



Visit Our Website at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)



## Age Well This August

Inside this Issue...

Each year in the month of August, we celebrate National Senior Citizens Day. In 1988, President Ronald Reagan first declared this day of recognition to be observed annually on August 21. Through the years, it has become a time to reflect upon the achievements and contributions of older adults throughout their lives. In the spirit of this special occasion, the August edition of the Senior News is dedicated to the many opportunities we have to “age well” by caring for our minds and bodies in manageable ways each day. We invite you to read on for tips on aging well through a balance of rest and movement, good hydration and nutrition, volunteering and socializing, and expressing gratitude for a happier outlook.

Poet Maya Angelou once said simply and wisely, “I love that I’m alive to love my age.” Make a point to love your age this August, and please join us at the Office for Aging in celebrating the value of older adults in our community on National Senior Citizens Day!

### Foster Grandparents Honored for Giving Back

Recently this past June, the Foster Grandparents were honored by County Executive Jason Garnar and enjoyed a wonderful dinner at the Broome West Senior Center in Endwell.



Foster Grandparents volunteer for elementary schools, Head Start programs, and daycare centers encouraging children with exceptional needs to learn through activities such as reading books and playing educational games.

Paula, a Foster Grandparent who works one-on-one with school-age children, reflects upon how meaningful her time in the classroom is: “The Foster Grandparent Program is a wonderful program for seniors who have raised their children and need to have a sense of still being needed. I love my placement! The children bring me so much joy, and they have saved my life. I need them as much as they need my love and support, as well as my help with their schoolwork.”

Applications are still being accepted for the coming school year. Foster Grandparents volunteer from 5 to 40 hours per week but most volunteer about 20 hours per week. Even though they are volunteers, income-eligible older adults are paid a stipend of \$3.00 per hour. To apply, you must be 55 or older, a Broome County resident and income eligible.



If you are interested in joining the Foster Grandparent Program, call (607) 778-2089.

### Senior Centers Now Open

Broome County Senior Centers have reopened for in-person meals and activities, and you are invited to come enjoy a hot meal in good company, as well as a variety of crafts, presentations, health and wellness programs, and live entertainment.

Page 10 of this paper provides the location and contact information for each center, as well as a listing of special activities for the month of August. Select from a wide range of activities, including yoga, painting, quilting, card games, bingo and more. Hot meals are served each weekday around 12 noon, and the daily lunch menu may be found on Page 12. Please note that reservations are required by noon one day prior, unless otherwise noted. To reserve your meal, contact the center you wish to attend.



We also thank our many dedicated volunteers for giving their time and talent. Pat, a local center volunteer for over 8 years, reflects on how important her service to others is: “I found myself needing to be needed. Now, the center is like my second home and a perfect fit for me.” Senior center volunteers are needed now more than ever!

*Continued on Page 2*

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/](http://www.facebook.com/BroomeCountyOfficeForAging/)

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

## Senior Centers Now Open

*Continued from Page 1*

Volunteers make each day at the centers special and we could not run the centers without them, so please consider one of these opportunities:

- Be the first to greet guests with a smile and a friendly hello as a front-desk receptionist.
- Make each plate a masterpiece by volunteering as a meal server at lunchtime.
- Give forks and spoons some sparkle and shine; help with kitchen cleanup and dishwashing.

If you would like to learn more about becoming a volunteer at a center near you, just contact a staff member at the center you wish to help out at.

Whether you choose to join us as a visitor, lunch guest, or volunteer, we invite you to simply spend the day your way! Welcome back, friends.

## Virtual Senior Center Pilot Program



Here is an exciting opportunity for people looking for new activities. The Virtual Senior Center Program provides free access to online activities and classes that help participants to stay engaged and connect with others while learning new skills or staying active. The Virtual Senior Center Program is available for free to Broome County residents age 60+ through the end of 2021.

A variety of classes about history, arts and crafts, computer training and exercise are offered each month. Several chat groups are available almost daily to help older adults connect with others.

**If you are interested in participating in this program, please contact the Broome County Office for Aging at (607) 778-2411 or send an email to [ofa@broomecounty.us](mailto:ofa@broomecounty.us).**

Technical assistance is available to help with set up and access to online classes.

**BACK  
TO  
SCHOOL  
BACKPACK  
Fundraiser**

**North Shore Towers Community Center  
Donations Accepted Throughout August**

Residents of North Shore Towers may enter the name of a grandchild to win a backpack and back-to-school supplies by calling (607) 772-6214. Donations toward this fundraiser are welcome! Contributions of pens, paper, erasers, markers, colored pencils and rulers will be accepted throughout August and may be delivered to the center.

## Mark Your Calendar! Upcoming Community Events

### Pause with Paws – BC Humane Society Adoption Day

Vestal Public Library  
320 Vestal Pkwy E, Vestal  
Saturday, August 7, 11 am-1 pm

Vestal Public Library is collaborating with the Broome County Humane Society to present Broome County with the Pause with Paws event! Enjoy the accompaniment of furry friends such as cuddly cats and dogs, as well as delicious refreshments like donuts and coffee supplied by the Jukebox Donut Truck. All animals at this event will be available to adopt through the Broome County Humane Society.

### Ag & Art Night Market

840 Upper Front St, Binghamton  
Thursday, August 19, 4-7 pm

This monthly community event occurs on the third Thursday of every month, from 4pm to 7pm. The Ag & Art Night Market is a pop-up market that occurs monthly, and it brings together local food, farmers, and artisans to create a specially curated market that celebrates our local businesses. You can enjoy perusing through the market, while supporting local businesses and artisans by purchasing goods if you choose to do so. The event itself is completely free to attend and is welcoming to all age groups!

### Binghamton Porchfest

Westside of Binghamton  
Sunday, August 29, 9 am–3 pm

This annual community event, in its 43rd year, features craft vendors from all over the Southern tier and northern Pennsylvania. This event will also host upwards of 150 performances by local and regional musicians, as they turn porches, yards, and driveways into their own stages. Enjoy the musical performances that will predominantly perform on the Westside of Binghamton, on the porches of homes along Riverside Drive, Beethoven Street and Chestnut Street and in Recreation Park. This event is free to attend and welcomes all people! For more information on the event you can contact (607) 441-6780.

