



Visit Our Website at www.gobroomecounty.com/senior



Eat Healthy. Be Healthy.

St. Patrick's Day Luncheon

When: Friday, March 17th

Where: participating Broome County Senior Centers

Wear your green and join us for this special lunch of corned beef or beer battered fish and key lime pie cups for dessert.

A variety of St. Patrick's Day inspired activities will be happening at the centers including:

- The Johnston School of Irish Dancers will be performing at the following centers:
 - Vestal, 10 am
 - Johnson City, 12:15 pm
 - First Ward, Binghamton, 1 pm
- Irish Dance Performance, Northern Broome, Whitney Point at 10 am
- Music by Johnny O'Riley, Broome West, Endwell at 11 am
- Music by Morning Star, Eastern Broome, Harpursville at 9 am

There is a suggested contribution for lunch of \$4.50 for those age 60+ and spouse of any age. \$5.50 will be charged to those not yet 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Check out our other activities and celebrations on page 10 and 11.

Join Us

at the new Chenango Bridge Senior Center!

740 River Road, Binghamton, NY



Spend the Day Your Way!

607-663-0406

HOURS: WEDNESDAYS & FRIDAYS, 10:00AM - 2:00PM

Variety of activities will be offered including:

- Tai Chi, Bingocize, Chair Yoga and other Health & Wellness activities.
- Crafts, cards, games, and chat groups.

A hot lunch will be served around noon on Wednesdays & Friday. Reservations are needed one day in advance by 12pm.

Don't miss the Grand Opening!!!

Friday, March 17th - 10:00am - 2:00pm

Enjoy refreshments, music, ribbon cutting ceremony and more!

For more information or to make a reservation call **607-663-0406**.

Broome County
Office for Aging



COVID-19 fluctuations could postpone or cancel events/activities listed in the *Senior News*.

Please consider calling ahead to determine if events/activities you are interested in are still occurring as scheduled.

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

Like Us! Follow Us!

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

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

HEALTH AND WELLNESS

ACTIVITY SCHEDULE

Chair Yoga

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

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

Beginner Gentle Yoga

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

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

Monday 9:30 am Johnson City Senior Center

Friday 10:00 am Johnson City Senior Center

Bonesaver Class

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

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

Mon & Wed 1:00 pm Johnson City Senior Center

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

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

Line Dancing

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

Monday 10:45 am Johnson City Senior Center

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

Zumba

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

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

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

Low-Impact Aerobics

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

Thursday 10:00 am Johnson City Senior Center

Tai Chi

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

Thursday 1:00 pm Johnson City Senior Center

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

Chair Exercise

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

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

Tues & Fri 12:30 pm Johnson City Senior Center

Drum Exercise Class

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

Monday 1:30 pm Northern Broome (Whitney Point)

Virtual Zoom Classes

ZOOM Chair Exercises

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

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

ZOOM Chair Drum Exercises

Tuesday 10-10:30 am

ZOOM Chair Yoga

Friday 10-10:30 am

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

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



Falls Annual Wellness Checkup at Participating Broome County Senior Centers Wednesdays from 10 am – 2 pm

Dates:

March 15 – Vestal

March 22 - Broome West, Endwell

March 29 – Northern Broome, Whitney Point

April 12 - NST, Binghamton

April 19 – Eastern Broome, Harpursville

April 26 – Johnson City

May 3 – First Ward, Binghamton

May 9 – Deposit (Tuesday)

May 17 – Chenango Bridge

Are you interested in learning more about your balance performance? Binghamton University's Division of Physical Therapy is seeking participants for a study investigating fall risk. Activities will include testing your standing and walking balance, as well as tests of muscle strength, vision, and fear of falling.

All activities will take place between 10am to 2pm, with your personal involvement being approximately 30-40 minutes. To participate, you must be 55 years of age or older and be able to walk at least 10 feet with or without an assistive device. A \$15 gift card will be provided to all participants.

The purpose of this study is to quantify balance and walking ability among community-dwelling adults in Broome County and has been approved by the Binghamton University Institutional Review Board. For more information call the Office for Aging at (607) 778-2411 or the Motion Analysis Research Laboratory at (607)777-4700.

Interesting statistics...

- More than one third of adults 65 and older fall each year in the United States.
- Among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

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 through Friday (on days the senior center is open), 9am-2pm**. To schedule an appointment with a Lourdes provider call **607-584-5495**. You will be connected with a scheduling service that will assist you. For any other questions/concerns please call Office for Aging at 607-778-2411.

All individuals who will utilize the Lourdes TeleHealth service must wear a mask.



Caregiver Corner

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

Caregiver Event
Understanding and Responding to Dementia Related Behaviors
Presented by the Alzheimer's Association

Date: Monday, March 23rd
Time: 1:00-2:30 PM
Location: Johnson City Senior Ctr.
 30 Brocton Street
 Johnson City, NY 13790

Please join us for an educational event that will provide practical information and resources on understanding and responding to behaviors related to dementia. This event is suitable for Caregivers of individuals living with Alzheimer's disease or other dementia.

Pre-registration is required for this event. Please call the Office for Aging at (607) 778-2411.

New Evening Caregiver Chat Group
 The Broome County Office for Aging is pleased to announce a new evening Chat Group. Connect with other Caregivers while learning about programs and services to help you alleviate the stress of caregiving.

Join us at **6:30pm** via Zoom on the following dates:

March 28, 2023
 April 25, 2023

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

The Stay Healthy Caregiver Chat:
Date: Monday, March 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, March 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

Scams of the Month

Computer Tech Scams

Computer or technology scammers contact people in a variety of ways: unsolicited phone calls, pop-ups on your screen, unsolicited emails about suspended accounts. Though these scams can appear in different ways, they all have a common goal, and that is to get their hands on your personal information. These scammers will attempt to gain control over your device whether it be a phone or a computer, then they will try to gain access to your online banking or other personal information stored on these devices. They may also request money for their assistance which is another way for them to get money from you! If you are experiencing technology issues, contact the company yourself, dial their main phone number and speak with someone to ensure that you are speaking to someone from that company! If it doesn't seem right then it probably isn't right. Continue to trust your instincts!

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.



