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Celebrate Summer

As spring turns to summer, a new season of possibilities begins. The longest day of the year is quickly approaching on June 20, bringing with it those cherished extra hours of warmly lit evening skies. Make the most of your summer days and evenings, and find simple ways to appreciate the season.

In this issue of the Senior News, you'll find suggestions for spending time outdoors, getting creative, and enjoying seasonal foods. Plus, pick up some tips for staying safe, organized and healthy along the way.



Now is the perfect time to gather ideas and plan your summer bucket list:

- Visit a familiar local park or venture out to a state park you have yet to visit. Try boating, fishing, scavenger hunting, or just enjoying a relaxing picnic lunch.
 - Join the Nature Walking Club. Explore the great outdoors with a group of wildlife enthusiasts!
- Say goodbye to winter clutter and tackle that garage with a Downsize and Declutter Discussion.
 - Try rock painting and enjoy a simple, fun way to be crafty. Make a work of art out of nature.
 - Rediscover June's crops by visiting a local farmers market, and don't forget it's strawberry season! Explore the flavors of summer with fresh produce and creative recipe ideas.

Perhaps author Henry James summed it up best: "Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language." May you find some inspiration in these pages to create meaningful experiences and long-lasting memories this season.

Stay well, and Happy Summer from the Office for Aging!

Explore Outdoor Opportunities this Summer!

With warm weather upon us, it's the perfect time to add Broome County parks to your summer bucket list! Take advantage of all that the "great outdoors" has to offer at our parks, including: picnicking, swimming, fishing, boating, paved walking and biking paths, hiking, and overall enjoyment of the spectacular environment.

Chenango Valley State Park

This beautiful state park is an ice age wonder. Its 2 kettle lakes were created when the last glacier retreated. Now, it is home to swimming, camping, fishing, bird watching, a golf course, a playground, and hiking trails. The park is located at 153 State Park Road in Chenango Forks. Call (607) 648-5251 for more information.

Jones Park

Those looking for some quiet hiking will love this Town of Vestal park. It features 4 miles of trails that follow old roads and stream beds, taking you through an idyllic wooded area. Keep a look out for various mysterious stacked rock formations and an old fireplace. The entrance to the park is on State Line Road in Vestal, about half a mile east of NYS Route 26. Call (607) 748-1514, ext.364 for more information.

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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<https://twitter.com/BroomeCountyOFA>

Explore Outdoor Opportunities this Summer!

Continued from Page 1

Swimming, Boating & More at Nathaniel Cole, Dorchester, and Greenwood Parks

Enjoy amazing fishing, boating, swimming, picnicking, hiking, and more at all 3 of these parks. Boat rentals include pedal boats, rowboats, canoes, and kayaks. Dorchester also has sailboats. These parks offer discounted boat rentals on rowboats and canoes for veterans and seniors age 60+ which are \$3/hour or \$10/day with a \$10 deposit. The beaches are open for swimming from Memorial Day weekend through Labor Day from 11 am–7:30 pm.

Nathaniel Cole Park: (607) 693-1389 at 1674 Colesville Rd, Harpursville

Dorchester Park: (607) 692-4612 at 5469 NY-26, Whitney Point

Greenwood Park: (607) 862-9933 at 153 Greenwood Rd, Lisle

Oquaga Creek State Park

A 1,385-acre state park that partially traverses Broome, Delaware, and Chenango Counties, this park is home to a 55-acre lake with a beach for swimmers, and it is also a great fishing location. Hiking, disc golf, biking, and camping are also available. The park is located at 5995 County Route 20 in Bainbridge. Call (607) 467-4160 for more information.

Try the Scavenger Hunt!

If you decide to venture out into nature, be sure to keep your eye out for the wildlife featured in our scavenger hunt.

You'll find a copy of the scavenger hunt included on Page 4 of this paper. Just cut it out and take it with you on outdoor adventures all year long!

Otsiningo Park

This beautiful park features a paved walking path, a Bocce court, children's play structures with accessibility features, reservation-based softball, soccer, volleyball fields, and is open year-round from 8 am to dusk! Several annual events take place at the park, including the "Broome Bands Together" summer concert series and the Spiedie Fest and Balloon Rally. The park is also home to a community garden run by VINES. Call (607) 323-3171 to apply for a garden bed. The park is located at 1 Otsiningo Park in Binghamton. Call (607) 778-6541 for more information.

Recreation Park

Take a ride on the carousel, a dip in the pool, or a turn on the swings at OurSpace, an intergenerational, accessible play area. There are also ball fields, tennis and basketball courts, picnic areas, monuments and trails. Open from dawn to dusk, this park is located at Beethoven Street & Seminary Avenue in Binghamton. Call (607) 722-9166 for more information.

Roundtop Picnic Area

Enjoy spectacular views of the Susquehanna River Valley in this area which sits high above Endicott. The park is open seasonally (April through October) and features picnic tables, picnic shelters available for rent, play structures, and free scenic vistas. It is located at E Round Top Road in Endicott. Call (607) 778-2193 or (607) 778-6541 for more information.

