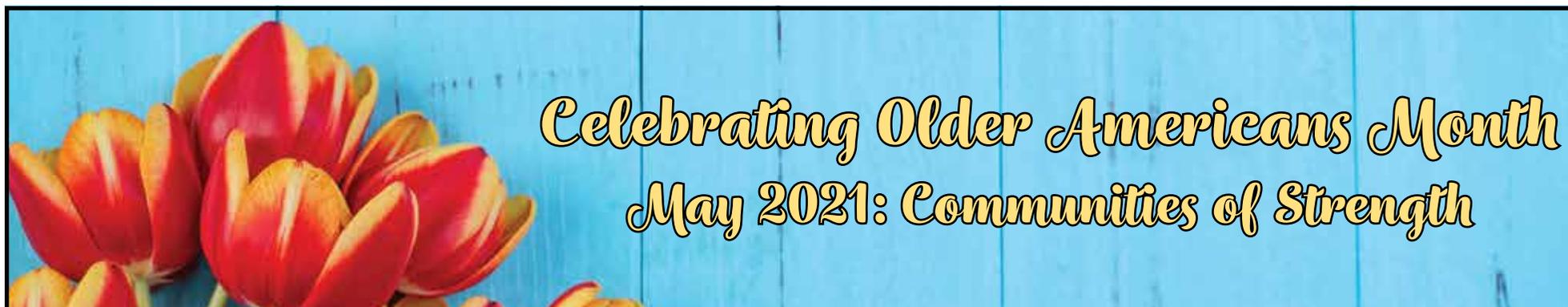




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### A Message from the Office for Aging Director, Lisa Schuhle



All good things must come to an end, and after 35 years of service to the Office for Aging (OFA) I have decided to retire. The years have flown by and I have enjoyed every minute while at the Office for Aging. Through my years I have seen a lot of changes and have been involved in many new and exciting projects and programs. Broome County Office for Aging is one of the best OFAs in the state and I feel very fortunate to have been able to lead this agency the last several years of my career.

Broome County is now considered an Age Friendly Community due to the collective work and input from countless volunteers, staff, community agencies, and elected officials. We're especially grateful to all our supportive community partners who worked with OFA to make sure people received the help they needed throughout the pandemic. The Office for Aging will continue to be a leader in the community for services, information, and advocacy for older adults. The timing is good for a new Director as Broome County moves forward with reopening the community.

County Executive Jason Garnar is pleased to announce Mary Whitcombe has accepted the position of Director at Broome County Office for Aging, effective mid-May. As I move into retirement, I plan to stay involved in many fun projects and programs as a volunteer. I look forward to seeing you in my new role in the community.

All my best to all of you,

Lisa Schuhle  
OFA Director



### Older Americans Month: Communities of Strength

The Administration for Community Living (ACL) is pleased to announce that the theme of Older Americans Month (OAM) 2021 is Communities of Strength. Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others.

In May, ACL will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities. There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities.

From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, ACL will promote the ways we are connected and strong. Join us in encouraging people of all ages to celebrate their communities and community members.

<https://acl.gov/news-and-events/announcements/older-americans-month-2021-communities-strength>



### Seniors! Help Protect Yourself and Others by Getting Vaccinated

Many older adults are looking forward to rejoicing with friends and loved ones following their full dose of the COVID-19 vaccine. The results of these vaccinations are very reassuring and good reason to feel optimistic about getting back to the things we love in life.

Continued on Page 2

**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

**Like Us! Follow Us!**

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

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## Seniors! Help Protect Yourself and Others by Getting Vaccinated *Continued from Page 1*

According to the Centers for Disease Control and Prevention (CDC), millions of Americans have received their first dose of the COVID-19 vaccine. Of those who received at least one dose, 55% are age 65 or older and 51% of those 65 or older are fully vaccinated. The Food and Drug Administration (FDA) followed stringent guidelines in the creation and testing of the vaccines, as they are required to do when developing any new medicine or vaccine. They categorized common side effects to the vaccines as mild, including pain and swelling at the injection site, headache, chills, or fever.

Though this is all very good news, it's important to continue to observe CDC guidelines when we're in public, like wearing masks and socially distancing. This is because not everyone has had the opportunity to be vaccinated and by continuing to follow these guidelines we can help keep ourselves and those around us safe. Wearing masks, socially distancing, and signing up to receive a vaccine are the best ways to protect yourself and others from COVID-19. If you have questions about the vaccine, we recommend you consult your healthcare provider.

**Keep up to date with the latest news and guidelines on coronavirus by visiting the following websites or by contacting the following hotlines:**

### Websites:

- <https://www.aarp.org/health/conditions-treatments/info-2021/cdc-guidance-after-covid-vaccination.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

### Hotlines:

- NYSDOH Coronavirus Hotline: 1-888-364-3065
- COVID-19 Vaccination Hotline: 1-833-NYS-4-VAX (1-833-697-4829)
- Broome County Health Department Hotline: (607) 778-8885

## Lourdes Mobile Mammography Van at Johnson City Senior Center

**Tuesday, May 4, 2021, 9:00AM – 3:00PM**

Lourdes makes it easy to get your annual mammogram by bringing the mammogram to you!

3-D Technology available. Wheelchair accessible.

No physician referral required. You do not have to be a Lourdes patient. Your results can be sent to the health care provider(s) of your choice.

Insured and un-insured women welcome.

To find out if you're eligible for a low- or no-cost screening, call the Cancer Services Program at 1-888-345-0225.

To pre-register, call 607-798-5723 OR access the van as a "walk-on" the same day.

## Barbeque Chicken Drive-Thru Luncheon

**Wednesday, May 19th at Participating Senior Centers  
To-Go Meal Ready for Pickup around 12 Noon**

Warm weather has arrived, and all our summertime favorites are on the way! Enjoy the flavors of the season with a tasty meal, including rotisserie chicken, baked potato, baked beans and peach cobbler for dessert.

