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## Take Care of Your Mental Health



In recognition of Mental Health Awareness Month, this edition of the Senior News features mental health resources, tips, and more.



### Why is it important to take care of our mental health as we age?

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may

experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety.

Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

Sourced from:

<https://www.nimh.nih.gov/health/topics/older-adults-and-mental-health>

### New OFA Minibus Phone Reservation System

Effective now, BC Transit will have a new and improved ride reservation system, that will allow OFA Minibus riders to directly reserve, review, and cancel their own individual rides.

Current riders were mailed information in early August that included instructions along with their new client ID and password. If you are a current rider and did not receive your information, please call BC Transit at **607-763-4464** option 3. Lastly, each new rider will receive this information in the mail once they are approved for the service.

This new system has features which make it more user friendly, including the ability to listen to the ride reservation before it is booked. In addition, this new process will streamline the booking process for BC Transit staff, making for a more efficient system.

For those who need additional assistance please call BC Transit at **607-763-4464** or Office for Aging at **607-778-2411**

### Deposit Senior Picnic

Date: Tuesday, October 17th • Time: 10:00 – 2:00 PM

Where: 14 Monument St., Deposit,

Located inside the Christ Episcopal Church

Phone # for Reservations: 607-467-3953

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

### 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

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

### Virtual Zoom Classes

#### ZOOM Chair Exercises

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

#### Drum Exercise Class

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

Monday 1:30 pm

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



## FALL 2023 WII BOWLING COMMUNITY COMPETITION

**Join our Wii Bowling Community Competition! Each Senior Center will be a Team Competing against each other, and against the Good Shepherd Village Teams.**

**Deadline to Sign Up at your Senior Center is Friday, October 13th**  
**Official play begins Monday, October 16th**

- 10/16 through 10/21- Practice Week
- 10/23 through 10/28 - 1st Week
- 10/30 through 11/4 - 2nd Week
- 11/6 through 11/10 - 3rd Week
- 11/13 through 11/17 4th Week Final

### Walk with Ease


**Meeting at the Oakdale Mall in Johnson City**  
**Monday, October 23rd – Thursday, November 30th**  
**Mondays, Tuesdays & Wednesdays from 10 - 11AM**

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.**



### Just For Laughs

How do ghosts do their makeup before they go out trick or treating?  
*They use vanishing cream.*

# Caregiver Corner

*Ideas and information for people caring for others.*

**The Johnson City Caregiver Chat:**

**Date:** Monday, October 2, 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, October 18, 2023 **Time:** 9:30 - 11:00 AM

**Zoom address:** <http://broome.zoom.us/j/5216124570?pwd=dWdrWW1PM25aMUJFYUtCWnowbGlydz09>

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

Join by [SIP5216124570@zoomcrc.com](mailto:SIP5216124570@zoomcrc.com)

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

## There's Power in Learning to Care for Yourself, While Caring for Others

**Powerful Tools for Caregivers** is being offered starting Thursday, October 5, by certified leaders Rebecca Hyde and Sherry Pomeroy. This evidence-based, online series helps caregivers gain confidence and take better care of themselves while caring for an adult friend or relative. The free course runs every Thursday for six weeks, from 3 - 4:30PM. Open to anyone in New York State. Space is limited. For more information or to register, contact Rebecca at [rhyde@lifespan-roch.org](mailto:rhyde@lifespan-roch.org) or call **585-645-4572**.



## Downsize & Declutter Discussion Mess = Stress!

Even WebMD.com talks about the effects of clutter on our mental health. You might think that you're more creative when your room is messy, but most of us cannot focus when our stuff is scattered everywhere. Also, memory suffers when our brain has too much to keep track of. This causes stress, which leads to depression, and who wants that?

**Talk it out on Tuesday, October 10th at 3PM at Broome West Senior Center or on Zoom.**

To attend the Zoom, contact Joan Sprague at [spraguejm@verizon.net](mailto:spraguejm@verizon.net)

### Learn About The Nutritional Value Of Butter, Margarine, And Other Spreads

**Deposit Senior Center**

Thursday, October 5th at 12:30PM

**Chenango Bridge Senior Center**

Friday, October 6th at 12PM

**Vestal Senior Center**

Wednesday, October 11th at 10:15AM



FORGET THE WEATHER BLUES AT THE

# VARIETY SHOW

Broome West Senior Center

Friday, October 27th

SHOW STARTS RIGHT AFTER

LUNCH (~12:30PM)

Featuring Jim Lamb, Lourie Morris, and Friends!



# Events at the Centers

**Broome West Senior Center**

Saturday, October 23rd from 9 - 2PM

Artisan Fair and Bake Sale

Shop for those "one of a kind" items, enjoy some lunch, and take home some delicious homemade baked goods! Interested in displaying your crafts? Call (607) 693-2069 and ask for "Kathy R."

**Chenango Bridge Senior Center**

Located in the First United Methodist Church of Chenango Bridge, 740 River Road

Friday, October 20th from 10 – 2PM

Suspenders Day!

Come show off your best suspenders.

And enjoy a meal! Please call prior to Noon on 10/18 for a reservation.

Boscov's Discount Passes: available at JCSC for \$5. Passes can be used for a 25% discount at Boscov's on 10/18

**Deposit**

Thursday, October 26th from 12:50 – 1:50PM

Finch Hallow Talking Touch Table on Local Wildlife

Come enjoy this interactive adventure!

**Eastern Broome**

Wednesday, October 18th

Eastern Broome Celebrates Our 23rd Anniversary & Volunteer Recognition

9AM Coffee Time!

10AM Snacks & Goodies

10:45AM Volunteers Honored

12PM Luncheon followed by Cake & Ice Cream

12:30PM Pianist and Vocalist Adrian Skarvinko

Join a lovely day and a delicious turkey luncheon!

Please call prior to Noon on 10/17 to reserve a meal.

**First Ward**

Wednesday, October 18th at 5PM

Evening Meal with Musical Guest, Bass & Brown

Chicken Cordon Bleu or Fish Florentine

Scalloped Potatoes, Carrots, and a Red Velvet Cup

Please call prior to Noon on 10/16 to reserve a meal.

**Johnson City**

Thursday, October 19th from 10 – 1PM

Join us to celebrate the 40th Anniversary of the Johnson City Senior Center. Presentations start at 10:00AM and include unveiling two historical markers generously donated by the Broome County Historical Society. They'll note the JCSC location as the former site of Johnson Field, home field of the Binghamton Triplets.

**Lunch:** Ball Park Frank or Burger, Red Potato Salad, Baked Beans, Ice Cream Cup (Call for Lunch reservations by Noon on 10/18)

**Boscov's Discount Passes:** available at JCSC for \$5. Passes can be used for a 25% discount at Boscov's on 10/18.

**North Shore Towers**

Thursday, October 19th at 12PM

Pizza Day!

