

BROOME COUNTY OFFICE FOR AGING

SENIOR NEWS

Visit Our Website at www.broomecountyny.gov/senior



Join Us in Shining the Light on Elder Abuse & Ageism!

Office for Aging is "Shining the Light" on Elder Abuse and Ageism, which is 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 "shining the light" on the path to empowering older adults to fight against elder abuse and ageism.

Everyone can work to fight against ageism and change attitudes about aging. Ageism refers to stereotypes, prejudice, and discrimination toward others and ourselves based on age. Ageism negatively impacts health and well-being, financial security, the economy, and is one of the most widespread and socially accepted forms of prejudice. It is so ingrained in our culture we often don't even notice. Think of dressing up as an older person for the 100th day of school, or cracking jokes at the expense of older adults. We encourage everyone to "shine the light" and look at their own attitudes about aging and encourage older adults to seek out needed services and supports to be able to live happy, healthy, independent lives.

Thriving in silence and often hidden, 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, be bold and 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**.

Broome County Office for Aging will host a World Elder Abuse Awareness Day Expo on Monday, June 15th from 10am-2pm at Chenango Bridge Senior Center, 740 River Road in Binghamton. The Senior Center is located in the First United Methodist Church of Chenango Bridge. There will be information, speakers, a delicious lunch, and entertainment. You do not need to be a regular 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



Join us on Facebook

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

Health and Wellness



Broome County
Office for Aging

LOOKING FOR A NEW WAY TO BE MORE ACTIVE?

Bingo + Exercise = Bingocize

WE INVITE YOU TO JOIN THE FUN!

Beginning June 23rd
Tuesdays and Thursdays at 12:30PM

Attend at the Northern Broome Senior Center:
12 Strongs Place, Whitney Point, NY 13862

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise.

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Groove to the Beat



Join Bridget & Vet!
Tuesday, June 9th at 12:30PM

Northern Broome Senior Center: 12 Strongs Place, Whitney Point

- Get physically fit the fun way by participating in our Chair Dance Class.
- Review health and wellness tips to improve your overall well-being.

Broome County
Office for Aging

Challenge Your Hydration

Join Office for Aging staff to discuss the importance of hydration!

- Complete a brief self-reflective assessment
- Review tips on how to properly hydrate your body to avoid dehydration
- Refresh with a glass of infused H2O

Upcoming sessions:

Deposit – Thursday, June 4th 12:40PM
Broome West – Friday, June 5th at 12:40PM
Eastern Broome – Thursday, June 25th at 12:15PM

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 (Harpurville)

Chair Exercise

Increase flexibility, range of motion and circulation.

No fee for this class.

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)

Tues & Fri 12:30PM Johnson City Senior Center

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

Virtual Zoom Classes



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

ZOOM – Chair Yoga: Mondays 9:00AM

ZOOM – Chair Drumming Exercises: Mondays 2:00PM

ZOOM – Chair Dance and Yoga:

Tuesdays 9:00AM, Wednesdays 11:00AM,

Thursdays 9:00AM, Fridays 11:00AM

ZOOM – Tai Chi: Wednesdays 9:00AM, Fridays 9:00AM

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, June 19th in celebration of Juneteenth

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 Chop and Chat 1PM

6/4 Legal Aid 9 – 12PM Call for an appointment.

6/5 Fantastic Fruit Pies with Renee 12PM

6/5 Hydration presentation

by Office for Aging's Nutrition Department 12:40PM

6/5 Downsize and Declutter with Joan 3PM

6/10 GFJ Library Tech Class 11AM

6/10 Broome West Caregiver Chat 1 – 2:30PM

6/11 "Science is Everywhere!" Live Steam from Kopernik Observatory 1PM

6/11 Evening Meal and Trivia 4PM (Trivia 5:30PM)

6/12 Entertainment by vocalist Kevin Orielo 11AM

6/15 Discover Live: Plymouth, England 11AM

6/15 Birthday and Anniversary Bash with Jim Lamb 11AM
(Celebrating April, May & June)

6/15 World Elder Abuse Awareness Day – Shine the Light
on Elder Abuse & Ageism!

6/16 Chop and Chat 1PM Call to sign up.

6/18 Discover Live: Venice, Italy 2PM

6/23 Discover Live: London (West End), England 1:30PM

6/26 Entertainment by KandL 11AM

6/30 Bright and Beautiful Therapy Dogs 12:30PM

Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

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

Lunch is served around 11:30AM | 607-663-0406

Weekly Activities

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

In-Person or Zoom: Drumming 2PM; Walk with Friends 1PM

Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM

Wednesday: In-Person or Zoom Tai Chi 9AM; Chair Dance and
Yoga 11AM In-Person or Zoom; Hand & Foot Card Game 9:30AM

Thursday: ZOOM ONLY: Chair Dance Yoga 9AM

Friday: In-Person or Zoom Tai Chi 9AM;

Chair Dance and Yoga 11AM In-Person or Zoom; Mahjonn 10AM

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

Special Activities

6/8 & 22 Chop and Chat with Rick 10:30AM

6/10 Iced Tea Day 10 – 2PM

6/10 & 24 Drawing Class with Vet 1PM

6/12 Bingo with Sallie 10:30AM

6/15 World Elder Abuse Awareness Day – Shine the
Light on Elder Abuse & Ageism! Expo 10 – 2PM

6/17 Father's Day Celebration 10 – 2PM Lunch 11:30AM

6/26 Horse Racing Board Game 10:30AM

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

6/4 Hydration presentation by

Office for Aging's Nutrition Department 12:40PM

6/18 Delaware County Office for Aging Q&A with Susan 11:30AM

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 10:30 AM

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

6/1 June birthday celebrations! 10:30AM

6/3 "Crystal Creations" Craft with Velma 10:30AM

Call to reserve your spot.

6/4 & 18 Greater Good Grocery Bus 11 – 12PM Please call first.

6/5 Burger Bar 11:30 – 12:30PM

6/10 Officers and Finance Meeting 9:30AM

Senior Center Site Council Meeting 10:45AM

6/10 "What to Watch for in Yourself and Others"

presentation by the Alzheimer's Association 12:30PM

6/11 Golden Griddle – Soup and Sandwich Bar 11:30 – 12:30PM

6/15 World Elder Abuse Awareness Day – Shine the Light

on Elder Abuse & Ageism!

9 – 2:30PM Wear purple!

