

BROOME COUNTY OFFICE FOR AGING

SENIOR NEWS

Visit Our Website at www.broomecountyny.gov/senior



Independence Day Luncheon

Thursday, July 2nd (July 1st at Chenango Bridge) at Broome County senior centers

Serving around noon

Celebrate the 250th Anniversary of America’s Independence early at your local senior centers. Enjoy a festive picnic lunch of a pub burger or beer battered fish with strawberry shortcake for dessert. Sites have a variety of activities planned.

Lunch is a voluntary, suggested contribution of \$4 for those age 60+ and their spouse and a \$5 charge for those under age 60.

No one will be denied a meal due to inability or unwillingness to contribute.

Remember to reserve lunch at the senior center of your choice. Phone numbers and specific center activities are listed on the Look What’s Happening at the Center’s section of this Senior News. Lunch reservation deadline is July 1st (June 30th for CBSC) at noon.



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

Sun Safety for Seniors

Spending time outdoors is one of the joys of summer, but protecting your skin from the sun is more important than ever as we age. Years of sun exposure can make older adults more susceptible to sunburn, skin damage and skin cancer. Whenever possible, seek shade between 10AM and 4PM, when the sun's rays are strongest. Wear a wide-brimmed hat, sunglasses that block UV rays, and lightweight clothing that covers your arms and legs. Don't forget to apply a broad-spectrum sunscreen with an SPF of at least 30 to all exposed skin and reapply every two hours when outdoors. Taking these simple precautions can help you enjoy the summer sunshine while keeping your skin healthy and protected.



Spice and Dice Your Way Toward Better Nutrition

Join Bridget from Office for Aging to:

- Learn ways to season your meals without using salt

We supply the ingredients, tools, and a demonstration. You will get to practice preparing the recipe with us and take the prepared ingredients to make at home.

Deposit Senior Center
Thursday, July 23rd 10:30AM

All are welcome!

Broome County
Office for Aging



WEEKLY ACTIVITIES

Chair Yoga
Postures and movements are very gentle, easy to maintain and adapted to each students' ability.
Monday 11:00AM First Ward Senior Center (Binghamton)

Beginner Gentle Yoga
Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt.
Monday 9:30AM Johnson City Senior Center (\$3 charge)
Friday 10:00AM Johnson City Senior Center (\$3 charge)

Bonesaver Class
A low-intensity class, using light weights to help prevent osteoporosis and improve balance. No fee for this class.
Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)
Mon & Wed 1:00PM Johnson City Senior Center
Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)
Wednesday 10:00AM Broome West Senior Center (Endwell)

Line Dancing
Choreographed dance with a sequence of steps done in lines or rows.
Monday 10:45AM Johnson City Senior Center (\$3 charge)

Zumba
Low impact dance aerobics class. Based on dance moves choreographed to Latin and international music.
Mon & Fri 9:30AM First Ward Senior Center (Binghamton) (\$3)
Tuesday 10:30AM Johnson City Senior Center (\$3)

Low-Impact Aerobics
Modified stretches, body movements and routines that improve and tone your body.
Thursday 10:00AM Johnson City Senior Center (\$3 charge)

Tai Chi
Relieve stress, improve balance, increase flexibility, and promote wellness.
Thursday 1:00PM Johnson City Senior Center (\$3 charge)
Weds & Fri 9:00AM Chenango Bridge Senior Center (In Person or Zoom)
Friday 9:30AM Eastern Broome Sr. Center (Harpursville)

Chair Exercise
Increase flexibility, range of motion and circulation. No fee for this class.
Tues & Thurs 10:30AM Broome West Senior Center (Endwell)
Tues & Fri 12:30PM Johnson City Senior Center

***Complete addresses and phone numbers for all Senior Centers located on pages 3 & 4.**

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

– Mary Buchan

LOOK WHAT’S HAPPENING AT THE CENTERS!

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

Senior Center Closings:
Friday, July 3rd in celebration of July Fourth

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
7/2 Legal Aid 9 – 12PM Call for an appointment.
7/2 Fourth of July Celebration – Entertainment by Bob White 11AM Luncheon 12PM
7/7 & 21 Chop and Chat 1PM Call to reserve your spot.
7/8 Discover Live: Norwich, England 10:30AM
7/8 Broome West Caregiver Chat 1 – 2:30PM
7/9 Science is Everywhere! Livestream from Kopernik Observatory 1PM
7/9 Evening Meal – Manicotti, Sides and Dessert 4:30PM Entertainment by Bits and Pieces 5:30PM
7/13 Caregiver Legal Day 10 – 1PM
7/14 Farmers Market Coupons 9 – 11AM
7/14 Downsize and Declutter with Joan 3PM
7/15 Discover Live: Africa 11AM
7/16 Fly Tying Group 1PM
7/20 Discover Live: Brazil 1:30PM
7/23 Christmas in July Party & Dinner w/Entertainment by Johnny Only 4PM
7/24 Silent Raffle Drawings 9 – 3PM All other activities cancelled.
7/28 Discover Live: Boston 1:30PM
7/28 Bright and Beautiful Therapy Dogs 12:30PM
7/30 & 31 AARP Safe Driving Class 9:30 – 12:30PM Call to sign up.

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

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

Special Activities
7/1 Fourth of July Celebration, Game Day & Ice Cream Sundae Event 10 – 2PM
7/6 & 24 Horse Racing Game 10:30AM
7/8 & 22 Tangling Doodles Drawing Class 1PM
7/13 & 27 Chop and Chat with Rick 10:30AM Call to reserve your spot.
7/13 Farmers Market Coupons 11 – 12PM
7/15 Aging Research Group presentation by Binghamton University 12PM
7/17 Bingo with Sallie 10:30AM
7/17 Nutrition Education with Kathleen, CCE 12PM

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

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

Special Activities
7/21 Breakfast for Lunch 12:30PM
7/23 Spice and Dice with OFA’s Nutrition Department 10:30AM

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

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

Special Activities
7/2 Fourth of July Celebration – Lunch 12PM Entertainment by Friday at Fred’s 12:30PM
7/6 July Birthday Celebrations 10:30AM
7/8 Officers and Finance Meeting 9:30AM Site Council Meeting 10:45AM All are welcome to attend.
7/8 Alzheimer’s and Dementia Awareness presentation 12:30PM
7/10 Burger Bar 11:30 – 12:30PM Walk-ins welcome!
7/13 & 20 AARP Driver Safety Course 9:15 – 12:30PM Call to sign up.
7/15 Chop and Chat 9:30 – 10:30AM Call to sign up.
7/15 Discover Live: Africa 11AM
7/15 Farmers Market Coupons 1 – 2PM
7/16 Golden Griddle – Breakfast for Lunch 11:45AM
7/19 Gazebo Concert at the Village Greene Park/EBSC Fundraiser 6 – 7:30PM
7/22 Baseball Game 10:45AM
7/29 Yankee Trade 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
Tuesday: Knitting & Crocheting 9AM; Discussion Group 10:30AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM
Wednesday: Ceramic 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details)
Thursday: Stitch and Stuff 9AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities
7/2 Executive Board Meeting 9:30AM
7/2 Fourth of July Luncheon w/ Musical Guest, Rick Pedro 11:30AM
7/6, 13 & 20 Beginners Line Dancing 1PM & 2PM

7/7 & 21 Holistic Healing – 15–minute Reiki, Chakra, Card Readings or Foot Reflexology \$3 10 – 11:30AM
Advanced registration and payment required.

