

"I felt too guilty at first when I called to get more information about the program. But I found out that I was offering my wife some quality time that I could not provide. I also learned that she needed as much space from me as I needed from her. This time away has really helped our relationship."

Mr. D.

*"If my father-in-law did not attend the Day Program, he would just sit in a chair all day long and sleep. The program keeps his mind working, and we are grateful."*

Mr. H.

"Dad didn't want to go to the first or second visit. But with the information that the program staff provided, we were able to get through the difficult beginning period. Now he loves going."

Mr. B

# Yesteryears

A Social Adult Day Program

Binghamton Site operated by  
Broome County Office for Aging in  
cooperation with the  
Binghamton Housing Authority



Funding provided by:

New York State Office for the Aging  
Broome County Office for Aging

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Broome County  
Office for Aging 

# Yesteryears

A Social Day Program for Adults



## Binghamton Site

24 Isbell Street  
Binghamton, NY

## Endwell Site

2801 Wayne Street  
Endwell, NY

**(607)778-2946**

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

**Broome County Office for Aging**



**Yesteryears** is an Adult Social Day Program & a Caregiver Respite program. The program provides structured activities and peer socialization for frail, isolated or memory impaired individuals.

## Hours of Operation

8:30 a.m. to 4:30 p.m.  
Monday through Friday  
Flexible drop off and pick times

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## For the Participant

Yesteryears can help participants regain self esteem, rekindle a sense of belonging and renew purpose through:

- ☞ Mentally stimulating activities
- ☞ Social interaction with peers
- ☞ New friendships
- ☞ Chair exercise & recreation

All activities are modified to meet the individual needs of each participant.

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## For the Caregiver

Yesteryears can help caregivers maintain balance in their life by offering:

- ☞ Support
  - ☞ Information on community resources
  - ☞ Respite from caregiving
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## Cost

Suggested contributions start at \$23.00/day. Includes both the program and a meal. No one is denied participation due to inability or unwillingness to contribute.

## Eligibility

- ☞ Eligible participants require assistance from another person in at least one of the following activities of Daily living: toileting, mobility, transfer, eating, or need supervision due to cognitive and/or psycho-social impairment. An assessment of the individual's functional capacities and impairments is done prior to enrollment.
- ☞ Participants are Broome County Residents age 60 and over.
- ☞ Able to participate in group activities



## Ways to introduce the idea to your loved one to come for an initial visit.

Refer to the Adult Day Program as a Senior Center, Social Club, Place to volunteer, Work, - however you wish to refer to an Adult Day Program.

Some people have a hard time adjusting to the idea of coming to an Adult Day Program. It can be stressful to go to a new place and visit with a group of strangers. But after a few weeks most

people adjust and really enjoy the social interaction with their peers.

If you are having a hard time convincing your loved one to attend, here are some suggestions other families have used.

- ☞ First, determine the best time to discuss the visit. Some people don't sleep the night before and work themselves into an agitated state if it is discussed too far ahead of time. Many families wait until that morning after the person is dressed and ready for the day to bring up the visit.
- ☞ Mention the fun activities, fellowship and good food!
- ☞ Discuss the productive aspects of the activities at the center. "There are people there that need your help." Go to volunteer to help others.
- ☞ Say: "Try it for a few weeks, if you don't like it we won't go anymore."
- ☞ Say: "This is Tuesday; it is the day you go to the social club" Don't ask if they want to go.
- ☞ Say: "They are expecting you. They already ordered your lunch."
- ☞ Explain that they need to socialize with others while you are busy running errands or working.