



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



## We Asked, You Answered

We asked local seniors to submit their secrets to aging their way. The true secrets to life are all around us. Thank you to everyone who submitted their methods to aging in your own way!



*“Aging successfully means staying active in mind, body and soul.” – Carol, age 70*

“I like to stay active by combining several of my interests. I enjoy walking and I walk regularly with other seniors. During the good weather, I often go on hikes to observe nature. When I’m out, I always take my camera with me. I have numerous photographs of birds and insects. I also enjoy doing street photography when I’m traveling to new destinations. I turn many of my photographs into jigsaw puzzles that I can solve on my computer.” -Robert, age 75

“I keep physically active by gardening, walking, and taking the stairs. I keep mentally active by going to Lyceum, reading, and doing computer work as a volunteer.” – Tom, age 83

“Smile, enjoy life and be positive!” -Millie, age 80

“I don't think of myself as aging, I just think of myself as living my life. I feel the same way now as I did as a 22-year-old, and others have told me the same is true for them. Our outward appearance changes as our mileage gets higher, but that doesn't change who we are inside. We might have to make adjustments to our lives based on health problems, but that can happen at any age.” - Janis, age 68

“I feel a responsibility to stay as fit as possible via diet and exercise. I guess the most important thing to me is to feel like I matter to people in my family and community.” – Helen, age 69

“Enjoying the free time I now have in retirement, is a joy I do not take for granted.” – Jack, age 64

“I love looking back on memories I’ve created in my time here and find excitement in all the memories I’ll be creating.” – Joseph, age 83



COVID-19 fluctuations could postpone or cancel events/activities listed in the *Senior News*. Please consider calling ahead to determine if events/activities you are interested in are still occurring as scheduled.

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

# HEALTH AND WELLNESS

## ACTIVITY SCHEDULE

### Chair Yoga

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

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

### 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

Mon., Wed. & Thurs 10-10:30 am



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

#### ZOOM Chair Drum Exercises

Tuesday 10-10:30 am

#### ZOOM Chair Yoga

Friday 10-10:30 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



## Falls Annual Wellness Checkup at Participating Broome County Senior Centers Wednesdays from 10 am – 2 pm

### Dates:

May 3 – First Ward

May 9 – Deposit (Tuesday)

May 17 – Chenango Bridge

Are you interested in learning more about your balance performance? Binghamton University's Division of Physical Therapy is seeking participants for a study investigating fall risk. Activities will include testing your standing and walking balance, as well as tests of muscle strength, vision, and fear of falling.

All activities will take place between 10am to 2pm, with your personal involvement being approximately 30-40 minutes. To participate, you must be 55 years of age or older and be able to walk at least 10 feet with or without an assistive device. A \$15 gift card will be provided to all participants.

The purpose of this study is to quantify balance and walking ability among community-dwelling adults in Broome County and has been approved by the Binghamton University Institutional Review Board. For more information call the Office for Aging at (607) 778-2411 or the Motion Analysis Research Laboratory at (607)777-4700.

### Interesting statistics...

- More than one third of adults 65 and older fall each year in the United States.
- Among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

## LOOKING FOR A NEW FUN ACTIVITY?

**BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Games begin this Winter & Spring. We will play twice each week over ZOOM video this winter. This spring the class will be offered in-person at a local Senior Center.**

**Bingo + Exercise = Bingocize**

**Pre-registration is required.**

**To sign up please contact the Office for Aging at (607) 778-2411.**

**Starting May 16th, Every Tuesday and Thursday: 1:30 - 2:30 PM**

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## Caregiver Corner

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

### Caregiver Event

#### Updates on Community Medicaid and Medicaid for Long Term Care

**Date:** Thursday May 18, 2023

**Time:** 1:00 – 2:30 PM

**Location:** Johnson City Senior Ctr.  
30 Brocton Street  
Johnson City, NY 13790

The role of a Caregiver can be very overwhelming. There are many services in the community that can help you along the way. Attend this presentation to gain a better understanding of some of the resources that may be available to you.

### Understanding Medicaid for Long Term Care

- 2023 Medicaid Guidelines and Medicaid for Long Term Care
- Medicaid Home Care options and the new process for initial assessments
- Alternative living options and the process for Nursing Home Placement

**Pre-registration is required. Call Caregiver Services at (607) 778-2411 to register.**

### Johnson City Caregiver Chat:

**Date:** Monday, May 1

**Time:** 1:00-2:30 PM

**Location:** Johnson City Senior Ctr.  
30 Brocton Street  
Johnson City, NY 13790

### The Wayne Street Caregiver Chat:

Participants can attend in person or on Zoom

**Location:** 2801 Wayne St. Endwell, NY

**Date:** Wednesday, May 17

**Time:** 9:30-11:00AM

For questions on the Wayne Street Caregiver Chat, call (607) 778-2946 or email [Machelle.spinelli@broomecountyny.gov](mailto:Machelle.spinelli@broomecountyny.gov)

### Evening Caregiver Chat Group

The Broome County Office for Aging is pleased to announce a new evening Chat Group. Connect with other Caregivers while learning about programs and services to help you alleviate the stress of caregiving.

Join us at **6:30pm** via Zoom on the following dates: \*No May group, June 28, July 26, August 23, September 27

To register please call Shellie Spinelli at **607-778-2946** or email [Machelle.Spinelli@broomecountyny.gov](mailto:Machelle.Spinelli@broomecountyny.gov).

### Caregiver Corner Zoom Info:

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

**Zoom meeting ID:** 521 612 5470

**Password:** 037464

Join by SIP 5216124570@zoomcrc.com

## Scam of the Month

### Funeral Scam

Many estate planners recommend that people pre-pay for their funerals as a way to make their wishes known for their services. Unfortunately, scammers have been found to sell pre-pay funerals to people and when the services are needed, they are nowhere to be found. If pre-planning and pre-paying for your funeral, there are a few things to consider to protect your money, and your family:

- Use a company you trust, check with the Better Business Bureau
- What is included in the price?
- What happens to the interest income on your prepayment?
- What happens in the business you choose goes out of business?
- Can the contract be changed later if you move or your wishes change?
- Have a trusted person or people who know your wishes and know what to expect when the services are needed.

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.