Vestal Rail Trail

This former railroad track was converted into a wide paved trail which is perfect for walking, running, and biking. The trail is open half an hour before sunrise to half an hour after sunset. Parking can be found at Stage Road on the east side of the Shoppes at Vestal, at the end of the trail at African Road, and at Castle Gardens. Call (607) 748-1514 for more information.

Veterans River Park

This Town of Kirkwood park features a paved path along with pavilions, playgrounds, tennis courts, and more, located at 311 Main Street in Kirkwood. The park is open from 7:00 am to 9:00 pm. Call (607) 775-1616 for more information.

This is not a complete list of parks in Broome County. Be sure to also check out the numerous town and village parks this summer. For a full list of Broome County parks, visit <https://www.gobroomecounty.com/parks> or call 607-778-2193.

Article by Sarah Ludwig, Broome Age-Friendly Project intern, and Broome Age-Friendly Project volunteers.



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 10

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

Turn Up the Spice: Limit Your Salt Consumption

by Jessie Thomas, SUNY Oneonta MSDI Student

Are you looking to limit salt consumption but don't want to compromise on flavor? One of the best ways to incorporate more flavor with lower salt intake is by using fresh herbs and dried spices.

To extract the most flavor from a spice, heat up a small pan with or without oil and add a small amount of spice. Let it toast for 30 seconds and transfer to a bowl. This process releases the aromas and enhances the flavors. Be cautious when handling stronger flavors like spicy peppers, and start off with a small amount at first.

To enhance taste without adding salt, use acids like lemon or lime juice, vinegars and tomatoes. These ingredients really help bring out the flavors of a dish.

So step out of your comfort zone, and have fun making endless combinations! Try some of these homemade salt-free seasoning recipes to prepare ahead and have available at your fingertips. These can be paired with pasta, chicken, pork, fish, beef and more!

Italian Seasoning – Yield ½ cup

- 3 tablespoons oregano
- 1 tablespoon marjoram
- 2 tablespoons thyme
- 1 tablespoon dried basil
- 1 tablespoon dried sage

Fajita Seasoning – Yield ½ cup

- 2 teaspoons chili powder (omit if you do not like spicy)
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon black pepper
- 1 teaspoon cayenne pepper (omit if you do not like spicy)
- 1 tablespoon cornstarch

Ranch Seasoning – Yield ½ cup

- 2 tablespoons dried parsley
- 2 teaspoons dill weed
- 2 tablespoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon onion flakes
- 1 teaspoon black pepper
- 2 teaspoons dried chives
- 1 teaspoon oregano

Caregiver Corner

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

Medicaid for Long Term Care

Date: Wednesday, June 16

Time: 1:00-3:00 PM

Location: Join by Zoom or Phone Call

Presenter: Staff from the Dept of Social Services Chronic Care Unit

This presentation will cover the process and qualifications for Nursing Home and In-Home Medicaid, including individual and spousal Medicaid. The presenters will discuss different application options and will take any questions you may have regarding this process.

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, June 7

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 or can call in

Date: Wednesday, June 16

Time: 9:30-11:00 AM

Zoom Meeting ID: 988 6780 2737

Zoom Password: 037464

Zoom Meeting Link:

<https://broome.zoom.us/j/98867802737?pwd=OGx2ZDFBM1J4M3RLaU5NV1BIVmZJdz09>

[737?pwd=OGx2ZDFBM1J4M3RLaU5NV1BIVmZJdz09](https://broome.zoom.us/j/98867802737?pwd=OGx2ZDFBM1J4M3RLaU5NV1BIVmZJdz09)

[aU5NV1BIVmZJdz09](https://broome.zoom.us/j/98867802737?pwd=OGx2ZDFBM1J4M3RLaU5NV1BIVmZJdz09)

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

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Scam of the Month

Fake Check and Sweepstake Scams

The fake check scam happens when someone you don't know gives you a check and asks you to deposit it. Next, this person will tell you to send some of that money back to them or to someone else. Scammers typically say the reason for this is to cover taxes or fees. By the time the bank denies the fake check you deposited, your money has already been sent on to the scammer.

Often times, the fake check scam goes hand-in-hand with the sweepstake scam. A sweepstake scam can take place if you are contacted and told that you have won a prize, but first you need to pay taxes or fees before you can claim the winnings. Scammers may ask you to cover these initial fees by wiring money to them or by purchasing gift cards. Alas, your prize never follows as promised.

To avoid these scams: Never use money from a check to send gift cards, money orders, or money wires to someone you don't know. Also ignore offers that ask you to pay a price to receive a prize.

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?

Many Medicare-eligible seniors qualify for the Medicare Savings Program.

Did you know that the Medicare Savings Program pays the Medicare Part B premium for those who are eligible?

You could qualify for this program if you meet these guidelines:

- You are a single person, making less than \$1,469/month in gross income
OR
- You are a married couple, making less than \$1,980/month in gross income

In addition, this program also helps you enroll in prescription assistance. If you would like more information on how to sign up for the Medicare Savings Program, call Action for Older Persons at (607) 722-1251.

