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## Gratitude is the Attitude

This edition of the Senior News includes the benefits of practicing gratitude, and how to celebrate all that November has to offer.

### Did you know that the simple act of recognizing what you are grateful for can help to improve your mood and outlook on life?

Gratitude is linked to increases in happiness and resilience in addition to reduced feelings of loneliness (something which many adults face). If you struggle to name things you are grateful for, you are not alone. Finding thanks can be difficult, especially when you are navigating life's challenges. Celebrating your accomplishments (both big and small) and the places you find joy can help to reframe your struggles and appreciate how far you've come! Practicing gratitude can allow you to identify meaningfulness in your life while you honor the importance of yourself and loved ones.

Here are a few activities to help you get started:

1. Write a list of things you are grateful for: Think through and write down who/what you are thankful for and your reason why. The act of naming and ruminating on what you are thankful for can be beneficial, even if you only do it occasionally.
2. Focus on savoring enjoyable moments: By concentrating on special moments both from your present and your past –like a fond memory from your childhood, talking to your grandkids, eating a delicious meal, or smelling the autumn leaves in the air – you can positively impact your mood.
3. Keep a gratitude journal: Record 3-5 things per day that

*Continued on Page 4*

### Volunteer Recognition Dinner



Volunteers work in many different capacities to help Office for Aging fulfill its mission of improving and enriching the quality of life for all older persons in Broome County.

Some volunteers serve on Office for Aging or Foster Grandparent Advisory Councils, offering up their knowledge and expertise to administration. Other volunteers assist in Health and Wellness programs in the community. Yesteryears, Office for Aging utilizes volunteers who work with participants and assist with activities. Volunteers are also used to

*Continued on Page 6*



### Become a Senior Helper!

Office for Aging is seeking new helpers to register with the Senior Helpers program. If you are 55 and older and have skills that would be helpful to other older adults call 607-778-6105.

Leave your full name, mailing address and phone number. We will mail you a registration consent form. Once you mail the completed form back to the Office for Aging your name and phone number will be added to lists for the tasks you registered for.

*Continued on Page 4*

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

### Like Us! Follow Us!

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

Like our Facebook page:  
[www.facebook.com/BroomeCountyOfficeForAging/](http://www.facebook.com/BroomeCountyOfficeForAging/)

# HEALTH AND WELLNESS

## ACTIVITY SCHEDULE

### Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each 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



## Veterans Recognition and Remembrance Day at Senior Centers

All veterans and their families are invited to a special Veterans Recognition and Remembrance Day at local senior centers on Wednesday, November 8th (Thursday, November 9th in Deposit).

Senior centers are offering a variety of activities to honor your service to our country including recognition ceremonies and music. A delicious meal will be served around noon.

All veterans will receive a complimentary lunch. For all others, the suggested contribution for lunch is \$3.50 for those age 60+ and spouse of any age. For those under age 60, the charge is \$4.50. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.

Please call the senior center of your choice to make a lunch reservation by noon on Tuesday, November 7th. Find the phone number of the senior center nearest you listed on the Look What's Happening at the Centers! section of this Senior News publication. We hope to see you there!!

Broome County  
**Office for Aging** 

## Office For Aging Public Hearing Followed By Dinner

Please join us at the Broome West Senior Center on November 9th as we discuss Office for Aging's new four-year plan. Help OFA create a plan for all older adults by bringing your voice to the plan.

**Senior Center address:** 2801 Wayne Street in Endwell

**Start time:** Public Hearing at 5PM; Dinner at 5:30PM

**Dinner contribution:** Older adults age 60+ can enjoy the dinner for a suggested contribution of \$3.50. Those under age 60 pay \$4.50 Reservations: If you would like to stay for dinner, please call 607-785-1777 by November 8th at noon. No reservation is needed for the Public Hearing.

Please call **(607) 778-2411** if you need special accommodation to attend, or to share your comments if you are unable to attend. Comments can also be emailed to [ofa@broomecountyny.gov](mailto:ofa@broomecountyny.gov)



### Just For Laughs

What sound does a turkey's phone make?  
*Wing-wing-wing!*

## Caregiver Corner

*Ideas and information for people caring for others.*

### The Johnson City Caregiver Chat:

**Date:** Monday, November 6, 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, November 22, 2023 **Time:** 9:30 - 11:00 AM

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

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

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

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

### Caregiver Event:

**Date:** Thursday, November 16, 2023 **Time:** 1:00 - 3:00 PM

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

The role of a Caregiver can be very overwhelming. There are many services that can help you along the way. Attend this presentation to learn about the community resources and programs that can help you in caring for your loved one.

Topics and Speakers include:

- **Assistant Attorney General- Scams** presented by Stephanie Milks. Stephanie will discuss current scams that target the senior population and how to protect yourself.
- **Action for Older Persons- Medicare Updates** presented by LeAnn Keim. LeAnn will present the most up-to-date information regarding Medicare coverage.
- **Ford Family Wellness Center** presented by Rene Conklin. Rene will discuss Geriatric Specialists, Diagnosis of Dementia and Caregiver Support and Education.
- **GetThere Mobility Management** presented by Nick Ceconi. Nick will discuss how the mobility management team is able to assist with transportation to medical appointments. Other programs include travel training and a call center for help.

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

## Strategies for Special Holidays

by David Lowell, MD

The holidays can be a time of renewal - renewal of friendships through visits and cards, renewal of family relationships through gatherings and shared meals, and renewal of one's faith. But the holidays also are a time that can be particularly challenging for a caregiver. It is a time during which the changes in one's life are highlighted and there are additional demands placed upon an already stressed life.

The holidays are always a whirlwind and this is especially true for caregivers. During the holidays it is important for caregivers to seek a balance - between caring for someone else and caring for oneself; between celebrating good memories of past holidays while not dwelling on what might have been lost.

Here are ideas to keep in mind for both the caregiver and the care receiver as the holiday season arrives:

### **Ideas for the Caregiver:**

1. Don't try to do it all. In the past you may have prepared Christmas dinner for 20 and created hand-made gifts for all of your relatives. Ask other members of the family to carry on specific family traditions. Dividing the responsibility will help you manage your stress level.
2. Don't attempt to travel long distances by car if your loved one is not used to it and tires easily. You will both be exhausted by the time you reach your destination, and you will have a difficult time enjoying yourself.
3. Ask family or friends to provide respite care. Make time to enjoy holiday decorations or window shopping. Just a few hours of time by yourself or with a friend can be renewing and help combat a sense of isolation.

