



Visit Our Website at www.gobroomecounty.com/senior



Give Back on Giving Tuesday - Your Donation Helps Others

You've probably heard of Black Friday, Small Business Saturday, and even Cyber Monday, but have you heard of Giving Tuesday? Giving Tuesday is observed each year on the first Tuesday after Thanksgiving. After kicking off the holiday shopping season, we are encouraged to think of how we can help others by making a charitable donation.

In honor of Giving Tuesday, please help us keep seniors healthy, safe and independent! Limited resources prevent us from helping more seniors. Please consider making a donation to help others in the community. Your donation will go where there is the greatest need, or you can choose how you would like it to be used. We do the rest!

- Your \$20 donation assists 6 seniors with transportation.
- Your \$50 donation supports a 5-day delivery of Meals on Wheels along with a daily safety check.
- Your \$100 donation provides 4 hours of respite care to give a caregiver a break.

To Donate, Please Print:

Name (s) _____ Phone _____
Address _____

If you wish, you may designate which program receives your generous donation:

- Use where most needed
- Caregiver/Respite Services
- In-Home Services
- Personal Emergency Response System
- Senior Bus Transportation
- Senior Meals
- Social Adult Day Program

Please make your check payable to: Broome County Office for Aging

GIVING TUESDAY

CLIP AND RETURN THIS COUPON WITH YOUR DONATION TO:

Broome County Office for Aging, Attn: Fiscal Department
P.O. Box 1766, Binghamton, NY 13902

OR, MAKE A CONVENIENT DONATION ONLINE:

Visit www.gobroomecounty.com/senior. At the bottom of the page, under "Make Contributions or Donations Online," click the icon that says, "Click to Pay Now." Please note that you will be charged a small service fee when donating online.

THANK YOU! All donations are greatly appreciated!

National Family Caregivers Month 2020: "Caregiving in Crisis"



Please join the Office for Aging in celebrating National Family Caregivers Month in November. Recognizing the critical role of family caregivers who provide essential support to aging relatives and friends, the Office for Aging has been delivering quality assistance and support to family caregivers for 45 years.

The Office for Aging Caregiver Services staff helps caregivers with both practical needs and with the emotional demands of caregiving—just call Broome County Office for Aging at (607) 778-2411. Assistance may include:

- one-on-one consultations
- referrals to community services
- caregiver chat groups
- respite options—to give caregivers a needed break
- access to the Caregiver Resource Center for its valuable written materials
- a newsletter, Caregiver Corner, full of educational articles to help caregivers
- monthly educational workshops
- help arranging services that will keep loved ones as independent as possible
- assistance understanding the costs of formal care

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

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

Like Us! Follow Us!

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

 Like our Facebook page:
www.facebook.com/BroomeCountyOfficeForAging/

 Follow us on Twitter:
<https://twitter.com/BroomeCountyOFA>

Drive Thru Thanksgiving Luncheon at Senior Centers

Pick up a traditional Thanksgiving dinner to-go with all the fixings and a slice of pumpkin pie on Wednesday, November 18 around 12 noon at a participating Broome County Senior Center.

To-go meal reservations must be made by 12 noon on November 17 by calling the center where you wish to pick your meal up. Phone numbers for local centers may be found on page 10 of this paper.

The suggested contribution for this holiday meal is \$3.50 for those age 60+ and spouse of any age. For those under age 60, the charge is \$4.50. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.

Pan-Fried Brussels Sprouts with Walnuts, Cranberries and Blue Cheese Try a colorful side-dish loaded with vitamins and fiber!

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

One of the best ways to keep yourself healthy is to eat a variety of foods every day. For your snacks, try to incorporate two or more food groups, and three or more food groups for meals. If you make a point to include a fruit and/or vegetable every time you eat, you're more likely to get the vitamins and minerals needed for good health.

Here's a delicious and colorful recipe that is both nutritious and tasty:

Pan-Fried Brussels Sprouts with Walnuts, Cranberries and Blue Cheese

This dish gives you a vegetable, a fruit (cranberries), protein(walnuts), and a bit of dairy in the crumbled blue cheese. If you haven't been a fan of brussels sprouts, I am happy to share with you that they taste very different depending on how they are prepared. Roasting in a hot oven (~425 degrees) or sautéing them gives them a nuttier, sweeter taste than if you were to boil them, and of course, they are crisp and crunchy when eaten raw shredded or sliced thinly into a salad.

Brussels sprouts are high in vitamins A and C, which are good for healing cuts, fighting colds, and boosting your immune system. They also have fiber, some potassium and folate. The cranberries in this dish are also high in vitamin C, and walnuts are considered a food good for brain health and memory.

Ingredients:

- 1 lb. brussels sprouts, washed and cut in half
- a scant amount of oil for the pan
- ¼ cup chopped walnuts
- ¼ cup dried cranberries
- 1 tablespoon real maple syrup
- 1 tablespoon balsamic vinegar
- 1 ounce crumbled blue cheese (feta may be substituted)
- salt & pepper to taste

Directions:

- Place brussels sprouts into a lightly oiled skillet.
- Add a little salt and cook about 10 minutes – until tender. You should be able to put a fork into each piece easily.
- Next, stir in dried cranberries, chopped walnuts, balsamic vinegar, and maple syrup. Stir well to make sure everything is coated well and cook for about another 3 minutes.
- Remove from heat and place in a serving bowl.
- Top with a few spoonfuls of crumbled blue cheese and serve!

Delicious, colorful, filling, and nutritious!



