



Visit Our Website at www.gobroomecounty.com/senior



This edition of the Senior News features local holiday celebrations, nutrition information, how to care for your mental and physical health during the colder months, and other informative articles.



Happy Holidays from your team at the Broome County Office for Aging!

We look forward to another year of serving our community.



Special Luncheons to Celebrate the Holidays

Andy Williams sang in 1963, “It’s the most wonderful time of the year!” So, mark your calendars and bring family and friends to one of the Broome County senior centers as part of your celebration this season. Listed below are details about upcoming festivities at participating senior centers.

Holiday Luncheon and Entertainment

Wednesday, December 13 (Thursday, Dec 14 in Deposit)

Enjoy a festive luncheon including roast turkey with a cranberry glaze, sides & red velvet pie cups for dessert.

Guests age 60+ and spouse of any age may dine at the Holiday Luncheon for a suggested contribution of \$4.50. All others may dine for a charge of \$5.50.

New Year’s Eve Luncheon and Entertainment • Friday, December 29

Join us as we ring in the New Year! The luncheon menu includes a choice of rotisserie chicken or citrus rubbed fish, sides and an éclair for dessert.

Guests age 60+ and spouse of any age may dine on New Year’s Eve for a suggested contribution of \$3.50. All others may dine for a charge of \$4.50.

In addition to the special lunches, centers will feature festivities throughout the day. Contact the center you wish to attend for more information on how they are celebrating!

For both luncheons, be sure to make your lunch reservations by 12 pm one day in advance. Phone numbers and center specifics can be found in the “Look What’s Happening at the Centers” section on the back pages of this issue.

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



Holiday Recipe Contest!

Do you have a recipe you make around the holidays that gets lots of compliments? Do you pride yourself on a certain dish? Do you want to see your recipe in the January edition of the Senior News? You should enter the Senior News Recipe Holiday Contest! Please see page 6 for more information.

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

Zumba

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

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

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

Low-Impact Aerobics

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

Thursday 10:00 am Johnson City Senior Center

Tai Chi

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

Thursday 1:00 pm Johnson City Senior Center


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

Chair Exercise

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

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

Tues & Fri 12:30 pm Johnson City Senior Center

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

Virtual Zoom Classes

ZOOM Chair Exercises

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

ZOOM Chair Drum Exercises

Tuesday 9:00 - 9:45 am

ZOOM Chair Yoga

Friday 9:00 - 9:45 am

Drum Exercise Class

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

Monday 1:30 pm

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

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



“Perfect day, friendly people, premier Broome County Park”
Nature Walking Club at Greenwood Park on Thursday, October 12th

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.

- **December 14th 10AM**
Meet at Arnold Park in Vestal by the colorful playground

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

Snow Day Closings: Senior Centers & Meals on Wheels

Winter is here, and with that comes inclement weather and unsafe road conditions. When the weather takes a turn for the worst, Broome County Senior Centers and Meals on Wheels deliveries may be cancelled.

A good rule to follow:

- When schools in your area are closed, Senior Centers will be closed and no Meals on Wheels will be available. This applies to school closings, but not delays or early dismissals.

If the weather looks questionable:

- Check for closings on your local news stations or call the Office for Aging at **(607) 778-2411**

Meals on Wheels clients will receive emergency meals. These meals contain nonperishable canned and packaged foods that you can use when Meals on Wheels are unable to deliver due to inclement weather. Use these meals for days when meal delivery is not possible. The emergency meals do not require refrigeration. When you hear that Meals on Wheels (or the schools in your area) are closed, then you should eat some of the foods in this package.

Laugh Break

What kind of currency do elves use?

Jingle bills.

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, December 4, 2023 **Time:** 1:00 - 2:30 PM

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

A Divine Calling

The Broome County Office for Aging is calling on faith - based communities to support caregivers with brief periods of respite.

Think of your own congregation/parish. Are there members who are stretched thin by their caregiving responsibilities? How can we support them? Let's work together to offer restorative respite. Respite programs improve the wellbeing of caregivers.

Be a part of the win-win-win:

- Participants enjoy activities, like art, music, games, & exercise.
- Caregivers benefit from the opportunity to recharge.
- Volunteers feel personally rewarded when helping families.

Participants and volunteers will engage in:

- discussions
- trivia games
- gross motor skill games
- exercises art projects
- community projects
- sing a longs
- a meal or snack

Respite programs improve the quality of life for the participants and improve the health of their caregivers. Often, caregivers are reluctant to ask for help, but they will come to a familiar setting for social events. Your church might be that safe, comfortable space. The spiritual setting can be comforting to a caregiver, providing peace of mind that their loved one is safe.

Throughout NYS, congregations are starting Caregiver ministries that provide a break to caregivers and social opportunities to other older adults. We are excited to establish a network of faith-based respite programs in Broome County. Caregivers say the programs are a "Godsend."

If your church would like to provide this ministry and join our network please contact Shellie Spinelli at **607-778-2946** or email Machelle.Spinelli@broomecountyny.gov

HOLY FAMILY FUN & GAMES

Fun and Games is a social connections group for seniors 60+. The group meets on Friday afternoons in the church hall for cards, table games and conversations.

**Join us Fridays 1 - 3PM
Church of the Holy Family
3600 Phyllis St. , Endwell**

Get competitive with a round of "Golf" or "Hand and Foot" cards games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!

Events at the Centers

Broome West Senior Center

Friday, December 29th at 11AM

Ralph Muro

Join us as the ball drops at your center! Ralph Muro will entertain us before lunch. Lunch will be served a few minutes later as we count down to 12!

Please reserve a meal by 12/28 at Noon.

Chenango Bridge Senior Center

Friday, December 29th

New Years Eve Celebrations!

BINGO with Sallie 10:30AM

NYE Luncheon 12PM

Please call 607-663-0406 by 12/27 at Noon to make meal reservations.



Eastern Broome

Thursday, December 21st

Holiday Celebrations!

Breakfast 8 – 9:30AM

Holiday BINGO 10 – 11:30AM

Cookie Exchange 12:30PM

Holiday Bag Auction 10 – 11:30AM

First Ward

Tuesday, December 12th at 10AM

Chop & Chat: Apple Cranberry Stuffing

Come chop provided foods and chat with your friends!

