



Visit Our Website at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)



Join us as we travel virtually with Discover Live. You can experience different cities around the world through interactive walking tours. An experienced tour guide will take you through their favorite places in their city. You get to interact and ask questions. In the month of August, we will be visiting Naples, Split, Waterford, New Town, Krakow, Cusco and Berlin. These are free classes, and no reservations are required.



August 1st 12PM  
Virtual walking tour through **Naples, Italy**  
(streamed to the Northern Broome Senior Center)



August 12th 1:30PM  
Virtual walking tour through **Split, Croatia** (streamed to the Broome West and Johnson City Senior Center)



August 13th 10:30AM  
Virtual walking tour through **Waterford, Ireland** (streamed to the Johnson City and Northern Broome Senior Center)



August 20th 11AM  
Virtual walking tour through **New Town, Edinburgh, UK**  
(streamed to the Broome West and Vestal Senior Center)



August 21st 10AM  
Virtual walking tour through **Krakow, Poland** (streamed to the Broome West, Vestal and Deposit Senior Center)



August 26th 1:30PM  
Virtual walking tour through **Cusco, Peru** (streamed to the Broome West and Johnson City Senior Center)



August 28th 11AM  
Virtual walking tour through **Berlin, Germany** (streamed to the Broome West and Vestal Senior Center)

Senior News proudly recognizes National Senior Citizen Day and the ongoing value of our seniors by highlighting the many ways they enrich Broome County. From their important work with local senior centers to the wisdom and experience they share; their contributions are immeasurable.

Join us as we shine a light on the many ways they strengthen and shape our community for the better. To see how Office for Aging is celebrating National Senior Citizen Day, flip to page 9.

**Office For Aging Public Hearing  
Followed by Dinner & Bingo**

Broome County

Office for Aging 

Please join us at the **Northern Broome Senior Center** on **Thursday, September 18th** for a discussion on Office for Aging services. Your ideas can help OFA create a plan for all older adults in Broome County.

**Address:** 12 Strongs Place in Whitney Point

**Start time:** Dinner at 4PM, Public Hearing at 5:00PM followed by Bingo at 5:30PM

**Dinner contribution:** A suggested voluntary contribution of \$4.00 is requested for people age 60+ and their spouse of any age. Those under age 60 pay \$5.

**Reservations:** If you would like to stay for dinner, please call 607-692-3405 by September 17th at noon. No reservation is needed for the Public Hearing.

Please call **607-778-2411** if you need special accommodation to attend, or to share your comments if you are unable to attend. Comments can also be emailed to [ofa@broomecountyny.gov](mailto:ofa@broomecountyny.gov)

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/](https://www.facebook.com/BroomeCountyOfficeForAging/)



# Health and Wellness



## Stay Steady: Why Balance Exercises Matter as You Age

As we age, maintaining our balance becomes more important than ever. Good balance not only helps prevent falls—one of the leading causes of injury among older adults—but also boosts confidence in daily activities like walking, climbing stairs, or simply getting out of a chair.

After the age of 60, muscle strength and coordination can naturally decline, making balance exercises a vital part of any fitness routine. Simple movements like standing on one foot, heel-to-toe walking, or gentle yoga and tai chi can greatly improve stability, posture, and overall mobility.

The good news? You don't have to go it alone. The Office for Aging offers classes at their centers and in the community designed to improve balance in a safe and supportive environment. Whether you're new to exercise or looking to stay active, these classes are a great place to start.

To learn more about available exercise programs near you, call **607-778-2411**.

... Heart Health Module ...

**FLEX & FUEL**

**BINGO**

**UPCOMING SESSIONS:**  
**WEDNESDAY, AUGUST 6TH 12:30PM**  
Broome West Senior Center  
2801 Wayne Street, Endwell  
**THURSDAY, AUGUST 7TH 12:30PM**  
Eastern Broome Senior Center  
27 Golden Lane, Harpursville

- Participate in a FUN Game of BINGO
- Get Tips about HEART HEALTH
- Participate in Moderate Stretch and Balance Exercises you can Practice at Home
- Have a Chance at Winning Special PRIZES

Please call Bridget at 607-778-2411 for more information.

## WEEKLY ACTIVITIES

### Chair Yoga

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

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

### Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt.

Monday 9:30AM East. Broome Sr. Center (Harpursville)

Monday 9:30AM Johnson City Senior Center (\$3 charge)

Friday 10:00AM Johnson City Senior Center (\$3 charge)

### Bonesaver Class

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

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)

Mon & Wed 1:00PM Johnson City Senior Center

Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)

Wednesday 10:00AM Broome West Senior Center (Endwell)

### Line Dancing

Choreographed dance with a sequence of steps done in lines or rows.

Monday 10:45 AM Johnson City Senior Center (\$3 charge)

### Zumba

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

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

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

### Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body.

Thursday 10:00AM Johnson City Senior Center (\$3 charge)

### Tai Chi

Relieve stress, improve balance, increase flexibility, and promote wellness.

Thursday 1:00PM Johnson City Senior Center (\$3 charge)

Weds & Fri 9:00AM Chenango Bridge Senior Center (In Person or Zoom)

Friday 9:30AM East Broome Sr. Center (Harpursville)

### Chair Exercise

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

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

Tues & Fri 12:30PM Johnson City Senior Center

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

### Virtual Zoom Classes

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

### ZOOM – Chair Yoga

Mondays 9:00AM

### ZOOM – Chair Drumming Exercises

Mondays 2:00PM

### ZOOM – Chair Dance and Yoga

Tuesdays 9:00AM, Wednesdays 11:00AM,

Thursdays 9:00AM, Fridays 11:00AM

### ZOOM – Tai Chi

Wednesdays 9:00AM, Fridays 9:00AM



# Caregiver Corner

Ideas and information for people caring for others.

**The Johnson City Caregiver Chat:**  
**Date:** Monday, August 4th **Time:** 1 - 2:30PM  
**Location:** Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

**SOCIAL SATURDAYS**

Below are no cost respite programs hosted by area church communities on Saturdays monthly. You do not need to be a member of the parish to participate in the caregiver respite program.

Social Saturdays is a group respite program providing small group social engagement for care recipients while providing a break for caregivers. Participants will engage in discussions, activities, and a light lunch or snack. (Guest should be able to eat and toilet independently.)

**Saturday, August 2nd 11 – 2PM • First Saturday of the Month**  
**St. Anthony’s Church Hall • 300 Odell Ave, Endicott**

**Saturday, August 9th 1 – 4PM • Second Saturday of the Month**  
**Grace’s Place • Grace Lutheran Church: 709 Main St, Vestal**  
**RSVP 607-748-0840**  
Registration packets are available online at [www.gracelutheranchurchvestal.com/graces-place](http://www.gracelutheranchurchvestal.com/graces-place)

**Saturday, August 16th 11 – 2PM • Third Saturday of the Month**  
**St. Mary’s Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086**

**Call for More Information**  
**St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • 607-778-2946**

**WEDNESDAY RESPITE**

**Wednesday, August 13th 11 – 1:30PM • Second Wednesday of the Month**  
**India Cultural Center • Route 26, Vestal**  
For more information or to RSVP, please call 607-624-6587.



**DO YOU...**

Perform housework for someone?  
Help them shop for food?  
Help them bathe or get dressed?  
... Feel Stressed?

**You are a caregiver.  
Support is available.**

Call NY Connects 1-800-342-9871

# ANY CARE COUNTS™

NEW YORK

**CAREGIVERS ARE EVERYWHERE.  
ANY CARE COUNTS.**

Mow the lawn for a loved one? Manage finances? Help with meds? That’s care, and any care counts. Almost 1 in 2 of us are caring for someone, and while it can be an honor, it can also be intense. The Any Care Counts - New York Campaign is a way to recognize and support the millions of unpaid caregivers across the state by connecting them to available support resources in New York.

For more information, please visit <https://www.anycarecountsny.com/>

# Respite Options for Caregivers

Relax, Recharge, Revive

**1st Saturday:** St. Anthony’s Church Hall  
300 Odell Ave Endicott • 607-754-4333

**2nd Saturday:** Grace Lutheran Church  
709 Main St Vestal • 607-748-0840

**3rd Saturday:** St. Mary’s Church of Kirkwood  
975 NY Rt 11 Kirkwood • 607-775-0086

**2nd Wednesday:** Indian Cultural Center  
1595 State Rt 26 Vestal • 607-624-6587

Call Broome County Office for Aging for more information **607-778-2411**

# HOLY FAMILY FUN & GAMES

Fun and Games is a social connections group for seniors 60+. The group meets on Friday afternoons in the church hall for cards, table games and conversations.

