



Visit Our Website at 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 December, we will be visiting Belfast, Krakow, Paris, London, and Falun. These are free classes, and no reservations are required.

HOLIDAY CELEBRATIONS AT THE CENTERS!
Flip to page 2 to see how the senior centers are celebrating the jolliest time of year.



All the following events will be virtual walking tours at the senior center that is listed.

December 3rd 10:30AM
Holiday in Belfast, Ireland
(streamed to the Johnson City Senior Center)



December 11th 10:30AM
Holiday in Krakow, Poland
(streamed to the Johnson City Senior Center)



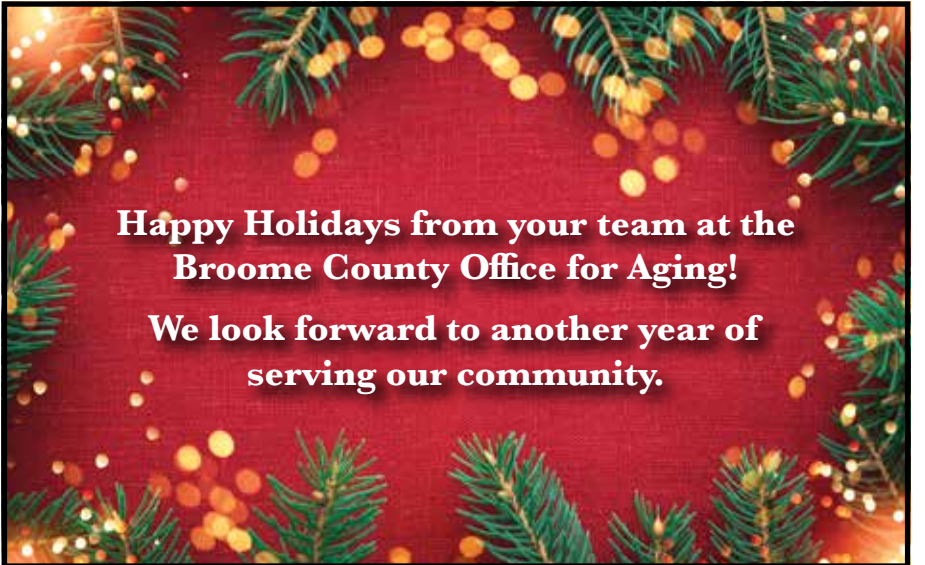
December 16th 1:30PM
Holiday in Paris, France
(streamed to the Broome West Senior Center)



December 18th 12:30PM
Holiday in London, England
(streamed to the Broome West Senior Center)



December 19th 10AM
Holiday in Falun, Sweden
(streamed to the Vestal Senior Center)



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

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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 (Harpurville)
 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 (Harpurville)

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

Special Luncheons to Celebrate the Holidays

Andy Williams sang in 1963, "It's the most wonderful time of the year!" So, mark your calendars and bring family and friends to one of the Broome County senior centers as part of your celebration this season. Listed below are details about upcoming festivities at participating senior centers.

Holiday Luncheon and Entertainment • Wednesday, December 11th (Thursday, December 12th in Deposit)

Enjoy a festive luncheon of chicken cordon bleu, sides & red velvet pie cups for dessert.

Guests age 60+ and spouse of any age may dine at the Holiday Luncheon for a suggested contribution of \$5. All others may dine for a charge of \$6.

New Year's Eve Luncheon and Entertainment • Tuesday, December 31st (Monday, December 30th at Chenango Bridge)

Join us as we ring in the New Year! The luncheon menu includes rotisserie chicken, sides, and chocolate cream pie for dessert.

Guests age 60+ and spouse of any age may dine on New Year's Eve for a suggested contribution of \$4. All others may dine for a charge of \$5.

In addition to the special lunches, centers will feature festivities throughout the day. Contact the center you wish to attend for more information on how they are celebrating!

For both luncheons, be sure to make your lunch reservations by 12 pm one day in advance. Phone numbers and center specifics can be found in the "Look What's Happening at the Centers" section on pages 10 and 11 of this issue.

No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Healthy Holiday Recipes Using an Air Fryer

Join Office for Aging Staff for an Air Fryer Demonstration and recipes!

Enter to Win an Air Fryer!

- Broome West Senior Center**
Thursday, December 5th at 12:40PM
- Chenango Bridge Senior Center**
Friday, December 6th at 12:15PM
- Eastern Broome Senior Center**
Thursday, December 12th at 12:15PM
- First Ward Senior Center**
Tuesday, December 17th at 11:15AM
- Vestal Senior Center**
Wednesday, December 18th at 10:30AM

Please see the "What's Happening at the Centers" portion of this edition for addresses and phone numbers of each center.

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, December 2, 2024 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, December 7th 11 – 2PM 11-2PM • First Saturday of the Month
St Anthony’s Church Hall: 300 Odell Ave, Endicott • RSVP 607-754-4333

Saturday, December 14th 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, December 21st 11 – 2PM • Third Saturday of the Month
St. Mary’s Church Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, December 28th 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • RSVP 607-778-2946

WEDNESDAY RESPITE

Wednesday, December 11th 10:30 – 1:30PM • Second Wednesday of the Month
India Cultural Center: Route 26, Vestal • RSVP 607-624-6587



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!

Bandera Family Delivers Christmas Day Meals

The Bandera Family and their dedicated volunteers have a long tradition of serving thousands of meals throughout the community on Christmas Day. Many Bandera Family Christmas Day meals are delivered to the doors of people who have difficulty leaving their homes. In 2024, the Bandera family is continuing the tradition.

