



Visit Our Website at www.gobroomecounty.com/senior

Autumn Days are Here Again

Halloween Drive-Thru Evening Meals At Participating Senior Centers

As Vincent Price once said, "Darkness falls across the land; the midnight hour is close at hand!" Get into the spirit of Halloween and visit a participating senior center for a festive evening meal drive thru. To capture the fun of the season, meal pickup locations will be decorated, and staff will greet you in festive costumes. Included in the to-go meal will be roast turkey with gravy, mashed potatoes, peas, a dinner roll, pumpkin pie, and a beverage. Everyone who picks up a meal will also receive a special trick-or-treat goody bag.

Northern Broome Senior Center (Whitney Point):
Tuesday, October 13, 4 pm

Broome West Senior Center (Endwell):
Wednesday, October 14, 4 pm

Eastern Broome Senior Center (Harpursville):
Thursday, October 15, 4 pm

To join the drive thru celebration, make your reservation by 12 noon one day prior by calling the center that you wish to attend. All those age 60+ and their spouse of any age may dine for a suggested contribution of \$4.25. All others will be charged \$5.25.

No one age 60+ and spouse of any age will be denied a meal due to inability or unwillingness to contribute.

Office for Aging Public Hearing via Written Testimony

Each fall, the Broome County Office for Aging holds a Public Hearing. The hearing provides an opportunity for older adults, caregivers, interested community members and partner agencies to comment on our Draft Plan for Services, which includes proposed services for the coming year. Due to COVID-19, this year's hearing will be conducted a bit differently. Instead of meeting in person to discuss projected services and older adults' needs, we are asking for your input and suggestions by mail, email, or phone.

Continued on Page 3

Office for Aging Public Hearing 2020

You may use this form to share your comments on the Office for Aging 2021 Draft Plan for Services. If you would like a response to your comment or suggestion, please include your name and contact information. We will not publish names or contact info. with the comments we receive.

Thank you for your feedback.

Cut Out this Section and Mail to:

Broome County Office for Aging, Attn: Public Hearing
PO Box 1766, Binghamton, NY 13902

First & Last Name:

Contact information (Phone, email):

1. *What are your unmet needs or unmet needs of other older adults you are aware of?*

2. *Any other general comments related to future services for seniors?*


3. *Other Comments or Questions:*

PLEASE NOTE: all Senior Center and Office for Aging programming is subject to change depending on the current status of the COVID-19 pandemic. Please call the Office for Aging at (607) 778-2411 if you have questions.

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/

 Follow us on Twitter:
<https://twitter.com/BroomeCountyOFA>

Celebrate the Spooky Season!

A chill in the air, the sound of leaves crunching underfoot, and cornstalks and pumpkins on porches. Signs of fall, of course, but also harbingers of Halloween! This year's celebrations are sure to be different, as the coronavirus pandemic makes it difficult if not impossible to mark the occasion as most of us normally would. Handing out candy to neighborhood children and hosting costume parties for friends may be on the outs, but we can still keep in the spirit of this spooky time of year. Below are suggestions for Autumn and Halloween crafts, decorations, and recipes that we hope you will try and enjoy.

Vintage Craft Idea – Make an Apple Head Doll

If you'd like to try something a little different from the usual pumpkin carving, consider making a doll using simple supplies you probably already have at home. Apple head dolls were once very popular autumn crafts that many families made during apple season. To get started, collect your supplies: a good-sized, firm apple, paring knife, vegetable peeler, wire hanger, and scraps of cloth.

First, you'll need to create the doll's face. The good news is you don't need to be an artist to have fun with this project – you only need to be able to carve a rough impression of a face in the apple. Peel the apple to create your 'canvas', then make simple, small cuts near the top of the fruit for eyes, whittle away some of the apple under the eyes to create a nose, and make an indentation for the mouth. Once your face is carved you will need to dry the apple completely by hanging or placing it in a cool, dry location out of direct sunlight for 2-4 weeks. The apple will shrink considerably and become discolored as it dries – all good things for creating a spooky looking doll! (An optional step: consider preserving the dried apple with varnish to extend the life of the doll.) Next work on creating the body. You can use a wire hanger to fashion the doll's arms, torso, and legs and affix the doll's head to the top of this frame by inserting the sharp part of the hanger into the apple, or by using a wooden or metal skewer and attaching it to the hanger. Once you have a sturdy base complete for the head, you can move on to decorating the doll. Make clothes with bits of old cloth stuffed with fabric or cotton balls. Add detail to the face by gluing torn apart cotton balls to the head for hair, painting small dots for eyes – you can even add a hat or bonnet to your creation, or perhaps a witch's broom!

Share the Spirit – “Boo” or “Ghost” Friends and Family

Just because trick-or-treating may be canceled there's no reason to give up the ghost, so to speak! A fun way to spread Halloween spirit that has been catching on over the past few years: “booing” or “ghosting” friends and family. This simply means you surprise someone by leaving treats and holiday greetings on their doorstep when you know they'll be away – something that's actually quite perfect for these socially distanced times! The person who returns home to find they've been “Booed” is supposed to keep the Halloween spirit going by booing someone else in return, and so on.

To create a “boo” bag, we recommend purchasing or thrifting an inexpensive trick-or-treat bag or bucket. Next, begin to fill it with fun treats and signs of the season. Ideas include mini pumpkins or gourds for decorating, bags of candy and/or homemade Halloween-themed treats, Halloween crossword puzzle books or Halloween story books for families with small children, etc. If you'll be “booing” adults, consider making a grown-up gift bag: perhaps some pumpkin ale or hard cider, chips and crackers, maybe some Halloween paper napkins. The only other thing that you must include with all boo bags: a note (can be printed out or handwritten, but should be large and noticeable) that says, “You've been Booed!” The sign should be left up for a while, as it lets others who are spreading the booing spirit know that a particular house has already been booed.

