



Visit Our Website at www.gobroomecounty.com/senior



Set an Intention for the New Season

A Very Thankful Season to Come

As jack-o-lanterns, falling leaves, chilly nights and the smell of cinnamon set the backdrop for the month of October, we eagerly look ahead for the feast of Thanksgiving. This is the season of gatherings and gratitude, and what better way to appreciate it than to set a mindful intention. Intend to enjoy the changing weather and bursts of orange and gold that appear in nature. Intend to reach out to family and friends. Most importantly, intend to be thankful for what is good in your life.

On page 7 of this edition of the *Senior News*, you'll find our "Thankful on Thanksgiving" promotion. Please take a moment to read this page and participate. We're asking for your testimonials on what you are thankful for this year. If you submit an entry, your name will be entered to win an autumn raffle basket. The lucky winner will be selected just in time to kick off the Thanksgiving holiday next month.

Also in this edition of the *Senior News*, you'll find:

- Information on how to qualify for SNAP financial assistance when paying for groceries
- The next season's dates for nature walking club events so you can mark your calendar
- Updates on applying for the Home Energy Assistance Program (HEAP)
- Information on mental health, dental health, and seasonal vaccines
- An invitation to stay active in colder weather by joining the indoor Walk with Ease Program
- Fall legal clinic dates and information on how to contact a lawyer
- Autumn inspired recipes that take your meal from the pumpkin patch to the dinner table
- Creative ways to enjoy a festive Halloween with your grandchildren

As L.M. Montgomery wrote in *Anne of Green Gables*, "I'm so glad we live in a world where there are Octobers." At the Office for Aging, we're hoping you'll take advantage of all the new season has to offer and set positive intentions along the way. Our intention is to remain here for you. Happy autumn, friends!

Office for Aging Public Hearing followed by Savor the Senior Centers Tasting Event

November 10th, 2022 at Broome West Senior Center
(2801 Wayne Street, Endwell)

November 17th, 2022 at Eastern Broome Senior Center
(27 Golden Lane, Harpursville)

Please join us as we discuss the highlights of Office for Aging's new four-year plan, followed by a senior center cuisine tasting event.

5:00 PM - Office for Aging Public Hearing on the 2020-2024 Draft Plan for Services

Are your needs and the needs of your friends and neighbors taken into account in the Office for Aging Draft Plan? Do you have other concerns? Please share your ideas with us. The Draft Plan will be available on the Office for Aging website beginning on November 1st, 2022 at the following link: gobroomecounty.com/senior/publications. Copies of the Draft Plan will be provided at the hearings. Attending the hearing is free and no reservations are needed.

5:30 PM – Senior Center Cuisine Tasting

A variety of dishes will be sampled new and old. If you would like to stay for the tasting event following the hearing, a reservation is appreciated but not required for the event. Those age 60 and above can enjoy the meal for a suggested contribution of \$3.50; those under age 60 pay \$4.50. No one age 60+ and their spouse of any age will be denied a meal due to an inability or unwillingness to contribute.

We encourage people to attend in person; however, if you are unable to attend and would like to provide written testimony, please mail your comments to: BCOFA, P.O. Box 1766, Binghamton, NY 13902, or email ofa@broomecountyny.gov. Or, call (607) 778-2411 with your comments.

If you require special accommodations to attend, please contact the Office for Aging at (607) 778-2411 well in advance.

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

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

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

Like Us! Follow Us!

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



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



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

HEALTH AND WELLNESS

ACTIVITY SCHEDULE

Chair Yoga

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

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

Each Lyceum class listed below will be broadcasted from participating senior centers: Broome West (Endwell), Vestal, Northern Broome (Whitney Point), Johnson City

- October 5th, 10 am-noon: Hiking Along the Migrant Trails in Southern Arizona
- October 19th, 10am-noon: Armchair Travel: Paraguay
- Nov 9th, 10 am-noon: South Meets North: Savannah and Anchorage

If you participate in a Lyceum class virtually at a participating senior center, registration is FREE of charge. Advance registration not required. Walk-ins welcome!



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>

Walk with Ease

Meeting at the Oakdale Mall in Johnson City • Nov 7 - Dec 14, 2022
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.

Nature Walking Club Announces New Season's Schedule

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.



- Thursday, October 13th, 10 am: Apalachin Marsh
Meet at right side pull off on Rt 434, 1/2 mile west of Hilton Road in Apalachin.
- Thursday, October 27th, 10 am: Sandy Beach Park
Meet at park entrance—left hand turn off Conklin Avenue (just before Home Plus Store). Note that location is 2.6 miles south of Pennsylvania Avenue.
- Thursday, November 17th, 10 am: Chenango Valley State Park
Meet at beach parking lot.
- Thursday, December 15th, 10 am: Arnold Park, Vestal
Meet in parking lot by colorful playground.

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.



Caregiver Event

Beginners' Tai Chi: An Introduction & Discussion for Caregivers

Date: Wednesday, October 5th

Time: 1:30-3:00 PM

Location: Broome West Senior Center, 2801 Wayne Street, Endwell

Presenter: Sofia Rittenhouse, Certified Tai Chi Instructor

Tai Chi is a gentle form of exercise, stretching, and falls prevention. Tai Chi can also help manage symptoms of arthritis, improve mental awareness, reduce stress, and promote relaxation. Join us for this introductory discussion on the benefits of Tai Chi. A demonstration of basic Tai Chi movements will be modeled for you to observe. Information will also be available on local and online Tai Chi classes for those who would like to make Tai Chi part of their wellness routine. Please check with your healthcare provider to make certain that joining a Tai Chi class is a good option for you before participating

Pre-registration is required.

Call Caregiver Services at (607) 778-2411 to register.

The Stay Healthy Caregiver Chat:

Date: Monday, October 3rd

Time: 1:00-2:30 PM

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

The Wayne Street Caregiver Chat:

Participants can use Zoom or call in.

Date: Wednesday, October 19th

Time: 9:30-11:00 AM

Zoom address:

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09ID:2152617450>

Password: 037464

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

Scam of the Month

Donations After a Disaster

After natural disasters or emergencies, communities rally together and raise money towards rebuilding or supporting a cause. During these times, scammers may pose as members of charities or disaster relief organizations.

