



Visit Our Website at www.gobroomecounty.com/senior



March for Meals Celebrates 50 Years!

This March, we would like to invite you to join us in celebrating March for Meals. March for Meals commemorates the date in 1972 that President Richard Nixon established a National Nutrition Program for adults age 60 and older. Meals on Wheels is part of the National Nutrition Program.

Supporting Meals on Wheels benefits our entire community. It helps older adults remain independent and in their own homes for as long as possible by providing warm, nutritious meals and daily checks by caring volunteers. You may know someone who has benefited from this program, whether as a long-term participant or as a short-term help after recovering from an illness or surgery.

To support the program, call an old friend and volunteer together for Meals on Wheels, or volunteer and make new friends!

If time is an issue, you can also support March for Meals by donating online through the Broome County Office for Aging website at <http://gobroomecounty.com/senior>. To donate by check, **make checks payable to Broome County Office for Aging and mail to 60 Hawley Street, PO Box 1766, Binghamton, NY 13902. Please note it as a "March for Meals" donation.**

We surveyed Meals on Wheels clients and asked if they would recommend Meals on Wheels to others and here are a few of their responses:

"My meals arrive ready to eat, they are warm and appealing, and the volunteers are always smiling!"

"The meals are very good, and all of the volunteers are wonderful, they brighten my day! Thank you for making my days better in every way."

"It helps you to be independent and stay in your home – not having to cook, and it's a good value."

"Food is hot, volunteers are wonderful, and knowing my delivery is coming each day is comforting."

We need your support to keep this program going strong! For more information on receiving Meals on Wheels or volunteering to deliver meals, please call the Office for Aging at (607) 778-2411.

Senior Centers Celebrate 50 Years of the Senior Nutrition Program!

Since 1972, the National Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act (OAA), local senior nutrition programs serve as hubs for older adults to access nutritional meals and vital services that strengthen social connections and promote health and wellbeing. In Broome County, the Senior Nutrition Program encompasses both home delivered meals (Meals on Wheels) and congregate dining services at senior centers.



Continued on Page 2

Room for Dessert? Make it Carrot Cake.

Congratulations to Irene Perris for submitting a delightful carrot cake recipe in last December's recipe contest. Pictured here, Irene won a cooking and baking themed gift basket to use in all her future kitchen creations.



Irene shared: "I also wish to thank the Office for Aging for presenting such events in the *Senior News*. They add a special something and excitement to a senior's day. I look forward to see what's next." As we welcome spring weather in the weeks ahead, try Irene's recipe for a refreshing bite of carrots, pineapple, walnuts, and cream cheese.

Continued on Page 3

COVID-19 fluctuations could postpone or cancel events/activities listed in the *Senior News*. Please consider calling ahead to determine if events/activities you are interested in are still occurring as scheduled.

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

Like Us! Follow Us!
Don't miss out on any Office for Aging events & news!
Like our Facebook page:
www.facebook.com/BroomeCountyOfficeForAging/
Follow us on Twitter:
<https://twitter.com/BroomeCountyOFA>

Senior Centers Celebrate 50 Years of the Senior Nutrition Program!

Continued on from Page 1

“Celebrate, Innovate, Educate,” is the theme for the Senior Nutrition Program’s 50th Anniversary. Throughout the month of March, there will be interactive presentations entitled, “50 Years of the Senior Nutrition Program- Celebrate, Innovate, Educate” at each of the 8 Broome County Senior Centers. With these presentations, we will pay tribute to the local program’s accomplishments, share fun and educational 50-year historical facts, and promote the importance of good nutrition now and into the future.

If you have something to share about how you or a loved one has participated and benefited from this program, we would love to hear from you (e-mail us at ofa@broomecounty.us). If feasible and appropriate, we may be able to incorporate the information you provide into one or more of these presentations.

The schedule for these presentations is included in the March senior center activity listing on pages 10 & 11 of this paper. Please call the Office for Aging at (607) 778-2411 if you have any questions! Please come and help us commemorate this 50th Anniversary Milestone!

March is Women's History Month

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

In 1987, after a petition by the National Women’s History Project, Congress designated the entire month of March, 1987, as “Women’s History Month.” Since then, the month of March recognizes the contributions women have made in the United States through their work in a variety of professional fields and causes.

Recently, we learned of the passing of long-time actress Betty White at the age of 99. Betty spent her career providing entertainment and laughter to those of us who watched decade after decade through our television screens. She was also well known as an advocate for the care of animals. When asked about her outlook, she commented, “I just make it my business to get along with people so I can have fun. It's that simple.” This month, grab some inspiration from the wise words and legacies of influential women like Betty. Here are a few more examples from others to help get you started:

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face...You must do the thing you think you cannot do.” — Eleanor Roosevelt

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” - Maya Angelou

“Some of us have great runways already built for us. If you have one, take off. But if you don't have one, realize it is your responsibility to grab a shovel and build one for yourself and for those who will follow after you.” — Amelia Earhart

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.” — Oprah Winfrey

There are many other ways that you can join the celebration of Women’s History Month. Pick up a biography or novel written by a woman whom you admire or want to learn more about. Visit websites such as the Library of Congress for upcoming recognition events and exhibits. Or, play audio or video recordings of presentations on influential women in history by visiting the Women’s History Month website at: <https://womenshistorymonth.gov/audio-and-video/>

Lastly, don’t forget to call your mother, sister, daughter, granddaughter, or friend, and remind her why she is a truly special woman in your life.

Adapted from: <https://womenshistorymonth.gov/>

Mark Your Calendar! Upcoming Community Events

Broome County Parks Winter Photo Contest

Email submissions to bcparks@broomecounty.us

Deadline: 4 pm on March 20th

Submit a clearly focused photo of landscape or wildlife taken in a Broome County Park now until 3/20/22. The photo can be black & white or color, with minimal edits. The contest is open to people of any age. One submission per person. More information about the contest is available at the website below. <https://www.gobroomecounty.com/parks/photocontest>

Introduction to Bird Photography

Roberson Museum and Science Center

30 Front Street, Binghamton • Sunday, March 6th from 1-2:30 pm

The Roberson Museum and Science Center is hosting a course on the tips and tricks for getting better at bird photography. The topics covered will include camera and lens choices, camera settings, how to scout locations, and how to create an ideal backyard birding setup. As a bonus, all participants in the course will get an exclusive handout with the locations of some hidden gems for bird photography within driving distance from Binghamton. The price for Roberson members is \$10 and \$20 for non-members. For tickets, go to the website below or call 607-722-0660 for more information.

