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## Message from Mary Whitcombe, Director of the Office for Aging



I am looking forward to my new role at the Office for Aging! I am coming to the Office for Aging after 19 years at Catholic Charities of Broome County where I designed and managed programs that focused on providing support services for seniors and for people with disabilities, linking consumers to area resources, poverty reduction, as well as improving access to food for those in Broome County.

I have a passion for serving the community and a greater passion for ensuring that community members receive needed, safe and available services. As the Director, I look forward to continuing the Office for Aging's work in assisting seniors and caregivers in living healthy lives, accessing supports and providing high quality programs that improve our area's commitment to an Age-Friendly Community.

## Virtual Senior Center Pilot Program

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

*Continued on Page 2*

## Celebrate Interdependence this July



Maintaining independence is important to all of us. We should also remember that offering or accepting a helping hand from time to time can make us stronger and better able to care for ourselves, pursue interests, and enjoy day-to-day life.

We are all interconnected with each other more than we might realize. Examples are abundant in nature as summer continues; all living things from

blooming flowers to birds and insects depend on their environment and count on each other to survive. The connection that unites us all is the theme of July's Senior News.

### In this issue, you'll find:

- It all starts with kindness and gratitude. Check out the "Kindness Calendar" for July on Page 6. Included in the calendar is a suggestion for each day of the week on how you can do a little something extra to help those around you.
- Learn more about the community impact of meaningful programs at the Office for Aging, such as Meals on Wheels, the Foster Grandparent Program, and Bingocize®.
- Laptops, tablets and smart phones help us connect with others no matter where we are. On Page 9, get information on affordable Internet options and classes to help you get the most out of electronic programs and devices.
- What better way to connect with others than by sharing a good meal and conversation? Browse the "Outdoor Feasts" section on Page 8 for tips to make your summer gatherings fun, safe and healthy.
- Enjoy the company of community members and support good causes at local summer events. See the events calendar on Page 2 for a list of outdoor gatherings and fundraisers to support.

Have a happy July, and remember to lend a helping hand, accept an act of kindness, and engage in community programs that help us all stand a bit stronger!

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

Broome County Office for Aging  
County Office Building  
60 Hawley Street, PO Box 1766  
Binghamton, NY 13902  
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## Like Us! Follow Us!

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## Mark Your Calendar! Upcoming Community Events

### Town of Union Fourth of July Spectacular Sunday, July 4

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

### 3rd Annual Harper M. Stantz Rec Park Music Fest Recreation Park, Beethoven St & Seminary Ave, Binghamton Sunday, July 11, 1-9 pm

Since, 1996, this free annual music festival has showcased local and regional talent in beautiful, historic Recreation Park. In 2019, the event was renamed in honor of a young westside of Binghamton resident. The festival is scheduled to continue the tradition of music, fun, and activities. Bring a blanket or chair, grab a bite to eat, and enjoy the summer. Details will be released as the event approaches. Call (607) 754-3368 or view the festival's Facebook page for more information.

### Doug's Fish Fry at Johnson City Senior Center 30 Brocton St, Johnson City Thursday, July 15, 11 am - 6 pm

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

### Schorr Family Firehouse Stage Summer Tent Series 48 Willow St, Johnson City Dates & Times Noted Below

Enjoy a variety of performances under a new tent this summer. Musical options in July include a Harry Chapin Tribute at 4 pm and 7 pm on July 17, Party of Four jazz will perform at 7 pm on July 19, and Rick Pedro Piano Man is scheduled for 2 pm on July 25. To tickle your funny bone, go see the Ladies of Laughter, Julia Scotti and Jennifer McMullen, on July 24 at 5 pm or 8 pm. Due to current conditions, times and performers may be subject to change. Tickets must be purchased in advance and all seating is pre-assigned. Tickets may be purchased online at <https://firehousetage.org/> or by calling the box office at (607) 772-2404, extension 301.

### Much Ado in the Garden Arts Festival Cutler Botanic Garden at Cornell Cooperative Ext. Campus 840 Upper Front Street in Binghamton Sunday, July 18, 11 am - 3 pm

This festival is a free, family-friendly event which transports you back in time to a celebration of the arts, crafts, herbs, and botany of Shakespeare's England. Much Ado at the Garden is held in Cutler Botanic Garden (CBG), on the Cornell Cooperative Extension Campus on Upper Front Street in Binghamton. CBG, the only botanic garden in the Southern Tier features perennial and annual displays, vegetables, herbs, and much more. In mid-July, its three and a half acres are transformed into a spectacular splash of form and color. Bring your camera or smartphone to capture its beauty, follow the Shakespeare Trail identifying the Bard's herbs and flowers, or just sit back and watch the shows!

This year's festival line-up (\*subject to change):

- The Madrigal Choir of Binghamton
- Duo Meridian - fiddle and banjo music
- B.F. Harridan Morris Dancers
- Shakespearean scenes enacted by members of the Half Light Theater company
- Spinning demonstrations
- Costume parade and maypole dance
- Cutler Garden Shakespeare trail with scavenger hunt
- Unique vendors and plant sales

All performances and most of the garden paths are wheelchair accessible. Handicapped parking is available. New York State COVID-19 guidelines will be followed. Funding is provided, in part by a project grant from the Broome County Arts Council. More information, including a schedule of events, is available online at [ccebroomecounty.com/events](http://ccebroomecounty.com/events) or by calling Linda Svoboda at (607) 584-5001.

### The Greater Greene Community Arts and Crafts Festival 71 Genesee St, Greene

Saturday, July 24, 9 am - 3 pm

This annual community event is now in its 43rd year! The day will feature craft vendors from all over the southern tier and northern Pennsylvania, as well as health screenings and more. Call (607) 441-6780 for more information.