Tips to finding a reputable organization to donate to:

- Contact well known agencies directly for instructions on how best to donate
- Give by credit card or check and ask for a receipt
- Do not give out personal financial information including social security number, bank account information, or passwords
- If you are worried about disaster related tax issues, you can call the IRD disaster assistance line at 866-562-5227

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, (607) 759-6306

November 16, 2022
Hunterdon Hills Christmas Show

AARP, Endicott Chapter
Contact: Rita (607) 239-4965
or Betty (607) 354-4260

November 16-18, 2022
Amish Holiday Tour:
Lancaster, PA

Johnson City Senior Center
Contact: Kim (607) 797-3145

December 7, 2022
Onondaga Lake Holiday Lights & Shopping

Vestal Seniors
Contact: Amy (607) 217-7708

December 1, 2022
Villa Roma Motown Holiday Show

FW Seniors
Contact: Liz (607) 222-8440

November 9-11, 2022
Amish Country, Lancaster, PA



EVENTS at the CENTERS

Krispy Kreme Doughnut Event

Pickup Wednesday & Thursday, October 19 & 20
Johnson City Senior Center
Preorders required by Thursday, October 13.
Contact the center to order.

Boscov's Friends Helping Friends

Wednesday, October 19 (Shopping Day)
Johnson City Senior Center
Pick up a shopping pass at Johnson City Senior Center for 25% off at Boscov's, to be used on purchases on October 19!

Evening Meal w/Music by Johnny Only

Wednesday, October 26, 4:30 pm
Broome West Senior Center
Liven up your weekday evening! Enjoy a lasagna dinner with pumpkin pie for dessert and live entertainment.

Holistic Wellness Presentations

1st & 3rd Tuesdays of the Month, 10-11:30 am
First Ward Senior Center
Appointments required. Each session lasts 15 minutes (\$3 fee). Includes foot reflexology, chakra, reiki, and card readings.

Evening Meal w/Music by Wayne Beddoe

Wednesday, October 12, 5 pm
First Ward Senior Center
Treat yourself to a choice of baked ham or kielbasa, each served with a side of pierogies and cucumber & tomato salad. Save room for red velvet cake for dessert!

Spaghetti Luncheon

Monday, October 10, 11:30 am
Northern Broome Senior Center
Savory flavors abound with a plate of pasta, garlic bread, and tossed salad. Dessert to follow! Reservations required one day prior by 12 noon.

Harvest Evening Meal w/Entertainment

Thursday, October 20, 4 pm
Deposit Senior Center
Celebrate the season with roast turkey, apple pie, and live music while you dine.

Musical Entertainment by Dan & Lea

Wednesday, October 12, 10:30 am-12 pm
North Shore Towers Community Center
Break up your week with the beats of this toe-tapping duo. Music makes everyone feel a bit brighter!

Loaded Baked Potato Bar

Wednesday, October 12, 11:15 am
Vestal & Eastern Broome Sr. Ctrs
Warm up on a cool autumn day with a hot baked potato and all your favorite toppings. Please reserve one day prior by 12 noon.

Evening Dining w/Music by Morning Star

Thursday, October 27, 4 pm
Eastern Broome Senior Center
Dinner will be served at 4:30 pm, including a choice of halupki or pub style fish, both served with apple pie for dessert. Live music begins at 5:15 pm. Take a chance at a door prize before you head home.

October is Mental Health Awareness Month

Take a moment to think about what you're rethinking 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.

We checked in with the Broome County Mental Health Department staff for recommendations on how to manage mental health, and they shared some important information:

- Mental health affects all socioeconomic classes, and it does not discriminate.
- Positive affirmations give you gentle reminders to boost your mental health and confidence; starting the day with one of these is a good practice for your overall mental health.
- It's okay to not be okay or have feelings of sadness and depression. However, if you find that you are feeling those emotions, find someone to talk to. Examples include a trusted family member or friend, your primary care provider, or a mental health professional.
- Your primary care provider can connect you with a social worker or mental health professional to get the specialized treatment that you need to feel better.

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.

NY Project Hope

Phone: (844) 863-9314, 7 days a week, 8 am – 10 pm

Website: <https://NYProjectHope.org>

Providing assistance coping with Covid 19, including emotional support helpline, online support groups, and website resources.

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.

Sometimes, the examples of others provide helpful tips for lifting our spirits. After all, stress is something we all feel. The staff at the Office for Aging took a moment to share how they cope with stress and anxiety, and some of their ideas are listed below to help inspire you:

“Visiting family members for a simple supper always changing my perspective when I'm down or upset. Laughing, talking, and being around those who love me refreshes my thoughts and feelings. I'm always reminded that whatever I'm worrying about, it's not the only thing to think about!”

“The hobby of doing Tai Chi or yoga helps me quiet my thoughts and slow down my breathing. I become very still during these activities, and when I'm done, I feel calm and peaceful. Both my body and mind have taken a bit of a pause, and that makes me feel much better.”

“After a long day, I like to cuddle up with one of my cats. Their purring and love helps destress me.”

“When I need to destress after a long day, I tap into my artistic side and create a fresh salad - taking my time to chop fresh, colorful vegetables. I try to slow my thoughts and focus on the present as I arrange the salad plate in an attractive design. When I am done, I have an inspiring meal that will make my body feel reenergized, and I have avoided the fast-food drive thru.”

“Sometimes I like to go out and deliver Meals on Wheels as a break from my daily office routine. While helping out, I get to appreciate the work of the volunteers and chat with the people who receive the meal service.”

“I enjoy coloring in adult coloring books, but I use colored pencils instead of markers because they are much more forgiving! It gets my mind focused on the picture I'm creating, rather than those pesky worries from the day.”

“After a long day I like to get in my car, play my favorite song, and sing at the top of my lungs!”

Hopefully, these examples have gotten you thinking about positive things we can all do to foster our mental health. Take some time to come up with a list of activities for yourself, and set an intention to practice them the next time you need to unwind, cheer up, and recharge.