Eastern Broome Senior Center

Contact Arlene Noyes: 607-759-6306

March 29, 2023 - Yellowbrick Casino
 April 27, 2023 - Crossroads Outlet Shopping
 June 4-7, 2023 - Cape Cod

First Ward Senior Center

Contact Liz: 607-222-8440

May 15, 2023 - Turning Stone Casino
 \$25 slot play/\$5 food voucher

June 19th - Merry-Go-Round Playhouse: Evita
 Explore Skaneateles & dinner at Sprindside Inn

Johnson City Senior Center

Contact Lucy: 607-427-6143

April 4, 2023 - Lancaster – The Road Less Traveled – Part 1
 April 19, 2023 - Longwood Gardens

North Fenton Seniors

Contact Ruth: 607-648-8425
 or Donna 607-648-6071

April 17-19, 2023 - Sights and Sounds of Lancaster, PA

Port Crane Seniors

Contact Donna: 607-648-6071

March 16, 2023 - Silver Birches, "St. Patrick's Festival"

Reserve Now North Fenton/Port Crane Seniors
 September 16-23, 2023
 Eight Day Alaskan Cruise

Vestal Senior Center

Contact Nancy Deckner 607-235-3842

April 18, 2023 - Million Dollar Baby, Hunterton Hills Playhouse



North Shore Towers Greed Tournament

Friday, March 3rd from 10:00 am-12:00 pm
 Every Friday, throughout March, we will be hosting Greed Tournaments, you're invited to join in the fun!

First Ward Senior Center

Dinner with musical guest Lou Ford
 Wednesday, March 15th at 5:15 pm
 You're invited to dinner, enjoy stuffed chicken or breaded fish, musical entertainment, and Chocolate Cream pie for dessert! To make reservations please call 607-729-6214 by noon on 3/14.

Deposit Senior Center Evening Meal

Thursday, March 16th
 We'll be serving corned beef or beer battered fish, baby red potatoes, carrots, and dessert! Join us from 3:30 – 5:00 pm. Dinner reservations are needed, please reserve by noon on 3/14.

Broome West Senior Center Pizza Luncheon

Monday, March 20th at Noon
 Join us for festive food and fun!
 Please call 607-785-1777 to reserve your lunch by noon on 3/17.

Vestal Senior Center Bill Tomic presents Stories from the Titanic

Wednesday, March 29th at 10:00
 You're invited to learn more and participate in the discussion, no fee!

Eastern Broome Senior Center AARP Safe Driver Class

Thursday, March 30th
 Join us for a safe driver class, get driving tips and find out about potential insurance discounts! We'll be serving soup and sandwiches during the break! Reservations are required, 607-693-2069

Northern Broome Senior Center Whitney Point High school band

March 31st
 You're invited to enjoy a high school band performance, 12:00 pm, join us for lunch. Lunch reservations are needed, please reserve by noon on 3/30.



Senior Center Luncheon Celebrations

Thanksgiving In March
 When: Thursday, March 2nd
 We couldn't wait until November to enjoy a traditional Thanksgiving luncheon with all the fixings.

Beat the Winter Blues Day!
 When: Monday, March 20th
 Spring has officially sprung! Come and enjoy a delicious picnic type luncheon with friends!

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.

Lunch reservations are needed. Please call a participating center to make your reservation (phone numbers are listed in the Look What's Happening section of this paper).

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

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

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>

Medicare Preventive Services

Are you one of the 65 million Americans who is on Medicare? Did you know that Medicare covers many Preventive Services to help beneficiaries remain healthy? CMS Publication (#10110) titled **Your Guide to Medicare Preventive Services** details all these services offered and how frequently they can be accessed. This guide states "Preventive services can find health problems early, when treatment works best, and can help keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health."

Many of these services, including an annual "Wellness" visit are covered under Medicare Part B (Medical Insurance). These preventive services include colorectal, prostate, lung and breast cancer screenings and depression, obesity, alcohol misuse and diabetes screenings. Flu shots, hepatitis B shots, pneumonia shots, and Covid 19 vaccines are offered at no cost. New in 2023, the shingles vaccines are now covered with no copay.

If you want a copy of this publication, call Action for Older Persons (AOP). AOP is a local, non-profit that provides no-cost, unbiased information about all things Medicare in Broome County. We also screen clients for many available savings programs. Contact AOP at (607) 722-1251 to schedule a one-on-one counseling session for assistance with your Medicare questions and concerns.

You can also order this CMS publication by going to www.medicare.gov, then typing order publication 10110 in the search bar or by calling Medicare at 1-800-Medicare.

Find a Healthier You by Improving How You Eat- Contact the Office for Aging's Registered Dietitian, Donna Bates

Do you want to feel better, eat healthier and reduce your risk of chronic disease? Get individualized nutrition information by reaching out to the Broome County Office for Aging's Registered Dietitian Nutritionist, Donna Bates. Donna will work with you to help address various lifestyle concerns and health conditions, including:



"OFA Registered Dietitian, Donna Bates, providing one-on-one nutrition counseling. Donna meets with individuals either at their homes or at one of the local senior centers."

- Weight Management
- High blood pressure
- Cardiovascular disease
- Prediabetes and Diabetes
- Loss of appetite
- Healthy recipe adjustments
- Economical food preparation
- Supermarket shopping
- Food safety


Below are a few recent stories from those getting assistance from Donna:

- Recent retiree, 72-year-old Mary contacted Donna after her lab tests for her annual physical exam revealed she may be at risk for heart disease as she had high blood cholesterol and high triglycerides levels. Mary reached out to Donna for information and advice about what improvements could be made in her diet to address her heart health. Donna visited Mary at her home and together they reviewed Mary's typical food buying and eating habits. Since meeting with Donna, Mary reports that she has acted upon suggested strategies to improve her diet and that she is confident that she is now more successfully protecting her health with better nutrition.
- 65-year-old Tom gained an unwanted 20 pounds over the last few years. He is concerned about his health as he feels tired all the time. He says that his doctor suggested that he see a dietitian to help him plan a better diet. He asked to meet Donna privately at one of the local senior centers. During their meetings, Donna suggested several ways for Tom to improve his diet including: proper portions, staying hydrated, and increasing fiber intake. A few months later, Tom happily reports that he has been successful in making healthful changes to his diet and that he is losing some weight, has a lot more energy, and simply that he is feeling generally better overall.

Donna will meet with individuals, either in their homes or at a local senior center. Telephone appointments are also an option should that be preferred. The Office for Aging provides this service for those age 60 and over.

For more information about getting nutrition information or counseling from Registered Dietitian, Donna Bates, please call (607) 778-2411.