7/9 Legal Aid 9AM Appointment required.

7/9 Philly Cheesesteak Day w/ Musical Guest, Johnny Only 11:30AM

7/14 & 28 Chop & Chat – Call for menu. 1PM
Advanced registration required.

7/14 Neighborhood Watch Meeting 6PM

7/15 Center Closed for Off–Site Event

7/15 Steak Roast at Otsiningo Park 10 – 2PM
Advanced tickets required by 7/10, stop by the center for tickets

7/16 Farmers Market Coupons 9 – 10:30AM

7/17 Film Friday: “Jaws” 1PM Free popcorn, soda for sale

7/9 Philly Cheesesteak Day w/ Musical Guest, Johnny Only 11:30AM

7/20 Breakfast for Lunch – Waffles w/ Strawberries 10:45 – 12:15PM
No take-out available

7/22 Lunchtime Trivia 12PM

7/31 Film Friday: “City Slickers” 1PM Free popcorn, soda for sale.

Johnson City Senior Center

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

Weekly Activities

Monday: Bingo Board Sales 12:30 – 1:30PM; Games Played 1:30 – 4:30PM; Guitar Group 9 – 12PM (\$2); Watercolor Painting 9:30 – 11:30AM (\$3); Gentle Yoga 9:30 – 10:30AM (\$3); Line Dancing 10:45 – 11:45AM (\$3); Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)

Tuesday: Guitar Group 9 – 12PM (\$2); TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3); Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee); Abs & Core Chair Exercises 1:15 – 1:45PM (no fee)

Wednesday: Quilting 9 – 12PM; Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1 – 3PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)

Thursday: Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Abs & Core Chair Exercises 11:30 – 12:30PM (no fee); Tai Chi 1 – 2PM (\$3); Euchre (card game) 1 – 3:30PM

Friday: Gentle Yoga 10 – 11AM (\$3); Line Dancing 11:15 – 12:15PM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

7/2 Independence Day Lunch 11:45AM
JCSC Harmony Group 12PM Kazoos and flags provided!

7/6, 13, 20, & 27 Greater Good Grocery Bus 11 – 12PM

7/7 & 21 Widow & Widowers Support Group 10 – 11AM

7/8 Discover Live: Norwich, England 10:30 – 11:30AM

7/10, 17, 24, & 31 Poetry Group 12:30PM Size is limited; call to pre-register.

7/14 Discover Live: Lima, Peru (Old City) 2:30 – 3:30PM

7/15 LGBTQ+ Senior Social Group 3 – 4PM

7/15 Alzheimer’s Association – Caregiver Support Group 4 – 5PM
Registration and pre-screening required;
call ALZ at 315-472-4201 x227.

7/16 Legal Aid 9 – 12PM Call for an appointment.

7/16 & 17 AARP Driver Safety 1 – 4PM Fee applies; registration required.

7/21 Chop & Chat (Faith in Action) – Broccoli & Apple Sweet Salad 11 – 12PM Signup by 7/14.

7/21 Farmers Market Coupons 9:30 – 11AM

7/22 Haircuts by Debbie Roberts \$20 10 – 11:30AM
Call for an appointment.

7/24 JCSC Art Show 10 – 1PM

7/25 JC Carousel Day at CFJ Park 11 – 4PM

7/28 Discover Live: Boston, Massachusetts 1:30 – 2:30PM

7/29 Book Club: The Violin Conspiracy by Brendan Slocumb 3 – 4PM

7/31 Art Workshop \$3 10 – 12PM

8/1 Summer Bingo Bash – Doors Open 3PM
Board Sales 4 – 5PM
Games Played 5 – 8PM

Northern Broome Senior Center

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

Weekly Activities

Monday: Bingo 10:30 – 11:30 AM; Mobile DMV 9 – 1PM

Tuesday: Osteo Bonesavers Class 10 – 11AM; Wii Bowling 10AM

Wednesday: Sewing 9:30AM; Shuffleboard 10AM

Thursday: Pitch 9AM; Cornhole 10AM; Osteo Bonesavers Class 10 – 11AM

Friday: Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:

7/2 4th of July Party with Bingo 12PM

7/7 Golden Agers 12:30PM

7/9 Breakfast for Lunch 10AM (Teachers Breakfast 9:30AM)

7/13 Chop and Chat – Grilled Veggies 1PM Call to reserve your spot.

7/15 Reubens for Lunch 11:30AM Signups required.

7/15 Discover Live: Africa 11AM

7/16 Discover Live: Florence, Italy 12:30PM

7/21 Chef Salads for Lunch 11:30AM

7/22 Farmers Market Coupons 10:30 – 11:30AM

7/27 Chop and Chat – Broccoli and Apple Sweet Salad 1PM
Call to reserve your spot.

7/28 Evening Meal with Bingo 4:30PM

7/31 Potato Bar 11:30AM

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

7/2 Fourth of July Celebration – Luncheon with Entertainment by Johnny Only 11:45AM

7/8 Farmers Market Coupons 10 – 11AM

7/8 Discover Live: Norwich, England 10:30AM

7/9 Philly Cheesesteak Day 11AM Call to reserve. Take out available.

7/10, 17, 24, & 31 Vivo Exercise Class 10AM

7/13 Breakfast for Lunch – Blueberry Pancakes, Eggs, Sausage, and Potatoes 11AM

7/15 Loaded Baked Potato Bar 11AM

7/15 Discover Live: Africa 11AM

7/16 Discover Live: Florence, Italy 12:30PM

7/20 Chop and Chat 10AM Call to reserve your spot.

7/21 Craft Day – Card Making with Mercia 9:30AM
Call to reserve your spot.