Mark Your Calendar! Upcoming Community Events

Vestal Memorial Park Concert Series

Tuesdays, Beginning June 22, 7-8:30 pm

The Vestal Recreation Department will be hosting free concerts on Tuesday evenings at Vestal Memorial Park - Four Corners Gazebo. Call (607) 754-3368 for more information.

Dick's Sporting Goods Open

Monday, June 28 – Sunday, July 4

2021 will be the 50th anniversary of this annual PGA TOUR golf tournament at En-Joie Golf Course in Endicott. Call (607) 205-1500, extension 302 for more information.

Town of Union Fourth of July Spectacular

Sunday, July 4

Celebrate July 4th at 801 Hooper Road in Endicott at the annual Independence Day celebration featuring a 5K run and walk, vendors, live entertainment, children's games, and the biggest fireworks display in the Binghamton area! Call (607) 786-2970 for more information.

Doug's Fish Fry at Johnson City Senior Center

Thursday, July 15, 11 am – 6 pm

Doug's Fish Fry will be at the Johnson City Senior Center parking lot, 30 Brocton Street, Johnson City, on Thursday, July 15 from 11 am – 6 pm (or until sold out). They will be selling their delicious fish and fries to-go to benefit the JCSC. The center will also be doing a recyclable bottle and can drive that day.



Trips subject to change.

AARP, Endicott Chapter

Contact: Marilyn, 748-8849 or Betty, 354-4260

Sept. 13 - 17

Ocean City, MD

Johnson City Senior Center

Contact: Kim, 797-3145

August 10

Captain Bill's Seneca Lake Cruise

September 22

Penn's Peak: Branson Fever

October 6

Merry-Go-Round Playhouse: John Denver Tribute

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Park Scavenger Hunt

Bring your outdoor fun to the next level by taking a close look around for some of the wonderful flora and fauna that can be found in Broome County. See how many you can check off in 2021!

- Woodpecker
- Red-winged blackbird
- Robin
- Cardinal
- Blue Jay
- Butterfly
- Cattail plant
- Fern
- Pinecone
- Mushroom
- Berries
- Bull Thistle
- Eastern Newt
- Toad or Frog
- Groundhog
- Beetle



Red-Winged Blackbird



Cattail Plant



Eastern Newt

Virtual Senior Center Pilot Program



Here is an exciting new opportunity for people looking for social engagement without leaving their home. **The Virtual Senior Center Program** provides free access to online activities such as live exercise, history, art, cooking, music classes and other workshops. These classes are easy to access and allow participants to stay engaged and connect with others while learning new skills or staying active.

To participate in this program, you must:

- be 60 years and older
- reside in Broome County
- have a working laptop, computer or tablet
- have Internet in your home

If you are interested in participating in this limited pilot program, please contact the Broome County Office for Aging at (607) 778-2411 or send an email to ofa@bromecounty.us. Technical assistance is available to help with set up and access to online classes.

Laugh Break!

What holds the sun up in the sky?
Sunbeams.



Good Afternoon Broome Let's GAB

Social Connection Telephone Program for Older Adults
Sponsored by: The Retired & Senior Volunteer Program (RSVP)
Call RSVP for information/registration at: (607)729-9166

Would you like a phone friend to talk with once or twice a week?

The GAB program offers companionship during this unprecedented time. Healthy Aging includes being connected to others and reducing social isolation




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Wellness Programs With the Broome County Office for Aging

Getting involved in one of our exercise programs is easy, so consider these opportunities and invite your family and friends to join along with you. These programs will be shared remotely using either postal mail, computer or telephone access.

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. You will not need Internet access or a phone line to participate.



Zoom Program: You will need access to the Internet at home, and either a smartphone, laptop, tablet, or computer. Where noted, some Zoom programs offer a call-in option for those who do not have computer and Internet access.



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 Mary Jane at (607) 778-2411 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 Mary Jane at (607) 778-2411.



Garages, Basements and Attics - Say Goodbye to Winter Clutter! Monthly Downsize & Declutter Discussion

Summer blossoms are bursting out all around us this June. Our clutter might feel like it's bursting out all over, too! So why not tackle the garage, basement or attic before it gets too warm. See what you really need, and make a visible dent in all those items you haven't used in the past year or more. Perhaps you don't have a garage or large storage area. If that's the case, how about taking a closer look at that spare bedroom?

Learn more on Tuesday, June 8 at 3 pm on Zoom.

For the video program, you will need access to the Internet to join the Zoom meeting. An email address is optional, but it 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.

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**.

What is the reason for this change?

- This change will comply with a mandate from the Federal Communications Commission (FCC) regarding access to the National Suicide Prevention Hotline. The FCC is in the process of establishing **988 as the new, nationwide, easy-to-remember 3-digit phone number for Americans in crisis** to connect with suicide prevention and mental health crisis counselors.
- **By July 16, 2022**, all 988 calls will be connected to the National Suicide Prevention Lifeline.
- **For now during the transition to 988, those who need help should continue to contact the National Suicide Prevention Lifeline by calling 1 (800) 273-8255.**

For more information on dialing local calls and accessing the National Suicide Prevention Lifeline, visit the FCC online at <https://www.fcc.gov/suicide-prevention-hotline>. Updates will also be made available here in the Senior News throughout the year.