*Continued on Page 4*

## Events at the Centers

### Broome West Senior Center

Wednesday, November 8th

Veteran's Day Celebration

Local bagpiper performance by Josh Nytech 11AM  
Lunch served 12PM

After Lunch, Johnny Only will be performing.

Please call 607-785-1777 for a reservation prior to 11/7 at Noon.

### Chenango Bridge Senior Center

Located in the First United Methodist Church of Chenango Bridge

740 River Road

Every Wednesday & Friday from 10 – 2PM  
Game Day!

We have too many games to count. Come join in, start a new game, and make some new friends.

### Eastern Broome

Friday, November 3rd

Burger Bar! 11:30 – 12:30PM

Walk Ins Welcome, No Reservation Necessary

Enjoy a variety of toppings on a burger that was cooked onsite. Also serving salads, soup, and dessert!

### First Ward

Monday, November 20th at 12PM

Talking Touch Table

Come explore local nature- indoors!

### Johnson City

Wednesday, November 22nd

Haircuts: \$20

By appointment, please call (607) 797-3145 to sign up.

### Northern Broome

Tuesday, November 14th

Evening Meal & BINGO!

Meal Served at 4:30PM

BINGO at 5:15PM

Shrimp Alfredo or Ham, Noodles, Brussel Sprouts, and a Chocolate Éclair for Dessert

Please call by 11/13 at Noon for a reservation.

### North Shore Towers

Tuesday, November 21st

Donation collection begins for our Christmas Themed Basket Raffle!

Finished basket will be raffled off on 12/13.

Please call with any donation questions at

**607-772-6214.**

### Vestal

Wednesday, November 8th at 10AM

Veterans Day Recognition

Honor Flight presentation for Veterans



### **Senior Center Closings:**

- **Friday, November 10th**  
**in observance of Veterans Day**
- **Thursday & Friday, November 23-24th**  
**in observance of Thanksgiving**

## Scam of the Month

### The Emergency Scam

In an emergency scam, a scammer will contact an older adult by phone or e-mail pretending to be a grandchild or other relative who is in imminent danger or trouble. A scammer will tell the older adult that they need money to get out of this fake emergency and beg them not to tell other family members to avoid getting in trouble.

A scammer will often pretend to cry or distort their voice, making it difficult for the older adult to realize that the person on the other end of the call is not their grandchild or relative. Although it may be tempting to help a grandchild or other relative in what seems like an urgent situation, remember this type of scam. Be sure to ask questions that only the person would be able to answer and ask other relatives about that person's whereabouts.

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**.

**"When we give cheerfully and accept gratefully, everyone is blessed."**

*Maya Angelou*

### Did you know that the simple act of recognizing what you are grateful for can help to improve your mood and outlook on life? *Continued from Page 1*

you are thankful for and why. Did you have a particularly good breakfast? Are you really invested in a book? Have you talked on the phone with friends and/or family recently? Incorporating the practice of gratitude into your daily routine can help to reduce feelings of depression and encourage positive emotions.

4. Write a letter to yourself or someone else expressing thanks: Writing letters of thanks is associated with boosted life satisfaction and feelings of fulfillment. Sharing your gratitude with a loved one can be a positive experience for both of you! If you prefer keeping your letter private, try writing a gratitude letter to your past or future self.

Bartlett, M. Y., & Arpin, S. N. (2019). Gratitude and loneliness: Enhancing health and well-being in older adults. *Research on aging*, 41(8), 772-793.

Salces-Cubero, I. M., Ramírez-Fernández, E., & Ortega-Martínez, A. R. (2019). Strengths in older adults: Differential effect of savoring, gratitude, and optimism on well-being. *Aging & Mental Health*, 23(8), 1017-1024.

### Become a Senior Helper! *Continued from Page 1*

We will share the list(s) with older adults who request help and are hoping to private hire. Your name can be removed from these lists at any time as per your request.

We are seeking new Senior Helpers to register for the following tasks:

- Companionship
- Personal Care
- Housekeeping/Cleaning
- Shopping
- Transportation
- Small repairs / Handyman
- Yard work & lawn mowing
- Snow removal
- Hairstylist that visits homes

As a Senior Helper you will negotiate your wages and conditions for the work to be completed directly with the older adult in need of help. Please contact **607-778-6105** to register or to inquire about the program.

## Strategies for Special Holidays

*Continued from Page 3*

4. Avoid comparisons with past holidays. It is often emotionally draining to look upon change as loss. "Life is change" can be a helpful concept to hold onto.
5. Create new traditions that can be carried on year to year, rather than dwelling on old traditions that your loved one can no longer participate in.

### Ideas for Your Loved One:

1. Find a way to have your loved one participate in the holidays, whether its making decorations or counting the days on an Advent calendar
2. Decorate your loved one's room or living area for the holidays. Incorporate symbols and decorations that are meaningful.
3. Stimulate all of your loved one's senses with the sounds, sights, smells and tastes of the holidays. Ideas include holiday music and decorations, a favorite dessert and familiar scents.
4. Familiar holiday foods are a nice way to evoke positive memories.
5. If your loved one is in a care facility, extend traditions to other people in the facility. For example, pass out holiday cards or make a traditional dessert to share.

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## HEAP UPDATE

HEAP Winter Heating Assistance Opens November 1st

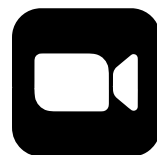
Apply for a federally funded one-time grant to help with the cost of heating your home this winter. Assistance is available to homeowners and renters who meet monthly income guidelines (higher limits for larger households):

- 1-person household: \$3,035
- 2-person household: \$3,970

Choose the right location to apply:

- Office for Aging (OFA) – age 60+ or disabled (receiving SSI or SSD). Call **607-778-2063**.
- The Career & Community Services Center of Broome County – under age 60 and not disabled. Call **607-778-1100**, option 6.
- Or, Apply Online – [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

The program is scheduled to end on March 15, 2024, or when funds are exhausted.



## Downsize & Declutter Discussion Urgency Equals Motivation

Do you find that it's easier to pick up, put away or declutter when there's an urgent need? Thanksgiving company? Replace basement water heater? This is when the motivation kicks in to finally make necessary decisions.

**Get tips and advice on Tuesday, November 14 at 3 PM at Broome West Senior Center or on Zoom.**

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

## Laugh Break!

**How does a turkey travel?**

*By gravy train!*



## Mark Your Calendar! Upcoming Community Events

### Introduction to Watercolor Basics

Broome County Arts Council, 223 State Street, Binghamton  
November 2nd thru December 14th

Looking to nurture your creative side? Learn the basics of watercolor painting with this 6 week class for beginners. By the end of week six, you will have the tools to make a finished painting. Award winning artist Richard Henry has 45 years of teaching experience. The cost is \$110 for 6 weeks.

