

BROOME COUNTY OFFICE FOR AGING

SENIOR NEWS

Visit Our Website at www.broomecountyny.gov/senior

Medication Safety



Inside This Issue:

Medication Safety Guidelines & Organizing Your Meds

Taking your medications correctly is essential for living a healthy life. In this issue, our "Ask the Office" column outlines simple steps for keeping an up-to-date medication list, knowing why you take each pill, and safely disposing of expired drugs. You will also find valuable guidance on safely starting new medications, handling side effects, preventing drug interactions, and understanding generic options.

HALLOWEEN PARTIES

at Your Local Senior Centers

Friday, October 30th

(Deposit Senior Center will celebrate on 10/29)

Come celebrate Halloween dressed in your favorite costume and enjoy games, raffles, refreshments, costume contests, and a delicious lunch served around noon.

Enjoy a delicious lunch of pulled chicken or beer battered fish, sides and mint chocolate cream pie for dessert. Advance lunch reservations are required. Please call a center to make your meal reservations by noon on October 29th and learn more about the day's special activities. Phone numbers are listed on the Look What's Happening at the Centers section of this paper.

People aged 60 and older and their spouse of any age may dine for a voluntary suggested contribution of \$4.00. All others may dine for a charge of \$5.00.

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

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

Enjoy the Best of Both Worlds This October

October is a wonderful time to stay active and enjoy the outdoors before the colder months arrive. On those crisp, beautiful fall days, consider visiting one of the many parks throughout Broome County to take a walk, enjoy the changing leaves, or simply spend some time outside. Getting outdoors can be a great way to stay physically active while enjoying the beauty of the season.

As temperatures begin to cool, October is also a great month to start exploring indoor activities. On chilly or rainy days, visit one of our senior centers to stay active, connect with others, and participate in programs and activities. Whether you spend the day outdoors or indoors, there are plenty of ways to keep moving, stay social, and enjoy all that October has to offer!


Broome County
Office for Aging
LOOKING FOR A NEW WAY TO BE MORE ACTIVE?
Bingo + Exercise = Bingocize
WE INVITE YOU TO JOIN THE FUN!
Beginning November 17th
Tuesdays and Thursdays at 12 - 1PM
Attend at the Vestal Senior Center:
201 Main Street, Box #4, Vestal, NY 13850
BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise.

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Tai Chi II

Tai Chi II is going to be offered at Broome West Senior Center located at 2801 Wayne Street in Endwell. The class will be held on Fridays from 10:30 – 11AM.

For more information, please call 607-778-2411.

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)

Monday 1PM (Beginners) First Ward Senior Center (Binghamton)

Monday 2PM (Intermediate) First Ward Senior Center (Binghamton)
- ### 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)

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.

"Imagination... its limits are only those of the mind itself."

– Rod Serling

LOOK WHAT’S HAPPENING AT THE CENTERS!

****Meal reservations are needed by noon the business day prior for all Senior Centers****

SENIOR CENTER CLOSURE

Broome West Senior Center has a proposed closing date of October 19th for renovations. Updates will take approximately one month.

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

10/5, 12, 19, & 26 How to Navigate Vision Loss Workshop with AVRE (Association for Vision Rehabilitation and Employment) 10:30AM
10/8 Science is Everywhere! Livestream from Kopernik Observatory 1PM
10/8 Oktoberfest with David Hores 5PM (Meal served at 4PM)
10/9 Entertainment by Keyboardist Kevin Oriolo 11AM
10/9 Team Trivia with Gene and Deanna 1:15PM
10/13 Medicare Updates for 2027 with LeAnn, AOP 11:30AM
10/13 Downsize and Declutter with Joan 3PM
10/14 GFJ Library Tech presentation on Google Earth 11AM
10/14 Caregiver Chat 1PM
10/15 Discover Live: Perugia, Italy 12:30PM
10/16 Breakfast Pizza Day! 10:30 Center Closing at 12PM
10/17 Broome West Annual Craft Fair 10 – 3PM
10/23 Special Takeout Menu – Call for details.
10/30 Special Takeout Menu – Call for details.

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, 9 – 2PM
Lunch is served around 11:30AM | 607-663-0406

Weekly Activities

Monday: Walktober 1PM
Wednesday: Hand & Foot Card Game 9:30AM
Friday: Pinochle 9AM; Chair Dance 1PM

Special Activities

10/2 “Healthy Can Be Sweet!” presentation by Bridget and Donna from OFA 12PM
10/5 & 26 Chop and Chat 10:30AM Call to reserve your spot.
10/7 Fall Fun – October Trivia with Binghamton University Students 12PM
10/9 Horse Racing Board Game 10:30AM
10/12 Autumn Bucket List Making 10:30AM
10/16 Prize Bingo 10:30AM
10/28 Medicare Updates for 2027 presentation by Action for Older Persons 12PM
10/30 Halloween Party – Spook Bingo 10:30AM
Halloween Mash Bash & Costume Contest 11:30AM

Lunch reservations can be made by calling the center Monday, Wednesday or Friday during center hours. Reservations are due at least one day in advance by 1PM.

