



Visit Our Website at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)



We're rolling out the red carpet and inviting all seniors to experience the warmth, friendship, and fun our senior centers have to offer.

## BE OUR GUEST! CELEBRATING BROOME COUNTY'S SENIOR CENTERS THIS NATIONAL SENIOR CENTER MONTH

National Senior Center Month, celebrated each September, is an opportunity for us to showcase the eight senior centers that are in Broome County. They all offer valuable programs, activities and services. They provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning, but the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

Broome County's eight senior centers offer a huge variety of programs to stay connected including crafts, educational programs, exercise classes, games, painting and much more!

This September, in recognition of National Senior Center month, we'd like you to "Be Our Guest," if you have never been to a senior center we'd like to offer you a **complementary lunch and tour of the center**. In addition, to honor guests that have attended previously, whenever you dine at one of the centers this month, you can enter your name in a raffle to win prizes at each senior center.

Here are what some of our current participants say about the centers:

- I enjoy the meals and the chatter
- The meals are very good, and we get a balanced diet with different things each day with vegetables and fruits and so forth, very good!
- The helpers are outstanding!

Participants also state that the centers help them stay connected to other people and they feel better informed because of the information that they receive while at the centers.

Join us in celebrating this important month and discover all the benefits our senior centers have to offer. We look forward to seeing you!

See the Look What's Happening section of this publication for senior center details and programs. Sponsored by the Broome County Office for Aging.

For more information on National Senior Center Month, visit <https://www.ncoa.org/page/national-senior-center-month>

## Office For Aging Public Hearing Followed by Dinner & Bingo

Broome County Office for Aging 

Please join us at the **Northern Broome Senior Center** on **Thursday, September 18th** for a discussion on Office for Aging services. Your ideas can help OFA create a plan for all older adults in Broome County.

**Senior Center Address:**  
12 Strongs Place in Whitney Point

**Start Time:** Dinner at 4:00PM,  
Public Hearing at 5:00PM  
followed by Bingo at 5:30PM

**Dinner Contribution:** A suggested voluntary contribution of \$4.00 is requested for people age 60+ and their spouse of any age. Those under age 60 pay \$5.


**Reservations:** If you would like to stay for dinner, please call 607-692-3405 by September 17th at noon. No reservation is needed for the Public Hearing.

Please call **607-778-2411** if you need special accommodation to attend, or to share your comments if you are unable to attend. Comments can also be emailed to [ofa@broomecountyny.gov](mailto:ofa@broomecountyny.gov)

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





Cold and flu season is officially upon us.

As viruses circulate more easily during the colder months, it’s more important than ever to support your immune system- two of the best ways to do that is through a healthy diet and physical exercise. Eating nutrient-rich foods like fruits, vegetables, whole grains, and lean proteins can provide your body with essential vitamins and minerals, such as vitamin C, zinc, and antioxidants, that help strengthen your immune defenses. Staying hydrated and limiting processed foods and added sugars can also make a big difference. In addition to eating well, staying physically active plays a key role in keeping your immune system strong. Regular exercise boosts circulation, reduces stress, and helps your body fight off illness more effectively. We encourage older adults to visit our Senior Centers, where you can enjoy a nutritious, well-balanced meal and take part in our fun, supportive exercise programs. Staying active and well-nourished is one of the best defenses against seasonal illness—let’s stay healthy together!

USING BLENDERS FOR  
BETTER NUTRITION

Join Office for Aging Staff  
for an Informative Discussion  
and Demonstration on How to Use a Blender  
to Improve your Nutrition and Overall, Health.

UPCOMING SESSIONS:

Chenango Bridge Senior Center  
MONDAY, SEPTEMBER 22ND AT 12:30PM  
Broome West Senior Center  
WEDNESDAY, SEPTEMBER 24TH 12:40PM

Broome County  
Office for Aging

- Learn the benefits of using a blender
- Join us and receive Nutritious Recipes
- Participate in a FUN raffle, enter to WIN a brand-new blender.

WEEKLY ACTIVITIES

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

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

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

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

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

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

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

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

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

Virtual Zoom Classes

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

**ZOOM – Chair 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



# Caregiver Corner

Ideas and information for people caring for others.

**The Johnson City Caregiver Chat:**  
**Date:** Monday, September 8th    **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.)

**Saturday, September 6th 11 – 2PM • First Saturday of the Month**  
**St. Anthony’s Church Hall • 300 Odell Ave, Endicott**

**Saturday, September 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](http://www.gracelutheranchurchvestal.com/graces-place)

**Saturday, September 20th 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, September 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.**

## Yesteryears Volunteer Training

R... E... S... P... I... T... E...  
I'll tell you what it means to me...



- I am taking better care of myself; I get a chance to exercise outside and socialize.
- I wouldn't be able to sleep well as I work nights.
- Without it I don't think my mom would still be living at home.
- Helped me maintain my sanity
- I feel more relaxed, I have more patience

Companion care volunteers improve the lives of the families they serve. As the population ages the need for respite companion services is greatly increasing. **Yesteryears** is seeking **volunteers** to join their **Group Respite Program**. This personally rewarding volunteer opportunity is a win-win for volunteers and participants.

Yesteryears has 2 locations: 24 Isbell Street, Binghamton | 2801 Wayne Street, Endwell  
Hours of operation: M-F 8:30AM - 3:30PM

*Volunteer Training Session*  
*Thursday, September 25th | 5PM - 7PM | Yesteryears Endwell 2801 Wayne St Endwell*  
*RSVP with Shellie 607-778-2946 by September 23rd.*



**DO YOU...**

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

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

NEW YORK STATE OFFICE for the Aging    Call NY Connects 1-800-342-9871

### Exploring Elder Law Options: A Showcase for Older Adults & Caregivers

Thursday, September 25th from 10 – 2PM  
Q&A Presentation from 1 – 2PM

No Registration Required for this Event

Broome West Senior Center:  
2801 Wayne St., Endwell, NY 13760

Come learn about trusts, estate planning and caregiver agreements.

Presenters include:

- Coughlin & Gerhart,
- Levene, Gouldin & Thompson LLP,
- Hinman, Howard & Kattell, LLP,
- Gallagher Law Office

Event attendees will have a chance to ask a few attorneys questions during the Q&A segment. No registration is required for this event. For questions on this event, please call **607-778-2411** and ask for Megan.

