



Visit Our Website at www.gobroomecounty.com/senior



Valentine's Day Celebration at Participating Senior Centers

Celebrate Valentine's Day with friends and festivities on Friday, February 14. Served around noon, the luncheon includes a choice of spinach-parmesan pollack or beef burgundy, both served over buttered noodles with a side salad. Following your entrée, enjoy Cupid's special Valentine's Day dessert featuring strawberries and whipped cream over a fresh biscuit.

Lunch reservations are required and can be made by calling the senior center of your choice by noon on Thursday, February 13. Guests age 60+ and their spouse of any age may dine for a suggested contribution of \$3.50. All others may dine for a charge of \$4.50. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.



"An SMRC Evidence-Based Self-Management Program originally developed at Stanford University"

Do you have a chronic health condition or care for a loved one with a chronic health condition? Living Healthy Workshops can help you take charge of your life.

Wednesdays, February 19 – March 25, 2020, 9:30 am – 12:00 noon

A Six-Week Program – Meeting Once Per Week

To be held at the Broome West Senior Center

2801 Wayne Street, Endwell, NY

FREE OF CHARGE!

Call Office for Aging at (607) 778-2411 to sign up and learn more.

Registration includes: *Living a Healthy Life* book, relaxation CD & healthy snacks during workshops.

Support for:

- Arthritis
- High blood pressure
- Heart disease
- Diabetes
- Chronic pain
- Stress/Anxiety
- Other conditions



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."

Living Healthy is the local implementation of the Chronic Disease Self-Management Program of the Self-Management Resource Center. To learn more visit www.selfmanagementresource.com. Peer leaders have completed approved training.



2020 Census – Help Broome County Get an Accurate Count!

Every 10 years, the United States counts everyone who lives in the country in a process called the census. Information collected in the census will provide the basis to decide how more than \$675 billion in federal funds which support states, counties, and communities will be distributed. Your participation in the 2020 census is very important, as it will impact community funding and Congressional representation for Broome County throughout the next decade.

Getting an accurate count of Broome County residents is crucial to securing necessary funding for our community's vital programs which impact housing, public safety, education, transportation, employment, healthcare and public policy. Participation in the census is mandatory, and all information is kept confidential.

Beginning in the middle of March 2020, you can respond to the census online, by phone, or by mail. Broome County residents who plan on being away from their primary residence in Broome County for extended periods of time should make sure to complete the census for their primary residence, where they live and sleep most of the time.

If you know a family member, friend or neighbor who will be away from their residence when the census starts, please alert them about the vital importance of completing the census. The success of the census depends on everyone's participation.

Help Broome County get an accurate count! Please visit www.2020census.gov or call the Census Call Center at 1-800-923-8282 to learn more about the upcoming census.

Source: www.2020census.gov

LEAP!

Learning, Engagement, Action, Participation



Live Heart Healthy

What does it mean to live heart healthy? Living heart healthy means taking actions that keep your body and soul strong. Below are some heart healthy tips for this and every month.

- Giving back is a healthy habit that will boost your mood and beat stress.
- Consider volunteering in the community. Ask a friend to volunteer with you at a local senior center or to join you in delivering Meals on Wheels.
- Take it slow – if you were gifted a luxurious box of chocolates stick it in the fridge or freezer and enjoy in moderation over several weeks.
- Take a walk – walking is free. It costs nothing to get started. Walking for as little as 30 minutes a day provides heart-health benefits. The Office for Aging has teamed up with local school districts to offer indoor walking this winter. Find a location for you at www.gobroomecounty.com/senior/healthed or by calling (607) 778-2411.
- Rekindle an old flame – try preparing one of your less-favorite foods in a new way. Not crazy about bananas? Try grilling one with a little a cinnamon for dessert. Pop grapes in the freezer for mini ice-pop snacks.
- Don't forget to love Fido, too! Give your pup a Valentine and remember to walk or exercise them daily – getting active will benefit you both.
- Get active inside – winter is almost over, but there are plenty of ways to get moving indoors that don't involve a gym membership; check out the Health & Wellness section on page 4 of this publication for a list of exercise classes.

Random Acts of Kindness Day

“Random Acts of Kindness” Day will be observed on Monday, February 17, 2020. How will you celebrate? Here are just a few ideas you can try:

- 1) Give a genuine compliment to as many people as you can.
- 2) Read to a child.
- 3) Collect litter you see on the ground when you're out and about.
- 4) Call a friend you haven't spoken to in a while.
- 5) Volunteer at a community meal.
- 6) Go the whole day without complaining, even once.
- 7) Pay for the order behind you in the Drive-Thru line.
- 8) Mail a card to someone, just because.
- 9) Donate unwanted towels and linens to the animal shelter.
- 10) Bake cookies and bring them to a neighbor.
- 11) Do a favor for someone.
- 12) Let someone else go ahead of you in line.
- 13) Dining out or shopping? Give the manager your compliments for good service.
- 14) Leave a “thank you” note for your mail carrier.
- 15) Forgive someone.

