



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

## Happy National Senior Center Month

### Join us for the last round of Senior Picnics!

Each picnic is a unique way to look at all that the senior centers can offer you. Use this time to grab a healthy meal, explore the center's halls, rooms, exercise programs, libraries, engage with staff, information, and socialize with a welcoming group of people. You can also make a future lunch reservation while you're there!

#### NORTHERN BROOME

Date: September 1st

Time: 10:00 – 2:00 PM

Where: 12 Strongs Pl., Whitney Point

Phone # for Reservations:

607-692-3405

#### BROOME WEST

Date: September 8th

Time: 10:00 – 3:00 PM

Where: 2801 Wayne St., Endwell

Phone # for Reservations:

607-785-1777

#### JOHNSON CITY

Date: September 21st

Time: 10:00 – 2:00 PM

Where: 30 Brocton St., Johnson City

Phone # for Reservations:

607-797-1149

### Did You Know: September is National Senior Center Month



There are nearly 10,000 senior centers in communities and neighborhoods across the country providing access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their

inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

<https://www.ncoa.org/page/national-senior-center-month>

So far this year, Broome Counties Nine Senior Centers have served over 41,000 meals! The centers offer a huge variety of programs including a large variety of exercise classes, ceramics, many different games, drumming, singing and much, much more!



We are celebrating **National Grandparents' Day all month long!**

See pages 10 – 11 for details on how to celebrate at your Senior Center.

### We Asked, You Answered

"We decided to ask local Seniors, **"What Does Your Senior Center Mean to You?"**. Thank you to everyone who submitted responses!

Here are some of the responses:

"After going to the First Ward Senior Center for 13 years, **it has really become my home away from home.** A place where I can use my creative abilities and a place where I can give back to others and my community. Come to the Center - Enjoy yourselves! We have pool tables, shuffle boards, exercise equipment, chorus, card playing, plus people who come in to educate us on health issues and other interesting topics. **Don't sit home alone, join us.**"

- Pat, age 81

Continued on Page 4

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 student's ability.

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

### Beginner Gentle Yoga

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

Monday 9:30 am East. Broome Sr. Center (Harpurville) – 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 (Harpurville)

### 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)

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

## Did You Senior Center Today?

September is National Senior Center month. In recognition, we will be celebrating with the "Did You Senior Center?" raffle campaign to promote the senior centers and the senior center's meal programs. Did you know there are nine senior centers in Broome County? Yes Nine! We opened a new senior center this year in Chenango Bridge!

Throughout September, whenever you dine at one of the Broome County senior centers, you can enter your name in a raffle to win prizes at each senior center.

Check out the Look What's Happening at the Centers section of this publication for the locations of the senior centers or call the Office for Aging if you have any questions and remember to... Senior Center Today!!! Sponsored by the Broome County Office for Aging.



## 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.

- **September 14th Apalachin Marsh in Apalachin**  
Meet at 10AM at the parking area on Rt 434 in Apalachin about 1/2-mile past Hilton Road.
- **September 28th Chenango Valley State Park Lily Lake**  
Meet at 10AM at Tween Lake Pavilion (follow direction signs at park entrance).

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

## Walk with Ease

**Session 1: Monday, September 11th – Thursday, October 19th**  
Outdoor session at Otsiningo Park

(Oakdale Mall in Johnson City on rainy days)

**Session 2: Monday, October 23rd – Thursday, November 30th**  
Oakdale Mall, Johnson City

**Mondays, Tuesdays & Wednesdays from 10-11 am**

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.

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.

## How did the farmer fix his overalls?

*A cabbage patch!*





## Caregiver Corner

*Ideas and information for people caring for others.*

### The Johnson City Caregiver Chat:

**Date:** Monday, September 11, 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, September 20, 2023 **Time:** 9:30 - 11:00 AM

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

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

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

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

### Caregiver Event:

#### **Obtaining Peace of Mind through Estate Planning and Advanced Directives**

Presented by: Amanda L. Giannone, Attorney-Partner from Levene Gouldin and Thompson

**Date:** Tuesday September 26, 2023 **Time:** 1:00 – 2:30PM

**Location:** Johnson City Senior Center,  
30 Brocton St. Johnson City, NY 13790

Attend this presentation to learn more about Health Care Proxies, DNR's, Wills, Trusts, and Power of Attorney.

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

## Powerful Tools for Caregivers

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**.



Office for  
the Aging

New York  
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**Association on Aging  
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[NewYork-Caregivers.com](http://NewYork-Caregivers.com)



## New Offerings for Family Caregivers Using Free NYS Online Support Portal

Several new offerings are in store for subscribers of New York's Caregiving Portal – a powerful resource that is available free of charge for any person in New York State providing unpaid caregiving supports to a family member or friend.

The portal helps families build skills to manage care at home for loved ones of any age. It also connects to local resources and support services by delivering personalized education, training, and information links. *Continued on Page 4*

## Events at the Centers



### Broome West Senior Center

Wednesday, September 13th

Grandparent's Day Celebration at our Evening Meal!  
4:30 – 6:30PM

Dinner served at 4:30PM with music and games to follow. Johnny Only is entertaining us with fun for the whole family! Hot Dog, Macaroni and Cheese, Mandarin Oranges, and a Cookie

Please call to reserve your meal by 9/12 at Noon.

### Chenango Bridge Senior Center

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

Wednesday, September 13th

National Grandparents Day!