And the HEAP Goes On!

Regular and Emergency heating assistance through the 2020-2021 Home Energy Assistance Program (HEAP) is available until August 31, 2021, or when funds are exhausted.

A third emergency benefit is also available until August 31 for those who qualify.

APPLY ONLINE: www.mybenefits.ny.gov

PAPER APPLICATIONS:

Homeowners or renters age 60+ or with a disability (SSI or SSD) can apply for Regular HEAP by calling (607) 778-2063 to request an application.

Anyone needing Emergency HEAP and homeowners or renters under age 60 and not disabled who need Regular HEAP can call The Career & Community Services Center at (607) 778-1100, option 8, for an application.



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Add a Splash of Color to the Summer with Rock Painting

Looking for a new type of canvas to paint on? Look no further than your own backyard. Rock hunting can be as much fun as rock painting!

From finding the perfect rock to transforming it into a work of art, this project is a creative and inexpensive way to get closer to nature.

- Start by finding a rock that has a smooth surface on at least one side. This will allow you to paint across the surface easily.
- The weight and size of your rock are important, too. Select a rock that you can pick up and hold comfortably.
- Wash the rock with water (soap is not recommended) and let it dry fully.
- Gather a variety of narrow and wide brushes so that you can paint both small and large sections of your design, as needed.
- Acrylic paint can be purchased in small 2 oz. bottles at your local craft store. This type of paint is ideal for rock painting.
- Think about your design before you paint. If you plan to paint a background scene, such as a skyline or a row of trees, paint that first and let it dry. Then paint smaller objects and other details on top of your background scene. This technique will help you paint in layers as you add dimension to your design.
- Once you finish painting your masterpiece, let the acrylic paint dry fully and then sponge brush the rock with a clear satin or gloss sealer to finish.



Painted rocks can make a great gift or brighten your garden landscaping. Display them indoors or outdoors. As a personalized touch, consider writing a special message, date, or signature on the back side of the rock with a permanent marker.



World Elder Abuse Awareness Day (WEAAD) will be observed on June 15 as a call-to-action for individuals, organizations, and communities to bring attention to the issue of elder abuse, neglect and exploitation. Each year in the US, approximately 5 million older adults are victims of elder abuse. The National Center on Elder Abuse recommends some ways that you can protect yourself and those you love from elder abuse:

Make a Plan

- Plan for your future by talking to family members, professionals and friends that you trust. If needed, talk with an attorney about your estate plan.
- Have your income directly deposited into your bank account. If you need help managing your money, only allow someone you trust to assist you.

Be Cautious

- Get on the National Do Not Call Registry to reduce telemarketing calls. Visit www.donotcall.gov or call (888) 382-1222 to register your phone number.
- If you are offered a “prize”, “loan”, “investment”, etc. that sounds too good to be true, it probably is too good to be true.
- Consult with someone you trust before making a large purchase or investment. Don’t be pressured or intimidated into immediate decisions.
- Don’t sign any documents that you don’t completely understand without first consulting an attorney or family member you trust.
- Do not provide personal information (e.g. social security number, credit card) over the phone unless you placed the call and know with whom you are speaking.
- Shred credit card receipts, bank statements, and financial records before disposing of them in the trash.

Stay Connected

- Keep active, and stay busy. Interact with family, friends and neighbors.
- Create a buddy system with others, and call each other daily for reassurance and friendship.

If you have questions about elder abuse, or if you would like to confidentially discuss your concerns and access services to prevent neglect and abuse, please call the Office for Aging at (607) 778-2411. To learn more about the National Center on Elder Abuse, visit their website at <https://ncea.acl.gov/>

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Strawberries: Not Just for Desserts!

The month of June brings some of the first crops of the new season to our tables. The appearance of fresh red strawberries at farmers markets and grocery stores is one of those long-awaited signs that summer has arrived.



Get creative in your kitchen and remember that seasonal items such as strawberries are not just for shortcakes and sundaes. Try working strawberries into your lunch or dinner plate. Strawberries liven up any salad or salsa, and they compliment vinegar and citrus dressings.

Here's a few new ways to try strawberries this season:

Broccoli Strawberry Orzo Salad

Salad Ingredients:

- 3/4 cup orzo pasta (uncooked)
- 2 cups fresh broccoli (chopped)
- 2 cups fresh strawberries (diced)
- 1/4 cup sunflower seed

Lemon Poppy Seed Dressing:

- 1 tablespoon lemon juice (fresh or bottled)
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon sugar (or honey)
- poppy seeds (1 teaspoon, optional)

Directions

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
3. Season with salt and pepper. Chill until ready to serve. Yields 6 servings.

