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*Celebrate
Interdependence This July:*

**Kind Gestures
Build Caring Communities**

Highlights from the Senior to Senior Dinner Dance



Broome County older adults and Johnson City High School students enjoyed a wonderful evening together on May 20th at the “Senior to Senior Dinner Dance.” The students served a meal of pasta and salad with cookies for dessert and presented prizes to the raffle winners.

The highlight of the evening was seeing the students and older adults talking and laughing, dancing together, and taking pictures. The students shared their post-graduation plans with the group, and one student even performed card tricks. Due to the tremendous interest in this event, we hope to offer additional intergenerational opportunities in Johnson City and other parts of Broome County.

This event was the result of a collaboration between Broome County Office for Aging, the Johnson City Senior Center, the Johnson City School District Senior Class, JC Connects Community Schools, Binghamton University Community Schools, and Sarah Jane Johnson Memorial Methodist Church.




Mark Your Calendar for Upcoming Senior Picnics

Each center listed below has a picnic coming up soon. Each event will feature special events, such as musical entertainment, vendors, exercise demonstrations, craft classes, games, a delicious lunch, and most importantly, fun! Save the dates and join us.

Johnson City Senior Center:
Picnic Date: July 13th
Time: 9:00 am to 2:00 pm
Where: 30 Brocton St. Johnson City, NY 13790
Phone Number for More Info: 607-797-3145

North Shore Towers Senior Center:
Picnic Date: July 21st
Time: 10:00 am to 2:00 pm
Where: 21 Isbell St. Binghamton, NY 13901
Phone Number for More Info: 607-772-6214

Vestal Senior Center:
Picnic Date: August 3rd
Time: 9:00 am to 2:00 pm
Where: 201 Main St. Vestal, NY 13850
Phone Number for More Info: 607-754-9596

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/

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<https://twitter.com/BroomeCountyOFA>

Mark Your Calendar! Upcoming Community Events

First Friday Art Walk

Downtown Binghamton

Friday, July 1st, 6:00 pm – 9:00 pm

Established in the early 2000s by a creative trio of women dedicated to the arts in Binghamton, First Friday originally highlighted art spaces that opened their doors on the First Friday of every month. Almost 20 years later, First Friday has expanded to include our vibrant restaurant scene and additional creative sites. Visit <https://broomearts.org/in-the-community/first-friday/> or call (607) 723-4620 for more details or event information.

July 4th Extravaganza

Highland Park, 801 Hooper Road, Endicott

Monday, July 4th

Celebrate Independence Day in Broome County with food vendors, a chicken barbeque roast, local homemade arts & crafts, a kids' triathlon, and exciting festivities and entertainment for the whole family. After dark, enjoy a dazzling firework display that'll light up the summer sky. Call (607) 786-2973 for more information about vendors or events.

Visions Summer Concert Series presents The Jess Novak Band

Veterans Memorial Arena, One Stuart Street, Binghamton

Friday, July 8th, 5:00 pm

Free entry. With a fiddle on fire, powerful vocals and a fierce band, this pop, rock, soul-pumped group from Syracuse brings passion to every performance. Stuart Street will be transformed into an outdoor concert patio. The event will move indoors if there is inclement weather. A few food trucks from Trucks on the Tracks will have food for purchase.

July Fest

Friday, July 8th – Sunday, July 10th

Downtown Binghamton, Binghamton

July Fest is a 60-year-old tradition that attracts people from all over the east coast to enjoy three days of quality arts and crafts, food, music, antique cars, the Parlor City 5k Run, and a Kidz Art Zone with fun-filled activities. Call (607) 722-778 for further information.

Cars in the Park

Hickories Park, 359 Hickories Park Road, Owego

Sunday, July 10th, 8:00 am – 3:00 pm

At this 50th anniversary car show, there will be food trucks, a craft and flea market, kids' games, cash prize giveaways, and a 50th anniversary cake celebration with curated music by DJ Bette Weaver. A donation of \$2 is requested, but not required, for public admission. For more information, contact Pete Minni at (607) 727-1314 or visit <http://www.triplecitiesstreetrods.com>.

46th Annual Deposit Lumberjack Festival

Borden Street, Deposit

10:00 am July 14th – 6:00 pm July 17th

Organized by the Deposit Lumberjack Festival Inc., a non-profit organization that has helped support the local Deposit community since 1976, Lumberjack Festival celebrates the historically deep-rooted culture of Deposit as a logging town. Festivities this year include the annual lumberjack competition, parade, 5K run and health walk, carnival rides, horseback riding, tractor pull, horseshoe tournaments, and much more. There will also be local food vendors, musicians, breweries, craft artists, and local organizations. Don't miss out on Friday's fireworks or raft races on Sunday! Call (607) 222-9412 or visit <https://depositlumberjack.wixsite.com/lumberjackfestival> for a complete listing and schedule of vendors and events.

Much Ado in the Garden Festival

Cutler Botanic Garden, 840 Upper Front Street, Binghamton

Sunday, July 17th, 11 am – 3 pm

Admission is free! Enjoy music, arts, and theater of the Renaissance Era. Visit www.ccebroomecounty.com/events for details.

Johnson City Rotary Carousel Day

July 23rd, 11:00 am – 4:00 pm

CFJ Park, CFJ Blvd, Johnson City

This free community event includes a civil war re-enactment, DJ, face painting, vendors, community groups, a visit from a Rumble Pony, and much more. Come celebrate one of our storied carousels.

147th Annual Broome County Fair

Broome County Fairgrounds, US Route 11, Whitney Point

Tuesday, July 26th – Sunday, July 31st

The premier agricultural festival in the Southern Tier returns with midway rides & games, food exhibits, grandstand shows, animals, and free entertainment. The fairgrounds are home to an impressive lineup of events, deliciously sweet and savory foods, contests, and livestock auctions. Call (607) 692-4149 for more information.

2022 Concerts at Highland Park, Endwell

Mark your calendar and enjoy the summer concert lineup at Highland Park. Each musical group will perform at 7 pm on the days listed below:

Tuesday, July 5th	Rich Wilson
Tuesday, July 12th	Rick Pedro & Jeff Lake
Tuesday, July 19th	Katie Scott & Persuasion
Tuesday, July 26th	Nino & Mark

This program is sponsored by:
Endwell League of Community Action (ELOCA)



Decluttering "Cold Feet" Downsize & Declutter Discussion Tuesday, July 12, 3 pm

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

There was a "Celebrity Tag Sale" featured on television this past May. Proceeds from the sale were given to charity. Martha Stewart's uncertainty during the sale was reminiscent of the way many of us feel when downsizing: "Now that I've agreed to relocate my stuff, can I really do it? Maybe I should keep it?" Learn more about how to handle your "cold feet" while you downsize and declutter on Tuesday, July 12 at 3 PM.

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.

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

Caregiver Corner

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



Caregiver Event

How Robotic Companion Cats and Dogs Provide Comfort to People

Date: Monday, July 18th

Time: 1:00-2:30 PM

Location: Broome County Public Library

Presenter: Caseworker/Caregiver Specialist Danielle Schaeffer

Many adults are unable to care for a pet in their home. Attend this presentation to learn about Interactive Companion Pets and how they can bring comfort to your loved one. Danielle will discuss the different types of pets available, how to use them and the benefits the pets bring to people.

