



Visit Our Website at www.gobroomecounty.com/senior

A New Year of Possibilities

Broome Age-Friendly Project Update

In 2022, Broome County continued working towards becoming a more age-friendly community. Since the Broome Age-Friendly Action Plan received approval from AARP in the fall of 2020, work has been done on a wide range of goals related to information and communication, community supports and health services, respect, social inclusion, civic participation, and employment, transportation, housing, and outdoor spaces and public buildings. Progress has been made through the work and collaboration of many organizations, community volunteers, county and municipal staff, Binghamton University professors and interns, and the Office for Aging.

In January 2023, the Broome Age-Friendly Project website page will include a status update on implementation of the action plan during calendar year 2022. You can view this update at the website listed below. If you do not have access to the internet, call 607-778-2411 for a copy to be mailed to you.

If you would like to assist with implementation of the action plan, please email OFA@broomecountyny.gov or call 607-778-2411.

Broome Age-Friendly Project website:
<https://www.gobroomecounty.com/senior/Age-FriendlyCommunityInformation>

Inclusivity Workshop - Free Virtual Event

This training will cover:

- Best practices of inclusive programming
- Administrative practices that promote inclusion
- How to create more functional and inclusive facilities, beyond ADA guidelines

Who should attend?

Parks and recreation staff, municipal and county staff and board members, community volunteers, nonprofit and business professionals, library staff, event planners, and more are encouraged to attend.

Presenter: Megan Olmstead

Person-Centered Community Advocate for Behavioral Health and Certified Inclusivity Assessor with Broome County Mental Health • broomeincludes.org

RSVP: Call 607-778-2411 to register **When:** February 15, 2023 from 2:00-3:00 PM

Where: Zoom or Phone, link will be sent after registration

Sponsored by:



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Age-Friendly Broome County
A Community for Everyone



Hawaiian Luau At Participating Broome County Senior Centers Wednesday, January 25th (Thursday, January 26th in Deposit)

Get out of the cold and join us for a day in "Hawaii" with tropical adventures, including island music and other festivities (activities vary by center). A special Hawaiian themed lunch will be served around noon. Come dressed in your Hawaiian shirts and skirts.

Call the senior center of your choice for a lunch reservation. The senior center telephone numbers are listed in the "Look What's Happening at the Centers" pages of this paper.

Deadline for lunch reservations is noon on Tuesday, January 24th. Lunch is \$3.50 for people 60 years and older; \$4.50 for all others.

On Monday, January 16, we pause to pay tribute to the contributions of Dr. Martin Luther King, Jr.

Let us remember Dr. King's wise words about helping others and building caring communities:

"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

May the legacy of role models like Dr. King continue to inspire us in all that we do.

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!



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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 students' ability.

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

Beginner Gentle Yoga

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

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

Monday 9:30 am Johnson City Senior Center

Friday 10:00 am Johnson City Senior Center

Bonesaver Class

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

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

Mon & Wed 1:00 pm Johnson City Senior Center

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

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

Line Dancing

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

Monday 10:45 am Johnson City Senior Center

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

Zumba

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

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

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

Low-Impact Aerobics

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

Thursday 10:00 am Johnson City Senior Center

Tai Chi

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

Thursday 1:00 pm Johnson City Senior Center

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

Chair Exercise

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

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

Tues & Fri 12:30 pm Johnson City Senior Center

Drum Exercise Class

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

Monday 1:30 pm Northern Broome (Whitney Point)

Virtual Zoom Classes

ZOOM Chair Exercises

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



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

ZOOM Chair Drum Exercises

Tuesday 10-10:30 am

ZOOM Chair Yoga

Friday 10-10:30 am

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

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

Walk with Ease Meeting at the Oakdale Mall in Johnson City Jan 23 – Mar 1, 2023 Mondays, Tuesdays & Wednesdays 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.

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.

- January 12th Endicott River Walk
Meet in parking lot at south end of South Roosevelt Ave across from Riverview Drive.
- January 26th Spring Forest Cemetery
Meet at entrance arch on Mygatt Street.
- 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.

Caregiver Corner

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

Introduction to Chair Yoga

Led by Jim Holley, Yoga Instructor

Date & Time: Wednesday, January 18th, 1-2:30 PM

Location: Broome County Public Library - 185 Court Street Binghamton, NY 13901

Chair yoga is a low-impact exercise comprised of various poses and stretches and is an excellent way to reduce stress, increase flexibility/balance, and build strength. Incorporating chair yoga into your daily routine can also help manage health conditions such as chronic pain, arthritis, and diabetes. Join us for this interactive event to experience the benefits of chair yoga! Please speak to your healthcare provider to see if chair yoga is right for you.

Pre-registration is required; please call Caregiver Services at (607) 778-2411.

Evening Caregiver Chats on Zoom

The Broome County Office for Aging is pleased to announce evening Zoom chats for caregivers. OFA will host the Zoom chats on these dates during the winter and early spring:

- Tuesday, January 24th, 6:30 pm
- Tuesday, February 28th, 6:30 pm
- Tuesday, March 28th, 6:30 pm
- Tuesday, April 25th, 6:30 pm

To Join: Preregistration is required. Please email Shellie Spinelli at Machelle.spinelli@broomecountyny.gov Once registered, use the following Zoom meeting ID and password to log in:

- **Zoom meeting ID:** 516 612 4570
- **Password:** 037464

The Stay Healthy Caregiver Chat:

Date: Monday, January 9th

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, January 18th

Time: 9:30-11:00AM

Zoom meeting ID: 516 612 4570

Password: 037464

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

Scams of the Month

Random Text Message Scam

The Federal Trade Commission is reporting an increase in people getting text messages that look like they are coming from well known businesses such as USPS, Home Depot, Amazon and others. The text messages can be different each time, but the senders always want one of two things: money or your personal information. These texts will claim that a package was not delivered, that you are being charged for something, or that you need to fill out a survey. They often include a link to a website. Remember, do not click on the link. If you are concerned about a delivery or an item you purchased, you can always contact the business directly to speak with a customer service representative. So, do not trust random text messages from companies.

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.