Reservations are required by 12/5

by calling 607-729-6214.

Johnson City

Monday, December 4th from 11 – 11:30AM

Line Dancing Holiday Show

Friday, December 8th from 10 – 1PM

JCSC Art Show

Featuring works done by JCSC artists!

Coffee, Cocoa, Chai, & Frappe Fundraiser

Order by Friday, December 8th

The Johnson City Senior Center and Binghamton's own Java Joe's are teaming up to offer flavored and non-flavored coffees, cocoa, chai, and frappes. \$13/10 ounce bag. Order at the Center or on our website (johnsoncityseniorcenter.org). Thank you for your support!

Northern Broome

Friday, December 8th at 12:30PM

Fabulous Flakes

Demonstration of hand crafted, intricate paper snowflakes!



North Shore Towers

Thursday, December 14th from 4 – 5:30PM

Santa visits with Hot Chocolate and Cookies!

Come take pictures and enjoy your snack.

Feel free to bring your grandkids!

Vestal

Tuesday, December 5th at 10AM

Christmas Craft Day!

Come join us in creating a nice Christmas item.

Senior Center Closings:

**Monday, December 25th for the Christmas Holiday
Monday, January 1st for New Years Day**

Scam of the Month

Holiday Scams

Many people look forward to the holidays, including scammers who take advantage of unsuspecting people at this busy time of year. The following are some common scams you should be aware of:

- **Charity Scams:** These scams pretend to solicit donations on behalf of charities by phone, e-mail, texts, or campaigns on social media. Always do your research before donating to any charity, be careful of how you pay, and do not give out personal information.
- **Package Delivery Scams:** This involves the victim receiving a text or e-mail that asks them to click on a link to receive updates about a delivery date, the tracking of a package, to give payment preferences or delivery instructions, or to pay a shipping fee. The text or e-mail might also provide a phone number to call for more information. These messages often sound urgent. Clicking on the link can then infect the victim's phone or computer with malware that allows the scammer to capture passwords or control the computer or phone. Sometimes these links direct victims to a form that asks for identifying information from the victim. If you receive any of these e-mails or texts, it is best to go to the company directly by using their direct website or a verified telephone number.
- **Missed Package Scams:** A note is left on the victim's door stating a package delivery was missed with a telephone number to call to reschedule. When calling the number, the caller is greeted by questions asking for identifying information, which can then be used for fraud. If you receive these types of notices, look for mistakes in the note that could signal it is fraudulent. Check your recent orders to see if you even had a delivery scheduled. Even if it looks legitimate, do not call the telephone number listed on the note; instead, look up the official customer service number of the company.
- **Gift Card Scams:** In this scam, phony e-mails or texts that appear to be from someone the victim knows requests them to buy gift cards and either send the gift cards directly or provide the gift card numbers. Gift cards are not traceable and there is no way to recover money once the scammer has the gift card number.
- **Social Media Scams:** During the holidays, there are often promotions or contests advertised on social media sites offering gift cards or vouchers in exchange for completing surveys or sharing posts. These scams can capture the personal information of the victim, in order to commit identify fraud. Clicking on these links can also introduce malware into the victim's computer or phone.
- **Brushing Scams:** In this scam, the victim receives a package they did not order from an online marketplace. Often, the package is from someone who sells products online who wants to create fake good reviews, which they can do once you receive the package. It is possible the scammer created an online account for you or hijacked an existing one, so be sure to change any passwords you have with the online marketplace if this happens to you.

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**.

*"The snow around us knows a romance
of its own; one that dances with nature's
breath, a lovely earthbound poem."*

Angie Weiland-Crosby

Suggested Contribution Rates Changing for Two OFA Programs

The rising costs of food and supplies have caught up with the Office for Aging. On January 1, 2024, the suggested contribution for senior center lunches and home delivered meals (Meals on Wheels) will increase.

Beginning January 1, the suggested contribution rate for a meal at all Broome County Senior Centers and the home delivered meal program (Meals on Wheels) is increasing from \$3.50 a meal to \$4.00 a meal.

The Office for Aging works diligently to provide appealing and nutritious meals while keeping expenses to a minimum. This change, the first in four years, is necessary because of the rising costs of food, equipment, labor, and delivery.

The money raised through contributions is essential. The meals provided at the senior centers and through the Meals on Wheels program are only partially funded by the federal, state, and local governments under the Older Americans Act. Under the law, local agencies which accept the funding to run these programs must set a suggested contribution rate for the meals. It is the intention of the Older Americans Act that contributions be used in combination with government funding to support the program. Without your meal contributions, it would be impossible to operate the senior centers and the Meals on Wheels program as we do today.

If you are able to contribute more than \$4.00 for meals, please consider doing so for the good of these programs. If you are unable to contribute the \$4.00 a meal, please give what you can. No one will be denied service due to an inability to contribute. All contributions are used to support and maintain the program and are kept confidential.

Please remember that your contributions are needed and make these programs possible!

Grace's Place

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

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

Location: Grace Lutheran Church, 709 Main Street, Vestal

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

**Requirements: Guests should be able to eat
and toilet independently.**

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



Downsize & Declutter Discussion Gifts Then & Now

When we were young, holiday giving was about things we needed. We can revive that in the 21st century by focusing on what is needed: warm clothes or boots, good cheese or wine, a monthly bouquet, a restaurant gift card. Be sure to ask for and give needed items this year.

Share your ideas on Tuesday, December 12th at 3PM at the Broome West Senior Center or on Zoom.

To attend the Zoom, contact Joan Sprague at
spraguejm@verizon.net



Mark Your Calendar! Upcoming Community Events

Broome County Festival of Lights

Otsiningo Park
Until December 31st
5-10pm Fridays-Saturdays, 5-9pm Sundays-Thursdays
Fireworks at 7pm on December 31st; Santa on select dates

Enjoy the beautiful light displays at this drive-thru event. One pass allows each car to drive thru as many times as you would like before exiting the park. Food and beverages are available for purchase. \$25 per carload. Season passes are \$60. Veterans and active-duty military members are free every night with ID. Event coordinator can be reached at 607-761-2475 or at bcfestivaloflights@gmail.com.

