

Senior News



Visit Our Website at www.gobroomecounty.com/senior



Welcome to the Senior News & Office for Aging

by Mary Whitcombe, Director of Office for Aging

This Senior News is a special edition that will reach over 10,000 older adults and caregivers throughout Broome County and beyond. We hope you will enjoy reading our many articles covering special events, classes, health information, tips, trips, activities at our senior centers, and so much more! If this is your first time reading the Senior News, we hope you will consider subscribing by filling out the form on the back page. If you already are a subscriber, thank you! We strive to pack informative and entertaining articles into the Senior News each month.

The Senior News is one of the many services brought to you by the Broome County Office for Aging (OFA), whose mission is to improve and enrich the quality of life for all older persons in Broome County. OFA services include:

- Senior centers, located throughout the community, provide many fun activities, classes and delicious meals
- Exercise programs include yoga, dance, walking, hiking, Tai Chi and more
- Caregiver services, including support groups and informative presentations
- Yesteryears, a social adult day program that provides frail seniors with supervised activities in a warm, caring environment, while providing caregivers with a much-needed break
- The Foster Grandparent program located in daycare programs and schools that help children with reading, math, and social skill development
- Health and wellness programs and nutrition education
- Health Insurance Information, Counseling and Assistance (HIICAP)
- Meals-on-Wheels provides home-delivered meals
- Home Energy Assistance Program (HEAP) for low-income seniors
- In-home services which help older adults live independently at home
- Grocery shopping services for the homebound
- NY Connects helps with your long-term services and supports needs
- Legal Services for the Elderly Program
- Transportation services such as the OFA Mini Bus
- Senior Helpers provides the community with workers available for private hire who are skilled at performing various jobs large or small.

You'll find information about many of these OFA services in this Senior News. If you have questions or need more information, you are welcome to call us at (607) 778-2411.

OFA Public Hearing via Written Testimony

Each fall, the Broome County Office for Aging holds a Public Hearing. The hearing provides an opportunity for older adults, caregivers, interested community members and partner agencies to comment on our Draft Plan for Services, which includes proposed services for the coming year. Due to the COVID-19 pandemic, this year's hearing will be conducted a bit differently. Instead of meeting in person to discuss projected services and older adults' needs, we are asking for your input and suggestions by mail, email, or phone.

You may complete and return this cut-out form to share your comments on the Office for Aging 2022 Draft Plan for Services. If you would like a response to your comment or suggestion, please include your name and contact information. We will not publish names or contact info. with the comments we receive. Thank you for your feedback.

Cut Out this Section and Mail to:
Broome County Office for Aging, Attn: Public Hearing
PO Box 1766, Binghamton, NY 13902

First & Last Name: _____

Phone: _____ Email: _____

1. What are your unmet needs or unmet needs of other older adults you are aware of?

2. Any other general comments related to future services for seniors?

3. It is important to us that we understand the needs of all older adults in our diverse community including the needs of traditionally unserved or underserved populations such as:

- older adults who identify as Asian, Black/African American, Native Indian/Native Alaskan, Native Hawaiian/Other Pacific Islander, multiple or other ethnicity.
- older adults who have an intellectual disability or older adults who are co-habiting with someone who has an intellectual disability.
- older adults who identify as gay, lesbian, bi-sexual, queer or transgender.

Do you have any ideas or suggestions about ways Office for Aging can reach older adults of all backgrounds?

Continued on Page 2

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>

OFA Public Hearing via Written Testimony

Continued from Page 1

On Monday, October 11th our 2022 Draft Plan for Services will be available on our website at the following link: gobroomecounty.com/senior/publications. If you wish to receive a paper copy of the 2022 Draft Plan for Services, please call Office for Aging at **(607) 778-2411**.

Once you have read the 2022 Draft Plan for Services, you can share your questions and comments with us in one of the following ways:

- Call **(607) 778-2152** and leave a message.
- Mail your questions and comments to the **Broome County Office for Aging, Attn: Public Hearing, PO Box 1766, Binghamton NY 13902. For convenience, you have the option to complete and return the cut-out form on the cover of this article.**
- Send an email to ofa@broomecounty.us. Add email subject of: Public Hearing
- Send us a message on our Facebook page – Broome County Office for Aging, subject: Public Hearing.

Please note that questions and comments on the 2022 Draft Plan for Services will be accepted until the end of the day on Friday, October 29, 2021. All questions or comments will be accepted and recorded to support the planning process for 2022. Your comments could include answers to one or more of the following questions:

1. What are your unmet needs or unmet needs of other older adults you are aware of?
2. Any other general comments related to future services for seniors?
3. It is important to us that we understand the needs of all older adults in our diverse community including the needs of traditionally unserved or underserved populations such as:
 - older adults who identify as Asian, Black/African American, Native Indian/Native Alaskan, Native Hawaiian/Other Pacific Islander, multiple or other ethnicity.
 - older adults who have an intellectual disability or older adults who are co-habiting with someone who has an intellectual disability.
 - older adults who identify as gay, lesbian, bi-sexual, queer or transgender.

Do you have any ideas or suggestions about ways Office for Aging can reach older adults of all backgrounds?

Once we review received comments and questions, we will post these comments, questions and relevant answers on the Office for Aging website and Facebook. If you wish to receive a follow up phone call, please share your contact information when you submit your questions and comments about the Draft Plan.

