



Visit Our Website at www.gobroomecounty.com/senior



NATIONAL NUTRITION MONTH

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 March, we will be visiting Heidelberg, Algiers, Rio de Janeiro, and Milan. These are free classes, and no reservations are required.



March 12th 10:30AM
Heidelberg, Germany
(streamed to the Johnson City Senior Center)



March 19th 11AM
Algiers, Africa
(streamed to the Broome West Senior Center)



March 25th 1:30PM
Rio de Janeiro, Brazil
(streamed to the Johnson City Senior Center))



March 27th 11AM
Milan, Italy
(streamed to the Vestal Senior Center)



March is *National Women's History Month*

Turn to page 7 to see some important women from Broome County's history.

ARTICLE HIGHLIGHT

See page 7 to find out how you can participate in March for Meals.

We have included TWO bonus recipes in celebration of National Nutrition Month!
See pages 8-9.

Happy St. Patrick's Day!
See how we're celebrating on page 9.

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!

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www.facebook.com/BroomeCountyOfficeForAging/

HEALTH AND WELLNESS

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 Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM

Food Connects Us
2025 NATIONAL NUTRITION MONTH

Adding, Not Subtracting for a Healthy Weight

Join Office for Aging Staff for an Informative Discussion on how to manage our weight by adding nutritious foods rather than subtracting foods from our diet.

Upcoming Dates:

Johnson City Senior Center
Tuesday, March 4th at 10:15AM

Vestal Senior Center
Wednesday, March 5th at 10:30AM

Broome West Senior Center
Wednesday, March 19th at 12:40PM

First Ward Senior Center
Wednesday, March 26th at 11:15AM

Broome County
Office for Aging



Falls Annual Wellness Checkup at Participating Broome County Senior Centers

Fridays from 10 – 2PM:

- March 7 & 21: Johnson City
- March 28 & April 11: First Ward, Binghamton (10:45 – 2:45PM)
- April 18: Vestal
- April 22: Northern Broome, Whitney Point
- May 9: Eastern Broome, Harpursville
- May 15: Deposit

Did you know that more than one third of adults 65 and older fall each year in the United States? Among older adults, falls are also the leading cause of injuries and deaths. They are the most common cause of nonfatal injuries and hospital admissions for trauma. Over the past three years, investigators and students at Binghamton University have evaluated hundreds of Broome County adults for their balance and fall risk.

Are you interested in learning more about your balance performance? Binghamton University's Division of Physical Therapy seeks new and returning participants for a research study investigating fall risk. Activities will include testing your standing and walking balance, as well as tests of muscle strength, vision, cognition, and fear of falling.

All activities will take place between 10am to 2pm (unless otherwise noted), with your personal involvement being approximately 45 minutes. To participate, you must be 55 years of age or older and be able to walk at least 10 feet with or without an assistive device. A \$20 gift card will be provided to all participants.

The purpose of this study is to quantify balance and walking ability among community-dwelling adults in Broome County and has been approved by the Binghamton University Institutional Review Board.

For more information and to register, call the Motion Analysis Research Laboratory at 607-777-4700 or book a time at: <http://motion-lab.org/home#events>. Registration is required. Walk-ins are not permitted.

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, March 3rd, 2025 Time: 1:00 - 2:30 PM

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, March 1st 11 – 2PM • First Saturday of the Month
St Anthony’s Church Hall: 300 Odell Ave, Endicott • RSVP 607-754-4333

Saturday, March 8th 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

Saturday, March 15th 11 – 2PM • Third Saturday of the Month
St. Mary’s Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, March 22nd 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • RSVP 607-778-2946

WEDNESDAY RESPITE

Wednesday, March 12th 10:30 – 1:30PM • Second Wednesday of the Month
India Cultural Center: Route 26, Vestal • RSVP 607-624-6587

BCOFA offers NEW Virtual Support group!

This March we are offering a lunchtime Caregiver Chat via Zoom. Sessions will be held each Tuesday beginning March 4th 12 - 1PM. Join us once or join us weekly. OFA Caregiver Services is available to support you on your caregiving journey.

Contact Shellie Spinelli for more information or to register.
E-mail machelle.spinelli@broomecountyny.gov or call 607-778-2946



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!



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/>

R-E-S-P-I-T-E

Time For You

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
4th Saturday: St. Vincent De Paul Blessed Sacrament Church 465 Clubhouse Rd Vestal (607) 778-2946	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



DO YOU...

Help someone with medical needs?
Talk to their doctor?
Pick up their medication?
... Feel like you are always "On Call"?

You are a caregiver.
Support is available.



Call NY Connects 1-800-342-9871

Events at the Centers

Broome West Senior Center

Tuesday, March 4th
Mardi Gras Party
11AM

Join Jazzy Only for a Mardi Gras Party! Wear purple, green, and gold. Masks encouraged, enjoy dancing, and beads!

Lunch served at 12PM. Call for a meal reservation by noon on 3/3.

Chenango Bridge Senior Center

Wednesday, March 19th
Anything Corn Day
10 – 2PM

Come enjoy a game of cornhole!

Deposit

Thursday, March 20th
Eric Benekee from Delaware County Office for Aging
11AM

Eastern Broome

Friday, March 7th
Caregiver Meet and Greet with Megan, OFA Aging Services Coordinator
9 – 1PM

Stop by and provide input on a potential caregiver support group here at EBSC. Burger bar will be available 11:30 – 12:30PM No reservation necessary.

First Ward

Tuesday, March 25th
Medication Safety presentation by Binghamton University TRUST Program
12PM

They will be discussing medication storage, disposal, and adherence.

Johnson City

Wednesday, March 19th
“Be Prepared for a Disaster” presentation by Broome County Office of Emergency Services
10:30 – 11:30AM

BCOES visits and provides handouts, so you know your local resources before disaster strikes. We’ll play a fun game of “Preparedness Jeopardy!”

Northern Broome

Thursday, March 20th
Plant Sale!
9 – 3PM

Vestal

Monday, March 10th
Breakfast for Lunch
Blueberry Pancakes and Scrambled Eggs
11AM

Dine in only.

Ask the Office

Recently, my doctor recommended that I change my diet, but I'm not sure where to begin or what to eat. Can the Office for Aging assist me?

As we get older, maintaining a balanced and nutritious diet becomes even more critical in preventing chronic illnesses such as heart disease, diabetes, hypertension, and arthritis. Aging affects the body's metabolism, digestive system, and ability to absorb nutrients, which makes dietary adjustments essential for optimal health. If you're unsure about making these changes, the Office for Aging offers several services to help.

