



Visit Our Website at www.gobroomecounty.com/senior



What Are You Drinking?

This edition of the Senior News features articles and tips on making healthy decisions regarding hydration.

Foster Grandparent Recognition Dinner



The Foster Grandparent Program held a recognition dinner for its volunteers on June 21st.

In 2022, Broome County Executive, Jason Garnar proclaimed June 21st as Foster Grandparent Day. The 35 Foster Grandparents in attendance received a citation from Broome County Executive Jason Garnar as well as a certificate of recognition from New York State Senator Lea Webb. In addition, they also received gift cards and an elegant dinner for supporting over 100 children in local elementary and early education classrooms. The staff at the Foster Grandparent Program and the Broome County Office for Aging are very grateful for the support and encouragement the volunteers provide to the children of Broome County.

Foster Grandparents are classroom volunteers that can work from 5 to 40 hours per week. Even though they are volunteers, income-eligible older adults are paid a stipend of \$4.00 per hour. To apply, you must be 55 or older, a Broome County resident and income eligible. If you are interested in joining the Foster Grandparent Program, call (607) 778-2089.

10 Reasons Why Hydration is Important

Drinking plenty of water is a simple, yet vital, part of maintaining good health, especially as we get older.

- 1. Improved brain performance**
Even mild dehydration—as little as 2% fluid loss—can affect memory, mood, concentration, and reaction time.
- 2. Digestive harmony**
If you don't drink enough water, you may experience irregular bowel movements, gas, bloating, heartburn, and other discomforts that can hurt your quality of life.
- 3. More energy**
A lack of fluids can also cause your heart to work harder to pump oxygen all throughout your body. All that expended energy can make you feel tired, sluggish, and less focused.
- 4. Weight loss/management**
Since it provides a sense of fullness, water can help you feel satisfied in between meals—instead of heading to the snack cupboard. It can also help boost your metabolism.
- 5. Decreased joint pain**
Did you know the cartilage in our joints contains approximately 80% water? Staying hydrated helps your joints stay well-lubricated, which helps reduce friction by creating more of a "cushion" between the bones.

Continued on Page 4



EASTERN BROOME
Date: Friday, August 11th
Time: 10:00 – 2:00 PM
Where: 27 Golden Ln., Harpursville
Phone # for Reservations:
 607-693-2069

FIRST WARD
Date: Wednesday, August 16th
Time: 9:00 – 2:00 PM
Where: 226 Clinton St., Binghamton
Phone # for Reservations:
 607-797-2307

DEPOSIT
Date: Tuesday, August 29th
Time: 10:00 – 2:00 PM
Where: 14 Monument St., Deposit
 Located inside the Christ Episcopal Church
Phone # for Reservations:
 607-467-3953

PRSRST STD
 U.S. POSTAGE PAID
 BINGHAMTON, NY
 PERMIT NO. 122

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/

HEALTH AND WELLNESS

ACTIVITY SCHEDULE

Chair Yoga

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

Monday 11:00 am First Ward Senior Center (Binghamton)

Beginner Gentle Yoga

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

Monday 9:30 am East. Broome Sr. Center (Harpursville) – no fee

Monday 9:30 am Johnson City Senior Center

Friday 10:00 am Johnson City Senior Center

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance. No fee for this class.

Mon, Wed & Fri 10:00 am First Ward Senior Center (Binghamton)

Mon & Wed 1:00 pm Johnson City Senior Center

Tues & Thurs 10:00 am Northern Broome Senior Center (Whitney Point)

Wednesday 10:00 am Broome West Senior Center (Endwell)

Line Dancing

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

Monday 10:45 am Johnson City Senior Center

Zumba

Low impact dance aerobics class. Based on dance moves choreographed to Latin and international music.

Tuesday 10:30 am Johnson City Senior Center (\$3)

Mon & Fri 9:30 am First Ward Senior Center (Binghamton) (\$3)

Low-Impact Aerobics

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

Thursday 10:00 am Johnson City Senior Center

Tai Chi

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

Thursday 1:00 pm Johnson City Senior Center

Friday 9:30 am Eastern Broome Senior Center (Harpursville)

Chair Exercise

Increase flexibility, range of motion and circulation. No fee for this class.

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

Tues & Fri 12:30 pm Johnson City Senior Center

Drum Exercise Class

Chair exercise using cardio drumming for seniors. No fee for this class.

Monday 1:30 pm Northern Broome (Whitney Point)

Virtual Zoom Classes

ZOOM Chair Exercises



Advanced registration is required for Zoom chair exercise.

To obtain more information and sign up, please call (607) 778-2411.

Mon., Wed. & Thurs 9:00 - 9:45 am

ZOOM Chair Drum Exercises

Tuesday 9:00 - 9:45 am

ZOOM Chair Yoga

Friday 9:00 - 9:45 am

Exercise equipment available daily at the following Senior Centers:
Broome West Senior Center, Northern Broome Senior Center,
First Ward Senior Center, Johnson City Senior Center

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

Celebrate National Senior Citizen Day

When? **Monday, August 21st**

Where? **Your Local Broome County Senior Center**

Enjoy a Delicious Lunch & Build Your Own
Ice Cream Sundaes for Dessert!

Lunch is a suggested contribution of \$3.50 for people age 60+
and a charge of \$4.50 for people under age 60.

Please make reservations by calling the Senior Center of your
choice by Noon on 8/18.



Walk with Ease

Session 1: Monday, September 11th – Thursday, October 19th

Outdoor session at Otsiningo Park

(Oakdale Mall in Johnson City on rainy days)

Session 2: Monday, October 23rd – Thursday, November 30th

Oakdale Mall, Johnson City

Monday, Wednesday & Fridays 10:00am to 11:00am

Join your walking coaches at the Oakdale Mall for this indoor 6-week walking program where you will learn fitness tips, meet new people, and step your way to a lasting walking routine.

- We will meet for 1 hour, 3 times per week inside the mall.
- Each participant will receive a guidebook and walking diary to log progress.
- We will learn how to exercise safely and comfortably while having fun.

Walk with Ease is an evidence-based program with several proven benefits, such as decreased pain, improved balance, and increased strength. As you develop a walking routine, you may also control weight, reduce stress, boost your energy, and much more.

Advanced registration is required for Walk With Ease. Space is limited. To obtain more information and sign up, please call (607) 778-2411. Remember to consult a healthcare professional before beginning this or any new exercise program.

**“Live in the sunshine, swim in the sea,
drink the wild air!”**

Ralph Waldo Emerson

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, August 7, 2023 **Time:** 1:00 - 2:30 PM

Location: Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

The Wayne Street Caregiver Chat: Participants can join in person or on Zoom.

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

Date: Wednesday, August 16, 2023 **Time:** 9:30 - 11:00 AM

Zoom address: <http://broome.zoom.us/j/5216124570?pwd=dWdrWW1PM25aMUFJYUtCWnowbGlydz09>

ID: 521 612 4570 **Password:** 037464

Join by SIP5216124570@zoomcrc.com

For questions on the Wayne Street Caregiver Chat, call **607-778-2946** or email Machelle.Spinelli@broomecountyny.gov

Evening Caregiver Chat Group:

Participants can attend via Zoom (same website link as above)

Join us at **6:30 PM** via Zoom on the following dates: Wednesday, August 23, 2023

To register please call Shellie Spinelli at **607-778-2946**

or email Machelle.Spinelli@broomecountyny.gov

SUMMER CAMP FOR SENIORS

Join us at Yesteryears for some summer fun! Our Summer Camp for Seniors will provide your memory impaired or isolated loved one with a wonderful social experience. Enjoy crafts, table games, exercise, and music in a safe and structured setting. Our climate-controlled environment helps beat the heat. Our welcoming staff will warm the heart. Participants experience improved quality of life and mood through social activities. Caregivers have the opportunity to take advantage of their own summer activities.

Schedule your meet-and-greet appointment today:

Call **(607) 785-0494** for 2801 Wayne St, Endwell

Call **(607) 778-2947** for 24 Isbell St, Binghamton



Taking Care of You - Dealing with Caregiver Guilt

Caregiving can be extremely rewarding, but all caregivers will eventually feel some degree of frustration, anger, and guilt. These are all normal emotional responses to an incredibly emotional journey.