6/17 Intergenerational Engagement in Communities presentation
and Q&A by Binghamton University 12 – 1PM

6/18 Men's and Father's Day Observance – Bingo for Prizes

10 – 11:30AM Lunch 12PM Live Music by Mike's Jukebox 12:30PM

6/23 Coffee with a Cop 8:45AM

6/24 Legal Aid 9 – 12PM Call for an appointment.

6/24 Chop and Chat 9:30 – 10:30AM Call to reserve your spot.

6/25 Hydration presentation

by Office for Aging's Nutrition Department 12:15PM

6/25 Discover Live: Thessaloniki, Greece 11AM

6/26 Fun Friday – Wii Games! 10 – 2PM

6/29 Cows, Pigs, and Horses Board Game 10AM



"Try to be a rainbow in someone's cloud."

— Maya Angelou

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:** 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; Discussion Group 10:30AM; 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****6/1** Dance Class 1PM & 2PM**6/2 & 16** Holistic Healing: 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 – 11:30AM \$3
Advanced registration and payment required.**6/4** Executive Board Meeting 9:30AM**6/9 & 23** Chop & Chat: Call for menu. 1PM
Advanced registration required.**6/9** Neighborhood Watch Meeting 6PM**6/10** Craft Class: Teacup Gnomes 9:30AM \$8/person
Must sign up in advance.**6/11** Legal Aid 9AM Appointment required.**6/11** Pizza Day w/ Music by KandL 11:30AM Reservations required.**6/12** Craft Class: Crushed Can Craft 10AM \$5/person**6/12** Film Friday: "The Judge" 1PM Free popcorn, soda for sale.**6/15** World Elder Abuse Awareness Day – Shine the Light
on Elder Abuse & Ageism!**6/17** Lunchtime Trivia: June-eral Knowledge 12PM**6/18** Father's Day Luncheon w/ Musical Guest, Gene Cvik 11:30AM**6/22** BFL – French Toast 10:45 – 12:15PM No take-out available.**6/22** Intergenerational presentation and survey
by Binghamton University 10:30 – 12PM**6/25 & 26** AARP Defensive Drivers Course 9 – 12:15PM
Advanced registration required.**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****6/1, 8, 15, 22, & 29** Greater Good Grocery Bus 11 – 12PM**6/5** Alzheimer's Association presentation on "Communicating Effectively" 10 – 11:30AM Call 1-800-272-3900 to register.**6/5, 12 & 26** Poetry Group 12:30PM Call to pre-register.**6/9 & 23** Widow & Widowers Support Group 10 – 11AM**6/11** Presentation: Twin Tiers Honor Flight 10:30 – 11:30AM**6/11 & 12** AARP Driver Safety 1 – 4PM Fee applies; registration required.**6/12** Krispy Kreme Doughnut – order by 2PM

Pickup on 6/17 12 – 4PM or 6/18 9 – 4PM

6/15 World Elder Abuse Awareness Day – Shine the Light
on Elder Abuse & Ageism!**6/16** Chop & Chat (Faith in Action) 11 – 12PM Recipe: TBA;
signup by 6/9.**6/16** CarFit Event by Broome County Health Department 11:30 – 1:30PM
Appointments are encouraged but walk-ins are welcomed.
Call 607-778-2807 for an appointment.**6/17** LGBTQ+ Senior Social Group 3 – 4PM**6/17** Alzheimer's Association – Caregiver Support Group 4 – 5PM
Registration and pre-screening required;
call ALZ at 315-472-4201 x227.**6/18** Legal Aid 9 – 12PM Call for an appointment.**6/18** Father's Day Lunch 11:45AM**6/24** Haircuts by Debbie Roberts \$20 Call for an appointment. 10 – 11:30AM**6/24** Book Club: Boat Baby by Vicky Nguyen 3 – 4PM**6/26** Art Workshop \$3 10 – 12PM**6/30** Fire Safety Presentation 10:30 – 11:30AM**7/7** Chop & Chat (Faith in Action) 11– 12PM Signup by 6/30.**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:****6/2 & 16** Golden Agers 12:30PM**6/3, 10 & 17** Living Healthy presentation
by the Rural Health Network 12:30 – 3PM**6/4 & 25** Cornhole 10AM**6/5** Discover Live: Belfast, Ireland 12PM**6/9** Groove to the Beat Chair Dancing
with OFA's Nutrition Department 12:30PM**6/10** Discover Live: Krakow, Poland 10:30AM**6/11** Breakfast for Lunch 10AM**6/12** 52nd Anniversary of NBSC –Refreshments 10AM, Bingo 10:30AM,
Lunch 12PM, Entertainment by Johnny Only 12:15PM**6/15** World Elder Abuse Awareness Day – Shine the Light
on Elder Abuse & Ageism!**6/15** Tie-dye Craft 12:15PM Bring a white shirt. Signups appreciated.**6/18** Father's Day Observance – Lunch 12PM and Bingo 10:30AM**6/25** Legal Aid 9AM Call for an appointment.**6/25** Discover Live: Thessaloniki, Greece 11AM**6/26** Pub Burger Bar Picnic 11:30AM**6/29** Pizza & Salad for Lunch 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****6/1 & 15** Chop and Chat 10AM Call to reserve your spot.

- 6/1 King High Card Game 12PM
- 6/3 & 17 Vestal Library Tech Help 10:15AM
- 6/5 Decade Dance – Dinner 4:30PM Dance 5 – 7PM
- 6/5, 12 & 26 Vivo Exercise Class 10AM
- 6/8 Breakfast for Lunch – Blueberry pancakes, eggs, sausage, and potatoes. 11AM
- 6/10 Intergenerational Survey presentation by Binghamton University 11:30AM
- 6/10 Discover Live: Krakow, Poland 10:30AM
- 6/11 Philly Cheesesteak Day 11AM Take out available.
- 6/11 Vestal Senior Club Trip Sign Up for “9-5” Play at Cortland Repertory 12PM
- 6/15 Discover Live: Plymouth, England 11AM
- 6/15 World Elder Abuse Awareness Day – Shine the Light on Elder Abuse & Ageism!
- 6/16 Craft Day – Card Making with Mercia 10AM
- 6/17 Loaded Burger Bar Day 11AM
- 6/18 Father’s Day Observance 12PM Free ice cream for all gentlemen!
- 6/23 Vestal Senior Club Meeting Day 12:15PM
- 6/24 June Birthday Celebrations 12PM
- 6/25 Discover Live: Thessaloniki, Greece 11AM
- 6/26 Pizza or Chef Salad Day 11AM
- 6/26 Bunco Dice Game 1PM

CarFit Event

The Broome County Traffic Safety Program along with its partners will be conducting a **CarFit** Event at the Johnson City Senior Center on Tuesday, June 16th from 11:30 – 1:30PM.

