



Visit Our Website at www.gobroomecounty.com/senior



Did you know...? The History of a Love Letter

It is considered that “words of affirmation” are the original love language. People have always sought ways to express their affection and appreciation for their partner. The world’s oldest love letter can be found at the Museum of the Ancient Orient, it dates back to 2000 BC. It is now known as the World’s Oldest Love Poem. Love letters, as we know them today can be traced back to the early 14th century and was considered a discrete way to correspond during courtship. Some of the most popular love letters ever written included Napoleon to his love Josephine in 1796, Winston Churchill to his wife Clementine in 1935, Ernest Hemingway to his love Marlene in 1951, and Johnny Cash to his wife June Carter in 1994.

Today, with technology on the rise, a love letter has no specific form. A word of appreciation can come in the form of a letter, a text, or even a phone call.

Information adapted from
https://en.wikipedia.org/wiki/Love_letter

TeleHealth Coming 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 and Friday, 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.



Valentine's Day Celebration at Senior Centers February 14th

Celebrate Valentine's Day with friends and festivities. Cupid's arrow will get you in the tummy with this delicious lunch of broiled fish or chicken w/cranberry glaze and a special Valentine's Day dessert of eclairs.

Lunch reservations are required and can be made by calling the senior center of your choice by noon on Monday, February 13th.

We hope to see you there!

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

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

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/

Follow us on Twitter:
<https://twitter.com/BroomeCountyOFA>

HEALTH AND WELLNESS

ACTIVITY SCHEDULE

Chair Yoga

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

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

Beginner Gentle Yoga

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

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

Monday 9:30 am Johnson City Senior Center

Friday 10:00 am Johnson City Senior Center

Bonesaver Class

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

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

Mon & Wed 1:00 pm Johnson City Senior Center

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

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

Line Dancing

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

Monday 10:45 am Johnson City Senior Center

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 (Harpurville)

Chair Exercise

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

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

Tues & Fri 12:30 pm Johnson City Senior Center

Drum Exercise Class

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

Monday 1:30 pm Northern Broome (Whitney Point)

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

Walk with Ease

Session 1: Monday, March 6th – Thursday, April 13th

Indoor session at The Oakdale Mall

Session 2: Monday, April 17th – Thursday, May 25th

Outdoor sessions at Otsiningo Park

(Oakdale Mall in Johnson City on rainy days)

Mondays, Tuesdays & Thursdays from 10-11 am

Join your walking coaches at the Oakdale Mall for this indoor 6-week walking program where you will learn fitness tips, meet new people, and step your way to a lasting walking routine.



- We will meet for 1 hour, 3 times per week inside the mall.
- Each participant will receive a guidebook and walking diary to log progress.
- We will learn how to exercise safely and comfortably while having fun.

Walk with Ease is an evidence-based program with several proven benefits, such as decreased pain, improved balance, and increased strength. As you develop a walking routine, you may also control weight, reduce stress, boost your energy, and much more.

Advanced registration is required for Walk With Ease.

Space is limited. To obtain more information and sign up, please call (607) 778-2411. Remember to consult a healthcare professional before beginning this or any new exercise program.

BINGOCIZE

LOOKING FOR A NEW FUN ACTIVITY?

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise.

Games begin this Winter & Spring. We will play twice each week over ZOOM video this winter. This spring the class will be offered in-person at a local Senior Center.



Bingo + Exercise = Bingocize

Pre-registration is required.

To sign up please contact the Office for Aging at (607) 778-2411.



Caregiver Corner

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



The Stay Healthy Caregiver Chat:

Date: Monday, February 6th

Time: 1:00-2:30 PM

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

The Wayne Street Caregiver Chat:

Participants can use Zoom or call in.

Date: Wednesday, February 15th

Time: 9:30-11:00AM

Zoom Address: <http://broome.zoom.us/j/5216124570?pwd=dWdrWW1PM25aMUfJYUtCWnowbGlydz09>

Zoom meeting ID: 516 612 4570

Password: 037464

Join by SIP

5216124570@zoomcrc.com

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



Eastern Broome Senior Center Trips for 2023
Contact Arlene Noyes
607-759-6306

March 29, 2023
Yellowbrick Casino

April 27, 2023
Crossroads Outlet Shopping



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Scams of the Month

Romance Scam

February 14th is Valentine's day, this year, you may be searching for a new valentine. When entering any new and exciting relationship, keep in mind the potential for "romance scams." Romance scams occur mostly through online relationships. These scammers build an emotional connection with someone online while not actually wanting a real relationship. Aside from targeting people on dating websites, romance scammers frequently use social media sites to win a person's attention and trust, convince him or her to start a romantic relationship, then later coerce their "love" into surrendering money or personal information. Both men and women are targeted.

Below are some warning signs that you may be the target of a romance scam. Beware if your new online romantic interest:

- asks you to give or loan money or share your credit card number—even if they promise to pay you back.
- asks you to open a new joint account or co-sign a loan.
- asks for access to your bank accounts.
- asks you to sign documents giving up control of your finances or house.
- expects you to purchase extremely expensive gifts, especially gift cards.
- always has an excuse when you ask to meet in person.

If you become involved with someone you met online who refuses to meet in person no matter what, it is nearly certain to be fraud. Do not provide money, or personal or financial information, no matter how convincing they are that they need it. If the person has sent photos, check them. Google's "search by image" feature is one way to reverse search an image. If the person's photo appears with other names and on websites other than the one where you met, it is very likely to be fraudulent.

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.

Live Heart Healthy

What does it mean to live heart healthy? Living heart healthy means taking actions that keep your body and soul strong. Below are some heart healthy tips for this and every month.

- Giving back is a healthy habit that will boost your mood and beat stress.
- Consider volunteering in the community. Ask a friend to volunteer with you at a local senior center or to join you in delivering Meals on Wheels.
- Take it slow – if you were gifted a luxurious box of chocolates stick it in the fridge or freezer and enjoy in moderation over several weeks.
- Take a walk – walking is free. It costs nothing to get started. Walking for as little as 30 minutes a day provides heart-health benefits.
- Rekindle an old flame – try preparing one of your less-favorite foods in a new way. Not crazy about bananas? Try grilling one with a little a cinnamon for dessert. Pop grapes in the freezer for mini ice-pop snacks.
- Don't forget to love Fido, too! Give your pup a Valentine and remember to walk or exercise them daily – getting active will benefit you both.
- Get active inside – winter is almost over, but there are plenty of ways to get moving indoors that don't involve a gym membership; check out the Health & Wellness section on page 2 of this publication for a list of exercise classes.

Events at the Centers

First Ward Senior Center

Valentine's Day Luncheon with musical guest Greg Neff, February 14 at 12:00 pm

Johnson City Senior Center

Snowflake Follies, Join us Sunday, February 5th, 2:00-4:00pm. Whether you're listening to the mellow sounds of the Blue Velvet Big Band or dancing, come join us to beat the winter blues! Admission is \$10 per person; concession stand will be available.

