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Put Your Best Foot Forward

A Message from Office for Aging Director, Lisa Schuhle



Happy New Year to everyone. As we move forward into 2021, everyone is hoping for an end to the pandemic. To continue to keep the older population safe, we have decided to keep the Senior Centers closed this winter. The good news is the centers are not permanently closed; we plan to reopen them as soon as it is safe for people to return.

In the meantime, we will continue to serve to-go curbside meals during the week and offer online programming. For more information on these options or to help with whatever your needs might be, please call us at 607-778-2411. Stay safe and healthy in 2021.

Sincerely,
Lisa Schuhle
Director, Broome County Office for Aging

Make These Three Changes Over the Weekend and Save Money in 2021:

Tips from the New York State Energy Research & Development Authority (NYSERDA)

A new year is the perfect time for setting goals and improving your quality of life in a big way. What if you could make a few small changes in your home that cost almost nothing upfront, take no time at all, and could save you up to \$200 on your utility bills in 2021?

Well, the great news is that with these three swaps, you'll be well on your way to lowering your monthly utility bills and decreasing your carbon footprint. Start the year off right and make early progress on your money-saving resolutions.

Reset Your Water Heater's Base Temperature

If you were to turn on your shower with the water temperature as high as it can go, would you be afraid to stick your hand in because the water would be too hot and may scald you? If you answered "yes," then the temperature setting on your water heater is likely too high and you're wasting money.

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New Tool to Help Inform Public of the Risks of Getting COVID-19

With colder weather setting in and increases in active COVID-19 cases in the community, the Broome County Office for Aging is encouraging older adults as well as the general public to utilize a new tool that can help educate people on how to guard against the coronavirus.

CV19 Check Up was recently created through a partnership among the New York State Office for Aging, the Association on Aging in New York, and BellAge Inc. This tool assesses individuals' risk factors for getting COVID-19 through a series of brief questions, is free and anonymous, and only takes a few minutes to complete.

The tool uses a series of questions about your health conditions, the number of people you come in contact with, how regularly you wear a mask, the most current information about the disease, and the rate of infection in your neighborhood to calculate your risk of getting COVID-19. Once you complete the questions and get your risk score, you're provided with recommendations and educational information to reduce your risk of contracting the virus.

CV19 Check Up is available to everyone at www.newyork.cv19checkup.org

Broome County Office for Aging Director Lisa Schuhle states: "For those lacking internet access, we're encouraging them to ask a friend or family member for help over the phone with completing this brief assessment. This new tool can help guide your actions to better protect yourself and your loved ones. We hope you will try it and share it with everyone you know."

PLEASE NOTE: all Senior Center and Office for Aging programming is subject to change depending on the current status of the COVID-19 pandemic. Please call the Office for Aging at (607) 778-2411 if you have questions.

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

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Make These Three Changes Over the Weekend and Save Money in 2021: Tips from the New York State Energy Research & Development Authority (NYSERDA)

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Water heating is the second largest energy expense in your home and typically accounts for 18% of your monthly energy costs. Even though the Department of Energy recommends most Americans set their water heater's temperature to 120°F, many of us have never adjusted the temperature from the default manufacturer setting of 140°F.

A drop from 140°F to 120°F, can save you anywhere from \$36 to \$61 over the course of 2021. The Department of Energy has step-by-step instructions on lowering your water heater's temperature, making this an easy project to take on over the weekend.

Replace Your Heating System's Air Filter

You should change out the filter in your furnace every three months, so if you started using your heater in October, it's definitely time to make the swap! But did you know you should also check your filter every month during the heating season to see if it's dirty? A dirty filter will slow down air flow and make the system work harder to keep you warm—wasting energy. Always using a clean filter can reduce your heating costs by up to 15%. If in the average month you spend \$100 to heat your home, this simple swap you could save you over \$90 each year.

And, as an added bonus, always using a clean filter will prevent dust and dirt from building up in the heating system — minimizing your risk of expensive maintenance and early system failure.

Make "Cold/Cold" the Default Setting on Your Washing Machine

Can you believe that about 90% of the energy used to do laundry is just to heat water? Washing and rinsing with cold water saves energy, helps your clothes last longer, and lowers your monthly energy bills. While there will certainly be times that a warm or hot wash will be needed for deep cleaning, most regular loads only require the cold/cold setting, and many popular detergent brands are formulated for use in cold water.

If you're one of the 60% of Americans that still regularly washes or rinses their clothes in warm water, you could save over \$60 this year by making cold/cold your new default.

By making these simple swaps now, you and your family could be saving over \$200 on your energy costs this year. And, if you're looking for even more ways to save, NYSERDA has home energy audits and ratings that can help you identify places to improve your home's energy performance.

These energy-saving tips and more can be found by visiting NYSERDA's website: www.nyserdera.ny.gov.

Beat the Winter Blues: Volunteer for Meals on Wheels

Beat the winter blues this year and volunteer in your community! Meals on Wheels is looking for volunteers to make a difference in lives of local seniors. Volunteers are needed to deliver meals Monday through Friday, 11am-1pm. Volunteers can deliver meals once a week or more, and routes are available throughout Broome County. All NYS Health Department and CDC guidelines are followed for client and volunteer safety.

Winter can be a difficult time for many of us. Cold weather and short days, and this year, with family and friends practicing social distancing and other COVID precautions, can have a negative impact on our mood and outlook on life. This is why it is important to find creative ways to maintain social connections in a safe way. Through volunteering with Meals on Wheels, you will become part of a caring, close-knit group of volunteers.

Volunteering in your community can be a great way to use your time and talents to help others, while helping to lift your own mood as well. In the [Journal of Social and Personal Relationships](#), psychology researchers explain how volunteering brings people a type of social connectiveness not only through the social contacts they have while volunteering, but by providing support to others in the community (psypost.org.)