To learn more about Office for Aging Services please visit our website at www.gobroomecounty.com/senior or call **(607)-778-2411** to speak to one of our staff about your needs. Thank you for your continued support of the Office for Aging.

Free Legal Clinic for Broome County Senior Citizens

Please join us by telephone for Broome County’s Fifteenth Annual Senior Legal Clinic on Saturday, November 13, 2021. This year’s clinic will again be held by phone due to Covid-19.

Receive a FREE consultation by phone with a local attorney in any of the following areas: Wills/Trusts, Powers of Attorney/Health Care Proxies, Medicaid Planning, Landlord-Tenant, Real Estate, Oil and Gas Leases, Grandparent’s Rights, Debt Collection, Bankruptcy and more.

This annual event is to benefit Broome County residents, age 60+. It is co-sponsored by the Broome County Bar Association and Legal Aid Society of Mid-New York, Inc.

Registration is required! To register, please call: **Pam MacLaren at (607) 231-5925** by Wednesday, November 10, and leave a message (name, phone number, legal topic). You will receive a call back with the time of your telephone appointment.

We are sorry we will not see you again this year in person, but we encourage you to participate by phone. We look forward to answering your questions!

Subscribe to the Senior News!

If you enjoy reading the Senior News, are not already a subscriber, and would like to receive it by mail every month, please fill out the form below and drop it off at any senior center or mail it to:

Senior News
Broome County Office for Aging
PO Box 1766
Binghamton, NY 13902

** Copies of the Senior News are also available for businesses, churches, and medical offices. Please contact 607-778-2411 to inquire.

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I would like to subscribe to the Senior News (please print):

Name: _____

Address: _____

Enclosed is my contribution of \$_____ (enter amount, suggested contribution is \$12.00 per year).

Checks payable to: Broome County Office for Aging.

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 **Is this You? Take the Clutter Quiz and Find Out.**
Monthly Downsize & Declutter Discussion
Tuesday, October 12, 3 pm
Held at at Broome West Senior Center & Remotely on Zoom

- Is this you? Start the quiz ...
1. Do you have clothes in your closet that you don’t wear because they are too small, too big, or out of style? Y/N
 2. Do you have dozens of empty jars and shopping bags because they might come in handy some day? Y/N

These are 2 of 10 questions in a Clutter Quiz by Family Circle. Hear the remaining 8 questions and what your answers might say about you on Tuesday, October 12 at 3 pm at Broome West Senior Center or on Zoom.

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

HEAP OPENING EARLY THIS YEAR!

HEAP opens on October 1, 2021. As you prepare for winter, it’s a great time to think about applying for help with the cost of heating your home during the colder months. If you are eligible, the Home Energy Assistance Program (HEAP), can provide a one-time grant if you meet income guidelines. A one-person household can have gross monthly income up to \$2,729 and a two-person household can have monthly income up to \$3,569 (larger households have higher income 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 2021-2022 Regular HEAP Program is scheduled to close on March 15, 2022, or when funds are exhausted. If you are age 60 or over and do not have 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 The Career & Community Services Center of Broome County (The CCSC) at **(607) 778-1100**, extension 8, for an application.

Make sure your heating equipment is ready for winter. 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 financially eligible and you have owned your home for the last 12 months. There is also a HEAP Clean and Tune program for a homeowner’s primary heating equipment. To apply, call The CCSC 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/>

Caregiver Corner

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

Event for Caregivers Senior Scams...What Caregivers Need to Know

Date: Wednesday, October 13
Time: 1:00-2:00 PM
Location: Attend remotely by using Zoom or call-in. Pre-registration is required. Call Caregiver Services at (607) 778-2411 to register.
Presenter: Mike Danaher, Assistant Attorney General

Join us as Assistant Attorney General, Mike Danaher, reviews the various types of scams that target older adults, and what caregivers need to know to protect themselves and the people in their care.

Caregiver Chat Groups

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

The Stay Healthy Caregiver Chat: Participants will not meet in person for October's chat. Please join us remotely via Zoom or call-in. When you call to register, the meeting invitation will be provided.
Date: Monday, October 4
Time: 1:00-2:30 PM
Location: Attend remotely by using Zoom or call-in. Pre-registration is required. Call Caregiver Services at (607) 778-2411 to register.

The Wayne Street Caregiver Chat: Participants will attend remotely using Zoom. To join, see Zoom meeting invitation below.
Date: Wednesday, October 20
Time: 9:30-11:00 AM
Location: Attend using Zoom meeting link and password displayed below.
Zoom Meeting Link:
<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGxenRkZz09>
ID: 98867802737
Zoom Password: 037464

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

Scam of the Month

The Grandparent Scam

We have written MANY scam blocks about the grandparent scam and will continue to do so as it is one of the scams that people seem to "fall for" more frequently. This type of scam targets senior citizens who care for their family members. The caller calls claiming that there has been an accident, arrest, or a robbery of some kind. The person calling claims to be an authority figure or medical professional requesting funds to resolve the situation. Typically during scams like this, the senior is asked not to contact other family members about the incident. In July of 2021, 8 people were charged as leaders of this type of scam where they were found to have taken over \$2 million from more than 70 senior citizens over the course of a year.

