



Visit Our Website at www.gobroomecounty.com/senior



National Safety Month

As we gracefully navigate our golden years, maintaining our health becomes paramount. It's not just about treating illnesses when they arise, but about proactively safeguarding our well-being. Preventative healthcare is the key to enjoying a vibrant and fulfilling life. Learn more about preventative health steps you can take on page 13 & 14.

Join Us in The Fight Against Elder Abuse!

Office for Aging is excited to promote “Joyful Aging,” the theme of this year’s World Elder Abuse Awareness Day (WEAAD.) Our mission is to improve and enrich the quality of life for all older persons in Broome County. This includes empowering older adults to fight against elder abuse and ageism. We also encourage older adults to seek out needed services and supports. Office for Aging wants all older adults to live happy, healthy, independent lives, and to find the “joy in aging.”

Held annually on June 15, World Elder Abuse Awareness Day (WEAAD) was launched in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. This day was created as a way to provide communities an opportunity to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic factors which affect abuse and neglect. Many social factors, such as a lack of support services and community resources, can increase the risk for elder abuse. Biases against and stereotypes about older adults (ageism) that keep them from fully being a part of their community can also play a role in enabling elder abuse. By working to change these contributing factors, we can prevent elder abuse.

Elder abuse is hidden and thrives in silence. Elder abuse exists in every community and neighborhood. Abuse can be physical, emotional, sexual, financial, or neglect including self-neglect. Only one in twenty-four cases of elder abuse is ever reported. Survivors of abuse often do not tell anyone. Caring family members, friends and others may not recognize the problem or don’t know who to tell. If you or an older adult you know is being harmed, break the silence. Suspected abuse can be reported to programs such as Adult Protective Services (APS) for those living in the community and the Long-Term Care Ombudsman for those residing in nursing homes.

Actions you can take now to combat elder abuse include:

- Create awareness. Become aware of the issue and educate others.
- Encourage community members to look out for vulnerable older adults.
- Set up and encourage participation in local support groups for caregivers.

- Check in on family and friends.
- Establish checks and balances on your financial transactions and on those of loved ones you are caring for.
- Seek out services, supports, and programs that will help keep you and your older friends and family healthy, independent, and engaged in the community. For information about long-term services, supports and programs available to you, call Office for Aging at 607-778-2411



**Celebrate Joyful Aging at
Broome County Office for Aging’s World Elder Abuse
Awareness Day Expo!**

Wednesday, June 4, 2025 from 10 – 2PM
Broome West Senior Center
2801 Wayne Street, Endwell

Celebrate the joy in aging! Our goals of this event:

- Learn ways to empower yourself and others
- Learn how to prevent ageism & elder abuse

There will be fun activities, speakers, information on services available & more!

Enjoy a delicious lunch of either a Marinated Chicken or Beer Battered Fish Sandwich, Sides, & Brownie Dessert! **

**Reservations are needed for lunch by noon on Tuesday, June 3rd. A voluntary, suggested contribution of \$4 is requested for those age 60+ and spouse of any age. Those under 60 are charged \$5.

You do not need to be a senior center participant to attend. Everyone is welcome! Call Office for Aging at **607-778-2411** for more information.

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/



Wednesdays 9:00AM, Fridays 9:00AM

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:
Date: Monday, June 2nd **Time:** 1 - 2:30PM
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.)

Cancelled in June due to St. Anthony’s Feast Days Event
St. Anthony’s Church Hall • 300 Odell Ave, Endicott

Saturday, June 14th 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, June 21st 11 – 2PM • Third Saturday of the Month
St. Mary’s Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Call for More Information
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • 607-778-2946

WEDNESDAY RESPITE

Wednesday, June 11th 11 – 1:30PM • Second Wednesday of the Month
India Cultural Center • Route 26, Vestal
For more information or to RSVP, please call 607-624-6587.

Caregivers have you ever thought...

I need something for mom to do! I can’t find enough to keep my wife busy! I think dad is depressed he sits in his chair all day and does nothing! Mom is okay but I’m afraid to leave her alone for too long. Could this be you? Many caregivers today are challenged with maintaining a balance of addressing their own needs while keeping their loved ones active and safe.

Caregiving can be a very rewarding yet stressful experience. It is important to care for yourself. Maintaining physical, mental and emotional health as a caregiver is essential to caring for others. Respite programs provide some time to address your own needs.

Yesteryears Group Respite is two-fold. It gives the caregivers much needed time to themselves and gives their loved ones social and interactive therapy with their peers.

Broome County’s Office for Aging operates two group respite programs. There is one site in Binghamton and the other in Endwell.

The program provides:

- Social activities; music, crafts, games and fun events
- Meals
- Social interaction with peers
- Mental stimulating activities
- Respite for the caregiver

Caregiver comment “Yesteryears brings happiness and laughter to most and gives individuals a sense of independence.”

Yesteryears has been providing social engagement for participants and respite for caregivers for over 40 years. The success of our program is a direct result of the staff that we employ, the relationships we build and the feeling of independence and self-worth we strive to create.

For more information on the Yesteryears Program and other caregiver services contact the Broome County Office for Aging at **607-778-2411** or visit the website: <http://www.gobroomecounty.com/senior>

NEW “Grief, Loss, and Open Issues” Support Group at the Eastern Broome Senior Center

27 Golden Lane, Harpursville
Wednesday, June 18th 10AM
• Private Setting

Join us on the third Wednesday of each month at 10AM for a safe and supportive space to share experiences, connect with others who understand, and find tools for healing. Support group is facilitated by our partners at MHAST (Mental Health Association of the Southern Tier).

Call **607-693-2069** with any questions.



mhast
Mental Health Association
of the Southern Tier



Respite Options for Caregivers

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

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**

Support Group Harpursville

BCOFA offers a New 4 – Session Support Group!

We are offering a 4 – session support group every 2nd and 4th Monday at the Eastern Broome Senior Center beginning June 9th from 12:30 – 1:30pm. Join local caregivers bi-weekly to discuss your caregiving journey. If leaving your loved one at home alone is not an option, there will be a staff member available to engage them at the center so you can attend the group and not worry. Brief presentations will be offered at 2 different sessions to help keep caregiver informed about local services that could be beneficial. Time for sharing and seeking support will still be a part of those meetings. Depending on the needs of caregivers who participate this group may be extended.

Contact Megan Horton for more information at **607-778-2411**.

Events at the Centers

Broome West Senior Center

Monday, June 16th at 11AM
Birthday and Anniversary Bash with Entertainment by Jim Lamb

If you've celebrated a birthday or anniversary in April, May or June, come celebrate with us!

Chenango Bridge Senior Center

Wednesday, June 25th from 10 – 2PM
Cake/Pie Raffle and Bake Sale

Bake some goodies and buy some goodies. Buy tickets for a chance to win a cake or pie!

Call 607-663-0406 with any questions.

Deposit

Tuesday, June 3rd &
Thursday, June 5th from 9 – 12PM
AARP Driver Safety Course

Potential to lower your car insurance!
Register by calling 607-467-3953.