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

10/22 Discover Live: Falun, Sweden 10AM
10/29 Halloween Party 12:30PM

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787
Center Hours: Monday – Friday, 9 – 2PM
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
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

10/2 Burger Bar 11:30 – 12:30PM
10/5 October Birthdays Celebration 10:30AM
10/6 Estate Planning Program with Legal Aide and the Ninevah Public Library 9:30AM
10/7 Craft Class w/ Kathy R. “Afghan Stitch” 9:30 – 11AM
10/12 + 19 AARP Driver Safety Course 9:15 – 12:15PM Call to register.
10/14 Officers and Finance Meeting 9:30AM
Site Council Meeting 10:45AM All are welcome to attend.
10/15 Golden Griddle – Breakfast for Lunch 11:30 – 12:30PM
10/15 Discover Live: Perugia, Italy 12:30PM
10/21 Medicare Update for 2027 by Action for Older Persons 12:15PM
10/23 26th Anniversary Celebration and Volunteer Recognition starting at 10AM
10/28 Farm Races Game 10AM
10/28 Chop and Chat 9:30AM Call to reserve your spot.
10/28 Yankee Gift Trade 10:30AM
10/30 Halloween Party starting at 10AM

First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905
Center Hours: Mon– Fri 8:30 – 3:30PM
Lunch served at 11:45AM | 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; Beginners Line Dancing 1PM; Intermediate Line Dancing 2PM
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; Stress-Free Coloring Group 10:30AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

10/1 Executive Board Meeting 9:30AM

10/6 & 20 Holistic Healing – 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 – 11:30AM \$3 (advanced registration and payment required)

10/6 Chop & Chat – Minestrone Soup 1PM Call to reserve your spot.

10/7 Chorus Resumes 9:30AM

10/8 Legal Aid 9 – 11:30AM Call for an appointment.

10/8 Grill Day: Reuben on Rye w/ Musical Guest, David Hores 11:30AM

10/9 Film Friday: “Misery” 1PM Free popcorn, soda for sale

10/12 Columbus Day – Center Closed

10/13 Craft Class – Terra-Cotta Pumpkins or Scarecrows 10AM

10/13 Neighborhood Watch Meeting 6PM

10/15 “A Lifetime of Trails” presentation by Rick Marsi 12PM

10/19 Breakfast for Lunch – Ham, Eggs and Potato Casserole 10:45 – 12:15PM Music by Johnny Only 10:45AM (No takeout available)

10/20 Medicare Updates for 2027 presentation by AOP 12PM

10/22 Office for Aging Information & Assistance and ID Card Updates with OFA Staff 11 – 12PM

10/22 & 23 AARP Defensive Driving Course 9 – 12:15PM Call to reserve your spot.

10/23 Film Friday: “Amityville Horror” 1PM Free popcorn, soda for sale

10/27 Lunchtime Trivia 12PM

10/27 Chop & Chat – Veggie Stuffed Peppers 1PM Call to reserve your spot.

10/30 Halloween Luncheon w/ Musical Guest, Mike’s Jukebox 11:30AM

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; Canasta 1 – 3PM

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

10/2 Binghamton University Nursing Students visit 9 – 1PM

10/2, 9, 16, 23, & 30 Poetry Group 12:30 – 2PM

10/5, 12, 19, & 26 Greater Good Grocery Bus 11 – 12PM

10/13 & 27 Widow & Widowers Support Group 10 – 11:30AM

10/13 Discover Live: Barbados, Caribbean 2:30 – 3:30PM

10/15 Legal Aid 9 – 12PM Call for an appointment.

10/15 & 16 AARP Driver Safety 1 – 4PM
Fee applies; registration required

10/16 & 30 Art Workshop \$3 10 – 12PM

10/18 Southern Tier Orchid Society – Social Time 1:30 – 2PM
Meeting & Speak from Flask & Flora 2 – 4PM

10/19 Medicare Updates for 2027 by AOP (Action for Older Persons) 11:30 – 11:45AM

10/20 Chop & Chat (Faith in Action) –
Spaghetti with Chickpeas & Veggies 11 – 12PM Signup by 10/13.

10/20 Hearing Screenings by Amanda VanFossen from Timeless Hearing 9 – 12PM Call for an appointment.

10/21 Discover Live: London, England 11 – 12PM

10/21 Greeting Card Class 2 – 3:30PM \$8 for 2 cards. Call to sign up.

10/21 Book Club (The River Is Waiting by Wally Lamb) 3 – 4PM

10/21 LGBTQ+ Senior Social Group 3 – 4PM

10/21 Alzheimer’s Association – Caregiver Support Group 4 – 5:30PM
Registration and pre-screening required;
call ALZ at 315-472-4201 x227.

10/22 Discover Live: Falun, Sweden 10 – 11AM

10/27 Discover Live: Delhi, India (Diwali Celebration Tour) 1:30 – 2:30PM

10/28 Haircuts 10 – 11:30AM Call for an appointment.

10/29 Office for Aging Information & Assistance
and ID Card Updates with OFA Staff 11 – 12PM

10/30 Flu Shot Clinic by Wegman’s Pharmacy 10 – 12PM

10/30 Halloween Luncheon 11:45AM Come in costume!

11/7 Fall Bingo Bash 3 – 8PM

Northern Broome Senior Center

12 Strong’s 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:

10/5 Spaghetti and Meatballs with a Side Salad for Lunch 11:30AM

10/5 Craft Day 12:30PM Call for more information.

10/7, 14, 21, & 28 Drumming 12:30PM

10/8 Breakfast for Lunch – Teachers 9:30AM All others 10AM

10/8 Binghamton University Students visit 9AM

10/14 Discover Live: Coupvray, France 10:30AM

10/15 Chef Salad and Soup for Lunch 11:30AM

10/16 Medicare Updates for 2027 presentation by AOP 11:15AM

10/20 Golden Agers 12:30PM

10/21 Discover Live: London, England 11AM

10/23 Philly Cheesesteaks for Lunch 11:30AM

10/30 Halloween Party 9 – 3PM
Bingo 10:30AM Lunch 12PM followed by our costume contest!

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

10/1 Vestal Senior Club – AAA presentation for
Vestal’s 2027 New England’s Cruise 11:30 – 1:30PM

10/2, 9, 16, 23 & 30 Vivo Exercise Group 10AM

10/5 King High Card Game 12PM

10/7 & 21 Vestal Library Tech Help 10:15AM

10/12 Breakfast for Lunch 11AM Dine in only.