Ways to avoid this scam:

- Ask questions of the caller that your family member should be able to answer.
- Do contact other family members to verify that the scenario could be true.
- Remember, no hospital is going to refuse care without a cash advance.
- Don't volunteer information to callers who you do not know.
- No police department or medical facility will accept gift cards as payment.
- Scam artists purposely try to upset you to distract you from noticing that it is a scam.

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.

Online Activities and Programs for Older Adults

Are you looking for online activities to help you stay healthy, engaged, and connected? Consider these options.

To learn more before you enroll or to receive help setting up your access to these programs, please call the Broome County Office for Aging at (607) 778-2411 or email ofa@broomecounty.us

VSC Selfhelp: Virtual Senior Center Program

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

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

Get Set Up

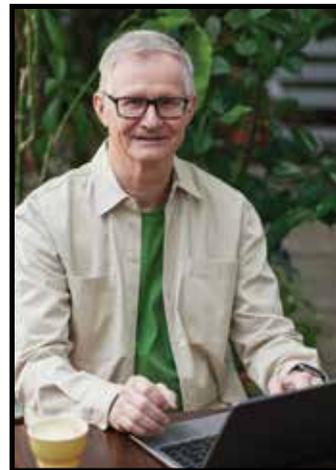
Get Set Up is a place for active older adults to learn, connect and share with peers in small, intimate class settings. Class topics include a wide variety of subjects, including: fitness, history, cooking, music, computers, and technology. Older adults who reside in NY State can also take advantage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

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

Senior Planet: AARP

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

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




Trips subject to change.

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

December 5 – 18
 Von Trapp Resort, Stowe, VT

December 1
 Villa Roma: Christmas Show

North Fenton Seniors
 Contact: Ruth, (607) 648-8425

October 13
 Silver Birches: Oktoberfest

November 18 & 19
 Christmas in Lancaster, PA

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

November 18 & 19
 Christmas in Lancaster, PA




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HEALTH & WELLNESS

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) (\$5)
Thursday	1:00 pm	Broome West Senior Center (Endwell) (No fee)

Bonesaver Class

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

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

Beginner Gentle Yoga

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

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

Line Dancing

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

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

Zumba

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

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

Stretch & Strength Class

No Fee for this class.

Tuesday	1:00 pm	Johnson City Senior Center
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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
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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)
Friday	12:30 pm	Johnson City Senior Center

Drum Exercise Class

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

Friday	1:00 pm	Northern Broome (Whitney Point)
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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



Did you know that there are 8 senior centers throughout Broome County? Three of these centers have new site supervisors. We wanted to take the time to introduce these new staff members to you by sharing some of their goals, hobbies, and interests. Everyone is welcome to come meet them and spend time at our centers.

Meet Bridget Hoyt, Site Supervisor at Broome West (Endwell):

“Since beginning my position at Broome West, the people at the center have been so supportive and welcoming. This really makes me feel confident. Some of my favorite parts of the day are spent chatting with the center’s guests, listening to their stories, and learning from their experiences.”

Hobbies: knitting, drawing, needle felting and power walking

Education: Broome Community College and Binghamton University
Bridget studied Human Services and Human Development with a focus on Geriatrics

Favorite Song: “The Climb” by Miley Cyrus

One Bucket list Item: a family vacation to Texas

Meet Donna Niles, Site Supervisor at Deposit:

“Since beginning my position at Deposit, I have enjoyed helping others because that’s the best way to help myself. I also find the spontaneity of each day at our center to be quite fun! Every day brings a new activity or experience, and I really look forward to that.”

Dream Vacation: Wales and Scotland

Proudest Accomplishment: 40 years of marriage and raising a wonderful son

Favorite Musical Artists: Gordon Lightfoot and AC/DC

Hobbies: oil painting, reading, knitting, wood burning, and walking

Favorite Zoo Animal: Beluga Whale (Sea Canary)

Meet Heather Bush, Site Supervisor at Northern Broome (Whitney Point):

“Since beginning my position at Northern Broome, I see how meaningful our centers are to older adults. I love when we have a large crowd for a game of Bingo, or when our guests come to start their morning with a word search and a hot cup of coffee. When I see people having fun, those are the most rewarding moments.”

Pets: Monty, an Australian Shepherd dog

Favorite Animals: owls

Interesting Fact: Heather is the only one in her family with freckles!

Hobbies: hiking, fishing, and kayaking

Dream Vacation: hiking the Redwood Forest and seeing the Grand Canyon out west

Interested in stopping by a center to chat with one of our new staff members? You’ll find every center’s hours, contact information, and events schedule in the “Look What’s Happening at the Centers!” section of this paper. Please join us in wishing Bridget, Donna and Heather the best of luck in their new roles.