Remember that valuable information for further reading is available online, as well. The US Department of Health and Human Services offers mental health resources at: www.mentalhealth.gov. At this website, you can find information about anxiety disorders, eating disorders, mental health and substance abuse, participating in clinical trials, and much more.

This October, set an intention to be aware of your mental health, take time for self-care when needed, and speak to your healthcare provider if you have any concerns.

Autumn is Here Don't forget your flu shot!

Autumn is here and flu season is not far behind. There's no better time to talk about the annual flu shot. People 65 years and older are at higher risk of serious complications from the flu. This is because our immune systems get weaker as we age, so we can't fight off illnesses as well as when we were young. Older adults make up 70-85% of flu deaths and 50-70% of flu hospitalizations in the United States each year. If you are in this age group, it is very important to get your flu shot.

The flu shot is the best defense against the flu. It can prevent you from getting the flu. If you do get the flu after getting the vaccine, you will probably have a milder illness. You may have mild side effects after getting the flu shot, like fatigue or a sore arm. These should go away quickly and are normal.

The best time to get your flu shot is September or October, before flu is circulating widely. It takes about two weeks after getting the vaccine for your body to develop protection against the flu. Check out Office for Aging's flu clinics, visit your local pharmacy, or make an appointment with your healthcare provider to get your flu shot if you haven't already. Enjoy a healthy autumn!

Broome County Office for Aging & Lourdes Medical Mobile Unit 2022 Flu Clinic Schedule

Office for Aging is partnering with Lourdes to provide flu shots to seniors and people of all ages. Lourdes accepts most insurances. For those without insurance there is a fee of \$25 for the flu shot. These clinics will be held at the following senior centers in Broome County:

Monday, October 3rd Northern Broome Senior Center: 9:30 - 11:00 am
12 Strongs Place, Whitney Point

Wednesday, October 5th Johnson City Senior Center: 10:00 – 11:30 am
30 Brocton Avenue, Johnson City

Monday, October 10th North Shore Towers: 10:00 – 11:30 am
24 Isbell Street, Binghamton

Flu clinics listed above do not take reservations in advance. Flu shots will be provided on a walk-in basis. **Please consult your healthcare provider for questions and guidance on receiving your annual flu shot.**

Mark Your Calendar! Upcoming Community Events

‘Malice Aforedeck’ presented by Peaches and Crime
Cider Mill Stage, 2 Nanticoke Avenue, Endicott
Saturday, October 1 at 7:30pm (doors open at 7:00pm)

Enjoy the debut of the Murder Mystery Musical ‘Malice Aforedeck.’ Famous mystery novelist and semiprofessional detective Merope Cooper has only one thing on her mind as her ship departs for a transatlantic voyage: taking a nap. But a passenger has vanished, and murder is suspected. Can the audience help Merope Cooper get to the bottom of this before she sleeps... with the fishes? This You-Decide-Homicide puts you in the captain’s chair for a tale of intrigue on the high seas, featuring the music of Peaches and Crime. Tickets are \$25.

www.cidermillstage.com

Path Through History: Spring Forest Cemetery
51 Mygatt Street, Binghamton
Saturday, October 8th and Sunday, October 9th, at 10:00am

The Phelps Mansion Museum is offering a walking tour of Spring Forest Cemetery. Learn the symbolism found on many of the monuments in the cemetery. This is a free event, but reservations are required. Reserve your spot by emailing info@phelpsmansion.org. Tours begin at the cemetery. The museum will also be open for regularly scheduled tours during this time. The Phelps Mansion can be reached at 607-722-4873.

<https://phelpsmansion.org/event/spring-forest-cemetery/>

Backyard Composting Workshop
Mary Wilcox Memorial Library
2630 Main Street, Whitney Point
Thursday, October 13th, from 6:00-7:00pm

Composting is an important practice everyone can do to create healthier garden soils and prevent food waste from being sent to the landfill. In this workshop, learn the basics of the composting process and how to create and maintain a backyard bin. Every step in the composting process will be explained including site selection, the pros and cons of various bin types, acceptable materials to compost, and how to harvest and use the finished product. For more information, contact Cornell Cooperative Extension Recycling and Composting Educator Josh Enderle at jse67@cornell.edu or call 607-772-8953. Funded by the Broome County Division of Solid Waste Management.

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

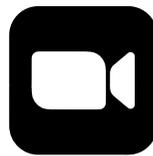
Ghouls Night Out
Kilmer Mansion, 9 Riverside Drive, Binghamton
Save the Date: Saturday, October 29th

Come party like it’s 1898. Enjoy hors d’oeuvres, dancing, an open bar, raffle baskets, and a costume contest. Tarot card, psychic readings and spirit paintings will be first come first serve. Tickets to the event are \$40 and available through the website below. A suggested donation of \$10 or more is requested for each reading. All proceeds benefit the programs of the YWCA.

<https://ywcabinghamton.org/events/ghouls-night-out/>

Health Insurance Fairs at Centers

It’s almost time for Medicare Open Enrollment. During the month of October, local health insurance agents will be visiting the senior centers to help educate you on their plans. For a list of the insurance agencies and dates when they will be at each center, please contact the center you wish to attend.



Waste Reduction: Recycling at the Curb Downsize & Declutter Discussion Tuesday, October 11th, 3 PM

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

Are you unsure what to recycle in your yellow or blue recycling bins? Do you wonder what happens at the Broome County Recycling Center? Join Josh from Cornell Cooperative Extension as he presents on recycling. Josh will illustrate by showing samples throughout his talk. Interested in getting the details about recycling? If so, strengthening your recycling habits will help you declutter your home and be kind to the environment at the same time. Learn more and bring questions on Tuesday, October 11th 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.

Medicare Open Enrollment An Update from Action for Older Persons

Medicare Open Enrollment takes place each year from October 15th - December 7th. This is the one time each year that all Medicare beneficiaries may change their plans. There are new plans added, plans removed and all plans make changes to their cost structure and benefits.

