



Visit Our Website at www.gobroomecounty.com/senior




Mark Your Calendar for Upcoming Senior Picnic

One more picnic remains for the 2022 season. This event will feature special events, a delicious lunch, and most importantly, fun. Save the date and join us as we say farewell to summer.

Broome West Senior Center:
Date: September 9th • **Time:** 10:00 am to 2:00 pm
Where: 2801 Wayne St. Endwell, NY 13760
Phone Number for More Info: 607-785-1777

— BROOKS —

BARBEQUE



FUNDRAISER

Brooks House of Bar-B-Q is coming to the front parking lot of Lowes Home Improvement Store 1318 Upper Front Street, Binghamton, NY, 13901

FRIDAY, SEPT. 16, 3PM-SOLD OUT

Dinners include half chicken, baked potato, coleslaw, and dinner roll. *****

\$12.00 per Meal – Cash Only
 Please bring exact change, if possible.

This event is presented by the Age On Fund of Broome County, Inc., to benefit Broome County Senior Centers.



Be a Classroom Grandparent and get paid!

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



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

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

HEALTH AND WELLNESS

ACTIVITY SCHEDULE

Chair Yoga

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

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

Beginner Gentle Yoga

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

Monday 9:30 am East. Broome Sr. Center (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 Coming Soon to 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

- **Sept 14th, 10 am-noon:** Susquehanna River Road Trip 3: Exploring the Lower North Branch
- **Sept 21st, 10 am-noon:** Heart of the Sahara
- **Sept 28th, 10 am-noon:** Traipsing Around Lisbon, Portugal
- **October 5th, 10 am-noon:** Hiking Along the Migrant Trails in Southern Arizona
- **October 19th, 10 am-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>

Tai Chi for Arthritis & Falls Prevention

Starts Monday, October 17th, 2-3 pm

(will be held each Monday and Thursday at 2 pm)

at Broome West Senior Center, 2801 Wayne Street, Endwell



This is a beginners-level course offered for those who are new to Tai Chi and open to learning about its benefits. It will be particularly helpful to those with arthritis. The class can be taken seated or standing as your comfort level allows, but you should talk to your doctor to make sure this program is a good fit for you before signing up.

- In order to experience the benefits of this evidence-based program, you are asked to attend for 1 hour, twice per week for a total of 8 weeks.
- Twelve gentle Sun-style Tai Chi movements will be taught over the course of 8 weeks.
- Your class leader Sofia has been certified through Dr. Paul Lam's Tai Chi for Health Institute: <https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis/>

To Register:

- Pre-registration is required and this class is only for those who have never taken Tai Chi for Arthritis & Falls Prevention (1st 12 movements).
- To sign up, please contact the Office for Aging at (607) 778-2411.

Experience the Magic of Autumn with the Nature Walking Club

The Nature Walking Club invites you to join them and enjoy the new fall foliage, cool breeze, and remnants of the passing summer season. 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.

- **Thursday, September 8th, 10 am: Vestal Rail Trail West**
Meet at the parking lot on Castle Gardens Road.
- **Thursday, September 22nd, 10 am:**
Nathaniel Cole Park, Colesville Road, Harpursville
Meet in right-side parking lot.

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

Laughter-Cize:

Learn How Laughing for “No Reason” Can Benefit Your Loved One and You!

Date: Thursday, September 29th

Time: 1:00-2:00PM

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

Presenter: Traci Pena

Laughter Yoga (Hasya Yoga) is a technique of promoting happiness & wellness by encouraging voluntary laughter. Laughter-Cize (as Traci prefers to call it) is described as a mind-body exercise involving laughing for no reason, combined with simple yogic breathing. Traci encourages you to come “unbuckle your chuckle” and experience the fun side of getting fit. It’s time to get serious about laughing!

Pre-registration is required.

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

The Stay Healthy Caregiver Chat:

Date: Monday, September 12th

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, September 21st

Time: 9:30-11:00 AM

Zoom address:

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGxenRkZz09ID: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

Cryptocurrency Scams

A cryptocurrency, crypto-currency, or crypto is a digital currency designed to work as a form of monetary exchange through a computer network that is not reliant on any central authority, such as a government or bank, to uphold or maintain it. There are no paper dollars, coins, or checkbooks associated with cryptocurrency.

The last part of the definition is the most important when it comes to cryptocurrency: It has no government of bank that upholds it or maintains it, which means that there are not the same protections when spending cryptocurrency like there are for banking institution.

Between 2019 and 2020 cryptocurrency scams increased by 12%. The lack of protections are one of the main reasons that scammers like to receive payment in cryptocurrency.

These scams like others often come with “red flags”, so be cautious in these situations:

- Someone requests payment of cryptocurrency via email
- You are approached with a cryptocurrency investment opportunity that you did not ask for
- A person or advertisement on social media wants you to pay via cryptocurrency
- Someone advertising a new brand of cryptocurrency

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.



By Kathleen Cook, Nutrition Educator Cornell Cooperative Extension

As September ushers in cooler weather, it’s a great time to take advantage of it and enjoy getting outside for walks and other forms of activity. Being physically active to the best of your ability is key to being well physically, mentally, and emotionally. Getting moving boosts mood, lubricates joints, strengthens muscles, and improves overall coordination.

Even if you have some limitations, focus more on what you can do rather than what you cannot. For example, if legs and knees are a weakness, try exercise classes that are done sitting, such as chair yoga or some of the Bone Saver type classes. Maybe take short walks down the sidewalk and back, and each day go a little further. Check out local parks with walking trails that have even surfaces and take in the aromas of autumn air.

Upper body strength is also valuable and needed for everyday life activities. Use objects around home for weights or purchase resistance bands and stretch several times a day. Tossing a ball back and forth outside with a grandchild or a friend will help maintain arm and shoulder mobility and strength.

Having sunshine on your face and limbs stimulates our bodies natural production of vitamin D so looking for and going to seasonal activities and festivals can both boost immune system and offer an opportunity to connect with others in the community.

