

Senior News



Visit Our Website at www.gobroomecounty.com/senior



Let's Have a Picnic!

It's time again for the Senior Picnics at the Centers! Each center will be hosting their own Senior Picnic complete with a meal, entertainment, and much more. See below for all the locations and dates of this year's Senior Picnics.



Office for Aging is excited to announce the schedule of upcoming picnics at individual Senior Centers in Broome County. Each center will feature its own celebration day with activities, such as musical entertainment, vendors, information on center activities, games, delicious lunch, and most importantly, fun! Save the dates and join us. **Lunch reservations are required by noon one day before the picnic date.** The suggested contribution for lunch is \$4.50 for those age 60+ and a charge of \$5.50 for those under age 60.

<p>NORTH SHORE TOWERS Date: Thursday, June 22nd Time: 10:00 – 2:00 PM Where: 21 Isbell St., Binghamton Phone # for Reservations: 607-772-6214</p>	<p>EASTERN BROOME Date: Friday, August 11th Time: 10:00 – 2:00 PM Where: 27 Golden Ln., Harpursville Phone # for Reservations: 607-693-2069</p>	<p>NORTHERN BROOME Date: Friday, September 1st Time: 10:00 – 2:00 PM Where: 12 Strongs Pl., Whitney Point Phone # for Reservations: 607-692-3405</p>
<p>VESTAL Date: Wednesday, July 12th Time: 9:00 – 2:00 PM Where: 201 Main St. Old Vestal Junior High School, Vestal Phone # for Reservations: 607-754-9596</p>	<p>FIRST WARD Date: Wednesday, August 16th Time: 9:00 – 2:00 PM Where: 226 Clinton St., Binghamton Phone # for Reservations: 607-797-2307</p>	<p>BROOME WEST Date: Friday, September 8th Time: 10:00 – 2:00 PM Where: 2801 Wayne St., Endwell Phone # for Reservations: 607-785-1777</p>
<p>CHENANGO BRIDGE Date: Friday, July 21st Time: 10:00 – 2:00 PM Where: 740 River Rd., Binghamton Located inside of the First United Methodist Church of Chenango Bridge Phone # for Reservations: 607-663-0406</p>	<p>DEPOSIT Date: Tuesday, August 29th Time: 10:00 – 2:00 PM Where: 14 Monument St., Deposit Located inside the Christ Episcopal Church Phone # for Reservations: 607-467-3953</p>	<p>JOHNSON CITY Date: Thursday, September 21st Time: 10:00 – 2:00 PM Where: 30 Brocton St., Johnson City Phone # for Reservations: 607-797-3145</p>

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

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

Like Us! Follow Us!

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

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

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

TeleHealth has come to 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.



Happy

FATHER'S DAY

Celebration of Fathers
Friday, June 16th

Celebrate all fathers and special mentors on Friday, June 16th at participating Broome County Senior Centers. Enjoy a delicious luncheon of pub style fish or pulled pork and chocolate cream pie for dessert.

It's a wonderful opportunity to honor those fathers, brothers, sons, and friends who strive to make a difference in our community! Consider treating someone special in your life to lunch, or just gather your friends together for a great meal.

Call the senior center of your choice to make meal reservations and to ask what special activities are planned. Phone numbers are listed on the Look What's Happening pages of this issue.

We hope to see you on June 16th!

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat :

Date: Monday, June 5, 2023 **Time:** 1:00 - 2:30 PM

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

The Wayne Street Caregiver Chat:

Participants can join in person or on Zoom.

The Broome West Senior Center

2801 Wayne St. Endwell, NY 13760

Date: Wednesday, June 21, 2023

Time: 9:30 - 11:00 AM

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

ID: 521 612 4570

Password: 037464

Join by SIP5216124570@zoomcrc.com

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 **6:30 PM** via Zoom on the following dates: June 28, 2023

To register please call Shellie Spinelli at **607-778-2946** or email Machelle.Spinelli@broomecountyny.gov

Grace's Place

Attention Caregivers:

Free Senior Respite is Provided by Grace Lutheran Church

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

Location: Grace Lutheran Church, 709 Main Street, Vestal

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

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

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

Scam of the Month

Grandparent Scam

Most people have heard of the grandparent scam, but it is also one that scammers are most successful at getting payment when using! The grandparent scam can vary a bit on how it is executed but the general idea is that someone calls an older adult late at night claiming to be a family member in trouble. The scammer then insists that there is a time sensitive reason that they need payment to be sent to help them, their reasons can vary from being arrested, to needing a medical procedure. These scammers like to call late at night or early in the morning to catch their intended victim off guard. The caller usually insists that the person not tell anyone about the situation and often asks for payment in gift cards. Legitimate agencies and companies will never require payment via gift card, a request specifically mentioning gift cards is a BIG red flag when being on the lookout for scams. If you are worried your family member is actually in trouble, contact them via their phone number that you have, or their close friends or family.

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**.

All Senior Centers will be closed on Monday, June 19th, 2023 in celebration of Juneteenth.

Juneteenth is a holiday celebrated on June 19, to commemorate the emancipation of enslaved people in the United States. Juneteenth was first celebrated in Texas, where on that date in 1865, enslaved people were declared free under the terms of the 1862 Emancipation Proclamation.

Events at the Centers



Broome West Senior Center

Mondays in June, Enjoy These Made to Order Meals:

- Baked Potato Bar: June 5 starting at 11:30AM
- Philly Cheesesteak Day: June 12 starting at 11:30AM
- Breakfast for Lunch: Featuring a made-to-order Omelet Bar! June 26 starting at 10:30AM

Chenango Bridge Senior Center

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

Saturday, June 17th at 9AM

Bottle & Can Drive

Bring your bottles and cans behind the church near the red dumpster. Help us raise money for our new center!

Deposit

Thursday, June 15th 12 – 1:30PM

Deposit Community Picnic

Hot Dog or Hamburger, Macaroni Salad, Watermelon, and a Dessert! We will also have live entertainment, a Wii game, and a mini bean bag toss game. Come join us! Call to reserve a meal before June 13th.