## HOLY FAMILY FUN & GAMES

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!

# Events at the Centers

## Broome West Senior Center

Friday, September 19th at 11AM  
Magician Gary Freed

Gary will be here with a variety of table magic! Come ready to be mesmerized!

## Chenango Bridge Senior Center

Friday, September 26th • Begins 10AM - Lunch 12PM  
Family Day Event

Join us for lunch followed by jokes, music and puppet entertainment by Jim Lamb!

## Deposit

Tuesday, September 30th at 11AM  
Aging Services presentation by staff from Broome County Office for Aging  
Bring your questions and stay for lunch!

## Eastern Broome

Friday, September 26th  
Fun Fest and Open House

- 9 – 10 AM Welcomes, Coffee and Tours  
10 – 12PM Bake Sale, Raffle Baskets, Better Buys Sale  
12PM Lunch Served  
1 – 3PM Ice Cream Sundaes (Compliments of Town of Colesville Rotarians)  
3 – 4PM Magician Gary Freed  
5 – 5:30PM Pizza and Salads  
5:30 – 6:30PM Music Jam  
6:30PM Raffle Basket Winners Announced
- Door Prizes will be drawn at 10AM, 2PM and 6PM
- Please call 607-693-2069 for a meal reservation by noon on 9/24.

## First Ward

Tuesday, September 16th at 12PM  
Lunchtime Trivia

“Back to School” themed questions! The winning table will receive a free lunch ticket.

## Johnson City

Thursday, September 11th from 10 – 11AM  
Veterans Get Together

Attention Veterans! We need to get together to support one another. We are all brothers and sisters having endured service to our country. We need to celebrate and honor our service. Come and enjoy the fellowship of the military. All welcome. Registration not required. Call the Johnson City Senior Center at 607-797-3145 with any questions.

## Northern Broome

Friday, September 26th at 11AM  
Pub Burger Bar!

## Vestal

Tuesday, September 9th at 12:30PM  
Ice Cream Social with Entertainment by Rick Pedro hosted by the Vestal Senior Club  
  
Club Members only and we will be accepting new members.

## Senior Center Closings

Monday, September 1st in Observance of Labor Day

## Ask the Office:

I would like to prepare legal documents for the future, but I'm unsure of what is necessary or whether I can afford it.  
Do I need a will or a power of attorney?  
Is this something the Office for Aging can assist me with?

Having a will and a power of attorney are important parts of estate planning. Estate planning allows you to have peace of mind and ensures your wishes are honored regarding your assets and healthcare decisions. A will dictates how your property is distributed after death. A power of attorney (POA) allows someone to manage your affairs while you are alive. Both documents help avoid potential legal complications and family disputes.

While the Office for Aging does not have lawyers on staff it contracts with the Legal Aid Society of Mid-New York to provide legal services to older adults. To be eligible you need to be 60 years of age or older, reside in Broome County and have an economic or social need for legal services. Legal Aid Society can help with setting up simple wills, powers of attorney, health care proxies and more.

To get assistance with legal matters call **1-877-777-6152** to complete an intake Monday through Friday between the hours of 9:00 am and 3:00 pm. You can also apply online for services through the Legal Aid Society of Mid-New York website here <https://www.lasmny.org> and select Apply for Services.



## Downsize & Declutter Discussion with Joan

### Emotional Release to Clutter

Most people avoid clearing their clutter because they're overwhelmed and feel stuck, especially when emotions are high. This month's discussion will feature Jan Fiore, a local holistic health practitioner, sharing how to release the blocks holding them back.

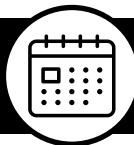
Learn more on Tuesday, September 9th at 3PM at on Zoom (Zoom only this month).

To receiving the Zoom link, please contact Joan Sprague at [spraguejm@verizon.net](mailto:spraguejm@verizon.net)

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



## Mark Your Calendar! Upcoming Community Events

### Book Sales

George F. Johnson Library: 1001 Park Street, Endicott  
 Friday, September 5th 10 – 4PM  
 Saturday, September 13th 10 – 2PM  
 Friday, September 19th 10 – 4PM

### Broome County Public Library

185 Court Street, Binghamton  
 Friday, September 19th 10 – 2PM  
 Saturday, September 20th 10 – 1PM

### Vestal Public Library

320 Vestal Parkway East, Vestal  
 Thursday, September 25th 10 – 6PM  
 Friday, September 26th 10 – 5PM  
 Saturday, September 27th 11 – 4PM

### First Friday

Downtown Binghamton  
 Friday, September 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/>

### Luma Projection Arts Festival

Downtown Binghamton  
 Friday, September 5th - Saturday, September 6th

LUMA illuminates creative works using the beautiful architecture of Downtown Binghamton as its canvas. LUMA is the premiere projection mapping festival in Upstate New York. For more information on hours and planned events visit <https://lumafestival.com/>

### Broome County Regional Farmers Market

840 Front Street, Binghamton  
 Saturday, September 6th 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!

### Blues on the Bridge

South Washington Street Bridge, Binghamton  
 Saturday, September 13th 12 – 10PM (Rain date – September 21st)

This community event is free, featuring 18 blues bands and a variety of food and craft vendors.

### Endicott AppleFest

Washington Avenue, Endicott  
 Saturday, September 20th 10 – 5PM

Apple Fest is back! This year marks the 40th anniversary since the event started. We're going to be celebrating in a big way with more entertainment, more prizes, more fun, and more food. Free to attend.

### Walk to End Alzheimer's

359 Hickories Park Road, Owego  
 Saturday, September 27th 9AM

Please register by visiting <https://act.alz.org/>



## Scam of the Month

### Psychic Scams

Psychic scams exploit people's trust in psychic abilities, the paranormal, and spiritual beliefs. Con artists claiming to be clairvoyants may claim they can bring someone good luck, avoid something bad, assist in someone's love life by bringing back "the one that got away." They can also claim they can change the past, help with money problems by bringing on a financial windfall, or communicate with a loved one who passed away. They prey on people's insecurities, loneliness, grief, and regrets in life.