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Marian Apartments
Endwell NY | 607-785-5223

Nichols Notch Apartments
Endicott NY | 607-754-0579

Watkins Glen School Apartments
Watkins Glen NY | 800-838-0441

Wells Apartments
Johnson City NY | 607-797-8862

Whitney Point Apartments
Whitney Point NY | 607-692-2609

Windsor Wood Apartments
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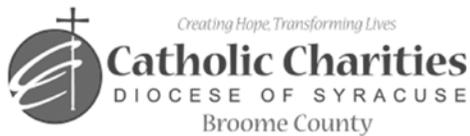
Invites Individuals age 55 and older to Volunteer...
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RSVP of Broome County offers unique volunteering experiences to fit your schedule and your interests.
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Call: (607) 729-9166

Email: dkerins@ccbc.net or gmcaudrew@ccbc.net

Live Life Passionately... Volunteer



**Broome County Office for Aging &
Lourdes Medical Mobile Unit
2021 Flu Clinic Schedule**

The annual flu vaccine is an important part of taking care of your health. Broome County Office for Aging is partnering with Lourdes to provide flu shots to seniors and people of all ages. It is especially important that people 65 and older not wait for flu season to get their annual flu shot. Lourdes accepts most insurances. For those without insurance there is a fee of \$25 for the flu shot. These clinics will be held at Senior Centers in Broome County:

Friday, October 1	Eastern Broome Senior Center, 9:30 - 11:00 am 27 Golden Lane, Harpursville
Monday, October 4	Northern Broome Senior Center, 9:30 - 11:00 am 12 Strongs Place, Whitney Point
Wednesday, October 6	Johnson City Senior Center, 10 - 11:30 am 30 Brocton Avenue, Johnson City
Tuesday, October 12	North Shore Towers, 10 - 11:30 am (Tuesday) 24 Isbell Street, Binghamton

Flu clinics listed above do not take reservations in advance. Flu shots will be provided on a walk-in basis. **Please consult your healthcare provider for questions and guidance on receiving your annual flu shot.**

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

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

**End of Life Seminar
Thursday, November 4, 1-3 pm
Meeting in Fellowship Hall
Nimmonsburg United Methodist Church
918 Upper Front Street, Binghamton, NY 13905**

Speakers	Subject
Kristen K. Luce, Esq. Coughlin & Gerhart	Wills, Powers of Attorney, Health Care Proxies and Living Wills
Tonya Williams, Pre-Planning Adviser Chase Funeral Home	Benefits of Pre-planning; Cremation
Tracy Thompson, Clinical Nurse Supervisor Broome County CASA	Nursing Home Selection and Placement
Linda Cerra, Executive Director Mercy House	History and Purpose of Mercy House
Kurt Eschbach, Owner Hopler & Eschbach Funeral Home	"Good Grief"
Jenni Piatt, Pastor Nimmonsburg United Methodist Church	Funeral Service Planning - Why and How?

Following the speakers' presentations, you will have the opportunity to speak to each of them individually at tables where they will have handouts and other relevant materials available. If you have questions about this event, call Nimmonsburg United Methodist Church at (607) 724-5421.

**Mandatory 10-Digit Dialing for
Local Calls Starts October 24th**

By October 24th, all phone carriers will be transitioning to a 10-digit requirement for making local calls from 607 area code numbers.

- Remember to dial local numbers using 10 digits by pressing 607 + telephone number. This change applies to all calls in area code 607 that are currently dialed with just 7 digits.
- Continue to dial 1+ area code + telephone number for all long distance calls.

After October 24th, local calls dialed with only 7 digits may not be completed, and a recording will inform you that your call cannot be completed as dialed. Hang up and dial again using the area code 607 and the 7-digit number.

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Fund of Broome County, Inc.

Pasta Dinner Drive-Through Fundraiser
Thursday, October 21, 4-6 pm (or until sold out)
Broome West Senior Center, 2801 Wayne Street, Endwell



This fundraiser will benefit AgeOn of Broome County, Inc. AgeOn is a local nonprofit charity that promotes the independence of older adults age 60 years and older by assisting with unmet needs.

Each meal includes pasta, meatballs, tossed salad, and dessert. Cost is \$10 for adults; \$5 for children 12 and under; FREE for children 3 and under. All meals will be sold to-go with the convenience of drive-through pickup.

No advance reservations needed. Meals available until sold out. Cash only.

This event is sponsored by:



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Cooking with October's Cornucopia

Decorated pumpkins have started to line porch steps, and Jack-o-lanterns cast that familiar warm light which tells us Halloween is soon approaching. This season think of pumpkins as much more than a festive decoration. Rich in Vitamin A and antioxidants, pumpkin brings nutrition, variety, and color to your plate. Enjoy these recipe ideas as you celebrate autumn and explore the potential of pumpkin.

Baked Pumpkin

Have a small leftover uncut pumpkin on your porch? Bake it with some cinnamon to spice up your meal.

Ingredients

- 1 small pumpkin (small, peeled and cut into cubes)
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon



Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Place pumpkin cubes in a baking dish and sprinkle with sugar and salt.
3. Cover pan with foil and bake until soft.
4. Sprinkle with cinnamon.

Nutrition Information: Serves 8. Calories 113, fat 0 g, sodium 412 mg, carbohydrates 29 g, total sugar 27 g, protein 1 g

Reprinted from:

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

Pumpkin Pudding

No cooking required for this tasty pumpkin pudding!