For this recipe and more:

<https://www.myplate.gov/myplate-kitchen/recipe-resources>

Strawberry Mozzarella Salad

Salad Ingredients:

- 3 cups romaine lettuce or greens mixture torn into bite size pieces
- 8 ounces strawberries, sliced
- 2 ounces mozzarella cheese, low moisture part skim, small cubes
- 1/4 cup fresh basil leaves, chopped
- 3 tablespoons parmesan cheese, grated

Dressing:

- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

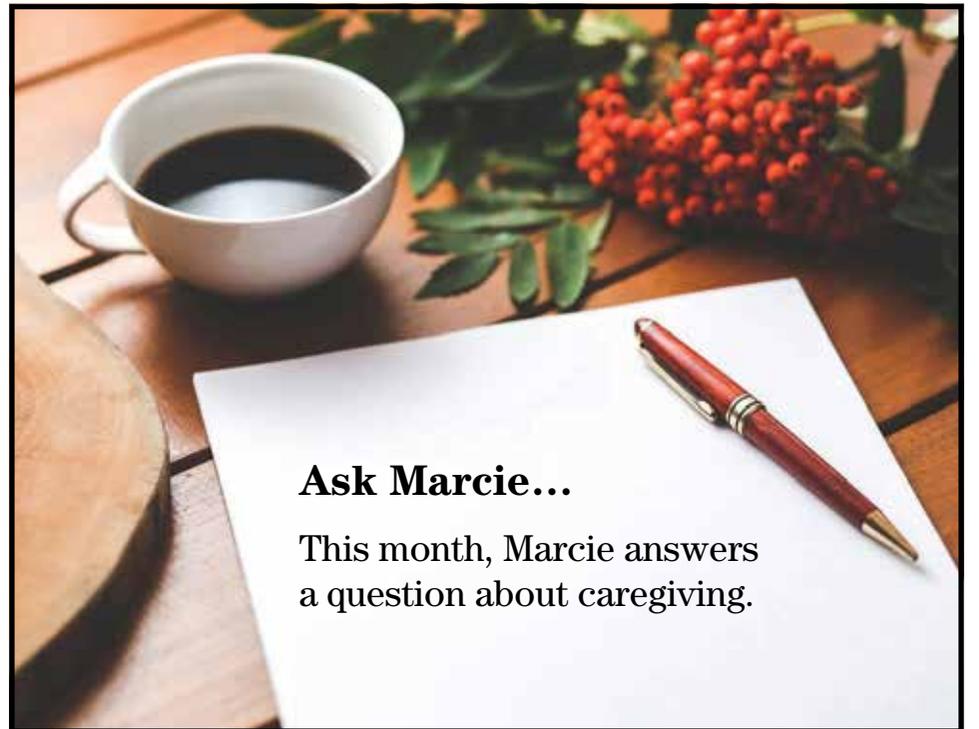
Directions:

1. Whisk together oil, vinegar, salt and pepper.
2. Mix together rest of ingredients except parmesan cheese.
3. Toss with oil mixture.
4. Sprinkle with parmesan cheese and toss lightly. Yields 5 servings.

*Recipe provided by Kathleen Cook, Nutrition Educator
Cornell Cooperative Extension of Broome County*

Did You Know?

According to the Guinness World Records, the heaviest strawberry recorded was grown in Japan in 2015. Weighing in at 250 g (8.82 oz), it had an approximate height of 3.15 inches and a length of 4.72 inches.



Ask Marcie...

This month, Marcie answers a question about caregiving.

Dear Marcie,

I am caring for my husband. Where can I find information on receiving assistance with taking care of some of his needs?

Most caregivers who are providing care for a loved one are not doing so in the form of financial aid or personal care. Much of the care is in the form of running errands, doctor's appointments, laundry, cooking and house work. Do you find yourself being a caregiver now? If so, be sure to take care of your own health, accept help from others, and become informed.

The Office for Aging provides informal chats for caregivers who need extra support. You will have the opportunity to meet other caregivers and learn more about caregiving in general. In addition, the Office for Aging has a Senior Helpers Program for people age 55 and over that matches workers with someone looking to hire help. Some of the jobs they perform include personal care, grocery shopping, transportation, companionship, housework and lawn care.

The Caregiver Services Program at the Office for Aging helps caregivers with both the practical and emotional demands of caregiving.

Caregiver Services can provide the following:

- Respite options
- Caregiver resources
- Caregiver support groups
- Referrals to community services
- Caregiver Corner, a bi-monthly newsletter
- One-on-one consultations

Also, don't forget to mark your calendar. Each month, Caregiver Services provides an educational program. The presentation topic for June is: **Medicaid for Long Term Care**. The event will be held on **Wednesday, June 16, from 1-3:00 pm via Zoom or phone**, presented by the staff from the Department of Social Services Medicaid and Chronic Care Unit. Pre-registration is required, and more information on this event is listed on page 3 of this paper.

To speak individually with a staff member at the Office for Aging about caregiving options that may be best for you, or to register for the Medicaid for Long Term Care Presentation on June 16, please call (607) 778-2411.