<https://www.roberson.org/events/>

Nature Walking Club March Meetings

Thursday, March 10, 10 am:

Otsiningo Park, Binghamton, meet 3rd parking lot on right

Thursday, March 24, 10 am:

Calvary Cemetery, Johnson City, meet at entrance on Fairview St.

Each group walk will be held weather permitting, and participants will walk at their own risk. All walks will be done on paved pathways. We will explore native and invasive plants, as well as the history and lore of the places we visit. Be aware of alternate side of the street parking rules, please. Advance reservations are not required. Please note that pandemic safety protocols will be followed, as required. For more information on the walks, please call Mary Lou at 607- 343-4985.

Cherish the Ladies: Symphonic Irish Music

Broome County Forum Theatre

236 Washington Street, Binghamton • Saturday, March 19th at 7:30 pm

For over 35 years, this internationally renowned supergroup has charmed audiences on both sides of the Atlantic with its blend of Irish folk, nimble virtuosity and sweetly mystical harmonies. Celebrate their sounds – with symphonic accompaniment by the Binghamton Philharmonic Orchestra – on St. Patrick’s Day weekend! For tickets, go to the website below or call 607-723-3931 for information. <https://binghamtonphilharmonic.org/events>

Battle of the Bravest: Charity Hockey Game

Ice House Sports Complex/Fire & Ice Sports Bar & Grill

614 River Road, Binghamton • Sunday, March 20th at 2:45 pm

This friendly game between our region’s firefighters raises funds and awareness for The Retired Professional Fire Fighters Cancer Fund and goes directly to cancer research for those cancers found predominantly in but not limited to firefighters. This annual Battle of the Bravest is a family friendly fundraiser that also includes several raffle items, with all proceeds going to Cancer research. For tickets, go to the website below or call 607-724-5351 for more information. <http://letsfirecancer.org/>

LYCEUM Spring Catalog Available for March, April & May

Lyceum is a community education program for intellectually curious adults. Classes cover a variety of topics and include tickets to two local plays and tours. Attend on Zoom or in person. Classes are recorded so they can be viewed later. Register online at: www.lyceum.binghamton.edu.

Most classes are held at WSKG, 601 Gates Road, Vestal, NY. There are morning, afternoon, evening and a few weekend classes and events. The best part is learning about something new without having to take a test!

Contact the Lyceum office at (607) 777-2587 or email lyceum@binghamtion.edu for further information.

Caregiver Corner

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



Caregiver Event Patient Review Instrument (PRI)

Date: Wednesday, March 23rd
Time: 1:00-2:30 PM
Location: Virtual Zoom Meeting
Presenter: Tracy Thompson, clinical nurse supervisor for CASA at Department of Social Services

Do you have questions about long term care placement options? Are you questioning if your loved one needs to be placed in a nursing home? Would you like information on the steps and requirements if your loved one needs to be placed in a nursing home? Please join us as Tracy Thompson will cover what a Patient Review Instrument is and how it is used for long term care placement.

Pre-registration is requested: Please call Caregiver Services at (607) 778-2411 to register and receive the Zoom meeting invitation.

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

Date: Monday, March 7th
Time: 1:00-2:30 PM
Dial-In: (607) 778-6547
Meeting Code: 2187#
Attendee Access Code: 123456#

The Wayne Street Caregiver Chat: participants can use Zoom or call in.

Date: Wednesday, March 16th
Time: 9:30-11:00AM
Zoom address:
<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGxenRkZz09ID:2152617450>
Password: 037464

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

Scam of the Month

Door-to-Door Scams

Door-to-door scams are one of the most common ways that people over the age of 60 are victimized. Scammers target older adults with these types of scams because they tend to be home during the day. There are various popular door-to-door scams to be aware of:

- Black-top scams
- Outdoor home maintenance
- Meat sales
- “Free” energy audits (If you would like information on free energy audits, please call the Office for Aging directly.)
- Magazine subscriptions
- Voter registration and surveys
- Medical wellness checks

Be careful of all of these door-to-door offers.

When in doubt, keep strangers out. You do not have to answer your door when someone knocks. If you decide to answer the door, you should not let strangers in your home or pay for any service that you did not order. Legitimate door-to-door sellers should also provide you with a cancellation form. If they do not, you can assume that they are a scammer.

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.

Room for Dessert? Make it Carrot Cake.

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- Cake Ingredients:**
- 2 ¼ cups flour
 - 1 tspn. baking soda
 - ½ tspn. salt
 - 1 tspn. cinnamon
 - ½ tspn. baking powder
 - 1 cup vegetable oil
 - 1 ¼ cups sugar
 - 3 eggs
 - 1 ½ cups shredded carrots
 - 1 cup crushed pineapple w/juice
 - 2/3 cups walnuts

Preheat oven to 350 degrees. In a large bowl, sift flour, baking soda, salt, baking powder and cinnamon. In a separate mixing bowl, cream oil and sugar; add in one egg at a time. Gradually add carrots and crushed pineapple. Add this mixture to the dry ingredients and beat until smooth. Fold in walnuts. Pour batter into 2 lightly greased 8-inch round cake pans. Bake 25-30 minutes or until a knife comes out clean. Allow cakes to cool. Remove from pans and slice off the tops to level the surface of the cakes.

- Frosting Ingredients:**
- 2 packages 8 oz. cream cheese
 - ¾ cup butter
 - 1 tspn. vanilla
 - 3 ½ cups powdered sugar

In a mixing bowl, cream together the cream cheese, butter and vanilla. Gradually add powdered sugar and mix until smooth. Spread 2 large spoons of frosting over the top of one cake. Then place the second cake on top of the first cake. Frost the entire cake with remaining frosting. Enjoy!

Woodburn Court 1 Apartments

Senior Housing
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 Binghamton, NY 13901
 Call: (607) 723-7875
 TDD: 711 Relay
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If you have a disability and need assistance with the application process, please contact Jared at (607) 723-7875.

TRIPS

Trips subject to change.