10/14 Discover Live: Coupvray, France 10:30AM

10/14 Medicare Updates for 2027 presentation by AOP 11:30AM

10/15 Philly Cheesesteak Day 11AM Take out available.

10/19 Chop and Chat 10AM Call to reserve your spot.

10/20 Card Making with Mercia 9:30AM

- 10/21 Discover Live: London, England 11AM
- 10/22 Discover Live: Falun, Sweden 10AM
- 10/23 Pizza or Chef Salads 11AM
- 10/23 Bunko 12PM
- 10/27 Vestal Senior Club Meeting 12:15PM
- 10/28 October Birthday Celebration 12PM
- 10/29 Left Right Center Dice Game 12PM
- 10/30 Halloween Party 10AM Come dressed up if you wish!



Downsize & Declutter Discussion with Joan

“What is the best way to clear out items I no longer need?”

If you've asked yourself this, you aren't alone. We often hold onto things hoping they'll find a second life, but tracking down a new home for every item isn't always realistic. When you're unsure, sending those items to standard waste collection is a safe, practical way to declutter.

Learn more on Tuesday, October 13th at 3PM at the Broome West Senior Center or on Zoom.

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

Why is it important to have an Office for Aging ID card? Do you have other questions for Office for Aging?

The Office for Aging Information & Assistance staff will be available to answer your questions! We are also asking all senior center participants to complete an Office for Aging ID card application. The OFA ID card application helps us meet a federal mandate requiring us to collect demographic information about older people who reside in Broome County. This information helps the aging network advocate for funding that is needed for services that help older adults remain independent in their homes for as long as possible.

Do you already have an OFA ID Card? It would be yellow if you are 65+ or blue if you are between 60 and 65 years old. If yes, we are updating participant information this year. If you don't have an OFA ID Card and are 60 years or older, it is a perfect time to apply.

OFA has its own ID cards for many reasons. You can use your yellow or blue OFA ID card to utilize the OFA Minibus transportation, the senior center meal program, senior center activities and Farmers Market Coupons.

OFA interns and staff will be at the following senior centers this month to answer questions and help register for a new OFA ID card or update your current card. Please call **607-778-2411** if you have any questions.

Date	Time	Senior Center
10/22/26	11 – 12PM	First Ward located at 226 Clinton Street in Binghamton
10/28/26	11 – 12PM	Johnson City located at 30 Brocton Street in Johnson City

Special Events at the Centers

Broome West Senior Center

Thursday, October 8th
Oktoberfest

Meal served at 4PM
David Hores on Accordion at 5PM

Our kitchen will be making an authentic German meal! Please call the senior center at 607-785-1777 by Monday, October 7th at Noon.

Chenango Bridge Senior Center

Monday, October 12th at 12PM
Autumn Bucket List

Come plan out all the things you want to enjoy over the next few months!

Deposit

Every Tuesday 1 – 2PM
Bingo!

Eastern Broome

Friday, October 23rd beginning at 10AM

26th Anniversary Celebration and Volunteer Recognition

Join us as we celebrate our center, the fun we have and the volunteers that make it happen!

Meal reservations are required, please call the center at 607-693-2069 by Thursday, October 22nd at noon.

First Ward

Thursday, October 8th at 11:30AM
Grill Day with Entertainment by David Hores

Grilled Reuben Sandwiches, Mac Salad and Tater Tots. Please call the center at 607-729-6214 to make your meal reservation by Wednesday, October 7th at noon.

Johnson City

Saturday, November 7th
Fall Bingo Bash

Doors Open 3PM
Board Sales 4 – 5PM
Games Played 5 – 8PM

Broome West Senior Center Closure

The Broome West Senior Center will be temporarily closing for construction. The proposed start date will be **Monday, October 19th**. We anticipate the senior center to be closed for approximately one month. The senior center will have new flooring installed. October 19th is the proposed closing date so please continue to check with the senior center and Office's for Aging's Facebook page for more details.

While the senior center is closed, we will be offering drive-up take-out meals. Reservations are required for the meals. **Please call 607-785-1777 by noon the day before you plan to pick up your lunch.**

These meals will be offered at the same voluntary, suggested contribution of \$4 for people age 60+ and their spouse of any age. People under age 60 **cannot** participate in the drive-up take-out meals.

Broome County has a total of eight senior centers. If you prefer to dine in for your lunch or are looking for in-person activities, you can visit a different center of your choosing. You can find the center listings on the Looks What's Happening section of this publication.



Mark Your Calendar! Upcoming Community Events

Local Library Book Sales

George F. Johnson Memorial Library
1001 Park Street, Endicott
Friday, October 2nd 10 – 4PM
Saturday, October 10th 10 – 2PM
Friday, October 16th 10 – 4PM
Cash only. For more information, please visit
<https://www.gfjlibrary.org/friends/>

Broome County Public Library
185 Court Street, Binghamton
Friday, October 9th 10 – 2PM
Saturday, October 10th 10 – 1PM
For more information, please visit
<https://www.thebcpl.org/events/upcoming>

First Friday at Roberson Museum

30 Front St, Binghamton
Friday, October 2nd 5 – 9PM

Experience all of Roberson's exhibitions in art, history, and science (including a show in the area's only planetarium) for just \$4 on the first Friday of every month! Part of Broome County Arts Council's First Friday Art Walk.

First Friday Art Walk

Downtown Binghamton
Friday, October 2nd 6 – 9PM

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.

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!

CHOW Fest 2026

Oakdale Commons
601-635 Harry L. Drive, Johnson City
Saturday, October 3rd 12 – 3PM

Join us at the Oakdale Commons for a fun-filled afternoon supporting a great cause! The CHOW Fest has three important goals: to increase awareness about hunger in Broome County, to raise funds to provide food to our neighbors in need and to uplift our community and have fun! Come join the fun with live music, games and activities, family fun, delicious food, and more.