Our Senior Centers offer a great opportunity to enjoy a healthy well-balanced lunch. You can come for a meal and socializing or participate in activities designed to enhance your health and wellness. Monthly menus and senior center activities are available in the Senior News.

For those who are homebound and have difficulty preparing meals, the Meals on Wheels program delivers hot lunches and an optional cold meal for dinner Monday through Friday. Each meal meets one-third of daily dietary requirements and is heart-healthy, with lower sodium and fat content.

Broome County has two Meals on Wheels programs, each with its own eligibility and enrollment criteria. To learn more, call the Office for Aging.

If you're 60 or older and need more personalized guidance, you can meet with our Registered Dietitian. The dietitian will work with you to create a custom eating and wellness plan, addressing specific health concerns and lifestyle needs. Appointments are available in person, at local senior centers, or by phone if that's more convenient.

In addition, nutrition presentations are frequently scheduled at our senior centers. During the month of March and into April, as part of the National Nutrition Month campaign theme of “Food Connects Us,” the Office for Aging will be presenting “Adding, not Subtracting for a Healthy Weight.” Look for dates and times of this presentation in a special block ad in this paper.

For more details about any of these programs, call the Office for Aging at **607-778-2411**.



Downsize & Declutter Discussion

No matter which declutter blogger you follow, their messages are the same: label boxes for keep, donate, recycle, trash, and review in X months. What they don't say is where to send our most precious items. There's not clear answer for that, but you can find support at the monthly discussion.

Let's discuss at our Declutter Discussion on Tuesday, March 11th at 3PM at the Broome West Senior Center or on Zoom.

To attend via Zoom, contact Joan Sprague at spraguejm@verizon.net.

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

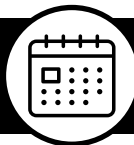
You pay only for materials.

Labor is provided free of charge to eligible home owners.

Leaky Faucets	Safety Devices	Railings
Locks Installed	Porch & Stair Repair	Wheelchair Ramps

...And More

Call (607) 772-2850 For Details



Mark Your Calendar! Upcoming Community Events

Friends of the Library Book Sales

George F. Johnson Library
1001 Park Street, Endicott
Friday, March 7th 10 – 4PM
Saturday, March 8th 10 – 2PM
Friday, March 21st 10 – 4PM

Stock up on your favorite reads and support the George F. Johnson Library by attending For more information, please visit <https://www.gfjlibrary.org/friends/>

Your Home Public Library

107 Main Street, Johnson City
Saturday, March 15th 10 – 12:30PM

For more information, please visit <https://www.yhpl.org/programs-and-events/>

Stock up on your favorite reads and support the local libraries by attending their book sales! Soft covers, hard covers, audiobooks, DVDs, CDs, jigsaw puzzles, and more. Large print is available.

First Friday

Downtown Binghamton
Friday, March 7th 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/>

Annie Jacobs-Perkins, cello, and Katelyn Vahala, piano

Phelps Mansion Museum, 191 Court Street, Binghamton, NY
Sunday, March 9th 3 - 5PM
\$28 General Admission, <https://app.arts-people.com/index.php>

Robert Schumann: Adagio and Allegro
Claude Debussy: Cello Sonata
Nadia Boulanger: Three Pieces
Felix Mendelssohn: Cello Sonata No. 2 in D Major

Vestal Community Band

Oakdale Commons
Thursday, March 20th 7PM

Join the Vestal Community Band in front of JCPenney for a festival of music.

Indoor Seed Starting Workshop

GFJ Memorial Library
Saturday, March 22nd 1 - 4PM

Learn all you need to know to start your own garden vegetable or flower plants from seed indoors. Seed starting mixes, lighting needs and after-care of seedlings will be explained. Gain hands-on experience as you sow seeds in a six-pack container. Registration is required and seats are limited. <https://gfjlibrary.libcal.com/event/14087785>



Scam of the Month - Tax Scams

Tax season is a time that fills many people with apprehension, whether they are navigating complicated forms on their own or using a professional tax preparer. Scammers are well aware of the general public's tax-time anxiety. They can use this to their advantage to pose as intimidating IRS officials in order to swindle their victims out their hard-earned money. Below are some points to remember to keep yourself and your money safe:

- The IRS will never call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card, or wire transfer. The IRS does not accept gift cards or prepaid debit cards as payment. The IRS will first mail a bill to any taxpayer who owes taxes.
- The IRS will never threaten to immediately bring in local police or any other law enforcement groups to have the taxpayer arrested for not paying.
- The IRS will never demand that taxes be paid without giving the taxpayer the chance to question or appeal the amount owed.
- The IRS will never call unexpectedly about a tax refund.
- The IRS will never contact you through any social media or take payment through social media.
- The IRS will never threaten to call law enforcement or immigration officials. They will never take your citizenship status, driver's license, or business license away.
- The IRS does not leave pre-recorded messages (robo-calls.) They do not mail tax debt resolution advertisements.
- The IRS typically contacts you the first time through regular U.S. mail delivered by the U.S. Postal Service. To verify the IRS sent a letter or notice, you can search for it on IRS.gov.

IRS related scam attempts can be reported to phishing@irs.gov, the Federal Trade Commission at ReportFraud.ftc.gov, and the Attorney General's Office at 607-251-2770. If you fall victim to a scam, report it to your local law enforcement and financial institution immediately. For more information call Office for Aging at 607-778-2411.



Office for Aging wants to hear from you!

You, yes you! What topics are you hoping to learn about in the Senior News? What kind of articles would you like to see? What sections do you find most helpful? Do you have an opinion? We want to hear it!

Reach us at:

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

607-778-2298

Nicole.Nordstrom@broomecountyny.gov



LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, March 19th from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790



Lyceum “Armchair Travel” Classes at Senior Centers
Explore the World Virtually & Become a Lifelong Learner

The Lyceum class listed below will be broadcast from the Vestal Senior Center. If you participate in this Lyceum class virtually at a participating senior center, registration is FREE of charge. Pre-registration is not required.