<https://bcfestivaloflights.com/>

Antiques and Collectibles Show

Endwell Fire Station
3508 Country Club Road, Endwell
Sunday, December 3rd, from 8am-2pm

An indoor curated market of quality antiques, vintage collectibles, military, vintage sporting goods, jewelry, and one-of-a-kind finds. Food and beverages will be available. Park and enter in the back of the fire station. Food and beverages available for purchase.

<https://endwellfire.com/>

Vienna Boys Choir: Christmas in Vienna

Anderson Center Osterhout Concert Theater
Binghamton University, 4400 Vestal Parkway East, Vestal
Thursday, December 7th from 7:30-9:30pm

This illustrious group of child musicians has been delighting music lovers across the globe for six centuries with their purity of tone, distinctive charm, and popular repertoire. Christmas in Vienna showcases a program featuring Austrian folk songs, classical masterpieces, popular songs and, of course, holiday favorites. Tickets for purchase through the website below. Box office at 607-777-ARTS or boxoffice@binghamton.edu.

<https://andersoncenter.my.salesforce-sites.com/ticket/#/>

Jingle Jazz with Bill Carter & the Presbybop Christmas Eve Band

The Schorr Family Firehouse Stage
46-48 Willow Street, Johnson City
Monday, December 11th from 7-9pm

Kick off your holiday season with this evening of holiday jazz hits. Box office at 607-772-2404, extension 302 or email info@goodwilltheatre.org.

<https://firehousetage.org>



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

With Winter in full blast, it can be hard to keep busy. Not leaving the house as much as you're used to can lead to isolation, or "cabin fever." Here are some tips on beating the isolating effects of the colder months:

- **Keep Yourself On A Schedule**
Following your typical routine as much as you can is a great way to keep your productivity up.
- **Consider Joining A Senior Center**
With NINE local senior centers throughout Broome County, there is always something fun going on!

We also have a Virtual Senior Center, so you never have to miss out on all the fun. Please call 607-778-2411 for more information on the Virtual Senior Center.
- **Stay Busy**
Use this time to do all the small tasks you don't have time for in the warmer months. Make yourself a list of some tasks you want to get done and use this time to cut down on your to-do list.
- **Reach Out to Friends and Family**
Regularly give your friends and family a call to stay in touch.



The National Suicide Hotline is available
24/7/365 to help via call or text.

Feeling Down? There's Help!

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

Community resources are available to address our mental health needs:

The Mental Health Association of the Southern Tier (MHAST)

Address: 47 Broad Avenue, Binghamton, NY 13904

Phone: (607) 771-8888

Website: <https://mhast.org/>

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

988 Suicide & Crisis Lifeline

Phone or Text Message: 988

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

"May your walls know joy, may every room hold laughter, and every window open to great possibility."

Mary Anne Radmacher

Holiday Recipe Contest!

Let's show off the recipes that everyone looks forward to around the holidays! The winning recipe will be made by the editor, photographed, and included in the January 2024 Senior News. Feel free to include all types of recipes such as appetizers, desserts, dinner entrées, cookies, and other holiday goodies.

"Food is symbolic of love when words are inadequate."
- Alan D. Wolfelt

Send your name, phone number, and recipe to:
Broome County Office for Aging
 Attention: Senior News
 PO Box 1766
 Binghamton, NY 13902
 Or email ofa@broomecountyny.gov

Trips

First Ward Travel
 Contact Liz W.: 607-222-8440

December 6 – 8, 2023 - Cape May Christmas

Johnson City Senior Center
 Contact Lucy 607-427-6143

December 6, 2023 - Penn's Peak – Elvis Christmas
December 12, 2023 - Norman Rockwell Christmas in Stockbridge, Mass

LGBTQ+ MEETING:

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

YOUR OPINION MATTERS

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.

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

Join Bridget and Donna for the Annual Office for Aging Senior Center Customer Satisfaction Survey at one of the following locations:

Chenango Bridge Senior Center:
 Friday, 12/1 at 11:30AM

Johnson City Senior Center:
 Tuesday, 12/5 at 11:30AM

Vestal Senior Center:
 Wednesday, 12/6 at 11:30AM

First Ward Senior Center:
 Tuesday, 12/12 at 12:15PM

Broome West Senior Center:
 Thursday, 12/14 at 12PM

Eastern Broome Senior Center:
 Thursday, 12/28 at 12:15PM

Broome County Office for Aging

1-877-COUGHLIN

ATTORNEYS AND COUNSELORS

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

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

Branch Offices In:
 Bainbridge | Cortland | Hancock | Ithaca | Montrose | Owego | Walton |



**First Ward Senior Center's
Five Days of Christmas!**

We are going to start the festivities off with a weeklong 50/50! Ticket sales start Monday and will conclude on Friday, at 12PM. The winner will be announced on Friday, December 15th at lunch.

Monday, December 11th

Breakfast for Lunch-Reindeer Pancakes w/bacon, scrambled eggs and hashbrowns.

Tuesday, December 12th

Ugly Holiday Sweater Party w/Hot Coco Bar. Wear your favorite holiday sweater and ugly it up with tacky decorations! Come and listen to holiday tunes on the radio, sip on hot coco with whipped cream, marshmallows, and other various toppings. Stay for lunch to be entered into the drawing for "Ugliest Sweater"!

Wednesday, December 13th

Join us for our Holiday Luncheon at 11:45am and stay for our annual Christmas Chorus Concert at 1pm

Thursday, December 14th

Join us for a Holiday Craft Class where you will learn how to make a 3D Snowflake. Class is free and starts at 10am

Friday, December 15th

Make your reservation for lunch and stay for a Christmas Movie Matinee. At lunch we will announce the winner of the 50/50 and then at 1pm we will show a Christmas movie. There will be free popcorn, and soda for sale.

Any questions, please feel free to contact the center at **607-797-2307**. We look forward to seeing you!

**IS NOW THE
TIME TO *Sell*
OUR HOME?**

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



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

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OVER 35 YEARS.**

DIANE K. WHITE
LIC. RE ASSOCIATE BROKER

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

Dialdiane@warrenhomes.com

3456 Vestal Parkway East
Vestal, NY



PAID ADVERTISEMENT

"Winter is a season of recovery and preparation."

Paul Theroux

Older adults can be especially vulnerable during severe weather.