Lunch is a suggested contribution of \$3.50 for people age 60+ and their spouse of any age, and a charge of \$4.50 for those under age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Call the center of your choice to make your meal reservations by 12 noon the day prior.

## From the Editor

*By Emma C.K. Saeger*

Hello, dear and faithful readers of the Senior News! I admit that it has been a while since I have personally addressed you all, but it seemed apt to do so in this month's issue.

May is Older Americans Month, and the Administration for Community Living has designated this year's theme as "Communities of Strength."

Broome County is certainly a strong community, and we have seen this over the course of the COVID-19 pandemic as people of all ages have come together to help each other through the difficulties we have all faced in the past year. Of course, the Office for Aging takes a special interest in the older members of our community who continue to play an integral role in the betterment of the world around them. In this issue of Senior News, we feature what we like to call "Exceptional People." You will find a few articles highlighting some older Broome County residents who go above and beyond to demonstrate the strength, resilience, and importance of older people to our community at large. Thank you to these exceptional people for making Broome County a better place.

On a personal note, I must announce that this is the last issue of Senior News for which I will be your editor. Though my tenure as Senior News editor spanned only the portion of my Office for Aging (OFA) career from October 2019 to now, I have spent 5 wonderful years in total working for the Office for Aging in several capacities: from the Front Reception Desk to various positions in the Nutrition, Health and Wellness Unit.

Having accepted my first job with OFA at just 22 years old, my eyes were truly opened over the years to the immense value of older people not only in our community, but across the world. I have had the privilege to meet and work with countless amazing people whose stories will always resonate with me. I have made lifelong friends of all ages, as well as gained important knowledge and life experiences I would never trade away. Thank you, deeply, to those of you who have been a part of my journey.

So, for the last time (from me, anyway): thank you for reading!

## Be a Classroom Volunteer and Get Paid

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. Even though they are volunteers, income-eligible older adults are paid a stipend of \$3.00 per hour. 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 receive and can enjoy several benefits including:

- Paid stipend that does not count as income for rent subsidies, HEAP, food stamps and other government benefit programs;
- Paid time off;
- A free meal at their volunteer site;
- Mileage or bus fare reimbursement;
- A chance to socialize with other adults and a sense of accomplishment from helping children succeed in the classroom.

Foster Grandparents volunteer from 5 to 40 hours per week but most volunteer about 20 hours per week. 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 778-2089.

# Caregiver Corner

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

## Event for Caregivers

*Coping with Caregiver Stress  
Though Chair Yoga*

**Date:** Wednesday, May 12, 2021

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

**Location:** By Zoom Platform or Phone Call

**Presenter:** Deanna Pipher, Hatha Yoga Certified

Self-care is a necessary part of caregiving. Please join us to balance your mind, body, and soul through this special yoga presentation for caregivers. This is a great opportunity to learn about the benefits of yoga and well-being through a zoom or phone-call presentation. Together, we can learn different ways to cope with stress and how to avoid burnout.

**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 call in using a landline or cell phone.

**Date:** Monday, May 3

**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, May 19

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

**Zoom address:**

please call Caregiver Services at (607) 778-2411 to register for this program and a link will be provided.

**ID:** 2152617450

**Password:** 037464

## Want To Advertise in the Senior News?

**We Reach Over 7,000 Senior Households in Broome County!**

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*Make our readers your customers!*

## Scam of the Month

### Blacktop & Paving Scams

Summer is fast approaching, so home repair scams are inevitably going to become more common. A popular home repair scam involves blacktop and paving offers. Often, the scam starts with a knock at your door: a "salesperson" claims to have leftover materials from a previous paving job and offers you a "reduced price" to pave your driveway.

Door-to-door scams of this nature may result in a poorly-done job which then must be redone. The "salesperson" is often someone who is in your neighborhood one day and gone the next. By the time you notice something is wrong, the "company" has moved on.

To avoid becoming a victim, the Better Business Bureau offers the following advice:

- Be leery if the company claims that it has "leftover" asphalt. The various types of asphalt behave differently, but typically they need to be freshly poured to be effective.
- If the quoted price seems very low, chances are the quality of the work will be low as well.
- Reputable contractors do not sell their product door-to-door. Consumers should be very suspicious of anyone appearing at their front doors offering low-cost services.
- This type of scam is often run by persons traveling through our area from other states. The big equipment, such as pickup trucks and trailers, may be licensed in other states.
- Contact your local town, village, or city clerk to see if the company is licensed to do business in your area.
- Contact the Better Business Bureau (BBB) to get a report about the company. To reach BBB by phone, call 1-716- 881-5222. You can also get company information online by visiting [www.bbb.org](http://www.bbb.org).

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?

### Use Your Yellow OFA ID Card to Access Public Transportation with a Discount

Did you know that your yellow Office for Aging (OFA) ID card provides you with several benefits to help you access public transportation options? If you have a yellow OFA ID card you can:

- Ride the BC Transit fixed route buses for a discounted rate of \$1.00/ride. This service has buses travelling a designated route stopping along the way at scheduled times. To help you plan your trip visit [www.gobroomecounty.com/transit](http://www.gobroomecounty.com/transit) to find the BC Transit Trip Planner.
- Ride the OFA mini-bus for a suggested contribution of \$2.00/ride. OFA mini-bus operates between 9am and 4pm and covers the urban core of Broome County. Reservations for this service are required.
- Ride the BC Country buses for a suggested contribution of \$2.00/ride. BC Country provides transportation from rural to urban locations in Broome County. Reservations are required for this service.

Seniors must be 65 or older in order to receive the yellow OFA ID card. Seniors who are 60 - 64 years old and apply for an OFA ID Card will receive a blue ID Card. Blue OFA ID card holders can utilize the OFA Mini-Bus and BC Country service and access meals and services at local senior centers.

If interested in applying for an OFA ID card or to learn more call OFA at (607)-778-2411 or visit [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior) where you can download the OFA ID card application.