Games will be available to play at 10AM, which includes Marbles, Cornhole, and Mahjong.

We will be having a special lunch served to our grandparents at 12PM. Join us for Laughter-cize at 1PM with pre-k kids!

### Eastern Broome

Saturday, September 23rd - 9 – 2PM

Artisan Fair and Bake Sale

Come and shop for that "one of a kind item"! Enjoy lunch and take home some delicious homemade bakes goods.

### First Ward

Wednesday, September 30th

Evening Meal with Musical Guest Greg Neff!

Alfredo Pasta with Chicken or Shrimp, Broccoli

Apple Pie with Vanilla Ice Cream for Dessert!

Meal 5PM

Entertainment 5:15PM

Please call for a reservation.

### Johnson City

Weekend of September 2nd – 3rd

Labor of Love Quilt Show & Raffle  
(Common Threads Quilters Guild)

Saturday: 10AM – 5PM

Sunday: 10AM – 4PM



This year is a major milestone for the Johnson City Senior Center as we celebrate our 40-year anniversary! Stay tuned for some exciting ways we're "marking" it!

### Northern Broome

Wednesday, September 6th

Shuffleboard tournament starts!

Every Wednesday at 10AM until 9/27

There will be a cash prize for 1st, 2nd and 3rd place.

### North Shore Towers

Thursday, September 14th • 10:15AM

National Cream Filled Donut Day!

Stop in for a treat.

### Vestal

Friday, September 22nd • 12PM

Join us for a dice game of BUNKO!

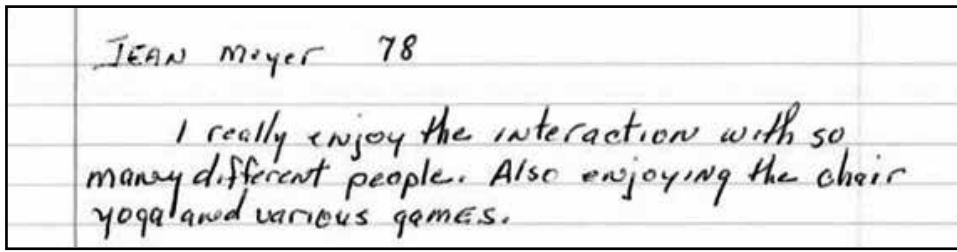


## We Asked, You Answered

Continued from Page 1

"A great place. Like a family. Gathering. Good food. Great people."

– Al, age 79



"We like the "leader of the pack" (the Site Supervisor), Vet. She's a good talker." – Anonymous

"I like the Senior Center for many reasons. Good people, good food, and good jokes. I will keep coming back. **Thank you, Broome County Office for Aging!**" – Thomas, age 73

"I am new to the Senior Center- I just love it. The people are fun- we laugh and joke around. And where can you get a great lunch for \$3.50? Why stay home when we can **brighten your life?**" - Kathy, age 64

## Communicating with Your Doctor

When was the last time you left a doctor's visit feeling satisfied that your concerns were heard and responded to? Successful communication with your doctor demands effective two-way communication. Here are a few tips to consider:

- **Make a list of your concerns.** Start a few days in advance, if possible, to track symptoms or other concerns. Be thorough and honest; the details are important. Keeping the list to one page will help the doctor stay engaged. Mention your most important concerns first. Consider giving the doctor a copy of your list so she can follow along. This will help make the best use of the limited time you have for your appointment.
- **Speak up.** Doctors tend to prioritize diagnostic information and core concerns early in the office visit. Make sure you make your key concerns known at the onset of the visit to help prevent the doctor from jumping to conclusions about treatments or dismissing issues you believe are important.
- **Listen.** It is so easy to get rattled at a doctor's visit that it sometimes feels like the appointment is over in the blink of an eye and all you walk out with is the blurred memory of a meeting and a prescription. Take some deep breaths and focus on what the doctor is saying. Bring a tape recorder and ask the doctor if she wouldn't mind your recording the visit to help you better remember the information you discuss.
- **Ask questions.** Don't hesitate to ask when words the doctor is using are unfamiliar or his instructions are not clear to you. Question the assumptions behind proposed treatments that do not seem viable in your situation. And above all, you deserve to know what the cost to you may be for the proposed treatment. Doctors' recommendations are only as valuable as your interest and ability to put them into practice.
- **Don't minimize the symptoms or situation.** Remarks like "it's just a little cough" or "my mother being up all night really isn't a problem," might lead your doctor to the same conclusion. If your real fear is that your sister's lung cancer started with a similar cough, let the doctor know. If mom's being up all night is preventing you from getting any sleep, say so. A few reassuring words, an appropriate test or as-needed sleeping medication can put your mind at ease.
- **Share your knowledge.** The doctor knows medical care and you know family care. Share information with the doctor about valuable community resources that have helped you. The doctor and their staff appreciate patient recommendations. They, in turn, can use this information to help other caregivers and patients.

Portions reprinted with permission of Oregon Senior and Disabled Services division.

## Scam of the Month

### Fake Check/Overpayment Scams

One common ruse is the overpayment scam. The scammer will send a check to pay for an item, or to award sweepstakes or lottery winnings, a grant, a scholarship, or regarding a job. They will then ask that some of the money be returned for fees to claim the award or due to overpayment. That is a scam.

