



Visit Our Website at www.gobroomecounty.com/senior



You're Invited Food, Fun & Friendship

BE OUR GUEST!

YOU ARE CORDIALLY INVITED TO "BE OUR GUEST"

WHAT: Tour and lunch

WHERE: One of the Nine Broome County Senior Centers

WHEN: Any weekday in April

RSVP: Look at pages 10 and 11 for the phone numbers to make your reservation. Please make a reservation before noon on the day before.

If you are not currently a 'regular' at a senior center or if you haven't been to a center in a while, the Office for Aging is sponsoring a wonderful opportunity to "Be Our Guest!" this Spring. Our first "Be Our Guest" campaign was in 2018 and resulted in many local seniors enjoying an introduction to the benefits and fun of spending time at their local senior center. Now we are hoping that this April, April Showers will bring more Senior Center Followers!

Why should you take part? In April, you can schedule an appointment for a friendly tour of your local Broome County Senior Center – there are 9 locations to choose from. Yes we now have nine senior centers with our newest senior center in Chenango Bridge. Call the center of your choice and you will be matched with a staff member or friendly volunteer to learn about programs, activities, meals, and special events.

Who said there's no such thing as a free lunch? Allow us to offer you a complimentary, delicious lunch the day of your tour to enjoy with your new friends. As a fun bonus, you will receive two complimentary meal tickets for your next visit to the center – come back on your own or bring a friend.

April Showers Bring Senior Center Followers

When:

The month of April
with a special luncheon on Friday, April 21st

Where:

Participating Broome County Senior Centers

We are inviting you to a special luncheon to check out a Broome County Senior center. If you are not currently a 'regular' at a senior center or if you haven't been to a center in a while, come "Be Our Guest!" this Spring. **This April** we are hoping that April Showers will bring more Senior Center Followers!

Come out and enjoy a delicious lunch of rotisserie chicken or citrus rubbed pollack with lemon meringue pie for dessert.

Lunch reservations are needed. Please call a participating center to make your reservation (phone numbers are listed in the Look What's Happening section of this paper).

There is a suggested contribution for lunch of \$3.50 for those age 60+ and spouse of any age and a charge of \$4.50 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

COVID-19 fluctuations could postpone or cancel events/activities listed in the *Senior News*.

Please consider calling ahead to determine if events/activities you are interested in are still occurring as scheduled.

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

Broome County Office for Aging
County Office Building
60 Hawley Street, PO Box 1766
Binghamton, NY 13902

Like Us! Follow Us!

Don't miss out on any Office for Aging events & news!

Like our Facebook page:
www.facebook.com/BroomeCountyOfficeForAging/

HEALTH AND WELLNESS

ACTIVITY SCHEDULE

Chair Yoga

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

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

Beginner Gentle Yoga

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

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

Monday 9:30 am Johnson City Senior Center

Friday 10:00 am Johnson City Senior Center

Bonesaver Class

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

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

Mon & Wed 1:00 pm Johnson City Senior Center

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

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

Line Dancing

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

Monday 10:45 am Johnson City Senior Center

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

Zumba

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

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

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

Low-Impact Aerobics

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

Thursday 10:00 am Johnson City Senior Center

Tai Chi

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

Thursday 1:00 pm Johnson City Senior Center

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

Chair Exercise

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

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

Tues & Fri 12:30 pm Johnson City Senior Center

Drum Exercise Class

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

Monday 1:30 pm Northern Broome (Whitney Point)

Virtual Zoom Classes

ZOOM Chair Exercises

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



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

ZOOM Chair Drum Exercises

Tuesday 10-10:30 am

ZOOM Chair Yoga

Friday 10-10:30 am

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

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



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

Dates:

April 12 - NST, Binghamton

April 19 – Eastern Broome, Harpursville

April 26 – Johnson City

May 3 – First Ward, Binghamton

May 9 – Deposit (Tuesday)

May 17 – Chenango Bridge

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

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

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

Interesting statistics...

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

Walk with Ease

Monday, April 17th - Thursday, May 25th
Outdoor session at Otsiningo Park
(Oakdale Mall, Johnson City on rainy days)

Mondays, Tuesdays & Thursdays 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.

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.

Caregiver Corner

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

The Stay Healthy Caregiver Chat:

Date: Monday, April 3

Time: 1:00-2:30 PM

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

The Wayne Street Caregiver Chat:

Participants can use Zoom or call in.

Date: Wednesday, April 19th

Time: 9:30-11:00AM

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

Zoom meeting ID: 516 612 4570

Password: 037464

Join by SIP

5216124570@zoomcrc.com

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

Evening Caregiver Chat Group

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

Join us at **6:30pm** via Zoom on the following dates:

April 25, 2023

To register and obtain the Zoom link, contact Shellie Spinelli at 607-778-2946 or email Machelle.Spinnelli@broomecountyny.gov.



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

Elderly/Handicapped Housing
772-6766

Licensed Enriched Housing Provider

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

www.metrointerfaith.org



HUD Housing
Counseling Agency
(607) 723-0582



PAID ADVERTISEMENT

Scam of the Month

Robo Calls

If you answer your phone and hear a recorded message, this is a robo call. Some robo calls are not scams, they might come from a provider to remind you of an appointment or provide you with updated information on programming. If the robo call is trying to sell you something, they are likely illegally running robo calls. The only legal way a robo call can be done to sell you something is if they have your written permission to do so. If you receive a robo call, listen to the beginning of the message to be sure that it is not important information for you, if it is not, hang up. If a robo call is asking for your personal information or transfers you to a live person to collect your personal information, consider hanging up and contacting your provider directly if you think it might be from a provider of yours.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at 607-778-2411.



Eastern Broome Senior Center

Contact Arlene Noyes: 607-759-6306

April 27, 2023 - Crossroads Outlet Shopping

June 4-7, 2023 - Cape Cod

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

First Ward Travel

Contact Liz W.: 607-222-8440

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

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

Explore Skaneateles & dinner at Sprindside Inn

“Golden Girls” formally AARP Endicott

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

May 23-24, 2023 Here We Come Atlantic City

Johnson City Senior Center

Contact Lucy: 607-427-6143

April 4, 2023 - Lancaster – The Road Less Traveled – Part 1

April 19, 2023 - Longwood Gardens

North Fenton Seniors

Contact Ruth: 607-648-8425

or Donna 607-648-6071

April 17-19, 2023 - Sights and Sounds of Lancaster, PA

Port Crane Seniors

Contact Donna: 607-648-6071

May 2, 2023 - Villa Roma

September 16-23, 2023 - Eight Day Alaskan Cruise

(Reserve Now North Fenton/Port Crane Seniors)

Vestal Senior Center

Contact Nancy Deckner 607-235-3842

April 18, 2023 - Million Dollar Baby, Hunterton Hills Playhouse

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

Events at the Centers



Johnson City Senior Center

Doug's Fish Fry

April 5th from 11:00 AM -6:00 PM

Enjoy raffles, a dessert sale, and free books during our Doug's Fish Fry!