If you are unable to leave your home, you can order a festive Bandera Family meal with all the trimmings to be delivered to you by volunteers on Christmas Day – Monday, December 25. For those who participate in Meals on Wheels, note that while the Meals on Wheels program will be closed, the Bandera Family Meal is available.

The “2-1-1 / First Call for Help” call center will take reservations for the Bandera Family Christmas Day meals. To request a meal, call “First Call for Help” by dialing either 2-1-1 from a landline, or 1-800-901-2180 from a mobile phone, beginning Monday, December 2 at 8 am. Tell the operator that you would like a home-delivered Christmas Day meal. Reservations will be taken M – F, 8 am – 5 pm. Reservations must be made by 5 pm on Monday, December 23.

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

Holidays Around the World!

We'll be learning how different areas of the world celebrate the holidays through Discover Live.

Monday, December 16th

Discover Live: Holiday in Paris, France 1:30PM

Wednesday, December 18th

Discover Live: Holiday in London, England 12:30PM

Chenango Bridge Senior Center

Monday, December 2nd at 10:30AM

Holiday Craft with Kathie

For more information, please call 607-663-0406.

Deposit

Tuesday, December 3rd and Thursday, December 5th

Craft Day:

Christmas Ornaments

10 – 1PM

Eastern Broome

Tuesday, December 17th from 8 - 9:30AM

Annual Holiday Breakfast

Come enjoy blueberry pancakes, waffles, French toast with strawberries, omelets, bacon, sausage and more!

First Ward

Wednesday, December 18th

Annual First Ward Chorus Holiday Concert

Come for lunch at 11:45AM and stay for the concert at 1PM! Lite refreshments will be served after the concert.

Please call 607-797-2307 for a meal reservation by noon on 12/17.

Johnson City

Friday, December 20th from 10 – 1PM

JSCS Art Show & Reception

The artists' works will be displayed in our Dining Room. Some of the artwork will be for sale and immediately available for pickup at that time. This celebration is free and open to the public. Light refreshments will be available.

Northern Broome

Chop and Chat!

Monday, December 2nd 1PM • Veggie Soup

Monday, December 16th 1PM • Veggie Pasta

Please call 607-692-3405 to reserve your spot.

North Shore

Tuesday, December 3rd & Wednesday, December 4th at 10:30AM

Decorating for the Holidays!

Join us as we decorate the center for the upcoming holidays.

Vestal

Monday, December 16th at 11AM • Breakfast for Lunch

Join us for Sausage Biscuits with Gravy, Scrambled Eggs, Sausage and Potatoes!

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

Senior Center Closings

- Wednesday, December 25th and Thursday, December 26th for the Christmas Holiday
- Wednesday, January 1st for New Years Day

Ask the Office

With winter coming I want to make sure I am prepared. What are some ways OFA can help?

Winter can be a beautiful season, but it also brings unique challenges, especially for older adults. Cold weather, ice, and reduced daylight can increase the risk of accidents and health issues. However, with some proactive measures and safety tips, older adults can enjoy a safe and comfortable winter. Here's how:

Prepare for cold weather by dressing in layers that will help maintain body heat. If you must go outside, best practice is to wear a moisture-wicking base layer, an insulating middle layer, and a waterproof outer layer. Don't forget warm gloves, a hat, and a scarf to protect extremities.

Ensure your home is adequately heated. Keep the thermostat at a comfortable level, and if you use space heaters, follow safety guidelines to prevent fire hazards. Check for drafts and use weatherstripping or insulation to keep the cold air out.

The Home Energy Assistance Program (HEAP) is available to eligible households to help with the cost of heating your home. HEAP has other programs as well to help with weatherization, cleaning primary heating equipment and repairs.

Keeping driveways and sidewalks free of snow and ice can be a challenge. Use salt or sand to improve traction, and if possible, hire a service to handle snow removal. If you need information on hiring someone for snow removal, OFA has a list of snow removal vendors.

Staying active during the winter months is important. Doing so can help maintain strength and balance which can help prevent falls. Indoor activities like yoga, stretching, or light aerobics are excellent options. OFA senior centers offer a variety of activities year-round. **Senior News offers information about monthly activities available at local senior centers.** Transportation might also be available through the OFA minibus depending on where you live.

Winter can be isolating, especially with the potential for bad weather. Stay in touch with family and friends through phone calls or video chats. If you are not able to get to a senior center, there are virtual options for exercise and socialization. **Please see page 2 of this edition to learn about virtual exercise classes.**

Staying active mentally during the winter is also important. Engage in activities that stimulate your mind, such as reading, puzzles, or learning a new skill. Mental stimulation is just as important as physical activity. The Senior News can be delivered monthly for a suggested contribution and includes helpful articles, tips and a sudoku puzzle to keep your mind active. Senior News is also available for no cost at any OFA senior center.

If bad weather occurs, assemble an emergency kit in advance with essentials like medications, a flashlight, batteries, a first-aid kit, non-perishable food, and water. Keep it in a readily accessible location. Have a list of emergency contacts, including family members, neighbors, and local services. Share this list with a trusted person who can check on you if needed.

To find out more about any of these programs, call the Office for Aging at **607-778-2411**.



Downsize & Declutter Discussion Topic - One IN, One OUT

December is a busy month. Gift giving means many things IN, even if you're not hosting a holiday event. Initiating a One IN, One OUT challenge, however, could get an interesting head start this time of year.

Learn more at our Declutter Discussion on Tuesday, December 10th at 3PM at the Broome West Senior Center or on Zoom.