Broome West Senior Center

"Sometimes the best medicine is a dog who believes their love will heal you," -unknown. Tuesday, February 28th at 12:30 pm, come relax and unwind with some adorable therapy dogs!

Deposit Senior Center

Line Dancing! If you're looking for something fun to get you up and moving, we will be hosting line dancing on Thursday, February 9th at 11am. Reservations are required, (607) 467-3953.

North Shore Senior Center

Mardi Gras Fun, you're invited to come and indulge in our Fat Tuesday celebration, Tuesday, February 21 at 10:30 am.

Eastern Broome Senior Center

Presidential Luncheon, featuring "George Washington and the Whiskey Rebellion" presented in period attire, by George Cummings. Wednesday, February 22, lunch is served at 12:00 pm, presentation begins at 12:30 pm.

Northern Broome Senior Center

Join us for a Brown Bag Guessing Game! There will be different items in brown bags, everyone will be given hints to guess what's inside. Everyone has a chance to win!!! Wednesday, February 22nd at 10:30 am.

Vestal Senior Center

Craft Day, we will be working on St. Patrick's Day crafts! Tuesday, February 21st at 10:30 am

Want To Advertise in the Senior News?

We Reach Over 6,500 Senior Households in Broome County!

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Sleep, why is it so important?

Sleep has long been known to have restorative powers and boost the immune system. Sleep helps keep us healthier, stronger, and more alert while helping the body to repair cell and organ damage that occurs during the day. On the flip side, when we do not sleep well, we may suffer from depression and memory problems. We are also likely to experience nighttime falls, increased sensitivity to pain, and the need to use more prescription or over-the-counter sleep aids. Finally, lack of sleep may contribute to health problems including a greater risk of cardiovascular disease, diabetes, weight problems, and breast cancer in women.

Most of us need 7.5 to 9 hours of sleep every night. However, the number of hours you are asleep is not as important as how you feel following a good night's sleep. You may function well on fewer hours of sleep or may need more hours to feel well rested.

There's a common belief that we need less sleep as we age. That's not true. Our sleep needs are consistent throughout adulthood. What changes are our sleep patterns, making it likely that we'll have a more difficult time falling asleep, staying asleep, or experiencing that deep sleep.

Here are some tips to help you get a restful night's sleep

- Exercise regularly
- Turn off your radio, TV, and phone
- Get sunlight during the daytime
- Limit noise and heat in your bedroom
- Limit caffeine, alcohol, and nicotine especially in the afternoon and early morning
- Avoid big meals and late-night snacks before bedtime
- Keep a bedtime routine

We spend one-third of our lives sleeping so it's vitally important—especially now—to take proactive steps toward improving our sleep habits. That way, we can live the other two-thirds of our lives in the most energetic, healthy, and stress-free manner possible.

Reprint from <https://www.ncoa.org/article/sleeping-well-in-stressful-times>

Minutes Matter!

Know the Symptoms of a Heart Attack

Many people aren't sure what's wrong when they are having symptoms of a heart attack. Some of the most common warning symptoms of a heart attack for men and women are:

Chest pain or discomfort. Most heart attacks involve discomfort in the center or left side of the chest. The discomfort usually lasts for more than a few minutes or goes away and comes back. It can feel like pressure, squeezing, fullness, or pain. It also can feel like heartburn or indigestion.

Upper body discomfort. You may feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach (above the belly button).

Shortness of breath. This may be your only symptom, or it may occur before or along with chest pain or discomfort. It can occur when you are resting or doing a little bit of physical activity.

You should also pay attention to these other possible symptoms of a heart attack:

- Breaking out in a cold sweat
- Feeling unusually tired for no reason, sometimes for days (especially if you are a woman)
- Nausea (feeling sick to the stomach) and vomiting
- Light-headedness or sudden dizziness
- Any sudden, new symptoms or a change in the pattern of symptoms you already have (for example, if your symptoms become stronger or last longer than usual)

Minutes Matter! Call 9-1-1 immediately if you think you might be having a heart attack (even if you're not sure). Don't wait! Quick treatment can save your life - when in doubt, check it out. Remember, the first minutes matter when you are having a heart attack.

Source: www.nhlbi.nih.gov

National Thank a Mailman Day February 4th

Fun Facts About the Postal Service

- As the nation's first Postmaster General, Benjamin Franklin established many of the mail services we are accustomed to today.
- Postage stamps were invented in 1847.
- On April 3, 1860, the famous Pony Express officially rode off.
- In 1863, free city delivery started and, in 1896, free rural delivery began.
- In 1963, use of the zip code began.

On February 4th, thank a mail service man or woman!

Source: www.nationaldaycalendar.com

Need a part time job? Become a BC Transit Van Operator

Part time positions are
Monday-Sunday, typically 3
to 4 days per week

Starting pay is \$17.47/hour

CDL C license preferred,
but BC Transit will train the
right person for the job.

EEO/AA females and
minorities encouraged to apply.

Apply at BC Transit 413 Old Mill Rd, Vestal NY



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Imagination has no age,
And dreams are forever."*

-Walt Disney

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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



Housing with a Heart



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Social Isolation and Older Adults

By Christina Olverd

AmeriCorps Member at Office for Aging

What is social isolation?

Social isolation is a situation when an individual is separated from or has little contact with others around them. Being socially isolated can lead to feelings of loneliness and depression as well as have negative impacts on your physical health if it occurs for long periods of time.

Why should I care?

Being socially can have significant impacts on mental and physical health, your quality of life, and even the length of your life. To compare it with more well-known health risks, being socially isolated can have very similar health impacts as smoking or being obese. In fact, a study conducted by AARP showed that long lasting social isolation can have the same negative health impacts as smoking 15 cigarettes a day!

What can I do to avoid being socially isolated?

If you feel you are at risk of being socially isolated, you've come to the right place! Here at the Broome County Office for Aging we have developed many programs and opportunities to help people be social and encourage them to age healthier! There are 8 senior centers throughout Broome County that are great places to visit and spend time with others in the community. Not only do these senior centers supply great company, but they also offer a variety of daily activities and great lunch options. If traveling to a senior center is not for you then try our Virtual Senior Center. The Virtual Senior Center offers many of the same perks of going to the center, such as a variety of activities and other individuals to chat with but allows you to participate from the comfort of your home. To use the Virtual Senior Center, you need access to a computer or tablet, and you can stay connected with other from different areas! To enroll contact Office for Aging at **607-778-2411**. Training on how to use the Virtual Senior Center is available. You can also explore the current offering of classes by visiting: <https://www.vscm.selfhelp.net/class-schedule>.

Office for Aging also offers many additional programs that provide great social opportunities. For example, there are walking programs that encourage seniors to live healthier lifestyles while also providing great company from others throughout the county. Office for Aging is always developing and offering different programs to fit the interest of the population, so to stay up to date make sure you read the **Senior News** or follow our Facebook page! For more information about any of the programs mentioned above please call **607-778-2411** or email ofa@broomecountyny.gov.