**Join us every Friday 1 - 3PM**  
**Church of the Holy Family: 3600 Phyllis St., Endwell**

Get competitive with a round of “Golf” or “Hand and Foot” cards games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!

## Events at the Centers

### **Broome West Senior Center**

Friday, August 1st  
Golden Oldies  
11AM

You're invited to a 1950s-60s inspired dance party. Join us as DJ Only spins the greatest hits of the time. Decade attire encouraged! Pull out those poodle skirts and pedal pushers!

### **Chenango Bridge Senior Center**

Wednesday, August 13th  
Bake Sale  
10 – 2PM

Bring your sweet tooth!

### **Deposit**

Thursday, August 14th  
Join us in welcoming Delaware County Office for Aging's Eric Benecke  
11AM

### **Eastern Broome**

Friday, August 29th  
Fun Friday  
12:30PM

Join us for entertainment by Harmony Lane!

### **First Ward**

Tuesday, August 12th  
Hummingbird Watercolor Painting Class with local artist Chris Fox  
1PM

\$8 per person

Class size is limited. Registration and payment are due by August 11th. Please call 607-797-2307 with any questions.

### **Johnson City**

Tuesday, August 12th & 26th  
Widow & Widowers Support Group  
10 – 11AM

A new support group to help widows and widowers as they navigate the grieving process. All welcome. Registration not required. Call the Johnson City Senior Center at 607-797-3145 with any questions.

### **Northern Broome**

Monday, August 4th  
Chop and Chat  
1PM

Come chop some veggies with us then bring them home to make Veggie Pasta Salad! Please call 607-692-3405 to reserve your spot.

### **Vestal**

Thursday, August 14th  
Philly Cheesesteak Day  
11AM

Served with Salad, Applesauce and an Ice Cream Cup

Please call 607-754-9596 for a meal reservation.

## Ask the Office:

I am looking to connect with other older adults through volunteering.

Can you tell me what options the Office for Aging has?

Volunteering is a great way to stay socially connected while enjoying new experiences and giving back to the community. In fact, many Office for Aging programs simply couldn't operate without the support of dedicated volunteers. From delivering meals to working with children in a classroom there are plenty of options depending on your interests and availability.

- Meals on Wheels volunteers play a vital role in serving nearly 400 older adults who are unable to prepare meals on their own. Volunteers are needed to deliver these meals once a week, Monday through Friday, between 11:00 a.m. and 1:00 p.m., and can choose to serve as drivers, visitors, or both. Routes are available in various locations throughout Broome County. Meals on Wheels volunteers report that joining this program has brought them a sense of fulfillment and allows them to be part of a close-knit, caring group of people.
- Volunteering at our Senior Centers is another great option. You can help serve meals, teach classes, take reservations, or answer phones. We also welcome volunteers to come to us with ideas on activities and programs. If you're interested in teaching wellness classes, our Health and Wellness Unit offers several ways to get involved.
- The Yesteryears Group Respite program has multiple sites where you can volunteer to provide socialization and leisure activities for frail, isolated, or memory-impaired adults over 60. Volunteers may assist with games, exercises, reminiscing, and serving lunch.
- Income-eligible seniors can volunteer to work with children who need extra support through the Foster Grandparent Program. If you are age 55 or over and have at least 5 hours a week to volunteer, consider becoming a classroom "grandparent." The Office for Aging's Foster Grandparents volunteer in general classrooms to work one-on-one with children in elementary schools, Head Start programs, daycare centers, and middle schools across Broome County. The grandparents are making a difference by nurturing and mentoring children. They share in classroom activities such as reading books together, practicing the alphabet, and solving math problems.
- Another opportunity is the Shopper Program, offered in partnership with Faith in Action. Volunteers in this program provide non-emergency support by helping with weekly or bi-weekly grocery shopping and limited errands such as trips to the bank, post office, or pharmacy.

**No matter your background, skills, or schedule, there's a volunteer opportunity at the Office for Aging that can fit your lifestyle and make a meaningful difference.**

Volunteering not only enriches the lives of others—it can also bring a renewed sense of purpose and connection to your own. If you're ready to get involved, we'd love to help you find the right fit. Give us a call at **607-778-2411** to learn more and take the first step toward making a positive impact in our community.

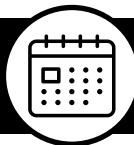


## Downsize & Declutter Discussion with Joan

Looking for support in your effort to downsize or declutter your home? There's a monthly discussion at 3 PM on the 2nd Tuesday of the month at the Broome West Senior Center at 2801 Wayne Street in Endwell. Need help learning Zoom? Give Joan a call at 607-754-1230.

See you at our Declutter Discussion on Tuesday, August 12th at 3PM at the Broome West Senior Center or on Zoom.

To attend the meeting, contact Joan Sprague at [spraguejm@verizon.net](mailto:spraguejm@verizon.net)



## Mark Your Calendar! Upcoming Community Events

### Book Sales

George F. Johnson Library: 1001 Park Street, Endicott  
Friday, August 1st 10 – 4PM | Friday, August 15th 10 – 4PM

### Broome County Public Library

185 Court Street, Binghamton  
Friday, August 22nd 10 – 2PM | Saturday, August 23rd 10 – 1PM

### First Friday

Downtown Binghamton  
Friday, August 1st 6 – 9PM

Please join us for an unforgettable evening celebrating creativity and culture in Downtown Binghamton NY! First Friday is a monthly event organized by the Broome County Arts Council (BCAC) that invites community members to explore a variety of art exhibitions and creative highlights in Downtown Binghamton. Patrons can expect to enjoy live music performances and artist exhibitions that showcase the cultural richness of our community.

Check out the website for events: <https://broomearts.org/in-the-community/first-friday/>

### Music at the Museum

Endicott Visitors Center: 300 Lincoln Avenue, Endicott  
Wednesday, August 6th 6PM – Friday at Fred's  
Wednesday, August 20th 6PM – Baked Nebraska  
Wednesday, August 27th 6PM – Rich Wilson (Oldies)

Bring a chair and come listen to music on the lawn in front of the Endicott Visitors Center.

<https://visitbinghamton.org/event/music-at-the-museum/2025-08-20/>

### FREE Nutrition Classes with Cornell Cooperative Extension

Your Home Public Library: 107 Main Street, Johnson City  
Wednesdays in August  
Steps Toward a More Plant-Based Diet (A Series) 10 – 11:30AM

### Vestal Community Band Summer Concert Series

Thursday, August 7th George W. Johnson Park, 202 Oak Hill Ave, Endicott  
Thursday, August 14th and 21st Arnold Park, Andrews Road, Vestal  
Concerts start at 6:30PM

Bring a chair or blanket and come listen to music. More information available at [www.facebook.com/vestalcommunityband](http://www.facebook.com/vestalcommunityband)

### Kirkwood Community Day

Veterans River Park: 311 Main Street, Kirkwood  
Sunday, August 10th 9 – 4PM

Join in on a day of activities and different vendors.

### Artisan Market

Vestal Public Library: 320 Vestal Parkway East, Vestal  
Saturday, August 23rd 9 - 1PM

Come out to shop from various vendors. Check out baked goods, paintings, pottery and so much more.

### GUSTO! Italian Street Festival

Little Italy Endicott, 109 Odell Ave, Endicott  
Friday, August 29th 5 – 9PM

Prepare for a celebration of live music, incredible vendors, fireworks and more at the Little Italy in Endicott.

### 21st Annual Garlic Festival

Recreation Park: 73 Beethoven Street, Binghamton  
Saturday, August 30th 11 – 5PM

At this year's Garlic Festival, enjoy a vibrant celebration featuring delicious food vendors, cultural music, and garlic ice cream! We're gearing up for our biggest and best garlic festival yet! With over 3,000 attendees last year and plans for even more, this is your chance to shine.



## Scam of the Month

### Fake Check/Overpayment Scams

One common ruse is the overpayment scam. The scammer will send a check to pay for an item, or to award sweepstakes or lottery winnings, a grant, a scholarship, or regarding a job. They will then ask that some of the money be returned for fees to claim the award or due to overpayment. That is a scam.