Wednesday, March 12th 10 – 12PM
The Beauty of Scotland (Vestal Senior Center only)

Wednesday, March 19th 10 – 12PM
Seville and Moorish, Spain (Vestal Senior Center only)

Lyceum is affiliated with Binghamton University and National Road Scholar. This institute for lifelong learning has 500+ local members. To learn more about Lyceum, visit the Lyceum website at <https://lyceum.binghamton.edu>



Conklin Seniors

Contact Kathy 607-775-0880

April 29th - Villa Roma: Caesar’s Extravaganza Day

Johnson City Senior Center

Contact: Lucy 607-427-6143

March 14th - Hunterdon Hills: Andy Cooney’s Irish Celebration

April 24th - Turning Stone Casino, including the Carol King Songbook: A Tribute to Tapestry Show

April 29th - Villa Roma: Caesar’s Extravaganza Day

North Fenton Seniors

Contact: Ruth 607-648-8425

September 7th – 13th - Pigeon Forge, Tennessee & Asheville, North Carolina (Payment due by 6/12)

Port Crane Seniors

Contact: Donna 607-648-6071

May 13th – 15th - Sight & Sound of Lancaster, PA (Payment due 3/5)

Vestal Senior Citizens Club

Contact: Jean 607-754-4479

April 16th – 17th - Lancaster, PA Murder Mystery at Mt Hope Estate and Sight & Sound for Noah (Sign up 3/20 at 12 – 1PM)

May 19th - Longwood Gardens (Sign up 4/3 at 12PM)

June 25th - Singer & Boldt Castle (Sign up 5/8 at 12PM)

August 13th - Resort World: Comedy Show (Sign up 6/26 at 12PM)

November 12th - Hunterdon Hills: Holiday Show (Sign up 9/25 at 12PM)

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MARCH FOR MEALS

This March, we would like to invite you to join us in celebrating March for Meals. March for Meals commemorates the date in 1972 that President Richard Nixon established a National Nutrition Program for adults age 60 and older. Meals on Wheels is part of the National Nutrition Program.

Supporting Meals on Wheels benefits our entire community. It helps older adults remain independent and in their own homes for as long as possible by providing warm, nutritious meals and daily checks by caring volunteers. You may know someone who has benefited from this program, whether as a long-term participant or as a short-term help after recovering from an illness or surgery.

To support the program, call a friend and volunteer together for Meals on Wheels, or volunteer and make new friends!

Through volunteering, donating, or speaking out, you can ensure the older adults in your neighborhood live healthy, happy, and independent lives at home, where they want to be.

We surveyed current Meals on Wheels clients about their experiences with Meals on Wheels and here are a few of their responses:

“Volunteers are awesome!”

“The volunteer is the only one that checks on me”

“The taste is Yummy and the variety is Great!”

Meals on Wheels clients state that they are healthier because they have access to well-balanced meals and that they stay informed because of the information shared through the Meals on Wheels program.

We need your support to keep this program going strong! For more information on receiving Meals on Wheels or volunteering to deliver meals, please call the Office for Aging at **607-778-2411**.

If time is an issue, you can also support March for Meals by donating online through the Broome County Office for Aging website at <http://gobroomecounty.com/senior/donations>. To donate by check, make checks payable to Broome County Office for Aging and mail to 60 Hawley Street, PO Box 1766, Binghamton, NY 13902. Please note it as a “March for Meals” donation.



Notable Women in Broome County History



Dr. Mary Ross (1878-1964) came to Binghamton in 1909. She was born in a log cabin near Toronto, Canada. She got her M.D. degree from John Hopkins University and began delivering babies in New York City. For the first five years in Binghamton, she rode the trolley to call on her patients, most of whom were shoe and cigar factory workers, and most were poor. In Binghamton's First Ward the infant mortality rate was frightfully high, so Dr. Ross was instrumental in founding the first

baby clinic in 1919. This brought the death rate down, and other clinics were started. She delivered 3,200 babies, received many accolades, and in 1953 was named “Outstanding General Practitioner of New York” (Aileen Humphries, BCHS Newsletter 1987).

Sarah Rosetta Wakeman (1843 - 1864)

dressed as a man and used several Wakeman aliases to keep her identity secret to enlist and fight with the Union Army during the Civil war. Raised on a farm in Harpursville, she was eager to make her own way in the world. She began as a boatman on the Chenango Canal, also dressed as a man. On one run to Utica, she met a group of patriotic men that she joined for three years. She was assigned to protect the Capital Building and Carroll Prison in Washington, but she dreamed of going into battle. Her regiment was sent by boat to Louisiana to join the River Campaign, conducted in the hope of picking up cotton for the government, and that the union would gain control over Texas. The campaign failed, but throughout her travels she kept in touch with family and would send them her earnings (Eugene L. Meyer, Smithsonian Magazine, Jan. 1994; Lee Shepard, Press & Sun Bulletin, 2/20/84; Loren Cook Burgess, An Uncommon Soldier, 1944).



The **Ladies of Lisle** made history when they voted for the first time. Undaunted by male disapproval, the women cast their ballots for the first time on January 5, 1918, two years before the 19th Amendment was added to the U.S. Constitution. They felt secure in their action because two months earlier, in the November 1917 election, voters had

approved equal suffrage for New York State. The newly franchised voters were not testing the law; they were just very determined to use the new law to their advantage.

Lisle ladies jumped at their first chance to vote when the option election was scheduled to determine whether liquor could be sold in the Town of Lisle. Under the leadership of Mrs. R H. Edwards, wife of the mayor, the ladies organized to defeat the proposal. Mrs. Edwards, with her husband's support, was an active suffragette. The determined new voters were out early on a 36 degree morning, and it was soon apparent that the women were not going to retreat, so the challenging ceased. Finally, on November 2, 1920, Majorie Stone was the first woman in Binghamton to vote in a presidential election (Press, 9/9/84).

Thank you to the Broome County Historical Society and Broome County Historian Roger Luther for providing the information for this article.

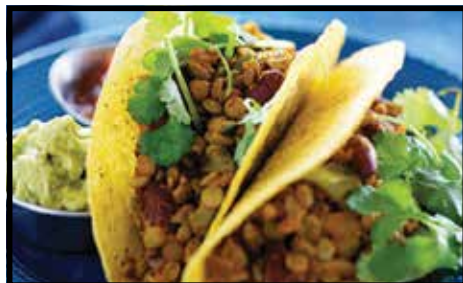


Recipes

To celebrate National Nutrition Month, enjoy a few extra recipes to create a nutritional and low cost meal.

Lentil Tacos

Lentils and raisins are a surprising and delicious duo in these sweet and savory tacos. Green peppers add extra flavor and texture. Enjoy with a tossed salad on the side.



Ingredients

- 1 1/2 cups dry lentils (sorted and rinsed)
- 4 cups water
- 1/2 green pepper (chopped)
- 4 cloves garlic (minced)
- hot pepper flakes (1/2 teaspoon, optional)
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon basil
- 2/3 cup tomato paste, low sodium
- 1/4 cup raisins (optional)

Directions

1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes. Add more water if necessary.
3. Serve with corn tortillas. Can also be served over rice or noodles.