Downsize & Declutter Discussion Tuesday, February 14th at 3:00 pm

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

Sometimes we aren't sure if something is clutter or if it's trash. Try this strategy. Ask yourself if an item is part of the 4 Ds of decluttering: is it something you Don't Use; is it a Duplicate; do you Dislike it (be honest here) and therefore don't use it; is it Damaged?

Learn more about clutter and decluttering on Tuesday, February 14 at 3 PM

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

Mark Your Calendar!

Upcoming Community Events

Binghamton Black Bears Hockey

Visions Federal Credit Union Veterans Memorial Arena

Multiple Dates: February 4, 17, 24, 25, 26

Check out our local hockey team in their second season playing in the Federal Prospects Hockey League. Single game tickets are between \$13-18 depending on seat location. Discounted tickets are available for veterans, students, and adults age 55+.

Call **607-722-7367** with questions.

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

Broome County Regional Farmers Market

840 Upper Front Street

Binghamton, NY 13901

Saturdays 9:00 am – 1:00 pm

Valentine's Murder Mystery Dinner

Roberson Museum

30 Front Street, Binghamton, NY 13905

February 10th & 11th

Malice Aforedeck! Famous mystery novelist and semiprofessional detective Merope Cooper has only one thing on her mind as her ship departs for a transatlantic voyage: taking a nap. But a passenger has vanished, and murder is suspected! Can the audience help Merope Cooper get to the bottom of this before she sleeps...with the fishes?! This You-Decide-Homicide puts you in the Captain's chair for a tale of intrigue on the high seas, featuring the music of Peaches and Crime! Tickets \$50 for members, \$55 for non-members

Call **607-772-0660**

<https://www.roberson.org/special-events/valentines-murder-mystery-dinner/>

My Unauthorized Hallmark Movie Musical

Firehouse Stage

46 Willow St, Johnson City, NY

February 17th at 7pm, and 18th at 2:00pm and 7:00pm

Frivolous, fractured, and fun musical moments take you on a ride of pure joy... where love always wins. An innovative 1-woman show supported by a cast of eight characters via multimedia, Eloise Coopersmith shares her escape into movie fantasy. Tickets \$25.25 for seniors.

Call **607-772-2404 ext 301**

<https://firehousetage.org/events/hallmark/>

Sudoku

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

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



National Love Your Pet Day February 20th

Pets can offer unconditional love and help to make a home feel more welcoming and inviting. It's only appropriate that owners take the time to show appreciation for them by celebrating on National Love Your Pet Day.

Here's some interesting facts about pets.

- 10,000 BC Wolves became domesticated and is the first animal believed to transform from the wild.
- 7,000 BC Cats became pets in the Near East.
- 3,100 BC Dogs served as pets and working dogs in Ancient Egypt, they were used for guarding and hunting.
- 3,000 BC Colorful Parrots were domesticated by Ancient Romans and kept as pets in tropical places such as Brazil.
- 1850's the oldest-known photograph of a dog was taken

Don't forget to celebrate your companion on National Love Your Pet Day!

Reprinted from <https://www.daysoftheyear.com/days/love-your-pet-day/>

Crock Pot Winner!



The Office for Aging asked for your favorite slower cooker recipes, and we received many responses. Below is the winning recipe which was selected by the Office for Aging's staff. Thank you to everyone who sent in a recipe, Stay Warm and Happy Cooking!

Crock Pot Mexican Chicken Soup

Ingredients:

- 1 ½ lbs boneless/skinless chicken pieces
- 1 15oz. jar of chunky salsa
- 1 15 oz can chicken broth
- 1 8oz cubed cheese (Cheddar, Monterey Jack or Pepper Jack)
- Chili powder to taste (optional)
- Cumin powder to taste (optional)

Directions:

1. Place chicken pieces at the bottom of a 6-quart crock pot
2. Add salsa and broth
3. Cook on high 3-4 hours or low 6-8 hours
4. Remove chicken pieces, shred, and return to pot
5. Add cheese and optional seasonings
6. Heat until cheese melts
7. Serve warm

Thank you, Anna, for your submission!

Embracing All Ages

“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.”

- Maya Angelou

“I’m too old for that,” “60 is the new 40,” “kids these days,” do any of these phrases sound familiar? Ageism, or having a negative feeling toward a certain age group of people, can affect everyone. A recent editorial column in the Washington Post highlighted one man’s experience with “getting old.” In the article he said he felt like he was unnoticed, and the younger generation seemed to look right through him. He felt like he was being disregarded because of his age instead of his merit.

Even younger people can experience ageism. Another account of age discrimination was documented by the Harvard Business Review. It addressed a young businesswoman, a recent college graduate, who just started her career in the corporate world. She found herself faced with insecurities because the people around her wouldn’t listen to her, she felt like she didn’t have a voice. The young businesswoman wondered if she was too young to be taken seriously.

There are two common forms of ageism, the feelings we have toward others, and the feelings we project upon ourselves. When you find yourself dealing with any type of age discrimination, it’s important to remember the value you add to the situation. Studies have shown that people who have a positive attitude about getting older have better mental health and tend to live longer.

Ageism can affect people of all ages, but the focus for the Senior News is on older adults. . Embracing your age is a great way to maintain a positive attitude. Finding a new passion, or reviving an old passion, learning a new skill, or teaching a class, participating in activities in the community and senior centers, volunteering, becoming a foster grandparent and caring for pets, are things that help promote a sense of purpose. Make the most of your time with your friends and family, share stories of your experiences, make new memories with them. Travel, be open minded and meet many people. Respect yourself, whether it is making positive food choices or exercising daily, you will feel good about yourself. By keeping friends of all ages, you help bridge the gap between age discrimination across the generations.

You can find more ideas, volunteering opportunities, and read inspiring stories on our facebook page, Broome County Office for Aging. Above all, please remember to Age Your Way!

To read more about the articles referenced in this article, please visit: <https://www.washingtonpost.com/opinions/2022/12/28/ageism-aging-bigotry-senior-citizens/>

<https://hbr.org/2020/11/am-i-old-enough-to-be-taken-seriously>
Information Adapted from

Information adapted from: <https://www.who.int/health-topics/ageism#tab=tab>

Heart Healthy Habits Nutrition Education Program

The Office for Aging encourages you to kick off the new year by recommitting to a heart healthy lifestyle. Join Registered Dietitian Donna Bates for a discussion on manageable ways to form habits that your heart will thank you for! Presentations will be offered at these locations throughout the month of January:



Vestal Senior Center-

Wednesday, February 8th at 10:30 am

E. Broome Senior Center, Harpursville-

Thursday, February 23rd, 12:15 pm

First Ward Senior Center, Binghamton-

Thursday, February 16, 12 pm

Johnson City Senior Center-

Tuesday, February 14th, 10 am

Pre-registration is not required, and walk-ins are welcome. If you have any questions, please contact the Office for Aging at 607-778-2411.