Stock your emergency kit with these essentials.



 Non-perishable food & water	 Flashlight & extra batteries	 First aid kit	 Sanitation & hygiene supplies	 Sleeping bags & warm blankets
 Communication devices	 Change of clothes & shoes	 Eyeglasses & hearing aids	 Medications & equipment	 Health information & documents

To learn more about how older adults can be prepared, visit www.nia.nih.gov/disaster-preparedness.



3-Can Chili

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!



Ingredients

- 1 package frozen, chopped broccoli (10 ounces)
- 1 can carrots or mixed vegetables, drained
- 1 can cream of mushroom soup, low sodium (10.75 ounces)
- 1 1/4 cups 1% low fat milk
- 1/3 cup grated cheddar cheese, low-fat (can use 1/4 to 1/2 cup)

Directions

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/3-can-chili>

Shepherd's Pie

This Shepherd's pie recipe is a twist on the classic comfort food. Using frozen veggies helps you get it on the dinner table quickly.



Ingredients

- 2 potatoes, large with skin, diced
- 1/3 cup milk, skim
- 1/2 pound ground turkey, 85% lean
- 2 tablespoons flour
- 1 package frozen mixed vegetables (10 ounces)
- 1 can vegetable broth, low sodium (14.5 ounces)
- shredded cheese (optional)

Directions

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375°F.
4. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake for 25 minutes.
7. Serve hot. Garnish with shredded cheese (optional).

Sourced from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/shepherds-pie>

Cream of Broccoli Soup

Using pantry staples and frozen broccoli, this hearty soup can be made in 10 minutes. Use 1% or fat-free milk to keep it even healthier.



Ingredients

- 1 package frozen, chopped broccoli (10 ounces)
- 1 can carrots or mixed vegetables, drained
- 1 can cream of mushroom soup, low sodium (10.75 ounces)
- 1 1/4 cups 1% low fat milk
- 1/3 cup grated cheddar cheese, low-fat (can use 1/4 to 1/2 cup)

Directions

1. In saucepan, prepare broccoli according to directions. Drain off water.
2. Add carrots, cream of mushroom soup, and one soup can full of milk to the broccoli. Stir over low heat until steaming hot and vegetables are cooked. Add cheese, stir until melted.
3. Serve hot.
4. Refrigerate leftovers.

Sourced from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cream-broccoli-soup-ii>

Cucumber, Yogurt, and Herb Dip

Lemon and dill combined with low-fat yogurt make this a flavorful and healthy dip. Serve it with your favorite vegetables.



Ingredients


- 2 cups yogurt (plain, low-fat)
- 2 cucumbers (medium, peeled, seeded, and grated)
- 1/2 cup sour cream (non-fat)
- 1 tablespoon lemon juice
- 1 tablespoon dill (fresh)
- 1 garlic clove (chopped)
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup carrots (baby)

Directions

1. Peel, seed, and grate one cucumber. Slice the other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-and-herb-dip>

Affordable Senior Independent Living






The SEPP Group

- Creamery Hills Apartments
Richford, NY (607) 844-8229
- Hamilton House Apartments
Binghamton, NY (607) 724-6102
- Harry L Apartments
Johnson City, NY (607) 217-7332
- Marian Apartments
Endwell, NY (607) 785-5223
- Nichols Notch Apartments
Endicott, NY (607) 754-0579

- Watkins Glen School Apartments
Watkins Glen, NY (800) 838-0441
- Wells Apartments
Johnson City, NY (607) 797-8862
- Whitney Point Apartments
Whitney Point NY (607) 692-2609
- Windsor Woods Apartments
Windsor, NY (607) 655-4191

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OFA Fiscal Department
Civil Service Exam Required*
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- Senior Clerk
Eastern Broome Senior Center
No Civil Service Exam Required
Monday – Friday, 15 hours/week
- Account Clerk
OFA Fiscal Department
Civil Service Exam Required*
Monday – Friday, 8 – 4PM (37.5 hours/week)
- Leisure Time Activity Leader (Kitchen Help)
Broome West (Endwell) Senior Center
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NEW YORK Office for the Aging

Look What's Happening at the Centers!

BROOME WEST (607) 785-1777

2801 Wayne St., Endwell, NY 13760

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

Lunch served at 11:45 am

Weekly Activities

Monday – Friday: Gift Shop, 9:00AM – 2:00PM

Monday: BoneSavers, 9:30AM; Hand and Foot Card Game, 12:30-2:45PM

Tuesday: Adult Coloring, 9:30AM; Mahjong Group, 10AM; Chair Exercises, 10:30AM; Scrabble, 12:30 - 2:45PM; Ping Pong, 1 - 2:45PM; Yarn Group 1PM

Wednesday: BoneSavers, 10AM; Canasta, 1 - 2:45PM; Floor Shuffleboard, 1 -2:30PM

Thursday: Wii Bowling, 9:30AM; Chair Exercises, 10:30AM; Social Connections, 1PM; Chair Yoga 1PM

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

Special Activities

12/4 Breakfast for Lunch 10:30AM

12/4 Nutrition Education with Kathleen Cook from CCE 11:30AM

12/7 Maine Endwell Jazz Band 11AM

12/8 Historian Jack Shay 11AM

12/11 Guest Chef! 12PM

12/12 Downsize & Declutter 3PM

12/13 Technology Classes: Meet Pinterest 10AM

12/13 Holiday Luncheon with Entertainment by Jukebox Mike starting at 11AM Call to reserve a meal prior to 12/12 at Noon.

12/14 Your Opinion Matters! Join Bridget and Donna for the Annual Office for Aging Customer Satisfaction Survey 12PM

12/15 Center closing at 2PM

12/18 Breakfast for Lunch with Entertainment by Marian Tewksbury 10:30AM

12/20 The Vestal Mountain Dulcimers 11AM

12/26 Bright and Beautiful Dogs 12:15PM

12/29 New Year's Eve Luncheon with Entertainment by Ralph Muro 11AM

12/20 Caroling Day 10 – 2PM

12/22 Holiday Party 10 – 2PM

12/29 New Years Eve Luncheon 12PM

12/29 New Years Eve BINGO with Sallie 10:30AM

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

12/14 Holiday Party 10 – 2PM Lunch served at 12:30PM. Reserve your meal by 12/12 at Noon.