Pre-registration required. For questions, call 607-723-4620 or email [information@broomearts.org](mailto:information@broomearts.org).

<https://broomearts.org/>

### STIC's 2nd Annual Holiday Craft Fair

Southern Tier Independence Center  
135 East Frederick Street, Binghamton (use Grant St. entrance)  
Saturday, November 4th from 10am-3pm

Featuring handmade items and baked goods from around the area, holiday gifts, a 50/50 cash raffle, basket raffles, and activities for children. Admission and parking are free. Refreshments will be available for purchase.

<https://stic-cil.org/index.php/craft-vendors/>

### Harvest Festival

Binghamton German Club  
218 Loughlin Road, Binghamton  
Saturday, November 4th from 5-9pm

Delight in a Germanic atmosphere in the upstairs ballroom, complete with wooden dance floor. A live band will spin the tunes and a full dinner (Sauerbraten, German side dishes, and dessert) will be served. German Club member dinner and admission is \$25, member dinner only is \$20, member admission only (no dinner) is \$8, non-members pay \$2 extra, and children are half price. The club can be reached at 607-775-5265.

<https://www.binghamtongermanclub.com/>

### Chenango Valley Craft Fair

Chenango Valley High School and Middle School Gyms  
221 Chenango Bridge Road, Binghamton  
Saturday, November 18th from 9am-3pm

An annual event with over 100 crafters, a full concession stand, plenty of parking and a visit from Santa Claus. A shuttle will be provided for customers from the gyms to the parking areas.



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## Mental Health Corner

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



### How to start a gratitude journal:

Everyday jot down three reasons you are thankful. Don't overthink it. If you're struggling to come up with three, use your senses! What beautiful sights did you see today? What smelled good today? Did your bed feel extra comfortable last night?

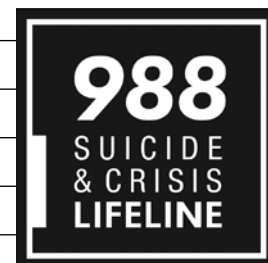
Example:

Today I was grateful for..

- the beautiful sunrise that came through my window.
- the cinnamon taste of my tea.
- a lovely chat with a friend.

So, what are you grateful for? Small moments of joy and gratitude across the day can go a long way in terms of managing mood and stress.

Sourced from: <https://www.nimh.nih.gov/news/media/2023/mental-health-equity-and-the-power-of-self-care>



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### Sudoku

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

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

**Volunteer Recognition Dinner** *Continued from Page 1*



delivering hundreds of meals a day, while providing a daily check on local homebound residents of Broome County, through the Meals on Wheels program.

Volunteers logged in a combined 42,226 hours of volunteer service last year, and the impact

they made is priceless. To thank the wonderful volunteers for all they do, Office for Aging held a Volunteer Appreciation Dinner on Tuesday, September 12th, at the Binghamton Club. Guests arrived at the beautiful historic building and were welcomed by the Office for Aging Director, Mary E. Turbush. Guests enjoyed music by Friday at Fred's throughout the evening. A delicious buffet dinner was followed by assorted desserts, including beautifully decorated cakes donated by Weis on Robinson Street and Sam's Club.

The following businesses also donated gifts which were given out as door prizes to volunteers through a raffle: Binghamton Philharmonic; CDPHP, El Pulpo Mexican Restaurant; Goodwill Theatre; Hoffman Car Wash; Jane's Diner; Jessica's Country Recipes; Jonathan Rowe Pottery; Kampai Japanese Steakhouse; Lupo's; Sea Hag Soaps; Subway 187 Main St.; and Tight Ash Woodworking. This helped to make the evening a special event. The night ended with special recognitions for volunteers celebrating ten, twenty, and thirty-year anniversaries.

If you would like to join this great group of volunteers and make a difference in the lives of local seniors, call the Office for Aging at **607-778-2411** and speak to a representative.

**THANKSGIVING LUNCHEON**

Enjoy a traditional Thanksgiving dinner with all the fixings at a Broome County Senior Center! Celebrate on Wednesday, November 15th around Noon at all centers except for Deposit. Deposit Senior Center's dinner will be on Thursday, November 16th.

We make this day fun and festive, so call the senior center of your choice to make your lunch reservation by noon at least one day in advance. Find phone numbers listed in the "Look What's Happening at the Centers!" section.

The suggested contribution for lunch is \$4.50 for those age 60+ and spouse of any age. For those under age 60, the lunch charge is \$5.50.

Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.



**Conklin Seniors**

Contact Kathy Wakeman 607-775-0880

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

**Eastern Broome Senior Center**

Contact Arlene Noyes: 607-759-6306

**November 14-16, 2023** - Miracle of Christmas Show Lancaster

**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

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

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

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

**North Fenton Seniors**

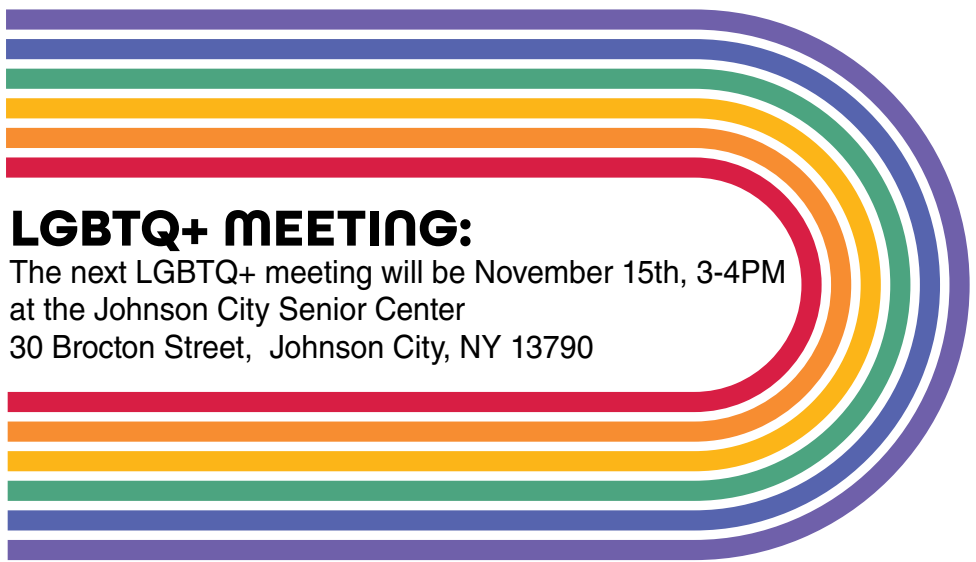
Contact Ruth: 607-648-8425

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

**Port Crane Seniors**

Contact Donna 607-648-6071

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



**LGBTQ+ MEETING:**

The next LGBTQ+ meeting will be November 15th, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