Caregiver Chat

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

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

Date: Monday, November 2

Time: 1:00-2:30 PM

To Join the call:

Dial: (607) 778-6547

Meeting Code: 2187 #

Attendee Access Code: 123456#

The Wayne Street Caregiver Chat uses the Zoom platform:

Date: Wednesday, November 18

Time: 9:30-11:00AM

Zoom address: <https://broome.zoom.us/j/97041617223?pwd=aHUIZlhFLIVQSDhybjlDSGsxenRkZz09>

ID is: 2152617450

Password: 037464

Does the Cost of Heating Your Home Have You Saying "Brrrr?"

HEAP, the Home Energy Assistance Program, may be able to help. HEAP is a federally funded program which helps pay the cost of home heating for households that meet income guidelines. A one-person household can have gross monthly income up to \$2,610 and a two-person household can have monthly income up to \$3,413 (larger households have higher limits). The heat source can be natural gas, fuel oil, kerosene, propane or bottle gas, coal, corn, wood/wood pellets, or electric heat from a participating vendor in Broome County.

The 2020-2021 Regular HEAP Program opens on November 2, 2020, and is scheduled to close on March 15, 2021, or when funds are exhausted. If you are age 60 or over and do not receive SNAP or Temporary Assistance or if you receive SSI or SSD disability income, call Office for Aging to request an application at 607-778-2063. If you are under age 60, call Department of Social Services at 607-778-1100, extension 8, for an application.

If your primary heating equipment is inoperable, unsafe or needs repairs or replacement, the HEAP Heating Equipment Repair and Replacement Program may be able to help if your household is income eligible. There is also a HEAP Clean and Tune program for a homeowner's primary heating equipment. To apply, call the Department of Social Services at 607-778-1100, extension 8.

Additional information on these and other energy assistance programs can be found at: <https://otda.ny.gov/programs/heap/>



Zoom Downsize & Declutter Discussion

Like it or not, the quarantine forced us to assess the clutter in our homes. Now Zoom provides a chance to share our progress and challenges. Join the upcoming Zoom Downsize and Declutter meeting with Joan, Jo Ann & Lida on Tuesday, November 10 at 3 PM.

For this video program, you will need access to the internet if you would like to join us on video. An email address is also helpful (but not necessary) so that we may email invitations to you in advance. For those who do not have internet access, a call-in option will be available so that you can join the conversation on a basic phone line.

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

Scam of the Month

Vehicle Warranty Scam Call

More and more we are hearing about the vehicle warranty scam. This scam involves a caller who states that the warranty on your vehicle is expired. The caller offers to extend this warranty. At times, these scammers may even know what kind of vehicle you drive. These calls are often pre-recorded and direct you to push buttons to receive more information. This is when you will be asked to provide your personal information. As a reminder, you should never provide your personal information to someone over the phone if you did not specifically reach out to them, as they may not be who they say that they are.

If you have questions about your vehicle's warranty, contact the manufacturer or a local dealership.

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.



Caregiver Event

Caregiving During COVID-19: Ways to Obtain Respite, Support and Keep Your Loved One Engaged!

Date: Wednesday, November 18

Time: 2:00-3:30 PM

Location: Zoom Platform

Presented by: Judy Bobinski, Caregiver Specialist, Broome County Office for Aging; Shellie Spinelli, Aging Services Coordinator, Yesteryears Social Day Program; Jane Talbot, Action for Older Persons Health Insurance Counseling Program

No doubt we're living in challenging times, with social distancing and orders to stay home. Respite is a period of rest or relief. For those who give constant care, whether it is for an aging parent, an ill relative or for a disabled individual, respite care can be very welcome indeed. Also important is finding ways to keep the one you're caring for as active and engaged as possible while confined at home. Last, knowing how to pay for care is an important consideration for caregivers, especially if private paying may prove difficult.

Attend this presentation to learn what's available to support both you and the one you're caring for during the pandemic.

Judy's presentation will discuss in-home helper options that are available to take over some of the tasks and duties that you perform for your loved one. Her presentation will also include grant-based programs that are available through Office for Aging to provide in home care. Shellie's presentation will provide tips, hints and activities that will help stimulate and keep the one you're caring for engaged in the home environment. Jane will discuss additional ways to pay for care in the home.

Pre-registration is required; please call Caregiver Services at (607) 778-2411.

Did You Know?

Yellow Dot Program

Do you have a medical condition that would be important for first responders to know about if you were in an accident? Yellow Dot is a free program designed to help first responders provide life-saving medical attention after a crash or other emergency. A Yellow Dot, placed in the rear window of your vehicle, will alert first responders that vital medical information is stored in the glove compartment. Yellow Dots can also be placed on a front door of a residence and the vital medical information can be in the residence on the refrigerator.

To request a Yellow Dot, call the Office for Aging at (607) 778-2411 to have one mailed to you.

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10 Tips for Family Caregivers

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

Source: Caregiver Action Network / www.caregiveraction.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 11

| | | | | | | | | |
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| | | | | | | | | 2 |
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| | | 3 | | | | | | 5 |
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| | | | 9 | | | | 2 | |
| 4 | | 8 | 5 | | | 3 | 6 | |

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Service to Others



Broome County resident Bruce "Rezz" Ressler recently returned from a two-week deployment with the American Red Cross in southeast Texas, in response to Tropical Storm Marco and Hurricane Laura. During this deployment, Rezz traveled with a team of six volunteers to various shelter sites throughout southeast Texas. There, he helped set up shelters and serve meals to evacuees. He also spent some of his time there working in the disaster response warehouses, delivering food, water, and necessities to shelters.