First Ward Senior Center

Evening Meal

Wednesday, April 19th at 5:00 PM

Enjoy an evening meal of ham or pub style fish, macaroni and cheese, corn, and an éclair for dessert. Call for event details.

Broome West 20th Anniversary Party

April 20th entertainment starting at 11:00 AM. Lunch is served at Noon

Live Music, Trivia, Guest Speakers, A Walk Down Memory Lane

RSVP before 4/19 at Noon by calling 607-785-1777

Broome West Senior Center

Special Meals in April

What: Pizza Day with a musical performance by Marian Tewksbury

When: Monday, April 3, Entertainment will begin at 11am and Pizza will be served at 12pm

What: Philly Cheesesteak Day!

Cooked right on site!

When: Wednesday, April 12 at 12pm

What: Breakfast for Lunch!

Made to Order!

When: Monday, April 24th starting at 10:30 am

North Shore Towers

Anniversary Party

Friday, April 21st

from 10:30 AM – 12:00PM

We invite you to party with us! Musical entertainment by Marian Tewksbury. Please sign up for lunch by noon on April 20th.

Volunteers Needed!

Meals on Wheels has an immediate need for volunteers in the rural site locations of Kirkwood/Conklin, Harpursville, and Whitney Point. Volunteers are needed M-F from 11am-1pm (times may vary slightly depending on location.)

Volunteers can sign up for one day a week or more, and schedules can be flexible.

Mileage reimbursement is available to volunteer drivers.

For more information, please call **607-778-6206.**

Why get SNAP (formerly food stamps) if it is only \$23 per month?

While many people qualify for more, the minimum SNAP benefit is \$23 per month. Some people receiving the minimum decide not to complete an annual renewal, because they do not think it is worth it to fill out paperwork for a \$23 monthly payment.

Here are a few other ways to look at your SNAP benefit:

- Let the benefit accumulate. If you use your SNAP card only once every six months, it would have a nice \$138 benefit on it.
- If someone gave you a store coupon and it saved you \$20 off your grocery bill, would you use it?
- Think about what \$23 can buy; every little bit helps. Bananas, pasta, sauce, quick-cooking oats, frozen vegetables, rice, and peanut butter are just a few of the many items that cost just cents per serving.
- If you are enrolled in the SNAP program in New York State, it automatically qualifies you to receive the HEAP (Home Energy Assistance Program) benefit, resulting in additional financial benefits.
- SNAP can be used for meals at the Senior Centers and for Meals on Wheels (MOW).

If you would like to apply for the SNAP program, please call the Office for Aging at 607-778-2411.

Eating the Right Foods Can Lead to a Longer, Healthier Life

Most seniors don't eat the amount of produce they need for healthy aging, Foods that are rich in fiber and healthy plant compounds, fruits and vegetables are the core of a balanced diet. Fruits and vegetables help prevent chronic disease, lower blood pressure, and more.

Here are some tips for adding fruits and vegetables to your diet.

- Add produce to foods you already eat. Try adding some strawberries to your morning cereal, or swap pepperoni for peppers on your pizza.
- Try a smoothie for breakfast, blend your favorite fruits and vegetables into smoothies.
- Buy produce that is in season. The Broome County Farmers Market has a variety of fresh produce from our area. You can explore your options every Saturday from 9:00 am to 1:00 pm.
- Keep your fruit visible. Colorful, washed, and ready to eat snacks are easy for you to grab when you're on the go, or you need something sweet.

Some of these simple substitutions and handy tricks can help you to choose foods that are good for you and will help you live a healthier life.

<https://www.ncoa.org/article/10-tips-to-help-an-older-adult-eat-more-vegetables>

A Wonderful Program

We asked Foster Grandparents what they thought about the program. Here are some examples of what they said.

"The Foster Grandparent Program is a wonderful program that benefits both the grandparent and the children. I know it has changed my image of myself and has given me more self-confidence and I hope that is something I can instill in the young children I meet, along with their educational needs."

"The Foster Grandparent Program has kept me active, mentally, and physically. I love working with children and watching them advance. I have met many new people and new friends. Fantastic program."

"You see the kids make progress and you know you all you had a hand in it. It's a good feeling to know that you we've helped them along."

"I love the program, the people I work with and the children. It gives me a reason to get out of bed and do something useful. Also, the extra money comes in handy."

Foster Grandparents work 1-on-1 with children in elementary schools, Head Start programs and daycare centers. The "grandmas" and "grandpas" are making a difference by providing support and encouragement to children with exceptional needs.

If you are age 55 or over and have at least 15 hours a week to spare, please consider joining this wonderful program. You may be eligible to receive a stipend of \$4.00 for each hour that you volunteer, plus travel reimbursement and a free lunch at school each day. No prior experience is needed. Call 607-778-2089 to find out more or to enroll!

Action for Older Persons (AOP) Medicare Corner

Medicare Savings Program

There is big news for Medicare beneficiaries in New York State in 2023! **The income limits for the Medicare Savings Program (MSP) have increased substantially.** Several hundred thousand more New Yorkers will now qualify for this program and Action for Older Persons (AOP) can help you complete the application. 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.** You may subtract from your income what you pay for health insurance premiums so call if you are within \$100 of these income limits. Also, if you are working, less than half of your earned income is countable. 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.

AOP is the only local source of no cost **unbiased** Medicare insurance counseling and financial assistance program application help. Our counselors are experienced, highly trained, annually certified by NYS and familiar with many local programs. Call **AOP at (607) 722-1251** for help with the MSP application or for any of your other Medicare questions.

Sudoku

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

8	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		

Participating in Activities You Enjoy

There are many things you can do to help boost your health as you age, including making healthy food choices and not smoking. But did you know that participating in social and other activities you enjoy can also help support healthy aging?

As you grow older, you may find yourself spending more time at home alone. Being lonely or socially isolated is not good for your overall health. For example, it can increase feelings of depression or anxiety, which can have a negative impact on many other aspects of your health. If you find yourself spending a lot of time alone, try participating in activities you find meaningful — those that create a sense of purpose in your daily life. These can include hobbies, volunteer activities, or time with family and friends.

Benefits of an active lifestyle

Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body.

Research has shown that older adults with an active lifestyle are less likely to develop certain diseases, including dementia, heart disease and stroke. Active adults tend to live longer and are happier. They may be able to improve their thinking abilities and are more prepared to cope.

Activities to consider-

- **Connect with family and friends-** Play cards or other games in person or online, video chat, listen and share music, go to the movies, join an interest group, or book club.
- **Travel-** join an adult travel group, explore new areas, and try new restaurants.
- **Learn something new-** take a cooking, art, or dance class, learn a new language, try yoga or tai chi, learn to play a new instrument.
- **Volunteer-** become a foster grandparent, deliver meals for Meals on Wheels, become a museum tour guide.
- **Get physical-** walk, bicycle, garden, or join a sports club.

<https://www.nia.nih.gov/health/participating-activities-you-enjoy-you-age>

The Broome County Office for Aging would like to invite you to any of our nine senior centers. Chop and Chat, book clubs, walking groups, tai chi, chair yoga, Mahjong, education classes, Bingo, and live music is just some of the things that the OFA offer to help you stay active. You can find a complete schedule in our section titled "Look What's Happening at the Center."