When it comes to activity: **Move More, Sit Less, Feel Better!**



Kattelville Seniors

Contact: Marilyn (607) 296-3819

October 9-11, 2022

PA Amish Lands, Site & Sound Theatre

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

North Fenton Seniors

Contact: Ruth (607) 648-8425

or Donna (607) 648-6071

October 12, 2022

Philadelphia Cruise & Casino

Johnson City Senior Center

Contact: Kim (607) 797-3145

October 26, 2022

Silver Birches Oktoberfest

November 10, 2022

Veterans' Tribute & Holiday Show

FW Seniors

Contact: Liz (607) 222-8440

October 18, 2022

Everly Brothers Tribute
Penn's Peak, PA

November 9-11, 2022

Amish Country
Lancaster, PA

Vestal Seniors

Contact: Amy (607) 217-7708

October 12, 2022

Penn's Peak, PA

December 1, 2022

Villa Roma Motown Holiday Show

**Want To Advertise
in the Senior News?**

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

Call 607-778-2411

**Make our readers your
customers!**

The Home Energy Assistance Program 2022-2023

If you qualify, the Home Energy Assistance Program (HEAP) may assist you with the cost of heating your home this fall/winter. Eligible households can receive one regular HEAP benefit per program year.

All households that received a Regular HEAP benefit in the 2021-2022 program year will receive an application in the mail automatically. We anticipate that applications will be mailed during the last week of August. Even if nothing has changed in your household or income, you still must submit an application each program year. While returning applicants can apply before the program opens to new applicants, benefits will not be issued until the program officially opens.

As of the deadline for submitting content for this issue of the Senior News, the opening date of the Regular HEAP program for new applicants has not been announced, but it will be sometime in the fall. The 2022-2023 household income guidelines have also not been released. Income guidelines will be published in the Senior News when they are known.

When 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 (The CCSC) accepts applications for homeowners and renters under age 60 and not disabled. Once the official HEAP season opens, you can call **607-778-1100, extension 8** to request an application.

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

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

Laugh Break!

What did one autumn leaf say to another?
I'm falling for you!



**Elder Law • Asset Protection
Long Term Care Planning**

Handicapped Access

Free Parking

Certified Elder Friendly

Elder Care Coordinator on staff assisting our attorney team

**450 Plaza Drive, Vestal, New York
LGTLegal.com • 607.763.9200**

Review Your Plan Medicare Open Enrollment Fall 2022

Action for Older Persons (AOP) offers no cost unbiased Medicare insurance counseling and financial assistance program application help. Medicare's Open Enrollment periods, the one time each year that all Medicare beneficiaries can change their health care selection, takes place from October 15th-December 7th. Last year during Open Enrollment, AOP met one-on-one with 1,314 individuals and saved these local residents an estimated \$965,460 in premium and copay expenses for the next year. Do you know that just a small percentage of Medicare beneficiaries review their plans each year? Tell your friends and families that plans change dramatically each year and they should review their plan.

There are many reasons why it is important to review your Medicare Advantage, Supplement or Prescription Drug Plan during Open Enrollment:

- Plans make changes to their formulary (the drugs that they cover)
- Plans make changes to their premium (monthly cost). Several of the Medicare supplement insurers have increased their premiums substantially. Call us to find out what more cost effective options there are for the same plan.
- Plans make changes to their co-pays at the pharmacy or at the doctor/hospital as well as to other covered services
- Plans make changes to their network of doctors and hospitals
- Plans end their contract with specific pharmacies or pharmacy chains
- Plans cancel their contract with Medicare - canceling your plan completely
- New plans may become available that are more cost effective than your current plan

At this time, we are planning to offer both in person and phone appointments. However due to the ongoing pandemic, this could change. Our trained counselors have been counseling from home for the past 2 ½ years so it is a viable option if necessary.

AOP members may begin calling for an Open Enrollment appointment on Monday, September 19th at 8:30 am. All other clients may begin calling on Monday, September 27th at 8:30 am. We ask for your patience as we answer the influx of calls on those days. We also encourage you to make your appointment as soon as possible to ensure appointments are still available. Last year, we had to turn away almost 200 clients.

AOP's expert counselors are available all year round to assist you. Call us at **(607) 722-1251** to find out how we can help you save money with Medicare!

Open Enrollment Presentations at Senior Centers

Join us at your local senior center as Reva Mack from Action for Older Persons speaks on Open Enrollment. She will discuss important dates and anything you should know as we move into fall and Open Enrollment season.

- Eastern Broome, Harpursville: 9/1/22 at 12:15 pm
- Deposit: 9/6/22 at 12:30 pm
- Vestal: 9/7/22 at 10:30 am
- North Shore Towers, Binghamton: 9/12/22 at 11:30 am
- First Ward, Binghamton: 9/13/22 at 12 pm
- Broome West: 9/19/22 at 11 am
- Johnson City: 9/21/22 at 11:30 am

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

Your Questions about Sepsis Answered by the Centers for Disease Control (CDC)

What is sepsis?

Sepsis is the body's extreme response to an infection. It is a lifethreatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Is sepsis contagious?

You can't spread sepsis to other people. However, an infection can lead to sepsis, and you can spread some infections to other people.

What causes sepsis?

Infections can put you or your loved one at risk for sepsis. When germs get into a person's body, they can cause an infection. If you don't stop that infection, it can cause sepsis. Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza.

Who is at highest risk?

Some people are at higher risk for sepsis, including: adults over age 65, those with weakened immune systems, those managing chronic conditions such as diabetes, sepsis survivors, those who are severely ill and hospitalized, and babies under age one.

How can I stay ahead of sepsis?

- Prevent infections by talking to your healthcare provider.
- Practice good hygiene by washing your hands and keeping cuts covered until healed.
- Know the signs and symptoms of sepsis, including: high heart rate, low blood pressure, fever, shivering, confusion, shortness of breath, extreme pain, and sweaty skin.
- Act fast. If you or your loved one has an infection that's not getting better or is getting worse, act fast. Get medical care immediately either in-person, or at minimum, through telehealth services. Ask your healthcare professional, "Could this infection be leading to sepsis?" and if you should go to the emergency room for medical assessment.

Where can I find more information?

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis online, or call **1-800-CDC-INFO**.