For more information about volunteering with Meals on Wheels, please call (607) 778-6206.

Keep Your Masks Clean: Know When to Wash 'em and When to Toss 'em

Reusable cloth masks should be washed after every 1 to 2 uses. If you have masks that are worn out or stretched from overuse, you should replace them with new masks that fit snugly over your mouth and nose without needing to be adjusted frequently.

The Office for Aging has masks available for FREE for seniors in need of new masks to replace their older ones. Please call (607) 778-2411 for more information.

Below is some important information from the CDC regarding how to keep your masks clean:

Masks are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

Masks should be washed regularly. It is important to always remove masks correctly and wash your hands after handling or touching a used mask.

How to Clean a Mask:

Washing machine

- You can include your mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.

Washing by hand

- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection.
 - Use bleach containing 5.25%–8.25% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified.
 - Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
 - Ensure adequate ventilation.
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) of 5.25%–8.25% bleach per gallon of room temperature water or
 - 4 teaspoons of 5.25%–8.25% bleach per quart of room temperature water
- Soak the mask in the bleach solution for 5 minutes.
- Discard the bleach solution down the drain and rinse the mask thoroughly with cool or room temperature water.

Using bleach safely:

- Always read and follow the directions on the label to ensure safe and effective use.
- Be aware that bleach can damage cloth fabric over time.
- Wear skin protection and consider eye protection for potential splash hazards.
- Use water at room temperature for dilution (unless stated otherwise on the label).
- Store and use bleach out of the reach of children and pets.
- Special considerations should be made for people with asthma and they should not be present when cleaning and disinfecting is happening as this can trigger asthma exacerbations.

Make sure to completely dry the mask after washing.

How to Dry a Mask:

Dryer

- Use the highest heat setting and leave in the dryer until completely dry.

Air dry

- Lay flat and allow to completely dry. If possible, place the mask in direct sunlight.

Adapted from: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

Caregiver Corner

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

Caregiver Event

Pooled Supplemental Needs Trusts How a trust could make long term care in the home possible for your loved one

Date: Wednesday, January 6

Time: 1:30-2:30 PM

Location: Call in or Zoom platform

Presenter: Brian Lawrence with LIFE, Inc. Pooled Trust Services

For many, the cost of home care is prohibitive, and Medicare does not currently cover long-term in-home care needs. Medicaid with a spend-down is an option but often people struggle to pay their expenses when paying a large spend-down. A Pooled Trust is a way for those with income and or assets above the Medicaid eligibility levels to eliminate the Medicaid spend-down that would be required to receive Medicaid. A Pooled Trust could make it possible for the one you're caring for to remain in their home environment instead of moving to a facility to receive the care that they need.

Brian will provide an overview of how a Supplemental Needs Trusts works to determine if it's right for your caregiver situation.

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

Caregiver Chat Groups

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

Call Caregiver Services at (607) 778-2411 with any questions.

The Stay Healthy Caregiver Chat: participants call in using a landline or cell phone.

Date: Monday, January 4

Time: 1:00-2:30 PM

Dial: (607) 778-6547

Meeting Code: 2187 #

Attendee Access Code: 123456 #

The Wayne Street Caregiver Chat: participants use the Zoom platform.

Date: Wednesday, January 20

Time: 9:30-11:00 AM

Zoom address:

[https://broome.zoom.us/j/97041617223?pwd=aHU1Z%20lhFL1VQSDhybjlDSGsxenRkZz09#](https://broome.zoom.us/j/97041617223?pwd=aHU1Z%20lhFL1VQSDhybjlDSGsxenRkZz09#success)

[success](https://broome.zoom.us/j/97041617223?pwd=aHU1Z%20lhFL1VQSDhybjlDSGsxenRkZz09#success)

ID: 2152617450

Password: 037464

Scam of the Month

Relative in Trouble

This scam is often referred to as the "Grandparent Scam," but can target relationships outside of grandparent & grandchild.

The caller will call a senior, often late at night or in the early morning, to try to catch them off guard. The caller will claim to be a friend, relative, or grandchild and state that they are in trouble. Usually the claim is that they are in jail or stranded in a foreign country and need money to get home or be released from jail. They often insist that you don't tell anyone about it.

These scammers are well known for requesting money through gift cards or money wires. If you get a call from someone claiming to be someone you know, please verify their identity before assisting them financially in any way.

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.

Did You Know?

Emergency Buttons- alerts may be sent to family rather than first responders

Emergency buttons (also known as Personal Emergency Response Systems or PERS Units) are a great safety net for seniors who live alone or are frequently home alone. Many seniors are hesitant to get one, thought, because they don't want it to call 911 if the button is pressed.

Many people do not realize two things:

- When the button is pushed, it usually leads to the company either calling you, or speaking to you through the base to find out if you are okay. This helps avoid emergency services being called when you accidentally bump the button.
- When the button is pushed, you have a choice who is called. If you have a neighbor, friend, or relative who you would want to be called, the company will call them instead of 911. Then this person can check on you.

Features vary based on the provider, but these options are out there! Call the Office for Aging today at (607) 778-2411 for a list of PERS providers in the area.



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HEAP Emergency and Regular Benefits

If you are experiencing a heating emergency such as a shut-off notice for your primary heating source or being low on oil, propane, kerosene, wood, wood pellets, or coal, the Home Energy Assistance Program (HEAP) may be able to help those who qualify. Starting on January 4th, the Emergency HEAP Benefit will be accepting applications. Apply at the Department of Social Services by calling 607-778-1100, extension 8. Please note that you must apply for Regular HEAP before you apply for Emergency HEAP.