As a caregiver, you may feel frustrated and angry at your chaotic life, or your lack of control over the disease's progression. Anger often evolves into guilt. You may feel like there isn't a light at the end of the tunnel, and have the guilty thought, "how much longer can this go on?" But understand, feelings can't be denied. They can however be changed to some degree by adjusting your perspective; for example, you may feel less frustrated with your loved one's acting out if you can remind yourself that they are not doing it on purpose, it is part of the disease.

Feelings can also be softened by certain self-care strategies. Journaling your feelings and daily relaxation techniques can be helpful. Identifying guilt triggers can also help. Does missing a child's activity make you angry, with guilt setting in as you are later abrupt with your loved one? Maybe you need to find a Plan B so you can balance caregiving with your other roles. Respite is a great strategy to reduce guilt.

Are you feeling guilty about thoughts of sending Mom to a care home because you can no longer do it all? The thing you need to remember is that there is a difference between caring and doing. You may love. You may care. But at some point, sooner or later, you won't be able to do it. And you need to figure out a way to live with that. Those "unable to do moments" may come in increments; today you may need a respite day and decided to send your spouse to day-care for the day. A month from now, you may need to incorporate day-care twice a week in your caregiving calendar. All of that's OK. The important thing is that you try and identify those points, those limitations you can't get beyond, prior to being confronted by them.

So how do you do that? First, get support. Join a support group, if possible focused on the disease stage of your loved one. Participate in the AlzConnected online support forum and read everything you can. Share your feelings and gain others'

Continued on Page 4

Events at the Centers



Broome West Senior Center

Friday, August 25th

Country Fair Day!

A variety of fair games, which include cornhole, ski ball, and pig toss. We'll round out the day with a cool, refreshing snack. Festivities begin at 10AM, Lunch is at Noon.

Please call to make reservations for Lunch by 8/24 at Noon.

Chenango Bridge Senior Center

Located in the First United Methodist Church of Chenango Bridge, 740 River Road
Wednesday, August 2nd

Splish, Splash, Senior's Beach Bash!

Join our beach themed party with

Entertainment by Mike's Jukebox

10AM – 2PM

Please call to reserve your meal.

Deposit

Tuesday, August 15th

Breakfast for Lunch!

11 – 12PM

Pancakes, Bacon, Scrambled Eggs,

Juice, Fruit, Coffee/Tea/Milk

Eastern Broome

Friday, August 11th • 9 – 3PM Lourdes Mobile

Mammography Van

in the Parking Lot

First Ward

Thursday, August 10th • 10:30AM

Craft Class: Crushed Tin Can Pocket Container

Cost: \$3

Please call to make your reservation.

Johnson City

Wednesday, August 2nd • 10 – 12PM

The Medicine Shoppe will be checking:

- Glucose
- Blood Pressure
- O2

Northern Broome

Friday, August 18th

Join us in celebrating Grandparents Day!

Entertainment by Johnny Only at 12:30PM

Face Painting 11 – 1PM

Craft Table to make Slime

Lots of games, prizes and more!

North Shore Towers

Thursday, August 3rd • 10:45AM – 12PM

Harmony Lane Band Playing until Lunch

For a meal reservation, please call prior to 8/2 at Noon.

Vestal

Tuesday, August 22nd • 5 – 7PM

Vestal Senior Center's 41st Anniversary

Evening Meal with Entertainment

by Harmony Lane

Please call to reserve your meal.

10 Reasons Why Hydration is Important

Continued from Page 1

6. Better temperature regulation

Drinking plenty of water helps you produce sweat when you're overheated during activity, which in turn cools your body down. This built-in cooling mechanism is critical in preventing heat stroke and other potentially deadly heat-related conditions.

7. Kidney stone prevention

Consuming adequate amounts of water each day can help dilute the concentration of minerals in your urinary tract and make stones less likely. Water also helps flush harmful bacteria from your bladder and can aid in preventing urinary tract infections (UTIs).

8. Healthier heart

When you don't drink enough glasses of water, it becomes concentrated, which can cause an imbalance of vital minerals (electrolytes).

9. Improved detoxification

Sufficient water intake supports your body's natural detoxification systems, which remove waste and harmful substances through urination, breathing, perspiration, and bowel movements.

10. Fewer headaches

Even a mild fluid loss can cause the brain to contract away from the skull, leading to headaches and migraines in some individuals. Being consistently well-hydrated may help keep head pain in check.

Source: <https://www.ncoa.org/article/10-reasons-why-hydration-is-important>

Taking Care of You - Dealing with Caregiver Guilt

Continued from Page 3

coping strategies. It will help. Another tip, **live in the day**; focus on any positives from that single day. Look for a sign of your loved one's remaining personality – perhaps a smile from hearing music – and connect with that. Prepare for, but don't dwell on the future. Don't just grieve for all the losses, but reflect on the good memories, maybe by sharing a photo album with your loved one and others. **Let go of unrealistic expectations.** "I should never take time off to enjoy a movie with friends when it upsets Dad so much," is just not realistic in the long haul.

Bottom line is to listen to your feelings and know they are normal. Focus on the helpful and positive differences you have made in your loved one's life, not on the things you didn't do. And remember, as the disease progresses and you find yourself no longer able to have your loved one at home, that isn't giving up. It is just a different way of caring.

Reprinted From: https://www.alz.org/blog/alz/may_2013/taking_care_of_you_-_dealing_with_caregiver_guilt

If you are interested in participating in a support group call Broome County Office for Aging at **607-778-2411**.

Grace's Place

Attention Caregivers:
Free Senior Respite is Provided
by Grace Lutheran Church

Date: The 2nd Saturday of Every Month **Time:** 1-4 pm
Location: Grace Lutheran Church, 709 Main Street, Vestal
Contact: (607) 748-0840 or email gracevestal709@gmail.com
Requirements: Guests should be able to eat and toilet independently.
To Register: Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

Scam of the Month

Door to Door Scams

Door to door scammers will knock on your door and offer to sell you something, this could be a good or service. These people often have watched the neighborhood prior to knocking on your door and specifically target seniors as they are home during the day. Some of the goods or services they may offer would be things like home repairs, paving, home inspections, security alarm services, or disaster relief.

Warning signs that a visitor may be trying to scam you:

- Demanding money upfront
- Cash only
- Too good to be true
- No permit to sell door to door
- Scaring you into buying something
- Verbal estimates only

Beware of any unexpected visitors, they may be part of a team, one of them could be used to distract you while the other steals from you. Do your research before hiring someone to do work at your home and consider a written contract to protect yourself.

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**.

"Water is the driving force of all nature."

Leonardo Da Vinci

CARFiT

Helping Mature Drivers Find Their Safest Fit



CarFit is a national program developed by AAA, AARP and the American Occupational Therapy Association and designed to give a quick, yet comprehensive check on how well an older driver and their vehicle work together using a 12-point checklist.

As we age, changes in our vision, flexibility, strength, range of motion and even size and height, may make us less comfortable and reduce our control behind the wheel. A CarFit Technician will ensure that all the features in your vehicle are correctly adjusted to you and your body, allowing you to receive the safety benefits from those features in the event of a crash. They will review things like proper seat belt use, steering wheel position, properly adjusted mirrors and much, much more!

Come join us and meet one-on-one with a trained CarFit Technician to ensure the safest "fit" for you and your vehicle. It's quick, it's easy and it's FREE.

Where: Broome West Senior Center
2801 Wayne Street, Endwell

When: Wednesday, August 22nd
10AM-12PM

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

Mark Your Calendar! Upcoming Community Events

38th Festival of Giants R/C Show

Chenango Bridge Airport, 247 Airport Road, Binghamton
Friday and Saturday, August 11th and 12th from 10am-5pm and Sunday, August 13th from 10am-3:30pm

The Binghamton Aeros are hosting this three day event at the scenic and historic Chenango Bridge Airport where you will see many of the largest Radio Controlled Aircraft from all over the East Coast. Some are as large as half the size of a real plane, with everything from giant biplanes to jets. Food and refreshments will be available. In support of CHOW (Community Hunger Outreach Warehouse), cash or non-perishable food item donations are requested.