Make Dinner Spooktacular – Easy Halloween Recipes

Another fun and easy way to up the creepy factor: consider hosting a Halloween dinner party for those in your household and give everyone a duty or dish to contribute. For the little ones: ask kids to help out by providing spooky, hand-drawn decorations for the table. Older kids can contribute by setting the table or by making a creepy beverage or side dish. Various Halloween recipes sure to please the pickiest palates can be found

online or at your local library. A popular Halloween dinner idea that we've noticed time and time again: zombie meatloaf with mashed potato ghosts and lizards' eggs (peas). Make your favorite meatloaf recipe as you normally would, but instead of shaping it into a simple loaf shape, make a zombie's face by forming an oval shape and creating indents for eyes (pearl onions), nostrils, and a mouth where you can add teeth (pieces of diced onion). As the meatloaf cooks it will shrink and form around the items you've added, giving it a decidedly eerie look. Complete the meal with a side of peas and mashed potatoes. You can give the potatoes a ghostly shape by piping the potatoes on each plate using an icing bag, making sure to mound the potatoes slightly and ending each 'ghost' with a wispy or pointed head. Add poppy seeds for eyes and you're all set!

Keeping with Tradition – Pumpkin Carving, Scary Movies and Mulled Cider

There's really nothing that inspires Halloween spirit more than pumpkin carving. From the simplest of designs to intricate carving patterns, there's sure to be some form of pumpkin craft for everyone. There's also a multitude of tools available to help you carve the perfect jack-o-lantern. Patterns and tools can be found online and in stores like Target and Walmart around the Halloween season. If you prefer to avoid the messiness of carving you always have the option of painting pumpkins. Acrylic, spray paint, and even chalkboard paint can be used to give your pumpkin a longer-lasting Halloween look. Pop in your favorite Halloween movie, add some apple cider and spices to your slow cooker, and you have a recipe for a fun fall evening.

We hope you feel inspired to celebrate the season! By making some slight adjustments to normal plans (something we're all used to at this point in 2020!), we can ensure a safe, fun, and Happy Halloween for all.

Secure DMV Dropboxes Available at Local Senior Centers

You may now visit a participating senior center to drop off DMV paperwork in a secure dropbox:

- Broome West (Endwell): Monday-Friday, Noon-2 pm, 785-1777
- Johnson City: Monday-Friday, Noon-2 pm, 797-3145
- First Ward (Binghamton): Monday-Friday, 12:30-1:30 pm, 797-2307 or 729-6214
- Eastern Broome (Harpursville): Monday-Friday, :12:30-2 pm, 693-2069
- Northern Broome (Whitney Point): Monday-Friday, Noon-2 pm, 692-3405

For more information:

Each senior center will have a **sign on its main door** explaining the drop-off procedure for that location.

The DMV Dropbox located in the Broome County Office Building is still accessible to the public: Monday-Friday, 8 am - 4 pm.



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Scam of the Month

Voter Scams

Tips and Tricks:

- Voter surveys or petitions: If you decide to fill out a voter survey or petition, be careful what information you provide to them. Avoid giving out your Social Security number or your driver's license number.
- How to vote: It is only possible to vote at a ballot box or via an official absentee ballot. You cannot vote by phone, text, or email.
- Beware of e-mails that include information on voting and have links that are to be clicked. As always, think before you click!

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.

Office for Aging Public Hearing via Written Testimony

Continued from Page 1

On Friday, October 9, our 2021 Draft Plan for Services will be available on our website at the following link: gobroomecounty.com/senior/publications. If you wish to receive a paper copy of the 2021 Draft Plan for Services, please call Office for Aging at (607) 778-2411.

Once you have read the 2021 Draft Plan for Services, you can share your questions and comments with us in one of the following ways:

- call (607) 778-3806 and leave a message
- mail your questions and comments to the Broome County Office for Aging, Attn: Public Hearing, PO Box 1766, Binghamton NY 13902.
- send an email to ofa@broomecounty.us. Add email subject of: Public Hearing
- send us a message on our Facebook page – Broome County Office for Aging, subject: Public Hearing.

Please note that questions and comments on the 2021 Draft Plan for Services will be accepted until the end of the day on Monday, October 26th, 2020. All questions or comments will be accepted and recorded to support the planning process for 2021. Your comments could include answers to one or more of the following questions:

1. *What are your unmet needs or unmet needs of other older adults you are aware of?*
2. *Any other general comments related to future services for seniors?*

Once we review received comments and questions, we will post these comments, questions and relevant answers on the Office for Aging website and Facebook. If you wish to receive a follow up phone call, please share your contact information when you submit your questions and comments about the Draft Plan.

To learn more about Office for Aging Service please visit our website at www.gobroomecounty.com/senior or call (607)-778-2411 to speak to one of our staff about your needs.

Thank you for your continued support of the Office for Aging.

Just For Laughs

Why do birds fly South for the Winter?
It's too far for them to walk.

Did You Know?

Health Care Proxy

Did you know that your health care proxy is not able to make non-medical legal decisions for you? Many people believe that a health care proxy allows the person assigned to make all decisions for someone. This is not true. A health care proxy is exactly what it sounds like: a proxy for health care-related decisions. This person can make decisions about medical treatment if you become incapacitated. This person cannot contact financial institutions on your behalf, write checks, handle the selling of your home or handle anything of a legal matter that does not relate specifically to health care treatment. If you would like someone to be able to also handle these financial tasks, please consider appointing that person as your Power of Attorney. Call the Office for Aging today at (607) 778-2411 for information on Health Care Proxies and Powers of Attorney.

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October 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 9

B	K	Z	Y	T	Y	O	T	C	R	N	N	L	A	N
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|-----------|-------|----------|--------|
| HALLOWEEN | BLACK | TRICKS | FRIGHT |
| PUMPKIN | CAT | TREATS | NIGHT |
| AUTUMN | BATS | SKELETON | |
| SCARECROW | GHOST | BOO | |
| LEAF | FUN | HARVEST | |
| ORANGE | CANDY | LANTERN | |

2020 SCARECROW CONTEST & DISPLAY

OTSININGO PARK - OCTOBER 5TH-18TH

Contest Entry is **FREE** and Open to All!
(Individuals, Businesses, Groups & Families)
**Design & Create Your Own Scarecrow and
Enter to Win Prizes**

Entry forms must be received by **Sept 25th**
Scarecrows must be completed by **Oct 4th**

For an entry form, rules, and other information
visit: gobroomecounty.com/parks/otsiningo
or email bcparks@broomecounty.us



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-Julie S., Binghamton

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Autumn Health and Wellness Opportunities With the Broome County Office for Aging

Though local senior centers remain closed for in-person activities due to the Pandemic, there are other convenient ways that you can be part of exercise programs and workshops. Getting involved is easy because you can participate from home. So consider one of these opportunities and invite your family and friends to join along with you.