Source: <https://www.myplate.gov/recipes/lentil-tacos>

Anytime Pizza

Make your own pizza topped with green peppers, mushrooms, or other vegetables.



Ingredients

- 1/4 mini baguette or Italian bread, about 9" long (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup part-skim mozzarella or cheddar cheese, shredded
- 1/4 cup green pepper, chopped
- 1/4 cup mushrooms, fresh or canned, sliced
- other vegetable toppings (as desired, optional)
- Italian seasoning (optional)

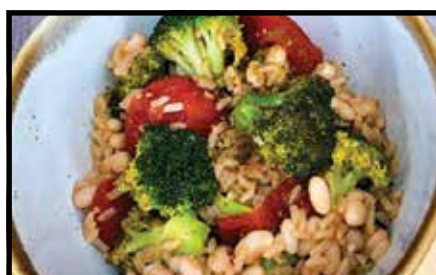
Directions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables, and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 °F).
5. Heat until cheese melts.

Source: <https://www.myplate.gov/recipes/anytime-pizza>

Skillet Meals

A hearty and tasty one-pot dish that can be made in under half an hour. Use leftover brown rice for this recipe.



Ingredients

- 1 package broccoli (10 ounce, frozen, can also use mustard greens, collard greens or spinach)
- 2 cans stewed tomatoes, low sodium (about 30 oz)
- 1 cup brown rice (cooked)

- 1 can white beans (15 ounces, rinsed and drained)
- black pepper (to taste)
- oregano, basil, or hot pepper (other spices to taste, optional)

Directions

1. Steam greens in the stewed tomatoes using a small pan, pot, or electric skillet on medium-high heat.
2. Cook greens 10 to 20 minutes, until they are as soft as you like them. Stir gently.
3. Add the rice, canned beans, and seasonings.
4. Cook until heated through.

Source: <https://www.myplate.gov/recipes/skillet-meals>

Cobb Salad with Pears

Sweet and savory, this Cobb Salad is sure to delight with the addition of canned pears, carrots, and Parmesan cheese.



Ingredients

For the Salad:

- 2 canned pear halves
- 6 cups mesclun mix baby greens
- 1/2 tablespoon Parmesan cheese
- 1 1/3 cups carrots, grated
- 3 tablespoons walnuts

For the Dressing:

- 1/4 cup pear juice
- 1/4 teaspoon cider vinegar
- 1/4 teaspoon honey
- 1/4 teaspoon Dijon mustard
- 1 dash salt and black pepper
- 1/4 teaspoon extra virgin olive oil

Directions

1. For the dressing, mix pear juice, vinegar, honey, mustard, and salt and pepper and olive oil in a blender.
2. Put mixed greens in large mixing bowl, drizzle dressing over greens and mix.
3. Add remaining chopped pear, walnuts, and grated carrots and toss lightly.
4. Portion out 1 cup of salad and top with 1/2 tablespoon grated Parmesan cheese.

Source: <https://www.myplate.gov/recipes/cobb-salad-pears>

Stir-Fry with Chicken and Noodles

This recipe is quick to make and adaptable to your own taste! You could make it vegetarian by removing the chicken or add some extra crunch



Ingredients

For the Salad:

- 4 cups water
- 2 packages ramen-style noodles (3 ounces each)
- 2 chicken breasts, boneless, skinless, cut into strips
- 1/4 cup peanut butter
- 2 tablespoons soy sauce, reduced sodium
- 1/2 cup water
- 1 tablespoon vegetable oil
- 1 teaspoon red pepper flakes
- 1 teaspoon finely chopped fresh ginger (or 1/2 teaspoon ground ginger)
- 2 carrots, thinly sliced (about 2 cups)
- 1/2 head cabbage, thinly sliced (about 6 cups)
- 1/4 cup green onion, thinly sliced

Directions

1. Bring 4 cups water to boil in a 2 to 3 quart saucepan. Add noodles, cover, and remove from heat (do not add flavor packets). Wait one minute. Drain noodles and set aside.
2. In a small saucepan, combine peanut butter, soy sauce and 1/2 cup water. Heat over low heat, stirring until smooth. Remove from heat.
3. Heat oil in a large skillet over medium-high heat (350 °F in an electric skillet). Add chicken and cook until no longer pink when cut, about 3 to 5 minutes.
4. Add red pepper, ginger, and carrots and cook for 2 to 3 minutes. Add cabbage and cook 3 to 4 minutes or until cabbage is crisp-tender.
5. Stir in green onion, cooked noodles, and peanut sauce. Toss and serve right away.

Notes

To avoid peanuts or peanut butter, try this stir-fry with sunflower seeds or sunflower seed butter.

Source: <https://www.myplate.gov/recipes/stir-fry-chicken-noodles>

Apricot & Lemon Chicken

Why wait for dessert to enjoy your fruit? Make it a part of your meal in this main dish.



Ingredients

- 4 medium chicken breasts, boneless & skinless
- 1 teaspoon cumin
- 5 tablespoons apricot spread (about 1/3 cup)
- 1 fresh lemon, juiced
- 2 tablespoons water

Directions

1. Rub cumin over chicken and place in skillet.
2. Cook on medium-high for 6 minutes on each side, or until cooked through. Remove from pan and keep warm.
3. Add apricot spread, lemon juice, and water to skillet. On medium heat, stir until smooth.
4. Spoon sauce over chicken and serve warm

Notes

May substitute approximately 3 Tablespoons of lemon juice for 1 fresh lemon, juiced. Could also substitute honey for apricot spread.

Source: <https://www.myplate.gov/recipes/apricot-lemon-chicken>



Intergenerational Game Time!

Join OFA interns to play board games like Scrabble, Uno, and the game of Life

Broome West Senior Center - March 3rd 10 – 11AM

Deposit Senior Center - March 18th 11 – 12PM

Northern Broome Senior Center - March 24th 12 – 1PM

Come meet new friends and have fun having board games!

Transforming Care with AI for Older Adults



In a groundbreaking initiative, the New York State Office for the Aging (NYSOFA) and The Association on Aging in New York (AgingNY) partnered with Intuition Robotics to combat loneliness and social insolation among older adults using ElliQ, an AI companion robot. ElliQ is the first AI companion designed to alleviate loneliness and promote engagement, connection, health, and wellness.

Launched two years ago, the program provided 900 older adults across New York State with an ElliQ. ElliQ was designed to provide companionship, foster engagement, and reduce feelings of loneliness through interactive features and personalized support.