Binghamton Aeros: 607-644-6873
<https://binghamtonaeros.webador.com/events>

2023 Binghamton Bridge Pedal

TechWorks, 321 Water Street, Binghamton
Saturday, August 12th
Register and pick up t-shirt at 8am; ride from 9-11am; post pedal party from 11am-noon

A fun, family-friendly 9.5 mile escorted bike ride in the parks, on the riverside trails, and on the streets of Binghamton. The ride will begin and end at TechWorks. Adults \$15, ages 60+ \$10, and ages 18 & under free. Register early to reserve your shirt size.

Info, call: 607-778-2443
<https://bmtsonline.com/bikeped/bridge-pedal>

Windsor Town Fair

Klumpp Park, 88 Park Street, Windsor
August 16-20, times vary

Carnival rides, car show & vendors, music & entertainment, food & fireworks. New this year is a rodeo, mutton bustin', and a parade float competition. The fair schedule was still being determined at the time of publication.

Questions can be directed to 607-242-3777 or 607-765-3302
<https://www.windsortownfair.com/>

Binghamton 2 Degrees: Live at Confluence Park Community Arts Festival

Confluence Park, North Shore Drive, Binghamton
Saturday, August 26th from 11am-3pm

Check out this free community arts festival where two of Binghamton's gorgeous rivers meet. The art exhibition will feature work by Southern Tier artists exploring the natural beauty of Broome County and how it will be impacted under 2 degrees of climate change. This family-friendly festival will include live music, art, and creative writing workshops. Sponsored by Binghamton University.

<https://www.binghamton.edu/centers/binghamton-2-degrees/live-at-confluence-park.html>

Kirkwood Town Fair

Kirkwood Veteran's River Park
8/10-8/12 (Thurs & Friday 6 pm-10 pm, Sat. 11 am-11 pm)
Carnival rides, car show & vendors, dog show, music & entertainment, food & fireworks.

Broome Bands Together

Otsiningo Park 6-8 pm
free admission: 8/1-Wildcard, 8/8-Storm Front, 8/15-The Shambles, 8/22 Beard of Bees and 8/29-Two Dollar Pistol.

Broome County Beach Bash at Cole Park

8/26-music, swimming, boating, yard games, food, entertainment, fireworks. BC Transit will be providing transportation from Binghamton to Cole Park starting at 2 pm.

For more information go to www.gobroomecounty.com/beachbash

Keep Your Cool in Hot Weather!

Learn about heat-related illness and how to stay cool and safe in hot weather.



Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States.

Take measures to stay cool, stay hydrated, and stay informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- High humidity. When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.
- Personal factors. Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

People aged 65 and older are at high risk for heat-related illnesses.

Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.

Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

Stay in air-conditioned buildings as much as you can. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles. Contact your local health department or locate an air-conditioned shelter in your area.

Sourced from: <https://www.cdc.gov/nceh/features/extremeheat/index.html>

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 13.

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



Life really can be Ideal!



A safe, caring community offering convenience and peace of mind

Are you looking for a living environment with all the comforts of home and none of the worries? Apartment life at **UHS Senior Living at Ideal** is just right for you.


Live in your own comfortable apartment on our quiet, pleasant campus on High Avenue in Endicott. Maintain your independence and enjoy the security and amenities that are all part of adult apartment living today. No matter how much your needs change as you grow older, our highly qualified UHS professionals and healthcare options are here for you.

The **Ideal Life** features:

- Studio, one- and two-bedroom apartments **AVAILABLE NOW!**
- Dining room-style meal service
- Library and computer room on campus
- On-site hair salon
- Access to transportation and social activities

(607) 786-7440
nyuhs.org

PAID ADVERTISEMENT



Eastern Broome Senior Center

Contact Arlene Noyes: 607-759-6306

August 18, 2023 - Beautiful: A Carole King Musical
Merry Go Round Theater, Auburn, NY
September 19, 2023 - Lake George Lunch Cruise

First Ward Travelers

Contact Liz W.: 607-222-8440

August 9, 2023 - Lake George Luncheon Cruise with Entertainment and time to shop.
September 18 – 21, 2023 - New Port, Rhode Island

Johnson City Senior Center

Contact Lucy 607-427-6143

Wednesday, September 6, 2023 (last day to sign up is 8/9)
Ithaca Wine Tasting & More
Tuesday, October 3, 2023 (last day to sign up is 8/14)
Penn's Peak – Tribute to Rod Stewart
October 11, 2023 (last day to sign up is 10/11)
Letchworth State Park

North Fenton Seniors

Contact Ruth: 607-648-8425

August 11, 2023 - Shawnee Playhouse "Joseph"
November 8, 2023 - Hunterdon Hill Christmas Show


Vestal Senior Center

Contact Nancy at 607-235-3842

September 27 – 28, 2023 (last day to sign up 8/16)
Jimmy Buffet's escape to Margaritaville and Moses
October 19, 2023 (last day to sign up is 9/6)
Germanfest at Silver Birches
November 30, 2023 (last day to sign up is 10/18)
Hunterdon Hill Christmas Show

Sick & Tired of Varicose Veins?

But You're Scared of Surgery?




"I had my veins done with Dr. Dohner. It was so easy, no down time. I am a waitress and I took the next day off of work, but I did not need to. The staff at New York Skin and Vein are incredible! I highly recommend going to see them."

-Julie S., Binghamton

If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, Have Rashes, Ulcers or Clots, then it's probably a Vein Problem that can be treated in less than an hour right in our office. You'll be back to work and play in a day!

All Treatments Covered by Insurance. We Accept Medicare & Advantage Plans!

Call For Your Appointment Today!



Dr. Eric Dohner
75 Pennsylvania Ave Binghamton
157 East Main St Norwich
607.770.1815

NEW YORK SKIN & VEIN CENTER

PAID ADVERTISEMENT



LGBTQ+ MEETING:

The next LGBTQ+ meeting will be August 16th 3-4PM at the Johnson City Senior Center
30 Brocton Street, Johnson City, NY 13790

Just For Laughs

What do two oceans do when they meet each other?
They wave.



Amanda VanFossen,
NYS Licensed
Hearing
Aid Dispenser



Amanda Levy, Au.D.
Doctor of
Audiology

Our hearing experts are here to serve you!

The entire staff at **Tri-City Hearing** is committed to giving patients the best hearing care possible. If you or a loved one is experiencing hearing loss, call the experts at Tri-City Hearing and trust your hearing to the best.

Services:

- Complimentary Digital Hearing Aid Demos
- Hearing Aid Repairs
- Hearing Aid Adjustments
- Complete Hearing Healthcare
- Accepting Most Insurances

Complimentary Hearing Screenings

Call us today to learn more about your hearing health!



200 Plaza Drive, Vestal, NY 13850
(888) 318-2789

PAID ADVERTISEMENT

Save Money on Gas – Try the OFA Mini Bus



With the increased gas prices driving your own car can be costly. The OFA Mini Bus is a reliable and safe option that allows older adults age 60+ to ride for a suggested contribution of \$2.00 per ride. Here is what you will need to utilize this transportation option:

- apply for an OFA ID Card by calling the Office for Aging at **607-778-2411** or visiting gobroomecounty.com/senior to complete the application online
- make a reservation up to one week advance by calling BC Transit at **607-763-8747**

The OFA Mini Bus covers the urban core of Brome County which includes much of Binghamton, Johnson City, Endicott, Endwell, Vestal, and parts of Conklin and Kirkwood. OFA Mini-Bus is a curb-to-curb service which means that the bus will pick you up near your home and bring you to your destination.

If you need travel training on how to utilize the OFA Mini Bus or further assistance exploring other transportation options please contact the Getthere Call Center at **1-855-373-4040**. The Mobility and Transportation Advocates at the Getthere Call Center are available Monday through Friday from 7AM until 7PM to help you determine what transportation option best meets your needs.



Join the Nature Walking Club

The Nature Walking Club invites you to join them for a new season of outdoor exploration. Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit. For the winter walks, we will stay on paved, plowed surfaces.