### Eastern Broome Senior Center

Contact Arlene Noyes: 607-759-6306

June 4-7, 2023 - Cape Cod

July 12, 2023 - Garth Brooks Tribute Concert, Holyoke, MA

### FW Senior Travels

Contact Liz W.: 607-222-8440

May 17, 2023 - Turning Stone Casino, On sale: 4/3/2023 \$40

June 19th - Merry-Go-Round Playhouse: Evita

Explore Skaneateles & dinner at Springside Inn

### “Golden Girls” formally AARP Endicott

Contact Betty 607-354-4260 or Rita 607-349-9282

May 23-24, 2023 Here We Come Atlantic City

### Johnson City Senior Center

Contact Lucy: 607-427-6143

June 28, 2023 - Lancaster – Part 2 (Sign Up by 5/19)

July 12, 2023 - Hyde Park, FDR, Hudson Valley (Sign Up by 6/7)

### North Fenton Seniors

Contact Ruth: 607-648-8425

or Donna 607-648-6071

June 13, 2023 - Lake George Boat Luncheon

### Port Crane Seniors

Contact Donna: 607-648-6071

May 2, 2023 - Villa Roma

September 16-23, 2023 - Eight Day Alaskan Cruise (Reserve Now North Fenton/Port Crane Seniors)

### Vestal Senior Center

Contact Nancy Deckner 607-235-3842

May 16, 2023 - Villa Roma: Tribute to the Drifters

## Events at the Centers



### Broome West Senior Center

Mondays in May, Enjoy These Made to Order Meals:

- Philly Cheesesteaks: May 1 starting at 11:30AM
- Pizza Day: May 8 at 12PM
- Pulled Pork Luncheon: May 15, 12PM
- Breakfast for Lunch: May 22 starting at 10 am

### Chenango Bridge Senior Center

Chair Dance Yoga - Fridays at 10AM  
Come & dance your morning away to some great music!

### Eastern Broome Senior Center

Thursday, May 25

Dinner & Bingo Night

Doors open 4PM, Dinner Served at

4:30PM, BINGO for prizes 5:15PM

Enjoy special prizes given randomly

throughout the evening. BINGO

Caller Nick Bush leads the evening!

### First Ward Senior Center

Wednesday, May 17

Spring Chorus Concert w/Evening

Meal to follow. Concert to begin at

3:30PM, Dinner served at 5PM

Meal Choice:

- Pulled Pork or Rotisserie Chicken
- Coleslaw, Baked Potato
- Lemon Meringue Pie

Call (607) 729-6214 to reserve prior to noon on 5/16.

### Johnson City Senior Center

Krispy Kreme Doughnuts

Pre-order by Friday, May 19

Pick up on Wednesday, May 24

(after Noon) or Thursday, May 25

To order call 607-797-3145.

### North Shore Towers Senior Center

Friday, May 19

National Plant a Garden Day

Come join us as we work on the

courtyard garden! 10:30AM

### Northern Broome Senior Center

Friday, May 9 at 9:30 AM

Mother's Day Craft with Karli

Bring your talents to the center and enjoy painting flowerpots with friends!

### Vestal Senior Center

Monday, May 15 5-7 PM

Vestal Senior Club will be

celebrating National Pizza Day

Pizza & Salad Bar, 5 – 6PM

Entertainment by Johnny Only, 6-7PM

Tickets will be on sale thru 5/10

Call (607) 754-9596 for more

information.

**All Centers Will Be Closed on Monday, May 29<sup>th</sup> in Observance of Memorial Day.**

## Aging: What to Expect

Wonder what's considered a normal part of the aging process? Here's what to expect as you get older — and what to do about it.

You know that aging will likely cause wrinkles and gray hair. But do you know how aging will affect your teeth, heart, and memory? Find out what changes to expect as you continue aging — and how to promote good health at any age.

### Your cardiovascular system

The most common change in the cardiovascular system is stiffening of the blood vessels and arteries, causing your heart to work harder to pump blood through them. The heart muscles change to adjust to the increased workload. Your heart rate at rest will stay about the same, but it won't increase during activities as much as it used to. These changes increase the risk of high blood pressure (hypertension) and other cardiovascular problems.

#### What you can do

- **Include physical activity in your daily routine** - Try walking, swimming, or other activities you enjoy. Regular moderate physical activity can help you maintain a healthy weight and lower your heart disease risk.
- **Eat a healthy diet** - Choose vegetables, fruits, whole grains, high-fiber foods, and lean sources of protein, such as fish. Limit foods high in saturated fat and salt.
- **Don't smoke**
- **Manage stress.** Stress can take a toll on your heart. Take steps to reduce stress, such as meditation, exercise or talk therapy.
- **Get enough sleep.** Quality sleep plays an important role in the healing and repair of your heart and blood vessels. Aim for seven to nine hours a night.

### Your bones, joints, and muscles

With age, bones tend to shrink in size and density, weakening them and making them more susceptible to fracture. You might even become a bit shorter. Muscles generally lose strength, endurance, and flexibility — factors that can affect your coordination, stability, and balance.

#### What you can do

- **Get adequate amounts of calcium** - Dietary sources of calcium include dairy products, broccoli, kale, salmon, and tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about calcium supplements.
- **Get adequate amounts of vitamin D** - Many people get adequate amounts of vitamin D from sunlight. Other sources include tuna, salmon, eggs, vitamin D-fortified milk and vitamin D supplements.
- **Include physical activity in your daily routine.** Weight-bearing exercises, such as walking, jogging, tennis, climbing stairs and weight training can help you build strong bones and slow bone loss.
- **Avoid substance abuse**

### Your memory and thinking skills

Your brain undergoes changes as you age that may have minor effects on your memory or thinking skills. For example, healthy older adults might forget familiar names or words, or they may find it more difficult to multitask.

#### What you can do

- **Include physical activity in your daily routine** - Physical activity increases blood flow to your whole body, including your brain.
- **Eat a healthy diet,** Focus on fruits, vegetables, and whole grains. Choose low-fat protein sources, such as fish, lean meat, and skinless poultry. Too much alcohol can lead to confusion and memory loss.
- **Stay mentally active.** Staying mentally active may help sustain your memory and thinking skills. You can read, play word games, take up a new hobby, take classes, or learn to play an instrument.

- **Be social.** Social interaction helps ward off depression and stress, which can contribute to memory loss. You might volunteer at a local school or nonprofit, spend time with family and friends, or attend social events.
- **Treat cardiovascular disease**
- **Quit smoking**

### Your eyes and ears

With age, you might have difficulty focusing on objects that are close. You might become more sensitive to glare and have trouble adapting to different levels of light. Aging also can affect your eye's lens, causing clouded vision (cataracts).

Your hearing also might diminish. You might have difficulty hearing high frequencies or following a conversation in a crowded room.

#### What you can do

- Schedule regular checkups.
- Take precautions. Wear sunglasses or a wide-brimmed hat when you're outdoors and use earplugs when you're around loud machinery or other loud noises.

### Your teeth

Your gums might pull back from your teeth. Certain medications, such as those that treat allergies, asthma, high blood pressure and high cholesterol, also can cause dry mouth. As a result, your teeth and gums might become slightly more vulnerable to decay and infection.