Downsize & Declutter Discussion Tuesday, April 11th at 3:00 pm

Meet In-Person at Broome West Senior Center or Remotely on Zoom

Has Spring sprung at your house? Is it easy to open (or clean) windows? When switching to summer clothes have your discarded unworn pants or blouses from the winter? Learn how others tackle spring on Tuesday, April 11 at 3 PM at the monthly Declutter Discussion.

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

Grace's Place

Attention Caregivers:

Free Senior Respite is Provided by Grace Lutheran Church

Date: The 2nd Saturday of Every Month **Time:** 1-4 pm

Location: Grace Lutheran Church, 709 Main Street, Vestal

Contact: (607) 748-0840 or email gracevestal709@gmail.com

Requirements: Masks and Covid-19 vaccinations are required of all participants and volunteers. Guests should be able to eat and toilet independently.

To Register: Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

Mark Your Calendar! Upcoming Community Events

Binghamton Zoo at Ross Park Eggstravaganza

60 Morgan Road, Binghamton

Friday and Saturday, April 7 and 8, from 10am-3pm

Take your younger family members for this unique take on a traditional Eastertide game. Big paper eggs are scattered throughout the zoo as part of a scavenger hunt. Be sure to stop by the craft, game, and candy stations as well. Turn in your completed scavenger hunt form at the gift shop for a prize. \$10 for non-members, \$5 for zoo members.

607-724-5461, extension 502

<https://rossparkzoo.org/>

The Greater Binghamton Glass Blowout!

Until May 13th

Check out this unique collaboration between three local museums. Viewers are encouraged to visit all three glass exhibitions and receive a validation stamp at each for a free glass gift after completing this voyage through the history of glass.

Bonds: Glass Bonds

Binghamton University Art Museum – 4400 Vestal Parkway East, Binghamton

607-777-2968

<https://www.binghamton.edu/art-museum/read-more.html>

Looking at Glass

Roberson Museum and Science Center – 30 Front Street, Binghamton

607-772-0660

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

Found in the Ground

Vestal Museum – 328 Vestal Parkway East, Vestal

607-321-6013

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

The Binghamton Rumble Ponies

Mirabito Stadium Ballpark, 211 Henry Street, Binghamton

Schedule varies, Opening Night April 11th

Get your individual, 10-20-30 ticket flex book, or season tickets for our local Double-A Affiliate of the New York Mets.

607-722-3866

<https://www.milb.com/binghamton>

The American Songbook from Gershwin to Now!

St. Thomas Aquinas Church

1 Aquinas Street, Binghamton

April 23rd, from 4-6pm

Join the Madrigal Choir of Binghamton for a concert of favorites from the Great American Songbook – Gershwin and much more. Tickets are \$5-20.

607-339-1219

<https://madrigalchoir.com>

New York State Button Society Show and Awards 2023

DoubleTree by Hilton Hotel, 225 Water Street, Binghamton

April 28-30 – Showroom open Friday and Saturday from 9am-5pm, Sunday from 10am-noon

"Through the Looking Glass" is the theme for this year's show for members of button clubs and button collectors in New York State. The New York State Button Society aims to educate and engage the community in learning, preserving, and having fun sharing in the interest of collecting an everyday household item that has been keeping us fastened, closed, and decorated since prehistoric times. The show includes a button showroom, beginners' workshop, auction, presentations, and more. No registration fee for show. All guests are welcome.

607-749-4510

<https://nystatebuttonociety.org/ny-state-button-society-show-and-awards-2023/>

Meals on Wheels Volunteers are the Best

Vitally important in helping to keep the homebound residents of the most rural areas of Broome County healthy are local members of these same communities who volunteer for Meals on Wheels. These volunteers deliver hot, nutritious meals along with friendly smiles from often familiar faces. As Conklin/Kirkwood Meals on Wheels volunteer Sylvia Eckleberger explains, she sometimes knows some of the participants she delivers to, which shows just how much of a difference she is making in the lives of others in her very own community.

Sylvia has been volunteering for Meals on Wheels in the Conklin/Kirkwood area for thirteen years. She started volunteering because she wanted to become more active and involved in her own community and felt that Meals on Wheels would be a good way to do that. Sylvia is originally from Western New York, and although she has lived in the area since 1962, she says volunteering has also helped her to meet more members of her community and this is one of her favorite things about volunteering. "I get to meet a lot of really neat people" Sylvia says, and she often develops good relationships with the participants she serves. Conklin/Kirkwood Meals on Wheels Supervisor, Sandie Lainhart, states that Sylvia is very dedicated to the program, always eager to help out, and comes in extra days when there is a shortage of volunteers. As Sandie explains, "She really is just the best volunteer."



Debbie Clute and Bernie Moss are long-time friends and Meals on Wheels volunteers who originally met at the Northern Broome Senior Center in Whitney Point. Bernie started volunteering over thirty years ago, and one day about six years ago asked Debbie if she would like to accompany him and they have been volunteering partners ever since. Debbie says Bernie is fun and easy to get along. Vic Stephens, the Whitney Point Meals on Wheels Supervisor says he

admires them for their dedication to not only Meals on Wheels, but to others in general, "They are the type of people that will do anything for anyone and smile while doing it, no matter what it is."

John Sullivan, Carol Joy Kuhnle, and Paul Kuhnle have a combined total of over thirty years of volunteer service to Meals on Wheels. Paul started in 2004, after spending ten years volunteering for Willow Point Nursing Home. Helping others through volunteer work has always been an important part of Paul's life, as well as his wife of fifty-eight years, Carol Joy. Carol Joy accompanies Paul weekly to Meals on Wheels and helps with volunteer jobs in the office while Paul and his volunteer partner, John, go out to deliver meals to participants on Binghamton's West Side. Paul and John met while volunteering for Meals on Wheels and became good friends and have been volunteer partners for close to ten years now. Paul says that John is a wonderful friend and volunteer partner. "He is the one who takes out the food and double checks everything to be sure we get the right meals to the people" says Paul, who enjoys bringing the meals to the clients and having a quick chat with them before he leaves. Paul says he likes knowing that the service he and John provide helps people to stay in their homes for as long as possible. Of Paul, John states that it is great to work with someone who is so caring and giving of himself to others, "If everyone possessed the traits that Paul has, the world would be a kinder place."



These are just a few of the remarkable people that volunteer with Meals on Wheels. We appreciate all the hard work and dedication from EVERY volunteer!

Thank You All!

"Senior to Senior" Dinner Dance

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

Friday, May 19th - 5:00 pm – 8:00 pm

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

Doors Open at 5:00pm
Dinner, Dance Music and Complimentary Photo Booth
Everyone Registered Will be Automatically Entered to Win a Door Prize

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

This event is brought to you by:
Broome County Office for Aging • Johnson City Senior Center
Johnson City School District Senior Class • JC Connects Community Schools
Binghamton University Community Schools
Sarah Jane Johnson Memorial Methodist Church

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

The UHS TWIN TIER HOME EMERGENCY ALARM RESPONSE program

not only gives you and your caregivers peace of mind, it makes independent living as easy as the push of a button!