**No legitimate sweepstakes or lottery requires payment to play or collect a prize.**

Crooks exploit the fact that banks must make funds from a check deposit available to the account holder within days, but it can take far longer to discover that the check is phony—sometime weeks, according to the Federal Trade Commission (FTC). When the bad check is discovered, you are out whatever money you sent back to the scammer, plus any other funds from the bad check that you withdrew or used. Banks do not assume those losses.

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**.

## New Offerings for Family Caregivers Using Free NYS Online Support Portal

Continued from Page 3

New highlights include site-wide Spanish language translations, community chat rooms, mental health content, and resources to help individuals caring for kids.

New Yorkers can access the service at <https://newyork-caregivers.com>. To create a free user account, select "Sign Up" under "Don't have an account."

### Did You Know?

- 84% of participants reported using at least one skill they learned from the Caregiving Portal.
- More than half of portal users (56%) reported allocating more time for self-care after using the portal.
- 75% reported that the platform helped keep their care recipient at home longer.

The New York Caregiving Portal is made possible through a partnership of NYSOFA, the Association on Aging in New York, and Trualta, which developed and operates the portal. Funding support was provided in the Fiscal Year 2024 state budget.

Let us know if you would like NYSOFA or Trualta to send you printed copies of these materials to present directly to clients at the point of service, at tabling and outreach events, and more. Write to NYSOFA at [NYSOFA@aging.ny.gov](mailto:NYSOFA@aging.ny.gov)

### 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)

**"I think everybody has the right to be who they are."  
- Dolly Parton**

 **Mark Your Calendar!  
Upcoming Community Events**

**LUMA Projection Arts Festival**

Downtown Binghamton  
Friday and Saturday, September 8 and 9 from 9pm-around midnight

Check out Binghamton's outdoor art gallery, where the stunning 'paintings' can be up to 6 stories high. No ticket is required to attend, and LUMA has no entrance fee.

<https://lumafestival.com/>

**The Cutler Flea**

Broome County Regional Farmers Market  
840 Front Street, Binghamton  
Sunday, September 10th, 9am-2pm

A bi-monthly indoor curated market of quality antiques, vintage collectibles, and one-of-a-kind artisan finds with select food and beverage vendors. Free admission rain or shine.

<https://www.facebook.com/cutlerflea/>

**Twin Tiers International Film Festival**

Cinema Saver, 19 Madison Avenue, Endicott  
September 15-17

This three day film festival is filled with creative and inspiring films, educational filmmaking workshops, events, a celebrity meet and greet, capped off with a dinner and live music.

Contact phone: 607-232-6002  
<https://www.twintiersfilmfest.com/>

**Endicott Apple Festival**

Washington Avenue, Endicott  
Saturday, September 16th from 10am-5pm

Since 1985, the community has come together to celebrate everything fall with a day full of music, vendors, and the flavors of the season.

<https://www.facebook.com/EndicottAppleFest/>

**21st Annual Blues on the Bridge**

South Washington Street Bridge, Riverside Drive & Water Street, Binghamton  
Saturday, September 16th from 12-10pm (rain date September 23rd)

This free community event will highlight 18 blues bands and include vendors selling a wide variety of foods as well as arts and crafts, and fun activities to do while listening to live music.

<https://bluesonthebridge.com/>

**PAST Historic Home Tour**

Binghamton  
Saturday, September 23rd from 1pm-4pm

This year's Preservation Association of the Southern Tier's Historic Home Tour will feature homes on Binghamton's South Side. From a fantastic home built in 1891 to gorgeous mid-century moderns, there is something for everyone on this year's tour. Fee is \$20-30.

Contact phone: 607-237-0887

<https://www.pastny.org/>



**Downsize & Declutter Discussion  
Tuesday, September 12th at 3:00 PM**

**You can always buy another!**

Is this you? You throw out something, and then find that you need it later? When we downsize, there will be casualties. But so, what? It's better to get rid of underused items than to postpone your goals! You can just buy another one.

Get more support on Tuesday, September 12 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).

**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 12.

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

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- 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
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Whitney Point NY (607) 692-2609
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Windsor, NY (607) 655-4191

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## International Grandparents Day!



On September 12th, we celebrate International Grandparents Day. A day for Grandparents to be celebrated for providing love and support to their children and grandchildren. But there are many older adults that did not have kids of their own or those who are not able to see their grandchildren. The Foster Grandparent Program can offer

the chance for those who enjoy helping and spending time with children, an opportunity to do so. A Foster Grandparent is a classroom mentor that works with children and encourages them to thrive academically and socially. Foster Grandparents receive as many benefits as the children with whom they work. By joining the program, the Foster Grandparent becomes a healthier, happier person who is motivated, who has a sense of pride which comes from being wanted and useful and who stays mentally and physically active. Foster Grandparents also become more socially engaged, making new friends through the program. **Foster Grandparents are celebrated by the students and staff for making a difference in their community.**

In the words of a local foster Grandparent "I appreciate the Foster Grandparent Program it has brought fulfillment to my daily routine. I love the fact that I meet people, and I get that chance to hear the word Grandma since I have no grandchildren. I love what I am doing, it is a job with very little stress."

Foster Grandparents earn \$4.00 per hour which does not affect rent, HEAP or eligibility for other income-based benefits. Training is provided to help Foster Grandparents to better understand children's needs and to know how to be a positive influence on their lives. Foster Grandparents must be age 55 or older and must meet income eligibility requirements.

To apply, call the Foster Grandparent Program at **607-778-2089**.