Affordable Senior Independent Living



The SEPP Group



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

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

Housing • Management • Development

53 Front Street, Binghamton, NY 13905
 Phone: (607) 723-8989 • TDD: (607) 677-0080
www.seppinc.com

Housing with a Heart

March for Meals

This March, we would like to invite you to join us in celebrating March for Meals. March for Meals commemorates the date in 1972 that President Richard Nixon established a National Nutrition Program for adults aged 60 and older. Meals on Wheels is part of the National Nutrition Program.

Supporting Meals on Wheels benefits our entire community. It helps older adults remain independent and in their own homes for as long as possible by providing warm, nutritious meals and daily checks by caring volunteers. You may know someone who has benefited from this program, whether as a long-term participant or as a short-term help after recovering from an illness or surgery.

To support the program, call an old friend and volunteer together for Meals on Wheels, or volunteer and make new friends!

If time is an issue, you can also support March for Meals by donating online through the Broome County Office for Aging website at <http://gobroomecounty.com/senior/donations>. To donate by check, **make checks payable to Broome County Office for Aging and mail to 60 Hawley Street, PO Box 1766, Binghamton, NY 13902. Please note it as a "March for Meals" donation.**

Through volunteering, donating, or speaking out, you can ensure the older adults in your neighborhood live healthy, happy, and independent lives at home, where they want to be.

We surveyed Meals on Wheels clients and asked if they would recommend Meals on Wheels to others and here are a few of their responses:

"The taste is excellent, and the variety is amazing. Volunteers are great and the people in the office really care"

"They do a great job! My daughter lives out of state and really appreciates them too."

"Sometimes I don't feel very well, and this keeps me eating right."

"I would have had to go to nursing home without this assistance."

"It is a great program to continue to keep my independence."

"The meals are very good, and all the volunteers are wonderful, they brighten my day! Thank you for making my days better in every way."

We need your support to keep this program going strong! Become a volunteer: deliver meals on a schedule that works for you. Visit our new location at 83 Main Street in Binghamton for an **Open House held Monday-Friday the week of March 20th, 10:30am – 1pm.**

For more information on receiving Meals on Wheels or volunteering, please call the Office for Aging at **(607) 778-6206**.



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

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

At our age, New Year's Resolutions aren't important, but having a plan each day will help you reach your goals. Start by making a list, include these three things.

- **Accomplishments**, examples would be to clean a kitchen cupboard, sweep the porch, read 30 pages in a book, or make a phone call.
- **Appointments**, examples would be a doctor's appointment, pick up the grandkids, or return library books.
- **Wishes or goals**, tackling a project like cleaning the garage, join a local theater group for take a trip are all examples of wishes and goals.

Continue the discussion on Tuesday, March 14th at 3 PM, in person or on Zoom

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

Discovery Center of the Southern Tier Free Admission Nights
60 Morgan Road, Binghamton
Most first and third Fridays, 4-7pm

Bring your younger family members to enjoy free admission to the Southern Tier's only hands-on children's museum. Other museum discounts apply to other days, such as veterans' discounts, Museums for All for EBT card holders and more. Call 607-773-8661 for more information on visiting the museum and museum policies.
<https://thediscoverycenter.org/visit/>

St. Patrick's Day Parade
Starts at Corner of Fayette and Court Street, Binghamton
Saturday, March 4th, 1:30pm

The Hibernian Parade Committee of Broome County presents the 55th annual St. Patrick's Day Parade including pipe bands, Irish dance groups, and floats.
<http://www.bcaoh.com/>

Terrance Simien's Zydeco Experience
The Schorr Family Firehouse Stage
48 Willow Street, Johnson City
Saturday, March 11th, 7pm

Move and groove while you enjoy 2-time GRAMMY award-winning Terrance Simien, an 8th generation Louisiana Creole, as he brings you indigenous Zydeco roots music.
<https://firehousetage.org/event-directory/>

Wings: A Celtic Dance Celebration
The Anderson Center
Binghamton University, 4400 Vestal Parkway East, Vestal
Saturday, March 11, 7:30pm

A new presentation by the critically-acclaimed team behind Dublin Irish Dance, Wings is a vivid and illuminating production portraying the heritage of the Emerald Isle through vivid dance and musical performances. Witness the dexterity and skill of these champion Irish dancers in this captivating spectacle.
<https://anderson-center.secure.force.com/ticket/#/>

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.

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

Be a Classroom Volunteer AND Get Paid! Join the FOSTER GRANDPARENT PROGRAM



How can volunteering benefit you?

Volunteering can provide a sense of purpose. Aging adults report that volunteering, especially with younger generations provides a sense of higher purpose. It can increase life satisfaction and

self-worth. A foster grandparent states “You see the kids make progress and you know you had a hand in it. It’s a good feeling to know that you have helped them along.”

Volunteering can provide a sense of community and increases social interactions. Foster Grandparents have reported that they often wake up looking forward to seeing the students and teachers they interact with daily. When asked about the community she found at her school, a foster Grandma stated that “They are just glad to see you, it’s encouraging. It’s encouraging to get up and get going in the morning.”

Volunteering reduces stress and increases positive feelings.

According to the Mayo Clinic:

“Volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect. Reduced stress further decreases risk of many physical and mental health problems, such as heart disease, stroke, depression, anxiety and general illness. In addition, a Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.”

As a volunteer in an elementary school, daycare center or Head Start program, you will receive:

- A stipend of \$3.15 per hour that does not affect income-based assistance programs (income eligibility guidelines apply).
- A meal each day at your volunteer site and travel reimbursement.
- Training and paid time off.
- The chance to make new friends.
- The joy of making a difference in the life of a child

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering>

Broome County Consumer Directed Training Video

The Broome County Office for Aging produced a 10-minute educational training video to provide the community and agencies information on the **Consumer Directed Personal Assistance Program**, also known as CDPA. The video will explain the value of the Consumer Directed Program and how it can assist you in providing care for you, a loved one, a family member or another person needing care. CDPA is an alternative to traditional home care and allows individuals to hire and direct their own personal assistance workers. The worker can be a family member, a neighbor, caregiver, or friend who is hired to assist the individual with activities of daily living such as bathing, dressing, cooking, eating and other household tasks. To view the video go to <https://www.youtube.com/watch?v=KsiAJldvmJo>



Vines: Community Garden



Do you enjoy gardening, cooking, or getting fresh vegetables direct from farmers? If so, you’d probably like learning more about VINES, an area nonprofit that helps people grow their own food and access affordable, locally grown produce.