Eastern Broome

Thursday, June 26th
Evening Dining with Entertainment by "Harmony Lane"
4PM Doors Open
4:30PM Dinner
5:15PM Entertainment

Please call 607-693-2069 for a meal reservation by noon on 6/25.

First Ward

Thursday, June 12th from 11:30 - 12:30PM
Philly Cheesesteak Day w/ Musical Guest, Johnny Only

Please call 607-729-6214 for a meal reservation by noon on 6/11.

Johnson City

Wednesday, June 4th from 11 – 6PM
Doug's Fish Fry Fundraiser

There's also raffles, brownie sale and a table of free books and puzzles.

Northern Broome

Wednesday, June 25th from 10 – 3PM
51st Anniversary Celebration: Baseball Theme
Hamburger or Hot Dog (Off the grill!), Potato Salad, Baked Beans, and Ice Cream Sundaes

Wear your baseball attire! Refreshments 10AM, Baseball Trivia 10:30AM, Meal Served 12PM, Entertainment by Friday at Fred's 12 – 1PM

For a meal reservation, please call 607-692-3405 by noon on 6/24.

Vestal

Friday, June 20th at 11AM
Chicken Fajita Friday

Chicken with Peppers and Onions wrapped in a Soft Tortilla with choice toppings of:

- Lettuce
- Tomatoes
- Cheese
- Sour Cream
- Guacamole
- Salsa

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

Senior Center Closings

Thursday, June 19th in observance of Juneteenth

Ask the Office: "Navigating the Challenges of Aging"

I am on Medicare, and I have questions about my coverage. I thought my plan was the best for me, but my prescription costs are high, and I can't afford the part B premium. How can I get help?

No one is expected to navigate Medicare alone. If you are finding that your health care costs are higher than expected on your current plan, making an appointment with Action for Older Persons (AOP) can help you explore options. The Health Insurance Information Counseling and Assistance (HIICAP) program at AOP can provide unbiased, confidential help to you at no cost. They can also see if you are eligible for financial assistance programs such as NYS EPIC, the Medicare Savings Program for your part B premium, Extra Help, and local hospital assistance programs.

If you are not eligible for Medicare yet but will be soon, they offer seminars throughout the year to help educate and prepare you to better understand Medicare and the policy options.

To get help with Medicare, call Action for Older Persons at 607-722-1251.

THANK YOU AARP TAX PREPPERS!

AARP Foundation Tax-Aide volunteers offer vital free tax help for seniors, especially those with low to moderate income. Their expertise simplifies complex tax laws, covering retirement income and social security. They ensure accurate filings, saving seniors money and stress. In 2025 alone, these volunteers:

- Helped 1,663 people 60 years of age or older complete their taxes
- Spent over 4,400 hours working with clients

A heartfelt thank you to these dedicated volunteers for their invaluable service to our community!

Action for Older Persons (AOP) Seminar Offerings

Did you know in addition to no cost, unbiased Medicare counseling, AOP also offers several seminars to educate and empower you to make informed decisions? **Medicare 101** is a comprehensive seminar on Medicare. We cover eligibility, enrollment rules, and all Medicare options. We also talk about savings programs that are available to help defer Medicare costs. The **Long-Term Care Insurance** seminar will discuss various ways to plan and pay for long-term care using private insurance. In the **Medicaid Long-Term Care Options** seminar, we will review the eligibility criteria for Medicaid to pay for services when you, a spouse, a parent or other loved-one needs long term care. Lastly, we offer **Advanced Planning for End of Life**. This introductory seminar will look at advanced directives such as how to select and assign a health care proxy, complete a living will and broach the subject of end-of-life decisions.

You must register to attend a seminar as space is limited. For a list of dates and times, please go to our website, www.actionforolderpersons.org or call us at 607-722-1251 to reserve your space for a seminar today!



Coughlin & Gerhart LLP

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1-877-COUGHLIN

- ESTATE PLANNING: Wills, Trusts, Powers of Attorney, and Tax Planning
- ESTATE ADMINISTRATION: Probate & Administration, Judicial and Informal Accountings, Surrogate Court Proceedings, Estate Taxes
- ELDER LAW: Basic Planning, Asset Preservation, Medicaid Planning, Living Wills and Health Care Proxies, Long-term Care, Guardianships, Planning Insurance, Medicare / Medicaid Advice

Branch Offices In:

Bainbridge | Cortland | Hancock | Ithaca | Montrose | Owego | Walton |



Mark Your Calendar! Upcoming Community Events

UHS Mobile Crises Outreach Program

Wednesday, June 4th 10 – 12PM
George F. Johnson Library

This vital community resource provides information on support for individuals experiencing mental health challenges, emotional distress, or crises. Stop by their table to learn about available services, ask questions, and get connected with trained professionals who can offer guidance, support, and referrals to local resources. Whether you're seeking help for yourself or a loved one or simply want to learn more about mental health support in our community, the Mobile Crises Outreach team is here to help.

Book Sales

George F. Johnson Library
1001 Park Street, Endicott
Friday, June 6th 10 – 4PM
Saturday, June 14th 10 – 2PM
Friday, June 20th 10 – 4PM

Your Home Public Library

107 Main Street, Johnson City
Saturday, June 21st 10 – 12:30PM

First Friday

Downtown Binghamton
Friday, June 6th 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/>

Vestal Festival

Front Street, Vestal
Saturday, June 7th 10 – 3PM

Enjoy a day filled with arts & crafts vendors, delicious treats from food trucks, a fun-filled kids' area with a bounce house and games, music, as well as a 25-year-old time capsule opening! Don't miss this community celebration!

Love Can Build A Bridge

Vestal United Methodist Church
328 Main Street, Endwell
Saturday, June 7th 7:30PM

Come enjoy the Endwell Community Chorus cover songs from the popular Broadway performance "Wicked" and other favorites. No cost, donations accepted. Elevator available.

Downtown Binghamton Public Sculpture Tours

Phelps Mansion Museum
191 Court St, Binghamton
Saturday, June 14th 10AM

Enjoy a guided walking tour of Downtown Binghamton's rich history of architecture and public sculpture. Walking tours start at Phelps Mansion Museum, 191 Court St, Binghamton. Broome County Arts Council's public sculpture walking tours are informed by the Sculpture Outdoors project created in collaboration with

Binghamton University Art History Department and Associate Professor Kevin Hatch. Tour guided by Joe Schuerch, Phelps Mansion Museum Educator.

View a complete catalog of public sculpture in downtown Binghamton and Broome County at <https://broomearts.org/in-the-community/public-sculpture-tours/>. To register for the tour, call 607-723-4620, or email information@broomearts.org

Pride Palooza in the Park

Otsiningo Park
1 Otsiningo Park, Binghamton
Tuesday, June 14th 12 – 6PM

Join us as we celebrate Pride Month with music, food, entertainment, and many local vendors!