Enjoy some pizza slices with a salad, soda, and cookies.

Must sign up and pay in advance. \$4

**Vestal**

NEW! Every Monday at 12PM

Come play Mahjong!

In addition to Fridays, you can now join us on Mondays to play Mahjong.

## Scam of the Month

### Government Impersonation Scams

Scammers claim to be a government employee and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.

#### What might this look like?

Scammer will call and identify themselves as a government agency, such as the Social Security Administration, Internal Revenue Service, U.S. Treasury, Border Security, FBI, etc., and claim that a warrant has been issued for your arrest. They will also state that a U.S. Marshal will appear at your door within the next 24 hours. Scammer will then tell the victim to get gift cards from the store to provide them with payment and not to tell anybody about the call.

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**.

## Fall Season is Flu Season. Don't Wait to Schedule Your Shot.

With the start of fall just a few weeks away, now is the best time to start planning your flu vaccine. It is recommended to get a vaccine before the end of October, because it takes up to two weeks for your body and immune system to work its magic and build up its defenses. The flu shot is safe, effective, and especially recommended for everyone over the age of 65. Individuals over the age of 65 do not have the same level of defense against illness and disease that they had when they were younger. As a result, they tend to suffer from more serious side effects of the flu and end up in the hospital more as a result of the flu. These outcomes can be prevented with a simple flu shot, which can reduce the risk of illness by 60%. That number is a whole lot larger than the 0% coverage you would receive with no vaccine.

The flu shot is important to receive not only because it protects you, but it also protects your loved ones and the people around you. Since it is spread through the air, and most people stay inside in the winter, it makes being vaccinated extremely important. Get the shot, and if you're worried about the side effects, the most common effects are experiencing fatigue or a sore arm. This is normal and a small price to pay for ensuring that you stay protected this flu season, while also protecting the people around you.

If you want to schedule a vaccine, check out Office for Aging's flu clinics, your pharmacy, or your healthcare provider for more information. Don't hesitate to vaccinate and stay safe this fall and winter.

### Broome County Office for Aging & Lourdes Medical Mobile Unit 2023 Flu Clinic Schedule

Monday, October 2nd:	Broome West Senior Center 1:00 - 2:30PM 2801 Wayne Street, Endwell
Wednesday, October 4th:	Eastern Broome 9:00 - 11:00AM 27 Golden Lane, Harpursville
Friday, October 6th:	First Ward 9:30 - 11:00AM 226 Clinton Street, Binghamton
Monday, October 9th:	Northern Broome 9:30 - 11:00AM 12 Strongs Place, Whitney Point
Wednesday, October 11th:	Vestal 10:00 – 11:00AM 201 Main Street (Old Junior High School)
Friday, October 13th:	Chenango Bridge 1:00 - 2:30PM 740 River Road, Binghamton
Wednesday, October 18th:	Johnson City 10 – 11:30AM 30 Brocton Avenue
Friday, October 20th:	North Shore Towers 10 – 11:30AM 24 Isbell Street in Binghamton

**Volunteering is the act** of one providing their time freely to help or support others. Studies have shown that the benefits from volunteering are numerous and include: an overall improvement of physical and psychosocial well-being, and the strengthening of social relationships, thus reducing loneliness and isolation. AmeriCorps is a federal agency for national service and volunteerism. They state, "that volunteering in the community creates opportunities for social interaction, and evidence suggests that giving support to others is a particularly beneficial form of social connection." Life brings major changes in social roles and social networks; this can often lead to a decrease in mental health. Aging adults report that volunteering provides a sense of higher purpose, leading to an increased life satisfaction and greater self-worth. A Foster Grandparent reported that volunteering "has helped me become more confident and happier. I know I am useful to someone, and I feel really needed and loved by the children." 91% of Foster Grandparents report that since they started to volunteer, they have a feeling of purpose in life. The sense of knowing that there are others looking out for your wellbeing provides comfort and support. Volunteering can provide a strong social network that is beneficial to everyone's mental health. There are many wonderful opportunities to volunteer in your community, to learn more please call the Broome County Office for Aging at **607-778-2411**.

## Medicare Open Enrollment Fall 2023

In September, all Medicare Advantage Plans and Prescription Drug Plans are required to send beneficiaries an Annual Notice of Change Letter. Watch for that letter among all the Medicare advertisements that arrive in your mailbox. Read it to find details about the plan's benefits, copays and drug coverage for the upcoming year and to be sure your plan will not be terminating. Medicare advocates strongly encourage beneficiaries to review their plans each year during open enrollment as that is the one time that all Medicare beneficiaries can change their health care selection.

Action for Older Persons (AOP) offers no cost unbiased Medicare insurance counseling and financial assistance program application help. We would love to help you save money and gain peace of mind by knowing you are in the plans that best meet your needs. We offer both in person and phone appointments with one of our highly trained counselors to review your Medicare coverage. We encourage you to make your appointment soon as the appointments fill up quickly! AOP's phone number is **(607) 722-1251**.



## WE HAVE MOVED

Please note that all in person appointments will be at our new location. Our new address is:  
609 East Main Street Suite 11  
Endicott, NY 13760



**Coughlin & Gerhart LLP**  
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## Mark Your Calendar! Upcoming Community Events

### Broome County Art Trail

25 locations in Binghamton, Johnson City, Endicott, Town of Main, and Whitney Point  
Saturday, October 7th and Sunday, October 8th from 10am-4pm

Come meet your favorite local artists, shop handmade art, and enjoy live music at venues throughout Broome County. This event supports artists and celebrates our local talent. The Broome County Arts Council sponsors this event, but all sales go directly to the artists. Free event. Broome County Arts Council can be reached at 607-723-4620.

<https://broomearts.org/in-the-community/broome-art-trail/>

### A Reading and Conversation with Victoria Chang

Binghamton University Art Museum  
4400 Vestal Parkway East, Binghamton  
Tuesday, October 17th from 6-8pm

Binghamton University's Distinguished Writers Series features poet Victoria Chang. Her forthcoming book of poems, *With My Back to the World*, will be published in 2024. Her recent book of poetry, *The Trees Witness Everything*, was named one of the Best Books of 2022 by the *New Yorker* and the *Guardian*. This is a free event, but registration is required.

<https://www.binghamton.edu/english/creative-writing/binghamton-center-for-writers/creative-writing-events.html>

### Phantom of the Philharmonic

Broome County Forum Theatre  
236 Washington Street, Binghamton  
Saturday, October 28th from 7:30pm

An evening of music from *Nightmare Before Christmas*, *Phantom of the Opera*, *the Twilight Zone*, and much more. Kids 17 and under get in for free. Ticket prices vary based on seat selection. Call the box office for free kid's tickets: 607-723-3931.