The Regular HEAP Benefit season opened on November 2, 2020 and is scheduled to close on March 15th, 2021, or when funds are exhausted. There are several ways you can apply for a Regular HEAP Benefit. Apply online at www.mybenefits.ny.gov. If applying on paper, the following agencies can help:

DSS accepts applications for Regular HEAP Benefits for homeowners and renters under age 60 and not disabled. Call DSS HEAP at 607-778-1100, extension 8.

Broome County Office for Aging (OFA) accepts applications for Regular HEAP Benefits for homeowners and renters who are age 60 or over and for those who receive Supplemental Security Income (SSI) or Social Security Disability (SSD). To obtain a paper application, call the OFA HEAP line at 607-778-2063.

Families receiving the Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and should speak with a caseworker at Department of Social Services.

The 2020-2021 HEAP Income Eligibility Guidelines are:

Household Size	Monthly Income Limit
1	\$2,610
2	\$3,413
3	\$4,216

Higher income limits apply to larger households.

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

Join Lyceum from Home on Zoom!

The winter session for Lyceum classes will begin on January 25th. Now that we are on Zoom, you can join us no matter where you are this winter! If you are new to Zoom, Lyceum has some excellent members who are happy to help you get started. You can even join us on your cell phone. To register go to <https://lyceum.binghamton.edu>. You can look at the calendar without joining, but you must become a member before you can sign up for classes. If you are already a member, just enter the email address you signed up with and you can register for classes. If you have any questions you can call the Lyceum office at (607) 777-2587 or email lyceum@binghamton.edu.

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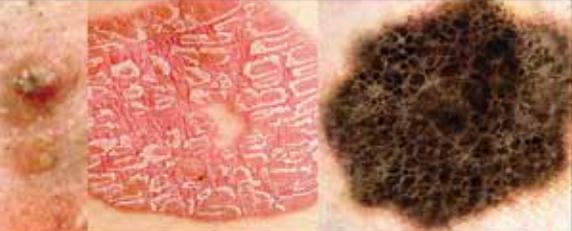
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Engage and Be Well Through Chats, Crafts and Exercise Programs

With the Broome County Office for Aging

Though local senior centers remain closed for in-person activities due to the Pandemic, there are other convenient ways that you can be part of chats, exercise programs and classes. Getting involved is easy because you can participate from home. So consider one of these opportunities and invite your family and friends to join along with you.

Because our programs will be shared remotely using either postal mail, computer or telephone access, you can look for these symbols next to our activities to understand how that program will be offered:



Postal Mail Program: You can receive printed materials for this program by postal mail, delivered to your home address. You will not need internet access or a phone line to participate.



Zoom Program: For this video program, you will need access to the internet at home, and either a smartphone, laptop, tablet, or computer. An email address is also helpful (but not necessary) so that we may email invitations to you in advance. Where noted, some Zoom programs offer a call-in option for those who do not have computer and internet access.



Phone Program: You will only need a basic phone line to access this program. No computer or internet access is necessary to join.



Zoom Craft Class - Explore Your Creativity! Thursdays, 12:30 pm

This weekly Zoom video class will guide you through a simple and fun craft project to make at home.

If you do not have access to the internet, a phone number will be provided so that you may call into this class with a basic phone line.

To obtain more information about each week's projects and sign up, please call Desirae at the Northern Broome Senior Center at (607) 692-3405.



Pictured here, our craft leader Denise shared an autumn-themed painting project using every-day household items.



Coffee Chat Calls Fridays, 1:30-2 pm

While we are all social distancing at home, these calls will give us a chance to chat as a group on the phone together. If you have a few minutes and a good story to share, please join us!

- **Friday, January 8th: Think Snow**
Share your favorite memories and stories from sledding with the family, ice skating, making snow men, and shoveling through upstate New York's many blizzards.
- **Friday, January 15th: Soup's On!**
Share your favorite soup recipe with the group. Beat the winter chill with new ideas for stews, bisques, chowders, and more.
- **Friday, January 22nd: Book Chat**
Share a favorite novel, how-to book, biography or magazine with the group.
- **Friday, January 29th: Nature Poetry Reading**
Have you written a poem about the beauty of winter, spring, summer or fall? It may be cold outside, but we'll celebrate all the seasons as we share our poems with each other.

If you are interested in joining a Friday afternoon chat, contact Michelle at (607) 785-1777 for more information on how to dial in.



At-Home Exercise Program Booklet

This program is perfect for those who would like to stay active without using the internet or a computer. Simply call Sofia at the Office for Aging at (607) 778-2115 to receive a printed at-home exercise booklet through the mail. The booklet will include activities that you can follow along with at home without any special exercise equipment. You will learn convenient ways to keep moving each day, such as doing chair exercises and stretches.



Zoom Chair Exercises

Chair Exercises: Monday through Thursday, 10-10:30 am
Chair Yoga: Fridays, 10-10:30 am

Chair exercises are a low-impact way for you to burn calories and move your joints and muscles. You can remain seated in a comfortable chair during this video program. In just 30 minutes of chair exercise, you can burn up to 250 calories! Remember to consult a healthcare professional before beginning this or any new exercise program.

If you do not have access to the internet, a phone number will be provided so that you may call into this class with a basic phone line.

Advanced registration is required for Zoom chair exercise. To obtain more information and sign up, please call Sofia at (607) 778-2115 or email Sofia.Rittenhouse@broomecounty.us.



"Move through Winter" Challenge

Ongoing through Friday, January 29

With Optional Zoom Chat & Chair Yoga on Fridays, 10-10:30 am

It can be difficult to continue our favorite outdoor exercise routines due to blustery winter temperatures. Consider joining the "Move through Winter" Challenge at the Office for Aging, and form a personalized indoor activity plan for winter that feels achievable! Just remember to consult your healthcare provider before joining this or any new exercise program.