Some studies have shown that robotic pets are beneficial in preventing loneliness and reducing agitation. "My wife has benefited so much from her companion pet dog. It has been a great therapeutic tool for her. I can't tell you the joy this dog has provided to her. It's great to see how much the pet makes her day."

Pre-registration is requested: Please call Caregiver Services at (607) 778-2411

The Stay Healthy Caregiver Chat:

Date: Monday, July 11th

Time: 1:00-2:30 PM

Location: Johnson City Senior Center 30 Brocton Street Johnson City, NY 13790

The Wayne Street Caregiver Chat:

Participants can use Zoom or call in.

Date: Wednesday, July 20th

Time: 9:30-11:00 AM

Zoom address:

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09ID:2152617450>

Password: 037464

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

Scam of the Month

Scams Come in a Wide Variety

Unfortunately, the number of scams targeting seniors is always increasing. Scammers are getting more and more creative with their scams as well. Here are a few tips and tricks to avoid a wide variety of scams:

- If the offer doesn't seem right, it probably isn't – trust your instincts.
- Never give personal information to strangers.
- Beware of "contractors" who knock on your door.
- Using a credit card is safer than using a debit card.
- Debit cards use requires a confidential pin number (passcode), while credit card transactions do not require a pin.
- Talk to someone you trust before giving out your personal information.
- Be careful when signing up for any "free trial" offers.

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.

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

July 14, 2022
Amer. Bandstand Tribute, Silver Birches

AARP, Endicott Chapter
Contact: Rita (607) 239-4965 or Betty (607) 354-4260

Sept. 1, 2022
Rogers & Hammerstein's State Fair Musical
Springside Inn, Owasco Lake

Oct. 3, 2022
Oktoberfest Cabaret Lunch Cruise
Seneca Lake

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

September 11-16, 2022
Maine & Cape Cod

Johnson City Senior Center
Contact: Kim (607) 797-3145

August 18, 2022
Alex. Bay & St. Lawrence Cruise

August 29, 2022
NY State Fair

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

August 29, 2022
Resort World, Monticello



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HEALTH AND WELLNESS

ACTIVITY SCHEDULE

Chair Yoga

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

Monday 11:00 am First Ward Senior Center (Binghamton)

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 East. Broome Sr. Center (Harpursville) – no fee

Monday 9:30 am Johnson City Senior Center

Monday 9:30 am Broome West Senior Center (Endwell)

Friday 10:00 am Johnson City Senior Center

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)

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 10:30 am Johnson City Senior Center (\$3)

Mon & Fri 9:30 am First Ward Senior Center (Binghamton) (\$3)

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 (Harpursville)

Chair Exercise

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

Tues & Thurs 10:30 am Broome West Senior Center (Endwell)

Tues & Fri 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)

Virtual Zoom Classes

ZOOM Chair Exercises

Mon., Wed. & Thurs 10-10:30 am



Advanced registration is required for Zoom chair exercise.

To obtain more information and sign up, please call (607) 778-2411.

ZOOM Chair Drum Exercises

Tuesday 10-10:30 am

ZOOM Chair Yoga

Friday 10-10:30 am

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

Quick Fitness Tip

The right clothes and shoes can fit your individual style. Wearing workout clothes you like can be a great motivator!

Find the right fitness shoes.

- Choose shoes that are made for the type of physical activity you want to do.
- Look for shoes with flat, non-skid soles, good heel support, enough room for your toes, and a cushioned arch that's not too high or too thick.
- Make sure the shoes fit well and provide proper support for your feet.
- Check your shoes regularly and replace them when they're worn out. You need new shoes when the tread is worn out; your feet feel tired after activity; or your shins, knees, or hips hurt after activity.



Select the right activewear.

- Choose clothes that work with your activity. Loose shorts are perfect for basketball, but maybe not for yoga.
- Make sure your exercise clothes are comfortable and let you move easily.
- In cold weather, wear layers, such as a jacket or top over a t-shirt, so you can take off layers as you warm up.
- Wear clothes that let air circulate and moisture evaporate.

<https://www.nia.nih.gov/health/finding-right-fitness-shoes-and-clothes>

Ways to Stay Active in Summer

- Swim laps or take a water aerobics class. These are both refreshing once the weather gets steamy.
- Walking in the mall is a cool way to beat the heat.
- Now that the grandchildren are out of school for the summer, ask them to teach you their favorite sport or physical activity.
- Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.



<https://www.nia.nih.gov/health/fun-ways-older-adults-stay-physically-active#dime>

Soak in Summer with the Nature Walking Club

The Nature Walking Club invites you to join them and enjoy the sunshine. Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit.

- July 14th, 10 am: Binghamton University Nature Preserve, Vestal Meet at southern end of Lehigh St. in Vestal.
- July 28th, 10 am: Arnold Park, Vestal Meet at the colorful playground.
- August 11th, 10 am: Monarch Butterfly Watch at Binghamton University Nature Preserve, Vestal Meet at southern end of Lehigh St. in Vestal.

Advance reservations are **not required**. For more information on the walks, please call Mary Lou at (607) 343-4985.

Make the Most of Your Electronic Devices to Connect with Others

This summer, virtual programs are available. 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@broomecountyny.gov

❁ 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@broomecountyny.gov

➤ 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/>

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 9.

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

Christmas in July Silent Raffle Fundraiser

Broome West Senior Center, Endwell
 Tickets will be available June 27th – July 22nd
 Drawings will be held on
 Monday, July 25th from 11 am – 2 pm

All items and baskets will be on display
 throughout the month of July.
 Many items to choose from for great gift-giving,
 or just treat yourself!

Summer Fun Facts

The “dog days of summer” refer to the weeks between July 3 and August 11 and are named after the Dog Star (Sirius). The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

Watermelon, a popular summer treat, is part of the cucumber, pumpkin, and squash family and consists of 92% water. On average, Americans consume 14 pounds of watermelon annually!

Popsicles, a popular summer treat, were accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside and by the next morning the soda had frozen. He began by selling the treat in his neighborhood and, later, in a nearby amusement park.

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Celebrate Interdependence



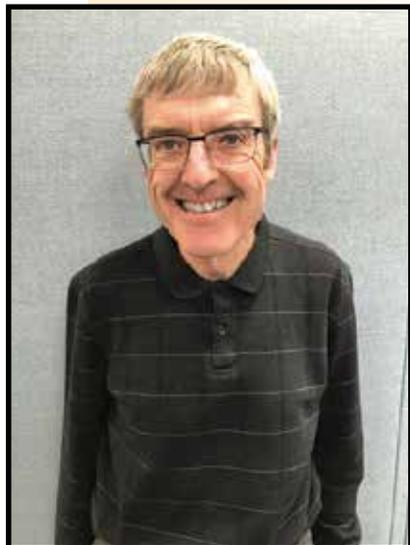
The calendar below provides a suggestion for each weekday of July to help you be more mindful of opportunities to help others. Follow along with us and use these tips to strengthen our community.