Participants averaged **28** interactions per person per day with ElliQ, indicating high levels of engagement and user satisfaction. ElliQ’s CSAT (Customer Satisfaction Score) score is 4.9/5. The latest data reveals a sustained **93%** reduction in loneliness among participants, maintaining the initial success rate reported two years ago.

To qualify for an ElliQ robot you must:

- Be a Broome County resident age 60 and older
- Live alone or spend a lot of time alone
- **Have Internet in your home**

You do not have to be a current client of Office for Aging to qualify, but you must be willing to maintain contact with the agency after you receive ElliQ. To learn if you are eligible, please contact Office for Aging at **607-778-2411**.

Endorsed by  **Office for the Aging**



When: Monday, March 17th

Where: at participating Broome County Senior Centers

Wear your green and join us for this special lunch with a variety of St. Patrick’s Day inspired activities happening at the centers.

There is a voluntary suggested contribution for lunch of \$5.00 for those age 60+ and spouse of any age and a charge of \$6.00 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Lunch reservations are needed. Please call a participating center to make your reservation (phone numbers and additional activities are listed in the Look What’s Happening section of this paper).

Look What's Happening at the Centers!

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 9:30AM; 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

3/3 Intergenerational Game Day with OFA Interns 10AM

3/3 Nutrition presentation by Kathleen, CCE 11:30AM

3/4 Mardi Gras Party 11AM

3/4 & 18 Chop and Chat 1PM Sign up at the center.

3/6 & 7 AARP Safe Driving Class 9:30AM Call to reserve your spot.

3/6 Legal Aid 9 – 12PM Call for an appointment.

3/10 Birthday and Anniversary Fun with Jim Lamb 11AM

3/10 Breakfast for Lunch – French toast 10:30 – 12PM

3/11 Downsize and Declutter 3PM

3/12 GFJ Tech Center 11AM

3/13 Science is Everywhere! 1PM

3/14 Trivia 1:15PM

3/17 St. Patrick's Day Luncheon –

Irish Johnny & Irish Dancers 10:30AM Lunch 12PM

3/17 OFA ID Card Presentation & Applications 10 – 12PM

3/19 Discover Live: Algiers, Africa 11AM

3/19 "Adding, Not Subtracting for a Healthy Weight" presentation by Donna and Bridget from OFA's Nutrition Department 12:40PM

3/20 Fly Tying Group 1PM

3/25 Bright and Beautiful Therapy Dogs 12:30PM

3/26 Mental Health Association of the Southern Tier (MHA)ST presentation 11AM

3/31 Entertainment by Greg Neff 11AM Lunch 12PM

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

Thursdays: 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:

3/3 & 21 Horse Racing 10:30AM

3/5 Clover Chat 1PM

3/7 Cereal Day 10 – 2PM

3/10 & 24 Crochet with Kathy 10:30AM

3/10 & 24 Chop and Chat 10:30AM Call to reserve your spot.

3/12 Craft with Kathie 10:30AM

3/14 & 26 Bingo with Sallie 10:30AM

3/17 St. Patrick's Day & 2nd Anniversary Party Luncheon 12PM Friday at Fred's 12:30PM

3/19 Anything Corn Day 10 – 2PM

3/19 Nails by Kathy 1PM

3/21 Nutrition presentation by Kathleen, CCE 12PM

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 1PM

Thursday: Wii Games 10:30AM – 12:30PM

Special Activities

3/6 Cutting Board Conversations with Barb and Bridget from the BC Office for Aging's Nutrition Department 10:30AM

3/18 Intergenerational Game Day with OFA Interns 11 – 12PM

3/20 Eric Benekee from Delaware County Office for Aging 11AM

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

Center Hours: Monday – Friday, 9 – 2:30PM

Lunch served at 12PM

Breakfast Made-To-Order: Tuesdays, 8 - 9:30AM | 607-693-2069

Weekly Activities

Monday: Shuffleboard 9AM; 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

3/3 March Birthday Celebrations! 10:30AM

3/4 & 6 Binghamton University Nursing Students 8 – 1:30PM

3/4 & 18 Chop and Chat 12:30PM Call to reserve your spot.

3/6, 13, 20 & 27 Greater Good Grocery Bus 11 – 12PM

3/7 Caregiver Meet and Greet with Megan from BC Office for Aging 9 – 1PM

3/7 Burger Bar 11:30 – 12:30PM

3/12 Officers and Finance Meeting 9:15AM

3/12 Senior Center Site Council Meeting 10:45AM

3/14 Fun Friday – Share a Dessert Day 10:30AM

3/17 St. Patrick's Day Party 12PM

Entertainment by Adrian Skarvinko 12:30PM

3/19 Mental Health presentation by MHA

(Mental Health Association of the Southern Tier) 10 – 11AM

3/20 Golden Griddle: Made to order sandwiches, sides, and desserts. New time! 11:30 – 12:30PM

3/20 OFA ID Card Presentation & Applications 11 – 12PM

3/24 & 31 AARP Driver Safety Class 9:15 – 12:30PM Must reserve in advanced.

3/26 Legal Aid Society 9 – 12PM

3/26 Falls Prevention Study with Traci Chippendale 10 – 11:30AM

3/27 Make Healthy Food Choices presentation by Kathleen, CCE 12:15PM

3/28 Fun Friday – Magician Gary Freed 10:30AM

3/31 Cows, Pigs, and Horses Race 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 | 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; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM

Wednesday: Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details)

Thursday: Stitch and Stuff 9AM; Cornhole 1PM

Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

3/4 & 18 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3 (Advanced registration and payment required.)

3/6 Executive Board Meeting 9:30AM

- 3/7 Film Friday: "The Help" 1PM (Free popcorn, soda for sale.)
- 3/10 Legal Aid 9AM (Appointment required, please call.)
- 3/11 "Enjoy the Benefits of Eating w/ Others" presentation by Kathleen Cook, CCE 12PM
- 3/11 Chop & Chat: Baked Veggie Ziti 1PM Reservations required by 3/4.
- 3/11 Neighborhood Watch Meeting 6PM
- 3/12 Lunchtime Entertainment w/ Johnny Only 11:30AM
Lunch served at 11:45AM
- 3/13 OFA ID Card Presentation & Applications 11 – 12PM
- 3/17 St. Patrick's Day Luncheon w/ Irish Dancers 11AM Lunch 11:45AM
- 3/19 "The Changing Face of Nature" presentation by Rick Marsi 12PM
- 3/21 Film Friday: "Gran Torino" 1PM (Free popcorn, soda for sale.)
- 3/24 Breakfast for Lunch: Waffles w/ Blueberries, 10:45 - 12:15PM (No take-out available.)
- 3/25 Medication Safety presentation by the BU TRUST Program 12PM
- 3/25 Chop & Chat: Split Pea Irish Stew 1PM Reservations required by 3/18.
- 3/26 "Adding, Not Subtracting for a Healthy Weight" presentation by Donna and Bridget from OFA's Nutrition Department 11:15AM
- 3/28 Falls Annual Wellness Checkup by Binghamton University 10:45 – 2:45PM Appointment required, call 607-777-4700.