In September, all Medicare Advantage Plans and Prescription Drug Plans are required to send beneficiaries an Annual Notice of Change Letter. Watch for that letter among all the Medicare advertisements that arrive in your mailbox. Read it to find details about the plan’s benefits, copays and drug coverage for the upcoming year and to be sure your plan will not be terminating. Medicare advocates strongly encourage beneficiaries to review their plans each year.

During 2021’s Open Enrollment, Action for Older Persons (AOP) served 1,314 clients saving them over \$965,000 for the next year. There are many ways to save money with Medicare, including selecting the best plan to meet your health and prescription needs and applying for financial assistance programs for which you may qualify. We are the only local source of unbiased information about all the Medicare plans available in the area and would love to help you save money and gain peace of mind by knowing that you are in the plans that best meet your needs. Call AOP at (607) 722-1251 to make an appointment for an individual counseling session with one of our highly trained counselors. Call soon as our appointments fill up quickly!

No-Cost Legal Clinic for Broome County Senior Citizens

Please join us *by telephone* for Broome County’s Sixteenth Annual Senior Legal Clinic on Saturday, November 5th. This year’s clinic will again be held by phone in consideration of the health of all participants.

Receive a no cost consultation with a local attorney in any of the following areas: Wills/Trusts, Powers of Attorney/Health Care Proxies, Medicaid Planning, Landlord-Tenant, Real Estate, Oil and Gas Leases, Grandparent’s Rights, Debt Collection, Bankruptcy and more.

This annual event is to benefit Broome County residents, age 60+. It is co-sponsored by the Broome County Bar Association and Legal Aid Society of Mid-New York, Inc.

Registration is required. To register, please call: Pam MacLaren at (607) 231-5925 by November 1st, and leave a message with your name, phone number, and legal topic. You will receive a call back with the time of your telephone appointment.

We look forward to answering your questions!



Pumpkin Patch to Table

Sample the season by exploring both sweet and savory ways to use pumpkin in your cooking. Pumpkin is highly nutritious and rich in vitamin A. Vitamin A is important for our vision, growth, reproduction and immunity.

Pumpkin Soup

Get pumped for this pumpkin soup. This soup pairs well with a spinach salad topped with a scoop of tuna or egg salad.



Ingredients

- 1 can white beans (15 ounce, rinsed and drained)
- 1 onion (small, or 2 tsp. onion powder)
- 1 cup water
- 1 can pumpkin (15 ounces, plain)
- 1 can vegetable or chicken broth, low-salt (14.5 ounces)
- 1/2 teaspoon thyme (or tarragon)
- salt and pepper (optional, to taste)

Directions

1. Blend white beans, onion, and water.
2. In a soup pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through. Serves 4.

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

Pumpkin Ricotta Stuffed Shells

Welcome the flavors of fall with these pumpkin ricotta stuffed shells! Rich in vitamins, minerals, and antioxidants, pumpkin adds a nutritious twist to traditional stuffed shells.



Ingredients

- 12 jumbo pasta shells (about 6 ounces)
- 1 1/4 cups ricotta cheese, part skim
- 3/4 cup pumpkin
- 1/2 teaspoon garlic powder (or 2 cloves garlic, minced)
- 2 tablespoons basil
- 1/4 teaspoon sage, dried
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup grated parmesan cheese, divided
- 1 cup spaghetti sauce (low sodium)

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Cook pasta shells according to package directions. Drain and place each on a baking sheet to cool.
4. In a medium bowl, stir together ricotta, pumpkin, spices and all but 1 Tablespoon of the cheese. Reserve the 1 Tablespoon cheese for topping.
5. Spread pasta sauce in the bottom of a baking dish that holds all the shells in a single layer. Fill each shell with about 3 Tablespoons of pumpkin mixture and place shells close together on top of the sauce.
6. Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle with remaining cheese and bake for 15 minutes more. Serves 12.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-ricotta-stuffed-shells>

Pumpkin Cheese Pie

A great option for cheesecake lovers. Less fat and saturated fat than a standard cheesecake but all of the flavor.



Ingredients

- 8 ounces cream cheese, reduced fat
- 8 ounces cream cheese, non-fat
- 2 egg
- 4 egg whites
- 1 1/4 cups sugar
- 1 can pumpkin (29 ounces)
- 1 teaspoon ginger
- 1 tablespoon cinnamon
- 2 graham cracker pie crusts (9 inch)

Directions

1. Preheat oven to 350 degrees.
2. Place the cream cheese, eggs, and sugar in a large mixing bowl. Mix at medium speed until creamed. Add the remaining ingredients and mix at medium speed until ingredients are well mixed.
3. Spoon the mixture evenly in each pie crust and place both in the oven for approximately 50 minutes until pies look firm in the middle. Serves 16.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-cheese-pie>

Pumpkin Angel Food Cake

Wonderful for holidays or any time that you want the light airy texture of angel food cake and the earthy spicy flavor of pumpkin.



Ingredients

- 1 package angel food cake mix
- 1 tablespoon flour
- 1 teaspoon pumpkin pie spice
- 3/4 cup canned pumpkin
- 1 cup cold water

Directions

1. Preheat oven to 350°F.
2. In a large bowl, beat all ingredients with an electric mixer on low speed for 30 seconds. Beat on medium speed for 1 minute.
3. Pour into an ungreased 10-inch angel food cake pan.
4. Bake 37-47 minutes or until golden brown and cracks are dry.
5. Remove from oven and immediately turn pan upside down until cooled. Serves 12. Suggestion: serve with whipped topping.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-angel-food-cake>

Sudoku

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

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

Be Thankful on Thanksgiving:

Submit a Testimonial & Enter to Win a Prize

Set an intention to reflect on what you are grateful for this season. As Thanksgiving approaches, take time to express your gratitude for the good things 2022 has brought your way, no matter how big or small. The Office for Aging invites you to write a short testimonial or poem celebrating what you are thankful for this year. Submit it by Friday, October 14, 2022. By submitting, your name will be included in a prize drawing to win the harvest gift basket shown here. Winner of the drawing will be announced on our Facebook page and also in the Senior News. The harvest basket includes a variety of seasonal delights, including cookies, hand soaps, room fragrance spray, a cutting board, dish towels, home decorations, candles, chocolate, and more! In addition, first names of contributors and their testimonials may be featured in a future edition of the Senior News.