Interdependence is achieved when we provide support to one another and grow together in close connection. Each of us can offer our time and talent to assist others, and along the way, they will return the favor back to us.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>“Did you ever stop to think that you can’t leave for your job in the morning without being dependent upon most of the world?...Before you finish eating breakfast in the morning, you’ve depended on more than half the world. This is the way our universe is structured. It is its interrelated quality.” — Martin Luther King Jr.</p>		<p>FARMERS' FRIDAY 1 Support the farmers at local farmers markets. Stop by for some fresh produce to use over the holiday weekend at your family cookout. Corn on the cobb, melon, tomatoes – options abound!</p>
<p>PATRIOTIC TRIBUTE 4 Do you know a disabled or elderly veteran who could use a helping hand with an errand or chore? Say thank you for their service to our country by extending a thoughtful favor.</p>	<p>SEW GOOD SEEDS 5 Offer to plant some windowsill herbs for a neighbor or friend who may not be able to get outside to garden. Whether it be basil, parsley, rosemary or mint, this gift can keep on giving all year long.</p>	<p>EASY AS PIE 6 It’s fruit pie season in upstate NY. Bake a pie for a family member, friend, or neighbor. Drop it off with a thoughtful note, and grab a fork - They may invite you to join them for a slice!</p>	<p>LAWN “CARE” 7 The next time you are out weeding your flower bed, offer to help a neighbor with theirs. Whether you water their flowers, discard lawn debris, or take in a garbage can, small lawn tasks are a great way to care for nature and humans alike.</p>	<p>PARK PARKING 8 Do you have a loved one who stays mostly indoors? Offer to drive them to a park and just sit in the car with the windows down for a few minutes. Enjoy the scenery, sip a cold drink, and get a bit of fresh air.</p>
<p>MACARONI MONDAY 11 Babysitting young grandkids over summer vacation? Suggest a break from videogames and make macaroni art together with construction paper, glue, and elbow pasta.</p>	<p>MAKE A SPLASH 12 Organize an afternoon by the water with friends who may be lonely. Pick a local pool, pond, or lake, and pack lunch. Enjoy conversation and perhaps a dip in the water, as well!</p>	<p>TWO SCOOPS 13 Know a friend who needs some cheering up? After supper, offer to take them to your local ice cream stand for a treat. Smiles come in chocolate, strawberry, rocky road, mint chip, and more! Get sprinkles.</p>	<p>BUDDY-UP 14 Sharing our wellness goals with a trusted friend can give us support and motivation to keep going. Offer to be a walking partner to a friend. Step your way to better health together.</p>	<p>HI THERE 15 Have you noticed a new face at your local senior center? Perhaps someone who is eating lunch alone? Stop over and introduce yourself. You never know when a simple hello can make someone’s day.</p>
<p>TEAM SPIRIT 18 If you would like the support of a “team” to cheer you on while exercising, consider joining a senior center fitness class. Many are free of charge. (See Page 4 for schedule.)</p>	<p>COMPASSION 19 Sometimes we can be hard on loved ones when they don’t make decisions the way we would. Set out to have an uplifting conversation with them today. Put your differences aside and enjoy a positive chat.</p>	<p>REMEMBER ME? 20 Which friend or family member have you lost touch with? Bridge the gap today and give them a call. Set up a coffee date or just let them know you are sending good thoughts their way.</p>	<p>A SWEET SLICE 21 Buy some watermelon and slice it up. Invite a neighbor over this evening to enjoy it with you and watch the sunset. An impromptu gathering like this one can be the perfect ending to a summer day.</p>	<p>FRIDGE FINDS 22 Leftovers in the fridge? Share them with loved ones who may not be able to cook for themselves. Drop them off and stay to chat for a few minutes. That extra slice of meatloaf can go a long way to spread cheer.</p>
<p>KINDNESS BLOOMS 25 Bring a plant or freshly picked flowers to someone who has been ill or down. Hope “grows” with your thoughtfulness!</p>	<p>VOLUNTEER 26 Do you have a spare hour each week, or even once a month, to give back to those in need? Consider supporting local charities. For opportunities at our senior centers or Meals on Wheels: Call 607-778-2411</p>	<p>LOVE TO SHOP 27 Show an ill or homebound family member how much you love them by offering to do their errands and grocery shopping. Pick up medications, food, household items, etc.</p>	<p>HANDY FAMILY 28 Do you have an aging parent that needs some odd jobs done around the house or in the yard? Make it a family event. Call sisters, brothers, etc., and organize a cleanup day for mom and dad with a family meal to follow.</p>	<p>PLEASANT IN PUBLIC 29 Going out today? Throughout your errands and stops, make a point to smile at strangers, hold a door open, drive respectfully, and say thank you to those who serve you.</p>



Office for Aging Staff Spotlight The Foster Grandparent Program



Vince Fox

Congratulations to Vince Fox who is retiring from the Foster Grandparent Program at the end of July. After working for 34 years at IBM, Vince joined the Office for Aging in 2015 as the Senior News editor. In 2017, he became the manager of the Foster Grandparent Program. Vince loved working with the Foster Grandparents for these past five years. He said that he's retiring to spend more time with his family and to have fun with his favorite hobbies such as running, hiking, and bicycling.

Francie Keefe

The Office for Aging is happy to announce that Francie Keefe will be the new program manager of the Foster Grandparent Program. Francie has worked for Office for Aging's NY Connects/Information and Assistance Program for the past year, and she is well versed in services that support older adults in our community.

We wish both Vince and Francie all the best as they begin their new adventures.



CELEBRATING 50 YEARS OF THE FOSTER GRANDPARENT PROGRAM

The Foster Grandparent Program (FGP) is celebrating 50 years of providing services in Broome County. The program was originally started in 1972 and it has been serving older adults, children, and teachers ever since. Since it began, there have been over 500 Foster Grandparents who helped about 7,000 children succeed in classrooms throughout Broome County.

Perhaps the most striking thing about the program's 50th anniversary is how little its founding principles have changed. In 1972, the Broome County Annual Report stated that "The Foster Grandparent Program's purpose is to provide meaningful part-time volunteer opportunities for low-income older persons to render supportive, person-to-person services to children with special or exceptional needs." That is exactly what the program is still doing today.

Of course, some things were a little different 50 years ago. Financially, low-income was defined to be less than \$3,000 per year; now it's less than \$27,000. The paid stipend was \$1.60 per hour; now it's \$3.15. Organizationally, the program started under the Broome County Department of Health and now it is part of the Broome County Office for Aging. Technological changes to support the program administration were implemented in 2004 through a project dubbed "the computerization of FGP".

The places where Foster Grandparents have volunteered also changed significantly over the years. In the 1970s, most Foster Grandparents volunteered in locations that exclusively served children with emotional or developmental needs such as the Binghamton Psychiatric Center's Adolescent Unit, Broome Developmental Center, Wyoming Conference Home, and schools that served children with special needs. Nowadays, the majority of Foster Grandparents serve children with exceptional needs in public elementary schools throughout Broome County while other Foster Grandparents serve in Head Start programs and in early education programs.

Foster Grandparents continue to mentor children who need extra support and encouragement in elementary schools, daycare centers, Head Start and after school programs. Foster Grandparents receive a paid stipend, ongoing training, and other benefits. To be a Foster Grandparent, you must be 55 or older, a Broome County resident and income eligible. If you are interested in volunteering in a classroom, call the Foster Grandparent Program at 607-778-2089.