Get More Vitamin C This Summer!

By Kathleen Cook, Nutrition Educator

at Cornell Cooperative Extension of Broome County

Enjoy a wide variety of seasonal produce this summer, and choose fruits and veggies rich in vitamin C – because you can never have too much of it.

Although it's commonly known that vitamin C is important for boosting our immune systems and helping to ward off the common cold, there are many other ways vitamin C is needed in our body!

Vitamin C is vital for the production, growth, maintenance and repair of blood vessels, bones, teeth, cartilage, collagen, and scar tissue, and it boosts your body's absorption of iron and folate from plant-based foods like spinach and kale.

Vitamin C is an antioxidant that inhibits free-radical damage, helping to prevent cancers from developing. Because vitamin C is water-soluble, your body doesn't store it. This means you need to have a constant regular amount daily to stay healthy. Fresh and frozen fruits and vegetables are best.

It is recommended that women and men age 19 and over consume 75 milligrams and 90 milligrams of vitamin C per day, respectively. Because of the oxidative stress caused by the toxins in cigarettes, smokers and those around secondhand smoke frequently should increase their daily intake by 35 milligrams, as they generally have lower blood levels of vitamin C.

All fruits and vegetables contain vitamin C, but some are richer sources than others. Although oranges and other citrus fruits are right at the top when it comes to vitamin C, some fruits have even more!

- Just 5 **strawberries** contain more vitamin C than a medium orange.
- **Pineapple** is vitamin C packed and provides manganese.
- Just one **kiwi fruit** contains up to 84 mg of vitamin C, along with other vital vitamins such as K and E.
- **Mangoes** and **papaya** additionally provide a vitamin A boost.

Some vegetables are also very good vitamin C sources, including broccoli, kale, and red and yellow bell peppers.

With all of this colorful and flavorful variety, it shouldn't be hard to get enough vitamin C this summer. You really can't eat too much of it!



Farmers Market Vouchers for Eligible Seniors Coming Later This Summer

Once a year, the Senior Farmers Market Nutrition Program (SFMNP) gives eligible, low-income older adults \$20.00 in coupons to buy locally-grown fresh fruits and vegetables at participating farmers markets in New York State. Booklets will be available sometime between July and August, and they may be used through November.

This year's distribution schedule and information on participating farmers markets will be announced in the July edition of the Senior News. Please check back!

Enjoy Summer Safely by Preventing Falls

Thinking about getting more exercise this season? As the weather improves, walking outdoors can become an enjoyable part of your wellness routine. However, walking outdoors can also present some hazardous conditions to remain aware of, such as rain, slippery and uneven surfaces, shadows, and glares from sun and outdoor lighting. So, make a point to stroll safely through your neighborhood or local park this summer.

The National Council on Aging suggests these tips for preventing falls:

- Talk to your health care provider about potential side effects of your medications that could increase your chance of falling. Some medications may have side effects such as dizziness or drowsiness. So ask your health care provider how to best incorporate a walking or fitness routine while managing medication side effects.
- Have your eyes checked at least once a year and update your eyeglasses. People with vision problems are more than twice as likely to fall as those without visual impairment.
- Use a walker or cane if you need one. Walking aids like these help maintain, or even improve, mobility. To make sure that you are using a walker or cane safely, have a physical therapist fit the walker or cane to you and teach you how to use it correctly.
- Wear well-fitting shoes with good support inside and outside the house. Talk to your health care provider about having regular foot exams, as well.

In addition to taking steps to prevent falls, remember to stay active in a way that's fun for you:

- You're more likely to stick with an athletic activity that you actually enjoy. So, make it enticing. Consider walking together with a friend, going for a scenic hike, or anything else that appeals to you.
- You can start with just 10 minutes a day, and eventually try building towards 30 minutes or more of daily exercise. Every little bit helps. (Consult your healthcare provider before starting a new exercise routine to make sure it is the right fit for you.)

To learn more about how you and your loved ones can prevent falls and stay active, visit the National Council on Aging's website at <https://www.ncoa.org/>.

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Tips for Keeping Produce Fresh this Season



Summer has flavor! Perhaps the taste of summer is best described as biting into a ripe tomato or peach, or enjoying the sweet and salty combination of an ear of corn. When bringing home fresh produce from the market, prepare and store your items with care.

The CDC recommends these safety tips for preventing foodborne illnesses:

- Purchase fresh produce that is not bruised or damaged. These are signs of spoilage.
- As you shop, keep produce separate from other items you are purchasing, such as meat.
- When buying pre-cut fruits and vegetables, choose items that are kept cold, either on ice or in a refrigerated section.
- At home, clean produce under running water, even if you do not plan to eat the peel. Cut away damaged areas, and dry all items with a paper towel.
- As you prepare and store produce, always remember to separate it from raw foods that come from animals, such as meat, poultry and seafood.
- Refrigerate fruits and vegetables in clean containers within 2 hours after you cut, peel, or cook them. (If you are in a particularly hot climate where the outside temperature is 90 degrees or warmer, refrigerate within 1 hour.)