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



Mark Your Calendar! Upcoming Community Events

Broome County Festival of Lights

Otsiningo Park: 1 Otsiningo Park, Binghamton

Now – January 5th 5 – 10PM

Price is \$25 per carload; \$60 season pass **and free admission for Veterans.**

Drive through Otsiningo Park and view the spectacular holiday light set up. Also offer fireworks, balloon glows, performances, and other events throughout the scheduled dates.

Mannheim Steamroller Christmas

Broome County Forum Theater: 236 Washington Street, Binghamton
Tuesday, December 3rd 7:30PM

Tickets \$61.50 and up <https://broomearenaforum.com/forum/>

Mirabito Box Office at the Broome County Forum Theatre:
(607) 778-1369

MANNHEIM STEAMROLLER CHRISTMAS by Chip Davis has been America's favorite holiday tradition for more than 35 years! Grammy Award winner Chip Davis has created a show that features Mannheim Steamroller Christmas classics in the distinctive Mannheim sound. The program includes 15 musicians playing more than 20 instruments against a backdrop of dazzling multimedia effects – capturing the spirit of the season in an immersive yet intimate setting.

Johnson City Holiday Parade

Main Street, Johnson City

Thursday, December 5th 7 – 9PM

Join us along Main Street in Johnson City, NY. The parade will begin at Lester Avenue / Main Street and will end at North Broad Street / Main Street. After the parade, Sarah Jane Johnson Church is sponsoring cookies and cocoa, live entertainment, and a visit from Santa himself!

Friends of the Library Book Sales

George F. Johnson Library: 1001 Park Street, Endicott

Friday, December 6th 10 – 4PM

Saturday, December 14th 10 – 2PM

Friday, December 20th 10 – 4PM

Stock up on your favorite reads and support the George F. Johnson Library by attending their book sale! Soft covers, hard covers, audiobooks, DVDs, CDs, jigsaw puzzles, and more. For more information, please visit <https://www.gfjlibrary.org/friends/>

First Friday

Downtown Binghamton

Friday, December 6th 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/>

Vestal Teachers' Association Craft Fair

Vestal Senior High School : 205 Woodlawn Drive, Vestal

Sunday, December 8th 10 - 3PM

Free admission and all proceeds benefit the Dollars for Scholars program. Basket raffles and concessions available. Bring your family and friends for a fun day of shopping and community spirit. Don't miss out on this fantastic event—it's the perfect way to support local artisans and get into the holiday spirit.

A Christmas Carol

The Cider Mill Stage: 2 Nanticoke Ave, Endicott

December 13th – December 22nd 2:30PM and 7:30PM performances

Ticket – Adult \$30, Children 12 and under \$22 (includes fees)

God Bless Us, Everyone! The Southern Tier's Holiday Tradition returns to the Cider Mill Stage for its 45th year with Chris Nickerson as Scrooge. The original production of this A Christmas Carol debuted in December 1979, John Bielenberg and the original 1979 cast members, infused the Dickens tale with warm and unique qualities that brought joy to generations of theatregoers and have kept the production timeless. For more information, please visit <https://cidermillstage.com/>

Scam of the Month

Snow Removal Scams

As fall turns to winter and you start preparing for colder weather, make sure you are also cautious of who you hire for snow removal. Common snow removal scams include someone knocking on your door offering a "special deal" or "special low-price." While deposits are common, beware of a service that requires a full payment up front for the entire season. Follow these tips to help ensure that you choose a reliable and effective snow removal service:

- Read customer reviews or ask for references. This will help you to get an idea of the quality of the services and track record.
- Find out exactly what services the company offers, the equipment they plan to use, and how they plan on removing the snow from your property. For example, do they plan to use a plow, snow-blower, or shovel? What is the plan for salting and de-icing? Make sure what they offer meets your needs, and they have the proper equipment to handle the needs of your property.
- Ask how they plan to handle large snow accumulations their response time and availability during heavy snowfalls.
- Get a detailed estimate outlining the scope of work, costs, and possible additional charges. This will help you to compare estimates and make an informed decision. It is also best to get more than one estimate. The Better Business Bureau recommends getting three estimates before deciding on a service. Then sign a written agreement.
- Ask for all the costs up front to avoid any surprises. Also find out what types of payment are accepted.
- Verify insurance coverage of the provider to protect yourself.
- Be wary of any snow removal service that is reluctant to answer questions, will not supply full information, or is not willing to provide references.

LEGAL CLINICS

Melissa Krause of the Legal Aid Society of Mid-NY, Inc. will give a short presentation on the basics of general estate planning at the **Vestal Senior Center on December 4th at 10am**. After the presentation, interested parties, aged 60 and up, may schedule a one-on-one appointment for further services.

No pre-registration is needed.

Broome County
Office for Aging





THE WINNER OF THE 2024 HOLIDAY RECIPE CONTEST IS...

FESTIVE JELLO SALAD BY JANE!



Ingredients

- 1 large package of lime Jell-O
- 1 package (8 oz) of cream cheese
- 1 large can of crushed pineapple plus water
- 1 box of Dream Whip (2 envelopes)
- 1 cup of cold milk
- 1 tsp vanilla
- 1 cup of mini marshmallows
- ½ cup of maraschino cherries
- ½ cup of chopped nuts (optional)

Directions:

1. Combine Jell-o and cream cheese with 2 cups of hot water until Jell-o is dissolved.
2. Beat with an electric mixer.
3. Add juices of the can of crushed pineapple.
4. Refrigerate until chilled.
5. In a separate bowl, add solid pineapple pieces, cherries, marshmallows, and chopped nuts (optional).
6. Add chilled Jell-O mixture.
7. Beat with an electric mixer.
8. Pour into 8" by 13" pan.
9. Chill until firm and serve.