With the help of many volunteers, VINES transforms vacant lots into community gardens where people can grow their own food. They have 22 community gardens throughout Greater Binghamton with over 500 garden plots, including wheelchair accessible beds, which can be rented for low to no cost. Don’t have much gardening experience? No problem! VINES offers over 20 free workshops throughout the year on gardening, cooking, canning- you name it. If gardening isn’t your thing, VINES has other offerings for you. At VINES’ 2-acre Urban Farm in downtown Binghamton, teen employees help grow produce which is sold to the community through VINES’ Farm Share program. From June to October, Farm Share delivers weekly boxes produce to 14 neighborhood locations in Broome County and offers a home delivery service. Members get to choose from buying a share through VINES’ Urban Farm or 2 other local farms (with multiple size shares to choose from). Members can get 25-75% off their share depending on their household income – making an Urban Farm mini-share just \$3 per week at the highest discount. You can grow or buy amazing produce through VINES’ programs, but the best thing about getting involved with VINES is the people.

When you join a community garden, sign up for a Farm Share, or volunteer with VINES, you will also get to meet a great community of people with similar interests who support one another. After all, VINES’ motto is ‘growing food. growing community.’ For more information, reach out to VINES: www.vinesgardens.org, 607-205-8108, or info@vinesgardens.org.

Fuel for the Future Nutrition Education Program

Registered Dietitian, Donna Bates, and Bridget Hoyt of the Office for Aging, invite you to discuss lifestyle changes that can help prevent and manage Chronic Disease. The presentation “Fuel for the Future” will be given throughout the month of March at the following locations:



March

- Vestal Senior Center** - Wednesday, March 8 at 10:30am
- North Shore Tower Senior Center** - Thursday, March 16 at 11am
- Northern Broome Senior Center** - Monday, March 20 at 12:15pm

April

- First Ward Senior Center** - Monday, April 3 at 12pm
- Johnson City Senior Center** - Tuesday, April 11 at 10:15am
- Broome West Senior Center** - Thursday, April 13 at 12pm
- Eastern Broome Senior Center** - Thursday, April 27 at 12:15 pm

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.

The Best Years of Your Life Are NOW!



Remain Independent & Stay in Your Home with Help from Susquehanna Home Care!

Our compassionate caregivers provide in-home services including:

- Personal Care
- Prescription Pick-up
- Laundry
- Light Housekeeping
- Meal Preparation
- Personal Errands

WE'RE UNDER NEW MANAGEMENT!

TO LEARN MORE

Contact Melissa at malt@sushomecare.com or Call (607) 217-4880 ext. 5



VISIT US!



PAID ADVERTISEMENT

HAPPY  **St. Patrick's**  **DAY**

Friday, March 17th


Irish Pride, shamrocks, and a feast to honor the Celtic Bishop, St Patrick. Celebrations involve parades, festivals, and wearing green attire. You don't have to be in Ireland to celebrate. Here are a few traditions and ideas to help you take part at home!

- Prepare a feast! Included in this issue are recipes to help you prepare a traditional Irish meal!
- Pin a shamrock to your lapel! The shamrock is Irish for young clover and is the national emblem of Ireland.
- Look for leprechauns, Irish for "Shoemaker," and tiny like water sprites, they had a magical origin. Some legends claim you can catch a leprechaun if you follow the tap of their cobbler's hammer.
- Wear Green!
- Enjoy Irish music or watching Irish Step dancing. Music and dancing are a staple at St Patrick Day festivals.

Friday, March 17th, the senior centers welcome you to celebrate St Patrick's day with us! Reserve your meal for the St Patrick's Day luncheon by noon on March 16th by contacting your local senior center.

Sick & Tired of Varicose Veins?

But You're Scared of Surgery?




"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!



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


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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.

A Festive Feast

Hearty stews, cabbage, and potatoes can be found at many St Patrick's Day feast. While traditional fare includes boxty and colcannon, the American version of the holiday has adopted dishes such as Shepherd's Pie, and corned beef and cabbage. In this issue, we've included dishes to help you feast, too!

Shepherd's Pie

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



Ingredients

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

Directions

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

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

Beef and Cabbage

The cabbage in this simple skillet dinner loads the recipe with Vitamin C and fiber.



Ingredients

- 1 green cabbage head (washed and cut into bite-sized pieces)
- 1 onion, medium (chopped)
- 1 pound ground beef, lean (90% lean)
- 2 sprays of non-stick cooking spray
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- salt (to taste, optional)
- red pepper flakes (to taste, optional)

Directions

1. Chop cabbage and onions, set aside.
2. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside.
3. Spray skillet with non-stick cooking spray. Cook onions on medium heat until soft.
4. Add cabbage to the onions and cook until cabbage starts to brown.
5. Stir the beef into the cabbage and onion mixture.
6. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy. Serves 4

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/beef-and-cabbage-dinner-tonight>

Potato Soup

Warm up a cold winter night with this cozy soup. Enjoy with dark green vegetables and broiled fish, meat, or tofu.



Ingredients

- 1/2 cup onion (chopped)
- 1/2 cup celery (chopped)
- 6 potatoes (diced)
- 2 tablespoons margarine
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup non-fat dry milk
- 3 cups water
- 2 tablespoons flour

Directions

1. Peel and chop the onion.
2. Chop the celery.
3. Peel the potatoes and cut them into small cubes.
4. Melt the margarine in a large saucepan on low heat.
5. Add the onion and celery. Cook for a few minutes.
6. Add the potatoes, salt, pepper and 1 1/2 cups water.
7. Cook for 15 minutes until the potatoes are tender.
8. In a small bowl, stir together the dry milk and flour.
9. Add 1 1/2 cups water slowly, stirring as you add it.
10. Add the milk mix to the potatoes.
11. Cook until the soup is heated and slightly thickened.
12. Adjust the seasonings to taste. Serves 6

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

Old Fashioned Bread Pudding

This old-fashioned bread pudding budget friendly, easy to make and is the perfect ending to any meal. Enjoy!



Ingredients

- 5 slices bread, white or wheat
- 2 tablespoons margarine or butter
- 1/4 teaspoon cinnamon
- 1/3 cup sugar, white or brown
- 1/2 cup raisins
- 3 egg (or 1 egg + 2 egg whites)
- 1 1/2 cups non-fat milk
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

Directions

1. Preheat oven to 350 degrees.
2. In bowl, blend eggs, 2 cups milk, salt, and vanilla. Pour liquid over bread mixture; lightly blend.
3. Bake uncovered for 1 hour (pudding is done when a table knife inserted in the pudding comes out clean).
4. Serve warm or cold. Refrigerate leftovers. Serves 6

Reprint from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/old-fashioned-bread-pudding>

Laugh Break

What is a taxi driver's favorite vegetable?
A Cab-bage!