Diseases in the Food Garden

George F Johnson Memorial Library
1001 Park Street, Endicott
Monday, June 16th 6 – 8PM

Learn to recognize and control common diseases in vegetables and fruit and the resources available to help. Integrated Pest Management strategies are stressed. Class size is limited so pre-registration is required. <https://gfjlibrary.libcal.com/event/14012590>

Broome County Historical Society Program: The History of Diners in Broome County and the Southern Tier

Broome County Public Library
185 Court Street, Binghamton
Wednesday, June 18th 5 – 8PM

The History of Diners in Broome County and the Southern Tier by Michael Engle.



Downsize & Declutter Discussion

Let's think about the first place we would look for an item and the power of putting an item in that place immediately.

Let's discuss at our Declutter Discussion on Zoom Tuesday, June 10th at 3PM (Zoom only this month)

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

***"I'm a success today because I had a friend
who believed in me, and I didn't have the
heart to let him down."***

— Abraham Lincoln

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.

Labor is provided free of charge to eligible home owners.

Leaky Faucets	Safety Devices	Railings
Locks Installed	Porch & Stair Repair	Wheelchair Ramps
...And More		

Call (607) 772-2850 For Details




HAPPY PRIDE MONTH

Pride Month is dedicated to celebrating contributions of lesbian, gay, bisexual, transgender and queer (LGBTQ) culture and community. Pride Month is observed in June in the United States, coinciding with the anniversary of the 1969 Stonewall riots, a series of gay liberation protests. President Bill Clinton officially declared in a presidential proclamation, June "Gay and Lesbian Pride Month" in 1999. Pride Month has since grown into a global celebration of LGBTQ+ culture and identity.

Learn more by visiting
https://en.wikipedia.org/wiki/Pride_Month


LGBTQ+ Social Group

The next LGBTQ+ meeting will be Wednesday, June 18th from 3 – 4PM at the Johnson City Senior Center
 30 Brocton Street
 Johnson City, NY 13790



"Aging gracefully means being flexible, being open, allowing change, enjoying change, and loving yourself!"

-Wendy Wasserstein



Spring Season of the Nature Walking Club!

The Nature Walking Club invites you to join them for a season of outdoor exploration. Come join this fun group! Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit.

June 12th 10AM – Chenango Valley State Park Tween Lakes. I 88 east to Port Crane exit, L on Rt 369 to L at park entrance. Meet at Tween Lakes parking lot.

June 26th 10AM - Brick Pond in Owego. Take I 86 west to exit 65 in Owego, take 17C west to R at first light onto East Front Street over tracks. Meet at parking lot on R.

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



Trips

Conklin Seniors

Contact Kathy 607-775-0880
July 10th - Silver Birches for a Tribute to Dick Clark

Kirkwood Senior Trips

Contact Jeanie 607-655-2685
September 19th - West Point & Pride of the Hudson Cruise
October 15th - Resorts at Monticello for 4X4 Group (Beach Boys, Beatles, Bee Gees, and Motown cover band)
December 2nd - Elvis for Christmas at Penn's Peak

Johnson City Senior Center

Contact: Lucy 607-427-6143
July 17th - Cooperstown & Erie Canal
July 29th - Seneca Lake Dinner Cruise
September 10th - Lake George Lunch Cruise with Elvis Tribute
September 17th - Penn's Peak – Country Jamboree Tribute
September 23rd - Penn's Peak – Tribute to Billy Joel & Elton John

North Fenton Seniors

Contact: Ruth 607-648-8425
July 16th - Seneca Lake Captain Bills Boat Luncheon
September 7th – 13th - Pigeon Forge, Tennessee & Asheville, North Carolina (Payment due by 6/12)

Port Crane Seniors

Contact: Donna 607-648-6071
June 17th - Merry Go Round Playhouse
November 5th - Hunterdon Hills Playhouse "Playhouse Christmas"

Vestal Senior Citizens Club

Contact: Jean 607-754-4479
August 13th - Resort World: Comedy Show (Sign up 6/26 at 12PM)
November 12th - Hunterdon Hills: Holiday Show (Sign up 9/25 at 12PM)

IS NOW THE TIME TO *Sell* OUR HOME?



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- ✓ Prices are at an ALL-TIME HIGH
- ✓ Buyer Saturated Market
- ✓ MORE for your property!
- ✓ Short Answer - YES!!!!

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Diane is a Seniors Real Estate Specialist (SRES) that is an expert in helping seniors like us sell their homes. Let's Dial Diane for a free consultation and see how she can help us!

Dialdiane@warrenhomes.com
 3456 Vestal Parkway East
 Vestal, NY

SRES **WARREN**



Farmers Market Coupons Available to Local Seniors



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.

Vouchers will be distributed at local senior centers; distribution sites will be listed in the July Senior News.

You must meet the following guidelines to be eligible:

1. Provide proof of age: **must be age 60 or older, no exceptions.**
2. Be a New York State resident
3. Have a BC Office for Aging ID Card with you or fill out an ID application on site

AND

Meet income guidelines:

- \$2,413/month for a one-person household
- \$3,261/month for a two-person household
- \$4,109/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 www.gobroomecounty.com/seniorlidcard



Celebrate all fathers and special mentors on Friday, June 13th at participating Broome County Senior Centers. Enjoy a delicious luncheon of kielbasa or beer battered fish with pierogies, veggies and Boston Cream Pie for dessert.

It's a wonderful opportunity to honor those fathers, brothers, sons, and friends who strive to make a difference in our community! Consider treating someone special in your life to lunch, or just gather your friends together for a great meal.

Call the senior center of your choice to make meal reservations by Noon on Thursday, June 12th and to ask what special activities are planned. Phone numbers are listed on the Look What's Happening pages of this issue.

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

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



June Foster Grandparent Highlight

Making a Difference, One Smile at a Time: Donna Sakers' Story

In our local schools, there are heroes who don't wear capes — they wear warm smiles and bring years of wisdom and kindness to the classroom. One of these heroes is Donna Sakers, a cherished member of the Foster Grandparent Program for the past 14 years. Donna spent 12 years volunteering at Whitney Point Elementary before continuing her service at Chenango Forks Elementary, where she now supports first graders alongside Mrs. Wheelock. Over the years, "Grandma Donna," as she's affectionately known, has worked with students from kindergarten through third grade, offering extra help in reading, writing, math, and crafting special holiday projects. Donna helps in the classroom with word fluency, math, and crafts on holidays. Students work on sounds, numbers, and independent writing practice — including opinion pieces with supporting reasons and closing sentences. Her daily presence supports students who need a little extra attention while freeing teachers to focus on the rest of the class. Mrs. Wheelock, Donna's teacher, appreciates having her in the classroom because students receive the individualized help and guidance they need to become and feel successful at school.

But it's not just academics that flourish — it's relationships.

When asked what she likes most about volunteering with children, Donna said, "Seeing their smiles. Making me feel important to a child that may not get the attention they crave. Having the kids trust me so they feel safe."