*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

June 10

Philadelphia Flower Show

July 26

Yellow Brick Road Casino (Senior Day)

Aug. 25

Lancaster Sight & Sound Theatre: *Queen Esther*

## HAIR @ HOME

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## Keep Your Cool This Summer with HEAP Cooling Assistance

The Home Energy Assistance Program (HEAP) Cooling Assistance opens on May 1, 2021 and is scheduled to close on August 31, 2021, or when funds are exhausted. The program is open to homeowners and renters who obtain a physician's statement (dated within the last 12 months) identifying the need for air conditioning due to a medical condition. HEAP Cooling Assistance can be used once every 5 years.

If you are eligible, you may receive a new air conditioner which will be installed by a vendor at no cost to you. It is up to the recipient to maintain the air-conditioner and install/remove after the initial installation. In circumstances where an air conditioner cannot safely be installed, a fan will be provided.

### You may be eligible for a HEAP Cooling Assistance benefit if:

- Your household's gross monthly income is at or below the current guidelines for household size (call for information)
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), and
- You and your household members are United States Citizens or qualified aliens, and
- Household includes an individual with a documented medical condition that is exacerbated by heat, and
- You received a Regular HEAP benefit greater than \$21 in the current program year, and
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older

If you received 2020-2021 HEAP Winter Heating Assistance or if you have ongoing Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP), then you only need to complete a Cooling Assistance application.

If you did not receive HEAP Winter Heating Assistance, then you need to complete a HEAP application and a Cooling Assistance application as well as provide required documentation.

To apply, please call The Career & Community Services Center at 607-778-1100, option 8.

*"The seasons are what a symphony ought to be:  
four perfect movements in harmony with each other."*

Arthur Rubenstein

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### Mother's Day To-Go Meal At Participating Broome County Senior Centers

Visit a participating senior center and pick up a delicious to-go meal as we celebrate all mothers, mentors and important women in our lives on Friday, May 7th. You can pick up your meal around 12 noon, including your choice of roast turkey or pub style battered fish, chantilly whipped potatoes, peas, and an orange cranberry bar for dessert.

The deadline for lunch reservations is 12 noon on Thursday, May 6th. You can find the phone numbers to local senior centers on the back pages of this paper. There is a suggested contribution for lunch of \$3.50 for those age 60+ and spouse of any age, and a charge of \$4.50 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

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



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to See You  
the Week  
You Call!*

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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, 11:00 am

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 the Northern Broome Senior Center at (607) 692-3405.

### Coffee Chat Calls Weekly as Noted, 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, May 7th: It's Mother's Day Weekend!**  
Tell us about your favorite Mother's Day tradition.
- **Friday, May 14th: May is Older Americans Month**  
Give us some words of wisdom, or a favorite inspirational quote you have heard over the years.
- **Thursday, May 20th: Gardening**  
Are you planning on doing any gardening this year? Or have you done one in the past? What is usually successful in this area?
- **Thursday, May 27th: Summer is here!**  
Tell us about a favorite vacation you have gone on.

If you are interested in joining an afternoon chat, call Laura 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 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.**



### No More Excuses! Monthly Downsize & Declutter Discussion

It's spring. You're cleaning. This year, add clearing, too. No more excuses like, "I don't know where to take the stuff." Many places in the community are now open, including your curb, the thrift stores and the landfill. Start anew this spring and get rid of your unused stuff.

Learn more on Tuesday, May 11 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 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](mailto:joan.sprague@broomecounty.us) or [spraguejm@verizon.net](mailto:spraguejm@verizon.net).**

## May 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 9

B	R	P	Q	N	S	J	V	L	A	I	G	U	N	C
I	E	D	G	N	I	V	I	G	J	B	I	P	O	L
A	S	R	P	B	I	G	T	I	N	G	J	N	X	V
S	I	O	A	T	I	M	V	F	T	U	Z	Y	C	H
R	L	Y	C	O	N	P	P	C	W	H	Z	C	O	M
O	I	N	T	A	S	F	H	O	A	B	T	E	M	E
B	E	Z	D	O	P	H	Q	J	R	T	P	D	M	K
H	N	F	P	O	I	D	T	E	Y	T	O	W	U	E
G	C	S	V	D	R	K	L	G	K	D	A	L	N	V
I	E	R	I	M	A	H	W	U	N	D	H	N	I	I
E	B	E	D	E	T	A	C	I	D	E	D	K	T	T
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T	V	L	I	D	O	B	O	M	Z	M	I	T	I	A
V	A	E	M	K	N	B	B	C	P	G	C	C	S	I
V	L	H	E	D	W	X	W	Y	T	V	I	T	A	L

- Inspiration
- Strength
- Resilience
- Vital
- Important
- Community
- Dedicated
- Neighbors
- Helpers
- Giving
- Active



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# EXCEPTIONAL PEOPLE



## Linda Biemer

By Rebecca Morales

Linda Biemer is celebrating her twentieth anniversary of volunteering with Meals on Wheels this year. Linda says she loves volunteering, and that being active and engaged in her community has been important to her throughout her life.

Growing up in Homer, NY, Linda became dedicated to trying to make the world a better place at a young age. She was involved in many activities during her high school years

and continued this during her years at Elmira College. In 1962, she spent a semester at Spelman College in Georgia, which is a historically African American college and a global leader in the education of women of African descent. Linda spent her semester at Spelman learning about and working on Civil Rights, which she was very passionate about.

Linda completed her dissertation in Women's History and earned her professional doctorate degree from Syracuse University. During her career as a professor and Dean of the School of Education and Human Development at Binghamton University, she started a program that took students to Senegal, where they would complete research projects in a wide array of fields.

After retiring, Linda used the extra time she had to continue to find ways to contribute. She not only volunteers with Meals on Wheels but also contributes her time and expertise to numerous community boards and committees. Among these are the Binghamton University Council, SUNY Broome Foundation Board, WSKG Board, AVRE Foundation Board, Broome County Historical Society, and the Broome County Democratic Committee. Linda gives her time to these agencies because she says she knows that volunteers are the foundation of many of these organizations and that they could not exist without volunteers.