Scammers use a variety of tactics to trick people into handing over their money. These can include a technique called "cold reading" where they make general statements that could apply to anyone, and then use the person's reactions to provide more specific information. This can make it seem like the scammer has special insights, when in reality they are just using basic psychological tricks. Scammers will also prey on people's fears and anxieties by telling them they are in danger, or that something bad will happen if they don't take action. They may then offer to perform a ritual for money or sell a talisman to protect the person. They may coerce people into paying for additional services or making impulsive decisions by using high-pressure tactics such as threatening or intimidating language. Scammers may ask for personal information such as a person's full name, date of birth, or credit card information saying they need it for a reading. They can then use this information for identity theft or other fraudulent purposes. Some scammers may even claim that a person has been cursed or has negative energy surrounding them, then offer to remove the curse for a fee.

To avoid falling for a scam, follow these tips:

- **Be skeptical.** If something sounds too good to be true, it probably is. Avoid psychics who promise to solve all your problems or make unrealistic predictions.
- **Do your research.** Before working with a psychic or clairvoyant, research their background and reputation. Look for reviews and feedback from past clients to get an idea of their level of skill and trustworthiness.
- **Be cautious of free readings.** Scammers may offer free readings to lure people in, but this can be a tactic to get your personal information or pressure you into paying for more services.
- **Avoid giving personal information.** Be wary of psychics or clairvoyants who ask for personal information such as your full name, address, or social security number. This information can be used for identity theft or other fraudulent purposes.
- **Don't make an impulsive decision.** Take time to think through any decisions before agreeing to work with a psychic or paying for these services. Don't feel pressured to make decisions right away, and don't be afraid to say no if you don't feel comfortable.
- **Be wary** if a psychic service provider tells you to keep interactions secret.

You should report scams to your local police department and the Attorney General's Office at **607-251-2770**. You can also file a report with the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov). For more information about scams and to alert Office for Aging about a scam call **607-778-2411**.



improve your night and sleep like a kitten, try the steps below.

c. 2025 Susan Wenzinger, MSN, RN @ [FullBloomHealthandYoga.com](http://FullBloomHealthandYoga.com)

Remember to consult a healthcare professional before beginning this or any new exercise program.

# ***Trips***

**November 12th - Hunterdon Hills: Holiday Show (Sign up 9/25 at 12PM)**

– Hubert H. Humphrey





**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 September, we will be visiting Prague, Norwich, Old jaffa, Ljubljana, Galway, Barcelona and Ravenna. These are free classes, and no reservations are required.



September 5th 12PM  
Virtual walking tour through **Prague, Czech Republic** (streamed to the Northern Broome Senior Center)



September 9th 11AM  
Virtual walking tour through **Norwich, England** (streamed to the Broome West and Deposit Senior Center)



September 10th 10:30AM  
Virtual walking tour through **Old jaffa, Tel Aviv, Israel** (streamed to the Vestal Senior Center)



September 17th 11AM  
Virtual walking tour through **Ljubljana, Slovenia** (streamed to the Broome West and Northern Broome Senior Center)



September 18th 10AM  
Virtual walking tour through **Galway, Ireland** (streamed to the Broome West, Johnson City and Vestal Senior Center)



September 23rd 1:30PM  
Virtual walking tour through **Barcelona, Spain** (streamed to the Broome West and Johnson City Senior Center)



September 25th 11AM  
Virtual walking tour through **Ravenna, Italy** (streamed to the Johnson City and Northern Broome Senior Center)





Central New York Chapter



**315.472.4201**

24/7 Helpline: 800.272.3900  
alz.org/cny

Caring for someone with Alzheimer's isn't easy.  
We're here to help you.

The Central New York Chapter of Alzheimer's Association offers

**FREE**

Caregiver Support, Education Programs, Care Consultations, Safety Services, Respite Information, and more.

Programs are supported in part by a grant from the New York State Department of Health.

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## Apple Sandwiches

Vary your apple “sandwich” using different nut butters and dried fruits.

### Ingredients

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins



### Directions

1. Cut apple in half from the stem down and lay each half cut side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
2. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
3. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
4. Continue with remaining apple slices.

<https://www.myplate.gov/recipes/apple-sandwiches>

## Fall Veggie Casserole

Grab some fresh eggplant and tomatoes from the market and serve this veggie casserole with dinner that is topped off with parmesan cheese.



### Ingredients

- 5 1/2 cups eggplant, cubes (1 medium eggplant)
- 4 tomatoes
- 1 green pepper
- 1 onion
- 1 clove garlic
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons vegetable oil (or cooking oil of choice)
- 2 tablespoons parmesan cheese, grated

### Directions

1. Remove the skin from the eggplant. Cut the eggplant into cubes. Chop the tomatoes into small pieces.
2. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
3. Chop the onion into small pieces.
4. Cut the garlic into tiny pieces.
5. Combine all the ingredients (except for the cheese) and cook in a large skillet over medium heat until tender.
6. Top with the parmesan cheese and serve.

<https://www.myplate.gov/recipes/fall-veggie-casserole>

**“Life doesn’t make any sense without interdependence. We need each other, and the sooner we learn that the better for us all.”**

**— Erik Erikson**

## Mini Caprese Bites

These fun, bite-sized snacks are a great treat to have ready for visitors.



### Ingredients

- 4 toothpicks
- 1 part-skim cheese stick
- 4 cherry tomatoes
- 8 fresh basil leaves
- 1 teaspoon olive oil, or cooking oil of choice
- 1 teaspoon balsamic vinegar (or other vinegar)

### Directions

1. Slice string cheese into 4 equal parts.
2. On a toothpick, skewer one cherry tomato, 2 basil leaves, and 1 piece string cheese.
3. Drizzle finished kebabs evenly with olive oil and balsamic vinegar.

<https://www.myplate.gov/recipes/mini-caprese-bites>

## Picadillo

This recipe starts with seasoned and browned ground beef simmered with tomatoes and beans and is finished with a mix of olives and raisins.