<https://binghamtonphilharmonic.org/home>

## Men & Mental Health

Mental disorders affect men and women. The prevalence of several mental disorders is lower in men than in women. However, other disorders are diagnosed at comparable rates for men and women or at higher rates for men, like attention-deficit/hyperactivity disorder (ADHD).

Certain symptoms may also be more common in men than women, and the course of illness can be affected by a person's sex. Researchers are only now beginning to tease apart the various biological and psychosocial factors that may impact mental health.

Men are less likely to have received mental health treatment than women in the past year. Recognizing the signs that you or someone you love may have a mental disorder is the first step toward getting treatment. The earlier that treatment begins, the more effective it can be.

**Mental health includes emotional, psychological, and social well-being.**

Sourced from: <https://www.nimh.nih.gov/health/topics/men-and-mental-health>



This section of the Senior News will feature simple meditations, inspirational quotes, mental health tips, good news, and more.

### Try this simple meditation!

1. Sit in a comfortable position.
2. Close your eyes.
3. Breathe in slowly through your nose and breathe out your mouth. Being mindful of the way your chest rises and sets.
4. If your mind wanders, simply acknowledge the thought and return to the thoughts of your breaths.
5. Begin to mentally scan your body, from your head to your toes, noticing how each body part feels.
6. Continue until you reach a more relaxed state.

"Once you start making the effort to be more mindful in your activities—you suddenly start appreciating life a lot more."  
—Robert Biswas-Diener

Sourced from: <https://www.ncbi.nlm.nih.gov/>

## Feeling Down? There's Help!

Take a moment to collect your thoughts. Are you feeling overwhelmed by stress, anxiety, or are you depressed? It's common to feel these emotions, but if these feelings intensify instead of subsiding, there's help! These resources can help you navigate these feelings and emotions. Taking care of your mental health is an important part of successful aging.

Community resources are available to address our mental health needs:

### The Mental Health Association of the Southern Tier (MHAST)

Address: 47 Broad Avenue, Binghamton, NY 13904  
Phone: (607) 771-8888  
Website: <https://mhast.org/>

Providing advocacy services, educational presentations, prevention programs, information, and resource referrals. MHAST helps unite recipients of mental health services and their families with mental health professionals, service providers and advocates to create collaborations, generate action, and combat the devastating stigma of mental illness.

### 988 Suicide & Crisis Lifeline

Phone or Text Message: 988

If you or someone you know is suicidal or in emotional distress, contact the 988 Suicide & Crisis Lifeline. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

## 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*



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**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.

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



**Conklin Seniors**

Contact Kathy Wakeman 607-775-0880

**November 8 - 10, 2023** - Lancaster for a Christmas Show

**Eastern Broome Senior Center**

Contact Arlene Noyes: 607-759-6306

**October 19, 2023** - Kenny & Dolly Tribute at Penns Peak

**October 30, 2023** - Salute to Troops - Villa Roma

**First Ward Travel**

Contact Liz W.: 607-222-8440

**October 11, 2023** - Turning Stone Casino

\$40 - includes \$25 slot free play or bingo & \$5 food voucher

**December 6 - 8, 2023** - Cape May Holiday

\$585 total - \$200 deposit when signing up

2 nights at the beautiful oceanfront Grand Hotel

2 breakfasts - 2 dinners - tour of Physick Mansion, holiday

trolley tour of historic district, Holly Trolley Lights Tour, visit to

Washington Street Mall, stop at Atlantic City casino

**Johnson City Senior Center**

Contact Lucy 607-427-6143

**November 15, 2023** - Hunterdon Hills Holiday Show & Luncheon

**December 6, 2023** - Penn's Peak - Elvis Christmas

**December 12, 2023** - Norman Rockwell Christmas in Stockbridge, Mass

**North Fenton Seniors**

Contact Ruth: 607-648-8425

**November 8, 2023** - Hunterdon Hill Christmas Show

**Vestal Senior Center**

Contact Nancy at 607-235-3842

**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

**Port Crane Seniors**

Contact Donna 607-648-6071

**November 8, 2023** - A Playhouse Christmas,

Hunterdon Hills Playhouse



Amanda VanFossen,  
NYS Licensed  
Hearing  
Aid Dispenser



Amanda Levy, Au.D.  
Doctor of  
Audiology

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**LGBTQ+ MEETING:**

The next LGBTQ+ meeting will be October 18th, 3-4PM

at the Johnson City Senior Center

30 Brocton Street, Johnson City, NY 13790



**Three Year Progress Report 2020-2023**

The Broome Age-Friendly Project (BAFP) is pleased to present the Three Year Progress Report of community enhancements since the action plan was approved by AARP in fall of 2020. Progress has been made on a wide range of goals related to information and communication; community supports and health services; respect, social inclusion, civic participation, and employment; transportation; housing; and outdoor spaces and public buildings. We celebrate the work and collaboration of many organizations, community volunteers, county and municipal staff, Binghamton University professors and interns, and Broome County Office for Aging (OFA) through presenting highlights of projects and services in each category.

The Three Year Progress Report as well as the longer annual updates from 2021 and 2022 are available on OFA's website. Paper copies can be requested by anyone without internet access.

Broome Age-Friendly Project website:  
<https://www.gobroomecounty.com/senior/Age-FriendlyCommunityInformation>

Call **607-778-2411** for a copy to be mailed to you.

Creating a healthier community that supports people of all ages is an ongoing process. A new action plan is being developed for 2023 to 2026. Information about this will be published in future issues of the Senior News. To provide comments or if you would like to get involved, call **607-778-2411**.



**FIRST WARD SPIRIT WEEK!**

Join us all week as we take a trip back in time to our high school spirit week tradition!

Starting **Monday October 23rd**, we will be having a different "theme" for each day of the week and will be giving out prizes (most days) for best dressed according to that theme.

**Monday:** Pajama Party! No one likes Mondays, so stay in your PJ's and join us for breakfast for lunch! After lunch, stay for bingo. 10 cents a board, winner picks a prize from the prize table.

**Tuesday:** Talent Showcase! Show us your talents, sign up at the office, show starts at 11:15AM

**Wednesday:** Wacky Tacky Backwards Wednesday! Style your craziest hair, wear your most wild, vibrant outfit, or wear your clothes backwards.

**Thursday:** Sports Day! Come dressed in your favorite team jersey or shirt. Try your luck at sports trivia during lunch, then stay and play Corn Hole or Ping Pong.