Because our programs will be shared remotely using either computer or telephone access, you can look for these symbols next to our activities to understand how that program will be offered:



Zoom Program: For this video program, you will need access to the internet at home, and either a smartphone, laptop, tablet, or computer. An email address is also helpful (but not necessary) so that we may email invitations to you in advance. Where noted, some Zoom programs offer a call-in option for those who do not have computer and internet access.



Phone Program: You will only need a basic phone line to access this program. No computer or internet access is necessary to join.



Facebook Program: Facebook access is encouraged for this program but not required. You are invited to visit the Office for Aging Facebook page for updates at <https://www.facebook.com/BroomeCountyOfficeForAging>. Anyone who chooses not to use Facebook can still participate and have a great experience.



Living Healthy Telephone Workshops for Chronic Disease Self-Management Wednesdays, November 11 through December 16

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 condition? Living Healthy Workshops can help you take charge of your life and better manage conditions such as diabetes, heart disease, chronic pain and more. Workshops are free of charge, and all participants will receive complimentary class materials, including a *Living a Healthy Life* workbook and relaxation CD. This workshop will meet by phone each Wednesday from November 11 through December 16, for a total of six phone sessions. Participants may choose either a morning or afternoon call time, as space allows.

Advanced registration is required by the first week of November. To find out more about the call schedule and sign up, please call Sofia at (607) 778-2115.



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.



Zoom Chair Exercises Hosted by Participating Senior Centers

Chair exercises are a low-impact way for you to burn calories and move your joints and muscles. You can remain seated in a comfortable chair during this video program. If you do not have access to the internet, a phone number will be provided so that you may call into this class with a basic phone line.

In just 30 minutes of chair exercise, you can burn up to 250 calories!

Advanced registration is required for Zoom chair exercise. To obtain more information and sign up, please call Sofia at (607) 778-2115 or email Sofia.Rittenhouse@broomecounty.us.

- Zoom Chair Exercise with Michelle, Mon & Wed, 10-10:30 am
- Zoom Chair Exercise with Desirae, Tues & Thurs, 10-10:30 am

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



Zoom Telehealth Education Presentations with

BINGHAMTON UNIVERSITY | DECKER SCHOOL OF NURSING | SOUTHERN TIER TELEHEALTH CENTER

During the fall semester, Binghamton University students will be offering 30-minute Zoom educational presentations on wellness topics for healthy aging. If you do not have access to the internet, a phone number will be provided so that you may call into this class with a basic phone line.

Join us for October's discussion:

- "Managing Blood Pressure" with the Decker School of Nursing
Friday, October 23, 10:30-11 am

Advanced registration is required. To obtain more information and sign up, please call Sofia at (607) 778-2115 or email Sofia.Rittenhouse@broomecounty.us.



Autumn Walking Challenge Ongoing through October 30

This past September, we recognized National Falls Prevention Awareness Week and kicked off our Autumn Walking Challenge. There is still time to get involved and participate in this walking program through the month of October. Participants are challenged to walk 12,000 steps or 12 miles by October 30.

Consider some creative ways that you can get steps in each week:

- **House Walking:** Take a few five-minute walks around your house throughout the day. Walk in place during your favorite TV show or while dinner is baking in the oven. House walking helps you stay active while avoiding colder weather and slippery sidewalks as the seasons change.
- **Nature Walks:** Enjoy the colors of Autumn throughout your neighborhood or local park. Remember to walk in well-lit areas where you can safely social distance and walk on level ground to prevent falls.

Signing up is easy! Just ask your local Senior Center Site Supervisor for a walking packet, or call Sofia at (607) 778-2115. You will receive a log to record all your miles, some tips on setting walking goals and preventing falls, and a pedometer (if you do not already have one on your smartphone, while supplies last).

Check in on Facebook for Final Lap Friday.

Each Friday during the challenge, visit the Office for Aging Facebook Page for "Final Lap Friday" and share a picture or post about your progress that week. Celebrate those steps. Just visit us at: <https://www.facebook.com/BroomeCountyOfficeForAging>

When the challenge ends on October 30, enter to win our prize drawing by turning in your walking log at a senior center or by mailing it to the Office for Aging: Broome County Office for Aging, PO Box 1766, Binghamton, NY, 13902, Attn: Sofia.

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Weekly Coffee Chat Phone Calls

Consider joining weekly coffee chat calls at a participating senior center. While we are social distancing at home, these chats will give us a chance to get together and catch up.

In October, have your favorite recipe book handy. We will feature recipe swapping on our calls. If you are interested in joining, contact one of these senior centers for more information on the weekly call schedule:

- Broome West Senior Center (Endwell), 785-1777
- Northern Broome Senior Center (Whitney Point), 692-3405
- Eastern Broome Senior Center (Harpursville), 693-2069

Don't forget to pour a good cup of coffee or tea before joining the call!

**Making Café Style Coffee at Home:
Quick and Easy Frothed Milk Topping**

- Add ½ cup of milk to a mason jar and warm it in the microwave. Make sure you remove the lid while warming and use a microwave-safe jar. The ideal temperature to heat your milk to is 140-155 Fahrenheit.
- Remove the warmed milk from the microwave and place the lid firmly on the jar. You may want to hold the jar with a dish towel if the surface is warm to the touch.
- Shake the jar for a few minutes. Tap your container gently on the counter to pop large air bubbles, then swirl the milk to make it more uniform.
- Pour the frothed milk over coffee or tea, and enjoy!

For this recipe and other ideas on brewing coffee at home, visit www.thepioneerwoman.com



**County Traffic Safety Program Offers
"Safety Through Your Driving Years" Zoom Presentation**

Older drivers are among the safest drivers on the roadway. However, as people age, they are more likely to suffer serious injuries or even death in a crash due to greater fragility. Personal mobility is critical for healthy aging and independence. CarFit is a program designed to help you explore the features of your vehicle to provide the safest and most comfortable "fit" and keep you on the road longer!