### Ingredients

- 1 cup uncooked brown rice
- 2 cups water
- 2 teaspoons vegetable oil
- 1 yellow onion (peeled and diced)
- 1 bell pepper (cored, seeded, and diced)
- 2 cloves garlic (peeled and minced)
- 1 1/2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1/4 teaspoon Kosher salt
- 3/4 pound lean ground turkey or beef
- 1 can 14.5 ounce low sodium diced tomatoes (including liquid)
- 1 can 15.5 ounce low sodium black beans (drained and rinsed with cold water)
- 1/4 cup green olives (chopped)
- 1/4 cup raisins

### Directions

Prepare the Rice:

1. Cook as instructed on the package.
2. Set aside.

Prepare the Picadillo:

1. Place the skillet on the stove over medium heat and when hot, add oil. Add the onion, pepper, and garlic. Cook and stir about 10 minutes until the onion is softened and lightly browned.
2. Add oregano, cumin, pepper, and salt, and stir well.
3. Add beef, in small amounts. Stir well and cook about 5 minutes until the beef is cooked throughout.
4. Add beans and tomatoes and simmer about 15 minutes until mixture blends together.
5. Add olives and raisins. Stir well and cook about 2 minutes until heated through.
6. Serve over rice or refrigerate in an airtight container for up to 3 days. Serve with avocado, if desired.

<https://www.myplate.gov/recipes/picadillo-0>



**Every September**, children return to the classroom. And in classrooms across the country, Foster Grandparents are right there to help. Foster Grandparents help students adjust to their new routines, build confidence, and grow.

At Ann G. McGuinness Elementary in Endicott, one of those volunteers is Grandma Nancy. She's starting her fourth year as a Foster Grandparent in kindergarten, and she couldn't be more excited.

Nancy loves getting to meet the new students and understands how big those first days of school can feel, especially for the youngest learners. She reflects: "Because the kids grow so much academically, physically, mentally, and emotionally over the course of the year, I always forget how 'young' they are at the beginning of kindergarten. They are shy, unsure of themselves, and have almost no reading, writing, or math skills."

The first days of school bring back memories for Grandma Nancy. "When I first started as a Foster Grandparent, I thought, 'Wow — I forgot how scary starting school is.' I forgot how you don't know anyone or any of the rules you are expected to follow. But that just makes it all the more wonderful to be able to be there for the kids, and to help make this an easier and positive part of growing up."

That's what she does every day: offer comfort, encouragement, and consistency. "The schools do a fantastic job supporting the kids academically and socially. It is so rewarding to be a part of that. But I think for the children we interact with, just knowing someone is always there for them and loves them unconditionally gives them an added boost of confidence that they need to succeed. The most challenging kids are always my favorites, because seeing how much they improve from September to June just makes my heart so full!"

Her message to someone who's thinking about joining? "DO IT!!! It is absolutely the greatest and most rewarding program I've ever been a part of. My life is immeasurably richer because I'm a Foster Grandparent."

As the school year begins, so many children are stepping into the unknown. But thanks to volunteers like Grandma Nancy, they're not doing it alone. For more information on the Foster Grandparent Program, call **607-778-2089**.

**BACK to  
SCHOOL**  
with Grandma Nancy

A FOSTER GRANDPARENT HIGHLIGHT

## 2025 Senior News Pet Photo Contest Winner is ...



### Little Henry from Binghamton

*"Little Henry, you are a very naughty boy. However, you make me very happy!"*

- Little Henry's owner Irene

Little Henry's charming photo is a wonderful reminder of the incredible joy and companionship our pets bring into our lives. From the comforting purr of a cat on your lap to the loyal wag of a dog's tail, our animal companions offer unconditional love, a sense of purpose, and a unique bond that truly enriches our golden years. Thank you to everyone who shared their cherished pets and for supporting the Senior News!

## World Elder Abuse Awareness Day Recap



In June, Office for Aging (OFA) honored World Elder Abuse Awareness Day with an event at the Broome West Senior Center. At the World Elder Abuse Awareness Expo attendees learned about "joyful aging," which was the theme of this year's Elder Abuse Awareness Day.

The expo was attended by several county officials who support older adults and encourage them to stand up against abuse so they can live safely in the community. Several agencies provided important information, presentations, and fun activities to engage in. Those in attendance included:

- Broome County Executive Jason Garnar
- Office for Aging Director Mary Turbush
- Paul Battisti and the Broome County District Attorney's Office
- Captain Ben Harting and the Broome County Sheriff's Office
- Commissioner Nancy Williams from the Broome County Department of Social Services and Family Violence Prevention Council
- Christina Fuller from Assemblywoman Lupardo's Office
- Jailah Pettis from Senator Webb's Office
- Attorney General's Office
- Action for Older Persons
- Southern Tier Independence Center
- Getthere Mobility Management
- NYSEG
- Adult Protective Services
- Crime Victim's Assistance Center



We believe that awareness of elder abuse and the need to empower older adults to fight against elder abuse and agism is important all year long. If you missed this event and would like to find out more about supports, services and programs available to you call Office for Aging at **607-778-2411**.



# Look What's Happening at the Centers!

## Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760  
Center Hours: Monday - Friday, 9 – 3PM  
Gift Shop: Monday – Friday, 9 – 2PM  
**Lunch is served at 12PM | 607-785-1777**

### Weekly Activities

**Monday:** BoneSavers 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

9/4 & 5 AARP Safe Driving Class 9 – 12PM Call to register.  
9/4 Legal Aid 9 – 12PM Call for an appointment.  
9/5 Craft Class 10:30 – 12PM  
9/8 Nutrition presentation by Kathleen Cook, CCE 11:30AM  
9/9 Discover Live: Norwich, England 11AM  
9/10 GFJ Tech Class on Ebooks, Audio books and Movies 11AM  
9/11 “Science is Everywhere!” presentation on “Atom-Thin Adventures - Unleashing the Superpowers of Flat Materials” live streamed by Kopernik Observatory & Science Center 1PM  
9/12 Team Trivia with Gene and Deanna 1:15PM  
9/15 Birthday and Anniversary Party with Jim Lamb 11AM  
9/16 & 30 Chop and Chat 1PM Call to reserve your spot.  
9/16 Flu Vaccine Clinic 1 – 2:30PM  
9/17 Discover Live: Ljubljana, Slovenia 11AM  
9/18 Discover Live: Galway, Ireland 10AM  
9/18 CarFit Event by the Broome County Traffic Safety Program 10 – 12PM  
9/19 Magician Gary Freed 11AM  
9/23 Discover Live: Barcelona, Spain 1:30PM  
9/24 Using Blenders for Better Nutrition presentation by Donna and Bridget, OFA 12:40PM  
9/25 Free Legal Event by Office for Aging - Tabling 10 - 2PM  
Q&A with Local Attorneys 1 - 2PM (Made to Order Lunch 11 – 12PM)  
9/30 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 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:

9/3 Clover Chat 12:30PM  
9/8 & 22 Chop and Chat with Sallie 10:30AM Call to reserve your spot.  
9/10 Focal Group: Local Pharmacy Closures facilitated by Binghamton University School of Pharmacy 12:30PM | Call to reserve your spot.  
9/12 & 24 Bingo with Sallie 10:30AM  
9/12 Craft with Kathy: TBA 1PM  
9/15 & 29 Horse Racing Board Game 10:30AM  
9/17 Bake Sale 10 – 2PM  
9/19 Mending by Sallie 10:30AM  
Bring in a clothing item you need mended for repair.  
9/19 Nutrition presentation by Kathleen Cook, CCE 12PM  
9/22 Using Blenders for Better Nutrition presentation by Donna and Bridget, OFA 12:30PM  
9/26 Family Day Event 10AM

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

## 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

9/4 Flu Vaccines by Browns Pharmacy 10– 12PM Call for an appointment.  
9/9 Discover Live: Norwich, England 11AM  
9/11 Covid Booster and RSV Vaccines by Browns Pharmacy 10 – 12PM Call for an appointment.  
9/18 Eric Benecke from Delaware County Office for Aging 11:30AM  
9/23 Focal Group: Local Pharmacy Closures facilitated by Binghamton University School of Pharmacy 11AM  
9/30 Aging Services presentation facilitated by Broome County Office for Aging 11AM

## Eastern Broome Senior Center

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

### Weekly Activities

**Monday:** Shuffleboard 9AM; Gentle Yoga 9:30AM; Canasta 10:30AM  
**Tuesday:** Breakfast to Order 8 - 9:30AM; 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

9/5 Burger Bar 11:30 – 12:30PM  
9/7, 14, 21 & 28 Greater Good Grocery Bus 11 – 12PM  
9/8 September birthday celebrations! 10:30AM  
9/10 Officers and Finance Meeting 9:15AM  
Senior Center Site Council Meeting 10:45AM  
9/12 “Bio-Tag” – Come learn about others! 11AM  
9/17 Grief, Loss, and Open Discussions Support Group by MHA (Mental Health Association of the Southern Tier) 10AM  
9/18 Golden Griddle – Sandwich Bar 11:30 – 12:30PM  
9/22 & 29 AARP Drivers Safety Course 9:15 – 12:30PM Call to reserve your spot.  
9/23 Broome County Office for Aging’s Annual Flu Vaccine Clinic by the Guthrie Mobile Unit 10 – 12PM Bring your insurance card.  
9/24 Craft with Tyra – Personalized Pens 11AM Call to reserve your spot.  
9/25 Nutrition presentation by Kathleen Cook, CCE 12:15PM  
9/26 Fun Fest and Open House 9 – 6:30PM

## 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

- 9/1, 8, 15, 22 & 29 Beginners Line Dancing 1PM Intermediate Line Dancing 2PM  
9/2 & 16 15-minute Reiki, Chakra, Card Readings or Foot Reflexology  
10 - 11:30AM \$3 Advanced registration and payment required.  
9/4 Executive Board Meeting 9:30AM  
9/8 History Forge Program by Binghamton University 12PM  
9/8 Legal Aid 9AM Appointment required, please call.  
9/9 “Stay Active and Interacting” presentation by Kathleen Cook, CCE 12PM  
9/9 Chop & Chat: Mediterranean Quinoa Salad 1PM  
Advanced registration required.  
9/9 Neighborhood Watch Meeting 6PM  
9/11 Philly Cheese Steak Day with Musical Guest, Johnny Only 11:30AM  
9/12 Film Friday: “We Are Marshall” 1PM Free popcorn, soda for sale.  
9/16 Lunchtime Trivia: Back to School 12PM  
9/19 Broome County Office for Aging’s Annual Flu Vaccine Clinic by the  
Guthrie Mobile Unit 9:30 – 11AM Bring your insurance card.  
9/22 Waffles w/ Strawberries 10:45 - 12:15PM (No take-out available)  
9/23 Chop & Chat: White Bean Soup 1PM Advanced registration required.  
9/25 & 26 AARP Drivers Safety Course 9 - 12:15PM  
Advanced registration required.  
9/26 Film Friday: “Calendar Girls” 1PM Free popcorn, soda for sale.

Johnson City Senior Center

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

Weekly Activities

- Monday:** Bingo Board Sales 12:30 – 1:30PM: Games Played 1:30 – 4:30PM, Guitar Group 9 – 12PM (\$2); Watercolor Painting 9:30 – 11:30AM (\$3); Gentle Yoga 9:30 – 10:30AM (\$3); Line Dancing 10:45 – 11:45AM (\$3); Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)  
**Tuesday:** Guitar Group 9 – 12PM (\$2); TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3); Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee); 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

- 9/3 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM  
9/5, 12, 19 & 26 Poetry Group 12:30PM Call to preregister, size is limited.  
9/8, 15, 22 & 29 Greater Good Grocery Bus 11 – 12PM  
9/8 Caregiver Support Group by Broome County Office for Aging 1 – 2:30PM  
9/9 & 23 Widow & Widowers Support Group 10 – 11AM  
9/11 Veterans Get Together 10 – 11AM  
9/12 Left-Right-Center Dice Game (\$3 to play; call to sign-up by 9/10)  
11 – 11:45AM  
9/16 Senior Safety Day Event by Broome County Traffic Safety Program and Union Volunteer Emergency Squad: Presentation 10:30 – 11:30AM CarFit Event 11:30 – 1:30PM  
9/16 Chop & Chat (Faith in Action): White Bean Soup 11 – 12PM Signup by 9/9.  
9/17 LGBTQ+ Senior Social Group 3 – 4PM  
9/17 Alzheimer’s Association – Caregiver Support Group 4 – 5PM  
Registration and pre-screening required; call ALZ at 315-472-4201 x227.  
9/18 Legal Aid 9 – 12PM Call for an appointment.  
9/18 Discover Live: Galway, Ireland 10 - 11AM  
9/18 & 19 AARP Driver Safety 1 – 4PM Call to enroll.  
9/23 Discover Live: Barcelona, Spain 1:30 – 2:30PM  
9/24 BU Pharmacy Focus Group on Local Pharmacy Closures 10:30 – 12PM  
9/25 Discover Live: Ravenna, Italy 11 - 12PM  
9/26 Nutrition presentation by Kathleen Cook, CCE 10:30 – 11:30AM  
9/30 Chop & Chat (Faith in Action): Rainbow Rice Salad 11 – 12PM Signup by 9/23.  
9/30 Managing Money: A Caregiver’s Guide to Finances (by the Alzheimer’s Association) 1 – 2PM Call to register.