Craft and Collectibles Show

American Legion Post 1645
177 Robinson Street, Binghamton
Saturday, October 10th 9 – 2PM

Come check out a variety of craft and collectible vendors.

Real Love – Kenny & Dolly Tribute

Firehouse Stage
48 Willow Street, Johnson City
Saturday, October 10th 7PM

Experience an evening with America's favorite country duo! The Real Love: Kenny Rogers & Dolly Parton Tribute features Alan Turner and Laurie Lynn, who will take you on a musical journey through five decades of hits, just the way Kenny and Dolly did it. The magic of country music comes alive with two award-winning tribute artists who embody the charm, vocals and onstage chemistry of the original duo. For tickets and more information, please call 607-772-2404, ext.1.

Cruise In

Cider Mill
2 Nanticoke Ave, Endicott
Tuesday, October 13th & 27th 6 – 8PM

Any and all cars and clubs are welcome to attend. The Cider Mill will be open for shopping during the cruise in. Hot dogs and hamburgers will be available for purchase. Sponsored by Six Star Sovereigns.

Brats, Brews, & Bands

Binghamton German Club
218 Loughlin Road, Binghamton
Friday, October 16th 5 – 9PM

Come join a celebration of German culture in America! Dinner will consist of bratwurst, sides, and desserts – starting at 6PM. A live band will be held upstairs.

Broome Age-Friendly Project Survey of Adults Age 55+

The Broome Age-Friendly Project has been working to improve the livability of Broome County for older adults and people of all ages. If you're age 55 or older, please take a few minutes to complete our Age-Friendly Survey.

By completing this survey, you will help us define priority areas for the 2027-2030 action plan and ensure our efforts continue to reflect the needs and ideas of older adults in our community.

Simply scan the QR code to get started or call for a paper survey.

Thank you for your participation! Questions or comments can also be directed to 607-778-2411.

Broome Age-Friendly Project
Survey of Adults Age 55+



TECHNOLOGY Q&A

Q: "What is the Emergency Medical ID feature on my smartphone, and how do I set it up so paramedics can see it from my lock screen?"

A: The **Emergency Medical ID** feature acts as a digital medical alert bracelet built directly into your smartphone. In an emergency, paramedics, doctors, or first responders can view crucial details, such as allergies, medical conditions, medications, blood type, and emergency contacts, directly from your phone screen without needing your passcode.

Here is how to set it up on your phone:

For iPhone Users:

- 1. Open the built-in **Health** app.
- 2. Tap your profile picture or icon in the top-right corner, then select **Medical ID**.
- 3. Tap **Edit** and enter details like allergies, current medications, or emergency contact contacts.
- 4. **Crucial Step:** Scroll down to **Emergency Access** and turn on **"Show When Locked"** so the information is visible without unlocking your phone. Tap **Done**.

For Android Users (Samsung, Google Pixel, etc.):

- 1. Open your phone's **Settings** app.
- 2. Tap **Safety & emergency** (or **Safety & privacy** on some models).
- 3. Tap **Medical info** or **Emergency information** to add your conditions, medications, and emergency contacts.
- 4. **Crucial Step:** Ensure the toggle for **"Show when locked"** (or **Emergency Info Access**) is turned ON.

TECHNOLOGY CLASSES THAT COME TO YOUR LOCAL SENIOR CENTER:

- Vestal Public Library comes to the Vestal Senior Center
Wednesday, October 7th & 21st 10:15AM
- George F. Johnson Tech Center comes to the Broome West Senior Center
Wednesday, October 14th 11AM
Topic: Google Earth

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, October 21st from 3 – 4PM at the Johnson City Senior Center
30 Brocton Street, Johnson City

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

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



Conklin Seniors
Contact Linda 607-221-4697

October 21st – Fall Foliage Train Ride and Luncheon – Colebrookvale Railroad

Johnson City Senior Center
Contact Dorothy 607-743-1747

November 17th – Branson Christmas Show & Veterans’ Show
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”

Port Crane Seniors
Contact: Donna 607-648-6071

November 19th – Pines Dinner Theater “Up on the Housetop”

Vestal Senior Citizens Club
Contact Pat 607-797-3908

September 18th – 25th 2027 New England Cruise to Nova Scotia (Sign up 10/1 11:30 – 1:30PM)



**Nature Walking Club**

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!

October 8th 10AM – Tween Lakes Chenango Valley State Park. Park at Tween Lakes Pavilion.

October 22nd 10AM – Choconut Creek Trail. Park at Weis on Main Street, Vestal, closest to the bridge over the Choconut.

November 12th 10AM – Binghamton University Nature Preserve. Take Murray Hill Road to Washington Drive and park at the top of Lehigh Ave.

December 10th – Brick Pond, Owego. Park in main parking area on East Front Street.

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. These are free classes, and no reservations are required.

October 13th 2:30PM

Virtual walking tour through **Barbados, Caribbean** (streamed to the Johnson City Senior Center)

October 14th 10:30AM

Virtual walking tour through **Coupvray, France** (streamed to the Northern Broome and Vestal Senior Center)

October 15th 12:30PM

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

October 21st 11AM

Virtual walking tour through **London, England** (streamed to the Johnson City, Northern Broome, and Vestal Senior Center)

October 22nd 10AM

Virtual walking tour through **Falun, Sweden** (streamed to the Deposit, Johnson City, and Vestal Senior Center)

October 27th 1:30PM

Virtual walking tour through **Delhi, India** (streamed to the Johnson City Senior Center)



**Broome West Senior Center
22nd Annual Holiday Craft Show**

2801 Wayne Steet, Endwell
(off Watson Blvd.)

Saturday, October 17th | 10 - 3PM

Come enjoy a unique variety of handcrafted items!