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); Balance + Mobility 1 – 2PM (no fee)
- Tuesday:** 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; 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); Balance + Mobility 1 – 2PM (no fee)
- Thursday:** Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Tai Chi 1 – 2PM (\$3)
- Friday:** Gentle Yoga 10 – 11AM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

- 3/3, 10, 17 & 24 Greater Good Grocery Bus 10 – 11AM
- 3/3, 5, 10, 12, 17, 19, 24 & 26 Medicare Assistance with Stephen Snitchler 10 – 12PM
- 3/3 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30PM
- 3/4 "Adding, Not Subtracting for a Healthy Weight" presentation by Donna and Bridget from OFA's Nutrition Department 10:15AM
- 3/5 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 3/5 Therapeutic Arts with the Mental Health Association of the Southern Tier (MHA) 10:30 – 11:30AM
- 3/7 & 21 Falls Annual Wellness Checkup by Binghamton University 10 – 2PM
- 3/7, 14, 21 & 28 Poetry Group 12:30PM Size is limited; call 607-797-3145 to pre-register.
- 3/12 Discover Live: Heidelberg, Germany 10:30 – 11:30AM
- 3/12 Book Club (The Women by Kristin Hannah) 3 – 4PM
- 3/13 & 3/14 AARP Driver Safety 1 – 4PM Call to reserve your spot.
- 3/16 Southern Tier Orchid Society Meeting – Social Time 1:30PM Meeting 2 – 4PM
- 3/17 St. Patrick's Luncheon 11:45AM
- 3/18 Chop & Chat (Faith in Action): Split Pea Irish Stew 11 – 12PM Signup by 3/11.
- 3/19 Preparing for Disasters presentation by BC Office of Emergency Services 10:30 – 11:30AM
- 3/19 LGBTQ+ Senior Social Group (John Rozzoni from Tri-Cities Opera visits) 3 – 4PM
- 3/19 Alzheimer's Association – Caregiver Support Group 4 – 5PM Registration and pre-screening required; call ALZ at 315-472-4201 x227.
- 3/20 Legal Aid 9 – 12PM Call 607-797-3145 for an appointment.
- 3/21 Food & Your Health presentation by Kathleen, CCE 10:30 – 11:30AM
- 3/25 Discover Live: Rio de Janeiro, Brazil 1:30PM
- 3/26 Haircuts by Debbie Roberts \$20 Call for an appointment. 10 – 11:30AM
- 3/27 OFA ID Card Presentation & Applications 11 – 1PM
- 4/8 Chop & Chat (Faith in Action): Crustless Veggie Quiche 11 – 12PM Signup by 4/1.

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:

- 3/4 & 18 Golden Agers 12PM
- 3/5 OFA ID Card Presentation & Applications 10:30 – 12PM
- 3/10 Chop & Chat: Baked Veggie Ziti 1PM Call to reserve your spot.
- 3/10 Intergenerational Game Day with OFA Interns 12PM
- 3/13 Breakfast 9:30AM
- 3/14 Irish Dancers 11:15AM
- 3/17 St. Patrick's Day Luncheon 12PM
- 3/20 Plant Sale 9 – 3PM
- 3/24 Intergenerational Game Day with OFA Interns 12 – 1PM
- 3/24 Chop & Chat: Split Pea Irish Stew 1PM Call to reserve your spot.
- 3/28 Pub Burgers 11:30AM

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 11:15AM | 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)

Special Activities

- 3/3 & 31 Chop and Chat 10AM Call to reserve your spot.
- 3/3 King High Game 12PM
- 3/4 Legal Aid with Melissa 10:30AM
- 3/5 "Adding, Not Subtracting for a Healthy Weight" presentation by Donna and Bridget from OFA's Nutrition Department 10:30AM
- 3/10 Breakfast for Lunch 11AM Dine in only.
- 3/12 Lyceum: The Beauty of Scotland 10 – 12PM
- 3/12 & 26 Vestal Library Tech Help 10:30AM
- 3/13 Philly Cheese Steak Day 11AM
- 3/17 St. Patrick's Day Luncheon – Irish Dancers 10AM Snacks and Drinks 10:30AM Lunch 11:45AM
- 3/19 Lyceum: Seville and Moorish, Spain 10 – 12PM
- 3/19 Loaded Baked Potato Bar 11AM
- 3/25 Vestal Senior Clud Meeting 10:15AM
- 3/26 Nutrition presentation by Kathleen, CCE 10:15AM
- 3/27 Discover Live: Milan, Italy 11AM
- 3/28 Pizza or Chef Salad Day 11AM Reservations required.
- 3/28 Bunko 12PM

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Housing with a Heart



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 13.

	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	

**Technology Classes to Help Older Adults
Become Tech Savvy**

Basic Computer Classes through the Broome County Library
Every Wednesday 10 – 12PM

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

Contact us at **607-778-6406** or tel.lvbtc@gmail.com to preregister.

Broome County Public Library
185 Court Street
Binghamton, NY

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

Wednesday, March 12th 11AM
Offering one on one tech assistance!

Vestal Library comes to the Vestal Senior Center

Wednesday, March 12th 10:30AM
& Wednesday, March 26th 10:30AM
Technology Assistance

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 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. **(607) 693-1858**

No Cost Medicare Counseling at AOP

Action for Older Persons (AOP) is the only local source of no cost, **unbiased** Medicare insurance counseling and financial assistance program application help. Our counselors are experienced, highly trained, annually certified by NYS and familiar with many local programs.

Are you new to Medicare? Here at AOP we have monthly in-person seminars to educate and empower you to make informed decisions about the Medicare coverage that is best for you and help you avoid costly penalties if you continue working after 65. Paying too much for your insurance or will a different plan better suit your needs? Although Open Enrollment ended in December, we can usually help you change your Medicare plan mid-year if needed. For example, for anyone currently in a Medicare Advantage Plan, there is another open enrollment period from January 1 – March 31. In NYS, you can change your supplement plan (Medigap) at any time. Because these plans are standard by letter, coverage for your plan is the same regardless of the carrier yet, the monthly premium for the same plan in Broome County varies by several hundred dollars. Therefore, it makes sense to purchase it from the lowest price carrier. If you currently have a Medigap, we can go over the price comparisons to see if we can help you save money.