**No legitimate sweepstakes or lottery requires payment to play or collect a prize.**

Crooks exploit the fact that banks must make funds from a check deposit available to the account holder within days, but it can take far longer to discover that the check is phony—sometime weeks, according to the Federal Trade Commission (FTC). When the bad check is discovered, you are out whatever money you sent back to the scammer, plus any other funds from the bad check that you withdrew or used. Banks do not assume those losses.

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**.

## Senior Safety Day Event

The Broome County Traffic Safety Program and Union Volunteer Emergency Squad will host a Senior Safety Day that includes a Safety Presentation inside followed by a CarFit Event in the parking lot.

The presentation will include information about how to be safe inside and outside your home. Participants will learn about how to prevent falls, the different resources available for home repairs, basic medical information as well as pedestrian safety, prescription drug use and driving and how to stay safe on the road.

As we age, we change. And how often do we adjust the features in our vehicle to accommodate those changes? CarFit is an educational program designed to help you explore the components of your vehicle with a trained technician to ensure the safest and most comfortable “fit” and keep you on the road longer! It's free, it's easy and it only takes 20 minutes!

Pre-registration is encouraged but walk-ins are welcomed!

Where: Eastern Broome Senior Center  
27 Golden Lane, Harpursville

When: Wednesday, August 27th  
9:15 - 10:15AM – Senior Safety Inside and  
Outside the Home Presentation  
10:15 - 12:15PM – CarFit Event

Contact: Christine Marion, Broome County Health Department  
607-778-2807  
[Christine.Marion@broomecountyny.gov](mailto:Christine.Marion@broomecountyny.gov)





Foster Grandparents Honored for Giving Back



Recently this past June, the Foster Grandparents were honored by The Broome County Office for Aging staff and enjoyed a wonderful dinner at Celebrations on Park in Binghamton.

Foster Grandparents volunteer for elementary schools, Head Start programs and daycare centers encouraging children with exceptional needs to learn through activities such as reading books and playing educational games.



Cora, a Foster Grandparent who works one-on-one with school-age children, reflects upon how meaningful her time in the classroom is: “This program is great for me. I live alone, so it gets me out of the house, around other people and I feel that I can contribute to my school and my teacher. I enjoy going to school and seeing the children grow and change. Also, I have made many friendships with other grandparents.”

Applications are still being accepted for the coming school year. Foster Grandparents volunteer from 5 to 40 hours per week but most volunteer about 20 hours per week. Even though they are volunteers, income-eligible older adults are paid a stipend of \$4.00 per hour. To apply, you must be 55 or older, a Broome County resident and income eligible.

If you are interested in joining the Foster Grandparent Program, call 607-778-2089.



LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ meeting will be Wednesday, August 20th from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City



Conklin Seniors

Contact Kathy 607-775-0880  
November 12th – 14th - Lancaster, PA - American Music Theater Christmas Show and More

Kirkwood Senior Trips

Contact Jeanie 607-655-2685  
September 19th - West Point & Pride of the Hudson Cruise  
October 15th - Resorts at Monticello for 4X4 Group (Beach Boys, Beatles, Bee Gees, and Motown cover band)  
December 2nd - Elvis for Christmas at Penn’s Peak

Johnson City Senior Center

Contact: Lucy 607-427-6143  
September 17th - Penn’s Peak – Country Jamboree Tribute  
September 23rd - Penn’s Peak – Tribute to Billy Joel & Elton John  
October 9th - Merry-Go-Round - Bonnie & Clyde  
October 15th - Autumn Splendor at Longwood Gardens  
October 29th - Penn’s Peak – Tribute to Alan Jackson

Port Crane Seniors

Contact: Donna 607-648-6071  
November 5th - Hunterdon Hills Playhouse “Playhouse Christmas”

Vestal Senior Citizens Club

Contact: Jean 607-754-4479  
November 12th - Hunterdon Hills: Holiday Show (Sign up 9/25 at 12PM)

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 15.

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

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

– Nelson Mandela





# AmeriCorps Seniors

Foster Grandparent Program of Broome County  
Supporting Children in Classrooms

### Foster Grandparent Highlight: Carol Gomez

For the past nine years, Carol Gomez has been a dedicated and nurturing presence in the infant room at the Binghamton YWCA. Each day, Carol devotes her time to reading stories, feeding, and playing with the babies—creating a safe and stimulating environment that supports their early development. These interactions are not only vital for building foundational language skills and emotional security, but they also contribute to healthy brain development during this critical stage of life.

Carol finds great joy and fulfillment in her role. She shares that one of the most rewarding aspects of her service is witnessing the remarkable transformation that takes place as the children grow. From their very first days to their first steps, Carol delights in seeing their personalities emerge and their unique traits begin to shine. Watching them progress from quiet infants into curious, expressive toddlers is something she cherishes deeply.

**Her consistent presence and gentle care have made her a trusted and beloved figure at the YWCA—a true example of the impact a compassionate volunteer can have in the lives of young children.**

We asked Carol's teacher Wendy, what she felt was the biggest benefit of having Carol in the classroom. She shared that Carol "brings a huge smile. She brings us advice and years of learning/teaching, she is loving, and the babies and staff love her." She also noted that she would absolutely recommend the program to other teachers. The children at the daycare "smile and get so excited when Grandma Gomez walks into the room. They all love her, they love her snuggles, and happy personality. She is a pleasure to work with and I look forward to working with her."

We are very fortunate to have such wonderful and dedicated volunteers in the Foster Grandparent Program. For more information on how to join the program, call **607-778-2089**.

## PLANNING FOR TOMORROW, GIVES PEACE OF MIND TODAY

SECURE YOUR FAMILY'S LEGACY AND EASE YOUR WORRIES BY  
CHOOSING YOUR FINAL RESTING PLACE IN ADVANCE. SELECT YOUR  
BEAUTIFUL PLOT NOW AND LET US HANDLE THE DETAILS WITH CARE,  
RESPECT AND TRANSPARENCY.

 One Lot (4 people)  
\$2,000

 One-Half Lot (2 people)  
\$1,000

 One Plot (1 person)  
\$500

South Windsor Cemetery Association, Inc.  
485 Route 79 South, Windsor  
Call Don **607-725-5757** or Colleen **607-655-1918** for  
more information.

## Senior News Pet Photo Contest 2025

Got a furry, scaly, or feathered friend who's camera-ready?  
Enter your beloved pet in our Senior News Pet Photo  
Contest! This is your chance to show off your amazing  
companion and have your pet featured in the  
September edition of the Senior News.



**How to Enter:** Simply submit a clear, heartwarming photo of your pet. It could be them playing, napping, or just being their adorable self! Our favorite photo will be featured in the upcoming September issue for everyone to enjoy.

Don't miss this paw-some opportunity! Send in your entries by **Thursday, August 14th**.

*"Everyone believes they have the best pet, and none of them are wrong." – W.R. Purche*

Send your **name, phone number, pet's name and even a brief description of what you love about your pet:**  
Broome County Office for Aging  
Attention: Senior News  
PO Box 1766, Binghamton, NY 13902  
Or email [ofa@broomecountyny.gov](mailto:ofa@broomecountyny.gov)

## VESTAL SENIOR CENTER 43RD ANNIVERSARY LUNCHEON

**Thursday, August 21st**  
Meal served at 11AM  
Entertainment by Friday  
at Fred's 12PM

Wear your  
green and gold!

Please call  
**607-754-9596**  
for a meal reservation.





### The SEPP Group

HOUSING • MANAGEMENT • DEVELOPMENT

### Affordable Independent Living

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- Nichols Notch Apartments  
Endicott, NY (607) 754-0579
- Watkins Glen School Apartments  
Watkins Glen, NY (607) 535-4181
- Wells Apartments  
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53 Front Street, Binghamton, NY 13905  
Phone: (607) 723-8989 • TDD: (607) 677-0080  
[www.seppinc.com](http://www.seppinc.com)  
*Housing with a Heart*







## Recipes

We hope you enjoy this month's recipes from the Office For Aging.

### Corn, Blueberry, and Wild Rice Salad

This savory dish features wild rice and blueberries, a fun way to add flavor and color to any salad!