The next time you take a bite out of summer, remember that safe handling of fresh produce is an important step to enjoying the flavors of the season. For more information on fruit and vegetable safety, visit the CDC online at <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Local Farmers Markets: When & Where

Downtown Binghamton Courtyard Market

Tuesdays, 4–7 pm from July to October

Located in the Metrocenter Courtyard

<https://www.facebook.com/DowntownCourtyardMarket/>

Broome County Regional Farmers Market

Saturdays, 9 am–1 pm, year-round

840 Upper Front Street, Binghamton

<http://www.broomecountyregionalmarket.com/> or call (607) 772-8953

Farmers Market in Deposit

Saturdays, 9 am-1 pm

Located just outside the Deposit Theatre on Front Street

Vestal Farmers Market

Wednesdays & Saturdays, 9 am-1 pm

Located in the Vestal Public Library parking lot

<https://www.facebook.com/VestalFarmersMarket/> or call (607) 625-4141

Daisy Farmers Market Hosted by Wild Daisy Acres

Saturdays, 9 am–1pm from June 5 until September 4

2 Jones Drive, Whitney Point

<https://www.wilddaisyacres.com/farmers-market>

Windsor Farmers Market

Saturdays, 9 am – 1 pm

A seasonal farmers market on the Village Green of Windsor

<https://www.facebook.com/villageofwindsorfarmersmarket/>

Improve Your Wellness Through Nutrition: Contact Office for Aging's Registered Dietitian, Donna Bates

Do you want to eat healthier and reduce your risk of chronic disease? Get the individualized nutritional information you need by reaching out to Donna Bates, OFA's Registered Dietitian. Donna will work with you to form personalized eating and wellness action plans to address various lifestyle concerns and health conditions, including:



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

Here are just a few of the recent testimonials from those getting assistance from Donna:

- 61-year-old Joe was told by his doctor that he has prediabetes. Joe's doctor suggested he see a dietitian to help him lower his blood sugar. Joe contacted Donna. Donna talked to Joe and his wife and suggested some lifestyle and mealtime modifications that could help. After his next doctor's appointment, Joe shared that his blood sugar levels were back to normal. Joe says that he believes the nutrition counseling he and his wife received was vital in getting these positive test results.
- 70-year-old Sally reports not having time or energy to cook. She says she has been buying a lot of canned and convenience foods. She knows that many of these foods are not good for her health due to high fat, salt, and sugar content. Sally contacted Donna for suggestions. Donna made suggestions about healthy, convenient and affordable foods, as well as providing some easy, healthful recipe ideas. Donna also encouraged Sally to take advantage of the meals available at her local senior centers. Sally reports since talking to Donna she is more informed and motivated about ways she can eat healthier while not spending any more time cooking than she did before. Also, she now stops at the senior center twice a week and enjoys getting healthy affordable meals, and not having to do the dishes afterward!

Typically, Donna meets personally with individuals, either in their homes or at local senior centers. However, due to Covid-19, Donna's appointments currently are exclusively by telephone. Once in-person visits are considered safe, she will return to face-to-face visits again—as well as continuing to offer the telephone option, should that be preferred. The Office for Aging provides this service to those age 60 and over. For more information about getting nutrition information or counseling from Registered Dietitian, Donna Bates, please call (607) 778-2411.

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

State Park Trivia Answers:

1. Chenango Valley; 2. Glimmerglass; 3. Watkins Glen; 4. Golden Hill; 5. Allan H. Treman; 6. Woodlawn; 7. Walkway over the Hudson

Sudoku Answers

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

The New York State
COVID-19 Emotional Support Helpline
is available 8 AM to 10 PM, 7 days a week.
Call 1-844-863-9314

Sepsis: Understand it. Get Ahead of It.

More than 1.5 million people get sepsis each year in the U.S. Understanding more about how this happens can help you and your loved ones stay ahead of it.

- **What causes sepsis?** When germs get into a person's body, they can cause an infection. If that infection isn't stopped, it can cause sepsis.
- **Who is most at risk of sepsis?** Those most at risk include adults age 65+, people with chronic health conditions and/or weakened immune systems, and children under the age of 1.
- **What are the symptoms?** Symptoms of sepsis can include confusion, shortness of breath, high heart rate, fever, shivering, clammy skin, and pain or discomfort.
- **How can I get ahead of sepsis?** Sepsis is a medical emergency, and time matters. Start by talking to your healthcare provider about how you can prevent infections, get recommended vaccines, and manage chronic conditions. Practice good hygiene and wound care, and know the symptoms of sepsis so that you can spot them right away.

Remember to get medical care immediately if you have an infection that is not improving, or if you suspect that you have sepsis.

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.

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Laugh Break!

What did May tell June when they were fighting?
Don't July to me.

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!

Join the Nature Walking Club and Wander the Woods with Us!

Join the local Nature Walking Club and wander the woods in good company this summer. Each walk will last approximately 2 hours, weather permitting.