The Broome County Office for Aging would like to thank AmeriCorps Seniors for funding the Foster Grandparent Program. We would also like to thank all the Foster Grandparent volunteers who have supported children and teachers over the past 50 years. Your dedication and service to the community is appreciated!



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Picnic Plates

Whether you are eating out at the park, lake, backyard, or front porch, get inspired to make your picnic plate a seasonal sensation. This month, we are suggesting a few easy ways to bring color, variety, and flavor to the menu at your summer gatherings.

Slow-Cook Barbecue

Achieve the flavor of an outdoor smoker with the convenience of your countertop slow cooker! Vinegar, brown sugar, and garlic come together to give this slow cook beef barbecue a sweet and tangy flavor. Serve with a side salad.



Ingredients

- 1 1/2 pounds chuck steak (boneless, 1 1/2 inches thick)
- 1 garlic clove (peeled and minced)
- 1/4 cup wine vinegar
- 1 teaspoon brown sugar (1 Tablespoon)
- 2 tablespoons Worcestershire sauce
- 1/2 cup ketchup
- 1 salt (1 teaspoon, optional)
- 1 teaspoon dry or prepared mustard
- 1/4 teaspoon black pepper

Directions

1. Cut the beef on a diagonal, across the grain into slices 1 inch wide and place in a slow cooker.
2. Combine the remaining ingredients and pour over the meat.
3. Mix the meat and sauce together.
4. Cover and cook on low for 3 to 5 hours.
5. Serve on toasted hamburger buns with a mixed green salad. Serves 5.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/slow-cook-barbecue>

Grilled Fish Tacos with Peach Salsa

Set the stage for taco night with this recipe. Tilapia is a budget-friendly fish and a delicious way to make fish tacos without overspending at the grocery store.



Ingredients

For the salsa:

- 1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup)
- 1/2 red bell pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper, if desired - rinsed, seeded, and finely chopped
- 1 tablespoon fresh or dried cilantro (finely chopped)
- 2 teaspoons lemon juice

For the fish:

- 4 tilapia fillets (about 1 lb)
- 1 tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning – substitute with paprika, garlic powder, onion powder (or other) depending on preference and availability.
- 8 6" flour tortillas (warmed)

Directions

For the Salsa:

1. In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lemon juice; cover and refrigerate until ready to use.

For the Fish:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry.
2. In a small bowl, stir together seasonings.
3. Rub fish with spice mixture to coat completely.

4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes with a fork (145 degrees), about 8 minutes.
6. Thinly slice fish. Fill each tortilla with 1/2 fish fillet and 1/3 cup of salsa. Serves 4.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/grilled-fish-tacos-peach-salsa>

Pink Party Salad

Pretty in pink! Add a dash of color to the picnic table with this side dish. Hard boiled eggs in this recipe incorporate extra protein, but they are optional.



Ingredients

- 4 potatoes (washed and cut in half)
- 3 cups beets, cooked (peeled and diced)
- 1 cup peas, green, fresh or frozen
- 3 eggs, hard boiled
- 1 apple
- 1 teaspoon lemon juice
- 2 tablespoons olive oil
- 3 tablespoons vinegar
- 1 tablespoon sugar

Directions

1. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When thoroughly cool, dice potatoes and place in a big bowl.
3. Add diced beets and mix with the potatoes.
4. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
5. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
7. Add the vinegar, olive oil and sugar. Mix thoroughly. Chill. Serves 6.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pink-party-salad>

Confetti Grain Salad

Rice is a great base for a summer salad. Try this recipe with a variety of vegetables until you find what you and your family like best. We suggest chopped spinach, carrots, or red peppers for color and flavor.



Ingredients

- 1 1/2 cups brown rice, uncooked
- 3 cups water
- 2 lemons (juiced)
- 3 green onions (also called scallions)
- 1/4 cup parsley (minced)
- 1/2 teaspoon salt
- 1 dash black pepper (to taste)
- 1/4 cup olive oil (or other vegetable oil)
- 1 1/2 cups vegetables (of your favorite, cut into small pieces)

Directions

1. Wash rice and put into a 2-quart pot with water. Bring to boil, then lower heat to simmer, and cook uncovered until all the water is absorbed. (approximately 45 minutes)
2. Pour into medium sized bowl and allow to cool.
3. Pour lemon juice over rice and stir. When rice is cooled to lukewarm, add vegetables, salt, pepper, and oil.
4. Stir and chill at least 1 hour. This dish also can be served warm. Serves 6.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/confetti-grain-salad>

Let's Get Chatting

Last month two local parks had bright green signs installed on benches to encourage friendly conversations. We hope you will stop by this summer and sit on one of these benches so people will know that you are open to a friendly talk. Likewise, if you see someone sitting on one, consider joining them for a chat. Go ahead and brighten someone's day!

Have a suggestion for another location or would you like to provide feedback about your experience?
Email ofa@broomecountyny.gov or call 607-778-2411.

Brought to you by Broome County Parks and the Broome Age-Friendly Project



Save Money on Gas – Try the OFA Mini Bus

With the increased gas prices driving your own car can be costly. The OFA Mini Bus is a reliable and safe option that allows older adults age 60+ to ride for a suggested contribution of \$2.00 per ride. Here is what you will need to utilize this transportation option:



-Apply for an OFA ID Card by calling the Office for Aging at 607-778-2411 or visiting gobroomecounty.com/senior to complete the application online.

-Make a reservation up to one week advance by calling BC Transit at 607-763-8747.

The OFA Mini Bus covers the urban core of Broome County which includes much of Binghamton, Johnson City, Endicott, Endwell, Vestal, and parts of Conklin and Kirkwood. OFA Mini-Bus is a curb-to-curb service which means that the bus will pick you up near your home and bring you to your destination.

If you need travel training on how to utilize the OFA Mini Bus or further assistance exploring other transportation options please contact the Getthere Call Center at 1-855-373-4040. The Mobility and Transportation Advocates at the Getthere Call Center are available Monday through Friday from 7am until 7pm to help you determine what transportation option best meets your needs.

Sudoku Answers

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

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Summer Picnic Packing: Food Safety Tips from the USDA

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.
- Leftover food is safe only if your cooler still has ice in it. Otherwise, discard leftover food.