EASTERN BROOME (607) 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9 am - 2:30 PM

Lunch served at noon

Breakfast Made-To-Order: Tuesday, 8:00 AM - 9:30 AM

Weekly Activities

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

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

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

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

Friday: Shuffleboard (call ahead to sign up), 9AM; Gentle Tai Chi, 9:30AM

Special Activities

12/1 Burger Bar 11:30 – 12:30PM

12/5 Happy Holidays Breakfast 8 -9:30AM

12/5 Chop and Chat 12:30PM

12/6 Officer and Financial Meeting 9:15AM

12/6 Senior Center Site Council Meeting 10:45AM

12/13 "The Page Turners" Book Club 10AM

12/13 Holiday Luncheon 9 – 2:30PM

12/20 Children's Holiday Shopping 10:30AM

12/21 Special Thursday Breakfast 8 – 9:30AM

12/22 Laughtercize 1:30 – 2:30PM

12/27 The Legal Aid Society 9 – 12PM Call for an appointment.

12/28 Your Opinion Matters! Join Bridget and Donna for the Annual Office for Aging Customer Satisfaction Survey 12:15PM

12/29 New Year's Luncheon with entertainment! Lunch 12PM, Entertainment 12:30PM

12/29 The Rainbow Table Raffle 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 for reservations

Weekly Activities

Monday: Zumba 9:30AM (\$3), Bonesavers 10AM, Chair Yoga 11AM (\$5), Penny Bingo 12:30PM, Texas Hold'em 12:30PM

Tuesday: Shuffleboard 9AM, Knitting & Crocheting 9AM, Progressive Pinochle 11:30AM, Int. Mahjong 12:30PM

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

Thursday: Sewing 9AM

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

Special Activities

12/7 Executive Board Meeting 9:30AM

12/11 Legal Aid 9AM (Appointment required, please call.)

CHENANGO BRIDGE (607) 663-0406

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

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

Lunch is served around Noon 607-663-0406

Weekly Activities:

Mondays – ZOOM ONLY: Chair Dance Yoga 9AM;

In-Person or Zoom: Drumming 2PM; Walk With Friends 1PM

Tuesdays – ZOOM ONLY: Chair Dance Yoga 9AM

Wednesdays: In-Person or Zoom: Tai Chi 9AM; ZOOM ONLY: Chair Dance Yoga 11AM; Marbles 10AM; Mahjongg 10AM; Walk With Friends 1PM; Cornhole 1PM

Thursdays - ZOOM ONLY: Chair Dance Yoga 9AM

Fridays: Tai Chi 9AM In Person or Zoom; Mahjongg 10AM; ZOOM ONLY: Chair Dance Yoga 11AM; Walk With Friends 1PM; Cornhole 1PM

All Zoom Classes: Meeting ID: 706 942 1672 **Password:** 123456

Special Activities

12/1 Eat A Red Apple Day 10 – 2PM

12/1 Your Opinion Matters! Join Bridget and Donna for the Annual Office for Aging Customer Satisfaction Survey 11:30AM

12/4 Dice Game Day 10 – 2PM

12/4 & 12/18 Crochet with Kathie 10AM

12/4 & 12/18 Nails With Kathie 11AM

12/6 Clover Chat 1PM

12/8 Brownie Day 10 – 2PM

12/13 Crafting with Sallie 10AM

12/13 Holiday Luncheon 12PM

Please call for a reservation prior to 12/11 at Noon.

12/18 Baked Cookie Day 10 – 2PM

- 12/11-15 5 Days of Christmas! See page _ for more information.
 12/11-15 Week Long 50/50! The winner will be announced at lunch on 12/15.
 12/12 Your Opinion Matters! Join Bridget and Donna for the Annual Office for Aging Customer Satisfaction Survey 12:15PM
 12/12 Chop & Chat: Apple Cranberry Stuffing 1PM
 (Reservations required 1 week in advance.)
 12/12 First Ward Neighborhood Watch Meeting 6PM
 12/13 Holiday Luncheon
 12/19 Nutrition Education w/Cornell Co-Op:
 Mind Over Matter: Developing Mindful Eating Habits 12PM
 12/25-29 Center closed.

JOHNSON CITY..... (607) 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Thurs 9 – 4PM; Fri 9 – 2PM

Lunch served at 11:45AM

Weekly Activities

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

Special Activities

- 12/1, 12/8, 12/15, 12/22, 12/29 Poetry Group 12:30PM
 12/4 Line Dancing Holiday Show (with Miss Julie) 11 – 11:30AM
 12/4 The Johnson City Caregiver Chat 1 – 2:30PM
 12/5 Your Opinion Matters! Join Bridget and Donna for the Annual Office for Aging Customer Satisfaction Survey 11:30AM
 12/6 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
 12/6 Medicare Assistance with Stephen Snitchler 10AM – 2PM
 12/7 Medicare Assistance with Stephen Snitchler 9:30 – 11AM
 12/8 JCSC Art Show 10 – 1PM
 12/8 Coffee, cocoa, chai & frappe orders due. 9 – 2PM
 12/12 Discussion on Miracles Led by Rev. Hilda (Call to register.) 10 – 11:30AM
 12/13 Q&A with UHS Senior Living at Ideal 10 – 1PM
 12/13 Holiday Luncheon 11:45AM (Reservation required by 12/12 at Noon.)
 12/13 Book Club 3 – 4PM (Adrift: Seventy-six Days Lost at Sea by Steven Callahan)
 12/15 Mindful Eating (Cornell Cooperative Extension) 10 – 11AM
 12/20 First Ward Senior Chorus – Holiday Show 12:30PM
 12/20 LGBTQ+ Senior Social Group 3 – 4 PM
 12/21 Legal Aid 9 – 12 PM. Call for appointment.
 12/27 Haircuts (\$20, by appointment) 10 – 11:30AM
 12/29 New Year's Eve Luncheon 11:45AM
 (reservation required by 12/28 at noon)

Laugh Break!

What do you call an obnoxious reindeer?

Rude-olph.

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

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Mon- Fri, 9 – 3PM

Senior Center Store: 9 – 3PM

Lunch served at Noon.