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:

- 9/2 & 16 Golden Agers 12PM  
9/5 Discover Live: Prague, Czech Republic 12PM  
9/8 Chop & Chat: Mediterranean Quinoa Salad 1PM  
Call to reserve your spot.  
9/11 Breakfast 10AM  
9/17 Discover Live: Ljubljana, Slovenia 11AM  
9/18 Office For Aging Public Hearing – Evening Meal 4PM  
Public Hearing 5PM Bingo 5:30PM  
9/22 Chop & Chat: White Bean Soup 1PM Call to reserve your spot.  
9/25 Discover Live: Ravenna, Italy 11AM  
9/26 Pub Burger Bar 11:30AM  
9/30 Evening Meal & Bingo - Meal served at 4:30PM Bingo to follow!

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 11:45AM | 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 10AM; Ice Cream 12PM  
**Friday:** Chef Salads 11:30AM (reservations required); Mexican Train 12PM

Special Activities

- 9/8 Breakfast for Lunch –  
Blueberry Pancakes and Scrambled Eggs 11AM Dine in only.  
9/8 King High Card Game 12PM  
9/9 Card Making with Mercia 9:30AM \$10 Call to reserve your spot.  
9/9 Ice Cream Social with Entertainment by Rick Pedro 12:30PM  
9/10 & 24 Vestal Library Tech Help 10:15AM  
9/10 Discover Live: Old Jaffa, Tel Aviv, Israel 10:30AM  
9/15 Chop and Chat – White Bean Soup 10AM Call to reserve your spot.  
9/18 Discover Live: Galway, Ireland 10AM  
9/22 & 23 AARP Drivers Safety Course 2 – 5:30PM  
Call to reserve your spot. (Last one for the year.)  
9/23 Vestal Senior Club Meeting Day 12:15PM  
9/24 Nutrition presentation by Kathleen Cook, CCE 10:15AM  
9/25 Vestal Senior Club Trip Sign Up Day – Hunterdon Hills 12PM  
9/26 Pizza or Chef Salad Day 11AM  
9/26 Bunko Dice Game 12PM  
9/30 Senior Game Day 10AM

Coming in October, Beginner Genealogy Class – Rabbit Holes, Family Lines, and More! Stay tuned.

**"Health is not just about what you're eating. It's also about what you're thinking and saying."**

- Unknown

CarFit Events in September

Johnson City Senior Safety Day Event

The Broome County Traffic Safety Program and Union Volunteer Emergency Squad will host a Senior Safety Day that includes a Safety Presentation inside followed by a CarFit Event in the parking lot.

The presentation will include information about how to be safe inside and outside your home. Participants will learn about how to prevent falls, the different resources available for home repairs, basic medical information as well as pedestrian safety, prescription drug use and driving and how to stay safe on the road.

As we age, we change. And how often do we adjust the features in our vehicle to accommodate those changes? CarFit is an educational program designed to help you explore the components of your vehicle with a trained technician to ensure the safest and most comfortable “fit” and keep you on the road longer! 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, NY 13760

When: Tuesday, September 16th  
Senior Safety: Inside and Outside the Home  
Presentation 10:30 - 11:30AM  
CarFit Event 11:30 - 1:30PM

Contact: Christine Marion, Broome County Health Department  
607-778-2807  
[Christine.Marion@broomecountyny.gov](mailto:Christine.Marion@broomecountyny.gov)

The Broome County Traffic Safety Program along with its partners will be conducting a **CarFit** Event at the Broome West Senior Center on Thursday, September 18th.

**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 check list 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: Broome West Senior Center  
2801 Wayne Street, Endwell

When: Thursday, September 18th  
10 - 12PM

Contact: Christine Marion, Broome County Health Department  
607-778-2807  
[Christine.Marion@broomecountyny.gov](mailto:Christine.Marion@broomecountyny.gov)



Medicare Open Enrollment Fall 2025

Action for Older Persons (AOP) offers no cost, unbiased Medicare insurance counseling and financial assistance program application help. Medicare’s Open Enrollment runs from October 15th - December 7th and is the one time each year that all Medicare beneficiaries can change their health care selection.

We highly recommend a yearly review of your Medicare plan as they can change significantly. For example:

- Plans make changes to their drug formulary
- Plans make changes to their premium (monthly cost).
- Plans make changes to their co-pays at the pharmacy, the doctor/ hospital or other covered services
- Plans make changes to their network of doctors and hospitals
- Plans end their contract with specific pharmacies
- Plans cancel their contract with Medicare - canceling your plan completely
- Other plans next year may be more cost effective than your current plan

You will find this information in the “Notice of Change” you get in the mail in September. If you need help, we are holding virtual seminars to teach you how to evaluate your options and enroll in a plan. Seminar details are on our website. We also have state certified, highly trained Medicare counselors and we offer both in person and phone appointments. AOP members can call for an Open Enrollment appointment on Monday, September 22nd at 8:30 am. All other clients can call on Monday, September 29th at 8:30 am. We ask for your patience as we answer the influx of calls on those days. AOP’s website is [actionforolderpersons.org](http://actionforolderpersons.org) and our phone number is **607-722-1251**.

Life-Be IN It!  
by Kathleen Cook, Nutrition Educator,  
Cooperative Extension Broome County

Being in life means finding ways to interact with the world around us, and finding ways to keep ourselves moving, both physically and emotionally. Just as our arms, legs, heart, lungs and other parts of our bodies are healthier with daily use so too our psyche is improved by connecting with people.

Although physical activity can be done alone, many studies have shown that participating regularly in a class such as Tai Chi, Yoga or chair yoga, Zumba, water aerobics, or other forms of exercise with a group improves socialization and a sense of community. Belonging helps to prevent the depression that often comes with being isolated.