Tuesday, June 20th 11:15 – 12:00PM

Scavenger Hunt: The first person to finish the Scavenger Hunt will receive a \$20 gift card to BC Pizza and More in Deposit!

Eastern Broome Senior Center

Thursday, June 22 starting at 4PM

Evening meal with live Blue Grass, Gospel music by Morning Star!

First Ward Senior Center

Wednesday, June 13th 12PM

Lunch with Naturalist Rick Marsi

Presenting "My Susquehanna"

Call to reserve a meal before Noon on June 12th.

Johnson City Senior Center

Wednesday, June 28th 11 - 6PM

Doug's Fish Fry, Lots of raffles, brownie sale and a table of free books. Join us!

Northern Broome Senior Center

Saturday, June 3rd

Auction preview starts at 10AM

Auction starts at 11AM

Come check out our many household items up for auction and food made by our kitchen volunteers!

Friday, June 23rd

Our 49th Senior Center Anniversary – Vegas style!

Refreshments - 10:45AM

Introductions – 11:15AM

Dining – 12PM

Friday at Fred's – 12:45 PM



Vestal Senior Center

Wednesday, June 21st 11:15AM

Loaded Hot Dog Bar! Have it plain or loaded with all the fixings! Served with Potato Salad and Ice Cream. Please call to reserve.

Senior Nutrition Program Diet Options Described

The Broome County Office for Aging provides meals to well over 600 older individuals each day at area senior centers, adult day centers and to those receiving Meals on Wheels.

Meals are planned to provide one third of the current daily recommended allowances in accordance with the 2020 - 2025 Dietary Guidelines for Americans. The following diet options are available:

REGULAR DIET

This diet is designed to be generally healthy with attention to serving a wide variety of foods with emphasis on appropriate portion sizes. Attention is given to offering meals that are appealing and satisfying.

ALT (Alternate Option)

This diet is the same as the Regular Diet described above but provides an alternate dessert with less added sugar. An Alternative selection is substituted when the dessert on the Regular Diet contains a higher amount of added sugar. The ALT Diet replaces the previously named NCS (no Concentrated Sweets)Diet. The ALT (Alternate) name helps showcase that the ALT diet is available to all interested. This alternative selection may be helpful to those with diabetes, those desiring to lose weight, and to those who simply prefer the ALT options.

MECHANICAL SOFT

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

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

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.

Broome County Shred Event

Saturday, July 1, 2023, from 9AM-1PM

The Division of Solid Waste will be holding a drive-up event for our residents to shred papers that will then be recycled.

The Shred Event will be held at SUNY Broome Lot 1 (Enter from Lt. VanWinkle Drive and bear right).

Residents can bring up to 4 document boxes of papers (15"x10"x12") per vehicle.

Only paper will be accepted (we will return your boxes to you). No cardboard, CDs, x-rays, electronics, etc.

Please call if you have any questions 607-778-2250.

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 12.

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

The Broome County Home Repair Service

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Labor is provided free of charge to eligible home owners.

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Endicott, NY (607) 754-0579
- Watkins Glen School Apartments
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- Whitney Point Apartments
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Housing with a Heart



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Downsize & Declutter Discussion Tuesday, June 13th at 3:00 pm

June is the traditional month for weddings. Do you still have gifts you received at yours? Did you love them then? Do they still "spark joy" with you? Let's explore this and more at the monthly Declutter Discussion on Tuesday, June 13 at 3 PM in person at the

Broome West Senior Center
2801 Wayne Street, Endicott, NY 13760

or on Zoom.

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

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.

No Cost Medicare Counseling at AOP

Action for Older Persons (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.

Are you new to Medicare? Do you know what Parts A, B, C & D are? Are you overwhelmed by the constant advertisements? Think you are paying too much for your insurance? Need help with a billing question or an appeal? Not sure how to enroll into Medicare? Wondering if there is a different plan that better fits your needs? Do you want to compare your retiree insurance to Medicare options? Do you wonder if you may qualify for low-income programs? Are you trying to assist a relative or friend with their Medicare insurance? Do you want to talk to someone who is unbiased? These are all great reasons to call AOP. We can often help you change your plan in the middle of the year if need be. We have resource sheets about all of the Medicare Advantage, Prescription Drug and Medicare Supplement Plans offered in Broome County. Don't wait until the fall Open Enrollment period to call.

AOP can help make sure you are in the right Medicare plan. Call AOP at (607) 722-1251 for an appointment with one of our expert counselors.

Mark Your Calendar! Upcoming Community Events

Trucks on the Tracks

Lackawanna Train Station, 45 Lewis Street, Binghamton
Thursday, June 1, 5pm-8pm

Binghamton's first Food Truck Festival is back for 2023! There will be new vendors, new bands, and fun for all. Future dates include: July 6, August 3, September 7, and Octoberfest on September 23 and 24.

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

Second Saturday Series featuring Rose & The Bros

Vestal Coal House (at the Rail Trail)

204 Stage Road, Vestal

Saturday, June 10, 7-9pm

Bring a lawn chair and enjoy live music on the second Saturday of the month (May-October). Always free.

607-321-6013

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

Upcoming Events at the Broome County Public Library

185 Court Street, Binghamton

Check out the wealth of interesting free programming at your county library. A few examples of programs in June include Family Game Day with retro video games and board games for all ages (June 3rd at 10:30am), A World of Spices class (June 15th at 2:30pm), "The Hungry Ear" dramatic short story readings (June 26th at 5:30pm).

607-778-6400

<https://www.thebcpl.org/events/upcoming>

Broome Bands Together Summer Concert Series

Otsiningo Park, Binghamton

Tuesdays, from 6-8pm

Bring your lawn chairs and blankets to these family friendly outdoor concerts. Pack a picnic dinner or purchase snacks, drinks, and ice cream at the concerts.