Ingredients

- 1 can pumpkin (15 ounces, or 2 cups cooked mashed squash such as Hubbard)
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1/8 teaspoon salt
- 1 1/2 cups milk (1% low-fat)
- 1 vanilla pudding (instant, 3.5 oz (small box))



Directions

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt, and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Nutrition Information: Serving size 1/4 cup. Calories 112, fat 1 g, sodium 417 mg, carbohydrates 24 g, total sugar 20 g, protein 3 g

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-pudding>

Pumpkin Mac & Cheese for One

To prepare this dish even faster, use leftover cooked pasta, preferably whole grain, and make this meal in under 5 minutes. Why add pumpkin? Adding pumpkin mixture in addition to the cheese soup lowers the total calories and boosts nutritional fiber and Vitamin A.



Ingredients

- 3/4 cup cooked pasta (in any shape)
- 1 1/2 tablespoons cheddar cheese soup (from can)
- 1/8 cup pumpkin puree
- 1 1/2 tablespoons milk, 1%
- 1 tablespoon cheese, low-fat
- 1 teaspoon deli mustard

Directions

1. Stir the "wet" ingredients (soup, pumpkin puree, milk, and mustard), and heat in microwave for 45-60 seconds; stir again until creamy.
2. Add cooked pasta to cream and sprinkle cheese on top. Heat another 30-45 seconds or until cheese melts.

Nutrition Information: Serves 1. Calories 213, fat 3 g, sodium 236 mg, carbohydrates 38 g, total sugar 4 g, protein 9 g

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-mac-cheese-one>

JOIN THE NATURE WALKING CLUB THIS OCTOBER

Wander the woods in good company this October, and experience the beauty of Broome County. Each group walk will last approximately 2 hours, weather permitting. All walks are slow paced and accommodating. We want everyone to get out in nature and enjoy exploring plant life while we point out specimens of interest.

Thursday, October 14: Stair Park, Murray Hill Rd., Vestal

- Meet at 10 am. From the Vestal Parkway, Stair Park is 1 mile up Murray Hill Rd. Park entrance is on the right side of Murray Hill Rd. Parking options include on-street parking or in the park.

Thursday, October 28: Endicott River Walk

- Meet at 10 am at the parking lot on South Roosevelt St. A member of the walking club will be on South Roosevelt St. directing everyone into to the parking lot.

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

When it Comes to Sodium, Read the Label or Substitute with Herbs & Spices

By Kathleen Cook, Nutrition Educator, Cornell Cooperative Extension



As cooler weather is upon us you may find yourself returning to eating some canned vegetables or canned sauces and soups. If you took the time to freeze your own produce in the summer, you will have a great base for making your own soups and sauces instead of buying, but if not, make sure you take time to read the labels on canned products.

The USDA Dietary Guidelines recommend limiting daily sodium to no more than 2,300 mg (milligrams) for most adults, and for those with diabetes, kidney disease or high blood pressure (hypertension) to no more than 1,500 mg a day. When reading the labels, compare those that say they are “sodium free” to the “low sodium” or “reduced sodium,” and keep in mind that reducing sodium does not mean cutting it out entirely.

Sodium free means it contains less than 5 milligrams of sodium per serving; low sodium means 140 milligrams of sodium or less per serving; reduced sodium means at least 25% less sodium than the regular version. Reduced can oftentimes still be rather high because the regular versions can be quite high.

In addition to reading the labels and choosing foods lower in sodium, one of the easiest ways to keep your sodium intake in check is using herbs and spices to give your food flavor instead of adding salt.

Here are a few herb suggestions to get you started. Many of these can be grown on your windowsill, but dried herbs are just as useful. Be creative!

- **BASIL** - Add to tomatoes, zucchini, peas, eggs, pasta sauce
- **CHIVES** - Use in dips, with potatoes and tomatoes, eggs
- **CILANTRO** - For Mexican & Asian dishes, salsas, salads
- **DILL** - Add to carrots, fish, green beans, cottage cheese, cucumbers
- **OREGANO** - Use for Italian dishes, with peppers, tomatoes
- **PARSLEY** - Use in potato salad or soup, and tabouli.
- **ROSEMARY** - Season chicken, fish, pork, lamb, soups, stews, tomatoes, potatoes
- **SAGE** - Use in poultry seasoning, or fresh in salads
- **THYME** - Add to summer squash, poultry, tomatoes

Did You Know?

A pumpkin is a fruit (not a vegetable). It is a type of squash and also classified as a gourd.

Mark Your Calendar! Upcoming Community Events

4-County Farm Trail Weekend

At Participating Farms

Saturday & Sunday, October 2 & 3, 10 am-4 pm

The Cornell Cooperative Extensions of Broome, Chenango, Cortland, and Tioga counties will be holding their annual 4-county farm trail. This is a great opportunity to experience the farms in our area. You will be able to pet animals, engage in farm-themed activities, and have a taste of our county’s delicious local produce. Each farm brings its own charm to the table -- some will have apple picking, cheese tastings, a petting zoo, and so much more! The event is free to attend and welcoming to folks of all ages. For more information on participating farms, check out the Cornell Cooperative Extension website or call **(607) 584-9967**.

<http://ccebroomecounty.com/agriculture/4-county-farm-trail>

1920 Silent Film – The Cabinet of Dr. Caligari

Broome County Forum Theater

236 Washington Street, Binghamton

Sunday, October 3, 2-4:30 pm

Experience one of only 300 theater organs in operation in the world. The Binghamton Theater Organ Society presents live organ music by organist Jason Comet to accompany this classic silent horror film. Member and veterans’ tickets are \$15, non-member tickets are \$20, students with ID are \$5, and kids under 8 are free. Information and tickets can be found on the website or call **(607)773-1495**.