### **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

**September 19, 2023** - Lake George Lunch Cruise

**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

**September 18 – 21, 2023** - New Port, Rhode Island

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

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

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

2 night accommodations, 2 breakfasts,  
2 dinners, tours & more - \$585 double occupancy

### **Johnson City Senior Center**

Contact Lucy 607-427-6143

**October 11, 2023** (last day to sign up is 10/11)

Letchworth State Park

**October 30, 2023** - Villa Roma –

Tribute to Our Troops Luncheon Show

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

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

### **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



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## LGBTQ+ MEETING:

The next LGBTQ+ meeting will be September 20th 3-4PM  
at the Johnson City Senior Center  
30 Brocton Street, Johnson City, NY 13790



**OFA Nutrition Education Schedule:  
September 2023**

**Butter, Margarine, and other Spreads,  
how do they Nutritionally Stack Up**

Site	Day	Date	Time
Northern Broome Sr. Center (Tabling event - no presentation)	Thursday	9/14/23	10 - 11:30AM
First Ward Sr. Center presentation	Friday	9/15/23	12PM
Broome West Sr. Center presentation	Thursday	9/28/23	12PM

**Nature's Harvest is Sweet in September**

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

September is a wonderful time to enjoy the bounty of the summertime planting and harvest. In addition to vegetables that become sweeter when roasted or grilled, fruits are a natural and nutritious way to enjoy something sweet for dessert or snack, or even for breakfast!

Just think of all the fruits grown locally! Peaches, pears, plums, blueberries and other berries, cherries, melons, and of course, apples are all grown in New York State and Northern Pennsylvania. Now is a great time to explore ways to prepare these fiber and nutrient rich foods. Many people just eat fruit raw, sliced up on cereal or in yogurt or on cottage cheese, and as the weather begins to get cooler our ovens are used more filling up our houses with the aroma of baked goods made with fruit.

**Older adults can be especially vulnerable during severe weather.  
Stock your emergency kit with these essentials.**

To learn more about how older adults can be prepared, visit [www.nia.nih.gov/disaster-preparedness](http://www.nia.nih.gov/disaster-preparedness).

**NIH** National Institute on Aging

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-Julie S., Binghamton

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## Easy Baked Acorn Squash

This sweet and nutty squash pairs well with meats and other main dishes.

### Ingredients

- 2 acorn squashes
- 4 tablespoons maple syrup or honey (can replace with 1/4 teaspoon ground black pepper per squash half for a savory flavor)

### Directions

1. Preheat oven to 400 °F.
2. Cut acorn squash in half and scoop out seeds.
3. Fill a baking pan with about 1/2 inch of water.
4. Place the squash in the pan, flesh side up. If they are lopsided, slice the underside horizontally so the bottom sits flat on the pan.
5. Add 1 tablespoon maple syrup or honey (or ground pepper if you prefer a savory flavor) to each half and spread evenly across the flesh.
6. Bake for about 1 hour, or until flesh is tender.
7. Serve as a side with meat or another main dish.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/easy-baked-acorn-squash>



## Apple Sandwiches

Vary your apple “sandwich” using different nut butters and dried fruits.

### Ingredients

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins

### Directions

1. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
2. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
3. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
4. Continue with remaining apple slices.

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



## Sweet Potato Patties

Mashed sweet potatoes are coated in breadcrumbs and lightly fried in a pan for an easy side dish. Enjoy with a fresh green salad, and whole grain toast, or brown rice.

### Ingredients

- 3 sweet potatoes
- 1 cup breadcrumbs (crushed)
- 1 tablespoon vegetable oil

### Directions

1. Wash the sweet potatoes.
2. Bake the sweet potatoes in a microwave until they are soft.
3. Remove the peels from the sweet potatoes.
4. Put the sweet potatoes in a medium bowl. Mash them with a fork.
5. Crush the breadcrumbs on a cutting board with a rolling pin or jar.
6. Put the crushed breadcrumbs in a small bowl.
7. Shape sweet potato into 6 small patties.
8. Roll each patty in the crushed crumbs.
9. Heat the oil in a frying pan on medium heat.
10. Brown each patty on both sides in the oil.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sweet-potato-patties>



## Three Sisters Stew

This hearty stew is great for dinner and even better the next day.

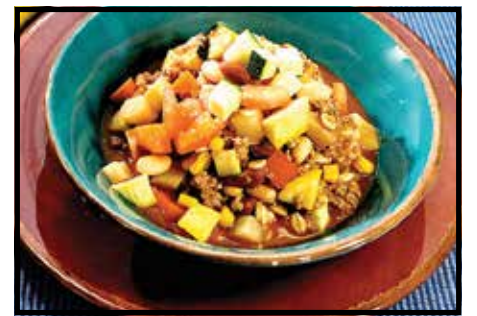
### Ingredients

- 1/2 pound ground beef
- 1 cup onions, diced
- 3 cups water
- 3 cups red potatoes, cubed (or 1 1/2 cans, about 24 ounces, low-sodium sliced potatoes, drained)
- 2 tomatoes, diced (or 1 can, about 15 ounces, low-sodium diced tomatoes, drained)
- 1 can (15 ounces) low-sodium tomato sauce
- 1/2 cup frozen corn kernels (or 1/4 can, about 4 ounces, low-sodium whole kernel corn, drained)
- 1/2 cup yellow squash, diced (or 1/4 can, about 4 ounces, low-sodium sweet potatoes, drained and diced)
- 1/2 cup green squash, diced (or 1/4 can, about 4 ounces, low-sodium carrots, drained)
- 1/2 can (about 8 ounces) low-sodium kidney beans, drained
- 1/2 can (about 8 ounces) low-sodium vegetarian beans
- 1/4 cup quick cooking oats
- 2 cloves garlic, finely chopped
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