Thank you to everyone who took the time to share their cherished family recipes with us. Stay tuned for the next Senior News contest.



Eastern Broome

Contact: Arlene 607-759-6306

December 2nd - Nellie's Irish Christmas



Holiday Gift Shopping at Senior Centers

Gift shops and craft stores at local centers feature unique and handmade items that make perfect gifts for the holidays. Shoppers of all ages are welcome.

- **Broome West Senior Center, Endwell:**
Monday – Friday, 9 am-3 pm
- **E. Broome Senior Center, Harpursville:**
Monday – Friday, 9 am-2:30 pm
- **N. Broome Senior Center, Whitney Point:**
Monday – Friday, 9 am-3 pm

For more information: Call (607) 778-2411

Broome County
Office for Aging 

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 Dialdiane@warrenhomes.com
 3456 Vestal Parkway East
Vestal, NY



LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, December 18th from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

Transforming Care with AI for Older Adults:

Two Years of Success of NY Older Adults Living with ElliQ



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 isolation 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.

This case study reflects data true to July 2024, regarding the impact ElliQ had since the program launched two years prior.

The data in this report reflects anonymized ElliQ usage data collected directly through users' interactions with ElliQ, along with responses from ElliQ users to the Cobot-I-7 survey, a tool specifically built to measure robots' impact on human wellbeing.

Program Overview:

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

Key Findings:

- **Daily Interactions:** Participants average **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.
- **Loneliness Reduction:** The latest data reveals a sustained **93%** reduction in loneliness among participants, maintaining the initial success rate reported two years ago.
- **Measurable Impact:** **96%** of participants reported improvement in their overall wellness, **73%** reported feeling more connected to the outside world and **86%** of users stated ElliQ improved their quality of life.
- **Enhanced Features:** New additions to the product offering in year two include AI-based open conversation, poetry writing and painting, weekly live community bingo event, and the ability to create and share a digital memoir, enriching the user experience.
- **Usage Insights:** The most used capabilities of ElliQ include the daily greetings, conversations with ElliQ, music, messaging contacts and cognitive games.

What does living with ElliQ look like for the average NY user?

- Average duration of living with ElliQ – **296 days**
- Average time spent with ElliQ per (active) day – **28 minutes in an active day**
- Average number of active days per week – **5 active days a week**

In an average month **64%** of users participate in bidirectional communication, **55%** participate in physical activity and **86%** report health measurements.

Community Activities and Games

In March 2024 a weekly live bingo game was launched. The game happens weekly on Saturday evenings and users are invited to play 3 rounds of bingo. This is the first time ElliQ users have interacted with one another in real-time and they seem to love it!

- **45 NY users** (avg) show up for Bingo Night every week, consistently
- **85%** play all 3 rounds of the game (that's 45 minutes of interaction with ElliQ)
- **85%** send emoji reactions to other players throughout the game (social interaction)

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**.

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Amanda Levy, Au.D.
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Winter Crisp

What is that sweet cinnamon scent, wafting from your kitchen? It's this apple and cranberry winter crisp.

Ingredients

- 2 tablespoons cinnamon
- 3 tablespoons margarine
- 1/2 cup sugar
- 3 tablespoons flour (all purpose)
- 1 teaspoon lemon peel (grated)
- 5 cups apple (unpeeled, sliced)
- 1 cup cranberries (fresh)
- 2/3 cup rolled oats
- 1/3 cup brown sugar (packed)
- 1/4 cup whole wheat flour



Directions

Filling:

1. Combine sugar, flour, and lemon peel in a medium bowl and mix well.
2. Stir in apples and cranberries.
3. Spoon into a 6-cup baking dish.

Topping:

1. Combine oats, brown sugar, flour, and cinnamon in a small bowl.
2. Stir in melted margarine.
3. Sprinkle topping over filling.
4. Bake at 375 °F for 40 minutes or until filling is bubbly and top is brown.
5. Serve warm or at room temperature.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/winter-crisp>

Broccoli Potato Soup

A tasty and made-from-scratch soup that comes together quickly with the help of instant mashed potatoes and p

Ingredients

- 4 cups broccoli, chopped
- 1 small onion, chopped
- 4 cups chicken or vegetable broth, low sodium
- 1 cup non-fat evaporated milk
- 1/2 cup instant mashed potatoes, prepare with water for 1 cup potatoes (or 1 cup leftover mashed potatoes.)
- salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded



Directions

1. Combine broccoli, onion, and broth in large saucepan.
2. Bring to a boil.
3. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
4. Add milk to soup. Slowly stir in potatoes.
5. Cook, stirring constantly, until bubbly and thickened.
6. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
7. Ladle into serving bowls.
8. Sprinkle about 1 tablespoon cheese over each serving.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-potato-soup>

Laugh Break!

What does a parent consider the best present ever for their child?

A broken drum — you just can't beat it!

Italian Pasta Salad

Fresh and crunchy broccoli, carrot, bell pepper, and green onion, make this easy and delicious pasta salad burst with flavor! This pasta salad would be an excellent side dish to grilled meat, fish, or tofu.

Ingredients

- 4 cups pasta, cooked
- 2 cups broccoli (blanched, pieces)
- 1 cup carrot (cooked, slices)
- 1/2 cup red pepper (strips)
- 1/4 cup green onion (sliced)
- 1/2 cup Italian salad dressing, light or reduced fat (can use 1/2 to 3/4 cup)

Directions

1. Mix all ingredients together in a large bowl.
2. Refrigerate for about 30 minutes before serving.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/italian-pasta-salad>



Mushroom Beef Sloppy Joes

Chopped mushrooms, when sautéed, blend seamlessly with ground meats. Swapping or adding mushrooms to a recipe can add an extra serving of vegetables to the plate.