Join Christine Muss from Broome County Traffic Safety for a virtual Zoom presentation to learn more about how you can make small adjustments in your vehicle for improved comfort, control and confidence behind the wheel! To participate in this online presentation right from the comfort of your home, all you is an email address and an internet connection on your smartphone, laptop, or tablet.

To learn more and register for one of the presentation dates listed below, call Sofia at the Broome County Office for Aging at (607) 778-2115, or email Sofia.Rittenhouse@broomecounty.us.

- Wednesday, October 7, 10-11 AM
- Wednesday, October 14, 10-11 AM
- Wednesday, October 21, 10-11 AM
- Wednesday, October 28, 10-11 AM



Just For Laughs
What do you get when you drop a pumpkin?
Squash.

Meals on Wheels Can Help You Get Through the Winter

Colder weather is right around the corner. During the winter months, many older adults and people with chronic health conditions find it more difficult to get out to the grocery store, shop, and prepare meals. If you find yourself or a loved one in this situation, Meals on Wheels can help.

Meals on Wheels delivers warm, nourishing meals to participants' doors. Meals are tasty, heart healthy, properly portioned and physician recommended! One of the best things about receiving Meals on Wheels is that as volunteers deliver the meals, they are also providing a daily check on each participant's well-being.

Over 90% of Meals on Wheels participants report that receiving Meals on Wheels has helped them to stay healthier and helps them to continue living independently in their own homes!

Please call the Office for Aging for more information at (607) 778-2411.

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Exercise your Rights! Vote!

Election season is right around the corner. Be sure you exercise your right to vote. Concerned about voting during the COVID-19 Pandemic? You can apply for an absentee ballot and avoid the crowds at the polling place on Election Day.

The first mailing of General Election Absentee Ballots was September 21st, 2020. To qualify to vote by absentee ballot, you must be:

- Absent from your county on Election Day; OR
- Unable to appear at the polls due to temporary or permanent illness or disability, or because you are the primary caregiver of one or more individuals who are ill or physically disabled; OR
- A resident or patient of a Veterans Health Administration Hospital
- Detained in jail awaiting Grand Jury action or confined in prison after conviction for an offense other than a felony.
- **For COVID-19 Pandemic/Social Distancing Concerns, you may apply for an absentee ballot using the following reason: "temporary illness or physical disability."**

There are several types of absentee voters and each one has a special application. Some of these are listed below:

- Civilian Absentee—used for pandemic concerns, traveling, temporary illness, students at school, etc.
- Permanent Absentee—limited mobility, age, or permanent health issues
- Accessible Absentee—issued to voters who are visually impaired or in need of specialized Ballot Marking Device

How do you apply for an Absentee Ballot?

An application for an absentee ballot can be found online by visiting the website of the Broome County Board of Elections at www.broomevotes.com. You may either print the application, complete it and return it to the Broome County Board of Elections, or you may submit an application electronically. Once the Board of Elections has processed your application, they will issue you an official absentee ballot by mail. Complete the ballot, follow the provided instructions to return it, and cast your vote.

You may also apply for an absentee ballot in person by visiting the Broome County Board of Elections at 60 Hawley St., 2nd floor, Binghamton, NY 13901. **The last day to apply in person for a 2020 General Election absentee ballot is November 2, 2020.**

If you prefer to vote in person, of course you still have that option! Broome County polling places will be open from 6:00 am to 9:00 pm on Tuesday, November 3, 2020. To find your polling place, apply for an absentee ballot, or find out how to register to vote, contact the Broome County Board of Elections at (607) 778-2172, or visit www.broomevotes.com

SUCCESSFUL AGING

Are You 60+ and In Need of a Mask or Hand Sanitizer?

Stop by your local senior center, Monday – Friday between the hours of 12:30-1:45 pm, to get a free mask or hand sanitizer.

- Binghamton:** First Ward Senior Center, 226 Clinton Street
- Deposit:** Deposit Senior Center, Christ Episcopal Church, 14 Monument Street
- Endwell:** Broome West Senior Center, 2801 Wayne Street
- Harpurville:** Eastern Broome Senior Center, 27 Golden Lane
- Johnson City:** Johnson City Senior Center, 30 Brocton Street
- Vestal:** Vestal Senior Center, Old Vestal Jr. High Cafeteria, 201 Main Street
- Whitney Point:** Northern Broome Senior Center, 12 Strongs Place

If you have questions, please call the Office for Aging at 607-778-2411

2020-2021 Home Energy Assistance Program

As you think about turning up the heat this fall, you may want to consider applying for the Home Energy Assistance Program (HEAP). Regular Season HEAP provides non-emergency benefits to assist with the cost of home heating for eligible homeowners and renters. The Regular HEAP season opens on November 2, 2020.

There are several ways you can apply for HEAP. You can apply online at www.mybenefits.ny.gov. If applying on paper, the following agencies can help:

Broome County Office for Aging (OFA) accepts applications for Regular HEAP for homeowners and renters who are age 60 or over and for those with a permanent disability who receive Supplemental Security Income (SSI) or Social Security Disability (SSD). Families receiving Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not need to apply at OFA. To request an application or if you have questions about HEAP, call the OFA HEAP line at 778-2063.

Department of Social Services (DSS) accepts applications for homeowners and renters under age 60 and not disabled. Call DSS HEAP at 778-1100, extension 8, to request an application. DSS also accepts applications for fuel emergencies as well as for the HEAP Clean and Tune program and the HEAP Heating Repair and Replacement program. Emergency HEAP will open on January 4, 2021.

2020-2021 HEAP Income Eligibility Guidelines:

(subject to change, additional income guidelines apply to larger households)

Household Size	Monthly Income Limit
1	\$2,610
2	\$3,413
3	\$4,216



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How to Fight the Social Isolation of Coronavirus Loneliness is a real health issue — and these steps can help save lives

by Erwin Tan, M.D., AARP, March 16, 2020

A recent scientific report elevates social isolation and loneliness to the level of health problems, associating them with a significantly increased risk for early death from all causes. Of course, social isolation and loneliness can become more common with age. And the arrival of the novel coronavirus will almost certainly make the problem worse.