Here's how it works:

- **Get Tips on Ways to "Move When You Can, Where You Can":**
You'll receive information on creative ways to move and be active inside your home.
Pick from a variety of options, such as:
 - joining our Zoom chair exercise classes or requesting a print copy of our at-home exercise program booklet
 - walking around your home with a daily step goal
 - finding an exercise video to follow along with in your living room
 - riding a stationary bike and trying a virtual biking trail on YouTube
- **Make Your Own Weekly Wellness Plan:**
Form your own weekly exercise goal that will work best for your lifestyle. You will be encouraged to write out your plan and chart your progress throughout this challenge.
- **Push Past the Stumbling Blocks:**
If you run into an obstacle along the way such as a busy schedule, you'll receive ideas on how to make adjustments and still keep active.
- **Give Your Hearty Winter Recipes a Makeover:**
Consider reducing added sugar, calories and fat by giving your favorite winter recipes a healthy makeover. You'll receive tips to make meals more nutritious as you winterize your pantry and start enjoying more hot soups, stews, casseroles, and more.
- **Celebrate Your Success With Us Each Friday:**
Each Friday from 10-10:30 am, you are invited to a Zoom check-in with chair yoga to share your progress, get encouragement, and celebrate your weekly success! Participation in the Zoom check-in is not required, so you can still enjoy this challenge even if you do not join us over a Zoom video.

To Sign Up and Enter the Prize Drawing:

- Just ask your local Senior Center Site Supervisor for a packet to sign up, or call Sofia at (607) 778-2115.
- When the challenge ends on January 29, enter to win our prize drawing by sending in a short testimonial to the Office for Aging: Broome County Office for Aging, PO Box 1766, Binghamton, NY, 13902, Attn. Sofia. Or, send your testimonial by email to: Sofia.Rittenhouse@broomecounty.us.



New Year, Same Resolution? Monthly Downsize & Declutter Discussion via Zoom

There's solace in knowing that resolutions are hard to keep. High on your resolution list might be finding the perfect place (outside your home) for those items you haven't used in several years and are ready to "relocate." Share your thoughts for 2021 resolutions at the Zoom Declutter Discussion on Tuesday, January 13 at 3 PM.

For the video program, you will need access to the internet to join the zoom meeting. An email address is optional, but allows us to send you an email invitation in advance. For those who do not have internet access, a call-in option is available from a basic phone line.

Advanced registration is recommended.

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

Strengthen Yourself with Knowledge in the New Year Cornell Cooperative Extension Offers Zoom Nutrition Education Classes

by Kathleen Cook, Nutrition Educator at Cornell Cooperative Extension of Broome County

What's the best way to go into this new year? Resolve to keep learning! Whether it's a new skill or doing something you've "always wanted to do," it is the quest for knowing more.

As a nutrition educator, I encourage you to take some small steps to help yourself stay healthy or become healthier by learning and adopting patterns that make the healthy choice the easy choice. Whether it's mindfully making a grocery list based on the My Plate model of five basic food groups, or perhaps making a point of doing more physical activity throughout the day, even if you do it in 10 to 15 minute chunks of time.

This month, Cornell Cooperative Extension is offering a series of virtual classes that will strengthen your knowledge of healthy eating, saving time, and saving money. Each class features a demonstration of a short activity you can do in your own home without any special equipment. The lessons also address ways you can make small changes that will yield big results. For example, if you wash and cut up some of your fresh produce right after you get home from the store, it will be ready for you to eat when you get the urge to snack on something.

We have a class every weekday. Some are in the morning, some in the evening or afternoon. We hope you can join in at a time that works for you. The classes are conducted through Zoom, but you can also join in by listening and interacting on your phone – even one that does not have a camera! You won't see others that way, and they won't see you, but you'll still be heard and able to participate in the conversation.

Morning classes are Mondays at 10 am and Fridays at 11am, afternoon classes Tuesdays at 1pm and Wednesdays at 4pm, and there's an evening class Thursdays at 6pm. We will give you tips on how to reduce salt, fat, and sugar in your diet, what to look for on food labels, ideas for healthier cooking, and some sample recipes to get you started.

Contact me, Kathleen Cook, for more information and to register. Email khc59@cornell.edu or call (607) 222-5884. To use Zoom, you will need to download the Zoom app to your phone or to your computer.

I hope to see you in this new year!

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Pre-registration is required.
To sign up please contact Sofia at 778-2115.

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Together We Walked to Disney World in Orlando, Florida! That is Over 1,000 Miles!

The Broome County Office for Aging Autumn Walking Challenge Participants walked a combined distance of just over 1,000 miles last autumn! That's a distance similar to traveling from our local area to Disney World in Orlando, Florida.

Thank you to everyone who participated in the walking challenge last September and October and sent in their walking logs. All of those steps added up to a great accomplishment.

Keep making strides this winter to stay active and take care to prevent falls along the way. Follow these tips for walking safely outdoors during wintery weather:

- Shoes provide traction and grip, so choose footwear wisely this season. Select a flat shoe with firm, rubber soles and low heels.
- Always look ahead at your path, especially when it's snow-covered, and watch for cracks, holes, and uneven areas. A tree may have pushed up the sidewalk, or even signposts could impede your path.
- Navigate uneven surfaces slowly and carefully, as they may be slippery from ice accumulation.
- Be extra careful if you are outdoors during stormy weather. Remember that rain, snow and ice can affect the sidewalk in ways you can't easily see.
- Look for the curb cut or dip in the curb near corners – because these are especially useful if you walk with a cane or a walker, or if you worry about stepping down from a curb.