The students feel the difference too — and they love having "Grandma" in the classroom. Earlier this year, they were asked, "What do you like most about Grandma in the classroom?"

The most common answer was that they love how she helps them in the classroom.

- Another said they enjoy how she laughs.
- Several noted how much they enjoy being called over to read words with her.
- One mentioned how fun it is when she hands out classroom coins.
- And one simply said, "She is very nice."

Beyond the classroom, the Foster Grandparent Program provides incredible benefits for volunteers as well. Donna credits the program with keeping her active, connected, and mentally healthy. She states that some of the biggest benefits of the program are getting out with adults as well as kids. Keeping me busy, the program helps with not feeling isolated or dealing with anxiety and depression. It's the joy of seeing a child accomplish a task they couldn't do in the beginning, seeing a child grow and learn from the beginning of the year to the end. It's also the hugs they give and the concern when I'm not there, she said.

The Foster Grandparent Program is actively seeking more volunteers like Donna to bring their life experience, compassion, and encouragement into local classrooms. If you're 55 or older and looking for a meaningful way to give back, this could be your perfect opportunity.

Ready to make a difference? Join the Foster Grandparent Program and help shape a child's future — and enrich your own life in the process. For more information, call the Foster Grandparent Program at 607-778-2089.



Recipes

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

Breakfast Potato and Egg Burritos

These potato and egg burritos are great for breakfast or enjoy them for lunch or even dinner! Enjoy them with your favorite fruit on the side.



Ingredients

- 1 tablespoon vegetable oil (or cooking oil of choice)
- 4 cups potatoes, finely chopped
- 1 medium onion, chopped
- 1 medium red or green bell pepper, chopped
- 3 garlic cloves, pressed or finely chopped
- 2 eggs, beaten
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- cheddar cheese (1/2 cup grated, optional)
- hot sauce (to taste, or salsa, optional)
- 9 flour tortillas (or corn)

Directions

1. In a large skillet, heat oil on medium-high setting.
2. Add potatoes, onion, bell pepper, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check if done with a fork.
3. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together.
4. Wrap tortillas around the filling and top with salsa and cheese, if using.

<https://www.myplate.gov/recipes/breakfast-potato-egg-burritos>

Hummus

This classic garbanzo bean dip is easy to make and a versatile dish. Serve hummus with fresh raw vegetables, on a piece of whole wheat pita bread or tortilla, on crackers, or as a sandwich filling.



Ingredients

- 2 cups garbanzo beans, cooked (also known as chickpeas)
- 2 cloves garlic (minced)
- 1/4 cup lemon juice
- 1 tablespoon sesame tahini [sesame paste] (or substitute peanut butter for a sweet taste)
- 2 tablespoons olive oil

Directions

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

<https://www.myplate.gov/recipes/hummus>

“Growing old is not a disease, it is a triumph.”
— Maggie Kuhn

Greek Pork Chops

These pork chops are marinated in oregano and garlic and then pan-fried in a hot skillet until crispy. These tasty chops make an easy meal with quick clean up.



Ingredients

- 1 pound pork cutlets (or 4 boneless pork chops)
- 1 tablespoon vegetable oil
- 1 tablespoon red wine vinegar
- 1 tablespoon dried oregano
- 2 cloves garlic (peeled and minced)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. Put the pork, oil, vinegar, oregano, and garlic in the glass or ceramic bowl, or in a sealed plastic bag and mix well. Cover bowl and refrigerate at least 4 hours or overnight.
2. Sprinkle the pork with the salt and pepper.
3. Place a large skillet on the stove over high heat. When hot, add the pork to the dry skillet, waiting about 30 seconds between each addition.
4. Cook about 7 minutes on each side until crispy. Serve right away.

<https://www.myplate.gov/recipes/greek-pork-chops>

White Bean Bruschetta

Try this tasty bruschetta with crispy bread topped with white beans, tomatoes, and spices. Served as a side dish or an appetizer, it is sure to be a crowd pleaser!



Ingredients

- 1 whole-wheat French baguette, cut into 12 thin slices along the bias
- 1/4 cup olive oil, divided
- 1 cup white onion, chopped
- 4 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 cup canned navy beans, rinsed and drained
- 2 tomatoes, cored and cubed
- 2 tablespoons balsamic vinegar

Directions

1. Slice the baguette on the diagonal into thin slices (about 12 slices for a baguette).
2. In a large sauté pan, heat 2 tablespoons of the olive oil over medium heat.
3. Place the bread slices in the pan and cook on medium high heat until sizzling and golden. Before flipping the bread, add an additional tablespoon of olive oil to the pan and cook the second side until golden.
4. For the topping, cook the onions and the remaining tablespoon of olive oil over medium heat until the onions are soft, about 7 minutes.
5. Add the garlic, basil, and oregano and cook another minute or two, until fragrant.
6. Add beans and continue cooking for another five minutes on low heat. Add the tomatoes and turn off the heat, allowing tomatoes to warm without cooking.
7. Drizzle the balsamic vinegar into the pan and gently stir.
8. Scoop heaping spoonful of the tomato-bean mixture onto the grilled bread and enjoy.

<https://www.myplate.gov/recipes/white-bean-bruschetta>

Trivia

What famous toy was introduced in 1959 and became a cultural icon?
Barbie Doll



Juneteenth National Independence Day

Juneteenth (June 19) is the one of the oldest known commemorations related to the abolition of slavery in the United States. **Juneteenth National Independence Day** was signed into law as a national holiday on June 17, 2021. The word "Juneteenth" is a Black English contraction, or portmanteau, of the month "June" and the date "Nineteenth." Juneteenth celebrates the date of June 19, 1865, when enslaved people of African descent located in Galveston, Texas, finally learned of their freedom from the slavery system in the United States.

Freedom was granted through the Emancipation Proclamation signed on January 1, 1863, by President Abraham Lincoln. Texas was the farthest of the Confederate states, and slaveholders there made no attempt to free the enslaved African Americans they held in bondage. This meant that President Lincoln's proclamation was unenforceable without military intervention, which eventually came nearly 2.5 years later.

<https://www.nps.gov/subjects/npscelebrates/juneteenth.htm>

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August 6th: *Thriving on a Fixed Income: Maximizing Your Retirement Dollars*

Location and Times

George F Johnson Library
1001 Park Street
Endicott, NY 13760

4:00 PM – 5:00 PM

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www.visionsfcu.org/walletwellness
 or contact us at:
Education@visionsfcu.org

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Broome County
Office for Aging

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Beginning June 17th.

