



Visit Our Website at www.gobroomecounty.com/senior



Thank You Veterans

VETERANS DAY ARTICLE HIGHLIGHTS:

Find out how the OFA is celebrating Veterans Day on page 2.

Find out more about Veterans Day on page 13.

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 November, we will be visiting New York City, Venice, and Edinburg. These are free classes, and no reservations are required.

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



November 1st 12PM
Broadway to Battery, NYC
(streamed to the Vestal Senior Center)



November 20th 11AM
Venice, Italy
(streamed to the Johnson City Senior Center)



November 21st 11AM
Edinburg, Scotland
(streamed to the Broome West Senior Center)

THANKSGIVING LUNCHEON

Enjoy a traditional Thanksgiving dinner with all the fixings at a Broome County Senior Center!

Celebrate on Wednesday, November 20th around noon at local senior centers or Thursday, November 21st at the Deposit Senior Center.

We make this day fun and festive, so call the senior center of your choice to make your lunch reservation by noon at least one day in advance. Find phone numbers listed in the "Look What's Happening at the Centers!" section.

The suggested contribution for lunch is \$5 for those age 60+ and spouse of any age. For those under age 60, the lunch charge is \$6. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.



2024 Senior News Holiday Recipe Contest
Turn to page 6 for information on how to submit your favorite recipe.

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

Like Us! Follow Us!

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

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

HEALTH AND WELLNESS

WEEKLY ACTIVITIES

Chair Yoga

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

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

Beginner Gentle Yoga

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

Monday 9:30AM East. Broome Sr. Center (Harpurville)
 Monday 9:30AM Johnson City Senior Center (\$3 charge)
 Friday 10:00AM Johnson City Senior Center (\$3 charge)

Bonesaver Class

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

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)
 Mon & Wed 1:00PM Johnson City Senior Center
 Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)
 Wednesday 10:00AM Broome West Senior Center (Endwell)

Line Dancing

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

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

Zumba

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

Mon & Fri 9:30AM First Ward Senior Center (Binghamton) (\$3)
 Tuesday 10:30AM Johnson City Senior Center (\$3)

Low-Impact Aerobics

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

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

Tai Chi

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

Thursday 1:00PM Johnson City Senior Center (\$3 charge)
 Weds & Fri 9:00AM Chenango Bridge Senior Center (In Person or Zoom)
 Friday 9:30AM East Broome Sr. Center (Harpurville)

Chair Exercise

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

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)
 Tues & Fri 12:30PM Johnson City Senior Center

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

Virtual Zoom Classes



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

ZOOM Chair Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM

*** OFFICE FOR AGING PRESENTS ***



VETERANS RECOGNITION & REMEMBRANCE AT SENIOR CENTERS

WEDNESDAY, NOVEMBER 6TH

All veterans and their families are invited to a special Veterans Recognition and Remembrance at local senior centers on Wednesday, November 6th.

Senior centers are offering a variety of activities to honor your service to our country including recognition ceremonies and music. A delicious meal will be served around noon.

All veterans will receive a complimentary lunch.

For all others, the suggested contribution for lunch is \$4 for those age 60+ and spouse of any age. For those under age 60, the charge is \$5. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.

Please call the senior center of your choice to make a lunch reservation by noon on Tuesday, November 5th. Find the phone number of the senior center nearest you listed on the Look What's Happening at the Centers section of this Senior News publication. We hope to see you there!

The Deposit Senior Center will hold a special Veterans Dinner on Thursday, November 14th. Please reserve by Tuesday, November 12th.

LOOKING FOR A NEW FUN ACTIVITY?

Broome County Office for Aging invites you to join the fun. Beginning Nov. 25th. BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise.

Mondays and Wednesdays at 1:00PM

Bingo + Exercise = Bingocize
 Pre-registration is required by Nov. 22nd.
 To sign up please contact Bridget at (607) 778-2411.

Attend at the Chenango Bridge Senior Center: 740 River Road, Binghamton
 Located in the First United Methodist Church of Chenango Bridge

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Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, November 4, 2024 **Time:** 1:00 - 2:30 PM

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

SOCIAL SATURDAYS

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

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

**Saturday, November 2nd 11-2PM • First Saturday of the Month
St Anthony's Church Hall: 300 Odell Ave, Endicott • RSVP 607-754-4333**

**Saturday, November 9th 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, November 16th 11 – 2PM • Third Saturday of the Month
St. Mary's Church Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086**

**Saturday, November 23rd 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Church: 465 Clubhouse Rd, Vestal • RSVP 607-778-2946**

WEDNESDAY RESPITE

**Wednesday, November 13th 10:30 – 1:30PM • Second Wednesday of the Month
India Cultural Center: Route 26, Vestal • RSVP 607-624-6587**



*"We can't direct the wind, but we can adjust the sails."
— Thomas S. Monson*



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

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

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



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

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



Call NY Connects 1-800-342-9871

Obtaining Peace of Mind through Estate Planning and Advanced Directives

Do you know about planning for end of life or long-term care? Do you have or need a health care proxy? What about a will?

The Broome County Office for Aging Caregiver Services will be hosting a presentation that will help to answer these questions. There will be two presenters, Nancy Kline from Coughlin and Gerhart LLP, and Karen McMullen from Levine, Gouldin and Thompson LLP.

Nancy Kline will be presenting on Advanced Directives: Power of Attorney, Health Care Proxies and Living wills. Karen McMullen will be presenting Should I Give My House to my Kids? Medicaid Eligibility for Nursing Home Care, 5 Year Lookback, Life Estate, and Irrevocable Trusts.

The presentation will take place on November 18th from 11:30-2:00 at the Broome West Senior Center. Lunch will be offered by reservation only.

**Advanced registration is required.
Please call Office for Aging at 607-778-2411 to register.**

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

Time For You

Relax

Recharge

Revive

1st Saturday: St. Anthony's Church Hall 300 Odell Ave Endicott (607) 754-4333	2nd Saturday: Grace Lutheran Church 709 Main St Vestal (607) 748-0840	3rd Saturday: St. Mary's Church of Kirkwood 975 NY Rt 11 Kirkwood (607)775-0086
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4th Saturday:
St. Vincent De Paul
Blessed Sacrament Church
465 Clubhouse Rd Vestal
(607) 778-2946

2nd Wednesday:
Indian Cultural Center
1595 State Rt 26 Vestal
(607) 624-6587

*Call Broome County Office for Aging for more information
(607) 778-2411*



Events at the Centers

Broome West Senior Center

Monday, November 25th
Entertain by Vocalist Gene Civic before Lunch
11AM (Meal served at 12PM)

Please call 607-785-1777 for a meal reservation by 11/22 at noon.

