



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



## A County Begins

To celebrate America’s birthday, let’s celebrate our roots by exploring the lives of some of Broome County’s earliest residents. This special edition shines a light on the lesser-known early citizens whose contributions were vital in establishing our community. Learn more on page 12.

### SCRIPT SAFETY

**MEDICINE SHOULD HELP, NOT HARM.  
KEEP YOUR HOME SAFE.**

Medications, syringes, and other sharps can be dangerous if misused, especially by youth or pets. It’s important to always keep medications, syringes, and sharps out of reach or in a locked cabinet. Please properly dispose of any unwanted or unused medications, syringes, or sharps at a designated drop-off location. Broome County has many medications, sharp and syringe drop off locations. For a full listing, please visit <https://broomecountyny.gov/boac/help-is-available> or call Office for Aging at **607-778-2411**.



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 July, we will be visiting Plymouth, Lima, Ikaria, and Bananal. These are free classes, and no reservations are required.



July 9th 10:30AM  
Virtual walking tour through **Plymouth, England** (streamed to the Johnson City Senior Center)



July 16th 11AM  
Virtual walking tour through **Lima, Peru** (streamed to the Vestal Senior Center)



July 17th 10AM  
Virtual walking tour through **Ikaria, Greece** (streamed to the Broome West Senior Center)



July 21st 1:30PM  
Virtual walking tour through **Bananal, Sao Paulo, Brazil** (streamed to the Broome West Senior Center)

### ARTICLE HIGHLIGHT

- See how the senior centers are celebrating America’s birthday on page 7.
- Interested in working for Office for Aging? View job listings on page 15.
- Farmer’s Market Coupons are here! Get all the details on page 2.
- Office for Aging’s I&A Caseworkers are coming to a senior center near you! Learn more 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!



Like our Facebook page:  
[www.facebook.com/BroomeCountyOfficeForAging/](https://www.facebook.com/BroomeCountyOfficeForAging/)



Motivation with MaryJane

Farmers Markets: A Delicious Way to Boost Your Health and Support Your Community

These markets offer a wealth of fresh, healthy fruits and vegetables. Their benefits go far beyond just nourishing our bodies. Farmers markets are also a great way to support local farmers, small businesses, and the community.

- Often supermarket produce must travel long distances from farms, the fruits and vegetables at farmers markets are typically harvested just before they hit the market stands. This means they're fresher, more flavorful, and packed with nutrients.
- Farmers markets give you the chance to eat seasonally and locally, which has several health benefits.
- When you shop at a farmers market, you're investing in your community. The money you spend goes directly to local farmers, who can reinvest it into their farms, purchase needed equipment, and continue to grow high-quality, fresh food.
- A trip to the farmers market can be a social, lively experience. The atmosphere is often vibrant, with music, local artists, and a large crowd. Whether you're shopping with friends, meeting up with a neighbor, or enjoying the sights and sounds of the market on your own, it's an experience that can be both enjoyable and rewarding.

Farmers markets are more than just places to buy fresh fruits and vegetables. They're vital community assets that connect people to their food, support local economies, promote sustainable farming practices, and contribute to a healthier lifestyle.

See below for information on our upcoming Farmers Market Coupon distribution at our Senior Centers.

Farmers Market Coupons Available to Local Seniors

Farmers Market Coupons are vouchers that can be exchanged for produce at local farmers' markets. This program is meant to assist individuals who meet age and income guidelines with buying fresh produce from local farmers markets.

- You must meet the following guidelines to be eligible:
1. Provide proof of age: **must be age 60 or older, no exceptions.**
  2. Be a New York State resident
  3. Have a BC Office for Aging ID Card with you or fill out an ID application on site
- AND MEET INCOME GUIDELINES:**
- \$2,413/month for a one-person household
  - \$3,261/month for a two-person household
  - \$4,109/month for a three-person household

Please bring your Office for Aging ID Card. ID Card applications are available at all Broome County Senior Centers and can also be printed from our website at [www.gobroomecounty.com/senior/idcard](http://www.gobroomecounty.com/senior/idcard)