These tips and more can be found on The National Council on Aging website at: <https://www.ncoa.org/healthy-aging/falls-prevention/>

Seven Ways to Manage Stress

1. **Refocus your thoughts** through deep breathing or going for a walk.
2. **Connect with your loved ones** through various forms of communication and share your thoughts and feelings.
3. **Lean on your faith** by saying a prayer or reading from an inspiring book.
4. **Nourish your body** with staying hydrated and getting enough vitamin C to boost your immune system through citrus fruits.
5. **Boost your physical strength** by taking a walk or other form of activity to release endorphins that make your body “happy.”
6. **Focus on the facts** by reading reliable sources of information and stay informed and prepared.
7. **Get your rest**, although it may be difficult to sleep, your body needs sleep to recharge and regain its strength for another day. Having trouble falling asleep? Try some warm tea or reading a good book before bed.

Article adapted from <https://www.adventhealth.com/coronavirus-resource-hub/>

This information made available by the BC SAFE (Broome County Suicide Awareness For Everyone) Coalition.



CUTE PET PHOTO CONTEST



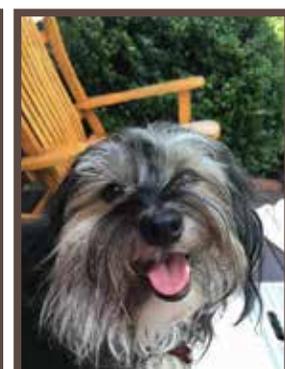
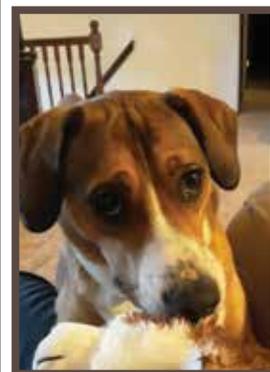
Winner Announced



Congratulations to Henry, the winner of the 2020 Office for Aging Cute Pet Photo Contest! The contest was conducted on the Broome County Office for Aging Facebook page and received several adorable entries, all pictured here!

Henry's photo, submitted by Christina Perris on behalf of her 83-year-old mother, won the hearts of many—coming in first with 95 “likes” at the end of the voting period. Henry and “his humans” were awarded a \$25 gift card to Weis Markets.

The Office for Aging is so grateful to all who participated by entering photos of their beautiful, beloved pets. Thank you for sharing your furry and feathered family members and helping us to spread joy!



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-Julie S., Binghamton

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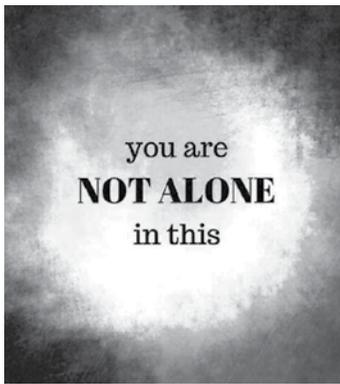


Dr. Eric Dohner

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Winter Blues Tip:

During the cold winter months, schedule time to connect with loved ones frequently via phone, social media, or video chatting. Having their photo or a personal letter of theirs in sight will remind you that they are thinking about you too during these difficult times.

This information made available by the BC SAFE (Broome County Suicide Awareness For Everyone) Coalition.



January Word Search

Circle the words below which are hidden from left to right, top to bottom, right to left, and bottom to top. Happy Puzzling! Answers on Page 11



- | | | |
|-----------|---------------|---------|
| JANUARY | DECADE | IMPROVE |
| SNOW | FATHER TIME | GROW |
| FRESH | BABY NEW YEAR | LEARN |
| BEGINNING | RESOLUTION | REFLECT |
| PARTY | START | RENEW |

Just For Laughs

What's a snowman's favorite food?
Chili.

Leftover Makeovers

If you've heard the latest statistics, you know that 40 to 45% of food in America gets wasted. Whether you just don't like to eat the same dish twice, or you tend to "fridge and forget," it's important to know that there are environmental, social, and financial benefits to using leftovers—and there are many ways to reuse them to make all-new meals. Not only does this help stop food waste, but it also saves you money (fewer calls for takeout and lower grocery bills). Here is a list of common leftovers and some ideas on how to make a new meal out of them:

Pasta? Stir Fry!

- In a skillet, add oil and any vegetables of your choice such as garlic, onion, broccoli, carrots, bell peppers, or any cooking vegetables you may have and stir fry until tender. Add salt and pepper, other seasonings to taste. You may add any protein you have on hand, such as chicken, shrimp, egg, beef, beans, or tofu if desired. The possible combinations are endless. Last, add your leftover pasta. Cook until warmed through and serve.

Brown Bananas? Banana Bread!

- Preheat oven to 350. In a large bowl, mix 3 bananas, ½ cup mayonnaise, and 1 large egg. In a separate bowl, combine 1 and ½ cups flour, ¾ cup sugar, 1 tsp baking soda, ½ tsp salt and chopped pecans or walnuts, if desired. Stir wet and dry ingredients together until combined. Grease loaf pan and bake for 60-70 minutes. Allow to cool before removing from pan.

Vegetables? Omelette!

- In a skillet over medium heat, add 1 tablespoon oil or butter and any leftover vegetables. Saute vegetables until soft. In a bowl, whisk 2 to 3 eggs. Add eggs into the skillet, covering the vegetables. Add salt and pepper to taste and cook until eggs are solid. Fold in half, adding your favorite cheese or other condiments such as salsa or hot sauce, as desired.

Fish? Tacos!

- Use whatever leftover cooked flaky fish you have lying around and pile up tortillas with your favorite combination of veggies. It's a better option than dining out, anyway, since you can ditch the fried stuff and add however many veggies you desire.

Chicken, Beef, or Other Meats? Casserole or Pizza Topping!