**Friday:** School Colors! Wear your high school colors, or any high school paraphernalia you still own! Enjoy lunch while you listen to the oldies but goodies with our musical guest, Michael Burrell.

**UHS**

Senior Living  
at Ideal

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.

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- Access to transportation and social activities

(607) 786-7440  
nyuhs.org

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Broome West Senior Center's 18th Annual

*Fall & Holiday*

*Craft Show*

2801 Wayne Street, Endwell  
(off Watson Blvd)

Saturday, October 21st

10AM - 3PM

Come enjoy a wide variety  
of homemade crafts!

Delicious Food \* Door Prizes \*  
Awesome Bake Sale \* Raffles

Free admission.

All proceeds will benefit the Broome  
West Senior Center Site Council

607-785-1777

## Pumpkin Pudding

No cooking required for this tasty pumpkin pudding. Kids can help prepare with supervision.



### Ingredients

- 1 can pumpkin (15 ounces, or 2 cups cooked mashed squash)
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1/8 teaspoon salt
- 1 1/2 cups milk (1% low-fat)
- 1 vanilla pudding (instant, 3.5 oz (small box))

### Directions

1. In a large bowl mix pumpkin, salt, and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-pudding>

## Apple Wedges with Pumpkin Almond Butter

Breakfast is a snap with this simple dip, which can be made ahead of time and refrigerated. Enjoy with Golden Delicious or Granny Smith apple slices.



### 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 together dip ingredients.
2. Serve with apple slices.

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

## Apple Tuna Sandwiches

A twist on the traditional tuna salad sandwich, this version features a combination of sweet and tangy flavors.



### Ingredients

- 1 can tuna, packed in water (6.5 ounces, drained)
- 1 apple
- 1/4 cup yogurt, low-fat vanilla
- 1 teaspoon mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 lettuce leaves

### Directions

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-tuna-sandwiches>

## Banana Oat Cookies

With whole-grains, fruit, and no added sugar, these cookies make a healthy and tasty treat.



### Ingredients

- 1 cup banana, mashed (use overripe banana)
- 1 cup quick oats
- 1/2 cup yogurt, low-fat plain
- 1/4 cup water
- raisins (1/2 cup, optional)
- sunflower seeds (1/2 cup, optional)
- cinnamon, optional

### Directions

1. Mash bananas, mix with yogurt and water.
2. Add quick (not instant) oats. Mix well.
3. Add optional add-ins if you wish.
4. Add spices to taste.
5. The batter should be thick and easily spoonable.
6. Grease a baking sheet. Place a tablespoon of dough on the sheet, thin out to a flat disk. Repeat with remaining dough. Refrigerate if any is remaining in bowl.
7. Bake at 350°F for 20 minutes. Flip and bake on other side 15 minutes to make crisper crust

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



## Alternative Products



Below is a listing of less toxic alternatives to some common household products.

<p><b>Drain Cleaner:</b> 1/2 cup baking soda followed by 1/2 cup vinegar; let set for 15 min., follow with boiling water; snake or plunger.</p>	<p><b>Furniture Polish:</b> 3 parts olive oil to 1 part vinegar; water stains: toothpaste on a damp cloth.</p>
<p><b>Lemon Linoleum Floor Cleaner:</b> 1/4 cup liquid vegetable oil based soap; 1/2 cup lemon juice; 2 gallons warm water; wash floors as usual.</p>	<p><b>Oven Cleaner:</b> 2 Tbs. Castile soap, 2 Tsp. Borax and 2 cups water set in oven for 20 min; scrub with baking soda and salt.</p>
<p><b>Toilet Bowl Cleaner:</b> 1 cup Borax, 1/4 cup vinegar or lemon juice pour into toilet; let sit a few hours; scrub with toilet brush.</p>	<p><b>Window Cleaner:</b> 1/4 - 1/2 tsp. Vegetable oil soap; 3 T. vinegar; 2 cup water; spray on windows; wipe dry with cotton cloth or newspaper.</p>
<p><b>Houseplant Insecticide:</b> Mix 2 tbs. of dishwashing liquid with 2 cups water and spray on leaves.</p>	<p><b>Soft Scrub:</b> 1/4 cup baking soda; vegetable oil soap (enough to make baking soda into a creamy paste); Scoop onto a sponge and wash surface.</p>

Sourced from: <https://www.gobroomecounty.com/solidwaste/hazwaste/alt>





## 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.

- **October 12th 10AM**  
Meet at Greenwood Park in the beach parking lot. Bring a packed lunch so we can socialize and relax after the walk.
- **October 26th 10AM**  
Meet at Cole Park in the parking lot to the right after entering park.
- **November 16th 10AM**  
Meet at IBM Glen in the parking lot on Robinson Hill Road in Johnson City (about 2 miles on left from Oakdale Road in Johnson City or 1.8 miles on right from Country Club Road in Endwell).
- **December 14th 10AM**  
Meet at Arnold Park in Vestal by the colorful playground

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

## Cook Fresh Through All Seasons!

Kathleen Cook, SNAP-Ed Nutrition Educator  
Cornell Cooperative Extension, Broome County



As we enjoy the beauty of Autumn in Upstate NY, we can still find ways to add the freshness of summer meals into our cooler seasons by bringing the green indoors! Herbs are a wonderful way to add fresh flavor to our food and help us cut back on the amount of salt we add to food.

Many herbs can be grown indoors on a windowsill or in a sunny spot in your home and the benefits are two-fold: More green plants indoors provide oxygen and life to your environment and the freshly cut herbs in a recipe add a pop of flavor. You may even be able to start out by buying herb plants in small pots at your local grocery store, (these can also be purchased with SNAP benefits because they are edible) Mint and basil are good to start out with because they are easy to grow and maintain and can be used for a variety of foods. Both can be used to add flavor to water, making it more interesting to drink through the day. Mint adds a lift to salads and mixed fruit, basil is delicious paired with tomato dishes, omelets, and pastas.

Oregano, parsley, thyme, and rosemary all grow well in small pots by a sunny window, though rosemary doesn't like a chill and does best a bit further from drafts. Rosemary adds big flavor and is best used in small amounts. These herbs are fragrant in soups and stews and when added towards the end of roasting meats or root vegetables like potatoes and parsnips or winter squash.

Parsley has many varieties, and many uses from soups and seafood dishes to Middle Eastern cold salads like tabbouleh (tuh boo lee) or vegetable salads with cucumber, tomato, and red onion. Thyme adds a light lemony flavor to poultry dishes, and oregano is often associated with Italian foods, including pizza!

If you can find a sunny window, try continuing the growing season and enjoy these delicious healthful flavors all year!

## Pet Photo Contest!

It's time to show off your furry (or scaly) friend. In the November edition of the Senior News, we will be awarding one lucky pet the title of "Cutest Little Pumpkin".