February Word Search

Circle the words below which are hidden from left to right, top to bottom, right to left, and bottom to top. Happy Puzzling! Answers on Page 5

T	E	V	L	S	T	D	L	E	A	P	F	R	O	N
Q	T	T	K	F	E	B	R	U	A	R	Y	J	Z	C
X	S	E	A	C	U	P	I	D	I	Z	S	I	A	E
H	C	U	C	D	G	R	V	E	X	E	Z	R	E	L
L	D	Q	S	A	V	P	N	C	T	W	R	N	B	I
U	J	U	R	E	R	D	G	A	K	O	I	E	M	M
S	R	O	K	C	S	D	L	S	W	T	A	S	Q	S
Y	G	B	L	H	Z	O	S	S	N	U	A	M	E	Z
B	W	U	I	A	C	H	P	E	A	I	F	O	V	U
E	W	P	H	O	X	E	L	N	D	Y	Q	S	O	U
L	P	E	H	Y	D	A	L	D	M	M	J	S	L	X
L	Z	C	B	Q	V	R	N	N	I	Y	E	O	Y	L
E	R	N	O	T	Z	T	C	I	R	M	N	L	O	K
J	P	A	W	G	L	G	P	K	E	J	Z	B	X	P
E	A	D	N	W	F	B	N	E	R	Q	B	U	E	L

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BEAU
BELLE
BOUQUET
BLOSSOMS
BOW
CARDS
CHOCOLATES
CUPID
DANCE
DATE
FEBRUARY
FRIENDSHIP
HEART
HUGS
KINDNESS
LEAP
LOVE
SMILE
VALENTINE

Treating Seasonal Affective Disorder

Is the long, cold winter getting you down? For people with seasonal affective disorder (SAD), the change in seasons brings on a form of depression. Most often, it begins in late fall or early winter each year and goes away in the spring and summer. Common signs of SAD include low energy, overeating, and sleeping too much.

If you have SAD, there are several things you can do. Try to be active and exercise. Spend time with other people and confide in a trusted friend or relative. Medications like antidepressants and psychotherapy can also help. Some people may find relief through complementary health approaches, like light therapy. Using an ultrabright light box each day may help replace the natural sunlight you're missing during the winter. Light boxes give off light that's about 20 times brighter than ordinary lighting.

Some studies support a form of talk therapy adapted for SAD. This type of cognitive behavioral therapy focuses on replacing negative thoughts with positive ones. You may also be asked to identify activities you enjoy.

A few small studies suggest that supplements like St. John's Wort and melatonin may help with SAD. But experts caution that St. John's Wort can interact with many medications. And melatonin may improve sleep for some people with SAD, but it's not known if long-term use is safe.

If you're experiencing SAD, talk with your doctor to come up with a plan to feel better.

Source: NIH News in Health

Savor the Senior Centers

with February Features

February brings many nostalgic dishes to our senior center dining rooms, and these selections are sure to remind you of prized family recipes. As chef Homaro Cantu once said, “Whether it was our mom’s homemade lasagna or a memorable chocolate birthday cake, food has a way of transporting us back to the past.” So, come journey through the recipe book with us in the month of February, and share some favorite classic dishes and the memories that go along with them!

On Monday, February 3, join us for traditional American Goulash in a hearty tomato sauce, just like you remember it.

On Wednesday, February 5, try the Halupki with a side of mashed potatoes, and save room for a slice of frosted vanilla cake for dessert with a refreshing glass of cold milk.

On Tuesday, February 11, consider an old favorite: liver with onions simmered in a savory brown gravy.

Enjoy a plate of beef stroganoff over hot buttered noodles with a fresh slice of marble rye bread on Monday, February 24.

Last, but not least, the rotisserie chicken on Tuesday, February 25 will be paired with herb-browned potatoes, for that slow-cooked, oven-roasted Sunday supper flavor.

To reserve your lunch and enjoy one of these specialties, see the “What’s Happening at the Centers?” section of this paper for the phone number of a senior center near you. Bon Appetit!

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Caregiver Corner

... ideas and information for people caring for others.

Caregiver Event

Mediation & Conflict Resolution: What Caregivers Need to Know about Senior Communication

Date: Tuesday, February 18

Time: 2:00-3:00 PM

Location: Stay Healthy Center,
Oakdale Mall, Johnson City

Presented by: ACCORD, A Center
for Dispute Resolution

Tensions can often develop between caregivers and the ones they care for. Instead of avoiding the problem, mediation is a process that allows for conversation around solutions. At this presentation we will discuss:

- How to discuss issues with a neutral mediator
- How to find solutions that are acceptable to both sides
- How to improve communication

Please call (607) 778-2411 with questions or to reserve your seat.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required.

Place: Stay Healthy Center
Oakdale Mall, Johnson City
Date: Monday, February 3
Time: 1:00-2:30 PM

Place: Broome West Senior Center
2801 Wayne Street, Endwell
Date: Wednesday, February 19
Time: 9:30-11:00 AM

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Scam of the Month

"Do Not Call" Registry

Are you constantly receiving unwanted telephone calls? One way to try to prevent yourself from receiving quite as many of them is to register with the National Do Not Call Registry. You can register online, or by calling 1-888-382-1222. The Do Not Call Registry is a federal program. Its purpose is to reduce the number of telemarketing and junk calls you receive. After registering, it can take up to 31 days for sales calls to stop, but your registration never expires.

Registering with the program does not stop all unwanted calls. The program will only stop calls from legitimate companies who are following the rules set up by the Registry. Therefore, the Registry will reduce the total number of unwanted calls you receive, but remember: people who are trying to scam you are unlikely to follow the rules of the Registry! This means that even if you have registered with the Do Not Call Registry, you may still get calls from scammers. It is important to remain vigilant in protecting your personal information whenever you receive a call from someone that you do not know.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at 607-778-2411.

From the Editor By Emma Saeger

If you have glanced at a calendar recently, you have probably noticed that 2020 is a leap year. What will you do with your extra day? Why not take a LEAP?

No, I am not recommending that you physically jump from a great height (unless bungee jumping or skydiving fall under your list of passions, in which case: go right ahead—and more power to you), but we encourage you to **LEAP: Learn, Engage, Act, & Participate.**

Learning is possible (and necessary) at any age, and it helps keep our minds sharp and our perspective in life fresh as we consider and reflect on new information.

Engagement is critical to happiness. It means showing dedication and enthusiasm for the things you're involved in. Without engagement, it can be difficult to find meaning in life.

Action is simply doing something—doing anything! Action means working toward a goal yourself, or perhaps finding someone to help you achieve something together. The goal could be anything from solving a problem in your life to starting a new venture.