- Chop or shred leftover chicken and use hot sauce, blue cheese, and other (perhaps leftover) ingredients like noodles or rice to make a buffalo chicken casserole. Top a pizza crust with your favorite sauce, leftover ground beef, cheese, onions and tomatoes for a quick cheeseburger pizza.

Leftovers don't need to go to waste; it's all about being creative in the kitchen, and most of the time it doesn't take much work to make what you have left into something totally new and delicious

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Important Facts about Falls

Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Falls Are Serious and Costly

- One out of five falls causes a serious injury such as broken bones or a head injury.
- Each year, 3 million older people are treated in emergency departments for fall injuries.
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.
- Falls are the most common cause of traumatic brain injuries (TBI).
- In 2015, the total medical costs for falls totaled more than \$50 billion. Medicare and Medicaid shouldered 75% of these costs.

What Can Happen After a Fall?

Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own.

- Falls can cause broken bones, like wrist, arm, ankle, and hip fractures.
- Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they don't have a brain injury.
- Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

What Conditions Make You More Likely to Fall?

Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as
 - broken or uneven steps, and
 - throw rugs or clutter that can be tripped over.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. Healthcare providers can help cut down a person's risk by reducing the fall risk factors listed above.

What You Can Do to Prevent Falls

Falls can be prevented. These are some simple things you can do to keep yourself from falling.

Talk to Your Doctor

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.
- Ask your doctor or healthcare provider about taking vitamin D supplements.

Do Strength and Balance Exercises

Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

Have Your Eyes Checked

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.

If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

Make Your Home Safer

- Get rid of things you could trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.

<https://www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.html>



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Treating Seasonal Affective Disorder

Is the long, cold winter getting you down? For people with seasonal affective disorder (SAD), the change in seasons brings on a form of depression. Most often, it begins in late fall or early winter each year and goes away in the spring and summer. Common signs of SAD include low energy, overeating, and sleeping too much.

If you have SAD, there are several things you can do. Try to be active and exercise. Spend time with other people in a safe way, and confide in a trusted friend or relative. Medications like antidepressants and psychotherapy can also help. Some people may find relief through complementary health approaches, like light therapy. Using an ultrabright light box each day may help replace the natural sunlight you're missing during the winter. Light boxes give off light that's about 20 times brighter than ordinary lighting.

Some studies support a form of talk therapy adapted for SAD. This type of cognitive behavioral therapy focuses on replacing negative thoughts with positive ones. You may also be asked to identify activities you enjoy.

A few small studies suggest that supplements like St. John's wort and melatonin may help with SAD. But experts caution that St. John's wort can interact with many medications. And melatonin may improve sleep for some people with SAD, but it's not known if long-term use is safe.

If you're experiencing SAD, talk with your doctor to come up with a plan to feel better.

Article adapted from NIH News In Health

Senior Center Contact Information

BROOME WEST..... **785-1777**

2801 Wayne St., Endwell, NY 13760

DEPOSIT..... **467-3953**

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

EASTERN BROOME..... **693-2069**

27 Golden Lane, Harpursville, NY 13787

FIRST WARD..... **729-6214**

226 Clinton St., Binghamton, NY 13905

JOHNSON CITY..... **797-3145**

30 Brocton St., Johnson City, NY 13790

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

12 Strongs Place, Whitney Point, NY 13862

NORTH SHORE..... **772-6214**

24 Isbell St., Binghamton, NY 13901

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

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These Apps, Podcasts Help You Learn New Languages Or boost your ability to understand and be understood with a translation device

by Marc Saltzman, AARP

With loads of time on your hands while you have to be at home, perhaps you've decided to work on yourself a bit.

You can get fit with online exercise classes and apps. You can write the great American novel, whose plot has been rolling around in your head for years. Or, in anticipation of when we can travel safely again, you can learn another language.

Fantastico!

Fortunately, technology can teach you to speak in another tongue in several ways or simply translate on the spot when, say, you're in the back of an Uber in Italy. From apps and computer software that offer linguistic lessons to free podcasts to handheld devices to use instead of a smartphone, there are no shortage of options for those looking to expand their horizons.

Apps let you learn a little every day

Your smartphone can be an invaluable tool when learning a language. It's small enough to tote everywhere. It has a microphone to hear how well you're pronouncing words. And some apps are free; plus, several of them work on tablets and laptops.

- **Duolingo.** Parlez-vous français? Sprechen Sie Deutsch? ¿Hablas español? Duolingo helps users of any age tackle multiple languages — French, German, Spanish, Italian, Japanese and Russian, among them.

With accessible, bite-size lessons, you'll start off matching words with pictures, hearing what they sound like and saying words into your device. Duolingo also rewards you with XP (experience) points and hearts, adding a fun and motivational gamelike element.

The optional but amusing mini games are a great way to test what you've learned. Available for free, Duolingo works with Android devices, iOS for Apple iPhones and iPads, plus Windows machines.

- **Babbel.** Also for a computer, phone or tablet, Babbel can help you speak a new language conversationally through its interactive courses.

After you choose one of 14 languages, decide whether you would like the basics or a focus on specific topics, such as business or travel. You'll converse with your virtual instructor using your voice in real time, to ensure you're getting it right and to build the confidence you need to speak with others.

Lessons typically are 10 to 15 minutes. Babbel's repetition-and-review method has been scientifically proved to help you remember what you've learned, with 92 percent of users improving their language proficiency in two months, the company says.

Babbel is free to try, but it's a subscription-based app that costs \$12.95 a month for each language. The rate drops to \$6.95 a month if you commit to 12 months.

- **Rosetta Stone.** More than 25 years old, Rosetta Stone may be one of the oldest digital platforms for learning a language. Choose from one of two dozen languages — or opt for unlimited languages instead — and try out the software for free for three days, whether it's on an Android or Apple smartphone or tablet or a Mac or Windows computer.