Vestal Senior Club
 Contact: Amy, (607) 217-7708

March 8, 2022
 Sherlock Returns
 Hunterdon Hills, Hampton, NJ
 \$80/person

Eastern Broome Senior Ctr
 Contact: Arlene, (607) 759-6306

May 10, 2022
 Tribute Show to Elvis
 & Connie Francis
 Villa Roma Resort, Callicoon, NY
 \$105/person due 4/10/22

AARP, Endicott Chapter
 Contact: Marilyn (607) 748-8849
 or Betty (607) 354-4260

April 28 – May 1, 2022
 Parade of Nations, Norfolk, VA
 \$569/person (double occupancy)

June 3-5, 2022
 Foxwoods & Mohegan Sun
 Casinos
 Lobster Buffet at Nordic Lodge,
 Charlestown, RI
 \$449/person (double occupancy)

First Ward Travelers
 Contact: Liz W. (607) 222-8440

Smokey Mountain, Tennessee
 April 24-29, 2022
 \$890/person (double occupancy)
 \$150 deposit due at sign-up

Port Crane Seniors
 Contact: Ruth (607) 648-8425 or
 Donna (607) 648-6071

March 16, 2022
 St. Patrick’s Festival
 Silver Birches, Hawley, PA
 \$77/person

April 5, 2022
 Caesar’s Extravaganza
 Villa Roma Resort, Callicoon, NY
 \$85/person

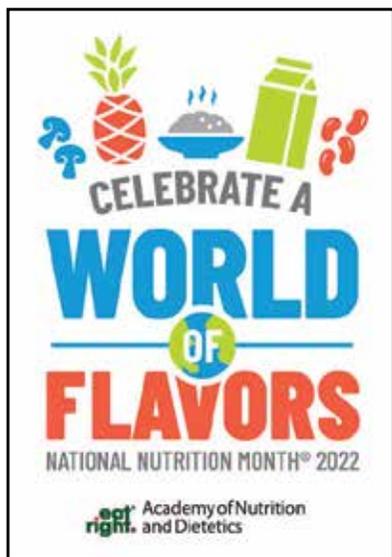
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Celebrate a World of Flavors during National Nutrition Month!

By Kathleen Cook, Nutrition Educator, Cornell Cooperative Extension

During this third month of wintertime, it is easy to feel some doldrums and a bit of longing for the change that spring will bring. One way to kick yourself out of that feeling is trying something new – like a new recipe from another culture.

Spices are a great way to change up a simple dish. Small amounts of spices can often be purchased in the Ethnic Foods section.

That way you can buy just a little for a low price. Another easy change is switching out a usual ingredient with one you’ve not tried before. A simple example can be exchanging chicken for some colorful beans in your usual casserole or adding a different blend of vegetables to your homemade soup.

A stir-fry can take on an entirely different flavor just by using a different sauce. Here are a couple recipes to try:

Peanut Sauce (A Thai influenced flavor): In a small bowl, stir together ¼ cup peanut butter, 1/3 cup warm water, ¼ cup low-sodium soy sauce, 2 Tablespoons cider vinegar, and 1 Tablespoon sugar. Remove the stir-fry from heat before adding this sauce.

The next two should be added in during the last 2 minutes of cooking so they can thicken:

Lemon Stir-Fry Sauce: In a small bowl, stir together 3 Tablespoons lemon juice, 3 Tablespoons low-sodium soy sauce, and 2 teaspoons cornstarch.

Spicy Soy Sauce: In a small bowl, stir together ¼ cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 Tablespoon cornstarch, 1 teaspoon minced jalapeno, and ½ teaspoon ground ginger.

During March, you can taste a dish with influences from India when I am at your senior center. It is called **Curried Potatoes with Red Lentils**. In the back pages of this paper, check out your center’s list of events for the date and time I will be there. In the meantime, try foods from one of the many ethnic restaurants in Broome County, or be adventurous and try your hand at creating a recipe that is unfamiliar to you!

Get Crafty in March

In this issue of the *Senior News*, we’ve mentioned that March is recognized as National Nutrition Month and Women’s History Month. Did you know that March is also National Craft Month? Get crafty with these ideas for easy, affordable ways to make a homemade work of art. The main supplies you’ll need for the projects below are acrylic paint, paint brushes, and a permanent marker, all easily found at your nearest craft shop or in the school supplies section of your local department store or drug store.

Repurpose an Old Spoon: Look through your silverware drawer and find a few spoons that you can do without, such as a wooden mixing spoon, teaspoons or tablespoons. Using acrylic paint, paint the spoon in a festive color for spring. Choose colors that will pop, such as yellow, pink, turquoise or lavender. Allow the paint to dry. Then, using a permanent marker, write the name of a spice across the wide scooping end of the spoon (not across the handle). You have just created a decorative spice sign to stick into a pot of herbs. Get some seeds to start your own pot of parsley, basil, or any other favorite spice, and think ahead to the spring growing season!

Explore the Possibilities of Mason Jars: We’ve all relied on a glass mason jar from time to time in the kitchen, whether storing pantry items, canning jams, or pickling vegetables. Mason jars are inexpensive to purchase and conveniently available in a variety of sizes, so consider using them in your next craft project to make a vase for flowers, a pen and pencil holder, or even a piggy bank for spare change. Using acrylic paint or a basic spray paint, cover the entirety of the outside of the jar in one solid color. You’ll notice that the paint dries into a chalky texture and transforms the glassy surface into a matte finish. Once the paint has dried, use a pencil to sketch a design

or image over the front-facing side of the jar, such as a bouquet of flowers or an animal. Or write a label such as “Pens & Things” or “Vacation Fund” across the jar. Then, using either a different color of acrylic paint or a permanent marker, trace and fill in your pencil design. If you rather have a vintage or antique style to your jar, use a piece of sandpaper to rough up the surface of the paint and create a distressed look. If you have a spare piece of ribbon or yarn, line the top rim with it and tie it into a bow to keep it firmly in place. You now have a colorful, artistic container for odds and ends!



If you prefer to work on your projects in the friendly company of a group setting, check with your local senior center for weekly craft schedules. The “Look What’s Happening at the Centers!” section of this paper provides contact information for each center in Broome County with a listing of upcoming events. Select from knitting, quilting, oil painting, watercolors, ceramics, and more.