Our Newest GPS Device – the **Smart Watch** – can also count your steps and check your heart rate.

Our **IN HOME AND GPS EQUIPMENT** helps individuals remain in their homes and allows them the freedom to go anywhere with confidence!

Visit nyuhs.org for more information.

UHS HOME CARE
601 Riverside Drive
Johnson City, NY 13790
(607) 763-8952

nyuhs.org



Broome West Celebrates 20 Years!
April 20th, 2023

Live Music with Saxophonist Dan Bolton, Dancing, Raffles, Reminiscing with a Walk Down Memory Lane, Guest Speakers, and "Trivia the Wright Way" after lunch.

Fettuccine Alfredo with Shrimp or Ham, Broccoli, with Cake and Ice Cream for Dessert.

Entertainment starts at 11:00. Please reserve your meal by noon on April 19th by calling 607-785-1777



Johnson City Senior Center
Doug's Fish Fry

April 5th 11:00-6:00
Raffles, Bake Sale, Free Books

TeleHealth is Available in Harpursville

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

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



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

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



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National Peanut Butter & Jelly Day is celebrated April 2nd

Peanut butter and jelly sandwiches are among America's favorite sandwiches! PB&Js can make you feel full and helps you build muscle! Did you know that 94% of Americans keep at least one jar of peanut butter at home? In WWII, troops were given peanut butter to sustain, they added jelly to make it more palatable. Upon their return home, G.I. helped popularize this duo! The average American will eat 1,500 peanut butter and jelly sandwiches before they turn 18. I hope you enjoy the recipes in this issue that highlight the age-old favorites, Peanut butter, and jelly!

Grilled Peanut Butter and Jelly Sandwich

A new Spin on a classic!

Ingredients

- 8 slices hearty wheat sandwich bread
- 8 tablespoons creamy peanut butter
- 4 tablespoons jelly or jam
- 8 teaspoons Cinnamon Sugar buttery spread.



Directions

1. Spread 2 tablespoons peanut butter on 1 slice of bread.
2. Spread 1 tablespoon jelly onto another slice of bread, place on top of peanut butter, jelly side down.
3. Spread 1 teaspoon cinnamon sugar butter on each slice of bread (outside)
4. In a warm skillet or griddle, cook, turning once, 4-6 minutes or until golden brown. Serves 4

Reprinted from: <https://www.landolakes.com/recipe/21330/grilled-peanut-butter-jelly-sandwich/>

Peanutty Stew

A spicy and savory one pot dish that the whole family will enjoy. Add some cayenne pepper for an extra kick. Try adding chopped cilantro, red and green peppers, raisins for a flavor boost.



Ingredients

- 1 cup brown rice (instant)
- 2 cups chicken broth (reduced sodium)
- 1/3 tablespoon dehydrated onion (minced)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ginger (ground)
- 1/8 cup red pepper (optional)
- 1 sweet potato (2 cups, peeled and diced)
- 1 can tomatoes (diced, 14.5 ounces, with liquid)
- 1/2 teaspoon salt (optional)
- 1/2 cup peanut butter (creamy, reduced fat)
- 1 1/4 cups milk (non-fat)
- 3 cups baby spinach (coarsely chopped)
- 1/4 cup peanuts (roasted, chopped)
- green onion (optional, thinly sliced for garnish)

Directions

1. Combine first 9 ingredients in a soup pot. Bring to boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls and top with peanuts and green onion, if desired. Serves 8.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutritionassistance-program-snap/peanutty-stew>

Peanut Butter and Apple Wrap

Quick, filling, and delicious, these wraps can be made in a flash and enjoyed right away or packed for snacks and on-the-go.



Ingredients

- 1 whole wheat tortilla (8 inch)
- 1/4 cup peanut butter- reduced fat.
- 2 tablespoons granola cereal
- 1/2 apple, sliced (suggest Red Delicious apple, but any apple would work)

Directions

1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides
2. Sprinkle 2 Tablespoons granola over peanut butter.
3. Cut apple slices into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up "burrito style"
5. Eat and Enjoy. Makes 2.

Reprint from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/peanut-butter-and-apple-wraps>

Honey Milk Balls

Honey milk balls make a great afternoon snack – packed with protein and calcium. They taste like a treat, so be sure to save a few for yourself.



Ingredients

- 1/4 cup honey
- 1/4 cup peanut butter
- 1/2 cup dry milk, non-fat
- 1/2 cup cereal (crushed)

Directions

1. Mix honey and peanut butter.
2. Gradually add dry milk and mix well.
3. Chill for easier handling.
4. With greased hands, form into small balls.
5. Roll in crushed cereal flakes.
6. Chill until firm.
7. Refrigerate leftovers within 2 hours. Makes 20

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/honey-milk-balls>

Lil Smokies

This recipe is great for dinner at home or a potluck. The combination of flavors will leave people asking for the recipe. For a spin, try using this sauce with meatball instead of sausage.



Ingredients

- 1 (12 ounce) bottle chili sauce
- 1 cup grape jelly
- 1 3lb Little Smokies sausage (cocktail sausages)

Directions

1. Mix all ingredients.
2. Cook in crockpot for one hour, on stove top for 30 minutes or until the sauce reaches desired thickness.

Reprinted from: <https://www.food.com/recipe/lil-smokies-50004>



**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.

- April 5:** 10-12 PM Armchair Travel: Blue Danube River Cruise 2022
- April 12:** 10-12 PM Armchair Travel: Wyoming County Arts & Artist Tour
- April 26:** 10-12 PM Armchair Travel: Iceland & Alaska
- May 3:** 10-12 PM Armchair Travel: Scotland

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

Senior Brown Bag Lunch

- **Wednesday, April 12, 2023, 12:00 PM - 1:30 PM**



4-H Education Center at Finch Hollow - Senior Brown Bag Lunch
Adults aged 50 and up are invited to bring a "bag lunch" to enjoy with fellow seniors at Cornell Cooperative Extension. Enjoy your lunch while catching up with your friends prior to a presentation (see topics below). Light refreshments, instant coffee and tea will be provided.

The program will be held from 12pm-1:30pm. Reservations are required. Admission is free.

Wednesday, April 12th - Spotted Salamander

What is 7" - 9" long, slimy, and black with large yellow spots? The answer is the spotted salamander. Most people are shocked to learn these large, beautiful amphibians are found in our area and the best time to see one is on a cold and rainy early spring evening. Forego the rain and cold and join us in a warm and dry setting on Wednesday, April 12th to learn more about our largest land salamander.

Register: https://reg.cce.cornell.edu/BrownBagLunch-2_203

More information about this program can be found at <https://ccebroomecounty.com/events/2023/02/08/senior-brown-bag-lunch>

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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.