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- Marian Apartments Endwell, NY (607) 785-5223
- Nichols Notch Apartments Endicott, NY (607) 754-0579
- Watkins Glen School Apartments Watkins Glen, NY (800) 838-0441
- Wells Apartments Johnson City, NY (607) 797-8862
- Whitney Point Apartments Whitney Point NY (607) 692-2609
- Windsor Woods Apartments Windsor, NY (607) 655-4191



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# Sick & Tired of Varicose Veins?

## But You're Scared of Surgery?



Before After

"I had my veins done with Dr. Dohner. It was so easy, no down time. I am a waitress and I took the next day off of work, but I did not need to. The staff at New York Skin and Vein are incredible! I highly recommend going to see them."

-Julie S., Binghamton

If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, Have Rashes, Ulcers or Clots, then it's probably a Vein Problem that can be treated in less than an hour right in our office. You'll be back to work and play in a day!

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### Dr. Eric Dohner

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## "Talking Touch Table"



Cornell Cooperative Extension now brings the wonders of nature right to your local senior center. The "Talking Touch Table" focuses on showcasing local wildlife using mounted animals, fur, bones, and other natural props. Educator Jason will bring each animal to life by discussing the animal's way of life and will pass all the props around the room. Come reignite your appreciation of nature with this interactive adventure. Jason encourages questions and will be giving lots of detailed information. Please direct any questions to the senior center you plan to visit.

Chenango Bridge Senior Center  
Wednesday, November 1st, 1PM

First Ward Senior Center  
Monday, November 20th, 12PM

North Shore Towers Senior Center  
Thursday, November 2nd, 10:30AM



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## Sweet Potato Casserole

Cinnamon, nutmeg, and ginger combined with vanilla extract are a delicious backdrop for sweet potatoes. Use canned sweet potatoes if you don't have whole sweet potatoes on hand.



### Ingredients

- 4 sweet potatoes (about 1 lb.)
- 3 egg whites
- 1/2 cup sugar
- 1 can evaporated milk, nonfat (12 ounce)
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger

### Directions

1. Rinse sweet potatoes in cold running water and pierce with a fork.
2. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them halfway during baking.
3. Preheat oven to 400 degrees. Remove skin from sweet potatoes and mash with hand beaters or food processor. Add the rest of the ingredients and mix until smooth.
4. Pour mixture into an 8-inch baking dish. Bake until the casserole is firm in the center, about 40 minutes.
5. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares.
6. Serve hot. Refrigerate leftovers.

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

## Leftover Turkey Casserole

Leftover turkey is jazzed up with cheese, cream of mushroom soup, and celery in this hearty casserole dish!



### Ingredients

- 6 slices bread, whole wheat
- 4 ounces cubed turkey
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 teaspoon black pepper
- 2 eggs, lightly beaten
- 1 1/2 cups milk, 1%
- 1 can cream of mushroom soup, low sodium (10.75 ounces)
- 2 slices bread, whole wheat
- 2 teaspoons margarine
- 1/2 cup cheddar cheese, low-fat shredded (or jack cheese)
- 1/2 cup mayonnaise, light

### Directions

1. Lightly coat a 9x9x2-inch baking dish with vegetable spray. Cut 6 slices of bread (fresh or day-old) into 1-inch cubes and place half into the bottom of a baking dish.
2. In a bowl, combine turkey, onion, celery, mayonnaise, and pepper. Spoon mixture over bread crumbs.
3. Place remaining bread cubes over turkey mixture and press down slightly with spoon.
4. Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight.
5. When ready to bake, preheat oven to 325°F
6. Spoon soup over top of casserole.
7. Spread one teaspoon margarine on side of each slice of bread. Cut buttered bread into 1/2-inch cubes and sprinkle on top of casserole.
8. Bake for 60 minutes or until knife inserted in middle comes out clean. Remove from oven and sprinkle cheese over top. Let stand 15 minutes before cutting and serving.

Sourced from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/leftover-turkey-casserole>

## Cranberry Pumpkin Muffins

Enjoy these delicious muffins for breakfast anytime of the year using canned pumpkin and frozen cranberries.



### Ingredients

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

### Directions

1. Preheat oven to 400 °F.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 °F for 15 to 30 minutes.

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

## Green Beans with Tomatoes and Basil

Green beans get a flavor boost from fresh or dried parsley and basil, canned tomatoes, and onion.



### Ingredients

- 6 cups green beans (about 1 pound, ends snipped)
- 1 tablespoon olive oil
- 1 onion (medium, finely chopped)
- 1 can tomatoes, low sodium (14.5 ounce can, drained and chopped)
- 1 tablespoon basil (fresh or 1/2 teaspoon dried)
- 1 tablespoon parsley (fresh or 1/2 teaspoon dried)
- salt and pepper (to taste, optional)

### Directions

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook for 2-3 minutes until softened.
3. Add tomatoes, basil, and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook for 5-6 minutes. Season with salt and pepper (optional).

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/green-beans-tomatoes-and-basil>

### “7 Effective Ways to Make Others Feel Important

1. Use their name.
2. Express sincere gratitude.
3. Do more listening than talking.
4. Talk more about them than about you.
5. Be authentically interested.
6. Be sincere in your praise.
7. Show you care.”

— Roy T. Bennett, The Light in the Heart





## OLDER NEW YORKERS' DAY

Join Us on November 3, 2023

NYSOFA's 2023 Older New Yorkers' Day celebration is coming **November 3**, streaming on Facebook and YouTube at 1PM.

The virtual program celebrates older adults nominated by local offices for the aging and regional Long Term Care Program (LTCOP) organizations for their volunteerism, featuring remarks from NYSOFA Director Greg Olsen and invited guests.

**Watch on YouTube:** <https://www.youtube.com/@NewYorkStateOfficefortheAging>

[NewYorkStateOfficefortheAging](https://www.facebook.com/NYSAGING)

**Watch on Facebook:** <https://www.facebook.com/NYSAGING>

Broome County Office for Aging has nominated two volunteers for the Older New Yorker's Day celebration.