- 7/08 Broome West Senior Center, 9 – 11 am  
2801 Wayne Street, Endwell
- 7/09 Vestal Senior Center, 10 – 11 am  
201 Main Street, Vestal
- 7/10 First Ward Senior Center, 9 – 10:30AM  
226 Clinton Street, Binghamton
- 7/10 Deposit Senior Center, 10:30 – 12PM  
14 Monument Street, Deposit
- 7/16 Eastern Broome Senior Center, 1 – 2PM  
27 Golden Lane, Harpursville
- 7/17 Johnson City Senior Center, 9:30 – 11AM  
30 Brocton St., Johnson City
- 7/21 Chenango Bridge Senior Center, 11 – 12PM  
First United Methodist Church, 740 River Rd, Binghamton
- 7/23 Northern Broome Senior Center, 10:30 – 11:30AM  
12 Strongs Pl., Whitney Point
- 7/30 Johnson City Senior Center, 11 – 12PM
- 7/31 Broome West Senior Center, 11 – 12PM

WEEKLY ACTIVITIES

Chair Yoga

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

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

Beginner Gentle Yoga

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

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

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

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

Bonesaver Class

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

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

Mon & Wed 1:00PM Johnson City Senior Center

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

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

Line Dancing

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

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

Zumba

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

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

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

Low-Impact Aerobics

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

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

Tai Chi

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

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

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

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

Chair Exercise

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

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

Tues & Fri 12:30PM Johnson City Senior Center

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

Virtual Zoom Classes



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

Zoom – Chair Yoga

Mondays 9:00AM

Zoom – Chair Drumming Exercises

Mondays 2:00PM

Zoom – Chair Dance and Yoga

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

Thursdays 9:00AM, Fridays 11:00AM

Zoom – Tai Chi

Wednesdays 9:00AM, Fridays 9:00AM



Caregiver Corner

Ideas and information for people caring for others.

**The Johnson City Caregiver Chat:**  
**Date:** Monday, July 7th    **Time:** 1 - 2:30PM  
**Location:** Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

**SOCIAL SATURDAYS**

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

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

**Saturday, July 5th 11 – 2PM • First Saturday of the Month**  
**St. Anthony’s Church Hall • 300 Odell Ave, Endicott**

**Saturday, July 12th 1 – 4PM • Second Saturday of the Month**  
**Grace’s Place • Grace Lutheran Church: 709 Main St, Vestal**  
**RSVP 607-748-0840**  
Registration packets are available online at [www.gracelutheranchurchvestal.com/graces-place](http://www.gracelutheranchurchvestal.com/graces-place)

**Saturday, July 19th 11 – 2PM • Third Saturday of the Month**  
**St. Mary’s Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086**

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

**WEDNESDAY RESPITE**

**Wednesday, July 9th 11 – 1:30PM • Second Wednesday of the Month**  
**India Cultural Center • Route 26, Vestal**  
**For more information or to RSVP, please call 607-624-6587.**

**Free online training and support is available to caregivers like you**


- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms Access on-demand resources to suit your schedule
- Suit your learning preference with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management Transition from hospital to home Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention Documents and decision-making Meaningful activities
- Grief and loss
- Caring for kids

“The caregiver portal was my first support system when caring for my mother with dementia. There is so much helpful information in one place, and I learned so much about providing care.”

Laura W., caring for her mother



**Sign up today! [NewYork-Caregivers.com](http://NewYork-Caregivers.com)**

**Free Documentary Screening at WSKG!**

WSKG is offering a free screening of *Caregiving*, a documentary discussing America’s caregiving crisis through stories and expert insight. Office for Aging will be in attendance to offer a caregiver conversation after the documentary.

When: Tuesday, July 8th Office for Aging holding an Information Table starting at 5:30pm with the documentary to start at 6:00pm (2 hours long).

Where: WSKG Studios 601 Gates Road, Vestal

  
Broome County  
Office for Aging 



**Respite Options for Caregivers**

**Relax, Recharge, Revive**

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

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

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

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

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



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

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

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

# Events at the Centers

## Broome West Senior Center

Thursday, July 17th  
Evening Meal with Musical Guest, Rick Pedro  
Rotisserie Chicken, Baked Potato, Broccoli, Dinner Roll, and Dessert Cup  
  
Dinner 5PM  
Entertainment 6PM

Please call 607-785-1777 for a meal reservation by noon on 7/16.