Chenango Bridge Senior Center

Friday, November 15th
Teamwork Day
10 – 1PM

Join a team and play fun games against other teams. Fun is the goal!

Deposit

Thursday, November 7th
Holiday Crafts with Brigitte
11AM

Eastern Broome

Monday, November 18th
Guthrie Mobile Mammography Van
9 – 3PM

Call 607-798-5723 for an appointment, walk-ins are also accepted.

First Ward

Movies at the First Ward
Friday, November 8th
“Planes, Trains and Automobiles” 1PM

Friday, November 22nd
“Grumpy Old Men” 1PM

Free popcorn, soda available for \$.50

Johnson City

Monday, November 4th, 18th and 25th
BINGO!

Board sales 12:30 – 1:30PM
Games Played 1:30 – 4:15PM

Northern Broome

Thursday, November 7th & 21st
Cornhole
10:30AM

North Shore

Wednesday, November 13th
“The Kilmer Family” presentation by Bill Tomic
10:30AM

Vestal

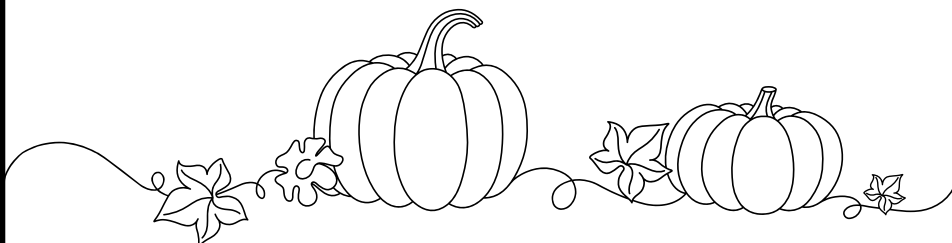
Tuesday, November 12th
Breakfast for Lunch:
Pumpkin Pancakes with Eggs and Sausage!
11AM

Please call 607-754-9596 for a meal reservation.

Senior Center Closings

Monday, November 11th for Veterans Day

Thursday, November 28th & Friday, November 29th for Thanksgiving



Ask the Office

I have recently taken on more caregiving duties, and I am finding it difficult to manage. Is there anyone I can talk to?

The Office for Aging (OFA) recognizes that being a caregiver can be one of the most rewarding yet challenging experiences in life. As a caregiver, you often juggle various responsibilities, from managing medications and appointments to providing companionship, and it's easy to feel overwhelmed. Fortunately, there are support groups and other resources to help you navigate these challenges.

OFA offers a support group for caregivers at the Johnson City Senior Center on the first Monday of every month. This group meets between 1 and 2:30pm. Additionally, Caregivers can attend special educational events held periodically throughout the year to help them learn about various caregiving related topics. More information is available in our monthly publication Senior News and its Caregiver Corner section. You can review a copy of our Senior News at <https://broomecountyny.gov/senior/seniornews> or get a copy at your local senior center.

If this support group does not fit your needs, there are several other support groups available in the area. Many of these groups meet in person or virtually. To find the information visit our website www.gobroomecounty.com/senior or call **607-778-2411** to have a list sent to you.

If you are in need of other services to support you in your caregiver role, please contact the Office for Aging Caregiver Services Program by calling **607-778-2411**. Through the Office for Aging, caregivers can get information over the phone, in the office or in their home to help them understand local services and connect them to programs they may need.

Being a caregiver is a noble yet challenging role, and no one should have to navigate it alone. We at the Office for Aging can provide the necessary support, education, and camaraderie. By reaching out for help and connecting with others, caregivers can enhance their own well-being while providing the best care for their loved ones. Don't hesitate to take the first step—support is out there waiting for you.



Downsize & Declutter Discussion

Did you know there's a term for why our minds seem perpetually cluttered? It's called the Zeigarnik Effect. Essentially it explains that our minds are wired to remember uncompleted tasks better than completed ones. These unfinished tasks become burdens because we allow them to be "urgent" until they are finished.

Learn more at our Declutter Discussion on Tuesday, November 12th at 3PM at the Broome West Senior Center or on Zoom.

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

LEGAL CLINICS

Melissa Krause of the Legal Aid Society of Mid-NY, Inc. will give a short presentation on the basics of general estate planning at the **Chenango Bridge Senior Center on November 4th between 12-1pm** and **Vestal Senior Center on December 4th at 10am**. After the presentation, interested parties, aged 60 and up, may schedule a one-on-one appointment for further services. No pre-registration is needed.

“Mindfulness is simply being aware of what is happening right now without wishing it were different.”

— James Baraz



Mark Your Calendar! Upcoming Community Events

Friends of the Library Book Sales

George F. Johnson Library, 1001 Park Street, Endicott
Friday, November 1st 10 – 4PM • Saturday, November 9th 10 – 2PM
• Friday, November 15th 10 – 4PM

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

First Friday

Downtown Binghamton • Friday, November 1st 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/>

STIC's 3rd Annual Holiday Craft Fair

Southern Tier Independence Center, 135 E. Frederick St. Binghamton
Saturday, November 2nd 10 - 3PM

This exciting event will feature a wide variety of handmade crafts and baked goods from local artisans. It's the perfect opportunity to kick off your holiday shopping early! All proceeds benefit STIC, a nonprofit organization dedicated to providing support, services, and advocacy for children and adults with disabilities, fostering community inclusion and independence. Don't miss out on the Fall Fun—come support a great cause and enjoy a festive day with us!