#### Ingredients

- 6 ears sweet corn, husked (or 1 1/2 cups frozen corn or canned corn, drained)
- 1 cup frozen blueberries
- 1 small cucumber, finely chopped
- 1/4 cup finely chopped red onion
- 1/4 cup chopped fresh cilantro
- 1 cup wild rice, cooked
- 1 jalapeno pepper
- 4 tablespoons lime juice
- 4 tablespoons olive oil
- 2 tablespoons honey or maple syrup
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt

#### Directions

1. In a large pot, bring salted water to a boil. Add corn. Cook covered for 5 minutes, or until tender. If using corn on the cob, remove corn from the cob after cooking.
2. In a serving bowl, combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.
3. For dressing: In a screw-top jar, combine lime juice, oil, honey, cumin, and salt. Cover and shake well to combine. If you do not have a screw-top jar you can whisk ingredients in a small bowl.
4. Add dressing to salad and toss.

Salad is best enjoyed if covered and refrigerated overnight or up to 24 hours.

This recipe contains one or more ingredients considered to be traditional or indigenous to Native American communities in certain regions across North America.

<https://www.myplate.gov/recipes/corn-blueberry-and-wild-rice-salad>

### Five Happiness Fried Noodles

Enjoy carrots, bamboo shoots, mushrooms, bean sprouts, and green onions with fried noodles and a simple sauce.



#### Ingredients

- 10 cups water
- 1 pound egg noodles
- 1 tablespoon olive oil (or vegetable oil, divided)
- 3 cups bean sprouts
- 1 cup bamboo shoots (sliced thinly in strips)
- 1/2 cup carrots (shredded)
- 2 dried shiitake mushrooms (or about 1/2 cup, soaked, stems removed)
- 2 green onions
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce, reduced sodium

#### Directions

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al dente," approximately 5 to 7 minutes; drain and set aside.
2. Heat a non-stick wok or pan over high heat. Add 1/2 tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.

3. Add remaining 1/2 tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce.
5. Stir to combine and serve.

<https://www.myplate.gov/recipes/five-happiness-fried-noodles>

### Meatball Soup

Mixed vegetables, meatballs, and brown rice make a delicious and hearty soup.



#### Ingredients

- 6 cups water
- 1/3 cup brown rice, uncooked
- 3 low-sodium beef or chicken bouillon cubes (or 1 tablespoon low-sodium bouillon powder)
- 1 tablespoon oregano
- 8 ounces 90% lean ground beef (or turkey or chicken)
- 1 medium tomato, finely chopped
- 1/2 medium onion, peeled and finely chopped
- 1 large egg
- 1/2 teaspoon salt
- 2 cups fresh vegetable mix, chopped (carrots, celery, and spinach)

#### Directions

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat.
2. Stir to dissolve bouillon. Reduce heat to low and simmer.
3. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 meatballs.
4. Add meatballs to broth mixture and simmer 30 minutes.
5. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender.
6. Serve hot.

<https://www.myplate.gov/recipes/meatball-soup>

### Strawberry S'Mores

No campfire required for these fruity graham cracker snacks!



#### Ingredients

- 2 strawberries
- 1/8 cup (2 tablespoons) low-fat vanilla yogurt
- 1 graham cracker, broken in half

#### Directions

1. Slice the strawberries.
2. Add the yogurt and strawberries to 1/2 of graham cracker.
3. Top with the other 1/2 of graham cracker.
4. Enjoy immediately.

<https://www.myplate.gov/recipes/strawberry-smores>



**ALZHEIMER'S ASSOCIATION**  
Central New York Chapter



**315.472.4201**

24/7 Helpline: 800.272.3900  
[alz.org/cny](http://alz.org/cny)

Caring for someone with Alzheimer's isn't easy.

We're here to help you.


The Central New York Chapter of Alzheimer's Association offers

**FREE**

Caregiver Support, Education Programs, Care Consultations, Safety Services, Respite Information, and more.

Programs are supported in part by a grant from the New York State Department of Health.





JOIN THE BROOME WEST SENIOR CENTER FOR

# "A VARIETY SHOW TUNES SHOW"

FRIDAY, AUGUST 15<sup>TH</sup> AT 11 AM | SPECIAL PERFORMANCES BY  
**LOURIE MORRIS, JIM LAMB, AND FRIENDS!**

CAMILLE MUSCATELLO, FRANCINE MASSARA, LORI GRACE,  
LARRY AND KRISTA GUIDICI, TERESA SPINELLI, EILEEN SCHIMPF,  
RAY CUADRA, BILL GORMAN, VIN ROSENBARKER, PAUL DELROSSO

Lunch Reservations for Pizza and Salad required for every person attending the show. Please call 607-785-1777 for a meal reservation before noon on 8/14. Show will take place immediately after lunch being served. Spots are limited, reservations open Monday, August 4th. All regular activities are cancelled.



## SENIOR SEMINAR SERIES

### Sessions

**August 6th:** *Thriving on a Fixed Income: Maximizing Your Retirement Dollars*

FREE TO ATTEND

### Location and Times



George F Johnson Library  
1001 Park Street  
Endicott, NY 13760



4:00 PM – 5:00 PM

For more information, visit our website at:  
[www.visionsfcu.org/walletwellness](http://www.visionsfcu.org/walletwellness)  
or contact us at:  
[Education@visionsfcu.org](mailto:Education@visionsfcu.org)

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### National Senior Citizens Day: August 21, 2025

From The American Presidency Project, Proclamation 5847—National Senior Citizens Day, 1988

This is a day dedicated to recognizing the valuable contributions older people have made and continue to make to our society. Let’s take a moment to appreciate the wisdom and experiences they share with us!

Enjoy a special lunch at a Broome County Senior Center to commemorate this special day!

See the Looks What’s Happening section of this paper for phone numbers and special activities. Lunch reservations are required, please call by noon on August 20th to make your reservation.

Lunch is a voluntary suggested contribution of \$4 for those age 60+ and their spouse of any age. People under the age of 60 are charged \$5.

### The Benefits of Eating Blueberries

In upstate New York, blueberry season easily stretches through August. Rain or shine, the bluest berries are harvested daily from the garden and pick-your-own berry farms.

Blueberries contain anthocyanins, which give them their blue hue and antioxidant benefits. The stress of everyday life and chronic disease may deplete micronutrients, and according to dietitians, replenishing these is essential to well-being.

Blueberries are among the top 20 fruits and vegetables on the Aggregate Nutrient Density Index.

One cup of blueberries contains 84 calories, contributes to daily requirements of Vitamin C (24%) and dietary fiber (14%), along with adding smaller amounts of other nutrients: iron, potassium, calcium, magnesium, sodium, zinc, copper, folate, beta-carotene, and Vitamins A and E.

Nutrients in blueberries may help lower blood pressure, manage diabetes, reduce risk of heart disease, prevent cancer, combat obesity, promote healthy skin and hair, and increase energy levels. It is recommended that blueberries be consumed cautiously if taking blood-thinners such as warfarin, as they contain Vitamin K, which interferes with blood clotting.

The following are simple ways to enjoy fresh blueberries: add to a smoothie, spinach salad, or muffins; use as a topping for oatmeal, yogurt, and pancakes. Blueberries may be frozen in one-cup servings for later consumption.

Try this easy smoothie recipe: Blend 1 frozen banana, ½ cup blueberries, 1 tablespoon chia seeds, 1 scoop vanilla protein powder, and ½ cup yogurt. One tablespoon of peanut butter may be added or ½ cup kefir substituted for yogurt.

