

"I felt too guilty at first when I called to get more information about the program. But I found out that I was offering my wife some quality time that I could not provide. I also learned that she needed as much space from me as I needed from her. This time away has really helped our relationship." - Mr. D.

"If my father-in-law did not attend Yesteryears, he would just sit in a chair all day long and sleep. The program keeps his mind working, and we are grateful." - Mr. H

"Dad didn't want to go to the first or second visit. But with the information that the program staff provided, we were able to get through the difficult beginning period. Now he loves going." - Mr. B



Binghamton Site operated by
Broome County Office for Aging
in cooperation with the
Binghamton Housing Authority

Funding provided by:
Administration for Community Living
New York State Office for Aging
Broome County Office for Aging

Updated: April 2024

Broome County
Office for Aging 

Yesteryears

***Supporting older adults and
their caregivers.***



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About Us

Yesteryears is a social program for frail, isolated or memory impaired adults who participate in supervised structured activities and socialization with their peers. The program also serves caregivers, providing a respite opportunity.

For the Participant

Yesteryears can help participants regain self esteem, rekindle a sense of belonging and renew purpose through:

- Mentally stimulating activities
- Social interaction with peers
- New friendships
- Chair exercise & recreation

All activities are modified to meet the individual needs of each participant.

For the Caregiver

Yesteryears can help caregivers maintain balance in their life by offering:

- Support
- Information on community resources
- Respite from caregiving



Cost

Suggested minimum contribution for clients 60+ is \$25.00/day. No one is denied participation due to inability or unwillingness to contribute. There is a fee for out of county residents who wish to attend this program.

Individuals whose income is at or above 185% of the Federal Poverty Guidelines are asked to contribute at an amount that represents the actual costs of the service (**\$60/day**). You are asked to contribute at this rate if your monthly household income is more than \$2,322 and you live alone; or if you live in a household of 2 and your monthly income exceeds \$3,151.

Eligibility

To be eligible for this program the participant must be 60+, have a minimum of one (1) functional or cognitive impairment and have a caregiver. All participants will receive an assessment prior to enrolling in the program.

Prospective participants are invited to visit for a meet and greet session. This 30-60 minute session provides the participant with an opportunity to meet the staff and engage in some activities. This session serves as the client assessment prior to enrollment.

Ways to introduce the idea to your loved one to come for an initial visit.

Some older adults may find it difficult or intimidating to join a new social group. Yesteryears provides a warm and welcoming environment. "There are no strangers here, only friends you haven't met yet."

After a few weeks most people adjust and really enjoy the social interaction with their peers. Here are some suggestions other families have used:

- Refer to Yesteryears as a senior center, social club, place to volunteer, work.
- First, determine the best time to discuss the visit. Some people don't sleep the night before and work themselves into an agitated state if it is discussed too far ahead of time. Many families wait until that morning after the person is dressed and ready for the day to bring up the visit.
- Mention the fun activities, fellowship and good food!
- Discuss the productive aspects of the activities at the center. "There are people there that need your help." Go to volunteer to help others.
- Say: "Try it for a few weeks, if you don't like it we won't go anymore."
- Say: "They are expecting you. They already ordered your lunch."