## Linda Peterson, RN, FNP

By Penny Short, with contributions by Rose Dillenbeck

Linda Peterson has always been an example of serving others to me. I first experienced this as an adolescent when she was my Sunday school teacher. Since then we have reconnected and serve on some programs together at another church. Linda serves in many ways at Endwell United Methodist Church by working in gardens, teaching Sunday school, making hot cross buns, to name a few.

Linda has been a registered nurse for over 50 years. In addition to many years of hospital nursing, she worked as an elementary school nurse at Maine Memorial and worked at both Broome County Office for Aging, and Broome County CASA. In 2005, she obtained her Family Nurse Practitioner license after graduating with a Master's degree from Decker School of Nursing, Binghamton University. While she has used her schooling for employment, she has used her education and skills to volunteer in many places and capacities.

I had the pleasure of going with her on two of her seven missionary trips to Haiti, where she served as the medical staff for our teams. Linda traveled to

New Orleans when Hurricane Katrina hit to serve as medical staff helping the victims there. Linda has shared her compassion, gifts and talents by volunteering at Mercy House, caring for and ministering to the residents there as they near the end of their lives.

While Linda volunteers her time and expertise often, she is still employed at Hilltop Nursing Home where she has been administering employee physicals and most recently, testing and vaccinating residents and employees for COVID-19. Her education, skills, and dedication have been greatly needed this past year. She has worked more hours than normal to accommodate to these needs. Our community is blessed by the sacrifices she has made during this pandemic.



## Sandi Jewell

By Rebecca Morales

Hidden away in an old kitchen in a church in Chenango Bridge, you will find a group of volunteers who come together every day, rain or shine, with the purpose of delivering hot, nourishing meals to homebound residents of their close-knit community. There is something special about this place: it is warm and welcoming, and people feel drawn to it and want to keep coming back time and time again. This is

not only because they are helping to make a difference in the lives of local seniors, but because of the camaraderie and friendship that volunteering here brings.

The person behind the scenes and responsible for creating this welcoming environment and sense of belonging is the Chenango Bridge Meals on Wheels Site Supervisor, Sandi Jewell. Sandi has played an essential role in the Chenango Bridge Meals on Wheels program for over twenty years. She started as a volunteer, and over the years became more involved and started filling in for staff when they were out. Before she knew it, she says, she was running the place.

Sandi has a special way with people which helps in her recruitment and retention of volunteers, which are necessary to keep the program running and to serve those in need.

Volunteers Bev and Al Frappier decided to volunteer and were not sure if they would like it, but it did not take them long to get hooked. "One of the main reasons is Sandi Jewell. She is a joy to work with and treats the volunteers like family. She is also truly concerned about the clients."

Currently the program serves close to one hundred participants in the Chenango Bridge neighborhood alone.

It is clear to her volunteers and co-workers that Sandi continues to love her job, year after year.

"She really cares what we are doing for the community," says volunteer, Jack Nagle.

She says she loves people and enjoys spending time with and talking to both the volunteers and clients. She gets to know all her volunteers and takes an interest in them and their families. She takes the extra time to have conversations with clients who may need someone to talk to.

Sandi says that she and her volunteers are like a big family. "If you ask anyone, they would say we are like a big family, we all help each other."

## NY Connects: How We Can Assist You?

NY Connects is a program that provides information, assistance and referrals to people of all ages, regardless of income. It links people to home and community-based services and supports to meet their needs. Anyone can call NY Connects, from families and friends to professionals. While much information is provided over the phone, we also have an extensive Resource Center and many callers receive information sent through the mail.

Trained caseworkers assist and refer people to programs and services in the community. NY Connects can also help people in applying for HEAP, SNAP, Medicaid and more. Popular topics discussed with callers include information on financial benefits, home care, transportation, caregiver services, health insurance and applying for benefits.

Here is a story about how NY Connects assisted Mary.

Mary is 65 years old and lives alone. She is currently receiving Social Security and has a small pension. She rents an apartment and pays \$600 a month in rent, plus \$150 in utilities. At the end of the month, Mary was having difficulty paying for food, so she contacted NY Connects for assistance. The caseworker determined that Mary was eligible for the SNAP program and assisted her in applying for SNAP benefits to help pay for her groceries. During the application process, the NY Connects caseworker also contacted a local food pantry on Mary's behalf so she could obtain the necessary food to meet her needs. Mary also has a recurring health condition, and had several medical appointments coming up, but wasn't sure how she would be able to get to all of them, since she does not drive. The caseworker helped her with her transportation needs by providing her information about applying for the Office for Aging ID card, and then giving her information about how to get rides on Office for Aging Mini-Bus. This helped Mary greatly since she did not have to worry anymore about getting to her doctor appointments. The caseworker also helped Mary apply for HEAP (Home Energy Assistance Program) benefits to help her with the cost of her utility bills. Mary was glad she took the time to contact NY Connects and appreciated the assistance she received.

For more information, call NY Connects at (607) 778-2278, Monday – Friday from 8:00 am to 4:00 pm. You can also visit our website: [www.gobroomecounty.com/senior/nyconnects](http://www.gobroomecounty.com/senior/nyconnects).

## Why Older People Are Victimized

The victimization rate for fraud is very high among older people. Although adults of all ages are swindled every day, con artists often select older people because some may seem more trusting, appear to be lonely, give the impression that they are easily confused by fast talk, or appear to have time to listen to the “pitch” of the con artist. Many older people also have relatively easy access to their savings, whereas many younger people have committed their money to educating children or paying for their homes.

**Learn to Say “NO” ...** It is your money. Do not allow yourself to feel pressured into parting with it just because someone else, usually a stranger has asked for it.

**Talk to Someone ...** Do not make important decisions by yourself – seek advice from people you trust. If someone offers to involve you in a situation concerning money, always say “no” until you discuss the matter with someone you trust. A con artist will almost always have many reasons why you should not seek advice from someone else. (This is a sign that you are being conned.)