- **August 10th Binghamton University Nature Preserve in Vestal**
Meet at 10AM at the south end of Lehigh Avenue in Vestal.
- **August 24th Floral Park in Johnson City**
Meet at 10AM on the corner of Floral Avenue and Burbank Avenue in Johnson City.
- **September 14th Apalachin Marsh in Apalachin**
Meet at 10AM at the parking area on Rt 434 in Apalachin about 1/2-mile past Hilton Road.
- **September 28th Chenango Valley State Park Lily Lake**
Meet at 10AM at Tween Lake Pavilion (follow direction signs at park entrance).

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



Deposit Tuesdays!

Pick-up Locations:

- Meadow Park Apartments
- Deposit Foundation
- Other locations based on availability

Drop-off Locations

- Deposit Senior center (Christ Episcopal Church)
- Medical & Shopping (Binghamton)



To schedule a ride:

Call Getthere at **(855) 373-4040**
Monday- Friday from 7am-5:30pm
*for qualified individuals



Watermelon Gazpacho

Watermelon can be combined with savory ingredients for a surprising and refreshing twist in this simple and quick gazpacho recipe.



Ingredients

- 4 cups cubed, seeded watermelon (divided)
- 1 cucumber (peeled, coarsely chopped, divided)
- 1 clove garlic (minced)
- 2 tablespoons chopped onion
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- 1 tablespoon chopped fresh basil
- 1/8 teaspoon ground black pepper
- 1/2 jalapeño pepper, seeded and chopped (optional)

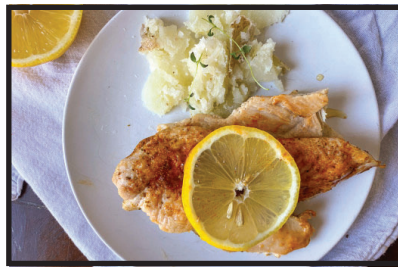
Directions

1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until puréed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho>

Apricot & Lemon Chicken

Why wait for dessert to enjoy your fruit? Make it a part of your meal in this main dish.



Ingredients

- 4 chicken breasts, boneless & skinless (medium)
- 1 teaspoon cumin
- 5 tablespoons apricot spread (about 1/3 cup)
- 1 fresh lemon, juiced
- 2 tablespoons water

Directions

1. Rub cumin over chicken and place in skillet.
2. Cook on medium-high for 6 minutes on each side, or until cooked through. Remove from pan and keep warm.
3. Add apricot spread, lemon juice, and water to skillet. On medium heat, stir until smooth.
4. Spoon sauce over chicken and serve warm.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apricot-lemon-chicken>

Laugh Break!

Who cleaned the bottom of the sea?
A Mer-Maid!

Avocado Breakfast Bruschetta

Start your day with a breakfast twist on classic bruschetta: avocados, tomato, hard-boiled egg, and ricotta with basil atop toasted rustic whole-grain bread.



Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped fresh basil (plus 2 tablespoons for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese (reduced fat)
- cracked black pepper to taste

Directions

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tsp. basil for garnish, gently toss the first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/avocado-breakfast-bruschetta>

Banana Walnut Oatmeal

If your bananas are turning ripe before you're ready to eat them or use them in a recipe that calls for very ripe or mashed bananas, pop them in the freezer and thaw before using. The peel will turn very dark, but the taste and texture of the bananas



will be recipe-ready when you are!

Ingredients

- 2/3 cup milk (non-fat, dry)
- 1 dash salt
- 2 3/4 cups water
- 2 cups oats (quick cooking)
- 2 bananas (very ripe, mashed)
- 2 tablespoons maple syrup
- 2 tablespoons walnuts (chopped)

Directions

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-walnut-oatmeal>

Affordable Senior Independent Living



Housing • Management • Development

53 Front Street, Binghamton, NY 13905
Phone: (607) 723-8989 • TDD: (607) 677-0080
www.seppinc.com

- Creamery Hills Apartments
Richford, NY (607) 844-8229
- Hamilton House Apartments
Binghamton, NY (607) 724-6102
- Harry L Apartments
Johnson City, NY (607) 217-7332
- Marian Apartments
Endwell, NY (607) 785-5223
- Nichols Notch Apartments
Endicott, NY (607) 754-0579
- Watkins Glen School Apartments
Watkins Glen, NY (800) 838-0441
- Wells Apartments
Johnson City, NY (607) 797-8862
- Whitney Point Apartments
Whitney Point NY (607) 692-2609
- Windsor Woods Apartments
Windsor, NY (607) 655-4191

Housing with a Heart



PAID ADVERTISEMENT



Main Office:
99 Corporate Drive
Binghamton, NY 13904
607-723-9511
www.CGLawOffices.com

Branch Offices In:

Bainbridge | Cortland | Hancock | Ithaca | Montrose | Owego | Walton |

1-877-COUGHLIN

- ESTATE PLANNING: Wills, Trusts, Powers of Attorney, and Tax Planning
- ESTATE ADMINISTRATION: Probate & Administration, Judicial and Informal Accountings, Surrogate Court Proceedings, Estate Taxes
- ELDER LAW: Basic Planning, Asset Preservation, Medicaid Planning, Living Wills and Health Care Proxies, Long-term Care, Guardianships, Planning Insurance, Medicare / Medicaid Advice

PAID ADVERTISEMENT

IS NOW THE TIME TO *Sell* OUR HOME?

- ✓ Seller's Market
- ✓ Prices are at an ALL-TIME HIGH
- ✓ Buyer Saturated Market
- ✓ MORE for your property!
- ✓ Short Answer - YES!!!!



HELPING PEOPLE SELL THEIR HOMES FOR OVER 35 YEARS.

"DIAL DIANE" FOR A FREE CONSULTATION
(c) 607-760-4774

DIANE K. WHITE
LIC. RE ASSOCIATE BROKER

Diane is a Seniors Real Estate Specialist (SRES) that is an expert in helping seniors like us sell their homes. Let's Dial Diane for a free consultation and see how she can help us!

Dialdiane@warrenhomes.com

3456 Vestal Parkway East
Vestal, NY






PAID ADVERTISEMENT

Participants Needed for a Binghamton University Project Exploring the Value of Robotic Companion Pets



If you are an older female currently residing in the community, consider joining a Binghamton University Research Project. John Suk-Young Kang, an associate professor at Binghamton University Department of Social Work is recruiting female participants who are 65+ for a research project that explores **the potential benefits of companion robotic pets on the quality of life among community-dwelling older women.** This research project will also explore the technology-related predictors of emotional well-being.

The research project consists of the following phases:

- Phase 1: Interested participants will complete the screening survey that will determine eligibility for participation in this research project and whether or they are eligible to receive a robotic companion pet. Everyone who returns a completed survey will be mailed a \$5 Walmart or Target gift card. A pre-paid envelope will be provided to return the survey. This screening mail survey has questions about physical and mental health as well as information about age, income, education, etc. All answers in the survey will be kept confidential and will only be used to evaluate eligibility to receive a robotic companion pet.
- Phase 2: Participants who completed the screening survey in Phase 1 will be notified if they are eligible to receive a robotic companion pet. Approved participants will be able to choose between a robotic cat or dog and will complete a pre-test survey before a robotic companion pet is provided to them. About a month after receiving the robotic pet, participants will be asked to complete the post-survey. Participants will be eligible for a total of \$20 in gift cards for the completion of both the pre-and post-surveys. These pre-and post-surveys will be conducted either by phone or by face-to-face interview.

Participation in this study is voluntary. If you have any questions or to enroll in this research project, please contact Dr. Kang at Binghamton University: (607) 777-9156 or 480-209-5718.



BLOOMING HEALTH

NEW AUTOMATED ALERT SYSTEM!

Broome County Office for Aging has access to the Blooming health platform that is used to send timely information and alerts about upcoming events, activities and closings. If you enroll, you can receive program alerts via phone calls, text messages or emails for free.

Key Benefits

- Receive timely reminders so you don't miss your favorite wellness programs or dining site announcements.
- YOU choose how to receive these reminders (voice calls, emails, or text messages)
- Answer surveys to express your aging needs and feedback on Broome County Office for Aging services.