<https://www.binghamtontos.org/>

Meet the Candidates Night

Community Room

5 South College Drive Binghamton

Tuesday, October 5, 6-7 pm

The Greater Binghamton Chamber of Commerce is hosting a Meet the Candidates night, giving people the chance to interact with the candidates running for mayor in the city of Binghamton. You will be able to engage in discussion and see where the mayoral candidates stand on issues that will impact the community at large. Make sure to exercise your civic duty to vote and participate in this event!

Spiedie Fest & Balloon Rally

Otsinigo Park

Friday, October 8, 12-8:30 pm

Saturday, October 9, 10 am-8 pm

Sunday, October 10, 9 am-7:30 pm

Come enjoy delicious food and a chance to partake in one of the top hot air balloon rallies in the country. There will be performances from live bands throughout the weekend! There are a few admission ticket options, and they can be purchased at Visions FCU Veterans Memorial Arena Mirabito Box Office, Ticketmaster, or the Johnson City Wegmans. For more information on the event, check out the official website or call **(607) 756-6604**.

www.spiediefest.com



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To learn more about future class schedules: Call Mary Jane at (607) 778-2411.

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This Month...

We answer a question about your options with managing grocery bills each month.

Question:

I find that I'm running out of money by the end of each month. This makes it really difficult to purchase my groceries. How can I get financial help to purchase food?

Answer:

Consider applying for SNAP/Food Stamps. SNAP stands for: **Supplemental Nutrition Assistance Program**. SNAP helps individuals living on a low income to supplement their food purchases. SNAP is considered a nutrition program that helps you eat healthy.

An individual in this program will receive an Electronic Benefit Card (EBT) that has a monthly allowance to purchase food. The EBT card is used rather than paper coupons, and the monthly benefit is automatically credited to your EBT card every month.

The EBT card will fit in your wallet and look like this:



You may be eligible for SNAP benefits if your income falls within these guidelines:

- For persons 60 and over or those with a disability, the monthly gross income is \$2,082 or lower for a household of one; for a two-person household the monthly gross income is \$2,818 or lower.

With SNAP, you can purchase a variety of different foods including:

- Fresh fruits and vegetables
- Frozen foods
- Canned foods
- Bread and milk
- Meat
- Non-perishable food items

You can also use your monthly benefit towards the **purchase of meals at local Senior Centers, as well as for home delivered meals through the Meals on Wheels Program**. If you would like to preview the monthly Senior Center luncheon menu, please see page 12 of this paper.

Contact the Broome County Office for Aging and talk to a caseworker at (607) 778-2411 for assistance in applying for SNAP.

Sick & Tired of Varicose Veins?

But You're Scared of Surgery?

At New York Skin and Vein We Now Offer Varithena - the Nonsurgical 15 Minute In-Office Injection Treatment for Varicose Veins Covered by Medicare!

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Broome County Office for Aging 

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

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

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. **Bring a face mask with you when visiting Broome County Senior Centers: Masks are required.** Vaccines are still available and easy to schedule. If you would like to schedule a vaccine, please call the Office for Aging at **(607) 778-2411**.

BROOME WEST..... **785-3427**

2801 Wayne St., Endwell, NY 13760
Center Hours: Mon - Fri, 9:00 am - 3:00 pm
Lunch served at Noon call 785-1777

Weekly Activities

Monday – Friday: Gift Shop, 9 am – 3 pm
Monday: Quilting, 9:30 – 11 am; Hand and Foot Card Game, 12:30 pm; Shuffleboard, 1 - 2:30 pm
Tuesday: Adult Coloring, 9:30 am; Mahjong, 10:30 am; Chair Exercises, 10:30 am; Scrabble, 12:30 pm; Ping Pong, 1 - 2:45 pm
Wednesday: Bone Builders Exercise, 10 am; Canasta, 1 pm; Floor Shuffleboard, 12:30 - 2:45 pm
Thursday: Wii Bowling, 9:30 am; Chair Exercises, 10:30 am; Gentle Chair Yoga w/Deanna, 1-2 pm; Social Connections, 1-2:30 pm
Friday: Craft Class, 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

10/12 Downsize & Declutter Discussion, 3 pm
 10/13 Cooperative Extension Nutrition & Cooking Class: Small Changes, Big Results, 11 am
 10/19 Site Council Meeting, 9:30 am
 10/20 Caregiver Group Chat, 9:30 am
 10/20 October Birthdays & Anniversary Celebrations, 12:00 pm
 10/27 Nutrition Education w/ OFA: Sugar Reduction, 10:30 am

EASTERN BROOME..... **693-2069**

27 Golden Lane, Harpursville, NY 13787
Center Hours: Mon - Fri, 9:00 am - 2:30 pm
Lunch served at Noon
Breakfast Made-To-Order: Tues, 8 - 9:30 am

Weekly Activities

Monday: Gentle Yoga, 9:30-10:30 am; DMV Mobile (By Appt.)
Tuesday: Breakfast, 8-9:30 am; Painting Group, 9-11 am
Wednesday: Crafters' Group, 9-11 am; Music Jam, 10 am; Billiards, 10 – 11:30 am
Thursday: Bingo for Prizes, 10:15 am-12:15 pm; Painting Group, 9-11 am
Friday: Gentle Tai Chi, 9:30 am