### Concerts in the Park

Highland Park  
801 Hooper Road, Endwell  
Tuesdays, 7 pm-8 pm

Enjoy a variety of performances at Highland Park this summer. The musical options in August include the Southerntiersman Chorus on August 3rd, Rick Pedro & Jeff Lake on August 10th, and Alex & Freddy Mendosa on August 17th. These events are free and open to the public. Sponsored by the Endwell League of Community Action.

## Join the Nature Walking Club this August

Wander the woods in good company this August, and experience the beauty of Broome County. Each group walk will last approximately 2 hours, weather permitting. All walks are slow paced and accommodating. We want everyone to get out in nature and enjoy exploring plant life while we point out specimens of interest.

### Thursday, August 12: Nathaniel Cole Park

- Meet at 10 am at the right end of the parking lot. This park, located in the town of Colesville, includes well-maintained trails with **little elevation**.

### Thursday, August 26: Greenwood Park

- Meet at 10 am at the lake edge of the parking lot. This park, located in the town of Nanticoke, features well-maintained trails with **some elevation**.

Advance reservations are **not required**. Please note that pandemic safety protocols will be followed, as 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.

### Event for Caregivers

#### Veterans' Benefits-What You Need to Know as a Caregiver

**Date:** Wednesday, August 18

**Time:** 1:00-2:30 PM

**Location:** Broome County Library, Decker Room, 185 Court Street, Binghamton, NY 13901 or join by Zoom or phone call

**Presenter:** Len Sas, Veterans' Benefits Advisor

As a veteran or a person caring for a veteran, there may be benefits and services that you or the person you are caring for may be eligible to receive. Attend this presentation to learn more about the possible opportunities available to you.

**Pre-registration is required.**

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

### Caregiver Chat Groups

*Let's chat! These informal discussions are open to caregivers of any age.*

#### The Stay Healthy Caregiver Chat:

Participants join by calling in with a landline or cell phone.

**Date: Monday, August 2**

**Time: 1:00-2:30 PM**

Participants can either meet face to face or join by calling in with a landline or cell phone. The face-to-face meeting will be held at:

**Johnson City Senior Center,  
Library Room, 30 Brocton Street,  
Johnson City, NY 13790.**

To call in:

**Dial:** (607) 778-6547

**Meeting Code:** 2187 #

**Attendee Access Code:** 123456 #

#### The Wayne Street Caregiver Chat:

Participants use the Zoom platform or can call in.

**Date:** Wednesday, August 18

**Time:** 9:30-11:00 AM

**Zoom Meeting ID:** 988 6780 2737

**Zoom Password:** 037464

**Zoom Meeting Link:**

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGxenRkZz09ID:98867802737>

For questions on the Wayne Street Caregiver Chat, call (607) 778-2946 or email [machelle.spinelli@broomecounty.us](mailto:machelle.spinelli@broomecounty.us)

## Scam of the Month

### Anti-Aging Scams

There are many products on the market that claim to be "anti-aging" and better than all other products available. Below are a few tips on how to avoid fraudulent "anti-aging" products:

- It can be a red flag if the company is claiming to have a secret ingredient or a recent breakthrough.
- Research products before ordering them by check with the Better Business Bureau. If you would like to contact the Better Business Bureau by phone, please call (800) 828-5000.
- Celebrity endorsements do not actually mean that the celebrity uses the product. They are paid to promote the product.
- Ask questions about the product before your purchase.
- Consult your doctor before taking any type of dietary or nutritional supplement.
- Be sure to read the fine print. Many of these products are subscriptions, and so you may be charged monthly or quarterly until you are able to cancel the subscription.

If you would like to report a scam or learn more about them, please call the Office for Aging at (607) 778-2411.

## Staying Safe in Extreme Heat

A large part of the United States has been experiencing extreme heat conditions (high heat and humidity with the temperatures above 90 degrees for several days). During extreme heat, the body works extra hard to maintain a normal temperature. Heat-related distress can occur quickly and without warning.

Extreme heat can be dangerous for all, but especially for older adults and people with chronic conditions. Take steps to prepare and stay safe using these tips from Ready.gov:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- Never leave people or pets in a closed car.

Try to stay ahead of heat-related illnesses such as **heat stroke** by recognizing symptoms:

- High body temperature of 103 degrees or higher
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache, dizziness, nausea, or confusion
- Loss of consciousness (passing out)

If you experience any of these symptoms above, remember that heat stroke is a medical emergency. Call 911, move to a cooler place, and try to lower body temperature with cool cloths or a cool bath.

Adapted from: The Administration for Community Living (ACL)

## Laugh Break

Knock, knock?... Who is there?... August... August Who?...

*A gust of wind is helpful when flying a kite!*

## Need to Stop Your Senior News Subscription Or Change Your Mailing Address?

Please call the Office for Aging at (607) 778-2411



*Trips subject to change.*

### AARP, Endicott Chapter

Contact: Marilyn,

**(607) 748-8849**

or Betty, **(607) 354-4260**

September 13 - 17

Ocean City, Maryland

October 20

Site & Sound Theatre,

Lancaster: Queen Esther

### Eastern Broome Senior Center

Contact: Arlene,

**(607) 759-6306**

September 12 - 17

Gatlinburg, Tennessee &

Williamstown, Kentucky: The

Ark Encounter

### Johnson City Senior Center

Contact: Kim, **(607) 797-3145**

October 27

Silver Birches: Oktoberfest

November 4

Villa Roma: Dolly Parton & Kenny Rogers Tribute

November 9

Yellow Brick Road Casino, Chittenango, NY

### North Fenton Seniors

Contact: Ruth, **(607) 648-8425**

August 31 - September 2

Amish Lands - Lancaster, PA  
\$450/person double occupancy  
& \$588/person single occupancy

September 15

Turning Stone Casino

\$35/person

October 13

Silver Birches

\$76/person



## Want To Advertise in the Senior News?

**We Reach Over**

**7,000 Senior**

**Households in**

**Broome County!**

**Call 778-2411**

*Make our readers your customers!*

## Age Well with Movement: Exercising with Chronic Conditions



Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease, arthritis, chronic pain, high blood pressure, or diabetes. In fact, physical activity may help. For most older adults, physical

activities like brisk walking, riding a bike, swimming, weightlifting, and gardening are safe, especially if you build up slowly. Just remember to consult your health care provider before starting a new exercise routine.