Make the Most of Your Electronic Devices to Connect with Others

This winter, remember that virtual programs are available while you are spending more time indoors and at home. To learn more before you enroll or to receive help setting up your access to these programs, please call the Broome County Office for Aging at (607) 778-2411 or email ofa@broomecounty.us

VSC Selfhelp: Virtual Senior Center Program

The Virtual Senior Center (VSC) is a community-building platform that helps older adults connect and engage with each other through virtual or hybrid classes and events. VSC offers daily online activities, including: chat groups, exercise, art, crafts, history, science, and music classes.

- To see the full class schedule, please visit <https://www.vscm.selfhelp.net/calendar>
- To enroll in the VSC, please call the Broome County Office for Aging at (607) 778-2411 or email ofa@broomecounty.us

Get Set Up

Get Set Up is a place for active older adults to learn, connect and share with peers in small, intimate class settings. Class topics include a wide variety of subjects, including: fitness, history, cooking, music, computers, and technology. Older adults who reside in NY State can also take advantage of free classes.

- To see the full class schedule, please visit <https://www.getsetup.io/schedule>
- To enroll in Get Set Up, please visit <https://www.getsetup.io/partner/nystate>

Senior Planet: AARP

Senior Planet offers free classes that encourage older adults to learn new skills, save money, get in shape, and make new friends.

- To see the full class schedule and enroll, please visit <https://seniorplanet.org/>



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- **ESTATE PLANNING:** Wills, Trusts, Powers of Attorney, and Tax Planning
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HEALTH & WELLNESS

Chair Yoga

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

Thursday 1:00 pm Broome West Senior Center (Endwell) (No fee)

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance. No fee for this class

Mon, Wed & Fri 10:00 am First Ward Senior Center (Binghamton)
 Mon & Wed 1:00 pm Johnson City Senior Center
 Tues & Thurs 10:00 am Northern Broome Senior Center (Whitney Point)
 Wednesday 10:00 am Broome West Senior Center (Endwell)

Beginner Gentle Yoga

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

Monday 9:30 am First Ward Senior Center (Binghamton)
 Friday 10:00 am Johnson City Senior Center
 Monday 9:30 am Broome West Senior Center (Endwell)

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday 10:45 am Johnson City Senior Center
 Friday 10:00 am Broome West Senior Center (Endwell)

Zumba

Low impact dance aerobics class. Based on dance moves choreographed to Latin and international music.

Tuesday 12:30pm Johnson City Senior Center (\$5)
 Mon & Fri 9:30am First Ward Senior Center (Binghamton) (\$3)

Stretch & Strength Class

No Fee for this class.

Tuesday 1:00 pm Johnson City Senior Center

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge for this class.

Thursday 10:00 am Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

Thursday 1:00 pm Johnson City Senior Center
 Friday 9:30 am Eastern Broome Senior Center (Harpurville)

Chair Exercise

Increase flexibility, range of motion and circulation. No fee for this class.

Tues & Thurs 10:30 am Broome West Senior Center (Endwell)
 Friday 12:30 pm Johnson City Senior Center

Drum Exercise Class

Chair exercise using cardio drumming for seniors. No fee for this class.

Monday 1:30 pm Northern Broome (Whitney Point)

Exercise equipment available daily at the following Senior Centers:

Broome West Senior Center, Northern Broome Senior Center,
 First Ward Senior Center, Johnson City Senior Center

**Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11*

Grace's Place

Attention Caregivers:

Free Senior Respite is Provided by Grace Lutheran Church

Date: The 2nd Saturday of Every Month

Time: 1-4 pm

Location: Grace Lutheran Church, 709 Main Street, Vestal

Contact: (607) 748-0840 or email gracevestal709@gmail.com

Requirements: Masks and Covid-19 vaccinations are required of all participants and volunteers. Guests should be able to eat and toilet independently.

To Register: Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place



Let GO of all that Stuff

Downsize & Declutter Discussion

Tuesday, March 8, 3 PM

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

Did you know that last January was National Get Organized Month, or "GO Month"... If you missed it, there's still time this spring to get started. Let GO of all that stuff, but don't buy plastic bins and containers to "organize" your things. Containers equal KEEP. Bags and boxes are better for removing items. The goal is to keep only what you love or use, and get rid of the rest. Learn more on Tuesday, March 8 at 3 PM at the monthly Downsize and Declutter Discussion.

Pre-registration is not necessary unless you have a question or need the Zoom link. For more information, please call Joan at (607) 754-1230 or email spraguejm@verizon.net.

Medicare Part B Preventive & Screening Services

Do you have Medicare? Do you know that the following services are all covered by Medicare Part B?

- Abdominal aortic aneurysm screening
- Alcohol misuse screenings & counseling
- Bone mass measurements (bone density)
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
- Cervical & vaginal cancer screening
- Colorectal cancer screenings
 - Multi-target stool DNA tests
 - Screening barium enemas
 - Screening colonoscopies
 - Screening fecal occult blood tests
 - Screening flexible sigmoidoscopies
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Flu shots
- Glaucoma tests
- Hepatitis B shots
- Hepatitis B Virus (HBV) infection screening
- Hepatitis C screening test
- HIV screening
- Lung cancer screening
- Mammograms (screening)
- Nutrition therapy services
- Obesity screenings & counseling
- One-time "Welcome to Medicare" preventive visit
- Pneumococcal shots
- Prostate cancer screenings
- Sexually transmitted infections screening & counseling
- Shots:
 - COVID-19 vaccines
 - Flu shots
 - Hepatitis B shots
 - Pneumococcal shots
- Tobacco use cessation counseling
- Yearly "Wellness" visit

Action for Older Persons (AOP) is a local, non-profit that provides no-cost, unbiased information about all the Medicare plans in Broome County. We also screen clients for any available savings programs. Contact AOP at (607) 722-1251 to schedule a one-on-one counseling session for assistance with your Medicare questions and concerns.

Laugh Break

**I asked my friend when her birthday was.
 She said March 1st. So, I walked around the room and
 then asked her again...**



Explore a World of Flavors

Take a journey around the world with this month's recipe selections. Whether you are in the mood for pasta, eggs, or a sandwich, these choices offer a wide array of flavors to pick from. Add variety to your weekly meal plan and expand your knowledge of cultural cuisine!

Chinese Eggs Foo Young

Make these egg patties and top them off with a homemade sauce for an easy Chinese dinner. Serve with brown rice and a salad for a complete and delicious meal.