Make the most of the beautiful weather and visit the blueberry patch or farmer’s market to pick up some blueberries today. Remember, something as delicious as a blueberry is also healthy!

c. 2025 Susan Wenzinger, MSN, RN @FullBloomHealthandYoga.com

# Look What's Happening at the Centers!

**\*\*Meal reservations are needed by noon the business day prior.\*\***

## Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760  
Center Hours: Monday - Friday, 9 – 3PM  
Gift Shop: Monday – Friday, 9 – 2PM  
**Lunch is served at 12PM | 607-785-1777**

### Weekly Activities

**Monday:** BoneSavers 10AM; Hand and Foot Card Game 12:30-2:45PM  
**Tuesday:** Adult Coloring 9:30AM; Mahjong Group 10AM; Chair Exercises 10:30AM; Scrabble 12:30 - 2:45PM; Ping Pong 1 - 2:45PM; Yarn Group 1PM  
**Wednesday:** BoneSavers 10AM; Canasta 1 - 2:45PM; Floor Shuffleboard 1 -2:30PM  
**Thursday:** Wii Bowling 9:30AM; Chair Exercises 10:30AM; Social Connections 1PM; Chair Yoga 1PM  
**Friday:** Mahjong 12:30 - 2:45PM; Ping Pong 1PM; Cornhole 1PM

### Special Activities

8/1 Golden Oldies 11AM  
8/4 “Overcoming Barriers to Eating Well” presentation by Kathleen Cook, CCE 11:30AM  
8/4 Philly Cheesesteak 11 – 12PM  
8/6 Flex and Fuel Bingo with Donna and Bridget, BCOFA 12:30PM  
8/7 Legal Aide 9AM Call for an appointment.  
8/8 Team Trivia 9AM Call to sign up.  
8/11 Breakfast for Lunch with Entertainment by Party Cat 10:30 – 12PM  
8/12 & 26 Chop and Chat 1PM  
8/12 Discover Live: Split, Croatia 1:30PM  
8/12 Downsize and Declutter Discussion with Joan 3PM  
8/13 “Stay Safe Online - Protect Yourself and Your Information” presentation by the GFJ Tech Center 11AM  
8/14 “Science is Everywhere!” presentation live streamed by Kopernik Observatory & Science Center 1PM  
8/15 A Variety Show of Tunes! Lunch served at 11AM and the show will follow. All regular activities are cancelled. Lunch reservations required.  
8/19 Site Council Meeting 10AM  
8/20 Discover Live: New Town, Edinburgh, UK 11AM  
8/21 Discover Live: Krakow, Poland 10AM  
8/21 National Senior Citizens Day Party with Gene Civic 11AM  
8/25 Breakfast for Lunch 10:30 – 12PM  
8/26 Bright and Beautiful Therapy Dogs 12:30PM  
8/26 Discover Live: Cusco, Peru 1:30PM  
8/28 Discover Live: Berlin, Germany 11AM

## Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901  
Located in the First United Methodist Church of Chenango Bridge  
Center Hours: Mondays, Wednesdays, and Fridays, 10 – 2PM  
**Lunch is served around 12PM | 607-663-0406**

### Weekly Activities:

**Monday:** In-Person or Zoom Sit Down Chair Yoga 9AM; In-Person or Zoom: Drumming 2PM; Walk with Friends 1PM; Marbles 10AM  
**Tuesday:** ZOOM ONLY: Chair Dance Yoga 9AM  
**Wednesday:** In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Wii Wednesdays 10 – 2PM; Hand & Foot Card Game 10AM  
**Thursday:** ZOOM ONLY: Chair Dance Yoga 9AM  
**Friday:** In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjongg 10AM

**All Zoom Classes: Meeting ID: 706 942 1672 • Password: 123456**

### Special Events:

8/1 & 11 Horse Racing Game 10:30AM  
8/4 & 18 Chop and Chat with Sallie 10:30AM  
8/6 Clover Chat 12:30PM  
8/8 & 27 Bingo with Sallie 10:30AM  
8/13 Bake Sale 10 – 2PM  
8/15 “Overcoming Barriers to Eating Well” presentation by Kathleen Cook, CCE 12PM  
8/15 Craft with Kathie 1PM  
8/20 National Senior Citizen Day Party – Entertainment by Rich Wilson 10AM  
8/22 National Senior Citizen Day Observance – Games and Snacks! 10 – 2PM

## Deposit Senior Center

14 Monument Street, Deposit, NY 13754  
Located in Christ Episcopal Church  
Center Hours: Tuesday & Thursday, 10 – 2PM  
**Lunch served at 12:30PM | 607-467-3953**

### Weekly Activities

**Tuesday:** Balance/Strength for Seniors 11 – 11:30AM; BINGO 1 - 2PM ; Tai Chi 2 – 3PM  
**Thursday:** Wii Games 10:30 – 12:30PM; Tai Chi 2 – 3PM

### Special Activities

8/14 Hippie Day! 10 – 2PM  
8/19 Eric Benecke from Delaware County Office for Aging 11AM  
8/21 Discover Live: Krakow, Poland 10AM  
8/28 Evening Meal – Center Open 2 – 6PM Meal Served at 4:30PM

## Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787  
Center Hours: Monday – Friday, 9 – 2:30PM  
Crowe’s Nest Gift Shop: Monday – Friday, 9 – 2PM  
**Lunch served at 12PM**  
**Breakfast Made-To-Order: Tuesdays, 8 - 9:30AM | 607-693-2069**

### Weekly Activities

**Monday:** Shuffleboard 9AM; Gentle Yoga 9:30AM; Canasta 10:30AM  
**Tuesday:** Breakfast to Order 8 - 9:30AM; Music JAM 10AM; Mobile DMV 9 - 1PM (Closed 11:30 - 12PM)  
**Wednesday:** Crafters Group & Wood Burning 9 - 11AM; Billiards 10AM  
**Thursday:** Acrylic Painting Group 9 - 11AM; Bingo for Prizes 10 - 11:30AM  
**Friday:** Shuffleboard 9AM; Gentle Tai Chi 9:30AM

### Special Activities

8/1 Burger Bar 11:30 - 12:30PM  
8/4 August Birthday Celebrations 10:30AM  
8/7, 14, 21 & 28 Greater Good Grocery Bus 11 – 12PM  
8/7 Flex and Fuel Bingo with Donna and Bridget, BCOFA 12:30PM  
8/8 Fun Friday – Yankee Trade! 11AM  
8/11 & 25 Caregivers Support Group with Megan Horton, OFA 12:30 - 1:30PM  
8/13 “Tea and Bouquets” with Laurel 12:30PM \$5/person  
8/14 Officers and Finance Meeting 9:15AM  
8/14 Senior Center Site Council Meeting 10:45AM  
8/14 Golden Griddle 11:30 - 12:30PM  
8/20 Grief, Loss, and Open Discussions Support Group by MHA (Mental Health Association of the Southern Tier) 10AM  
8/21 National Senior Citizens Day 9 – 2:30PM  
8/25 Cows, Pigs, and Horse Races (Board Game) 10AM  
8/24 Colesville Sunday Gazebo Concert with Ed Travis 6PM  
8/27 Legal Aid Society 9 - 12PM Call to make an appointment.  
8/27 “Senior Safety Inside and Outside the Home” presentation by Broome County Traffic Safety Program and Union Volunteer Emergency Squad 9:15 – 10:15AM followed by CarFit Event 10:15 – 12:15PM Pre-registration is encouraged by calling 607-778-2807.  
8/29 Fun Friday – Entertainment by Harmony Lane 12:30PM

## First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905  
Center Hours: Mon- Fri 8:30 - 3:30PM  
**Lunch served at 11:45AM | Center: 607-797-2307**  
**Meal reservations: 607-729-6214**

### Weekly Activities

**Monday:** JFF Pool League 9AM; Zumba 9:30AM (\$3); Bonesavers 10AM; Chair Yoga 11AM (\$5); Penny Bingo 12:30PM; Texas Hold'em 12:30PM  
**Tuesday:** Shuffleboard 9AM; Knitting & Crocheting 9AM; Discussion Group 10:30AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM  
**Wednesday:** Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details); Open Shuffleboard 1PM  
**Thursday:** Stitch and Stuff 9AM; Cornhole 1PM  
**Friday:** Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM



Special Activities

- 8/5 & 19 15-minute Reiki, Chakra, Card Readings or Foot Reflexology  
10 - 11:30AM \$3 Advanced registration and payment required.
- 8/5 Chop & Chat: Veggie Pasta Salad 1PM Call to reserve your spot.
- 8/7 Executive Board Meeting 9:30AM
- 8/8 Film Friday: "Taken" 1PM Free popcorn, soda for sale.
- 8/11 Legal Aid 9AM Appointment required.
- 8/12 "Overcoming Barriers to Eating Well" presentation by Kathleen Cook, CCE 12PM
- 8/12 Hummingbird Watercolor Painting Class w/ Chris Fox 1PM  
Must register in advance.
- 8/12 Neighborhood Watch Meeting 6PM
- 8/13 Lunchtime Trivia 12PM
- 8/14 Grill Day - Hamburgers and Kielbasa w/ Musical Guest, Greg Neff 11:30AM
- 8/18 Western Omelets 10:45 - 12:15PM (No take-out available)
- 8/19 Chop & Chat: Green Bean Summer Salad 1PM
- 8/20 First Ward Action Council Presentation 12PM
- 8/21 National Senior Citizen Day Luncheon w/ Musical Guest, Dan & Lea 11:30AM
- 8/22 Film Friday: "Nonnas" 1PM Free popcorn, soda for sale.
- 8/26 "Understanding Alzheimer's and Dementia"  
presentation by the Alzheimer's Association 12PM