We don’t have to join a class if that’s something hard to commit to or not our way of interacting. Sometimes just being out where others are is enough. For instance, walking outside is a way to be active and uplifted by the fresh air and sunshine.


Another benefit of movement is an improved sense of confidence and self-esteem. Taking the initial steps to become stronger and more secure and stable gives us increased assurance and tends to make us happier with our lives.

An important thing to consider is doing the types of activity that we enjoy. For some, Pickle Ball is great. For others, a walking or hiking club. Maybe the chair yoga is just perfect or getting to a pool and swimming makes us happy.

Remember that our bodies were meant to be in motion. Even if an injury or illness is holding us back from our usual way of doing things, it’s important to talk with others and accept input to think of some different ways to be involved.

Both our physical and mental health improves when we are willing to say “Yes, I can” with others.





## 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.

**September 11th 10AM - SPECIAL EVENT** at Waterman Conservation Education Center in Apalachin. Rt 434 west to L on Hilton Road, L at entrance sign to parking lot. Bring your lunch and beverage. After lunch we will go into the Center to watch some nature films.

**September 25th 10AM** Greenwood Park. North on Rt 26, in Maine bear L on Nanticoke Road to L at Sign for Greenwood, R at Dinosaur Sign, park on L side of parking lot.

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

Sudoku Answers

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



## 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**

## Deliver a Smile: Volunteer with Meals on Wheels!

You, our wonderful Senior News readers, know the importance of connection and community, and we think you’d be perfect for a vital role with Broome County Meals on Wheels.

Volunteering here is truly more than just delivering a nutritious meal. It’s about bringing a friendly face and a bit of companionship to our cherished senior neighbors. Imagine the joy you could bring to someone’s day, ensuring they receive not only essential nutrition but also a warm smile and a quick check-in. It’s a small act that makes a monumental difference, helping seniors maintain their independence and feel connected to our community.

As you’ve read in Senior News before, volunteering offers fantastic benefits for you too! Studies show it can help reduce symptoms of depression, improve longevity, and even benefit those with chronic health conditions. Meals on Wheels volunteers consistently report a strong sense of fulfillment and belonging to a close-knit, caring group. It’s a wonderful way to connect with others and boost your own well-being.

Broome County Meals on Wheels currently needs compassionate volunteers for a variety of flexible roles, Monday through Friday, between 11:00 AM and 1:00 PM. Routes are available throughout Broome County, including Binghamton, Chenango Bridge, Conklin/Kirkwood, Harpursville, and Whitney Point, and volunteer drivers receive a mileage reimbursement. While a volunteer application and background check are required, the process is straightforward.

Ready to make a difference in our community and enrich your own life? To learn more about how you can become a cherished part of the Meals on Wheels family, please call **607-778-6206**. Your helping hands can truly make all the difference!

# GET AHEAD OF SEPSIS

## What is sepsis?

Sepsis is the body’s extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

## What causes sepsis?

Infections put you and your family at risk for sepsis. When germs get into a person’s body, they can cause an infection. If you don’t stop that infection, it can cause sepsis. Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza, or fungal infections.

## What are the signs and symptoms of sepsis?

- **High heart rate or weak pulse**
- **Confusion or disorientation**
- **Extreme pain or discomfort**
- **Fever, shivering, or feeling very cold**
- **Shortness of breath**
- **Clammy or sweaty skin**

**Anyone can get an infection, and almost any infection can lead to sepsis.**

**Healthcare professionals should immediately evaluate and treat people who might have sepsis.**

Learn more at [cdc.gov/sepsis](https://www.cdc.gov/sepsis)



**Discover the Tech Opportunities  
at Your Local Broome County Senior Center**

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

Wednesday, September 10th 11AM

Topic: Stay Safe Online - Protect Yourself and Your Information



Vestal Library comes to the Vestal Senior Center

Wednesday, September 10th & 24th 10:15AM

Technology Assistance

**More Technology Classes from Local Libraries**

Basic Computer Classes through the Broome County Library

**Every Wednesday 10 – 12PM**

Broome County Public Library: 185 Court Street Binghamton, NY

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

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

Contact us at 607-778-6406 or [tel.lvbtc@gmail.com](mailto:tel.lvbtc@gmail.com) to preregister. Walk-ins may register but will be scheduled to start at a later date.

**One-on-One Technology Assistance**

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

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

**Trivia**

What is the chemical symbol for gold?

Answer: Au



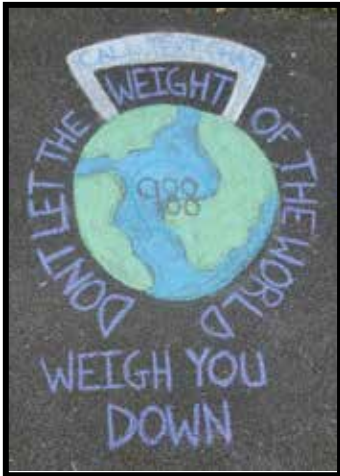
***The Liberating Power of Forgiveness***

Have you ever noticed how holding onto anger or resentment can feel like carrying a heavy burden? Perhaps it's a past slight, a misunderstanding, or a deep hurt that just won't fade. While anger is a natural emotion, allowing it to linger can steal your peace and even impact your health. This month let's explore a powerful tool for liberation: forgiveness.

Often, we misunderstand what forgiveness truly means. It's not about condoning someone else's actions or pretending the hurt didn't happen. Instead, forgiveness is a profound gift you give yourself. It's a conscious decision to release the emotional chains of bitterness, resentment, and a desire for revenge. Think of it as releasing yourself from a self-imposed prison.

Forgiveness might not be easy, especially with deep wounds, and it can be a process. But with each step you take, you lighten your emotional load and open the door to a more joyful and serene life. Remember, you deserve that peace. It's never too late to begin this transformative journey of forgiving, for yourself.

**Chalk The Walk, Have The Talk 2025**



The 6th annual community awareness campaign, Chalk the Walk, Have the Talk, champions our collective journey toward understanding and addressing mental wellness and suicide prevention by breaking down barriers, reducing stigma, and fostering open conversations.