CarFit is an educational program that provides a quick, yet comprehensive review of how well an older driver and their vehicle work together. As we age, changes in our vision, flexibility, strength and range of motion can make us less comfortable and safe in our vehicle. And how often do we adjust the features in our vehicle to accommodate those changes?

CarFit helps drivers explore the safety features within their vehicle to ensure they are adjusted appropriately for their body so that in the event of a crash, not only will they have the best control over their vehicle, but they will receive the optimal protection provided by those safety features.

At a **CarFit** event, participants will meet individually with a CarFit Technician, who will review a 12-point checklist and determine recommendations for the best and most comfortable fit. It’s free, it’s easy and it only takes 20 minutes!

Appointments are encouraged but walk-ins are welcomed!

Where: Johnson City Senior Center
30 Brocton Street, Johnson City

When: Tuesday, June 16th, 2026
11:30 – 1:30PM

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



Special Events at the Centers

Broome West Senior Center

Thursday, June 11th
Evening Meal and Team Trivia!
4PM (Trivia 5:30PM)

Meatball Subs, Potato Salad, Coleslaw, and Ice Cream! Join us after dinner for team trivia with Deanna and Gene.

Chenango Bridge Senior Center

Coming soon... Bunco!

We are looking for 12 players who can dedicate one day per month to play this fun dice game. Please contact Vet at 607-663-0406 for more information.

Deposit

Thursday, June 18th
Delaware County Office for Aging Q&A
11:30AM

Eastern Broome

Tuesday, June 23rd
Coffee with a Cop
8:45AM

Join us and the Broome County Sheriff’s Office for coffee, snacks, and conversation. (Refreshments provided by the officers.) Breakfast is served 8 – 9:30AM.

First Ward

Friday, June 12th
“The Judge”
1PM

Join us for a movie and popcorn! Soda for sale.

Johnson City

Krispy Kreme Doughnut Fundraiser
Order by: Friday, June 12th
2PM

Pick up 6/17 12 – 4PM or 6/18 9 – 4PM.

Northern Broome

Thursday, June 4th & 25th
Cornhole
10AM

Vestal

Friday, June 5th
Decade Dance
Dinner 4:30PM
Dance 5 – 7PM

The Vestal Museum and the Vestal Senior Center are celebrating the museum’s 50th anniversary 1976-2026 with a decade dance.

Dinner will be chicken stuffed with broccoli and cheese, sides and dessert.



Downsize & Declutter Discussion with Joan

Let’s focus on the right questions when decluttering.

- Why am I storing this?
- Why do I have it?
- What am I avoiding?

Learn more on Tuesday, June 9th at 3PM on Zoom.

To attend the meeting, 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, June 5th 10 – 4PM

Saturday, June 13th 10 – 2PM

Friday, June 26th 10 – 4PM

Cash only. For more information, please visit

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

Your Home Public Library

107 Main Street, Johnson City

Saturday, June 20th 10 – 12:30PM

For more information, please visit

<https://www.yhpl.org/friends-of-the-library/>

Vestal Public Library

320 Vestal Parkway East, Vestal

Thursday, June 25th 10 – 6PM

Friday, June 26th 10 – 5PM

Saturday, June 27th 11 – 4PM

For more information, please visit

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

First Friday

Downtown Binghamton

Friday, June 5th 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/>

The Vestal Museum is Nifty at Fifty Anniversary Celebration

Vestal Museum

328 Vestal Parkway E, Vestal

Thursday, June 4th 5 – 9PM

Save the date! Bring a chair and listen to live Fiddle music, light refreshments, a trolley for kids to explore and the Dedication of our Community Autograph Quilt- sponsored by the Vestal Historical Society and Museum.

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!

Garden Club of Endwell 5th Annual Plant & Yard Sale

Endwell Christian Union Church

525 Hooper Rd, Endicott

Saturday, June 6th 9 – 12PM

What better way to kick off National Garden Week than to join us for our 5th annual plant and yard sale at Endwell Christian Union Church. Our members have been working hard at collecting household and garden items for this year's yard sale. We are hoping to have our largest selection of plants available for sale—all grown and donated by the garden club members! Don't forget to get a \$1 mystery box; you never know what might be inside! This is a cash only event.

The Soul's Voyage – Binghamton Downtown Singers

United Presbyterian Church

42 Chenango Street, Binghamton

Saturday, June 6th 7 – 9PM

The Binghamton Downtown Singers Spring concert, The Soul's Voyage, will feature works by Brahms, Vaughan-Williams and, in honor of the United States 250th anniversary, Hansons Song of Democracy. Artistic Director Robert J. Manners will conduct the chorus and orchestra.

General admission tickets are \$20 at www.downtownsingers.org/tickets or by calling 607-205-8741. Students are free but need their own tickets.

Path Through History Weekend

Phelps Mansion

191 Court Street, Binghamton

Saturday, June 20th 10 – 5PM

<https://phelpsmansion.org/event/path-through-history-weekend-8/>

Join us at the Phelps Mansion Museum for Broome County History Day, part of New York State's Path Through History Weekend. Throughout the day, local historians and guest speakers will present talks on a variety of topics related to Broome County's rich and fascinating past. Full Schedule on the website. Admission to the speaker series is free. Visitors can also explore the historic mansion with tours available from 11 – 3PM both days of the weekend (regular tour admission applies). Call 607-722-4873 for more information.



Motivation with MaryJane

Sip Smart This Summer: Staying Hydrated and Healthy

Staying hydrated during the summer is especially important for older adults, as the body's sense of thirst can decrease with age, making it easier to become dehydrated without realizing it. Warmer temperatures and increased sun exposure can also cause the body to lose fluids more quickly, which may lead to fatigue, dizziness, headaches, or more serious health concerns if not addressed. To stay properly hydrated, try to drink water consistently throughout the day—even if you don't feel thirsty—and include hydrating foods like watermelon, cucumbers, and oranges in your meals. Keeping a reusable water bottle nearby, setting small reminders, or flavoring water with lemon or berries can make it easier and more enjoyable to drink enough fluids. It's also helpful to limit beverages that can contribute to dehydration, such as those with caffeine or alcohol. By making hydration a daily priority, you can stay safe, feel better, and fully enjoy the summer months.