## Virtual Senior Center Pilot Program

*Continued from Page 1*



A variety of classes about history, arts and crafts, computer training and exercise are offered each month. Several chat groups are available almost daily to help older adults connect with others. The list below offers a sample of some of the classes available in the month of July:

- Mansions/Gardens with Betsy - July 4th at 2 pm
- Seated Tai Chi with Susan - July 6th at 9 am
- Computer Training with John - July 8th at 10 am
- Science Trivia with Justin - July 11th at 2 pm
- Paper Craft with Lisa - July 12th at 12 pm
- Energy Exercises with Deborah - July 13th at 4 pm
- Mediation & Breathwork with Fran - July 14th at 9 am
- Yoga for Chronic Disease Management with Fran - July 15th at 9 am
- Painting with Lorena - July 18th at 4 pm
- Open Chat with Arlynn - July 19th at 6 pm
- News and Culture from around the world with Alice - July 20th at 4 pm
- Fitness and Exercise with David - July 21st at 5 pm

To participate in this program, you must:

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

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

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# Caregiver Corner

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

## Event for Caregivers

### Quick and Healthy Meals and Snacks for Caregivers

**Date:** Wednesday, July 14

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

**Location:** Join by Zoom or Phone Call

**Presenter:** Kathleen Cook, SNAP Nutrition Educator

Caregiving can come with many stressors, but cooking doesn't have to be one! This presentation will cover ideas for quick and healthy meals to help make mealtime less stressful and more fun. **Everyone who attends will receive free, quick & healthy recipes!**

Pre-registration is required. Call Caregiver Services at (607) 778-2411 to register.

## Caregiver Chat Groups

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

**The Stay Healthy Caregiver Chat:** Participants join by calling in with a landline or cell phone.

**Date:** Monday, July 12

**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, July 21

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

**Zoom Meeting ID:** 988 6780 2737

**Zoom Password:** 037464

**Zoom Meeting Link:**

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09>

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

## Want To Advertise in the Senior News?

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

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## Scam of the Month

### Phishing

Phishing happens when scammers use email or text messages to trick you into providing personal information. These messages often look like they are coming from a business or a company that you know. Phishing scammers try to convince you that something is wrong with your accounts, that they need more information about you, or that you are eligible for some sort of refund.

If you click on Internet links provided in phishing messages, scammers may be able to access your computer. This allows scammers to access personal information, bank account information, and more.

**Think before you click!** If something doesn't seem right about an email or a text message, don't click the link provided. If you are not sure if a message is legitimate, contact the company directly to see if they have tried to contact you.

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

## Help Wanted Are you looking to bring joy to the lives of older adults?



The Yesteryears Social Adult Day Program and our local Senior Centers at the Office for Aging are seeking compassionate, energetic candidates to fill the following positions:

- Full-Time Site Supervisor
- Part-Time Activity Leaders

Yesteryears provides supervised activities in a warm, caring environment to frail, isolated or memory-impaired seniors over 60 years of age. To learn more and apply for a position at Yesteryears, contact Shellie Spinelli by phone at (607) 778-2947 or email [machelle.spinelli@broomecounty.us](mailto:machelle.spinelli@broomecounty.us)

If you are interested in learning more about open positions at Senior Centers, contact Rita Fluharty by phone at (607) 778-2411 or email [rita.fluharty@broomecounty.us](mailto:rita.fluharty@broomecounty.us)

Yesteryears and Senior Center programs operate Monday through Friday.

## Join the Nature Walking Club This July

Wander the woods in good company this July, and experience the beauty of Broome County. Each group walk will last approximately 2 hours, weather permitting.

### Thursday, July 8: Waterman Marsh

Meet at the parking pull-off on right after passing Hilton Road in Apalachin. This is a wetland situated between east and westbound lanes on Route 17/86. Meeting time is 10 am.

### Thursday, July 22: Arnold Park

Meet at the colorful playground in Arnold Park off Pierce Hill Road in Vestal. This is a Town of Vestal Park. Meeting time is 10 am.

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

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*Trips subject to change.*

### AARP, Endicott Chapter

Contact: Marilyn,

(607) 748-8849

or Betty, (607) 354-4260

September 13 - 17  
Ocean City, Maryland

### Eastern Broome Senior Center

Contact: Arlene,

(607) 759-6306

September 12 - 17  
Gatlinburg, Tennessee &  
Williamstown, Kentucky: The  
Ark Encounter

### Johnson City Senior Center

Contact: Kim, (607) 797-3145

September 22  
Penn's Peak: Branson Fever

October 6  
Merry-Go-Round Playhouse:  
John Denver Tribute

October 27  
Silver Birches: Oktoberfest

### North Fenton Seniors

Contact: Ruth, (607) 648-8425

Trips are planned for August  
thru November. Call for details.



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## Standing Strong Together: Local Programs Unify the Community

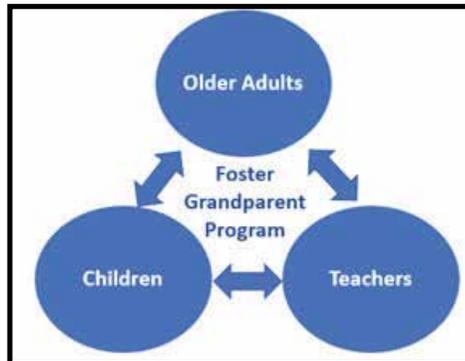
**“I don’t know what I would do without Grandma.”**

### Building Connections with the Foster Grandparent Program

One teacher in a Broome County school said “I don’t know what I would do without Grandma! The children love seeing her walk in the classroom in the morning!” An older adult said, “I feel that I have made a difference in the children’s lives by being in the classroom.” What were they talking about?

### The Foster Grandparent Program.

The interdependence of older adults, teachers and children is what the Foster Grandparent Program is all about. The teachers depend on the “grandparents,” who are older adults serving in local schools, to work with children who need some extra attention. The children depend on the “grandparents” to be their friend, role model and provide encouragement. The “grandparents” depend on both the children and teachers to provide a new sense of purpose in their lives, knowing they are making a difference in the community.