Special Activities

10/1 Flu Clinic, 9:30 - 11 am
 10/13 Officers & Financial Mtg., 10:30 – 11:30 am
 10/13 Site Council Meeting, 12:30 pm
 10/21 Nutrition Education w/ OFA: Sugar Reduction, 12:15 pm
 10/28 Cooperative Extension Nutrition & Cooking Class: Small Changes, Big Results, 12:15 pm

DEPOSIT..... **467-3953**

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)
Center Hours: Tues & Thurs, 10:00 am - 2:00pm
Lunch served at 12:30 pm

Weekly Activities

Tuesday: Bingo, 12:45 – 2 pm

Special Activities

10/12 Cooperative Extension Nutrition & Cooking Class: Small Changes, Big Results, 11 am

FIRST WARD..... **797-2307**

226 Clinton St., Binghamton, NY 13905
Center Hours: Mon - Fri, 8:30 am - 3:30 pm
Lunch served at 11:45 am call 729-6214

Weekly Activities

Monday: Chair Yoga, 11 am (\$5); Penny Bingo, 12:30 pm
Tuesday: Knitting & Crocheting, 9 am; Shuffleboard, 9 am; Progressive Pinochle, 11:30 am; Int. Mah-Jongg, 11:30 am
Wednesday: Chorus, 9 am
Thursday: Sewing, 9 am
Mon, Wed & Fri: Bonesavers, 10 am
Mon & Fri: Zumba, 9:30 am (\$3); Texas Hold'em, 11 am
Wed & Fri: Ceramics, 9 am

Special Activities

10/6,15 Swinging Swans (Hand, Knee & Foot Card Game), 10 am
 10/7 Executive Board Meeting, 9:30 am
 10/11 Center Closed For Columbus Day
 10/18 Legal Aid (call to reserve), 9 am
 10/19 Cooperative Extension Nutrition & Cooking Class: Small Changes, Big Results, 12 pm
 10/28 Nutrition Education w/ OFA: Sugar Reduction, 12 pm

HALLOWEEN TRIVIA

Test your knowledge of this spooky holiday.
 Answers on Page 11

1. True or False? About 1 million pounds of candy corn are produced each year.
2. What famous illusionist and stunt performer died on Halloween?
3. According to USDA statistics (last published in 2018), what are the top 5 US states for producing pumpkins each year?
4. True or False? There is such a thing as a blue pumpkin.
5. What fruit is typically "bobbed for" at Halloween gatherings?

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Look What's Happening at the Centers!

Continued from Page 10

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790

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

Lunch served at 11:45 call 797-1149

Weekly Activities

Monday: Watercolor Painting, 9 am – 12 pm (\$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; Bonesavers, 1 pm – 2 pm

Tuesday: TOPS, 9 -11 am; Zumba, 12:30 -1:30 pm (\$5); Stretch & Strength, 1-2 pm

Wednesday: Quilting, 9-11:30 am; Bridge, 10:30 am – 2:30 pm; Chair Yoga (call for info); Penny Bingo for Fun, 12:30-3 pm; Proressive Pinochle, 12:30-3 pm; Writer's Workshop, 1-2 pm, Mahjong and Beginners Mahjong, 1 pm; Bonesavers, 1-2 pm

Thursday: Guitar Group, 9 am-12 pm (\$2); Oil Painting, 10 am-1 pm (\$3); Low-Impact Aerobics, 10-11 am (\$3);

Spiritual Seminar w/Rev. Hilda, 10-11 am; Tai Chi, 1-2 pm (\$3)

Friday: Watercolor Painting, 9-11:30 am (\$3); Gentle Yoga, 10-11 am (\$3); Chair Exercises, 12:30-1:15 pm, Ladies Sing, 10:30-11:30 am

Special Activities

10/4 Stay Healthy Caregiver Support Group, 1-2:30 pm

10/6 Flu Clinic, 10 – 11:30 am

10/6 The Medicine Shoppe: Glucose, Blood Pressure & O2, 10 am – 12 pm

10/21 Legal Aid (call to reserve), 9 am-12 pm

10/26 Cooperative Extension Nutrition & Cooking Class: Small Changes, Big Results, 11 ;15 am – 12 pm

10/27 Haircuts with Debbie Roberts, 10-11:30 am

10/28 Nutrition Education w/ OFA: Sugar Reduction, 12 pm

Due to repairs from minor flooding, the Johnson City Senior Center's hours and events schedule are subject to change. Please call the center for updates.