Participation is something many people do, but how many of us are participating passively, sitting back and watching life happen around us, without fully "LEAPing" into anything? How often do you consider what you could Learn, how you could better Engage, and what kinds of new Actions you could take in a situation?

So, whether you wait for February 29th or you start today, I hope you will take that LEAP after all (just be sure to look before you do).

What is a Heart Attack?

A heart attack, also called a myocardial infarction, happens when a part of the heart muscle doesn't get enough blood. The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle. Coronary Artery Disease is the main cause of heart attack. A less common cause of heart attacks is a severe spasm, or sudden contraction, of a coronary artery that can stop blood flow to the heart muscle.

Continued on Page 7



Port Crane & North Fenton Seniors Clubs

Contact: Ruth, 648-8425

March 18
Turning Stone Casino
Verona, NY

Johnson City Senior Center

Contact: Kim, 797-3145

March 18
The Waterfront at Silver Birches
Lake Wallenpaupack, PA

April 1
"Queen Esther"
Sight & Sound Theatres; Lancaster, PA

AARP, Endicott Chapter

Contact: Marilyn, 748-8849 or
Betty, 354-4260

March 26
"Sherlock Holmes Returns"
Hunterdon Hills Playhouse;
Hampton, NJ

May 26-28
Ocean City, MD

Eastern Broome Senior Center

Contact: Arlene, 759-6306

April 7
Tioga Downs Casino
Nichols, NY

May 5
"The Ultimate Johnny Cash
Tribute"
Penn's Peak; Jim Thorpe, PA



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HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center
Thursday	2:15 pm	Broome West Senior Center

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon	7:00 pm	First Ward Senior Center
Mon, Wed & Fri	10:00 am	First Ward Senior Center
Mon & Wed	1:00 pm	Johnson City Senior Center
Mon	2:30 pm	Eastside Congregational UCC
Tues & Thurs	10:15 am	Northern Broome Sr Center

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Thursday	10:00 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

Monday & Friday	9:15 am	Northern Broome Senior Center - no fee
Tuesday	10:30 am	Johnson City Senior Center
Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	10:00 am	Broome West Senior Center

Chair Yoga

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

Monday	9:30 am	Eastern Broome Senior Center
Monday	11:00 am	First Ward Senior Center - \$5 charge
Wednesday	10:00 am	Johnson City Senior Center - \$3 charge
Thursday	1:00 pm	Broome West Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 – 9:30 am	Eastern Broome Sr Ctr
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center
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Stretch & Strength Class

Tuesday	1:30 pm	Johnson City Senior Center - no fee
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Fusion Exercise Class

Includes a combination of Tai Chi, yoga, and low-impact cardio.

Thursday	11:30 am	Johnson City Senior Center - \$3 charge
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*Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11

Exercise Equipment Available Daily at the following Senior Centers:
Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center

Did You Know?

HEAP is Automatic with SNAP

As HEAP (Home Energy Assistance Program) season winds down, we wanted to make our readers aware that HEAP is automatically applied to the NYSEG accounts of those who receive SNAP benefits (previously known as Food Stamps). If you are enrolled in SNAP before September each year, you should automatically receive your HEAP benefit as a credit on your NYSEG bill. This makes things easier as you do not have to fill out an application. SNAP recipients should contact their SNAP worker with questions about HEAP.

Plus, an automatic HEAP credit is not the only benefit of receiving SNAP. SNAP is a monthly benefit which can be used at the grocery store or in other locations to purchase food. SNAP recipients also qualify for the Lifeline discount on their home phone, or for monthly minutes on a cell phone. Consider applying for SNAP today!

If you would like more information on SNAP or want to find out if you are eligible, please call the Office for Aging at 607-778-2411.

Why Wait?
Declutter NOW!

Take some time NOW to go through your bookshelves, drawers, and closets. Start NOW by sorting through old photo boxes. Start NOW by ditching all the clothes you haven't worn in years. Get more tips at the monthly Downsize and Declutter Discussion on Tuesday, February 11 at 3 PM at Broome West Senior Center, 2801 Wayne St., Endwell.

“Take risks: if you win, you will be happy; if you lose, you will be wise.”

Anonymous

EVENTS at the CENTERS

“Fabulous Flakes”
with Jim Baldwin

Friday, February 7, 11:30 am
Northern Broome Senior Center
“The Snowflake Man,” Jim Baldwin, will dazzle us with large, beautiful paper snowflakes!

Music by Brio & Friends
Friday, February 14, 11 am
Broome West Senior Center
Piano solos, singing, and other instrumental music to enjoy!

**Sweetheart Dance
w/Blue Velvet Band**
Sunday, February 16, 2 pm – 5 pm
Johnson City Senior Center
The Blue Velvet Band will play smooth classics for your dancing pleasure. Singles and couples of all ages welcome!

Presidential Trivia
Tuesday, February 18, 12 pm
Deposit Senior Center
Wear your thinking cap! We will be playing Presidents' Day-themed trivia!

Popcorn and a Movie
Wednesday, February 19, 1 pm
First Ward Senior Center
Snack on popcorn as we watch Fried Green Tomatoes together.

**Pizza or Chef Salad Lunch
w/Bunko Dice Game**
Friday, February 21, 11:30 am
Vestal Senior Center
Your choice of pizza or chef salad for lunch, followed by Bunko!

Mardi Gras Celebration
Tuesday, February 25, 10:30 am
North Shore Towers Center
Come join us to celebrate “Fat Tuesday!”

Evening Dining w/Bingo for Prizes
Thursday, February 27,
doors open 3:30 pm
Eastern Broome Senior Center
Share supper with friends!

The Home Energy Assistance Program (HEAP)

There is still time to sign up for the Home Energy Assistance Program (HEAP). HEAP is scheduled to close on **March 16th, 2020, or when funds are exhausted.** If you are 60 or older or disabled, request an application by calling Office for Aging at 607-778-2411. All others can apply at Department of Social Services (DSS) by calling 607-778-1100, option 8. You can also apply online at www.mybenefits.ny.gov.