**The 24 Hour Rule ...** Wait at least 24 hours between the time you hear a proposal and the time you accept. This 24-hour “buffer zone” protects you from making a hasty decision or succumbing to your emotions. It gives you time to consult with others and to consider the logic and clarity of the proposal. Con artists consider time their enemy, because careful consideration may reveal that their proposals are nothing more than swindles.

**Get Written Information and Insist on Written Agreements ...** If someone is not willing to put the offer and terms of the transaction in writing, do not get involved. This is true with any transaction whether it involves a stranger or a family member. People wrongly assume that they are being rude or overly cautious if they insist on a written agreement. In truth, taking this precaution can often save you future heartache from a deal gone bad.

**Do Not Give Out Your Credit Card or Bank Account Number ...** Never, never give your credit card number or bank account number to unsolicited callers.

If a stranger calls, be prepared to hang up if:

1. I say no, but the caller keeps talking.
2. The caller threatens me.
3. The caller wants money for a prize I am told I have won.
4. The caller offers to send a courier to take my check.
5. The caller wants my credit card or bank account number.
6. The caller insists I make an immediate financial decision.
7. The caller offers – for a fee – to recover money I lost previously.
8. I just begin to feel uncomfortable.

For more information, call the Office for Aging at (607) 778-2411.

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## Life's Sweet: How to Reduce Your Added Sugar Intake

By: Kristin Lee, SUNY Oneonta Dietetic Intern

Nutrition Facts	
8 servings per container	
<b>Serving size 8 fl oz (240mL)</b>	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cookies, cake, pies, donuts, soda – the list of sweet treats goes on and on! All of these foods are high in added sugars, but what does this mean exactly? Added sugars are sugars that have been added during food processing or by a person themselves. For example, if you add table sugar (regular white granulated sugar) to your coffee or tea, this would be considered added sugar. Other examples include sweeteners like honey, syrup, jams, and sugar sweetened beverages like soda, fruit/vegetable juices, and energy/sports drinks. Desserts, baked goods/sweets, candy and some breakfast cereals are also high in added sugar.

It's important to limit your added sugar intake because eating too much can increase your risk of obesity, type 2 diabetes, and heart disease. The American Heart Association recommends that women have no more than 6.5 teaspoons of added sugar and men have no more than 9.5 teaspoons of sugar per day.

Read nutrition facts labels and look for foods that have less than 10% of the daily value of added sugar. Daily values are a reference for the recommended amount of a certain nutrient. The nutrition facts label accompanying this article shows a food high in added sugar since it has 23 grams and is 46% of the daily value. This is much higher than recommendations. When reading nutrition facts labels, try to choose foods that have < 10% of the daily value to reduce your added sugar intake.

So, how can you reduce your added sugar intake? First, try to choose fresh, whole foods like fruits and vegetables and whole grains versus highly processed foods like baked goods. Choose fresh or frozen fruit which contain healthy naturally occurring sugars over fruit juices which are high in added sugars. Limit sugar sweetened beverages like soda and juice, and drink water instead. Remember that you can enjoy sweets in moderation, however, be mindful of added sugars. If you follow these tips you can still enjoy a sweet life, but just without all the excess added sugar!

## Military Holidays—what's the difference?

Throughout the year, there are three holidays observed in the United States which honor members of the U.S. military in one way or another. While most of us fly our American flags for all of these occasions, there tends to be some confusion about what, specifically, each of these holidays is meant to celebrate. Let's clear some of that up:

- **Armed Forces Day—to be celebrated on Saturday, May 15, 2021**  
Celebrated on the third Saturday in May each year, Armed Forces Day is a joint celebration of all six branches of the U.S. military: Air Force, Army, Coast Guard, Marine Corps, Navy, and the newly created Space Force. The day honors all people currently serving in the U.S. armed forces. This includes the men and women serving in the Army, Navy, Marine Corps, Air Force, Space Force and Coast Guard, including the National Guard and Reserve components.

Some ways to celebrate Armed Forces Day include flying the American flag, thanking a man or woman who serves, talking with or writing to a military member, donating to veteran or military-based organizations, sending care packages to those serving overseas, or volunteering through a veterans service organization.

- **Memorial Day—to be celebrated on Monday, May 31, 2021.**  
Observed on the last Monday in May each year, Memorial Day is, as the name implies, a time to pay respect and honor those who have died either while serving their country, as a result of military service, or after they have finished serving as a retired or separated veteran.

On Memorial Day, you can honor the fallen by attending memorial services within your community, laying flowers and planting flags on graves at your local Veterans cemetery, educating children about the importance of this day or observing a moment of silence at 3:00 pm.

- **Veterans Day—to be celebrated on Thursday, November 11, 2021.**  
Veterans Day is always observed on November 11th each year. This date was chosen because in 1918, on the 11th hour of the 11th day of the 11th month of the year, an armistice, or temporary stop to hostility, was declared between the Allied Nations and the Central Powers in World War I. Veterans Day honors those men and women who have served in the past, and even pays tribute to those who will serve in the future.

Veterans Day is an appropriate time to show your appreciation to veteran friends and family via social media or in person. You can also recognize Veterans Day by flying the American flag outside your home, visiting or volunteering at a Veteran facility, attending a local event, and by thanking veterans and their families for their service.



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## Nurture Your Strengths through Healthy Living

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

Our communities are only as strong as the members of those communities. This is always true, and yet, as we age it bears some conscious effort to strive to be one of those strong people in our community.

Taking care of ourselves is important not just for ourselves, but for those around us as well, and, thankfully, we each don't need to be strong in the same way as our neighbor or friend. Nurturing our own skills, talents, and abilities makes us able to then share them with others. How do we do this?

Well, working to stay healthy through a balanced diet and daily activity is at the top of the list. The foods you eat need to nourish your brain and other organs, so you can continue to think well and move about with confidence. Proteins, whole grains, fruits, vegetables, and foods with calcium – such as low-fat dairy products, all provide us with the various vitamins and minerals our bodies need to be well.