- **April 13th Apalachin Marsh**
Meet 10AM on Rt 434 in Apalachin at parking area on right side of the road just past Marshland Road (about 1/2-mile past Hilton Road).
- **April 27th Arnold Park**
Meet 10AM at colorful playground in park off Pierce Hill in Vestal.
- **May 11th Otsiningo Park**
Meet 10AM at parking lot on right across from restroom. Bevier St. entrance. It's bluebell time!
- **May 25th Cole Park**
Meet 10AM in right hand parking lot off Colesville Road in Town of Colesville.
- **June 8th Vestal Rail Trail West**
Meet 10AM at west end of trail on Castle Gardens Road off Rt 434 in west Vestal. We will have a great viewing position to check out the eagle family.
- **June 22nd Binghamton University Nature Preserve**
Meet 10AM at south end of Lehigh St. in Vestal.

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

Look What's Happening at the Centers!

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: 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

- 4/3 BINGO: Board Sales 12:30 PM – 1:30 PM,
Games Played 1:30 PM – 4:30 PM
- 4/3 The Medicine Shoppe (glucose, blood pressure & O2 checks) 1 – 2 PM
- 4/3 Stay Healthy Caregiver Support Group 1- 2:30 PM
- 4/5 Doug's Fish Fry Fundraiser 11:00 AM - 6:00 PM
Johnson City Senior Center Parking Lot
- 4/5 Book Club (Hotel on the Corner of Bitter and Sweet
by Jamie Ford) 3 - 4:00 PM
- 4/10 BINGO: Board Sales 12:30 PM – 1:30 PM,
Games Played 1:30 PM – 4:30 PM
- 4/12 Action for Older Persons (Save Money with Medicare) 11:30 AM – 1:00 PM
- 4/13 Budgeting (presented by Visions Federal Credit Union 10:30 AM - 11:30 AM)
- 4/14 Poetry Group 12:30 PM
- 4/17 BINGO: Board Sales 12:30 PM – 1:30 PM,
Games Played 1:30 PM – 4:30 PM
- 4/20 Legal Aide (call for an appointment) 9 – 12 PM
- 4/20 BU Pharmacy Students presentation: Healthy Living with
Diabetes 12:30 PM – 1:30 PM
- 4/24 BINGO: Board Sales 12:30 PM – 1:30 PM,
Games Played 1:30 PM – 4:30 PM
- 4/25 Caring for the Caregiver (presented by Binghamton University
Elder Services Coordinator, Rene Conklin) 10:30 AM - 11:30 AM
- 4/26 Haircuts 10 - 11:30 AM (call for an appointment)
- 4/26 Annual Falls Wellness Checkup 10 - 2 PM
- 4/26 Cornell Cooperative Extension Broome County – Nutrition
Education with Kathleen Cook (Exercise Within Reach) 12 - 1 PM
- 4/28 Poetry Group 12:30 PM

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, 10:30 am – 11 am;
Bingo, 1 – 2 pm

Thursday: Wii Bowling, 10:30 am – 12 pm

Special Activities

- 4/4 Egg Coloring 11:00 AM - 12:00 PM and 1:00 -2:00 PM
(Bring 6 hardboiled eggs to decorate.
Call to reserve your space 607-467-3953)
- 4/4 & 18 BINGO 1:00-2:00 PM
- 4/6 Kathleen Cook CCE, Nutrition Class 12:30-1:00 PM
- Senior Center will be CLOSED from 4/10-4/14**
- 4/18 Jane Talbot from Action for Older Persons 12:30-1:00 PM
- 4/25 Nutritional BINGO 1:00-2:00 PM

CHENANGO BRIDGE (607) 663-0406

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

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

Lunch is served around Noon 607-663-0406

Weekly Activities: To Be Announced

Special Activities

- 4/5 Mahjong 10:00 AM, Coffee Chat 1:00 PM
- 4/7 LRC Game 10:00 AM
- 4/12 Mahjong 10:00 AM
- 4/14 BUNCO 10:00 AM
Cornell Co-Op presentation by Kathleen Cook 12:00 PM
- 4/19 Mahjong 10:00 AM
- 04/21 April Showers Luncheon 12:00 PM
- 4/21 Bake Sale 11:00 AM – 1:00 PM
- 4/26 Mahjong 10:00 AM, Pretzel Day!
- 4/28 BINGO 11:00 AM
- 4/28 Dress as Your Favorite "Superhero" Day!



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

- 4/5 Understanding Alzheimer's and Dementia 12:30 PM
- 4/6 AOP Jane Talbot, Medicare presentation, 12:15 PM
- 4/7 Burger Bar, 11:30 AM-12:30 PM
- 4/12 Site Council Meeting 9:15 AM
- 4/19 Binghamton University Falls Annual Wellness Checkup, 10 AM – 2 PM
- 4/20 Golden Griddle Brunch, 11:45AM-12:45 PM
- 4/21 "April Showers" Games & Luncheon 11:00 AM
- 4/22 SATURDAY – Rummage and bake sale 10 AM-4 PM
- 4/24 Horse, Cow and Pig Races, 10:30 AM
- 4/26 Legal Aide, 9:00 AM-12:00 PM, by appointment only
- 4/27 National Nutrition Month: Fuel for the Future presentation by
Donna Bates, RD, and Bridget, 12:15 PM
- 4/27 Dinner with entertainment by Friday at Fred's,
doors open at 4:00, dinner 4:30 PM.
- 4/28 Laughter-Cize with Traci Pena, 10:30 AM, call ahead to register.

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

- 4/3 National Nutrition Month: Fuel for the Future presentation by
Donna Bates, RD and Bridget 12:00 PM

- 4/4 AOP Save Money with Medicare, 12 PM
- 4/4 & 18 15 Minutes Reiki, Chakra, Card Reading or
Foot Reflexology 10:00-11:30, \$3 (advanced registration and
payment required, 607-797-2307)
- 4/6 Executive Board Meeting, 9:30 AM
- 4/7 Center Closed: Good Friday
- 4/10 Legal Aid 9 AM (appointment required, please call)
- 4/14 BCC Dental Hygiene Students, 12 PM
- 4/19 Evening Meal w/ Musical Guest TBD 5 PM
- 4/21 April Showers Luncheon 11:45 AM
Nutrition Education w/Cornell Co-Op, 12:00 PM
Mini Button Flower Vase Craft, \$1 pp, reservations required 11 AM
- 5/3 Binghamton University Falls Annual Wellness Checkup, 10 AM – 2 PM

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

- 4/3 Vestal Senior Club trip to the Finger Lakes by the Vestal Senior Club
- 4/3 Chop and Chat (Please call to reserve spot 607-754-9596) 10:00 AM
- 4/3 King High Card Game 12:00 PM
- 4/5 Actions for Older Persons presentation: Save with Medicare 10:15 AM
- 4/11 Spring Craft Day 10:00 AM
- 4/12 Vestal Senior Club trip to Villa Roma by the Vestal Senior Club
- 4/12 Vestal Library Technology Help by the Town of Vestal Library 10:00 AM
- 4/17 Chop and Chat (Please call to reserve spot 607-754-9596) 10:00 AM
- 4/20 LCR Dice Game 12:00 PM
- 4/21 April Showers Luncheon, 12:00 PM
Vestal Senior Sock Hop celebrates Vestals 200th year 6:00 - 8:00 PM
Evening Meal: Pasta, Salad, Red Velvet Pie Cup 5:00 - 6:00 PM
(Call prior to 4/20 at noon to reserve a meal)
- 4/25 Vestal Senior Club Meeting 12:15 PM
- 4/26 Vestal Senior Club trip for Evita by the Vestal Senior Club 9:00-11:00 AM
- 4/26 CCE Nutrition Education 10:15 AM
- 4/26 SUNY Broome Dental Hygiene presentation 12:00 PM
- 4/28 Pizza or Chefs Salad Day 11:15 AM (Call prior to 4/27 at noon to reserve)
- 4/28 Bunko Dice Game 12:00 PM