The Binghamton Philharmonic Orchestra Presents the Dolphins String Quartet

Phelps Mansion Museum, 191 Court Street, Binghamton
Sunday, November 3rd 3 – 4PM

Tickets \$28, <https://binghamtonphilharmonic.org/>

FREE Nutrition Classes with Cornell Cooperative Extension

Union Presbyterian Church
200 E. Main Street, Endicott (use Liberty Ave entrance)
Tuesdays in November (no class on 11/5)
Taking Charge at the Grocery Store (A Series) 9:30 – 11AM

Fenton Free Library

1062 Chenango Street, Binghamton
Wednesdays in November
The Role of Food and Your Health (A Series) 1 – 2:30PM

Kilmer Mansion Guided Tours

9 Riverside Drive, Binghamton
Wednesdays in November
11AM or 6PM • Cost: \$7

Ever wondered what the inside of this magnificent residence looks like? Now you can visit and tour Kilmer Mansion! Advance registration is required with a 24 hour notice, please call 607-723-3931 to register. The first floor of Kilmer Mansion is accessible; however, floors two and three are reached only by using the stairs. We look forward to seeing you at Kilmer Mansion!

NUTCRACKER! Magical Christmas Ballet

Broome County Forum Theater
236 Washington Street, Binghamton
Wednesday, November 6th 7PM
Tickets \$31 and up <https://broomearesnaforum.com/forum/>
Mirabito Box Office at the Broome County Forum Theatre: 607-778-1369

Give the gift of NUTCRACKER! Magical Christmas Ballet! to the whole family. Celebrate America's favorite Christmas tradition with an international all-star cast that blends world class ballet with whimsical puppets, lavish costumes, and stunning acrobatics! Share the tradition of pure Holiday magic and Tchaikovsky's timeless score with friends and family of all ages.

The Cutler Flea Market

Broome County Regional Farmers Market
840 Front St, Binghamton
Sunday, November 10th 9 – 2PM

Indoor curated market of quality antiques and vintage collectibles. Select food and beverage vendors participating.

Broome County Festival of Lights

Otsiningo Park
1 Otsiningo Park, Binghamton
November 14 – January 5th 5 – 10PM
Price is \$25 per carload; \$60 season pass and free admission for Veterans.

Drive through Otsiningo Park and view the spectacular holiday light set up. Also offer fireworks, balloon glows, performances, and other events throughout the scheduled dates.

All is Calm

Tri-Cities Opera, 315 Clinton Street, Binghamton
Friday, November 15th at 7:30PM
Saturday, November 16th at 7:30PM
Sunday, November 17th at 3PM
Tickets are \$40-\$55, purchase online or call the Box Office 607-772-0400
<https://www.tricitieopera.com/>

The Western Front: Christmas 1914. Out of the violence of World War I, a silence, then a song. A German soldier steps into No Man's Land singing "Stille Nacht." Thus begins an extraordinary night of camaraderie, music, and peace. All Is Calm is a remarkable true story in the words and songs of the men who lived it. With stunning a cappella arrangements of carols and folk songs from France, Germany, and England, the opera will be performed primarily in English with English supertitles.

Scam of the Month

Holiday Scams: How to Spot & Avoid Them

The holiday season can be a time of joy and celebration. It is also a prime time for scammers looking to exploit busy and often distracted consumers. With more people shopping online, booking trips, and donating to charities during the holidays, scammers use this opportunity to profit from unsuspecting victims. Protect yourself with these tips:

- **Fake Online Stores & Deals:** Scammers create fake sites that offer heavily discounted prices on popular holiday gifts to lure in shoppers. The sites look legitimate, often mimicking well-known businesses, but once you make a purchase you may receive a counterfeit item, a low-quality version, or nothing at all. To avoid this scam, be sure to shop only from trusted websites. Look for secure payment methods; website addresses beginning with "https." Read reviews and verify the site or online store is legitimate by contacting them directly.
- **Travel Scams:** Scammers target travelers through fake rental listings, fraudulent airline tickets, or nonexistent travel packages. These scams often offer "too good to be true" deals, with large discounts on popular destinations or all-inclusive trips that turn out to be fake. To avoid these scams, always use reputable booking sites or travel agencies. Verify the legitimacy of the travel company or listing through reviews or accreditation.

Continued on Page 7



Let's show off the recipes that everyone looks forward to around the holidays! The winning recipe will be made by the editor, photographed, and included in the January 2025 Senior News.

Feel free to include all types of recipes such as appetizers, desserts, dinner entrées, cookies, and other holiday goodies.

"The most indispensable ingredient of all good home cooking – love for those you are cooking for."
-Sophia Loren

Send your name, phone number, and recipe to:
Broome County Office for Aging
Attention: Senior News
PO Box 1766
Binghamton, NY 13902
Or email ofa@broomecountyny.gov



Eastern Broome

Contact: Arlene 607-759-6306

December 2nd - Nellie's Irish Christmas

First Ward Travel Group

Contact: Liz W. 607-222-8440

November 6 & 7 - Lancaster, PA

Johnson City Senior Center

Contact: Lucy 607-427-6143

December 11th - Koziar's Christmas Village (Sign up by 11/12)

Vestal Senior Citizens Club

Contact: Jean 607-754-4479

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



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

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

Wednesday, November 6th 10 – 12PM
Adventures with Nature in South Africa and Florida
(Johnson City & Vestal only)

Wednesday, November 13th 10 – 12PM
Peek at Greenland
(Johnson City & Vestal only)

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





"Very easy process and set up."
-Subscriber

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

nyuhs.org


Our new updated GPS Lanyard device is smaller and more lightweight

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

Visit nyuhs.org for more information.

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

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LGBTQ+ MEETING:
The next LGBTQ+ meeting will be Wednesday, November 20th, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

Scam of the Month *Continued from Page 5*

- **Charity Scams:** The spirit of giving makes the holiday season the perfect time for scammers to set up fake charities. Beware of people calling, e-mailing, or texting with emotional appeals to ask for donations. To make sure your money goes to the right place, give only to well-known and established charities. You can check the legitimacy of a charity and check the charity's eligibility to receive tax-deductible charitable contributions through the Tax-Exempt Organization Search (TEOS) tool on IRS.gov. Charity Navigator (<https://www.charitynavigator.org>) is also a resource that is a free, independent organization that helps people find and support charities by providing information on their financial health, accountability, and transparency. Avoid making donations through unverified links or unfamiliar callers.
- **Gift Card Scams:** Scammers target shoppers by manipulating gift cards. They may steal card numbers, replace them with fake ones, or hack online gift card systems. Scammers also ask for payment in gift cards, a common red flag. To avoid these scams, only buy gift cards directly from stores. Never buy gift cards from second-hand or third-party sellers. Keep receipts and avoid sharing gift card information online. Never pay for goods or services with a gift card.
- **Phishing E-mails and Texts:** Phishing attacks surge during the holidays, often disguised as shipping notifications, order confirmations, or holiday discounts. Scammers will send e-mails or text messages with malicious links, claiming to be from legitimate companies like Amazon, UPS, or major retailers. To avoid these scams, be very cautious of unsolicited e-mails and text messages, even if they look legitimate. Do not click on these links. Instead, contact the company through their official website or call them. They should have the information you need, and you will have protected yourself from a potential scam.