Empower Yourself With Knowledge to Guide Your Food Choices

By Kathleen H Cook, SNAP-Ed Nutrition Educator, CCE Broome

How many of us have gone through our lives eating pretty much whatever we wanted to and then, suddenly, (or so it seems) we are hit with a health condition that forces us to pay attention to what we're consuming?

As a nutrition educator I hear that scenario frequently, and I say, don't wait! Learning to use the tools available to you now will help you make the choices that are best for your unique body and situation and give you a better chance of feeling well.

The nutrition facts label found on most foods is your best source of information about what is in it. These labels show the food energy (or calories) and nutrients in one serving of the food inside the package. Of course, the serving size on food labels varies for different foods. It may be more or less than what you usually eat. This means you will consume more or less of the expected nutrients based on how much you eat.

The food label also tells how many servings the package contains. If you eat more than one serving, you will get more of all the nutrients, including calories. All nutrients are important to health.

Use the percent Daily Value in the far-right column to determine how much a specific nutrient in that serving will contribute to your daily diet. If it is 20% or more it is high and 5% or less per serving is low. This percentage is based on consuming 2,000 calories a day.

We need more nutrients like fiber, vitamin A and C, calcium, and iron. Eating enough of these can improve your health and help reduce the chances of getting some diseases.

We need less of sodium, sugar, and fat- especially saturated fat, trans fat, and cholesterol. Eating too much of these nutrients can lead to becoming overweight and getting certain diseases, like heart disease.

Take charge! Learn more at my classes at the senior centers this month or by contacting a dietician.

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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!

**All Treatments Covered by Insurance.
We Accept Medicare & Advantage Plans!**

Call For Your Appointment Today!

NEW YORK
SKIN & VEIN
CENTER

Dr. Eric Dohner
75 Pennsylvania Ave Binghamton
157 East Main St Norwich
607.770.1815

PAID ADVERTISEMENT

Warm, Healthy and Decedent!

In this issue, you will find a coffee made with many of the ingredients that tend to be in our cabinets during this time of the year. Granola can be used in a variety of dishes, including your morning cereal and yogurt. Overnight oats and berries make mornings fast and easy! What is the winter without a warm, delicious cranberry apple crisp? These recipes were chosen to remind you to get creative in the kitchen! Try tossing some of your homemade granola on top of your overnight oats, or in your apple cranberry crispy! Eating healthy doesn't mean you can't indulge! Enjoy!

Cafe Mocha

Nothing warms you inside and out like a good cup of hot chocolate, coffee, or tea on a cold day. This recipe incorporates pantry items you already have on hand and uses them to make a rich, delicious hot beverage.



Ingredients

- 1/3 cup milk (non-fat, dry)
- 1 cup water
- 1 cup coffee (brewed)
- 4 tablespoons hot chocolate mix
- whipped topping (non-fat, optional)
- cinnamon (optional)

Directions

1. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired. Serves 2.

Notes

You can substitute 1 cup skim milk for the reconstituted non-fat dried milk.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cafe-mocha>

Awesome Granola

Learn to make your own granola in an oven, skillet, or even the microwave. It's easy and you can be creative with what you put in it.



Ingredients

- 3 cups oatmeal (uncooked)
- 1/2 cup coconut (shredded or flaked)
- 1 cup pecans (chopped, walnuts or peanuts)
- 1/4 cup honey
- 1/4 cup margarine (liquid)
- 1 1/2 teaspoons cinnamon
- 2/3 cup raisins

Directions

1. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in 13x9 inch baking pan at 350°F for 25- 30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly. Store in tightly covered container.
4. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly. Store in a tightly covered container. Serves 12.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/awesome-granola>

Overnight Oatmeal with Berries

A mixture of milk, yogurt and raspberries combine with dry oats to become a smooth make-ahead breakfast. Just mix and refrigerate overnight for the next day.



Ingredients

- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup raspberries, frozen

Directions

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Notes

Frozen blueberries or strawberries may be used in place of raspberries.

Reprint from: <https://www.myplate.gov/recipes/myplate-cnpp/overnight-oatmeal-berries>

Winter Crisp

A mixture of milk, yogurt and raspberries combine with dry oats to become a smooth make-ahead breakfast. Just mix and refrigerate overnight for the next day.



Ingredients

- 2 tablespoons cinnamon
- 3 tablespoons margarine
- 1/2 cup sugar
- 3 tablespoons flour (all purpose)
- 1 teaspoon lemon peel (grated)
- 5 cups apple (unpeeled, sliced)
- 1 cup cranberries (fresh)
- 2/3 cup rolled oats
- 1/3 cup brown sugar (packed)
- 1/4 cup whole wheat flour

Directions

Filling:

1. Combine sugar, flour, and lemon peel in a medium bowl and mix well.
2. Stir in apples and cranberries.
3. Spoon into a 6-cup baking dish.

Topping:

1. Combine oats, brown sugar, flour, and cinnamon in a small bowl.
2. Stir in melted margarine.
3. Sprinkle topping over filling.
4. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown.
5. Serve warm or at room temperature.

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

Healthy Meal Planning: Tips for Older Adults

Eating healthy and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan. Be sure to consult your healthcare provider before making changes to your diet.



Older Adults' Unique Nutrition Needs

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about protein and other important nutrients.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

Meal Planning

Answering the question, "What should I eat?" doesn't need to leave you feeling baffled and frustrated. In fact, when you have the right information and motivation, you can feel good about making healthy choices. Use these tips to plan healthy and delicious meals:

- **Plan in advance.** Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.
- **Find budget-friendly foods.** Create a shopping list in advance to help stick to a budget.
- **Consider preparation time.** Some meals can be made in as little as five minutes. If you love cooking, or if you're preparing a meal with or for friends or family, you may want to try something a little more challenging.
- **Keep calories in mind.** The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes.

To Learn More

In addition to reading articles like this one and speaking to your healthcare provider, you can use easy online tools to help you with completing these everyday tasks:

- Meal planning
- Heart-healthy recipe hunting
- Grocery shopping list building
- Finding nutrition information in common go-to foods

Simply visit The National Institute on Aging's healthy eating pages for access to these online tools, and much more at:

<https://www.nia.nih.gov/health/healthy-meal-planning-tips-older-adults>

Adapted from: www.nia.nih.gov

AARP TAX-AIDE PROGRAM OF BROOME COUNTY NY SITE LOCATIONS AND TIMES OF OPERATION



February 1 to April 14 – 2023

IN 2023, ALL SITES REQUIRE AN APPOINTMENT MADE IN ADVANCE; WE WILL DO YOUR RETURN WHILE YOU WAIT.

WE ARE NOT PLANNING TO DO DROPOFF.