### Directions

1. In a small skillet, brown ground beef and onions over medium to high heat for 8 to 10 minutes. Drain fat.
2. In a large pot, combine cooked ground beef, water, and red potatoes.
3. Bring the pot to a boil and cook for 15 minutes.
4. Add all the other ingredients to the pot and bring to a boil. Lower heat and simmer for about 25 minutes.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/three-sisters-stew>





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*“As you grow older, you will discover that you have two hands  
– one for helping yourself, the other for helping others.”  
– Audrey Hepburn*



**Meals on Wheels Volunteers Needed  
in the Whitney Point Area**

As the busy summer winds down, do you find yourself with some extra time on your hands? What better way to use your time than volunteering to deliver Meals on Wheels!

Volunteers aged 18 or older are needed in the Whitney Point area. You can choose a day (or days) to deliver meals between 11:30 AM and 1:30 PM, Monday through Friday. MOW is flexible with your schedule. Milage reimbursement is available.

Help seniors in your community stay healthy and independent!  
**Contact Vic at the Whitney Point Meals on Wheels office today to volunteer as a driver or friendly visitor: (607) 692-2653.**

*“The secret of life is enjoying the passage of time.”  
– James Taylor*



Grandparents are storytellers and gatekeepers of family tradition. They are wellsprings of knowledge and experience. They are the centerpieces of family gatherings and the glue that keeps so many families together. Grandparents also help raise children. They shuttle grandkids to-and-from school, babysit when parents are away from home, and offer advice and comfort when it is needed most. Sometimes they fill in as primary caregivers, putting aside their own needs and working full-time to provide the blessing of a loving family. I know from my own experience how grandparents can step up in critical moments. When my father lost his job in Scranton, Pennsylvania, my grandpop welcomed us into his home and offered us stability during a time of uncertainty.

While this is a day of celebration, it is also an opportunity to remember the grandparents who are no longer with us.

For Jill and me, our grandchildren are the love of our lives and the life of our love.

- President Joe Biden

Source: <https://www.whitehouse.gov/briefing-room/presidential-actions/2022/09/09/a-proclamation-on-national-grandparents-day-2022/>

Many senior centers are celebrating National Grandparent's Day this month, check out the Look What's Happening section of this paper for details.



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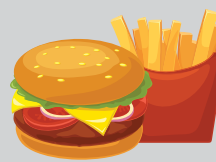
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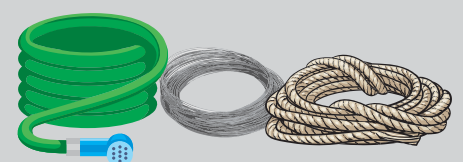
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# Look What's Happening at the Centers!

## **BROOME WEST ..... (607) 785-1777**

2801 Wayne St., Endwell, NY 13760

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

**Lunch served at 11:45 am**

### **Weekly Activities**

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

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

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

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

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

Floor Shuffleboard, 1-2:30 PM

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

Chair Yoga, 1-2:00 PM

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

### **Special Activities**

9/6 AOP: Medicare Updates with Jane 11:30AM

9/7 Legal Aide 9 – 12PM Call for an appointment.

9/8 Broome West Senior Picnic – activities all day! Special menu and entertainment by Friday at Fred's at 11AM

9/11 AARP Defensive Driving – Please call for reservations and details.

9/11 Philly Cheesesteak Day 11:30AM Please call to reserve meal.

9/13 Grandparent's Day Celebration at our Evening Meal 4:30PM

9/13 GFJ Library Tech Class 11AM

9/15 Historian Jack Shay 11AM

9/18 Breakfast for Lunch 10:30AM

9/18 Cornell CoOp Nutrition Education with Kathleen cook 11:30AM

9/22 Trivia the Wright Way with Johnny Only! 11AM

9/25 Soup and Sandwich Day with Musical Guest

Marion Twerksbury 11:30AM Please call to reserve meal by 9/22 at Noon.

The Office for Aging is thrilled to have Deanna join the Broome West Senior Center as the Site Supervisor!

If you have questions or concerns regarding the Center, the activities, the equipment, room usage, volunteering or the food at the center please direct those questions to Deanna.

## **CHENANGO BRIDGE ..... (607) 663-0406**

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

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

**Lunch is served around Noon** 607-663-0406

### **Weekly Activities:**

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

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

### **Special Activities**

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

9/6 Clover Chat 1PM

9/8 BINGO with Sallie 10:30AM Sign up by 9/7.

9/13 National Grandparents Day w/Laughter-cize 10 – 2PM

9/13 Felt Hat Day!

9/15 CCE Nutritional Education w/ Kathleen Cook 12PM

9/22 Pizza Day 12PM Please reserve by 9/20.

9/27 Enjoy A Chocolate Milk with Lunch 12PM

9/29 BINGO with Sallie 10:30AM Sign up by 9/28.

Specialty Coffee Day, What's in Your Coffee?

## **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**

Please call center for September activities.

## **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**

9/1 Burger Bar 11:30 – 12:30PM Please call for a reservation.