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862

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

Senior Center Store: 9 am – 3 pm

Lunch served at Noon

Sandwich Bar 11:30 am – 12:30 pm

Weekly Activities

Monday: Bingo, 10:30 – 11:30 am

Tuesday: Osteo Bonesavers Class, 10 – 11 am; Shuffleboard, 10 – 11:30 am

Wednesday:

Thursday: Osteo Bonesavers Class, 10 – 11 am; Pitch, 10:30 – 11:30 am

Friday: Bingo, 10:30 – 11:30 am; Knitting, 1 – 3 pm

Special Activities

10/4 Flu Clinic, 9:30 – 11 am

10/6 Baking Demo w/ Leslie, 11 – 11:30 am

10/15 Nutrition Education w/ OFA: Sugar Reduction, 10:00 am
Northern Broome Golden Agers, 11:30 am – 1 pm

10/18 Cooperative Extension Nutrition & Cooking Class:
Small Changes, Big Results, 9:45 am

10/19 Northern Broome Golden Agers, 11:30 am – 1 pm

10/26 National Pumpkin Day: Come Paint a Pumpkin, 10 – 11:30 am

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

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

Lunch served at Noon

Weekly Activities

Monday: Bingo, 10-11:30 am

Tuesday: Wii Bowling, 10-11:30 am

Wednesday: Crafts, 10-11:30 am

Thursday: Wii Bowling, 10-11:30 am

Friday: Cards & Gardening, 10-11:30 am

Special Activities

10/1 International Coffee Day: Come For Flavored Coffee, 10:15 am

10/6 Sandy's Trivia, 10:30 am
Sign-up for Wii Bowling Tournament on 11/4, 10 am

10/12 Flu Clinic, 10 – 11:30 am

10/13 Breast Cancer Awareness Day: Wear Pink

10/14 Help Decorate for Halloween, 10:30 am

10/20 Sandy's Trivia and/or Wine Charms, 10 am

10/20 Cooperative Extension Nutrition & Cooking Class:
Small Changes, Big Results, 10:15 am

10/22 National Nut Day: Come in for samples
Nutrition Education w/ OFA: Sugar Reduction, 10:30 am

10/27 Sandy's Trivia, 10 am

VESTAL 754-9596

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

Located in Old Vestal High School Cafeteria

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

Lunch served at 11:45am

Weekly Activities

Wednesday: Soup and Salad Bar, 11:30 am

Fridays: Chef Salad (Please Call to Reserve), 11:30 am

Special Activities

10/4 King High Card Game, 12 pm

10/7 Bingo, 10:15 am

10/14 Craft Day, 10 am

10/18 Chop and Chat (reservations needed), 10 am

10/20 Nutrition Education w/OFA: Sugar Reduction, 10:15 am

10/21 Bingo, 10:15 am; Left, Right, Center – Dice Game, 12 pm

10/22 Pizza or Chef Salads (call to reserve), 11:15 am

10/26 Vestal Senior Club Meeting Day, 12:15 pm

10/27 Cooperative Extension Nutrition & Cooking Class:
Small Changes, Big Results, 10:30 am

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

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

Sudoku Answers

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

Trivia Answers:

- False (39 million);
- Harry Houdini;
- Illinois, Texas, California, Indiana, and Pennsylvania;
- True (Australian blue pumpkin);
- apples

October 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.

Please Remember: Covid-19 is Still a Concern Guidelines are changing every day as the pandemic continues to exist. Bring a face mask with you when visiting Broome County Senior Centers: masks are required. Vaccines are still available and easy to schedule. If you would like to schedule a vaccine, please call the Office for Aging at (607) 778-2411 .					Rotisserie Chicken 10/1 OR Pub Style Battered Fish Herb Roasted Potatoes Spinach Strawberry Fruited Gelatin
Pierogi w/Onions 4 California Blend Vegetables Applesauce Peanut Butter & Jelly Cookie	Beef Stroganoff 5 Over Noodles Cauliflower w/Parsley Strawberry Mousse	Meatball Parmesan 6 Sausage Pasta Soup Peaches Ice Cream Cup	Sliced Ham 7 Scalloped Potatoes Brussels Sprouts Apple Spice Cake	Tuna Fish 8 OR Pub Burger Baked Beans Red Potato Salad Chocolate Pudding	
Macaroni & Cheese 11 Stewed Tomatoes French Cut Green Beans Mandarin Oranges	Swiss Steak 12 Over Mashed Potatoes Broccoli Florets Sugar Cookie	Chicken Salad Croissant 13 Baby Beets LF Cottage Cheese Pineapple	Chicken ala King 14 Over a Biscuit Carrots Grape Juice Carrot Raisin Bar	Chicken Breast Marengo 15 OR Herb Rubbed Pollock Mashed Potatoes Wax Beans w/Parsley Bread Pudding	
Beef Stew over a Biscuit 18 Broccoli Florets Cranberry Juice Applesauce	Liver w/Onions OR 19 Chicken Breast Marsala Mashed Potatoes Italian Blend Vegetables Snickerdoodle Cookie	Halupki 20 Lemon Basil Chicken Breast Mashed Potatoes Wax Beans w/Pimento Chocolate Brownie	Swedish Meatballs 21 Over Buttered Noodles Peas & Carrots Pumpkin Cake	Broiled Fish w/Lemon 22 OR Grandma's Meatloaf Au Gratin Potatoes Cut Green Beans Pears	
Chicken & Rice Bake 25 Carrots Cranberry Juice Ice Cream Cup	Rotisserie Chicken 26 Baked Potato Pea Salad Fruited Gelatin	Pub Burger 27 Macaroni & Cheese Three Bean Salad Banana	Beef Burgundy 28 Over Noodles Spinach Pineapple	Sausage w/Peppers 29 OR Pub Style Battered Fish Baby Red Potatoes Cut Green Beans Strawberry Shortcake	

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



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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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