Weekly Activities

- Monday:** Bingo, 10:30 – 11:30 AM
Tuesday: Osteo Bonesavers Class, 10 – 11:00AM; Wii Bowling, 10AM
Wednesday: Weight Loss Group – “Choose to Lose”, 9:30AM;
 Sewing 10:30AM; Bridge, 12PM; Shuffleboard, 10AM
Thursday: Pitch, 9AM; Osteo Bonesavers Class, 10 – 11AM
Friday: Bingo, 10:30 – 11:30AM; Knitting, 1 – 3PM

Special Activities

- 12/1 Penny Social, Doors open at 4:30, drawing of numbers at 6PM
 12/8 Fabulous Flakes at 12:30PM
 12/13 Holiday Luncheon 12PM Please reserve a meal by 12/12 at Noon.
 12/14 Teachers Breakfast at 9:30AM & Breakfast for Lunch starting at 10AM
 12/20 Secret Santa Party 12:30PM
 12/29 New Years Luncheon with Entertainment by Rick Pedro at 12:30PM Please reserve a meal by 12/28 at Noon.

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

NORTH SHORE..... (607) 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon- Fri, 10 – 2PM

Lunch served at Noon.

Weekly Activities

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

Special Activities

- 12/5 Decorating the Center - come help! 10:15AM
 12/6 St. Nicholas Day 10AM
 12/13 Holiday Luncheon Party 10:30AM Reserve a meal by 12/12 at Noon.
 12/14 Center opens at 11AM
 12/14 Pictures with Santa! 4 – 5:30PM
 12/15 Ugly Christmas Sweater Day 10 – 2PM
 12/19 Oatmeal Muffin Day 10:15AM
 12/20 Christmas Caroling Day 10:15AM
 12/21 Winter Solstice Day 10 – 2PM
 12/26 Candy Cane Day 10 – 2PM
 12/29 New Years Eve Luncheon 12PM Reserve a meal by 12/28 at Noon.

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

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

Located in Old Vestal High School Cafeteria

Center Hours: Mon-Fri, 9 – 2PM

Lunch served at 11:45AM

Weekly Activities

- Monday:** NEW Mahjong 12PM
Tuesday: Pinochle (new players welcome), 9AM
Wednesday: Knitting, 9:30AM; Sandwich Bar, 11:15AM
 (reservations appreciated); Bridge (new players welcome), 12PM;
 Oil Painting, 1PM
Thursday: Card Group, 9AM; Bingo, 10AM; Ice Cream, 12PM
Friday: Mahjong, 9AM; Chef Salads, 11:30AM (reservations required)

Special Activities

- 12/4 Chop and Chat 10AM
 12/4 High King Dice Game 12PM
 12/5 Christmas Craft Day 10AM

12/6 Your Opinion Matters! Join Bridget and Donna for the Annual Office for Aging Customer Satisfaction Survey 11:30AM
 12/13 Holiday Luncheon 11:15AM Please reserve a meal by 12/12 at Noon.
 12/13 Johnny Only performing Holiday Classics 11:45AM
 12/15 Pizza or Chef Salads 11:15AM
 Please reserve a meal by 12/14 at Noon.
 12/15 Bunko 12PM
 12/19 Vestal Senior Club Meeting 12:15PM
 12/21 LCR Dice Game 12PM
 12/29 New Year's Luncheon 11:30AM
 Please reserve a meal by 12/28 at Noon.

Common Holidays Celebrated in December

Hanukkah (Dec. 7th-15th)

Hanukkah is celebrated by those of Jewish faith as they remember the reclamation of a sacred temple during the Maccabean revolt in the 2nd century BCE. This holiday is celebrated for eight days and nights, lighting candles on a menorah each evening. Family gathers to give gifts each night, play dreidel, say blessings, and listen to music.

Bodhi Day/Rohatsu (Dec. 8th)

This is a Buddhist holiday which celebrates the enlightenment of Buddha. Mahayana Buddhists— usually in China, Japan, Vietnam, and Korea— typically honor the day by meditating and eating foods with figs.

Our Lady of Guadalupe Day (Dec. 12)

This holiday is celebrated predominantly by those of Mexican descent and commemorates the day when the virgin Mary appeared to St. Juan Diego in 1531. In the days leading up to the 12th, families will construct altars in their homes and engage in prayer. On the evening of the 12th, a feast is held, and people listen to music as they celebrate.

Yule/Winter Solstice (Dec. 21)

Yule has historically been celebrated among Norse peoples, bringing light and feasts into the darkest day of the year. Christmas and Yule traditions merged, with Christmas becoming a more popular holiday. Today, Yule is primarily celebrated by Neo-Pagans, a small number of people.

Christmas (Dec. 25)

Christmas is celebrated across the world to honor the birth of Jesus Christ, the founder of Christianity. Those who celebrate will often decorate a pine tree with ornaments, give gifts, feast, and attend church services. Children await gifts brought by St. Nicholas, or Santa Claus, who is fabled to ride from house to house on a sleigh led by reindeer.

Kwanzaa (Dec. 26- Jan. 1)

Kwanzaa is celebrated throughout the world by those of African descent over a week-long span. Each day, one of seven values is celebrated and an additional candle on a kinara is lit. Feasts are held each day, bringing the family together to honor the African diaspora and culture, often exchanging handmade gifts.

https://arts.ms.gov/folklife/artist.php?dirname=guadalupe_ourlady#:~:text=The%20night%20before%20the%20Feast,in%20celebration%20of%20Our%20Lady

Laugh Break

What do snowmen eat for dessert?

Ice crispies.

Winter Safety Tips

Take the time now to make sure that your home is in good shape for the long winter season by following these tips:

Have your heating system checked by a professional annually. This will ensure that your system is working safely and efficiently which, in turn, will save you money. If you heat by wood, clean your fireplace or stove. Have your chimney flue checked and cleaned of any buildup of creosote to lessen the risk of fire.

Replace batteries in smoke, heat and carbon monoxide detectors. If you did not do it when you set the clocks back, be sure to do it now.

Keep pipes from freezing by wrapping them in insulation, UL approved heat tape, or layers of old newspapers, then cover the newspapers in plastic to keep out moisture. Seal any leaks that allow cold air inside where pipes are located.