### Staying Physically Active: Alzheimer's Disease and Related Dementias

Being active and getting exercise may help people with Alzheimer's or another dementia feel better and can help them maintain a healthy weight and have regular toilet and sleep habits. If you are a caregiver, you can exercise together to make it more fun.

#### **Tips for Helping A Person with Dementia Stay Active**

- Take a walk together each day. Exercise is good for caregivers, too!
- Use exercise videos or check your local TV guide to see if there is a program to help older adults exercise.
- Dance to music.
- Be realistic about how much activity can be done at one time. Several short "mini-workouts" may be best.
- Make sure he or she wears comfortable clothes and shoes that fit well and are made for exercise.
- Make sure he or she drinks water or juice after exercise.

#### **Even if the person has trouble walking, they may be able to:**

- Do simple tasks around the home, such as sweeping and dusting.
- Use a stationary bike.
- Use soft rubber exercise balls or balloons for stretching or throwing back and forth.
- Use stretching bands.
- Lift weights or household items such as soup cans.

### Exercising with Arthritis

For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which reduces stress on the joints.

Flexibility exercises such as upper- and lower-body stretching and Tai Chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities.

Strengthening exercises, such as overhead arm raises, will help you maintain or add to your muscle strength to support and protect your joints.

Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try activities that don't require a lot of weight on your joints, such as swimming and biking.

If you have arthritis, you may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.

### Physical Activity and COPD (Chronic Obstructive Pulmonary Disease)

If you have COPD, talk with your healthcare provider or a pulmonary therapist to learn what he or she recommends. You may be able to learn some exercises to help your arms and legs get stronger and/or breathing exercises that strengthen the muscles needed for breathing.

Pulmonary rehabilitation is a program that helps you learn to exercise and manage your disease with physical activity and counseling. It can help you stay active and carry out your day-to-day tasks.

### Exercising with Type 2 Diabetes

For people with diabetes, exercise and physical activity can help manage the disease and help you stay healthy longer. Walking and other forms of daily exercise can help improve glucose levels in older people with diabetes. Set a goal to be more active most days of the week, and create a plan for being physically active that fits into your life and that you can follow. Your healthcare team can help.

A few easy steps to be more active:

- Stretch during TV commercial breaks.
- Walk around when you talk on the phone.
- Take more steps by parking farther away from stores, movie theaters, or your place of work.

### Exercise and Heart Health

Your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease. Choices you might make every day, such as eating healthy, maintaining a healthy weight, and aiming to be more physically active, can contribute to heart health. Inactive people are nearly twice as likely to develop heart disease as those who are active. Being physically active is one of the most important things you can do to keep your heart healthy. Aim for at least 150 minutes of moderate-intensity aerobic activity a week.

### Exercising with Osteoporosis

Weight-bearing exercises, which force you to work against gravity, such as walking, jogging, or dancing three to four times a week, are best for building muscle and strengthening bones. Try some strengthening and balance exercises, too, to help avoid falls, which could cause a broken bone. Doing these exercises is good for bone health for people with osteoporosis and those who want to prevent it.

### Exercising with Chronic Pain

Most people living with chronic pain can exercise safely, and it can assist with pain management. In fact, being inactive can sometimes lead to a cycle of more pain and loss of function. Talk to your doctor about what exercises/activities might be right for you. Each type of exercise—endurance, strength, balance, and flexibility—has its own benefits, so a combination may be best.

Exercise can help you maintain a healthy body weight, which may relieve knee or hip pain. Putting on extra weight can slow healing and make some pain worse. Remember to listen to your body when exercising and participating in physical activities. Avoid over-exercising on "good days." If you have pain, swelling, or inflammation in a specific joint area, you may need to focus on another area for a day or two. If something doesn't feel right or hurts, seek medical advice right away.

Adapted from the National Institute on Aging: <https://www.nia.nih.gov/health/exercising-chronic-conditions>

## Do You Know Which Moles Are Deadly? **We Do!**

**Acne & Rashes**

**Nail and Hair Problems**

**Psoriasis and Rosacea**

**We Treat:**

**Cyst & Boils**

**Skin Cancer**

**Moles & Warts**

**No Referral Needed**

**We Accept Medicare & Advantage Plans!**

**NEW YORK  
SKIN & VEIN  
CENTER**

**Dr. Eric Dohner & Stan Anderson P.A.**

**75 Pennsylvania Avenue**

**Binghamton**

**607.770.1817**

*We Promise  
to See You  
the Week  
You Call!*

## 14th Annual Binghamton Bridge Pedal Saturday, August 7

The Binghamton Bridge Pedal, followed by a Post Pedal Party, will take place on Saturday, August 7 from 9 am – 12 pm, and all seniors age 60+ may register at a discounted rate of \$10.



Starting and finishing at TechWorks! at 321 Water St. in Binghamton, join the family friendly fun with a leisurely 9-mile police-escorted bike tour around downtown Binghamton and the river corridor areas, exploring parks, significant sites, and multiple bridges.

Following the bike ride is the Post Pedal Party (approximately 11 am – 12 pm), which is also open to the public at no charge. Take a tour of TechWorks! and enjoy some refreshments. FREE bike helmets in adult & children's sizes will also be available while supplies last.