7/24 Pizza or Chef Salad Day 11AM

7/24 Bunco Dice Game 12PM

7/28 Vestal Senior Club Meeting Day at Arnold Park 12:15PM

7/29 July Birthday Celebration Day 12PM

**“Courage is the price that life exacts
for granting peace.”**
— Amelia Earhart

Foster Grandparent Program

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

To be eligible, you must be 55+ with your income below \$2,660/month after allowable deductions. Higher income levels apply for larger households. Foster Grandparents receive a paid hourly stipend, mileage, ongoing paid training, paid time off, and meals at their sites.

We need new Foster Grandparents for the following sites:

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

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

You can also learn more about the program by visiting:
www.broomecountyny.gov/senior



**AmeriCorps
Seniors**

Broome County
Office for Aging



Get Help from Getthere

- Getthere **Connection to Care Program** connects older adults with transportation services that best fit their needs
- Getthere **Travel Training** provides training to individuals and groups to help them navigate and utilize local transportation options
- Getthere **Volunteer Transportation Service** helps people with cost-effective transportation to health services
- To access these services, call the **Getthere Call Center** at **607-296-2509**.
- Call Center staff complete an intake and determine all possible transportation options
- Hours of operation:
Monday - Friday; 7am-5:30pm.



Ombudsman Volunteers Make a Difference

Long-Term Care Ombudsmen are advocates for residents of nursing homes, adult care facilities and family type homes. Ombudsmen provide information and assistance to long-term care residents and their families in an effort to attain quality care.

The NYS Long-Term Care Ombudsman Program consists of a corps of more than 180 specially trained and certified volunteers. Volunteer Ombudsmen provide an essential service to some of our most vulnerable people. They bring lifetimes of expertise from various careers, transforming these skills into education, empowerment, and advocacy. They serve as vital mediators between facility residents and their care teams to identify complaints and concerns, monitor care, investigate complaints, help correct problems, and more.

Ombudsmen volunteers bring compassion and understanding to the residents of Long-Term Care in our community. They serve our community not because they have the time, but because they have the heart.

Action for Older Persons in Endicott, NY sponsors the Regional Long-Term Care Ombudsman Program in this local area. This locally based program provides Ombudsman services to approximately 44 facilities and approximately 3,700 residents residing in facilities located in Broome, Chenango, Delaware, and Tioga Counties. If you are interested in becoming an Ombudsman volunteer and giving a voice to the residents of long-term care, please contact Danielle LaBare at Action for Older Persons **607-722-1251** or dlabare@actionforolderpersons.org for more information.

Special Events at the Centers

Broome West Senior Center

Thursday, July 23rd

Christmas in July Dinner 4PM

Followed by Entertainment with Johnny Only 5PM

Chicken Cordon Bleu, Sides and Red Velvet Dessert Cup

This is the last opportunity to purchase tickets for the silent raffle.

Chenango Bridge Senior Center

Wednesday, July 1st from 10 – 2PM

Fourth of July Celebration, Senior Game Day & Ice Cream Sundae Event

Come join us for a fun game of cornhole, ring toss and horse racing (board game). Enjoy some ice cream after the games!

Deposit

Tuesday, July 21st

Breakfast for Lunch

12:30PM

Eastern Broome

Sunday, July 19th

Eastern Broome Fundraiser &

Gazebo Concert with Harmony Lane at Village Greene Park
6 – 7:30PM

First Ward

Wednesday, July 15th from 10 – 2PM

Annual Steak Roast

We will be serving steak and chicken with all the sides. We will have coffee and donuts for sale until sold out. Play bingo or try your hand at cornhole! Advanced tickets are required by 7/10 and go on sale on Monday, June 29th at the center.

Johnson City

Saturday, August 1st

Summer Bingo Bash

We've got a special Saturday Bingo with our exceptional Bingo Kitchen!

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

Northern Broome

Tuesday, July 28th at 4:30PM

Evening Meal

Followed by Bingo at 5:15PM

Vestal

Wednesday, July 15th at 11AM

Loaded Baked Potato Bar

Enjoy a baked potato with all your favorite toppings!



Downsize & Declutter Discussion with Joan

Focus on asking the right questions to reduce the amount of stuff in your home!

- What is significant about this item?
- Will I use this item soon?

Learn more on Tuesday, July 14th at 3PM at the Broome West Senior Center or on Zoom.

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



Mark Your Calendar!

Upcoming Community Events

Local Library Book Sales

George F. Johnson Library: 1001 Park Street, Endicott
Friday, July 3rd 10 – 4PM
Friday, July 17th 10 – 4PM
Cash only. For more information, please visit
<https://www.gfjlibrary.org/friends/>

Your Home Public Library: 107 Main Street, Johnson City
Saturday, July 18th 10 – 12:30PM
For more information, please visit
<https://www.yhpl.org/friends-of-the-library/>

Broome County Public Library: 185 Court Street, Binghamton
Friday, July 24th 10 – 2PM
Saturday, July 25th 10 – 1PM
For more information, please visit
<https://www.thebcpl.org/events/upcoming>

First Friday

Downtown Binghamton
Friday, July 3rd 6 – 9PM
Please join us for an unforgettable evening celebrating creativity and culture in Downtown Binghamton, NY! First Friday is a monthly event organized by the Broome County Arts Council (BCAC) that invites community members to explore a variety of art exhibitions and creative highlights in Downtown Binghamton. Patrons can expect to enjoy live music performances and artist exhibitions that showcase the cultural richness of our community.
Check out the website for events:
<https://broomearts.org/in-the-community/first-friday/>

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!

Sips & Strokes: Unearth a Story with Paint & Mocktails
George F. Johnson Library: 1001 Park Street, Endicott
Monday, July 13th 6PM

Enjoy step-by-step guidance as you create a seasonal painting perfect for summer décor, all while sipping refreshing, alcohol-free mocktails. Whether you're an experienced artist or just looking to try something new, this program is designed for all skill levels in a welcoming, low-pressure environment. Come unwind, get creative, and enjoy a social evening of art, conversation, and summer-inspired refreshments with fellow community members. Registration required! Call 607-757-5350.

Endicott Museum
40 Washington Avenue, Endicott
Saturday, July 18th 10 – 1PM

Explore local history featuring Endicott Johnson and IBM displays, the world's largest IBM clock collection, stunning EJ stained glass, a dedicated military room, and Union-Endicott school memorabilia. Free admission (donations welcome). Open on the 1st & 3rd Saturday of the month (Closed 7/4). Located on the 2nd floor (elevator accessible).