Public officials are asking that we all socially distance ourselves to prevent COVID-19's spread. The Centers for Disease Control and Prevention (CDC) recommends that those age 60 and older avoid crowds, and that those in a community with an outbreak stay home as much as possible.

Travel bans and recommendations to avoid nonessential air travel may mean that distant family members may not be able to connect in person. And the COVID-19 outbreak could last for weeks or months.

Here are some things to keep in mind to reduce the threat of social isolation and loneliness as the pandemic continues:

1. Social isolation and loneliness are serious health issues

These related conditions affect a significant proportion of adults in the United States and have been calculated as being the equivalent of smoking 15 cigarettes a day.

According to the scientific report mentioned above, published by the National Academies of Sciences, Engineering and Medicine and funded by AARP Foundation, 43 percent of adults age 60 or older in the U.S. reported feeling lonely.

A 2017 study showed that social isolation among older adults is associated with an estimated \$6.7 billion in additional Medicare spending annually. At the same time, people 60 and older and people with severe chronic health conditions — such as heart disease, lung disease and diabetes — are at higher risk for developing more serious illness from COVID-19. Americans will all likely experience increased social isolation and loneliness in combatting the pandemic. Identifying these additional health risks and developing mitigation plans are important first steps.

2. Plan and connect

It's important to talk to family and friends to develop a plan to safely stay in regular touch as we socially distance ourselves, or if we are required to self-quarantine for a possible exposure or are in isolation for a COVID-19 infection. This plan should confirm whom you can reach out to if you need help accessing food, medicine and other medical supplies.

It's also important that communication and planning allow us to remain safely connected as we practice social distancing. Involve another element: actual social connection. Remaining connected is especially important for people who live alone; regular social contact can be a lifeline for support if they develop symptoms. Regularly scheduled phone calls and video conferences along with texting and emails can help compensate for a lack of in-person contact. So take a break from news stories and social media; hearing about the pandemic repeatedly can be upsetting, and it's important to talk with people you trust about your concerns and how you are feeling.

Family and friends will need to work together to make sure they can remain connected without exposing each other to COVID-19. Look at your schedule and identify social connections that might be disrupted during an outbreak and consider alternative solutions to stay connected. If you are a family caregiver or have someone close to you who's more at risk of social isolation, discuss what will happen if either of you develops symptoms and whom you could call on for support or help.

3. Make a list of organizations that can help

Create a list of community and faith-based organizations that you or the people in your plan can contact in the event you lack access to information,

health care services, support and resources. If your neighborhood has a website or social media page and you haven't joined it, consider doing so to stay connected to neighbors, information and resources. Consider including on your list organizations that provide mental health or counseling services as well as food and other supplies. State and local governments are setting up resource lists for those affected by COVID-19. The federal Substance Abuse and Mental Health Services Administration also has an online locator and hotline, at 800-662-HELP (4357), to help people find counseling services near where they live. AARP Foundation's Connect2Affect program provides information, self-assessments and affordable options for low-income older people to stay connected.

4. Remember pets (their value and their needs)

Pets can help combat loneliness, and some pets have been linked with owners' longevity. The World Health Organization has also determined that dogs cannot get coronavirus. Still, it's always important to wash your hands after contact with your pets. And just as you need to ensure you have sufficient supplies for yourself and family, be stocked with food and other supplies for your pets.

5. Know who's most at risk for social isolation and loneliness

People at the highest risk of developing more serious illness from COVID-19 and who should be the most vigilant about social distancing will also be the most at risk of increased social isolation and loneliness. For example, the CDC has recommended that long-term care facilities discourage visitation.

Moreover, those under quarantine or in isolation will experience additional emotional and, possibly, financial hardship. While planning will be important, understand that many people are likely to experience increased social isolation and loneliness.

COVID-19 has also magnified existing disparities for low-income older adults. Internet coverage gaps — the so-called digital divide — are more prevalent in many places, especially low-income communities. These areas are often the last to get broadband and often at slower speeds, leaving these communities at an ongoing disadvantage.

If public sources of internet access such as libraries and commercial establishments close, regular phone calls will be increasingly important for friends and families to remain connected.

I asked my older neighbor across the street last week if she needed help with groceries and if she could pass along my phone number to her children, who live out of town, so they would have another contact on the same street as their mother. That personal interaction reminded me that COVID-19 is testing the bonds that connect us all. Reaching out to our friends, families and neighbors can help protect all of us from COVID-19 as well as social isolation and loneliness. Erwin Tan, M.D., is a director at AARP Thought Leadership. His areas of expertise include geriatric and integrative medicine, health longevity, volunteering and perceptions of aging.

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Enjoy the Sweetness of Autumn Vegetables

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

The fragrances of Autumn are distinctly different from those of Summer. We notice a crispness in the air and the smells of dried leaves, apples, or perhaps a wood fire. As it gets chillier you may, as I do, look for reasons to turn on the oven and bake to fill the house with warm spiciness, or even eat more warm-spiced foods.

Autumn harvests, including pumpkins and apples, are often fruits and vegetables seasoned with sweet spices like cinnamon, nutmeg and cloves, and you can enjoy a comforting, satisfying, nutritious and delicious snack or meal by trying them in various ways, not just the traditional high calorie pie or cake.

Get a full serving of vegetables into your morning by making this Spiced Pumpkin Parfait from www.thethingswellmake.com. Pumpkins (and other dark orange vegetables like butternut squash and sweet potatoes) are rich sources of potassium and beta-carotene, which converts to vitamin A. They also contain some minerals including calcium and magnesium, as well as vitamins E, C and some B vitamins.

Although canned pumpkin is the most convenient, if you have a pumpkin or butternut squash from the farmers' market or your own garden, you can easily make your own puree. Cut the squash or pumpkin in half, scoop out the seeds, lay it face down on a baking sheet and put into an oven preheated to 350 degrees. If cutting it in half is difficult, try microwaving the squash for 1 or 2 minutes to soften the shell. Bake for at least 30 minutes, then check for softness. The shell becomes thin and glossy looking when it's done. Scoop out the flesh and puree it by using a blender or food processor or even a hand masher!