Gather and store emergency supplies, including, but not limited to the list below:

- A battery-operated radio and flashlight, as well as a supply of batteries, candles and matches
- Water, medications and foods that don't require refrigeration or cooking
- A phone that does not require electricity to operate
- A list of emergency telephone numbers
- Extra blankets, coats, hats, and gloves
- A first aid kit and manual
- A fire extinguisher

Source: <http://www3.dps.ny.gov>

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.
- 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 choose foods that are good for you and will help you live a healthier life.

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

The Broome County Home Repair Service

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A Non-profit public service operated by

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Sudoku Answers

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

Technology Classes to Help Older Adults Become Tech Savvy

Join classes offered through the George F. Johnson Library in Endicott.

Meet Pinterest!

In-Person at Broome West Senior Center:
Wednesday, December 13th at 10AM

Pinterest makes it a snap to find and save hundreds of ideas for crafts, decorating, remodeling, cooking, fitness, education, books, movies, and just about anything you may want to find on the Internet! Come learn to set up a Pinterest Board, and begin finding, sharing, and pinning ideas!

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 gjtechcenter@gmail.com for more information!

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

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

One-on-One Technology Assistance

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

**Make a difference in the
life of an older adult
Volunteer for
Meals on Wheels
Call 607-778-6206**

Broome County
Office for Aging 

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.

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





Why It Pays to Read

By: Rebecca Gross

It makes us more empathetic people.

A 2013 study published in Science found that reading literary fiction elevated levels of empathy, a key factor in our development as compassionate human beings. As we read about the behaviors and thoughts of characters, we come to understand and appreciate their experiences and inner lives, even if they are markedly different from our own. Getting to know these characters bears none of the practical or moral constraints that it might be in real life, giving us a safe place to explore the full range of what we're capable of feeling and understanding. When translated into the ways we perceive our peers, this level of empathy improves our ability to form meaningful relationships.

It protects our brains from dementia.

In a way, reading is like a neurological fountain of youth. Research has shown that lifelong engagement in intellectually stimulating activities, such as reading, can slow declines in memory loss and thinking ability as we age. However, there are benefits even if mental stimulation occurs only later in life. A 2013 study from the Rush University Medical Center in Chicago found that when people in their 70s and 80s took part in activities such as reading or puzzling, cognitive decline was reduced by 32 percent. Reciting poetry can also be an effective weapon against Alzheimer's disease, helping those suffering from memory loss become more vocal and socially engaged.

It reduces stress.

The bad news: most of us can't afford a beach vacation every time we feel stressed or overwhelmed. The good news: reading a book carries many of the same benefits (minus the tan) for a fraction of the cost—or none of the cost, if you use the library. In a 2009 study from the consultancy Mindlab International at the University of Sussex, testing found that reading reduced stress levels by 68 percent, making it a more effective means of relaxation than taking a walk, drinking a cup of tea, or playing video games.

It generally makes us smarter.

In news that should surprise absolutely no one, reading can make you smarter. It can enhance your vocabulary, build your cognitive skills, introduce you to new ideas, and teach you all sorts of fun facts. The National Center for Education Statistics, cited in our To Read or Not to Read report, also found that students with more books in their households tended to earn higher math, science, and civics test scores, while students who frequently read for pleasure earned higher test scores in reading and writing than their peers who rarely read.

Sourced from: www.arts.gov/stories/blog/2015/whyitpaystoread

Did You Know...?

These American cities have holiday names:

- Garland, Texas (population 246,018)
- Sugar Land, Texas (population 111,0260)
- Snowflake, Arizona (population 6,104)
- Santa Claus, Indiana (population 2,586)
- Dasher, Georgia (population 890)
- Rudolph Ville, Wisconsin (population 433)
- Wintergreen, Virginia (population 346)

In the United States, there are approximately:

- 3,000 baked goods stores
- 3,300 candy & nut stores
- 4,000 department stores
- 8,000 hobby, toy, and game stores
- 20,000 jewelry stores

<https://www.census.gov/programs-surveys/sis/resources/fun-facts/holiday-season.html>



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- Shampoo/Set
- Perms:
- Highlights
- Color
- Manicures

Call Barb Wittig for appointment:
(607)862-3450

No charge for travel!

Laugh Break!

How many presents can Santa fit in an empty sack?
After that, it's not empty!

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Calorie Restriction in Humans Builds Strong Muscle and Stimulates Healthy Aging Genes

NIH study suggests a small reduction in daily calories is beneficial for wellness.

Reducing overall calorie intake may rejuvenate your muscles and activate biological pathways important for good health, according to researchers at the National Institutes of Health and their colleagues. Decreasing calories without depriving the body of essential vitamins and minerals, known as calorie restriction, has long been known to delay the progression of age-related diseases in animal models. This new study, published in *Aging Cell*, suggests the same biological mechanisms may also apply to humans.

Researchers analyzed data from participants in the Comprehensive Assessment of Long-Term Effects of Reducing Intake of Energy (CALERIE), a study supported by the National Institute on Aging (NIA) that examined whether moderate calorie restriction conveys the same health benefits seen in animal studies. They found that during a two-year span, the goal for participants was to reduce their daily caloric intake by 25%, but the highest the group was able to reach was a 12% reduction. Even so, this slight reduction in calories was enough to activate most of the biological pathways that are important in healthy aging.

“A 12% reduction in calorie intake is very modest,” said corresponding author and NIA Scientific Director Luigi Ferrucci, M.D., Ph.D. “This kind of small reduction in calorie intake is doable and may make a big difference in your health.”

The research found calorie restriction improves muscle health and offers additional health benefits. The research team next sought to understand the molecular underpinnings of the benefits seen in limited, previous research on calorie restriction in humans. One study showed that individuals on calorie restriction lost muscle mass and an average of 20 pounds of weight over the first year and maintained their weight for the second year. However, despite losing muscle mass, calorie restriction participants did not lose muscle strength, indicating calorie restriction improved the amount of force generated by each unit of muscle mass, called muscle-specific force.

Sourced from: <https://www.nia.nih.gov/news/calorie-restriction-humans-builds-strong-muscle-and-stimulates-healthy-aging-genes>

Make Mindful Eating Choices that Suit Your Needs

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



What we eat or don't eat plays an important role in our day-to-day health, for both our physical and mental health. Making sure we have food that fuels our lives makes it possible to enjoy what we do more fully and not be too stressed or too tired to be involved in the activities we want to be part of.