Volunteering is nothing new to Rezz. "Service to others" has been Rezz's life's motto for as long as he can remember. He retired from Federal Government service in 2018 in Tokyo, Japan, and relocated to the Chenango Bridge area, where he quickly found ways to use his time and talents to help others. He started volunteering for Binghamton Meals on Wheels. He has also volunteered at local senior centers as a travel lecturer, sharing the knowledge he gained over the course of his military career. Rezz is very involved with the American Red Cross and is always on stand-by, ready to be deployed should a national disaster strike. He volunteers with the Red Cross Support to Armed Forces Program, where he makes follow-up phone calls for those who are entering military service or going on deployments, and with the Hero Care Network, which assists military families.

When asked what is in it for him, Rezz replies simply, "Service to others."

If you would like information on how you can use your skills to help others in our community, call the Office for Aging at (607) 778-2411.

Thank You for Your Service!

The Office for Aging will be closed on Wednesday, November 11, in observance of Veterans Day. Drive-thru meal service at Broome County Senior Centers will be unavailable on this day.

"BE WELL EVERY DAY" TESTIMONIAL WINNER

In the September edition of the Senior News, our "Be Well Every Day" calendar offered a different activity to try each weekday to help keep you healthy, active and happy. Activities included making a gratitude list, trying a new recipe, going on a nature walk, and more. Those following this calendar were also encouraged to submit a testimonial of a positive experience they had over the course of the month. Everyone who submitted a testimonial was entered into a drawing to win 2 complimentary to-go meal tickets to a Broome County Senior Center drive thru.

Congratulations to our testimonial winner, Philip from Binghamton! Philip wrote of his September nature walks:

"I often enjoy going on a "nature walk" in the heart of the City of Binghamton along our beautiful "River Walk." Between the Memorial Bridge and the Court Street Bridge is a paved lane which at one point runs right along the east bank of the Chenango River. It's wonderful to see the red-winged blackbirds, ducks and geese, as well as occasional gulls and herons. Woodchucks, too, and just recently, monarch butterflies. It's a chance for me to escape from the world for a few minutes and refresh my soul!"

While we continue through the change of seasons this year, remember to add small opportunities to your day to do something meaningful for yourself and others. As Charlie Brown once said, "Keep looking up. That's the secret of life!"

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Health and Wellness Opportunities
With the Broome County Office for Aging

Though local senior centers remain closed for in-person activities due to the Pandemic, there are other convenient ways that you can be part of exercise programs and workshops. Getting involved is easy because you can participate from home. So consider one of these opportunities and invite your family and friends to join along with you.

Because our programs will be shared remotely using either postal mail, computer or telephone access, you can look for these symbols next to our activities to understand how that program will be offered:

-  **Postal Mail Program:** You can receive printed materials for this program by postal mail, delivered to your home address. You will not need internet access or a phone line to participate.
-  **Zoom Program:** For this video program, you will need access to the internet at home, and either a smartphone, laptop, tablet, or computer. An email address is also helpful (but not necessary) so that we may email invitations to you in advance. Where noted, some Zoom programs offer a call-in option for those who do not have computer and internet access.
-  **Phone Program:** You will only need a basic phone line to access this program. No computer or internet access is necessary to join.
-  **Facebook Program:** Facebook access is encouraged for this program but not required. You are invited to visit the Office for Aging Facebook page for updates at <https://www.facebook.com/BroomeCountyOfficeForAging>. Anyone who chooses not to use Facebook can still participate and have a great experience.



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 Sofia at the Office for Aging at (607) 778-2115 to receive a printed at-home exercise booklet through the mail. The booklet will include activities with picture demonstrations so that you can follow along 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 Monday through Thursday, 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 Sofia at (607) 778-2115 or email Sofia.Rittenhouse@broomecounty.us.



Living Healthy Telephone Workshops for Chronic Disease Self-Management Wednesdays, November 11 through December 16

An SMRC Evidence-Based Self-Management Program originally developed at Stanford University

Do you have a chronic health condition or care for a loved one with a chronic condition? Living Healthy Workshops can help you take charge of your life and better manage conditions such as diabetes, heart disease, chronic pain and more. Workshops are free of charge, and all participants will receive complimentary class materials, including a Living a Healthy Life workbook and relaxation CD.

This workshop will meet by phone each Wednesday from November 11 through December 16, for a total of six phone sessions. Participants may choose either a morning or afternoon call time, as space allows.

Advanced registration is required by November 9. To find out more about the call schedule and sign up, please call Sofia at (607) 778-2115.

Living Healthy is the local implementation of the Chronic Disease Self-Management Program of the Self-Management Resource Center. To learn more visit www.selfmanagementresource.com Peer leaders have completed approved training.



Preventing Falls this Winter While Staying Active Tips Available Every Friday on Facebook in November

Moving across snowy, icy and wet surfaces can increase our risk of falling, especially if we enjoy outdoor activities during the winter months. The good news is that many falls are preventable, and this can help us avoid injuries and trips to the Emergency Room.

Check our Senior Games Facebook page every Friday in November for tips on how you can prevent a winter-weather fall and move more confidently outdoors this season. Just visit us at: <https://www.facebook.com/broomecountyseniorgames>



"Move through Winter" Challenge Monday, November 2 through Friday, January 29 With Optional Zoom Chat on Fridays, 10-10:30 am

With blustery winter temperatures right around the corner, it can be difficult to continue our favorite outdoor exercise routines. Consider joining the "Move through Winter" Challenge at the Office for Aging, and form a personalized indoor activity plan for winter that feels achievable! Just remember to consult your healthcare provider before joining this or any new exercise program.