Spiced Pumpkin Parfait

Mix ½ cup of pumpkin puree with ½ tsp. of cinnamon and 1/8 tsp of cloves. Add a drizzle of honey. Place half of the pumpkin mixture in a glass or bowl, top with a tablespoon of granola or toasted nuts, then a layer of non-fat plain Greek yogurt. Repeat the layers finishing with the spiced pumpkin, and maybe sprinkle some high-protein toasted pumpkin seeds on top. Enjoy!

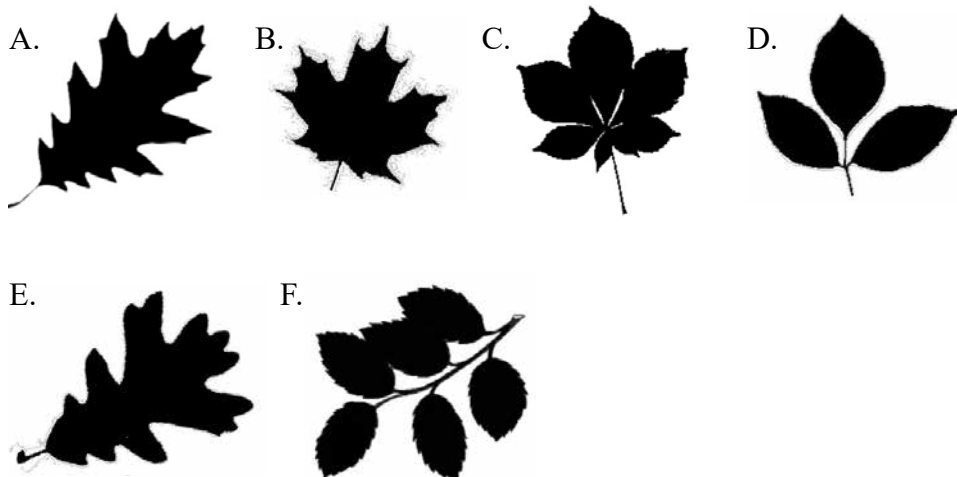
Cornell Cooperative Extension to Hold Zoom Classes

In October, Cornell Cooperative Extension will begin offering nutrition and healthy eating classes again, but online—as Zoom classes! As the weather turns cooler, tune in and join us for some delicious recipes and ideas for getting and staying healthy. If you are interested, contact Kathleen Cook via email at khc59@cornell.edu or call 607-222-5884 to arrange a class!

Autumn Leaves Quiz

As upstate New Yorkers know, Autumn's arrival means the changing of leaves from their spring and summer greens to rich hues of golden orange, deep crimson red, and bright, sunny yellow. Most of us appreciate their beauty—but do you know which trees they all came from? Test your knowledge of Autumn leaves found in New York State below. See how many you can name!

Answers on page. 11



Protect Yourself from the Flu- Get Vaccinated!



Influenza, commonly called “the flu,” is more than just a bad cold. The flu is a very contagious virus. It can cause symptoms such as fever, chills, body aches, sore throat, cough, and headache.

Flu can also cause serious complications, and some people are more at-risk of developing them, including adults age 65+ and people with chronic health conditions such as heart disease, diabetes, and asthma. Complications include sinus or ear infections, pneumonia, and sepsis. Hospitalization and death can result from influenza and its complications. Although each flu season is different, people 65 years and older account for about 90% of flu-related deaths and 50-70% of flu-related hospitalizations.

The best way to protect yourself is to get vaccinated every year. Get vaccinated early for better protection. The flu shot is safe, effective, and cannot give you the flu.

Your local Senior Centers will be offering the flu shot:

- Thursday, October 1, 11 am-1 pm: Johnson City Senior Center, 30 Brocton St, Johnson City
- Thursday, October 8, 11 am-1 pm: Vestal Senior Center, 201 Main St (Old Jr. High), Vestal
- Tuesday, October 13, 11 am-1 pm: North Shore Towers, 24 Isbell St, Binghamton

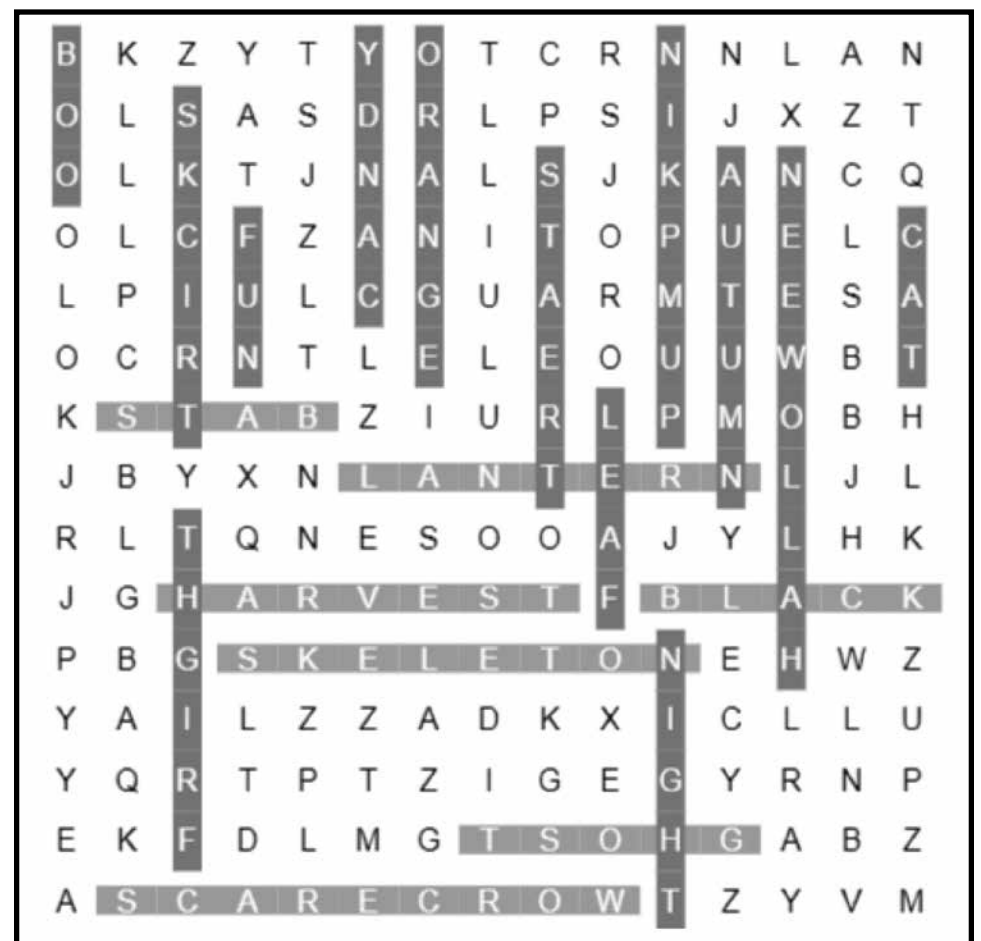
You can also call your healthcare provider to schedule your flu shot or get a flu shot at your local pharmacy.