Johnson City Senior Center

30 Brocton Street, Johnson City, NY 13790  
Center Hours: Monday – Thursday, 9 – 4PM; Friday, 9 – 2PM  
Lunch served at 11:45AM | 607-797-3145

Weekly Activities

- Monday:** Bingo Board Sales 12:30 – 1:30PM: Games Played 1:30 – 4:30PM, Guitar Group 9 – 12PM (\$2); Watercolor Painting 9:30 – 11:30AM (\$3); Gentle Yoga 9:30 – 10:30AM (\$3); Line Dancing 10:45 – 11:45AM (\$3); Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)
- Tuesday:** Guitar Group 9 – 12PM (\$2); TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3); Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee); Table Shuffleboard 12:30 – 3:00PM (\$1)
- Wednesday:** Quilting 9 – 12PM; Ukulele Group 9:30 – 11AM (\$3); Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)
- Thursday:** Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Abs & Core Chair Exercises 11:30 – 12:30PM (no fee); Tai Chi 1 – 2PM (\$3)
- Friday:** Gentle Yoga 10 – 11AM (\$3); Line Dancing 11:15 – 12:15PM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

- 8/8, 15 & 22 Poetry Group 12:30PM Size is limited; call to pre-register.
- 8/4, 11, 18 & 25 Greater Good Grocery Bus 11 – 12PM
- 8/4 Caregiver Support Group by Broome County Office for Aging 1 – 2:30PM
- 8/6 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 8/8 Nature-Themed Creations by Eileen Patch: Poetry reading, piano playing and quilting projects! 10:30 – 11:30AM
- 8/8 Left-Right-Center Dice Game (\$3 to play; call to sign-up by 8/6) 11 – 11:45AM
- 8/12 & 26 Widow & Widowers Support Group 10 – 11AM
- 8/12 Chop & Chat (Faith in Action) 11 – 12PM Signup by 8/5.
- 8/12 Discover Live: Split, Croatia 1:30 – 2:30PM
- 8/13 Discover Live: Waterford, Ireland 10:30 – 11:30AM
- 8/20 LGBTQ+ Senior Social Group 3 – 4PM
- 8/20 Alzheimer's Association – Caregiver Support Group 4 – 5PM  
Registration and pre-screening required; call ALZ at 315-472-4201 x227.
- 8/21 National Senior Citizens Day Luncheon
- 8/21 Legal Aid 9 – 12PM Call for an appointment.
- 8/22 "Overcoming Barriers to Eating Well"  
presentation by Kathleen Cook, CCE 10:30 – 11:30AM
- 8/26 Chop & Chat (Faith in Action) 11 – 12PM Signup by 8/19.
- 8/26 Discover Live: Cusco, Peru 1:30 – 2:30PM
- 8/27 Haircuts by Debbie Roberts \$20 10 – 11:30AM Call for an appointment.
- 8/27 Book Club (Remarkably Bright Creatures by Shelby Van Pelt) 3 – 4PM

“We make a living by what we get, but we make a life by what we give.” — Winston Churchill

Northern Broome Senior Center

12 Strongs Place, Whitney Point, NY 13862  
Center Hours: Monday - Friday, 9 – 3PM  
Senior Center Store: Monday – Friday, 9 – 3PM  
Lunch served at 12PM | 607-692-3405

Weekly Activities

- Monday:** Bingo 10:30 – 11:30 AM; Mobile DMV 9 – 1PM
- Tuesday:** Crochet & Knitting Class 9AM; Osteo Bonesavers Class 10 – 11AM; Wii Bowling 10AM
- Wednesday:** Sewing 10:30AM; Bridge 12PM; Shuffleboard 10AM
- Thursday:** Pitch 9AM; Osteo Bonesavers Class 10 – 11AM
- Friday:** Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:

- 8/1 "Overcoming Barriers to Eating Well"  
presentation by Kathleen Cook, CCE 11:15AM
- 8/1 Discover Live: Naples, Italy 12PM
- 8/4 Chop & Chat 1PM Call to reserve your spot.
- 8/5 & 19 Golden Agers 12PM
- 8/6 Craft Day: Decorative Wall Hanger 12:30PM
- 8/13 Discover Live: Waterford, Ireland 10:30AM
- 8/14 Breakfast for Lunch 10AM
- 8/21 National Senior Citizens Day Lunch
- 8/25 National Banana Split Day 12PM
- 8/29 Grandparents Day Celebration 10:30AM

Vestal Senior Center

201 Main Street, Box #4, Vestal, NY 13850  
Located in Old Vestal High School Cafeteria  
Center Hours: Monday - Friday, 9 – 2PM  
Lunch served at 11:45AM | 607-754-9596

Weekly Activities

- Monday:** Mahjong 12PM
- Tuesday:** Pinochle (new players welcome) 9AM
- Wednesday:** Knitting 9:30AM; Sandwich Bar 11:15AM (reservations appreciated); Bridge (new players welcome) 12PM; Oil Painting 1PM
- Thursday:** Bingo 10AM; Ice Cream 12PM
- Friday:** Chef Salads 11:30AM (reservations required); Mexican Train 12PM

Special Activities

- 8/4 King High Card Game 12PM
- 8/8 Chicken Fajita Friday – Served with Baked Beans and an Ice Cream Cup 11AM
- 8/11 Chop and Chat: Green Bean Summer Salad 10AM  
Call to reserve your spot.
- 8/13 & 27 Vestal Library Tech Assisance 10:15AM
- 8/14 Philly Cheesesteak Day 11AM
- 8/18 Breakfast for Lunch – Blueberry Pancakes and Scrabbled Eggs 11AM
- 8/20 Discover Live: New Town, Edinburgh, UK 11AM
- 8/21 Discover Live: Krakow, Poland 10AM
- 8/21 Vestal Senior Center 43rd Anniversary Luncheon & National Senior Citizen Day Celebration! 11AM Entertainment by Friday at Fred's
- 8/25 Chop and Chat: Mediterranean Quinoa Salad 10AM  
Call to reserve your spot.
- 8/26 Vestal Club Meeting Day 12PM
- 8/27 "Overcoming Barriers to Eating Well"  
presentation by Kathleen Cook, CCE 10:30AM
- 8/28 Discover Live: Berlin, Germany 11AM
- 8/29 Pizza or Chef Salad Day 11AM Bunko 12PM



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Technology Tip!

Hey there! So, you've probably seen those funny-looking square barcodes popping up everywhere, right? They're called QR codes, and they're super handy for opening websites and links on your smartphone without having to type in those long, complicated addresses. Think of it like a secret shortcut! Let me show you how easy it is to use them.

What You Need:

The good news is you likely already have everything you need:

- Your Smartphone: Whether it's an iPhone or an Android, most modern smartphones have a built-in QR code reader.
- An Internet Connection: You'll need to be connected to Wi-Fi or have mobile data enabled to open the website.

How to Scan a QR Code:

The exact steps might vary slightly depending on your phone, but here's the general idea:

1. Open Your Camera App: Just like you're going to take a picture, open the camera app on your phone.
2. Point Your Camera: Hold your phone steady and point the camera lens directly at the QR code. Make sure the entire square is visible on your screen. You don't need to take a picture!
3. Wait for the Magic: Your phone should automatically recognize the QR code. You might see a notification pop up on your screen. This notification is usually a link to the website or information embedded in the code.
4. Tap the Notification: Simply tap on that notification, and your phone will open the link in your web browser.

Where Will You Find QR Codes?

- Restaurant Menus
- Advertisements
- Event Flyers and Posters
- Websites on Your Computer Screen

Don't Be Shy, Give It a Try!

Using QR codes is a simple and convenient way to access information quickly. So next time you see one, don't hesitate to open your camera app and give it a shot. You might be surprised at how easy it is! If you have any trouble, don't be afraid to ask a friend or family member for a little help the first time. Happy scanning!

Below is a QR code that links to the OFA website. Practice scanning it with your phone!



- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats.
- Using broad-spectrum sunscreens with an SPF value of 15 or higher regularly and as directed. (Broad-spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)

In general, the FDA recommends using broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days. In addition:

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips.Reapply at least every two hours. Apply more often if you're swimming or sweating. (An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof. Check the instructions on your sunscreen for information about its water resistance and reapplication instructions if you are sweating or going in the water.