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Senior Brown Bag Lunch

- **Wednesday, March 8, 2023, 12:00 PM - 1:30 PM**
- **Wednesday, April 12, 2023, 12:00 PM - 1:30 PM**



4-H Education Center at Finch Hollow - Senior Brown Bag Lunch
 Adults aged 50 and up are invited to bring a "bag lunch" to enjoy with fellow seniors at Cornell Cooperative Extension. Enjoy your lunch while catching up with your friends prior to a presentation (see topics below). Light refreshments, instant coffee and tea will be provided.

The program will be held from 12pm-1:30pm. Reservations are required. Admission is free.

Wednesday, March 8th - American Woodcock

Also known as "timberdoodle" and "bogsucker", these oddly built and seldom seen birds are one of the most unique and interesting wildlife species we have. Join us on Thursday, March 9th to explore some of the quirky aspects of this unusual bird.

Wednesday, April 12th - Spotted Salamander

What is 7" - 9" long, slimy, and black with large yellow spots? The answer is the spotted salamander. Most people are shocked to learn these large, beautiful amphibians are found in our area and the best time to see one is on a cold and rainy early spring evening. Forego the rain and cold and join us in a warm and dry setting on Wednesday, April 12th to learn more about our largest land salamander.

Register: https://reg.cce.cornell.edu/BrownBagLunch-2_203

More information about this program can be found at <https://ccebroomecounty.com/events/2023/02/08/senior-brown-bag-lunch>

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.

- **March 9th Binghamton River Walk**
Meet by South Washington Street Bridge on Conklin Avenue.
- **March 23rd Vestal Rail Trail**
Meet at park entrance at 821 Chenango Street

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

"The first wealth is health."

Ralph Waldo Emerson

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.



Broome West Book Club
2801 Wayne Street in Endwell
 Do you enjoy reading?
 You're invited to join our new book club!
 Reading exercises your brain, is a form of entertainment, reduces stress and helps you sleep better at night!
Join us, Thursdays at 1:00 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

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

- 3/2 Legal Aid, 9:00 – 11:30 am, By Appointment Only
 Thanksgiving In March, 12:00 pm
 3/6-3/7 AARP Driver's Safety Course, 9:00 am – 12:15 pm, By Appointment Only
 3/8 Lyceum: South Africa, 10:00 am – 12:00 pm
 3/9 Social Connections Woman's Group, 1:00 pm
 3/14 Downsize and Declutter, 3:00 pm
 3/15 Caregiver Chat, 9:00 am- 12:00 pm
 3/17 St. Patrick's Day Party
 with special guest, Johnny O'Riley, 11:00 am
 3/20 Beat the Winter Blues Day
 Pizza Luncheon, 12:00 pm CALL TO REGISTER BY NOON 3/17
 3/22 Falls Annual Wellness Checkup with Binghamton University, 10:00 am- 2:00 pm

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

- 3/02 Thanksgiving in March, 12:30 pm
 Nutrition Education with Donna Bates, 12:30 pm
 3/16 Evening Meal, serving 3:30-5:00 pm.
 Please make your reservations by Noon on 03/14
 3/21 Eric Benecke of Delaware OFA presents
 Scams/Elder Abuse 12:30 – 1:00 pm

CHENANGO BRIDGE (607) 663-0406

740 River Road, Binghamton, NY 13901
 Located in the First United Methodist Church of Chenango Bridge
Center Hours: Wednesdays and Fridays, 10 am - 2 pm
Lunch is served around Noon 607-663-0406



Weekly Activities: To Be Announced

Special Activities

- 3/1 Left-Right-Center dice game, 11:00 – 11:45am
 3/8 Pitch card game, 11:00- 11:45am
 3/15 Canasta card game, 11:00 – 11:45am
 3/17 Senior Center Grand Opening,
 with musical guest Friday at Fred's 10 am – 2 pm
 St. Patrick's Day Luncheon, Noon
 3/24 Bingo, 11:00-11:45am

EASTERN BROOME (607) 693-2069

27 Golden Lane, Harpursville, NY 13787
Center Hours: Mon - Fri, 9:00 am - 2:30 pm
Lunch served at Noon

Breakfast Made-To-Order: Tues, 8 - 9:30 am

Weekly Activities

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

Special Activities

- 3/01 HEAP presentation by OFA Danielle Clemens, 12:30 pm
 3/02 Thanksgiving in March, 12:00 pm
 3/03 Burger Bar, 11:30- 12:30 pm, Walk-ins Welcome
 3/13 First Aid Training, 9:00 am- 1:00 pm
 3/17 St Patrick's Day Luncheon
 with entertainment by Morning Star, 9:00 am- 2:00 pm
 3/20 Beat the Winter Blues Day with the Music Jammers, 9:00 am
 3/22 Fall Prevention presentation, 12:15 pm
 3/23 Golden Griddle Brunch, 11:45 am
 3/27 Horse, Coin and Pig Races, 10:30 am
 3/29 Legal Aid Society, 9:00 am- 12:00 pm
 3/30 AARP Safe Driver classes 2:00 - 9:00 pm, Call for reservations,
 Soup and Sandwiches will be served during break.
 3/31 Spring Theme Day: Easter Colors, 1:00 pm

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

- 3/1 Executive Board Meeting 9:30 am
 3/2 Thanksgiving in March, 11:45 am
 3/7,3/21 15 Minute Reiki, Chakra, Card Readings, and Foot Reflexology
 10:00- 11:30 am, \$3 (advanced registration and payment
 required, 607-797-2307)
 3/7 Friday at Fred's, Lunchtime Entertainment 12:00 pm

- 3/13 Legal Aid, 9:00 am (appointment required, please call)
- 3/15 Evening Meal w/ musical guest Lou Ford, 5:15 pm
- 3/17 St Patrick's Day Luncheon, 11:45 am,
Johnston School of Irish Dance, 1:00 pm
- 3/20 Beat the Winter Blues Day with Rick Marsi,
presenting "My Susquehanna" at 12:00 pm
- 3/21 Nutrition Education w/ Cornell Co- Op: "Feed your Potential," 12:00 pm
Chop and Chat 1:00 pm (call for dates, 607-797-2370)