For additional information, please consult with your healthcare provider or the Broome County Health Department at (607) 778-2839.

Just For Laughs

How does a leaf travel from one town to the next?
In an Autumn-mobile.

October Word Search Answers



Senior Center Contact Information

BROOME WEST	785-1777
2801 Wayne St., Endwell, NY 13760	
DEPOSIT	467-3953
14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)	
EASTERN BROOME	693-2069
27 Golden Lane, Harpursville, NY 13787	
FIRST WARD	729-6214
226 Clinton St., Binghamton, NY 13905	
JOHNSON CITY	797-3145
30 Brocton St., Johnson City, NY 13790	
NORTHERN BROOME	692-3405
12 Strongs Place, Whitney Point, NY 13862	
NORTH SHORE	772-6214
24 Isbell St., Binghamton, NY 13901	
VESTAL	754-9596
Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY	

Combating “Coronavirus Fatigue”

After several months of living with “the new normal” by wearing masks, practicing social distancing, and perfecting our handwashing routines, many of us are experiencing what doctors and other healthcare professionals are calling “Coronavirus Fatigue”. Simply put: people are understandably tired of dealing with and hearing about the virus. What’s not so understandable? Abandoning the common-sense approaches to keeping the virus at bay the Centers for Disease Control and Prevention (CDC) recommend we all follow. Though we may be tired of hearing about COVID-19 and everything related to it, it’s essential we remain vigilant by wearing our masks, avoiding large crowds, and washing our hands frequently. The winter season is just around the corner. For the next several months most of us will spend the majority of our time indoors, where research has shown the virus spreads more easily. This is why it’s more important than ever to follow recommendations and guidelines from public health officials. It’s a good idea to get in the habit of checking the CDC website once a month to see if updates or additional information on the virus is available. You can find CDC coronavirus information at this link: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

Other ways to stay up to date:

- You can reach the CDC’s information line at 1-800-232-4636.
- The New York State Department of Health provides information on the virus through their COVID-19 Hotline: 1-888-364-3065. This is also the number to use to arrange a test at the Binghamton University drive-through site.
- The Broome County Health Department also operates a hotline. Call (607) 778-8885.

Some Frequently Asked Questions About Coronavirus

- If I wear my mask, do I also have to keep 6 feet from others?

Bottom line: it’s a good idea – especially if you’re around those who are not part of your household. Wearing a facemask cuts down on the amount of droplets or spray we emit when talking, sneezing, laughing, coughing, etc. These droplets are the primary way COVID-19 and many other viruses spread. When you wear a mask, you yourself are not protected from infection; you’re helping to protect others from possible infection by limiting the amount of spray that gets into the air. Asymptomatic people, or those who do not appear to be sick, can still spread the virus. This is why it’s so important to wear a mask – you may have the virus and not even know it. When everyone wears a mask, there’s less potential for

coronavirus to spread.

Socially distancing is what helps protect you from catching the virus. Because masks don’t block 100% of droplets/spray, keeping 6 feet from others, even when everyone is wearing a mask, is a good rule to observe. The majority of the droplets we emit don’t go farther than 6 feet, so keeping this distance from others helps protect you from acquiring the virus.

Practicing both of these measures, while washing or sanitizing your hands frequently, will make you less likely to get the virus or give it to someone else.

- Is it really that important to wear a mask? I find them uncomfortable.

It’s true masks can be uncomfortable at times. However, Public Health Law, regulations put in place for the benefit and wellbeing of everyone, say we need to wear masks to prevent the spread of coronavirus. A good example of a Public Health Law is the ban on indoor smoking that went into effect several years ago. The threat and damage caused by second-hand smoke is what prompted the state to put a regulation in place designed to protect everyone’s health in a public space.

The situation with coronavirus is similar in that all of us risk catching the virus when we go out in public. Therefore, we should try our hardest to decrease the spread of the virus in our community by following guidelines like wearing a mask and washing our hands more frequently. It helps to think of wearing a mask as something we do for others, not ourselves, and hope others would do the same for us.

- Any other tips we should know about?

On Masks: The CDC does not recommend face shields as a substitute for masks, as they don’t substantially cut down on the amount of droplets released in the air. Likewise, masks with valves are not recommended – the valves actually increase the amount of spray we release. The CDC continues to recommend the use of cloth face masks.

If you or someone you know needs a facemask, please reach out the Broome County Office for Aging: (607) 778-2411

On Quarantining: If you’re asked to self-quarantine due to possible virus exposure, you must quarantine for the required amount of time. We’ve heard rumor that you can “test out” of quarantine, or use a negative test result to cut short or discontinue quarantine. This is not true. If you’re in a situation where you’re told to self-isolate, please follow all instructions and remain in quarantine for the mandatory amount of time (typically 14 days).

On Contact Tracing: Though COVID-19 is new – contact tracing is not. This is a method that has been used by state and local health departments for years to slow or stop the spread of infectious disease. Discussions with tracers help track cases of the virus and where it may turn up next based on the contacts an infected person recently had. Things a contact tracer will not ask you about: money, credit cards, your social security number, your banking information or your salary. If someone claiming to be a contact tracer calls you and asks about anything similar, your best bet is to hang up and call the Health Department Hotline: (607) 778-8885

We can all do our own small part in the fight against coronavirus. Resist “Coronavirus Fatigue” and keep washing your hands, avoiding large crowds, and wearing your mask!