Here's how it works:

- **Get Tips on Ways to "Move When You Can, Where You Can":** You'll receive information on creative ways to move and be active inside your home. Pick from a variety of options, such as:
 - joining our Zoom chair exercise classes or requesting a print copy of our at-home exercise program booklet
 - walking around your home with a daily step goal
 - finding an exercise video to follow along with in your living room
 - riding a stationary bike and trying a virtual biking trail on YouTube
- **Make Your Own Weekly Wellness Plan:** Form your own weekly exercise goal that will work best for your lifestyle. You will be encouraged to write out your plan and chart your progress throughout this challenge.
- **Push Past the Stumbling Blocks:** If you run into an obstacle along the way such as a busy schedule, you'll receive ideas on how to make adjustments and still keep active.
- **Give Your Hearty Winter Recipes a Makeover:** Consider reducing added sugar, calories and fat by giving your favorite winter recipes a healthy makeover. You'll receive tips to make meals more nutritious as you winterize your pantry and start enjoying more hot soups, stews, casseroles, and more.
- **Celebrate Your Success With Us Each Friday:** Each Friday from 10-10:30 am, you are invited to a Zoom check-in with the Office for Aging to share your progress, get encouragement, and celebrate your weekly success! Participation in the Zoom check-in is not required, so you can still enjoy this challenge even if you do not join us over a Zoom video.

To Sign Up and Enter the Prize Drawing:

- Just ask your local Senior Center Site Supervisor for a packet to sign up, or call Sofia at (607) 778-2115.
- When the challenge ends on January 29, enter to win our prize drawing by sending in a short testimonial to the Office for Aging: Broome County Office for Aging, PO Box 1766, Binghamton, NY, 13902, Attn. Sofia. Or, send your testimonial by email to: Sofia.Rittenhouse@broomecounty.us.

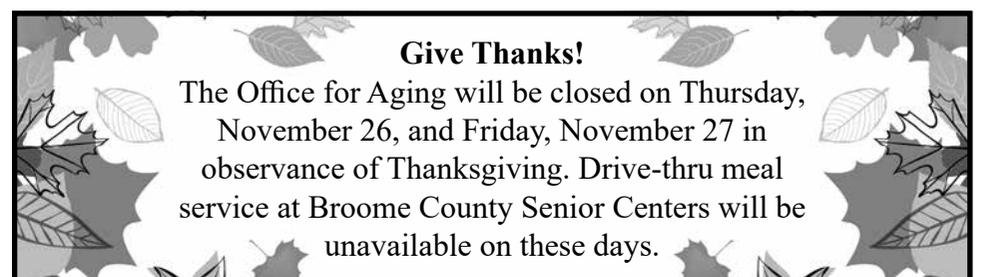


Zoom Telehealth Education Presentations with

BINGHAMTON UNIVERSITY | DECKER SCHOOL OF NURSING | SOUTHERN TIER TELEHEALTH CENTER

Binghamton University students are offering 30-minute Zoom educational presentations on wellness topics for healthy aging. If you do not have access to the internet, a phone number will be provided so that you may call into these presentations with a basic phone line.

To obtain more information on November's presentation schedule and to sign up, please call Sofia at (607) 778-2115 or email Sofia.Rittenhouse@broomecounty.us.



Celebrating Thanksgiving Safely Information from the Centers for Disease Control (CDC)

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.

Lower Risk Activities

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Moderate Risk Activities

- Having a small outdoor dinner with family and friends who live in your community
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

Higher Risk Activities:

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19.

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household

If you participated in higher risk activities or think that you may have been exposed during your celebration, take extra precautions for 14 days after the event to protect others:

- Stay home as much as possible.
- Avoid being around people at increased risk for severe illness from COVID-19.
- Consider getting tested for COVID-19.

If you develop symptoms consistent with COVID-19, such as fever, cough, or shortness of breath, or if you test positive for COVID-19, immediately contact the host and others that attended the event or celebration that you attended. They may need to inform other attendees about their possible exposure to the virus. Contact your health care provider and follow the CDC-recommended steps for what to do if you become sick, and follow the public health recommendations for community-related exposure.

If you are waiting for your COVID-19 test results, stay home until you have a result, and follow the CDC's guidance to help stop the spread of COVID-19.

If you have been diagnosed with COVID-19, a public health worker may contact you to check on your health and ask you who you have been in contact with and where you've spent time in order to identify and provide support to people (contacts) who may have been infected. Your information will be confidential.

If you are notified that you were a close contact of someone who tested positive for COVID-19:

- Stay home for 14 days from the last time you had contact with that person.
- Monitor for symptoms of coronavirus.
- Get information about COVID-19 testing if you feel sick.

For more information on how to safely celebrate holidays, visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>



Good Afternoon Broome Let's GAB

Social Connection Telephone Program for Older Adults

Sponsored by: The Retired & Senior Volunteer Program (RSVP)
Call RSVP for information/registration at: 607.729.9166

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

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

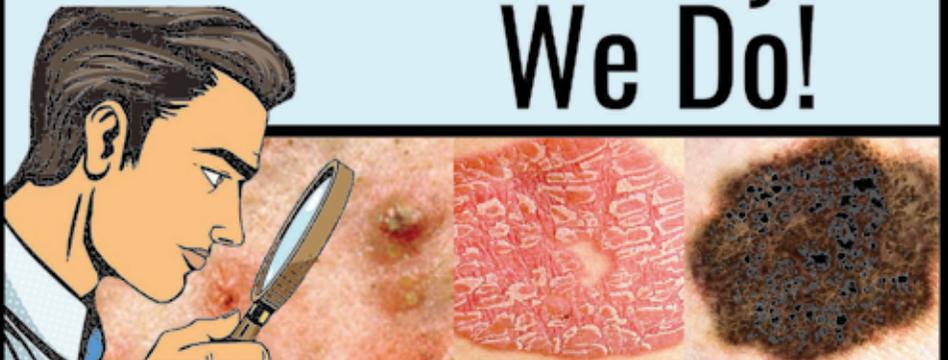


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We welcome all pet types – furry, scaly, feathered.