Ingredients

- 2 eggs
- 1 cup bean sprouts, fresh
- 1/2 cup chicken, cooked and diced (or beef)
- 1/3 tablespoon dried minced onion
- 1 cup mushrooms, stems and pieces (drained)
- 2 teaspoons oil

Sauce Ingredients

- 1/2 cup water
- 2 teaspoons soy sauce, low-sodium
- 2 teaspoons cornstarch

Directions

1. Beat eggs with electric mixer (or by hand) until very thick and light, about 5 minutes.
2. Fold in bean sprouts, chicken or beef, mushrooms, and onion.
3. Heat oil in frying pan over moderate heat.
4. Pour egg mixture by half cup-falls into the pan. Brown on one side; turn and brown the other side. Keep warm while preparing the sauce.
5. Mix sauce ingredients in small saucepan until smooth.
6. Cook over low heat, stirring constantly, until thickened.
7. Serve sauce over patties.

Nutrition Information: Calories 197; Fat 10 g; Sodium 452 mg; Carbohydrates 8 g; Total Sugar 3 g; Protein 19 g. Serves 2.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/eggs-foo-young>

Falafel with Yogurt

Falafel is a middle eastern dish featuring a pan-fried patty made from ground garbanzo beans (chickpeas) and spices. It makes a healthy and delicious sandwich when served with a seasoned yogurt dressing and fresh onions on whole wheat pita bread. Try this recipe for lunch or dinner.



Ingredients

- 1 cup dry garbanzo beans (chickpeas, sorted and rinsed)
- 3 cups water
- 1/4 cup oil
- 1 garlic (clove, crushed)
- 1 onion (medium, chopped)
- 1 teaspoon parsley (1 sprig or about 1 teaspoon, chopped)
- 1/4 teaspoon salt
- 2 teaspoons lemon juice
- 1/3 teaspoon hot pepper sauce
- 1 cup plain yogurt (low-fat)
- 1 onion (medium, chopped)
- 4 whole wheat pita bread (pockets)
- flour (for coating)
- tomatoes, sliced (optional)
- lettuce (optional)
- breadcrumbs (optional - see note)

Directions

1. Put beans and water in large pot and soak by the overnight or quick-soak method.
2. Cook until tender, about 2 hours. Add more water if necessary. Drain.
3. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
4. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth. *Note: If the batter is too moist, add breadcrumbs to make it thicker.
5. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
6. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
7. Combine yogurt with remaining onion.
8. Serve falafel in pocket bread topped with yogurt.

Nutrition Information: Calories 475; Fat 19 g; Sodium 408 mg; Carbohydrates 63 g; Total Sugars 12 g; Protein 18 g. Serves 4.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/falafel-yogurt-sandwich>

Neapolitan Tuna Fettucine

Did you know that canned tomatoes have more lycopene and B vitamins than fresh tomatoes? That's because the canning process seals in food's natural goodness! So when you add canned tomatoes to this delicious Italian dish, you're adding nutrition, freshness and flavor.



Ingredients

- 8 ounces whole grain fettucine pasta
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can no-salt-added diced tomatoes (14.5 oz. can)
- 2 teaspoons capers
- 5 ounces canned tuna, packed in water, drained & rinsed
- 1/4 cup sliced ripe olives, drained (or 1-2.2 ounce can)
- salt and ground pepper to taste

Directions

1. Cook fettucine as label directs. Reserve 1 cup cooking liquid; drain.
2. Meanwhile, in 10-inch skillet over medium heat, in hot oil, cook onion and garlic, about 5 minutes until just softened. Add diced tomatoes and capers; simmer 5 minutes. Add tuna, olives, salt and pepper to taste.
3. Toss fettucine with tuna mixture to mix well. Serve immediately. If necessary, add reserved cooking liquid.

Nutrition Information: Calories 312; Fat 6 g; Sodium 399 mg; Carbohydrates 49 g; Total Sugars 12 g; Protein 18 g. Serves 4.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/neopolitan-tuna-fettucine>

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 8

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

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Practice Good Nutrition at Every Age

Eating habits change throughout the life span. Those age 60 and older have unique nutrition needs. Simple changes can help you enjoy the foods and beverages you eat and drink to meet nutrient needs, help maintain a healthy body weight, and reduce the risk of chronic disease.

Follow these tips for eating well at age 60 and beyond:

- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. Be sure to choose foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein throughout your day to maintain muscle mass. Try adding seafood, dairy or fortified soy alternatives, along with beans, peas and lentils to your meals to help maintain muscle mass.
- Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12. The ability to absorb vitamin B12 can decrease with age and the use of certain medications can decrease absorption. Eating enough protein and fortified foods, such as fortified cereals, can help you meet your vitamin B12 needs. Speak with your healthcare provider to determine what, if any, supplementation is right for you.
- With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have a lot of added sugars or salt.
- Learn how much to eat from all five food groups and find out how many calories you need each day to help you maintain energy. You can visit the MyPlate website at www.myplate.gov for more information.
- Avoid unnecessary illness by keeping food safe. Learn more about the four steps to safer food choices (Clean, Separate, Cook, and Chill) online at FoodSafety.gov.
- Add fruits and vegetables to meals and snacks. Look for frozen, canned, or ready-to-eat varieties if slicing and chopping is a challenge.

Adapted from: www.myplate.gov

Sudoku Answers

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

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- ▶ **BINGHAMTON FIRST WARD** 226 Clinton Street,
- ▶ **BROOME WEST (ENDWELL)** 2801 Wayne Street,
- ▶ **JOHNSON CITY** 30 Brocton Street

FOR APPOINTMENT CALL

- TUE, WED, & THU 607-797-2307
- TUE, WED & THU 607-785-1777
- TUE, WED & THU 607-797-3145

- ▶ **Broome County Library**, 185 Court St., Binghamton

Appointments: Call 211 or 1-800-901-2180

8:30 am – 4:00 pm weekdays

Specify **Broome County Library** site

Open unless library closed due to weather. Appointments on: MON, WED, THU, 10:00am–2:00pm