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Trivia

How many flowers must
honeybees visit to make
one pound of honey?

uoililw z

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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

6/2 “Water, and Why it’s so Important” presentation by Kathleen Cook, CCE 11:30AM
6/4 Joyful Aging a World Elder Abuse Awareness Day Event 10 – 2PM (All daily activities cancelled)
6/5 Entertainment by Party Cat 11AM Lunch 12PM
6/5 Legal Aide 9 – 12PM Call to make an appointment.
6/6 Fun Friday - Lunch 12PM Musical Trivia by Vestal Mountain Dulcimers 1PM
6/10, 17 & 24 Greater Good Grocery Bus 11 – 12PM
6/10 Chop and Chat (Faith in Action): Cucumber, Tomato, and Pepper Salad 1PM Call to reserve your spot.
6/10 Downsize & Declutter 3PM
6/11 GFJ Library Tech Center – Technology Help! 11AM
6/11 Discover Live: Islay, Scotland 2PM
6/12 Science is Everywhere! - Quantum Cosmos 11AM
6/12 Father’s Day Evening Meal and Ice Cream Social – Doors Open 4:30PM Dinner 5PM followed by Entertainment by David Wright and Ice Cream Sundaes!
6/13 Father’s Day Luncheon Noon
6/13 Trivia with Deanna and Gene 1:15PM
6/16 Breakfast for Lunch 10:30AM Call for a meal reservation.
6/16 Birthday and Anniversary Bash 11AM
6/18 Discover Live: Belfast, Ireland 11AM
6/24 Therapy Dogs 12:30PM
6/24 Chop and Chat (Faith in Action): Menu TBD 1PM Call to reserve your spot.
6/26 Fly Tying Group 1PM
6/27 Beach/Summer themed Fun Friday with Entertainment by Vin Rosenbaker 11AM Lunch 12PM

Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901
Located in the First United Methodist Church of Chenango Bridge
Center Hours: Mondays, Wednesdays, and Fridays, 10 – 2PM
Lunch is served around 12PM | 607-663-0406

Weekly Activities:

Monday: In-Person or Zoom Sit Down Chair Yoga 9AM; In-Person or Zoom: Drumming 2PM; Walk with Friends 1PM; Marbles 10AM
Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM
Wednesday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Wii Wednesdays 10 – 2PM; Hand & Foot Card Game 10AM
Thursday: ZOOM ONLY: Chair Dance Yoga 9AM
Friday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjongg 10AM

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

Special Events:

6/2, 16 & 30 Chop and Chat with Sallie 10:30AM Call to reserve your spot.
6/4 Clover Chat 12:30PM
6/6 & 23 Horse Racing 10:30AM
6/13 Father’s Day Luncheon – Special Bingo with Sallie 10:30AM, Lunch followed by an accordion performance 12PM
6/18 Bingo with Sallie 10:30AM
6/20 & 27 Craft with Kathie – Bracelets 10:30AM
6/25 Cake/Pie Raffle 10 – 2PM
6/27 “Water, and Why it’s so Important” presentation by Kathleen Cook, 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 ; Tai Chi 2 – 3PM
Thursday: Wii Games 10:30 – 12:30PM; Tai Chi 2 – 3PM

Special Activities

6/3 & 5 AARP Driver Safety Course 9 – 12PM Registration required, call center.
6/12 Art Project with Brigitte: Stained Glass 10 – 12PM
6/12 Father’s Day Luncheon 12:30PM
Please call for a meal reservation by noon on 6/10.

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; Gentle Yoga 9:30AM; 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

6/2 June Birthdays Celebration! 10:30AM
6/3 Broome County Health Department – Community Health Survey 8 – 10:30PM
6/4 World Elder Abuse Awareness Day – Wear Purple! 9 – 2:30PM
6/5, 12 & 26 Greater Good Grocery Bus 11 – 12PM
6/6 Burger Bar 11:30 – 12:30PM
6/10 & 24 Chop and Chat (Faith in Action): Menu TBD 12:30PM Call to reserve your spot.
6/9 & 23 Caregiver’s Support Group with Megan H., OFA 12:30 – 1:30PM
6/11 Officers and Finance Meeting 9:15AM
6/11 Senior Center Site Council Meeting 10:45AM
6/12 Golden Griddle – Sandwich Bar 11:30 – 12:30PM
6/13 Father’s Day Celebration 9AM Coffee, 10AM Snacks, Luncheon 12PM, Entertainment by “Forever Young” 12:30PM
6/16 Cows, Pigs, and Horses Race 10:30AM
6/18 NEW “Grief, Loss and Open Issues” Group by MHASt (Mental Health Association of the Southern Tier) 10AM
6/20 Fun Friday 10:30AM
6/23 & 30 AARP Drivers Safety Course 9 – 12:30PM (9:15AM on the 30th) Call to reserve.
6/25 Legal Aid Society 9 – 12PM Call for an appointment.
6/25 Flex & Fuel BINGO: Heart Health Module with Donna & Bridget, OFA 12:15PM

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); Open Shuffleboard 1PM
Thursday: Stitch and Stuff 9AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

- 6/3 & 17 15-minute Reiki, Chakra, Card Readings or Foot Reflexology
10 - 11:30AM \$3 Advanced registration and payment required.
- 6/3 Chop & Chat (Faith in Action): Spring Broccoli Salad 1PM
Call to reserve your spot.
- 6/4 Alzheimer’s Awareness presentation by Alzheimer’s Association 12PM
- 6/5 Executive Board Meeting 9:30AM
- 6/6 Film Friday: “Thelma & Louise” 1PM Free popcorn, soda for sale.
- 6/9 Legal Aid 9AM Appointment required, please call.
- 6/10 “Water! Why is Water so Important?” presentation by Kathleen Cook, CCE 12PM
- 6/10 Neighborhood Watch Meeting 6PM
- 6/12 Grilled Ham and Cheese with Soup &
Musical Entertainment 11:30 - 12:30PM
- 6/13 Father’s Day Luncheon w/ “Wheel of Seasons” presentation by Rick Marsi 12PM
- 6/16 Breakfast for Lunch - French Toast w/ Strawberries 10:45 - 12:15PM
Please call for a meal reservation. (No take-out available)
- 6/17 Chop & Chat (Faith in Action): Cucumber, Tomato and Pepper Salad 1PM
Call to reserve your spot.
- 6/18 Lunchtime Trivia Competition 12PM
Please call for a meal reservation by noon on 6/17.
- 6/20 Film Friday: “The Birdcage” 1PM Free popcorn, soda for sale.
- 6/24 “Fraud and Identity Protection” \
presentation by Visions Federal Credit Union 12PM
- 6/25 Flex & Fuel BINGO: Heart Health Module with Donna & Bridget,
OFA 11:15AM

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); Table Shuffleboard 12:30 – 3:00PM (\$1)
Wednesday: Quilting 9 – 12PM; Ukulele Group 9:30 – 11AM (\$3); 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); 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)
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