Emergency HEAP is available to eligible households dealing with an energy crisis situation when loss of heat is imminent (scheduled utility service termination, 72-hour disconnection notice, less than ¼ tank for oil, kerosene or propane or less than a 10-day supply of other deliverable fuels). Emergency HEAP is currently accepting applications and is scheduled to close on March 16th, 2020. To apply or for more information, contact the DSS at 607-778-1100, option 8.

The **Heating Equipment Repair and Replacement (HERR)** program assists eligible homeowners whose primary heating equipment is inoperable or unsafe and in need of repair/replacement. You can apply until March 16th, 2020, or when funds are exhausted. You must apply in person for HERR at DSS.

Smoking and Your Heart

Smoking tobacco can cause many health problems. Did you know that it can harm your heart and blood vessels?

Smoking is a risk factor for heart disease, which can lead to heart attack, heart failure, and death. About one of every three people in the U.S. dies from heart disease.

Tobacco smoke contains many toxic chemicals. Once those chemicals get inside your body, they travel around in your blood. They can damage your heart and blood vessels. They also affect the cholesterol and fats in your blood.

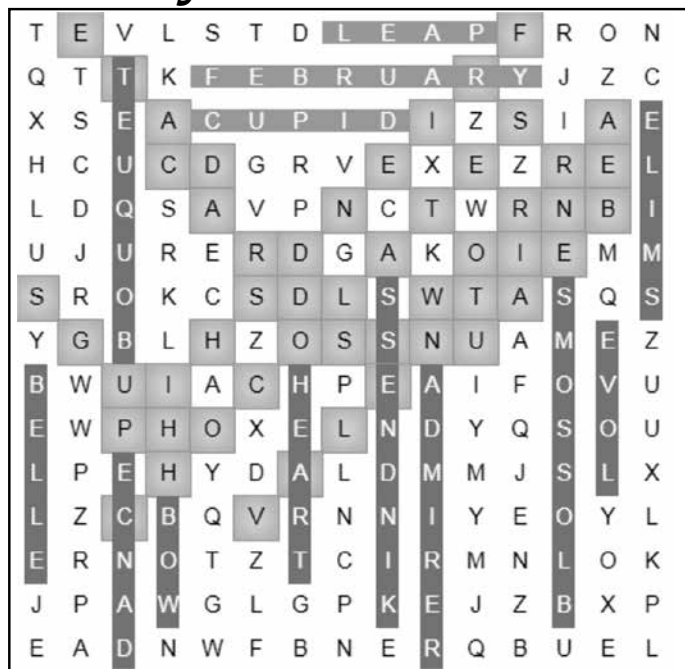
All this damage can help fats and other debris build up on blood vessels. The blood vessels can become narrower. That prevents blood from flowing through as easily. Not as much oxygen and nutrients can get to the heart. That's how heart disease develops.

Those narrow blood vessels also raise your blood pressure. That pressure puts stress on your heart.

You can reduce your risk of heart disease by not smoking. Avoiding secondhand smoke also reduces your risk.

Source: NIH News in Health

February Word Search Answers



Like Us! Follow Us!

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



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[www.facebook.com/
BroomeCountyOfficeForAging/](http://www.facebook.com/BroomeCountyOfficeForAging/)



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OFA Q&A

QUESTION:

What can I do if I suspect that a senior I know is being abused or neglected?

ANSWER:

If you suspect that someone you know is being abused or neglected, you have various options.

Step one should be to attempt to talk to the person you are concerned about. Express your worries, keeping in mind that the person may deny that anything is wrong. Not every victim of abuse will automatically acknowledge or admit to mistreatment they are experiencing, but if someone is being abused, they are more likely to admit it to a loved one or friend than to a stranger.

A second option is to call the Office for Aging at (607) 778-2411 to speak with someone about your concerns. The Office for Aging staff can provide suggestions and ideas regarding how to proceed. In certain situations, an Office for Aging staff member will work directly with a person who is experiencing abuse to help them make changes which will increase their safety. This help could include contacting Adult Protective Services (APS), local law enforcement agencies, crime victim advocacy agencies, and/or utilizing community-based resources to assist in changing the person’s circumstances to keep them safe.

Concerned friends and family members may also contact APS directly at (607) 778-2695, as the Office for Aging and APS work closely together and often work collaboratively with each other on cases of suspected elder abuse or neglect.

“OFA Q & A” is a monthly column addressing frequently-asked questions and topics of interest to seniors and those who care for them.



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What is a Heart Attack? continued

What are the symptoms of Heart Attack?

The 5 major symptoms of a heart attack are:

- **Chest pain or discomfort.** Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Feeling weak, light-headed, or faint.** You may also break out into a cold sweat.
- **Pain or discomfort in the jaw, neck, or back.**
- **Pain or discomfort in one or both arms or shoulders.**
- **Shortness of breath.** This often comes along with chest discomfort, but shortness of breath also can happen before chest discomfort.

Other symptoms of a heart attack could include unusual or unexplained tiredness and nausea or vomiting. Women are more likely to have these other symptoms.

Call 9-1-1 if You Notice Symptoms of a Heart Attack.

If you notice the symptoms of a heart attack in yourself or someone else, call 9-1-1 immediately. The sooner you get to an emergency room, the sooner you can get treatment to reduce the amount of damage to the heart muscle. At the hospital, health care professionals can run tests to find out if a heart attack is happening and decide the best treatment. In some cases, a heart attack requires cardiopulmonary resuscitation (CPR) or an electrical shock (defibrillation) to the heart to get the heart pumping again. Bystanders trained to use CPR or a defibrillator may be able to help until emergency medical personnel arrive. Remember, the chances of surviving a heart attack are better the sooner emergency treatment begins.