- Delicious Food
- Door Prizes
- Awesome Bake Sale

Free admission.

All proceeds benefit the
Broome West Senior Center Site Council

Please call **607-785-1777**
with any questions.

Foster Grandparent Spotlight: Meet Soo Eng Khoo



For over two decades, Soo Eng Khoo has been a constant source of warmth, wisdom, and support for local students. As a volunteer with the Foster Grandparent Program for 21 years, "Grandpa Khoo" has dedicated his time to helping young learners grow, learn, and thrive. For 20 of those years, he has been a beloved fixture at Horace Mann Elementary, where he currently spends his days supporting second-grade students alongside teacher Beth Baldwin.

Khoo's daily routine in the classroom keeps him right in the middle of the action. Whether he is helping students work through math problems, reading stories, playing educational games, or simply listening when a child needs a sympathetic ear, his presence makes a difference. Khoo shares that his favorite part of volunteering is talking with the children and helping them work through their challenges, adding that the greatest benefit of the program is straightforward: "I have the opportunity to help children."

In addition to academic and emotional support, Khoo brings a rich perspective to the classroom, sharing insights from his own background and heritage.

When he isn't in the classroom, Khoo enjoys spending his free time reading, with a particular passion for history. But once the school bell rings, his focus returns to the students who adore him. Through his 21 years of dedicated service, Soo Eng Khoo proves just how transformative that connection between generations can be.

If you are interested in becoming a Foster Grandparent, please call **607-778-2089**.



**Where care
is a career,
and home is
a community.**

At Willow Point Rehabilitation & Nursing Center, we believe that exceptional care starts with exceptional people. We built a community where dedicated professionals love what they do, so our residents love where they live.

NOW HIRING!

607-763-4400
<https://willowpointrehab.com/careers/>

 **Willow Point**
Broome County Rehabilitation & Nursing Center

Lunch Program Feedback

We value your feedback on the Senior Centers and the lunch program. We did receive some comments that the menus are repetitive. This is true. The menus are planned for an 8-week rotation. We try to honor new suggestions and add items to the lunch menu if feasible. If you'd like to share your thoughts about the menu, please consider signing up for Blooming Health. Blooming Health is a communications platform Office for Aging uses to send information on what is happening at the centers. We also use it so send monthly surveys to different senior centers participants.

You can join Blooming Health by completing an Office for Aging ID application or ask the senior center Site Supervisor for an enrollment form.



CAREGIVER CORNER

Ideas and information for people caring for others.

The Broome West Caregiver Chat:
Date: Wednesday, October 14th 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, October 3rd 11 – 2PM • First Saturday of the Month
St. Anthony's Church Hall • 300 Odell Ave, Endicott • 607-754-4333

Saturday, October 10th 1 – 4PM • Second Saturday of the Month
Grace's Place: Grace Lutheran Church • 709 Main St, Vestal • RSVP 607-748-0840
Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

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

Saturday, October 24th 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament • 465 Clubhouse Rd, Vestal • 607-778-2946

Volunteer with The Yesteryears Program!

Looking for a meaningful way to share your talents and give back to your community? The Yesteryears Program is looking for caring volunteers to help brighten the days of local seniors!

Your time can bring joy, spark fond memories, and build lasting friendships for socially isolated or memory-impaired seniors aged 60 and older. Whether you have a specific skill to share or simply a warm heart and friendly smile, you can help an older adult feel seen, valued, and connected.

Who Can Volunteer?

- Students: Earn community service hours while gaining rewarding experience and connecting with local seniors.
- Stay-at-Home Parents: Share your time and talents in a fulfilling way during school hours.
- Senior Volunteers: Stay active, give back, and enjoy the companionship of fellow community members.

Special talents welcome! While all volunteers are appreciated, we are especially looking for individuals who are:

- Crafty: Share your love of art, crafts, and creative projects.
- Bilingual: Help bridge language barriers and foster cultural connections.
- Musically Talented: Sing, play an instrument, or lead fun music activities.

Program & Contact Details The Yesteryears Program operates Monday through Friday, from 8:30 a.m. to 3:30 p.m. at 2801 Wayne St, Endwell, NY 13760.

Be a part of something that truly matters—your time and talent can bring immense joy to a senior in our community. To learn more or to sign up, please contact Shellie Spinelli at **607-785-0494**.



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” card games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!

Respite Success Story:
A Well-Deserved Vacation

One daughter cared for her father at home for more than 10 years, balancing the needs of her own family while helping him remain in the community. During that time, she had not taken a vacation.

She began using the Yesteryears Program three days a week, giving herself regular time to rest and manage other responsibilities. Her father enjoyed attending and later participated in several Social Saturday respite programs as well.

Staff discussed the option of a two-week in-facility respite stay. At first, she was hesitant, but she eventually decided to try it.

When she returned from her vacation, she described the experience as “a godsend” for both herself and her family. She was able to spend quality time with her loved ones, while her father enjoyed what he called “going to camp.” Although there was a brief adjustment period, the respite stay proved to be a positive experience for everyone involved.

These stories remind us that respite care benefits both caregivers and those receiving care. Taking time to recharge helps caregivers continue providing compassionate support while enhancing the well-being and quality of life of the entire family.

If you would like to information regarding available respite programs contact Shellie Spinelli **607-778- 2946**.



Recipes

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

BELL PEPPER NACHOS

Ingredients

- 4 bell peppers
- 1 cup salsa
- 2 teaspoons seasoning (try a mixture—chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked meat (chopped or shredded), beans or tofu
- 1 cup reduced fat shredded cheese



Directions

1. Preheat oven to 350 °F.
2. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.
4. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.
5. Refrigerate leftovers within 2 hours.