Ingredients

- 1/2 pound white button mushrooms
- 1/2 pound cremini mushrooms
- 1/4 pound 90% lean ground beef
- 1 1/2 tablespoons canola oil
- 1/2 cup chopped onions
- 1 clove garlic (minced)
- 1 can 8 ounce no-salt-added tomato sauce
- 1 tablespoon chili powder
- 3 teaspoons brown sugar
- 1 teaspoon cider vinegar
- 1/8 teaspoon ground black pepper
- 4 whole-wheat buns

Directions

1. Chop mushrooms to approximate size and texture of cooked ground beef.
2. Heat a sauté pan over medium-high heat.
3. Add ground beef and mushrooms. Continue to cook.
4. Sauté until ground beef is done.
5. Remove mushroom-beef mixture from pan.
6. Add onions and garlic to pan; cook until golden.
7. Return mushroom-beef mixture to pan, along with remaining ingredients.
8. Simmer about 10 minutes; remove from heat.

<https://www.myplate.gov/recipes/myplate-cnpp/mushroom-beef-sloppy-joes>



Give the Gift of Senior Center Meals to a Loved One



If you have a loved one who would enjoy a meal and so much more, consider stopping at any of our 9 Senior Centers and getting a gift card this holiday season. Meals are only a suggested contribution of \$4 for those 60 plus or \$5 for those under the age of 60.

You'd not only be providing a meal you would also be providing the opportunity to meet new friends and try new activities.

If you would like to see an example of the meals served at the Senior Centers and the opportunities that each center provides, please see the "Look What's Happening Section" and back page of this publication.



Join the Nature Walking Club



The Nature Walking Club would like to thank the work done by Broome County Parks, Recreation & Youth Services that keeps the local parks looking beautiful.

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.

December 12th 10AM – Arnold Park in Vestal. Meet at the parking lot by the colorful playground.

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

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.

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

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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

12/2 Nutrition presentation by Kathleen Cook, CCE 11:30AM
12/4 NEW! Science is Everywhere:
Kopernik Observatory Youtube Series 11AM
12/5 Legal Aid 9 – 12PM Please call for an appointment.
12/5 OFA Nutrition: Healthy Holiday Recipes using an Air Fryer 12:40PM
12/6 The Vestal Mountain Dulcimers 11AM
12/6 Trivia 1:15PM
12/9 Maine Endwell Jazz Band 11AM
12/10 Downsize and Declutter 3PM
12/11 Holiday Luncheon with Musical Guest, Michael Burrell 11AM
12/13 Fun Friday with Jim Lamb 11AM
12/16 Discover Live: Holiday in Paris, France 1:30PM
12/18 Discover Live: Holiday in London, England 12:30PM
12/18 GFJ Tech Class 11AM
12/20 Pajama Party with Johnny Only 11AM
12/24 Closing at 2PM
12/31 NYE Luncheon with Entertainment by Ralph Muro 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
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:

12/2 Holiday Craft 10:30AM
12/4 & 13 BINGO with Sallie 10:30AM
12/6 OFA Nutrition: Healthy Holiday Recipes using an Air Fryer 12:15PM
12/6 Clover Chat 1PM
12/6 Tree Decorating 10 – 2PM
12/9 Crochet with Kathy 10:30AM
12/11 Holiday Luncheon & Entertainment by Dan Bolten on Saxophone 12PM
12/16 Chop and Chat: Veggie Pasta 10:30AM Call to reserve your spot.
12/18 Nails by Kathy 1PM
12/20 Nutrition presentation by Kathleen Cook, CCE 1PM
12/23 Crochet with Kathy 10:30AM
12/23 Horse Racing 10:30AM
12/23 Christmas Gathering 12PM
12/30 New Years Eve Luncheon & Entertainment by The Bass-Brown Band 12PM
Please call for a meal reservation by noon on 12/27.

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

12/3 & 5 Craft Day: Christmas Ornaments 10 AM – 1PM
12/12 Holiday Luncheon 12:30PM
Please call for a meal reservation by noon on 12/10.
12/19 Nutrition presentation with Kathleen Cook, CCE 11AM
12/19 Eric Benkee from Delaware County OFA 11AM
12/31 New Year's Eve Luncheon 12:30PM
Please call for a meal reservation by noon on 12/26.

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

12/2 Birthday & Anniversary Celebrations 10:30AM - Betty Bayes turns 100!
12/2 Intergenerational Game Time 12:30PM
12/4 Yankee Trade 11AM
12/5, 12 & 19 Greater Good Grocery Bus 11 – 12PM
12/6 Burger Bar 11:30 - 12:30PM Call to reserve.
12/10 Chop and Chat 12:30PM Call to reserve by 12/5.
12/11 Holiday Luncheon 12PM with Music by Dan and Lea 12:30PM
12/12 OFA Nutrition: Healthy Holiday Recipes using an Air Fryer 12:15PM
12/13 Children's Holiday Shopping 10AM (Snow date 12/20)
12/17 Holiday Breakfast 8 - 9:30AM
12/18 Officers and Finance Meeting 9:15
12/18 Senior Center Site Council Meeting 10:45AM
12/19 Golden Griddle 11:45 - 12:45PM
12/24 Holiday Cookie Exchange 11AM
12/30 Cows, Pigs & Horses Race 10:30AM
12/31 NYE Luncheon 12PM with Music by Mike's Jukebox 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

12/5 Executive Board Meeting 9:30AM
12/9 Legal Aid 9AM Appointment required, please call.
12/10 Find Ways to Be Active in the Winter Months presentation by Kathleen Cook, CCE 12PM