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

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

### “Nearly 200,000 Meals in 2020”

### Serving Our Neighbors with Meals on Wheels of Broome County

Each weekday around noon, homebound residents throughout our community receive hot, nourishing lunches delivered to their doors through local Meals on Wheels programs. Participants of these programs have health conditions that make it difficult for them to cook, prepare meals, and go out to shop for food. Some participants receive meals on a short-term basis while they recover from illnesses or surgeries. During the pandemic, many older adults in our community were able to utilize Meals on Wheels during mandatory quarantines and to help keep them safe before vaccines became available.

Not only do participants receive nutritious meals, but they and their families also receive the peace of mind knowing that someone is dropping by each day to provide a quick check on their well-being. Many participants report that the program helps them stay healthy and continue living in their own homes.

This is all made possible through volunteers who are the heart and soul of the program. Meals on Wheels depends on faithful volunteers and could not operate without them. Many volunteers from friendships with each other as well as make special connections with the participants they serve. Last year, Broome County Meals on Wheels served nearly 200,000 meals and their volunteers logged in over 18,000 volunteer hours!



**If you would like more information about receiving meals or volunteering, call the Office for Aging at (607) 778-2411.**

**“Quieter participants became more interactive.”**

### Making a Big Impact on Wellness with Bingocize®



The Office for Aging has started a new evidenced-based exercise program this year called Bingocize®, and participants have expressed how it’s making a difference in their overall wellbeing. Throughout the pandemic, this program was offered remotely to bring older adults together to socialize, strengthen their bodies, and learn how to be more active at home.

What does evidence-based mean? It means that the program has been scientifically proven to help; it’s not just one’s opinion on the program. Bingocize® is a 10-week health promotion program that combines the game of Bingo with falls prevention exercises. This program has been proven to grow participants’ functional fitness, health knowledge, and social engagement in a variety of settings.

After receiving feedback from the first round of Bingocize®, we can see how the program’s proven outcomes are affecting our participants in positive ways. A participant in Chenango Bridge noticed the physical impact it had on her. She stated, “I love Bingocize®. This strengthens your arms with the breast strokes, arm exercises and arm curls. The side steps, trunk rotations, grape vine and modified skiers strengthens your legs. The resistance band is also good.”

Our Bingocize® instructor, Orvetta, also noticed the social impact that the class had on participants. Orvetta said, “The class includes more stand-up exercises, and it is more interactive. I noticed that the quieter participants became more interactive towards the end of class. I think Bingocize® really helped them open up.” Orvetta went on to say, “We started out slow, but we ended with a bang. We want to continue even now that the class is done!”

**If you would like to join in on the fun and learn more about future classes, call Mary Jane at (607) 778-2411.**

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## Wellness Programs With the Broome County Office for Aging

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

Look for these symbols next to our activities to understand how that program will be offered:



**Postal Mail Program:** You can receive printed materials for this program by postal mail. You will not need Internet access or a phone line to participate.



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



### At-Home Exercise Program Booklet

This program is perfect for those who would like to stay active without using the internet or a computer. Simply call Mary Jane at (607) 778-2411 to receive a printed at-home exercise booklet through the mail. The booklet will include activities that you can follow along with at home without any special exercise equipment. You will learn convenient ways to keep moving each day, such as doing chair exercises and stretches.



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

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

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

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



### A Look at the New Release: *Love People Use Things* Monthly Downsize & Declutter Discussion Tuesday, July 13, 3 pm on Zoom

On July 13, minimalists Joshua Fields Millburn & Ryan Nicodemus are releasing a new book entitled *Love People Use Things: Because the Opposite Never Works*. We will incorporate some of Joshua and Ryan's ideas at July's Downsize and Declutter Chat.

Joshua and Ryan ask these questions to get us thinking about our relationships to people and things:

- "You love your husband, but you also love burritos?"
- "You love your best friend, but you also love the New York Times bestseller?"
- "You love your daughter, but you also love the various colors of flowers in your neighborhood?"

Please join us as we discuss ways to declutter by asking questions about our relationships to things like extra key chains, broken dishes, books, and more.

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

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

## July's Trivia

Test your knowledge of all-things July! Answers on Page 10.

1. True or False? The draft of the Declaration of Independence was signed in July of 1776, but the official copy was not signed by all signers until one month later in August.
2. How many pounds of watermelon does the average American eat each year?
3. This color of fireworks is the hardest to produce. The color will look washed out if the firework's temperature gets too high.
4. True or False? The sapphire is recognized as July's birthstone.
5. What is the world's most popular ice cream topping?
6. Which is the most used condiment by Americans to top a hot dog? Ketchup, relish, chili or mustard?
7. What is the top U.S. beach for finding seashells?
8. This person sewed the first American flag.
9. The lyrics to the "Star-Spangled Banner" were written by this lawyer from Maryland.
10. About how many kernels are in an average ear of corn: 100, 400, or 800?
11. Against what opposing team did Babe Ruth hit his first career home run?
12. What fruit is recognized nationally in the month of July?

## Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Answers on Page 10

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

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## Celebrate Interdependence with Acts of Kindness

Below you will find suggestions listed for every weekday in July –  
these are simple ways to be kind throughout the month.  
Try one of these, or come up with your own ideas to lend a helping hand.