Check out Bridget and Donna's Nutrition Education presentation "Challenge Your Hydration" for even more hydrating tips. See more information listed on page 2.

TECHNOLOGY CORNER

TECHNOLOGY CLASSES THAT COME TO YOUR LOCAL SENIOR CENTER:

- George F. Johnson Tech Center comes to the Broome West Senior Center Wednesday, June 10th 11AM
- Vestal Library comes to the Vestal Senior Center Wednesday, June 3rd & 17th 10:15AM

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.lvbtcc@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 bcpreference@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



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!

June 11th 10AM
Waterman Conservation Education Center in Apalachin
Meet in parking lot.

June 25th 10AM
Brick Pond in Owego

From Rt 17C in Owego, make a sharp right turn on 5th Avenue, over the railroad tracks to a parking area. Meet in parking lot.

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

LGBTQ+ Senior Social Group

The next LGBTQ+ Senior Social Group will be Wednesday, June 17th from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City

Happy Pride Month from Office for Aging!

Every June, the United States celebrates Pride Month, marking the anniversary of the Stonewall Uprising, when police raided a gay bar in New York City and its patrons stood up against discrimination, abuse, and mistreatment. Pride reminds us of the spirit of democratic protest and the principle that all persons are created equal, and every individual's full humanity should be equally respected.

Five decades after Stonewall, we know that inclusion of and respect for LGBTQ+ persons make our nation stronger. We also recognize the impact LGBTQ+ persons and organizations have had on some of the cornerstones of our democracy, including in pursuing truth through a free media and exercising the right to peacefully assemble.

The Department of State proudly works to promote and protect the human rights of LGBTQ+ persons around the world. We strongly oppose the "otherization" of LGBTQ+ persons to justify authoritarian power grabs and attacks on institutions of democracy globally. Democracies are stronger when they celebrate the full rights and value of all people, without discrimination.

For information on Pride Month, please visit <https://2021-2025.state.gov/commemorating-lgbtqi-pride-month/>





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 | • Secure Building |
| • Project-Based Section 8 | • Gated Parking lot |
| • Elevators | • 24- Hour Maintenance |

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



Conklin Seniors

Contact Kathy 607-775-0880

June 25th - Captain Bill's Cruise and Luncheon on Seneca Lake

Johnson City Senior Center

Contact Dorothy 607-743-1747

July 8th - Lancaster and Sight & Sound Day Trip

July 18th - Skaneateles Dinner Cruise

July 20th - Merry-Go-Round Playhouse - Tarzan

August 6th - Bronx Zoo - Parents' & Grandparents' Day

August 26th - Lake George Luncheon Cruise

September 1st - New York State Fair

Northern Broome Golden Agers

Contact Dixie 607-242-3934

June 23rd - Corning Museum of Glass with Pumpkin Glassmaking

North Fenton Seniors

Contact Ruth 607-648-8425

June 17th - The Stourbridge Line Train in Honesdale, PA

October 19th - 21st Sight & Sound Theater in Lancaster, PA for "Joshua"

Vestal Senior Citizens Club

Contact Jean 607-754-4479

July 7th - Cortland for "9 to 5" a Dolly Parton themed play (Sign up on 6/11 at 12PM)

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 9/24 at 12PM)

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.

Travel the World Virtually with Discover Live

Join us as we travel virtually with Discover Live. You can experience different cities around the world through interactive walking tours. An experienced tour guide will take you through their favorite places in their city. You get to interact and ask questions. In the month of June, we will be walking through Belfast, Krakow, Plymouth, Venice, London, and Thessaloniki. These are free classes, and no reservations are required.

June 5th 12PM



Virtual walking tour through **Belfast, Ireland** (streamed to the Northern Broome Senior Center)

June 10th 10:30AM



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

June 15th 11AM



Virtual walking tour through **Plymouth, England** (streamed to the Broome West and Vestal Senior Center)

June 18th 2PM



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

June 23rd 1:30PM



Virtual walking tour through **London West End, England** (streamed to the Broome West Senior Center)

June 25th 11AM



Virtual walking tour through **Thessaloniki, Greece** (streamed to the Eastern Broome, Northern Broome and Vestal Senior Center)

High Blood Pressure and Older Adults

High blood pressure, or hypertension, is a major health problem that is common in older adults. Your body's network of blood vessels, known as the vascular system, changes with age. Arteries get stiffer, causing blood pressure to go up. This can be true even for people who have heart-healthy habits and feel just fine. High blood pressure, sometimes called "the silent killer," often doesn't cause signs of illness that you can see or feel. Though high blood pressure affects nearly half of all adults, many may not even be aware they have it.

How can I control my blood pressure?

You can often lower your blood pressure by changing your day-to-day habits and by taking medication if needed. Treatment requires ongoing evaluation and discussions with your doctor, especially if you have other medical conditions such as diabetes.

Lifestyle changes you can make to help prevent and lower high blood pressure:

- Aim for a healthy weight. Being overweight adds to your risk of high blood pressure. Ask your doctor if you need to lose weight. In general, to maintain a healthy weight, you need to burn the same number of calories as you eat and drink.
- Exercise. Moderate activity, such as brisk walking or swimming, can lower high blood pressure. Set goals so you can exercise safely and work your way up to at least 150 minutes (2.5 hours) per week. Check with your doctor before starting an exercise plan if you have any health problems that aren't being treated.
- Eat a heart-healthy diet. A balanced diet of vegetables, fruits, grains, protein, dairy, and oils — such as the Dietary Approaches to Stop Hypertension (DASH) eating plan — can lower your blood pressure.
- Cut down on salt. As you get older, the body and blood pressure become more sensitive to salt (sodium), which is added to many foods during processing or preparation. Limiting your amount of salt each day may help. DASH is a low-salt diet.
- Drink less alcohol. Drinking alcohol can affect your blood pressure. For those who drink, men should have no more than two drinks a day and women no more than one a day to lower their risk of high blood pressure.
- Don't smoke. Smoking increases your risk for high blood pressure, heart disease, stroke, and other health problems. If you smoke, quit. The health benefits of quitting can be seen at any age — you are never too old to quit.
- Get a good night's sleep. Tell your doctor if you've been told you snore or sound like you stop breathing for moments when you sleep. This may be a sign of a problem called sleep apnea. Treating sleep apnea and getting a good night's sleep can help to lower blood pressure.