12/10 Neighborhood Watch Meeting 6PM
 12/11 Holiday Luncheon with Musical Guest, Friday at Fred's 12PM
 12/13 Holiday Movie: Elf 1PM
 12/16 Breakfast for Lunch: French Toast 10:45 – 12:15PM (No takeout available.)
 12/17 Chop and Chat: Veggie Pasta 1PM Please call to reserve your spot by 12/10.
 12/17 OFA Nutrition: Healthy Holiday Recipes using an Air Fryer 11:15AM
 12/18 First Ward Chorus Holiday Concert 1PM
 12/20 The Changing Face of Nature presentation by Rick Marsi 12PM
 12/24 Center closing at 1:30PM
12/25 – 1/1 Center closed

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

12/2 & 4 Medicare Assistance with Stephen Snitchler 10 – 1PM
 12/2 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30PM
 12/3 Discover Live: Holiday in Belfast, Ireland 10:30 – 11:30AM
 12/4 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
 12/6, 12/13, 12/20, 12/27 Poetry Group 12:30pm.
 Size is limited; call 607-797-3145 to pre-register.
 12/9 Line Dancing Holiday Show 11 – 11:30AM All welcome.
 12/10 Chop & Chat: Veggie Pasta 11 – 12PM Signup by 12/3.
 12/11 Lobby Guest: UHS Senior Living at Ideal 10 – 1PM
 12/11 Discover Live: Holiday in Krakow, Poland 10:30 – 11:30AM
 12/11 Holiday Luncheon 11:45AM
 12/12 Guthrie/Lourdes Mammography Van 9 – 3PM.
 Pre-register with Guthrie at 607-798-5723.
 12/13 First Ward Senior Chorus 11 – 11:45AM
 Cocoa and cookies will be served.
 12/18 Haircuts by Debbie Roberts (\$20) 10 – 11:30AM
 Call for an appointment.
 12/18 Book Club (Pope Joan by Donna Woolfolk Cross) 3 – 4PM
 12/18 LGBTQ+ Senior Social Group (Winterfest Party) 3 – 4:30PM
 12/18 Alzheimer's Association: Caregiver Support Group 4 – 5PM
 Registration and pre-screening required;
 call ALZ at 315-472-4201 x227.
 12/19 Legal Aid 9 – 12PM Call 607-797-3145 for an appointment.
 12/20 JCSC Art Show 10 – 1PM Free; all welcome; refreshments.
 12/20 Find Ways to Be Active in the Winter Months presentation
 by Kathleen Cook, CCE 10:30 – 11:30AM
 12/31 NYE Luncheon 11:45AM

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 – 11:00AM; 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:

12/2 & 16 Chop and Chat 1PM Please call to reserve your spot.
 12/3 & 17 Golden Ages 12PM
 12/4 & 16 Soup and Salad Bar 11:30AM
 12/4 & 18 Chef Salad Plates 11:30AM
 12/10 Painting Class with Elsie 12PM
 12/11 Holiday Luncheon 12PM White Elephant Gift Exchange 12:30PM
 12/12 Breakfast for Lunch 10AM
 12/20 Ugly Holiday Sweater Party with Mike's Jukebox 12:15PM
 12/27 Pub Burgers for Lunch 11:30AM
 12/31 NYE Party Luncheon 11:30AM

North Shore Towers Senior Center

24 Isbell Street, Binghamton, NY 13901
 Center Hours: Monday - Friday, 10 – 2PM
Lunch served at 12PM
607-772-6214

Weekly Activities

Monday: Wii Bowling 10AM
Tuesday: Greed Game 10 - 11:30AM
Wednesday: Greed Game 10 – 11:30AM
Thursday: Greed Game 10 - 11:30AM
Friday: Greed Game 10 – 11:30AM; Shuffleboard 10AM

Special Activities

12/3 & 4 Decorating for the Holidays 10:30AM
 12/6 St. Nicholas Day 10:30AM
 12/10 Holiday Raffle Basket preparations 10:30AM
 12/11 Holiday Luncheon with Entertainment by Marion Tewksbury 12PM
 12/13 National Cocoa Day 10:30AM
 12/17 Raffle for Holiday Basket 12PM
 12/19 Holiday Party with Santa! 5 – 6PM
 12/24 National Egg Nog Day 10:30AM
 12/31 New Years Party 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 11:15AM
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: Card Group 9AM; Bingo 10AM; Ice Cream 12PM
Friday: Chef Salads 11:30AM (reservations required)

Special Activities

12/2 King High Card Game 12PM
 12/4 Legal Aide presentation on Estate Planning 10AM
 Will take appointments following presentation.
 12/5 Philly Cheesesteak Day (Dine In Only) 11AM Please call to reserve.
 12/9 Chop and Chat 10AM Please call to reserve your spot.
 12/11 Holiday Luncheon 11:15AM with Entertainment by Johnny Only 12PM
 12/13 Pizza or Chef's Salads Day 11:15AM
 12/13 Bunko 12PM
 12/16 Breakfast for Lunch 11AM Please call to reserve.
 12/17 Vestal Senior Club Meeting Day 12PM
 12/18 OFA Nutrition: Healthy Holiday Recipes using an Air Fryer 10:30AM
 12/19 Discover Live: Holiday in Falun, Sweden 10AM
 12/31 New Year's Eve Luncheon

**“Know that you are the perfect age. Each year
 is special and precious, for you shall only live it
 once. Be comfortable with growing older.”**

— Louise Hay

Find Ways to Be Active in the Winter Months

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

In the wintertime, it seems to be our natural tendency to want to hibernate like the bears! Colder and darker days make snuggling into easy chairs or lingering in bed very inviting, and while it's fine to do that sometimes, it's also important for every aspect of our health to find ways to be active as well.