How To Sign Up:

607-778-2411

ofa@broomecountyny.gov

Speak to a staff person at your senior center who can give you a consent form to enroll.

You can dis-enroll from participating at any time by calling 607-778-2411.



Hi Mary!
You have an appt. on 8/6 at 2:30pm.

Woodburn Court 1 Apartments

Senior Housing
21-23 Exchange St.
Binghamton, NY 13901
Call: (607) 723-7875
TDD: 711 Relay
www.wingateapartmenthomes.com

Now accepting applications!

- 148 One Bedroom Apartments
- Project-Based Section 8
- Elevators
- Secure Building
- Gated Parking Lot
- 24-Hour Maintenance

Under new management, proudly by Wingate!



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



PAID ADVERTISEMENT

Look What's Happening at the Centers!

BROOME WEST (607) 785-1777

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9:00 am - 3:00 pm

Lunch served at 11:45 am

Weekly Activities

Monday – Friday: Gift Shop, 10 am – 2:30 pm

Monday: Bonebuilders, 9:30 am; Hand and Foot Card Game, 12:30 pm

Tuesday: Quilting, 9:30 AM; Bonebuilders, 9:30 AM;

Hand and Foot Card Game, 12:30-2:45 PM

Wednesday: Bonebuilders, 10 AM; Canasta, 1-2:45 PM;

Floor Shuffleboard, 1-2:30 PM

Thursday: Wii Bowling, 9:30 AM; Chair Exercises, 10:30 AM;

Chair Yoga, 1-2:00 PM

Friday: Mahjong, 12:30 PM; Ping Pong, 1 PM

Special Activities

8/4 Presentation by historian Jack Shay 11AM

8/7 Breakfast for lunch, 10:30 - 12PM

8/7 Nutrition Education with Kathleen Cook 12PM

8/8 Downsize and Declutter 3PM

8/10 Art Technique 9:30AM

8/11 Trivia the Wright Way with Johnny Only 11AM,
Birthday Celebration 1PM

8/14 Groovy Grillin! Grilled Ham and Cheese Sandwich
with Soup 11:30AM, Special Guest: Marian Tewksbury 11AM

8/15 Evening Meal 4:30PM with musical entertainment
by Friday at Fred's 5:30PM

8/16 Caregiver Chat 9:30 AM

8/17 Site Council Meeting 10AM

8/17 Canvas with Karlie, painting class 9:30AM Reservations required.

8/18 Eileen Patch presents Art and Music 1PM

8/21 National Senior Citizen Day Luncheon 12PM
Entertainment by Greg Neff 11AM

8/22 CarFit 10 - 12PM

8/24 Canvas painting class to finish projects 9:30AM

8/24 GFJ Tech Class 11AM

8/25 Country Fair Day! Games played at 10AM

8/28 Pulled Pork Day 12PM with musical entertainment 11AM

NORTH SHORE (607) 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00 am - 2:00 pm

Lunch served at Noon

Weekly Activities

Monday: Bingo or Shuffleboard, 10-11:30 am

Tuesday: Wii Bowling, 10-11:30 am

Wednesday: Crafts & Gardening, 10-11:30 am

Thursday: Wii Bowling, 10-11:30 am

Friday: GREED – Dice Game, 10-11:30 am

Special Activities

8/1 Donation collection starts for "Back to School" backpack raffle

8/2 Splish, Splash Seniors Beach Bash Party

8/3 Harmony Lane Band Playing 10:45AM – 12Noon

8/8 Resident's Association Meeting 10AM

8/10 National Smores Day – come in for a goodie 10:30AM

8/14 National Creamsicle Day 10:30AM

8/16 Nutrition w/Kathleen from CCE: Learn the value of preserving
food and food safety tips 10:30AM

8/21 National Senior Citizens Day, come in for lunch and Ice Cream Sundaes!
Visit with our Therapy Dog Ellie

8/23 Board Games 10AM

8/30 Rummy Cubes 10AM

CHENANGO BRIDGE (607) 663-0406

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

Center Hours: Wednesdays and Fridays, 10 am - 2 pm

Lunch is served around Noon 607-663-0406

Weekly Activities:

Wednesday: Mahjongg 10:00 am; Chair Dance 11:00 am-12:00 pm

Fridays: Mahjongg 10:00 am; Chair Dance, 11:00 am

Special Activities

Wednesday and Friday - Sit Down Chair Dancing: Join us for some low impact sit down dancing, great for arthritis, and sore joints. Enjoy listening to music when exercising. YOU DO NOT NEED EXPERIENCE! 11AM

8/2 Splish, Splash, Seniors Beach Bash! Entertainment
by Mike's Jukebox 10AM – 2PM

8/4 Chocolate Cookie Day! 12PM Enjoy a delightful treat.

8/9 Clover Chat 1PM

8/9 BINGO 10:30AM

& 8/25

8/11 CCE Nutrition Education with Kathleen Cook 10:15AM

8/18 Bringing Back the 60s! Dance and listen to the oldies with us.
10 – 2PM

8/21 National Senior Citizens Day Luncheon

8/30 S'Mores Day! After Lunch (Lunch is served around Noon)

JOHNSON CITY (607) 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Thurs 9:00 am - 4:00 pm; Fri 9:00 am - 2:00 pm

Lunch served at 11:45 call 607-797-1149

Weekly Activities

Monday: Bingo Board Sales, 12:30-1:30PM: PM Games Played
1:30-4:30PM; Guitar Group, 9am – 12 pm (\$2);

Watercolor Painting, 9:30 am – 11:30 am (\$3); Gentle Yoga,

9:30 am – 10:30 am (\$3); Line Dancing, 10:45 am – 11:45 am (\$3);

Knitting and Crocheting, 11:30 am – 1:30 pm(no fee);

Bonesavers, 1 pm – 2 pm

Tuesday: TOPS, 9 -11 am; Zumba, 10:30-11:30 am (\$3);

Chair Exercises: Stretch DVD, 12:30 – 1:15 pm (no fee);

Table Shuffleboard, 12:30 – 3:00 pm (\$1); Drawing Class, 1-2 pm (\$3)

Wednesday: Quilting, 9-11:30 am; Bridge, 10:30 am – 2:30 pm;

Penny Bingo for Fun, 12:30-3 pm; Progressive Pinochle, 12:30-3 pm;

Mahjong and Beginners Mahjong, 1 pm; Bonesavers, 1-2 pm

Thursday: Guitar Group, 9 am-12 pm (\$2); Oil Painting, 10 am-1 pm

(\$3); Low-Impact Aerobics, 10-11 am (\$3);

Spiritual Seminar w/Rev. Hilda, 10-11 am;

Relaxation & Meditation, 11 am (call to reserve); Tai Chi, 1-2 pm (\$3)

Friday: Gentle Yoga, 10-11 am (\$3);

Ladies' Singing Group, 10:30-11:30 am;

Chair Exercises: Stretch DVD, 12:30-1:15 pm (no fee)

Special Activities

8/2 National Ice Cream Sandwich Day!

Join us for an ice cream sandwich anytime today!

8/2 The Medicine Shoppe (glucose, blood pressure & O2 checks)
10 – 12PM

8/4, 11, 25

Poetry Group 12:30PM

8/7, 14, 21, 28

Bingo, Board Sales 12:30 – 1:30PM Games Played 1:30 – 4:30PM

8/7 Stay Healthy Caregiver Support Group 1 – 2:30PM

8/9 Book Club 3 – 4PM (The Story of Arthur Truluv by Elizabeth Berg)

8/10 & 8/11

AARP Driver Safety 1 – 4:15. Call to register.

8/16 LGBTQ+ Senior Social Group 3 – 4 PM

8/21 National Senior Citizens Day Luncheon

8/17 Legal Aid 9 – 12 PM. Call for appointment.

8/23 Haircuts (\$20, by appointment) 10 - 11:30AM

8/23 Save It Now, Savor It Later: The Value of Preserving Food &
Food Safety (Cornell Cooperative Extension) 11:30 – 12:30PM

Laugh Break!

Where can you find an ocen with no water?

On a map!