## Chenango Bridge Senior Center

Wednesday, July 16th  
Bake Sale  
10 – 2PM

Bake some goodies, buy some goodies. Bring your sweet tooth!

## Deposit

Tuesday, July 22nd  
Ice Cream Sundae Day!  
12:30PM

Join us for ice cream after lunch!

## Eastern Broome

Thursday, July 24th  
Evening Dining with Entertainment!

Meal 4:30PM  
Musical Guest, Plexigrass 5:15PM

Please call 607-693-2069 for a meal reservation.

## First Ward

Wednesday, July 16th  
Annual Steak Roast at Otsiningo Park with Entertainment by Nino from Friday at Fred's  
(senior center closed)  
10 – 2PM

Advanced tickets required, purchase by July 11th.  
Chicken \$14  
Steak \$17

Please call 607-797-2307 with any questions.

## Johnson City

Wednesday, July 16th  
Reversal of Cognitive Aging presentation by Dr. Kenneth McLeod with Sonostics (a local health technology base company in Endicott)  
10:30 – 11:30AM

## Northern Broome

Monday, July 21st  
Chop and Chat:  
Summer Vegetable Casserole  
1PM

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

## Vestal

Friday, July 25th  
Pizza or Chef Salad Day  
11AM

Followed by Bunko! 12PM

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

## Senior Center closings

Friday, July 4th in observance of July Fourth

## Ask the Office:

“I feel alone in my caregiving journey. Are there services available to offer support?”

Feeling isolated is a common experience among caregivers, especially those who can't often leave the person they care for. OFA offers services to support caregivers, both in person and virtually. Once a month, the OFA hosts a Caregiver Chat Support Group. This group is a welcoming and safe space for caregivers to come and discuss all things caregiving: current challenges, emotions, and shared experiences. The Caregiver Chat is hosted by OFA staff who can provide support and resources to caregivers looking for guidance. Most importantly, it is a space to discuss shared struggles with other caregivers who have first-hand experience with similar issues.

This group meets the first Monday of every month at the Johnson City Senior Center from 1-2:30pm.

Another virtual option for caregivers is Trualta, a free online platform that specializes in supporting families who care for their loved ones. Trualta can be accessed using a computer, tablet, or smart phone. The website offers educational content and peer support including online video calling and chat rooms with other caregivers and caregiver experts like nurses. When you set up your account, you can expect to answer some questions regarding your specific caregiving situation. Then, Trualta caters content specifically aimed at the type of caregiving you do.

Please call the Office for Aging at **607-778-2411** for more information.



Transportation assistance for Broome County older adults to medical appointments, grocery stores, senior centers, and other locations.

(855) 373-4040 - Monday-Friday - 7am-5:30pm

## Volunteer Driver Opportunity:

- Help your neighbors get where they need to go!
- Drive your own vehicle & set your own hours.
- Mileage reimbursement

Getthere is supported in part by the Broome County Office For Aging.



Getthere is a program of the Rural Health Network of SCNY, Inc.

Additional support provided by NYS Office for Aging and Administration on Community Living.



## Downsize & Declutter Discussion Thinking of moving?

Whether moving near or far, there are some items you DON'T want to move. Food: Use up what's in your freezer, refrigerator and cupboards. Toxins: household, yard, automotive cleaning products and paint. Books: honestly, you're not going to read them. These items are heavy, and you don't want to pay to ship them.

Let's discuss at our Declutter Discussion on Tuesday, July 8th at 3PM at the Broome West Senior Center or on Zoom.

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



## Mark Your Calendar! Upcoming Community Events

### Book Sales

George F. Johnson Library  
1001 Park Street, Endicott  
Friday, July 11th 10 – 4PM, Friday, July 18th 10 – 4PM

### Broome County Public Library

185 Court Street, Binghamton  
Friday, July 25th 10 – 2PM  
Saturday, July 26th 10 – 1PM

### First Friday

Downtown Binghamton  
Friday, July 4th 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/>

### FREE Nutrition Classes with Cornell Cooperative Extension

Fenton Free Library  
1062 Chenango Street, Binghamton  
Wednesdays in July  
Steps Toward a More Plant-Based Diet (A Series) 1 – 2:30PM

### Union Presbyterian Church

200 E. Main Street, Endicott (use Liberty Ave entrance)  
Thursdays in July  
Fabulous Food Flavors (A Series) 2:15 – 3:45PM

### Music at the Museum

Endicott Visitors Center  
300 Lincoln Avenue, Endicott  
Wednesday, July 9th 6PM

Bring a chair and come listen to music on the lawn in front of the Endicott Visitors Center. Starting on Wednesday July 9th through Wednesday August 27th.