#### What you can do

- **Brush and floss twice a day**
- **Schedule regular checkups**

### Your skin

With age, your skin thins and becomes less elastic and more fragile, and fatty tissue just below the skin decreases. You might notice that you bruise more easily. Decreased production of natural oils might make your skin drier. Wrinkles, age spots and small growths called skin tags are more common.

#### What you can do

- **Be gentle** - Bathe or shower in warm — not hot — water. Use mild soap and moisturizer.
- **Take precautions** - When you're outdoors, use sunscreen and wear protective clothing. Check your skin regularly and report changes to your doctor.
- **Don't smoke**

### Your weight

How your body burns calories (metabolism) slows down as you age. If you decrease activities as you age, but continue to eat the same as usual, you'll gain weight. To maintain a healthy weight, stay active and eat healthy.

#### What you can do

- **Include physical activity in your daily routine**
- **Eat a healthy diet**
- **Watch your portion sizes**

Information adapted from <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070>

## Affordable Senior Independent Living



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• 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



## Topic: What Are You Thinking, Not Drinking?

### Join us for a Discussion on:

Rethinking What You Drink  
Water, Milk, and Nutrition  
Coffee & Tea

Creamers, Artificial Sweeteners & Flavor Enhancers

**Deposit Senior Center** - Thursday, May 4th at 12:30 PM

**North Shore Towers** - Friday, May 5th at 11:45 AM

Serving lunch and giving out interactive handouts.

**Vestal Senior Center** - Wednesday, May 17th at 10:15 AM

**Northern Broome Senior Center** - Monday, May 22nd at 11:00 AM

## You'll be So Cool with HEAP Cooling Assistance

The Home Energy Assistance Program (HEAP) Cooling Assistance opens on May 1, 2023. If your household is eligible, you may receive assistance with the purchase and installation of one new air conditioner or fan to help your home stay cool. It is up to the recipient to maintain the air-conditioner and remove/reinstall it after initial installation is provided by a participating HEAP vendor. In circumstances where an air conditioner cannot safely be installed, a fan will be provided.

### You may be eligible for a HEAP Cooling Assistance benefit if:

- Your household's gross monthly income is at or below the current guidelines for household size (\$2,852 for a 1-person household, \$3,730 for a 2-person household, higher limits for larger households)
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), and
- You and your household members are United States Citizens or qualified aliens, and
- Household includes an individual with a documented medical condition that is exacerbated by heat, and
- You received a Regular HEAP benefit greater than \$21 in the current program year, and
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older

If you did not receive HEAP Winter Heating Assistance, then you need to complete a Regular HEAP application and a Cooling Assistance application as well as provide required documentation.

If you received 2022-2023 HEAP Winter Heating Assistance or if you have ongoing TA or SNAP, then you only need to complete a Cooling Assistance application.

To apply, please call The Career & Community Services Center (formerly known as Department of Social Services) at 607-778-1100, option 8.

## 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**

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## Mark Your Calendar! Upcoming Community Events

### Free Admission for Moms at Animal Adventure Park

85 Martin Hill Road, Harpursville  
Sunday, May 14, 10am-5pm

Drive-in or drive thru. Moms enjoy free admission when joined by their families. See the many animal moms at the park. Free admission at both the preserve and drive thru safari.

607-760-4429

<https://visitaap.com/>

### Cutler Flea Antiques & Vintage Market

Broome County Regional Farmers Market  
840 Upper Front Street, Binghamton  
Sunday, May 14, 9am-2pm

Hunt for a treasure at this curated market of quality antiques, vintage collectibles, and one-of-a-kind artisan finds with select food vendors. Free admission.

607-772-8953

<http://www.broomecountyregionalmarket.com/>

### 2nd Annual Elderwood Village at Vestal Race Car Show

505 Clubhouse Road, Vestal  
Sunday, May 21, 1pm-5pm, parking and setup for cars is at 11am

All styles of race cars, vintage cars, and trucks, even racing lawnmowers, are invited to show their vehicles. Raffle prizes. Free admission.

607-203-1574

### Town of Maine's 175th Anniversary Celebration (1848-2023)

Memorial Day Weekend: May 26-28

Get ready for some old-fashioned family fun including bathtub races, a beard growing contest (for pogonophiles=beard lovers), activities and games, a cornhole tournament, food trucks, bake sale, Lions Club BBQ, a square dance, artisan demonstrations, live music, a parade, and more. Check out the schedule and locations at the website below.

Town of Maine: 607-862-3334

Email: [MaineDemi@gmail.com](mailto:MaineDemi@gmail.com)

Nanticoke Valley Historical Society:

<https://nanticokevalleyhistoricalsociety.com/>



## 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](mailto: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](mailto:spraguejm@verizon.net).**



### "Senior to Senior" Dinner Dance

Join in the fun for an Intergenerational Dinner Dance. Hosted by Johnson City High School Seniors for Broome County Seniors. There is no charge for this event, but reservations are needed.

**Friday, May 19th - 5:00 pm – 8:00 pm**

**Johnson City Senior Center: 30 Brocton St, Johnson City, NY**

Doors Open at 5:00pm

Dinner, Dance Music and Complimentary Photo Booth  
Everyone Registered Will be Automatically Entered to Win a Door Prize

Space is limited. Call the Office for Aging at (607) 778-2411 to reserve your spot by **May 11th**.

***This event is brought to you by:***

Broome County Office for Aging • Johnson City Senior Center  
Johnson City School District Senior Class • JC Connects Community Schools  
Binghamton University Community Schools  
Sarah Jane Johnson Memorial Methodist Church

\*Your feedback helps us plan future events. Please complete a survey provided at the event.



Each May, the Administration for Community Living leads the nation's observance of **Older Americans Month**. This year's theme is **Aging Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how a community can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

Call **Office for Aging** to learn about what programs and services can help you age unbound.

**(607) 778-2411**

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

Broome County  
**Office for Aging**

### **Laugh Break!**

**Why are oak trees so forgiving?**  
*Every May they "turn over a new leaf".*

### **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](mailto: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](http://www.gracelutheranchurchvestal.com/graces-place)

### **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.

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

**UHS**  
Senior Living  
at Ideal

## Life really can be Ideal!

The **Ideal Life** features:

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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.



**TUESDAY, MAY 16, 2023,  
IS NATIONAL HONOR YOUR  
LGBTQ+ ELDERS DAY!**

**LGBTQ+ Social Group for Older Adults**

Sponsored by Broome County Office for Aging  
Hosted by Johnson City Senior Center

**Where:**

Johnson City Senior Center, 30 Brocton St.  
Free parking or #7 BC Transit Bus  
Light Refreshments & Homemade Cookies

**May 17th from 3pm-4pm**

Free admission for you & your friends!