It's recommended to park in the Madison Ave. lot and use the back entrance. For private tours, call Debra at 607-222-4487.

97th Annual Ukrainian Day Festival
St. John's Ukrainian Orthodox Church
1 St Johns Pkwy, Johnson City, NY 13790
Saturday, July 18th 11AM

Come to St. John's Ukrainian Festival featuring traditional food, baked goods, folk singing & dancing performances, outdoor fun, and church tour. Our parish is proudly celebrating 100 years! Celebrate Ukraine's rich culture with excellent food and entertainment! Free admission and parking all day. Traditional Ukrainian Food: holubtsi, pirohy, halushky, along with grilled specialties, and homemade baked goods.

Johnson City Rotary Carousel Day
CFJ Park: 198 CFJ Boulevard, Johnson City
Saturday, July 25th 11 – 4PM

The event will feature an exciting lineup of activities including a live DJ, face painters, a juggler, balloon twister, and more. A wide variety of food and craft vendors will be on-site, along with local businesses and community groups sharing information and giveaways. Carousel Day celebrates the unique heritage of Johnson City and its treasured carousel. In 2024, the event was honored with the Community Advocate Award from the Greater Binghamton Chamber of Commerce. The award recognizes grassroots efforts that improve and enrich their neighborhoods. Johnson City Rotary shares this recognition with the entire community as a testament to the village's ongoing revitalization.



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!

July 9th 10AM – Middendorf Park in Vestal. Meet at parking area. Limited parking, carpooling recommended.

July 23rd 10AM – Pettus Hill in West Windsor. Meet in parking lot.

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

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

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

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

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

TECHNOLOGY CORNER

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** or tel.lvbtc@gmail.com 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 now available! Call the Library for details at **607-693-1858**

LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ Senior Social Group will be Wednesday, July 15th from 3 – 4PM at the Johnson City Senior Center
30 Brocton Street, Johnson City



Farmers Market Coupons are vouchers that can be exchanged for produce at local farmers markets. This program is meant to assist individuals who meet age and income guidelines with buying fresh produce from local farmers markets. **Coupons are available on a first come, first served basis.**

Eligibility requirements:

You must meet the following guidelines to be eligible:

- Provide proof of age
(must be age 60 or older, no exceptions)
- Be a New York State resident
- Have a BC Office for Aging ID Card with you or fill out an ID application on site

AND

Meet income guidelines:

- \$2,461/month for a one-person household`
- \$3,337/month for a two-person household
- \$4,212/month for a three-person household



Please bring your Office for Aging ID Card. ID Card applications are available at all Broome County Senior Centers and can also be printed from our website at broomecountyny.gov/senior/idcard

- For fresh fruits and vegetables only
- Use directly with participating farmers
- Spend in \$5 increments
- No change is given

Distribution at local senior centers:

Vestal - July 8th 10 – 11AM
Chenango Bridge - July 13th 11 – 12PM
Broome West (Endwell) - July 14th 9 – 11AM
Eastern Broome (Harpursville) - July 15th 1 – 2PM
First Ward (Binghamton) - July 16th 9 – 10:30AM
Johnson City - July 21st 9:30 – 11AM
Northern Broome (Whitney Point) - July 22nd 10:30 – 11:30AM



Conklin Seniors

Contact Linda 607-221-4697

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

Johnson City Senior Center

Contact Dorothy 607-743-1747

August 6th – Bronx Zoo – Parents’ & Grandparents’ Day

August 26th – Lake George Luncheon Cruise

September 1st – New York State Fair

September 23rd – Penn’s Peak: A Tribute to James Taylor

September 24th – Penn’s Peak: A Tribute to George Jones & Tammy Wynette

October 21st – Shawnee Playhouse – Legally Gray

November 17th – Branson Christmas Show & Veterans’ Show

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

August 11th – Erie Canal Cruise & Lunch (Payment due 7/8)

Vestal Senior Citizens Club

Contact Jean 607-754-4479

August 24th – Auburn, NY for “Carousel” play at the Rev Theater & Lunch (Sign up on 7/16 at 12PM)

September 2nd – Lunch Cruise on the Seneca Legacy & visit to the Corning store (Sign up 8/6 at 12PM)

October 15th – Golden Horseshoe Ranch for “Duets through the Years” (Sign up 9/24 at 12PM)

November 3rd – 4th Lancaster for American Music Theater for Holiday Show and Sight & Sound for “Joshua” (Sign up on 9/17 at 12PM)



Silent Raffle Fundraiser

All items & blankets will be on display and tickets are available thru July 23rd

Monday – Friday, 9 – 3PM

Broome West Senior Center: 2801 Wayne Street, Endwell

- Many items to choose from! Great for gift giving and for treating yourself.

Drawings will be done on Friday, July 24th 10:30 – 2PM

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



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 July, we will be walking through Norwich, Lima, Africa, Florence, Brazil, and Boston. These are free classes, and no reservations are required.

July 8th 10:30AM



Virtual walking tour through Norwich, England (streamed to the Broome West, Johnson City and Vestal Senior Center)

July 14th 2:30PM



Virtual walking tour through Lima, Peru (streamed to the Johnson City Senior Center)

July 15th 11AM



Virtual walking tour through Africa (streamed to the Broome West, Eastern Broome, Northern Broome and Vestal Senior Center)

July 16th 12:30PM



Virtual walking tour through Florence, Italy (streamed to the Northern Broome and Vestal Senior Center)

July 20th 1:30PM



Virtual walking tour through Brazil (streamed to the Broome West Senior Center)

July 28th 1:30PM



Virtual walking tour through Boston, MA (streamed to the Broome West and Johnson City Senior Center)

Celebrating the Triumph of the American Spirit



On July 4, 2026, America will celebrate the most important milestone in our country’s history—250 years of American Independence. Some of the celebrations being held across our great country include Task Force 250, Our Shared Future 250 and America 250:

Task Force 250: "Task Force 250 aims to inspire a renewed love for American history, encourage citizens to experience the beauty of our country, ignite a spirit of adventure and innovation to help our nation succeed for the next 250 years". For more information, please visit <https://www.whitehouse.gov/freedom250/>.

Our Shared Future 250: "The Smithsonian celebrates the nation's successes, contemplates the consequences of our history, commemorates the sacrifices of those who have worked to uphold the nation's ideals, and asks Americans to commit to advancing our democracy and preserving our shared future." The Smithsonian will shine a light on America’s story through exhibits and events located nationwide throughout several communities. For more information on these events and exhibits, please visit Events | Smithsonian Institution <https://share.google/PGTIQQ5R8tPOxjzTI>.