SENIOR CENTER SITES FOR APPOINTMENT CALL

- **BINGHAMTON FIRST WARD - 226 Clinton Street**
TUE, WED, & THU • 607-797-2307
- **BROOME WEST (ENDWELL) - 2801 Wayne Street**
TUE, WED & THU • 607-785-1777
- **JOHNSON CITY - 30 Brocton Street**
TUE, WED & THU • 607-797-3145
- **WHITNEY POINT - 12 Strongs Place**
CALL FOR DAYS • 607-692-3405

-
- **Broome County Library - 185 Court St., Binghamton**
Appointments: Call 211 or 1-800-901-2180
8:30am – 4:00 pm weekdays; Specify Broome County Library site
Open unless library closed due to weather;
Appointments on: MON, TUES, WED, THU, 10:00am–2:00pm
 - **George F Johnson Library - 1001 Park St, Endicott.**
Appointments: Call 211 or 1-800-901-2180
8:30am – 4:00 pm weekdays;
Specify George F Johnson Library site
Appointments on: TUE and THURS, 10 am to 2 pm
 - **Union Center Christian Church - 950 Boswell Hill Rd, Union Center**
Appointments: Call 607-754-8222
Tues thru Thurs 9 am – 4 pm
Appointments on: WED 3pm-6:00 pm
 - **Vestal United Methodist Church - 328 Main St. Vestal**
Appointments: Call 211 or 1-800-901-2180
8:30am – 4:00 pm weekdays; Specify Vestal site
Appointments on: TUE and THU, 9:30 am – 1:30 pm

**THERE IS NO SITE AT OAKDALE COMMONS (MALL) IN 2023!!
IF LOCAL SCHOOL DISTRICT CANCELS CLASSES DUE TO BAD
WEATHER CONDITIONS TAX-AIDE SITES IN THAT DISTRICT WILL
ALSO BE CLOSED**

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.

- February 9th Otsiningo Park
Meet by restrooms across from third parking lot on right.
- February 23rd Port Dickinson Park
Meet at park entrance at 821 Chenango Street
- March 9th Binghamton River Walk
Meet by South Washington Street Bridge on Conklin Avenue.
- March 23rd Vestal Rail Trail
Meet at Coal House off Vestal Avenue.

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

Look What's Happening at the Centers!

Please Remember: Covid-19 is Still a Concern
 Guidelines are changing every day as the pandemic continues to exist. Face masks are currently optional at the centers.

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

2/1 Chorus Resumes, 9:30
 2/2 Executive Board Meeting, 9:30 am
 2/7 STAR Tax appointments, 12:15
 APPOINTMENTS REQUIRED, 607-797-2307
 2/7,2/21 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10:00-11:30am, \$3, Registration is required, 607-797-2307
 2/13 Legal Aid 9:00 am, appointment required, 607-797-2307
 2/14 Valentine's Day Luncheon with Musical Guest Greg Neff, 12:00 pm
 2/14 Chop & Chat, 1:00 pm
 2/15 STAR Tax appointments, 12:15
 APPOINTMENTS REQUIRED, 607-797-2307
 2/20 Center closed, President's Day
 2/21 Nutrition Education with Cornell Co-Op, Using the Nutrition Facts and Label to Guide Your Food Choices, 12:00 pm
 2/22 Presidential Luncheon with Trivia, 11:45am
 2/28 Chop & Chat 1:00 pm, registration required by 11:00 am on 2/12

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

2/02 Lyceum Class, 10:00 am – 12:00 pm
 2/06 King High Card Game, 12:00 pm
 2/06 Chop and Chat, 10:00 am
 2/08 OFA Nutrition Education, 10:30 am
 2/14 Valentine's Day Luncheon, 10:00 am
 2/15 Visions Federal Credit Union presents ID scams, 10:00 – 11:00 am
 2/20 Closed for President's Day
 2/21 Craft Day, working on St. Patrick's Day crafts, 10:00 am
 2/21 Vestal Club Meeting, 12:15 pm
 2/22 Lyceum, 10:00 am – 12:00 pm
 2/22 Cornell Nutrition Education, 10:30 am
 2/24 Pizza Day or Chef Salads, 11:15 am
 2/24 Bunko Day, 12:00 pm
 2/27 AARP Driver's Safety Class, 2:00 -5:30 pm
 2/28 AARP Driver's Safety Class, 2:00 – 5:30 pm



**Snow Day Closings:
 Senior Centers & Meals on Wheels**

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

A good rule to follow:

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

If the weather looks questionable:

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

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

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 will resume in the spring; 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

2/02 AND 2/03: Homemade Dessert Sale 9:00am -2:00pm (or until gone)
 2/02 Bingo for prizes, 10:00
 2/03 Burger Bar, 11:30 am – 12:30 pm
 2/08 Finance and Officers meeting 9:15 am; Senior Site council meeting a, 10:45 am
 2/10 Special Valentine's Day Raffle Drawings, 1:00 pm
 2/14 Valentine's Day Luncheon, After Breakfast! 10am -2:00 pm
 2/15 Book Club "The Page Turners," 10:00 am
 2/16 Golden Griddle, 11:45 am, 12:45 pm,
 2/22 Legal Aid Society, 9:00 am- 12:00 pm Appointments only, 607-693-2069, Presidential Luncheon 12:00, "George Washington and the Whiskey Rebellion" presentation by George Cummings, 12:30 pm
 2/23 Nutrition Education presented by the OFA: Heart Healthy Habits, 12:15 pm
 2/24 Rainbow Table Raffle: Green, Gold & More! 1:00 pm
 2/27 A Dish to Pass Luncheon (No OFA lunch), 12:00 pm
 Forever Young presents live Bluegrass, Country, and Gospel Music, 12:30, Horse, Cow & Pig Racing Game, 10:30 am

BROOME WEST (607) 785-1777

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9:00 am - 3:00 pm**Lunch served at Noon call 607-785-1777****Weekly Activities****Monday – Friday:** Gift Shop, 9 am – 3 pm**Monday:** Quilting, 9:30 – 11 am; Bonebuilders, 9:30 am; Hand and Foot Card Game, 12:30 pm; Shuffleboard, 1 - 2:30 pm**Tuesday:** Adult Coloring, 9:30 am; Mahjong Group, 10 am; Chair Exercises, 10:30 am; Scrabble, 12:30 pm;

Ping Pong, 1 - 2:45 pm; Knitting & Crocheting, 1 pm

Wednesday: Bone Builders Exercise, 10 am; Canasta, 1 pm; Floor Shuffleboard, 1-2:30 pm**Thursday:** Wii Bowling, 9:30 am; Chair Exercises, 10:30 am; Social Connections, 1-2:30 pm; Chair Yoga, 1 pm**Friday:** Craft Class(TBA); Bingo, 9:30 am;

Line Dancing w/Ms. Julie, 10-11:30 am (\$3);

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

Special Activities2/1 No Cost AARP Tax Preparation begins, Wednesday, February 1st
Tax Preparation with AARP professionals;

BY APPOINTMENT ONLY, Contact Nicole 607-785-1777

2/2 No Cost Legal Aide Appointments 9:00am-11:30am,
BY APPOINTMENT ONLY, Contact Nicole 607-785-1777

2/8 National Guard: Disaster Preparation Presentation 1:00 PM

2/9 Social Connections (Women's Group): 1:00pm,

Visions Presentation: SCAMS, 11:00am,

Philly Cheesesteak Day, 12:00 pm

2/14 Valentine Party; 12:00pm.