Only one photo of one pet per person, open to all people 55 years and older. Photos with humans in them will not qualify for the contest. Please, **no professional photos or photos which have been edited** (such as with digital photo software).

Photos can be submitted the week of November 16 through November 20, 2020. At the end of that week, 10 photo entries will be randomly selected and posted on the Broome County Office for Aging Facebook page between November 23 and December 2, 2020

To vote for your favorite photo, "Like" it on Facebook. The photo with the most Likes by the end of December 2 will receive a prize.

To enter the Cute Pet photo contest, send us a picture of your pet by mail, email or Facebook message.

Send photos to: Broome County Office for Aging, 60 Hawley Street, PO Box 1766 Binghamton, NY 13901 (please note that photos cannot be returned)

OR Email to ofa@co.broome.ny.us with "Cute Pet Photo Contest" in the subject line

OR Send Broome County Office for Aging a Facebook message with a photo of your pet

Just For Laughs
Why can't you place the Thanksgiving turkey next to the pumpkin pie?
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Senior Helpers Program Can Assist Family Caregivers

November is National Family Caregivers Month, a time to recognize and honor family caregivers across the country. One of the most important jobs is that of a family caregiver, someone that looks after another person in need of care and supervision in the home. Often the caregiver is a spouse, parent, sibling, or friend who provides support in every possible way: emotionally, physically and at times financially. Caregiving is not an easy job for the people that are providing the care whether it is preparing meals, bathing, shopping, cleaning or just being there for a loved one.

The Senior Helpers Program at the Broome County Office for Aging can assist a caregiver in many ways.

The Senior Helpers Program matches workers who are Broome County residents ages 55 and older with individuals who need to hire help. Jobs can be short or long term and range from simple tasks to long projects. Workers with skills in personal care and companion service can help with bathing and grooming. Personal care workers make it possible for seniors to live independently in their homes and provide much needed respite for the caregiver. Sr. Helpers can also assist with general chores like grocery shopping, meal preparation, and transportation to appointments. In addition, as the seasons change a Senior Helper can also provide assistance with outdoor work including: mowing, yardwork, and raking leaves.

For over forty years the Senior Helpers Program (formerly GROW) has been providing the community with workers available for private hire who are skilled at performing jobs large and small.

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4 Things to Know When Taking a Loved One to the Doctor During COVID-19: Caregivers need to be aware of new policies and procedures

by Barbara O'Dair, AARP

Allen Neylon lives in Brick Township, New Jersey, with his wife, Mary Beth, who has Alzheimer's. Last spring, when New Jersey COVID-19 hospitalizations were spiking, Neylon took his wife to the hospital to get some worrying symptoms checked. "I wasn't allowed to go in with her," he says, so a nurse met him outside to get information. Neylon told the hospital staff that Mary Beth had dementia. But once she was inside the facility, "they took everything she said as gospel," he says — and did not verify what she said with him. "Later, they said they didn't know my wife had dementia. They thought it was vertigo." It was traumatic for his wife, Neylon says, "and it was ripping my heart out because I [couldn't] do anything" for her.

Restrictions for visitors, including caregivers, have eased since the spring, and exceptions are made more readily, according to doctors around the country. Still, helping older loved ones navigate their health care under COVID-19 precautions and restrictions can be complicated.

The first order of business? "Know the rules. Don't show up at the door surprised," stresses J. Allen Meadows, an allergist in Montgomery, Alabama, and president of the American College of Allergy, Asthma, and Immunology.

Here are four other things to keep in mind as you plan doctors' appointments.

Is the appointment needed right now?

As many doctors' offices reopen, some caregivers of older Americans may be tempted to schedule a slate of routine appointments. But while health care practitioners struggle to return to normal, even with precautions in place, many of them are holding off on scheduling nonurgent visits. At present, "most doctors don't advise patients to come into their office for routine follow-ups," Meadows says. But, he adds, "If you have an urgent issue, go see your doctor."

What is urgent? If your loved one is experiencing life-threatening or harmful symptoms that need to be immediately addressed — difficulty breathing, acute injury or chest pain — bring them to an ER or urgent care center at once. For concerning symptoms that don't require a visit to the ER, call their health care provider, who can decide if the patient should be seen. "Depending on [the patient's] risk factors such as age and comorbidities, a discussion with [their] physician is critical before delaying any treatment," says Ramin Fathi, a Phoenix dermatologist and Mohs surgeon at Phoenix Surgical Dermatology Group, who treats skin cancer patients. "Some skin cancers are slow-growing and asymptomatic," he says, "and others are aggressive and life-threatening and need to be addressed sooner rather than later."

The doctor makes the call on how quickly to attend to an issue. Last spring, dentist Arthur Yeh, who runs his own practice in Bloomfield, New Jersey, saw only patients who "were experiencing swelling, pain, or difficulty eating or chewing," he says. He would treat them alone in his office to limit the risk of COVID-19 infection. The American College of Surgeons has issued a useful guide for more details on what to see the doctor about and what can wait.

What is the office's visitor policy?