- 6/2 Guthrie/Lourdes Mammography Van; call Guthrie to register
607-798-5723 or access the van as a "walk-on" the same day. 9 – 3PM
- 6/2, 9, 16, 23 & 30 Greater Good Grocery Bus 10 – 11AM
- 6/2 Caregiver Chat by Broome County Office for Aging 1 – 2:30PM
- 6/4 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 6/4 Doug’s Fish Fry Fundraiser 11 – 6PM
- 6/4 Book Club (The Berry Pickers by Amanda Peters) 3 – 4PM
- 6/5 Rick Marsi “Ode to Spring” 12:30 – 1:30PM
- 6/6, 13, 20 & 27 Poetry Group 12:30PM.
Size is limited; call 607-797-3145 to pre-register.
- 6/10 Chop & Chat (Faith in Action): Cucumber, Tomato & Pepper Salad
11 – 12PM Signup by 6/3.
- 6/12 & 13 AARP Driver Safety 1 – 4PM Pre-registration required.
- 6/13 United Way of Broome County’s “Day of Action”
at the JCSC 9 – 2PM Signup required.
- 6/13 Left-Right-Center Dice Game \$3 to play
(Call to sign-up by 6/11) 11 – 11:45AM
- 6/13 Father’s Day Luncheon 11:45AM
- 6/17 “Exploring Care & Support Services” presentation by
Alzheimer’s Association 1 – 2PM; signup by calling 800-272-3900.
- 6/18 LGBTQ+ Senior Social Group 3 – 4PM
- 6/18 Alzheimer’s Association – Caregiver Support Group 4 – 5PM
Registration and pre-screening required; call ALZ at 315-472-4201 x227.

- 6/20 Legal Aid 9 – 12PM Call for an appointment.
- 6/24 Discover Live: Capitol Hill, Washington, DC 1:30PM
- 6/24 Chop & Chat (Faith in Action): TBD 11 – 12PM Signup by 6/17.
- 6/25 Haircuts by Debbie Roberts \$20 Call for an appointment. 10 – 11:30AM
- 6/27 “Water! Why Is It So Important?”
presentation by Kathleen Cook, CCE 10:30 – 11:30AM
- 7/16 Book Club (Horse by Geraldine Brooks) 3 – 4PM

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 – 11AM; 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:

- 6/2 Chop & Chat (Faith in Action): Spring Broccoli Salad 1PM
Call to reserve your spot.
- 6/2 & 17 Golden Ages 12PM
- 6/9 & 10 AARP Defensive Drivers Course 10 - 1:30PM Call to register.
- 6/10 Evening Meal w/Bingo 4:30PM
- 6/12 Breakfast 10AM
- 6/16 Chop & Chat (Faith in Action): Cucumber, Tomato and Pepper Salad 1PM
Call to reserve your spot.
- 6/17, 24 & 26 Bingocize with Vet 12:30PM
- 6/25 51st Anniversary: Baseball Theme!
Entertainment by Friday at Fred’s 10 – 3PM

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: Bingo 10AM; Ice Cream 12PM
Friday: Chef Salads 11:30AM (reservations required); Mexican Train 12PM

Special Activities

- 6/2 King High Card Game 12PM
- 6/4 & 18 Vestal Library – Tech Help 10:30AM
- 6/6 Discover Live: Perugia, Italy 12PM
- 6/9 Chop & Chat (Faith in Action): Cucumber, Tomato, and Pepper Salad
10AM Call to reserve your spot.
- 6/9 National Rhubarb Pie Day – Rhubarb dessert with Lunch 12PM
- 6/12 Philly Cheesesteak Day – Served with Cottage Cheese and an
Ice Cream Cup 11AM (Take out 11:30AM) Call for a meal reservation.
- 6/13 Father’s Day Celebration 11AM Lunch 11:45AM
- 6/16 Breakfast for Lunch - Blueberry Pancakes, Scrambled Eggs,
Sausage, and Potatoes 11AM Dine in only. Call for a meal reservation.
- 6/18 Celebrating World Elder Abuse Awareness Day – Wear Purple! 9 – 2PM
- 6/20 Chicken Fajita Friday 11AM Call for a meal reservation.
- 6/23 Chop & Chat (Faith in Action): Menu TBD 10AM Call to reserve your spot.
- 6/24 Vestal Senior Club Meeting Day 12PM
- 6/25 Cornell CE Nutrition Education comes to the Vestal Farmers
Market in the Library Parking Lot 10AM
Bring your own chair, chance to get free coupon books!
- 6/25 Loaded Baked Potato Bar 11AM Pizza or Chef Salad Day
- 6/26 Discover Live: Ohrid, North Macedonia 11AM
- 6/26 Vestal Club Trip Sign Up Day - Resort World 12PM
- 6/27 Pizza or Chef Salad Day 11AM
- 6/27 Bunko Dice Game 12PM

Your June Checklist for Preventative Healthcare

Annual Check-ups

Regular visits to your doctor are crucial. These check-ups aren't just for discussing current concerns; they're opportunities to assess your overall health, detect potential issues early, and create a personalized plan for healthy aging. Some primary care providers may ask to meet with you more frequently based on your needs.

- These annual exams allow your doctor to monitor vital signs, assess organ function, and identify any changes that may require attention.
- Regular screenings for conditions like high blood pressure, cholesterol, diabetes, and certain cancers are essential. Early detection can significantly improve treatment outcomes.
- Discuss your current medications with your doctor to ensure they're still appropriate and to identify any potential interactions.

Vaccinations: Your Shield Against Illness

Vaccines are a cornerstone of preventative care, especially for seniors. Our immune systems naturally weaken with age, making us more susceptible to infections. It's important to discuss any vaccines with your primary care provider. Ask questions about what vaccines are right for you.

- Influenza (Flu) Vaccine: An annual flu shot is highly recommended to protect against seasonal influenza, which can lead to serious complications in older adults.
- Pneumococcal Vaccine: This vaccine helps prevent pneumonia, a serious lung infection.
- Shingles Vaccine: Shingles can cause painful nerve damage. This vaccine significantly reduces the risk.

Lifestyle Reassessment

Preventative healthcare extends beyond doctor's visits. Embracing a healthy lifestyle can significantly impact your overall well-being.

- Balanced Diet: Focus on nutrient-rich foods, including fruits, vegetables, whole grains, and lean proteins.
- Regular Exercise: Aim for at least 150 minutes of moderate-intensity aerobic exercise per week, along with strength training exercises.
- Adequate Sleep: Prioritize 7-8 hours of quality sleep each night.
- Stress Management: Practice relaxation techniques like deep breathing, meditation, or yoga.
- Social Engagement: Stay connected with friends, family, and community groups to combat loneliness and promote mental well-being.

Fall Prevention: Staying Steady and Safe

Falls are a significant concern for seniors, often leading to serious injuries and a decline in quality of life. Proactive measures can greatly reduce the risk.

- Remove tripping hazards like loose rugs, clutter, and electrical cords.
- Ensure adequate lighting in all areas, especially hallways and stairways.
- Install grab bars in bathrooms and near the toilet.
- Use non-slip mats in the shower and on bathroom floors.
- Make sure all stairway railings are sturdy.
- Engage in regular exercise that improves balance and strength
- Certain medications can cause dizziness or lightheadedness. Review your medications with your doctor or pharmacist.
- Use canes or walkers as needed for stability.
- Make sure that shoes and slippers fit well and provide good support.