June 6: Beard of Bees

June 13: Matthew Cornwell & L'Bonti

June 20: The Yada Yadas

June 27: Two Dollar Pistol

<https://www.gobroomecounty.com/broomebandstogether>



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Laugh Break!

What travels all around the world
but stays in one corner?

A postage stamp!

Senior Sock Hop on April 21st

ELVIS WAS IN THE BUILDING!

As part of the Town of Vestal's 200th anniversary, about 100 Broome County older adults celebrated with Vestal High School students for a fun evening of dinner at the Vestal Senior Center followed by music and dancing in the Old High School/Middle School Gym. With the "How Much Was It Then?" activity, everyone made their best guess on the price of a Hershey Bar, gallon of gas, movie ticket, and TV dinner in 1956, with raffle prizes for the winners. And yes, The King did make an appearance when "Jailhouse Rock" was played.



Laugh Break!

Do fish go on vacation?

No, because they're always in school!



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Trips

Eastern Broome Senior Center

Contact Arlene Noyes: 607-759-6306

August 18, 2023 - Beautiful: A Carole King Musical
Merry Go Round Theater, Auburn, NY

September 19, 2023 - Lake George Lunch Cruise

FW Senior Travels

Contact Liz W.: 607-222-8440

August 9, 2023 - Lake George Luncheon Cruise with Entertainment \$120 - On sale June 5th.

September 18 - 21, 2023 - New Port, Rhode Island \$675 - double occupancy - \$878 - single occupancy

On sale starting May 15th.

"Golden Girls" formally AARP Endicott

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

May 23-24, 2023 Here We Come Atlantic City

North Fenton Seniors

Contact Ruth: 607-648-8425

August 11, 2023 - Shawnee Playhouse "Joseph"

September 16-23, 2023 - Eight Day Alaskan Cruise

Port Crane Seniors

Contact Donna: 607-648-6071

September 16-23, 2023 - Eight Day Alaskan Cruise

Johnson City Senior Center

Contact Lucy 607-427-6143

Wednesday, August 9, 2023 (Sign up by 7/5)

Jamestown, NY & Lucille Ball Museum

Wednesday, August 23, 2023 (Sign up by 7/12)

Seneca Lake Luncheon Cruise: "An Afternoon in Margaritaville"

Vestal Senior Center

Contact Nancy Deckner 607-235-3842

June 20-22, 2023 - New York City - 3 day/2night

July 18-20, 2023 - Finger Lakes - 3 days/2 nights



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.

- **June 8th - Vestal Rail Trail West**
Meet at 10AM at west end of trail on Castle Gardens Road off Rt 434 in west Vestal. We will have a great viewing position to check out the eagle family.
- **June 22nd - Binghamton University Nature Preserve**
Meet 10AM at south end of Lehigh St. in Vestal.

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



June is Pride Month — Celebrate and Make Your Voice Heard Celebrate Pride Month is celebrated every June and is a time when the LGBTQ+ community commemorates the 1969 Stonewall Uprising in Manhattan that was a tipping point in the Gay Liberation Movement. Pride Month events attract millions of participants around the world with memorials, concerts, and parades where people can celebrate their identities. Take part in Pride Month by participating in events sponsored by the Binghamton Pride Coalition such as Pride Palooza in the Park on June 10th from 12 – 6PM.



LGBTQ+ MEETING:

The next LGBTQ+ meeting will be June 21st 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

Wear PURPLE on Thursday, June 15th to support Elder Abuse Awareness !

World Elder Abuse Awareness Day

The first **World Elder Abuse Awareness Day** also known as “WEAAD” was established on June 15, 2006, after the United Nations General Assembly passed a resolution to nationally recognize this day. Every June 15th WEAAD spreads awareness of the abuse that many older adults face daily. Elder abuse is one of the least investigated types of abuse. Recognizing this day shows that the world is against any forms of abuse of older adults.

Here is how you can observe the World Elder Abuse Awareness Day:

- Know the signs of abuse:
- Bruises
- Weight loss
- Poor hygiene
- Depressed mood
- Anxiousness
- Increased social isolation
- Inability to pay bills
- Spread awareness:
- Talk about elder abuse
- Learn and share information about scam prevention
- Check on family and friends
- If you are worried, say something:
- Contact Adult Protective Services locally at 607-778-2635
- Contact the Broome County Office for Aging locally at 607-778-2411
- In an emergency contact 911



If you have questions about Elder Abuse, or want to learn more, please contact the Broome County Office for Aging at **607-778-2411**.



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NYS Licensed Hearing Aid Dispenser



Amanda Levy, Au.D.
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-Julie S., Binghamton

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75 Pennsylvania Ave Binghamton
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607.770.1815

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Black Bean and Couscous Salad

This simple recipe is perfect for dinner tonight and a packed lunch tomorrow. It's full of colorful veggies and is filling and tasty.



Ingredients

- 1/2 cup chicken or vegetable broth, low sodium
- 1/2 cup couscous (uncooked)
- 1 1/2 teaspoons apple cider vinegar
- 1/2 teaspoon cumin, ground
- fresh lime juice (1 tablespoon, optional)
- 1 can black beans, low sodium (drained and rinsed)
- 1/2 onion, medium (minced)
- 1/2 red or green pepper (minced)
- 1 cup frozen corn, thawed (or 1/2 cup canned whole kernel corn)
- fresh cilantro (2 tablespoons chopped, optional)
- 24 slices golden delicious apple slices
- 24 slices granny smith apple slices

Directions

1. Before starting to prepare the recipe:
 - Wash red or green pepper and cilantro (if using).
 - Wash and juice the lime into a small bowl (if using).
 - Drain and rinse the black beans and corn (if using canned corn).
 - Collect, mince, and measure all ingredients.
2. Bring broth to a boil in a small pot and stir in couscous.
3. Cover the pot and remove it from the heat. Let stand for 5 minutes.
4. In a large bowl, whisk together oil, vinegar, cumin, and lime juice (if using).
5. Add beans, onion, red or green pepper, and corn to the vinegar and oil mixture, and toss.
6. Fluff the couscous well with a fork, breaking up any chunks. Add to beans and vegetables and mix well.
7. Taste. Add salt and black pepper if desired.
8. Add cilantro (if using) and serve.
9. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/black-bean-and-couscous-salad>

Delicious Greens

This recipe combines traditional leafy greens with cabbage, garlic, and onions for a savory side dish that's packed with flavor and nutrition.



