patterns or appetite.
- Feeling a sense of hopelessness or constant worry about the future.

It is a common misconception that being a good caregiver means doing everything yourself, 24 hours a day. In reality, taking care of yourself is not selfish—it is an absolute necessity. You cannot pour from an empty cup, and taking regular breaks actually improves the quality of care you are able to provide for your loved one.

Allowing yourself to step away, decompress, and reset reduces stress hormones, lowers blood pressure, and helps prevent long-term mental health struggles like anxiety and depression. If you are feeling the weight of caregiver stress, you do not have to carry it alone. Taking a temporary step back to rest and recharge is vital for your health.

To find out how you can get the relief you need, **turn to this month's Caregiver Corner section** on the surrounding pages. There, you will find information on local **respite care options**, which provide safe, temporary care for your loved one so you can take a well-deserved break to focus on your own well-being.



"We all take different paths in life, but no matter where we go, we take a little of each other everywhere."

— Tim McGraw

Foster Grandparents Program
Appreciation Dinner Recap



This past June, the Foster Grandparent Program gathered to celebrate another incredible year of mentorship, connection, and community impact at our annual Appreciation Dinner.

A total of 48 people—including our dedicated Foster Grandparents and partnering teachers—attended the festive event. The evening was filled with wonderful music, a nostalgic year-in-review slideshow, a popular photo booth that brought out plenty of smiles, and a delicious meal. It was a beautiful opportunity to reflect on the deep bonds formed over the school year and to make lasting memories together.

The celebration was also a time to look at the profound data collected from our classrooms this year. The results speak volumes about how meaningful this program is for both the seniors and the children they support:

- 80% of participating Foster Grandparents reported that the program greatly increased their overall sense of purpose in life.
- 93% of the children in the classrooms were positively impacted by having a Foster Grandparent present, even indirectly.
- 93% of the students who worked directly with a Foster Grandparent showed noticeable academic or social improvement.



As we look ahead to the upcoming school year, we are actively looking for new participants to step into classrooms and make a difference. While we can always use volunteers to support our current schools, we are specifically looking for participants in the following school districts:

- Susquehanna Valley
- Chenango Forks

If you are looking for a rewarding way to share your time, wisdom, and love with local children, the Foster Grandparent Program is looking for you.



To find out how you can become a Foster Grandparent or to get more details on eligibility, please call 607-778-2089.



August is National Immunization Awareness Month (NIAM). NIAM raises the awareness about why vaccines are important for people of all ages and how they can help prevent serious, sometimes deadly, diseases and illnesses. NIAM is now more important than ever with the emergence of diseases such as COVID-19.

Immunizations play an important role in keeping your family and your community healthy. Vaccinations are important because they not only protect the person who is receiving the vaccine, but they also help to keep diseases from spreading to others such as your family, neighbors, classmates, coworkers, and other members of the community. Immunization helps protect those who are the most vulnerable to illness, such as infants, elders, and those with weakened immune systems.

Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death. In the United States, vaccines have greatly reduced infectious diseases that once routinely caused severe illness and death. During NIAM, we encourage you to talk to your doctor, nurse, or healthcare professional to ensure that you and your family are protected against serious diseases by getting caught up on routine vaccinations.

Although no vaccine is 100% effective, it is the first step in protecting yourself, your family, and others from serious illness.

To learn more, please visit <https://www.cbp.gov/employee-resources/health-wellness/august-national-immunization-awareness-month>

SUDOKU
• ANSWERS •

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



August Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
A suggested voluntary contribution of \$4.00 is requested for people age 60+ and spouse of any age.
Those under age 60 are charged \$5.00 per meal. *No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

Four Cheese Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Fresh Orange	3	Breaded Chicken Cutlet OR Sloppy Joe Sandwich Red Potato Salad Three Bean Salad Applesauce	4	Apricot Meatballs OR Citrus Broiled Fish Buttered Noodles California Blend Vegetables Vanilla Pudding w/Oranges	5	Beef Stroganoff Over Mashed Potatoes Cut Green Beans Cantaloupe	6	Pulled Pork OR Beer Battered Fish Hawaiian Baked Beans Hawaiian Coleslaw Lemon Meringue Pie	7
Chicken Parmesan Baked Potato Cut Green Beans Chocolate Chip Cookie	10	Salisbury Steak OR Shrimp Scampi Brown Rice Pilaf Peas Peaches	11	BBQ Chicken Breast OR Halupki w/Sauce Mashed Potatoes Carrots Pineapple	12	Turkey & Provolone On Marble Rye Macaroni Salad Cottage Cheese Strawberry Ice Cream	13	Rst Pork w/Cranberry OR Broiled Fish w/Lemon Parmesan Rosemary Potatoes Spinach Apricot Halves	14
Manicotti Italian Green Beans Cauliflower w/Parsley Banana	17	Grandma's Meatloaf Cheesy Mashed Potatoes Country Blend Vegetables Pears	18	Roasted Chicken Thigh Bread Dressing Diced Beets Pumpkin Pie	19	Lasagna Soup Deluxe Garden Salad Cottage Cheese Ice Cream Cup	20	National Senior Citizens Day Sausage Link OR Beer Battered Fish Mashed Potatoes Green Beans Peanut Butter Pie Cups	21
Meatball Parmesan Sub Sausage Florentine Soup Pears Ice Cream Cup	24	Kielbasa OR Herbed Broiled Fish Pierogies w/Onions Cut Green Beans Chocolate Pudding	25	Chicken Salad Croissant Cottage Cheese Pea Salad Mandarin Oranges	26	Pub Burger Red Potato Salad Watermelon Wedge Strawberry Shortcake	27	Marinated Chicken OR Citrus Broiled Fish Four Cheese Mac n Cheese Peas Fresh Apple	28
Classic Beef Chili Baked Potato Wax Beans Pears	31	Honey Ginger Chicken Roasted Potatoes Carrots Applesauce	9/1	Baked Ham OR Broiled Fish w/Lemon Scalloped Potatoes Peas w/Pearl Onions Carrot Cake	2	Halupki OR Grandma's Meatloaf Mashed Potatoes Cut Green Beans Sherbet Cup	3	Pulled Chicken OR Beer Battered Fish Baked Beans Coleslaw Cantaloupe	4

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



Like What You're Reading? Subscribe & Have it Delivered!

Subscribe to the Senior News to make sure you don't miss out on important information, events and programs for seniors in Broome County! Direct-mail subscriptions are available at a suggested contribution of \$12.00 per year. Subscribe yourself or get a subscription for a friend or family member! Call the Office for Aging at (607) 778-2411 to learn more.



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

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

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

Senior News Editorial Policy

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