Reprinted from: https://www.cdc.gov/sepsis/pdfs/Consumer_fact-sheet_protect-yourself-and-your-family-P.pdf



The Biggest Mistake: Downsize & Declutter Discussion Tuesday, September 13th, 3 PM

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

According to blogger Mia Danielle, the biggest mistake we make when building a calmer environment is focusing on decluttering. Decluttering is just a phase in a process. The 5 phases of creating a calm environment include: mind, emotions, physical, energy, and maintenance. Interested in getting more details? Learn more on Tuesday, September 13th 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.

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.

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

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/>



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- **ESTATE PLANNING:** Wills, Trusts, Powers of Attorney, and Tax Planning
- **ESTATE ADMINISTRATION:** Probate & Administration, Judicial and Informal Accountings, Surrogate Court Proceedings, Estate Taxes
- **ELDER LAW:** Basic Planning, Asset Preservation, Medicaid Planning, Living Wills and Health Care Proxies, Long-term Care, Guardianships, Planning Insurance, Medicare / Medicaid Advice

Squash, Squash and More Squash!

This time of year, we are using up our summer squash and introducing fall squash varieties, as well. Keep the kitchen interesting and think of ways to “squash” boring old recipes. Here are some ideas to get you started.

Spaghetti Squash with Tomatoes, Basil, and Parmesan

This is a delicious “pasta-like” side dish bursting with fresh flavors. This recipe would

go well with a grilled protein, such as chicken breast.

Ingredients

- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 3 tablespoons parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- salt and pepper (to taste, optional)

Directions

1. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
2. In a large bowl, whisk oil, basil, oregano and 2 tablespoons parmesan. Stir in tomatoes and season lightly with salt and pepper to taste.
3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 tablespoon parmesan cheese. Serves 4.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spaghetti-squash-tomatoes-basil-and-parmesan>



Savory Squash Squares

This side dish is great for a big holiday meal or potluck. Try it with different veggies for a fun twist.

Ingredients

- 4 eggs (beaten lightly)
- 1/4 cup oil
- 3 cups thinly sliced squash (use zucchini or yellow squash)
- 1/4 cup chopped onion
- 1 cup biscuit mix
- 1 teaspoon dried parsley (or 2 teaspoons chopped fresh parsley)
- 1/3 cup grated cheddar cheese
- 1 cup grated carrots

Directions

1. Mix all ingredients thoroughly and pour into a greased 9 x 13 baking dish.
2. Bake 25 minutes, or until bubbly and brown, in a 350°F oven.
3. Serve in squares while warm. Serves 8.

Notes

- To freeze: Cool, and cut into squares. Freeze squares on a cookie sheet. when they are frozen, put into freezer bags. When ready to use, take out of the freezer bag, place in microwaveable covered container. Reheat in microwave at medium setting.
- Try 8 egg whites in place of whole egg for less cholesterol and fat.
- Add other thinly chopped fresh veggies into the mix -- green or red sweet peppers, spinach, broccoli.

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

Curried Squash Stew

Curry powder and cinnamon give unique flavor to this zucchini, butternut squash, tomato, and bean stew. Add raisins or dried cranberries for an added "sweet note."



Ingredients

- 1 tablespoon vegetable oil
- 1 yellow onion (peeled and chopped)
- 2 cloves garlic (peeled and minced)
- 1 celery stalk (including leaves, chopped)
- 1/2 teaspoon ground cinnamon
- 1 large zucchini (or 2 small)
- 2 tablespoons curry powder
- 3 cups butternut squash
- 1 can 14.5 ounce low-sodium diced tomatoes (including liquid)
- 1 can 15.5 ounce low-sodium white beans or chickpeas (drained and rinsed)

Directions

1. Heat a large pot on the stove over medium heat and add oil. Add the onion, garlic and celery and cook about 10 minutes, until the onion is tender.
2. Add zucchini and curry powder and cook for 10 minutes, stirring occasionally.
3. Add the butternut squash, tomatoes and chickpeas and cover. Continue cooking about 10 minutes.
4. Serve with cooked brown rice. Serves 4.

<https://www.myplate.gov/recipes/myplate-cnpp/curried-squash-stew>

Chocolate Squash Cake

Incorporating squash into a chocolate cake adds flavor plus fiber, vitamin K, phosphorus, and folate.



Ingredients

- 1/2 cup vegetable oil
- 1 package cake mix, dark chocolate
- 1 teaspoon ground cinnamon
- 3 eggs
- 1 1/4 cups water
- 1 cup squash (shredded or finely chopped)
- 1/4 cup chopped walnuts (optional)

Directions

1. Preheat oven to 350°F. Grease and flour a 10" tube or bundt pan.
2. In a large bowl, combine cake mix and cinnamon.
3. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed.
4. Fold in squash. Add nuts if you like.
5. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched. Serves 12.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/aunt-barbaras-chocolate-squash-cake>

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.

Labor is provided free of charge to eligible home owners.

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

Call (607) 772-2850 For Details

Mark Your Calendar! Upcoming Community Events

LUMA Projection Arts Festival

Downtown Binghamton
September 9th & 10th, 8:30 pm to 12:15 am

Celebrate the bold confluence of technology and visual arts. LUMA is a festival founded by artists, for artists, which showcases cutting-edge video storytelling that transforms the city. Most of the event is free.
<https://lumafestival.com>

Fall Restaurant Week

Participating Restaurants, Binghamton
September 13th to September 22nd

Enjoy special fixed price lunch and dinner options at some of the area's best restaurants.
<https://www.eatbing.com/events/>

Twin Tiers International Film Festival

Cinema Saver, 19 Madison Avenue, Endicott
September 16th to 18th

Enjoy creative and inspiring films, educational filmmaking workshops, events, and a celebrity meet and greet at this 3-day film festival. Call 607-371-4149 for more information.
<https://filmfreeway.com/twintiersfilmfest>

Book Club for Adult Readers

George F. Johnson Memorial Library
1001 Park Street, Endicott
September 28th from 1:00-2:00 pm

Book club meetings are monthly on the 4th Wednesday from 1:00-2:00pm. Currently, meetings are both online and in person. Check the book list online or visit the library. It is recommended to contact the library before attending a meeting. Call 607-757-5350.
www.gfjlibrary.org

Document Shredding & Medication Collection Drive-Thru Event

Friday, September 9th from 1-3 pm

Action for Older Persons (back parking lot), 200 Plaza Dr., Vestal

- Action for Older Persons (AOP) members shred for free. \$5 contribution for non-members.
- Shred confidential paperwork. Prescription medication will be collected by the Sheriff's Office.
- Staff and volunteers will unload your paperwork for a safe and secure event.
- Please bring confidential paperwork in containers weighing no more than 15 pounds each.
- Emptied containers will be returned to their owners.