2/14 Downsize & Declutter 3:00pm

2/15 11:00 am-12:00 pm Chat 9:00 AM - 12:00 pm

2/22 Lyceum: Netherlands 10:00 AM - 12:00pm

2/23 Social Connections (Women's Group): 1:00pm

2/28 Therapy Dogs 12:30pm

DEPOSIT (607) 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tues & Thurs, 10:00 am - 2:00pm**Lunch served at 12:30 pm****Weekly Activities****Tuesday:** Balance/Strength for Seniors, 10:30 am – 11 am;

Bingo, 1 – 2 pm

Thursday: Wii Bowling, 10:30 am – 12 pm**Special Activities**

2/9 Line Dancing from 11 am-12:15 pm

2/14 Valentines Day Breakfast for Lunch with

Bingo immediately following, 11:00 am-12:00 pm

NORTH SHORE (607) 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00 am - 2:00 pm**Lunch served at Noon****Weekly Activities****Monday:** Bingo or Shuffleboard, 10-11:30 am**Tuesday:** Wii Bowling, 10-11:30 am**Wednesday:** Crafts & Gardening, 10-11:30 am**Thursday:** Wii Bowling, 10-11:30 am**Friday:** GREED – Dice Game, 10-11:30 am**Special Activities**

2/3 National Wear Red Day, 10:00 am

2/7 Valentine decorating, 10:30 am

2/9 Wii Tournament (this will be the last day of the tournament),
10:00 am

2/14 Valentine's Day Luncheon, 10:00 am

2/15 Nutrition Education with Kathleen
from Cornell Cooperative Extension, 10:30 am

2/21 Mardi Gras- Fat Tuesday, 10:30

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

2/1 Game Day, 10:00 am

2/14 Valentines Luncheon with entertainment
by Johnny Only, 12:00 pm

2/17 Gnome craft with Marie, 12:00 pm

2/22 Brown bag guessing game with prizes, 10:30 am

JOHNSON CITY (607) 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Thurs 9:00 am - 4:00 pm; Fri 9:00 am - 2:00 pm**Lunch served at 11:45 call 607-797-1149****Weekly Activities****Monday:** Guitar Group, 9am – 12 pm (\$2);

Watercolor Painting, 9:30 am – 11:30 am (\$3); Gentle Yoga,

9:30 am – 10:30 am (\$3); Line Dancing, 10:45 am – 11:45 am (\$3);

Knitting and Crocheting, 11:30 am – 1:30 pm(no fee);

Bonesavers, 1 pm – 2 pm

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

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

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

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

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

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

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

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

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

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

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

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

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

Special Activities

Poetry Group, Call for dates

2/1 Lyceum (The Family Finally Goes to Fondi!), 10:00 am- 12:00 pm

2/1 The Medicine Shoppe (glucose, blood pressure,
and O2 checks), 10:00 am- 12:00 pm

2/5 “Snowflake Follies”

with Blue Velvet Big Band, 2:00-4:00 pm, \$10 Admission

2/6 Bingo Returns: board sales, 12:30-1:30; games played, 1:30-4:30

2/6 Stay Healthy Caregiver Support Group (in person), 1:00 -2:30 pm

2/13 Bingo, Monday, 12:30-1:30 board sales; 1:30-4:30 games played

2/14 Valentine's Day Party, 11:00

2/16 Legal Aid, 9:00 am-12:00 pm

(Call for appointment) (607) 797-3145

2/21 Visions Federal Credit Union

(Identity Theft Presentation), 10:30-11:30 am

2/22 Haircuts, (call for appointment), 10:00-11:30 am (607) 797-3145,

Lyceum (The Netherlands), 10:00 am-12:00 pm,

Cornell Cooperative Extension Broome County – Nutrition

Education with Kathleen Cook (Using the Nutrition Facts Label to

Guide Your Food Choices), 12:30-1:00 pm, Book Club

(The Ritual Bath by Faye Kellerman), 3:00-4:00 pm

2/27 Bingo: Monday, board sales, 12:30-1:30 pm;

games played 1:30-4:30 pm

Cold Weather Safety for Older Adults

Older adults can lose body heat fast-- faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places and pay attention to how cold it is where you are. Here's some tips to keep yourself warm this season.

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers.
- Make sure you eat! Consider hearty, warm soups and stews!
- Bundle Up on windy, cold days! If you have to go out, dress for the weather including a hat, scarf and jacket.
- Change your clothes right away if you get wet or damp.

FINANCIAL ASSISTANCE WITH HOME HEATING COSTS

REQUEST AN APPLICATION NOW FOR PROGRAM STARTING NOVEMBER 1st

The Home Energy Assistance Program (HEAP) provides a federally funded one-time grant towards the cost of winter home heating for eligible homeowners and renters. The 2022-2023 Regular HEAP season opens on November 1st, 2022, and will go until March 15th, 2023, or when funds are exhausted.

To Apply Online: www.mybenefits.ny.gov

Age 60 and over or those receiving permanent disability income (SSD or SSI): Call the Broome County Office for Aging at 607-778-2063 for a paper application to be mailed to you.

Under age 60 and not disabled: Call the Career & Community Services Center of Broome County (formerly known as DSS) at 607-778-1100, extension 8 to request a paper application to be mailed to you.

* Please note that families receiving ongoing Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not need to apply.

Information reprinted from
<https://www.nia.nih.gov/health/cold-weather-safety-older-adults>

Financial Information Programs Presented by Visions Federal Credit Union



Identity Theft Presentation:

This presentation will cover an overview of what identity theft is, how it happens, what you can do to defend yourself against it, and where you can find resources to learn more.

- February 9th, 11 am – 12 noon: Broome West Senior Center, Endwell
- February 15th, 10 – 11 am: Vestal Senior Center
- February 21st, 10:30-11:30 am: Johnson City Senior Center

Feeling Down? Help is Available

Take a moment to think about what you're thinking about. Are you overwhelmed by stressful, anxious, or depressing thoughts? We all feel stress from time to time, but it is important to be aware of our mental health, especially when an ordinary bout of the blues intensifies rather than fading away.

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.

Make the Most of Your Electronic Devices to Connect with Others

During winter, virtual programs are available to keep you engaged while you spend more time indoors. To learn more before you enroll or to receive help setting up your access to these programs, please call the Broome County Office for Aging at (607) 778-2411 or email ofa@broomecountyny.gov

✿ VSC Selfhelp: Virtual Senior Center Program

The Virtual Senior Center (VSC) is a community-building platform that helps older adults connect and engage with each other through virtual or hybrid classes and events. VSC offers daily online activities, including: chat groups, exercise, art, crafts, history, science, and music classes.