America 250: The national nonpartisan organization charged by Congress to engage every American in celebrating and commemorating the 250th anniversary of America states "...this historic milestone is an opportunity to pause and reflect on our nation's past, honor the contributions of all Americans, and look ahead toward the future we want to create for the next generation and beyond." America250 has compiled a list of events around the USA to commemorate this historic moment. America250 <https://share.google/zhw4tdkmZ341T8dtX>



AgeOn is a local nonprofit charity that promotes the independence of older adults age 60 years and older. We strive to assist people to be able to remain in the community through helping meet the unmet needs some older residents struggle with. The purpose of the Fund is to foster, improve and potentially grow the usage and availability of the array of services and special programs for senior citizens age sixty (60) and older who are residents of Broome County. This shall be accomplished by:

- Working to expand and support services provided for the aging population. Accepting, encouraging, applying for, and receiving gifts, grants and bequests to the Fund.
- Collaborating with public and private organizations to form effective partnerships which leverage resources that will improve and expand programs and services for older adults and caregivers.
- Seeking non-traditional sources of funding to enhance services and programs in the community.

Contact information:
Phone 607-778-2411
Email ageonbroome@gmail.com
Website <https://www.ageonbroome.org/>

Rocking and Rolling:
A Meals on Wheels Success Story



"Meals on Wheels participant, Mr. S., recently experienced the kindness and teamwork that make our Meals on Wheels community so special. After learning from a coworker about a local church that helps provide donated household items to Meals on Wheels clients, I shared the information with our volunteers and encouraged them to let me know if any clients had specific needs."

While delivering meals, volunteers Frank and Dianne learned that Mr. S. had been hoping to find a rocking chair. I reached back out and found someone that had a rocking chair sitting unused in their home office, mostly serving as a clothing rack.

Without hesitation, the donor brought the chair in for Mr. S. Frank and Dianne picked it up, repaired a wobbly arm to make it safe and sturdy, and then delivered it to his home. Mr. S. was incredibly grateful for the thoughtful gift.

What started as a simple conversation became a wonderful example of compassion, generosity, and volunteers working together to make a meaningful difference in someone’s life."

– Jesse, Meals on Wheels Director

Our volunteers deliver so much more than just a hot meal—they deliver community, connection, and care. Ready to make a difference in your neighborhood? Contact our office today by calling **607-778-2411** to learn how you can become a Meals on Wheels volunteer!



SUDOKU

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.
ANSWERS ON P. 15

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



CAREGIVER CORNER

Ideas and information for people caring for others.

The Broome West Caregiver Chat:
Date: Wednesday, July 8th 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, July 11th 1 – 4PM • Second Saturday of the Month
Grace’s Place • Grace Lutheran Church: 709 Main St, Vestal • RSVP 607-748-0840
Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

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

Saturday, July 25th 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament • 465 Clubhouse Rd, Vestal • 607-778-2946

Hydration in Elders: More Than Just a Glass of Water

by Rita Miller-Huey, M.Ed., R.D., L.D/N., C.L.C,



As we enter the warmer part of the year, it is more important than ever to drink enough fluids. This is particularly true for children and for persons 65 and older – which could be both the caregivers and their loved ones. Not drinking enough fluids can cause unwanted symptoms, complications from existing disease conditions and may account for many hospitalizations of our elders. Water and juices are the best; coffee, tea and colas with caffeine as well as alcoholic drinks cause the body to lose fluids and are recommended only in small amounts.

Elders are at risk for dehydration for many reasons:

- **Age related.** There is less water in the older body, greater difficulty for the older kidney to maintain fluid balance and less thirst sensations in older folks in general.

Continued on page 12



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

Join us every Friday 1 - 3PM
Church of the Holy Family: 3600 Phyllis St., Endwell
CLOSED 7/3 & 7/17

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!



CAREGIVERS ARE EVERYWHERE. ANY CARE COUNTS.

Mow the lawn for a loved one? Manage finances? Help with meds? That’s care, and any care counts. Almost 1 in 2 of us are caring for someone, and while it can be an honor, it can also be intense.

The Any Care Counts – New York Campaign is a way to recognize and support the millions of unpaid caregivers across the state by connecting them to available support resources in New York.

For more information, please visit <https://www.anycarecountsny.com/>

Yesteryears North at Northern Broome Senior Center

This group meets on Fridays 10 – 1PM at Northern Broome Senior Center located at 12 Strongs Place in Whitney Point. This program focuses on peer socialization and community engagement. Patrons enjoy activities in a small group setting.

If you are interested in attending contact Shellie Spinelli 607-785-0494.

Transportation may be provided.



Recipes

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

Avocado Deviled Eggs

These avocado deviled eggs are great as a snack or side.

Ingredients

- 2 large eggs
- 1/4 large avocados (peeled and pit removed)
- 1 teaspoon lemon juice (or vinegar (e.g. white distilled, apple cider), to taste)
- 1 teaspoon olive oil (or avocado oil, as needed to adjust the consistency)
- 1 pinch salt (to taste)
- 1 pinch black pepper (to taste)
- 1 pinch paprika (to taste)

Steps

1. To hard-boil eggs, place in a medium to large saucepan and cover with water by about 1 inch. Bring the water to a boil, then turn off the heat and cover with a lid. Let sit for 12–13 minutes, then carefully transfer to ice water
2. Peel the hardboiled eggs, then slice in half lengthwise.
3. Remove the yolks from the egg halves and transfer to a small bowl. Mash into small pieces with a fork.
4. Add the avocado, lemon juice or vinegar, oil, salt, and black pepper. Mash with the fork to combine, adding more lemon juice or vinegar and/or oil to adjust the flavor and consistency as desired.
5. Using two spoons, one to scoop and one to scrape, divide the egg yolk-avocado mixture between the egg white halves (~1 tablespoon each).
6. Sprinkle the paprika over the tops of the filled eggs.
7. Serve right away or chill before serving if desired.

<https://www.nutrition.gov/recipes/avocado-deviled-eggs>



Leek and Mushroom Orzo

Cook this delicious pasta dish in 45 minutes that will taste great for dinner and for leftovers the next day.

Ingredients

- 2 cups leek (chopped)
- 1 tablespoon oil
- 2 cups mushrooms (sliced)
- 1 cup orzo (dry)
- 2 cups vegetable broth
- 1 1/2 cups tomatoes (chopped)
- 3 tablespoons cream cheese
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Steps

1. Sauté leeks in oil in a medium skillet over medium heat, stirring occasionally, until the leeks are soft (about 5 minutes).
2. Add mushrooms and cook until soft (about 5 minutes).
3. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes.
4. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes.
5. Add the tomatoes and simmer until orzo is tender (about 2 minutes).
6. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.
7. Refrigerate leftovers within 2 hours.