Wanted: Crockpot Recipes! Submit a Favorite Slow Cooker Recipe & Enter Drawing to Win a Crockpot

The Office for Aging invites you to send in a favorite slow cooker recipe. Are you the chili master in your family? Or, is your pot roast the best? Share it with us! Submit a recipe with ingredient list and cooking instructions by Friday, January 13, 2023. By submitting, your name will be included in a prize drawing to win a brand new crockpot. Winner of the drawing will be announced on our Facebook page and also in the Senior News. In addition, first names of contributors and their recipes may be featured in a future edition of the *Senior News*.



Send your name, phone no. & recipe to:
Broome County Office for Aging
PO Box 1766, Binghamton, NY 13902
Attention: Senior News

Or email: ofa@broomecountyny.gov

By submitting an entry, you allow the Office for Aging to use, publish and copyright your first name and submission in print and/or electronically. You agree that Broome County Office for Aging may use such content with or without your name and for any lawful purpose, including publicity, advertising, education, social media and web content. You hereby hold harmless, release, and forever discharge Broome County and Office for Aging from all claims, demands, and causes of action which you, your heirs, representatives, executors, administrators, or any other persons acting on your behalf or on behalf of your estate have or may have by reason of this authorization.



Local bus travel groups are taking a break for winter. You can still travel virtually through the Lyceum Program! The winter program schedule is located on Page 4 of this publication. The virtual presentations can be viewed at participating senior centers, so you won't need your own electronic device or Internet connection to join in.

Events at the Centers

Breakfast for Lunch

Monday, January 23, 10:30 am – 12:30 pm
Broome West Senior Center
Enjoy a delicious made to order breakfast featuring omelets.

Lunch and Musical Entertainment by Friday at Fred's

Friday, January 13, 12:30 pm
Eastern Broome Senior Center
Enjoy lunch and music, please be sure to make your reservation at least one day in advance.

Breakfast for Lunch

Tuesday, January 17, 11 am - Noon
Deposit Senior Center
Enjoy a delicious made to order breakfast. Reservations are appreciated but walk-ins are welcome.

Lunch and Musical Entertainment First Ward Senior Center

Wednesday, January 11 enjoy Mike's Jukebox at Noon
Monday, January 23 enjoy Movin' On at Noon
Please call the center at least one day in advance to reserve your lunch, menu is on the back page of this publication.

"Snowflake Follies"

Sunday, February 5, 2:00-4:00pm
Johnson City Senior Center
Escape the winter blues for this afternoon of fun. Whether you're listening or dancing, the Blue Velvet Big Band is sure to entertain. \$10 admission; refreshments for sale.

Pizza Luncheon

Thursday, January 26, 12 pm
North Shore Towers Senior Center
Enjoy pizza and sides, be sure to make your reservation at least one day in advance.

Evening Meal & Bingo

Tuesday, January 17, 4:30 pm
Northern Broome Senior Center
Come enjoy a delicious meal of shrimp alfredo or baked ham and play gift card Bingo! Please call the center to make your reservation by Monday, January 16.

Pizza or Chef Salad Lunch Special

Friday, January 27, 11:15 am
Vestal Senior Center
Whether your preference is pizza or a fresh salad, a delicious meal awaits you. Reservations are appreciated. Consider staying for a spirited game of Bunko following lunch.

Tai Chi for Arthritis Program

Offered by:
The Southern Tier Community Center (STCC) & The Retired & Senior Volunteer Program (RSVP)

Dates: January 23, 2023 - March 17, 2023
Days and Time: Mondays & Fridays 10:00AM - 11:00AM

Location: Southern Tier Community Center (STCC)
1 Clubhouse Road
Endicott, NY 13760

The Tai Chi for Arthritis Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

This class, led by a certified instructor, includes: warm up and cool down exercises and six basic core movements. To register, or for more information/questions contact Donna at (607)785-4747 or email: frye.donna@rocketmail.com



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.

Goin' Out West: National Parks of the Great Northwest

Wednesday, January 18th, 10 am-noon

Jonathon Cohen and Rhonda Branca take a photographic journey to the National Parks of North Dakota, South Dakota, Wyoming, Montana, Idaho, and areas in between!

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>

The Role of Food and Your Health: Start an Upward Cycle!

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

Did you know that you can make choices in your eating habits that will begin an upward cycle of improved health? The food you eat affects your energy levels, mental and emotional health, and your body's ability to heal and be strong. By making a conscious effort to eat the beneficial foods and *not* what may be harmful, you can become more able to continue those healthy habits.

Feeding your brain with fish, lean (non-fatty) meats, eggs, beans, and nuts will give you the protein power to think clearly. Water is also essential to having a healthy brain and healthy body overall. Drinking water when you feel worn out gives you a boost of energy, and a snack that includes protein and a fruit or vegetable will further help you feel well.

Eating whole grain foods like brown rice and oatmeal help your body feel satisfied longer and not quickly hungry again. The fiber in those grains and whole fruits and vegetables also helps to clean out the saturated fats and other substances our bodies need to eliminate. Whole grain crackers eaten with some low-fat cheese is a healthy choice because there is both protein and fiber in the combination.

Unfortunately, many foods that are packaged for convenience are highly processed, containing high levels of sugar, sodium, and saturated fats and lacking in the fiber, vitamins, and minerals our bodies need to function well and be healthy. A steady diet of these foods can lead to high levels of cholesterol or cause weight gain which can lead to other health problems like diabetes and high blood pressure.

Choosing to limit sweetened drinks, added sugars, fatty foods, processed meats and sodium will cut down on the draining effects these substances have on you. You can rise above feeling unable by rejecting the downward spiral and taking steps to begin the upward one instead. Remember: What you eat, or don't eat, matters. Take ONE step today toward a healthier you!

Technology Classes Offered by George F. Johnson Library

In the month of January, technology how-to classes will be offered either in person or virtually on Zoom at the George F. Johnson Library in Endicott.

January's class topics include:

- Introduction to Windows 11
- Apps for Health and Fitness
- Easy Email with Gmail

Also, open hours will be offered regularly throughout the month for one-on-one tech help. For more information, including the dates and times of specific classes, please contact the library at 607-757-5359 or email gjitechcenter@gmail.com.