*"Everyone believes they have the best pet, and none of them are wrong." – W.R. Purche*

Send your name, phone number, pet's name and even a brief description of why you are thankful for your pet to:

Broome County Office for Aging  
Attention: Senior News  
PO Box 1766  
Binghamton, NY 13902

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

## 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!**



NEW YORK  
SKIN & VEIN  
CENTER

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

**607.770.1815**

# 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, 9:00AM – 2:00PM

**Monday:** BoneSavers, 9:30AM;

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

**Tuesday:** Adult Coloring, 9:30AM; Mahjong Group, 10AM;

Chair Exercises, 12:30 - 2:45PM; Scrabble, 12:30 - 2:45PM;

Ping Pong, 1 - 2:45PM; Yarn Group 1PM

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

Floor Shuffleboard, 1 -2:30PM

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

Social Connections, 1PM

**Friday:** Mahjong, 12:30 - 2:45PM; Ping Pong, 1PM

### **Special Activities**

10/2 Breakfast for Lunch 10:30AM

10/4 Lyceum Armchair Travel: Tokyo Metropolitan Area 10 – 12PM

10/9 Baked Potato Bar & entertainment by Johnny Only 11AM

10/10 Downsize and Declutter 3PM

10/10 Evening Meal with Entertainment 4:30PM Please call for a reservation.

10/11 GFJ Tech Class: The Cloud and How To Use It 11AM

10/13 Historian Jack Shay 11AM

10/13 Birthday Celebration 11AM –

Celebrating September & October birthdays!

10/16 Breakfast for Lunch entertainment by Jukebox Mike 11AM

10/20 Pizza Day! 11AM CENTER CLOSING EARLY

10/21 Craft Fair! 10AM See page 7 for more information.

10/23 Friday at Fred's performing before Lunch! 11AM Please call for a meal to follow.

10/25 Lyceum Armchair Travel: Mediterranean 10 – 12PM

10/27 Beat the Weather Blues Variety Show 12:30PM See page 3 for more information.

10/30 Grilled Cheese and Soup with special guest Marian Tweksbury

10/31 Halloween celebrations! Coffee, Donuts, Cider, Costume Contest, and Games 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:**

**Mondays – ZOOM ONLY:** Drumming on Zoom 2PM

Meeting ID: 706 942 1672 Password: 123456, Walk With Ease 11AM

**Tuesdays – ZOOM ONLY:** Zoom Sit Down Chair Yoga (

with some Dance) 11AM Meeting ID: 706 942 1672 Password: 123456

**Wednesdays:** – Marbles 10AM; Mahjongg 10AM;

Walk With Ease 11AM; Chair Dance 11 - 12PM; Cornhole 1PM

**Thursdays - ZOOM ONLY:** Zoom Sit Down Chair Yoga

(with some Dance) 11AM Meeting ID: 706 942 1672 Password: 123456

Fridays - Mahjongg 10AM; Chair Dance 11AM; Walk With Ease 11AM;

Cornhole 1PM

### **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

10/4 Clover Chat 12:30PM

10/6 OFA Nutrition ED: Butter, Margerine, and Other Spreads 12PM

10/9 & 10/27 BINGO with Sallie 10:30AM

10/11 Sausage Pizza Party 12PM Please call to reserve a meal.

10/14 Bottle Drive Fundraiser 9 – 10AM

10/16 Stone Painting with Sallie 10:30AM Bring your own stone.

10/20 CCE Nutrition ED w/ Kathleen Cook 12PM

10/20 Fabulous Flakes – Paper Snowflakes Experience 1PM

10/20 Suspenders Day! Come show off your best suspenders. 10 – 2PM

10/23 Chop & Chat with Sallie 10:30AM

10/25 Sour-est Day! Come enjoy some sour candy. 10 – 2PM

10/30 Candy Corn Day 10 – 2PM

10/30 Halloween Party - Prize for funniest and best overall costumes! 10 – 2PM

## **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**

10/3, 10 & 24 BINGO 1PM

10/5 Broome OFA Nutrition Education with Bridget 12:30PM

10/17 Deposit Senior Picnic with Entertainment & Vendors

10/26 Finch Hollow Talking Touch Table on Local Wildlife 12:50 - 1:50PM

10/31 Nutrition BINGO 1PM

## **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, 8:00 AM - 9:30 AM

### **Weekly Activities**

**Monday:** Shuffleboard (call ahead to sign up), 9AM; Canasta 10:30AM

**Tuesday:** Breakfast to Order, 8 - 9:30AM; Music JAM 10AM, Mobile DMV 9 - 1PM (closed 11:30AM - 12PM)

**Wednesday:** Crafters' Group & Wood Burning, 9 - 11AM; Billiards, 10AM

**Thursday:** Bingo for Prizes, 10 - 11:30AM; Painting Group, 9 - 11AM

**Friday:** Shuffleboard (call ahead to sign up), 9AM;

Gentle Tai Chi, 9:30AM

### **Special Activities**

10/4 Flu Vaccine Clinic 9 – 11AM

10/6 Burger Bar 11:30 – 12:30PM

10/11 Officers & Finance Meeting 9:15AM

10/11 Senior Center Site Council Meeting 10:45AM

10/11 "Yankee Trade" 12:30PM

10/12 Golden Griddle Brunch 11:45 – 12:45PM

10/17 & 10/31 Chop & Chat 12:30PM

10/18 The Page Turners 10AM

10/18 23rd Anniversary of Eastern Broome Senior Center 9 – 2PM

10/23 Artisan Fair & Bake Sale 9 – 2PM

10/23 Cows, Pigs, Horseback Race 10:30AM

10/25 Free Legal Aid Society 9 -12PM Please call for an appointment.

10/25 "Talking Touch Table" by Cornell CoOp 12:30 – 1:30PM

10/26 Office for Aging Nutrition Ed 12:15PM

10/26 Evening Meal 3:30PM Doors Open, 4PM Dinner Served, Entertainment by Ed Travis 4:45PM

Reserve a meal by Noon on 10/25.

10/27 Laughercize with Traci Penna! 9 – 10AM

10/27 Tai Chi 10 – 10:30AM

10/27 Rainbow Table Raffle 1PM

10/28 AARP Driver's Safety Class 9 -4PM

Soup & Salad Bar for Lunch, call ahead for a reservation.

10/31 Halloween Party 11AM Costume Parade after Breakfast with Prixes and Games!