- Manage stress. Coping with problems and reducing stress can help lower high blood pressure.

In addition to recommending lifestyle changes, your doctor will likely prescribe medication to lower your blood pressure to a safe level. Isolated systolic hypertension, the most common form of high blood pressure in older adults, is treated in the same way as regular high blood pressure but may require more than one type of blood pressure medication. You may try several kinds or combinations of medications before finding a plan that works best for you. Medication can control your blood pressure, but it can't cure it. If your doctor starts you on medication for high blood pressure, you may need to take it long term.

For more information, please visit <https://www.nia.nih.gov/health/high-blood-pressure/high-blood-pressure-and-older-adults>

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


| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 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 | |

The Mental Health Benefits of Exercise and Physical Activity


Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:




Reduce feelings of depression and stress



Enhance your mood and overall emotional well-being




Increase your energy level



Improve sleep

To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.



“Aging gracefully means being flexible, being open, allowing change, enjoying change, and loving yourself.”

—

Wendy Wasserstein



CAREGIVER CORNER

Ideas and information for people caring for others.

The Broome West Caregiver Chat:

Date: Wednesday, June 10th 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, June 6th 11 – 2PM • First Saturday of the Month
St. Anthony's Church Hall • 300 Odell Ave, Endicott

Saturday, June 13th 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 20th 11 – 2PM • Third Saturday of the Month
St. Mary's Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, June 20th 11 – 2PM • Third Saturday of the Month
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • 607-778-2946

Saturday, June 27th 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament
465 Clubhouse Rd, Vestal
607-778-2946

WEDNESDAY RESPITE

Wednesday, June 10th 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.

THE EMPOWERED CAREGIVER SERIES COMMUNICATING EFFECTIVELY

An education program presented by the Alzheimer's Association®

alzheimer's association *This program is supported, in part, by a grant from the New York State Department of Health*

Central New York Chapter Dementia affects a person's ability to communicate, making it hard to convey their wants and needs to the people around them. Caregivers can learn how to use a person-centered approach to communicate more effectively at any stage of the disease.

Topics in the program include:

- How dementia affects communication.
- Using a person-centered communication approach.
- Tips for communicating with family, friends and health care professionals.

Friday, June 5th • 10 – 11:30AM • Johnson City Senior Center
30 Brocton St., Johnson City, NY 13790

To register, please visit <https://bit.ly/4k1FFbm> or call 1-800-272-3900

Visit alz.org/CRF to explore additional caregiver education programs in your area.



DO YOU...
Perform housework for someone?
Help them shop for food?
Help them bathe or get dressed?
... Feel Stressed?

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

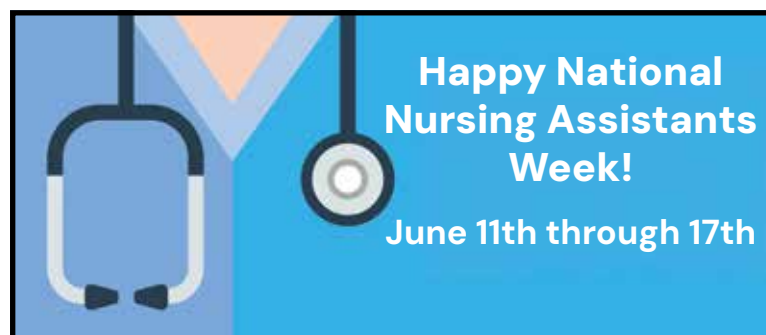
Call NY Connects 1-800-342-9871



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

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

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



National Nursing Assistants Week is a time to honor the compassionate individuals who care for others with patience, kindness, and heart. Nursing assistants and caregivers do more than help with daily tasks - they bring comfort, dignity, and human connection to those who need it most. Some work in the hospital, while others serve as home health aids, helping individuals remain in their homes.

They are often the steady presence during difficult moments, offering a reassuring smile, a gentle touch, or a listening ear. Their work can be demanding, yet they continue to show up with dedication and care.

This week, we extend our deepest gratitude to all caregivers. The difference you make in people's lives is truly immeasurable.



Homemade Chicken and Dumplings

Make this tasty, home-cooked comfort food in less than 35 minutes with pre-cooked chicken.



Ingredients

- 2 1/4 cups chicken broth (low-sodium)
- 1/4 cup water
- 1 medium onion (peeled and chopped)
- 4 1/2 cups mixed vegetables (frozen corn, peas, carrots, and green beans)
- 2 cups chicken (cooked and chopped)
- 1 teaspoon thyme (dried)
- 1 1/4 cups prepared baking mix (reduced fat)
- 1/3 cup milk (low-fat)
- 1 large egg

Directions

1. In a large pot, combine chicken broth, water, onion, vegetables, chicken, and thyme.
2. Cover and bring to a boil over medium-high heat. Reduce heat and simmer for 15 minutes.
3. Place baking mix in a small bowl. Remove 2 tablespoons and stir into pot to thicken stew.
4. Add milk and egg to remaining baking mix and stir with a fork to blend. Drop rounded tablespoons of dough into hot chicken mixture. Cook over low heat, uncovered, for 5 minutes.
5. Cover and cook for 5 minutes more. Serve while hot.

<https://www.nutrition.gov/recipes/homemade-chicken-and-dumplings>

Sheet Pan Sausage and Veggie Bake

Enjoy a healthy dinner in less than 40 minutes filled with colorful vegetables and lean chicken sausage.



Ingredients

- Nonstick cooking spray
- 16 ounces bell pepper and onion mix (diced, frozen or 3-4 cups sliced or diced fresh vegetables)
- 6 ounces sausage (pre-cooked chicken links, ~2 links)
- 10 ounces butternut squash (diced, frozen or ~2 cups fresh diced butternut squash or sweet potato)
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning

Directions

1. Pre-heat the oven to 425°F.
2. Prepare a baking sheet with parchment paper or coat with nonstick cooking spray.
3. Spread the bell peppers and onions, or fresh vegetables, in a single layer on the prepared baking sheet.
4. Add the slices of chicken sausage over the vegetables.
5. Add the diced butternut squash or sweet potato over the chicken sausage and vegetables.
6. Coat vegetables and chicken with nonstick cooking spray.
7. Sprinkle the pepper, garlic powder and Italian seasoning over top.
8. Bake until the vegetables are cooked through and slightly crisped along the edges, about 35 minutes. Serve warm.