**Together, we stand strong.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”</b></p> <p>-Amelia Earhart</p>			<p><b>HOMEMADE HELLO 1</b> Bake a batch of muffins, cookies, or a cake for a neighbor. Drop it off with a friendly thinking-of-you note.</p>	<p><b>BOOK BUDDY 2</b> Pick up 2 copies of the same book – 1 for you and 1 to give to someone who may enjoy reading and chatting with you along the way.</p>
<p><b>WISE WORDS 5</b> We all need a little cheering up from time to time. Call someone who is struggling and offer a word of encouragement.</p>	<p><b>PICNIC PALS 6</b> Invite a few good friends for lunch in the park. Include their favorite treats in your picnic basket as an extra surprise!</p>	<p><b>JUST ASK 7</b> Ask a friend or family member how he/she is doing today. Bend an ear and be a friendly listener. Sometimes just listening can be the best way to show how much we care.</p>	<p><b>MEMORY LANE 8</b> Remember that fun trip, dinner, or party with a good friend or family member? Call that person and reminisce. Share a walk down memory lane!</p>	<p><b>CRAFTY CARING 9</b> Try a new craft like sewing or rock painting. Give your creation away to someone who has not been able to see friends or family in a while.</p>
<p><b>KINDNESS BLOOMS 12</b> Bring a plant or freshly picked flowers to someone who has been ill or down. Hope “grows” with your thoughtfulness!</p>	<p><b>SHARE A SUNSET 13</b> Warm July evenings are the perfect setting for a porch gathering. Invite someone to an outdoor chat. Enjoy the end of the day together in friendship.</p>	<p><b>SLOW DOWN 14</b> While running errands, look around you. Hold a door open for someone, put a grocery cart away, or just say a friendly hello to your cashier at the check-out line.</p>	<p><b>PANTRY SWEEP 15</b> Clean out your pantry and look for unexpired shelf-stable items you won’t use. Donate them to a food pantry or a neighbor in need.</p>	<p><b>CHORE CHIP-IN 16</b> So many options to pick from! Wheel out your neighbor’s trash bin. Do a loved one’s laundry. Grocery shop for a friend who is ill. Be the first to wash dishes after supper.</p>
<p><b>ISN’T IT FUNNY 19</b> Laughter can be the best medicine. Share a good joke with a friend or recall a funny memory.</p>	<p><b>EVERY CENT COUNTS 20</b> Redeem empty bottles or cans. Donate the proceeds to charity. All those coins add up!</p>	<p><b>LEND A LEFTOVER 21</b> Send a spare helping of tonight’s supper to a friend or family member who might enjoy it!</p>	<p><b>PEN PALS 22</b> Send a card or email to someone you haven’t kept in touch with. Invite that person to call or write back soon!</p>	<p><b>THE KIND LINE 23</b> If you are out shopping today, let someone go ahead of you in the check-out line. Be an example of patience.</p>
<p><b>GIVING BACK 26</b> Looking to give a few extra hours a week to a good cause? Become a volunteer. As a start, check this paper for information on Meals on Wheels and the Foster Grandparents!</p>	<p><b>POSITIVE VIBES 27</b> Have a positive outlook today! A cheery attitude spreads to those around you. You never know what a smile can do for someone else.</p>	<p><b>EXTRA MILE 28</b> Go that extra mile today and help someone out in any way, big or small. Brighten someone’s day with a friendly hello, a thoughtful gesture or a favor.</p>	<p><b>FARMERS MARKETS 29</b> Offer to stop at a local farmers market or produce stand and pick up fresh fruit or veggies for someone who cannot get to the grocery store regularly.</p>	<p><b>SAY THANKS 30</b> Pause and show gratitude today. Call someone who has done something thoughtful for you during the pandemic. It’s never too late to say thank you!</p>

### Kindness & Gratitude Go Hand-in-Hand

When we receive an act of kindness, expressing gratitude helps us to be mindful of our place in the world and our connections to others. If you are feeling pandemic fatigue or struggling to find your way back to social activity right now, try using acts of kindness and gratitude as a way to reconnect with others. For information on this topic and more, visit the National Council on Aging’s website at: <https://www.ncoa.org/article/reconnecting-with-gratitude>



**“It’s not happiness that brings us gratitude. It’s gratitude that brings us happiness.”** – Anonymous

# Sick & Tired of Varicose Veins?

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At New York Skin and Vein We Now Offer **Varithena** - the Nonsurgical 15 Minute In-Office Injection Treatment for Varicose Veins Covered by Medicare!  
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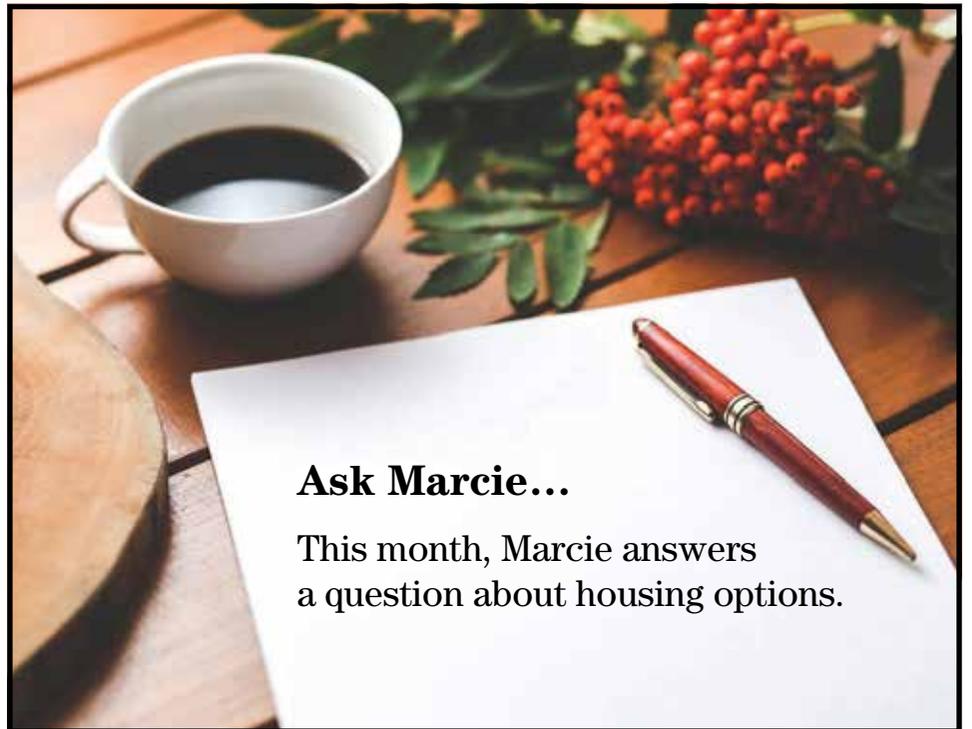
If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, Have Rashes, Ulcers or Clots, then it's probably a Vein Problem that can be treated in just a few minutes right in our office. You'll be back to normal in a day!

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### Ask Marcie...

This month, Marcie answers a question about housing options.