If the doctor suggests you bring your loved one to the office, check its visitor policy before you go. In the time of COVID, policies are stricter. "Currently, we only [allow] scheduled patients in the office," Yeh says. "With older patients, we make exceptions for their caregivers as needed, but we also ask that, once the patient is seated, the caregiver go back to wait in the car." At the Montclair Breast Center in Montclair, New Jersey, policy changes include keeping friends or family outside the building. It's the same at the Santa Barbara Women's Imaging Center in Santa Barbara, California, which "discourages non-patient people from entering the office." Says Brian Jenkins, director of marketing at the center, "We recommend that caregivers wait in the car or outside the building" while the patient is in the waiting or exam room.

Hospitals also tightened their regulations for visiting caregivers. "Early on [in the pandemic], there was a concern that caregivers could be a source of transmission into the hospital, which meant they couldn't accompany sick family members," says Sam Torbati, an emergency care physician and co-medical director of the Ruth and Harry Roman Emergency Department at Cedars-Sinai in Los Angeles. "Now that we have a better understanding of COVID-19 and [personal protective equipment], and we have universal guidelines around screenings, we're in a better place to allow for more visitation and family."

Carol Jones, chief nursing officer at Morristown Medical Center in Morristown, New Jersey, part of the Atlantic Health System, says that when caregivers were required to wait in the car at her hospital, the center's medical team took over to provide extra care for both admitted patients and outpatients. "[We] had to become the eyes and ears of the patient and communicate with family," Jones says.

Still, many medical facilities, Morristown included, made exceptions for caregivers who could not be replaced, Jones says. "The medical team would ask, 'Is this [caregiver] needed by the patient?' When a caregiver felt strongly, we would weigh the pros and cons and make a decision. Some adults or adult children who are caregivers to a compromised patient ... if they're caring for [their older loved one] around the clock at home, they can be with us as long as they're respectful of our rules."

How is the office or center taking precautions against COVID-19?

Right now, in most health care facilities, including imaging centers, doctors' offices, hospitals with outpatient services, ERs and labs, vigorous facility cleaning and sanitizing, universal masking, physical distancing and hand sanitizing are the norm. Patients are almost always met at the door with a thermometer and a COVID-19 questionnaire. Preregistering for appointments is encouraged at the Santa Barbara Women's Imaging Center, a practice that cuts down on time spent in the waiting room. Special precautions used at other medical facilities include removing magazines, as Fathi's dermatology office has done, to protect against the risk of virus transmission, and asking that all patients use a special rinse before their dental exams, as does Yeh. He wears an N-95 mask, usually with another surgical mask on top of it, a full-face shield and a full protective gown, and his staff is protectively dressed as well.

In addition to installing medical-grade air purifiers in the office, Yeh uses a fogging machine that sprays a compound of salt and vinegar called hypochlorous acid into the air. The compound bonds to viral particles in the air and destroys them, says the dentist, who mists the ceiling of every room with it himself.

How should you prepare for an in-person appointment?

Both caregiver and patient should wear a mask and arrive on time. When you call to make the appointment, ask this simple question: If the visit is a preamble to a scheduled surgery or procedure, does the patient need a COVID-19 test? Today, a test is often required two to four days before the procedure and is usually administered in the office.

If your older loved one's present health care need is not urgent but pressing, it will help everyone to bring along a couple of important documents. One, a list of medications — names, dosages and frequencies, Jones says. (You should also note the number of refills left.) Second, a medical history that includes symptoms, dates and durations can also be useful, not only in filling out the COVID-19 questionnaire but also to get more value out of the appointment. A list of questions for the doctor is also useful.

In addition, "the caregiver should know the names and numbers of the patient's other health care providers," Meadows says. "Especially for a patient with, say, memory problems, it's important that the caregiver have on hand the contact information for, say, a dermatologist or gastroenterologist."

What to leave with when the appointment is over? Fathi recommends that you 1) make sure all of your or the patient's questions have been answered, 2) review the instructions for home care provided in the treatment plan, and 3) schedule the next appointment if a follow-up is required. Cedars-Sinai hospital has an informational sheet that suggests how to prep for an appointment and what to expect at your next one.

Article originally published by AARP, August 17, 2020

Senior Center Contact Information

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

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27 Golden Lane, Harpursville, NY 13787

FIRST WARD..... 729-6214

226 Clinton St., Binghamton, NY 13905

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790

NORTHERN BROOME..... 692-3405

12 Strongs Place, Whitney Point, NY 13862

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

VESTAL..... 754-9596

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



Coping with Caregiving Take Care of Yourself While Caring for Others

It can be a labor of love, and sometimes a job of necessity. Millions of Americans provide unpaid care for someone with a serious health condition each year. These often-unsung heroes provide hours of assistance to others. Yet the stress and strain of caregiving can take a toll on their own health. National Institute of Health (NIH)-funded researchers are working to understand the risks these caregivers face. And scientists are seeking better ways to protect caregivers' health.

Many of us will end up becoming or needing a caregiver at some point in our lives. Chances are we'll be helping out older family members who can't fully care for themselves. Caregiving responsibilities can include everyday tasks, such as helping with meals, schedules, and bathing and dressing. It can also involve managing medicines, doctor visits, health insurance, and money. Caregivers often give emotional support as well.

People who provide unpaid care for an elderly, ill, or disabled family member or friend in the home are called informal caregivers. Most are middle-aged. Roughly two-thirds are women. Nearly half of informal caregivers assist someone who's age 75 or older. As the elderly population continues to grow nationwide, so will the need for informal caregivers.