- ▶ **George F Johnson Library**, 1001 Park St, Endicott

Appointments: Call 211 or 1-800-901-2180

8:30 am – 4:00 pm weekdays

Specify **George F Johnson Library** site

Appointments on: TUE and THURS, 10 am to 2 pm

- ▶ **Union Center Christian Church** 950 Boswell Hill Rd, Union Center

Appointments: Call 607-754-8222

Tues thru Thurs 9 am – 4 pm

Appointments on: WED 3 pm-6:30 pm

- ▶ **Vestal United Methodist Church**, 328 Main St. Vestal

Appointments: Call 211 or 1-800-901-2180

8:30 am – 4:00 pm weekdays

Specify **Vestal** site

Appointments on: TUE and THU, 9:30 am – 1:30 pm

- ▶ **Oakdale Mall, Johnson City** (Old Chemung Bank)
 (AARP site location is across from Blondies)

Appointments: Call 607-238-3354

Appointments on TUE through FRI 10 am - 2 pm

IF LOCAL SCHOOL DISTRICT CANCELS CLASSES DUE TO BAD WEATHER CONDITIONS TAX-AIDE SITES IN THAT DISTRICT WILL ALSO BE CLOSED



Find a Healthier You by Improving How You Eat- Contact the Office for Aging's Registered Dietitian, Donna Bates

Do you want to feel better, eat healthier and reduce your risk of chronic disease? Get individualized nutritional information by reaching out to the Broome County Office for Aging's Registered Dietitian Nutritionist, Donna Bates. Donna will work with you to help address various lifestyle concerns and health conditions, including:



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

Below are a few recent stories from those getting assistance from Donna:

- 65-year-old Jean has high blood pressure, and her doctor has suggested she reduce the amount of salt she consumes. Jean really enjoys cooking and likes preparing flavorful meals for her family. Jean contacted Donna to advise on ways to limit salt and still enjoy favorite recipes. Jean asked Donna to come to her home to help Jean identify the salty foods she is consuming and to suggest healthier options and strategies for reducing sodium intake. After meeting with Donna a few times Jean says that she is more aware of sources of salt and has found easy and realistic ways reduce its intake. Also, Jean is now experimenting with enhancing flavors by using different herbs, spices, citrus, and aromatic vegetables. Jean says she is enjoying cooking as much as ever!
- 70-year-old Sam has recently gained an unwanted 10 pounds. He is concerned about his health and wants to do what he can to avoid chronic diseases. He asked to meet Donna privately at one of the local senior centers. During their meetings, Donna advised Sam on ways to make half his plate vegetables/fruit, increase fiber intake, and to correctly portion his meals. A few months later, Sam reports losing the weight he desired as well as having more energy and simply feeling better overall. He attributes much of the success towards achieving his health goals to the one-on-one nutrition counseling he received from Donna at the senior center.

Donna will meet with individuals, either in their homes or at a local senior center. Telephone appointments are also an option should that be preferred. The Office for Aging provides this service for those age 60 and over.

For more information about getting nutrition information or counseling from Registered Dietitian, Donna Bates, please call (607) 778-2411.



Question: I would like to be more active, but I prefer to exercise at home. I have heard that the Office for Aging offers remote exercise classes. What is currently available?

Answer:

If you're looking for new exercise programs to do at home, the Office for Aging has great options for you. We offer exercise classes 5 days a week on Zoom. The classes are taught by our very own staff member, Orvetta, who will guide you through chair exercise.

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 these classes. In just 30 minutes of chair exercise, you can burn up to 250 calories.

To join us remotely on Zoom video, you will need Internet access and an electronic device such as a tablet or laptop. 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 (no video).

-  **ZOOM Chair Exercises: Mon., Wed. and Thurs., 10-10:30 am**
- ZOOM Chair Drum Exercise: Tuesdays, 10-10:30 am**
- ZOOM Chair Yoga: Fridays, 10-10:30 am**

Advanced registration is required for Zoom chair exercise. To obtain more information and sign up, please call (607) 778-2411.

Remember to consult a healthcare professional before beginning this or any new exercise program.

Broome County
Office for Aging 

If you would like to send in a question, please choose from one of these convenient options:

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

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Look What's Happening at the Centers!

Please Remember: Covid-19 is Still a Concern

Guidelines are changing every day as the pandemic continues to exist. Face masks are currently optional at the centers.

Vaccines and Booster Shots:

The Office for Aging is here to help you schedule your first vaccine or a follow-up booster. If you would like to schedule your shot, please call our Vaccine Line at (607) 778-1083.

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760

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

Lunch served at Noon call 785-1777

Weekly Activities

Monday – Friday: Gift Shop, 9 am – 3 pm

Monday: Quilting, 9:30 – 11 am; Hand and Foot Card Game, 12:30 pm; Shuffleboard, 1 - 2:30 pm

Tuesday: Adult Coloring, 9:30 am; Mahjong Group, 10 am; Chair Exercises, 10:30 am; Scrabble, 12:30 pm; Ping Pong, 1 - 2:45 pm

Wednesday: Bone Builders Exercise, 10 am; Canasta, 1 pm;

Floor Shuffleboard, 12:30 - 2:45 pm

Thursday: Wii Bowling, 9:30 am; Chair Exercises, 10:30 am;

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

Friday: Craft Class(TBA); Bingo, 9:30 am;

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

Mahjong, 11:30 - 2:30 pm; Ping Pong, 1- 2:45 pm

Special Activities

3/3 Legal Aide (By Appointment Only), 9 am – 12 pm

3/8 Downsize & Declutter Chat, 3 pm

3/9 Coop. Extension Nutrition Ed. and Cooking Class: Celebrate a World of Flavors, 10:30 am

3/14 Memory Makers Project, 10:30 am

3/15 Site Council Meeting, 9:30 am

3/16 March Birthday and Anniversary Celebration

3/21 Pizza Day (call to reserve), 12 pm

3/23 Save Money with Medicare Presentation by AOP , 12 pm

3/29 Bright & Beautiful Dogs, 12:30 pm

3/31 Nutrition Ed. w/OFA: Celebrate, Innovate,

Educate – 50 Years of Sr. Nutrition Program, 11 am

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

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

Lunch served at Noon

Weekly Activities

Monday: Bingo or Shuffleboard, 10-11:30 am

Tuesday: Wii Bowling, 10-11:30 am

Wednesday: Crafts, 10-11:30 am

Thursday: Wii Bowling, 10-11:30 am

Friday: GREED – Dice Game, 10-11:30 am

Special Activities

3/1 Mardi Gras Refreshments, 10 am

3/15 Food Bank, 10:30 am

3/16 Coop. Extension Nutrition Ed. and Cooking Class: Celebrate a World of Flavors, 10:30 am