Ingredients

- 3 1/2 cups mustard or collard greens (about 1/2 pound, rinsed, stems removed and coarsely shredded)
- 2 cups cabbage (shredded)
- 1 tablespoon olive oil
- 2 tablespoons garlic (minced)
- 1 onion (chopped)
- 1 tablespoon vinegar

Directions

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large non-stick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Reprint from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/delicious-greens>

Tortilla Chips & Bean Dip

Prepare this layered dip with beans, salsa, sour cream, and cheese for your next party. Make your own tortilla chips to serve on the side. Fill up on fiber while having fun!



Ingredients

- 4 corn tortillas
- 1 can kidney beans (16 ounces)
- 1/4 cup salsa
- 1/4 cup sour cream, non-fat
- 1/2 cup cheddar cheese (shredded)
- 1 cup lettuce (shredded)

Directions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortilla pieces out in single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.
7. Grate and measure cheese; sprinkle over bean mixture.
8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/tortilla-chips-and-bean-dip>

Mini Caprese Bites

These fun bite-size snacks are a great way to use basil and tomatoes from your garden (or the grocery store)!



Ingredients

- 4 cherry tomatoes
- 1 cheese stick, part-skim
- 8 fresh basil (leaves)
- 1 teaspoon olive oil (or other vegetable oil)
- 1 teaspoon balsamic vinegar (or other vinegar)

Directions

1. Wash hands with soap and water.
2. Slice string cheese into 4 equal parts.
3. On a toothpick, skewer one cherry tomato, 2 basil leaves, and 1 piece string cheese.
4. Drizzle finished kebabs evenly with olive oil and balsamic vinegar.

Reprint from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mini-caprese-bites>

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Foster Grandparent Recognition!

The Foster Grandparent Program and National AmeriCorps week was recognized by Broome County Executive Jason Garnar at a press conference on April 4th, 2023. Mr. Garnar shared a proclamation with Foster Grandparent volunteers to thank them for their dedication and to encourage others to thank AmeriCorps Seniors volunteers for their service.

Foster Grandparents Pat Dudley and Irene Matthews were recognized by the Windsor Board of Education for their contributions and time spent volunteering at their prospective schools. Each Grandparent was presented with a certificate of recognition for their hard work. Irene volunteers at A.F. Palmer and Pat volunteers at Floyd Bell.

Pat Dudley

Irene Matthews



A Foster Grandparent is a classroom volunteer that work directly with children engaging in various academic activities depending on the age of the child. This can take place in a Head start program, daycare, or elementary school. Volunteer must be 55 or older and meet income requirements. Volunteers will receive a stipend of \$4.00, paid orientation and ongoing training as well as reimbursement for travel cost. If you are interested in learning more about the Foster Grandparent Program, please call **607-778-2089**.



BLOOMING HEALTH

Broome County Office for Aging (OFA) is excited to announce a new partnership with an agotech 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.

Northern Broome CARES

Are you or a loved one 60+ years old and a resident of Whitney Point, Barker, Lisle, Nanticoke, or Triangle? Northern Broome CARES, a program of the Rural Health Network of SCNY offers support for people aging in rural environments. Northern Broome CARES can help with keeping healthy physically, mentally, and emotionally, transportation, shopping, health care management, telephone reassurance calls, emergency call buttons, health education, safe housing, and more.

Current clients often say to staff, "I don't know what I would do without you." One client recently told staff how much Northern Broome CARES has changed her life. Since becoming a client, she has become more physically active, started eating better, and believes her overall health has improved tremendously. The Northern Broome CARES office is located inside the Northern Broome Senior Center, 12 Strongs Place, Whitney Point. There is no cost for most of our services. Live well, age well, at home.

Please call 607-352-4681 for more information.



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"Far up in the deep blue sky, Great white clouds are floating by; All the world is dressed in green; Many happy birds are seen, Roses bright and sunshine clear; Show that lovely June is here."

— F. G. Sanders

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 am – 3 pm

Monday: Quilting, 9:30 – 11 am; Bonebuilders, 9:30 am; Hand and Foot Card Game, 12:30 pm

Tuesday: Quilting, 9:30 AM; Bonebuilders, 9:30 AM; Hand and Foot Card Game, 12:30-2:45 PM

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

Thursday: Wii Bowling, 9:30 AM; Chair Exercises, 10:30 AM; Chair Yoga, 1-2:00 PM

Friday: Mahjong, 11:30-2:45 PM; Ping Pong, 1 PM

Special Activities

6/1 Legal Aide, 9:00-12:00PM appointment required.

6/5 Baked Potato Bar Day! Musical guest Marion Tewksbury at 11AM, lunch begins at 11:30AM

CCE Nutrition Education with Kathleen Cook, 12:15PM
Blood Pressure checks with Pat Martin all day.

6/9 Trivia with Johnny Only, 1:00PM

6/12 Philly Cheesesteak Day! Entertainment at 11:00AM, lunch begins at 11:30AM.

6/13 Downsize and Declutter, 3:00PM

6/15 Nutrition Ed. w/OFA's Donna & Bridget:
"What Are You Thinking, Not Drinking?" 12:00PM

6/16 Father's Day Luncheon

6/20 Site Council Meeting, 9:30AM

6/22 GFL Tech Class, 11:00AM

6/26 Breakfast for Lunch: Featuring an Omelet Bar! 10:30AM
Blood pressure checks with Pat Martin all day.

6/27 Therapy Dogs, 12:30PM

The Office for Aging is thrilled to have Deanna join the Broome West Senior Center as the Site Supervisor! If you have questions or concerns regarding the Center, the activities, the equipment, room usage, volunteering or the food at the center please direct those questions to Deanna.