<https://medlineplus.gov/recipes/bell-pepper-nachos/>

BLACK BEAN SOUP

Ingredients

- 1 Tablespoon vegetable oil
- 1 small onion chopped (about 1 cup)
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 can (15 ounces) diced tomatoes
- 4 cups black beans, about 2 cans (15 ounces) cooked or canned (with liquid)
- 2 potatoes, peeled and diced
- 4 cups water
- 1/2 cup fresh cilantro, chopped
- 1 Tablespoon cumin
- 1/3 cup lime juice or juice from 1 lime
- hot sauce to taste



Directions

1. Heat oil in a large pot over medium-high heat. Sauté the onion for 2 minutes. Add the garlic and tomatoes and cook for 2 minutes. Stir often.
2. Add the beans, potatoes and water. Bring to a boil; then reduce to medium-low heat. Cover and cook for 20 minutes.
3. Add the cilantro, cumin, lime juice and hot pepper sauce, if desired. Stir and cook for 10 minutes. Serve hot.
4. Refrigerate leftovers within 2 hours.

<https://medlineplus.gov/recipes/black-bean-soup/>

PUMPKIN BREAKFAST COOKIES

Ingredients

- 3/4 cups cooked, pureed pumpkin (15 ounce can)
- 1 cup packed brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 1/2 cups flour
- 1 1/4 cups whole-wheat flour
- 1 Tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 cup raisins
- 1 cup chopped nuts (any type)



Directions

1. Preheat oven to 400 °F.
2. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well until smooth.
3. In another bowl, stir together the flours, baking powder, cinnamon, nutmeg, ginger and salt. Add to the pumpkin mixture and mix well.
4. Stir in raisins and nuts.
5. Drop the dough by a tablespoon on to a greased baking sheet, 1 inch apart.
6. Gently flatten each cookie with the back of a spoon.
7. Bake 10 to 12 minutes until tops are dry and begin to brown.

<https://medlineplus.gov/recipes/pumpkin-breakfast-cookies/>

QUINOA SALAD

Ingredients

Salad:

- 1 cup dry quinoa
- 2 cups water or low-sodium vegetable broth
- 2 large carrots, diced
- 3 large celery stalks, diced
- 1 large red bell pepper, diced
- 3 green onions, sliced
- 3 Tablespoons minced parsley

Dressing:

- 1/2 cup rice vinegar
- 2 Tablespoons water
- 1 Tablespoon vegetable oil
- 2 cloves garlic, finely chopped or 1/2 teaspoon garlic powder

Directions

1. Rinse the quinoa in a fine-mesh wire strainer under running water for 1 minute.
2. Bring the water or broth and quinoa to a boil in a 2 to 3-quart saucepan. Lower the heat, cover, and simmer for 15 minutes. Refrigerate until cool.
3. While quinoa is cooling, combine all the vegetables in a salad bowl.
4. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients. Add to the vegetables.
5. Add quinoa and stir gently to combine.
6. Refrigerate leftovers within 2 hours.

<https://medlineplus.gov/recipes/quinoa-salad/>





Don't Miss the Call

At Office for Aging, we want to ensure you receive the services and support you need without interruption. One of the biggest obstacles our caseworkers face is a **full voicemail box**.

When your caseworker or a service provider calls to check in, update your care plan, or schedule a delivery, they need to be able to leave a message if you aren't available. If your voicemail box is full, we cannot leave important instructions or request a call back.

Why It Matters:

- Regular contact with your caseworker is a requirement for many of our programs.
- If we are unable to reach you over an extended period, it may be interpreted as a "loss of contact." This puts you at risk of having your services suspended or closed.
- Many services, such as transportation or meal deliveries, require quick confirmation to ensure you stay on schedule.
- It is also vital that medical providers are able to reach you regarding rescheduling appointments or sharing important test results.

What You Can Do:

- Listen to your messages at least once a day.
- Once you have heard a message and taken note of the information, delete it to make room for the next one.

If you are unsure how to clear your voicemail, ask a family member or friend for assistance, or look at the "Technology Corner" of this edition for technology assistance from local libraries.

If you think you may have missed a call from us, please contact the Office for Aging at **607-778-2411**.

Fire Prevention Week: "Safe Charging is a Superpower"

Many devices used in our daily lives – phones, tablets, laptops, tools, toys, e-bikes, and scooters—run on rechargeable lithium-ion batteries, which store a lot of energy in a small space. If they are damaged or charged the wrong way, they can overheat, start a fire, or even explode.

The way you charge your lithium-ion battery devices can make a difference in helping prevent home fires. It comes down to using simple habits each time you plug in.

- Use the cord and charger that came with your device or one approved by the manufacturer. Using the wrong charger can damage the battery and increase the risk of fire.
- Charge devices on a table, desk, or other hard, flat surface. Do not charge them on beds, couches, or under pillows. Devices and chargers produce heat during normal charging. Soft surfaces can trap heat and block airflow, which can cause the battery to overheat.
- Stop using your device if it feels very hot, starts to swell, is smoking, or has a strange smell. These are warning signs that the battery may be damaged or failing.
- Unplug your device when it is fully charged. Do not leave it plugged in longer than needed. Leaving a device plugged in too long can increase heat and stress on the battery.
- Charge larger items like e-bikes, scooters, and power tools outside and away from exits. These batteries are larger and store more energy. If they fail, fires can grow quickly and spread.



Homeland Security and Emergency Services
Office of Fire Prevention and Control

What To Know About High Blood Pressure as You Age

Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at www.nia.nih.gov/high-blood-pressure.



National Institute
on Aging

Ask the Office

“What are some guidelines I can use to be sure that my medication list is up-to-date and organized?”

When was the last time you did a full inventory of what you’re taking? Taking a little time to review your medications isn’t just about keeping things organized it’s a vital step in protecting your health, preventing accidental mistakes, and ensuring your treatment plan is working for you.