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

- 4/5 Easter Arts and Crafts 10:15 AM
- 4/10 AOP Presentation Save Money with Medicare 11:30 AM
- 4/12 Binghamton University Falls Annual Wellness Checkup 10:00 AM - 2:00 PM
- 4/13 Volunteer Appreciation Luncheon 12:00 PM
- 4/14 National Gardening Day 10:30 AM
- 4/19 Nutrition Education with Kathleen Cook 10:30 AM
- 4/20 National Look Alike Day 10:00 AM
- 4/21 Anniversary Party & April Showers Luncheon 10:30 AM - 12:00 PM
- 4/26 Pretzel Day 10:30 AM
- 4/28 Gardening 10:30 AM

NORTHERN BROOME..... (607) 692-3405

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm

Senior Center Store: 9 am – 3 pm

Lunch served at Noon

Soup and Sandwich Bar: Mon-Fri, 11:30 am – 12:30 pm

Breakfast for Lunch: Thursday, 10:30 am

Weekly Activities

Monday: Bingo, 10:30 – 11:30 am, Drumming, 1:30 pm
Tuesday: Osteo Bonesavers Class, 10 – 11 am; Wii Bowling, 10 am
Wednesday: Weight Loss Group – “Choose to Lose,” 9:30 am;
Sewing, 10:30 am; Bridge, 12 pm; Shuffleboard, 10 am
Thursday: Pitch, 9:00 am; Osteo Bonesavers Class, 10 – 11 am;
Friday: Bingo, 10:30 – 11:30 am; Knitting, 1 – 3 pm;
Nurse Michelle - check Glucose, Blood Pressure, and Oxygen, 9 am

Special Activities

- 4/4 Golden Agers 12:00 PM
- 4/4 Art Class: Cozy Bowls 9:00 AM & 1:00 PM
- 4/11 Evening Meal 4:40 PM & BINGO to follow
- 4/13 Action for Older Persons presentation:
Save Money with Medicare at 11:15 AM
- 4/18 Golden Agers 12:00 PM
- 4/19 Craft with Karli! Wooden signs made from vinyl or paint
- 4/24 Penny Social 9:00 AM – 3:00 PM
– 4/28
- 4/27 Cornell Co-Op presentation on “Healthy Living” 12:15 PM

BROOME WEST (607) 785-1777

2801 Wayne St., Endwell, NY 13760
Center Hours: Mon - Fri, 9:00 am - 3:00 pm

Lunch served at Noon

Weekly Activities

Monday – Friday: Gift Shop, 9 am – 3 pm
Monday: Quilting, 9:30 – 11 am; Bonebuilders, 9:30 am; Hand and
Foot Card Game, 12:30 pm; Shuffleboard, 1 - 2:30 pm
Tuesday: Adult Coloring, 9:30 am; Mahjong Group, 10 am;
Chair Exercises, 10:30 am; Scrabble, 12:30 pm;
Ping Pong, 1 - 2:45 pm; Knitting & Crocheting, 1 pm
Wednesday: Bone Builders Exercise, 10 am; Canasta, 1 pm;
Floor Shuffleboard, 1-2:30 pm
Thursday: Wii Bowling, 9:30 am; Chair Exercises, 10:30 am;
Social Connections, 1-2:30 pm; Chair Yoga, 1 pm
Friday: Craft Class(TBA); Bingo, 9:30 am;
Line Dancing w/Ms. Julie, 10-11:30 am (\$3);
Mahjong, 11:30 - 2:30 pm; Ping Pong, 1- 2:45 pm

Special Activities

- 4/3 Pizza Day with musical guest Marian Tewksbury starting at
11:00 AM (call to reserve prior to 4/7 at noon to register)
- 4/4 SUNY Broome Dental Hygiene presentation 11:00 AM
- 4/5 Actions for Older Persons presentation:
Save Money with Medicare 11:45 AM
- 4/6 & 20 Social Connections (Woman’s Group) 1:00 PM
- 4/11 Downsize and Declutter 3:00 PM
- 4/12 Philly Cheesesteak Day (Call prior to 4/11 at noon to register)
- 4/13 National Nutrition Month: Fuel for the Future presentation by
Donna Bates, RD and Bridget, 12:00 PM
- 4/18 Trivia with Johnny Only 1:00 PM
- 4/19 Caregiver Chat 9:00 AM-12:00 PM
- 4/20 20th Anniversary Party 10:00 AM
- 4/21 April Showers Luncheon, 12:00 PM
- 4/24 Breakfast for Lunch: reservations are appreciated
- 4/25 Therapy Dogs 12:30 PM
- 4/26 Tech Classes by the GFJ Library Tech Center 10:30 AM

“April hath put a spirit of youth in everything.”
-William Shakespeare

Wake up Your Muscles for Spring!

by SNAP-Ed Nutrition Educator Kathleen Cook
Cornell Cooperative Extension (CCE) Broome County

Just as Nature is waking up, April is the perfect time for our bodies to get out of their slumbering hibernation mode and begin to stretch and move more and be ready for warmer weather activities.

As we age, too often we see the barriers to being active more than the possibilities, opportunities, and positive benefits we can enjoy. What keeps you from moving more? If you can create an upbeat attitude within you may be surprised how easy it is to find ways to overcome what is in your way, and once you begin moving it becomes easier and will actually give you more energy!

What works for you is unique to you, so think of things like whether you're a morning person or an evening person. When do you feel you have the most energy? Plan to find activities you like to do and, if you're a social person, find a friend or a group or class that you can do them with. Having others helps us stay motivated and sometimes helps to add energy to what we're doing, making it more fun.

Keep in mind that although the suggested amount of time to be active each day is 30 minutes, you do not need to do it all in that time. Breaking it down to 10 to 15 minute chunks may be more realistic and achievable. This also helps reduce any boredom factor. Maybe exercise your arms and legs using stretchy resistance bands or weights while watching a tv program, then go for a walk after dinner. Or, switch it around and walk in the morning and do leg lifts in the evening while watching the news.

Remember to fuel your muscles- including your heart! – with fiber rich whole grains, fruits, vegetables, and lean proteins and don't forget water! Just like the plants bursting forth in springtime revive with the rain, water perks us up before activity, keeps us going during it, and replenishes as we finish.

Get up and Spring into Spring!