9/11 National Grandparent's Day Celebration 9AM

9/13 Officers and Finances Meeting 9:15AM

9/13 Site Council Meeting 10:45AM

9/14 Golden Griddle Brunch 11:45 – 12:45PM

9/20 The Page Turners 10AM

9/23 Artisan Fair and Bake Sale 9 – 2PM

9/25 Cows, Pigs, and Horses Race 10:30AM

9/27 Legal Aide Society 9 – 12PM Please call for appointment.

9/28 Cornell CoOp Nutritional Education with Kathleen Cook 12PM

9/28 Evening Dinner with Entertainment by Dan & Lea 4PM

Please call by Noon on 9/27 for a reservation.

9/29 Laughter-cize with Traci Penna 9 – 10AM

9/29 Rainbow Raffle Table! 1PM

## **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**

9/5 & 1915-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3 (advanced registration and payment required, 607-797-2307)

9/7 Executive Board Meeting 9:30AM

9/8 Grandparent's Trivia Competition (with Prizes!) 12PM

9/11 Legal Aid 9 AM (appointment required, please call Center)

Grandparent's Day Luncheon w/entertainment by Mike's Jukebox 12PM

9/12 BCSD Mentor NOW Program Presentation 12PM

9/14 AARP Driver Safety 9 - 12:15PM (advanced registration & 15 required, 607-797-2307)

9/18 JFF Pool League Resumes 9AM

9/19 Nutrition Education w/Cornell Co-Op: Ap-peeling Desserts:

Enjoying the Sweetness of Natural Sugar 12PM

9/19 Chop & Chat 1PM (reservations required 1 week

in advance 607-797-2307)

9/20 Evening Meal 5PM w/Musical Guest, Greg Neff at 5:15PM

9/26 AOP- Medicare Updates 12PM

9/27 Chorus Resumes 9:30AM (we are looking for new members, please call or attend if interested!)

9/28 Craft Class: Pumpkin Wine Glasses 10:30AM (advanced registration required by Sept. 25th, \$3/person)



**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**

9/2 (10AM-5PM) & 9/3 (10AM-4PM) Labor of Love Quilt Show & Raffle (Common Threads Quilters Guild)

9/4 Closed for Labor Day (NO Bingo)

9/6 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM

9/8, 15, 29 Poetry Group 12:30PM

9/11 Stay Healthy Caregiver Support Group 1 – 2:30PM

9/12 & 9/14 AARP Driver Safety 1 – 4:15. Call to register.

9/13 Binghamton City School District Mentoring Program Presentation 11:30 – 11:45AM

9/14 Lourdes Mammography Van 9AM – 3PM

9/15 United Way Day of Caring 9AM – 2PM

9/20 Haircuts (\$20, by appointment) 10-11:30AM Medicare Update (Action for Older Persons) 11:30 – 11:45AM LGBTQ+ Senior Social Group 3 – 4 PM

Book Club 3 – 4PM (Coming Back Alive by Spike Walker)

9/21 Legal Aid 9 – 12 PM. Call for appointment.

9/21 Senior Picnic 10AM – 2PM. Call for lunch reservations by noon on 9/20.

9/26 Obtaining Peace of Mind through Estate Planning & Advance Directives (Amanda Giannone, Levene Gouldin & Thompson) 1:00 – 2:30PM

9/27 Senior Safety Inside & Outside the Home Presentation (Union Volunteer Emergency Squad) 10:30 – 11:30AM

9/27 CarFit Event (Broome County Traffic Safety Program) 11:30AM – 1:30PM

9/27 Ap-peeling Desserts: Enjoying the Sweetness of Natural Sugar (Cornell Cooperative Extension) 11:30AM – 12:30PM

**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**

9/1 Winner will be picked for Back to School Backpack Raffle

9/11, 18,25 Shuffleboard Tournament, 10:15AM

9/12 Resident Association Meeting, 10AM

9/13 Grandparent's Day Celebration

9/14 National Cream Filled Donut Day, 10:15AM

9/20 Nutrition Presentation with Kathleen from CCE: Understanding Natural and Added Sugars, 10:30AM

**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, 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;

**Special Activities**

9/1 Senior Picnic 102AM – 2PM

Our biggest celebration of the year! Call to reserve a meal.

9/5 & 9/19 Golden Agers 12PM

9/6 Shuffleboard tournament starts! 10AM

9/15 Nutrition Ed with Donna Bates and Bridget Hoyt 10 – 11:30AM

9/26 & 9/27 AARP Defensive Drivers Course 10 – 11:30AM Please call to reserve your spot.

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!

**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**

9/6 Vestal Senior Club Trip Sign Up for The German Fest 9 – 11AM

9/6 AOP: Medicare Updates 10:30AM

9/13 Town of Vestal Library: Technology Help and Library Happenings 10:30AM

9/18 Chop and Chat – Please call to reserve your spot. 10AM

9/19 Craft Day: Fall Craft 10AM

9/21 Left Right Center Dice Game 12PM

9/22 Pizza or Chef's Salad – Please call and reserve by 9/21.

9/22 BUNKO Dice Game 12PM

9/26 Vestal Senior Club Meeting 12:15PM

9/27 Cornell Nutrition Education: Ap-peeling Desserts 10:15AM



Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.