Studies have shown that some people can thrive when caring for others. Caregiving may help to strengthen connections to a loved one. Some find joy, fulfillment, and a sense of being appreciated in looking after others. But for many, the strain of caregiving can become overwhelming. Friends and family often take on the caregiving role without any training. They're expected to meet many complex demands without much help. Many caregivers hold down a full-time job and may also have children or others to care for.

"With all of its rewards, there is a substantial cost to caregiving—financially, physically, and emotionally," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "One important insight from our research is that because of the stress and time demands placed on caregivers, they are less likely to find time to address their own health problems."

Informal caregivers, for example, may be less likely to fill a needed prescription for themselves or get a screening test for breast cancer. "Caregivers also tend to report lower levels of physical activity, poorer nutrition, and poorer sleep or sleep disturbance," says Dr. Erin Kent, an NIH expert on cancer caregiving.

Studies have linked informal caregiving to a variety of long-term health problems. Caregivers are more likely to have heart disease, cancer, diabetes, arthritis, and excess weight. Caregivers are also at risk for depression or anxiety. And they're more likely to have problems with memory and paying attention.

"Caregivers may even suffer from physical health problems related to caregiving tasks, such as back or muscle injuries from lifting people," Kent adds.

Caregivers may face different challenges and risks depending on the health of the person they're caring for. Taking care of loved ones with cancer or dementia can be especially demanding. Research suggests that these caregivers bear greater levels of physical and mental burdens than caregivers of the frail elderly or people with diabetes.

"Cancer caregivers often spend more hours per day providing more intensive care over a shorter period of time," Kent says. "The health of cancer patients can deteriorate quickly, which can cause heightened stress for caregivers. And aggressive cancer treatments can leave patients greatly weakened. They may need extra care, and their medications may need to be monitored more often."

Cancer survivorship, too, can bring intense levels of uncertainty and anxiety. "A hallmark of cancer is that it may return months or even years later," Kent says. "Both cancer survivors and their caregivers may struggle to live with ongoing fear and stress of a cancer recurrence."

Dementia can also create unique challenges to caregivers. The health care costs alone can take an enormous toll. One recent study found that out-of-pocket spending for families of dementia patients during the last five years of life averaged more than \$60,000, which was 81% higher than for older people who died from other causes.

Research has found that caregivers for people with dementia have particularly high levels of stress hormones. Caregivers and care recipients often struggle with the problems related to dementia, such as agitation, aggression, trouble sleeping, wandering, and confusion. These caregivers spend more days sick with an infectious disease, have a weaker immune response to the flu vaccine, and have slower wound healing.

One major successful and expanding effort to help ease caregiver stress is known as REACH (Resources for Enhancing Alzheimer's Caregiver Health). Just over a decade ago, NIH-funded researchers showed that a supportive, educational program for dementia caregivers could greatly improve their quality of life and reduce rates of clinical depression. As part of the program, trained staff connected with caregivers over six months by making several home visits, telephone calls, and structured telephone support sessions.

"REACH showed that what caregivers need is support. They need to know that there are people out there and resources available to help them," says Dr. John Haaga, who oversees NIH's behavioral and social research related to aging. REACH II, a follow-up intervention, was tailored for culturally diverse caregivers.

The REACH program is now being more widely employed. It's been adapted for use in free community-based programs, such as in local Area Agencies on Aging. It's also being used by the U.S. Department of Veterans Affairs and by the Indian Health Service, in collaboration with the Administration for Community Living.

"We know how to support families caring for an older adult. But that knowledge is not easily accessible to the families who need it," says Dr. Laura Gitlin, a coauthor of the REACH study and an expert on caregiving and aging at Johns Hopkins University. "Caregivers need to know it's not only acceptable, but recommended, that they find time to care for themselves. They should consider joining a caregiver's support group, taking breaks each day, and keeping up with their own hobbies and interests."

To learn more about aging-related and dementia caregiver resources, contact NIH's National Institute on Aging at 1-800-222-2225 or niaic@nia.nih.gov. To learn about cancer-related caregiver resources, contact NIH's National Cancer Institute at 1-800-422-6237.

Source: *NIH News in Health*



How to Really Help a Family Caregiver These four tips can show you how to make a difference in their busy lives

by Barry J. Jacobs, AARP

There are several ways to bolster caregivers who are struggling with extended caregiving.

A middle-aged woman approached me after a caregiver conference several years ago with a common question. “It upsets me to see my best friend wearing herself out while caring for her husband for dementia,” she said. “What should I do to help her?”

I gave her a glib answer that I now regret. “Just show up,” I said. “Bring a casserole. Maybe coffee and doughnuts.” But in the time that has passed, I’ve heard several family caregivers complain about those unasked-for casseroles from uninvited helpers. “I’ve received so many that I can’t fit any more in my freezer!” exclaimed one.

And during the caregiving I did for my own family members in recent years, I learned that not all “help” is actually helpful — at least not for the stressed caregivers. Sometimes well-intentioned people offered me what they thought I needed — advice or phone numbers for additional services, or boxes of fancy cookies, for example — without really asking me first if that was what I wanted. It left me in the position of having to graciously accept their “help” so they could feel comforted that they were trying to be considerate. In essence, I wound up accommodating them rather than vice versa.

Logistical, financial and especially emotional support are vital to bolstering caregivers who are struggling with extended caregiving. But in order to make a genuine difference, these efforts need to be carefully tailored to the particular caregiver’s circumstances, personality and preferences. That requires prospective helpers to inquire sensitively about caregivers’ needs and to respond flexibly to their wants. It may also mean that helpers commit themselves to handling onerous tasks they wouldn’t have necessarily volunteered to take on — exactly the daily predicament in which most caregivers find themselves. Here are some ideas for providing comfort that’s actually soothing and assistance that’s truly helpful.