Send your name, phone number & testimonial to:

Broome County Office for Aging
 PO Box 1766, Binghamton, NY 13902
 Attention: *Senior News*

Or email: ofa@broomecountyny.gov

Here is an example of a testimonial, submitted by one of our staff members:

"This year I am thankful that I discovered our local farmers market. Throughout the summer, I took advantage of sales on fresh tomatoes, peaches, cucumbers, and berries. I've been canning them so that I can enjoy them through the winter months. On snowy days, opening a jar of strawberry jam will take me back to all the beautiful colors of the farmers market. This will be a good reminder that spring and summer always follow winter, so the cold days will pass and a new growing season is around the corner!"

By submitting an entry, you allow the Office for Aging to use, publish and copyright your first name and story 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.

Help Wanted: Foster Grandparents Needed

Children in local schools need your help. You can volunteer to help children succeed in the classroom simply by providing extra support and encouragement. Foster Grandparents work 1-on-1 with children in elementary schools, Head Start programs and daycare centers. The “grandmas” and “grandpas” are making a difference by providing love and encouragement to children with exceptional needs.

Teachers have reported that all students benefit from interacting with a Foster Grandparent. One local teacher stated, “Every child in the room benefits from another set of eyes, ears, hands, etc. Grandma is a loving caring presence for all in our room. She provides academic, emotional, and social support for all. She’s a role model.”

Foster Grandparents also report better health and longevity, having served their community. One local grandparent shared, “I feel that the Foster Grandparent Program gives me a purpose to get moving and to do things. I enjoy the people I work with and feel that I am helping my teacher. I enjoy the children.”

If you are a Broome County resident, age 55+ and are looking to spend 15-20 hours per week volunteering, please consider joining the Foster Grandparent Program.

- To be eligible for this program, you must meet Federal Income Guidelines with a one-person household of \$27,180 or a two-person income of \$36,620.
- If hired to be a Foster Grandparent, you will receive a stipend of \$3.15 for each hour that you volunteer, plus travel reimbursement and a free lunch at school each day.
- No prior experience is needed.
- The stipend and travel reimbursement do not count against your income for benefits such as HEAP, SNAP or Medicaid.



Interview with a Grandparent

Joan has been a Foster Grandma at a local school for 17 years and has made a difference in the lives of over 100 children in her time as a Foster Grandparent. We sat down with Joan to ask her about her experience, and this is what she shared.

What originally drew you to the program?

Joan: Well, I retired, and after 6 months of doing the things I thought I liked doing, I got bored. I contacted the Office for Aging to see what I could do. I was introduced to the program and started off at only 4 hours a day and after a while I increased it to a full day.

Did you have any prior experience with children before beginning this program?

Joan: I have four children of my own and was a foster mother for 25 years. About 10 of the 25 years of being a foster mother, I took in those with special needs. I also worked at ARC which is now Achieve.

What do you feel is the greatest thing that you gain by participating in this program?

Joan: So many good things. I think it’s feeling needed and useful, you know as you get older you don’t kind of like it, don’t have the same usefulness other than to your family. But I go in there and those kids are all glad to see me, the teachers glad to see me. If I’m out for in service one day, I come back and they say, “we missed you yesterday.” You see the kids make progress and you know you all you had a hand in it. It’s a good feeling to know that you we’ve helped them along. I like that we are very much a part of the school even though we’re not employees, we are accepted as part of the total group. They are just glad to see you, it’s encouraging. It’s encouraging to get up and get going in the morning.

It sounds like a wonderful community.

Joan: Yes, it has that feeling of belonging. And I know that the other Foster Grandmothers at my school feel the same way. It definitely has its challenges, but I don’t have to deal directly with a child who is acting out, we aren’t supposed to. That is for the teacher to handle. If we see that they are starting to get upset, we come alongside them and encourage them.

Do you ever run into them later on?

Joan: One year we did a summer enrichment at the high school, and we noticed a table of kids looking over at us, and finally a boy comes over and asked if we worked in Mrs. T’s room. He asked if I would mind coming over and talk to his table. They had all been in Mrs. T’s Kindergarten class and had remembered that I had been there. We had a nice chat and some hugs. It clearly meant something to them.

We are looking for Foster Grandparents in various districts in Broome County. Call 607-778-2089 to find out more about an opportunity near you.

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

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Halloween + Grandkids = Fun

Are you the grandma or grandpa that babysits from time to time? Perhaps you're given the task of picking the little ones up from school, or making sure they get to bed by 9:00 sharp while mom and dad have a night out. If this is the case, make an average October afternoon special by scheduling a Halloween party. Here are some tips for turning your living room into a spooky space:

- Simple refreshments steal the show. Consider pumpkin pudding. Make instant vanilla pudding and add a few drops of food coloring to make a quick orange treat. Top with chocolate sprinkles and gummy worms.
- Witches brew is a must. Fill a punch bowl with flavored seltzer water to cut down on sugar and additives. Add a bit of orange juice or apple cider to "season" the pot. Float round slices of oranges on the top, and enjoy!
- Got costumes? If your grandkids need a Halloween costume this year, offer to help them make it. Have a costume making session and use items around the house to keep cost down:
 - Gather old white sheets and cut out eyes for a classic, ghoulish ghost.
 - Find an old green shirt and glue ornaments to it for a walking, talking Christmas tree!
 - Find an old red shirt and some black construction paper. Cut circles out of the construction paper and glue them onto the shirt for the perfect Lady Bug.
- Pumpkin hunting gets everyone moving. Using orange construction paper, cut out pumpkin-shaped figures. Hide them around the space that you'll be in, such as behind couch pillows. Have your grandchildren hunt to find as many pumpkins as they can. Activities like this help the kids to break up their sitting time and stay active.
- Play some trivia and award a small prize to the person who has the most correct answers. Here are some trivia questions with answers that you can consider using, or come up with your own questions based on appropriateness for your family.
 - Are pumpkins a vegetable or fruit? (Answer – fruit)
 - In cartoons and movies, what do witches use to fly? (Answer – broomstick)
 - Originally, this Halloween treat was called "chicken feed" and later renamed to what we call it today. Was it: M&Ms, Skittles, Candy Corn, or Smarties? (Answer – candy corn)
 - Jack O'Lanterns were originally made out of which of these: apples, turnips, tomatoes, or cantaloupes? (Answer – turnips)
 - Long ago, a popular Halloween party game called for players to "bob" into a tub of water to grab these items with their teeth. Were they: oranges, grapefruit, pears, or apples? (Answer – apples)
 - Every Halloween, what is Charlie Brown waiting for to appear? (Answer – the Great Pumpkin)
 - Eating pumpkin helps us get which important vitamin into our diets? Is it: vitamin B, vitamin D, sodium, or vitamin A? (Answer – vitamin A)
 - This type of squash is popular in fall because after cooking it, you can "rake" it with a fork to make noodle-like strings. What is the common name for this squash? (Answer – spaghetti squash)
 - Which candy has the same name as a planet? (Answer – Mars bars)
 - Originally, there were five main colors/flavors of Skittles candies. Which of these was NOT one of those original flavors: lemon, orange, grape, or watermelon? (Answer 0 watermelon)