Be sure to find ways to drink water frequently to flush out toxins and refresh every cell in your body. If needed, place containers of water in various places throughout your house, in your vehicle, and bags you carry just to remind yourself to have more than just a sip. You'll feel the energy difference!

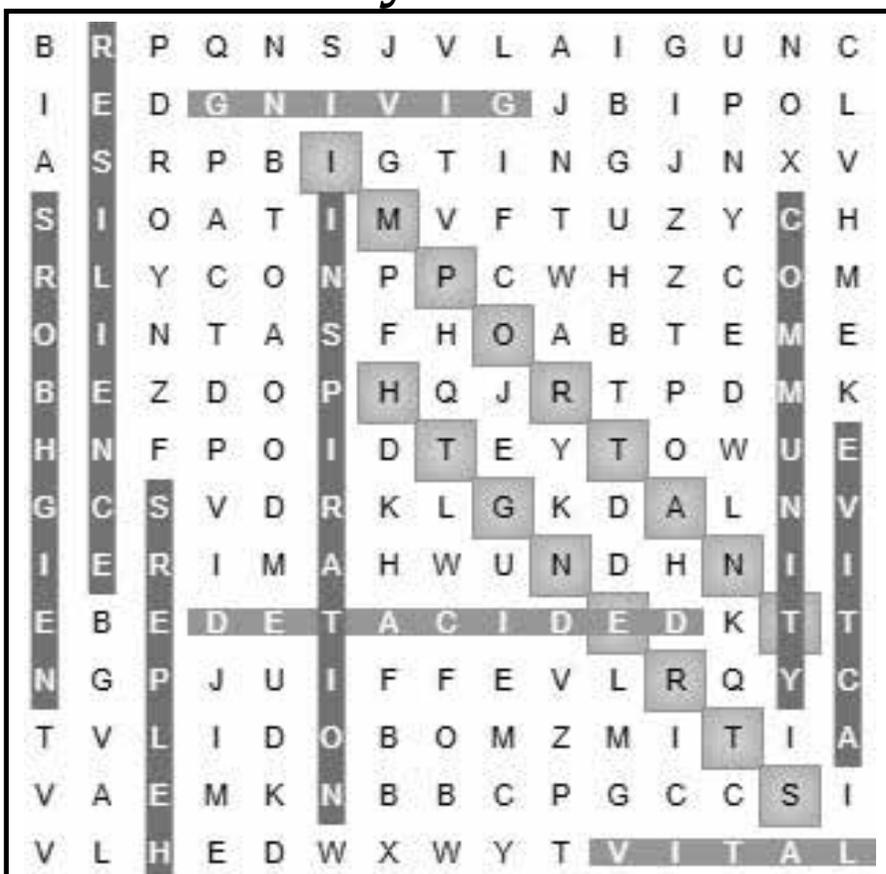
Finding activity that you enjoy and doing it regularly will keep the blood pumping, the joints well lubricated, and your weight at a manageable level – also making you able to be active and involved. So, if your skill or talent involves being active outdoors, maybe you can work with another at tidying up their lawn, or maybe be a walking partner with a friend. Help inspire them to be fit too.

If your skill is communicating, use it to inform friends & neighbors and others in your community about upcoming events or opportunities. Call a friend to cheer them up, send a card or note, or visit in a safe manner.

Maybe your strength is a love of cooking. If so, make an extra batch of soup or other food and share it with a friend. Or if baking, make enough to share with others.

Whatever your ability, nurture it by caring for yourself and then sharing!

## May Word Search Answers



## Protect Yourself from Tickborne Disease

Warmer weather gives us all a chance to get outdoors to explore and relax. However, when you or your pets do spend time outside, you must be aware of the threat of ticks. Ticks are part of the arachnid family, meaning they have 8 legs, just like spiders. They can be various shapes and sizes; some are so small they may be difficult to see. They can be found in tall grass, leaf piles and shrubs, among other places. You do not have to go “into the wild” to find ticks or to be susceptible to a tick bite. Ticks can (and probably do) live in your own backyard. Tick bites can transmit diseases such as Lyme disease, babesiosis, ehrlichiosis, and others. However, this doesn't mean you should be afraid to spend time outside. You just need to be mindful! To help protect yourself from ticks it is recommended that you:

- Avoid known tick areas when possible.
- Wear a long-sleeved shirt and long pants, tucked into your socks, when walking in heavily wooded areas and fields.
- Wear light-colored clothing to help you spot ticks.
- Use tick repellent with DEET on your skin and permethrin on clothes. Be sure to follow the label instructions carefully.
- Shower when you get home; use a washcloth to dislodge any unattached ticks that may be on your body.
- Perform daily tick checks on yourself, your children, and all your pets. Remove any ticks you find promptly.

If you find a tick on yourself or your pet, you should stay calm, but remove it as soon as possible. Follow these instructions from the New York State Department of Health to remove the tick:

1. Using tweezers, grasp the tick near its mouth (as close to your skin as possible).
2. Gently pull the tick out in a straight upward motion. Avoid twisting or jerking. If some of the tick's mouthparts remain in your skin, leave them alone—do not continue picking at the site of the bite. In most cases, what is left will fall out in a few days.
3. Disinfect the site of the bite with soap and water, rubbing alcohol, or hydrogen peroxide.
4. Record the date and location of the tick bite. If you develop a fever or rash within several weeks of removing a tick, see your doctor. Be sure to tell your doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

- DO NOT squeeze or crush the tick.
- DO NOT pour kerosene or other chemicals on it.
- DO NOT rub Vaseline or other petroleum jellies on the tick.
- DO NOT attempt to burn the tick with a smoldering match or cigarette butt.

All of these actions only increase the likelihood that the tick will transmit an infection to you.

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- 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

## Simple Sun Safety

Everyone spending time outdoors should use sunscreen regularly to prevent blistering sunburns and many of the sun's harmful effects like premature aging, wrinkles and freckles.