We can compare your retiree insurance to Medicare options, assist with billing questions or appeals, and apply for low-income programs if eligible. These are all great reasons to call for an appointment with one of our expert counselors at **607-722-1251**.



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Trivia

**Which Asian country
has the only non-
rectangular flag in
the world?**

Nepal



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AARP FOUNDATION TAX-AIDE OF BROOME COUNTY, NY
SITE LOCATIONS AND TIMES OF OPERATION
February 1st - April 10th

IN 2025, ALL SITES REQUIRE AN APPOINTMENT MADE IN ADVANCE; WE WILL DO YOUR RETURN WHILE YOU WAIT. WE ARE NOT PLANNING TO DO DROPOFF.

SENIOR CENTER SITES: Call for appointments:

- **JOHNSON CITY** 30 Brocton Street TUESDAYS, WEDNESDAYS & THURSDAYS 607-797-3145
- **NORTHERN BROOME** (Whitney Point) 12 Strongs Place CALL FOR SCHEDULE 607-692-3405
- **BROOME WEST** (Endwell) 2801 Wayne Street TUESDAYS, WEDNESDAYS, and THURSDAYS
 Call for an Appointment: **Call 211 or 1-800-901-2180**
 Specify **Broome West Senior Center**
 Appointments: TUE, WED and THURS, 10 am to 2 pm

Other local options:

- **Broome County Library:**
 185 Court St., Binghamton
Call 211 or 1-800-901-2180
 Open unless library closed due to weather; 8:30am – 4:00 pm weekdays
 Specify **Broome County Library**
 Appointments: MON, TUES, WED, THU, 10:00am–2:00pm
- **George F Johnson Library**
 1001 Park St, Endicott
Call 211 or 1-800-901-2180
 8:30am – 4:00 pm weekdays;
 Specify **George F Johnson Library**
 Appointments: TUE and THURS, 10 am to 2 pm
- **Union Center Christian Church:**
 950 Boswell Hill Rd, Union Center
Call 607-754-8222 Tuesday through Thursday 9 – 4PM
 Appointments: WED 3pm-6:00 pm
- **Vestal United Methodist Church:**
 328 Main St. Vestal
Call 211 or 1-800-901-2180
 8:30am – 4:00 pm weekdays;
 Specify **Vestal**
 Appointments: MON, TUE, and THU, 9:30 am – 1:30 pm



IF A LOCAL SCHOOL DISTRICT CANCELS CLASSES DUE TO BAD WEATHER CONDITIONS TAX-AIDE SITES IN THAT DISTRICT WILL ALSO BE CLOSED.

AGING REFRAMED
The Social, Economic,
& Intellectual Contributions of Older Adults

New York's 4.6 million older adults bring enormous intellectual, social, and economic capital. Older New Yorkers and baby boomers make up 65% of all household income generated in New York State. They have high home ownership rates, are supporting schools, local business, and support almost 7 million jobs.

"For decades, older adults have been portrayed as frail, needy, and costly to the health and social services systems. This is a misnomer. Individuals of all ages sometimes need assistance, but older adults en masse consider themselves healthy, remain active and engaged and are a very important part of the local, regional, state, and national economies. Further, they give a tremendous amount of their time to hundreds of civic groups and organizations that are critical in delivering direct services and supporting local agencies. Older adults are committed to improving their communities and helping their neighbors."

NYSOFA Director Greg Olsen

Older NYers and Volunteerism

- 935,000 individuals age 60+ contribute 495 million hours of community service at an economic value of \$13.8 billion.
- Individuals age 50+ account for the most volunteering, philanthropy, entrepreneurs, and donation activities in the U.S. out of any demographic group.

Older NYers: Contribution to the Tax Base

- 64% of individuals age 60+ own their own homes and have no mortgage, contributing directly to the local tax base.
- Adults 50+ are responsible for approximately \$1.8 trillion in federal, state, and local taxes (2018), a figure that will quadruple by 2050.
- Adults 50+ are 36% of the population yet support about 43% percent of federal tax revenue (\$1.4 trillion) and 37% percent of state and local tax revenue nationwide (\$650 billion).
- Adults 50+ contribute \$72 billion in state and local taxes (39% of total), a contribution that will triple to \$255 billion by 2050.

Older NYers and Caregiving

- 4.1 million caregivers (average age of 64) provide unpaid care for a loved one (spouse, child, grandchild, or others) at a total market value of \$32 billion.

Older NYers: Economic Contributions

- 80% of NYS Retirement System Payouts Stay in NY (\$10.6 billion annually), contributing to state and local economic activity.
- 83% of U.S. household wealth is held by people over 50. Access to credit and assets allows older adults to spend more on goods, services, and investments than their younger counterparts, contributing \$9 trillion in economic and unpaid activities (2018).
- Adults 50+ support more than 88.6 million jobs (44% of total employment) and over \$4.7 trillion in labor income.
- New Yorkers 50+ are 36% of the population yet contribute 43% (or \$719 billion) of Gross Domestic Product (GDP). This is expected to reach \$2.2 trillion by 2050.
- New Yorkers 50+ support 5.9 million jobs, a figure that will reach 6.6 million by 2050.
- New Yorkers 50+ generated \$482 billion in wages and salary, a figure that will reach \$1.46 trillion by 2050)

For more information, please visit

<https://aging.ny.gov/combating-ageism-and-stereotypes-data>

"All the beautiful sentiments in the world weigh less than a single lovely action."

– James Russell Lowell



Veterans
Crisis Line
1-800-273-8255 PRESS 1



Mental Health Corner

There is abundant evidence that good nutrition is imperative to overall physical health, supports disease prevention, and offers cognitive benefits too. But when it comes to our overall mental and emotional health or our sense of well-being, what specific outcomes can we expect from good nutrition? And what negative effects can we expect from inadequate nutrition?

These questions are just a few of many being asked by the Food and Mood Project an initiative led by the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS). As its name implies, the initiative seeks to uncover how food affects our mood; explore the full range of emotional, mental, and social benefits of eating nutritious and culturally relevant foods; and determine how we might advance nutrition security to help address a range of issues, from substance misuse to psychosocial health and well-being.