<https://ask.usda.gov/s/article/How-can-I-keep-food-safe-outdoors>

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..... (607) 785-1777

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, 1-2:30 pm
- Thursday:** Wii Bowling, 9:30 am; Chair Exercises, 10:30 am; Rumi Cup Group, 12:30 pm; 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

- 7/1 Legal Aide (call for appt.), 9 am – 12 pm
July 4th Celebration (call to reserve), 12 pm
- 7/11 Pizza Day w/Music by Marian Tewksbury (call to reserve), 11 am
- 7/12 Downsize & Declutter Discussion, 3 pm
- 7/13 Coop. Extension Nutrition Ed. & Cooking Class, 10:30 am
- 7/14 Hawaiian Dancing w/Lori Wahila, 11 am
- 7/18 Breakfast for Lunch (call to reserve), 10:30 am – 12 pm
Blood Pressure Checks, 10:30 am
- 7/19 Nutrition Education w/Office for Aging, 11 am
- 7/25 Christmas in July Silent Raffle, 9:30 am-2:45 pm
- 7/25 Coop. Extension Nutrition & Cooking Class, 9:45 am

NORTHERN BROOME..... (607) 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
 Soup and Sandwich Bar: Mon-Fri, 11:30 am – 12:30 pm
 Breakfast for Lunch: Thursday, 10:30 am

Weekly Activities

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

Special Activities

- 7/1 July 4th Celebration (call to reserve), 12 pm
- 7/5,9 Golden Agers Meeting, 12 pm
- 7/13 Cooking Demonstration w/Leslie (Zucchini Pasta & Casseroles), 11 am
- 7/15 Horse Game, 10:30 am
- 7/22 Birthday Celebrations (Ice Cream Refreshments)
- 7/29 Lasagna Luncheon (Call to Reserve), 11:30 am



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JOHNSON CITY..... (607) 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, 10:30-11:30 am (\$3); Chair Exercises: Stretch DVD, 12:30 – 1:15 pm (no fee); Table Shuffleboard, 12:30 – 3:00 pm (\$1); Drawing Class, 1-2 pm (\$3)
Wednesday: Quilting, 9-11:30 am; Bridge, 10:30 am – 2:30 pm; Penny Bingo for Fun, 12:30-3 pm; Proressive Pinochle, 12:30-3 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; Relaxation & Meditation, 11 am (call to reserve); Tai Chi, 1-2 pm (\$3)
Friday: Gentle Yoga, 10-11 am (\$3); Ladies' Singing Group, 10:30-11:30 am; Chair Exercises: Stretch DVD, 12:30-1:15 pm (no fee)

Special Activities

7/1 July 4th Celebration (call to reserve), 11:45 am
 7/6 Blood Pressure, Diabetes & Oxygen Presentation w/The Medicine Shoppe, 10 am – 12 pm
 7/11 Stay Healthy Caregiver Support Group, 1-2:30 pm
 JC Alumni Association – 50 Year Club, 1 pm
 7/13 Senior Picnic, 9 am – 3 pm
 Yo-Yo Demonstration, 11-11:30 am
 Ice Cream Sundae Bar, 12:30 pm
 Music by Southerntiersman Barbershop Chorus, 1 pm
 Book Club: The Power of the Dog by Thomas Savage, 3-4 pm
 7/21 Legal Aid (call for appt.), 9 am-12 pm
 7/23 Sat.,JC Carousel Day at CFJ Park, 11 am-4 pm
 7/27 Haircuts (call for appt.), 10-11:30 am
 7/27 Coop. Extension Nutrition and Cooking Class, 12:15 – 12:45 pm

VESTAL..... (607) 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

Monday: Hand and Foot Card Games, 9 am
Tuesday: Pinochle (new players welcome), 9 am
Wednesday: Knitting, 9:30 am; Sandwich Bar, 11:15 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

7/1 July 4th Celebration w/Music by Harmony Lane (call to reserve), 11:45 am
 Wear Red, White & Blue
 7/11 King High Card Game, 12 pm
 7/13 Be Red Cross READY Presentation, 11:15 am
 7/21 LCR Dice Game, 12 pm
 7/22 Pizza or Chef Salads (call to reserve), 11:30 am
 Bunko, 12 pm
 7/26 Vestal Senior Club Meeting, 12:15 pm
 8/3 Senior Picnic, 9 am – 2 pm

DEPOSIT..... (607) 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 – 11 am; Bingo, 1 – 2 pm
Thursday: Wii Bowling, 10:30 am – 12 pm

Special Activities

7/7 Candy Making & Chocolate Celebration for World Chocolate Day
 7/14 Craft Day: Bring in Your Own Project
 7/26 Philly Cheesesteak Day w/Musical Entertainment, 11 am

NORTH SHORE..... (607) 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 & Gardening, 10-11:30 am
Thursday: Wii Bowling, 10-11:30 am
Friday: GREED – Dice Game, 10-11:30 am

Special Activities

7/1 July 4th Celebration (call to reserve), 12 pm
 7/11 Blueberry-themed Refreshments & Conversation, 10 am
 7/13 Memory Maker Presentation, 10:30 am
 7/14 Chocolate-themed Refreshments & Conversation, 10 am
 7/20 Coop. Extension Nutrition & Cooking Class (call for time)
 7/21 Senior Picnic w/Music by Orange Blossom Special, 10 am – 2 pm

FIRST WARD..... (607) 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: Chair Yoga, 11 am (\$5); Penny Bingo, 12:30 pm
Tuesday: Knitting & Crocheting, 9 am; Shuffleboard, 9 am; Progressive Pinochle – Looking for New Players, 11:30 am; Int. Mah-Jong, 12:30 pm
Thursday: Sewing, 9 am
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

7/1 July 4th Celebration (call to reserve) w/July 4th Trivia, 12 pm
 7/7 Executive Board Meeting, 9:30 am
 7/11 Legal Aid (call for appt.), 9 am
 7/12 Balance Clinic w/Binghamton Univ. Dept of Phys. Therapy, 10 am-2 pm
 7/19 Coop. Extension Nutrition Ed. & Cooking Class, 12 pm

EASTERN BROOME..... (607) 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 9:30 am; 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; Wood Burning, 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 ahead to sign up), 9 am; Gentle Tai Chi, 9:30 am

Special Activities

7/1 July 4th Celebration Burger Bar (walk-ins welcome), 11:30 am – 12:30 pm
 Musical Entertainment, 12:30 pm
 7/6 Snowflakes in July w/James Baldwin, 12:30 pm
 7/7 Be Red Cross READY Presentation, 12:15 pm
 7/13,14 AARP Smart Driver Course (call to reserve), 3-7 pm
 7/14 Silver Birches Trip Day (call for information), 7:30 am departure
 7/20 "Page Turners" Book Club, 10 am
 7/25 Horse Racing w/Bonnie Hill, 10:30 am
 7/27 Memory Maker Presentation, 9:30 am
 Legal Aid (call to reserve), 9 am – 12 pm
 7/28 Coop. Extension Nutrition & Cooking Class, 12 pm
 7/29 Rainbow Table Raffle: Turquoise, 1 pm

Senior Center Closing

All Broome County Senior Centers will be closed on Monday, July 4th in observance of Independence Day.

Celebrating Nature in Poetry

Spring and summer have ignited the senses among our poetic readers who participated in the annual poetry contest. Last month, we announced the winner of our Barnes and Noble gift card drawing from this contest. This month, we are continuing to celebrate the creativity of those who have entered the contest by posting their poems. We will continue to publish poems from this contest in future editions of the *Senior News*.

ODE TO SPRING IN NEW YORK

Spring '22 Poetry Contest Contribution by Barbara

Spring has sprung, or so they say
The leaves are out, muds gone away
Pretty birds are singing their cheerful songs
But, darn, the sun don't stay out very long.

This time of year, when most things are new
Hope should be high while enjoying the view
I'm not really complaining about any bad luck
So what if there's floods and our rivers erupt

Things could be much better, or they could be worse
I could lose my car keys, or even my purse
It's not in my nature to weep or complain
These things may be serious, but high hopes still remain

So on with the yard work, the weeding and such,
I won't even scream, if a bug I do touch
I'll smile as I tremble, I won't show no fear
As they dive-bomb my head, and buzz round my ears..