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

6/5,20 Chop and Chat: Please call a week prior to reserve your spot. 10AM

6/5 King High Card Game 12PM

6/7 Vestal Senior Club Trip Sign Up: The Finger Lakes 10AM

6/7 Bill Tomic presenting The Rail Roads of Broome County 10AM

6/14 Tech Help from the Vestal Library 10AM

6/15 LCR Dice Game 12PM

6/16 Father's Day Observation, all gentlemen receive free ice cream! 12PM

6/20 Craft Day 10AM

6/21 Loaded Hot Dog Bar 11:15AM

6/23 Pizza or Chef's Salad Day! Please call to reserve. 11:15AM

6/23 Bunko Dice Game 12PM

6/27 Vestal Senior Club Meeting Day 12:15PM

6/28 Nutrition Education with Kathleen Cook (Cornell Cooperative Extension): The Role of Food & Your Health 10:15AM

CHENANGO BRIDGE (607) 663-0406

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

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

Lunch is served around Noon 607-663-0406

Weekly Activities:

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

Fridays: Mahjongg 10:00 am; Chair Dance, 9:00 am

Special Activities

Cards & Board Games: Come see who's playing what! Join your friends and take your BEST shot at winning a game, all Month at 10AM

6/7 "I Scream for ICE-CREAM" Enjoy a chocolate ice-cream cone after lunch.

6/16 Father's Day Luncheon, 12PM
Nutrition Education w/Cornell Co-Op:
The Role of Food & Your Health, 12PM

6/17 Bottle & Can Drive: Join us Saturday for a fundraiser. Meet behind the church near the red dumpster. Join us to help raise money for our NEW CENTER! 9AM

6/21 Share A Selfie Picture: Bring a picture of yourself when you were younger. Let's see if we can recognize if it's you.

6/23 Senior Center Spirit Day: Everyone be sure to wear pink to the center today.

6/30 Nutrition Education with Donna & Bridget from OFA:
"What Are You Thinking, Not Drinking? Stay Hydrated!" 11:30AM

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

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Thurs 9:00 am - 4:00 pm; Fri 9:00 am - 2:00 pm

Lunch served at 11:45 call 607-797-1149

Weekly Activities

Monday: Bingo Board Sales, 12:30-1:30PM: PM Games Played 1:30-4:30PM; Guitar Group, 9am – 12 pm (\$2);

Watercolor Painting, 9:30 am – 11:30 am (\$3); Gentle Yoga, 9:30 am – 10:30 am (\$3); Line Dancing, 10:45 am – 11:45 am (\$3); Knitting and Crocheting, 11:30 am – 1:30 pm(no fee);

Bonesavers, 1 pm – 2 pm

Tuesday: TOPS, 9 -11 am; Zumba, 10:30-11:30 am (\$3);

Chair Exercises: Stretch DVD, 12:30 – 1:15 pm (no fee);

Table Shuffleboard, 12:30 – 3:00 pm (\$1); Drawing Class, 1-2 pm (\$3)

Wednesday: Quilting, 9-11:30 am; Bridge, 10:30 am – 2:30 pm;

Penny Bingo for Fun, 12:30-3 pm; Proressive Pinochle, 12:30-3 pm;

Mahjong and Beginners Mahjong, 1 pm; Bonesavers, 1-2 pm

Thursday: Guitar Group, 9 am-12 pm (\$2); Oil Painting, 10 am-1 pm

(\$3); Low-Impact Aerobics, 10-11 am (\$3);

Spiritual Seminar w/Rev. Hilda, 10-11 am;

Relaxation & Meditation, 11 am (call to reserve); Tai Chi, 1-2 pm (\$3)

Friday: Gentle Yoga, 10-11 am (\$3);

Ladies' Singing Group, 10:30-11:30 am;

Chair Exercises: Stretch DVD, 12:30-1:15 pm (no fee)

Special Activities

6/5,12,26 Bingo, Board Sales 12:30 – 1:30PM Games Played 1:30 – 4:30PM
Stay Healthy Caregiver Support Group 1 – 2:30PM

6/7 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM

6/9,23 Poetry Group 12:30 PM

6/15 Legal Aid 9 – 12PM. Call for appointment.

6/16 Father's Day Luncheon, 11:45AM

6/21 LGBTQ+ Social Group, 3 – 4PM

6/26,27 AARP Driver Safety 1:00 – 4:15PM. Call to register.

6/28 Nutrition Education with Kathleen Cook (Cornell Cooperative Extension): The Role of Food & Your Health: Blood Pressure, 11:30 – 12:30PM

Book Club (The Ride of Her Life by Elizabeth Letts) 3 – 4PM

Doug's Fish Fry Fundraiser 11AM – 6PM

7/3 NO BINGO

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**

6/2 Burger Bar, 11:30am – 12:30pm

6/7&8 AARP Driver Safety Course:

Pre-registration is required, 5-8:30pm

6/14 Finance Meeting, 9:15AM; Site Council Meeting, 10:45AM
Yankee Trade: Bring a nice "gift" or homemade goodies and trade, steal, or KEEP! 12:30PM

6/15 Golden Griddle BRUNCH: Choose From a nice variety of Breakfast or Lunch items.

Walk-ins are Welcome! 11:45AM-12:45PM

6/16 Father's Day/ Men's Celebration Luncheon and music performed by Country Revival, 12PM

6/21 Eastern Broome Book Club: The "Page Turners" Get Together to Share Scripts Of Each other's Favorite "Reads," 10AM

6/22 Evening Meal with Music by Morning Star: Enjoy punch and goodies before dinner and live gospel and country music to follow. Starting at 4PM

6/26 Horse, Cow, and Pig Races, 10:30AM

6/28 Legal Aid: By appt only, call to reserve. 9AM-12PM

6/29 Nutrition Education with Donna & Bridget from OFA: "What Are You Thinking Not Drinking? Stay Hydrated!" 12PM

6/30 Laughtercise, 9-10AM

Tai Chi w/Linda, 10:10:30 AM

Rainbow Table Raffle: The Colors for this month are Red, White & Blue! 1PM

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

6/3 Auction: Preview 10 AM, Auction 11 AM We will have many household items and food from the kitchen.