### 2025 Regional Art Exhibition

Roberson Museum  
30 Front Street, Binghamton  
May 24th – September 7th  
Sunday, Wednesday, Thursday, Saturday 12 - 5PM, Friday 12 – 9PM  
Admission: \$8 adults, \$6 students, seniors, and military, FREE members and children 4 and under

Join us for Roberson's 2025 Regional Art Exhibition—a celebration of the exceptional artists residing in the Southern Tier, Central New York, and Northern Pennsylvania. Featuring works in painting, ceramic, fabric, photography, and more, the Roberson Regional offers the community the opportunity to enjoy a large sample of our region's diverse artistic talent under one roof.

### Johnson City Carousel Day

CFJ Park  
CFJ Blvd, Johnson City  
Saturday, July 26th 11 – 4PM

A free, family friendly event sponsored by the JC Rotary Club and featuring craft vendors, community groups and organizations, kid's activities, music and food.



## Scam of the Month

### Artificial Intelligence and the Rise of Deepfake Scams

The use of Artificial Intelligence (AI) is rapidly increasing, and with it comes a growing threat: scams. AI is a powerful technology capable of performing complex tasks such as processing information, analyzing images, and recognizing speech. Unfortunately, this technology is also being misused through a method known as **deepfakes**.

**Deepfakes** involve realistic photos, videos, and audio recordings created by AI to impersonate real people. These impersonations can be incredibly convincing, making it seem like you're communicating with family members, friends, celebrities, political figures, or even billionaires. Deepfake scams can occur across many platforms, including FaceTime, Zoom, WhatsApp, phone calls, emails, and text messages.

### Types of Deepfake Scams

- Investment Scams**  
Scammers use deepfake videos, calls, or emails that impersonate billionaires or business figures to promote fake investment opportunities. Victims are tricked into investing money, only to lose it all.
- Romance Scams**  
Fraudsters create deepfake personas—sometimes even of celebrities—to build fake romantic relationships. Once trust is established, they begin requesting money or personal information.
- Political Scams**  
Scammers impersonate politicians using deepfake content to solicit fake campaign contributions or spread misinformation. These scams can also be used to harvest personal data.
- Extortion Scams**  
Deepfakes are used to mimic the voices or appearances of friends and family members, often in staged emergencies. Victims are pressured to send money or reveal personal details.
- Celebrity Endorsement Scams**  
Deepfake videos may show celebrities endorsing fake or non-existent products. These scams can lead to financial loss and identity theft.