**Registration:**

not required, questions: 607-778-2411



*Meet the New Editor*

Hi everyone! I'm Nicole, the new editor of the Senior News. I've been at the Office for Aging for about two years and look forward to continuing my career within this field. I previously ran the Senior Helpers program and worked at the Broome West Senior Center. I am working toward my master's degree in social work, so I can help those in my hometown of Broome County. My husband is my best friend. We enjoy hiking, reading, and spending time with our cats and rabbit. I'm looking forward to the future of the Senior News!



**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.

- **May 11th - Otsiningo Park**  
Meet 10AM at parking lot on right across from restroom. Bevier St. entrance. It's bluebell time!
- **May 25th - Cole Park**  
Meet 10AM in right hand parking lot off Colesville Road in Town of Colesville.
- **June 8th - Vestal Rail Trail West**  
Meet 10AM at west end of trail on Castle Gardens Road off Rt 434 in west Vestal. We will have a great viewing position to check out the eagle family.
- **June 22nd - Binghamton University Nature Preserve**  
Meet 10AM at south end of Lehigh St. in Vestal.

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

**"I think it's time to sell our HOME"**

Where do we begin?  
How much is our home worth?  
Will we need an attorney?  
Do we need to make repairs first?

**This is so overwhelming.... who can help us?**

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Diane K. White is a **Senior Real Estate Specialist**, helping seniors sell their homes for over 35 years.  
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**TeleHealth in Harpursville**

Lourdes TeleHealth will be available to Eastern Broome residents to access:

- Primary care - New patients and established
- Medicare Wellness visits
- Walk in services
- Specialty Care - Cardiology, Dermatology, and more
- Prescription delivery
- Assistance with transportation



A Lourdes TeleHealth cart was installed at the **Eastern Broome Senior Center** and will be available between **Monday through Friday (on days the senior center is open), 9am-2pm**. To schedule an appointment with a Lourdes provider call **607-584-5495**. You will be connected with a scheduling service that will assist you. For any other questions/concerns please call Office for Aging at 607-778-2411.

All individuals who will utilize the Lourdes TeleHealth service must wear a mask when entering and exiting the senior center.



## Apple Wedges with Pumpkin Almond Butter

Breakfast is a snap with this simple dip!

### Ingredients

#### For the Dip:

- 1/2 cup pumpkin puree (canned or from scratch)
- 1/3 cup almond butter (or crunchy peanut butter)
- 2 tablespoons maple syrup
- 1/8 teaspoon cinnamon

#### Apple Slices:

- 24 slices golden delicious apple slices
- 24 slices granny smith apple slices

### Directions

1. Mix dip ingredients.
2. Serve with apple slices.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/apple-wedges-pumpkin-almond-butter>



## Two-Step Chicken

The ultimate in simplicity, this recipe calls for chicken and cream of chicken soup.

### Ingredients

- 1 tablespoon vegetable oil
- 2 Boneless chicken breasts
- 1 can cream of chicken soup (10 ounces)
- 1/2 cup water

### Directions

1. Heat oil in a skillet at a medium-high setting.
2. Add chicken and cook for ten minutes.
3. Remove chicken from pan and set aside.
4. Stir the soup and water together in the skillet and heat it to a boil.
5. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165 °F.

Reprint from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/2-step-chicken>



## Green Bean Rice Casserole

This no-fuss side dish is a great addition to any meal and can be prepared in a flash.

### Ingredients

- 1/2 cup onion, chopped
- 2 teaspoons vegetable oil
- 1/2 cup rice, uncooked
- 1 can low-sodium green beans, drained (about 15 ounces)
- 1 can low-sodium diced tomatoes (about 15 ounces)
- 1 cup water

### Directions

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/green-bean-and-rice-casserole>



## Baked Tofu

This dish is protein-packed and friendly to a vegetable-based diet.

### Ingredients

- 2 tablespoons soy sauce, reduced sodium
- 1 clove garlic (minced, or 1/4 teaspoon garlic powder)
- 1 teaspoon fresh ginger (minced, optional)
- 1 teaspoon vegetable oil
- 1 package tofu (firm or extra firm, water packed, 14 ounces, drained)

### Directions

1. Preheat oven to 350 °F. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
3. While tofu is draining, combine soy sauce, garlic, ginger, and vegetable oil in a small bowl.
4. Slice tofu into 1/2-inch-thick slices. Place tofu slices on foil lined baking sheet.
5. Pour soy sauce mixture over tofu.
6. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm.
7. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup, or salad.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-tofu>



## Grilled Cheese with Peaches

This grilled cheese packs an unexpected twist with the sweetness of canned peaches!

### Ingredients

- 8 slices whole grain bread
- 1 15-oz can of peaches, drained
- 8 slices low-fat cheddar cheese
- 7 1/2 cups spinach
- 4 teaspoons vegetable oil

### Directions

1. Heat the 4 tsp of vegetable oil in a large non-stick pan over medium heat.
2. Place 4 slices of whole grain bread in the pan.
3. Layer (in this order) one slice of cheese, a handful of spinach, 4 to 6 peach slices, another slice of cheese, and a slice of bread on top of each original slice of bread.
4. After 4 to 5 minutes, flip each sandwich and cook another 4 to 5 minutes.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/grilled-cheese-peaches>



## Friday, May 26th

Broome West Senior Center

Kick off the summer season with a hot dog or hamburger cooked for you fresh from the grill! Plus, sides & dessert!

Enjoy music with Johnny Only @ 11:00 AM

Call 607-785-1777 prior to 5/25 to reserve.





**The UHS TWIN TIER HOME EMERGENCY ALARM RESPONSE program** not only gives you and your caregivers peace of mind, it makes independent living as easy as the push of a button!

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Johnson City, NY 13790  
(607) 763-8952

[nyuhs.org](https://nyuhs.org)



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**Lyceum “Armchair Travel” Classes at Senior Centers:**

Explore the World Virtually & Become a Lifelong Learner



The Lyceum class listed below will be broadcasted from participating senior centers: Broome West: Endwell; Johnson City, Northern Broome: Whitney Point and Vestal. If you participate in this Lyceum class virtually at a participating senior center, registration is FREE of charge. Pre-registration is not required.



**May 3: 10-12 PM Armchair Travel: Scotland**

Lyceum is affiliated with Binghamton University and National Road Scholar. This institute for lifelong learning has 500+ local members. To learn more about Lyceum, visit the Lyceum website at <https://lyceum.binghamton.edu>

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Doctor of Audiology

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**Honor Flight**, the group that sends Veterans to Washington DC to thank them for their service, and show them the memorials to their toils, pays for this free trip by collecting old shoes, pretty much any condition.