With my spirits up high, I'll just sip a martini
And dream of July and my skimpy bikini
Put bad things behind me and look for the sun
OH NO... just now started snowing...UH OH, gotta run!

Spring & Summer to Me...

Spring '22 Poetry Contest Contribution by Sylvia

Rain & sun
That's how it's done,
Birds & Trees,
And a little breeze,
That is spring to me.

Flowers in bloom,
At night the moon,
The chirp of a bird,
In the morning can be heard,
That's summer to me.

The arrival of Spring.

Spring '22 Poetry Contest Contribution by Robert

The trees have stood with naked arms 'ore the winter's quarter year.
And now with April to them come scores of tiny little green buds,
Buds that are an inkling of the fullness of the trees having leaves.
And soon after the buds will cone the pink and white and yellow crocuses,
To be followed by the daffodils, tulips, and finally the many-colored Roses.
Mid-Summer gives us the Gladiolas, tall flowers that wave to us in the breeze.
Beauty such as this awaits us each and every year just for us to see.
But next, wearing a light jacket declares summer's over and autumn is here.
And soon branches will cast off their leaves and be naked against the sky.
Fear not, the beauty and pleasure that is only spring's will be back once more.
But for now, we can look to the sky and say that all is right within the world.

Writing Tip

Question: I would love to write a poem but don't know how to get started. Where should I begin?

Answer: Poems often capture sensory experiences, including what we see, hear, feel, taste, and smell. Start here and think small. Pick an object that invokes your senses, such as a vase of fresh flowers, a sliced orange, or a bird in a tree. Then, write the object in a notebook and put a circle around it. Around the circle, jot down your sensory experiences while observing the object. Examples from observing a vase of flowers would include:

- Seeing some flower petals wide open and some buds still closed tightly, while some fallen petals scatter around the base of the vase. This may remind you of the beginning, middle, and end of the life of a flower.
- Smelling roses, lilacs, etc. and capturing what the smell reminds you of. For example, a lilac may remind you of running barefoot in your grandmother's backyard as a child in early summer.
- Touching a petal and feeling the softness, or silkiness, as your finger glides across the surface.
- Feeling the prick of a rose thorn while admiring it's bloom, and then realizing that a rose can be beautiful and painful at the same time.

With these observations of your senses captured on paper, try turning each thought into the line of a poem. You can decide whether or not your poem lines rhyme. There is no right or wrong way! Get started, and then more tips will come in next month's paper on how to revise the lines you have drafted.

Medicare Annual Wellness Visit

Did you know that Medicare beneficiaries who are enrolled in Part B are eligible for an Annual Wellness Visit (AWV)? The purpose of the AWV is to create a personalized preventive health care plan but it is not a full physical. During your first Wellness Visit, your provider will discuss your health history, perform a health risk assessment, take routine measurements including height, weight and blood pressure, screen for depression and cognitive impairment, create a list of your medications and providers, and assess your ability to perform the activities of daily living (ADLs) such as bathing, toileting, feeding, and transferring. Your provider should provide health advice to promote wellness and a Preventive Services screening schedule. At your subsequent AWV, routine measurements will be taken, you will be screened for cognitive impairment, and your health history and screening schedule will be updated.

If you have Original Medicare, your AWV is covered in full if you receive the service from a participating provider. If you are enrolled in a Medicare Advantage plan, there is no charge if you use an in-network provider. However, if during your AWV your provider needs to investigate a new health issue that is considered diagnostic, your insurance may be billed for that service and you may be responsible for a copay and/or deductible. If you have questions about what is covered during the Annual Wellness Visit, discuss it with your provider. If you want unbiased assistance with Medicare, contact Action for Older Persons at (607) 722-1251 to make an appointment with a trained counselor.

 <p>Coughlin & Gerhart LLP ATTORNEYS AND COUNSELORS</p>	<p>1-877-COUGHLIN</p> <ul style="list-style-type: none"> • ESTATE PLANNING: Wills, Trusts, Powers of Attorney, and Tax Planning • ESTATE ADMINISTRATION: Probate & Administration, Judicial and Informal Accountings, Surrogate Court Proceedings, Estate Taxes • ELDER LAW: Basic Planning, Asset Preservation, Medicaid Planning, Living Wills and Health Care Proxies, Long-term Care, Guardianships, Planning Insurance, Medicare / Medicaid Advice
<p>Branch Offices In: Bainbridge Cortland Hancock Ithaca Montrose Owego Walton </p>	



Farmers' Market Coupons Available to Local Seniors

Farmers Market Coupons are vouchers that can be exchanged for produce at local farmers' markets. This program is meant to assist individuals who meet age and income guidelines in buying fresh produce from local farmers markets.

Eligibility requirements and voucher distribution sites are listed below.

You must meet the following guidelines to be eligible:

1. Provide proof of age (**must be age 60 or older**)
2. Be a New York State resident
3. Have a BC Office for Aging ID Card with you or fill out an ID application on site

AND

Meet the following income guidelines:

\$2,096/month (for a one-person household); Or
 \$2,823/month (for a two-person household); Or
 \$3,551/month (for a three-person household).

Please bring your Office for Aging ID Card. Proof of income is not required. All eligible individuals may receive one booklet per year.

Distribution Dates & Locations:

- 7/19 Broome West Senior Center, 9 - 10:30 am**
2801 Wayne Street, Endwell
- 7/20 First Ward Senior Center, 9 - 10:30 am**
226 Clinton Street, Binghamton
- 7/21 Johnson City Senior Center, 9:30 - 11 am**
30 Brocton St., Johnson City
- 7/22 North Shore Towers, 10:30 - 11:30 am**
24 Isbell Street, Binghamton
- 8/3 Vestal Senior Center, 9 - 10 am**
201 Main Street, Vestal
- 8/9 Northern Broome Senior Center, 9 - 10 am**
12 Strong's Pl., Whitney Point
- 8/11 Eastern Broome Senior Center, Noon - 1 pm**
27 Golden Lane, Harpursville
- 8/13 Broome County Regional Farmers Market, 9 am - 1 pm**
840 Upper Front Street in Binghamton

Laugh Break!

What dance was very popular in 1776?

Indepen-dance!

Hobbies: Good for Your Health

This summer, outdoor events, social gatherings, and hobbies are at your fingertips. Your favorite activities are not only fun — they may also be good for your health. Research shows that people who participate in hobbies and social and leisure activities may be at lower risk for some health problems. For example, one study found that participation in a community choir program for older adults reduced loneliness and increased interest in life. Another study showed that older adults who spent at least an hour reading or engaged in other hobbies had a decreased risk of dementia compared to those who spent less than 30 minutes a day on hobbies.

Research on music, theater, dance, creative writing, and other participatory arts shows promise for improving older adults' quality of life and well-being, from better cognitive function, memory, and self-esteem to reduced stress and increased social interaction. Even hobbies as simple as taking care of a pet can improve your health. According to a 2020 study, pet ownership (or regular contact with pets) was associated with better cognitive function, and in some cases, better physical function.