- **Pre-register** online today at: <http://www.ctandi.org/binghamton-bridge-pedal-2021>  
Fee is \$15 for adults, \$10 for seniors 60 & over, and FREE for youth 18 and younger. (Register by July 26 to ensure a properly sized T-shirt.)
- **Day-of event registration** is by cash or check at Torchworks! beginning at 8 am.
- Registration includes the bike ride, a t-shirt, and the Post Pedal Party.
- The bike ride starts promptly at 9 am, so please arrive early to TechWorks! to register or sign-in to pick-up your shirt.

For more information about the Binghamton Bridge Pedal, and for photos and maps from past Binghamton Bridge Pedal events:

- Visit website <https://bmtsonline.com/bikeped/bridge-pedal>
- Facebook at **BinghamtonBridgePedal**
- Or call Scott Reigle at **(607) 778-2443** or email [Scott.Reigle@BroomeCounty.US](mailto:Scott.Reigle@BroomeCounty.US)

This event is presented by The Binghamton Metropolitan Transportation Study (BMTS) and TechWorks!



**Live Musical Entertainment by Harmony Lane  
Eastern Broome Senior Center  
Wednesday, August 18, 12:15 pm**

For more information, please contact the center at (607) 693-2069.

## Stratmill Brook Apartments

104 Victoria Drive Binghamton, NY 13904

\*Affordable house for seniors 55 years of age or older\*

Now accepting applications for 1 & 2 bedroom apts.

For more information & application, call Manager Karen Teeple at (607) 775-3421 or TDD #711



PAID ADVERTISEMENT

## Shopper Service: Matching Volunteers with Older Adults Who Need Support with Groceries or Errands

Do you enjoy shopping?  
Do you have 2 hours a week to volunteer?  
Help older adults remain independent at home. Pick up a grocery list and payment, shop for items, and then bring them back to the home.

### Call the Broome County Council of Churches Faith in Action Program:

(607) 724-9130 ext. 318.

Volunteer referrals are screened.



## 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 11

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

## Laugh Break

What kind of tree fits in your hand?  
*A palm tree!*

## Age Well by Giving Back: Become a Volunteer

Volunteering is a meaningful way to remain connected to others and witness the positive difference that you can make. Engaging in social and productive activities you enjoy, like becoming a volunteer in your community, may also help to maintain your well-being.



Research tells us that older people with an active lifestyle:

- Are less likely to develop certain diseases. Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.
- Are happier and less depressed. Studies suggest that older adults who participate in what they believe are meaningful activities, like volunteering in their communities, say they feel happier and healthier. One study placed older adults from an urban community in their neighborhood public elementary schools to tutor children 15 hours a week. Volunteers reported personal satisfaction from the experience. The researchers found it improved the volunteers' cognitive and physical health, as well as the children's school success. Researchers think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency, and dementia in later life.
- Are better prepared to cope with loss. Studies suggest that volunteering can help with stress and depression from the death of a spouse or other loved one. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).

Consider sharing your time and talent with opportunities at Broome County Senior Centers, Meals on Wheels, the Faith in Action Shopper Service, or the Foster Grandparents as a start. Information is available on these volunteer opportunities throughout this edition of the Senior News.

Adapted from the National Institute on Aging:

<https://www.nia.nih.gov/health/participating-activities-you-enjoy>

## Age Well with the Yesteryears Social Day Program



Studies show most of those suffering from dementia are unhappy and feel isolated, and half spend most of their day doing nothing. Social day programs provide the opportunity for these seniors to socialize with others and engage in meaningful activities and discussions. The Yesteryears Program has been

providing day services to Broome county residents for the past 30 years. Our energetic and compassionate staff creates an environment in which your loved one can remain independent and feel important and valued. Our structured activities provide participants with the opportunity to get some exercise, sing and laugh.

Yesteryears takes great pride in the fact that the seniors utilizing our service feel it has improved their quality of life. One of our participants recently commented, "I just love this place. It gives me purpose." Another stated, "I think that your program is a better outlet for seniors than anywhere I have ever seen or heard of." Caregivers as well as participants experience benefits. One daughter stated, "It feels so good to take my mother someplace that she's actually talked to and feels so loved." Caregivers express that they have greater peace of mind knowing their loved one is in a safe and caring environment. This peace of mind allows caregivers to use respite time to meet their own needs, thereby improving the relationship with their loved one. One daughter told us she noticed her father is talking more at home since joining the program. Another caregiver said, "Yesteryears brought my mother out of her depression and gave her new life."

We invite you and your loved one to learn more about the Yesteryears Program by scheduling a meet-and-greet session at either of our locations:

- **To schedule a visit at Yesteryears Endwell, located at 2801 Wayne St: Contact Debbie Prosinski at (607) 785-0494.**
- **To schedule a visit at Yesteryears Binghamton, located at 24 Isbell St: Contact Laura Nixon at (607) 778-2947.**

## Age Well by Staying Hydrated Did you realize that 83% of your blood is water?

by Kathleen Cook, Nutrition Educator, Cornell Cooperative Extension

Water is needed for every cell in your body – from your brain, bones, and muscles to your hair, fingernails, and eyelashes! Your body needs more water each day than any other nutrient.



Water replenishes fluid lost from sweating, hydrates skin, improves digestion, reduces stress, lubricates your joints, helps you maintain a balanced body temperature, and helps your body absorb nutrients.

As we get older, we don't always realize we're thirsty! We can be getting dehydrated without even knowing it. Elevated heart rate, fatigue, a headache, or just feeling confused are all symptoms. To prevent dehydration, you must consciously make a point of drinking water throughout your day, and if you are feeling any of those symptoms, immediately grab a bottle or glass of water and drink a good amount. Don't just sip. You will feel the results within a few minutes.

Since you may not actually feel thirsty, here are ways to remind yourself and get more water in:

- Place glasses or bottles of water throughout your house in places you sit or spend time as a reminder to drink the water.
- Bring bottles of water with you when you are away from home.
- Enjoy fresh, crisp, and juicy fruits and vegetables with your meals or as snacks to add more water to your day. Some especially watery examples are cucumbers, watermelon, celery, oranges, tomatoes, and peppers.
- Make your water more interesting by putting fruit into it. Combine flavors like mint leaves and lemons, or cucumber and mint or basil. Strawberries, watermelon, and most citrus fruits are good choices. Be sure to slice them thinly so the water can filter through them and diffuse the flavor.
- If you have difficulty with drinking your local water, another tasty option is seltzer water. Pour it over ice to release some of the carbonation. There are many new flavors to sample, like orange vanilla, or seasonal specials like "watermelon mojito".