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Cognitive Health

Christina Olverd, AmeriCorps Member

Have you ever wondered about your brain health? As you age it is no secret that your risk of dementia increases, but did you know that what you eat can impact your memory? Research has shown a link between what we eat and our brain health. This means increasing certain foods in your diets and limiting consumption of other foods can help you avoid memory loss! So, what kinds of changes should you make in your diet? Here are a few tips to follow!

Healthy Brain Foods: Cold-water fish, plant proteins, whole grains, extra virgin olive oil, nuts/seeds, fibrous whole fruits, and vegetables.

Unhealthy Brain Foods: Products high in sugar, saturated fats, trans-fatty acids

Keeping your mind active can also decrease your chances of memory loss! This includes activities that exercise your ability to think, and problem solve. There are many ways in which you can stimulate your brain. Some of these activities include learning new things, group activities, physical activity, social engagement, and even brain games. To find out more about how nutrition and mind stimulation can help you maintain a positive cognitive health, check out the wellness section on the AARP website.

Wellness: “New Spring, New Me”

With spring around the corner, many people feel it's a great time to get moving on their spring cleaning. While decluttering and organizing your house can always make you feel more at ease, why don't you try a spring “mind-cleanse”? With the recent stress of the pandemic and the struggles of making it through the New York wintertime, what better way to gain inner peace than to clean your headspace! With a clear mind, we are more likely to be productive, happy, and overall, healthier.

So, what can you do to cleanse the mind and start thinking in a new headspace? According to AARP, there are three simple steps you can take to begin your spring mind cleaning!

- 1. Take a step back from negative news and social media.** Even spending five minutes on the internet or watching the news, you are bound to see or hear something negative. While it is important to stay up to date on what's going on, it's not something that we need to be focusing on all day long. Having your mind exposed to negative things can result in increased anxiousness, depression, and have a negative impact on overall mood. You do not have to stay away for long, but even going one day without social media can help to cleanse the mind of negative and cluttering thoughts.
- 2. Make a list.** Do you have a lot of tasks to get done throughout your day? Remembering to complete every errand and chore can be very littering on the mind, so instead of trying to remember every little thing, make a list! By writing things down you are reducing the number of things your mind must focus on throughout the day. Instead of remembering, just check your lists, eliminate tasks, and feel the satisfaction of getting things done. You lists can be made for a daily, weekly, or even monthly basis. Not only will they help to organize your life and your priorities, but it will also help to organize your mind.
- 3. Make your bed.** This may seem like a silly task to most, but studies have shown that getting into a pre-made bed increases the chances of having a good night's sleep. Being fully rested is helpful in maintaining good brain health while also promoting a peaceful mindset. Sleeping is the brain's way of resetting itself and preparing for the days ahead, so getting seven to eight hours a night is a great way to start your mind-cleanse journey.

“Let’s Get Back To Quality Care (LGBTQ+)”:

Serving the aging community has never been more prevalent than in recent years. As the Baby Boomer generation ages into the 60+ range, the national population of older adults is projected to reach 80.8 million by 2040. This is why it’s crucial to dissect the population and assess the needs of each diverse group within it. One such group is the LGBTQ+ community. Their rich history and shared experiences make for ample opportunities to bring this unique population together. However, many of those who identify within this community can often face obstacles when seeking safe spaces to connect, especially within rural areas. Broome County encompasses a predominantly rural area where the LGBTQ+ spaces are limited. However, there are local institutions and agencies, such as Broome County Office for Aging, who are trying to connect with the LGBTQ+ community and forge safe spaces within their network.

Since 2019 Office for Aging has been making efforts to connect with the LGBTQ+ community and to hear what resources they may be seeking in their later stages of life. Unfortunately though, those efforts have been slowed down, like many other agency initiatives, by the onset of the Covid-19 Pandemic. However, with the help of myself, a MSW intern from Binghamton University with a focus on LGBTQ+ outreach and Robert Hoover, an active member of the local LGBTQ+ Community and an Advisory Council member for OFA, we are working tirelessly to get the word out and to form a group to unify and support fellow LGBTQ+ community members.

The purpose of this article was to let you know that this is not a demographic that has been overlooked. I and the rest of the team here at Office for Aging are very much looking forward to connecting and working with you and we would very much like to hear your thoughts and stories.

Please join us at our first meeting scheduled for **April 19th, 2023 at 3pm**. We will be meeting at the **Johnson City Senior Center, 30 Brocton Street**. Our goal is facilitate conversations around issues that the community may be facing. We plan to connect members with LGBTQ+ friendly healthcare providers, legal aids and other social networks to keep us all connected, safe and healthy!

Thank you very much and we look forward to meeting on April 19th!

-Elliot Townsend

Technology Classes to Help Older Adults Become Tech Savvy

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

iPad/Phone-Basics for the New User – Part Two (in person - please register; Virtual Zoom class will also be offered)

This follow up workshop is for new iPad/iPhone users. Discover practical, performance-improving features that will make your iPhone or iPad more convenient and useful. Get tips and tricks for Siri, using Safari, managing iCloud storage, and more. Take control by learning how to customize your device using the settings app. Please make sure your device is updated to IOS16.

Popular Mobile Payment Apps Explained (Virtual Zoom only)

Learn the pros and cons of the top mobile payment apps for your phone. With these apps you can send money to friends, make contactless payments in stores, and shop online with ease. Some of the apps that will be discussed are Apple Pay, Google Pay, Venmo and Paypal. Find out if you want to leave cash and cards at home and join the digital revolution.

Clean Up and Declutter Your Computer! (Virtual class OR in person class at Broome West Senior Center scheduled for April 26th, 2023 at 11am)

A cluttered computer is not only difficult to navigate, but can cause extreme stress, especially when it fills up storage and slows your computer down! Bring your laptop or tune in to learn some easy ways to clean out and reorganize your desktop and your computer to make it run more smoothly and efficiently!

What Can Apple Watch Do For You? (Virtual only)

An Apple Watch can help you track your health and activity, text and call, but it can also keep you from getting lost with maps, remind you of appointments, detect falls and alert emergency services or remind you when you’ve left your phone behind. An iPhone IS REQUIRED. Tune in to learn how to choose, select and start using an Apple Watch to help you in dozens of ways every day.

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

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


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

One-on-One Technology Assistance

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

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

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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

Healthy Living with Diabetes Service Activity

Binghamton University School of Pharmacy students will be at two Senior Centers to present and talk about chronic disease. This activity is aimed towards providing patient education and improving health outcomes by encouraging individuals to have a more active role in their care. Their goal is to raise awareness of attainable and realistic lifestyle modifications to help control and maintain chronic disease conditions such as diabetes. The below dates are when you will have an opportunity to speak with the Pharmacy students:

Johnson City Senior Center:

Thursday, April 20th, from 12:30am-1:30pm

Northern Broome Senior Center:

Thursday, April 27th, from 12:30am-1:30pm



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

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



Ask the Office

With Spring right around the corner, I want to become more active in the community. I have kept myself inside for so long, I'm anxious about leaving my home. How can the Office for Aging help me?