Dermatologists recommend the following tips:

- Choose a Sun Protection Factor (SPF) of 15 or greater.
- Read all labels. Look for a waterproof brand if you will be sweating or swimming.
- More expensive is not better. Although a costly brand may feel or smell better, it isn't necessarily more effective.
- Stay out of direct sun between 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- Reapply sunscreen every two hours.
- Wear a 4-inch broad-brimmed hat and sunglasses.
- Stay in the shade whenever possible.

Check yourself out! Research shows that regular skin self-exams could save 4,500 lives yearly.

If you notice any changes, call a dermatologist or family physician.

## Turkey Burgers

Makes: 4 Servings

Lemon juice gives these zesty burgers a real treat for your next cookout. Serve with tomatoes, lettuce, onion, and a whole wheat bun to boost your veggie and whole grains for the day.

### Ingredients

- 1 pound turkey, ground (85% lean)
- 2 onions (medium)
- 3 tablespoons lemon juice (or 1 lemon juiced)
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon parsley (dried or fresh)

### Directions

1. Chop onions.
2. Combine onions, turkey, lemon juice, Worcestershire sauce and parsley. Mix well.
3. Shape mixture into four patties.
4. Fry in a pan on medium heat or grill until internal temperature reaches 165 degrees F.

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

**Broome County Senior Centers will be closed for to-go meals on Monday, May 31, in observance of Memorial Day.**

**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

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## Plan for Summer Fun

As we celebrate Older Americans Month, we want to highlight some local opportunities for the upcoming summer. You can eat well, cool off, stay active, and attend some fabulous outdoor events.

As you plan for summer fun, keep in mind that our community is still dealing with a pandemic, so it is still important to respect social distancing measures and wear a mask when appropriate. When possible, we recommend that you always visit the attraction/event website for the latest information or call before going.

### FARMERS MARKETS

With summer approaching, many farmers markets in the community will be offering up fresh produce, baked goods, and more! Be sure to check out these local markets:

#### **Downtown Binghamton Courtyard Market**

This urban market in the Metrocenter Courtyard will be running on Tuesdays from 4–7pm from July to October. For more information:

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

#### **Broome County Regional Farmers Market**

Located near Otsiningo Park at 840 Upper Front Street in Binghamton. This market is open all year on Saturdays from 9am–1pm. For more information: <http://www.broomecountyregionalmarket.com/> or call 607-772-8953.

#### **Farmers Market in Deposit**

Located just outside the Deposit Theatre, this market will be open on Saturdays from 9am–1pm.

#### **Vestal Farmers Market**

Located in the Vestal Public Library parking lot each Wednesday and Saturday from 9am–1pm, starting on May 29th. For more information: <https://www.facebook.com/VestalFarmersMarket/> or call 607-625-4141.

#### **Daisy Farmers Market**

A new farmers market in Whitney Point hosted by Wild Daisy Acres. Located at 2 Jones Drive Whitney Point, NY, the market will run each Saturday from 9am–1pm from June 5th until September 4th. For more information: <https://www.wilddaisyacres.com/farmers-market>

#### **Windsor Farmers Market**

A seasonal farmers market on the Village Green of Windsor will be open on Saturdays from 9am–1pm. For more information:

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

### POOLS AND FITNESS

Need to cool off and stay fit this summer? You can choose everything from aqua exercise to Pickleball and gentle yoga. Many other opportunities exist in Broome County, so this is only a small selection of what is available.

#### **YMCA**

The West Family pool and the Binghamton pool both offer lap swim, open swim, and aqua therapy. Additionally, the West Family also has aqua group exercise, Pickleball, group exercise, and half-court basketball and the Binghamton Y features a racquetball court. Feel more comfortable virtually? The YMCA also has a virtual group exercise through its Facebook page. Visit <https://ymcabroome.org/> or call West Family Y at 607-770-9622 or Binghamton Y at 607-772-0560 for more information.

#### **Binghamton Tennis Center**

The Binghamton Tennis Center has a summer pool membership available. The pool is open from Memorial Day to Labor Day, Monday – Sunday from 10am–7pm. Visit <https://www.tennisctr.com/> or call 607-722-3491 for more information.

#### **City of Binghamton Pools**

The North Side Pool is located at Cheri A. Lindsey Memorial Park, the South Side Pool is located at Webster Street Playground, and Recreation Park Pool is located at Recreation Park. While no updated information was available when this article was created, the pools were open daily from 12:30–8pm last summer with safety restrictions in place. For more information, call 607-772-7017.

#### **George W. Johnson Memorial Park and West Endicott Park**

While carousels and pools at both parks were closed in 2020, the Town of Union is hopeful that they will be open in 2021. The Town of Union Parks & Recreation can be reached at 607-786-2970 or online at <https://www.townofunion.com/departments/parks-recreation.html>

#### **Jewish Community Center (JCC)**

The JCC offers some fun fitness programs including aquatics, SilverSneakers Classic, SilverSneakers BOOM, gentle yoga, pickleball, and more. The swimming pool and fitness center are open to both members and non-members with a reservation. The JCC is located at 500 Clubhouse Road, Vestal. For more information and pricing, visit [www.binghamtonjcc.org](http://www.binghamtonjcc.org) or call 607-724-2417.

### EVENTS

#### **Rumble Ponies 2021**

Take me out to the ballpark! The Rumble Ponies will compete in a 120-game season from May 4th to September 19th, with 60 home and 60 away games. They expect a limited capacity crowd for the 2021 season. For more information, email [info@bingrp.com](mailto:info@bingrp.com) or call 607-722-3866. The schedule can be viewed online at <https://www.milb.com/news/rumble-ponies-announce-2021-schedule>.

#### **Vestal Memorial Park Concert Series**

The Vestal Recreation Department will be hosting free Summer Band Concerts on Tuesday evenings from 7:00 - 8:30 PM at Vestal Memorial Park - Four Corners Gazebo beginning June 22, 2021. Call (607) 754-3368 for more information.