What can you do?

Look for opportunities to participate in activities. Get out and about by going to a senior center, sporting event, new restaurant, park, or museum. Learn how to cook or play a musical instrument. Consider volunteering at a school, library, home delivered meal program, or hospital to become more active in your community.

Most importantly, remember to enjoy the outdoors this season, and build your social calendar with upcoming events listed in this edition of the *Senior News*.

Reprinted from: <https://www.nia.nih.gov/health/what-do-we-know-about-healthy-aging#activities>

Memory Maker

Consulting, LLC

Spark joy and connection through creative expression with older adults, people living with memory loss, and their loved ones.

Join Art Educator Christina Muscatello from Memory Maker for an afternoon of movies, conversation, laughter, and nostalgia. Together, we will watch and discuss clips of classic films, letting cinema transport us through space and time. Christina will be available after the presentation to answer questions about how engagement in the arts can improve your brain health.

Mark your calendar for these summer presentation dates:

- North Shore Towers, Binghamton: Wednesday, July 13, 10:30 am
- Eastern Broome Senior Center, Harpursville: Wednesday, July 27, 9:30 am

To learn more about Memory Maker, call (607) 240-6204 or visit the website: www.memorymaker.me

Senior Center Luncheon Specials to Note for July

- 7/1 Eastern Broome, Harpursville: Burger Bar, 11:30 am
- 7/18 Broome West, Endwell: Breakfast for Lunch, 10:30 am
- 7/22 Vestal: Pizza or Chef Salads, 11:30 am
- 7/26 Deposit: Philly Cheesesteaks, 11 am
- 7/29 Northern Broome, Whitney Point: Lasagna Luncheon, 11:30 am

Please reserve your lunch one day prior by 12 noon by calling the center you wish to attend. Phone numbers located on Pages 10 & 11.

Feeling Hot & Thirsty? Think twice about what drink you grab.

By Kathleen Cook, Cornell Cooperative Extension Nutrition Educator

It's July, and you may be spending more time outdoors or just being more active. As you get thirsty you'll likely want to grab a cold drink, as well you should! But just what drink to enjoy is the question. Maybe re-think what you normally drink.

Take a moment to educate yourself on what ingredients are in the beverage. The nutrition facts label on containers will give you the information you need to make a healthy choice. The main ingredient to look out for is sugar. On the nutrition facts label, sugar is listed about half-way down under the larger heading of carbohydrates. Beneath that is dietary fiber, then sugar. You will find the total amount of sugar per serving and, below that, the amount of added sugar. Natural sugar is what is in a food before any processing. An apple, for example, is naturally sweet, but sometimes when it is made into applesauce more sugar is added in the process. That is the added sugar.

When you look at a beverage label most of the sugar is added. Some exceptions are milk and juice which do have some naturally occurring sugar. We don't often picture measurements in grams so much as in spoonfuls, so a way to know about how many spoonfuls of sugar are in a drink is to look for the number of grams listed and divide that amount by 4.

Here's an example: A 12-ounce can of cola contains 39 grams of sugar, which equals nearly 10 spoonfuls of sugar. The USDA recommends that you limit your consumption of added sugars to just 6 teaspoons per day! Too much sugar can cause tooth decay, weight gain, stomach problems and lead to chronic illnesses.

So, what to choose instead? Try unsweetened tea, seltzer water, and yes, water! Add chunks of fresh fruit, lemon or lime juice, or crushed mint or basil leaves to any of these for a splash of flavor and give yourself a refreshing healthy boost. Enjoy!

Sepsis: Understand it. Get Ahead of It.

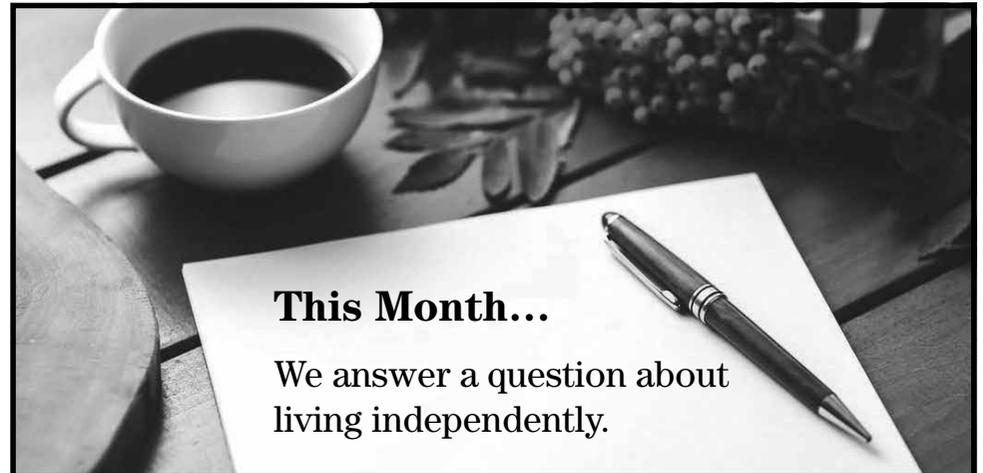
More than 1.5 million people get sepsis each year in the U.S. Understanding more about how this happens can help you and your loved ones stay ahead of it.

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

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

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

New Pinochle Players Welcome!
First Ward Senior Center, Binghamton
Progressive Pinochle is held on Tuesdays at 11:30 am.
Please join us.



Question: I want to remain in my own home for as long as possible, but my family worries because I live alone. There have been a few times that I have fallen or had a medical issue and needed some help. My family is concerned that this may happen again and I will not be able to get to the phone to call for assistance. What can I do to be prepared for a situation like this?

Answer:

It is very understandable that you and your family want to ensure your safety while you live alone in your home. A simple and convenient solution may be a Personal Emergency Response System, also referred to as PERS units. This device is intended to be worn around your wrist or neck, so it is always with you wherever you go. In the event of an emergency, you can push a button on the device to communicate that you need medical assistance.

There are various ways that PERS units are paid for:

- Private pay
- Grants through the Office for Aging (based on availability and financial qualification)
- Medicaid

PERS units have different features based on which device you purchase, including GPS capabilities (to identify your specific location) and fall detection. PERS units can also be set up to notify a family member prior to Emergency Services; this can be beneficial if you have concerns about whether to call an ambulance directly each time you press the button for help.

For more information on PERS units, please contact the Office for Aging at 607-778-2411.

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@broomecountyny.gov
- Write to us via postal mail at:
Broome County Office for Aging
PO Box 1766, Binghamton, NY 13902

Woodburn Court 1 Apartments

Senior Housing
21-23 Exchange St.
Binghamton, NY 13901
Call: (607) 723-7875

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If you have a disability and need assistance with the application process, please contact Jared at (607) 723-7875.



New York State Golden Park Program

If you are a New York State resident 62 or older, on Monday - Friday (except holidays), you can obtain free vehicle access to most* state parks, boat launch sites and arboretums and fee reduction to state historic sites and state-operated golf courses.

Simply present your currently valid New York State Driver License or New York State Non-Driver Identification Card at the park entrance. No application is required as your NY State Driver's License/Non-Driver ID Card serves as your pass. For locations with pay stations, please contact the facility directly for information.