Will you be taking your grandchildren out trick or treating on Halloween evening? If so, remember that keeping Halloween fun means keeping it a safe event for you and your loved ones. Enjoy a safe and happy Halloween by following these guidelines from FDA, the Consumer Product Safety Commission, and the Centers for Disease Control and Prevention:

- Wear costumes that say "flame resistant" on the label. If you make your costume, use flame-resistant fabrics such as polyester or nylon.
- Wear bright, reflective costumes or add strips of reflective tape so you'll be more visible; make sure the costumes aren't so long that you're in danger of tripping.
- Wear makeup and hats rather than costume masks that can obscure your vision.
- Test the makeup you plan to use in advance. Put a small amount on the arm of the person who will be wearing it. If a rash, redness, swelling, or other signs of irritation develop where the makeup was applied, that's a sign of a possible allergy.
- Don't wear decorative (colored) contact lenses that appear to change how your eyes look due to the risk of eye injury, unless you have seen an eye care professional for a proper fitting and been given instructions for how to use the lenses.

Eating sweet treats is also a big part of Halloween fun. If you're concerned about food safety, there are some things you should know. Before you or your grandchildren go trick-or-treating, remember these tips:

- Eat a snack before heading out to avoid the temptation of nibbling on a treat before it has been inspected.
- In case of a food allergy, check the label to ensure the allergen isn't present. Tell children not to accept—or eat—anything that isn't commercially wrapped.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

To learn more safety tips and best practices, you can visit the FDA's website at: <https://www.fda.gov/consumers/consumer-updates/halloween-safety-tips-costumes-candy-and-colored-contact-lenses>

JOIN MEMORY MAKER AT YOUR LOCAL SENIOR CENTER FOR AN HOUR-LONG

ART WORKSHOP

Create artwork inspired by the change of season while exploring the textures and colors of fall leaves. No experience necessary!

Oct. 11 - Deposit, 11:30 am
Nov. 1 - First Ward, 10 am
Nov. 2 - Eastern Broome, 12:30 pm
Nov. 7 - Northern Broome, 12:30 pm
Nov. 8 - Broome West, 11 am
Nov. 14 - Johnson City, 12:30 pm
Nov. 15 - Vestal, 10 am
Nov. 23 - North Shore, 10:15 am

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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.

Covid-19 Vaccines and Booster Shots:

The Office for Aging is here to help you schedule your first vaccine or a follow-up booster. If you would like to schedule your shot, please call our Vaccine Line at (607) 778-1083.

Flu Shots:

Broome County Senior Centers are offering flu shots this season. For the schedule of flu clinics, please see Page 4.

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 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

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

- 10/6 Legal Aide (call for appt.), 9 am-12 pm
- 10/10 Pizza Luncheon w/Music by Marian Tewksbury, 11 am
- 10/11 Downsize & Declutter Discussion, 3 pm
- 10/12 Coop. Extension Nutrition & Cooking Class, 10:30 am
- 10/18 Site Council Meeting, 9:30 am
- 10/25 Bright & Beautiful Therapy Dogs Visit, 12:30 pm
- 10/26 Evening Meal w/Music by Johnny Only, 4:30 pm
- 10/31 Halloween Celebration Day

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 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

- 10/4,18 Reiki, Chakra, Card Readings & Foot Reflexology, 10-11:30 am (\$3)
- 10/4,18 Chop n'Chat (reservation required), 1 pm
- 10/5 Chorus Resumes, 9 am
- 10/6 Executive Board Meeting, 9:30 am
Craft Class: Leaf Lanterns (\$2)
- 10/10 Center Closed for Columbus Day
- 10/11 Anderson Family Type Home for Adults Presentation, 12 pm
- 10/12 Evening Meal w/Music by Wayne Beddoe, 5 pm
- 10/17 Legal Aid (appt. required), 9 am
- 10/18 Coop Extension Nutrition & Cooking Class: Whole Grain Hacks, 12 pm
- 10/28 Halloween Trivia Competition, 12 pm
- 10/31 Halloween Celebration w/Music by Mike's Jukebox, 11:45 am



Halloween Party & Luncheon

**Monday, October 31
at Participating Senior Centers**

Come celebrate Halloween dressed in your favorite costume and enjoy games, raffles, refreshments, costume contests, and much more. You may also enjoy a delicious lunch served around noon.

Reservations are required by noon on 10/28. Please call a participating center to make your meal reservation and learn more about the day's special activities. Phone numbers are listed on this page and page 11.

Guests age 60 and older and their spouse of any age may dine for a suggested contribution of \$3.50. All others may dine for a charge of \$4.50.