The project directly proposes that **when a person eats well, they feed both their body and their mind.** However, much remains to be studied and well-understood about the relationship between nutrition and mental and emotional health, including the many social, physiological, and psychological issues at play. The Food and Mood Project has begun to address these areas and their interplay, exploring a number of different avenues — each revealing not only new answers but also additional questions. This exploration is a critical piece of the broader understanding of nutrition security and efforts to accurately define and employ Food as Medicine concepts.

For more information, please visit <https://odphp.health.gov/news/202312/food-and-mood>

Stay Connected to Your Community through Food

by Kathleen Cook, SNAP-Ed Nutrition Educator, Cornell Cooperative Extension



This month is National Nutrition Month, with a theme of Food Connects Us. Think of how vital food is to life and our bodies, to our spirits and our mental health! If you stop to reminisce about favorite memories of family gatherings or special friendships, nearly always particular foods and traditions involving food are part of that memory. Is it homemade holupki? A family marinara sauce? A unique cake or cookie?

Sharing mealtime is a wonderful way to relax and connect with others and whether it's having lunch at the senior center or inviting a friend over for coffee, eating together builds and nurtures our community.

Another way to be connected through food is by planning and preparing your own food. Thinking about what you eat may mean using the local Farmers Markets to buy locally grown produce and connect to the community of those growing the food. It may be becoming more aware of when a food is in season or learning how to garden on a small scale.

If you are interested in learning about globally inspired home cooking, Cooperative Extension is offering free classes at the Johnson City Library in March. There are also nutrition presentations at each of the senior centers each month. These focus on understanding how the foods we eat and the food choices we make affect our health and well-being.

Smaller classes give you a chance to make food together (and eat it!), connect with others, share your knowledge, and learn new ideas from others as well as the instructor. It's never too late to share your own food traditions and discover new ones! Connecting through food keeps our cultures alive and can be a joy to share what you love.

How might you connect with food this month?

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- Prices are at an ALL-TIME HIGH
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- Julie S., Binghamton

If your legs ache, throb, swell, cramp or jump, feel heavy, tired, itch, have rashes, or ulcers **then it's probably a vein problem even if you don't see veins under the skin.** You can be treated in just minutes right in our office, using only local anesthesia.

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Broome County
Office for Aging 

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

- Classroom Foster Grandparent
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607-778-2411**

- Senior Account Clerk
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**To inquire about the above position, call Mary at OFA
607-778-2411**



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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



Install and test carbon monoxide (CO) alarms at least once a month.

CO is called the "invisible killer" because it's a colorless, odorless, poisonous gas. Breathing in CO at high levels can be fatal.






Join the NEW Season of the 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.

March 13th 10AM – Spring Forest Cemetery. Meet at entrance on Mygatt Street in Binghamton.

March 27th 10AM – Binghamton Riverwalk. Meet at intersection of Conklin Avenue and South Washington Street.

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

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

2nd Anniversary
of the Chenango Bridge Senior Center

This month marks a special milestone for the Chenango Bridge Senior Center as it celebrates its second anniversary. Since opening its doors in 2023, the center has become a cherished hub for older adults in the community, offering a welcoming space for friendship, activities, and support.

Over the past two years, the center has grown into a vibrant gathering place, hosting exercise classes, arts and crafts, luncheons, holiday themed events, and educational workshops. Many activities are led by senior center participants, a true testament to the community formed at the center.

To commemorate the occasion, the center will be hosting a special celebration on Monday, March 17th featuring live music, refreshments, and a look back at memorable moments from the past two years. For more information on the celebration, please visit the "Look What's Happening at the Centers" section. All are welcome to join in the festivities and share in the joy of this thriving community.

As the Chenango Bridge Senior Center steps into its third year, its mission remains strong: to provide a warm and engaging environment where seniors can stay active, connected, and enriched. Here's to many more years ahead!

The Chenango Bridge Senior Center is located at the First United Methodist Church located at 740 River Road in Binghamton.

The senior center is opened for in person dining and a variety of activities on Mondays, Wednesdays, and Fridays between 10am and 2pm.

You can contact the Chenango Bridge Senior Center by calling: **607-663-0406**.



For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
 A suggested voluntary 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.*

Meatball Parmesan Over Pasta Italian Green Beans Ice Cream Cup	3	Halupki OR Rstd Chicken Thigh Mashed Potatoes Peas & Carrots Peaches	4	Chicken OR Tuna Salad Croissant Vegetarian Vegetable Soup Fruit Cup Oatmeal Raisin Cookie	5	Ham OR Citrus Broiled Fish Pierogies w/Onions Broccoli Florets Tapioca Pudding w/Oranges	6	Hot Dog OR Beer Battered Fish Baked Beans Corn Spice Cake	7
Chicken ala King over a Biscuit Peas & Carrots Oatmeal Raisin Cookie	10	Pub Burger OR Fish Sandwich Garden Vegetable Soup Fruit Cup Blueberry Coffeecake	11	Liver w/Onions OR Chicken Breast Mashed Potatoes w/Gravy Spinach Pineapples & Oranges	12	Manicotti Cauliflower w/Parsley Garden Salad Vanilla Cake	13	Broiled Fish OR Sausage Link Roasted Potatoes Carrots Peach Cobbler	14
St. Patrick's Day Party! Corned Beef OR Beer Battered Fish Macaroni & Cheese Carrots Key Lime Pie Cup	17	BBQ Chicken Breast Baked Beans Garden Salad Chocolate Cake	18	Halupki OR Salisbury Steak Mashed Potatoes French Cut Green Beans Applesauce	19	First Day of Spring! Rotisserie Chicken Apple Bread Dressing Peas w/Pearl Onions Strawberry Shortcake	20	Roast Pork OR Citrus Fish Scalloped Potatoes Country Blend Vegetables Apple Cobbler	21
Pierogies w/Kielbasa Diced Beets Lemon Pudding	24	Beef Stroganoff over Noodles Brussels Sprouts Cinnamon Rice Pudding	25	Breaded Chicken Cutlet Sandwich Cream of Broccoli Soup Fruit Cup Ice Cream Cup	26	Grandma's Meatloaf OR Shrimp Scampi Rice Pilaf California Blend Vegetables Chocolate Brownie	27	Pulled Pork OR Beer Battered Fish Cheesy Mashed Potatoes Garden Salad Pears	28
Beef Stew over a Biscuit Wax Beans w/Pimento Warm Spiced Apples Oatmeal Raisin Cookie	31	<p style="text-align: center;">“Isolation and loneliness are central causes of depression and despair – Bell Hooks Did you know there are eight senior centers in Broome County! Come check out a center, enjoy lunch and a wide variety of activities. See the center activities listed on the Look What's Happening Section of this publication!</p>							

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



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



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

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

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

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