### Sallie Hubbard



Over the years, Sallie has volunteered with many non-profit organizations such as Special Olympics, Skills USA, Alive with Autism, Friends of Chenango Valley State Park Club and Oak Tree.

Sallie's newest volunteer endeavor is with our new Chenango Bridge Senior Center (CBSC) as Secretary and Chop and Chat leader.

She has done a tremendous amount of work to help support the site supervisor in getting the center up and running. Sallie is the warm and welcoming "face" that our new center needed.

The CBSC had a very successful opening and new participants continue to join daily. We thank Sallie for her generosity, compassion, and patience. We believe that Sallie has played a major role in the success of the new center and that it would not be the same without her.

### In Memory of Arden Young



Service to others and to his community played an important part of Arden's life after moving to the Binghamton area. He became a member of the Nimmonsburg Rotary in 1972. In his spare time, he would visit residents of nursing homes and assist those in need with transportation. This desire to help others through volunteer work is what brought Arden to the Broome County Office for Aging's Meals on Wheels program after he retired from the family business. Having faithfully volunteered for the same Meals

on Wheels route for years, Arden drove thousands of miles, delivered thousands of meals, and touched many lives over the years. This year he would have celebrated his twenty-seventh anniversary of volunteering with Meals on Wheels. Sadly, Arden passed away on October 12, 2023, shortly after celebrating his 94th birthday with family and friends.

Arden's legacy lives on in all his children through the work they do, because volunteering and service to others is something he instilled in them early on. He even recruited two of his children to volunteer for Meals on Wheels. His son does a route of his own, and one of his daughters joined him on his route a few years ago, she became the driver and Arden continued on as the friendly visitor, delivering hot, nutritious meals to clients while providing a check on them and staying a few minutes to visit. Arden always said his favorite part of Meals on Wheels volunteering was meeting different people, not only fellow volunteers, but the participants he served. He always said he thought of all of them as good friends. Arden made many friends over the years, and he will be greatly missed by all who had the honor of knowing him.

Broome County  
Office for Aging



WE ARE  
**HIRING!**

JOIN OUR AMAZING TEAM

**Come Join the Team at Broome County Office for Aging!**  
We are now hiring for the below positions:

- Senior Clerk - OFA Fiscal Department  
Civil Service Exam Required\*  
Monday – Friday, 8 – 4PM (37.5 hours/week)
- Account Clerk - OFA Fiscal Department  
Civil Service Exam Required\*  
Monday – Friday, 8 – 4PM (37.5 hours/week)
- Leisure Time Activity Leader  
Broome West (Endwell) Senior Center  
No Civil Service Exam Required  
Monday – Friday, 9 – 2PM (25 hours/week)

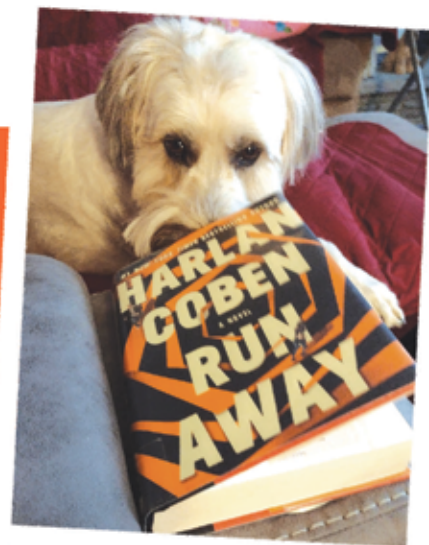
**To inquire about these positions call Mary at OFA at**

**607-778-2411**

## Pet Photo Contest Results!

And the winner is.....

**Darby Rose!**



Darby's parents are thankful for the joy she brings to their daily lives. Darby recently had a run in with kennel cough and is doing much better now, which her family is also thankful for.

While Darby may have won that "Cutest Little Pumpkin" title, the real winners are her family and everyone who gets the opportunity to love a pet! Thank you to everyone who submitted.

# 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**

11/6 Breakfast for Lunch 10:30 – 12PM

11/6 CCE Nutrition Education with Kathleen Cook 11:30AM

11/6 Blood Pressure Checks with Pat Martin 10:30 – 1PM

11/6 & 7 AARP Driver's Safety Course 9 – 12:30PM

11/8 Veteran's Day Celebration 9 – 3PM

11/8 GFJ Tech Class 10AM

11/9 Finch Hollow Presentation: Talking Touch Table 11AM

11/9 Public Hearing 5PM, Dinner at 5:30PM

11/13 Potato Bar Day! Performance by Dan Orstruck 11AM, Meal Served 12PM, Pat Martin offering blood pressure checks 10:30 – 1PM

11/14 Downsize & Declutter by Joan Sprague, Urgency Equals Motivation 3PM

11/15 Thanksgiving Day Luncheon – Dan Bolton (Saxophonist) performing 11AM, Meal served at 12PM Please call for a meal reservation by 11/14 at Noon.

11/17 Historian Jack Shay 11AM

11/17 Birthday Bash Fun Friday! 1PM

11/20 Breakfast for Lunch 10:30 – 12PM

11/20 Jukebox Mike 11:30AM

11/21 Chop and Chat 1:15PM Reservations required.

11/27 Grilled Cheese and Soup Day – Marian Tewskbery performing 11AM, Meal served at 12PM Please call for reservations.

11/28 Bright and Beautiful Dogs 12:30PM

## **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:** Drumming on Zoom 2PM; Walk With Ease 1PM

**Tuesdays – ZOOM ONLY:** Sit Down Chair Yoga (with some Dance) 11AM

**Wednesdays:** Marbles 10AM; Mahjongg 10AM; Walk With Ease 1PM; Cornhole 1PM; In-Person or Zoom: Tai Chi 9AM

**Thursdays - ZOOM ONLY:** Sit Down Chair Yoga (with some Dance) 11AM

**Fridays:** Mahjongg 10AM; Walk With Ease 1PM; Cornhole 1PM; Tai Chi 9AM In Person or Zoom

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

### **Special Activities**

11/1 Talking Touch Table with Tom Tasber 1PM

11/1, 3, 15, 22 & 29 Sit Down Chair Dance 11AM In Class or on Zoom

11/3 Chenango Clovers Bake Sale 10 – 2PM

11/3 Clover Chat 1PM

11/3 Exhibition Show & Tell with Bill House 10 – 2PM

11/6 & 11/20 Nails with Kathie 1PM

11/8 Veteran's Recognition – Veterans enjoy a complimentary lunch 12PM

11/15 Thanksgiving Lunch 12PM Please call for reservations. (\$4.50 suggested contribution)

11/17 & 19 Crochet with Kathie 1PM

11/17 BINGO with Sallie 10:30AM

11/17 Nutrition Education with Kathleen 12PM

## **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**

11/9 Veterans Recognition Luncheon 12:30PM  
Please call for reservations.