Here are a few key steps to help you "check your meds" and keep your health on track:

• Toss Out Expired Medications and Supplements

Just like the food in your pantry, medications and dietary supplements lose their potency over time. In some cases, expired medications can even degrade and become harmful or unsafe to consume.

Inspect every prescription bottle, over-the-counter box, and vitamin container for an expiration date.

Don't toss old pills directly into the trash or flush them down the toilet unless specifically instructed. Look for local medication drop-box locations—often available at local pharmacies, police departments, or community health centers.

• Know Why You Take Each Medication

It’s easy to get into the habit of taking a pill every morning simply because it’s part of your daily routine. However, it is essential to know the specific purpose behind every prescription, over-the-counter pill, and supplement you ingest.

- Can you name what each pill is for?
- Do you know the correct dosage and time of day to take it?
- Do you know whether it should be taken with food or on an empty stomach?

• Create an Up-to-Date "Medication List"

Keep a complete, written list of everything you take in your wallet, purse, or on your refrigerator. Include:

- The name of the medication or supplement
- The exact dosage (e.g., 20 mg)
- How often you take it
- The reason you take it

Having this list handy is invaluable during routine doctor appointments and can save critical time in the event of a medical emergency.

Set a date for this month where you, or your caregiver, can review your medications.

Meals on Wheels Volunteers Needed!

Help make a difference in your community by volunteering with Meals on Wheels! We deliver meals Monday through Friday, from 11:00 a.m. to 1:00 p.m. Volunteers can choose the day or days that work best for their schedule. We are looking for both drivers and visitors to help deliver nutritious meals and provide a friendly connection while allowing clients to stay independent in their homes.

- **Drivers:** Use your own vehicle to deliver meals. Mileage reimbursement is provided.
- **Visitors:** Join a driver and help bring meals to the door along with a friendly smile and daily check on the clients.

Whether you can volunteer once a week or several days, your time can make a meaningful difference. Call the Meals on Wheels office at **607-778-6206** if you would like to become a part of an amazing group of caring people.



Scam Protection

Navigating Medicare Open Enrollment: Protecting Yourself from Scams

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

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

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

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

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



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 **607-778-2089** for more information.

- **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.

- **BC Transit**
Do you enjoy driving and working with people? Work part time as a Van Operator for BC Transit. Great opportunity for retirees!
 - Drive a 16-passenger van and transport riders for medical appts, shopping, and other life needs.
 - Most riders are senior citizens and persons with disabilities.
 - Part time positions are 3-4 days per week.
 - Paid comprehensive training, with great wages.
 - Starting pay is \$18.53/hour
 - EEO/AA females and minorities encouraged to apply.
 - Apply at BC Transit 413 Old Mill Rd, Vestal NY.
 - Call **607-763-4926** for more information.

- **Willow Point Rehabilitation & Nursing Center Hiring for the following positions:**
 - * Clinical Care Coordinator
 - * Unit Aides
 - * LPNs: Full-Time, Part-Time, Per Diem
 - * CNAs: Full-Time, Part-Time
 - * Supervising Nurses II: Full-Time, Part-Time, Per Diem
 - * Maintenance Mechanic
 - * Custodial Workers
 - * Laundry
 - * Health Information Technician
 - * Senior Leisure Activity Leader
 - * Clerk

For more information, please call **607-763-4400** or visit <https://willowpointrehab.com/careers>



Understanding Substance Use Disorder & Finding Support

Substance Use Disorder (SUD) is a complex medical condition, not a personal flaw or character weakness. It affects individuals from all walks of life, altering brain chemistry and making it difficult to control the use of alcohol, prescription drugs, or other substances.

If you are struggling with substance use, please know that recovery is entirely possible, and you do not have to navigate it alone. Recognizing that you need support is a sign of strength. Healing begins with reaching out to professionals who can guide you toward safe treatment options.

If you are supporting a loved one through SUD, the journey can feel overwhelming. It is natural to feel worried, frustrated, or uncertain about how to help. You can offer crucial support by listening without judgment, learning about addiction as a health condition, and encouraging them to seek professional care. Equally important is protecting your own well-being—setting healthy boundaries and seeking support for yourself allows you to remain a sustainable source of care.

Whether you are seeking recovery for yourself or navigating a loved one's struggle, help and confidential guidance are always available.

National Resources

- **SAMHSA's National Helpline: Call 1-800-662-HELP (4357)** or visit findtreatment.gov. A free, confidential, 24/7 treatment referral and information service (available in English and Spanish) for individuals and families facing mental health or substance use disorders.
- **988 Suicide & Crisis Lifeline:** Call or text **988** (available 24/7) for free, immediate, and confidential support during a mental health or substance use crisis.
- **Al-Anon Family Groups:** Visit al-anon.org for support groups specifically designed for family members and friends of individuals struggling with alcohol or substance use.

We Want to Hear From You!

What topics or questions would you like to see covered in upcoming Mental Health Corner columns? Send your ideas and suggestions to OFA@broomecountyny.gov or call **607-778-2298**.

Medicare Open Enrollment Fall 2026

We are officially in the first month of Medicare Open Enrollment which takes place from October 15th – December 7th. In September, all Medicare Advantage Plans and Prescription Drug Plans are required to mail beneficiaries an Annual Notice of Change Letter. You want to read that letter from your plan's company to find details about your plan's benefits, copays and drug coverage for the upcoming year and to be sure your plan will not be terminating at year's end. If you receive a letter that your plan is terminating, you need to do something before the end of the year to assure you have continuous coverage for 2027.