This event is sponsored by Tri-City Hearing.

Broome West Center
18th Annual
Fall & Holiday Craft Show
2801 Wayne Street Endwell (off Watson Blvd.)
Saturday October 8th 10am - 3pm
Come enjoy a wide variety of handmade crafts
Delicious Food *Awesome Bake Sale*
*Raffles * Door Prizes*
607-785-3427 **Free Admission**

Union Volunteer Emergency Squad & Broome County Traffic Safety present:

Senior Safety Day

Johnson City Senior Center

September 28th

10:30AM-11:30AM- Senior Safety:
Inside and Outside the Home Presentation

- Learn how to fall-proof your home
- Resources for home repairs
- Basic medical information
- Prescription drug use and driving
- Pedestrian safety
- How to stay safe on the road with CarFit

11:30AM-1:30PM - CarFit Event

CarFit is a free program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility. Meet one-on-one with a CarFit Technician and review a 12 point checklist to discover your perfect fit!

Pre-registration is encouraged but walk-ins are welcomed. Please call 607-778-2807.

Adult Day Health Care

Golden Days Adult Day Health Care provides skilled nursing services and socialization in a stimulating day program for adults 21 and older

SERVICES INCLUDE

- Medication Administration
- Therapeutic Recreation
- Congregate Meals
- PT/OT/Speech
- Personal Care

Medicaid Accepted
Monday to Friday 8AM-4PM

Referrals or Applications
Call (607) 251-0156 or email ablasich@susnursing.com

GOLDEN DAYS
ADULT DAY HEALTH CARE



Did You Senior Center Today?

Have a tasty bite and a lot of fun with us this September.

In each edition of the *Senior News*, you can find a listing of monthly events, meal specials, and contact information for the centers in the back pages of the paper. Because September is National Senior Center Month, we're taking an extra moment to ask: "Did You Senior Center Today?" If you've never visited a center, or if it has been some time since you last dropped in, make a point to add us to your calendar this September. Here are just a few of the events you'll come across when you visit with trivia questions along the way (answers on p 15). To contact a center for reservations and information, see p 10-11.

Deposit: Rise and Dine with Us



The best pancakes and French toast in Deposit are served up hot and fresh at the Deposit Senior Center. Our monthly made-to-order breakfast special is a crowd pleaser, served with juice and hot coffee. Each month features a different menu so that you can sample all your breakfast favorites.

Next Deposit Breakfast Special: Tuesday, September 27th from 11:30 am-12:30 pm, featuring fruit pocket French toast, eggs and sausage. Walk-ins welcome!

Trivia Question 1: According to the Guinness World Records, the tallest stack of pancakes ever made was recorded in the United Kingdom in 2016.

It measured:

- 3 feet 4 inches tall
- 1 foot tall
- 10 feet 6 inches tall
- 2 feet 3 inches tall

North Shore Towers: Share a Slice and a Smile

Want a delicious slice or two of pizza but rather not buy a whole pie? We know the feeling at North Shore Towers, and we're also celebrating National Pepperoni Pizza Day this month! You can share our pie...because there's plenty to go around!



Next North Shore Towers Pizza Day: Tuesday, September 20th at 12 noon. Please reserve your meal with Barb one day in advance.

Trivia Question 2: What is the most popular day of the year to order pizza in the United States?

- Christmas
- Halloween
- New Year's Eve
- Super Bowl Sunday

Vestal: Keeping it Fresh and Fun



Chef Jenn in Vestal is the creator of the chef salad specials on Bunko game days. Enjoy a generous plate piled high with fresh veggies, deli meats and cheeses, and try your luck at a round of Bunko.

Next Vestal Chef Salad and Bunko Day: Friday, September 23rd – salads served at 11:30 am and optional Bunko to follow. Reservations preferred one day in advance.

Trivia Question 3: True or False? The ancient Greeks and Romans thought eating lettuce helped you to have a good night's sleep.

Northern Broome: Celebrating Savory Classics

Hot, melty and delicious....the Philly cheesesteak sandwich has become an American classic. Order it just to your liking with delicious sides at Northern Broome Senior Center in Whitney Point.



Next Philly Cheesesteak Special: Tuesday, September 13th at 11:30 am. Reservations are required one day in advance.

Trivia Question 4: Another popular sandwich, the Reuben, is made with what ingredients?

- Corned beef, dill pickles, mustard, and onions
- Roast beef, horseradish mayo, Swiss cheese and sliced tomato
- Corned Beef, Russian dressing, sauerkraut, and Swiss cheese
- Smoked salmon, cream cheese, capers and onions

Eastern Broome: Burgers Made Your Way



Remember Wimpey's famous line from old Popeye cartoons? He promised, "I'll gladly pay you Tuesday for a hamburger today." Stop in at Eastern Broome's burger bar in Harpursville, and don't wait until Tuesday!

Next Eastern Broome Burger Bar:

Friday, September 2nd from 11:45 am-12:45 pm. Walk-ins welcome.

Trivia Question 5: True or False? The difference between a patty melt and a cheeseburger is....A patty melt is grilled using two pieces of white sandwich bread, while a cheeseburger is served on an untoasted roll or bun.

Broome West: Paw Pals are the Best Pals



Charles Schultz once said, "Happiness is a warm puppy." Schultz became famous for his Peanuts cartoons and the amusing antics of Snoopy. Any dog lover would agree that a wagging tail at your feet is sure to make you smile. Broome West in Endwell is sharing those wagging tails and smiles each time the Bright and Beautiful Therapy Dogs come to visit. If you would like to pet a friendly pup, stop in when this program is scheduled.