11/16 Thanksgiving Luncheon 12:30PM Please call for reservations.

Please call center for more November events.

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

### **Weekly Activities**

**Monday:** Shuffleboard (call ahead to sign up), 9AM; Gentle Yoga will be returning in the Springtime; Canasta 10:30AM

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

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

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

Acrylic Painting Group, 9 - 11AM

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

Gentle Tai Chi, 9:30AM

### **Special Activities**

11/3 Lourdes Mobile Mammography Van 9 – 3PM Call Lourdes for an appointment at 607-798-5723

11/3 Burger Bar 11:30 – 12:30PM

11/8 Veterans Day Remembrance 9 – 2PM Luncheon at 12PM  
Please call for a reservation by 11/7 at Noon.

11/15 Book Club: The Page Turners 10AM

11/15 Thanksgiving Luncheon 12PM

Please call for a meal reservation by 11/14 at Noon.

11/16 Golden Griddle Brunch 11:45 – 12:45PM

11/17 Rainbow Raffle Table 1PM

11/17 "Laughercize" with Traci Penna 9 – 10AM

11/21 Chop & Chat 12:30PM Call to reserve your spot.

11/22 Officers & Finance Meeting 9:15AM,

Site Council Meeting 10:45AM

11/27 "Farm Animal" Races – Cows, Pigs, and Horses! 10:30AM

11/29 Legal Aid Appointments 9 – 12PM

By appointment only, please call.

11/30 Cornell Coop presentation by Kathleen Cook:

Food and Your Health 12:15PM

## **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

- 11/2 Executive Board Meeting 9:30am  
 11/7 & 21 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10-11:30, \$3  
 (advanced registration and payment required, 607-797-2307)  
 11/7 Chop & Chat 1PM: Spooky Spanish Rice  
 (Reservations required 1 week in advance.)  
 11/8 Veterans Day Luncheon w/ Musical Guest Rick Pedro at 12PM  
 11/13 Legal Aid 9AM (Appointment required, please call.)  
 11/14 First Ward Neighborhood Watch Meeting 6PM  
 11/15 Thanksgiving Luncheon w/Musical Guest Ralph Muro at 12PM  
 11/20 Finch Hollow-Talk and Touch Nature Presentation 12PM  
 11/21 Nutrition Education w/Cornell Co-Op: Exercise within Reach 12PM  
 11/28 Chop & Chat 1PM: Apple Cranberry Stuffing  
 (Reservations required 1 week in advance.)

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

30 Brocton St., Johnson City, NY 13790

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

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

### Weekly Activities

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

### Special Activities

- 11/1 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10AM - 12PM  
 11/1 Medicare Assistance with Stephen Snitchler 10AM - 2PM  
 11/1 Book Club 3 - 4PM (One Thousand White Women: The Journals of Mary Dodd by Jim Fergus)  
 11/2 Medicare Assistance with Stephen Snitchler 9:30 - 11AM  
 11/2 Lyceum - Daughters of Uganda 10AM - 12PM  
 11/3 Poetry Group 12:30PM  
 11/6 Stay Healthy Caregiver Support Group 1 - 2:30PM  
 11/8 Lyceum - Hong Kong 10AM - 12PM  
 11/8 Medicare Assistance with Stephen Snitchler 10AM - 2PM  
 11/8 Veteran Day Remembrance Luncheon 11:45AM  
 (reservation required by 11/7 at noon)  
 11/9 Medicare Assistance with Stephen Snitchler 9:30 - 11AM  
 11/13 Wildlife Animal Presentation by Finch Hollow 12:30 - 1:30PM  
 11/15 Lyceum - Northern California 10AM - 12PM  
 11/15 Q&A with UHS Senior Living at Ideal 10:00AM - 1PM  
 11/15 Thanksgiving Luncheon 11:45AM  
 (reservation required by 11/14 at noon)  
 11/15 LGBTQ+ Senior Social Group 3 - 4 PM  
 11/16 Legal Aid 9 - 12 PM. Call for appointment.  
 11/17 Poetry Group 12:30PM  
 11/22 Haircuts (\$20, by appointment) 10-11:30AM  
 11/22 Exercise Within Reach (Cornell Cooperative Extension) 11:15AM - 12:00PM  
 11/28 & 11/30 AARP Driver Safety 1 - 4:15. Call to register.  
 11/29 Medicare Assistance with Stephen Snitchler 10AM - 2PM  
 11/30 Medicare Assistance with Stephen Snitchler 9:30 - 11AM  
 12/1 Poetry Group 12:30PM

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

12 Strongs Place, Whitney Point, NY 13862

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

**Senior Center Store:** 9 am - 3 pm

**Lunch served at Noon**

### Weekly Activities

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

### Special Activities

- 11/3 & 17 Pub Burger 11:30 - 12:30PM  
 11/8 Veterans Day Luncheon & Recognition - Presentation at 11AM, Meal served at 11:30AM  
 Please call for a reservation.  
 11/9 Breakfast for Lunch for Teachers 9:30AM (Nonteachers 10AM)  
 11/14 Evening Meal 4:30PM, BINGO at 5:15PM  
 11/15 Thanksgiving Luncheon 11:30AM  
 11/16 Finch Hollow Talking Touch Table 12:15 - 1:15PM  
 11/28 & 29 AARP Defensive Driver's Course 10 - 1:30PM  
 Reservations required for lunch and class.  
 11/30 Birthday celebrations after Lunch! 12:20PM

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

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

24 Isbell St., Binghamton, NY 13901

**Center Hours:** Mon - Fri 10:00 am - 2:00 pm

**Lunch served at Noon**

### Weekly Activities

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

### Special Activities

- 11/1 Decorating for Thanksgiving 10:30AM  
 11/2 CCE Finch Hollow Nature Center Touch Table 10:30 - 11:30AM  
 11/8 Veteran's Day Remembrance Luncheon 10AM  
 11/13 Celebrating World Kindness Day 10 - 2PM  
 11/14 Resident Association Meeting: Voting for New Board Members 10AM  
 11/15 Thanksgiving Luncheon 12PM Please sign up by 11/14 at Noon.  
 11/21 Start Raffle Basket Donations for Christmas Holiday 10 - 2PM  
 11/29 Board Games 10:30AM

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

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

Located in Old Vestal High School Cafeteria

**Center Hours:** Mon - Fri, 9:00 am - 2:00 pm

**Lunch served at 11:45am**

### Weekly Activities

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

### Special Activities

- 11/6 Vestal Club trip sign up for Turning Stone - Buddy Holly Holiday Tribute 12 - 2PM  
 11/6 King High Card Game 12PM  
 11/8 Honor Flight Representatives presentation for Veteran 10AM  
 11/8 Veteran's Day Luncheon 11:15AM Please call for reservation.  
 11/13 & 11/14 AARP Driver's Safety Class 2 - 5:30PM  
 Call and reserve your spot.