Sunlight reflecting off sand, water, or even snow further increases exposure to UV radiation and raises your risk of developing eye problems. Certain sunglasses can help protect your eyes.

When choosing sunglasses:

- Choose sunglasses with a UV400 rating or "100% UV protection" on the label. These sunglasses block more than 99% of UVA and UVB radiation and provide the most protection against UV rays.
- Do not mistake dark-tinted sunglasses as having UV protection. The darkness of the lens does not indicate its ability to shield your eyes from UV rays.
- Consider large, wraparound-style frames, which may provide more UV protection because they cover the entire eye socket.

For more information on sun safety, please visit <https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses>

I Can't Eat That Because...  
by Kathleen Cook, SNAP-Ed Nutrition Educator,  
Cornell Cooperative Extension Broome County

Eating is something everyone must do to live, so when conditions beyond our control prevent us from eating the way we would normally it is easy to become discouraged, frustrated, and even depressed. Food plays a large role in most social gatherings and is a source of enjoyment, connection, and comfort!

So, what barriers might you face? Health issues that require medication can sometimes make us not feel hungry or able to eat much in one sitting. "Nothing sounds good" or "I can't eat any more than that" are common feelings.

Try eating small amounts with 3 food groups, like a yogurt parfait with fruit and chopped nuts or crushed cereal, or a half sandwich made with tuna, turkey or hard-boiled egg, tomato and lettuce. These give you many nutrients, including a high amount of protein, in a small serving.

High heat and humidity can also affect our desire for food. Our stomachs may growl telling us to eat, but the weather makes us feel nauseous and not interested in anything. Perhaps making food the night before might help. Put together a quick nutritious salad of canned beans, diced onion, tomatoes, and corn with an oil and vinegar dressing. Just a half cup, cold from the fridge is then refreshing, reviving, and ready to eat!

Dentures that don't fit properly, missing certain teeth, or digestion problems and allergies may make it difficult or impossible to eat the foods we would normally enjoy. Gently cooked vegetables are much easier to chew and to digest and cooked grains like rice or quinoa (both gluten free) for high fiber alternatives to bread.

When faced with challenges, know that fabulous foods can still be yours to enjoy.

Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.

Why? Exposing your skin to the sun year-round means you are exposing it to ultraviolet radiation, which can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common form of cancer in the U.S.

Spending time in the sun unprotected increases your risk of skin cancer. People of all skin colors are at risk for this damage. You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.





## Nature Walking Club

The Nature Walking Club invites you to join them for a season of outdoor exploration. Come join this fun group!

Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit.


August 14th 10AM - Sandy Beach in Town of Conklin. South on Conklin Avenue, turn L just before Home Plus to parking area before entrance.

August 28th 10AM - Nathaniel Cole Park in Town of Colesville. South on I-81 (or south on Rt 11) to East on Colesville Road, R at Dinosaur Sign, park at R side of parking lot.

September 11th 10AM - SPECIAL EVENT at Waterman Conservation Education Center in Apalachin. Rt 434 west to L on Hilton Road, L at entrance sign to parking lot. Bring your lunch and beverage. After lunch we will go into the Center to watch some nature films.

September 25th 10AM Greenwood Park. North on Rt 26, in Maine bear L on Nanticoke Road to L at Sign for Greenwood, R at Dinosaur Sign, park on L side of parking lot.

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



**Office of the State  
Long Term Care  
Ombudsman**

### Advocating for Long-Term Care Residents

Long-Term Care Ombudsmen are advocates for residents of nursing homes, adult care facilities and family type homes. Ombudsmen provide information and assistance to long-term care residents and their families in an effort to attain quality care.

Residents in nursing homes face challenging situations every day. Those covered by Medicaid are only allowed to retain a small amount of their monthly income. This amount, known as Personal Needs Allowance (PNA), is \$50 and has not increased since the 1980's. \$50 in the 1980's is equivalent to \$195 dollars today.

Medicaid pays for nursing homes to provide nursing services, dietary services, activity programs, room/bed, and routine personal hygiene items and services. However, Medicaid does not pay for personal services many of us take for granted.

Such items and services include:

- Clothes
- Shoes
- Beauty/Barber Services
- Phone Services
- Cable TV
- Cards/Gifts to Families and Friends

Residents of long-term care in our community go without these personal services. Help us give residents a voice and make a difference. If you or someone you know is a long-term care resident, tell us their story of what it is like to live in a long-term care facility by contacting the Ombudsman program located at Actions for Older Persons - Region 11: Broome/Chenango/Delaware/Tioga call **607-722-1251** or email [dlabare@actionforolderpersons.org](mailto:dlabare@actionforolderpersons.org). All stories are anonymous.

## Participants Wanted for Binghamton University Memory Research Studies

Are you age 50+ and interested in being paid for research participation? Studies run by Professors Ian McDonough and Michael Dulas, from the Binghamton University Psychology Department, are looking for interested community members with normal or corrected-to-normal vision and no history of brain/nerve/neurological disorders. These studies focus on how memory is linked with other parts of the body, as well as how that relationship changes across the lifespan. The results can help improve memory-based education and contribute to research on memory declines that develop with brain aging.

While specifics of each study vary, all sessions occur either at the Binghamton University campus, at UHS Vestal Hospital, or at both locations. Participants may be asked for 1-4 hours of their time depending on the study, split across 1-2 study sessions. Payment is always \$20/hour, regardless of the study completed. Additionally, all studies will ask participants to complete surveys, memory tasks, and other cognitive tasks. Further activities may include:

- An MRI (magnetic resonance imaging) scan. MRI scans allow us to measure the brain in a safe and painless way. These scans come at no cost to you.
- Eye tracking measurements taken using a noninvasive device that tracks your eye movements while you view a computer screen.
- Measurements using an fNIRS (functional near-infrared spectroscopy) device. This device consists of a headcap which shines light on your head to measure blood flow. Using fNIRS is also noninvasive and safe for people of all ages.
- Gut analyses looking at factors such as inflammation and type/amount of bacteria and other microbes present.

**Interested individuals are welcome to look at details provided on our website, [BingAging.com](http://BingAging.com), or to reach out to us either at (607)444-2864 or [bingucamplab@gmail.com](mailto:bingucamplab@gmail.com).** Our lab members will be happy to discuss study options with you to help determine which option(s) best fits your interest! All interested participants will be screened to ensure study procedures are safe for them to do. Participation in this study is entirely voluntary.

## Medication Safety from Upstate New York Poison Center

**BEFORE** taking medicine:

- Read all medicine labels.
- Follow directions for proper dosing.
- Be aware of drug interactions.

**WHILE** taking medicine:

- Wear your glasses.
- Turn on lights to be sure you're taking the right medicine.
- Take medicine over the sink in case it drops or spills.

**AFTER** taking medicine:

- Replace child-safe caps.
- Store up and away and locked. Consider using a medication lock box.
- Dispose of unused medicine properly (do not flush).

**ALWAYS:**

- Keep a list of current medication(s).
- If you use a pill organizer, keep it up and away after use.
- Talk to your health care provider before starting any new medicine.

**NEVER:**

- Share medicine or take medicine that is not yours.
- Store different medicines in one container or pill bottle.
- Leave pills out where guests/ loved ones can reach them.

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## Be Curious About Technology, Not Fearful

Ready to embrace the digital world with confidence? Local technology assistance classes are here to help seniors just like you. Whether you're eager to master your smartphone, explore the internet, or connect with loved ones online, there's a class in the community designed to make technology approachable. Ditch the fear and discover how exciting and empowering new skills can be. Check out the schedules today – your next great digital adventure awaits!

### Discover the Tech Opportunities at Your Local Broome County Senior Center

George F. Johnson Tech Center comes to  
the Broome West Senior Center

Wednesday, August 13th 11AM

Topic: Stay Safe Online - Protect Yourself and Your Information



Vestal Library comes to the Vestal Senior Center

Wednesday, August 13th & 27th 10:15AM

Technology Assistance

### More Technology Classes from Local Libraries

Basic Computer Classes through the Broome County Library

**Every Wednesday 10 – 12PM**

Broome County Public Library: 185 Court Street Binghamton, NY

These classes are intended for people with little or no computer experience. Lessons are personalized for each group of students.