Adapted from: https://www.cdc.gov/heartdisease/heart_attack.htm

2020 Census—It's Easy. The Questions are Simple.

As required by the Census Act, the U.S. Census Bureau submitted a list of questions to Congress on March 29, 2018. Based on those questions, the 2020 Census will ask:

- **How many people are living or staying at your home on April 1, 2020.** This will help us count the entire U.S. population and ensure that we count people according to where they live on Census Day.
- **Whether the home is owned or rented.** This will help us produce statistics about homeownership and renting. The rates of homeownership serve as one indicator of the nation's economy. They also help in administering housing programs and informing planning decisions.
- **About the sex of each person in your home.** This allows us to create statistics about males and females, which can be used in planning and funding government programs. This data can also be used to enforce laws, regulations, and policies against discrimination.

Continued on Page 9

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AARP TAXAIDE PROGRAM OF BROOME COUNTY NY
SITE LOCATIONS AND TIMES OF OPERATION
February 4 to April 14 - 2020

<u>SENIOR CENTER SITES</u>	<u>10 am to 2 pm</u>	<u>FOR APPOINTMENT CALL</u>
► BINGHAMTON FIRST WARD	226 Clinton Street,	TUE, WED, FRI 797-2307
► BROOME WEST (ENDWELL)	2801 Wayne Street,	TUE, WED & THU 785-1777
► WHITNEY POINT	12 Strongs Place,	CALL FOR DAYS 692-3405
► JOHNSON CITY	<u>9:30 am to 1:30 pm</u> 30 Brocton Street	TUE, WED & THU 797-3145
<hr/>		
► Broome County Library , 185 Court St., Binghamton, Open unless library is closed due to weather Taxes prepared MON, TUE, WED, THU, FRI, SAT- 10:00 am – 2:00 pm <u>Appointments: Call 211 or 1-800-901-2180 8:30am – 4:00 pm weekdays</u>		
<hr/>		
► Union Center Christian Church 950 Boswell Hill Rd		WED 3pm – 7 pm
<u>Appointments</u> call 754-8222 Mon thru Thurs 9 am – 4 pm		
<hr/>		
<u>Walk-In Sites</u> --- <u>No Appointment Required</u>		
► George F Johnson Library , 1001 Park St, Endicott		TUE and THURS, 10 am to 2 pm
► Oakdale Mall, Johnson City (Old Chemung Bank) (AARP site location is across from Arby's) Site is <u>Closed</u> FRIDAYS Starting March 20; (Last day is April 9)		TUE, WED, THU, FRI 10 am - 2 pm
► Vestal United Methodist Church , 328 Main St. Vestal		MON, TUE, THU 9:30 am – 1:30 pm
<hr/>		
IF LOCAL SCHOOL DISTRICT CANCELS CLASSES DUE TO BAD WEATHER CONDITIONS TAXAIDE SITES IN THAT DISTRICT WILL ALSO BE CLOSED		
<hr/>		



*You can help members of your community
to stay healthy and independent!*



Meals on Wheels is looking for people to volunteer to deliver meals once a week.
Volunteers can choose any day, Monday through Friday, from 11 AM to 1 PM.
Routes are available in various locations throughout Broome County.
You can sign up to be a driver, a visitor, or both.



Why Should I Volunteer?

Volunteering at Meals on Wheels brings a sense of fulfillment.

New volunteers quickly become part of a close-knit, caring group of people.

Volunteers' dedication toward the clients they serve is truly inspirational!

Call 607.778.6206 to find out how you can volunteer!

2020 Census—It’s Easy.
The Questions are Simple. continued

- **About the age of each person in your home.** The U.S. Census Bureau creates statistics to better understand the size and characteristics of different age groups. Agencies use this data to plan and fund government programs that support specific age groups, including children and older adults.
- **About the race of each person in your home.** This allows us to create statistics about race and to provide other statistics by racial groups. This data helps federal agencies monitor compliance with anti-discrimination provisions, such as those in the Voting Rights Act and the Civil Rights Act.
- **About whether a person in your home is of Hispanic, Latino, or Spanish origin.** These responses help create statistics about this ethnic group. This is needed by federal agencies to monitor compliance with anti-discrimination provisions, such as those in the Voting Rights Act and the Civil Rights Act.
- **About the relationship of each person in your home.** This allows the Census Bureau to create estimates about families, households, and other groups. Relationship data is used in planning and funding government programs that support families, including people raising children alone.

Governments, businesses, communities, and nonprofits all rely on the data that these questions produce to make critical decisions.

The Census Will Never Ask Certain Questions!

During the 2020 Census, the Census Bureau will *never* ask you for:

- Your Social Security number.
- Money or donations.
- Anything on behalf of a political party.
- Your bank or credit card account numbers.

If someone claiming to be from the Census Bureau contacts you via email or phone and asks you for one of these things, it’s a scam, and you should not cooperate.

Adapted from: <https://2020census.gov/en/about-questions.html>



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Subscribe to the Senior News to make sure you don’t miss out on important information, events and programs for seniors in Broome County! Direct-mail subscriptions are available at a suggested contribution of \$10.00 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.

STAR (School Tax Relief) Program

Changes to New York State law make the Enhanced STAR Income Verification Program mandatory to continue receiving the exemption—for Enhanced STAR and AGED C/T/S applicants.

Basic STAR: For owner-occupied properties with 2018 adjusted gross income below \$500,000.

Enhanced Senior STAR: For owner-occupied properties, where the homeowner is age 65 or older with 2018 adjusted gross income of \$88,050 or less.

Low Income Senior Citizens’ Partial Real Property Tax Exemption: Exemption on property taxes for low-income property owners age 65 or older. Must meet income guidelines, be age 65 by March 1st, provide proof of unadjusted/gross income for 2019 and own the property at least one year prior to applying.