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

- 3/2 Thanksgiving in March, 11:15 am
- 3/6, 3/20 Chop and Chat, 10:00 am
High King Card Game, 12:00 pm
- 3/8 Lyceum: Armchair Travel, South Africa 10:00 am – 12:00 pm
- 3/13, 3/27 Mahjong, 1:00 – 3:00 pm
- 3/14 Craft Day, 10:00 am
- 3/15 Falls Annual Wellness Checkup with Binghamton University,
10:00 am- 2:00 pm
Loaded Baked Potato Bar, 11:15 am this is the only lunch option today
- 3/16 LCR Dice Game, 12:00 pm
- 3/17 St. Patrick's Day party featuring
The Johnston School of Irish Dance, 10:00 am
- 3/20 Beat the Winter Blues Day
- 3/22 Cornell Nutrition Education, Full for the Future, 10:15 am
- 3/24 Pizza Day or Chef Salads, 11:15 am, Bunko Die Game 12:00 pm
- 3/28 Vestal Senior Club Meeting, 12:15 pm
- 3/29 Bill Tomic presents Stories from The Titanic, 10:00 am

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

- 3/1 Peanut Butter Lovers Day, 10:00 am
- 3/2 Thanksgiving in March, 12:00 pm
- 3/3 Sign up for the Greed tournaments, 10:00 am
- 3/6 St. Patrick's Day decorating, 10:00 am
- 3/7 Wayne Beddoe, 10:30-11:30 am
- 3/10 Greed Tournament, 10:00 am
- 3/14 Resident Association Meeting, 10:00 am
- 3/15 Cornell Cooperative Ext. Nutrition Education with Kathy, 10:30 am
- 3/16 Nutrition Education, 11:00 am
- 3/17 St Patrick's Day Luncheon, 12:00 pm
- 3/20 Beat the Winter Blues Day, Gardening, 10:00 am
(weather permitting)
- 3/23 Nascentia Health Insurance with Jeremy. 11:00 am – 1:00 pm
- 3/29 Shuffleboard, 10:00 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

- 3/2 Thanksgiving in March, 12:00 pm
- 3/7, 3/21 Golden Agers, 10:00 am
- 3/17 St. Patrick's Day luncheon with the Irish Dancers at 10 am
- 3/20 Beat the Winter Blues Day, Bingo, 10:30 am
- 3/21 Evening Meal with musical entertainment Friday at Fred's,
dinner is served at 4:30 pm, entertainment at 5:15 pm,
reservations required by noon, 3/20
- 3/29 Falls Annual Wellness Checkup with Binghamton University,
10:00 am- 2:00 pm
- 3/31 High School Band performance, 12:00 pm

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

- 3/1 The Medicine Shoppe (glucose, blood pressure & O2 checks),
10:00 am – 12:00 pm
- 3/2 Thanksgiving in March, 11:45 am
- 3/3 Poetry Group, 12:30
- 3/6 Bingo, board sales 12:30-1:30 pm, games 1:30- 4:30 pm
Stay Healthy Caregiver Support Group, 1:00 – 2:00 pm
- 3/8 Lyceum (Southern Africa: Shooting the Light), 10:00 am – 12:00 pm
- 3/13 Bingo, board sales 12:30-1:30 pm, games 1:30- 4:30
- 3/16 Legal Aid, 9:00 am – 12:00 pm (call for appointment)
- 3/17 St. Patrick's Day Luncheon, 11:45 am,
Johnston School of Irish Dance, 12:15 pm
- 3/20 Beat the Winter Blues Day
Bingo, board sales 12:30-1:30 pm, games 1:30- 4:30
- 3/22 Haircuts, 10:00 – 11:30 am (Call for appointments)
Cornell Cooperative Extension Broome County – Nutrition
Education with Kathleen Cook (Feed Your Potential), 12:30 – 1:00 pm
- 3/27 Bingo, board sales 12:30-1:30 pm, games 1:30- 4:30
- 4/5 BOOK CLUB, Hotel on the Corner of Bitter and Sweet
by Jamie Ford, 3:00 – 4:00 pm

Lead Poisoning Prevention Program and Healthy Housing, Broome County Health Dept.

By Heather Ryan, Public Health Representative

What is lead poisoning?

Lead is a metal that naturally occurs on Earth but should not be in our bodies as it is very poisonous. The most common source of lead poisoning in Broome County is lead paint in homes. Lead paint was commonly used in both interior and exterior paint until it was banned in 1978. Since the majority of our homes were built before that year, many children in our community are at risk for lead poisoning. Lead is a neurotoxin, which means it can cause brain damage and developmental delays. It can harm almost every organ system. Common effects are kidney problems, stomach pain, developmental disabilities, hyperactive behavior, irritability, trouble concentrating, hearing loss, seizures, comas, and even death.

How does lead poisoning occur?

Lead is dangerous when it enters the body either through breathing it in or eating it, usually in the form of tiny dust particles from lead paint. When lead paint deteriorates, the dust settles on surfaces like windowsills and floors. Because babies and toddlers spend so much of their time playing and crawling on floors-- and they love to look outside! -- they tend to come in contact with lead most often. Lead dust gets on their hands and toys as they play. When they put fingers and toys in their mouths, they end up eating the lead paint dust. A small amount like this is all it takes for a child to become lead poisoned. Young children are especially vulnerable because they absorb vitamins and minerals so quickly in order to grow. Lead is taken into the bloodstream along with good things like calcium, iron, and vitamins.

Are there other sources of lead poisoning besides paint?

While deteriorating paint is the main problem in our community, there are other sources of lead. Lead can also come into the home through soil and dirt. You may remember going to the gas station and having to choose between "leaded" and "unleaded" gasoline. Lead used to be added to gas to make engines run more efficiently. But as we became more aware of the harmful effects of even small amounts of lead, government and auto manufacturers worked together to stop the practice in the United States in the 1970s. But the lead released through car emissions had to go somewhere and it settled in the ground, with especially high amounts near highways. You should take your shoes off at the door (and make sure your guests do too!) to keep from tracking contaminated dirt inside. If you have patches of bare soil in your yard, cover them with plants or mulch or give kids a designated play area like a sandbox.