<https://www.nutrition.gov/recipes/sheet-pan-sausage-and-veggie-bake>

Veggie Skillet Eggs

Quick and healthy breakfast packed with protein, veggies, and cheddar cheese.



Ingredients

- 6 large eggs
- 1/4 teaspoon black pepper
- 1/2 teaspoon oregano (or basil)
- 1/3 cup cheddar cheese (shredded)
- 2 teaspoons oil
- 1 small onion (chopped)
- 1 clove garlic (chopped)
- 2 cups mixed vegetables (fresh, canned, or frozen)
- 1 medium tomato (sliced)

Directions

1. Beat eggs with pepper, oregano or basil, and cheese in a medium bowl.
2. Heat oil in a medium skillet. Add onion, garlic, and other vegetables and cook on medium (300 degrees F in an electric skillet) until soft.
3. Pour egg mixture over vegetables. With knife or spatula, lift outer edges of eggs so egg mixture flows to the bottom of the pan.
4. Cook until eggs are set, about 6 minutes. Top with tomato slices.
5. Cut into 8 wedges; serve hot.

<https://www.nutrition.gov/recipes/veggie-skillet-eggs>

Velvety Avocado Pesto Dip

Elevate traditional guacamole with basil and pine nuts to create this velvety dip.



Ingredients

- 2 medium avocados (peeled, pitted, cut into pieces)
- 1 cup basil (leaves)
- 1/4 cup nuts (pine nuts, unsalted)
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 3 medium garlic (cloves)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. In a food processor or blender, process all the ingredients for about 3 minutes, or until the mixture is fluffy and creamy.

Notes

To evaluate the flavor even more, serve with roasted vegetables, such as broccoli florets and mini bell peppers.

<https://www.nutrition.gov/recipes/velvety-avocado-pesto-dip>

Did You Know?

Did you know that Office for Aging has a language line available to assist you with in-home services needs, long-term planning, transportation, food resources, and more? Call us at **607-778-2411** to discuss.

¿Sabía que la Oficina para el Envejecimiento cuenta con una línea de idiomas disponible para asistirlo con sus necesidades de servicios a domicilio, planificación a largo plazo, transporte, recursos alimentarios y más? Llámenos al **607-778-2411** para conversar al respecto.

Sapevi che l'Office for Aging dispone di un servizio di assistenza linguistica per aiutarti con le esigenze relative ai servizi domiciliari, alla pianificazione a lungo termine, ai trasporti, alle risorse alimentari e altro ancora? Chiamaci al numero **607-778-2411** per parlarne.

Broome County
Office for Aging 

Medicare Counseling and More at AOP

You may know that Action for Older Persons (AOP) is the only local source of no-cost, unbiased Medicare insurance counseling and financial assistance program application help. Did you know we also have seminars?

If you would like to learn more about your Medicare options, plan to attend Medicare 101. We offer seminars on how Medicaid can help people pay for long-term care in a nursing home or in the home. We go over the eligibility rules, the income and asset limits, and how to get the coverage in place. We have Advanced Planning for End of Life that explains what advanced directives are, why they are important and how to discuss your wishes with loved ones. You can find the latest dates and times of the seminars on our website actionforolderpersons.org or you can call us for details. Registration is required as space is limited.

Lastly, you might be receiving mail right now about additional Medicare benefits you qualify for. If you call the number on the letter, it can provide permission for many companies to contact you. Be aware that many of these benefits are only available to people who have Medicaid in addition to Medicare. If you have any questions about mail you receive or any other Medicare question you might have, call AOP at **607-722-1251**. We are happy to help.

Do You Really Need to Drink That Much Water?

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

In the summer months, the messages about keeping hydrated and drinking water are seen everywhere. Frequently, though, I overhear people saying, "what's the big deal," "this was never a big issue when I was growing up", and other similar comments.

What's different is, as we age, dehydration is more likely to cause health complications that could land us in the hospital – everything from kidney failure and urinary tract infections (UTIs) to heat stroke and blood clot problems. And a lot of this has to do with how our bodies change.

Our sense of being thirsty or hungry decreases so we don't have a good way of knowing we need to eat or drink something. Medications can cause this as well, and our overall body composition may have less water in it.

Dehydration can cause muscle cramps and headaches and make us feel confused, dizzy, and weak. These can make falls and injury more likely.

The good news is hydration does not have to mean drinking gallons of water, but at least 8 cups a day is a standard, and your doctor can help guide you best, especially in relation to medications you may be taking.

When we add drinking water to our routine, such as a glass of water when we first get up, during and after exercise, or after our meals, it makes it easier to remember.

Water-rich foods also contribute to the total. Fresh produce such as cucumbers, watermelon, lettuce, tomatoes, strawberries, and bell peppers as well as dairy products like yogurt and cottage cheese make keeping hydrated easier.

Add a splash of fruit juice, slices of lemon or cucumbers, mint leaves or even basil to your water and drink to your health because yes, we do need it!

Don't Miss the Call

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

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

Why It Matters:

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

What You Can Do:

- Listen to your messages at least once a day.
- Once you have heard a message and taken note of the information, delete it to make room for the next one.
- If you are unsure how to clear your voicemail, ask a family member or friend for assistance, or look at the "Technology Corner" of this edition for technology assistance from local libraries.

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

Ask the Office

Fall Prevention

I am recovering from a fall over the winter, but I want to enjoy some time outdoors. How can I stay safe and protect myself against a fall this summer?

While most falls happen in winter, summer presents its own possibilities for a fall as well. Warmer weather entices us to spend more time outdoors and be active. However, this can increase our risk of falls due to uneven surfaces, dehydration, and heat-related fatigue.

Uneven terrain, cracked sidewalks, loose gravel, or even wet decks can all be hazards. One precaution we can take is wearing well-fitting shoes with a non-slip sole. Shoes or sandals without proper support can increase our chances of tripping.

High temperatures can lead to dehydration, causing dizziness, weakness, or confusion. Drink water throughout the day—even if you don't feel thirsty. Limiting your time outdoors from midday to early afternoon, when heat can be at its peak can also help.

Outside, bright sunlight can create glare and reduce our visibility. Wearing sunglasses with proper UV protection can make it easier to see obstacles. Getting regular eye checkups is also important if you have prescription glasses.

Also be aware of hazards around your home from garden hoses and seasonal clutter. Keep walkways clear and make sure you have adequate lighting inside and out of your home. By following these simple steps, you can enjoy summer outdoors while reducing your risk of falling.

Our Senior News is a great resource to find outdoor activities or events at our senior centers. If you have any questions about these options, please give our office a call at **607-778-2411**.