Dear Marcie,

I'm 80 years old and currently live in my own home. I've been able to maintain it on my own, but recent health problems are causing me to think it may be time to move to someplace where I don't have to worry about upkeep anymore. While I don't think I'm ready for a nursing home, I don't know what other options there are.

Answer:

It's a common misperception among many older adults that it's either home or nursing home, with nothing in between. The fact is, there are many alternative living options to consider, well before the nursing home decision needs to be made. It's good that you are starting to think about what your options are because moving to an alternative living arrangement does take time.

**To get started, I would suggest calling NY Connects at (607) 778-2278 to talk to a caseworker about your housing concerns and available programs and services that can help you.**

You and the caseworker can discuss what kind of tasks you're able to do yourself and what you need assistance with now. Also, what you're able to afford is an important factor to consider. Based on this conversation, the NY Connects caseworker can provide you with information on housing that sounds most appropriate for you. Housing information that is available in the Office for Aging Resource Center includes the **Senior Apartment Housing Guide** which provides information on apartments that are subsidized. **The Supportive Housing Options handout** includes **Family Type Homes and Adult Care Homes**, along with the **Long Term Care Facilities listing** which provides the many levels of care that they offer. NY Connects can also help you with completing applications if you need assistance.

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<b>Hamilton House Apartments</b> Binghamton NY   607-724-6102	<b>Watkins Glen School Apartments</b> Watkins Glen NY   800-838-0441	
<b>Harry L Apartments</b> Johnson City NY   607-217-7332	<b>Wells Apartments</b> Johnson City NY   607-797-8862	
<b>Kime Apartments</b> Great Bend PA   570-879-4944	<b>Whitney Point Apartments</b> Whitney Point NY   607-692-2609	
<b>Marian Apartments</b> Endwell NY   607-785-5223	<b>Windsor Wood Apartments</b> Windsor NY   607-655-4191	

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**(800) 342-9871 (607)778-2278**

## Master Your Outdoor Feasts this July

Gathering with family and friends in the backyard or at a favorite park can turn any Saturday or Sunday afternoon into the perfect summer celebration. Whether you are dining around a picnic table, fire pit, or sand castle at the beach, keep these tips in mind to make it a fun and memorable occasion. The USDA recommends food safety guidelines when eating outdoors:



### Planning and Packing

- Plan ahead. Decide what to eat, how to cook it, and what equipment you need.
  - Pack safely. Use a cooler if car-camping or boating, or pack foods frozen with a cold source if hiking or backpacking. Food should be kept at 40 °F (4.4 °C) or colder. Keep raw foods separate from other foods. Never bring meat or poultry products without a cold source.
  - Bring disposable wipes or biodegradable soap for hand and dish washing. Washing your hands before and after handling food. Pack bottled water for drinking.
  - If using a cooler, leftover food is safe only if the cooler still has ice in it. Otherwise, discard leftover food.
- <https://ask.usda.gov/s/article/How-can-I-keep-food-safe-outdoors>

### Grilling

- Meat and poultry can be placed together on the grill for cooking.
  - It's important to use a food thermometer to be sure all of the food has reached a high enough temperature to destroy foodborne bacteria. All poultry should reach a safe minimum internal temperature of 165 °F as measured with a food thermometer. For whole poultry, check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. Beef, veal, and lamb steaks, roasts and chops can be cooked to 145 °F with a 3 minute rest time. Hamburgers made of ground beef should reach 160 °F.
  - NEVER partially grill meat or poultry and finish cooking later.
- <https://ask.usda.gov/s/article/Can-I-place-meat-and-poultry-together-on-the-grill-for-cooking>

### Plate Mates: Salads and Sides

- A creamy slaw or potato salad might be the perfect plate mate for your burger. Note that unopened jars of mayonnaise and salad dressing may be stored in the pantry. However, after unsealing and opening the jar for use, keep it refrigerated (up to 2 months).
- Fresh veggie trays add a splash of color to any summer table setting. Always wash your produce before eating. Because *Listeria* is found in soil and water, vegetables can become contaminated from the soil or from manure used as fertilizer. While *Listeria* is killed by pasteurization and cooking, pregnant women and at-risk consumers can reduce their risk for Listeriosis by eating only raw vegetables that are thoroughly washed.

<https://ask.usda.gov/s/article/Is-Listeria-found-in-vegetables-and-salads>

### “Any Day’s a Picnic” Chicken Salad Ingredients:

- 2 1/2 cups chicken breast (cooked, diced)
- 1/2 cup celery (chopped)
- 1/4 cup onion (chopped)
- 2/3 tablespoon pickle relish
- 1/2 cup mayonnaise (light)

### Directions:

- Combine all ingredients.
  - Refrigerate until ready to serve.
- Use within 1-2 days. Serves 6.

### Creative Ways to Use this Recipe:

Pickled relish in this recipe gives it a kick. Make chicken salad sandwiches. Make a pasta salad by mixing with 2 cups cooked pasta. Work in extra veggies and serve this salad in a tomato or a cucumber boat.



### Nutrition Information:

Per Serving – Calories 150, Fat 7 g, Sodium 497 mg, Carbohydrates 5 g, Total Sugar 3 g, Protein 17 g

For this recipe, visit MyPlate at the USDA’s website: <https://www.myplate.gov/>

### Apple Coleslaw Ingredients:

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed



### Directions:

- Wash the cabbage. Cut it into fine shreds until you have 2 cups of cabbage.
- Peel the carrot. Grate it with a grater.
- Chop half a green pepper into small pieces.
- Remove the core, and chop the apple.
- Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
- Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir to make a dressing.
- Pour the dressing over the salad. Toss to mix. Serves 4.