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Palliative Care or Hospice... which one to choose?

Many people think that **Palliative Care** and **Hospice** are “one and the same” and use these terms interchangeably. They are two distinct types of care, which share similar goals. Both services provide comprehensive care to the seriously ill with the goal of optimizing quality of life. Both make symptom management and emotional support to the patient and caregivers a priority and provide care using a team approach to support the patients’ goals. However, there are unique differences that will help you decide which service is appropriate for you or a loved one...

Palliative Care is appropriate for someone at **any stage** of a serious illness - even when the condition is first diagnosed. Palliative Care can be provided while a patient is pursuing aggressive treatment for their illness, such as a person with cancer receiving chemotherapy, or a person with kidney failure who is on dialysis. Palliative Care helps with advanced care planning and helps patients and families make difficult medical decisions that align with their values and goals. Lourdes Palliative Care involves routine visits with a Physician or Nurse Practitioner with additional support provided by social work or spiritual care team members.

Hospice care is for those who are in the end stage of an illness and have chosen to **focus on comfort** rather than curative treatment. The goal is to help people live as well as they can. Hospice support can and should be accessed when the prognosis is 6 months or less. Lourdes Hospice provides nursing, social work, spiritual care, home health aide and volunteers to assist with personal care or provide companionship or respite. Necessary medications and medical equipment are also included.

Lourdes is pleased to be able to provide both Palliative and Hospice in a variety of settings. If you have questions or think one of these services could help you, please call **Palliative Medicine at 607-798-5418 or Hospice at 607-798-5692.**

Dana Rose, RN, MHPC

Seasonal Blues? 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.

Mark Your Calendar! Upcoming Community Events

Binghamton Black Bears Hockey

Visions Federal Credit Union Veterans Memorial Arena

Multiple Dates: January 6, 7, 14, and 27

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/>

Amadeus

The Cider Mill Stage

2 Nanticoke Avenue, Endicott

Performances are January 20-29, 2023

Peter Shaffer’s Amadeus is a reimagining of the lives of Antonio Salieri and Wolfgang Amadeus Mozart. In the court of the Austrian Emperor Josef, Antonio Salieri is the established composer. Enter the greatest musical genius of all time: Wolfgang Amadeus Mozart. Salieri has given himself to God so that he might realize his sole ambition to be a great composer. Mozart is a foul-mouthed, graceless oaf who has that which is beyond Salieri’s envious grasp: Genius. Tickets are \$25. The box office can be reached at 607-321-9630.

<https://cidermillstage.com/#shows>

Phelps Mansion

191 Court Street, Binghamton

Performances are January 20-29, 2023

Step back in time and experience the Gilded Age. Once referred to as “Mansion Row,” Sherman D. Phelps and his family built their home during this era. Now the last of its neighbors, this historic home has been preserved and is open to the public for tours, exhibitions, educational programs, and events. Admission is \$5 per person. Admission is free to any visitors using the SNAP program. Tours are offered at 11am, 12:30pm, 2pm, and 3:30pm. Walk-in tours are accepted based on availability. The mansion is fully accessible with lift access to the first and second floors. The mansion can be reached at 607-722-4873.

Can’t go to the museum, take a virtual tour online at

<https://phelpsmansion.org/education/virtual-tour/>

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.

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

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:



Deposit Senior Center-

Thursday, January 5th at 12pm

North Shore Towers, Binghamton-

Thursday, January 12th at 11am

N. Broome Senior Center, Whitney Point-

Mon, January 23rd at 12pm

Broome West Senior Center, Endwell-

Friday, January 20th at 12pm

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.

Financial Information Programs Presented by Visions Federal Credit Union

VISIONS

FEDERAL CREDIT UNION

Budgeting Presentation:

This presentation will guide participants in becoming "financially fit," teach you how to track your income and expenses, and how to successfully create a budget. Join us at one of these locations for this presentation:

- January 11th, 11:45 am – 12:45 pm: Vestal Senior Center
- January 17th, 11 am – 12 noon:
Broome West Senior Center, Endwell
- January 24th, 10:30 – 11:30 am: Johnson City Senior Center

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

Between the Lines Intergenerational Discussion Group

Seeking Older Adult and High School/College Participants

During friendly group meetings, students and older adults will increase their knowledge and learn from each other on a variety of topics. Through literature and lively discussion, the group looks to foster a community of citizens with the tools to understand each other and create positive change.



Meetings will take place on the following Saturdays from 10 am to noon: 1/7 and 1/28. There will be discussion of the Great Depression and perceptions of the economy across different generations. We'll also discuss the book *Now in November* by Josephine Johnson. It is not necessary to have or read the book. The book is available at the Vestal Public Library.

Hope to see you there!

Vestal Public Library
320 Vestal Parkway E, Vestal

Light Refreshments Provided

Questions? Call: 607-797-3145 or

Email: betweenthelines607@gmail.com



New Year Goals Downsize & Declutter Discussion Tuesday, January 10th at 3 pm

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

Start the new year off by looking at your downsizing goals. At this meeting, we'll begin with an examination of what items fall into the category of clutter, and what items do not. In addition, we will feature a guest speaker from the Community Center in Endicott who will discuss locations for donating items like unwanted dishes.

Learn more on Tuesday, January 10 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.

ARE YOU LOOKING FOR AN ALTERNATIVE TO A NURSING HOME OR ASSISTED LIVING?

Do you need a little extra help with daily activities like meal preparation, housework and laundry?

Does the idea of family-style living appeal to you?

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New Year – New You!