Scam of the Month

Contractor Scams

As the seasons change and the temperature warms, be aware that contractor scams also increase. According to the Better Business Bureau, asking or demanding payment up front is the most common scam tactic. Other tactics include scare tactics and pressure to act quickly, offers of discounted work because “we were already in the neighborhood,” “verbal” or handshake agreements, and offers of a discount for cash payments.

You can protect yourself against contractor scams by taking the following steps.

- Be skeptical of neighborhood deals. Legitimate contractors usually quote properly before beginning work
- Get a minimum of three estimates for any home improvement project.
- Choose professionals who provide factual assessments without resorting to fear.
- Conduct thorough research to verify the contractor.
- Insist on a written contract. Legitimate contractors will provide written guarantees and scope of work that will specify exactly what work will be performed and the dollar amount due.
- Agree to a small down payment, which is typically 10%. Avoid paying the full amount before the work begins.
- Avoid cash deals as they often lack receipts and formal guarantees.

If you have been a victim of a contractor scam you should report it to local law enforcement, the District Attorney’s office, and state-level consumer protection agencies. You can call:

- Broome County Sheriff’s Office: for immediate reporting of a crime, call their non-emergency dispatch at 607-778-1911, option 1.
- Broome County District Attorney’s Office: The DA’s Office prosecutes contractor fraud, particularly cases involving large down payments with no work performed. They can be reached by calling 607-778-2423.
- New York State Attorney General’s Office: File a complaint with the Consumer Frauds and Protection Bureau. Phone: 1-800-771-7755 or local Binghamton Regional Office 607-251-2770. Online: ag.ny.gov/file-complaint

Additional Resources:

- NYS Division of Consumer Protection: File a complaint online at dos.ny.gov/consumer-protection or call their helpline at 1-800-697-1220
- Better Business Bureau (BBB) Upstate New York: Report the scam via the BBS Scam Tracker. <https://www.bbb.org/scamtracker/lookupscam>
- Local Building Inspectors: Contact City or town building construction and code enforcement office (e.g. City of Binghamton Code Enforcement at 607-772-7010) if the contractor operated without the required permits

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

Trivia

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

Answer: Barbie Doll

Hearing Loss: A Common Problem for Older Adults

Hearing loss is a common problem caused by loud noise, aging, disease, and genetic variations. About one-third of older adults have hearing loss, and the chance of developing hearing loss increases with age. People with hearing loss may find it hard to have conversations with friends and family. They may also have trouble understanding a doctor’s advice, responding to warnings, and hearing doorbells and alarms.

Some people may not want to admit they have trouble hearing. Hearing problems that are ignored or untreated can get worse. If you have a hearing problem, see your doctor. Hearing aids, special training, certain medications, and surgery are some of the treatments that can help.

Signs of hearing loss

Some people have a hearing problem and don’t realize it. You should see your doctor if you:

- Have trouble understanding what people are saying over the telephone
- Find it hard to follow conversations when two or more people are talking
- Often ask people to repeat what they are saying
- Need to turn up the TV volume so loud that others complain
- Have a problem understanding speech because of background noise
- Think that others seem to mumble
- Can’t understand what’s being said when children and people with higher pitched voices speak to you

How to cope with hearing loss

If you notice signs of hearing loss, talk with your doctor. If you have trouble hearing, you should:

- Let your family and friends know you have a hearing problem.
- Ask people to face you and to speak louder and more clearly. Ask them to repeat themselves or reword what they’re saying.
- Pay attention to what is being said and to facial expressions or gestures.
- Let the person talking know if you do not understand what was said.
- Find a good location to listen. Place yourself between the speaker and sources of noise or look for quieter places to talk.

The most important thing you can do if you think you have a hearing problem is to seek professional advice. Your family doctor may be able to diagnose and treat your hearing problem. Or your doctor may refer you to other experts, like an otolaryngologist (ear, nose, and throat doctor) or an audiologist (health professional who can identify and measure hearing loss).

For more information, please visit

<https://www.nia.nih.gov/health/hearing-and-hearing-loss/hearing-loss-common-problem-older-adults>

THANK YOU AARP SMART DRIVER COURSE INSTRUCTORS AND AARP TAX PREPPERS!

AARP Smart Driver Course instructors help people become more confident drivers with techniques that help keep you safe on the road. They offer safe driving strategies, ways to reduce driver distractions, proper use of safety belts, airbags, anti-lock brakes, and new car technology and much more! So far in 2026 their 13 instructors have volunteered for over 273 hours!

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. For the 2025 tax season these volunteers:

- Spent over 4,600 hours working with clients

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



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>

- **Case Worker/Case Worker Trainee** (1 open position)
In-Home Services Unit
Bachelor's Degree required
Full time; M-F 8-4PM, Salary range: \$42,366-\$46,392
Test required and offered on site
Provide support to older adults on your caseload through completion of an assessment and care plan. This program is critical to helping older adults remain independent and in their own homes.
- **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