Sourced from: <https://www.dol.gov/general/laborday/history>

**Note Holiday Closing: All centers will be closed in observance of Labor Day on Monday, September 4th.**

### Medicare Open Enrollment Fall 2023

Action for Older Persons (AOP) offers no cost unbiased Medicare insurance counseling and financial assistance program application help. Medicare's Open Enrollment runs from October 15th - December 7th and is the one time each year that all Medicare beneficiaries can change their health care selection.

It is very important to review your Medicare plan each year as they can change significantly. For example:

- Plans make changes to their formulary (the drugs that they cover)
- Plans make changes to their premium (monthly cost).
- Plans make changes to their co-pays at the pharmacy or at the doctor/hospital as well as to other covered services
- Plans make changes to their network of doctors and hospitals
- Plans end their contract with specific pharmacies or pharmacy chains
- Plans cancel their contract with Medicare - canceling your plan completely
- New plans may become available that are more cost effective than your current plan

Another main reason to review your plan each year with one of our trained counselors is to make sure you are in the right plan for you. Last year during Open Enrollment, AOP met one-on-one with 1,314 individuals and saved these local residents an estimated \$965,460 in premium and copay expenses for the next year.

We offer both in person and phone appointments. AOP members may begin calling for an Open Enrollment appointment on Monday, September 18th at 8:30 am. All other clients may begin calling on Monday, September 25th at 8:30 am. We ask for your patience as we answer the influx of calls on those days. We also encourage you to make your appointment as soon as possible to ensure appointments are still available. Last year, we had to turn away almost 200 clients. AOP's phone number is **(607) 722-1251**.

We also want to raise awareness that the income limits for the Medicare Savings Program (MSP) have increased substantially. The MSP pays the Part B premium (\$164.90 per month) that is taken out of your Social Security. It also qualifies you for the Extra Help Program which pays for a drug plan up to \$38.70 per month and lowers your drug copays to \$4.15 for a generic and \$10.35 for a brand name. The MSP looks only at income, not savings or investments. **The new monthly income limits are \$2,280 per for single individuals and \$3,077 for married clients.** Please pass this information on to your friends, relatives and neighbors who you think may be eligible. The estimated value of a Medicare Savings Program is \$7000 per year. You do not need to wait for open enrollment to apply for the MSP program and can call AOP at any time for help submitting the application. AOP's phone number is **(607) 722-1251**.

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### 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 submit an application 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.**

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

When HEAP opens, there are several ways to apply. 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, 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 and not disabled. Once the official HEAP season opens, you can 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.

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

### Sudoku Answers

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



## 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.**

### Did You Know...?

- 75% percent of participants visit their center 1 to 3 times per week and spend an average of 3.3 hours per visit.
- Older adults who participate in senior center programs experience better psychological well-being across several measures compared to non-participants, including:
- Perceived social and health benefits
- Lower levels of depression
- Supportive friendships
- Lower stress levels
- Today's senior centers are reinventing themselves to meet the needs and desires of three generations of older adults. Baby Boomers now constitute more than two-thirds of the 50+ population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults and have an eye towards the future with the leading age of Generation X turning 60 in 2025.

Sourced from: <https://ncoa.org/article/get-the-facts-on-senior-centers>

## Technology Classes to Help Older Adults Become Tech Savvy

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

### Internet for Beginners Tuesday, September 19th at 1:00PM In Person at the GFJ Library Tech Center

Using the internet is an essential skill, but it can be difficult to get started. Join this class to learn the absolute basics of the internet, like how to navigate a website and use a search engine. Participants can bring their own laptops/tablets or use one of ours!

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

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

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

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

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

### One-on-One Technology Assistance

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






## Deposit Tuesdays!

**Pick-up Locations:**  
 Meadow Park Apartments  
 Deposit Foundation  
 Other locations based on availability

**Drop-off Locations**  
 Deposit Senior center (Christ Episcopal Church)  
 Medical & Shopping (Binghamton)



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

**RURAL HEALTH NETWORK**  
 Serving South Central New York



**This Month...**

We answer a question about visiting a Broome County Senior Center for the first time.

**Question:**

I heard it is National Senior Center Month and I would like to visit a senior center in my neighborhood, but I have never been there before. What should I expect when I walk in for the first time, and will someone be there to help me?

**Answer:**

On your first visit to a center, there will be a staff person or volunteer available to meet you when you come in. They can answer your questions and show you around the center, explain how to sign up for events and a meal, and introduce you to the other guests.

You will be given a welcome pack that includes a copy of the Senior News, and other resources and information that could be helpful. Most centers also provide a newsletter with specific information and events for that location.

You will also be offered an OFA ID card application which is optional for attending a center, but it can make getting a meal easier. The ID card can also be used at all the other centers and for public transportation.

We have nine different centers in Broome County. You can find the contact information and locations for each center in the "Look What's Happening at the Centers!" section of this paper. There is a lot to offer when it comes to Senior Centers in Broome County, and there is a perfect fit for everyone! We hope you enjoy your visit.

Broome County  
**Office for Aging** 

If you would like to send in a question, please choose from one of these convenient options:

- Email the Office for Aging at: [ofa@broomecountyny.gov](mailto:ofa@broomecountyny.gov)
- Write to us via postal mail at:  
 Broome County Office for Aging  
 PO Box 1766, Binghamton, NY 13902



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# LYCEUM IS BACK!!


**Lyceum's 35th Anniversary Kickoff Event**  
**SEPTEMBER 14, 2023**

**What:** Free and open to the public! Help Lyceum celebrate 35 years of serving the community by offering excellent university-level courses for a nominal fee. Enjoy a raffle, music, snacks, and a chance to register for courses!