Whatever way you decide go about it, keep up on hydrating to stay well and age well!

## Age Well with Rest: Get a Good Night's Sleep

As we age, we may experience bouts of insomnia, interrupted sleep, and difficulty sticking to a set sleep schedule. Yet it is important to maintain consistent sleep habits throughout our adult years, and especially through periods of stress. Here's why:



- Sleep boosts your immune system.
- Sleep helps your body to repair cell and organ damage while you are awake during the day.
- Good sleep habits can help you better manage chronic conditions, such as heart disease and diabetes.
- Lack of sleep may lead to depression or memory problems.

Ideally, we need between 7.5 to 9 hours of sleep each night. One helpful way to strive for a full night's sleep is to remove any barriers that are keeping you up. Instead of counting sheep, try these tips:

- Adjust your dinner time and become more of an early-bird. Eating late at night and then going to bed can keep you up.
- Check the thermostat and try to keep your bedroom cool while you sleep.
- Late-night reruns are tempting. Turn off the TV so that your sleep environment is quiet.

- Put down your phone, tablet or laptop. Scrolling through social media, the Internet, and emails can be distracting.
- Lights out! Try to reduce artificial light while sleeping.

These suggestions can help you develop a sleeping routine, avoid unnecessary distractions, and wind down more peacefully from the day. Adapted from the National Council on Aging: <https://www.ncoa.org/article/sleeping-well-in-stressful-times>.

**Sleep Apnea**

People with sleep apnea have short pauses in breathing while they are asleep. These pauses may happen many times during the night. If not treated, sleep apnea can lead to other problems, such as high blood pressure, stroke, or memory loss.

You can have sleep apnea and not even know it. Feeling sleepy during the day and being told you are snoring loudly at night could be signs that you have sleep apnea. If you think you have sleep apnea, see a doctor who can treat this problem and help you get a better night's sleep.

Reprinted from the National Institute on Aging: <https://www.nia.nih.gov/health/good-nights-sleep#apnea>

**Age Well with Gratitude: Say Thanks First. Happiness Comes After.**

Want to be a happier person? Consider all the people and things that you feel grateful for right now. Keeping a gratitude list or journal and adding to it regularly can help remind you of what's good in your life and boost your mood, especially during tough times. Start your list with the simple phrase, "I am thankful for..."



If you are having trouble getting your gratitude list started, try thinking about all of your favorite things and why you appreciate them:

- "My favorite thing about summer is..."
- "My favorite family memory is..."
- "My favorite meal to enjoy at home is..."

Some people also like to repeat a mantra or short affirmation that inspires them to be grateful each day. Phrases like these can help you focus your thoughts and meditate on something positive and intentional. Here are some examples:

- "At this moment, I have all that I need."
- "Life is good."
- "Every day is a new day."
- "Today, I choose gratitude."

**Being grateful goes a long way for your overall wellness.** Feeling and expressing gratitude does not just make us smile inside; it also has a positive impact on our health. When people have higher levels of gratitude, they tend to be more socially connected, better able to handle stress, have lower levels of depression, better sleep quality, and stronger biomarkers such as higher rates of good cholesterol. Practicing gratitude also helps us notice and appreciate not only the things that are going well in our lives, but also develop better attitudes about the negative things, potentially changing those negatives to positives.

Adapted from the National Council on Aging: <https://www.ncoa.org/article/reconnecting-with-gratitude>

**Age Well with a Colorful Plate: It's Fresh Fruit & Veggie Season!**

Adding more fruits and vegetables to your plate can help you lose weight, manage chronic conditions, protect against some diseases, and help you get important nutrients.



- As part of an overall healthy diet, eating foods such as vegetables that

are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.

Adapted From MyPlate: <https://www.myplate.gov/eat-healthy/vegetables>

With so many options to choose from at farmers markets and grocery stores, the possibilities of cooking with fresh produce this month are endless. Need an idea to get you started? Incorporate more color into your plate by adding asparagus and mandarin oranges to an ordinary chicken and rice dish with this recipe below:

*Continued on Page 8*

**Veteran Discounts  
Cremation & Funeral**



**FAMILY SERVING FAMILIES**

**SAVING YOU \$3,000  
OR MORE**

 <b>SAVAGE</b> Family Center <b>Conklin</b> 724-1415	<b>CREMATION OPTIONS</b> Starting at \$ 995 DemarcoCremation.com	 <b>SAVAGE</b> Funeral Service <b>Endicott</b> 785.2841
---	--	--

PAID ADVERTISEMENT

**Sick & Tired of  
Varicose Veins?**  
*But You're Scared of Surgery?*

**At New York Skin and Vein We Now Offer  
Varithena - the Nonsurgical 15 Minute In-Office Injection Treatment for Varicose Veins Covered by Medicare!  
No Glue, Cutting, Stitches, or Staples!**

If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, Have Rashes, Ulcers or Clots, then it's probably a Vein Problem that can be treated in just a few minutes right in our office. You'll be back to normal in a day!