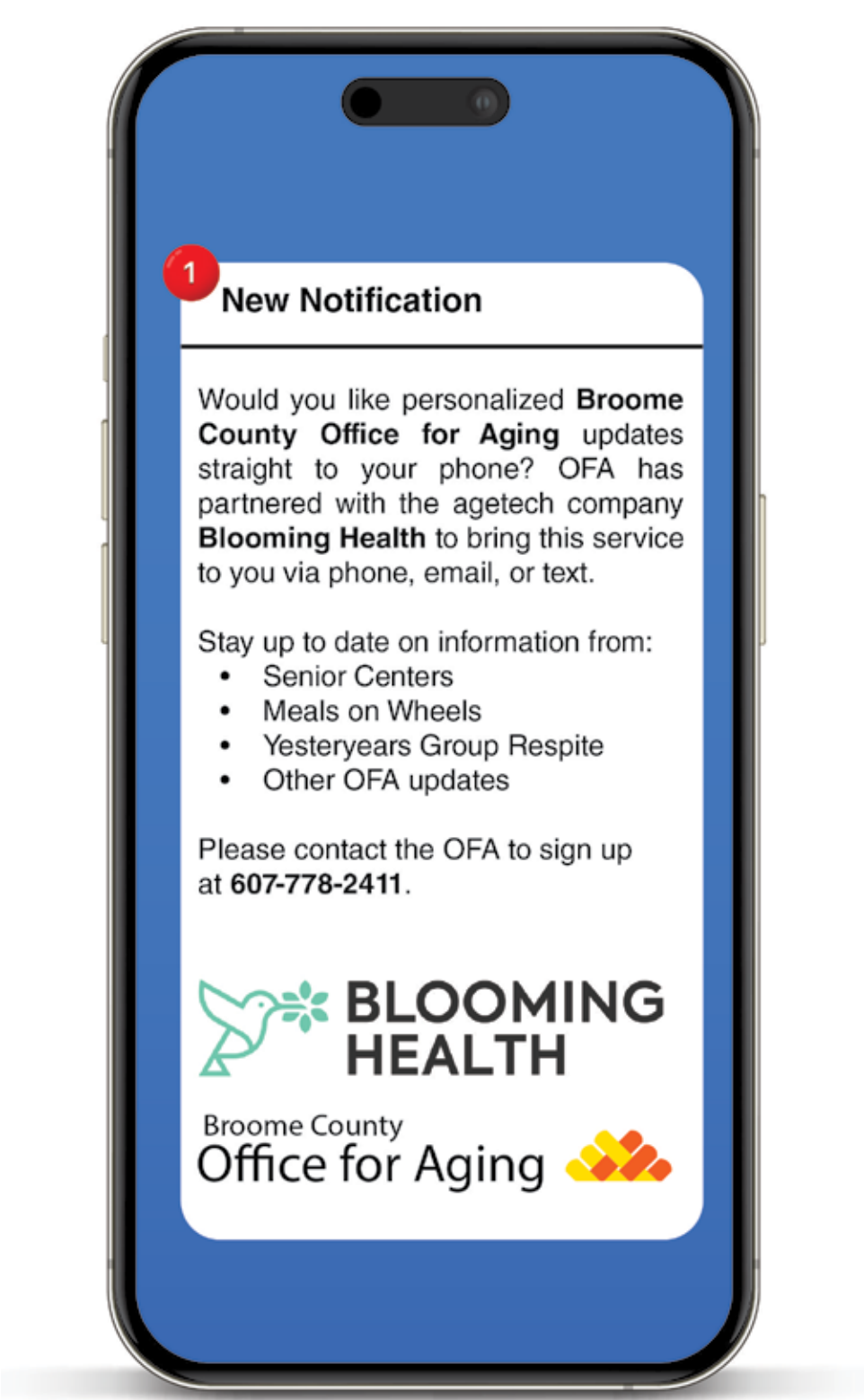
### How to Protect Yourself

- Limit Personal Information Online:** The more data scammers can find about you, the easier it is for them to create convincing deepfakes.
- Verify Identities:** If something feels off, hang up or disconnect, and reach out using a trusted phone number or contact method.
- Check Sources:** Be cautious of unfamiliar links or websites. Verify legitimacy through official channels.
- Watch for Emotional Manipulation:** Deepfakes often aim to provoke strong emotional reactions—fear, excitement, or urgency. Be skeptical if a video or message feels too extreme or manipulative.

Staying informed and vigilant is key to protecting yourself from the growing threat of deepfake scams. Always think twice before acting on emotional or unexpected messages, no matter how real they may seem.

You should report scams to your local police department and the Attorney General's Office at **607-251-2770**. You can also file a report with the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov). For more information about scams and to alert Office for Aging about a scam call **607-778-2411**.