If you suspect you have fallen victim to a holiday scam, take immediate action. Report the fraud to your financial institution or credit card company. File a report with your local law enforcement agency and the Attorney General's Office. You may also file a report with agencies such as the Federal Trade Commission and Better Business Bureau. Change your passwords on any accounts that may have been compromised and enable extra security measures like two-factor authentication. Continue to monitor your accounts closely for further suspicious activity.

Call Broome County Office for Aging if you have questions at **607-778-2411**.



Join the Nature Walking Club

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

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

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

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

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

**Snow Day Closings:
Senior Centers & Meals on Wheels**

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

A good rule to follow:

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

If the weather looks questionable:

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

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

**INTERGENERATIONAL
Game Time**

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

**November 18th
10:00 AM- 11:00 AM**

Let's play!

Chenango Bridge Senior Center
740 River Road, Binghamton, NY 13901

Christmas Bake Sale

SS Peter and Paul Orthodox Church
210 Hill Ave. Endicott, NY
Saturday, December 14 9:30am - Noon
"Drive Thru" Pick Up Only

Pierogi (potato w/cheese) \$15.00/doz	Kielbasa Smoked Fresh	Bread Raisin \$9.00 Plain \$8.00	Rolls Nut, Apricot, Cheese \$17.00/roll <small>Baked by Royal Bakery, Exeter PA</small>
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Phone Orders only - 607-754-0249
Last Day to Order -Friday, Dec 6th
Limited Quantities - Order Early!

PAID ADVERTISEMENT

"Every time you smile at someone, it is an action of love. A gift to that person. A beautiful thing."

- Mother Theresa

Turkey Potato Salad

Green pepper, onions, and celery give this salad a delicious crunch. Serve chilled on a bed of lettuce or whole grain bread.



Ingredients

- 6 ounces turkey, cooked and diced
- 1/4 cup celery, chopped
- 1 cup potato (cooked, peeled, and diced)
- 1 tablespoon onion, chopped
- 1/4 cup green pepper, chopped
- 2 tablespoons salad dressing, mayonnaise-type
- 1/4 teaspoon prepared mustard
- 1/8 teaspoon salt

Directions

1. Mix turkey, celery, potato, onion, and green pepper.
2. Mix salad dressing, mustard, and salt. Stir lightly into turkey mixture.
3. Chill.

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

Pumpkin Pudding

No cooking required for this tasty pumpkin pudding.



Ingredients

- 1 can pumpkin, 15 ounces (or 2 cups cooked mashed squash such as Hubbard)
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1/8 teaspoon salt
- 1 1/2 cups milk (1% low-fat)
- 1 vanilla pudding, instant, 3.5 ounce (small box)

Directions

1. In a large bowl mix pumpkin, salt, and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

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

Fresh Fruit with Cinnamon Yogurt Dip

Vanilla yogurt with cinnamon makes a delicious dip for your favorite fruits. Use low-fat yogurt for an even healthier option..



Ingredients

- 1 apple
- 1 banana
- 1 orange
- 1/4 cup orange juice
- 1 cup vanilla yogurt, low-fat
- 1/2 teaspoon cinnamon

Directions

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fresh-fruit-cinnamon-yogurt-dip>

Chicken & Rice Soup

Add your favorite veggies and brown rice to this yummy chicken soup for a warm meal on a cold night.



Ingredients

- 1 cup cooked chicken, diced
- 6 cups chicken broth, low sodium
- 1 cup rice, dry
- 1 3/4 cups mixed vegetables
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 tablespoon dried parsley

Directions

1. Use leftover cooked chicken or cook enough chicken to make 1 cup of chicken pieces.
2. Place the cooked chicken in a large saucepan.
3. Add the broth and uncooked rice. Cover the pan.
4. Bring the broth and rice to a boil.
5. Cover the pan and turn the heat to low.
6. Stir and simmer for 15 minutes.
7. Add the chopped onions, chopped vegetables, and seasonings.
8. Simmer for 10 to 15 minutes until the vegetables are tender.

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

Snow Vendors Wanted

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

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

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

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

“Be a rainbow in someone else’s cloud.”

— Maya Angelou



HEAP Winter Heating Assistance Opens November 1st

Apply for a federally funded one-time grant to help with the cost of heating your home this winter. Assistance is available to homeowners and renters who meet monthly income guidelines (higher limits for larger households):

- 1-person household: \$3,322
- 2-person household: \$4,345

Choose the right location to apply:

- Office for Aging (OFA) – age 60+ or disabled (receiving SSI or SSD). Call 607-778-2063 to reach the HEAP voicemail and leave a message to have an application mailed to you.
- The Career & Community Services Center of Broome County, DSS location accepts applications for homeowners and renters under age 60 and not disabled. Call 607-778-1100, option 6.
- Or, Apply Online – www.mybenefits.ny.gov

The program is scheduled to end on March 31, 2025, or when funds are exhausted.

“Every time you smile at someone, it is an action of love. A gift to that person. A beautiful thing.”
 — Mother Teresa

Sudoku

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

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



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- Julie S., Binghamton

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Look What's Happening at the Centers!

Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760

Center Hours: Monday - Friday, 9 – 3PM

Gift Shop: Monday – Friday, 9 – 2PM

Lunch is served at 12PM

607-785-1777

Weekly Activities

Monday: BoneSavers 9:30AM; Hand and Foot Card Game 12:30-2:45PM

Tuesday: Adult Coloring 9:30AM; Mahjong Group 10AM; Chair Exercises 10:30AM; Scrabble 12:30 - 2:45PM; Ping Pong 1 - 2:45PM; Yarn Group 1PM

Wednesday: BoneSavers 10AM; Canasta 1 - 2:45PM; Floor Shuffleboard 1 -2:30PM

Thursday: Wii Bowling 9:30AM; Chair Exercises 10:30AM; Social Connections 1PM; Chair Yoga 1PM

Friday: Mahjong 12:30 - 2:45PM; Ping Pong 1PM; Cornhole 1PM

Special Activities

11/1 Trivial! 1:15PM

11/4 Nutrition presentation by Kathleen Cook, CCE 11:30AM

11/5 & 19 Chop and Chat 1PM Call to reserve your spot.

11/6 Veterans Day Celebrations 10:30AM Meal served at 12PM
Please call for a meal reservation by 11/5 at noon.

11/7 Legal Aide 9AM Call for an appointment.

11/7 & 8 AARP Safe Driving Class 9:30 – 12:30PM Call to preregister.

11/12 Downsize & Declutter 3PM

11/13 GFJ Tech Class 11AM

11/15 Chalk Broome West with Gratitude 11AM

11/15 Wits and Wagers – Trivia 1:15PM

11/19 Site Council Meeting 9:30AM

11/20 Thanksgiving Day Luncheon 11AM Meal served at 12PM
Please call for a meal reservation by 11/19 at noon.

11/21 Discover Live: Edinburg, Scotland 11AM

11/22 Fall Prevention 11AM

11/25 Entertainment by Gene Civic 11AM

11/27 Broome West closing at 2PM

Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

Center Hours: Mondays, Wednesdays, and Fridays, 10 – 2PM

Lunch is served around 12PM

607-663-0406

Weekly Activities:

Monday: In-Person or Zoom Sit Down Chair Yoga 9AM; In-Person or

Zoom: Drumming 2PM; Walk with Friends 1PM; Marbles 10AM

Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM

Wednesday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Walk with Friends 1PM; Wii Wednesdays 10 – 2PM; Hand & Foot Card Game 10AM

Thursdays: ZOOM ONLY: Chair Dance Yoga 9AM

Friday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Walk with Friends 1PM; Mahjongg 10AM

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

Special Events:

11/4 Legal Aid presentation by Melissa 12 - 1PM

11/4, 18 & 25 Craft with Kathie 1PM

11/6 Veterans Day Luncheon 11AM

Please call for a meal reservation by 11/5 at noon.

11/8 & 13 BINGO with Sallie 10:30AM

11/13 Clover Chat 1PM

11/15 Teamwork Day 10 - 1PM

11/18 Intergenerational Game Time 10 – 11AM

11/20 Thanksgiving Luncheon 12PM

Please call for a meal reservation by 11/19 at noon.

11/20 Nails by Kathy 1PM

11/22 Nutrition presentation by Kathleen Cook, CCE 12PM

11/25 Chop and Chat with Sallie 10:30AM Call to reserve your spot.

11/25 Crochet with Kathy 10:30AM

11/27 Horse Racing 10AM

11/28 Craft with Kathy Clark 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 1PM

Thursday: Wii Games 10:30AM – 12:30PM

Special Activities

11/7 Holiday Crafts 11AM

11/14 Veterans Day Evening Meal 4:30PM

Please call for a meal reservation by 11/12 at noon.

11/21 Eric Benkee from Delaware County OFA 11AM

11/21 Thanksgiving Luncheon 12:30PM

Please call for a meal reservation by 11/19 at noon.

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

Center Hours: Monday – Friday, 9 – 2:30PM

Lunch served at 12PM

Breakfast Made-To-Order: Tuesdays, 8 - 9:30AM

607-693-2069

Weekly Activities

Monday: Shuffleboard 9AM; Canasta 10:30AM

Tuesday: Breakfast to Order 8 - 9:30AM; Music JAM 10AM,

Mobile DMV 9 - 1PM (Closed 11:30 - 12PM)

Wednesday: Crafters Group & Wood Burning 9 - 11AM; Billiards 10AM

Thursday: Acrylic Painting Group 9 - 11AM; Bingo for Prizes 10 - 11:30AM;

Friday: Shuffleboard 9AM; Gentle Tai Chi 9:30AM

Special Activities

11/1 Burger Bar 11:30 – 12:30PM

11/4 November birthday celebrations 10:30AM

11/5 & 19 Chop and Chat 12:30PM Call to reserve your spot.

11/6 Veterans Day Celebrations 9 – 2:30PM

Please call for a meal reservation by 11/5 at noon.

11/7, 14 & 21 Greater Good Grocery Bus 11 – 12PM

11/13 Officers and Finance Meeting 9:15AM

11/13 Senior Center Site Council Meeting 10:45AM

11/14 Golden Griddle 11:45 – 12:45PM

11/18 Guthrie Mobile Mammography Van 9 – 3PM

11/20 Thanksgiving Celebration 9 – 2:30PM Meal served at 12PM

Please call for a meal reservation by 11/19 at noon.

11/21 Nutrition presentation by Kathleen Cook, CCE 12:15PM

11/25 Cows, Pigs and Horse Races 10AM

11/27 The Legal Aid Society 9 – 12PM Appointments only.

First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905

Center Hours: Mon- Fri 8:30 - 3:30PM

Lunch served at 11:45AM

607-797-2307 | Meal reservations: 607-729-6214

Weekly Activities

Monday: JFF Pool League 9AM; Zumba 9:30AM (\$3); Bonesavers 10AM; Chair Yoga 11AM (\$5); Penny Bingo 12:30PM; Texas Hold'em 12:30PM

Tuesday: Shuffleboard 9AM; Knitting & Crocheting 9AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM

Wednesday: Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details)

Thursday: Stitch and Stuff 9AM; Cornhole 1PM

Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

11/5 & 19 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3 Advanced registration and payment required.

11/6 Veterans Day Luncheon 11:45AM

Please call for a meal reservation by 11/5 at noon.

11/7 Executive Board Meeting 9:30AM

11/8 & 22 Film Friday 1PM
 11/12 Developing Mindful Eating Habits presentation by Kathleen Cook, CCE 12PM
 11/12 & 26 Chop and Chat 1PM Call to reserve your spot.
 11/12 Neighborhood Watch Meeting 6PM
 11/13 Christmas Rummage Sale 10 – 2PM
 11/18 Legal Aid 9AM Appointment required.
 11/18 Breakfast for Lunch: Waffles with Spiced Apple 10:45 – 12:15PM
 11/20 Thanksgiving Luncheon with Entertainment by Johnny Only 12PM
 Please call for a meal reservation by 11/19 at noon.