<b>Healthy Legs Special: Complimentary Leg Exam &amp; Ultrasound</b>	<b>New York Skin and Vein Dr. Eric Dohner 75 Pennsylvania Avenue Binghamton</b>
<b>We Accept Medicare &amp; Advantage Plans!</b>	<b>607.770.1815</b>

PAID ADVERTISEMENT

**Age Well with a Colorful Plate:  
It's Fresh Fruit & Veggie Season!**

*Continued from Page 7*

**Asparagus, Mandarin Orange,  
Chicken & Rice Recipe**

**Ingredients**

For the Vinaigrette:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons rice vinegar
- 3 tablespoons mandarin orange juice (reserved from oranges)
- 1 tablespoon soy sauce



For the Salad:

- 3 1/3 cups fresh asparagus (trimmed)
- 2 cans 11 oz cans mandarin oranges (drained, reserve juice)
- 12 ounces cooked chicken breast (cut into chunks)
- 3 cups cooked instant brown rice

**Directions**

1. In a small bowl, whisk vinaigrette ingredients, set aside.
2. Cook rice according to package directions.
3. Place whole trimmed asparagus in a large skillet with 1 1/2 inches of water.
4. Bring to a boil, reduce heat and simmer, uncovered, for 2-5 minutes.
5. Rinse with cool water and cut into 1-inch pieces.
6. In a medium size bowl, toss all ingredients.

**Weekly Meal Planning Tip:** When you're planning a dinner with chicken, cook up extra chicken breast and refrigerate for later use in this salad.

**Nutrition Information:** Serves 4. Per Serving - Calories 440, Fat 11g, Carbohydrates 51g, Total Sugar 12g, Protein 33g.

Reprinted from MyPlate:

<https://www.myplate.gov/recipes/myplate-cnpp/asparagus-mandarin-orange-chicken-and-rice>



**This Month...**

We answer a question about financial assistance.

**Question:**

I recently retired at the age of 72 and I live with my wife of 50 years. We find ourselves struggling financially, given our only income is Social Security. We cannot afford to pay a financial advisor. Is there any assistance out there for us?

**Answer:**

Congratulations on your 50 years of marriage. There are many financial assistance programs that may be available to you and your spouse. These programs are based on the income of the members in the household and some even consider costs such as prescriptions and insurance copays when determining how much assistance a person can be approved for. Programs can range from assistance with paying for food, to assistance with paying your Medicare Part B Premium.

**Assistance programs that may be available are:**

- Supplemental Nutrition Assistance Programs (SNAP)- assistance with buying food
- Home Energy Assistance Program (HEAP)- assistance paying your heating bill
- Medicare Savings Program (MSP)- assistance with paying for Medicare Insurance
- STAR and Enhanced STAR- savings on school taxes
- Senior Citizens Partial Real Property Tax Exemption- savings on Real Property Tax

The Office for the Aging has up to date information on these programs, including the most recent income requirements. Stop by the office or call at (607) 778-2411, and a caseworker can walk you through what programs you may be eligible for and what steps should be taken to apply. The Office for the Aging can also mail you a *Financial Benefits Guidebook* and applications for the programs. If you need assistance filling out the applications, there are caseworkers available to help with this, as well.

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@broomecounty.us](mailto:ofa@broomecounty.us).
- Write to us via postal mail at:  
Broome County Office for Aging  
PO Box 1766, Binghamton, NY 13902

**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 772-2850 For Details**

PAID ADVERTISEMENT

**STAFFINGS Healthcare Systems, Inc.**  
New York State Licensed Provider

*Our nurses and aides provide  
care you deserve  
in the  
comfort and safety  
of your home.*

*Proudly serving seniors in Broome  
County since 1962!*

**[www.staffingshealthcare.com](http://www.staffingshealthcare.com)**  
66 Hawley St, Binghamton, NY  
**(607) 772-8080**  
Family owned and operated.

PAID ADVERTISEMENT

**METRO Interfaith Housing Management**  
*The Key to Housing in Greater Binghamton Since 1968*

**Elderly/Handicapped Housing**  
**772-6766**

Licensed Enriched Housing Provider

- Metro Plaza Apartments  
110 Chenango Place
- Lincoln Court Apartments  
21 New Street

**[www.metrofaith.org](http://www.metrofaith.org)**

	<b>HUD Housing Counseling Agency</b> 723-0582	
--	--	--

PAID ADVERTISEMENT

### CarFit Event

As we age, we change. And how often do we adjust the features in our vehicle to accommodate those changes? **CarFit** is an educational program designed to help you explore the components of your vehicle with a trained technician to ensure the safest and most comfortable “fit” and keep you on the road longer! It’s free, it’s easy and it only takes 20 minutes! Call today to schedule your appointment!

Where: Johnson City Senior Center  
30 Brocton Street, Johnson City

When: Wednesday, August 25  
10 am-1 pm

Contact: Christine Muss, Broome County Health Department  
607-778-2807  
Christine.Muss@BroomeCounty.US



### “Organize? No. Just Throw it Out.” Monthly Downsize & Declutter Discussion Tuesday, August 10, 3 pm on Zoom

Some of us think that if we could just get our stuff organized, then we would feel more comfortable in our space. Yes, sometimes organizing works. However, most times it’s just a camouflage for our attachment to items.

Please join us as we discuss ways to declutter by identifying which items can be thrown away rather than reorganized.

For more information and to sign up, please call Joan at (607) 754-1230 or email joan.sprague@broomecounty.us or spraguejm@verizon.net.

**Lourdes Mammography Van**  
**Johnson City Senior Center**  
**Wednesday, September 22**  
**9 am -3 pm**

For more information,  
please contact the center at  
(607) 797-3145.

**At Home Help, LLC.**  
607-238-1123  
*The Care You Need In The Home You Love*  
24 Hr A Day, 7 Days A Week. Service Available

We offer the best rates in Broome County  
Call for our *Special Hourly Rate Discounts*

**Our Services Include:**

- Companionship • Laundry
- House Cleaning • Grocery Shopping
- Meal Preparation • Transportation
- Dementia & Alzheimer Care
- Medication Reminders

All referrals will receive compensation  
All Aides COVID tested regularly

Check Out Our Website:  
[AtHomeHelpofBinghamton.com](http://AtHomeHelpofBinghamton.com)

PAID ADVERTISEMENT

**LGT LEVENE GOULDIN & THOMPSON, LLP**  
ATTORNEYS AT LAW

**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**

PAID ADVERTISEMENT



### Farmers’ Market Coupons Available to Local Seniors

Farmers Market Coupons are \$20 worth of vouchers that can be exchanged for produce at local farmers’ markets. This program is meant to assist individuals who meet age and income guidelines in buying fresh produce from local farmers markets. Eligibility requirements and voucher distribution sites are listed below.