6/6,20 Golden Agers 12:30 PM

6/13 Wood Craft: Woodblock Firecrackers 10:30 AM

6/13 Book Club 1 PM

6/16 Father's Day Celebration 10:30 AM

6/20 National Ice Cream Soda Day! Enjoy a root beer or orange creamsicle float after lunch. 12:15 PM

6/23 Our 49th Senior Center Anniversary – Vegas style! Entertainment, Games and other activities.

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

NORTH SHORE (607) 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00 am - 2:00 pm**Lunch served at Noon****Weekly Activities****Monday:** 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**

06/01, 08 Greed Tournament, 10:15AM

06/02 National Donut Day: Come in for a Treat! 10:30AM

06/06 National Weed your Garden Day: Meet at the Gardens, 10:30AM

06/07 Drop off your donations for the Senior Picnic raffle basket.

06/12 National Peanut Butter Cookie Day, 10:30AM

06/16 Father's Day Luncheon: Enjoy Root Beer Floats, 10:30AM

06/20 Ice Cream Soda Day, 10:30AM

06/21 Nutrition Education w/Kathleen from CCE: The Role of Food and Your Health, 10:30AM

06/22 Annual Senior Picnic with Entertainment by Harmony Lane, 10AM – 2PM

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**

6/1 Executive Board Meeting 9:30AM

6/6,20 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10-11:30AM, \$3 (advanced registration and payment required, 607-797-2307)

6/5 Nutrition Ed. w/OFA's Donna & Bridget: "What Are You Thinking, Not Drinking?"

6/8,9 AARP Driver Safety Course 9-12:15PM (advanced registration required)

6/12 Legal Aid 9 AM (appointment required, please call)

6/13 Lunch w/Naturalist, Rick Marsi, presenting "My Susquehanna" at 12PM

6/13 Chop & Chat, 1PM (reservations required 1 week in advance) 607-797-2307

6/19 Father's Day Luncheon w/Musical Guest, Ed Travis at 12PM

6/20 Nutrition Education w/Cornell Co-Op: The Role of Food & Your Health: Blood Pressure, 12PM

6/26 Lunchtime Entertainment, Movin' On, 12PM

6/27 Chop & Chat, 1PM (reservations required 1 week in advance) 607-797-2307

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**

6/1 Cornell Co-Op's Kathleen Cook "Food and Blood Pleasure" Presentation, 12:30 PM

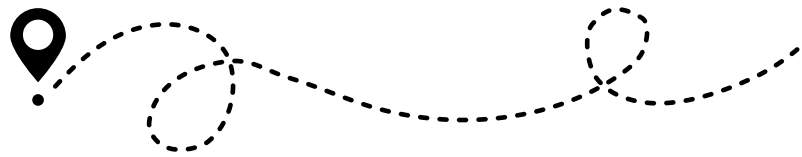
6/6,13,20 BINGO 1 – 2 PM

6/15 Deposit's Community Picnic, 12 PM

6/20 Scavenger Hunt, 11:15 – 12:00 PM

6/27 Nutritional BINGO, 1 – 2:00 PM

Summer Travel? Fly BGM!
Special discount available for Senior News readers



(TOWN OF MAINE, NY) – If you're planning summer travel, choose the Greater Binghamton Airport. Whether it be weekend getaway, a family vacation, or a business trip, why drive an hour or more before you fly to your destination? Centrally located in Broome County, BGM offers direct service to Florida and New York City, allowing you to access more destinations than ever before.

Sunday through Friday, Delta Airlines flies from BGM to LaGuardia twice daily at 5:25 AM and 4:00 PM; Delta departs Broome County at 9:20 AM on Saturdays. LGA offers BGM travelers more than 43 direct connections via Delta Airlines. If you're traveling to Florida, Avelo Airlines flies direct to Orlando every Wednesday and Saturday at 11:25 AM. Avelo Airlines is also providing a special discount for Senior News readers: save \$22 on roundtrip flights by using the promotional code BROOME22 when booking your trip. Visit www.binghamtonairport.com today!

Technology Classes to Help Older Adults Become Tech Savvy



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

- Popular Payment Apps (Virtual)
- Streaming Devices (In Person)
- Windows 11 for Beginners (In Person)
- Easy Email with Gmail (In Person)
- Libby Tips and Tricks (Virtual)
- Open Tech Help by appointment (Ongoing)

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 – 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.

Sudoku Answers

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

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Broome Age-Friendly Project Survey of Adults Age 55+

The Broome Age-Friendly Project has been working to improve the livability of Broome County for older adults and people of all ages. By completing this survey, you will help us define priority areas for the 2023-2026 action plan. Please cut out this survey and mail it to:

Broome County Office for Aging, P.O. Box 1766, Binghamton, NY 13902.

Thank you for your participation!
Questions or comments can also be directed to 607-778-2411.