<https://www.nutrition.gov/recipes/leek-and-mushroom-orzo>



Oatmeal Pecan Waffles

These hearty, whole-grain waffles are perfect for a weekend breakfast. No waffle iron? No problem—this batter makes delicious pancakes, too!

Ingredients

- 1 cup whole wheat flour
- 1/2 cup oats (quick-cooking)
- 2 teaspoons baking powder
- 1 teaspoon sugar
- 1/4 cup nuts (pecans, unsalted, chopped)
- 2 eggs (large, separated)
- 1 1/2 cups milk (fat-free (skim))
- 1 tablespoon vegetable oil
- 2 cups berries (strawberries, halved)
- 1 cup berries (blackberries)
- 1 cup berries (blueberries)
- 1 teaspoon sugar (powdered)

Steps

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients and stir together. Do not overmix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter.
6. Pour batter into preheated waffle iron and cook until the waffle iron light signals it's done or steam stops coming out of the iron. A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside. (Or make pancakes.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle and serve.

<https://www.nutrition.gov/recipes/oatmeal-pecan-waffles>



Watermelon Sundaes

These ice cream-free Red, White and Blue Sundaes are filled with generous scoops of watermelon and blueberries then topped with dollops of whipped topping.

Ingredients

- 44 watermelon balls
- 2 cups blueberry (fresh)
- 4 tablespoons whipped topping
- sprinkles (optional)

Steps

1. Gently mix the watermelon and blueberries.
2. Divide between 4 sundae bowls.
3. Top each with a tablespoon of whipped topping and sprinkle with red, white and blue sprinkles.
4. Serve immediately.

<https://www.nutrition.gov/recipes/watermelon-sundaes>



Trivia

How many states does the Appalachian Trail cross?

Answer: 14

Hydration in Elders: More Than Just a Glass of Water

Continued from page 10

- **Disease-related reasons for dehydration range from the complex to the simple.** Infections such as pneumonia, chronic obstructive pulmonary disease (COPD) and urinary tract infections increase the need for fluids due to fevers and the overproduction of mucus. Some diseases, such as congestive heart failure, renal disease, stroke or other neurological disorders and diabetes, cause changes in the function of various hormones that regulate the fluid balance in the body. Also, there are acute reasons for dehydration such as prolonged vomiting or diarrhea, over-aggressive diuretic therapy and poor compliance to medication regimens.
- **Environmental reasons.** A decrease in mobility for those with arthritis, diminished vision or confined to bed rest who cannot as easily meet their own needs. Those with diminished appetite or reluctance to bother others for something as simple as assistance in getting a sip of water are definitely at risk.
- **Medication reasons.** May cause increased fluid losses through the kidneys. Diuretics, sedatives and laxatives are common, necessary drugs that require close attention to fluid intake. Other drugs and alcohol can cause the kidneys to work harder, and may damage them, making it harder to maintain fluid balance.
- **Psychosocial reasons.** This is the elder who is cognitively impaired, and possibly unable to drink without full assistance, or those who may intentionally restrict fluid intake in the hopes of decreasing the risk of incontinence.
- **Economic reasons.** This may include the lack of financial resources to maintain nutritional and fluid intake, extreme or prolonged weather fluctuations and the possibility of elder abuse.

How could you tell if your loved one might becoming dehydrated? Ask yourself if they have any of the above mentioned risk factors. If they complain of nausea, are lethargic, have headaches, vomiting or dizziness, these could all be signs of dehydration. Call your doctor if your loved one has any or all of these symptoms.

For more information, please visit <https://caregiver.com/articles/hydration-in-elders/>

Ask the Office

I want to spend the summer months being more active, explore more outside or try a new activity. Can you help me find what is available?

Summer is a wonderful time to get outdoors and explore the community. One fun way to do it is by joining the Nature Walking Club. Participants can explore lesser-known nature locations in Broome County while learning about native and invasive plants, along with the history of each location. Walks are held at an accommodating pace making them a great opportunity to socialize with others and enjoy nature. From wetland to forests, there are locations and trails for everyone to enjoy.

Of course, the weather doesn't always cooperate with outdoor activities. On rainy days the senior centers offer a great alternative with a variety of indoor activities. There is also exercise equipment available at the Northern Broome, Eastern Broome and Broome West Senior Center. Whether you are interested in finishing a crochet project, learning a new card game, participating in chair exercises, or trying line dancing, there is something for everyone.

To find a list of senior centers and their activities, please check the events that start on page 3. For Nature Walking Club meeting locations and information, please check page 6.

What is Asthma?

Asthma is a serious, sometimes life-threatening chronic respiratory disease that affects the quality of life for 25 million Americans, including more than 4 million children. Although there is no cure for asthma yet, asthma can be controlled through medical treatment and management of environmental triggers. EPA is committed to educating all Americans about asthma so that everyone knows what asthma is, how the environment can affect asthma patients, and how to manage environmental asthma triggers.

Who is at Risk for Asthma?

Anyone can get asthma – people of all ethnic groups, men and women, the young and elderly, city dwellers and rural dwellers. In the United States, 25 million people have asthma.

While no one knows for sure why some people develop asthma and others don't, we do know that it is a combination of your family history and your environment.

There is no cure for asthma. Once you have asthma, you will have the disease for the rest of your life. But with proper care, you can lead a healthy, productive, fully active life.

Asthma Triggers

Several factors found in both indoor and outdoor environments that can cause, trigger, or exacerbate asthma symptoms. You might be surprised by the list of common environmental asthma triggers, and how simple it can be to reduce their impact and eliminate them from your environment.

Preventing Asthma Attacks

Step 1 – Talk to a Doctor

If you think that you or your child may have asthma, talk to a doctor. Your doctor will work with you to diagnose asthma and keep you or your child from having asthma attacks by helping you with the following:

- Learning what triggers asthma attacks
- Identifying asthma triggers in your home
- Talking about ways to get rid of triggers in your home
- Finding out what medicine(s) to take

Step 2 – Make a Plan

- Ask your doctor to help you create an asthma action plan to prevent asthma attacks. An asthma action plan will help you control asthma on a regular basis. Use this plan together with your doctor to write down ways to manage asthma, both on a routine daily basis and during an attack.