There are boxes in the community where anyone can drop off shoes, boots, slippers, kids, men's women's.

Broome West Senior Center  
Johnson City Senior Center  
Cup-o-Joe, Upper Front St, Binghamton

**Avoid the land fill, support our veterans.**



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# 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 Noon**

### **Weekly Activities**

**Monday – Friday:** Gift Shop, 9 am – 3 pm

**Monday:** Quilting, 9:30 – 11 am; 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, 11:30-2:45 PM; Ping Pong, 1 PM

### **Special Activities**

5/1 CCE Kathleen Cook: How to Avoid the Big 8 Allergens, 10:30AM  
Philly Cheesesteak Day, 11:30 AM

5/3 Lyceum Armchair Travel: Scotland, 10-12PM

5/4 Legal Aid, by appointment only

5/4,18 Social Connections, 1PM

5/8 Pizza Day, 12PM

5/9 Downsize and Declutter, 3PM

5/12 Mother's Day Luncheon, 12PM  
Trivia the Wright Way, 1:30PM

5/15 Pulled Pork Luncheon, 12PM

5/16 Site Council Meeting, 10AM

5/18,25 Canvas Craft with Karlie, 9:30AM

5/22 Breakfast for Lunch, starting at 10AM

5/24 BBQ Chicken Luncheon, 12PM

5/26 Memorial Day Picnic with Johnny Only, 11AM

5/30 Therapy Dogs, 12:30PM

## **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**

5/2,5/16 Fifteen-minute Reiki, Chakra,  
Card Readings or Foot Reflexology, 10-11:30 AM, \$3  
(advanced registration and payment required, 607-797-2307)

5/3 Fall Annual Wellness Checkup: Binghamton University Study.  
Signups are not required, 10-2 PM

5/4 Executive Board Meeting, 9:30 AM

5/8 Legal Aid (appointment required, please call)

5/9,5/23 Chop & Chat, 1 PM  
(reservations required 1 week in advance) 607-797-2307

5/12 Mother's Day Luncheon w/Musical Guest:  
Kathy & Bev Birtch, 11:45 AM

5/16 CCE Nutrition Education Kathleen:  
How to Avoid the Big 8 Allergens, 12PM

5/17 Evening Meal, 5 PM

5/24 BBQ Chicken Luncheon w/Musical Guest: Mike's Jukebox, 12 PM

## **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, 9:00 am

### **Special Activities**

5/3 Two Different Color Shows Day – Let's see how creative you are!

5/12 BUNCO, 10AM

Mother's Day Luncheon, 12PM

5/17 Fall Annual Wellness Checkup: Binghamton University Study.  
Signups are not required, 10-2PM

5/24, 26 & 31

Tai Chi with Vet, 9AM

BBQ Chicken Luncheon, 12PM

5/26 Bingo – Last Friday of every month! 11AM

## **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**

5/1,15 Chop and Chat- Please call to reserve your spot, 10AM

5/1 King High Card Game, 12PM

5/8,9 AARP Drivers Safety Class – Call for details. 2 – 5:30PM

5/10 Vestal Library Technology Help - Helping with any technology  
problems (Laptop, phones, etc.), 10AM

5/12 Mother's Day Luncheon- All ladies will receive free ice cream! 12PM

5/15 National Pizza Day Celebration! Pizza, Salad Bar &  
Entertainment 5 – 7PM

5/17 Nutrition Education presentation with Donna & Bridget from  
OFA: Hydration: Rethinking What You Drink, 10:15AM

5/18 LCR Dice Game, 12PM

5/23 Vestal Senior Club Meeting Day, 12:15PM

5/24 CCE Nutrition Education w/Kathleen: "How To Avoid The Big 8  
Allergens"; 10:15AM

BBQ Chicken Luncheon with entertainment by Johnny Only

5/26 Pizza Day or Chef

## **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**

**In the coming month(s) we will be closing for renovations in the building the center is located in. The date of the closing is not known yet and this may impact scheduled activities listed below. Contact Donna for updates (607-467-3953).**

5/4 Nutrition Education presentation with Donna & Bridget:  
Hydration: Rethinking What You Drink, 12:30PM

5/9 Fall Annual Wellness Checkup: Binghamton University Study.  
Signups are not required, 10-2PM

**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**

5/5 Burger Bar: Walkins Welcome! 11:30–12:30PM

5/10 Officer's Finance Meeting, 9:15AM

Site Council Meeting - All are welcome to attend! Listen in on upcoming events and further plans, 10:45AM

5/12 Mother's and Ladies Day Celebration: enjoy morning goodies, a special luncheon and Piano music by Pastor Russ Lockwood, starting at 9AM

5/15 Dish To Pass Luncheon: All are welcome! A Special Day of Memories devoted to our seniors who've passed on. Please share photos and stories and time together. Call the center for more information on honoring our seniors! 12PM

5/17 Eastern Broome "Page Turners" Book Club, 10PM

5/18 Golden Griddle BRUNCH: Walk-ins Welcome! 11:45- 12:45PM

5/12 Horse, Cow, and Pig Races: Get READY for some Good ole Dirt Races! 10:30AM

5/24 BBQ Chicken Luncheon and live music by "Moving On," starting at 12PM  
Plant Sale Fundraiser: this is a EB Site Council Fundraiser. Ready to plan veggies and flowers, 9:30-2:30PM, or until GONE.

5/25 CCE Nutrition Education w/Kathleen Cook:

"How To Avoid The Big 8 Allergens" , 12:15PM

Special Evening Meal And BINGO For Prizes, 4-6PM

5/26 Rainbow Table Raffle – this month are colors of Summer, Yellow and More! 1PM

5/31 Legal Aid: By appointment only.

**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**

5/2,5/16 Golden Agers, 12PM

5/5 Cinco De Mayo Celebration:

call to reserve meal prior to 5/4 at Noon, 11:30AM

5/9 Mother's Day Craft with Karli, 10:30AM

5/12 Mother's Day Luncheon, 11:30AM

5/16,17 AARP Driver's Safety Course:

Call center to sign up, 10:00 AM – 1:30PM

5/22 Nutrition Education presentation with Donna & Bridget:

Hydration: Rethinking What You Drink, 11AM

5/24 BBQ Chicken Luncheon

5/25 Legal Aide: Call for an appointment, 11AM

The Northern Broome Senior Center is looking for volunteers to help with meal service. Volunteers are needed M-F from approximately 11:00 AM – 1:00 PM, talk with Heather about joining our team!