1. How would you rate your community as a place to live as people age? (select one)

- Excellent Very Good Good Fair Poor

2. What about your community makes it a good place for people to live as they age? (select two)

- Housing options Hospitals/health services
- Cost of living Cultural opportunities
- Parks and recreation Learning opportunities
- Activities for older adults Services for older adults
- Transportation option Low Crime/Safety
- Other

3. What would make the community a better place for people to live as they age? _____

4. How confident are you that you will be able to continue living in your current residence for as long as you would like? (select one)

- Very confident Somewhat confident
- Not too confident Not confident at all

5. What are some reasons you might consider moving from your current home? (check all that apply)

- I don't plan on moving
- To be closer to family or friends
- Reduce living costs
- Lower crime/more safety
- Needing more services for older adults
- More access to parks and recreation
- More activities for older adults
- No longer able to maintain my home
- Need for more accessible housing
- Different climate
- Better transportation options
- Better access to hospitals/health services
- More access to cultural opportunities
- Other: _____

6. Do you feel that there are enough social activities in your community for older adults?

- Yes No I don't know

7. What activities would you like to see that are not currently available?

8. If you don't currently go to a senior center, that is because...

9. Do you currently volunteer? Yes No

If no, is this because: (select one)

- I don't know where to look for volunteer opportunities.
- I only want a paid position.
- I am not interested in volunteering.
- I am interested in volunteering but don't like the opportunities available.
- I am interested in volunteering but don't like the time expectations of opportunities offered.
- I don't have time.
- I would prefer to volunteer in this way: _____

10. Do you have internet at home? Yes No

If no, why not? Please explain why: _____

11. Is there anything else you would like to share about making your community a better place to age in place?

Demographic Questions:

12. Where do you live? _____ (City/Town/Village)

13. How old are you? _____

14. How do you identify? Male Female

Other: _____

15. What is your race and/or ethnicity?

- African American Mixed race
- Asian Other
- Native American Prefer not to answer
- White

16. Are you of Hispanic or Latino/a origin? Yes No



Stay Healthy with SNAP.

SNAP helps many older adults in New York State buy food.

The Nutrition Outreach and Education Program (NOEP) can tell you if you may be eligible for SNAP. NOEP can also help you complete and submit your application.

Call today. It is free and confidential.

**Family Enrichment Network
Broome County NOEP Coordinator
(607) 723-8313 x827**

Prepared by a project of Hunger Solutions New York; funded by NYSOTDA and USDA/FNS. This institution is an equal opportunity provider.

Did You Know...?

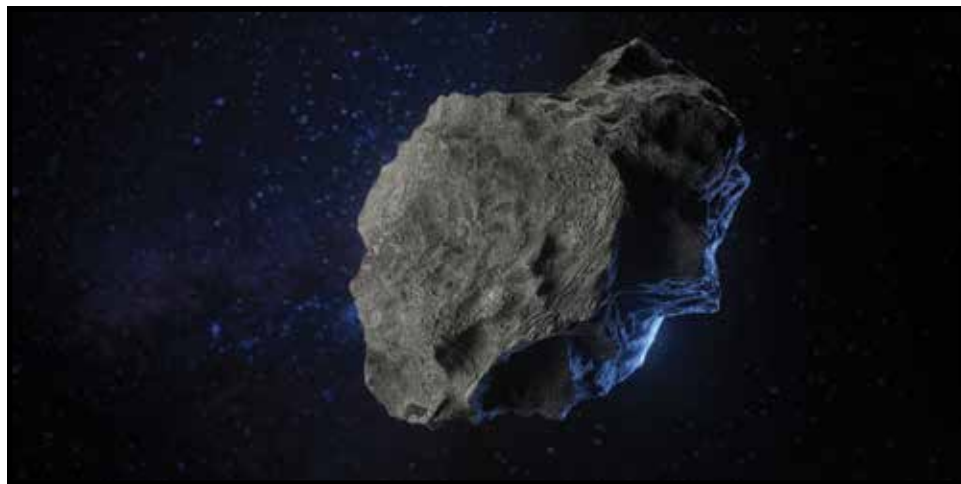
Thursday, June 8th is World Oceans' Day!



- The oceans cover 71% of Earth's surface.
- 37 out of the 50 critical minerals that can be found in the oceans.
- There is enough salt found in the oceans to cover the surface of the Earth!

TRIVIA TIME! (Answer below)

Question: What are the names of Earth's five oceans?



Sunday, June 25th is National Asteroid Day!

- Many asteroids are large enough to have moons!
- Asteroids are rich in water and minerals.
- Asteroids have water gullies.

Sources can be found at <https://www.usgs.gov/>

Trivia Answer: Arctic, Southern, Indian, Atlantic and Pacific Oceans

June Horoscopes

- ♒ **Aquarius (1/20-2/28):** Step outside and soak up the sun. Look ahead to a summer full of peace, laughter, and growth!
- ♓ **Pisces (2/19-3/20):** It's time to pick up that book you've been waiting to read!
- ♈ **Aries (3/21-4/19):** Take some time for yourself. Do something you have been wanting to do.
- ♉ **Taurus (4/20-5/20):** Mix it up! Try a new activity outside as the weather continues to warm up.
- ♊ **Gemini (5/21-6/20):** Reach out to an old friend that you haven't spoke with in a while.
- ♋ **Cancer (6/21-7/22):** Get outside! Take in the sunshine and really feel it hit your skin.
- ♌ **Leo (7/23-8/22):** Take a moment to journal about your day, how you're feeling and what you can do to improve your mental health.
- ♍ **Virgo (8/23-9/22):** Education never stops! Research a topic or read a book about a topic that you've been waiting to learn about.
- ♎ **Libra (9/23-10/22):** In times of stress, you can practice breathing exercises to relax yourself. Try taking in relaxing breathes and focusing on how your body feels.
- ♏ **Scorpio (10/23-11/21):** Stop and smell the flowers, literally!
- ♐ **Sagittarius (11/22-12/21):** Try something new! Next time you order food, order something you've never tried before!
- ♑ **Capricorn (12/23-1/19):** Write down three things you like about yourself. Read it every day.

Walk with Ease

Meeting at: Dorchester Park

5469 State Rte. 26 Whitney Point NY 13862

July 10, 2023- August 18, 2023

Monday, Wednesday & Fridays 9:00am to 10:00am

Mondays, Tuesdays & Thursdays from 10-11 am

Office for Aging is partnering with Rural Heath Network to co-teach Walk with Ease this Summer! You will learn fitness tips, meet new people, and step your way to a lasting walking route during this 6-week walking program.

Walk with Ease is an evidenced-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 as 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.