Step 3 – Asthma-Proof Your Home

Triggers are a part of everyday life. Asthma attacks can be triggered by things like mold growing on your shower curtain or tiny dust mites that live in blankets, pillows, or your child's stuffed animals. Learn more about things that might trigger an asthma attack and what you can do to get rid of them and to stay healthy.

For more information, please visit <https://www.epa.gov/asthma/what-asthma>



Woodburn Court 1 Apartments

21-23 Exchange St
Binghamton, NY 13901
Call: 607-723-7875
TOD: 711 Relay

62 or older and those with a disability over the age of 18

Now accepting
applications!

Owned and operated by C.S. American Management

- 148 One Bedroom Apartments
- Project-Based Section 8
- Elevators
- Secure Building
- Gated Parking lot
- 24- Hour Maintenance



If you have a disability and need assistance with the application process, please contact Cynthia at **607-723-7875**.



Scam Protection with Office for Aging

SilverShield

Protect yourself from scams and fraud! SilverShield is a 100% free service for older adults. If you are over 60 years old and interested in a complimentary SilverShield subscription, please give us a call.

A SilverShield license allows you to send suspicious emails, texts, and other messages directly to the experts at SilverShield, who will investigate the information for you. This service provides peace of mind, ensuring you are not being scammed.

Our office can complete the referral form for you right over the phone. Subscriptions are limited, so don't wait! Our caseworkers are available to provide more information or to help complete your referral form at **607-778-2411**.

Broome County
Office for Aging 

Trivia

What is the only planet in our solar system to rotate clockwise on its axis?

Answer: Venus

Sparklers: Not as Harmless as They Look

Sparklers are often treated like toys, they're anything but. They burn extremely hot, hot enough to cause serious burns and light dry grass or clothing in seconds.

SAFETY TIPS:

- Always follow the directions located on the packaging
- All sparklers are for outdoor use only, never use indoors
- Always wear eye protection when using sparklers
- Never light more than one sparkler at a time
- Never point a sparkler tube towards anyone or any part of your body
- Keep sparklers and novelty devices in a safe secure location when not in use
- Never use sparklers when under the influence of alcohol or drugs
- Always keep an approved fire extinguisher nearby during a display
- Never try to relight or handle malfunctioning fireworks
- Douse malfunctioning and spent devices with water before discarding to prevent a fire
- Purchase sparklers and novelty devices from NY State registered retailers

FACTS:

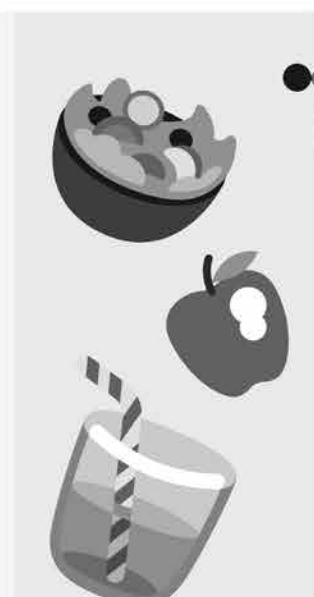
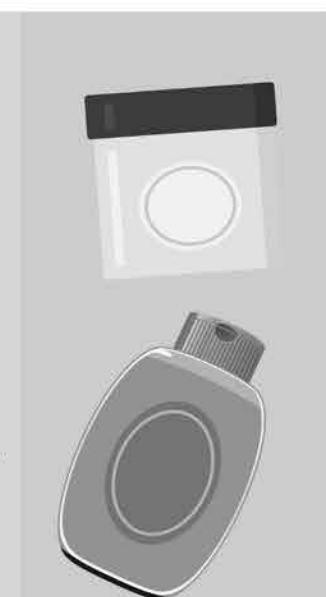
- Sparklers burn at temperatures of about 2,000 F
- It is illegal for anyone under the age of 18 to buy or use sparklers in NY State
- There were 8 fireworks-related fatalities in 2023
- In 2023, there were an estimated 9,700 fireworks-related injuries in the United States that required treatment in the emergency department, 700 of which for injuries caused by sparkling devices
- Teenagers ages 15 to 19 years of age had the highest estimated rate of emergency department-treated, fireworks-related injuries, with children ages 5-9 years old having the second highest rate
- Sparklers and certain novelty devices are the only consumer fireworks that are legal in certain parts of NY State.

Learn more at: www.dhss.ny.gov/sparkling-devices-information



Homeland Security
and Emergency Services

Tips for Healthier Skin as You Age

 While outdoors, use sunscreen and wear protective clothing and sunglasses.	 Stay hydrated and eat a healthy diet.	 Manage your stress.	 Don't smoke.	 Moisturize with lotions or ointments every day.	 Check your skin often for any changes and visit a dermatologist regularly.
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Find more information about taking care of your skin:
www.nia.nih.gov/health/skin-care-and-aging



National Institute on Aging

NOW HIRING

Broome County

Office for Aging

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

- **Senior Citizen Site Supervisor** (1 position)
Eastern Broome Senior Center in Harpursville
High School Diploma required
30 hours per week M-F 8:30-2:30 pm, \$18.11 per hour
Daily Duties Include:
Responsible for the overall management of the senior center.
Responsible for program planning.
Works with kitchen staff and volunteers to facilitate meal service and clean up.
Works with and recruits senior center volunteers.
- **Classroom Foster Grandparent**
Stipend and Mileage Reimbursement Provided
To be eligible your income must fall below \$2,660/month after allowable deductions.
No Civil Service Exam Required
Monday – Friday, Hours Vary
Call Lucia for more information at **607-778-2411**.
- **Broome County Meals on Wheels** is currently in need of volunteers in the Binghamton, Conklin, Chenango Bridge, Harpursville and Whitney Point areas. Volunteer drivers and visitors are needed; volunteering only takes about an hour of your time. Mileage reimbursement is available. Call 607-778-6206 for more information.
- **First Ward Senior Center** is looking for a full-time kitchen supervisor, Monday-Friday 8-4pm. Position comes with full benefits and eligibility for NY state retirement. Candidates must be able to stand for extended periods of time and lift a minimum of 25lbs. Kitchen experience is a plus but not required. For inquiries, please call Jessica or Marianne, 607-797-2307, or stop by the center at 226 Clinton St. Binghamton



- Call-In Driver for Sodexo
Part Time Hours

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

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



Self-Care is for Everyone

Self-care isn't just about luxury; it's about taking intentional steps to preserve your physical and mental well-being so you can continue to show up for yourself and your loved ones. Especially for older adults, small, consistent habits can make a significant difference in how you feel each day.