For more information on any of these programs, call your local Tax Assessor’s office, or the Office for Aging at (607) 778-2411.

“I am always doing that which I cannot do, in order that I may learn how to do it.”

Pablo Picasso

Why is the 2020 Census Important?



Everyone Counts. The Census counts every person living in the U.S. once every ten years



Political Representation. The Census results are used to determine how many representatives each state has in Congress and are used to inform the redrawing of congressional district boundaries



It’s Your Civic Duty. It is in the Constitution that everyone must be counted



Federal Funding. Census data is used to distribute \$675 billion in federal funds annually to states, counties, and local communities



Confidentiality. Federal law protects your Census responses. Your answers can only be used to produce statistics and cannot be shared or used to identify your or your household.



Answering the Census is the law, and it is important to our community. Please complete it accurately.

How is Census Data Used?



To determine funding for public services in our community



To determine where to build new infrastructure and community facilities



To determine where to open new companies, businesses, and stores



To write grant applications for community projects



To plan for emergency services

How & When do I Respond to the Census?

In March 2020, every household will receive an invitation to complete the Census, you can complete the questionnaire:



Online



By phone



By mail

Postcard reminders and a hard-copy questionnaire will be mailed throughout March and April. A Census taker will follow-up with non-responsive households.

Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760
Center Hours: Mon - Fri, 9:00am - 3:00pm
Lunch served at Noon call 785-1777
Breakfast for Lunch: Mon 10:30am - 12:30pm
Sandwich and Soup Bar: W/Th/F, 11:15 am – 12:30pm

Weekly Activities: Exercise classes listed on page 4
Daily: Wii, Cards, Billiards, Shuffleboard
M: Bingo 9:30 am, Quilting 9 am-12 pm; Blood Pressure Checks, 11 am
T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;
W: Bingo 9:30 am; Scrabble 12:30 pm;
Floor Shuffleboard 12:45 pm; Beginners Canasta, 1 pm
Th: Social Connections 1-2:30 pm
F: Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am, Ping Pong 1-3 pm

Special Activities

Mondays: Blood Pressure Monitoring, 11 am – 12:30 pm; Hand & Foot Card Game, 11 am – 3 pm

2/10 Breakfast Special: Breakfast Frittata, 10:30 am – 12:30 pm
Respite Care Presentation w/Elderwood Village, 11 am – 12 pm

2/11 Downsize & Declutter Discussion, 3 pm – 4:30 pm

2/12 “Eldercare and the Aging Veteran”
w/NYS Dept of Veterans Affairs, 1 pm – 3 pm

2/13 Philly Cheesesteak Day
w/Marian Tewksbury & Bill Salvemini, 11 am – 12:30 pm

2/14 Valentine’s Day Luncheon w/music by Brio & Friends, 11 am

2/19 Caregiver Chat Group, 9:30 am
Bright & Beautiful Therapy Dogs Visit, 12:30 pm

2/20 Presidents’ Day Luncheon, 11 am

2/24 Breakfast Special: English Muffin Breakfast Sandwiches,
10:30 am – 12:30 pm

2/28 Binghamton University Nursing Students Visit, 9:00 am

“Lots of small steps equates to a giant leap”
Steven Magee

DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)
Center Hours: Tues & Thurs, 9:00am - 2:00pm
Lunch served at 12:30 pm

Weekly Activities (call for info):
T & Th: Morning Coffee, Cards, Puzzle Board & Wii 9 am-12 pm; Piano Music 10:30 am
T: Crafts 10:30 am; Chair Exercises 11 am


Special Activities

Tuesdays: Bingo, 1 pm: 2/4 Nickel; 2/11 Bag; 2/18 Quarter; 2/25 Nutrition Craft Making, 10:30 am

Thursdays: Chair Exercises, 11 – 11:30 am

2/13 Valentine’s Day Luncheon, 12 pm

2/18 Delaware Co. Office for Aging Presentation, 10:45 am
Presidents’ Day Trivia, 12 pm
Blood Pressures w/Sandy, 11:30 am
Southern Tier Food Bank at the Deposit Fire Station, 11:30 am



Closed on Presidents’ Day

The Office for Aging and all Broome County Senior Centers will be closed on Monday, February 17, in observance of Presidents’ Day.

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787
Center Hours: Mon - Fri, 9:00am - 2:30pm
Lunch served at Noon
Breakfast: Tues, 8 - 9:30 am
Golden Griddle Brunch: Thurs, 10:30 am – 12:00 pm
Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm
Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4
Daily: Computers, Coffee Hour, Cards, Billiards
M: Wii Practice/Play 9-11 am, Shuffleboard 10 am
W: Woodworking w/Mark Young 9 - 11 am; Stitching/Crafts 9-11 am
Th: Acrylic Painting 9 - 11 am
F: Shuffleboard 9:15 am

Special Activities

Mondays: Mobile DMV, 10 am–3 pm (Closed 12–12:30 pm for lunch)

Thursdays: Golden Griddle Special: *Grilled Chicken Southwest Salad OR Grilled Chicken - Bacon - Ranch Salad*

2/4, 18 Chop & Chat (*call to sign up*), 9:45 am

2/6,13,20 Daytime Bingo for Prizes, 11:45 am – 1 pm

2/3,10,24 Chair Yoga w/Sheila, 9:30 am – 10:30 am

2/7 Guitar Music & Sing-A-Long with Ray Cuadra, 12:15 pm – 1 pm

2/14 Valentine’s Day Luncheon w/Orange Blossom Special, 9 am – 2 pm

2/20 Presidents’ Day Celebration
w/Themed Bingo & Special Dessert, 9 am – 2 pm

2/22 (Sat.) Homemade Chili & Cornbread Luncheon
w/The West Branch Ramblers (*call for info; snow date 2/29*),
11:30 am – 2 pm