Some hobbies and jobs like hunting or target shooting, ceramics, electronics recycling, and autobody work might involve lead. If you're involved in these activities, change your clothes, and wash your hands as soon as you get home to prevent taking lead home with you. Additionally, some household products like spices, cosmetics, candy, jewelry, and tableware might contain lead. While the United States has very strict regulations about the amount of lead allowed in products, other countries do not. So be especially careful with items purchased online as it can be hard to tell where they were made. And as much fun as it is to share toys that you or your children enjoyed with a new generation, older toys, even those made in the US, may contain levels of lead that we now know to be unsafe. Have children play with toys that were made in the last few years, preferably before 2008, as these meet current lead safety standards.

Is lead poisoning a problem for adults?

Lead poisoning is mostly a problem for babies and young children, because they spend more time playing and crawling in areas with lead dust. And while no amount of lead is safe, it can cause more damage to a smaller body, especially when that body is growing. But lead poisoning is a concern for pregnant people and their growing babies!

What help is available?

Broome County Health Department has a number of different programs for families in our community. We'll identify any areas with lead paint that may be dangerous and help you fix them safely. We work with homeowners, tenants, and landlords alike to ensure the safety of children and seniors. We even have some funding available to help make repairs! Simply visit our website at <https://www.gobroomecounty.com/eh/healthyhomes> or call us at 607-778-2847. You can also request a free home safety visit. We can provide help with fire safety, falls prevention, asthma management and free product demonstrations and supplies!

George F. Johnson Library Technology Classes

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

- iPad & iPhone Basics for the New user 3/8 @ 1pm (in person)
- iPad & iPhone Basics for the New user 3/15 @ 3pm (virtual only)
- This workshop is for novice iPad or iPhone users. Learn how to navigate, install, and organize apps. Discover some useful options in Settings which will allow you to personalize your device. Find out what your Control Panel can do. In person class: Please bring your device with you and make sure your device is updated to IOS 15.
- MyChart: Manage your Healthcare Easily 3/29 @ 1pm (virtual only) UHS MyChart is a secure online health management tool that connects you to your UHS healthcare team and gives you access to important information from your medical record, 24/7, free of charge. This secure portal, accessed from your computer or mobile device, allows you to schedule appointments, manage prescriptions, and contact your medical provider all in one app. Tune in and learn how MyChart can help you take charge of your healthcare!

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

Woodburn Court 1 Apartments

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Sudoku Answers

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

Feed Your Potential

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

By now most of us have heard what we eat or don't eat matters, but how does that translate into our moment-to-moment decisions about our bodies and our health? When we've had a long day or just feel tired and uninspired, what are some ways we can regain some of that energy?

One of the quickest and most effective steps is to drink a good draught of water! Dehydration is a major culprit when we are lacking energy. Every aspect of our body needs water, and often we can feel a sense of renewed brain power and ability by simply drinking up. Also, take some time to move more and get your heart and lungs going.

This next step takes a little more time. Plan.

We are a fast food, want-it-right-now sort of society, so make the healthier choice the easy fast choice. Plan ahead to have whole foods within quick reach by having fruit out where you can see it, or having a tasty bean and vegetable salad made ahead so you can just have a quick cup of it instead of reaching for less healthy options.

Have nutrient-rich whole foods ready to eat so you don't choose foods that tend to make you tired, such as those with saturated fat and lots of sodium and sugar. Sugar gives us a quick boost that doesn't last. Instead, stock your freezer with frozen vegetables that can be ready in a few minutes and have rice or pasta cooked to just warm up.

Think of what appliances you may have that can help you when you are most hungry. Microwave ovens, multi-cookers (a combination of pressure cooker and slow cooker), air-fryers or even just your stove-top or oven make food preparation easier and faster. Partially prepare a meal the night before and cut down on the time it takes to make it the next day. Use parts of one meal to create another.

When you take the time to think about what your food needs will be in advance and plan, you are truly feeding your potential, looking out for your future You!

Happy Birthday, Harriet! - March 6th

Harriet Tubman, an American abolitionist, is known for saving a reported 70 people on the Underground Railroad. The Underground Railroad was a network of African American and white people who offered shelter and aid to escaped enslaved people from the South.

Here's some things you may not know about Harriet Tubman

- She was illiterate her entire life
- She suffered from narcolepsy. As a result, from an injury as a child, Harriet would often go into sleeping spells and was difficult to wake.
- Served in the United States Army as a spy, scout, nurse and cook.
- She settled in Auburn, NY after helping slaves flee the South.

<https://www.diversityresources.com/march-diversity-calendar-2023/>
<https://www.businessinsider.com/8-amazing-facts-about-harriet-tubman-2016-4#more-from-we-are-the-mighty-9>

How to Create a Grocery Budget That Works for You

If you've ever tallied up your supermarket receipts, you might be surprised at how much you're spending on groceries every week. According to the U.S. Bureau of Labor Statistics, the cost of groceries rose by nearly 5% in 2020. In that same year, the average annual cost of food for a household was just shy of \$5,000.



Even if you think you're frugal, food costs can add up fast. It's easy to overspend, especially when you shop on an empty stomach or don't take advantage of deals and sales. If you're an older adult wondering about the best way to save money grocery shopping, the first step is to create a grocery budget.

What are some tips for seniors on creating a grocery budget?

If you're wondering how to create a monthly food budget, another tool to use is the 50/30/20 rule. This simple and intuitive grocery budget formula suggests that you spend your net (after-tax) monthly income this way:

- 50% for living essentials (e.g., groceries, housing, transportation, healthcare, etc.)
- 30% for wants (e.g., restaurant meals, entertainment, travel, etc.)
- 20% for savings and debt repayment (e.g., credit cards, mortgage)

Budgets are meant to be flexible to a point, and you may need to tweak the formula above to fit your unique circumstances. For example, if you have high medical expenses that don't leave enough left over to buy groceries, you can use additional money from your "wants" budget.


How to grocery shop efficiently on a budget

Creating a grocery budget plan is easy. The hard part? Sticking to it! Here are some money saving tips for grocery shopping that can help you stay within your budget.