#### **Dick's Sporting Goods Open**

Fore! 2021 will be the 50th anniversary of this annual PGA TOUR golf tournament. This premier golden anniversary event will take place at En-Joie Gold Course in Endicott on June 28–July 4. Visit or call 607-205-1500, extension 302.

#### **Town of Union Fourth of July Spectacular**

On July 4th at 801 Hooper Road in Endicott, there will be 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.

#### **Conklin Fair**

The annual Conklin Fair is planning to return this year, July 8-9th from 5:00–10:00pm and July 10th from noon–11:00pm at the Floyd L. Maines Community Center & Fair Grounds. Featuring rides, food, fireworks, live music and more, this fair has something for everyone. Visit <http://www.conklinfair.com/> for more information.

#### **Greater Binghamton Airshow**

Calling all aviation fans! On July 17th and 18th, the show will feature acrobatic aerial performance, jets, and formation flights in a drive-through style to best keep viewers safe. The 2021 show will also feature the United States Air Force Thunderbirds in their Lockheed F-16CJ Fighting Falcon aircraft. Located at the Greater Binghamton Airport at 2534 Airport Road Johnson City, the event will take place from 12:00 –4:00pm. Gates open at 10:00 am. More information can be found at <https://www.flybgm.com/bgmairshow.html> or by calling 607-763-4471.

#### **Broome County Fair**

The annual Broome County Fair is scheduled for July 27–August 1 at the Whitney Point Fairgrounds located at 1 Fairground Road, Whitney Point! For over 150 years, the Southern Tier has hosted this agricultural festival which includes delicious food, contests and livestock auctions. Visit <http://www.broomecountyfairny.com> or call 607-692-4149 for more information.

#### **Binghamton Bridge Pedal**

Take a Ride! The 2021 Binghamton Bridge Pedal is scheduled for August 7th. The ride begins and ends at TechWorks! located at 321 Water Street in Binghamton. Call 607-778-2443 or visit <http://bmtsonline.com/bikeped/bridge-pedal>.

Article by age-friendly volunteers and Sarah Ludwig, Broome Age-Friendly Project Intern.

# May 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 May.**

<b>Turkey Tetrazzini</b> 3 Over Pasta Beets Fruited Yogurt Cup Confetti Cookie	<b>Liver w/Onions</b> 4 OR <b>Chicken Breast Marsala</b> Herb Roasted Potatoes French Cut Green Beans Applesauce	<b>Classic Meat Lasagna</b> 5 Carrots Blueberry Crisp	<b>Sweet &amp; Sour Pork</b> 6 OR <b>Citrus Rubbed Pollack</b> Brown Rice Pilaf Broccoli Mandarin Oranges	<i>Mother's Day To-Go Meal</i> <b>Roast Turkey</b> 7 <b>OR Pub Style Battered Fish</b> Chantilly Whipped Potatoes Peas Orange Cranberry Bar
<b>Beef Stew</b> 10 Over a Biscuit Cauliflower w/Parsley Warm Spiced Peaches Chocolate Chip Cookie	<b>Egg Salad Sandwich</b> 11 OR <b>BBQ Chicken Breast Sandwich</b> Macaroni Salad Cottage Cheese w/Chives Pineapple Tidbits	<b>Baked Ham</b> 12 OR <b>Pub Style Battered Fish</b> Scalloped Potatoes Brussels Sprouts Carrot Raisin Bar	<b>Macaroni &amp; Cheese</b> 13 Stewed Tomatoes Mixed Vegetables Pumpkin Spice Cake	<b>Swiss Steak OR</b> 14 <b>Spinach Parmesan Pollack</b> Brown Rice Pilaf Sliced Carrots Lemon Poppysed Muffin
<b>Beef Stroganoff</b> 17 Over Noodles Wax Beans w/Parsley Sherbet Cup	<b>Halupki OR</b> 18 <b>Kielbasa w/Onions</b> Herb Roasted Potatoes Peas Honey Bran Muffin	<i>BBQ Chicken Drive Thru Day</i> <b>Rotisserie Chicken</b> 19 Baked Potato Baked Beans Peach Cobbler	<b>Tuna Noodle Casserole</b> 20 Sonoma Blend Vegetables Gelatin Cup Chocolate Brownie	<b>Cilantro Lime</b> 21 <b>Chicken Breast</b> <b>OR Herb Rubbed Pollack</b> Seasoned Quinoa Winter Squash Snickerdoodle Cookie
<b>Meatball Parmesan Sub</b> 24 Green Beans Fruit Cocktail Double Chocolate Cookie	<b>Lemon Pepper Pollack</b> 25 OR <b>Meatloaf</b> Mashed Potatoes Peas & Carrots Pineapple Upside Down Cake	<b>Cranberry Orange</b> 26 <b>Glazed Turkey Breast</b> Herb Bread Stuffing Brussels Sprouts Apple Cinnamon Muffin	<b>Chicken Patty</b> 27 OR <b>Tuna Salad Sandwich</b> Baby Red Potatoes Three Bean Salad Ice Cream Cup	<b>Pub Burger OR</b> 28 <b>Breaded Fish Sandwich</b> O'Brien Potatoes Cucumber & Tomato Salad Sugar Cookie
<b>Memorial Day Observance</b> 31 <i>Senior Centers Closed For Meals Today</i>	<b>Stuffed Pepper</b> 6/1 <b>Casserole</b> Cauliflower w/Parsley Fruited Yogurt Oatmeal Cookie	<b>Halupki OR</b> 6/2 <b>OR Chicken Breast Parmesan</b> Mashed Potatoes Sliced Carrots Fruit Cocktail	<b>Chicken Salad</b> 6/3 <b>Croissant</b> Baked Potato Applesauce Peanut Butter Cookie	<b>Roast Pork</b> 6/4 <b>OR Broiled Fish w/Lemon</b> Brown Rice Broccoli Florets Chocolate Mousse

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