**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**

5/5 Nutrition Education presentation with Donna & Bridget:  
Hydration: Rethinking What You Drink, 11:45AM

5/9 Resident Association Meeting in Community Center, 10AM

5/12 Mother's Day Luncheon, call prior to 5/11 to reserve 12PM

5/15 National Chocolate Chip Day – Come in for a goodie! 10:30AM

5/17 CCE Nutrition Education with Kathleen: How to Avoid the Big Eight Allergies, 10:30AM

5/19 National Plant a Garden Day – Come join us as we work on the courtyard garden! 10:30AM

5/22 National Vanilla Pudding Day – Come celebrate, 10:30AM

5/24 BBQ Chicken Luncheon, call to reserve meal prior to noon on 5/23

**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; Proressive 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**

5/1 Stay Healthy Caregiver Support Group, 1 - 2:30PM

5/3 The Medicine Shoppe (glucose, blood pressure & O2 checks), 10 – 12PM

5/3 Lyceum: Scotland, 10 – 12PM

5/10 Broadway Show Tunes (First Ward Senior Citizens Chorus), 1 -2PM

5/12 Mother's Day Luncheon, 11:45AM

Poetry Group, 12:30PM

5/16 Twin Tier Honor Flight Presentation 10:30 – 11:30AM

5/17 Book Club (All the Light We Cannot See by Anthony Doerr), 3 – 4PM

5/17 LGBTQ+ Social Group, 3 -4PM

5/18 Legal Aid: Call for Appointments, 9 – 12PM

5/22 Hearing Screening (Tri-City Hearing) 9 – 12PM

5/24 Lourdes Mammography Van: Call 607-798-5723 for an appointment, Walk Ins accepted, 9 - 3PM

5/24 Haircuts: Call for Appointments, 10 – 11:30AM

5/24 CCE Nutrition Education with Kathleen:

How to Avoid the Eight Big Allergens, 11:30 – 12:30PM

5/24 BBQ Chicken Luncheon, 11:45AM

5/26 Poetry Group, 12:30PM

**Laugh Break!**

**Which month can't make a decision?**

*MAYbe*

## Doctor's Appointments: Tips for Caregivers

Working with doctors and other healthcare professionals can be an important part of being a caregiver. Some things caregivers may find especially helpful to discuss are: what to expect in the future, sources of information and support, community services, and ways they can maintain their own well-being.

If you go with the person you care for to see his or her doctor, here are a few tips that will help you be an ally and an advocate:

- Bring a list of questions, starting with what is most important to you and the person, and take notes on what the doctor recommends. Ask the person in advance how you can be most helpful during the visit. Both the questions and the notes you write down can be helpful later, either to give information to another caregiver or family member, or to remind the patient what the doctor said.
- Before the appointment, ask the person and the other caregivers if they have any questions or concerns they would like you to bring up.
- Bring a **list of ALL medicines and dietary supplements** the person is taking, both prescription and over-the-counter, and include the dosage and schedule. If he or she sees several different doctors, one may not necessarily know what another has prescribed.
- When the doctor asks a question, let the person answer unless you have been asked to do so.
- It's easy to get into a two-way conversation between the doctor and yourself—try not to do this. Always include both the person you care for and the doctor when you talk.
- Respect the person's privacy, and leave the room when necessary.
- If you live out of town, talk to the doctor about how you can keep up to date on the person's health since you live out of town.
- Ask the doctor to recommend helpful community resources.
- Larger medical practices, hospitals, and nursing homes may have a social worker on staff. The social worker may have valuable suggestions about community resources and other information.

For Information on Caregiver Services and Supports please contact the Broome County Office for Aging 607-778-2411.

## Enjoy May Celebrations at your Local Senior Centers

### Mother's Day Celebration

Celebrate all mothers and special mentors on **Friday, May 12th**. What a wonderful opportunity to honor those who strive to make a difference in our community and our lives, whether it's our mothers, sisters or friends.

Enjoy a delicious lunch of Chicken cordon bleu or Broiled Fish w/ Lemon and a refreshing Key lime pie cup for dessert.

Lunch is a suggested contribution of \$3.50 for people age 60+ and spouse of any age. Those under age 60 are charged \$4.50 per meal.

### Barbecue Chicken Luncheon

Warm weather has arrived, and all our summertime favorites are on the way! Enjoy the flavors of the season with a tasty meal, including a barbecue chicken breast and strawberry shortcake for dessert.

Lunch is a suggested contribution of \$4.50 for people age 60+ and spouse of any age. Those under age 60 are charged \$5.50 per meal.

Lunch is served around Noon. See the Look What's Happening pages of this issue for participating senior centers. Call the center of your choice to make your meal reservations by 12 noon the day prior.

**Please see each Centers newsletter, or call, for times of activities.**

## Senior Nutrition Program Meal Options Described

The Broome County Office for Aging provides appetizing meals to hundreds of older individuals each day at area senior centers, adult day care centers and to those receiving Meals on Wheels. Meals are planned to provide one third of the current daily recommended allowances in accordance with the 2020 - 2025 Dietary Guidelines for Americans.

The following diet options are available:

### Regular Menu

This menu is designed to be generally healthy with attention to serving a wide variety of foods with emphasis on appropriate portion sizes. Attention is given to offering meals that are appealing and satisfying. A choice of one of two entrée's is often available.

### Regular Menu with Alternate Lower Sugar Options

This menu is the same as the Regular menu described above but provides an Alternative option (primarily related to desserts) with less added sugar. An alternate selection is offered when an item on the Regular Menu contains higher amounts of added sugar. With this Alternative option, the previously named NCS Diet will no longer be available. The Alternate option is available to all interested, however when ordering or reserving meals; the preference for this option must be stated. The Alternate Menu may be helpful to those with diabetes, those desiring to lose weight, and to those who simply prefer the Alternate options.

### Mechanical Soft

This diet is only available to Meals on Wheels participants and those attending the Adult Day Care Centers. This diet is a consistency/texture modification and is combined with either the Regular or Alternate menus described above. The Mechanical Soft diet is comprised of foods which an individual can more easily chew and swallow. A physician's prescription is required to receive this diet modification.

Please call the Office for Aging Dietitian at 607-778-2411 if you have any questions about this information or have general nutritional concerns.

## Buying Food When You Have an Allergy Can Be Challenging By Kathleen Cook, Nutrition Educator, Cornell Cooperative Extension of Broome County

May is National Allergy Awareness month. If you are someone who is allergic to certain substances you may say, "I'm certainly aware of MY allergies!" but knowing how to navigate a newly developed allergy or helping a friend or loved one with theirs can be a bit challenging.

Food allergies are sometimes scoffed at but be aware that they are often life-changing or even life-threatening and should always be taken seriously. Know that even a trace of an allergen can trigger a severe reaction. This is why it is important to read the labels on foods and know what ingredients to steer clear of.

It's also important to understand that reactions are unpredictable. Even if a reaction was mild in the past, the next exposure could cause a much more severe response. An allergy can develop at any age. Sometimes we are surprised when a food causes a rash or other reaction though it was always safely eaten in the past.