Typical topics include:

- Basic computer equipment, vocabulary, and usage
- Email accounts
- Internet usage
- Microsoft Office and Google Docs
- Online tasks like signing up for accounts or submitting applications
- Windows desktop and files

Contact us at **607-778-6406** or [tel.lvbtc@gmail.com](mailto:tel.lvbtc@gmail.com) to preregister. Walk-ins may register but will be scheduled to start at a later date.

### One-on-One Technology Assistance

**Broome County Library:** Assistance is available every Thursday from 1 – 3 PM. Call **607-778-6451** or email [bcplreference@gmail.com](mailto:bcplreference@gmail.com) to book a 20-minute session.

**Nineveh Public Library (Tech Talk for Seniors):** Technology assistance and answers to your questions are now available! Call the Library for details at **607-693-1858**.



## Mental Health Corner



As we navigate the rich tapestry of our senior years, it's easy to sometimes find ourselves spending more time in quiet reflection. While moments of solitude are valuable, it's crucial to remember a fundamental truth: people need other people. For our mental and emotional well-being, the benefits of socialization are profound.

Socializing helps to combat feelings of loneliness and isolation, which can often creep in as life changes. Regular engagement with others provides a sense of belonging and purpose, reminding us that we are connected and valued.


Beyond emotional support, staying social keeps our minds sharp. Conversations stimulate cognitive function, encouraging us to recall memories, process new information, and engage in problem-solving. Joining a book club, participating in a senior center activity, or even just having a regular coffee date with a neighbor can provide this essential mental workout.

Social connections can also be a fantastic source of stress reduction. Sharing concerns, celebrating successes, and simply enjoying companionship can alleviate burdens and foster a more positive outlook. It's about building a supportive network where we can offer and receive help, advice, and understanding.

So, how can we foster these vital connections? It doesn't have to be grand gestures. Simple steps like calling an old friend, attending a community event, volunteering, or exploring new hobbies that involve group interaction can make a significant difference. Remember, investing in our relationships is investing in our mental health. Reach out, connect, and let the warmth of human connection enrich your golden years.





Broome County  
Office for Aging 

WE ARE  
HIRING!

JOIN OUR AMAZING TEAM


**Come Join the Team at Broome County Office for Aging!**  
**We are now hiring for the below positions:**

- Leisure Time Activity Leader at  
Broome West Senior Center (Endwell) and  
Northern Broome Senior Center (Whitney Point)  
Senior Center: Kitchen Position Working with Volunteers  
No Civil Service Exam Required  
Monday – Friday, 9 – 2PM
- Meals on Wheels Senior Clerk at  
Harpursville Senior Center  
Working with MOW clients and Volunteer  
No Civil Service Exam Required  
Monday – Friday, 11 – 2PM

**To inquire about the above position, call Rita at OFA**  
**607-778-2411**

- Classroom Foster Grandparent  
Stipend and Mileage Reimbursement Provided  
Income Eligibility Required  
No Civil Service Exam Required  
Monday – Friday, Hours Vary

**To inquire about the above position, call Francie at OFA**  
**607-778-2411**



- Call-In Driver for Sodexo  
Part Time Hours

**Great for Retirees!** Must have a clean driving record, pass a yearly physical, ability to drive a 23’ box truck and cargo van, and pass a criminal background check. As needed on call driver. Up to 12.5 hours a week. Professional character and good work ethics.

- Full-Time Cook

Large scale food production experience preferred. Must have excellent attendance, ability to read, understand, and follow recipes. Must be able to stand for long periods. Ability to work with a team. Positive attitude. Prepare and pack meals for clients accurately and efficiently. 38 hours/week. Professional character and good work ethics.

For specifics, call Sodexo HR at **607-763-4240** or apply online @ [www.us.sodexo.com](http://www.us.sodexo.com)

**Trivia**

What type of pasta is shaped like a wagon wheel?

Rotelle

Sudoku Answers

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

What is brain health?

Brain health refers to how well a person's brain functions across several areas.

Motor function

Controlling movements and balance

Sensory function

Seeing, hearing, tasting, and smelling

Tactile function

Feeling and responding to sensations of touch, including pressure, pain, and temperature


Cognitive health

Thinking, learning, and remembering

Emotional function

Interpreting and responding to emotions

Learn more about keeping your brain healthy as you age: [www.nia.nih.gov/brain-health](http://www.nia.nih.gov/brain-health)





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AVRE provides **free vision rehabilitation services**, including training in daily tasks like cooking, using technology, and traveling safely - so you can stay independent and maintain your quality of life.

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PAID ADVERTISEMENT

# August Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.  
If you have a food allergy please notify the Office for Aging.  
A voluntary suggested contribution of \$4.00 is requested for people age 60+ and spouse of any age.  
Those under age 60 are charged \$5.00 per meal.  
*No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*


<b>We Hear You!</b> Some have commented that we serve too much chicken! We hear you and are offering a choice on most days that chicken is on the menu. BUT... Here are a few good reasons that you see chicken on the menus: 1. Chicken is high quality protein: which is essential for building and repairing tissues, maintaining muscle mass and supporting overall body functions. 2. Chicken is rich in many important nutrients including Vitamins B3, B6 and B12, phosphorus and selenium. These play a vital role is energy production, immune functions and brain health.				<b>Pub Burger</b> <b>1</b> <b>OR Tuna Salad</b> Hashbrown Potatoes Diced Beets Carrot Raisin Bar	
<b>Four Cheese Macaroni &amp; Cheese</b> <b>4</b> Stewed Tomatoes Brussels Sprouts Pineapples & Oranges	<b>Breaded Chicken Cutlet</b> <b>5</b> <b>OR Ham Salad Sandwich</b> Red Potato Salad Summer Corn Salad Vanilla Pudding w/Berries	<b>Halupki</b> <b>6</b> <b>OR Roasted Chicken Thigh</b> Mashed Potatoes Peas & Carrots Blueberry Coffeecake	<b>Grandma's Meatloaf</b> <b>7</b> Mashed Potatoes French Cut Green Beans Chocolate Cake	<b>Kielbasa</b> <b>8</b> <b>OR Beer Battered Fish</b> Pierogies w/Onions Peas Honey Dew Melon	
<b>Ham &amp; Swiss on Rye</b> <b>11</b> Stuffed Pepper Soup Applesauce Ice Cream Cup	<b>Baked Ham</b> <b>12</b> <b>OR Shrimp Scampi</b> Alfredo Pasta Broccoli Florets Chocolate Chip Cookie	<b>Caesar Chicken Breast</b> <b>13</b> <b>OR Sausage Link</b> Southwest Brown Rice & Bean Salad Pears Pineapple Cake	<b>Turkey &amp; Provolone</b> <b>14</b> <b>On Marble Rye</b> Mediterranean Pasta Salad Mandarin Oranges Watermelon	<b>Manicotti</b> <b>15</b> Wax Beans Garden Salad Confetti Cookie	
<b>Meatball Parm Sub</b> <b>18</b> Sausage Florentine Soup Peaches Sherbet Cup	<b>Rotisserie Chicken</b> <b>19</b> <b>OR Broiled Fish</b> Roasted Potatoes Cottage Cheese Chocolate Brownie	<b>Grandma's Meatloaf</b> <b>18</b> Cheesy Mashed Potatoes Carrots Peaches	<b>National Senior Citizens Day!</b> <b>Broccoli Cheese Chicken</b> <b>21</b> Baked Potato Country Blend Vegetables Peanut Butter Pie Cups	<b>Chicken</b> <b>22</b> <b>OR Egg Salad Croissant</b> Coleslaw Mandarin Oranges Cranberry Oatmeal Cookie	
<b>Pierogies w/Kielbasa</b> <b>25</b> Broccoli Florets Lemon Pudding	<b>Lasagna Soup</b> <b>26</b> Deluxe Garden Salad Peaches Oatmeal Raisin Cookie	<b>Roast Turkey</b> <b>27</b> Bread Dressing Corn Pumpkin Pie	<b>Beef Burgundy</b> <b>28</b> <b>OR Chicken Marsala</b> Buttered Noodles French Cut Green Beans Cantaloupe	<b>Pub Burger</b> <b>29</b> <b>OR Crab Cake</b> Baked Beans Red Potato Salad 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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Subscribe to the Senior News to make sure you don't miss out on important information, events and programs for seniors in Broome County! Direct-mail subscriptions are available at a suggested contribution of \$12.00 per year. Subscribe yourself or get a subscription for a friend or family member! Call the Office for Aging at (607) 778-2411 to learn more.



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

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

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

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