2/24 Horse Racing Game w/Bonnie Hill, 10 am

2/26 Legal Aid Society Appointments with a Lawyer (*call for appt*),
9 am – 12 pm
Baked Potato Bar (*walk-ins welcome*), 11:30 am – 12:30 pm

2/27 Evening Dining (*Halupki OR Broiled Fish & Apple Pie*)
w/Bingo for Prizes, 4 pm

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905
Center Hours: Mon - Fri, 8:00am - 4:00pm & Mon Evenings, 7:00pm - 9:45pm
Lunch served at 11:45 am call 729-6214
Mondays: Breakfast for Lunch, 10:30 am- 12:00 pm (No Reservations Required)

Weekly Activities: Exercise classes listed on page 4
Daily: Billiards
M: Bingo 12:30 pm; Texas Hold'em 12:45 pm
T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Hold'em 12:30
W: Ceramics 9:00 am; Chorus 9:30 am
Th: Sewing 9:00 am; Mahjong 12:30 pm; Craft Class 1:00 pm
F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Hold'em 12:45 pm

Special Activities:

Mondays: Roberson International Folk Dancers (*all welcome/no partner needed*), 7:30 – 9:45 pm (*If you have a group that would like to use the center, please call 797-2307*)

Tuesdays: CHOW Mobile Market (*please call for updates/time changes*), 9:30 am

Thursdays: Gentle Standing Yoga Class (\$3/class), 10 am

2/5 Social Club, 1 pm

2/10 Breakfast for Lunch: Belgian Waffles w/Strawberry Topping,
10:30 am – 12 pm
Music by Scarlet Bonnets, 12:30 pm

2/11 Presentation by Elderwood Village, 12:15 pm

2/12 Legal Aid Society Appointments with a Lawyer (*call for appt*)

2/14 Valentine’s Day Luncheon, 11:30 am

2/19 Popcorn and a Movie: *Fried Green Tomatoes*, 1 pm

2/20 Philly Cheesesteak Day, 11:45 am
Music by Orange Blossom Special, 12:15 pm

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Thurs 9:00am - 4:00pm; Fri 9:00am - 2:00pm
Lunch served at 11:45 call 797-1149
Hot Lunch (Reservations): M/W/Th/F
Walk-Ins Welcome:
Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm
Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4
M: Watercolor Painting 9 am; Knit/Crochet 11:30am;
Bingo 12:30 sales/1:30 play; Poetry 1 pm; Pitch (cards) 1 pm
T: Guitar 9 am; TOPS 9 am; Shuffleboard (recreational) 12:30 pm
W: Quilting 9 am; Bridge (cards) 10 am; Pinochle, Penny Bingo 12:30 pm;
Writers' Workshop 1 pm; Mahjong 1 pm
Th: Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:30 am;
Group Meditation 1:30 – 2:30 pm
F: Watercolor Painting 9:30 am; Ladies Singing 10:30 am; Chair exercises 12:30pm

Special Activities:
Wednesdays: Technology Assistance w/Binghamton University Students,
11 am – 12:30 pm

- 2/11 Nutrition Education w/Cornell Coop. Extension, 11:30 am
- 2/11 & 18 AARP SmartDriver Course (*call to sign up*), 1 pm – 4 pm
- 2/14 Valentine's Day Luncheon, 12 pm
- 2/16 (Sun.) Sweetheart Dance w/Blue Velvet Band, 2 pm – 5 pm
- 2/18 Cooking Demo by Chef Weaver, 1:30 pm
Red Hat Society Meeting, 3:30 pm
- 2/19 Blood Pressure & Glucose Checks w/The Medicine Shoppe,
10 am – 12 pm
- 2/20 Legal Aid Society Appointments with a Lawyer
(*must call for appt*), 9 am – 12 pm
Presidents' Day Luncheon, 12 pm
- 2/26 Haircuts for Men & Women by Debbie Roberts (*call for appt*),
10 am – 11:30 am
- 2/27 Binghamton University Nursing Students Visit, 9:30 am – 11:30 am

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm
Lunch served at Noon
Sandwich & Soup Bar: Mon, Tues, Wed 11:30am - 12:30pm
Breakfast for Lunch: Thurs 10-12:30 pm
Pub Burger: Fri 11:30 am - 12:30pm

Weekly Activities: Exercise classes listed on page 4
M: Tai Chi 9:15 am; Horse Racing (1st/3rd) 10:30 am;
Bingo 10:30 am; Adult Coloring Class 12-2pm
T: Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class
10 am-3 pm; Bridge Card Group 12 pm
W: Shuffleboard 10 am; Bunko (dice game), 12:30 pm,
Knitting 1 pm
Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure
Testing (1st/3rd) 11 am
F: Tai Chi 9:15 am; Bingo, 10:30 am

- Special Activities:**
- 2/3, 17 Horse Racing Game, 10:30 am – 11:30 am
- 2/5 Baking Demonstration w/Leslie Hiemstra, 10:30 am
- 2/7 “Fabulous Flakes” Paper Snowflakes w/Jim Baldwin, 11:30 am
- 2/11 Evening Dining (*Halupki & Chocolate Cream Pie*), 4:30 pm
- 2/14 Valentine's Day Luncheon, 11 am
- 2/20 Presidents' Day Luncheon, 12 pm
- 2/25 Binghamton University Nursing Students Visit, 10:30 am
Evening Dining (*Baked Pasta Casserole & Apple Pie*) w/Bingo,
4:30 pm
- 2/26 Binghamton University Nursing Students Visit, 10:30 am

**“When you come to the end of your rope, tie a knot
and hang on.”**

Franklin D. Roosevelt

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901
Center Hours: Mon - Fri 10:00am - 2:00pm
Lunch served at Noon

Weekly Activities:
Daily: Coffee 8 - 11 am, Games and Cards
M: Bingo 10 - 11:30 am
T: Wii Bowling 10 - 11:30 am
W: Dice & Card Games 10 - 11:30 am
Th: Dice & Card Games 10 - 11:30 am
F: Wii Bowling 10 - 11:30 am