We encourage all Medicare beneficiaries to review their plans each year during open enrollment as that is the one time all Medicare beneficiaries can change their health care selection. If you like your plan and it is not ending in 2026, you can call the company you have your Medicare with to understand how their changes would affect you in 2027. For others who are losing their plan or need help, Action for Older Persons (AOP) offers no-cost, unbiased Medicare insurance counseling. We offer both in-person and phone appointments with one of our highly trained counselors to review your Medicare coverage. Please understand, we will do our best to accommodate all who need help during Open Enrollment but the demand for our services is high. Call soon if you need an appointment. AOP's phone number is **607-722-1251**.



Taking Medicines Safely as You Age

Medicines are intended to help us live longer and healthier, but taking medicines the wrong way or mixing certain drugs and supplements can be dangerous. Older adults often have multiple medical conditions and may take many medicines, which puts them at additional risk for negative side effects. Read on to learn how to safely take and keep track of all your medicines.

Starting a New Medicine

Talk with your health care provider before starting any new prescription, OTC medicine, or supplement, and ensure that your provider knows everything else you are taking. Discuss any allergies or problems you have experienced with other medicines. These might include rashes, trouble breathing, indigestion, dizziness, or mood changes. Make sure your doctor and pharmacist have an up-to-date list of your allergies so they don't give you a medicine that contains something that could cause an allergic reaction.

You will also want to find out whether you'll need to change or stop taking any of your other prescriptions, OTC medicines, or supplements, while using this new medicine. Mixing a new drug with medicines or supplements you are already taking might cause unpleasant and sometimes serious problems. For example, mixing a drug you take to help you sleep (a sedative) and a drug you take for allergies (an antihistamine) can slow your reactions and make driving a car or operating machinery dangerous.

When starting a new medication, be sure to write down the name of the drug, the dose, and why it's being prescribed for you. Also, make note of any special instructions for how to take the medicine. For many drugs, this information is included on the bottle or prescription label.

Medication Side Effects

Unwanted or unexpected symptoms or feelings that occur when you take medicine are called side effects. Side effects can be relatively minor, such as a headache or a dry mouth. They can also be life-threatening, such as severe bleeding or damage to the liver or kidneys.

Some side effects may appear when you start taking a medicine but get better with time. Others occur occasionally. But some side effects may be ongoing while you're on the medication. If you have uncomfortable side effects, don't stop taking your medicine before you talk with a health care provider. Write them down so you can report them to your doctor or pharmacist accurately. Call your doctor right away if you have any problems with your medicines or if you are worried that the medicine might be doing more harm than good. Your health care provider may be able to prescribe a different medicine or help you deal with side effects in other ways.

Generic or Brand Name: What's the Difference?

A generic drug is a medication created to work the same way and have the same effects as an already marketed brand-name drug. Generic drugs and their brand-name equivalents contain the same **active ingredients**, which are the parts of the medicine that make it work. A generic drug is just as safe, and is of equal strength and quality, as a brand-name drug. You take a generic drug the same way as a brand-name drug. Generic drugs are usually less expensive than their brand-name counterparts, and they are more likely to be covered by health insurance.

For more information, please visit <https://www.nia.nih.gov/health/medicines-and-medication-management/taking-medicines-safely-you-age>

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• ANSWERS •

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

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

– Frank Lloyd Wright

October 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.*

Maya Angelou's words—"Try to be a rainbow in someone else's cloud" <i>Come to one of Broome County's eight senior centers and be someone's rainbow and let them be yours!</i>			Halupki 10/1 OR Marinated Chicken Mashed Potatoes Carrots Pumpkin Pie	Pulled Pork 2 OR Beer Battered Fish Four Cheese Mac n Cheese Coleslaw Pears
Classic Beef Chili 5 Baked Potato Wax Beans Pears	Salisbury Steak 6 OR Shrimp Scampi Brown Rice Pilaf Winter Squash Peaches	Roasted Chicken Thigh 7 Bread Dressing Diced Beets Apple Pie	Ham & Swiss on Rye 8 Navy Bean Soup Mandarin Oranges Peanut Butter Cookie	Rst Pork w/Cranberry 9 OR Broiled Fish w/Lemon Parmesan Rosemary Potatoes Spinach Apricot Halves
Chicken Parmesan 12 Baked Potato Cut Green Beans Chocolate Chip Cookie	Grandma's Meatloaf 13 Cheesy Mashed Potatoes Country Blend Vegetables Mandarin Oranges	BBQ Chicken Breast 14 OR Halupki w/Sauce Mashed Potatoes Carrots Pumpkin Streusel	Lasagna Soup 15 Deluxe Garden Salad Cottage Cheese Pineapple	Sausage Link 16 OR Beer Battered Fish Mashed Potatoes Peas Apple Crisp
Meatball Parmesan Sub 19 Sausage Florentine Soup Pears Ice Cream Cup	Kielbasa 20 OR Herbed Broiled Fish Pierogies w/Onions Cut Green Beans Chocolate Pudding	Chicken Salad 21 Croissant Stuffed Pepper Soup Mandarin Oranges Cranberry Oatmeal Cookie	Pub Burger 22 Baked Beans Carrots Strawberry Shortcake	Teriyaki Chicken 23 OR Citrus Broiled Fish Four Cheese Mac n Cheese Stewed Tomatoes Fresh Apple
Manicotti 26 Italian Green Beans Cauliflower w/Parsley Banana	Honey Ginger Chicken 27 Roasted Potatoes Carrots Applesauce	Baked Ham 28 OR Broiled Fish w/Lemon Scalloped Potatoes Brussels Sprouts Carrot Cake	Halupki 29 OR Grandma's Meatloaf Mashed Potatoes Cut Green Beans Sherbet Cup	Halloween Party! Pulled Chicken 30 OR Beer Battered Fish Cheesy Mashed Potatoes Peas & Carrots Mint Chocolate Cream Pie

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



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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.

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