**Where:** WSKG studios, 601 Gates Rd. in Vestal

**Why:** Lyceum is an excellent place to take interesting classes, meet new people, socialize, and volunteer. Come see what you've been missing!

**How:** RSVP at **607-777-2587** or email [lyceum@binghamton.edu](mailto:lyceum@binghamton.edu) by Monday, September 11. Must be present to win raffle prizes.

**How many seconds are there in one year?** 

12 of them!  
January 2nd, February 2nd, March 2nd, April 2nd, May 2nd, June 2nd, July 2nd, August 2nd, September 2nd, October 2nd, November 2nd, and December 2nd.



## BLOOMING HEALTH

## NEW AUTOMATED ALERT SYSTEM!

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

### Key Benefits

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

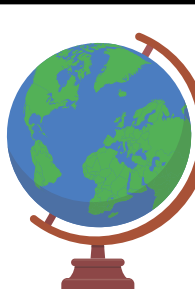


**How To Sign Up:**  
**607-778-2411**  
[ofa@broomecountyny.gov](mailto:ofa@broomecountyny.gov)



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

 Speak to a staff person at your senior center who can give you a consent form to enroll. You can dis-enroll from participating at any time by calling 607-778-2411.



## 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, 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.

September 20th: 10 - 12PM Armchair Travel: Kyoto, Japan  
September 27th: 10 - 12PM Armchair Travel: Egypt, Not The Nile  
October 4th: 10 - 12PM Armchair Travel: Tokyo Metropolitan Area  
October 11th: 10 - 12PM Armchair Travel: Queen Mary  
October 25th: 10 - 12PM Armchair Travel: Mediterranean  
November 2nd: 10 - 12PM Armchair Travel: Daughters of Uganda  
November 8th: 10 - 12PM Armchair Travel: Hong Kong  
November 15th: 10 - 12PM Armchair Travel: Northern California

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>

*Union Volunteer Emergency Squad & Broome County Traffic Safety present:*

## Senior Safety Day

### Johnson City Senior Center • September 27th

**10:30AM-11:30AM- Senior Safety: Inside and Outside the Home Presentation**

- Learn how to fall-proof your home
- Resources for home repairs
- Basic medical information
- Prescription drug use and driving
- Pedestrian safety
- How to stay safe on the road with CarFit



**11:30AM-1:30PM - CarFit Event**

CarFit is a free program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility. Meet one-on-one with a CarFit Technician and review a 12 point checklist to discover your perfect fit!



**Pre-registration is encouraged but walk-ins are welcomed. Please call 607-778-2807.**






**"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."**  
**- Martin Luther King Jr.**

# September 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>Pepper Steak</b> 9/1 <b>OR Citrus Rubbed Fish</b> Brown Rice Pilaf California Blend Vegetables Fresh Cantaloupe
<b>Centers Closed in</b> 4 <b>Observance of Labor Day</b>	<b>Ziti Sausage Bake</b> 5 Wax Beans w/Pimento Banana Oatmeal Cookie	<b>Grandma's Meatloaf</b> 6 Mashed Potatoes Cut Green Beans Sherbet Cup	<b>Chicken Salad on a</b> 7 <b>Croissant</b> Baked Beans Cranberry Juice Pineapple Cake	<b>Pulled Chicken</b> 8 <b>OR Tuna Salad</b> Roasted Potatoes Coleslaw Vanilla Pudding	
<b>Pierogies w/Kielbasa</b> 11 Carrots Fruit Cup	<b>Ham &amp; Swiss Cheese</b> 12 <b>on Rye Bread</b> Vegetable Soup Applesauce Ice Cream Cup	<b>Hot Dog</b> 13 <b>OR Chicken Spiedies</b> Macaroni & Cheese Mandarin Oranges Chocolate Chip Cookie	<b>Beef Stroganoff</b> 14 <b>Over Noodles</b> Brussels Sprouts Chocolate Pudding	<b>Broiled Fish w/Lemon</b> 15 <b>OR Teriyaki Chicken</b> Brown Rice Pilaf Oriental Blend Vegetables Peaches	
<b>Four Cheese</b> 18 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Brussels Sprouts Banana	<b>Liver w/Onions</b> 19 <b>OR Chicken Thigh</b> Mashed Potatoes Corn Blondie Bar	<b>Meatball Sub</b> 20 Vegetable Soup Spinach Lorna Doones	<b>Chicken Florentine</b> 21 Roasted Potatoes Carrots Apple Crisp	<b>Egg Salad</b> 22 <b>OR Pub Burger</b> Red Potato Salad Garden Salad Ice Cream Cup	
<b>Chicken Parmesan Sand.</b> 25 Minestrone Soup Pears Double Chocolate Cookie	<b>Halupki</b> 26 <b>OR Roasted Chicken</b> Mashed Potatoes Peas w/Pearl Onions Mandarin Oranges	<b>Roast Turkey</b> 27 Bread Dressing Carrots Pumpkin Cake	<b>Pepper Steak</b> 28 <b>OR Fish Florentine</b> Buttered Noodles French Cut Green Beans Peaches	<b>Turkey &amp; Provolone</b> 29 <b>OR Tuna Salad</b> <b>On Marble Rye Bread</b> Stuffed Pepper Soup Applesauce Cranberry Oatmeal Cookie	

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



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

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



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

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

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

## Senior News Editorial Policy

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