Johnson City Senior Center

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

Weekly Activities

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

Special Activities

11/1, 8, 15 & 22 Poetry Group 12:30PM
 (Size is limited; call to pre-register.)
 11/4, 6, 13, 18 & 20 Medicare Assistance with Stephen Snitchler 10 – 1PM
 11/4 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30PM
 11/6 Lyceum Armchair Travel:
 Adventures with Nature in South Africa & Florida 10 – 12PM
 11/6 The Medicine Shoppe (glucose, blood pressure & O2 checks)
 10 – 12PM
 11/6 Veterans Day Remembrance and Luncheon 11:45AM
 Please call for a meal reservation by 11/5 at noon.
 11/13 Lyceum Armchair Travel: Greenland 10 – 12PM
 11/13 Book Club (The Curious Incident of the Dog in the Night-Time
 by Mark Haddon) 3 – 4PM
 11/14 & 15 AARP Driver Safety 1 – 4PM (call to pre-register)
 11/15 Mindful Eating Habits presentation
 by Kathleen Cook, CCE 10:30 - 11:30AM
 11/20 Lobby Guest: UHS Senior Living at Ideal 10 – 1PM
 11/20 Discover Live: Venice, Italy 11 – 12PM
 11/20 Thanksgiving Luncheon 11:45AM
 Please call for a meal reservation by 11/19 at noon.
 11/20 LGBTQ+ Senior Social Group 3 – 4PM
 11/20 Alzheimer's Association – Caregiver Support Group 4PM
 (Registration and pre-screening required;
 call ALZ at 315-472-4201 x227.)
 11/21 Legal Aid 9 – 12PM Call for an appointment.
 11/27 Haircuts by Debbie Roberts (\$20) 10 – 11:30AM

Northern Broome Senior Center

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

Weekly Activities

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

Thursday: Pitch 9AM; Osteo Bonesavers Class 10 – 11AM
Friday: Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:

11/5 & 19 Golden Agers 12PM
 11/4 & 18 Soup and Sandwich Bar 11:30AM
 11/6 Veterans Day Celebration 10:30AM Meal served at 12PM
 Please call for a meal reservation by 11/5 at noon.
 Tap performed by Whitney Point HS students 11AM
 11/7 & 21 Cornhole 10:30AM
 11/14 Breakfast 10AM
 11/12 & 13 AARP Defensive Drivers Course 10 - 1:30PM Call to reserve.
 11/20 Thanksgiving Luncheon 12PM
 Please call for a meal reservation by 11/19 at noon.
 11/25 Chop and Chat: Veggie Rice Stuffing 1PM Call to reserve.

North Shore Towers Senior Center

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

Weekly Activities

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

Special Activities

11/4 Decorate for Thanksgiving 10:15AM
 11/5 Greed Tournament 10:15AM
 11/6 Veterans Day Luncheon 12PM
 Please call for a meal reservation by 11/5 at noon.
 11/13 Presentation on The Kilmer Family 10:30AM
 11/14 World Diabetes Day – Come in for a healthy snack. 10 – 2PM
 11/15 Taking donations for a Christmas Raffle Basket 10 – 2PM
 11/18 New Games 10:15AM
 11/20 Thanksgiving Luncheon 11:45AM
 Please call for a meal reservation by 11/19 at noon.

Vestal Senior Center

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

Weekly Activities

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

Special Activities

11/1 Discover Live: Broadway to Battery, NYC 12PM
 11/4 & 18 Chop and Chat 10AM Call to reserve your spot.
 11/4 King High Card Game 12PM
 11/4 & 5 AARP Drivers Safety Class 2 – 5:30PM Call to reserve.
 11/6 Broome County in the Civil War presentation by Bill Tomic 10AM
 11/6 Veterans Day Luncheon 11:15AM
 Please call for meal reservation by 11/5 at noon.
 11/6 Lyceum Armchair Travel: Nature in South Africa and Florida 10 – 12PM
 11/6 Vestal Library Tech – Assistance with technology 10:15AM
 11/8 Mexican Train Tile Game 12PM
 11/12 Breakfast for Lunch 11AM
 11/13 Lyceum Armchair Travel: Greenland 10 – 12PM
 11/19 Vestal Senior Club Meeting Day 12PM
 11/20 Thanksgiving Luncheon 11:15AM Friday at Fred's 12PM
 Please call for a meal reservation by 11/19 at noon.
 11/22 Pizza Day or Chef Salad 11AM Please call to reserve.
 11/22 Bunko Day 12PM
 11/26 Craft Day: 3 Christmas Cards 9:30AM \$10
 11/27 Nutrition presentation by Kathleen Cook, CCE 10:15AM

Develop Mindful Eating Habits This Month

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

REFLECT. CONNECT. PROTECT.

These three terms may help you make more mindful choices about your eating practices. They can help you be more thoughtful about eating instead of it being a chore, something you do without thinking or for reasons other than actually being hungry.

REFLECT -

Where? Try to eat in an undisturbed relaxed place. Ask yourself “How & how much?” Give your meal the attention it deserves. Choose smaller portions and take time to really taste and enjoy the food. Avoid overeating by slowing down. It takes 20 minutes for your brain to sense that the stomach is full! Overeating can make you feel sluggish & sleepy and give you heartburn.

CONNECT -

Why are you eating? Are you actually hungry, or just bored, tired, cold, lonely. Everyone does that sometimes. It’s easier to choose foods that are nourishing by planning so you’re not just grabbing whatever is at hand when you are hungry. This can be as simple as eating with friends at your senior center!

PROTECT -

When you pay attention to what you’re eating and the cues your body gives you, you protect your health in a whole-body manner, protecting your mental health as well. Bodies need good fuel to function properly. Mindful eating reduces stress, digestive problems, and binge eating. It also increases the likelihood of making healthy food options, enjoying the food you eat, and, not surprisingly, having a greater overall self-awareness!