- 11/14 Craft Day: Christmas Cards \$10 includes all supplies 9:30AM  
Call to reserve your spot.
- 11/14 Vestal Senior Club Meeting Day 12:15PM
- 11/15 Thanksgiving Day Luncheon 11:15AM  
Please call to reserve your meal.
- 11/15 Friday at Freds performing after Lunch 12PM
- 11/17 Pizza or Chef's Salad for Lunch 11:15AM  
Please call to reserve your meal.
- 11/17 BUNKO 12PM
- 11/22 Cornell Coop Nutrition Education 10:15AM
- 11/29 Finch Hallow Presentation: Talking Touch Table 10AM



**Changes to Broome County Medicare Plan Offerings for 2024**

It is very important that you check to see if your Medicare plan is still available next year and what the cost of the premiums and your medicines will be. If it's not available or you want to see if you can reduce your costs, you have until December 7 to pick a new plan that will start in January 2024.

Broome County had 19 standalone prescription drug plans (PDP) in 2023. That number is going to 15 for 2024. If you have a Medicare Advantage Plan (MAP), you will want to check availability and the costs. Some of the premiums for both PDPs and MAPs have gone up significantly for 2024.

If you need assistance, Action for Older Persons is here to help. Our expert counselors can provide no cost, unbiased assistance to find a plan that will work best for you. We have limited in-person appointments left but do have phone appointments available. Don't wait – call today **607-722-1251**.

**Woodburn Court 1 Apartments**  
 Senior Housing  
 21-23 Exchange St.  
 Binghamton, NY 13901  
 Call: (607) 723-7875  
 TDD: 711 Relay  
 www.wingateapartmenthomes.com

**Now accepting applications!**

- 148 One Bedroom Apartments
- Project-Based Section 8
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- 24-Hour Maintenance

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

PAID ADVERTISEMENT



**George F. Johnson  
American Legion Family  
Post 1700**

Hall & Pavilion Rental Available.  
New members always welcome.



305 Maple St  
Endicott NY 13760

(607) 785-1700  
www.gfjpost1700.org

PAID ADVERTISEMENT



**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.

- **November 16th 10AM**  
Meet at IBM Glen in the parking lot on Robinson Hill Road in Johnson City (about 2 miles on left from Oakdale Road in Johnson City or 1.8 miles on right from Country Club Road in Endwell).
- **December 14th 10AM**  
Meet at Arnold Park in Vestal by the colorful playground

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



**What Are You Grateful For?**

We want to hear the reasons you are grateful. Family, friends, a sunny day, a great meal? What makes your heart feel thankful? In the December edition of the Senior News, we will be sharing a few of the responses.

Send your name, phone number, and your reasons for gratitude to

**Broome County Office for Aging**

**Attention: Senior News**

**PO Box 1766**

**Binghamton, NY 13902**

Or email [ofa@broomecountyny.gov](mailto:ofa@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](mailto:gracevestal709@gmail.com)  
**Requirements: Guests should be able to eat and toilet independently.**  
**To Register:** Registration packets are available online at [www.gracelutheranchurchvestal.com/graces-place](http://www.gracelutheranchurchvestal.com/graces-place)

## Sudoku Answers

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

### **Technology Classes to Help Older Adults Become Tech Savvy**

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

#### **Shopping Apps to Save Time and Money**

Zoom: Tuesday, November 14 at 1PM

In-Person at Broome West Senior Center:  
Wednesday, November 8 10AM

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

### **One-on-One Technology Assistance**

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

**Nineveh Public Library (Tech Talk for Seniors):** Technology assistance and answers to your questions are now available! Call the Library for details. **(607) 693-1858**

### **Just For Laughs**

What kind of music did the Pilgrims like to listen to?

*Plymouth Rock.*

## **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.**

### **The Broome County Home Repair Service**

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## Lyceum “Armchair Travel” Classes at Senior Centers: Explore the World Virtually & Become a Lifelong Learner

The Lyceum class listed below will be broadcasted from participating senior centers: Broome West: Endwell; Johnson City, and Vestal. If you participate in this Lyceum class virtually at a participating senior center, registration is FREE of charge. Pre-registration is not required.

**Armchair Travel: The Daughters of Uganda**  
November 2nd: 10 – 12PM

**Armchair Travel: Hong Kong**  
November 8th: 10 – 12PM (At Johnson City and Vestal Only)

**Armchair Travel: Northern California**  
November 15th: 10 – 12PM (At Johnson City and Vestal Only)

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

## Did You Know...?



**Veterans Day was originally called Armistice Day, commemorating the end of World War I.**

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months before that when the Allies and Germany put into effect an armistice on the eleventh hour of the eleventh day of the eleventh month.

For that reason, Nov. 11, 1918, was largely considered the end of “the war to end all wars” and dubbed Armistice Day. In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War I.

But then **World War II** and the **Korean War** happened, so on June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word “armistice” to “veterans” so the day would honor American veterans of all wars.



Sourced from: <https://www.defense.gov/News/Feature-Stories/story/article/1675470/5-facts-to-know-about-veterans-day/>





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## Seasonal Affective Disorder

From the National Institute of Mental Health



### What is seasonal affective disorder?

Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. People may start to feel “down” when the days get shorter in the fall and winter (also called “winter blues”) and begin to feel better in the spring, with longer daylight hours.

In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities. If you have noticed significant changes in your mood and behavior whenever the seasons change, you may be suffering from seasonal affective disorder (SAD), a type of depression.

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer; this is known as winter-pattern SAD or winter depression. Some people may experience depressive episodes during the spring and summer months; this is called summer-pattern SAD or summer depression and is less common.