Get past “fine.” Too many caregivers answer questions about their well-being with a shrug of the shoulders and a quick “fine.” Even if they are floundering, it is easier to briefly fib than try to explain all they are going through. Most friends will then simply accept that response because they don’t want to pry, but such a perfunctory exchange doesn’t provide the emotional support that caregivers generally need. Instead, you should normalize that caregiving is hard and then offer an invitation for in-depth conversation: “I know other people who have had a difficult time with caregiving. Please let me know if you would ever like to meet or talk on the phone about what this is like for you.” Many caregivers won’t respond to such an invitation at first, and it may have to be periodically renewed. But when they are finally ready to talk, they will know you are willing to hear and support them.

Listen more, advise less. The 1992 classic pop-psych book *Men Are From Mars, Women Are From Venus* posited that men are problem-solvers and quick to dispense advice, while women are connectors and apt to listen more. But when it comes to helping distressed and weary caregivers, all of us are prone to pushing tips, inspiring stories and resources that we’re sure will lighten their load. For caregivers who seek such advice, this can be helpful. For caregivers who don’t, it is often experienced as an intrusion or, worse, outright criticism of their own caregiving methods. To offer emotional support that’s comforting, just be present and listen. Caregivers will pick your brain if they need direction. Mostly, they will want you to be with them as a trusted witness and confidante.

Time is the greatest gift. Many caregivers have told me that caregiving locks them into whirlwind daily routines of attending to others’ needs. Above all else, they miss time for themselves — to go to the salon or bank, read a book, clean the house or catch up on sleep. The greatest comfort you may offer is the gift of time. Offer to sit with care receivers while caregivers take a break. Pick up supplies for caregivers so they can stay home and relax. Try to make yourself available to listen as often as they need to vent.

Consider accepting all assignments. For some caregivers, hands-on help is the greatest need. They may have ideas for specific tasks you could take on — notions very different from your own. If at all possible, defer to them. Allow them to define what help would be helpful to them. They will be comforted to know that you are trying hard to be responsive. You will be comforted to know that the difference you make is real.

Article originally published by AARP, September 6, 2017

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| 8 | 4 | 5 | 2 | 1 | 7 | 6 | 9 | 3 |
| 3 | 6 | 7 | 4 | 9 | 8 | 2 | 5 | 1 |
| 2 | 3 | 9 | 7 | 4 | 6 | 5 | 1 | 8 |
| 5 | 1 | 6 | 9 | 8 | 3 | 4 | 2 | 7 |
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November 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.**
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| | | | | |
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| Pierogies w/Onions 2 Peas Mandarin Oranges Double Chocolate Cookie | Cilantro Lime Chicken Thigh 3 Brown Rice Pilaf Green Beans Blondie Bar | Chicken Salad Croissant 4 Pickled Beet Salad Applesauce Pumpkin Cookie | Liver w/Onions OR Chicken Thigh Marengo 5 Mashed Potatoes Spinach Fresh Banana | Herb Rubbed Pollack OR Meatloaf w/Gravy 6 Seasoned Quinoa Winter Squash Chocolate Pudding |
| Cheesy Pasta Bake w/Sausage & Mushrooms 9 Broccoli Florets Fruit Cocktail Sugar Cookie | Halupki OR Breaded Chicken Parm 10 Mashed Potatoes Italian Green Beans Honey Bran Muffin | 11 <i>No To-Go Meals Available Today. Centers Closed in Recognition of Veterans Day.</i> | Macaroni & Cheese 12 Stewed Tomatoes Italian Blend Vegetables Chocolate Pudding | Ham Loaf OR Broiled Fish w/Lemon 13 Scalloped Potatoes Peas Apple Crisp |
| Chicken Alfredo 16 Green Beans w/Mushrooms Oatmeal Cookie | Liver w/Onions OR Meatloaf w/Gravy 17 Mashed Potatoes Carrots Gelatin Cup | Thanksgiving To-Go Meal Roast Turkey 18 Apple Bread Stuffing Mixed Vegetables Cranberry Sauce & Pumpkin Pie | Chicken Salad Croissant 19 Potato Salad Applesauce Peanut Butter Brownie | Spinach Parm Pollack OR Beef Burgundy 20 Both Over Buttered Noodles Peas Vanilla Pudding |
| Beef Stew Over a Biscuit 23 Cauliflower Warm Spiced Peaches Sugar Cookie | Pub Burger OR Breaded Fish Sandwich 24 Baked Beans Corn Fresh Banana | Stuffed Pepper Casserole 25 Green Beans Cherry Crisp | 26 <i>No To-Go Meals Available Today. Happy Thanksgiving!</i> | 27 <i>No To-Go Meals Available Today. Happy Thanksgiving!</i> |
| Beef Stroganoff Over Buttered Noodles 30 Carrots Gelatin Cup | Halupki OR Rotisserie Chicken 12/1 Mashed Potatoes Peas Orange Cranberry Bar | Sausage & Cheddar Omelet Bake 2 O'Brien Breakfast Potatoes Fruit Cocktail Blueberry Muffin | Chicken Thigh w/Cranberry Glaze OR Breaded Fish 3 Roasted Potatoes Brussels Sprouts Gingerbread Cake | Chinese Pepper Steak OR Citrus Rubbed Pollack 4 Brown Rice Broccoli Florets Mandarin Oranges |

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