## **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 for reservations**

### **Weekly Activities**

**Monday:** Zumba 9:30AM (\$3), Bonesavers 10AM, Chair Yoga 11AM

(\$5), Penny Bingo 12:30PM, Texas Hold'em 12:30PM

**Tuesday:** Knitting & Crocheting, 9 am; Shuffleboard, 9 am; Progressive Pinochle – Looking for New Players, 11:30 am; Int. Mah-Jong, 12:30 pm

**Wednesday:** Ceramic 9AM, Bonesavers 10AM, Chorus 9AM (when in session, call for details)

**Thursday:** Sewing 9AM

**Friday:** Ceramic 9AM, Zumba 9:30AM, Bonesavers 10AM

**Special Activities**

- 10/3 Chop & Chat 1PM – Reservations required one week in advance.
- 10/3 & 17 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM, \$3 (Advanced registration and payment required.)
- 10/5 Executive Board Meeting 9:30AM
- 10/5 Corn Hole 1PM (each Thursday throughout the month)
- 10/6 Flu Shots 9:30 – 11AM
- 10/9 Center Closed for Columbus Day
- 10/16 Legal Aid 9AM (Appointment required, please call.)
- 10/17 Nutrition Education w/Cornell Co-Op: Herbs for All Seasons 12pm
- 10/18 Evening Meal 5PM w/Musical Guest, Bass & Brown
- 10/19 & 20 AARP Driver Safety 9 - 12:15PM (Advanced registration required.)
- 10/23 - 27th Spirit Week: See ad on page 7 for more information.)
- 10/23 Breakfast for Lunch 11:45AM
- 10/24 Chop & Chat 1PM (Reservations required 1 week in advance.)
- 10/31 Halloween Luncheon w/Musical Guest, Mike's Jukebox 11:45AM

**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: Games Played 1:30 - 4:30PM, Guitar Group, 9AM – 12PM (\$2); Watercolor Painting, 9:30AM – 11:30AM (\$3); Gentle Yoga, 9:30AM – 10:30AM (\$3); Line Dancing, 10:45AM – 11:45AM (\$3); Knitting and Crocheting, 11:30AM – 1:30PM (no fee); Bonesavers, 1 – 2PM
- Tuesday:** TOPS, 9 - 11AM; Zumba, 10:30 - 11:30AM (\$3); Chair Exercises: Stretch DVD, 12:30 – 1:15PM (no fee); Table Shuffleboard, 12:30 – 3:00PM (\$1); Drawing Class, 1 - 2PM (\$3)
- Wednesday:** Quilting, 9 - 12PM; Bridge, 10:30AM – 2:30PM; Penny Bingo for Fun, 12:30 - 3PM; Progressive Pinochle, 12:30 - 3PM; Mahjong and Beginners Mahjong, 1PM; Bonesavers, 1 - 2PM
- Thursday:** Guitar Group, 9AM – 12PM (\$2); Oil Painting, 10AM - 1PM (\$3); Low-Impact Aerobics, 10 - 11AM (\$3); Bible History & Hebrew Meaning of Key Words, 11AM (Call to reserve); Tai Chi, 1 - 2PM (\$3)
- Friday:** Gentle Yoga, 10 - 11AM (\$3); Ladies' Singing Group, 10:30 - 11:30AM; Chair Exercises: Stretch DVD, 12:30 - 1:15PM (no fee)

**Special Activities**

- 10/2 Bingo, 1:30PM
- 10/2 Stay Healthy Caregiver Support Group 1 – 2:30PM
- 10/3 Binghamton University Nursing Students Here 9AM – 1PM
- 10/4 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10AM – 12PM
- 10/4 Lyceum Armchair Travel: Tokyo Metropolitan Area 10 – 12PM
- 10/6 Poetry Group 12:30PM
- 10/9 Bingo, 1:30PM
- 10/11 Lyceum Armchair Travel: Queen Mary 10 - 12PM
- 10/12 & 10/13 AARP Driver Safety 1 – 4:15. Call to register.
- 10/13 Poetry Group 12:30PM
- 10/16 Bingo, 1:30PM
- 10/18 LGBTQ+ Senior Social Group 3 – 4 PM
- 10/18 Lourdes Flu Shot Clinic 10 – 11:30AM
- 10/19 Legal Aid 9 – 12 PM. Call for appointment.
- 10/19 JCSC 40th Anniversary Celebration & Dedication 10AM – 1PM. Call for lunch reservations by noon on 10/18.
- 10/23 Bingo, 1:30PM
- 10/25 Haircuts (\$20, by appointment) 10-11:30AM
- 10/25 Herbs For All Seasons (Cornell Cooperative Extension) 11:30AM – 12:30PM
- 10/25 Lyceum Armchair Travel: Mediterranean 10 – 12PM
- 10/27 Poetry Group 12:30PM
- 10/30 Bingo, 1:30PM
- 10/31 Halloween Entertainment: Puns That'll Drive You Batty 11:00 – 11:30AM

10/31 Halloween Luncheon – Wear Your Costumes! 11:45AM

11/1 Book Club 3 – 4PM (One Thousand White Women: The Journals of Mary Dodd by Jim Fergus)

**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**

**Weekly Activities**

- Monday:** Bingo, 10:30 – 11:30 AM
- Tuesday:** Osteo Bonesavers Class, 10 – 11 am; Wii Bowling, 10 am
- Wednesday:** Weight Loss Group – “Choose to Lose,” 9:30AM; Sewing 10:30AM; Bridge, 12PM; Shuffleboard, 10AM
- Thursday:** Pitch, 9AM; Osteo Bonesavers Class, 10 – 11AM
- Friday:** Bingo, 10:30 – 11:30AM; Knitting, 1 – 3PM

**Special Activities**

- 10/3 & 10/17 Golden Agers 12PM
- 10/9 Flu Clinic 9:30 - 11AM
- 10/12 Teacher's Breakfast & Regular Breakfast 10AM (B.U. students will be here at 9:30AM)"
- 10/27 Pub Burgers for Lunch 11:30AM
- 10/31 Halloween Party! Entertainment & Trivia Contest 10:30AM

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!

**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:** Shuffleboard 10AM; Wii Bowling 10AM
- Tuesday:** Greed Game, 10:00 - 11:30AM
- Wednesday:** Crafts & Wii bowling, 10:00 - 11:30AM
- Thursday:** Greed Game, 10 - 11:30AM
- Friday:** Wii Bowling 10AM

**Special Activities**

- 10/4 National Cinnamon Roll Day 10:15AM
- 10/10 Resident Association Meeting 10AM
- 10/12 Mafia Slideshow with Bill Tomic 10:30AM
- 10/17 Come help us decorate for Halloween! 10:30AM
- 10/18 Cornell CoOp Nutrition Ed with Kathy 10:30AM
- 10/19 Pizza for Lunch! 12PM Please call for a meal reservation.
- 10/20 Flu Shots offered by Lourdes Hospital 10 – 11AM
- 10/26 National Pumpkin Day – Come carve pumpkins! 10:30AM
- 10/31 Halloween Party 10:30AM – Wear your costume and enjoy some snacks!