You must meet the following guidelines to be eligible:

1. Provide proof of age (must be age 60 or older)
2. Be a NY State resident
3. Have a BC Office for Aging ID Card with you
4. or fill out an ID application on site

**AND**

Meet the following income guidelines:

- \$1,986/month (for a one-person household); Or
- \$2,686/month (for a two-person household); Or
- \$3,386/month (for a three-person household).

*Proof of income is not required.*

*All eligible individuals may receive one booklet per year.*

#### Distribution Dates & Locations:

- 8/4 Broome West Senior Center, 9 - 11 am**  
2801 Wayne Street, Endwell
- 8/6 Johnson City Senior Center, 9 - 11 am**  
30 Brocton St., Johnson City
- 8/16 Northern Broome Senior Center, 9 - 10 am**  
12 Strongs Pl., Whitney Point
- 8/28 Broome County Regional Farmers Market, 9 am - 1 pm**  
840 Upper Front Street in Binghamton

**Woodburn Court 1 Apartments**

Senior Housing  
21-23 Exchange St.  
Binghamton, NY 13901  
Call: (607) 723-7875  
TDD: 711 Relay  
[www.wingateapartmenthomes.com](http://www.wingateapartmenthomes.com)

**Now accepting applications!**

- 148 One Bedroom Apartments
- Project-Based Section 8
- Elevators
- Secure Building
- Gated Parking Lot
- 24-Hour Maintenance

**Under new management, proudly by Wingate!**

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

PAID ADVERTISEMENT

# Look What's Happening at the Centers!

## **BROOME WEST**..... **785-3427**

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 am – 12 pm

**Thursday:** Wii Bowling, 9:30 am; Mahjong, 10-12 am;

Gentle Chair Yoga w/Deanna, 1-2 pm; Social Connections, 1-2:30 pm

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

### Special Activities

Please call the center for special activities in the month of August.

## **DEPOSIT**..... **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**

### Special Activities

Please call the center for special activities in the month of August.

## **EASTERN BROOME**..... **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:** Gentle Yoga, 9:30 am

**Tuesday:** Breakfast, 8-9:30 am; Music Jam, 10 am

**Wednesday:** Crafters' Group, 9-11 am

**Thursday:** Painting Group, 9-11 am; Gentle Tai Chi, 9:30 am;

Bingo for Prizes, 10:15 am-12:15 pm

### Special Activities

8/4 "Bouquet in Hands" Flower Crafts (\$5 fee-call to reserve), 10 am

8/11 Finance Officers' Meeting, 9:30 am

Site Council Meeting, 10:30 am

8/18 Book Club, 10 am

Musical Entertainment by Harmony Lane, 12:15 pm

8/25 Legal Aid, 9 am – 12 pm

8/27 Nutrition Education w/Kathleen Cook,

Cornell Coop. Ext., 12:15-12:45 pm

8/30 Horse Racing, 10:30-11:30 am

## **FIRST WARD**..... **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, 11:30 am; Int. Mah-Jongg, 11:30 am

**Wednesday:** Chorus, 9 am

**Thursday:** Sewing, 9 am

**Mon, Wed & Fri:** Bonesavers, 10 am

**Mon & Fri:** Zumba, 9:30 am (\$3); Texas Hold'em, 11 am

**Wed & Fri:** Ceramics, 9 am

### Special Activities

8/4,18 Swinging Swans (Hand, Knee & Foot Card Game), 10 am

8/18 Chorus Concert, 12 pm

## **JOHNSON CITY**..... **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:** Watercolor Painting, 9 am – 12 pm (\$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; Bonesavers, 1 pm – 2 pm

**Tuesday:** TOPS, 9 -11 am; Zumba, 12:30 -1:30 pm (\$5);

Stretch & Strength, 1-2 pm

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

Yoga (call for info); Penny Bingo for Fun, 12:30-3 pm; Progressive Pinochle,

12:30-3 pm; Writer's Workshop, 1-2 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; Tai Chi, 1-2 pm (\$3)

**Friday:** Watercolor Painting, 9-11:30 am (\$3); Gentle Yoga, 10-11 am (\$3);

Chair Exercises, 12:30-1:15 pm, Ladies Sing, 10:30-11:30 am

### Special Activities

8/2 National Ice Cream Sandwich Day, 10 am -2 pm

Stay Healthy Caregiver Support Group, 1-2:30 pm

8/19 Legal Aid, 9 am-12 pm

8/24 Nutrition Education w/Kathleen Cook, Cornell Coop. Ext.,  
11:15 am-12 pm

8/25 Haircuts with Debbie Roberts, 10-11:30 am

CarFit Educational Program (call to reserve), 10 am – 1 pm

## **NORTHERN BROOME**..... **692-3405**

12 Strongs Place, Whitney Point, NY 13862

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

**Lunch served at Noon**

### Special Activities

Please call the center for special activities in the month of August.

## **NORTH SHORE**..... **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, 10-11:30 am

**Tuesday:** Wii Bowling, 10-11:30 am

**Wednesday:** Crafts, 10-11:30 am

**Thursday:** Wii Bowling, 10-11:30 am

**Friday:** Cards & Gardening, 10-11:30 am

### Special Activities

8/3 Watermelon for National Watermelon Day, 10:30 am

8/10 S'mores for National S'more Day, 10:30 am

8/18 Monthly Trivia, 10:30 am

8/24 Waffle Treats for National Waffle Day, 10:30 am

## **VESTAL**..... **754-9596**

Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY

**Center Hours:** Mon - Fri, 9:00 am - 2:00 pm

**Lunch served at 11:45am**

### Weekly Activities

**Wednesday:** Bridge, 12:30 pm

### Special Activities

8/2 King High Card Game, 12 pm

8/4,18 Chop & Chat (call to reserve), 10 am

8/5 Fall Coaster Crafts (call to reserve), 10 am

8/20 Pizza Day & Bunko (\$5 to play Bunko – call to reserve), 11:30 am

8/24 Vestal Senior Club Meeting, 12:30 pm

8/25 Nutrition Education w/Kathleen Cook, Cornell Coop. Ext., 10:30 am

Evening Meal w/Music by Harmony Lane (call to reserve), 4 pm

**Sudoku Answers**



**Evening Meal  
with Music by Harmony Lane  
Vestal Senior Center  
Wednesday, August 25, 4 pm**

Reservations required by 8/24.  
Call to reserve: (607) 754-9596.