EASTERN BROOME (607) 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9:00 am - 2:30 pm**Lunch served at Noon****Breakfast Made-To-Order:** Tues, 8 - 9:30 am**Weekly Activities****Monday:** Yoga, 9:30 am; Shuffleboard (call ahead), 9 am**Tuesday:** Breakfast, 8-9:30 am; Music Jam, 10 am;

DMV Mobile (By Appt.), 9 am – 1 pm

Wednesday: Crafters' Group, 9-11 am; Wood Burning, 9-11 am;

Music Jam, 10 am; Billiards, 10 – 11:30 am

Thursday: Bingo for Prizes, 10-11:30 am; Painting Group, 9-11 am**Friday:** Shuffleboard ahead to sign up), 9 am; Gentle Tai Chi, 9:30 am**Special Activities**

8/11 Eastern Broome Senior Picnic 10 – 2PM

8/11 Lourdes Mobile Mammography Van in the Parking Lot 9 – 3PM

8/12 Site Council Fundraiser/Outreach at the Afton Arts and Crafts Festival

8/16 AARP Safe Driver Class 2 – 9PM Please call to reserve your spot!

8/21 National Senior Citizens Day Luncheon

8/27 Light Refreshments at the Gazebo with entertainer Ryan Wilson 6PM

VESTAL..... (607) 754-9596

201 Main St, Box #4, Vestal, NY 13850

Located in Old Vestal High School Cafeteria

Center Hours: Mon - Fri, 9:00 am - 2:00 pm**Lunch served at 11:45am****Weekly Activities****Monday:** Hand and Foot Card Games, 9 am**Tuesday:** Pinochle (new players welcome), 9 am**Wednesday:** Knitting, 9:30 am; Sandwich Bar, 11:15 am (reservations appreciated); Bridge (new players welcome), 12 pm;

Oil Painting, 1 pm

Thursday: Card Group, 9 am; Bingo, 10 am; Ice Cream, 12 pm**Fridays:** Mahjong, 9 am; Chef Salads, 11:30 am (reservations required)**Special Activities**

8/2 Beach Bash! Come join us for beach drinks and treats. Harmony Lane will perform after lunch! 10AM

8/7 & 8/21

Chop and Chat. Please call to reserve your spot. 10AM

8/9 Town of Vestal Library Tech Help Day 10AM

8/14 & 15

AARP Driver's Safety Course. Please call to reserve your spot. 10AM

8/16 Vestal Senior Club Trip Signup for Lancaster 9 – 11AM

8/21 National Senior Citizens Day Luncheon

8/22 Vestal Senior Center's 41st Anniversary Evening Meal with Harmony Lane 5 – 7PM

8/23 Cornell Nutritional Education 10:15AM

8/25 Pizza or Chef's Salad Day 11:15AM

8/25 Bunko 12PM

8/29 Craft Day: Marbled Mugs. Please call to reserve your spot.

**Downsize & Declutter Discussion
Tuesday, May 9th at 3:00 PM****Meet In-Person at Broome West Senior Center or Remotely on Zoom****3 Steps Before You Declutter**

If you know your house needs some decluttering, follow these steps.

1. Gather up the trash.
2. Gather up the recyclables.
3. Gather up any items that need to be put away.

If your house doesn't need this process, take a long look and ask, "what would help me with my clutter?" Then join us at the monthly Declutter Discussion on Tuesday, May 9th at 3:00 PM or on Zoom. To attend the Zoom, contact Joan Sprague at spraguejm@verizon.net.

Pre-registration is not necessary unless you have a question or need the Zoom link. For more information, please call Joan at (607) 754-1230 or email spraguejm@verizon.net.

NORTHERN BROOME (607) 692-3405

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Mon - Fri, 9:00am - 3:00pm**Senior Center Store:** 9 am – 3 pm**Lunch served at Noon****Soup and Sandwich Bar:** Mon-Fri, 11:30 am – 12:30 pm**Breakfast for Lunch:** Thursday, 10:30 am**Weekly Activities****Monday:** Bingo, 10:30 – 11:30 am, Drumming, 1:30 pm**Tuesday:** Osteo Bonesavers Class, 10 – 11 am; Wii Bowling, 10 am**Wednesday:** Weight Loss Group – "Choose to Lose" 9:30 am;

Sewing, 10:30 am; Bridge, 12 pm; Shuffleboard, 10 am

Thursday: Pitch, 9:00 am; Osteo Bonesavers Class, 10 – 11 am;**Friday:** Bingo, 10:30 – 11:30 am; Knitting, 1 – 3 pm;

Nurse Michelle - check Glucose, Blood Pressure, and Oxygen, 9 am

Special Activities

8/1 & 8/15

Golden Agers 12PM

8/12 Garage Sale in our Parking Lot! 9 – 2PM

8/18 Grandparents Day! Come celebrate. Starts at 10AM.

8/21 National Senior Citizens Day w/Ice Cream Sundaes! Enjoy a sundae with lunch. 12PM Call for meal reservation.

8/29 Evening Meal Bingo 4:30PM, Bingo 5:15PM

The Northern Broome Senior Center is looking for volunteers to help with meal service. Volunteers are needed M-F from approximately 11 – 1PM, talk with Heather about joining our team!

FIRST WARD (607) 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:30 am - 3:30 pm**Lunch served at 11:45 am call 607-729-6214****Weekly Activities****Monday:** Chair Yoga, 11 am (\$5); Penny Bingo, 12:30 pm**Tuesday:** Knitting & Crocheting, 9 am; Shuffleboard, 9 am;

Progressive Pinochle – Looking for New Players, 11:30 am;

Int. Mah-Jong, 12:30 pm

Thursday: Sewing, 9 am**Mon, Wed & Fri:** Bonesavers, 10 am**Mon & Fri:** Zumba, 9:30 am (\$3); Texas Hold'em, 12:30 pm**Wed & Fri:** Ceramics, 9 am**Special Activities**

8/1,15 Reiki, Chakra, Card Readings or Foot Reflexology 10 – 11:30AM

8/3 Executive Board Meeting 9:30AM

8/10 Crushed Tin Can Pocket Container Craft 10:30AM \$3
Reservations required.

8/11 Cornell Co-Op Presentation: Smart Energy Choices 12PM

8/14 Legal Aid 9AM (Please call for an appointment)

8/15 Nutrition Education w/Cornell Co-Op Presentation: Value of Freezing and Preserving Food Safely 12PM

8/15 Chop & Chat 1 PM (Please call to reserve your place at least one week in advance.)

8/16 Senior Picnic! Vendors from 9 – 11AM, Lunch at 11:45AM and Music by Friday at Fred's from 12 – 2PM

8/17,18 AARP Driver Safety 9 - 12:15PM

(Advanced registration required, please call to sign up.)

8/21 National Senior Citizen Day Luncheon
w/musical guests Dan and Lea at 12PM

8/22 Chop & Chat 1PM

(Please call to reserve your place at least one week in advance.)

DEPOSIT (607) 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tues & Thurs, 10:00 am - 2:00pm**Lunch served at 12:30 pm****Weekly Activities****Tuesday:** Balance/Strength for Seniors, 11:00 AM – 11:30 AM**Thursday:** Wii Games, 10:30 AM – 12:30 PM**Special Activities**

8/15 Breakfast for Lunch! 11 – 12PM

8/21 National Senior Citizens Day Luncheon

Spilling the Beans:

How Much Caffeine is Too Much?

According to scientists at the FDA, caffeine can be part of a healthy diet for most people, but too much caffeine may pose a danger to your health.



Do you drink just one cup of coffee or tea first thing in the morning, hoping the caffeine in it will jump-start your day? Do you follow it up with a caffeinated beverage or two and then drink several more cups of coffee throughout the day?

According to scientists at the FDA, caffeine can be part of a healthy diet for most people, but too much caffeine may pose a danger to your health. Depending on factors such as body weight, medications you may take, and individual sensitivity, "too much" can vary from person to person.

Learn more about caffeine in the following questions and answers.

1. Which kinds of foods and beverages contain caffeine?

Caffeine can be found naturally in the plants we use to make coffee, tea and chocolate. Caffeine may also be added as an ingredient to foods and beverages.