**Nutrition Information:** Per Serving – Calories 62, Fat 2 g, Sodium 59 mg, Carbohydrates 11, Total Sugar 7 g, Protein 2 g

For this recipe, visit MyPlate at the USDA’s website: <https://www.myplate.gov/>

### Grilled Fruit Kabobs Ingredients:

- 8 skewers
- 2 cups each: pineapple chunks, watermelon chunks
- 2 bananas, peeled and cut into chunks
- 1 lb. strawberries, stems removed
- 2 tablespoons balsamic vinegar
- 2 teaspoons honey
- 1 tbsp. canola oil



### Directions:

- Soak wooden skewers in water for 30 minutes. Prepare a grill to medium-high heat.
- Thread chunks of fruit onto 8 skewers. Place skewers on a platter or baking sheet.
- In a bowl, add vinegar, honey and oil. Whisk. Baste fruit with half the balsamic mixture.
- Grill the kebabs for 8 to 10 minutes, turning a few times and basting with the remaining balsamic mixture. Remove from the grill and serve. Serves 4.

### Nutrition Information:

Per Serving – Calories 199, Fat 4.1 g, Sodium 5.2 mg, Carbs 43.1 g, Total Sugar 29.9 g, Protein 2.4 g

For this recipe and more, visit the American Heart Association’s website: <https://www.heart.org/en>

### Avo-Berry Muffins: Celebrate National Blueberry Month this July!

This recipe combines avocados and blueberries into a delicious muffin that will compliment any picnic basket or summer brunch table. To keep baked goods healthy this season, substitute avocados in place of oil. Experiment by using 1 mashed avocado for 1/2 cup of butter or oil.

### Ingredients:

- Cooking spray (optional)
- 1 medium avocado (halved, pitted, mashed with a fork)
- 1/2 cup sugar
- 1/2 cup fat-free milk
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground ginger
- 1/16 teaspoon salt
- 2 cups blueberries

### Directions:

- Preheat oven to 375°F. Spray a 12-cup muffin pan with cooking spray or line with paper cups.
- In a large bowl, stir together the avocado, sugar, milk, eggs, and vanilla. In a medium bowl, stir together the flour, baking powder, ginger, and salt.
- In 2-3 batches, stir the flour mixture into the avocado mixture until just combined but no flour is visible; don’t overmix. Gently fold in the blueberries. Spoon the batter into the muffin cups.
- Bake for 25 to 30 minutes, or until a wooden toothpick inserted in the center comes out clean and the muffins are golden brown, turning the pan once after 15 minutes of baking time.
- Transfer the pan to a cooling rack. Let stand for 5 minutes. Serves 12

*Continued on Page 9*

**Master Your Outdoor Feasts this July** *Continued from Page 8*

**Nutrition Information:** Per Serving – Calories 166, Fat 3.5 g, Sodium 97 mg, Carbohydrates 30 g, Total Sugar 12 g, Protein 4 g

For this recipe and more, visit the American Heart Association's website: <https://www.heart.org/en>

**Technology 101****How to Get Affordable Internet, Devices, and Free How-To Classes**

The pandemic made a lot of things clear. With everyone staying at home, high-speed Internet access became a critical lifeline for people of all ages, from school children learning remotely to adults trying to stay connected with their families or to receive telehealth visits by Internet video. Those without Internet access, a connected device or knowledge of how to use it were at a serious disadvantage for everything from socialization to obtaining basic necessities and even making a vaccine appointment.

For many people who would like to use the Internet, there are barriers including obtaining a device (computer or tablet), affordable Internet access, and learning how to use devices and the Internet. In this three-part article, we identify local, state, and national resources which may assist financially or with education and access for those wanting to enter the digital world.

For those living in areas where there is spotty coverage or a lack of Internet infrastructure, there are several current state and federal efforts to address this important issue. While access has improved in recent years, we recognize that it is still a significant problem for some.

**Where to Get Affordable Internet:**

**Emergency Broadband Benefit Program (EBB):** Qualifying low-income households can receive a temporary \$50 discount on monthly broadband Internet bills. This federal program started on May 12, 2021, and the program will end when funds are exhausted or six months after the Department of Health and Human Services declares an end to the pandemic.

The Internet benefit is available through participating providers and can be for either fixed or mobile service. In addition to the Internet benefit, there is also a one-time discount of up to \$100 to purchase a laptop, desktop, or tablet from a participating provider if the household contributes \$10-50 towards the purchase price. Please note that both benefits must be from the same provider and not all providers participate in the device program.

Your household is eligible if at least one member of the household meets any of the following criteria:

- Qualifies for the Lifeline program, SNAP, or Medicaid;
- Receives benefits under the free and reduced school lunch program or school breakfast program, including through the USDA Community Eligibility Provision, or did in the 2019-2020 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income since February 29, 2020, and the household had a total income in 2020 of \$99,000 (single filers) or \$198,000 (joint filers);
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

**To apply for the Emergency Broadband Benefit Program:**

- **BY MAIL:** For questions about the EBB or to request an application to be mailed to you, call the Support Center at **1 (833) 511-0311**. It is open 7 days a week, from 9am to 9pm. Phone wait times can be long. You can also print an application at <https://getemergencybroadband.org/how-to-apply/>
- **THROUGH A LOCAL PROVIDER:** Both current and new Internet customers can apply for the EBB directly through a local Internet service provider. Provider list: <https://www.fcc.gov/emergency-broadband-benefit-providers?eType=EmailBlastContent&eId=63e369c4-3c3e-4102-862f-5d10b8194cd7>
- **ONLINE:** Apply for both the Lifeline Program and EBB at [https://www.checklifeline.org/lifeline/?id=nv\\_flow&ebbp=true](https://www.checklifeline.org/lifeline/?id=nv_flow&ebbp=true)

**Spectrum Internet Assist:** Spectrum's \$14.99/month high-speed Internet program is limited to households where one or more members are the recipient of the National School Lunch Program (NSLP), the Community Eligibility Provision (CEP) of the NSLP, or Supplemental Security Income

(for applicants age 65+ only). Recipients of other Social Security programs do not qualify. Current Spectrum customers do not qualify for this program.

Through Internet Assist, qualified households receive a free modem, high-speed Internet at 30Mbps, no data caps, no contracts, and optional in-home Wi-Fi service costs \$5/month. For more information visit <https://www.spectrum.com/internet/spectrum-internet-assist> or call 1 (855) 243-8892.