Special Activities:
Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy
on 10th Floor, 9–11 am

- 2/3 Groundhog Day Celebration, 10:30 am
- 2/7 National “Wear Red” Day for Women’s Heart Health Awareness,
10:30 am
- 2/14 Valentine's Day Sweets & Treats, 10:30 am
Valentine's Day Luncheon, 12 pm
- 2/20 Presidents' Day Luncheon, 12 pm
- 2/25 Mardi Gras Party, 10:30 am
- 2/27 Evening Dining (*Halupki OR Broiled Fish & Apple Pie*), 5 pm

VESTAL 754-9596

Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY
Center Hours: Mon - Fri, 9:00am - 2:00pm
Lunch served at 11:45am
Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm

Weekly Activities: Exercise classes listed on page 4
Daily: Coffee Klatch, Cards, Games
M: Walking Group 8 am
T: Pinochle 9:30 am
W: Walking Group 8 am; Crochet/Knitting 9:30 am;
Bridge Group 9:30 am; Computer Instruction 10 am;
Oil Painting 1-3 pm
Th: Bingo (1st & 3rd) 10:15 am; Bridge Group 12:30 pm
F: Walking Group 8 am; Mahjong 9:30 am

- Special Activities:**
- 2/2, 17 Chop & Chat (*reservations required*), 10:30 am
- 2/2 King High Card Game, 12 pm
- 2/6, 20 Bingo, 10:30 am
- 2/10 Breakfast for Lunch: French Toast, 11 am – 12 pm
- 2/13 Philly Cheesesteak Day, 11 am – 12 pm
- 2/14 Valentine's Day Luncheon, 11:30 am
- 2/19 Nutrition Education w/Cornell Coop. Extension, 10:30 am
- 2/20 Presidents' Day Luncheon, 11:30 am
Left Right Center Dice Game, 12 pm
- 2/21 Pizza OR Chef Salad for Lunch (*please reserve*), 11:30 am
Bunko Dice Game, 12 pm
- 2/25 Vestal Senior Club Meeting, 12:30 pm
- 2/26 Binghamton University Nursing Students Visit, 9:30 am

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MEET, GREET & EAT

February Menu - Bon Appétit!

At all Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged **\$4.50 per meal.**
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Philly Cheese Steak Specials for February: Vestal & Broome West Senior Centers will hold a Philly Cheese Steak Special on Thurs, February 13. First Ward Senior Center will serve a Philly Cheese Steak Special on Thurs, February 20. Walk-ins are welcome, and lunch includes baked beans and pie for dessert. \$3.50 Contribution for those age 60+ and spouse of any age, and \$4.50 charge all others.

American Goulash 3 Broccoli Florets Fruit Cocktail Sugar Cookie	Beef Burgundy 4 Over Buttered Noodles Caesar Salad Diced Peaches	Breaded Chicken Parm 5 OR Halupki Mashed Potatoes Italian Green Beans Vanilla Cake w/Vanilla Icing	Macaroni & Cheese 6 Stewed Tomatoes Italian Blend Vegetables Pineapple & Mandarin Oranges	Roast Turkey OR 7 Broiled Fish w/Lemon Mashed Potatoes Peas Honey Bran Muffin
Chicken Alfredo over 10 Rotini Pasta Green Beans w/Mushrooms Chocolate Cookie	Chicken Thigh Marengo 11 OR Liver w/Onions Mashed Potatoes Carrots Fruit Cocktail	Roast Pork 12 OR Broiled Fish w/Lemon Scalloped Potatoes Red Cabbage Supreme Peanut Butter Brownie	Chicken Salad Croissant 13 Cream of Broccoli Soup Ambrosia Lemon Poppysseed Muffin	Valentine's Day Party Spinach Parm Pollack 14 OR Beef Burgundy Over Buttered Noodles Tossed Salad Strawberry Shortcake
Centers Closed 17 In Observance of President's Day	Ham w/Cranberry Glaze 18 OR Chicken Thigh w/ Cranberry Glaze Scalloped Potatoes Broccoli Florets Assorted Cookies	Meatloaf w/Gravy 19 Macaroni & Cheese Green Beans Chocolate Mousse	Presidential Luncheon Roast Turkey 20 Mashed Potatoes Peas & Corn Cherry Pie w/Whipped topping	Breaded Fish Sandwich 21 OR Spiedie Marinated Chicken Thigh Sandwich Tomato Bisque Soup Cottage Cheese Spiced Apples
Beef Stroganoff 24 Over Buttered Noodles Carrots Banana	Citrus Herb Pollack 25 OR Rotisserie Chicken Herb Roasted Potatoes Brussels Sprouts Orange Cranberry Bar	Pub Burger 26 OR Tuna Salad Sandwich Baked Beans Baked Potato w/Sour Cream Strawberry Mousse	Pasta & Meatballs 27 w/Tomato Sauce Spinach Vanilla Pudding w/Cherries & Whipped Topping	Broiled Fish w/Lemon 28 OR Swiss Steak w/Tomato Gravy Macaroni & Cheese Peas & Pearl Onions Vanilla Cake w/Choc. Icing

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

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



You're Invited to a Presidential Luncheon at Participating Senior Centers

Please join us on Thursday, February 20 for a patriotic luncheon served around noon. Our vote is that you will enjoy this traditional meal, featuring roast turkey, mashed potatoes, vegetables, and a special cherry-themed dessert. In addition to the luncheon, the day's ballot includes presidential facts, trivia, games and more!

Lunch reservations are required and can be made by calling the senior center of your choice by noon on Wednesday, February 19. Guests age 60+ and their spouse of any age may dine for a suggested contribution of \$3.50. All others may dine for a charge of \$4.50. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.



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