Next Bright and Beautiful Therapy Dog Visit: Tuesday, September 27th at 12:30 pm

Trivia Question 6: True or False? A dog's sense of smell is 10,000 times stronger than a human's.

Johnson City: Fire up the Barbeque

Smokey and sweet, pulled pork or chicken cooked low and slow is a real crowd pleaser. Johnson City Senior Center can satisfy the cravings of barbeque lovers this season at their food truck fundraiser.



Upcoming Fundraiser: On Wednesday, September 14, Pinkies BBQ food truck will be in the Johnson City Senior Center parking lot from 2-6 PM. Dinner options (both served with salt potatoes and baked beans): 1/2 chicken with cornbread or pulled pork on a roll.

Dinners will be guaranteed for those who pre-order. Dinners can be pre-ordered at the Johnson City Senior Center and paid by cash or check for \$14 per dinner. Visit us at 30 Brocton Street in Johnson City, NY to place your pre-order. Dinners can also be pre-ordered online at a charge of \$14.75. You'll have the option to pay with a credit card or bank account. Visit www.johnsoncityseniorcenter.org to order online. Only a limited number will be available for sale on September 14 and the cost will be \$15.00 per dinner for those that did not pre-order. The best way to guarantee you get a dinner of your choice is to pre-order. The last day to pre-order is Friday, September 9 at noon.

Trivia Question 7: Often referred to as the barbeque capital of the US, this city has over 100 BBQ restaurants and a unique style of marinating BBQ meats:

- a. San Diego
- b. Manhattan
- c. Kansas City
- d. Cleveland

First Ward: Play Us a Tune



Live music and a bite to eat make a perfect night out.

First Ward Senior Center on Clinton Street in Binghamton offers just that! Enjoy a hot meal and entertainment, and transform an average weeknight into a special occasion with good friends and great songs.

September's Evening Meal Date: Wednesday, September 21st at 5 pm. Menu includes chicken cordon bleu, carrots, and rice pilaf with banana cream pie for dessert. Musical guest is singer and guitarist, Greg Neff. Reservations are required by September 20th at 12 noon.

Trivia Question 8: Paul McCartney, member of the Beatles and iconic musician, started out on which instrument as a 14 year-old boy?

- a. Guitar
- b. Piano
- c. Trumpet
- d. Harmonica

Did You Know?

There are nearly 10,000 senior centers in communities and neighborhoods across the country providing access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

<https://www.ncoa.org/page/national-senior-center-month>

This past summer, our local centers celebrated the season with picnics. You may have attended one. If not, there's still time to catch the last picnic to be held on September 9th at Broome West in Endwell (see cover page for details). Here are some of the shots we took along the way at these events. As the saying goes, a picture is worth 1,000 words....but we think these pictures amount to just one word: FUN!



During the month of September...

Whenever you dine at one of the eight affiliated Broome County Office for Aging Senior Centers, you will have the opportunity to enter your name in a raffle. Site supervisors will announce winners before lunch on **Monday, October 3rd** (October 4th in Deposit).

Prize winners will also be posted at the centers and on the Broome County Office for Aging Facebook page. We encourage you to visit your local senior center soon!

Note Holiday Closing:

All centers will be closed in observance of Labor Day on **Monday, September 5th**.

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 12.

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

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

9/1 Legal Aide (call for appt.), 9 am-12 pm

9/9 Broome West Senior Picnic, 10 am-3 pm

Musical Entertainment by Greg Neff, 11 am

9/14 Coop. Extension Nutrition & Cooking Class, 10:30 am

9/15 Philly Cheesesteak Lunch Special, 11 am-12 pm

Musical Entertainment by Marian Tewksbury

9/19 Brunch (call to reserve), 10:30 am-12 pm

Blood Pressure Checks, 10:30 am

9/20 Site Council Meeting, 9:30 am

9/27 Bright and Beautiful Therapy Dogs Visit, 12:30 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

9/6,20 Golden Agers Meeting, 12 pm

9/13 Philly Cheesesteak Lunch Special (call to reserve), 11:30 am

9/23 Penny Social Night (call for information)

9/27 Reuben Lunch Special (call to reserve), 11:30 am



Amanda VanFossen,
NYS Licensed
Hearing
Aid Dispenser



Amanda
Levy, Au.D.
Doctor of
Audiology

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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

9/7 Blood Pressure, Diabetes & Oxygen Presentation w/The Medicine Shoppe, 10 am – 12 pm
 9/12 Stay Healthy Caregiver Support Group, 1-2:30 pm
 9/14 Lyceum Susquehanna River Exploration, 10 am
 9/15 Legal Aid (call for appt.), 9 am-12 pm
 9/17 (Sat.) Between the Lines Intergenerational Book Club Info Meeting (call Kim at center), 10 am
 9/21 Lyceum Sahara Exploration, 10 am
 9/22 Lourdes Mobile Mammography Van (call 607-798-5723 for appt.)
 9/28 Haircuts (call for appt.), 10-11:30 am
 Lyceum Portugal Exploration, 10 am
 Safety Presentation 10:30 am & CarFit Safety Checks, 11:30 am
 Coop. Extension Nutrition and Cooking Class: Ways to Stay Active, 12:15 – 12:45 pm
 10/5 Book Club (Someone We Know by Shari Lapena), 3 pm

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

9/12 King High Card Game, 12 pm
 9/12,26 Chop n'Chat (call to reserve), 10 am
 9/21 Vestal Senior Club Trip Sign Up for Villa Roma, 9-11 am
 9/23 Pizza or Chef Salads for Lunch, 11:15 am
 Bunko, 12 pm
 9/27 Vestal Seniors Club Meeting, 12:15 pm
 9/28 Coop. Extension Nutrition & Cooking Class, 10:30 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

9/8 Craft Class: Red, White & Blue Bandana Wreath, 10:45 am
 9/27 Breakfast for Lunch, 11:30 am-12:30 pm