As we celebrate International Self-Care Day on July 24th, consider incorporating these simple steps into your routine:

1. **Check Your "Battery"**
Before starting your day, take a moment to assess your energy levels. Just as you offer empathy to others in your community work, remember to offer that same grace to yourself. If you're feeling low, give yourself permission to rest or move at a slower pace.
2. **Stay Hydrated and Nourished**
Physical health is closely linked to mental health. Drinking water consistently and enjoying hydrating foods like watermelon or cucumbers helps prevent the fatigue and confusion that can come with dehydration.
3. **Connect with Nature**
Spending even ten minutes in a garden or a local park can lower stress. Whether you are tending to your own plants or simply enjoying the fresh air, nature is a powerful tool for refreshing your energy.
4. **Engage Your Mind and Senses**
Self-care can be as simple as getting lost in a good story. Listening to an audiobook or working on a hobby can provide a healthy mental escape and keep your mind engaged.
5. **Practice "Micro-Connections"**
Social isolation is a significant health risk. Reaching out for a short chat with a neighbor at the senior center can brighten both of your days.

It is important to remember that self-care is not selfish. Taking the time to replenish your own energy and health is a necessity, not a luxury. When you prioritize your own well-being, you are ensuring that you have the strength, patience, and clarity to remain an active and supportive member of your community.

What are five things you can do today to care for yourself?

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

— Nelson Mandela

Hair @ Home *for men and women*

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

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

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

New at Broome West Senior Center



Exciting changes have arrived at Broome West Senior Center! The next time you walk through our doors, you will notice an easy-to-use touch screen sign-in station waiting to greet you.

We are thrilled to introduce this new technology to make your daily visits smoother, faster, and more interactive than ever before. With just a few simple taps on the screen, you can:

- **Reserve Your Spot for Lunch:** Signing up for our noon meals is now quicker than ever.
- **See the Day’s Schedule instantly:** Want to check if BoneSavers starts at 10AM, or double-check the time for Hand and Foot? The full daily calendar will be right at your fingertips.
- **Explore More Center Happenings:** Stay in the loop with special presentations, upcoming holiday celebrations, and center announcements directly from the main screen.

Change can sometimes feel a bit overwhelming, but please don't worry! Our friendly staff and volunteers will be there to guide you through the process, answer questions, and help you get comfortable with the new system.

It is designed entirely with you in mind, keeping our community connected and informed. Stop by, give it a tap, and see how easy it is to navigate your day at Broome West!

SUDOKU

• ANSWERS •

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

The 2026 Senior News
Pet Photo Contest Winner is...



Ginger’s owner, Jane, says she loves Ginger for all the love she gives. Ginger makes friends everywhere she goes and always likes to dress to impress on the holidays!

Ginger’s charming photo is a wonderful reminder of the incredible joy and companionship our pets bring into our lives. From the comforting purr of a cat on your lap to the loyal wag of a dog’s tail, our animal companions offer unconditional love, a sense of purpose, and a unique bond that truly enriches our golden years.

Thank you to everyone who shared their cherished pets and for supporting the Senior News!

Ramp It Up!

A Program of the Broome County Council of Churches



Launched in 2009, the Ramp It Up! youth initiative organizes and equips young people to care for their homebound neighbors of all ages by helping in the construction of handicap accessibility ramps. Our goal is to build between 12-15 ramps per year for

residents in Broome County experiencing mobility challenges entering their homes. Ramps are built on a sliding scale with those who can afford to contribute paying for part or all the cost of materials. Most of the labor is given freely by the youth and adult volunteers with professional guidance offered by the Council of Churches staff as a gift to the community. The youth come from schools, churches, scouting organizations, sports teams, and other groups to make a difference in our community. It has been rewarding program for everyone involved.

Recently, we have received a generous grant from the City of Binghamton that will allow us to serve qualifying homeowners within the city limits completely free of charge. If you know of anyone in the City of Binghamton who is in need of this service, please have them contact the Broome County Council of Churches at **607-724-9130 x323** and leave a message for Harold Wheat, Ramp It Up Program Coordinator.

July 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.*

<i>Have Lunch at a Senior Center</i> Eating together gives our mood a significant lift. The combination of good food and pleasant company creates a perfect recipe for happiness!		Chicken Salad 7/1 Croissant Cream of Broccoli Soup Pea Salad Mandarin Oranges	4th of July Party! Pub Burger 2 OR Beer Battered Fish Red Potato Salad Watermelon Wedge Strawberry Shortcake	Senior Centers Closed 3 For Independence Day
Classic Beef Chili 6 Baked Potato Carrots Ice Cream Cup	Honey Ginger Chicken Thigh 7 Roasted Potatoes Tossed Salad Cranberry Oatmeal Cookie	Grandma's Meatloaf 8 Bread Dressing Cut Green Beans Pumpkin Pie	Seasoned Chicken Breast 9 OR Shrimp Scampi Alfredo Pasta Spinach Fresh Orange	Chili Orange BBQ 10 Chicken OR Broiled Fish Baked Beans Coleslaw Honeydew Melon
Chicken Carbonara Over Pasta 13 Wax Beans w/Pimento Sherbet Cup	Turkey & Provolone On Marble Rye 14 Sausage Florentine Soup Cottage Cheese Pineapple	Salisbury Steak OR Halupki 15 Mashed Potatoes Carrots Chocolate Brownie	Teriyaki Chicken 16 Seasoned Brown Rice Oriental Blend Vegetables Blueberry Crisp	Pub Burger OR Beer Battered Fish 17 Baked Beans Tossed Salad Cantaloupe Melon
Four Cheese Macaroni & Cheese 20 Stewed Tomatoes Brussels Sprouts Chocolate Chip Cookie	Marinated Chicken 21 Broccoli Bow Tie Salad w/Jack Cheese Tossed Salad Fresh Orange	Pulled Pork OR Pulled Chicken 22 Baked Beans Summer Corn & Dill Salad Apricot Halves	Sausage Link OR Broiled Fish 23 Red Potato Salad Pea Salad Apple Cobbler	Manicotti 24 Carrots Tossed Salad Lemon Meringue Pie
Caesar Chicken Breast 27 Pierogies w/Onions Broccoli Florets Sugar Cookie	Pub Burger 28 Macaroni Salad Mandarin Oranges Vanilla Pudding	Chicken Salad Croissant 29 Stuffed Pepper Soup LF Cottage Cheese Pineapple	Halupki OR Marinated Chicken 30 Mashed Potatoes Carrots Watermelon	Hot Dog OR Tuna Salad 31 Bow Tie & Roasted Vegetable Pasta Salad Strawberry Shortcake

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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