**The top 8 food allergens are:** milk, eggs, wheat, peanuts, tree nuts, shellfish, fish, and soy. Try to learn more about your particular allergen if these are relative to you. Be aware of what products these foods can show up in. For example, eggs are an ingredient in mayonnaise; peanuts are sometimes processed in a facility that also processes tree nuts; and milk is part of sour cream, cheese, and butter.

### Here are a few other tips for when you are shopping for food:

Don't assume that the food product you've "always used" is definitely safe. Ingredients can change. Be especially wary when a label boasts "new" or "improved" because the product may now contain a food allergen that affects you.

Where you purchase your groceries can make a big difference. Be cautious if a store has a natural foods or health foods section because sometimes non-allergy foods can be mixed in. Some stores stock gluten-free mixes & pastas alongside the gluten containing counterparts.

For more information about navigating allergens in the store, join me for one of my free classes in May at the Senior Centers throughout Broome County!

### What is a Foster Grandparent?

- A classroom volunteer, mentor, and a role model.

### What does a Foster Grandparent volunteer do?

- Foster Grandparents volunteer between 15-40 hours per week and support children with exceptional needs in the classroom.

### Volunteer activities may include:

- Playing and reading with young children in childcare or Head Start centers.
- Helping children with basic academic skills and providing one-on-one tutoring.
- Providing children unconditional support and helping develop social skills.
- Caring for premature infants or children with disabilities.
- Mentoring children who have been abused or neglected.
- Mentoring children of veterans and deployed military.



### Do the children live with me?

- It is a common misconception, but Foster Grandparent volunteers are not foster parents. The children do not live with you. You will meet your mentee at your designated volunteer station site.

### If you're 55 or older, are able to volunteer between 15-40 hours per week and want to assist children, become a Foster Grandparent volunteer!

### Benefits include:

- A tax-free stipend, paid time off and holiday time.-This stipend does not effect any financial benefits such as SNAP, HEAP or Disability.
- Meals for each day of service, when available at the volunteer station.
- Monthly training.
- Annual recognitions.

### Additionally, Foster Grandparent Volunteers:

- Remain engaged and active in their communities while making new friends.
- Share their time and talents mentoring children with exceptional needs.
- Provide one-to-one relationships built on trust and unconditional support that can develop into a future of unlimited potential.

To be a Foster Grandparent you must a Broome County resident and must meet income eligibility requirements. To apply, call the Foster Grandparent Program at 607-778-2089.



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**“Great people are those who make others feel that they, too, can become great.”**

**-Mark Twain**

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

Join classes offered through the George F. Johnson Library in Endicott in the month of May. For specific dates and times please contact the Library at (607)-757-5359 or email: [gfjtechcenter@gmail.com](mailto:gfjtechcenter@gmail.com)

- Ancestry.com for Beginners (Virtual and In Person)
- Tips for Selecting and Managing Online Passwords
- Learn a New Hobby – Right from Your Phone!
- Meet Pinterest
- Clean Up and Declutter Your Computer (Virtual or In Person at Broome West Senior Center)

To join virtual classes, visit: [www.gfjlibrary.org/tc](http://www.gfjlibrary.org/tc)

If you need help with other technology issues, one-on-one Tech Help is also available by appointment. Call or email the GFJ Library (see contact info above).

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

**George F. Johnson Library in Endicott:** One-on-one Tech Help is available by appointment. Call or email the GFJ Library at (607) 757-5359 or email [gfjtechcenter@gmail.com](mailto:gfjtechcenter@gmail.com)

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

### Sudoku Answers

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

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**Ask the Office**

I am responsible for finances now; I'm lost and unsure how to proceed. How can the Office for Aging support me?

**Answer:**

Regardless of your situation, the Broome County for Aging is here to support you through your transition! A simple call to the office could give you all the direction you need. Give us a call Monday-Friday 8:00 AM – 4:00 PM at 607-778-2411. You can speak with an information and assistance caseworker, who are educated on many programs available to you. The caseworkers are a great resource for information. If you need legal advice, you can meet with an attorney through the Legal Aid Society of New York State at no cost to you, at a Senior Center of your choice. Call the center of your choice directly to reserve an appointment with an attorney.

- Broome West (Endwell) **607-785-1777**
- Deposit **607-467-3953**
- Eastern Broome (Harpursville) **607-693-2069**
- First Ward (Binghamton) **607-797-2307**
- Johnson City **607-797-1149**
- Northern Broome (Whitney Point) **607-692-3405**
- North Shore Towers (Binghamton) **607-772-6214**
- Vestal **607-754-9596**

*The Broome County Office for Aging is here to help you!*

**Looking for Answers? Ask the Office!**













Send questions to Broome County Office for Aging:

 PO Box 1766, Binghamton, NY 13902

 [ofa@broomecountyny.gov](mailto:ofa@broomecountyny.gov)

Broome County  
**Office for Aging** 

# May Horoscopes

-  **Aquarius (1/20-2/28):** Reach out to an old friend to catch up. Enjoy the fresh Spring air.
-  **Pisces (2/19-3/20):** It's time to relax. Take some time to do some arts and crafts. Have fun with it!
-  **Aries (3/21-4/19):** Remember to have confidence in yourself and to keep your chin up. Look into the mirror and says three kind things about yourself.
-  **Taurus (4/20-5/20):** Explore all the opportunities to try something new! Maybe a new hobby?
-  **Gemini (5/21-6/20):** Pick out a book you normally wouldn't read and give it a chance. Happy reading.
-  **Cancer (6/21-7/22):** Put on your favorite and sing along, loudly.
-  **Leo (7/23-8/22):** May is a good month to try a new hairstyle!
-  **Virgo (8/23-9/22):** Complete two tasks that you've been putting off. You'll feel so much lighter!
-  **Libra (9/23-10/22):** Put yourself out there! Check out an event you want to attend and start a conversation.
-  **Scorpio (10/23-11/21):** Education ever stops! Pick up a non-fiction book you normally wouldn't read and enjoy.
-  **Sagittarius (11/22-12/21):** It's time to laugh! Watch something funny on TV, read some jokes, anything to get the laughs in!
-  **Capricorn (12/23-1/19):** Open your mind! Listen to someone else's perspective and really try to understand.

## Action for Older Persons

Join us for the  
**2023 Annual Meeting and Breakfast Banquet**  
 Thursday, May 18, 2023 | 8:30am -11:00am  
 Phelps Mansion Museum  
 30 Front St. Binghamton, NY

To order tickets, please visit website: [actionforolderpersons.org](http://actionforolderpersons.org)  
 Or call our offices at 607-722-1251  
 Members \$20 \* Non-members \$25 \* Membership & Ticket \$45  
 Reservations must be received no later than May 8th.