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

24 Isbell St., Binghamton, NY 13901

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

Lunch served at Noon

Weekly Activities

Monday: Bingo or Shuffleboard, 10-11:30 am
Tuesday: Wii Bowling, 10-11:30 am
Wednesday: Crafts & Gardening, 10-11:30 am
Thursday: Wii Bowling, 10-11:30 am
Friday: GREED – Dice Game, 10-11:30 am

Special Activities

9/7 Donation Collection for October's Rummage Sale, 10 am
 9/13 Coffee & Peanut-Themed Refreshments, 10 am
 9/20 Pizza Luncheon Special (call to reserve), 12 pm
 9/21 Coop. Extension Nutrition & Cooking Class: Ways to Stay Active, 10:30 am
 9/28 Bright & Beautiful Therapy Dogs Visit, 10:30 am
 9/29 Coffee & Refreshments, 10 am

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

9/1 Executive Board Meeting, 9:30 am
 9/6 Chop n'Chat (reserve a week in advance), 1 pm
 9/9 Musical Entertainment by Mike's Jukebox, 12 pm
 9/12 Legal Aid (call for appt.), 9 am
 9/16 Grandparent's Day Trivia Competition, 12 pm
 9/19 JFF Pool League Resumes, 9 am
 9/20 Coop. Extension Nutrition & Cooking Class: Ways to Stay Active, 12 pm
 9/21 Evening Meal w/Music by Greg Neff (call to reserve), 5 pm
 9/29 Craft Class: Faux Terrariums (\$5), 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

9/2 Burger Bar, 11:45 am – 12:45 pm
 9/8 Memory Maker Presentation, 12:15 pm
 9/13,27 Chop n'Chat (call to reserve), 12:30 pm
 9/15 Golden Griddle Day, 11:45 am – 12:45 pm
 9/21 "Page Turners" Book Club, 10 am
 9/22 Coop. Extension Nutrition & Cooking Class, 12:15 pm
 9/22,23 AARP Smart Driver Course (call to reserve), 5-9 pm
 9/26 Horse Racing w/Bonnie Hill, 10:30 am
 9/28 Legal Aid (call to reserve), 9 am – 12 pm
 9/29 Evening Meal w/Bingo for Prizes, 4 pm
 9/30 Rainbow Table Raffle: Peach and Yellow, 1 pm

**A Lasting Legacy:
The life you've built is worth protecting.
Prepare for disasters to create a lasting legacy for
you and your family.
September is National Preparedness Month**

National Preparedness Month is observed to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. Use these tips now so that you can empower your family when faced with an emergency:

- **PERS Units: Don't face a medical emergency alone.**

Personal Emergency Response Systems, also referred to as PERS units, can help you communicate to others if you experience a medical emergency while alone. This device is intended to be worn around your wrist or neck, so it is always with you wherever you go. In the event of an emergency, you can push a button on the device to communicate that you need medical assistance.

PERS units have different features based on which device you purchase, including GPS capabilities (to identify your specific location) and fall detection. PERS units can also be set up to notify a family member prior to Emergency Services; this can be beneficial if you have concerns about whether to call an ambulance directly each time you press the button for help.

For more information on PERS units, please contact the Office for Aging at 607-778-2411.

- **Inclement Weather Check-Ins: Have a buddy to touch base with.**

Snowstorms and rainstorms are no stranger to those of us living in upstate NY. That's why it is important to develop a buddy system when the weather causes power outages or prevents us from driving, running errands, and carrying out our normal routines. Identify a friend or family member who can check in on you during inclement weather. Come up with a plan if your Internet and electricity goes out so that your buddy can still communicate with you to make sure you are ok.

- **Medication Supplies: Know what to do if you can't get to a pharmacy.**

After a disaster you may not have access to a medical facility or even a drug store. Emergencies can make it difficult to refill prescriptions or find an open pharmacy. Talk to your doctor or pharmacist about how you can create an emergency supply of medications, and try to store extra non-prescription drugs. If you use oxygen, you should have a backup supply.

- **No lights? No problem.**

We've all experienced a power outage from time to time. The fridge and freezer may go out, we can't use electric heating sources, and our light switches won't work. Think about what you'll need to remain comfortable the next time this happens. Here are some questions to get you started: Do you have flashlights, batteries, a way to stay warm, and access to a phone that does not rely on electricity? How can you be better at keeping your cell phone charged? Do you use a power wheelchair? If so, have a lightweight manual wheelchair available as a backup if possible.

Want to learn more?

- The US Department of Homeland Security has set up a website for you and your family to visit. Just go to www.ready.gov and find easy access to information, planning tools, and checklists to help you prepare for emergencies. You can also keep the FEMA Disaster Helpline number on hand: **1-800-621-3362**.
- The American Red Cross responds to an average of 60,000 disasters each year, providing hot meals, clean water, and shelter. Visit their website to learn more: www.redcross.org
- In this edition of the *Senior News*, we are also providing information on falls and sepsis, two potential medical emergencies. See Page 13 for information on falls prevention and ways to prevent a trip to the Emergency Room. See Page 5 for information on sepsis and how to spot the warning signs of infection.

Sudoku Answers

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

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

The annual flu vaccine is an important part of taking care of your health. Broome County Office for Aging is partnering with Lourdes to provide flu shots to seniors and people of all ages. It is especially important that people 65 and older not wait for flu season to get their annual flu shot. Lourdes accepts most insurances. For those without insurance there is a fee of \$25 for the flu shot. These clinics will be held at Senior Centers in Broome County:

- Monday, September 19th Broome West Senior Center: 1:00 - 2:30 pm
2801 Wayne Street, Endwell
- Wednesday, September 21st Eastern Broome Senior Center: 9:00 - 11:00 am
27 Golden Lane, Harpursville
- Friday, September 23rd First Ward Senior Center: 9:30 - 11:00 am
226 Clinton Street, Binghamton
- Wednesday, September 28th Vestal Senior Center: 10:30 – 11:30 am
201 Main Street (Old Junior High School)
- 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.