FREE Nutrition Classes with Kathleen Cook – See the Mark Your Calendar section of this publication for more information.

Changes to Broome County Medicare Plan Offerings for 2025

It is very important that you check to see if your Medicare plan is still available next year what the cost of the premiums and your medicines will be. If it’s not available or you want to see if you can reduce your costs, you have until December 7 to a pick new plan that will start in January 2025.

Broome County had 15 standalone prescription drug plans (PDP) in 2024. That number is going to 12 for 2025. If you have a Medicare Advantage Plan (MAP), you will want to check availability and the costs. Some of the premiums for both PDPs and MAPs have gone up significantly for 2025.

If you need assistance, Action for Older Persons is here to help. Our expert counselors can provide no cost, unbiased assistance to find a plan that will work best for you. We have limited in-person appointments left but do have phone appointments available. Don’t wait – call 607-722-1251 today.

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Technology Classes to Help Older Adults Become Tech Savvy

Join classes offered through the George F. Johnson Library. We offer many other FREE in-person and virtual tech classes, as well as one-on-one tech help. Contact us at 607-757-5359 or gjstechcenter@gmail.com for more information!

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

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

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

Wednesday, November 13th 11AM
Offering one on one tech assistance!

Vestal Library comes to the Vestal Senior Center

Wednesday, November 6th 10:15AM
Technology help!

One-on-One Technology Assistance

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

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

The Value of Volunteering

Volunteering is the act of one providing their time freely to help or support others. Studies have shown that the benefits from volunteering are numerous and include: an overall improvement of physical and psychosocial well-being. This includes the strengthening of social relationships, thus reducing loneliness and isolation.

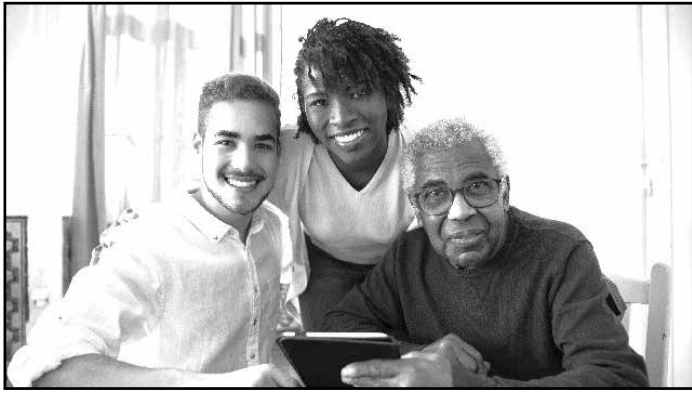
Life brings major changes in social roles and social networks; this can often lead to a decrease in mental health. **Aging adults report that volunteering provides a sense of higher purpose, leading to an increased life satisfaction and greater self-worth.** A Foster Grandparent reported that volunteering “has helped me become more confident and happier. I know I am useful to someone, and I feel really needed and loved by the children.”

Many of those who volunteer state that they are grateful for the opportunity to do so. A Foster Grandparent told us that “I feel so grateful to this program. I get so much gratitude in helping the children and seeing their smiles every day. I hope that I am helping them to learn to love themselves as well as teaching them their school lessons. I hope that I am making their lives a little better as this program has helped me too.”

96% of Foster Grandparents report that since they started to volunteer, they have a feeling of purpose in life. The sense of knowing that there are others looking out for your wellbeing provides comfort and support. There are many wonderful opportunities to volunteer in your community. To learn more about being a classroom volunteer, please call the Broome County Office for Aging at 607-778-2089.

“The more you practice the are of thankfulness, the more you have to be thankful for” – N. Peale

Binghamton University Research Study on Memory Processes and Aging Seeking Participants



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

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

- An MRI (magnetic resonance imaging) scan. MRI scans allow us to measure the brain in a safe and painless way. These scans come at no cost to you.
- Eye tracking measurements taken using a noninvasive device that tracks your eye movements while you view a computer screen.
- Measurements using an fNIRS (functional near-infrared spectroscopy) device. This device consists of a headcap which shines light on your head to measure blood flow. Using fNIRS is also noninvasive and safe for people of all ages.
- Gut analyses looking at factors such as inflammation and type/number of bacteria and other microbes present.

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

Anyone who would like to know more is asked to reach out to either 607-444-2864 or bingucamplab@gmail.com. Our lab members will discuss study options with you to help determine which option(s) best fits your interest. All interested participants will be screened to ensure study procedures are safe for them to do. Participation in this study is entirely voluntary.

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Veterans Day Facts and Information

Which is the correct spelling of Veterans Day?

- A) Veterans Day
- B) Veteran's Day
- C) Veterans' Day

Veterans Day (choice a). Veterans Day does not include an apostrophe but does include an "s" at the end of "veterans" because it is not a day that "belongs" to veterans, it is a day for honoring all veterans.

On what day of the week will Veterans Day be observed?

Veterans Day is always observed officially on November 11, regardless of the day of the week on which it falls. The Veterans Day National Ceremony, like most ceremonies around the nation, is held on Veterans Day itself. However, when Veterans Day falls on a weekday, many communities choose to hold Veterans Day parades or other celebrations on the weekend before or after November 11 so that more people can participate.

What is the difference between Veterans Day and Memorial Day?

Many people confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle. While those who died are also remembered, Veterans Day is the day set aside to thank and honor ALL those who served honorably in the military – in wartime or peacetime. In fact, Veterans Day is largely intended to thank LIVING veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served – not only those who died – have sacrificed and done their duty.

Is Veterans Day celebrated in other countries?

Yes, a number of countries honor their veterans each year on November 11, although the name and types of commemorations differ somewhat from Veterans Day celebrations in the United States. For example, Canada and Australia observe "Remembrance Day" on November 11, and Great Britain observes "Remembrance Day" on the Sunday nearest to November 11. There are similarities and differences between these countries' Remembrance Day and America's Veterans Day. Canada's observance is actually quite similar to the U.S. celebration, in that the day is intended to honor all who served in Canada's Armed Forces. However, unlike in the U.S., many Canadians wear red poppy flowers on November 11 in honor of their war dead. In Australia, Remembrance Day is very much like America's Memorial Day, a day to honor that nation's war dead.