Physical activity is needed to keep our joints and muscles limber and capable, keep our digestive track moving regularly and smoothly, keep our hearts and lungs in good working order. Also, to help our mental health and mood be more positive and less prone to winter blues and depression.

It's true that getting out of the house can be more of a challenge, depending on what old man winter is handing us, but there are ways to get your blood flowing and your heart pumping right at home without having to go out in the rough weather.

Clearly each person has their own unique set of abilities and challenges, and it's up to you to know what yours are, but don't let them prevent you from finding activities you enjoy doing and ones that help you improve and maintain your strength, balance, flexibility, and endurance.

Endurance, or aerobic, activities increase your breathing and heart rates and can delay or prevent diseases such as diabetes, colon and breast cancers, and heart disease.

To get moving, you don't have to have a special gym membership or expensive equipment, try turning on some music and dancing in your living room or find a DVD or exercise class on tv or online that you can move to. Some of the Broome County Senior Centers offer free online zoom classes such as tai chi and yoga or Zumba. These are great for balance, flexibility, and endurance.

For strength, try using items around your home as weights! Water bottles, soup or sauce cans, and bags of dry beans are all light weights to begin with. Lift them above your head, or raise your arms up from your sides, or bend your elbows open and closed for bicep curls. These exercises help to keep you independent and able.

Your own body weight and resistance bands can also be used to improve strength. For example, if pushups from the floor are difficult or impossible, try wall pushups! Place your arms against a wall at shoulder height and move your feet about 18 inches back. Then lean into the wall at an angle and push away.

If you prefer to be active with others, many of our area's fitness and community centers participate in programs like Silver Sneakers or other insurance backed wellness programs that cover some or all of the cost of memberships or offer senior discount rates and flexible payment plans.

Pickle ball, water aerobics, yoga, Zumba, basketball, weightlifting... whatever you enjoy, keep it going for a healthy winter season!

Technology Classes to Help Older Adults Become Tech Savvy

Basic Computer Classes through the Broome County Library
Wednesday, December 4th, 11th & 18th 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.lvbtcc@gmail.com to preregister.

Broome County Public Library
185 Court Street
Binghamton, NY

Tech Classes offered through the George F. Johnson Library

We offer many other FREE in-person and virtual tech classes, as well as **one-on-one tech help**. Contact us at **607-757-5359** or gjftechcenter@gmail.com for more information!

George F. Johnson Memorial Library
1001 Park Street
Endicott, NY

The library has multiple classes you can watch on your own time. Visit <https://www.gfjlibrary.org/tc/on-demand-virtual-learning/> to view the options.

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

Wednesday, December 18th 11AM
Offering one on one tech 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**

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Office of the State
Long Term Care
Ombudsman

Action
for Older
Persons

HELP US ADVOCATE FOR LONG-TERM CARE RESIDENTS

Long-Term Care Ombudsmen provide a "regular presence" in facilities and because of this, can get to know residents, their needs, and those things that make a difference in their everyday lives. Ombudsmen are another set of eyes in facilities.

Residents in nursing homes face challenging situations every day. Residents covered by Medicaid are only allowed to retain a small amount of their monthly income. This amount, known as the Personal Needs Allowance, has not been increased since the 1980s and currently is \$50. \$50 dollars is all residents are allowed to retain for personal items and services many of us take for granted.

Many residents of long-term care go without new clothes, shoes, and simple haircuts because of lack of funds. Help us make a difference. If you or someone you know is in a nursing home, call or email us and tell us your "PNA" story. Call 607- 722-1251 OR email DLABARE@ACTIONFOROLDERPERSONS.ORG

Senior Helpers

Whether you are looking to hire a Senior Helper or become a Senior Helper here are some things you need to know.

Senior Helpers must be over the age of 55 years old and reside in Broome County.

People wishing to utilize a Senior Helper can be of any age!

OFA maintains lists of registered Senior Helpers organized by categories. These are the only categories in which one can hire a Senior Helper or be a Senior Helper. We currently have over 90 workers registered in the following categories:

- Companionship
- Personal Care
- Housekeeping/Cleaning
- Shopping
- Transportation
- Small repairs /Handyman
- Yard work & lawn mowing
- Snow removal
- Pet Care

The Senior Helper Program is managed completely through voicemail messaging. Only if we have questions will we reach out to you.

Hiring help through this program is easy and here are the steps:

- Call 607-778-6105 leave a voicemail with your full name, mailing address, phone number, and what type of jobs you are interested in hiring for.
- Office for Aging will mail you lists that have names of workers who registered for the type of work that matches your request. We can email the lists to you if you share your email address.
- Once you get your list(s) you will choose the Senior Helper workers you wish to hire. You will negotiate the terms including the price you are willing to pay, hours, and other conditions. Before you hire, we recommend you ask for references from the worker you select.

To become a Senior Helper:

- Call 607-778-6105 leave a voicemail with your full name, mailing address and phone number. We will mail you a registration consent form. Once you mail the completed form back to the Office for Aging your name and phone number will be added to lists for the tasks you registered for.

We will share the list(s) with older adults who request help and are hoping to private hire. Your name can be removed from these lists at any time as per your request.

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>

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Housing with a Heart





Supporting Your Mental Health During the Holiday Season

While the holidays can be a time of celebration and joy for many, it also can be a period of stress, sadness, and loneliness for others—and sometimes can be particularly difficult for people living with mental health and substance use conditions.