HOUSING * MANAGEMENT * DEVELOPMENT

AFFORDABLE SENIOR HOUSING

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

Kime Apartments
Great Bend PA | 570-879-4944

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 Wood Apartments
Windsor NY | 607-655-4191

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Serving the Elderly through Project Planning



Falls Prevention Is a Team Effort

By Kathleen Cameron

Senior Director of National Council on Aging's (NCOA) Center for Healthy Aging

It seems like common sense—everybody falls, no matter what age. However, for many older adults, an unexpected fall can result in a serious and costly injury. The good news is that most falls can be prevented. And one of the ways you can prevent a fall is by knowing who you can call on for help.

That's why falls prevention should be a team effort, where each member of the team offers expertise in their area of responsibility or field of work. Some members include health care professionals, like your primary care physician, an occupational therapist, physical therapist, pharmacists, and more. While health care professionals provide much of the expertise and experience to ensure you live independently and falls free, there are other resources in your community that contribute to falls prevention.

Let's get to know your falls prevention team

From medication and vision impairment to poor lighting and chronic conditions, the factors to watch for are numerous. That's why having a team to help spot and address fall risks is so helpful. Below are all of the resources that play a significant role in promoting safety and preventing falls for you. Each of them brings a unique mix of expertise and familiarity that can provide important protections against falling. Check out this video to learn more.

Your family and friends

You know them, you trust them, and they are happy to help. Family and friends provide some extra hands or another set of eyes to check and rid your home of falls hazards. The next time they come over to visit or help around the house, ask them to take a little extra time helping you find common fall hazards. Family and friends can also join you during doctor visits and help ask questions and gather information about prevention falls.

Your occupational therapist (OT)

Whether you're already working with an OT or not, they are a vital part of any falls prevention team. They can ensure your assistive devices fit your needs and assess your home to identify hazards to be eliminated and modifications that can prevent falls.

Your primary care physician (PCP)

Primary care physicians are often best positioned to work with patients on falls prevention and get the process started because they see patients regularly. Your PCP knows your medical history and manages chronic illness like diabetes and arthritis that may put you at risk. PCPs can recommend evidence-based programs designed to reduce fall risk, spot hidden injuries resulting from a fall, and evaluate side-effects and other problems with medications that may increase your risk of falling.

Be proactive about addressing falls when you visit your doctor. Even if your appointment was made for something else, sharing information is always important. Tell your doctor if you've fallen recently, feel unsteady on your feet or are worried about falling. A good PCP wants to build trust and be accurate so you stay healthy.

Your pharmacist

Most older adults take some kind of medication or supplement each day. The effects of medications on our risk of falling isn't usually something we think about when we're trying to get over a cold or manage disease like high blood pressure or arthritis. That's why pharmacists are an important part of any falls prevention team. When you pick up your medications, use the opportunity to get counseled about any side effects you're experiencing, and any changes in the medications you're taking.

Your physical therapist (PT)

Physical therapists are an important member of the falls prevention team. They can work with you to improve balance, strength, and mobility to prevent falls and can help address the reasons you may be feeling unsteady. Physical therapists can also help you identify what you can do each day to manage your falls risk and connect you to resources in the community to maintain and improve your strength and balance.

Your fire department

Your local fire department can play a key role in falls prevention and do more than help you in case you do fall. Fire departments can help prevent falls by offering home safety checks to spot falls hazards, such as rugs without non-slip backing or too many electrical devices plugged into one outlet. They also can assist in testing and replacing smoke alarms. Firefighters can also connect you to resources in the community to prevent falls.

Your senior center

Senior centers are local community-based meeting places where you can gather to enjoy recreational, social, cultural, health and wellness and educational programs to remain physically active, learn new things, and stay engaged with the community. They connect you to a broad array of community services like transportation, nutrition, and benefits access. Senior centers also are a trusted community hub for health and fitness programs to encourage exercise and movement.

Your hardware store

You can find household goods and many other home products and appliances to maintain and improve your home at any local hardware store. Your hardware store is the ideal one-stop shop if you want to make modifications to your home to reduce your risk of falls. They have all the supplies and materials needed to make your home a safe and comfortable place to age in place and remain independent, such as grab bars, a hand-held shower head, nightlights and lightbulbs for brighter light, and nonslip pads for your rugs.

Your faith-based organization(s)

You can depend on your faith-based organization to support and encourage you along your falls prevention journey. Faith leaders are trusted sources of important information and can connect you to community resources to address your needs, especially when it comes to your health. You can also count on your faith community for social support, whether it is joining you in a new activity, preparing for a medical visit, or going along with you to a falls screening or other falls prevention event.

Your library

Libraries are a valuable place to learn about falls prevention. They are filled with books and other media for you to use so you can be more informed and educated about your health. Library staff can also help you find specific information on falls risk factors and often know about important community events and other resources.

Your local sporting goods store

Your local sporting goods store is a valuable resource for the most appropriate shoes, clothes, and equipment to help you stay active and falls free. These stores can help you pick out the best shoes for walking, hiking, and other exercise activities. Sporting goods stores can also help you pick out the right equipment for health and fitness programs, such as yoga mats, ankle weights, dumbbells, walking sticks, and more. They also carry water bottles and specialized clothing to help you stay cool during the summer and warm during the winter.

Ready to build your falls prevention team?

As you start to pull together those who will help you protect your health and independence, you can always turn to organizations like the Office for Aging for information by calling (607) 778-2411.

Article adapted from: <https://ncoa.org/article/falls-prevention-is-a-team-effort>
Falls Prevention Awareness Week is made possible in part by grant number 90FPSG0051 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

**Volunteers Needed at Yesteryears:
A Social Day Program for Adults**

R-E-S-P-I-T-E.

I'll tell you what it means to me. . .

- I am taking better care of myself. I get a chance to exercise outside and socialize.
- Without it, I wouldn't be able to sleep well as I work nights.
- Without it, I don't think my mom would still be living at home.
- It helps me maintain my sanity.
- It saved my marriage.
- I feel more relaxed. I have more patience.
- I am comfortable leaving my loved one with others.



From these caregivers' statements above, it is easy to see how companion care volunteers improve the lives of the families they serve. As the population ages, the need for respite companion services is greatly increasing. The REST Companion Training Course will provide you with knowledge, confidence and the tools to become a companion for

community members needing assistance and families needing respite.