Answer:

Thankfully the Senior News is full of information on how you can be more active in the community! Joining your local Senior Center is a great way to start. Come join us for a hot meal, exercise class, art class, social group or just come relax at a place with many individual activities. Reach out to your choice of Senior Center below to learn about what they can offer and join in on the fun!

Broome West (Endwell) **607-785-1777**

Chenango Bridge **607-663-0406**

Deposit **607-467-3953**

Eastern Broome (Harpursville) **607-693-2069**

First Ward (Binghamton) **607-797-2307**

Johnson City **607-797-1149**

Northern Broome (Whitney Point) **607-692-3405**

North Shore Towers (Binghamton) **607-772-6214**

Vestal **607-754-9596**

If you want to ease your way in, there is a **Virtual Senior Center Program!** The virtual center provides free access to online activities and classes that help participants to stay engaged and connect with others all while staying in the comfort of your own home. They offer a variety of classes about history, arts and crafts, computer training and exercises. To enroll in the Virtual Senior Center, simply call 607-778-2411 or email ofa@broomecountyny.gov

Another option to receive support for anxiety through the Office for Aging would be to contact our Information and Assistance Department to discuss your concerns with a caseworker. The caseworker will be able to give you plenty of information on all your options. You may reach out to the Office for Aging at 607-778-2411.

Broome County
Office for Aging

Looking for Answers? Ask the Office!

Send questions to Broome County Office for Aging:

PO Box 1766, Binghamton, NY 13902

ofa@broomecountyny.gov

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-Julie S., Binghamton

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Laugh Break!
Does February like March?
No, but April May!



Stay-cation, a Time to Relax at Home

Spring is usually a time of vacations and visiting family, but as we get older, we may find it a little harder to travel in a car for several hours or navigate an airport. Sometimes we just can't afford to travel. Who says you must leave your hometown to rest and recharge? We've put together a list of popular Staycation activities, to help you plan a vacation at home.

- **Bring the vacation to you.** Through the wonders of technology, you can travel the world from your own living room by taking virtual tours of museums, national parks, and zoos. Join any of our participating senior centers for Lyceum, "Armchair Travels."
- **Prepare a new recipe or pour yourself a tropical drink!** A club soda with a splash of lime, or pineapple with some sparkling water can make you feel like you're in paradise.
- **Be a tourist in your community, explore the St. Tier!** Sometimes it's easy to forget Binghamton's hidden gems. Explore the Phelps Mansion, the Roberson, or Bundy Museums, or take in a show at the Forum. Check out the "Mark your Calendar" or "Trips" section of this senior news.
- **Visit Family, share your favorite meals, and memories.** Reminiscence about your favorite vacations.
- **Take advantage of the warmer weather.** Getting outside has many mental and physical health advantages, even just sitting outdoors and soaking up vitamin D can be beneficial. Plan a day at the park, garden or take a stroll around the neighborhood to spend some much-needed time outdoors. If walks or hikes are your thing, join the Walk with Ease, or Nature Walk clubs.
- **Read a book!** Many times, a great novel can transport you to another world. Reading helps our cognitive brain function, it helps us think clearly, and promotes memory and our ability to learn. Many of our senior centers have book clubs, for details check out "Look What's Happening at our Centers."

Seniors can and should plan vacations to give themselves a chance to relax and reconnect. Whether it be a trip to the park or enjoying virtual adventures from the comfort of their couch, older adults can plan fun activities that help maintain good mental and emotional health.

Adapted from: https://www.prweb.com/releases/home_adventures_spring_staycation_ideas_for_seniors/prweb17841837.htm

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National Days of the Month

Love Your Dog Day, Wear Tweed Day, Pizza Day, Ice Cream for Dinner Day, did you know that all these days are celebrated on a national calendar? For your entertainment, we have put together a list of holidays you may not know about.

April 5th – National Walking Day was established in 2007 by The American Heart Association to encourage people to walk more! The American Heart Association suggests 30 minutes of walking a day to improve your overall health.

April 11th – World Parkinson's Day was first celebrated in 1997, in memory of Dr. James Parkinson, who first described the symptoms of the ailment in "An Essay on the Shaking Palsy," 1817. The day now serves to raise awareness for Parkinson's Disease.

April 14th – National Gardening Day established in 2018 for the purpose of drawing attention to the hobby.

April 16th- National Librarian Day got its start in 1958 by the American Library Association but wasn't officially celebrated every year until 2004. It's a day to appreciate the importance of librarians. It coincides with National Library Week, later in the year.

April 21st- World Creativity and Innovation Day, named after Leonardo da Vinci, was established to encourage everyone to dig deep and find their creativity.

April 25th- National Telephone Day was the day that Alexander Graham Bell made his first phone call to his assistant in 1867. We're reminded that the invention of the telephone, its popularity and technology has paved the way for communication through the years.

April 27th-Thank You Thursday was established in 2020 to embrace the power of positivity, and to demonstrate the impact we have on each other.

April 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.*

Cheesy Shells Casserole 3 Minestrone Soup Pears Double Chocolate Cookie	Beef Stroganoff 4 Over Noodles Diced Beets Pineapple	Baked Ham 5 OR Citrus Pollack Au Gratin Potatoes Cut Green Beans Peach Cobbler	Liver w/Onions 6 OR Chicken Marsala Mashed Potatoes w/Gravy Corn Sherbet Cup	Tuna Salad 7 OR Pub Burger Baked Beans Garden Salad Mandarin Oranges
Meatball Sub 10 Harvest Vegetable Soup Spinach Lemon Pudding	Broiled Fish 11 OR Chicken Breast w/Cranberry Glaze Baked Potato Carrots Fruit Cocktail	Halupki 12 OR Meatloaf w/Gravy Mashed Potatoes Peas Pineapple Upside Down Cake	Turkey & Provolone 13 On Marble Rye Stuffed Pepper Soup Applesauce Cranberry Oatmeal Cookie	Pepper Steak 14 OR Fish Florentine Buttered Noodles French Cut Green Beans Peaches
Classic Beef Chili 17 Baked Potato Cottage Cheese Applesauce	Chicken Florentine 18 OR Apricot Meatballs Brown Rice Pilaf Wax Beans w/Pimento Strawberry Shortcake	Swiss Steak 19 OR Herbed Fish Buttered Noodles Mixed Vegetables Apple Cranberry Crisp	Alfredo Macaroni & Cheese 20 Stewed Tomatoes Broccoli Florets Ice Cream Cup	April Showers Day! Pulled Pork 21 OR Citrus Rubbed Fish Baby Potatoes Garden Salad Lemon Meringue Pie
Beef Stew over Biscuit 24 Corn Cranberry Juice Cinnamon Applesauce	Pierogies w/Kielbasa 25 California Blend Vegetables Garden Salad Chocolate Chip Cookie	Liver w/Onions 26 OR Seasoned Chicken Breast Mashed Potatoes Cut Green Beans Mandarin Oranges	Roast Turkey 27 Apple Bread Dressing Winter Squash Pumpkin Cake	Baked LS Ham 28 OR Broiled Fish w/Lemon Baked Potato Broccoli Low Fat Muffin

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.

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

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