You learn words, grammar and pronunciation nuances with an immersion-style approach, so you're not just translating a new language into your native tongue but also reasoning in it, the developers say.

After the trial period, Rosetta Stone prices start at \$11.99 a month, with a three-month commitment for one language, or \$7.99 a month for unlimited languages if purchased annually. A onetime lifetime subscription fee of \$199 gives you access to unlimited languages.

- **Google Translate.** More of an instant translation tool than a language learning platform, the free Google Translate was updated and expanded recently to 103 languages for text translation.

If you want offline support that doesn't require a cellular data connection, 59 languages are available that you can download before traveling.

But Google Translate has other ways to translate one language into another. You can use the smartphone's microphone for speech translation. Speak English into your device and it will verbally tell a person something in the language you designate.

Plus it supports translation of handwriting, bilingual conversations, a quick-access phrasebook and even an augmented-reality feature. You can translate text in images instantly, in as many as 38 languages, by pointing your phone's camera at a sign, menu or photo.

Podcasts let you listen, multitask

Listening to podcasts has become a popular way to learn another language. They're free to subscribe to, and you can do other activities while listening, like strolling around the neighborhood.

Consider this the evolution of ordering cassette tapes to learn a language. When you subscribe, a new episode conveniently appears on your device, whenever it's available.

Search your favorite podcast platform — iTunes already loaded on Apple products; Google Play Music or Google Podcasts for Android devices; Pocket Casts for both platforms; or Overcast for Apple devices, among many — and include the language you want to learn, such as Spanish or Japanese.

Here are some well-reviewed general language-learning podcasts available today.

- **Innovative Language Pod 101** focuses on conversational, everyday speech. It began in 2005 and is one of the oldest podcasts for learning a language, with lessons ranging from beginner to advanced in nearly 35 languages.

- **News in Slow** is available in French, German, Italian and Spanish (the dialects in Spain or Latin America). As the name suggests, it takes excerpts from news broadcasts in other languages and slows them down. It also has transcripts, so you can follow along.

Continued on Page 11

These Apps, Podcasts Help You Learn New Languages Or boost your ability to understand and be understood with a translation device

continued from page 10

• **The Fluent Show** Cohost Kerstin Cable has already created more than 100 episodes of this podcast, designed to get you excited about learning another language by sharing tips, stories, news and ideas to inspire you. A recent episode covered the best books about languages and linguistics.

• **Coffee Break Languages** is a popular podcast offered by Radio Lingua. As the name implies, it gives you bite-size lessons for French, German, Italian, Spanish and Chinese. It's limited to basic vocabulary and quick phrases, but more advanced lessons are available in French and Spanish.

These devices are devoted to translation

While many prefer to use their smartphone as a teaching tool — and a device that's super convenient to bring on a vacation to another country — other handheld language translation tools are an option.

They focus more on helping you speak another language when you need it, rather than as a teaching tool.

• **Birgus Two Way Language Translator** (\$159) has high user ratings and claims to have a 98 percent accuracy rate when translating 70 languages.

The sensitive microphone picks up your conversation and will not only speak the translation to you and, say, a waitress in Seoul but also display the text on the high-definition touch screen. A caveat: You will need to connect this to a Wi-Fi network for it to work.

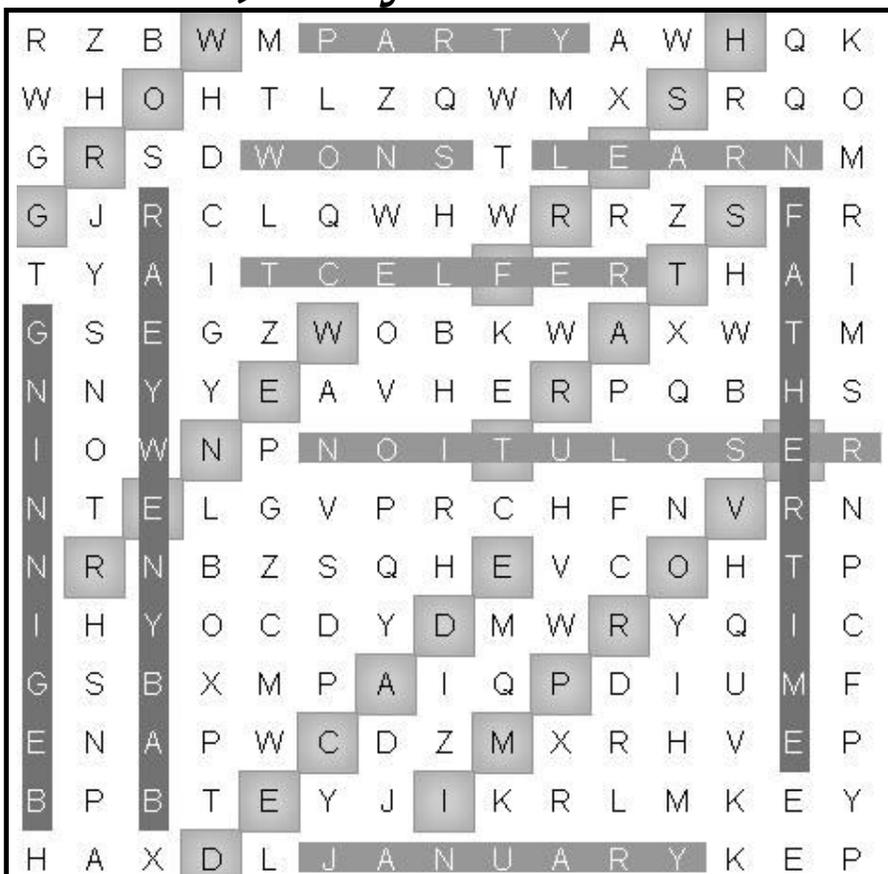
• **Pocketalk Classic Language Translator Device** (\$199) is also a very portable instant voice translator with a touch screen, but it includes unlimited global cellular data in 133 countries for two years. The device can translate up to 74 languages and promises software updates to add new features.