The calendar below provides a health and wellness suggestion for each weekday of January. Follow along with us and use these tips to put your best foot forward as you start 2023. Be sure to check with your healthcare provider before starting any new dietary or fitness routine.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOOTWEAR 2 If you plan to be more active this winter, check your footwear. Wear shoes that fit properly with non-slip soles. Most falls can be prevented by using small tips like this one to make each step a safe step.	FIND A CLASS 3 Page 2 of this paper lists the health and wellness classes at local senior centers, as well as other programs out in the community. Consider joining one of these classes and add it to your calendar.	WATER UP! 4 Count how many glasses of water you drink today. Based on your doctor's recommendations, are you meeting your goal? If not, set an intention to meet that goal each day for the rest of January.	FUEL UP 5 A balanced, nutrient-dense diet will keep you energized as you work more activity into your routine. Fill your pantry and fridge with nutritious grains, fruits, vegetables, dairy and proteins. Limit process foods and added sugars.	HOUSE WALK 6 House walking is an easy way to get in extra steps when it's cold outside. For example, walk down the hall, around the dining room table, and back down the hall to the bedroom. Consider getting a step counter to track your progress.
SLEEP HABITS 9 Are you getting 7-8 hours of rest each night? This week, notice your sleep habits. Are you taking time to wind down before bed? Create a calming bedtime routine.	BUDDY POWER 10 Last Tuesday, we suggested joining a fitness class. If that worked out, great! If not, is there a neighbor or friend you can ask to go for a walk with? Exercise pals keep us motivated to stick with it.	GO VIRTUAL 11 Sometimes it's difficult to find transportation to join a community fitness class. Consider a virtual class on your laptop or tablet, right from home! See Page- for details on virtual programs.	CHORES COUNT 12 Sweeping, making the bed, vacuuming, and other chores all count as activity that keeps you moving. Make your chores as energetic as possible, and count them as part of your fitness routine.	DANCE MORE 13 Dancing is great exercise. It's not just for weddings or parties. Dancing gets us moving and makes us feel good. Pick a favorite upbeat song and move to the beat. Dance standing or sitting in a chair and tap those toes. See Page 9 for more info.
HOUSE WALK 16 Two weeks ago, we suggested house walking to get extra steps into your day. Give it another try today and pick a new route around the house.	BOOKWORM 17 The more we read, the more we learn. The more we learn, the more we can grow. Pick up a book at your local library on a wellness topic that interests you. Spend the afternoon on a chapter.	CHECK-IN 18 Take a moment to check-in with yourself. How is your body feeling? Are you getting more activity into your day? Are you eating balanced meals, drinking water, and resting well at night? If not, what needs to change?	COFFEE CHAT 19 Since completing yesterday's check-in, what have you learned about your wellness journey? Sharing our wellness goals with a trusted friend can give us support and motivation to keep going. Call a friend and chat about your progress this month. Share the struggles and the successes, and be honest.	DOCTOR IN? 20 Take a glance at this year's calendar. What routine medical appointments do you need to schedule? What cancer screenings need to be completed? Do you need to see a specialist? Take some time to schedule your appointments and stay on top of check-ups with healthcare providers.
SELF-LOVE 23 Sometimes we can be hard on ourselves when we don't meet a goal quite the way we intended. If you are struggling, choose to be as kind to yourself as you would be to someone else. Think and talk positively.	PREVENT FALLS 24 If you have tried house walking or chores for more activity this month, have you noticed any fall hazards? Remove throw rugs that might trip you up. Fix lightbulbs that have burned out. Clear out cluttered walkways. Assess your home for small improvements.	TV STRETCHES 25 Do you enjoy certain TV programs throughout the week? If so, use each commercial break to do seated stretches in a sturdy chair in your living room. Talk to your doctor about stretches that are most appropriate for you.	GROCERY STEPS 26 The grocery store is more than just a weekly errand stop. Each aisle you walk down is an opportunity to get more steps into your day. So, visit a few extra aisles this week or take an extra lap around the store before checking out at the register.	COOKING CLASS 27 Invite a friend over tonight (or this weekend) to try a new healthy recipe together. Cook together if time allows. Make a point to use a vegetable you have not had in a while. Consider it a special dining experience! Eating healthy can be fun.

MONDAY, JANUARY 30 & TUESDAY, JANUARY 31:

It's the last week of January! You have spent a whole month trying new, creative ways to stay active and be your healthiest self. Whether you made big changes or a few small ones, every positive step you take should be celebrated. Use these last two weekdays in January to reflect on where your wellness goals are headed for February and early spring. Make a plan, write it out in detail, and keep it somewhere that you will see it often. Here are a few examples to get you started:

Liz writes, "In the month of February, I will do fifteen minutes of house walking on Mondays to start the week off strong. When I do my grocery shopping on Tuesday or Wednesday, I will take an extra lap around the store to get extra steps in. I will attend the gentle yoga class at my local senior center on Fridays, as long as the weather is good. If the weather is bad, I will catch a virtual exercise class on my phone or tablet, or I will follow along to one of my DVD exercise videos. Along the way, I'll be mindful of staying well-hydrated, and I'll use a special water bottle to measure my daily intake."

Mike writes, "In the month of February, I will be more playful while babysitting my grandchildren on Tuesdays and Thursdays. I'll participate in the games they play instead of watching TV. On these two days of the week, I will use the step counter on my phone to track how many extra steps I get in while babysitting. I will also keep my snack pantry filled with less potato chips and more low-sugar dried fruits and nuts. To avoid temptation, I won't go grocery shopping when I'm hungry, and I will write a list out to follow while I shop."

Comfort Foods Reimagined

Chili, casseroles, soups and stews are the classic comfort foods that we crave during winter months. In this issue, we reimagine some of our standard recipes to cut calories, fat, and cost. Grab a bowl and a spoon and enjoy!

3-Can Chili

It's cold out. You don't want to go to the grocery store or spend a lot of time cooking. Yet, you want something delicious for dinner. Check the pantry; if you have a can of beans, a can of corn, and a can of tomatoes, you have the ingredients for a delicious pot of chili that is meatless, healthy, and satisfying.



Ingredients

- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15.5 ounces)
- 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1 can crushed tomatoes, undrained (15 ounces)
- chili powder (to taste) and other spices of your choosing

Directions

1. Place the contents of all 3 cans into a pan.
2. Add chili powder and other spices you desire to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly. Serves 6.

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

Brunswick Stew

Beef stew is a classic winter favorite, but the price of beef and the added cholesterol of red meat can get in the way of our budget and diet plan. Switch your beef stew to Brunswick stew, and still enjoy the savory, filling experience in every bowl!