3/23 National Chip and Dip Day Refreshments, 10:15 am

3/24 Nutrition Ed. w/OFA: Celebrate, Innovate, Educate – 50 Years of Sr. Nutrition Program, 11:15 am

3/30 Start Seeds for Our Garden: bring in cardboard egg cartons & milk cartons

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9:00 am - 2:30 pm

Lunch served at Noon

Breakfast Made-To-Order: Tues, 8 - 9:30 am

Weekly Activities

Monday: Simple Yoga, (Returning in Spring); DMV Mobile (By Appt.); Shuffleboard (call ahead), 9 am;

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

Wednesday: Crafters' Group, 9-11 am; Music Jam, 10 am;

Billiards, 10 – 11:30 am

Thursday: Bingo for Prizes, 10:15 am-12:15 pm; Painting Group, 9-11 am

Friday: Shuffleboard (call ahead), 9 am; Gentle Tai Chi, 9:30 am

Special Activities

3/3 Nutrition Ed. w/OFA: Celebrate, Innovate, Educate – 50 Years of Sr. Nutrition Program, 12 pm

3/4 Burger Bar, 11:30 am – 12:30 pm

3/9 Finance Officers Meeting, 10:30 – 11:30 am

Site Council Meeting, 12:30 pm

3/16 Book Club, 10 am

3/17 Leprechaun Hunt, 12:30 pm

3/24 Coop. Extension Nutrition Ed. and Cooking Class:

Celebrate a World of Flavors, 12 pm

3/25 Music Program, 12:30 pm

Rainbow Table Raffle - Purple, 1 pm

3/28 Horse Racing with Bonnie Hill, 10:30 am

3/30 Legal Aid (reservation required), 9 am – 12 pm

3/31 Save Money with Medicare Presentation by AOP, 12:15 pm

4/1 Lourdes Mobile Mammography Van, 9 am to 3 pm –

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JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Thurs 9:00 am - 4:00 pm; Fri 9:00 am - 2:00 pm

Lunch served at 11:45 call 797-1149

Weekly Activities

Monday: Guitar Group, 9am – 12 pm (\$2); Watercolor Painting, 9:30 am – 11:30 am (\$3); Gentle Yoga, 9:30 am – 10:30 am (\$3); Line Dancing, 10:45 am – 11:45 am (\$3); Knitting and Crocheting, 11:30 am – 1:30 pm(no fee); Bonesavers, 1 pm – 2 pm
Tuesday: TOPS, 9 -11 am; Zumba Gold, 12:30 -1:30 pm (\$3); Stretch & Strength, 1-2 pm (no fee); Table Shuffleboard, 12:30 – 3:00 pm (\$1)
Wednesday: Quilting, 9-11:30 am; Bridge, 10:30 am – 2:30 pm; Chair Yoga (call for info); Penny Bingo for Fun, 12:30-3 pm; Proressive Pinochle, 12:30-3 pm; Writer’s Workshop, 1-2 pm, Mahjong and Beginners Mahjong, 1 pm; Bonesavers, 1-2 pm
Thursday: Guitar Group, 9 am-12 pm (\$2); Oil Painting, 10 am-1 pm (\$3); Low-Impact Aerobics, 10-11 am (\$3); Spiritual Seminar w/Rev. Hilda, 10-11 am; Tai Chi, 1-2 pm (\$3)
Friday: Watercolor Painting, 9-11:30 am (\$3); Gentle Yoga, 10-11 am (\$3); Chair Exercises, 12:30-1:15 pm, Ladies Sing, 10:30-11:30 am

Special Activities

3/2 The Medicine Shoppe: Glucose, Blood Pressure & O2, 10 am – 12 pm
 3/7 Stay Healthy Caregiver Support Group (By Phone), 1-2:30 pm
 3/9 Nutrition Ed. w/OFA: Celebrate, Innovate, Educate – 50 Years of Sr. Nutrition Program, 11 am
 Book Club (Fortune and Glory, by Janet Evanovich), 3 – 4 pm
 3/14 Fall Prevention Presentation w/Dr. McMahon from FYZICAL, 10:30 – 11:30 am
 3/17 Legal Aid (reservation required), 9 am-12 pm
 Irish Dancers, 10:30 am
 3/23 Haircuts w/Debbie Roberts, 10-11:30 am
 3/23 Coop. Extension Nutrition and Cooking Class: Celebrate a World of Flavors, 12:30 pm – 1 pm
 3/30 Hearing Screening w/Tri-City Hearing (registration required) 9 am – 12 pm
 Save Money with Medicare Presentation by AOP, 11:30 am – 12:30 pm

VESTAL 754-9596

201 Main St, Box #4, Vestal, NY 13850

Located in Old Vestal High School Cafeteria

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

Lunch served at 11:45am

Weekly Activities

Tuesday: Pinochle (new players welcome), 9 am
Wednesday: Knitting, 9:30 am; Sandwich Bar, 11:45 am (reservations appreciated); Bridge (new players welcome), 12 pm; Oil Painting, 1 pm
Thursday: Card Group, 9 am; Bingo, 10 am; Ice Cream, 12 pm
Fridays: Mahjong, 9 am; Chef Salads, 11:30 am (reservations required)

Special Activities

3/2 Vestal Senior Club Trip Sign Up for Historic Auburn Hills, 9 am – 11 am
 3/7 King High Card Game, 12 pm
 3/8 St. Patrick’s Day Crafts, 10 am
 3/16 Save Money with Medicare Presentation by AOP, 10:15 am
 3/17 Wear Green Today, 9 am
 Irish Dancers, 9:30 am
 LCR Card Game, 12 pm
 3/22 Vestal Senior Club Meeting, 12:15 pm
 3/23 Nutrition Ed. w/OFA: Celebrate, Innovate, Educate – 50 Years of Sr. Nutrition Program, 11 am
 3/25 Pizza or Chef Salads (reservation required), 11:15 am
 Bunko, 12 pm
 3/30 Coop. Extension Nutrition Ed. and Cooking Class: Celebrate a World of Flavors, 10:30 am