2. How do you know how much caffeine a food or beverage contains?

Many packaged foods, including beverages and dietary supplements containing caffeine, voluntarily provide information on the label as to how much caffeine they contain. Consumers should take care when consuming for the first time a new packaged food containing added caffeine if the amount of caffeine in the food is not declared on the label.

For reference, a 12 ounce can of a caffeinated soft drink typically contains 30 to 40 milligrams of caffeine, an 8-ounce cup of green or black tea 30-50 milligrams, and an 8-ounce cup of coffee closer to 80 to 100 milligrams. Caffeine in energy drinks can range from 40-250 mg per 8 fluid ounces.

3. If a coffee or tea says "decaffeinated," does that mean it contains no caffeine?

No. Decaf coffees and teas have less caffeine than their regular counterparts, but they still contain some caffeine. For example, decaf coffee typically has 2-15 milligrams in an 8-ounce cup. If you react strongly to caffeine in a negative way, you may want to avoid these beverages altogether.

4. How much caffeine is too much?

For healthy adults, the FDA has cited 400 milligrams a day—that's about four or five cups of coffee—as an amount not generally associated with dangerous, negative effects. However, there is wide variation in both how sensitive people are to the effects of caffeine and how fast they metabolize it (break it down).

5. How do you know if you've consumed more caffeine than you can tolerate?

Over-consuming caffeine can cause:

- insomnia
- jittery
- anxiousness
- fast heart rate
- upset stomach
- nausea
- headache

6. Is drinking a lot of caffeine a substitute for sleep?

No. Caffeine is a stimulant, which may cause you to be more alert and awake, but it is not a substitute for sleep. Typically, it can take 4 to 6 hours for your body to metabolize half of what you consumed. So, a cup of coffee at dinner may keep you awake at bedtime.

Sourced from: <https://www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much>

2023-2024 Home Energy Assistance Program

All households that received a Regular HEAP benefit in the 2022-2023 program year should receive an application in the mail automatically. As in past years, we anticipate that applications will be mailed out during the last week of August. Even if nothing has changed in your household or income, you still must submit a new application each program year. While returning applicants can apply before the program opens to new applicants, benefits will not be issued until the program officially opens in the fall.

As of the deadline for submitting content for this issue of the Senior News, the opening date of the Regular HEAP program for new applicants has not been announced. The 2023-2024 household income guidelines have also not been released. Once income guidelines are known, they will be published in the Senior News.

When HEAP opens, there are several ways for new applicants to apply. You can apply online at www.mybenefits.ny.gov. To apply with a paper application, the following agencies accept applications:

Broome County Office for Aging (OFA) accepts applications for regular HEAP for homeowners and renters who are age 60 or over and for those who receive disability income, either Supplemental Security Income (SSI) or Social Security Disability (SSD).

If you are new to HEAP (over age 60 or receiving permanent disability income) and would like to receive an application in the mail when the program opens, please call the Office for Aging HEAP application hotline at 607-778-2063 and leave a message with your name and address.

The Career & Community Services Center of Broome County (The CCSC) accepts applications for homeowners and renters under age 60 and not disabled. Once the official HEAP season opens, you can call 607-778-1100, option 6 to request an application.

*Please note that households receiving ongoing Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not need to apply.

If you have questions or would like to learn about other financial benefits you may be eligible to receive, call the Office for Aging at 607-778-2411.

**"Breathe in the
sweetest that hovers
in August."
Denise Leverton**


METRO Interfaith Housing Management
The Key to Housing in Greater Binghamton Since 1968

**Elderly/Handicapped Housing
772-6766**

Licensed Enriched Housing Provider

- Metro Plaza Apartments
110 Chenango Place
- Lincoln Court Apartments
21 New Street

www.metrointerfaith.org

 HUD Housing
Counseling Agency
(607) 723-0582 

PAID ADVERTISEMENT

HAIR @ HOME
Attention Men and Women!

A licensed hairdresser will come to you and do your hair in the convenience of your own home!

Reasonable Prices!

-Shampoo/Cuts

-Shampoo/Set

-Perms:

-Highlights

-Color

-Manicures

Call Barb

Wittig for

appointment:

(607)862-3450

No charge for travel!



PAID ADVERTISEMENT

Sudoku Answers

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



**DIVISION OF SOLID WASTE
MANAGEMENT**

Recycling Tip:

Black plastics cannot be properly recycled due to the coloring. The machines at the materials recovery facility separate plastics by bouncing beams of light off them; on occasion, the black plastic absorbs the light, and it does not get properly separated. Also, black plastics contain an unregulated amount of chemicals that can contaminate other plastics when broken down.

In this instance, the trays and take-out containers are not recyclable because they are contaminated by food. All take-out containers are considered garbage, even if they are not black, due to food contamination.

The thick paper trays to carry cups, like the paper egg cartons, are not recyclable.

**Technology Classes to Help Older Adults
Become Tech Savvy**

Join classes offered through the George F. Johnson Library in Endicott in the month of August!

Library 101 - Tuesday, August 22nd at 6 PM

In this class, we will review how to use the library's online catalog, how to access your account information online to place holds, renew, see checkout history, and more! A guided tour of the library and its facilities will also be conducted after the class.

To join virtual classes, visit: www.gfjlibrary.org/tc

For specific dates and times please contact the Library at (607)-757-5359 or email: gfjtechcenter@gmail.com

We'll be offering many other FREE in-person and virtual tech classes, as well as **one-on-one tech help**, throughout August. Contact us at 607-757-5359 or gfjtechcenter@gmail.com for more information!

George F. Johnson Memorial Library
1001 Park St.
Endicott, NY 13760

The library has multiple classes you can watch on your own time. Visit <https://www.gfjlibrary.org/tc/on-demand-virtual-learning/> to view the options.

One-on-One Technology Assistance

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

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

**YOU CAN
SAVE a LIFE
WITH a SPRAY**



Help save lives.
CARRY NALOXONE.
HealTogetherNY.org/Broome



**Elder Law • Asset Protection
Long Term Care Planning**

Handicapped Access

Free Parking

Certified Elder Friendly

Elder Care Coordinator on staff assisting our attorney team

**450 Plaza Drive, Vestal, New York
LGTLegal.com • 607.763.9200**

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.

Labor is provided free of charge to eligible home owners.

- Leaky Faucets
- Safety Devices
- Railings
- Locks Installed
- Porch & Stair Repair
- Wheelchair Ramps
- ...And More

Call (607) 772-2850 For Details



1. Drink More Water

When you are thirsty, reach for water first! Water helps you stay hydrated without adding calories. Try these tips to drink more water:
 Carry a reusable water bottle to refill during the day.
 Keep a cold pitcher of water in the front row of your refrigerator.
 Try unsweetened sparkling water if you like bubbles.
 Add fruit or herbs to your water for a fresh flavor.



2. Choose low-fat or fat-free milk or dairy alternatives



Milk is a good way to get calcium and other important nutrients. Choose low-fat (1%) or fat-free (skim) milk instead of whole or 2% milk that has more saturated fat – and too much saturated fat can raise your risk of heart disease.
 If you're lactose-intolerant, you can try lactose-free milk – just make sure to choose low-fat or fat-free versions.
 And if you avoid dairy altogether, unsweetened fortified soy beverages are a great alternative! Look for soy milk fortified with calcium, Vitamin A, and vitamin D.

3. Skip Drinks with Added Sugars

Added sugars are sugars, syrups, and honey added to food and drinks during processing and packaging. When you choose drinks with added sugars, it's hard to get all the nutrients you need without getting too many calories. Avoid or limit sugary drinks as listed below. The number of calories listed is per 12 ounces.



Sweetened tea	115 calories
Regular soda	156 calories
Lemonade	171 calories
Chai Latte	180 calories
Punch	238 calories
Café Mocha	290 calories

What about fruit juice?

Most of the time choose whole fruits instead of juice as whole fruits have fiber, which is important to good health. If you do drink juice, choose 100% fruit juice without added sugars. Have a small serving – aim for 4 ounces or less a day. Try mixing 100% fruit juice with plain or sparkling water.