Ingredients

- 1 tablespoon vegetable oil
- 1 onion (medium, chopped)
- 2 cups chicken broth, low-sodium
- 2 cups chicken or turkey (cooked, diced and boned)
- 2 cups tomatoes, canned or cooked (low sodium)
- 2 cups lima beans, canned or cooked
- 2 cups whole kernel corn, canned or cooked

Directions

1. Wash hands with soap and water.
2. Heat oil in a large pan. Add onion and cook in oil until tender.
3. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.
4. Makes 8 servings of about 1 cup each.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/brunswick-stew>

Quick and Easy Potato Casserole

This potato dish packs lots of flavor with reduced-fat cheddar cheese, onions, Italian herb seasoning, and Dijon mustard. It's a healthier replacement for scalloped potatoes, and it eliminates the mayonnaise, full-fat milk, butter, and other high-fat ingredients that we typically need for potato casserole recipes.



Ingredients

- 3 1/2 Yukon Gold potatoes (very thinly sliced)
- 1 cup onion (quartered and thinly sliced)
- 1 cup shredded reduced-fat sharp Cheddar cheese
- 1/2 teaspoon Italian herb seasoning
- 1/2 cup stock or reduced-sodium broth
- 1 1/2 teaspoons Dijon mustard
- 1/2 teaspoon garlic salt
- nonstick cooking spray

Directions

1. Spray an 8-inch microwave-safe baking dish with nonstick cooking spray. Place 1/3 of the potatoes and 1/2 of the onions on the bottom of the dish and sprinkle with 1/3 the cheese and 1/2 the herbs.
2. Repeat layers, then top with the last 1/3 of the potatoes, layering potatoes so that there is a solid layer of potatoes with no gaps; sprinkle with remaining cheese.
3. Stir together stock, Dijon and garlic salt and pour over the potatoes.
4. Cover with plastic wrap and microwave on HIGH until internal temperature registers 165°F on a food thermometer, about 20 minutes.
5. Use oven mitts or a towel to remove dish from microwave; carefully remove cover due to steam build-up and serve. Serves 6.

<https://www.myplate.gov/recipes/myplate-cnpp/quick-and-easy-potato-casserole>



Amanda VanFossen,
NYS Licensed
Hearing
Aid Dispenser



Amanda Levy, Au.D.
Doctor of
Audiology

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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.

Texas Hold ‘Em Group

Beat the winter chill and come in to play a game of cards at First Ward Senior Center in Binghamton. The Texas Hold ‘em group is in need of new players every Monday and Friday at 12:30 pm.

**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 \$16.51/hour

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-Julie S., Binghamton

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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

1/3,17 Holistic Wellness Programming (appt. required/\$3), 10-11:30 am

1/5 Executive Board Meeting, 9:30 am

1/9 Legal Aid (please make appt.), 9 am

1/11 Musical Entertainment w/Mike's Jukebox, 12 pm

1/16 Center Closed in Observation of Martin Luther King, Jr. Day

1/17 Chop & Chat (registration required by 11 am on 1/12), 1 pm

Cornell Coop. Extension Nutrition Education & Cooking Class, 12 pm

1/23 Musical Entertainment w/Movin' On, 12 pm

1/25 Hawaiian Luau Luncheon, 12 pm

1/31 Chop & Chat (registration required by 11 am on 1/26), 1 pm

BROOME WEST (607) 785-1777

2801 Wayne St., Endwell, NY 13760

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

Lunch served at Noon 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 Activities

1/5 Legal Aid (appt. required), 9 am – 12 pm

1/9,10 AARP Smart Driver Course (reservation required), 9 am – 12:15 pm

1/10 Downsize & Declutter Discussion, 3 pm

1/13 Trivia, 1 pm

1/16 Pizza Luncheon (reservations required), 12 pm

1/18 Lyceum Virtual Presentation: National Parks, 10 am

1/23 Breakfast for Lunch: Featuring Omelets or Scrambled Eggs

1/25 Hawaiian Luau Luncheon (reservations required), 12 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.

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; Progressive 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

1/4 Blood Pressure, Diabetes & Oxygen Presentation w/The Medicine Shoppe, 10 am – 12 pm

1/9 Stay Healthy Caregiver Chat, 1 pm

1/10 Chop & Chat (registration required by 1/4), 11 am

1/18 Lyceum Virtual Presentation: National Parks of the Great Northwest, 10 am

1/19 Legal Aid (reservation required), 9 am – 12 pm

1/24 Visions Federal Credit Union Financial Presentation: Budgeting, 10:30 am

Chop & Chat (registration required by 1/18), 11 am

1/25 Haircuts (appt. required), 10 – 11:30 am

Hawaiian Luau Luncheon (reservations required), 11:45 am

Cornell Coop. Extension Nutrition & Cooking Class, 12:30 pm

Note Upcoming Event:

Snowflake Follies will be held on Sunday, February 5, 2-4 pm

Entertainment by the Blue Velvet Big Band. \$10 admission & refreshments for sale. Call the JC Senior Center for more information.

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

1/9 King High Card Game, 12 pm
 1/9,23 Chop & Chat (reservation required), 10 am
 1/11 Technology Help w/Vestal Public Library, 10-11 am
 Visions Federal Credit Union Financial Presentation:
 Budgeting, 11:45 am – 12:45 pm
 1/18 Lyceum Virtual Presentation: National Parks, 10 am – 12 pm
 1/24 Vestal Senior Club Meeting
 1/25 Cornell Coop. Extension Nutrition & Cooking Class, 10:30 am
 Hawaiian Luau Luncheon, 12 pm
 1/27 Pizza or Chef Salad Special, 11:15 am
 Bunko Game, 12 pm
 1/31 Valentine Craft Making (reservation required), 10 am

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

1/26 Hawaiian Luau Luncheon (reservations required), 12:30 pm
 1/17 Breakfast for Lunch, 11 am – Noon