- To see the full class schedule, please visit <https://www.vscm.selfhelp.net/calendar>
- To enroll in the VSC, please call the Broome County Office for Aging at (607) 778-2411 or email ofa@broomecountyny.gov

➦ Get Set Up

Get Set Up is a place for active older adults to learn, connect and share with peers in small, intimate class settings. Class topics include a wide variety of subjects, including: fitness, history, cooking, music, computers, and technology. Older adults who reside in NY State can also take advantage of free classes.

- To see the full class schedule, please visit <https://www.getsetup.io/schedule>
- To enroll in Get Set Up, please visit <https://www.getsetup.io/partner/nystate>

© Senior Planet: AARP

Senior Planet offers free classes that encourage older adults to learn new skills, save money, get in shape, and make new friends.

- To see the full class schedule and enroll, please visit <https://seniorplanet.org/>

“Aging is an extraordinary process where you become the person you always should have been”

-David Bowie

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; Vestal; Northern Broome, Whitney Point; Johnson City. If you participate in this Lyceum class virtually at a participating senior center, registration is FREE of charge. Pre-registration is not required.

The Family Finally Goes to Fondi!

Wednesday, February 1st, 10 am-noon

Travel the Netherlands

Wednesday, February 22nd, 10 am – noon

Southern Africa: Shooting the Light

Wednesday, March 8th, 10 am - noon

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>

George F. Johnson Library Technology Classes

Join classes offered through George F. Johnson Library in Endicott in the month of February:

- Amazon Fire Tablets – 2/8 @ 1pm (in person and virtual)
- Introduction to Instagram – 2/15 @ 1pm (virtual only)
- Couponing and Budgeting with Visions FCU – 2/21 @ 6pm (in person only)
- Google Search: Tips, Tricks, and Hidden Features – 2/22 @ 1pm (virtual only)
- Record Your Family's Stories and Preserve History – 2/28 @ 1pm (virtual only)

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

If you need more information or help with, contact the library at **607-757-5359** or email: gfjtechcenter@gmail.com.

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

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

One-on-One Technology Assistance

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

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

"Great people are those who make others feel that they, too, can become great."

-Mark Twain

Sudoku Answers

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

Woodburn Court 1 Apartments

Senior Housing

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Call: (607) 723-7875

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- Elevators
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proudly by Wingate!



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



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The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.

Labor is provided free of charge to eligible home owners.

- | | | |
|-----------------|----------------------|------------------|
| Leaky Faucets | Safety Devices | Railings |
| Locks Installed | Porch & Stair Repair | Wheelchair Ramps |
| ...And More | | |

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PAID ADVERTISEMENT



You're Invited to a Presidential Luncheon

*Wednesday, February 22nd at Twelve O'clock
At Participating Broome County Senior Centers*

Our vote is that you will enjoy a delicious lunch of rotisserie chicken or broiled fish w/lemon and black forest pudding for dessert. On the ballot, you will find presidential facts, trivia, games and more!

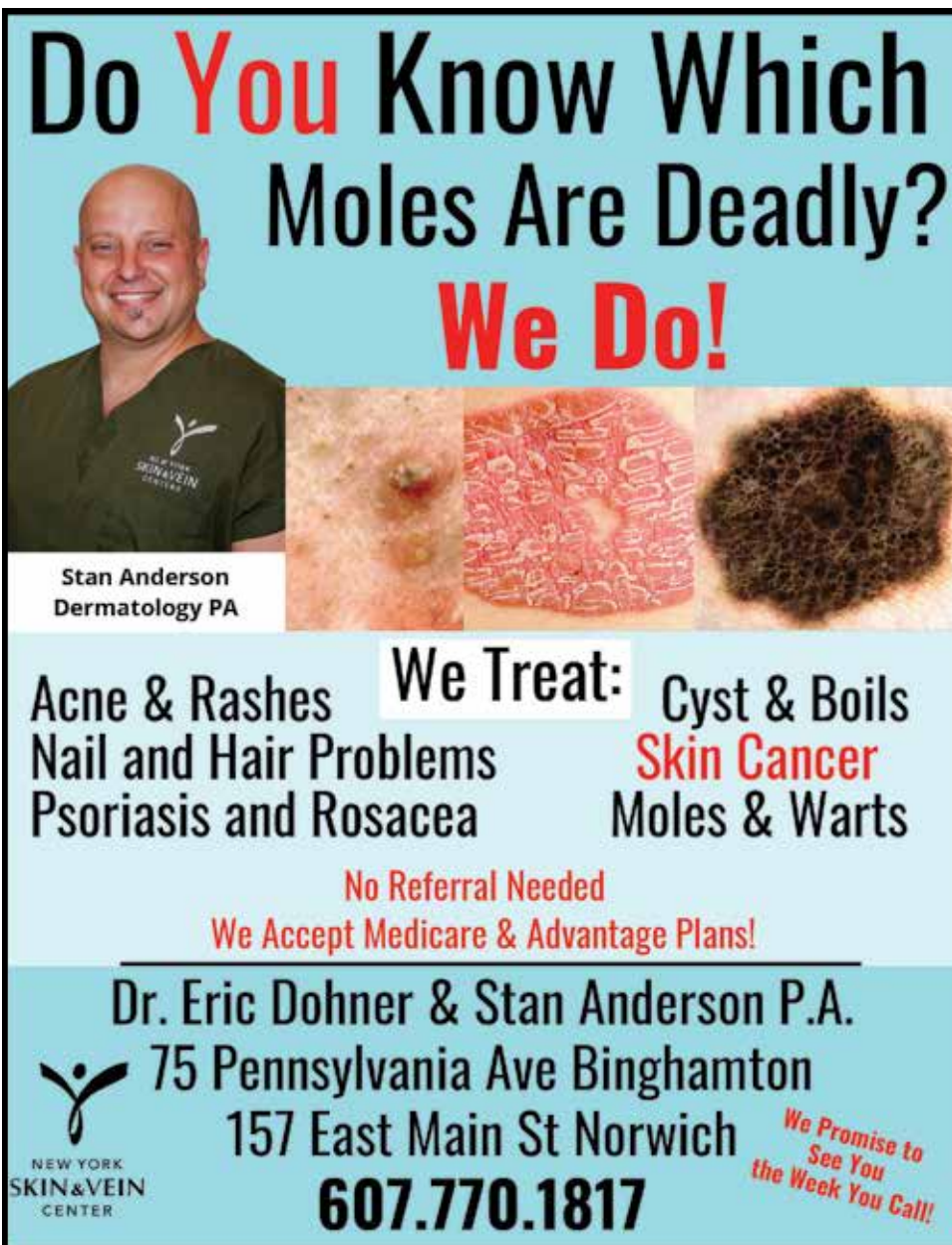
Lunch reservations are needed and can be made by calling the senior center of your choice by noon on February 21st.