**New NY Broadband Program:** With the passing of the 2022 New York Budget, Governor Cuomo established a New NY Broadband Program. \$15 broadband plans will be offered to low-income families starting June 16, 2021. The \$15 plan is limited to those who receive SNAP, Medicaid, those who have a child with free or reduced-price lunches, and those who receive "an affordability benefit from a utility." The broadband is 100 Megabits-per-second (Mbps) in most areas and 25 Mbps in the most remote areas. As of this article going to press, there was no specific information on how this program will work, so we recommend contacting your local provider for more information. <https://nysbroadband.ny.gov/>

**PCs for People:** This organization offers low-cost 4G LTE Internet service starting at \$15 per month. Internet service is provided through a mobile hotspot. A hotspot is a small device that provides Internet access at home or on the go. Hotspot devices start at a one-time charge of \$80. The monthly plan fee is prepaid with no credit check or hidden fees. Hotspots are available to those who meet eligibility requirements -- a recipient must be below the 200% poverty level or currently enrolled in an income-based government assistance program. To learn more about hotspots or eligibility requirements, call **1 (651) 354-2552** or visit <https://www.pcsforpeople.org/>

**human-I-T:** Connects low-income households who do not currently have Internet service or are paying too much with low-cost plans (\$10-25/month with no contract). Contact them at **1 (562) 372-6925** or complete a request form online at <https://www.human-i-t.org/request-internet#>

**Library Hotspot Lending Programs:**

**George F. Johnson Memorial Library:** The library is located at 1001 Park Street in Endicott. Call **(607) 747-5350**.

**Your Home Public Library:** The library is located at 107 Main Street in Johnson City. Call **(607) 797-4816**.

**Where to Get Affordable Devices:**

**Emergency Broadband Benefit Program:** Offers \$100 towards a device purchase. See program information above.

**PCs for People:** This technology non-profit sells refurbished laptops and desktops. For more information, call **1 (651) 354-2552** or you can browse available devices at <https://pcsrefurbished.com/sales/salesHome>

**human-I-T:** Another non-profit organization that provides low cost, refurbished devices to low-income individuals. Complete a Technology Request Form online at <https://www.human-i-t.org/request-technology> or call the company at **1 (888) 391-7249**.

**Where to Get Tech Support and Learn About Computers and the Internet:**

**Senior Planet Tech Hotline:** Have a tech question? Call the Senior Planet Tech Hotline at **1 (920) 666-1959**. Assistance is available Monday – Friday, From 9 am to 5 pm. Senior Planet also offers a variety of free courses, programs, and activities open to anyone 60 and older to learn new technology and other skills, save money, get in shape, and make new friends. <https://seniorplanet.org/>

**Broome County Public Library:** Free Classes are held Wednesdays at the Broome County Public Library at 185 Court Street, Binghamton. Classes include "Basic Computer Skills" and "Email Basics." For more information or to register, call **(607) 778-6454** or visit <http://www.bclibrary.info/node/192>

*Continued on Page 10*

**DO YOU NEED HELP CHOOSING AN INTERNET OR DEVICE PROGRAM?**

**Call Aging Connected at 1 (877) 745-1930.**  
You can speak with a trained representative about the best option for you.

**It's a free service!**

## Senior Centers Now Open

Broome County Senior Centers are now open. Please contact your local center for more information on the schedule of activities, dine-in lunch reservations, and updates on Covid-19 safety protocols while at the centers. Drive thru meals are no longer available. For those who do not wish to eat in the center, take-out meals can be picked up in the center between 12:15 and 12:30 pm.

**PLEASE NOTE: On Monday, July 5, centers will be closed in observance of Independence Day.**

### Senior Center Contact Information

**BROOME WEST**.....(607)785-1777  
2801 Wayne St., Endwell, NY 13760

**DEPOSIT**.....(607)467-3953  
14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

**EASTERN BROOME**.....(607)693-2069  
27 Golden Lane, Harpursville, NY 13787

**FIRST WARD**.....(607)729-6214  
226 Clinton St., Binghamton, NY 13905

**JOHNSON CITY**.....(607)797-3145  
30 Brocton St., Johnson City, NY 13790

**NORTHERN BROOME**.....(607)692-3405  
12 Strongs Place, Whitney Point, NY 13862

**NORTH SHORE**.....(607)772-6214  
24 Isbell St., Binghamton, NY 13901

**VESTAL**.....(607)754-9596  
Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY



**Pizza and Bunko**  
Friday, July 23, 11:30 am  
Vestal Senior Center  
To make a lunch reservation or inquire about playing Bunko, call the center at (607) 754-9596.

**Bingo for Prizes**  
Thursdays, 10:15 am – 12:15 pm  
Eastern Broome Senior Center  
For more information, contact the center at (607) 693-2069



### Sudoku Answers

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

## Technology 101 *Continued from Page 9*

**Vestal Public Library:** The library offers some helpful How To Guides on its website. The guides include how to use Microsoft Word, PowerPoint, Reliable Health Information, and How to Download eBooks and Audiobooks. For more information call (607) 754-4243. To find the How-To Guides please visit <https://www.vestalpubliclibrary.org/tech-classes>

**George F Johnson Memorial Library:** The George F Johnson Memorial Library offers free virtual classes and a Virtual Tech Help program. Options include live classes, online workshops as well as virtual self-paced, on-demand classes. Additionally, the library is available to try to answer any technical questions through their Virtual Tech Help program. Contact them by calling (607) 757-5359 and leaving a message for a call-back within 48 hours or email them at [gjtechcenter@gmail.com](mailto:gjtechcenter@gmail.com). <http://www.gjlibrary.org/tc/>

**human IT:** Free computer and Internet course for beginners. To get started, fill out the application on their website, <https://www.human-i-t.org/request-digital-literacy> or call 1 (888) 268-3921.

This article on bridging the digital divide is brought to you by the Broome Age-Friendly Project.