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

**Mandatory 10-Digit Dialing  
for Local Calls - Coming Soon**

Over the next several months, all phone carriers will be transitioning to a 10-digit requirement for making local calls from 607 area code numbers.

While 7-digit calls will still connect for now, the change will become mandatory later this year by **October 24, 2021**.

- Once the change is mandatory, dial your local 10 digit phone number by pressing **607 + telephone number**.
- This change applies to all calls in area code 607 that are currently dialed with just seven digits.
- Continue to dial 1+ area code + telephone number for **all long distance calls**.

**Laugh Break**

How do we know the ocean is friendly?  
*Because it waves!*

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

**The S.E.P.P. Group**

**SEPP Management Company**  
53 Front Street  
Binghamton, NY 13905  
Call: 607-723-8989  
TDD: 607-677-0080  
Housing@seppmanagement.com  
www.seppinc.com

Serving the Elderly through Project Planning



PAID ADVERTISEMENT

**Cabin fever? Ready to get outside  
and take a breath of fresh summer air?  
Volunteer for Meals on Wheels!**



Volunteering for Meals on Wheels will get you out enjoying the sunshine while also making a difference in the lives of local seniors.

Fresh air and sunshine are good for your body and mind. They help improve your mood and give you more energy. Helping others through volunteering can also help bring you a sense of fulfillment.

*Volunteers are needed to deliver meals once a week,  
Monday - Friday, between 11:00 am and 1:00 pm.*

You can sign up to be a driver, visitor, or both. All CDC Public Health guidelines are followed for the safety of volunteers and clients.

**Call (607) 778-6206 to find out how you can volunteer!**

# August 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.*

<b>Cheesy Sausage Bake</b> 2 Cauliflower w/Parsley Chocolate Chip Cookie	<b>Halupki OR Kielbasa w/Onions</b> 3 Mashed Potatoes Peas & Carrots Lemon Cookie	<b>Roast Turkey</b> 4 Mashed Potatoes Green Beans Orange Cranberry Bar	<b>Chicken Cacciatore OR Spinach Parm Pollock</b> 5 Buttered Noodles Italian Blend Vegetables Applesauce	<b>Rotisserie Chicken OR Salmon Patty w/Dill</b> 6 Herb Roasted Potatoes Peas Fruited Gelatin
<b>Pierogi w/Onions</b> 9 California Blend Vegetables Applesauce Peanut Butter & Jelly Cookie	<b>Beef Burgundy Over Noodles</b> 10 Cauliflower w/Parsley Strawberry Mousse	<b>Meatball Parmesan</b> 11 Sausage Pasta Soup Peaches Ice Cream Cup	<b>Sliced Ham</b> 12 Macaroni & Cheese Brussels Sprouts Banana	<b>Battered Fish OR Pub Burger</b> 13 Baked Beans Red Potato Salad Chocolate Pudding
<b>Macaroni &amp; Cheese</b> 16 Stewed Tomatoes French Cut Green Beans Mandarin Oranges	<b>Sweet &amp; Sour Pork Over Brown Rice Pilaf</b> 17 Broccoli Florets Ice Cream Cup	<b>Marinated Chicken Breast</b> 18 Baked Beans Macaroni Salad Watermelon	<b>Cranberry Glazed Turkey Breast</b> 19 Mashed Sweet Potatoes Corn Carrot Raisin Bar	<b>Chicken Breast Marengo OR Herb Rubbed Pollock</b> 20 Mashed Potatoes Wax Beans w/Parsley Bread Pudding
<b>Chicken Alfredo Over Pasta</b> 23 Broccoli Florets Sugar Cookie	<b>Liver w/Onions OR Chicken Breast Marsala</b> 24 Mashed Potatoes Italian Blend Vegetables Cantaloupe	<b>Chicken Salad Croissant</b> 25 Red Potato Salad Three Bean Salad Chocolate Pudding	<b>Swedish Meatballs Over Buttered Noodles</b> 26 Peas & Carrots Blueberry Crisp	<b>Breaded Fish OR Pub Burger</b> 27 Baby Red Potatoes Cucumber & Tomato Salad Pears
<b>Chicken &amp; Rice Bake</b> 30 Carrots Ice Cream Cup	<b>Rotisserie Chicken OR Sausage w/Peppers &amp; Onions</b> 31 Baked Potato Pea Salad Fruited Gelatin	<b>Roast Turkey</b> 9/1 Apple Bread Dressing Broccoli Florets Pumpkin Cake	<b>Beef Stroganoff Over Noodles</b> 2 Spinach Pineapples & Mandarin Oranges	<b>Meatloaf OR Broiled Fish w/Lemon</b> 3 Mashed Potatoes Italian Green Beans Peach Cobbler

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



## Like What You're Reading? Subscribe & Have it Delivered!

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](http://www.gobroomecounty.com/senior).

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

## Senior News Editorial Policy

All advertising is subject to approval by Senior News staff and the Broome County Office for Aging (BC OFA). The Senior News and BC OFA have full discretion in determining the types of advertising and promotions that are published. An ad's presence in the Senior News does not imply endorsement of the advertised company or product. The Senior News and BC OFA are not responsible for the content or accuracy of advertisements. Advertisers assume liability for all advertising content, including illustrations, and for any resulting claims against the Senior News and the BC OFA. Public service announcements are published on a space-available basis, subject to approval of Senior News staff and BC OFA. The Senior News does not include editorial comments from readers. For more information go to [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)