**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:** NEW Mahjong 12PM
- 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**

- 10/2 High King Card Game 12PM
- 10/4 Lyceum Armchair Travel: Tokyo Metropolitan Area 10 – 12PM
- 10/11 OFA Nutrition Ed 10:15AM
- 10/11 Lyceum Armchair Travel: Queen Mary 10 – 12PM
- 10/16 & 10/30 Chop and Chat 10AM Call to reserve spot.
- 10/17 Potato Bar – Only lunch available this day. 11:15AM

- 10/18 Vestal Club Trip Sign Up: Hunterdon Hill Christmas Show 9 – 11AM
- 10/19 LCR Dice Game 12PM
- 10/24 Craft Day: Holiday/Christmas Craft  
Please call to reserve a spot. 10AM
- 10/24 Vestal Club Meeting Day 12:15PM
- 10/25 Cornell Nutrition Ed 10:15AM
- 10/25 Lyceum Armchair Travel: Mediterranean 10 – 12PM
- 10/27 Pizza or Chef's Salad 11:15AM – Please call to reserve a meal.
- 10/27 Bunko 10AM
- 10/31 Halloween Party 9 – 2PM

**It's That Time Again  
Home Energy Assistance Program 2023-2024**

If you qualify, the Home Energy Assistance Program (HEAP) may assist you with the cost of heating your home this fall/winter. Eligible households can receive one Regular HEAP benefit per program year.

All households that received a Regular HEAP benefit in the 2022-2023 program year will receive an application in the mail automatically this fall. Even if nothing has changed in your household or income, you still must apply each program year. While returning applicants can apply before the program opens, benefits will not be issued until the program officially opens. **Please help us by submitting your application as soon as you receive it.**

Regular HEAP will officially open on November 1st, 2023, and will close on March 15, 2024, or when funds are exhausted. The 2023-2024 household income guidelines are below.

Income limits are as follows – higher limits for larger households.

Household Size	Maximum Monthly Income
1-person	\$3,035
2-person	\$3,970
3-person	\$4,904
4-person	\$5,838

There are several ways for new applicants to apply when Regular HEAP opens. You can apply online at [www.mybenefits.ny.gov](http://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 older 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 in November, please call the Office for Aging HEAP hotline at 607-778-2063 and leave a message with your name and address.

**The Career & Community Services Center of Broome County (formerly known as DSS)** accepts applications for homeowners and renters under age 60 who do not receive permanent disability income. After November 1st, call 607-778-1100, option 6 to request an application.

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

**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**

**Issues Getting Nutrition**

Many older adults face challenges obtaining nutritious food whether it be due to health conditions that make shopping difficult or impossible, financial reasons, or lack of transportation. The Broome County Office for Aging and other community organizations provide programs that can help support the nutritional needs of older adults. Office for Aging staff can assist with connecting individuals to the various food resources in the community:

- **Broome County Office for Aging Meals on Wheels:** Serves individuals who are experiencing a health condition that makes food preparation or getting to the grocery store difficult. To be eligible, a person must be 60 or older, have a health condition and live in Binghamton, Chenango Bridge, Conklin/Kirkwood, Harpursville, or Whitney Point. There is a suggested contribution of \$3.50 per meal for those age 60+. SNAP benefits may be used for the meals obtained through this program.
- **Meals on Wheels of Western Broome:** Serves individuals age 60+ residing in Vestal, Johnson City, Maine, Endicott, and Endwell. Hot meals are \$4.75 each and cold meals are \$2.50 each. SNAP benefits may be used for the meals obtained through this program. Call (607) 754-7856 for additional information.
- **Lunch programs at senior centers:** Lunches are served daily throughout Broome County at nine (9) Senior Centers. Reservations are required and must be made the day prior by noon. There is a suggested contribution of \$3.50 per meal for those age 60+. SNAP benefits may be used for the meals obtained through this program. All guests under 60 must pay \$4.50 per meal. See the "Look What's Happening at the Centers!" section of the Senior News for more details.
- **Community meals:** A full list of meals served through the Broome County Soup Kitchens and Community Meals can be obtained by visiting: [broomecountyresourcesforlowincomefamilies.com/soup-kitchens](http://broomecountyresourcesforlowincomefamilies.com/soup-kitchens), or by calling the Office for Aging at (607) 778-2411. For a referral to a CHOW pantry dial 2-1-1 to reach First Call for Help.
- **Nutrition Counseling:** To assist with meeting your nutritional goals you can connect with an Office for Aging Dietician.
- **Financial Benefits:** Income eligible individuals can obtain assistance in applying for the Supplemental Nutritional Assistance Program through Office for Aging.

To learn more about the programs and services listed above, please contact Office for Aging at **607-778-2411**. If transportation is a barrier, the Office for Aging can connect individuals with affordable ride options including the OFA mini-bus, BC Country, BC lift as well as rides through the Getthere call center **(855) 373-4040**.

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**Sudoku Answers**

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

**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.**

**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!

**For specific dates and times please contact the Library at (607)-757-5359 or email: [gjtechcenter@gmail.com](mailto:gjtechcenter@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 [gjtechcenter@gmail.com](mailto:gjtechcenter@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](mailto: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**



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





## Halloween Party & Luncheon

### Tuesday, October 31 at Participating Senior Centers

Come celebrate Halloween dressed in your favorite costume and enjoy games, raffles, refreshments, costume contests, and much more. You may also enjoy a delicious lunch served around noon.

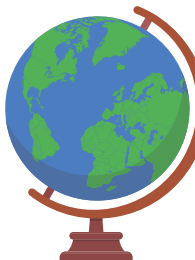
Reservations are required by noon on 10/30. Please call a participating center to make your meal reservation and learn more about the day's special activities. Phone numbers are listed on the "Look What's Happening at the Centers! Section of this paper.

Guests age 60 and older and their spouse of any age may dine for a suggested contribution of \$3.50. All others may dine for a charge of \$4.50.