Thursday, June 3: IBM Glen Nature Walk

Meet at Robinson Hill parking lot in Endicott at 10 am.

Thursday, June 17: Binghamton University Nature Preserve Walk

Meet at the southern end of Lehigh Ave. in Vestal at 10 am. (near Binghamton University's East Access Rd. entrance)

Advance reservations are not required. Please note that CDC pandemic guidelines will be followed, as required. For more information on June's walks, please call Mary Lou at (607) 343-4985.

Make a Difference in Children's Lives

The Foster Grandparent Program is now accepting applications for the fall! Foster Grandparents volunteer in classrooms in schools, Head Start programs and daycare centers throughout Broome County. Foster Grandparents encourage children to learn, share in classroom activities such as playing educational games, read books with children and help them to follow teachers' directions.

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 applying, call the Foster Grandparent Program at (607) 778-2089.

New York State Golden Park Program for Older Adults

Through New York State's Golden Park Program, state residents age 62+ can enjoy free vehicle access to many state parks, boat launch sites, and arboretums, as well as a reduced fee to state historic sites and state golf courses. Free vehicle access is available on weekdays only, excluding holidays.

Proof of age is required by showing your current New York State Driver License or Non-Driver Identification Card. To learn more about participating New York State facilities, visit the website <https://www.parks.ny.gov/parks>, or call the Office for Aging at (607) 778-2411.

State Park Trivia

How many New York State Parks are you familiar with?

Test your knowledge below. **Answers on Page 10** of this paper!

1. This state park has 2 glacial lakes, camping access, and an 18-hole golf course.
2. Overlooking beautiful Otsego Lake, this state park shares the home town of the National Baseball Hall of Fame.
3. This park will leave you in awe of its gorge, featuring 200-foot cliffs and 19 waterfalls!
4. When visiting this park, make sure to tour its lighthouse which is exactly 30 miles east of the Niagara river.
5. With one of the largest inland marinas in the state, this park has over 400 boat slips in addition to picnic areas.
6. Enjoy natural sand beaches at this park even though it's just a short distance from metropolitan Buffalo.
7. At this destination, see the longest elevated pedestrian bridge in the world, extending 212 feet above the river below it!

June 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.*

Please contact your local senior center to learn more about meal service during the month of June.

	Stuffed Pepper Casserole Cauliflower w/Parsley Fruited Yogurt Oatmeal Cookie	6/1	Halupki OR OR Chicken Breast Parmesan Mashed Potatoes Sliced Carrots Fruit Cocktail	2	Chicken Salad Croissant Pasta Salad Applesauce Peanut Butter Cookie	3	Chinese Pepper Steak OR Broiled Fish w/Lemon Brown Rice Winter Squash Chocolate Mousse	4	
Cheesy Sausage Bake Minestrone Soup Fruit Cocktail Chocolate Chip Cookie	Beef Burgundy Over Noodles Cauliflower w/Parsley Strawberry Mousse	7	Roast Turkey Mashed Potatoes Green Beans Orange Cranberry Bar	8	Chicken Cacciatore OR Spinach Parm Pollock Buttered Noodles Italian Blend Vegetables Lemon Muffin	9	Rotisserie Chicken OR Salmon Patty w/Dill Herb Roasted Potatoes Peas Fruited Gelatin	10	11
Pierogi w/Onions California Blend Vegetables Applesauce Peanut Butter & Jelly Cookie	Halupki OR Kielbasa w/Onions Mashed Potatoes Peas & Carrots Fruit Cocktail	14	Meatball Parmesan OR Chicken Parmesan Sandwich Sausage Pasta Soup Ice Cream Cup	15	Sliced Ham OR Meatloaf w/Gravy Macaroni & Cheese Brussels Sprouts Banana	16	Pub Style Battered Fish OR Pub Burger Baked Beans Red Potato Salad Chocolate Cream Pie	17	18
Chicken Alfredo Over Pasta Broccoli Florets Fruit Cocktail Sugar Cookie	Sausage Link OR Marinated Chicken Breast Both w/Peppers & Onions Baked Potato Macaroni Salad Watermelon	21	Cranberry Glazed Turkey Breast Mashed Sweet Potatoes Corn Carrot Raisin Bar	22	Swedish Meatballs Over Buttered Noodles Peas & Carrots Blueberry Crisp	23	Chicken Breast Marengo OR Herb Rubbed Pollock Mashed Potatoes Wax Beans w/Parsley Bread Pudding	24	25
Macaroni & Cheese Stewed Tomatoes French Cut Green Beans Banana	Liver w/Onions OR Chicken Breast Marsala Mashed Potatoes Italian Blend Vegetables Cantaloupe	28	Chicken Salad Croissant Vegetable Soup Chocolate Brownie	29	Sweet & Sour Pork Over Brown Rice Pilaf Broccoli Florets Ice Cream Cup	30	Marinated Chicken Breast 2 OR Pub Burger Baby Red Potatoes Cucumber & Tomato Salad Strawberry Shortcake	7/1	

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

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

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

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