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: Simple Yoga 9:30 am; Shuffleboard (call ahead), 9 am
Tuesday: Breakfast, 8-9:30 am; Music Jam, 10 am;
 DMV Mobile (By Appt.), 9 am – 1 pm
Wednesday: Crafters' Group, 9-11 am; Wood Burning, 9-11 am;
 Music Jam, 10 am; Billiards, 10 – 11:30 am
Thursday: Bingo for Prizes, 10-11:30 am; Painting Group, 9-11 am
Friday: Shuffleboard ahead to sign up), 9 am; Gentle Tai Chi, 9:30 am

Special Activities

1/6 Burger Bar, 11:30 am – 12:30 pm
 1/9 AED and CPR Instruction
 w/Colesville Volunteer Ambulance Service (reservation required), 9 am
 1/11 Finance Meeting, 9:15 am
 Site Council Meeting, 10:45 am
 1/12 Falls Prevention Presentation w/United Methodist Homes, 12:30 pm
 1/13 Musical Entertainment by Friday at Fred's, 12:30 pm
 1/16 Martin Luther King, Jr. Remembrance (following lunch)
 1/18 Palliative & Hospice Care Presentation by Lourdes, 12:30 pm
 1/19 Golden Griddle Lunch Special, 11:45 am – 12:45 pm
 1/25 Hawaiian Luau Luncheon (reservations required), 12 pm
 1/26 Cornell Coop. Extension Nutrition & Cooking Class, 12 pm
 1/30 Horse, Cow & Pig Racing Game, 10:30 am

NORTHERN BROOME (607) 692-3405

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm
Senior Center Store: 9 am – 3 pm
Lunch served at Noon
Soup and Sandwich Bar: Mon-Fri, 11:30 am – 12:30 pm
Breakfast for Lunch: Thursday, 10:30 am

Weekly Activities

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

Special Activities

1/3,17 Golden Agers Meeting Days
 1/10 Fabulous Snowflakes Craft Project w/Jim Baldwin, 12 pm
 1/17 Evening Dining w/Bingo (reservations required), 4:30 pm
 1/18 Lyceum Virtual Class: Great National Parks, 10 am – 12 pm
 1/25 Hawaiian Luau Luncheon w/Trivia (reservations required), 12 pm

Note: Tai Chi for Arthritis and Falls Prevention will start January 4th and be held ever Wednesday and Friday from 2-3 pm. Please call the center to pre-register.

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

1/3 Holiday Tea and Refreshments, 10:15 am
 1/4 Cornell Coop. Extension Nutrition Education & Cooking Class, 10:30 am
 1/11 The History of the Chenango Canal Presentation
 w/Bill Tomic, 10:30 am
 1/19 Conversation & Refreshments for National Popcorn Day, 10:30 am
 Nascentia Health Information Table, 11 am
 1/25 Hawaiian Luau Luncheon (reservations required), 12 pm
 1/26 Pizza Lunch Special (reservations required), 12 pm

Grace's Place
Attention Caregivers:
Free Senior Respite is Provided by Grace Lutheran Church
Date: The 2nd Saturday of Every Month
Time: 1-4 pm
Location: Grace Lutheran Church, 709 Main Street, Vestal
Contact: (607) 748-0840 or email gracevestal709@gmail.com
Requirements: Masks and Covid-19 vaccinations are required of all participants and volunteers. Guests should be able to eat and toilet independently.
To Register: Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

Laugh Break!
Knock Knock
Who's there?
Icy.
Icy who?
Icy a January snowstorm coming!

2022-2023 Regular HEAP Benefit Amounts Increasing

All households eligible for a Regular Home Energy Assistance Program (HEAP) benefit in the 2022-2023 season, regardless of application date, will receive a new full benefit amount. For applicants on or after 12/11/22, the new full amount will be sent directly to the primary heating vendor at time of approval. For those who were approved prior to 12/11/22, a supplemental amount will be sent automatically to the primary heating vendor. There is no need to do anything to receive the supplement. The supplement will come out in early March 2023.

Below is the chart of Regular HEAP benefits for the 2022-2023 season. Please note that the increase is to the 'base benefit.' Households that include older adults or children under age 6 will also receive an add-on of \$35. Households with the lowest income will receive an additional add-on of \$41.

Primary Heating Type	Old Regular Base Benefit	New Regular Base Benefit	Supplement
Deliverable Fuels (Oil, Kerosene, Propane)	\$900	\$1,050	\$150
Deliverable Fuels (Wood, Pellets, Coal, Corn)	\$635	\$685	\$50
Utilities/Municipal Electric Heat (Natural Gas, PSC Regulated Utilities and Municipal Electric Heat)	\$400	\$500	\$100

If you would like to apply for Regular HEAP, please contact the appropriate office listed in the article on page 14.

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.

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Is Your Car Prepared for an Emergency?

Get your car ready for cold weather use before winter arrives.

- ✓ Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
- ✓ Keep gas tank full to avoid ice in the tank and fuel lines.
- ✓ Use a wintertime formula in your windshield washer.
- ✓ Prepare a winter emergency kit to keep in your car in case you become stranded.

The kit should include:

- first-aid kit
- cell phone and charger
- blankets
- food and water
- booster cables
- flares
- bag of sand or cat litter (for traction)
- compass and maps
- flashlight, battery-powered radio, and extra batteries
- plastic bags (for sanitation)

Source: www.cdc.gov/features/winterweather/

Keep Your Mind Active

People who engage in meaningful activities, like volunteering or hobbies, say they feel happier and healthier. Learning new skills may improve your thinking ability, too. For example, one study found that older adults who learned quilting or photography had more memory improvement than those who only socialized or did less intellectually-demanding activities.

Scientists think that such activities may protect the brain by establishing "cognitive reserve." They may help the brain become more adaptable in some mental functions, so it can compensate for age-related brain changes and health conditions that affect the brain.

Here are some examples of how you can keep your mind active:

- Read books
- Play games
- Take or teach a class
- Take up a new hobby
- Volunteer

You can find more ways to stay active in your community in this edition of Senior News or by visiting any of the Senior Centers throughout the county.

Adapted from: www.nia.nih.gov/health/cognitive-health

Check out our
New Year, New You
calendar on
page 7

HAIR @ HOME
 Attention Men and Women!