No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

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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 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

- 10/3 Stay Healthy Caregiver Support Group, 1-2:30 pm
- 10/5 Blood Pressure, Diabetes & Oxygen Presentation w/The Medicine Shoppe, 10 am – 12 pm
Lyceum Southern Arizona Hiking Trails Presentation, 10 am-12 pm
Book Club (Someone We Know by Shari Lapena), 3-4 pm
- 10/7,21 Poetry Club, 12:30-2 pm
- 10/17 Hearing Screenings by Tri-City, 9 am-12 pm
- 10/19 Lyceum Paraguay Presentation, 10 am – 12 pm
- 10/20 Legal Aid (call for appt.), 9 am-12 pm
- 10/26 Haircuts (call for appt.), 10-11:30 am
Coop. Extension Nutrition and
Cooking Class: Whole Grain Hacks, 12:15 – 12:45 pm
- 10/31 Halloween Celebration, 11:45 am

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

- 10/3 King High Card Game, 12 pm
- 10/10,24 Chop n'Chat (call to reserve), 10 am
- 10/12 Loaded Baked Potato Bar (call to reserve), 11:15 am
- 10/18 Fall Craft Day (call to reserve), 10 am
- 10/20 Left Center Dice Game, 12 pm
- 10/25 Vestal Seniors Club Meeting, 12:15 pm
- 10/26 Coop. Extension Nutrition & Cooking Class, 10:30 am
- 10/28 Pizza or Chef Salads for Lunch, 11:15 am
Bunko, 12 pm
- 10/31 Halloween Celebration, 10:15 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

- 10/20 Harvest Evening Meal w/Entertainment, 4 pm

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

- 10/4,18 Golden Agers Meeting, 12 pm
- 10/10 Spaghetti Luncheon, 11:30 am
- 10/11 Evening Meal w/Bingo, 4:30 pm
- 10/27 Legal Aid (appt. required), 9-11 am
- 10/31 Halloween Celebration Day

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

- 10/4 Coffee & Cinnamon Refreshments, 10:30 am
- 10/6 Wii Bowling Tournament Sign-Up Day, 10 am
- 10/12 Live Music by Dan & Lea, 10:30 am- 12 pm
- 10/13 Wii Bowling Tournament Begins, 10:15 am
- 10/19 Coop. Extension Nutrition & Cooking Class, 10:30 am
- 10/20 Wii Bowling Tournament Continues, 10:15 am
- 10/21 Coffee & Apple Refreshments, 10:30 am
- 10/26 Bright & Beautiful Dogs Visit, 10:30 am
- 10/28 Coffee & Chocolate Refreshments, 10:30 am
- 10/27 Wii Bowling Tournament Continues, 10:15 am
- 10/31 Halloween Celebration & Costume Party, 10:30 am

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

- 10/7 Burger Bar, 11:30 am – 12:30 pm
- 10/12 Loaded Baked Potato Bar (reservations appreciated), 11:15 am
- 10/14 Eastern Broome's 22nd Anniversary
Celebration & Volunteer Recognition, 9 am- 2 pm
- 10/20 Golden Griddle Day, 11:45 am – 12:45 pm
- 10/26 Legal Aid (call to reserve), 9 am – 12 pm
- 10/27 Evening Dining w/Music by Morning Star, 4 pm
- 10/31 Halloween Celebration & Spooky Horse Racing Game, 10:30 am
Costume Parade & Games following Lunch

Stay Warm this Winter with Help from HEAP

The Home Energy Assistance Program (HEAP) may assist with the cost of heating your home this fall/winter. Eligible households can receive a one-time Regular HEAP benefit per program year.

The proposed opening of the program is November 1st, 2022. The program will end tentatively March 15, 2023, or when funds are exhausted.

The 2022-2023 household income guidelines are:

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

When Regular HEAP opens, there are several ways to apply. You can apply online at www.mybenefits.ny.gov. To apply with a paper application, the following agencies accept applications:

Broome County Office for Aging (OFA) accepts applications for regular HEAP for homeowners and renters who are age 60 or over and for those who receive disability income, either Supplemental Security Income (SSI) or Social Security Disability (SSD).

If you are new to HEAP (over age 60 or receiving permanent disability income) and would like to receive an application in the mail when the program opens, please call the Office for Aging HEAP hotline at 607-778-2063 and leave a message with your name and address.

The Career & Community Services Center of Broome County (formerly known as DSS) accepts applications for homeowners and renters under age 60 and not disabled. Once the regular HEAP season opens, you can call 607-778-1100, extension 8 to request an application.

If you have questions about HEAP or would like to learn about other financial benefits you may be eligible to receive, call the Office for Aging at 607-778-2411.

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.

Laugh Break
 What reads and lives in an apple?
A bookworm.




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Make the Most of Your Electronic Devices to Connect with Others

This autumn, 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/>

The Broome County Home Repair Service
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Dental Care: It's Not Just for Kids

Most of us have reminded our small children and grandchildren to “brush those teeth” after eating sugary treats like Halloween candy. Since the season of trick or treating is upon us, it’s important to remember that oral care is not just for children. As we age, oral hygiene should become a priority of our overall wellness plan.

The National Council on Aging (NCA) reports that among adults aged 65+:

- 30% have broken and decayed teeth
- Over 40% have puffy, infected gums
- Over 23% have no teeth at all

The NCA reminds older adults to be aware that dental problems are more than just pain and/or the inability to chew—in fact, these are probably the least worrisome. Poor oral hygiene can actually put you at risk for many other serious health conditions. This often leads to a number of dental problems.

Three risks of poor oral care as we age may include malnutrition, loneliness, and illness:

- **Malnutrition:** Teeth that are severely worn, broken down, or missing make it very difficult for older adults to chew foods like meat, vegetables, and nuts, and so these foods may fall away from our diets. Diets lacking protein and important vitamins and minerals can cause malnutrition, which can lead to physical deterioration, falls, a weakened immune system, and chronic conditions like diabetes or heart disease.
- **Loneliness:** The damage from oral diseases can trigger feelings of personal embarrassment. Our smile is our first introduction to others, and when we don’t feel confident about our teeth, gums, or breath, we may choose to avoid social interactions. This can lead to loneliness, which has real physical and mental health implications.
- **Illnesses:** The same germs that cause gum pain, bad breath, and tooth decay also have the potential to enter your bloodstream, travel to other organs in your body, and cause diseases. Speak with a healthcare provider if you have a dental concern, need a cleaning, or want to learn more about preventing complications from poor oral hygiene.