In Great Britain, the day is commemorated by church services and parades of ex-service members in Whitehall, a wide ceremonial avenue leading from London's Parliament Square to Trafalgar Square. Wreaths of poppies are left at the Cenotaph, a war memorial in Whitehall, which was built after the First World War. At the Cenotaph and elsewhere in the country, a two-minute silence is observed at 11 a.m., to honor those who lost their lives in wars.

For more information, please visit

<https://department.va.gov/veterans-day/facts-and-information/>

Laugh Break!

What is better than Black Friday?

Sleep in Saturday.



Mental Health Corner

How to start a gratitude journal:

Everyday jot down three reasons you are thankful. Don't overthink it. If you're struggling to come up with three, use your senses! What beautiful sights did you see today? What smelled good today? Did your bed feel extra comfortable last night?



Example:

*Today I was grateful for..
the beautiful sunrise that came through my window.
the cinnamon taste of my tea.
a lovely chat with a friend.*

So, what are you grateful for? Small moments of joy and gratitude across the day can go a long way in terms of managing mood and stress.

Sourced from: <https://www.nimh.nih.gov/news/media/2023/mental-health-equity-and-the-power-of-self-care>



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Sudoku Answers

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

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

AGING REFRAMED

The Social, Economic, & Intellectual Contributions of Older Adults
New York's 4.6 million older adults bring enormous intellectual, social, and economic capital. Older New Yorkers and baby boomers make up 65% of all household income generated in New York State. They have high home ownership rates, are supporting schools, local business, and support almost 7 million jobs.

"For decades, older adults have been portrayed as frail, needy, and costly to the health and social services systems. This is a misnomer. Individuals of all ages sometimes need assistance, but older adults en masse consider themselves healthy, remain active and engaged and are a very important part of the local, regional, state, and national economies. Further, they give a tremendous amount of their time to hundreds of civic groups and organizations that are critical in delivering direct services and supporting local agencies. Older adults are committed to improving their communities and helping their neighbors."

NYSOFA Director Greg Olsen

Older NYers and Volunteerism

- 935,000 individuals age 60+ contribute 495 million hours of community service at an economic value of \$13.8 billion.
- Individuals age 50+ account for the most volunteering, philanthropy, entrepreneurs, and donation activities in the U.S. out of any demographic group.

Older NYers: Contribution to the Tax Base

- 64% of individuals age 60+ own their own homes and have no mortgage, contributing directly to the local tax base.
- Adults 50+ are responsible for approximately \$1.8 trillion in federal, state, and local taxes (2018), a figure that will quadruple by 2050.
- Adults 50+ are 36% of the population yet support about 43% percent of federal tax revenue (\$1.4 trillion) and 37% percent of state and local tax revenue nationwide (\$650 billion).
- Adults 50+ contribute \$72 billion in state and local taxes (39% of total), a contribution that will triple to \$255 billion by 2050.

Older NYers and Caregiving

- 4.1 million caregivers (average age of 64) provide unpaid care for a loved one (spouse, child, grandchild, or others) at a total market value of \$32 billion.

Older NYers: Economic Contributions

- 80% of NYS Retirement System Payouts Stay in NY (\$10.6 billion annually), contributing to state and local economic activity.
- 83% of U.S. household wealth is held by people over 50. Access to credit and assets allows older adults to spend more on goods, services, and investments than their younger counterparts, contributing \$9 trillion in economic and unpaid activities (2018).
- Adults 50+ support more than 88.6 million jobs (44% of total employment) and over \$4.7 trillion in labor income.
- New Yorkers 50+ are 36% of the population yet contribute 43% (or \$719 billion) of Gross Domestic Product (GDP). This is expected to reach \$2.2 trillion by 2050.
- New Yorkers 50+ support 5.9 million jobs, a figure that will reach 6.6 million by 2050.
- New Yorkers 50+ generated \$482 billion in wages and salary, a figure that will reach \$1.46 trillion by 2050)

For more information, please visit <https://aging.ny.gov/combating-ageism-and-stereotypes-data>



Install and test carbon monoxide (CO) alarms at least once a month.

CO is called the "invisible killer" because it's a colorless, odorless, poisonous gas. Breathing in CO at high levels can be fatal.

FEMA | U.S. Fire Administration | 

November Menu - Bon Appétit!

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

				Roast Pork 11/1 OR Broiled Fish w/Lemon Mashed Potatoes Diced Beets Apple Crisp	
Ziti Sausage Bake 4 Carrots Wax Beans Peaches	Beef Stroganoff 5 OR Broiled Fish w/Lemon Buttered Noodles Peas Double Chocolate Cookie	Veterans Day Remembrance Broccoli Cheese Chicken 6 Baked Potato California Blend Vegetables Key Lime Pie cup	Chicken Florentine 7 OR Halupki Mashed Potatoes Carrots Ice Cream Cup	Pulled Pork 8 OR Breaded Fish Four Cheese Macaroni Coleslaw Pumpkin Cookie	
Center Centers Closed 11 In Recognition of Veterans Day	Beef Stew over a 12 Biscuit Peas Warm Spiced Apples Oatmeal Raisin Cookie	Chicken Salad 13 Croissant Tomato Florentine Soup Applesauce Ice Cream Cup	Ham 14 OR Beer Battered Fish Pierogies w/Onions Broccoli Florets Tapioca Pudding w/Oranges	Grandma's Meatloaf 15 OR Fish Florentine Mashed Potatoes French Cut Green Beans Spice Cake	
Pierogies w/Kielbasa 18 Carrots Applesauce	Pub Burger 19 Garden Vegetable Soup Pea Salad Blueberry Coffeecake	Thanksgiving Luncheon Roast Turkey 20 Apple Bread Dressing Country Blend Vegetables Cranberry Sauce Pumpkin Pie	Manicotti 21 Cauliflower w/Parsley Garden Salad Vanilla Cake	Broiled Fish 22 OR Sausage Link Baked Potato Broccoli Florets Peach Cobbler	
Four Cheese 25 Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Lorna Doones	BBQ Chicken Breast 26 Mashed Potatoes Carrots Chocolate Cake	Halupki 27 OR Salisbury Steak Mashed Potatoes Cut Green Beans Peaches	Centers Closed 28 Happy Thanksgiving	Centers Closed 29 Happy Thanksgiving	

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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