4. Make careful coffee and tea choices:

Coffee and tea can be part of a healthy eating routine, but sweeteners and cream can add a lot of calories and saturated fat. Try these tips when you drink coffee and tea:

Try plain coffee or tea, without sweeteners or cream.
 If you like sweet-tasting drinks, add just a teaspoon or less of sugar or honey – use a low or no calorie sweetener.
 If you like creamier drinks add low fat (1%) or fat free (skim) milk instead of cream.

At coffee shops and restaurants, look for calorie information on the menu and limit drinks with a lot of calories like chai lattes or cafe mochas.

What about caffeine?

It's safe for most adults to have caffeine in moderation – that means about 400 milligrams or less per day (the amount in about 4 cups of coffee). But caffeine affects some people more than others, so you may need to have less. And remember that tea, soda, and energy drinks can also have a lot of caffeine.

5. Drink alcohol only in moderation – or don't drink at all.

Current recommendations are to limit yourself to:
 1 drink or less in a day for women
 2 drink or less in a day for men
 Remember that drinking less is always healthier than drinking more. Even moderate drinking may raise your risk of some types of heart disease and cancer. And alcohol adds calories to your diet, so drinking can make it harder to stay at a healthy weight.

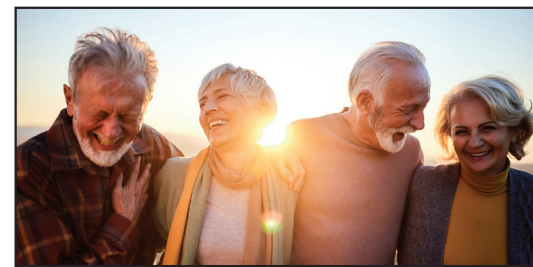
Adapted from the Office of Disease Prevention and Health Promotion, U.S. Dept. of Health & Human Services, October 2022

Did You Know...?

For the first time in United States history, older adults are projected to outnumber children by 2034!















It took 12 years for the global population to grow from seven to eight billion. It is estimated that this figure will peak at 10.4 billion in the 2080s, and remain at that level until 2100.



While nearly 29 out of 30 people remain in their country of birth, more and more people are moving across borders.

August Horoscopes

-  **Aquarius (1/20-2/28):** Spend some time by a body of water to get your mind right.
-  **Pisces (2/19-3/20):** Are you drinking enough water? Time to start!
-  **Aries (3/21-4/19):** Pick up that book you've been ignoring for weeks!
-  **Taurus (4/20-5/20):** Write down ten things you are grateful for and read it every morning for 30 days.
-  **Gemini (5/21-6/20):** Good things are coming your way! Keep your mind and heart open..
-  **Cancer (6/21-7/22):** There is nothing better than spending time with those you love. Plan a get together!
-  **Leo (7/23-8/22):** Have you been sleeping well? Time to add some tea to your nightly routine.
-  **Virgo (8/23-9/22):** Make sure to spend time out in the sun. Feel the healing flow through you.
-  **Libra (9/23-10/22):** Get involved in the community. Check out the "Mark Your Calendar" article and select a few activities to attend.
-  **Scorpio (10/23-11/21):** Learning never ends! Head to a bookstore or library, pick out a nonfiction novel.
-  **Sagittarius (11/22-12/21):** Now is the time to prioritize yourself! Being selfish is not a negative trait when done sparingly.
-  **Capricorn (12/23-1/19):** Are you drinking enough water? Get yourself a new water bottle or add some fruit – whatever gets you drinking more water!

NADRC

National Alzheimer's and Dementia Resource Center

New resources are available on the National Alzheimer's & Dementia Resource Center website!

- Most people living with dementia have not created advance directives. Take a step today.
- Advance planning empowers people to make their own decisions about important topics like finances, health care, and living arrangements before the need arises.
- Check out the planning guides and share them with family members. There are 4 consumer guides available to help you get started.

The guides cover four topics:

1. Health Care Planning
2. Financial Planning
3. Care Planning
4. Supporting someone living with dementia in making decisions

<https://nadrc.acl.gov/resources>

Sunshine, cloudy, inclement, volunteers are here at hand!
 Bringing, on their own four wheels,
 Senior Citizens nourishing meals.
 May God bless them, evermore,
 at their homes and at my door.
 Thank you all, in the kitchen and on the roads!

- Lucia



This poem was written by a Meals on Wheels recipient to express their gratitude for the Meals on Wheels program. Thank you for your lovely words, Lucia. And, thank you to all Meals on Wheels volunteers!



George F. Johnson American Legion Family Post 1700



Hall & Pavilion Rental Available.
 New members always welcome.

305 Maple St
 Endicott NY 13760

(607) 785-1700
www.gfjpost1700.org

PAID ADVERTISEMENT

National Senior Citizens Day: August 21, 2023

From The American Presidency Project, Proclamation 5847—
 National Senior Citizens Day, 1988:



"Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land. With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt—for their own good and that of others."

Source: <https://www.census.gov/newsroom/stories/senior-citizens-day.html>



cleanhamper.com
 607.846.3685

790 Conklin Road,
 Binghamton, NY

10% OFF
 SENIOR
 DISCOUNT

Say
Goodbye
 to Laundry Day &
Hello
 to Clean Hamper



- ✓ WASH & FOLD
- ✓ PICKUP & DELIVERY
- ✓ DROP OFF & PICKUP
- ✓ PAY & ORDER ONLINE, ANY TIME
- ✓ LOCALLY OWNED
- ✓ RESIDENTIAL & COMMERCIAL SERVICES

PAID ADVERTISEMENT

August Menu - Bon Appétit!

For 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.*

	Ham 8/1 OR Chicken both w/Honey Mustard O'Brien Potatoes Broccoli Florets Applesauce	Beach Bash! Hawaiian Meatballs 2 OR Pulled Pork Hawaiian Baked Beans Coleslaw Coconut Cream Pie	Turkey & Provolone 3 On Marble Rye Bread Stuffed Pepper Soup Applesauce Cranberry Oatmeal Cookie	Pepper Steak 4 OR Fish Florentine Buttered Noodles French Cut Green Beans Peaches
Alfredo Vegetable Pasta Bake 7 Italian Green Beans Sherbet Cup	Teriyaki Chicken 8 OR Apricot Meatballs Brown Rice Pilaf Oriental Blend Vegetables Carnival Cookie	Beef Stroganoff 9 Buttered Noodles Mixed Vegetables Apple Cranberry Crisp	Halupki 10 OR Seasoned Chicken Breast Mashed Potatoes Cauliflower Florets Applesauce	Sloppy Joe 11 OR Tuna Salad Sandwich Potato Salad Garden Salad Ice Cream Cup
Pierogies w/Kielbasa 14 Broccoli Florets Double Chocolate Cookie	Grandma's Meatloaf 15 Mashed Potatoes Cut Green Beans Strawberry Cake	Barbecue Chicken Breast 16 Roasted Potatoes Corn Sherbet	Chicken Marsala 17 Brown Rice Pilaf California Blend Veg. Sugar Cookie	Hot Dog 18 OR Broiled Fish Macaroni & Cheese Mandarin Oranges Chocolate Chip Cookie
National Senior Citizens Day! Pub Burger 21 Baked Beans Macaroni Salad Ice Cream Sundaes	Chicken OR Tuna Salad 22 Croissant Black Bean Salad Cottage Cheese Pineapple	Beef Burgundy 23 Mashed Potatoes Broccoli Florets Mandarin Oranges	Chicken Spiedie OR Sausage Link w/Peppers & Onions 24 Red Potato Salad Garden Salad Fresh Melon	Salisbury Steak 25 OR Herbed Fish w/Lemon Mashed Potatoes Carrots Brownie
Four Cheese Macaroni & Cheese 28 Stewed Tomatoes Brussels Sprouts Pears	Pulled BBQ Chicken Sandwich 29 Baked Beans Coleslaw Watermelon	Liver w/Onions OR Seasoned Chicken Breast 30 Mashed Potatoes Country Blend Vegetables Cinnamon Apple Slices	Chicken Breast Florentine OR Ham 31 Scalloped Potatoes French Cut Green Beans Peach Crisp	Pepper Steak 9/1 OR Citrus Rubbed Fish Brown Rice Pilaf California Blend Vegetables Fresh Cantaloupe

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



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

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



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

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

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

Senior News Editorial Policy

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