Honoring National Suicide Prevention Month and World Suicide Prevention Day on September 10th, Chalk the Walk, Have the Talk invites the community to get involved by using chalk to decorate sidewalks, pavement, or paper with meaningful expressions of hope, resilience, and support. Creation of inspiring chalk art will take place September 10th through September 20th. In addition to chalking, individuals that wish to, may enter their artwork into the contest for a chance to win a monetary prize in one of four categories.

**Join us at the Gallery Showcase & Award Ceremony  
September 30th 6 – 7PM**

**Broome County Public Library: 185 Court Street, Binghamton**



See the community's inspiring expressions – perhaps you'll see your own! Winners of the contest will be announced, and prizes will be awarded.

**Want to know more?**

Email [bcsafe@broomecountyny.gov](mailto:bcsafe@broomecountyny.gov) or call 607-778-2351 for more information, or supplies such as posters, flyers, lawn signs, and chalk.


To enter the contest, visit BC Safe's website [broomecountyny.gov/mh/bcsafe](http://broomecountyny.gov/mh/bcsafe)





NOW  
HIRING

Broome County  
Office for Aging



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

- Program Coordinator for Foster Grandparents  
Full Time  
Must have bachelor's degree and one year experience in community organization or human services; OR associate's degree and three years of experience in community organization or human services.
- Program Coordinator for Elder Abuse Outreach and Prevention  
Full Time  
Must have bachelor's degree and one year experience in community organization or human services; OR associate's degree and three years of experience in community organization or human services.

**To inquire about the above positions, call Mary at OFA at**  
**607-778-2411**


- 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 at**  
**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 Lucia at OFA at**  
**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](http://www.us.sodexo.com)

September is Fall Prevention Month!

Five Simple Ways to Prevent Falls and Maintain your Independence

1. **Keep moving**

Find an exercise class near you and work on improving balance and strength. Bring a friend!

2. **Talk to your health care provider**

Tell them about any recent falls and review your medication to make sure side effects aren't increasing your risk of falling.

3. **Keep your home safe**

Remove trip hazards like cords and furniture; increase lighting in dark spaces; and install railings on both sides of stairs and grab bars in areas like the bathroom.

4. **Get your vision and hearing checked annually**

Eye disease and normal aging can make it difficult to judge distances or see hazards.

5. **Talk to your family** and enlist their help to stay safe. Falls are not just an issue for older adults.

Sourced from [doh.wa.gov/findingourbalance](http://doh.wa.gov/findingourbalance)

Flip to page two for a list of all the exercises classes at our local senior centers that focus on improving balance.

# September 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.*

<b>Senior Centers Closed In Observance of Labor Day</b>	<b>1</b>	<b>Breaded Chicken Cutlet</b>	<b>2</b>	<b>Swedish Meatballs</b>	<b>3</b>	<b>Halupki OR</b>	<b>4</b>	<b>Pulled Chicken</b>	<b>5</b>
		<b>Sandwich</b>		<b>OR Herbed Fish</b>		<b>Roasted Chicken Thigh</b>		<b>OR Breaded Fish</b>	
		Hawaiian Baked Beans		Buttered Noodles		Mashed Potatoes		Macaroni & Cheese	
		Pineapple		Carrots		Spinach		Coleslaw	
		Ice Cream Cup		Banana Pudding		Pineapples & Oranges		Blueberry Crisp	
<b>Kielbasa</b>	<b>8</b>	<b>Shrimp Scampi</b>	<b>9</b>	<b>Teriyaki Chicken</b>	<b>10</b>	<b>Roast Pork or Chicken</b>	<b>11</b>	<b>Ham &amp; Swiss</b>	<b>12</b>
<b>OR Broiled Fish</b>		<b>OR Grandma's Meatloaf</b>		Brown Rice Pilaf		Bread Dressing		<b>OR Tuna Salad on Rye</b>	
Pierogies w/Onions		Alfredo Pasta		Asian Blend Vegetables		Winter Squash		Navy Bean Soup	
Diced Beets		Peas		Pears		Pineapple Upside Down		Applesauce	
Butterscotch Pudding		Peanut Butter Cookie				Cake		White Oreo Cake	
<b>Meatball Parm Sub</b>	<b>15</b>	<b>Halupki</b>	<b>16</b>	<b>Chicken Salad Croissant</b>	<b>17</b>	<b>Marinated Chicken</b>	<b>18</b>	<b>Pub Burger</b>	<b>19</b>
Sausage Florentine Soup		<b>OR Salisbury Steak</b>		Stuffed Pepper Soup		<b>OR Italian Sausage</b>		<b>OR Crab Cake</b>	
Pears		Mashed Potatoes		Pineapple		Pasta Salad		Baked Potato	
White Chocolate		French Cut Green Beans		Oatmeal Raisin Cookie		Cottage Cheese		Coleslaw	
Macadamia Cookie		Peaches				Lemon Gingerbread Cake		Pumpkin Cookie	
<b>Turkey &amp; Provolone</b>	<b>22</b>	<b>Rotisserie Chicken</b>	<b>23</b>	<b>Beef Burgundy</b>	<b>24</b>	<b>Roast Pork w/Apricot</b>	<b>25</b>	<b>Beer Battered Fish</b>	<b>26</b>
<b>On Marble Rye</b>		Roasted Potatoes		<b>Over Buttered Noodles</b>		<b>OR Broiled Fish w/Lemon</b>		<b>OR Halupki w/Sauce</b>	
Chicken Noodle Soup		Pea Salad		Carrots		Scalloped Potatoes		Mashed Potatoes	
Fruit Cup		Pears		Cinnamon Applesauce		Hawaiian Coleslaw		Country Blend Vegetables	
Chocolate Chip Cookie						Harvest Pumpkin Coffeecake		Red Velvet Pie Cup	
<b>Four Cheese</b>	<b>29</b>	<b>Liver w/Onions</b>	<b>30</b>	<b>September is National Senior Center Month!</b>					
<b>Macaroni &amp; Cheese</b>		<b>OR Rstd Chicken Thigh</b>		Many people still hold outdated ideas about what senior centers are and who they serve.					
Stewed Tomatoes		Mashed Potatoes		Broome County senior centers serve people from age 60 – 100 and offer a wide variety of					
Brussels Sprouts		Peas & Carrots		activities from Acrylic Painting to Zumba!					
Mandarin Oranges		Confetti Cookie							

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](http://www.gobroomecounty.com/senior).

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

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