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Make the Most of Your Electronic Devices to Connect with Others

This winter, virtual programs are available. 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/>

Sudoku Answers

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

Yesteryears Social Adult Day Program

- Two Locations
- Socialization
- Activities for Body & Mind
- Caregiver Respite

Broome County
Office for Aging 

Avoiding the Hazards of Winter for Older Adults

Winter is a special time for celebration. It should also be a time for added caution if you or someone in your family is an older adult. It is the season for falls, slips on icy streets and other dangers that can be especially harmful for older adults.

"Something as simple as a fall can be devastating for older men and women," says Dr. Evelyn Granieri, Chief of Geriatric Medicine and Aging at NewYork-Presbyterian/The Allen Hospital and Assistant Professor of Medicine at Columbia University Medical Center. "Before the cold weather arrives, it is important to prepare."

Dr. Granieri addresses some of the most pressing concerns mature adults have about their health and safety during the winter:

The flu. Influenza is a serious illness that can be fatal in older adults, who often have chronic medical conditions. The vaccine offers some, if not complete, protection against the flu and its consequences and can be administered as early as September. The flu season begins in mid-October and runs through March.

Hypothermia. Keep your thermostat set to at least 65 degrees to prevent hypothermia. Hypothermia kills about 600 Americans every year, half of whom are 65 or older, per the Centers for Disease Control and Prevention. Also, keeping the temperature at 65 or higher, even when you are not at home, will help prevent pipes from freezing.

Icy streets. Navigating through icy streets can be intimidating. Wear comfortable shoes with anti-slip soles. If you use a cane, replace the rubber tip before it is worn smooth and becomes slippery on the wet ice. It may be a good idea to have someone walk with you during those days.

House fires. Make sure your smoke alarms are working. You should also have working carbon monoxide alarms.

Falling in the home. Winter means fewer hours of daylight. Older people often need brighter lights in the home. You may also have difficulty adjusting to changes in light, and different levels of lighting may increase the risk of slips and falls. Make sure there are no great lighting contrasts from one room to another. Also, use night lights, especially in the bathroom, and don't have loose extension cords lying around - tape them to the floor. Make sure rugs are not wrinkled or torn in a way that can trip you as you walk.

Dehydration. Drink at least four or five glasses of fluid every day. This should not change just because it is winter. You may not feel as thirsty as you do in the summer months, but as you get older, your body can dehydrate more quickly, putting you at greater risk for complications from many illnesses and changing how your body responds to some medications.

Home emergencies. For older persons living alone, it is a good idea to have a way to communicate quickly with other persons or medical personnel. If you have a cell phone, keep it handy. Another option is a personal emergency response system, a device worn around the neck or on a bracelet that can summon help if needed.

Reprinted with permission from the Caregiver Action Network. References: caregiver.com and NewYork-Presbyterian Allen Hospital

Did You Know?

Did you know that the Office for Aging has a Facebook page that provides daily information. If you would like to keep in touch with us via Facebook please check out our page Broome County Office for Aging.

STAR (SCHOOL TAX RELIEF) PROGRAMS

Basic STAR: For owner-occupied properties with adjusted gross income below \$500,000. No need to reapply.

Low Income Partial Property Tax Exemption w/ Enhanced STAR Exemption: Residents must meet 2021 income guidelines, be 65 by March 1st, have ownership for one year prior to application, and complete the renewal application.

Enhanced STAR Exemption: For owner-occupied properties, where the homeowner already has Basic STAR, is age 65 now or will be by 12/31/23, and meets 2021 adjusted gross income guidelines.

DEADLINE FOR FILING ALL EXEMPTIONS IS WEDNESDAY, MARCH 1, 2023.

For information or assistance completing initial or annual renewal applications, call your local Assessor's Office or the Office for Aging at **(607) 778-2411**.

Broome County
Office for Aging 

Are you engaged?

Keeping engaged socially is good for your health!

We are not talking about marital status. We mean, do you participate in activities that connect you with other people? As people get older, their social lives oftentimes slow down for a variety of reasons. When it is unwanted, this can lead to loneliness and isolation. Research has shown that for older adults, staying engaged in enjoyable activities can improve your physical and mental health. It is fun, and it is good for you! You might not have ever imagined that while you were singing in the church choir, or meeting with your book club, or volunteering at the animal shelter that you were improving your brain health!

There are many ways to get involved in your community. Here's some suggestions:

- Go back to school - audit a class at a local college or take a class related to a hobby.
- Participate in sports - whether tai chi or swimming, there's something for every interest and ability.
- Head outdoors - join a walking, hiking, or bird watching group.
- Make music - join a choir or band or take lessons.
- Get involved - participate with a church, temple, or other religious organization.
- Read, join, participate, or start a book club.
- Volunteer for a cause or group you're passionate about.
- Take exercise classes at a gym or at your closest senior center.
- Find (or start!) a group that fits your passion - whether it's knitting or carpentry.
- Indulge your creativity - create a themed-dining dinner club or take an art class.
- Visit a senior center.

So why not take some steps to stay connected and keep your brain healthy? You can find many opportunities in this Senior News! Or for more information, call the Office for Aging at 607-778-2411.

Reference: www.cdc.gov/features/social-engagement-aging



Question:

We just got a termination notice from NYSEG and there seems to be something wrong with my furnace. Where can I get help?

Answer:

Consider applying for HEAP Emergency Assistance and the HEAP Heating Equipment Repair and Replacement Program. HEAP stands for: Home Energy Assistance Program. Regular HEAP helps with a one-time grant towards winter heating costs. Emergency HEAP is there to help when you have loss of heat or imminent loss of heat due to a shut-off notice for natural gas or electric heat or when a household is running low on a deliverable heating source like oil, propane, kerosene, coal, wood, wood chips, or corn. Regular HEAP is currently open and Emergency HEAP opens January 3rd. Both programs are scheduled to close on March 15, 2023, or when funds are exhausted.

The HEAP Heating Equipment Repair and Replacement Program (HERR) assists when the primary heating equipment is inoperable or unsafe. Many times, a repair will bring the equipment back to full use. When this is not possible, equipment replacement may be needed. HERR can assist with repairs and replacement of a homeowner's primary heating equipment when certain conditions are met.