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The arrival of spring is cause for celebration and creates an opportunity to switch things up as a caregiver. As you enter into a new season, it's a great time to adjust your space or schedule. Positive changes can help foster mental clarity and give fresh perspectives to the caregiver and the person receiving care.

**1. Update their diet**

It is essential to make changes to the diet of the person you are caring for every now and then. Take advantage of the seasonal fruits or vegetables that may be in abundance to optimize your client's health. Refreshing their diet can help them adjust to the increased level of activity or time outside they may be able to experience this season. In a case of increased activity, consider adding foods that provide more energy or calories.

**2. Take advantage of the beautiful weather outside**

During spring, flowers begin to bloom and it gets warmer in the day and cool at night. Spending time outdoors in warm weather can improve clients' overall well-being, directly impacting their mood. Getting outside can even improve health. According to the Cleveland Clinic, moderate exposure to sunlight for older adults who are at risk for low vitamin D strengthens bones and may reduce the risk of colorectal cancer, hip fractures, stroke, and heart attack.

**3. Spring cleaning**

Reducing clutter in the home every season is essential. However, a deeper cleaning to make the air more breathable and the space more comfortable is a necessary step and this is the perfect season. It's a great way to reduce stress and clutter for both the caregiver and the client.

**4. Plan a vacation or day trip**


Vacations can provide people with a change of scenery and a new environment to relax in. They can offer a much-needed break from the daily pressures of life and allow your client to meet new people and explore new places. If a long vacation is not feasible, then even a brief day trip can provide a much-needed change of scenery after being cooped up over the winter.

**5. Remember, self-care is essential**

Spring for caregivers does not mean getting hyper focused on the client and spending less time on yourself. Remember to clean your own space and do something fun for yourself too. It's important to maintain your mental well-being so you can continue to be a great caregiver.

# 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

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### Tai Chi for Beginners

Tai Chi is going to be offered at Chenango Bridge Senior Center starting May 24th. The class will be held Wednesdays and Fridays 9:00am to 10:00am It is an 8-week evidence-based program that features Sun-style Tai Chi movements. These movements have been proven to prevent falls and are particularly beneficial to those with arthritis. If you are interested in participating, please call the number below, pre- registration is required as space is limited.

**To register: Call (607) 663-0406**



## BLOOMING HEALTH

**Broome County Office for Aging (OFA)** is excited to announce a new partnership with an agetech company called **Blooming Health**. Blooming Health's mission is to power healthy aging in place for all by operating a digital platform that can send out personalized messages via phone, emails or text. Through this partnership, older adults will be able to receive messages from OFA pertaining to the services they utilize or services they chose to be informed on. Services included in the platform are senior centers, Meals on Wheels and social adult daycare. Additionally, Broome County Office for Aging will be able to promote upcoming events and other programs and therefore improve older adults' access to information.

If you want to stay up to date on upcoming events at your senior center or other OFA programs please contact (607) 778-2411 to sign up today. You can also speak to an OFA staff person and ask for a Blooming Health enrollment form to stay up to date about the senior center or program you are involved in. If you are new to OFA and are interested in getting notifications about upcoming events and Health & Wellness options call (607) 778-2411 to enroll. Notifications can be received via voice call, text message, email or a combination of all three.

"Never bend your head. Always hold it high.  
Look the world straight in the eye."  
- Helen Keller

# May 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.*

<b>Four Cheese Macaroni &amp; Cheese</b> Stewed Tomatoes Brussels Sprouts Applesauce	<b>1</b>	<b>Meatball Sub</b> Italian Green Beans Garden Salad Fruit Cup	<b>2</b>	<b>Beef Burgundy OR Fish Florentine Over Noodles</b> Carrots Carnival Cookie	<b>3</b>	<b>Chicken Marsala</b> Brown Rice Pilaf California Blend Vegetables Ice Cream Cup	<b>4</b>	<b>Salisbury Steak OR Broiled Fish w/Lemon</b> Mashed Potatoes Cut Green Beans Brownie	<b>5</b>
<b>Tuna Noodle Casserole</b> Stewed Tomatoes Peas Oatmeal Raisin Cookie	<b>8</b>	<b>Pub Burger</b> LF Cottage Cheese Grape Juice Pineapple	<b>9</b>	<b>Pork Loin OR Chicken Breast</b> Scalloped Potatoes Country Blend Vegetables Apple Crisp	<b>10</b>	<b>Hot Dog Or Chicken Salad</b> Chili Tossed Salad Rice Pudding	<b>11</b>	<b>Mother's Day Celebration Chicken Cordon Bleu OR Citrus Broiled Fish</b> Brown Rice Pilaf Carrots Key Lime Pie Cups	<b>12</b>
<b>Beef Stew over Biscuit</b> Corn Cranberry Juice Applesauce	<b>15</b>	<b>Halupki OR Roasted Chicken</b> Mashed Potatoes French Cut Green Beans Pears	<b>16</b>	<b>Baked Ham OR Herbed Broiled Fish</b> Au Gratin Potatoes Peas Sherbet Cup	<b>17</b>	<b>Meatloaf w/Gravy</b> Macaroni & Cheese Stewed Tomatoes Pumpkin Cake	<b>18</b>	<b>Tuna Salad OR Sausage w/Peppers &amp; Onions</b> Pasta Salad Apple Juice Marble Ice Cream Cup	<b>19</b>
<b>Pierogies w/Kielbasa</b> Carrots Chocolate Chip Cookie	<b>22</b>	<b>Roast Beef &amp; Cheese on Marble Bread</b> Broccoli Soup Three Bean Salad Applesauce	<b>23</b>	<b>BBQ Luncheon BBQ Chicken</b> Baked Beans Red Potato Salad Strawberry Shortcake	<b>24</b>	<b>Roast Turkey</b> Apple Bread Dressing Cut Green Beans Sugar Cookie	<b>25</b>	<b>Broiled Fish w/Lemon OR Teriyaki Chicken</b> Brown Rice Pilaf Oriental Blend Vegetables Mandarin Oranges	<b>26</b>
<b>Center's Closed in Observance of Memorial Day</b>	<b>29</b>	<b>Cheesy Shells Casserole</b> Minestrone Soup Pears Double Chocolate Cookie	<b>30</b>	<b>Liver w/Onions OR Chicken Thigh</b> Mashed Potatoes Corn Banana	<b>31</b>	<b>Chicken Florentine</b> Brown Rice Pilaf Carrots Peach Crisp	<b>6/1</b>	<b>Egg Salad OR Pub Burger</b> Three Bean Salad Garden Salad Ice Cream	<b>2</b>

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



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



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

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

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

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