For information about facilities where this program is valid, contact:

New York State Parks
Albany, New York 12238
518-474-0456
Website: <https://parks.ny.gov/parks/>

**Free vehicle access not valid at Walkway Over the Hudson, Earl W. Brydges Artpark, Lake Superior State Park, Fahnestock Winter Park, Mark Twain State Park, Soaring Eagles Golf Course & Ganondagan State Historic Site.*

Plan a Daytrip

Need a little more information on parks in our region so that you can plan your next daytrip? Use this list of state parks in central New York, and note the addresses and a descriptions of what makes each location unique:

Battle Island State Park

2150 State Route 48, Fulton, NY 13069

This popular 18-hole course lies adjacent to the Oswego River and offers golfers magnificent views from a number of its challenging fairways and greens.

Betty and Wilbur Davis State Park

133 Davis Road, Schenevus, NY 12155

This scenic park is blanketed by a forest of hardwoods intermixed with smaller areas of conifer plantation. The hilltop location provides expansive views to the south and west.

Bowman Lake State Park

745 Bliven Sherman Road, Oxford, NY 13830

Known as "a camper's paradise", Bowman Lake is comprised of scenic forests housing a multi-season trail system as well as its namesake lake, perfect for swimming and sunbathing.

Chenango Valley State Park

153 State Park Road, Chenango Forks, NY 13746

Chenango Valley is an ice age wonder featuring two glacial lakes. Offering a variety of wildlife, camping, and an 18-hole golf course the park has something for everyone.

Chittenango Falls State Park

2300 Rathbun Rd., Cazenovia, NY 13035

Glacial sculpted 400 million year-old bedrock is responsible for the park's picturesque 167 foot namesake waterfall. Enjoy the views offered by trails winding through the gorge.

Clark Reservation State Park

6105 East Seneca Turnpike, Jamesville, NY 13078

Clark Reservation is a geologic wonder of the last ice age and a botanist's paradise. The park features rugged cliffs, woodland and meadow, a wetland and a glacial plunge basin lake.

Delta Lake State Park

8797 State Route 46, Rome, NY 13440

Located on a peninsula extending into Delta Reservoir visitors can enjoy the many picnic areas, or hiking and nature trails. Boating, fishing, and camping are also available.

Gilbert Lake State Park

18 CCC Road, Laurens, NY 13796

Featuring a lake and three ponds in wooded, hilly terrain at the foothills of the Catskills the park offers swimming, camping, and hiking among their variety of outdoor activities.

Glimmerglass State Park

1527 County Highway 31, Cooperstown, NY 13326

Overlooking Otsego Lake the park's rolling, partially-wooded terrain is host to a wide variety of wildlife. The many trails offer picturesque views and a variety of wildlife.

Green Lakes State Park

7900 Green Lakes Road, Fayetteville, NY 13066

Green Lakes State Park features two glacial lakes surrounded by upland forest. The park also features an 18-hole golf course, as well as 10 miles of trails.

Oquaga Creek State Park

5995 County Route 20, Bainbridge, NY 13733

A 55-acre Arctic Lake located amidst rolling, wooded hills has a sand beach for swimmers, and great fishing for anglers. Camping is available as is a full service vacation rental.

Pixley Falls State Park

11430 State Route 46, Boonville, NY 13309

A picturesque 50-foot waterfall is the main attraction at this scenic park. It also features steep, wooded hills, mountain stream and a nature trail.

Robert V. Riddell State Park

Accessible off NY 28, north of I-88 from Riddell Road
Davenport, NY 13750

The park offers a many family-friendly passive recreational opportunities in the Susquehanna River Valley and is a preferred destination for hikers and outdoor enthusiasts.

Sandy Island Beach State Park

3387 County Route 15, Pulaski, NY 13142

The scenic dunes found at the park were formed by a giant inland sea that preceded Lake Ontario and is part of the only freshwater dune site in the northeastern United States.

Selkirk Shores State Park

7101 State Route #3, Pulaski, NY 13142

Overlooking a bluff on Lake Ontario the park offers Great Lakes swimming, fishing and spectacular sunsets. Boat launch sites as well as camping facilities are also available.

State Park at the Fair

New York State Fair
581 State Fair Blvd., Syracuse, NY 13209

While visiting the New York State Fair this summer, be sure to stop at the State Park at the Fair and sample some of the programs in an oasis-like park setting around the reflecting pool.

Verona Beach State Park

6541 Lakeshore Road South
Route 13
Verona Beach, NY 13162

Located on the eastern shore of Oneida Lake the park is a picnicker's and camper's delight. Shaded picnic areas and the campground boast a view of the park's scenic beach.



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.

During the Pandemic we are trying our best to avoid menu changes. On occasion there may be a last-minute change. We apologize for the inconvenience.					<i>4th of July Party!</i> Pub Style Fish 7/1 OR Pub Burger Baked Beans Garden Salad Eclair
Centers Closed in Observance of Independence Day 4	Macaroni & Cheese 5 Stewed Tomatoes Spinach Fruit Cup	Baked Ham OR Herbed Pollack 6 Seasoned Diced Potatoes Cut Green Beans Applesauce	Beef Stroganoff Over Noodles 7 Cauliflower w/Parsley Blueberry Muffin	Rotisserie Chicken OR Breaded Fish 8 Baked Potato Cottage Cheese Pineapple	
Pierogies w/Kielbasa 11 California Blend Vegetables Chocolate Chip Cookie	Cheesy Lasagna Bake 12 Italian Green Beans Garden Salad Fresh Watermelon	Chicken Salad Croissant 13 Harvest Vegetable Soup Pineapple Upside Down Cake	Roast Turkey 14 Bread Dressing Italian Blend Vegetables Peaches	Chili Orange BBQ Chicken OR Tuna Salad 15 Baked Beans Tomato Cucumber Salad Pears	
Baked Ziti Parmesan 18 Sausage Florentine Soup Grape Juice Banana	Liver w/Onions Roasted Chicken 19 Mashed Potatoes French Cut Green Beans Tapioca Pudding w/Mandarin Oranges	Chicken Florentine OR Grandma's Meatloaf 20 Brown Rice Pilaf Winter Squash Strawberry Shortcake	Turkey & Provolone on Marble Rye 21 Three Bean Salad Applesauce	Chicken Marsala OR Citrus Rubbed Pollack 22 Buttered Noodles California Blend Vegetables Pineapple	
Beef Burgundy Over Noodles 25 Carrots Carnival Cookie	Meatball Sub 26 Minestrone Soup Garden Salad Mandarin Oranges	Roast Turkey Or Halupki 27 Mashed Potatoes Cut Green Beans Ice Cream Cup	Rosemary Chicken 28 Seasoned Diced Potatoes Winter Squash Chocolate Brownie	Sloppy Joe OR Pub Style Fish 29 Three Bean Salad Grape Juice Orange Cranberry Bar	

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



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Subscribe to the Senior News to make sure you don't miss out on important information, events and programs for seniors in Broome County! Direct-mail subscriptions are available at a suggested contribution of \$12.00 per year. Subscribe yourself or get a subscription for a friend or family member! Call the Office for Aging at (607) 778-2411 to learn more.



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

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

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

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