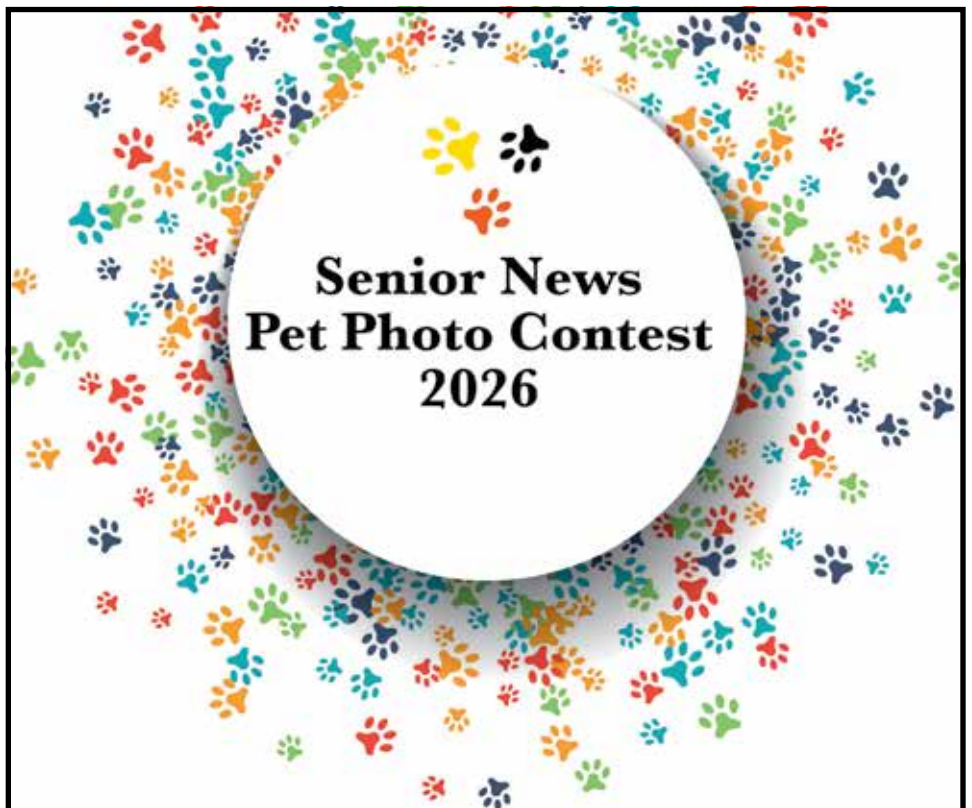


Mindfulness in Nature

Spending time in nature can be a simple yet powerful way to support mental well-being. Mindfulness in nature means slowing down and fully noticing your surroundings—the sound of birds, the feeling of a breeze, or the colors of the trees. These small moments can help reduce stress, improve mood, and bring a sense of calm.

Even a short walk outdoors can make a difference. Taking a few minutes to pause, breathe deeply, and be present can help clear the mind and restore energy.

Looking for a way to get started? Join our Nature Walking Club and enjoy the benefits of fresh air, gentle movement, and connection with others in the community. See page 7 for dates and locations of upcoming walks.



Got a furry, scaly, or feathered friend who's camera-ready? Enter your beloved pet in our Senior News Pet Photo Contest! This is your chance to show off your amazing companion and have your pet featured in the September edition of the Senior News.

To enter, simply submit a clear, heartwarming photo of your pet. It could be them playing, napping, or just being their adorable self! Our favorite photo will be featured in the upcoming September issue for everyone to enjoy.

Don't miss this paw-some opportunity! Send in your entries by Friday, June 12th.

"Everyone believes they have the best pet, and none of them are wrong." – W.R. Purche

Send your **name, phone number, pet's name and even a brief description of what you love about your pet:**

Broome County Office for Aging
Attention: Senior News
PO Box 1766, Binghamton, NY 13902
Or email ofa@broomecountyny.gov

Want to vote for the winner? Follow Broome County Office for Aging on Facebook and look out for our post with all the submissions.

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 |



Celebration of Fathers Thursday, June 18th

Celebrate all fathers and special mentors on Thursday, June 18th at participating Broome County Senior Centers. Enjoy a delicious luncheon of rotisserie chicken or beer battered fish, sides and mint chocolate 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 Wednesday, June 17th and ask what special activities are planned. Phone numbers are listed on the Look What's Happening pages of this issue.

Lunch is a suggested voluntary 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.

"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

Spotting the Signs of Elder Abuse

Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited.

Here are signs that an older adult in your life may be experiencing abuse:



| Physical | Emotional | Neglect | Abandonment | Sexual | Financial |
|---|---|---|---|--|---|
| Unexplained injuries or physical signs of punishment or restraint, such as bruises, scars, or burns | Depression, anxiety, or changes in behavior | Preventable health problems such as bedsores or unclean living conditions | Leaving an older adult who needs help alone without planning for their care | Changes in mood, becoming withdrawn, or other physical signs | Changes in banking or spending patterns |

If you suspect an older adult is being abused, talk with them and report what you see to an authority.

Learn more at www.nia.nih.gov/elder-abuse.



June 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.*

| | | | | | | | | | |
|---|-----------|--|-----------|---|-----------|---|-----------|---|-----------|
| Manicotti Vegetable Soup Mandarin Oranges Ice Cream Cup | 1 | Grandma's Meatloaf Mashed Potatoes Country Blend Vegetables Peaches | 2 | Italian Vegetable Parmesan Chowder Deluxe Garden Salad Pineapple Dbl Chocolate Cookie | 3 | Halupki OR Marinated Chicken Mashed Potatoes Carrots Fresh Apple | 4 | Roast Pork w/Apricot OR Broiled Fish w/Lemon Roasted Potatoes Peas w/Pearl Onions Carrot Cake | 5 |
| Four Cheese Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Fresh Orange | 8 | Breaded Chicken Cutlet OR Sloppy Joe Sandwich Minestrone Soup Banana Chocolate Chip Cookie | 9 | Apricot Meatballs OR Broiled Fish Buttered Noodles Cut Green Beans Vanilla Pudding w/Oranges | 10 | Teriyaki Chicken Brown Rice Pilaf Oriental Blend Vegetables Cantaloupe Slice | 11 | Pulled Pork OR Beer Battered Fish Hawaiian Baked Beans Hawaiian Coleslaw Coconut Cream Pie | 12 |
| Broccoli Cheese Stuffed Chicken Baked Potato California Blend Vegetables Sugar Cookie | 15 | Salisbury Steak OR Shrimp Scampi Brown Rice Pilaf Winter Squash Peaches | 16 | Lemon Basil Chicken OR Halupki w/Sauce Mashed Potatoes Carrots Pineapple | 17 | Father's Day Observance Rotisserie Chicken OR Beer Battered Fish Cheesy Mashed Potatoes Peas Mint Chocolate Pie | 18 | Centers Closed in Recognition of Juneteenth | 19 |
| Manicotti Italian Green Beans Cauliflower w/Parsley Banana | 22 | Sausage Link OR Broiled Fish w/Lemon Baked Beans Macaroni Salad Pears | 23 | Roasted Turkey w/Gravy Bread Dressing Brussels Sprouts Apple Pie | 24 | Lasagna Soup Deluxe Garden Salad Mandarin Oranges Oatmeal Raisin Cookie | 25 | Caribbean Jerk Chicken OR Citrus Fish Baked Potato Broccoli Florets Chocolate Brownie | 26 |
| Meatball Parmesan Sub Sausage Florentine Soup Pears Ice Cream Cup | 29 | Kielbasa or Fish Pierogies w/Onions Cut Green Beans Cantaloupe Slice | 30 | A friendly reminder - if you've made a lunch reservation and cannot attend please call and cancel, someone could be waiting for your meal. | | | | | |

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



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

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



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

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

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

Senior News Editorial Policy

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