Cornell Cooperative Extension
Broome County

HEALTHY FOR LIFE

Thursdays 2:30-3:45pm

Broome County Public Library Decker Room
185 Court Street Binghamton

JUNE 1ST:
THE ROLE OF FOOD AND HEALTH:
BLOOD SUGAR & CHOLESTEROL

JUNE 8TH:
THE POWER OF PLANT-BASED EATING

JUNE 15TH:
A WORLD OF SPICES

JUNE 22ND:
SNACK SMARTER

JUNE 29TH:
ALL THE FLAVORS OF THE GARDEN

FREE classes geared to improve and maintain good health!
Contact 607-772-8953 or BroomeNutrition@cornell.edu to learn more or register.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. This program is funded by the USDA's Supplemental Nutrition Assistance Program (SNAP). Please contact the CCE Broome County office if you have any special needs.



Attention Rural Residents of Broome County

Help us make a difference in the lives of older adults right in your own community!

The Meals on Wheels Program needs volunteers to deliver to older adults in these rural areas:

**Harpursville, Windsor,
Whitney Point and Lisle.**

Help your own neighbors stay healthy and independent in their own homes.
Volunteers receive mileage reimbursement.

For more information call
(607) 778-6206

Broome County
Office for Aging 

Safety Tips for Exercising Outdoors for Older Adults

You've made a plan to be more active, and you're ready to go outside and get started. But before you do, make sure that you can exercise safely in your neighborhood. Here are a few tips that can help you stay safe as you get moving.

Think ahead about safety.

- Carry your ID with emergency contact information and bring a small amount of cash and a cell phone with you, especially if walking alone. Stay alert by not talking on the phone as you walk and keeping the volume low on your headphones.
- Let others know where you're going and when you plan to be back.
- Stick to well-lit places with other people around.
- Be seen to be safe. Wear light or brightly colored clothing during the day. Wear reflective material on your clothing and carry a flashlight at night. Put lights on the front and back of your bike.
- Wear sturdy, appropriate shoes for your activity that give you proper footing.

Walk safely in rural areas.

- If possible, walk during daylight hours.
- Choose routes that are well-used, well-lit, and safe. Choose routes with places to sit in case you want to stop and rest.
- Stay alert at all times. If you're listening to music as you walk, turn down the volume so you can still hear bike bells and warnings from other walkers and runners coming up behind you.
- Always walk facing oncoming traffic.
- Walk on a sidewalk or a path whenever possible. Watch out for uneven sidewalks, which are tripping hazards.
- Look for a smooth, stable surface alongside the road.

Walk safely in urban areas.

- If the road has guardrails, see if there's a smooth, flat surface behind the barrier where you can walk. If you need to walk on a paved shoulder, stay as far away from traffic as possible.
- Watch for bridges and narrow shoulders.
- Cross at crosswalks or intersections. Jaywalking increases your risk of a serious accident. Pay attention to the traffic signal. Cross only when you have the pedestrian crossing signal.
- Never assume a driver sees you crossing the street. Try to make eye contact with drivers as they approach. Before you start to cross a street, make sure you have plenty of time to get across. Rushing increases your risk of falling.
- Look across ALL lanes you must cross and make sure each lane is clear before proceeding. Look left, right, and left again before crossing. Just because one driver stops, don't presume drivers in other lanes will stop for you.
- Check out city parks. Many parks have walking or jogging trails away from traffic.

If you don't feel safe exercising outdoors, be active inside.

- Find local stores or malls large enough for you to walk around.
- Walk up and down your stairs a few times in a row. Be sure the stairwell is well-lit and has railings for safety.
- At home, do strength, balance, and flexibility exercises.
- Try exercises on the National Institute on Aging YouTube channel.

Source: <https://www.nia.nih.gov/health/exercising-outdoors#safe>

June 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.

			Chicken Florentine 6/1 Brown Rice Pilaf Carrots Peach Crisp	Egg Salad 2 OR Pub Burger Three Bean Salad Garden Salad Ice Cream
Meatball Sub 5 Vegetable Soup Spinach Banana	Broiled Fish 6 OR Meatloaf w/Gravy Baked Potato Carrots Fruit Cocktail	Halupki 7 OR Chicken Breast w/Cranberry Glaze Mashed Potatoes Peas Pineapple Upside Down Cake	Turkey & Provolone On Marble Rye 8 Stuffed Pepper Soup Applesauce Cranberry Oatmeal Cookie	Pepper Steak 9 OR Fish Florentine Buttered Noodles French Cut Green Beans Peaches
Classic Beef Chili 12 Baked Potato Cottage Cheese Pineapple	Teriyaki Chicken 13 OR Apricot Meatballs Brown Rice Pilaf Wax Beans w/Pimento Carnival Cookie	Beef Stroganoff 14 OR Herbed Fish Buttered Noodles Mixed Vegetables Apple Cranberry Crisp	Vegetable Lasagna Bake 15 Sausage Soup Cauliflower w/Parsley Applesauce	Father's Day Celebration Pulled Pork 16 OR Beer Battered Fish Roasted Potatoes Garden Salad Chocolate Cream Pie
Center's Closed in Observance of Juneteenth 19	Pierogies w/Kielbasa 20 Carrots Three Bean Salad Chocolate Chip Cookie	Liver w/Onions 21 OR Seasoned Chicken Breast Mashed Potatoes Cut Green Beans Mandarin Oranges	Chicken Marsala 22 Brown Rice Pilaf California Blend Veg. Sugar Cookie	Pub Burgers 23 OR Breaded Fish Baked Beans Carrots Ice Cream Cup
Four Cheese Macaroni & Cheese 26 Stewed Tomatoes Brussels Sprouts Pears	Chicken Salad 27 Croissant Black Bean Salad Cottage Cheese Pineapple	Beef Burgundy 28 Buttered Noodles Carrots Applesauce	Barbecue Chicken Breast 29 Baked Beans Corn Chocolate Chip Cookie	Salisbury Steak 30 OR Broiled Fish w/Lemon Mashed Potatoes Cut Green Beans Banana

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



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



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

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

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

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