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862

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

Senior Center Store: 9 am – 3 pm

Lunch served at Noon

Sandwich Bar 11:30 am – 12:30 pm

Weekly Activities

Monday: Bingo, 10:30 – 11:30 am, Drumming, 1:30 pm
Tuesday: Osteo Bonesavers Class, 10 – 11 am; Shuffleboard, 10 – 11:30 am ; Wii Bowling, 12pm
Wednesday: Sewing, 10 am; Weight Loss Group – “Choose to Lose”, 9 am; Bridge, 12 pm; Shuffleboard, 10:00 am
Thursday: Osteo Bonesavers Class, 10 – 11 am; Pitch, 10 am
Friday: Bingo, 10:30 – 11:30 am; Knitting, 1 – 3 pm; Nurse Michelle - check Glucose, Blood Pressure, and Oxygen, 9 am

Special Activities

3/1 National Pig Day: games, dessert & door prizes, 10 am
 3/1,15 Golden Agers, 12 pm
 3/3,17 Breakfast for Lunch (reservations appreciated), 11 am
 3/17 Irish Dancers, 12:30 pm
 3/25 Nutrition Ed. w/OFA: Celebrate, Innovate, Educate – 50 Years of Sr. Nutrition Program, 12 pm
 3/28 Coop. Extension Nutrition Ed. and Cooking Class: Celebrate a World of Flavors, 9:45 am
 3/29 Save Money with Medicare Presentation by AOP, 11:15 am

DEPOSIT..... 467-3953

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

Center Hours: Tues & Thurs, 10:00 am - 2:00pm

Lunch served at 12:30 pm

Weekly Activities

Tuesday: Balance/Strength for Seniors, 10:30 am – 12 pm
 Bingo, 1 – 2 pm
Thursday: Wii Bowling, 10:30 am – 12 pm

Special Activities

3/3 Craft Class , 10:30 - 11:30 am
 3/10 Nutrition Ed. w/OFA: Celebrate, Innovate, Educate – 50 Years of Sr. Nutrition Program, 12:30 pm
 3/15 St. Patrick’s Day Breakfast for Lunch, 10:30 am – Noon
 Bingo, 12:30 – 2:00 pm
 3/17 Project Hope Program, 12:30 pm
 03/24 Save Money with Medicare Presentation by AOP, 12:30 pm

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:30 am - 3:30 pm

Lunch served at 11:45 am call 729-6214

Weekly Activities

Monday: JFF Pool League, 9am; Penny Bingo, 12:30 pm
Tuesday: Knitting & Crocheting, 9 am; Shuffleboard, 9 am; Progressive Pinochle, 11:30 am; Int. Mah-Jongg, 11:30 am
Wednesday: Chorus, 9:30 am
Thursday: Sewing, 9 am, Zumba Toning, 9:30 am(\$3)
Mon, Wed & Fri: Bonesavers, 10 am
Mon & Fri: Zumba, 9:30 am (\$3); Texas Hold'em, 12:30 pm
Wed & Fri: Ceramics, 9 am

Special Activities

3/3 Executive Board Meeting, 9:30 am
 3/8 Medication Safety Program, 12 pm
 3/9 Chorus Resumes, 9:30 am
 3/14 Legal Aid (reservation required), 9 am
 3/15 Coop. Extension Nutrition Ed. and Cooking Class: Celebrate a World of Flavors, 12 pm
 3/17 Irish Dancers, 11:15 am
 3/22 Save Money with Medicare Presentation by AOP, 12 pm
 3/23 Evening Dining w/Musical Guest: Mike’s Jukebox, 5 pm
 3/29 Nutrition Ed. w/OFA: Celebrate, Innovate, Educate – 50 Years of Sr. Nutrition Program, 12 pm

Did You Know?

March commemorates the first phone call. On March 10, 1876, the first call was made by Alexander Graham Bell to his assistant, Watson. During the call, Bell asked Watson to come visit him. This simple invitation made history!

March 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.

	Pub Burger Cream of Broccoli Soup Garden Salad Mandarin Oranges	1	Baked Ham Scalloped Potatoes Peas w/Pearl Onions Cinnamon Applesauce Slices	2	Liver w/Onions OR Chicken Marsala Mashed Potatoes Cut Green Beans Low Fat Muffin	3	Salisbury Steak OR Pub Style Battered Fish Baked Potato Brussels Sprouts Orange Cranberry Bar	4	
Pierogi w/Onions & Kielbasa Diced Beets Applesauce	7	Meatball Sub Minestrone Soup Garden Salad Double Chocolate Cookie	8	Roast Turkey Apple Bread Dressing French Cut Green Beans Pumpkin Cake	9	Swiss Steak OR Broiled Fish Mashed Potatoes Carrots Pears	10	Herb Rubbed Pollack OR Roasted Chicken Thigh Roasted Potatoes Peas Peaches	11
Broccoli & Cheese Omelet O'Brien Potatoes LF Cottage Cheese Pineapple	14	Roasted Chicken Breast OR Halupki Mashed Potatoes Spinach Fruit Cup	15	Grandma's Meatloaf Macaroni & Cheese Stewed Tomatoes Oatmeal Raisin Cookie	16	Baked Ham OR Pub Style Fish Baby Red Potatoes Cabbage & Carrots Key Lime Pie Cups	17	Swedish Meatballs OR Citrus Rubbed Pollack Buttered Noodles California Blend Vegetables Pears	18
Baked Ziti Parmesan Sausage Florentine Soup Garden Salad Banana	21	Rotisserie Chicken Brown Rice Pilaf Winter Squash Ice Cream Cup	22	Beef Stroganoff Over Noodles Cauliflower w/Parsley Blueberry Muffin	23	Chicken Salad Croissant Harvest Vegetable Soup Pineapple Upside Down Cake	24	Pub Burger OR Breaded Fish Baked Beans Garden Salad Peaches	25
Beef Stew over a Biscuit California Blend Veg. Cinnamon Apple Slices Chocolate Chip Cookie	28	Liver w/Onions Chicken w/Cranberry Mashed Potatoes French Cut Green Beans Tapioca Pudding w/Mandarin Oranges	29	Sausage Mushroom Pasta Wax Beans w/Pimento Garden Salad Pears	30	Roast Turkey Bread Dressing Italian Blend Vegetables Peach Cobbler	31	During the Pandemic we are trying to avoid menu changes. On occasion there may be a last-minute change. We apologize for the inconvenience.	

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