Preventative healthcare is an investment in your future. By prioritizing regular check-ups, staying up to date on vaccinations, and adopting a healthy lifestyle, you can enjoy a longer, healthier, and more fulfilling life. Don't hesitate to discuss your concerns and create a personalized preventative care plan with your doctor.



Technology Classes to Help Older Adults Become Tech Savvy

Basic Computer Classes through the Broome County Library

Every Wednesday 10 – 12PM

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

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

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

Broome County Public Library
185 Court Street
Binghamton, NY

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

Vestal Library comes to the Vestal Senior Center
Wednesday, June 4th & 18th 10:30AM
Technology Assistance

One-on-One Technology Assistance

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

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

Sudoku

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

Answers on Page 15.

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

A Message from New York State Office for Aging (NYSOFA) Director Greg Olsen

I know that there is unease and uncertainty about the status of programs and services in the federal budget that supports older adults and their families, regardless of age. While there have been no actions that directly impact NYSOFA at this time, the U.S. Department of Health and Human Services (HHS) Fiscal Year 2026 budget request provides details on what HHS is proposing to continue to fund, versus what it is proposing to eliminate. The information below is factual and comes directly from the HHS proposed budget, but it must be approved by Congress and signed by the President in order for it to become law beginning October 1, 2025, which is the start of the federal fiscal year.

By way of background, NYSOFA learned a month or so ago that our federal administrating agency, the Administration for Community Living (ACL), has been dissolved and that 50% of ACL staff were terminated. The Administration on Aging, which implements the Older Americans Act, provides NYSOFA and all the other states with funding to support older adults, such as funds for home delivered and congregate meals, transportation, personal care, case management, evidence-based programs, support for caregivers and more. Some of ACL's functions have been moved to different parts of HHS.

NYSOFA and the Association on Aging in New York presented at the American Society on Aging (ASA) conference last week to show our many innovative projects, and to provide a more in-depth conversation on the proposed Federal FY 2026 budget request from HHS. Below is a small snapshot of the HHS request for FY 2026 that we are paying attention to. We will continue to analyze all departments at the federal level to better understand additional possible impacts being proposed that affect older adults and their families.

Administration for Community Living

The following programs are proposed to be eliminated in the federal budget:

- Title IIID – evidence-based programs to improve overall health, manage chronic conditions, prevent falls, etc.
- Title VII – the Long Term Care Ombudsman Program, which provides staff and volunteers for nursing homes and residential facilities to assure quality of care on behalf of the residents.
- Title VII – Elder abuse prevention and mitigation.
- Lifespan Respite to provide respite services to individuals caring for someone else.
- SHIP/HIICAP – programs that provide objective information and assistance to help individuals on Medicare choose their coverage and prescription plans, problem solve, assist with benefit applications, etc.
- Additional Programs Proposed To Be Eliminated
- Adult Protective Services – investigates and helps solve elder-abuse cases.
- Falls prevention programs that reduce the fear and risk of falls for older adults.
- CDSME – chronic disease self-management programs to help older adults manage their conditions and remain healthy.
- LIHEAP – the Low Income Home Energy Assistance Program, which provides assistance with heat in the winter and cooling in the summer.
- CSBG – The Community Services Block Grant (CSBG), which provides financial assistance to states, territories, and tribes to support services aimed at alleviating poverty and improving the conditions of low-income communities.
- Title V – Older worker program helps individuals age 55+ access employment and teach employment skills.
- Alzheimer's disease research
- Rural hospital grants
- Mental health and substance abuse programs, including overdose prevention
- Health care workforce programs
- National Center for Chronic Disease Prevention and Health
- Cuts to food banks

I have used the words “proposed” many times because, at this time, that is exactly what these are: proposed program eliminations. The beauty of living in a democracy is that we all have a voice. To learn more, visit <https://agingny.org/>.

Note to readers: The link <https://agingny.org/> will take you to a letter prepared by the New York State Association on Aging. This letter is meant to be an easy way to share your concern with elected officials in your specific area. While the letter is prepared for agencies to send, it is also available for individual people to participate. Simply click the drop down menu to find your elected official and place your name in the second box. Scroll to the bottom and fill in the name, address and email boxes with your personal information and hit submit.

For those who wish to reach out to your elected federal officials on your own, the contact information is provided.

Senator Kirsten Gillibrand:
478 Russell
Washington, DC 20510
Phone: 202-224-4451 Local: 315-448-0470
senator@gillibrand.senate.gov

Representative Josh Riley:
128 Cannon House Office Building
Washington, DC 20515
Phone: 202-225-5441 Local: 607-242-0200
<https://riley.house.gov/contact/email-me>

Senator Chuck Schumer:
322 Hart Senate Office Building
Washington, D.C. 20510
Phone: 202-224-6542 Local: 607-772-6792
senator@schumer.senate.gov

**“Age is not a barrier to success;
it’s a ladder to wisdom.”**

— Unknown

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- Hamilton House Apartments
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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 June, we will be visiting Perugia, Islay, Belfast, Capitol Hill, and Ohrid. These are free classes, and no reservations are required.



June 6th 12PM
Virtual walking tour through **Perugia, Italy**
(streamed to the Vestal Senior Center)



June 11th 2PM
Virtual walking tour through **Islay, Scotland** (streamed to the Broome West Senior Center)



June 18th 11AM
Virtual walking tour through **Belfast, Ireland** (streamed to the Broome West Senior Center)



June 24th 1:30PM
Virtual walking tour through **Capitol Hill, Washington, DC** (streamed to the Johnson City Senior Center)



June 26th 11AM
Virtual walking tour through **Ohrid, North Macedonia** (streamed to the Vestal Senior Center)

Sick and Tired of Varicose Veins?

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Mental Health Corner

Nurturing Your Mind for a Vibrant Life

As we navigate the beautiful journey of aging, prioritizing our mental well-being becomes just as crucial as maintaining our physical health. This month let's explore preventative mental health strategies that can help us cultivate resilience and joy in our golden years.

Staying Connected

Isolation can be a significant risk factor for mental health challenges. Regular social interaction provides emotional support, stimulates the mind, and combats feelings of loneliness.

Tips:

- Join a local club or community group.
- Schedule regular visits with family and friends.
- Explore online communities and video calls to stay connected.
- Volunteer your time to give back to the community.

Keeping the Mind Active

Just like our bodies, our brains need regular exercise to stay sharp. Engaging in mentally stimulating activities can help maintain cognitive function and reduce the risk of cognitive decline.

Tips:

- Try puzzles, crosswords, or brain-training apps.
- Learn a new skill or hobby, such as painting, playing an instrument, or a new language.
- Read books and engage in thoughtful discussions.

The Mind-Body Connection

Physical health and mental health are deeply intertwined. Regular exercise, a balanced diet, and sufficient sleep can significantly impact our mood and overall well-being.

Tips:

- Engage in regular physical activity, such as walking, swimming, or yoga.
- Maintain a healthy diet rich in fruits, vegetables, and whole grains.
- Establish a consistent sleep schedule and create a relaxing bedtime routine.