**Presidents' Day
February 20th, 2023**

Presidents' Day was first celebrated as a federal holiday in the United States in 1885, as recognition of President George Washington's birthday. In the late 1960's the holiday was adapted to include President Abraham Lincoln's birthday and was a part of the congressional proposal known as the Uniform Monday Holiday Act. The change was seen by many as a novel way to create more three-day weekends for the nation's workers, and it was believed that ensuring holidays always fell on a weekday would reduce employee absenteeism. The Uniform Monday Holiday Act passed in 1968 and officially took effect in 1971.

Adapted information <https://www.history.com/topics/holidays/presidents-day>

The Office for Aging and all Broome County Senior Centers will be closed on Monday, February 20, in observance of Presidents' Day, but you can stay connected by checking out our Facebook page, Broome County Office for Aging.



Do You Know Which Moles Are Deadly? We Do!

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Dermatology PA

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75 Pennsylvania Ave Binghamton
157 East Main St Norwich
607.770.1817

We Promise to See You the Week You Call!



Ask the Office

Technology overwhelms me! I was recently gifted a tablet and I don't know how to use it. Are there any local classes that can help me navigate my Amazon tablet?

Answer:

Technology can be difficult to understand and intimidating at times. The Office for Aging and the George F. Johnson Library offer classes to help you understand electronic devices, hidden features, tips, and tricks for navigating the internet.

The Office for Aging invites you to learn more about your Amazon Fire Tablet – 2/8 @1pm (in person and virtual), at the George F Johnson Library. A virtual presentation about Google search, will be held 2/22 at 1:00 pm.

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 the GFJ Library **607-757-5359** or email gjtechcenter@gmail.com.

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.

Broome County
Office for Aging 

Looking for Answers? Ask the Office!

Send questions to Broome County Office for Aging:

 PO Box 1766, Binghamton, NY 13902

 ofa@broomecountyny.gov

Philly Cheesesteak Day

**Broome West Senior Center
Invites you February 9th**



Lunch will be served at 12:00

Reservations are appreciated, but not required. There is a suggested contribution of \$4.50 for those age 60+. \$5.50 for those who are not yet age 60.

Fitness February

Need help with your New Year resolution? Many senior centers offer fun classes that will not only help you physically, but will also keep you socially connected. Here are just some of the fun classes being offered in 2023:

Bingocize®- A 10-week evidence-based program that combines the game of bingo and exercise with health education. This program promotes physical fitness, health knowledge and social engagement. There is no fee for this class. *Pre-registration required.*

Tai Chi for Beginners - An 8-week evidence-based program offered at various Senior Centers in 2023, featuring Sun-style Tai Chi movements proven to prevent falls and particularly beneficial to those with arthritis. Pre-registration required.

Walk with Ease - A 6-week evidence-based program offered in a group setting outdoors with the leadership of a walking coach, proven to reduce the pain of arthritis and improve your overall health. Enjoy stepping your way to wellness with the friendly support of your peers, and learn goal-setting strategies and fitness tips along the way. Pre-registration required.

For a full listing of all Health and Wellness activities, please refer to page 2 of the *Senior News*.

To pre-register for an evidence based class, including Bingocize, Walk with Ease, or Tai Chi for Beginners: Call **(607) 778-2411**.

Are you looking to step into the New Year with something more traditional? Join our at-home exercise program.



Our at-home exercise booklet is a great tool for staying active in the comfort of your own home. Simply call the Office for Aging at **(607) 778-2411** to request a paper copy of the booklet. The booklet will include activities with picture demonstrations so that you can follow along at home without any special exercise equipment. You will learn convenient ways to keep moving each day, such as doing chair exercises and stretches. You can exercise conveniently at your own pace as it fits into your day.



Amanda VanFossen,
NYS Licensed
Hearing
Aid Dispenser



Amanda Levy, Au.D.
Doctor of
Audiology

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Laugh Break!

What do you call two birds in love?

Tweethearts!

Be a Classroom Grandparent and get paid!

Experience the joy of making a difference in the life of a child in an elementary school or Head Start program. You will receive training, a stipend of \$3.15 per hour that does not affect income-based assistance programs, and paid time off.

Currently recruiting for elementary schools in the following districts:

- Susquehanna Valley
- Chenango Forks
- Windsor
- Vestal

Join the Foster Grandparent Program!
Call: (607) 778-2089



February 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.*

| | | | | |
|---|--|---|---|--|
| | | Rotisserie Chicken 1 Roasted Potatoes Winter Squash Peach Crisp | Ziti Sausage Bake 2 Wax Beans w/Pimento Garden Salad Sugar Cookie | Teriyaki Chicken 3 OR Broiled Fish w/Lemon Brown Rice Pilaf Oriental Blend Vegetables Strawberry Shortcake |
| Cheesy Shells Casserole 6 Minestrone Soup Pears Double Chocolate Cookie | Beef Stroganoff 7 Over Noodles Diced Beets Pineapple | Roast Turkey 8 Mashed Potatoes Brussels Sprouts Pumpkin Bar | Baked Ham 9 OR Citrus Pollack Scalloped Potatoes Cut Green Beans Peach Cobbler | Breaded Fish 10 OR Pub Burger Baked Beans Garden Salad Mandarin Oranges |
| Meatball Sub 13 Harvest Vegetable Soup Spinach Lemon Pudding | Happy Valentine's Day! Broiled Fish 14 OR Chicken Breast w/Cranberry Glaze Brown Rice Pilaf Carrots Eclair | Liver w/Onions 15 OR Chicken Marsala Mashed Potatoes w/Gravy Peas Sherbet Cup | Turkey & Provolone 16 On Marble Rye Stuffed Pepper Soup Pears Apple Cranberry Cobbler | Pork Loin 17 OR Citrus Rubbed Pollack Baby Red Potatoes French Cut Green Beans Peaches |
| Center Closed 20 In observance of President's Day | Classic Beef Chili 21 Baked Potato Cottage Cheese Applesauce | Presidential Luncheon Broiled Fish 22 OR Rotisserie Chicken Mashed Potatoes Broccoli Florets Black Forest Pudding | Beef Stew over Biscuit 23 Green Beans Warm Spiced Pears | Halupki 24 OR Breaded Fish Mashed Potatoes Peas Pineapple Upside Down Cake |
| Pierogies w/Kielbasa 27 California Blend Vegetables Cranberry Juice Chocolate Chip Cookie | Chicken & Biscuits 28 Carrots Gingerbread Cake | Need to Reduce Sugar and Calorie Intake? We offer a no-concentrated sweets (NCS) dessert option for those who are watching sugar and calorie intake. If you would like to take advantage of this option, please tell the receptionist at the center that you would like the NCS lunch. | | |

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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