**Join us for the REST
Companion Training Course and...
Give a little RESPITE**

Next Class:

**Thursday, September 22
Broome West Senior Center
10 AM-2 PM**

RSVP by Sept 16th: 607-778-2946



This Month...

We answer a question about visiting a Broome County Senior Center for the first time.

Question:

I heard it is National Senior Center Month and I would like to visit a senior center in my neighborhood, but I have never been there before. What should I expect when I walk in for the first time, and will someone be there to help me?

Answer:

On your first visit to a center, there will be a staff person or volunteer available to meet you when you come in. They can answer your questions and show you around the center, explain how to sign up for events and a meal, and introduce you to the other guests.

You will be given a welcome pack that includes a copy of the Senior News, and other resources and information that could be helpful. Most centers also provide a newsletter with specific information and events for that location.

You will also be offered an OFA ID card application which is optional for attending a center, but it can make getting a meal easier. The ID card can also be used at all the other centers and for public transportation.

We have eight different centers in Broome County. You can find the contact information and locations for each center in the "Look What's Happening at the Centers!" section of this paper. There is a lot to offer when it comes to Senior Centers in Broome County, and there is a perfect fit for everyone! We hope you enjoy your visit.

**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

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Participants Needed for a Binghamton University Project Exploring the Value of Robotic Companion Pets

If you are an older female currently residing in the community, consider joining a Binghamton University Research Project. John Suk-Young Kang, an associate professor at Binghamton University Department of Social Work is recruiting female participants who are 65+ for a research project that explores the potential benefits of companion robotic pets on the quality of life among community-dwelling older women. This research project will also explore the technology-related predictors of emotional well-being.

The research project consists of the following phases:

- Phase 1: Interested participants will complete the screening survey that will determine eligibility for participation in this research project and whether or they are eligible to receive a robotic companion pet. Everyone who returns a completed survey will be mailed a \$5 Walmart or Target gift card. A pre-paid envelope will be provided to return the survey. This screening mail survey has questions about physical and mental health as well as information about age, income, education, etc. All answers in the survey will be kept confidential and will only be used to evaluate eligibility to receive a robotic companion pet.
- Phase 2: Participants who completed the screening survey in Phase 1 will be notified if they are eligible to receive a robotic companion pet. Approved participants will be able to choose between a robotic cat or dog and will complete a pre-test survey before a robotic companion pet is provided to them. About a month after receiving the robotic pet, participants will be asked to complete the post-survey. Participants will be eligible for a total of \$20 in gift cards for the completion of both the pre-and post-surveys. These pre-and post-surveys will be conducted either by phone or by face-to-face interview.

Participation in this study is voluntary. If you have any questions or to enroll in this research project, please contact Dr. Kang at Binghamton University: (607) 777-9156 or (480) 209-5718.



Meet Mary & Riley...

Mary is the proud owner of a robotic companion puppy named Riley. Mary's daughter Dawn shares: "When we bring out Riley, he definitely cheers her up and makes her smile. She loves talking to him, and when he barks she just laughs and laughs. She tells him how cute he is! It's nice to see her smile when she's interacting with him."

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

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

Starting pay is \$16.51/hour

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EEO/AA females and minorities encouraged to apply.

Apply at BC Transit 413 Old Mill Rd, Vestal NY



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How much is our home worth?

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This is so overwhelming... who can help us?

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Trivia answers: 1. A; 2. D; 3. True; 4. C; 5. True; 6. True; 7. C; 8. C

Health Insurance Fairs at Centers

It's almost time for Medicare Open Enrollment. During the months of September and 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.

Did You Know?

The leaves of trees turn yellow in autumn due to a decrease in chlorophyll content, which gives them a green color. Many people say that yellow and red maple leaves in autumn are their favorite.

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September 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.

Menu Changes: we try very hard to avoid changing the menu but due to continued supply shortages we are asking that you please expect more frequent menu changes and substitutions. We are very sorry for the inconvenience. Sincerely, the Broome County Office for Aging and Sodexo		Baked Ham OR Herbed Pollack Scalloped Potatoes Cut Green Beans Applesauce	9/1	Salisbury Steak OR Breaded Fish Baked Potato Cottage Cheese Pineapple	2
Centers Closed in Observance of Labor Day	5	Pierogies w/Kielbasa California Blend Vegetables Chocolate Chip Cookie	6	Chicken Salad Croissant Harvest Vegetable Soup Pineapple Upside Down Cake	7
Baked Ziti Parmesan Sausage Florentine Soup Grape Juice Banana	12	Liver w/Onions Grandma's Meatloaf Mashed Potatoes French Cut Green Beans Tapioca Pudding w/Mandarin Oranges	13	Chicken Florentine Brown Rice Pilaf Winter Squash Strawberry Shortcake	14
Beef Burgundy Over Noodles Carrots Carnival Cookie	19	Meatball Sub Minestrone Soup Garden Salad Mandarin Oranges	20	Rosemary Chicken Seasoned Diced Potatoes Winter Squash Chocolate Brownie	21
Macaroni & Cheese Stewed Tomatoes Spinach Fruit Cup	26	Basil Parmesan Chicken Sausage Florentine Soup Cottage Cheese Oatmeal Cookie	27	Liver w/Onions OR Lemon Basil Chicken Mashed Potatoes w/Gravy Italian Blend Vegetables Peaches	28
				Baked Ham OR Pub Style Fish Scalloped Potatoes Peas Apple Crisp	29
				Roast Turkey Bread Dressing Italian Blend Vegetables Peaches	8
				Ham & Swiss Cheese on Rye Bread Potato Salad Fresh Melon	15
				Chili Orange BBQ Chicken OR Tuna Salad Baked Beans Tomato Cucumber Salad Pears	9
				Chicken Marsala OR Citrus Rubbed Pollack Buttered Noodles California Blend Vegetables Pineapple	16
				Roast Turkey Or Halupki Mashed Potatoes Cut Green Beans Ice Cream Cup	22
				Sloppy Joe OR Pub Style Fish Potato Salad Apple Juice Orange Cranberry Bar	23
				Teriyaki Chicken OR Citrus Rubbed Pollack Seasoned Brown Rice Oriental Blend Vegetables Mandarin Oranges	30

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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