Mindful eating is a thoughtful approach to consuming your food. This is the opposite of mindless eating that is done while watching tv, reading, doing household chores, or even driving! Also, this can apply to eating whatever happens to be available at the moment.

Mindful eating is choosing:

- where are we eating?
- how much we are eating?
- what are we eating?
- why are we eating?

Many people choose to enjoy a meal with friends at a senior center. Having others to eat with is beneficial to emotional and mental health. This is both a “where” and a “why.” Seeking out a community to be with is a mindful, thoughtful choice. Also, this can fulfil the need to eat a variety of foods that you didn't have to prepare, providing your body with nutrition and energy for that day.

When going out to eat or at a gathering, consider not only how the food choices will taste, but also how they may make you feel. If it is a special occasion, you can still choose to eat a smaller amount of the rich or very sweet food and take some home to enjoy later. In this way you are more likely to be able to truly enjoy the food and less likely to feel the uncomfortableness of being “stuffed”.

Think before you eat, buy foods that will help your health, choose foods that will satisfy a need for self-care, choose to be with people and in places that are uplifting and nurturing. Each of us is unique, and only we ourselves can decide. Take some time to think about it.



Laugh Break!

What do gingerbread men have on their bed?
Cookie sheets!



George F. Johnson
American Legion Family
Post 1700

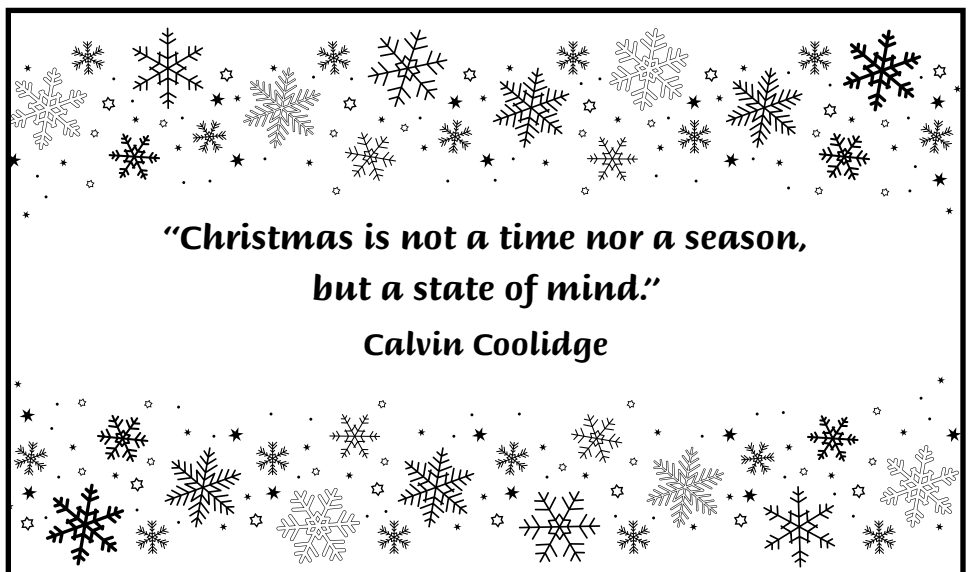


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**“Christmas is not a time nor a season,
but a state of mind.”**

Calvin Coolidge

December 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.

Holiday Gift Shopping at Senior Centers Gift shops and craft stores at local senior centers feature unique and handmade items that make perfect gifts for the holidays. Shoppers of all ages are welcome and can also get a tour of the senior center. Broome West Senior Center, Endwell: Monday – Friday, 9 am - 3 pm Eastern Broome Senior Center, Harpursville: Monday – Friday, 9 am - 2:30 pm Northern Broome Senior Center, Whitney Point: Monday – Friday, 9 am - 3 pm				Sloppy Joe 12/1 OR Egg Salad Sandwich Cream of Broccoli Soup Garden Salaad Peach Crisp	
Pierogies w/Kielbasa 4 Broccoli Florets Double Chocolate Cookie	Grandma’s Meatloaf 5 Mashed Potatoes Corn Spice Cake	BBQ Chicken Breast OR Pub Burger 6 Canadian Cheese Soup Three Bean Salad Sherbet Cup	Chicken Marsala 7 Brown Rice Pilaf California Blend Veg. Apple Cranberry Cobbler	Pork Loin 8 Or Broiled Fish w/Lemon Roasted Potatoes Peas Pears	
Meatball Parmesan Sub 11 Garden Vegetable Soup Applesauce Ice Cream Cup	Chicken Salad 12 Croissant Tomato Florentine Soup Cottage Cheese Pineapple	Holiday Luncheon! 13 Roast Turkey w/Cranberry Glaze Cheesy Potatoes Baby Carrots Red Velvet Pie Cups	Chili over Baked Potato 14 Garden Salad Pears	Swedish Meatballs 15 OR Herbed Fish w/Lemon Buttered Noodles Cut Green Beans Orange Cranberry Bar	
Beef Stew over a Biscuit 18 Peas Warm Spiced Apples Oatmeal Raisin Cookie	Halupki Or Marinated Chicken 19 Mashed Potatoes Italian Green Beans Vanilla Cake	Manicotti 20 Cauliflower w/Parsley Garden Salad Applesauce	Chicken Breast Florentine 21 Scalloped Potatoes French Cut Green Beans Peach Crisp	Pepper Steak 22 OR Citrus Rubbed Fish Mashed Potatoes California Blend Vegetables Mandarin Oranges	
Senior Centers Closed Happy Holidays! 25	Chicken ala King over A Biscuit 26 Peas & Carrots Grape Juice Cranberry Oatmeal Cookie	Liver w/Onions OR Seasoned Chicken Breast 27 Mashed Potatoes Country Blend Vegetables Fruit Cocktail	Turkey & Provolone On Marble Rye 28 Sausage Soup Fruit Cup Pumpkin Crisp	New Year’s Eve Luncheon 29 Rotisserie Chicken OR Citrus Rubbed Fish Brown Rice Pilaf Winter Squash Éclair	

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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