No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

**Just For Laughs**

Why didn't anyone want to go trick or treating with Dracula?  
*Because he is a pain in the neck!*



### 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.

- Armchair Travel: Tokyo Metropolitan Area**  
October 4th: 10 - 12PM
- Armchair Travel: Queen Mary**  
October 11th (JC & Vestal only): 10 - 12PM
- Armchair Travel: Heart of the Mediterranean**  
October 25th: 10 - 12PM
- Armchair Travel: The Daughters of Uganda**  
November 2nd: 10 - 12PM
- Armchair Travel: The Daughters of Uganda**  
November 2nd: 10 - 12PM
- Armchair Travel: Hong Kong**  
November 8th (JC & Vestal only): 10 - 12PM
- Armchair Travel: Northern California**  
November 15th (JC & Vestal only): 10 - 12PM

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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**What is Self-Care?**

**Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it’s essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.**

**About Self-Care**

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care:

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

Sourced from: <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

***“We would never tell someone with a broken leg that they should stop wallowing and get it together. We don’t consider taking medication for an ear infection something to be ashamed of. We shouldn’t treat mental health conditions any differently.”***  
**Michelle Obama**

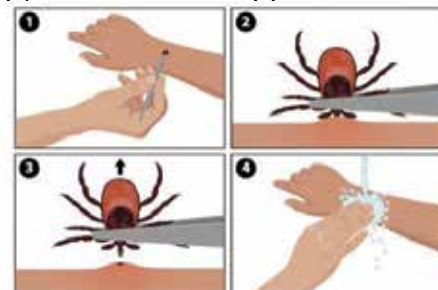
**Watch Out for Ticks!**

Are you someone who enjoys the outdoors? Do you keep a garden? Do you have a cat or dog who spends time outside? If you answered yes to any of these questions, it is important to be on guard for ticks to help prevent developing Lyme or other tick-borne diseases. During the spring and fall months, ticks become more active. So how can you protect yourself this fall?

1. Wear light-colored clothing and long pants. Tuck the hems of your pants into your socks. Wear close-toed shoes.
2. Try to avoid moving through grass or sitting directly on the ground.
3. Wear DEET or Picaridin- based insect repellents like OFF or Murphy's.
4. Treat clothing with Permethrin, a repellent which lasts for six washes.
5. Check yourself (and your animals) for ticks frequently, and especially after being outside. Pay close attention to warm and moist areas of the body like ears, armpits, the folds behind your knees and the inner thighs.
6. Ask a friend or care partner to help scan for ticks, especially if you have a vision impairment. Deer ticks (the ones that carry Lyme) can be as small as a poppy seed.
7. Keep a mirror in an accessible location to aid in checking the hard-to-see areas of your body.

When encountering a tick:

1. If the tick has not yet bitten, try and brush it off yourself.
2. If you discover a tick has bitten you, grasp the head of the tick with a pointed pair of tweezers. Pull the tick straight up and place it into a container with alcohol to kill it.
3. Do not use other methods of removal such as essential oils, a hot pin or Vaseline. This can increase the risk of disease transmission.
4. Monitor your condition following the bite. Symptoms usually appear within a month, but in some cases may take three months to develop. Look out for a rash and/or fever-like symptoms. If these develop, make sure to approach a healthcare provider.



Sourced from: [www.health.ny.gov/publications/2813/](http://www.health.ny.gov/publications/2813/) and [www.cdc.gov/ticks/removing\\_a\\_tick.html](http://www.cdc.gov/ticks/removing_a_tick.html)

***“Nothing can dim the light that shines from within.”***  
**Maya Angelou**

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# October 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>Alfredo Vegetable Pasta Bake</b> Italian Green Beans Chocolate Pudding	<b>2</b>	<b>Teriyaki Chicken OR Apricot Meatballs</b> Brown Rice Pilaf Oriental Blend Vegetables Sherbet Cup	<b>3</b>	<b>Beef Stroganoff</b> Buttered Noodles Mixed Vegetables Apple Cranberry Crisp	<b>4</b>	<b>Halupki OR Seasoned Chicken</b> Mashed Potatoes Cauliflower Florets Oatmeal Raisin Cookie	<b>5</b>	<b>Sloppy Joe OR Tuna Salad Sandwich</b> Cream of Broccoli Soup Garden Salad Ice Cream Cup	<b>6</b>
<b>Pierogies w/Kielbasa</b> Broccoli Florets Double Chocolate Cookie	<b>9</b>	<b>Grandma's Meatloaf</b> Mashed Potatoes Cut Green Beans Spice Cake	<b>10</b>	<b>Barbecue Chicken Breast</b> Baked Potato Corn Sherbet	<b>11</b>	<b>Chicken Marsala</b> Brown Rice Pilaf California Blend Veg. Apple Cobbler	<b>12</b>	<b>Pork Loin Or Broiled Fish w/Lemon</b> Roasted Potatoes Peas Pears	<b>13</b>
<b>Four Cheese Macaroni &amp; Cheese</b> Stewed Tomatoes Brussels Sprouts Pears	<b>16</b>	<b>Chicken Salad Croissant</b> Tomato Florentine Soup Cottage Cheese Pineapple	<b>17</b>	<b>Roast Turkey</b> Bread Dressing Diced Beets Tapioca Pudding w/Mandarin Oranges	<b>18</b>	<b>Pub Burger</b> Red Potato Salad Baked Beans Marble Ice Cream Cup	<b>19</b>	<b>Salisbury Steak OR Herbed Fish w/Lemon</b> Mashed Potatoes Carrots Brownie	<b>20</b>
<b>Rotisserie Chicken</b> Baked Beans Macaroni Salad Banana	<b>23</b>	<b>Pulled Pork Or Breaded Fish Sandwich</b> Baked Potato Coleslaw Chocolate Chip Cookie	<b>24</b>	<b>Liver w/Onions OR Seasoned Chicken Breast</b> Mashed Potatoes Country Blend Vegetables Applesauce	<b>25</b>	<b>Chicken Breast Florentine OR Baked Ham</b> Scalloped Potatoes French Cut Green Beans Peach Crisp	<b>26</b>	<b>Pepper Steak OR Citrus Rubbed Fish</b> Baked Potato California Blend Vegetables Cranberry Oatmeal Cookie	<b>27</b>
<b>Ziti Sausage Bake</b> Minestrone Soup Peaches	<b>30</b>	<b>Happy Halloween! Halupki OR Roasted Chicken</b> Mashed Potatoes Peas w/Pearl Onions Red Velvet Pie Cups	<b>31</b>	<b>Look's What's Happening This Month!</b> <ul style="list-style-type: none"> <li>• Broome West's Evening Meal: Tuesday, October 10<sup>th</sup></li> <li>• Deposit's Senior Picnic: Tuesday, October 17<sup>th</sup></li> <li>• Eastern Broome's Anniversary Party: Wednesday, October 18<sup>th</sup></li> <li>• First Ward's Evening Meal: Wednesday, October 18<sup>th</sup></li> <li>• Johnson City's Anniversary Party: Thursday, October 19<sup>th</sup></li> <li>• Eastern Broome's Evening Meal: Thursday, October 26<sup>th</sup></li> <li>• Happy Halloween Party! Tuesday, October 31<sup>st</sup></li> </ul>					

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



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

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