1. **Make a list:** Start with making a weekly list either in a notebook or on your phone. Having a list can help eliminate the temptation to buy things you don't need (hello, bakery cupcakes). Bring your grocery list with you when you shop and buy only what's on it.
2. **Don't overbuy:** Be sure to check your pantry and fridge before you make your grocery list. That way, you're not buying things you already have. You want to buy only what you can reasonably use within the week.
3. **Prepare meals from scratch:** As much as possible, try to avoid convenience foods (e.g., pre-chopped vegetables) and processed foods. These tend to be budget-busters and are less healthy than buying whole foods.
4. **Buy produce in season:** Plan your meals around in-season produce, since it generally costs less and tastes better when it's in season.
5. **Create a meal routine:** Meal planning can help you save money on groceries, since you know in advance exactly what you need.
6. **Keep an eye out for coupons:** Sunday newspaper inserts, store promotional mailers, and store apps are all good sources for money-saving grocery coupons.
7. **Find out if you're eligible for SNAP:** If you don't receive benefits already, it's worth seeing if you qualify for the Supplemental Nutrition Assistance Program (SNAP). SNAP is a government safety-net program that helps older adults stretch their grocery budget further. The average SNAP benefit for a one-person senior household is \$104 per month, which can be used to buy everything from fruits, vegetables, meat, and poultry to snack foods and soft drinks.

Reprint from <https://www.ncoa.org/article/how-to-create-a-grocery-budget-that-works-for-you>

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Ask the Office

Due to unforeseen circumstances, I have recently become a full-time caregiver for my mother. I feel lonely. Can you give me more information on support services for me.

Answer:

Caregivers make it easier for seniors to stay in their homes, but it can be challenging. Caring for another person is not limited to hands on care; it can also be running errands like going to the grocery store or doctor appointments, cooking and cleaning. Whether you have been preparing for the role, or you have suddenly found yourself caring for a friend or loved one, you may be overwhelmed.

The Office for Aging offers support services for the practical and emotional demands of caregiving. The OFA host caregiver chats where you can network with people that are “in the same boat” as you. They offer zoom chats, workshops, and presentations on related topics. Caregiver Services can provide referrals to community services, respite options, and education on topics such as Veteran Services, legal issues, and a variety of other topics.

You can stay up-to-date by checking out our column “Caregiver Corner” on page 3 of our Senior News

Caregiver Chat At-A-Glance

- **Stay Healthy Caregiver Chat**, March 6, 1:00-2:30 PM, Johnson City Senior Center
- **The Wayne Street Caregiver Chat**, March 15, 9:30-11:00 am, See Page 3 for call-in and zoom instructions.
- **Understanding and Responding to Dementia Related Behaviors**, March 23rd, 1:00 – 2:30pm, Johnson City Senior Center
- **Evening Caregiver Chat**, March 28th, 6:30, See Page 3 for Zoom instructions
- **Evening Caregiver Chat**, April 25th, 6:30, Zoom



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 ofa@broomecountyny.gov



Vestal Senior Sock Hop

Celebrating Vestal's 200th Anniversary



Join in the Fun!

A Dinner Dance Hosted by Vestal High School Students for Broome County Seniors

Complimentary Photo Booth, Raffles, and More!

Friday, April 21st from 5:00 - 8:00pm

201 Main Street, Vestal

Dinner at 5:00pm at Vestal Senior Center
Music, Dancing & Activities at 6:00pm
in the Old High School/Middle School Gym

Call 607-754-9596 to reserve your meal by 1pm on April 19th

Sponsored by the Town of Vestal, Vestal High School, Vestal Senior Center, & Broome County Office for Aging










** 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. Students signed up through Vestal High School will not be charged.

Did You Know?

March 25th is National Medal of Honor Day

In 1863, the first Medals of Honor were presented to six members of the Andrews' Raiders. The date was designated in 1990, by the United States Congress. A Medal of Honor is the United States military's highest award for extraordinary valor in action. It is earned by showing bravery and self-sacrifice, recipients go above and beyond in the call of duty. To date, more than 3,500 Americans have received a Medal of Honor and 19 have received multiple Medals.

On March 25th commemorate the day by flying your flag, thanking a serviceman or woman and through random gestures of kindness.

For more information, visit <https://homeofheroes.com/national-medal-of-honor-day/>

Sodexo Driver Position - Part-Time

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Deliver meals to Meals on Wheels sites and multiple Senior Centers
Other duties as assigned
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As many as 17 per week

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(607) 723-0582



March 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.

		Pub Burger 3/1 OR Breaded Fish Cream of Broccoli Soup Garden Salad Mandarin Oranges	Thanksgiving in March 2 Roast Turkey Apple Bread Dressing Winter Squash Pumpkin Pie	Baked LS Ham 3 OR Broiled Fish Florentine Baked Potato Broccoli Low Fat Muffin
Four Cheese Macaroni & Cheese 6 Stewed Tomatoes Brussels Sprouts Applesauce	Meatball Sub 7 Minestrone Soup Garden Salad Butterscotch Pudding	Beef Burgundy 8 OR Fish Florentine Over Noodles Carrots Carnival Cookie	Chicken Marsala 9 Brown Rice Pilaf California Blend Vegetables Ice Cream Cup	Salisbury Steak 10 OR Breaded Fish Mashed Potatoes Cut Green Beans Brownie
Tuna Noodle Casserole 13 Peas Orange Juice Oatmeal Raisin Cookie	Pub Burger 14 OR Egg Salad Sandwich Tomato Florentine Soup LF Cottage Cheese Pineapple	Pork Loin 15 OR Chicken Breast Scalloped Potatoes Country Blend Vegetables Apple Crisp	Liver w/Onions 16 OR Chicken Thigh Mashed Potatoes Corn Cinnamon Coffeecake	Happy St. Patrick's Day Corned Beef 17 OR Beer Battered Fish Baby Red Potatoes Carrots Key Lime Pie Cups
<i>Welcome Spring: Beat the Winter Blues Day!</i> Rotisserie Chicken 20 Baked Beans Red Potato Salad Strawberry Shortcake	Halupki 21 OR Roasted Chicken Mashed Potatoes French Cut Green Beans Pears	Pulled Pork 22 OR Citrus Rubbed Pollack Baked Potato Coleslaw Sherbet Cup	Meatloaf w/Gravy 23 Macaroni & Cheese Stewed Tomatoes Pumpkin Cake	Tuna Salad 24 OR Sausage w/Peppers & Onions Pasta Salad Apple Juice Double Chocolate Cookie
Pierogies w/Kielbasa 27 Carrots Chocolate Chip Cookie	LS Ham & Swiss On Rye Bread 28 Navy Bean Soup Garden Salad Applesauce	Roast Turkey 29 Apple Bread Dressing Winter Squash Peach Cobbler	Ziti Sausage Bake 30 Wax Beans Garden Salad Sugar Cookie	Broiled Fish w/Lemon 31 OR Teriyaki Chicken Brown Rice Pilaf Oriental Blend Vegetables Mandarin Oranges

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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