### What are the signs and symptoms of SAD?

SAD is not considered a separate disorder but is a type of depression characterized by its recurrent seasonal pattern, with symptoms lasting about 4 to 5 months per year. Therefore, the signs and symptoms of SAD include those associated with major depression, and some specific symptoms that differ for winter-pattern and summer-pattern SAD. Not every person with SAD will experience all the symptoms listed below.

Symptoms of major depression may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

For winter-pattern SAD, additional specific symptoms may include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like “hibernating”)

### Who develops SAD?

Millions of American adults may suffer from SAD, although many may not know they have the condition. SAD occurs much more often in women than in men, and it is more common in those living farther north, where there are shorter daylight hours in the winter. For example, people living in Alaska or New England may be more likely to develop SAD than people living in Florida.

### How is SAD treated?

Treatments are available that can help many people with SAD. They fall into four main categories that may be used alone or in combination:

- Light therapy
- Psychotherapy
- Antidepressant medications
- Vitamin D

Talk to your health care provider about which treatment, or combination of treatments, is best for you.

Sourced from: <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

## Activity, Food, and Mood are Interconnected

Kathleen Cook, Nutrition Educator.

Cornell Cooperative Extension Broome County

How we feel from day to day is linked to many factors, and we can make conscious choices about two in particular. What kind of *activity* we do and what we eat. If we choose to do so, we can each find ways to be more active that are within our ability and make food choices that will benefit us rather than undermine. Healthful choices boost our overall well-being both physically and mentally.

Think about all the reasons you may give yourself for not getting up and moving around, then think of ways you may be able to overcome them! Not only does being active help to lower blood pressure and reduce risk for heart disease, but it also improves your sleep, helps you concentrate, and gives you more energy!

If you have trouble walking or standing, try chair-based exercises like leg lifts and elbow to knee movements, or strengthen your shins by flexing your foot up into a point then pointing down. Upper body movement can also be done in a chair and will get your heart pumping.

Try using water bottles or cans of food as weights and extend your arms above your head several times. Pause, then extend your arms forward and back bending your elbows as if rowing a boat.

Strengthen your core muscles (those in the abdomen) by extending your arms as if holding a ball in front of you and slowly rotating your torso to the left and right several times.

If you don't have physical barriers, think about the things you like to do and make a point to make time to do them. Thirty minutes a day, even broken into 10 minutes at a time can really boost your feeling of being able and capable!

Remember to drink water and replenish your body with quick & easy foods like cubes of low-fat cheese, whole grain crackers, cut up fruits and vegetables, hard-boiled eggs, and nuts or nut butters. Make the effort and feel the improvement!

### Join us at your local Senior Center:

|                  |                 |         |
|------------------|-----------------|---------|
| Friday, 11/3     | Northern Broome | 12PM    |
| Monday, 11/6     | Broome West     | 11:30AM |
| Friday, 11/16    | Chenango Bridge | 12PM    |
| Tuesday, 11/21   | First Ward      | 12PM    |
| Wednesday, 11/22 | Vestal          | 10:15AM |
| Thursday, 11/30  | Eastern Broome  | 12PM    |

### Just For Laughs

If you call a big turkey a  
gobbler, what do you call  
a small one?

*A goblet!*



  
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# November Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$4.50 per meal.  
*No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

|  |   |  |   |   |
|--|---|--|---|---|
|  |   | <b>Beef Burgundy</b> 11/1<br>Mashed Potatoes<br>Broccoli Florets<br>Mandarin Oranges                                     | <b>Turkey &amp; Provolone</b> 2<br><b>Sandwich</b><br>Harvest Vegetable Soup<br>Fruit Cup<br>Oatmeal Raisin Cookie    | <b>Baked Ham</b> 3<br><b>OR Broiled Fish w/Lemon</b><br>AuGratin Potatoes<br>Spinach<br>Apple Cobbler |
| <b>Pierogies w/Kielbasa</b> 6<br>Carrots<br>Fruit Cup  | <b>Ham &amp; Swiss Cheese</b> 7<br><b>on Rye Bread</b><br>Navy Bean Soup<br>Applesauce<br>Ice Cream Cup                   | <b>Veterans Day Recognition</b><br><b>Chicken Cordon Bleu</b> 8<br>Baked Potato<br>Mixed Vegetables<br>Eclair            | <b>Beef Stroganoff</b> 9<br><b>Over Noodles</b><br>Brussels Sprouts<br>Chocolate Pudding                              | <b>Centers are Closed in</b> 10<br><b>Recognition of Veterans</b><br><b>Day</b>                       |
| <b>Meatball Parmesan Sub</b> 13<br>Vegetable Soup<br>Spinach<br>Lorna Doone Cookies                    | <b>Liver w/Onions</b> 14<br><b>OR Chicken Thigh</b><br>Mashed Potatoes<br>Corn<br>Blondie Bar                             | <b>Thanksgiving Luncheon</b><br><b>Roast Turkey</b> 15<br>Apple Bread Dressing<br>Peas<br>Cranberry Sauce<br>Pumpkin Pie | <b>Chicken Florentine</b> 16<br>Roasted Potatoes<br>Carrots<br>Apple Crisp  | <b>Salisbury Steak</b> 17<br><b>OR Breaded Fish</b><br>Macaroni & Cheese<br>Cut Green Beans<br>Pear   |
| <b>Four Cheese</b> 20<br><b>Macaroni &amp; Cheese</b><br>Stewed Tomatoes<br>Brussels Sprouts<br>Banana | <b>Halupki</b> 21<br><b>OR Roasted Chicken</b><br>Mashed Potatoes<br>Peas w/Pearl Onions<br>Mandarin Oranges              | <b>Pub Burger</b> 22<br><b>OR Tuna Salad Sandwich</b><br>Baked Beans<br>Fruit Cup<br>Ice Cream Cup                       | <b>Centers Closed</b> 23<br><b>Happy Thanksgiving</b>   | <b>Centers Closed</b> 24<br><b>Happy Thanksgiving</b>   |
| <b>Chicken Parmesan Sand.</b> 27<br>Minestrone Soup<br>Pears<br>Double Chocolate Cookie                | <b>Teriyaki Chicken</b> 28<br><b>OR Apricot Meatballs</b><br>Brown Rice Pilaf<br>Oriental Blend Vegetables<br>Sherbet Cup | <b>Beef Burgundy</b> 29<br><b>Over Noodles</b><br>Mixed Vegetables<br>Apple Cranberry Cobbler                            | <b>Grandma's Meatloaf</b> 30<br><b>OR Broiled Fish w/Lemon</b><br>Chantilly Potatoes<br>Stewed Tomatoes<br>Applesauce |   |

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



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

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

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

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