• **ili Translator** (\$199) may be a good option if you prefer a portable solution that doesn't require an internet connection. It is a small offline language translator programmed with the most popular travel words and phrases — in Japanese, Korean, Mandarin Chinese and Spanish.

But it is a one-way device, so it won't translate any of those languages into English. You'll have to ask yes-or-no questions or narrow things down with a series of queries to passersby.

Marc Saltzman has been a freelance technology journalist for 25 years. His podcast, Tech It Out, aims to break down geek speak into street speak. This story, originally published May 4, 2020, has been updated to reflect increased international coverage for Pocketalk.

January Word Search Answers



Put Your Best Foot Forward with Healthy Habits in 2021

People who had good healthy habits when they were younger tend to become healthy seniors, but it is never too late. Good health habits can make a difference even to seniors who are prone to illness or have not made their health a priority in the past.

Consider these 10 tips:

1. Eat healthy.

The digestive system slows down with age, so high-fiber fruits, vegetables and whole grains are more important than ever. Because seniors are prone to dehydration, they should drink plenty of water to stay energized and sharp.

2. Focus on prevention.

Preventative care visits, including health screenings for cholesterol levels, colon cancer, heart problems and more, qualify for Medicare coverage. Seniors also need to get vaccinations that can help prevent influenza and pneumonia.

3. Get information on medication management.

Ask about and review your medications with your physician on a regular basis. Consider possible drug interactions and take note of any new symptoms (allergic reactions, drowsiness, loss of appetite and others) you notice after changing or starting medications.

4. Get some sleep.

Frequent waking and insomnia in the night are common among seniors. Turn the lights down in the evening to spur drowsiness and make sure the bedroom is comfortable, cool and quiet.

5. Remember mental health.

The Geriatric Mental Health Foundation recommends that seniors do crossword puzzles, read and write and try new hobbies to stimulate their minds and engage with the world around them. Activities like these can ward off a decline in mental health.

6. Screen for vision changes.

Seniors who wear glasses should have their prescription checked every year for changes and have their eyes screened for health issues. Having the right pair of glasses can reduce a senior's chance of falling.

7. Socialize.

Time spent interacting with family, friends, and grandchildren helps us to feel connected. Those visits, although they may be "virtual," can also make us feel more upbeat, which is the best medicine at any age.

8. Stay physically active.

Exercise not only alleviates depression but improves energy and memory. An exercise program approved by a physician, long walks or short strolls can keep seniors healthier longer. With their health under control, seniors can do more and stay active, which is important to their overall well-being.

9. Take advantage of free physicals.

During the first 12 months on Medicare, seniors are offered free physicals. After that first year, they receive free annual wellness visits.

10. Visit the dentist every six months.

Our risk for cavities goes up with age. Plus, many mouth infections can be linked to serious health conditions, such as diabetes, heart disease and stroke. So seniors should see the dentist regularly.

Article adapted from <https://www.aplaceformom.com/caregiver-resources/articles/healthy-habits-for-seniors>

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January Menu - Bon Appétit!

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

Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go.
Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of January.

					1 <i>New Year's Day</i> <i>Centers Closed for To-Go Meals</i>
Cheesy Sausage Pasta Bake 4 Broccoli Florets Fruit Cocktail Sugar Cookie	Halupki OR Breaded Chicken Parmesan 5 Mashed Potatoes Italian Green Beans Honey Bran Muffin	Swedish Meatballs 6 Buttered Noodles California Mixed Vegetables Apple Crisp	Macaroni & Cheese 7 Stewed Tomatoes Peas & Carrots Chocolate Pudding	Chicken Breast Marsala OR Broiled Fish w/Lemon 8 Herb Roasted Potatoes Italian Blend Vegetables Double Chocolate Cookie	
Turkey Tetrazzini 11 Hot Beets Fruited Yogurt Oatmeal Cranberry Cookie	Liver w/Onions OR Meatloaf 12 Mashed Potatoes Carrots Gelatin Cup	Classic Meat Lasagna 13 Green Beans Bread Pudding	Swiss Steak 14 Buttered Noodles Corn Cinnamon Spiced Apples	Spinach Parm Pollack OR Sliced Glazed Ham 15 Au Gratin Potatoes Peas w/Pearl Onions Vanilla Pudding	
Beef Stew over a Biscuit 18 Cauliflower Warm Spiced Peaches Chocolate Chip Cookie	Pub Burger OR Tuna Salad Sandwich 19 Baked Potato Baked Beans Fruited Yogurt	Stuffed Pepper Casserole 20 Broccoli Florets Cherry Crisp	Cranberry Orange Glazed Turkey Breast 21 Mashed Sweet Potatoes Green Bean Casserole Pumpkin Cookie	Kielbasa w/Onions OR Breaded Fish 22 Pierogi w/Onions Mixed Vegetables Lemon Poppysseed Muffin	
Beef Stroganoff 25 Buttered Noodles Sliced Carrots Gelatin Cup	Rotisserie Chicken OR Crispy Baked Pollack 26 Chantilly Potatoes Brussels Sprouts Orange Cranberry Bar	American Goulash 27 Peas Fruit Cocktail Raspberry Ribbon Bar	Chicken Salad Croissant 28 Pickled Beet Salad Applesauce Carrot Raisin Bar	Citrus Rubbed Pollack OR Chinese Pepper Steak 29 Brown Rice Broccoli Florets Mandarin Oranges	

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



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

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

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

Senior News Editorial Policy

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