Finding Joy in the Present

Practicing mindfulness and gratitude can help us focus on the positive aspects of life and reduce stress and anxiety.

Tips:

- Try meditation or deep breathing exercises.
- Keep a gratitude journal, writing down things you are thankful for each day.
- Savor the present moment and appreciate the small joys in life.

Seeking Support: When to Reach Out

It's essential to recognize that seeking professional help is a sign of strength, not weakness. If you are experiencing persistent feelings of sadness, anxiety, or other mental health concerns, don't hesitate to reach out to your primary care provider.

Remember, nurturing your mental health is an ongoing process. By incorporating these preventative strategies into your daily life, you can cultivate a sense of well-being and embrace the richness of your senior years.

New York State 988 Suicide & Crisis Lifeline



The 988 Suicide & Crisis Lifeline connects you to trained crisis counselors 24/7. They can help anyone thinking about suicide, struggling with substance use, experiencing a mental health crisis, or any other kind of emotional distress. You can also call, text or chat 988 if you are worried about someone you care about who may need crisis support.

Broome County
Office for Aging 

WE ARE
HIRING!
JOIN OUR AMAZING TEAM

Come Join the Team at Broome County Office for Aging!
We are now hiring for the below positions:

- Leisure Time Activity Leader at
Broome West Senior Center (Endwell) and
Northern Broome Senior Center (Whitney Point)
Senior Center: Kitchen Position Working with Volunteers
No Civil Service Exam Required
Monday – Friday, 9 – 2PM
To inquire about the above position, call Rita at OFA
607-778-2411
- Classroom Foster Grandparent
Stipend and Mileage Reimbursement Provided
Income Eligibility Required
No Civil Service Exam Required
Monday – Friday, Hours Vary
To inquire about the above position, call Francie at OFA
607-778-2411

- 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.

- Full-Time Cook

Large scale food production experience preferred. Must have excellent attendance, ability to read, understand, and follow recipes. Must be able to stand for long periods. Ability to work with a team. Positive attitude. Prepare and pack meals for clients accurately and efficiently. 38 hours/week. Professional character and good work ethics.

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

Van Operators for BC Transit


As a Van Operator, you will be driving a 16-passenger van picking up and delivering passengers at scheduled pick up times. This is a part-time position for anyone who can have a flexible work schedule and understands the vital role to transport people in need.

- Must have the ability to communicate and interact with all people, especially demonstrating skills working with senior citizens and persons with disabilities
- CDL C license preferred, but BC Transit will train the right person for the job
- Paid comprehensive training, with great wages
- Must have the ability to communicate with vendors and customers visiting the agency.
- P/T positions are Monday-Sunday, typically 30-38 hours each week
- Starting pay is \$18.53/hour with step increases
- EEO/AA females and minorities encouraged to apply.

To inquire about the above position, call Ronald First at
607-763-4926

Every Part of Your Body Needs Water

Kathleen Cook, Nutrition Educator,
Cornell Cooperative Extension
Broome County



Drinking water is one of the most important self-care practices. Drinking enough each day will help you manage or prevent many health concerns. Because it moistens the body's tissues it keeps your skin elastic and less prone to wrinkles; hydrates mucous membranes preventing and relieving dry eyes; and helps you breathe better by moisturizing your mouth, nose, and the air in your lungs.

Water makes up 83% of your blood. It lubricates and cushions your joints, protects your organs, and helps flush out waste, preventing a buildup of toxins in the system, relieving constipation, and protecting against urinary tract infections.

All year long water is needed to regulate your body temperature. In the heat of summer, it helps cool you down, and in the dry indoor environment during winter it helps to keep body temperature steady. Water is needed to carry vitamins, minerals, and other nutrients to cells.

As we get older we tend to lose our sense of thirst, so, we must be proactive about it. Hydrate as a practice. Drink water when you wake up, at each meal, and between each meal. Drink something when you think you are hungry. It may just be that you're thirsty!

Choose hydrating watery snacks. Watermelon, cucumbers, oranges, tomatoes, applesauce, grapes, oatmeal, beans, and low-fat yogurt are all foods that contain a high percentage of water and are refreshing. Food provides about 20% of your daily water needs and the rest comes from water and other beverages like milk, fruit juice, tea and coffee. Be careful with sugar-sweetened beverages which don't quench thirst and tend to be loaded with more sugar than we need in a day. You can't go wrong with water, so drink up every day!

Trivia

Which 1960s TV show featured a talking horse?

Mister Ed

Sudoku Answers

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

June Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
If you have a food allergy please notify the Office for Aging.
A voluntary suggested 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.

Turkey & Provolone 2 On Marble Rye Bacon Corn Chowder Pears Chocolate Pudding	Beef Stroganoff 3 OR Fish Florentine Buttered Noodles Carrots Chocolate Chip Cookie	Joyful Aging Day! Pub Burger 4 OR Marinated Chicken Baked Potato Coleslaw Brownie	Chicken w/Cranberry 5 Roasted Potatoes French Cut Green Beans Tapioca Pudding w/ Mandarin Oranges	Roast Pork w/Apricot 6 OR Broiled Fish w/Lemon Au Gratin Potatoes Vegetable Blend Cinnamon Apple Slices
Ziti Sausage Bake 9 Minestrone Soup Italian Green Beans Pears	Pulled Chicken 10 OR Breaded Fish Macaroni & Cheese Garden Salad Chocolate Chip Cookie	Breaded Chicken Cutlet 11 Sandwich Macaroni Salad Diced Beets Blueberry Coffeecake	Liver w/Onions 12 OR Salisbury Steak Mashed Potatoes Carrots Chocolate Cake	Father's Day Luncheon Kielbasa 13 OR Beer Battered Fish Pierogies w/Onions Peas Boston Cream Pie
Ham & Swiss on Rye 16 Cream of Potato Soup Applesauce Ice Cream Cup	Rotisserie Chicken 17 Mashed Potato California Blend Vegetable Oatmeal Raisin Cookie	Teriyaki Chicken 18 OR Shrimp Scampi Brown Rice Pilaf Asian Blend Vegetables Pineapple Cake	Centers Closed 19 <i>In Observance of Juneteenth</i>	Manicotti 20 Wax Beans Garden Salad Confetti Cookie
Meatball Parm Sub 23 Sausage Florentine Soup Peaches Ice Cream Cup	Halupki 24 OR Grandma's Meatloaf Mashed Potatoes Peas & Carrots Pears	Ham 25 OR Citrus Broiled Fish Scalloped Potatoes Broccoli Florets Apple Crisp	Beef Burgundy 26 OR Chicken Marsala Buttered Noodles French Cut Green Beans Fruited Yogurt	Chicken 27 OR Egg Salad Croissant Vegetable Beef Soup Mandarin Oranges Cranberry Oatmeal Cookie
Pierogies w/Kielbasa 30 Broccoli Florets Lemon Pudding	We have to eat everyday anyway, so why not eat together? - Have lunch at a local senior center 😊			

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



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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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