If you’ve been neglecting your oral hygiene, set an intention this season to take care of your teeth. In addition to contacting your dentist, you can read more about topics like this one at the NCA’s website: <https://www.ncoa.org/age-well-planner/resource/healthy-smiles-make-healthy-aging-3-lesser-known-risks-poor-oral-care>

Sudoku Answers

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

Control Sodium by Making Your Own Meals

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

October is a month of transitioning from being outdoors and having fresh local produce to spending more time inside and perhaps beginning to eat more frozen and canned foods. Part of having a healthy eating pattern is being conscious of how much sodium is in the food we eat. Many of us know we need to limit our daily amount of sodium and to especially be wary of processed foods which often have a very high sodium content.

A half cup serving of a prepared spaghetti sauce, for example, could contain 200mg to 800mg or more of sodium! (An average is about 350 to 450mgs.) Although the upper recommended range of daily sodium is 2300 mgs, people over 40 and those with kidney disease, diabetes or high blood pressure are advised to limit it to about 1500mg. That half-cup serving of spaghetti sauce then, is a quarter or more of what you would need for the entire day!

Be sure to read food labels and look for foods with 5% or less of the suggested daily value of sodium per serving. Keep a notebook listing the brands you like so you don’t have to repeat the research each visit to the store.

An easy and economical way to watch your sodium is to prepare your own food, controlling the amount by flavoring your foods with herbs and spices. If you happened to freeze some of this summer’s produce, then you have the beginnings of a home-made sauce or soup! Use seasonings like oregano, basil, garlic, and onion to decrease the need for adding much salt and include no-sodium or low-sodium frozen and canned vegetables. Make it healthy and tasty at home!

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This Month...

We answer a question about your options with managing grocery bills each month.

Question:

I find that I'm running out of money by the end of each month. This makes it really difficult to purchase my groceries. How can I get financial help to purchase food?

Answer:

Consider applying for SNAP/Food Stamps. SNAP stands for: **Supplemental Nutrition Assistance Program**. SNAP helps individuals living on a low income to supplement their food purchases. SNAP is considered a nutrition program that helps you eat healthy.

An individual in this program will receive an Electronic Benefit Card (EBT) that has a monthly allowance to purchase food. The EBT card is used rather than paper coupons, and the monthly benefit is automatically credited to your EBT card every month.

The EBT card will fit in your wallet and look like this:



You may be eligible for SNAP benefits if your income falls within these guidelines:

- For persons 60 and over or those with a disability, the monthly gross income is \$2,147 or lower for a household of one; for a two-person household the monthly gross income is \$2,903 or lower.

With SNAP, you can purchase a variety of different foods including:

- Fresh fruits and vegetables
- Frozen foods
- Canned foods
- Bread and milk
- Meat
- Non-perishable food items
- You can also use your monthly benefit towards the **purchase of meals at local Senior Centers, as well as for home delivered meals through the Meals on Wheels Program**. If you would like to preview the monthly Senior Center luncheon menu, please see page 16 of this paper.

Contact the Broome County Office for Aging and talk to a caseworker at (607) 778-2411 for assistance in applying for SNAP.

Broome County
Office for Aging

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

September was National Senior Center Month

Did you visit a senior center in September? Perhaps it was your first visit, or one of many visits. Thank you for being our guest. We wish you many more delicious meals, friendly conversations, learning opportunities, and wellness classes to come in the future!

These photos below were taken at the Broome West Senior Center Picnic on September 9th. As you can see, a combination of games, information booths, and socializing made this day a fun time for all.



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Housing with a Heart



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October Menu - Bon Appétit!

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

Chicken Parmesan 3 Minestrone Soup Applesauce Ice Cream Cup	Halupki 4 OR Roasted Chicken Thigh Mashed Potatoes French Cut Green Beans Pineapple Upside Down Cake	Roast Turkey 5 Apple Bread Dressing Peas Pears	Breaded Fish 6 OR Egg Salad Sandwich Harvest Vegetable Soup Peaches Chocolate Chip Cookie	Pub Style Battered Fish 7 OR Sausage w/Peppers & Onions Baby Red Potatoes Garden Salad Chocolate Pudding
Beef Burgundy Over Noodles 10 Baby Carrots Oatmeal Cookie	Chicken Salad 11 Croissant Cream of Broccoli Soup Three Bean Salad Strawberry Shortcake	Rotisserie Chicken 12 Roasted Potatoes Winter Squash Mandarin Oranges	Pasta Parmesan w/Sausage 13 Italian Green Beans Garden Salad Chocolate Brownie	Swiss Steak 14 OR Herbed Pollack Mashed Potatoes Peas & Carrots Applesauce
Cheesy Shells Casserole 17 Vegetable Soup Double Chocolate Cookie	Veggie Frittata 18 O'Brien Potatoes Broccoli Florets Pineapple	Pub Burger 19 OR Tuna Salad Baked Potato Spinach Pumpkin Cake	Grandma's Meatloaf 20 Mashed Potatoes Carrots Tapioca Pudding w/Mandarin Oranges	Pub Style Fish 21 OR Honey BBQ Chicken Macaroni Salad Garden Salad Snickerdoodle Cookie
Chicken Florentine 24 Penne Casserole Cauliflower w/Parsley Sherbet	Meatball Sub 25 Harvest Vegetable Soup Wax Beans w/Pimento Lemon Pudding	Liver w/Onions 26 OR Chicken Marsala Mashed Potatoes w/Gravy Peas & Carrots Orange Cranberry Bar	Baked Ham 27 OR Citrus Pollack Scalloped Potatoes Cut Green Beans Apple Cobbler	Salisbury Steak 28 OR Breaded Fish Baked Potato Cottage Cheese Pineapple
Happy Halloween! Rotisserie Chicken 31 Baked Potato Peas & Carrots Cream Puff	Coming in November at Your Local Senior Centers: - Veterans Day Remembrance: <i>Wednesday, November 9th (November 10th in Deposit)</i> - Thanksgiving Luncheon: <i>Wednesday, November 16th (November 17th in Deposit)</i> Watch for more details in the November Senior News.			

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



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



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

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

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

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