All HEAP programs have eligibility requirements, including the monthly income guidelines listed below.

Household Size	Maximum Monthly Income
1-person	\$2,852
2-person	\$3,730
3-person	\$4,608
4-person	\$5,485

*Higher limits for larger households

Please contact the right office to apply or call with questions:

The Career & Community Services Center of Broome County (formerly DSS HEAP) accepts applications for Emergency HEAP and Regular HEAP for homeowners and renters under age 60 and not disabled. Also apply here for the Heating Equipment Repair and Replacement Program. Call 607-778-1100, option 8.

Broome County Office for Aging accepts applications for Regular HEAP Benefits for homeowners and renters who are age 60 or over and for those who receive permanent disability income (SSI or SSD). Call 607-778-2411.

Those receiving the Temporary Assistance (TA), or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and should speak with a caseworker at 607-778-1100.

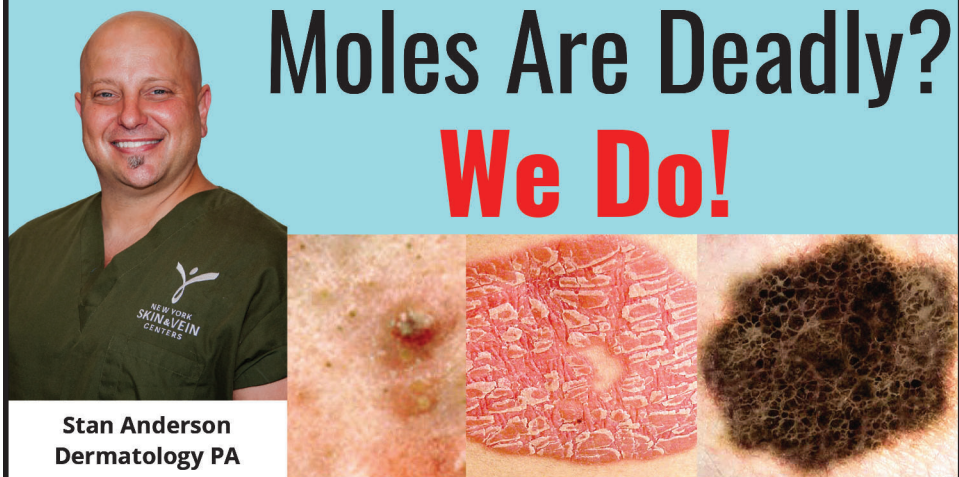
For information about HEAP, go to <https://otda.ny.gov/programs/heap/> or call one of the agencies listed above.

Broome County
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If you would like to send in a question, please choose from one of these convenient options:

- Email the Office for Aging at: ofa@broomecountyny.gov
- Write to us via postal mail at:
Broome County Office for Aging, PO Box 1766, Binghamton, NY 13902

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Stepping into the New Year with Physical Activity

Looking for a new workout routine in 2023? 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.



Make a difference in the life of an older adult

Volunteer for Meals on Wheels

Call 607-778-6206

Broome County Office for Aging 

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.



Join the Foster Grandparent Program!
Call: (607) 778-2089
Broome County Office for Aging 



LOOKING FOR A NEW FUN ACTIVITY?

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

1 **Bingo + Exercise = Bingocize** **8**
Pre-registration is required.
To sign up please contact the Office for Aging at (607) 778-2411.

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January 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.

Senior Centers Closed 2 Happy New Year!	Four Cheese Macaroni & Cheese 3 California Blend Vegetables Cranberry Juice Pears	Roast Chicken 4 Mashed Potatoes Diced Beets Oatmeal Cranberry Cookie	Swedish Meatballs 5 OR Broiled Fish Florentine Buttered Noodles Carrots Tapioca Pudding w/Oranges	Sliced Ham 6 OR Broiled Fish w/Lemon Baked Potato Broccoli Low Fat Muffin
Beef Burgundy Over Noodles 9 Brussels Sprouts Carnival Cookie	Meatball Sub 10 Minestrone Soup Garden Salad Banana	Roast Turkey 11 Apple Bread Dressing Cut Green Beans Peach Cobbler	Chicken Florentine 12 Brown Rice Pilaf Winter Squash Ice Cream Cup	Salisbury Steak 13 OR Breaded Fish Mashed Potatoes Peas Brownie
Tuna Noodle Casserole 16 Peas Orange Juice Oatmeal Raisin Cookie	Pub Burger 17 OR Egg Salad Sandwich Tomato Florentine Soup LF Cottage Cheese Pineapple	Pork Loin 18 OR Chicken Breast Mashed Potatoes Country Blend Vegetables Apple Crisp	Rotisserie Chicken 19 Baked Potato Peas Bread Pudding w/Raisins	Herbed Broiled Fish 20 OR Sausage w/Peppers & Onions Baked Beans Garden Salad Mandarin Oranges
Breaded Chicken Sandwich 23 Stuffed Pepper Soup Three Bean Salad Sherbet Cup	Halupki 24 OR Roasted Chicken Mashed Potatoes French Cut Green Beans Pears	Hawaiian Luau Pulled Pork or 25 Citrus Rubbed Pollack Roasted Red Potatoes Coleslaw Coconut Cream Pie	Meatloaf w/Gravy 26 Macaroni & Cheese Stewed Tomatoes Pumpkin Cake	Pub Burger 27 OR Tuna Salad Sausage Florentine Soup Peaches Double Chocolate Cookie
Pierogies w/Kielbasa 30 Carrots Chocolate Chip Cookie	Roast Beef & Cheese on Marble Bread 31 Broccoli Soup Three Bean Salad Applesauce	Rotisserie Chicken 2/1 Roasted Potatoes Winter Squash Peach Crisp	Ziti Sausage Bake 2 Wax Beans Garden Salad Sugar Cookie	Broiled Fish w/Lemon 3 OR Teriyaki Chicken Brown Rice Pilaf Oriental Blend Vegetables Strawberry Shortcake

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



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

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

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

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