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Pumpkin Spice Energy Bites

Total Time: 30 Mins

Yield: Serves 8 (serving size: 2 energy bites)

By Katherine Flynn

Pumpkin season is here but more importantly, pumpkin spice season! We aren't talking about lattes either. These bite-sized snacks pack in everything you love about pumpkin spice with natural warm flavors and fresh pumpkin puree. Don't stress making a pumpkin pie and save on the calories with these energy bites. Enjoy these as a grab-and-go breakfast or snack all throughout fall.

Ingredients

- 2 c. old-fashioned rolled oats
- 1 tbsp. ground flaxseed
- 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp each: ground allspice, cloves, and nutmeg
- 1/4 c. finely chopped pecans
- 2 tbsp. honey
- 2 tbsp. almond butter
- 1 tsp. vanilla extract
- 1/3 c. unsalted canned pumpkin puree
- 2 tsp. minced crystallized ginger

How to Make It

1. Stir together oats, flaxseed, salt, all of the spices, and pecans.
2. Stir honey, almond butter, and vanilla extract together. Mix with oat mixture until fully combined.
3. Stir canned pumpkin and crystallized ginger with oat and nut butter mixture until fully combined.
4. Using your hands* or a tablespoon measurer, form balls with the oat and pumpkin mixture. Let these sit in the fridge for 20 minutes to firm. Store the energy bites in your fridge in an airtight container for up to 4 days.

Chef's Notes

*If you use your hands, wet them first to prevent any of the mixture from sticking.

<https://www.cookinglight.com/recipe/pumpkin-spice-energy-bites>

Communicating Clearly While Wearing a Face Covering

Wearing a face covering is an important part of keeping you and others healthy right now. But they can also make talking to those around you more difficult. Face coverings can muffle sound. They can also hide important clues about the speaker's message and emotions. This can make it hard to understand speech, especially for those with hearing loss.

Millions of people in the U.S have hearing loss, including half of those older than 75. Now, more than ever, it's important to make an extra effort to communicate. Speak more clearly and louder than you normally would, without shouting. Reduce background noise when possible. Be aware that physical distance can also make hearing more difficult.

Make sure the person you're speaking with understands you. Ask and adapt if needed. You can also offer to use another method—a smartphone, paper and pen, or whiteboard—to get your message across. When it's essential that you understand spoken details, like at a doctor's appointment, consider bringing a friend or family member to help.

Face coverings can make communication challenging for everyone. But people with hearing problems often rely on lip-reading to understand what's being said. Consider using a clear face covering to make your mouth visible, instead of a cloth covering. With a little extra effort and problem solving, we can all communicate clearly while staying safe.

Source: NIH News in Health

Just For Laughs

Why do fish live in salt water?


Because pepper makes them sneeze.



Still Have Farmer's Market Coupons?

Did you receive a booklet of Farmers' Market coupons this summer, but didn't have the chance to spend them? There is still time. Coupons for the 2020 season may be used through November 30, 2020.

Contact your local farmers' market prior to your visit to make sure of their hours, and enjoy your locally grown fruits and vegetables!



Autumn Leaves Quiz Answer Key

A. Northern Red Oak
 B. Sugar Maple
 C. Horse Chestnut
 D. White Ash
 E. White Oak
 F. Beech



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MEET, GREET & EAT

October 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.

Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go.
Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of October.

			Roast Turkey 10/1 Mashed Potatoes Peas & Corn Pumpkin Cookie	Rotisserie Chicken 10/2 OR Salmon Patty w/Dill Sc. Seasoned Couscous Carrots Fresh Banana
Beef Stroganoff 5 Over Buttered Noodles Carrots Fruit Cup	Rotisserie Chicken 6 OR Halupki w/Tomato Sc. Mashed Potatoes Broccoli Strawberry Mousse	Pub Burger OR 7 Breaded Fish Sandwich Baked Beans Baked Potato Chocolate Pudding	Penne Pasta 8 w/Meatballs Spinach Applesauce Muffin	Broiled Fish w/Lemon 9 OR Swiss Steak Buttered Noodles Peas Cranberry Orange Bar
Meatball Sub 12 Wax Beans w/Parsley Fruited Yogurt Cup Snickerdoodle Cookie	Macaroni & Cheese 13 Italian Green Beans Stewed Tomatoes Frosted Banana Cake	Herb Rubbed Pollack 14 OR Herb Chicken Thigh Roasted Potatoes Carrots Cinnamon Apple Slices	Chicken Salad OR 15 Ham & Swiss Croissant Macaroni Salad Diced Peaches Double Chocolate Cookie	Chinese Pepper Steak 16 OR Lemon Pepper Pollock Mashed Potatoes Sonoma Blend Vegetables Mandarin Oranges
Bacon Cheddar 19 Omelet Bake O'Brien Breakfast Potatoes Fruit Cup Blueberry Muffin	Chicken Salad 20 Croissant Cottage Cheese Gelatin Chocolate Chip Cookie	Roast Turkey 21 Apple Bread Stuffing Winter Squash Pumpkin Crisp	Liver w/Onions OR 22 Rotisserie Chicken Mashed Potatoes Peas Pineapple Tidbits	Meatloaf w/Gravy 23 OR Broiled Fish w/Lemon Scalloped Potatoes Green Beans w/Mushrooms Lemon Poppyseed Muffin
Chicken a la King 26 Over a Biscuit Broccoli Florets Cinnamon Apple Slices	Meat Lasagna 27 w/Tomato Sauce Spinach Gelatin	Kielbasa w/Onions OR 28 Halupki w/Tomato Sc. Mashed Potatoes Peas & Carrots Fresh Banana	Spinach Parm Pollock 29 OR Herb Chicken Thigh Brown Rice Pilaf Sonoma Blend Vegetables Vanilla Pudding	Beef Stroganoff 30 OR Citrus Rubbed Pollack Seasoned Couscous Carrots Carnival Cookie

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



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

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

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

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