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

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

**Unclaimed Funds in NY**  
**\$16.5 BILLION in Lost Money**  
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For more information, visit the Office of the NY State Comptroller online: <https://www.osc.state.ny.us/unclaimed-funds>

**July Trivia Answers:**  
1. True; 2. 16 pounds; 3. Blue; 4. False (ruby); 5. Chocolate Syrup; 6. Mustard; 7. Sanibel Island, Florida; 8. Betsy Ross; 9. Francis Scott Key; 10. 800 Kernels; 11. Yankees; 12. National Blueberry Month

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## Vitamin D- The Sunshine Vitamin!

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

Did you know that vitamin D is made from cholesterol in your skin when it's exposed to the sun? Your body can synthesize many times more vitamin D than you will be able to find in foods! That's why getting enough sunlight is very important to getting enough vitamin D. In upstate New York though, it may seem we don't get enough of it, and many people end up taking supplements.

Vitamin D helps your body absorb calcium, and together with calcium, it helps protect you from developing osteoporosis. Your muscles also need it to move, maintain balance & prevent falls; nerves need it to carry messages between your brain and body; and your immune system needs vitamin D to fight off invading bacteria and viruses.

Although our bodies make vitamin D when bare skin is exposed to the sun - and most people get at least some vitamin D this way - clouds, smog, old age, and having dark-colored skin reduce the amount of vitamin D your skin makes. Also, your skin does not make vitamin D from sunlight through a window. The only problem is too much sunlight comes with its own health risks. Ultraviolet radiation from sunshine can cause skin cancer, so it's important to limit how much time you spend in the sun. To get enough vitamin D, you only need about 20 minutes of sun exposure without sunscreen 3 times per week between 10 am and 2 pm. After that, wear sunscreen. Unprotected sun exposure can cause vision problems and damage to your eyes, suppression of the immune system, and premature aging of the skin.

Even though sunscreen does limit vitamin D production, health experts recommend using sunscreen with a sun protection factor (or SPF) of 15 or more when you're out in the sun for more than a few minutes. Cover up and wear a hat especially if you have thinning hair, wear sunglasses, and wear loose airy sleeves to stay both cool and protected. It's great to enjoy the sunshine; just be smart about it!

**Please Note**

I am very pleased to announce that soon you will see me in person at Broome County Senior Centers.

I will be providing nutrition classes again beginning in July, and I so look forward to seeing you!

-Kathleen



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**Laugh Break!**

**Why doesn't the sun go to college?**  
*Because it has a million degrees!*



### Farmers' Market Vouchers Available to Eligible Seniors

It's that time again!

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

Who is eligible? SFMNP coupons are provided to individuals 60 years or older, who are, or affirm that they are, low-income based on income standards. Proof of income is not required, but individuals must self-attest that they meet the specified income standards.

There is no cost for the coupon booklets. Participating farmers markets may accept Supplemental Nutrition Assistance (SNAP) benefits, and many markets accept the Electronic Benefits Card (EBT).

For specific information on a schedule for distribution of Farmers' Market Coupons, **please call (607) 778-2411** or visit [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)

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# July Menu - Bon Appétit!

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

<b>Broome County Senior Centers are now open! Come Join Us!</b>		<b>Sweet &amp; Sour Pork 7/1</b> Over Brown Rice Pilaf Broccoli Florets Ice Cream Cup		<b>Marinated Chicken Breast 2</b> <b>OR Pub Burger</b> Baby Red Potatoes Cucumber & Tomato Salad Strawberry Shortcake	
<b>5</b> <i>Independence Day Observance Senior Centers Closed</i>	<b>Ziti Parmesan 6</b> Three Bean Salad Fruit Cocktail Sugar Cookie	<b>Rotisserie Chicken 7</b> <b>OR Sausage Link w/Peppers &amp; Onions</b> Baked Potato Pea Salad Gelatin	<b>Beef Stew over a Biscuit 8</b> Cauliflower w/Parsley Warm Spiced Pears Chocolate Chip Cookie	<b>Chicken Breast Marsala 9</b> <b>OR Broiled Fish w/Lemon</b> Herb Roasted Potatoes Italian Green Beans Peach Cobbler	
<b>Tomato &amp; Bacon Omelet 12</b> O'Brien Potatoes Fruited Yogurt Pineapple Tidbits	<b>Liver w/Onions OR 13</b> <b>Meatloaf</b> Mashed Potatoes French Cut Green Beans Applesauce	<b>Roast Turkey 14</b> Sweet Potatoes Corn Pumpkin Cake	<b>Halupki OR 15</b> <b>Chicken Marengo</b> Mashed Potatoes Italian Blend Vegetables Honey Bran Muffin	<b>Swiss Steak OR 16</b> <b>Spinach Parmesan Pollack</b> Buttered Noodles Sliced Carrots Snickerdoodle Cookie	
<b>Macaroni &amp; Cheese 19</b> Stewed Tomatoes Mixed Vegetables Banana	<b>Marinated Chicken Breast 20</b> <b>OR Egg Salad Sandwich</b> Pasta Salad Mandarin Oranges Cranberry Oatmeal Cookie	<b>Baked Ham OR 21</b> <b>Pub Style Battered Fish</b> Scalloped Potatoes Italian Green Beans Carrot Raisin Bar	<b>Classic Meat Lasagna 22</b> Wax Beans w/Pimento Garden Salad Ice Cream Cup	<b>Salisbury Steak OR 23</b> <b>Herb Rubbed Pollack</b> Mashed Potatoes Broccoli Florets Orange Cranberry Bar	
<b>Pasta w/Meatballs 26</b> French Cut Green Beans Lemon Cookie	<b>Breaded Chicken 27</b> <b>OR Fish Sandwich</b> Baked Beans Apple Juice Watermelon	<b>Beef Stroganoff 28</b> <b>Over Buttered Noodles</b> Sliced Carrots Apple Crisp	<b>Chicken Salad 29</b> <b>Croissant</b> Tomato & White Bean Salad Cranberry Juice Pineapple Upside Down Cake	<b>Roasted Chicken Thigh 30</b> <b>OR Citrus Rubbed Pollack</b> Bread Dressing Broccoli Florets Peaches	

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