As we approach the holiday season, it is important to remember that it is very common to feel added stress — and this stress can worsen symptoms of a mental health condition, such as depression or anxiety, or a substance use disorder. However, there are ways to help address the stress or condition and improve your mental health. Below are strategies to help you find moments of joy amidst the hustle and bustle this holiday season.

Strategies for supporting your mental health:

1. **Pay attention to your feelings**
Remember that it is okay to feel unhappy during the holidays. Recognizing your feelings is the first step to addressing and nurturing them.
2. **Develop a plan for when you are feeling stressed, sad, or lonely**
This plan may include calling a friend or family member, going for a walk, engaging in an activity that brings joy, or watching a favorite movie. Having a plan head of time can help ensure the difficult moments are more manageable.
3. **Practice self-care**
It is important to schedule time for yourself and activities that recharge your mind and body. This may include reading a good book, working out, spending time in nature, and practicing stress management skills, such as deep breathing, meditation, and mindfulness. It is also important to remember to prioritize necessities, including eating a balanced diet, getting plenty of sleep, and finding time for exercise.
4. **Connect with community**
If you can't be near loved ones during the holidays, finding a supportive community through clubs, support groups, community centers, local meetups, and faith communities can help reduce feelings of loneliness and isolation. Consider scheduling a regular phone call with family and friends as well.
5. **Support others**
During this time of year feelings of grief and loss can amplify. Check in on loved ones who may be alone or struggling during the holiday season. Helping a friend or neighbor not only gives joy to others, but it can improve your own happiness and well-being.
6. **Know when to seek help**
If you feel that your mental health struggles are becoming overwhelming and difficult to handle, it is important to seek help and know that treatment is available. Below are free and confidential resources that can connect you with effective treatment and support.

You are not alone. Here's how to seek help.

SAMHSA's National Helpline — **1-800-662-HELP (4357)** - A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

FindSupport.gov — An online guide that helps people navigate through common questions when they are at the start of their journey to better behavioral health.

FindTreatment.gov — A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

988 Suicide & Crisis Lifeline — If you or someone you know needs support now, you can contact the 988 Suicide and Crisis Lifeline. Simply call or text 988 or chat 988lifeline.org.

Veterans Crisis Line — Reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. Dial 988 then press 1.

For more information, please visit <https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

Sudoku Answers

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



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Stipend and Mileage Reimbursement Provided
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To inquire about these positions call Mary at OFA at
607-778-2411



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For specifics, call Sodexo HR at **607-763-4240** or apply online @ www.us.sodexo.com

“What would it be like if I could accept life, accept this moment, exactly as it is?”
— Tara Brach

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Come have fun making and tasting food together.
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| | | | |
|--|--|---|---|
| 12/4 How to Avoid the Big 8 Food Allergens | 12/11 Food and Your Health: Blood Pressure | 12/18 Food and Your Health: Cholesterol & Blood Sugar | 12/25 Happy Holidays! No Class Today |
|--|--|---|---|

Contact us for more information or to register
Cornell Cooperative Extension | Kathleen Cook | 607-584-9972 | khc59@cornell.edu
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nyuhs.org

December 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 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.

| | | | | |
|--|---|---|--|--|
| Pierogies w/Kielbasa 2 Asian Blend Vegetables Chocolate Chip Cookie | Breaded Chicken Cutlet 3 Sandwich Cottage Cheese Pineapple Oatmeal Raisin Cookie | Grandma's Meatloaf 4 Mashed Potatoes Brussels Sprouts Rice Pudding | Roast Chicken w/Gvy 5 Bread Dressing Peas Chocolate Brownie | Pub Burger 6 OR Breaded Fish Baked Beans Garden Salad Pears |
| Meatball Parm Sub 9 Stuffed Pepper Soup Mandarin Oranges Sherbet Cup | Marinated Chicken 10 OR Italian Sausage O'Brien Potatoes Garden Salad Applesauce | Holiday Luncheon! Chicken Cordon Bleu 11 Baked Potato Country Blend Vegetables Red Velvet Pie Cup | Teriyaki Chicken 12 Brown Rice Pilaf Winter Squash Pineapple Upside Down Cake | Grandma's Meatloaf 13 OR Broiled Fish w/Lemon Cheesy Mashed Potatoes Carrots Vanilla Pudding |
| Chicken Parmesan 16 Pasta Wax Beans Ice Cream Cup | Pulled Pork 17 OR Citrus Broiled Fish Macaroni & Cheese Coleslaw Pineapple | Halupki 18 OR Salisbury Steak Mashed Potatoes Peas & Carrots Mandarin Oranges | Chicken w/Cranberry 19 Roasted Potatoes French Cut Green Beans Tapioca Pudding | Chicken or Tuna Salad 20 On a Croissant Minestrone Soup Peaches Apple Crisp |
| Ziti Sausage Bake 3 Vegetable Soup Italian Green Beans Peaches | Roast Pork 24 Or Apricot Meatballs Apple Bread Dressing Country Blend Vegetables Chocolate Cream Pie | Centers Closed 25 Happy Holidays! | Centers Closed 26 Happy Holidays | Manicotti 27 Cauliflower w/Parsley Wax Beans Sugar Cookie |
| Vegetable Lasagna 30 Bake Sausage Florentine Soup Fruit Cup Lorna Doones | New Year's Eve Party! 1 Rotisserie Chicken Baked Potato Country Blend Vegetable Peanut Butter Pie Cup | Centers Closed 1 Happy New Year | Beef Stew over a Biscuit 2 Warm Spiced Apples Carrots Oatmeal Cookie | Pulled Chicken 3 OR Breaded Fish Four Cheese Mac & Cheese Coleslaw Pumpkin Cookie |

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



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

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

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

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