- Conklin Seniors**  
Contact Kathy 607-775-0880  
**July 10th** - Silver Birches for a Tribute to Dick Clark
- Kirkwood Senior Trips**  
Contact Jeanie 607-655-2685  
**September 19th** - West Point & Pride of the Hudson Cruise  
**October 15th** - Resorts at Monticello for 4X4 Group (Beach Boys, Beatles, Bee Gees, and Motown cover band)  
**December 2nd** - Elvis for Christmas at Penn's Peak
- Johnson City Senior Center**  
Contact: Lucy 607-427-6143  
**September 10th** - Lake George Lunch Cruise with Elvis Tribute  
**September 17th** - Penn's Peak – Country Jamboree Tribute  
**September 23rd** - Penn's Peak – Tribute to Billy Joel & Elton John  
**October 9th** - Merry-Go-Round - Bonnie & Clyde  
**October 15th** - Autumn Splendor at Longwood Gardens
- North Fenton Seniors**  
Contact: Ruth 607-648-8425  
**July 16th** - Seneca Lake Captain Bills Boat Luncheon
- Port Crane Seniors**  
Contact: Donna 607-648-6071  
**November 5th** - Hunterdon Hills Playhouse "Playhouse Christmas"
- Vestal Senior Citizens Club**  
Contact: Jean 607-754-4479  
**November 12th** - Hunterdon Hills: Holiday Show (Sign up 9/25 at 12PM)

### LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ meeting will be Wednesday, July 16th from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City

“Courage is the price that life exacts for granting peace.”

– Amelia Earhart

**Sudoku**

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 15.

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

# Simple Craft – DIY Bows

## Supplies needed:

- Newspaper (like this paper after you read it!)
- Scissors
- Stapler (you can also use tape)

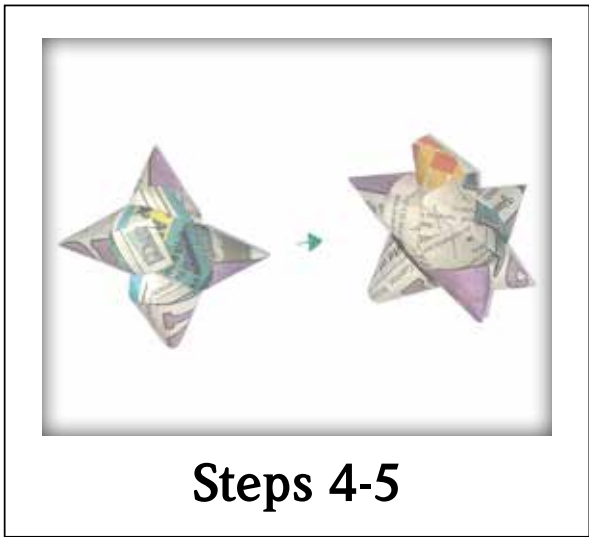
## Instructions:

1. Cut 8 long strips out of the paper (about one inch in width and 8 inches in length).
2. Fold strips in half-length wise to make an indent then straighten.
3. Bring ends into the center then twist, staple the overlap in the center.



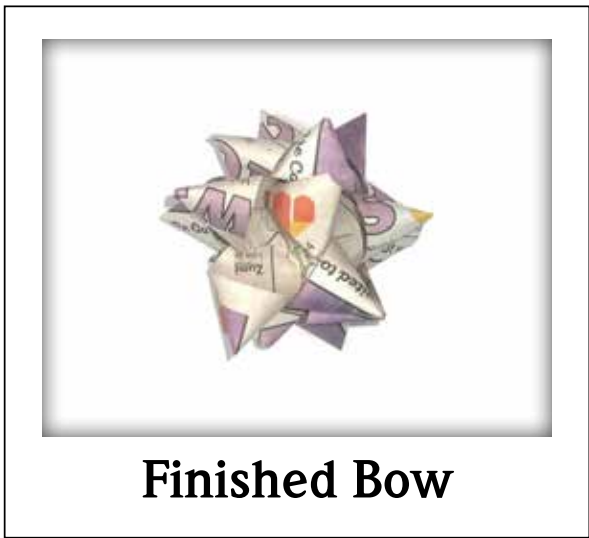
Steps 1-3

4. Complete step 3 with the remainder of strips.
5. Stack one at a time and staple together.



Steps 4-5

6. Ta da! Now you have a recycled bow to dress up a gift.



Finished Bow

## Foster Grandparent Highlight Cindy King: Classroom Legacy

For the past decade, Cindy King has been a cherished presence in Connie Buchinsky’s 5th grade classroom at Calvin Coolidge Elementary School.

Each day in the classroom, Cindy helps students with reading and math, offering guidance and reinforcement in key academic areas. But her contributions go far beyond lessons and worksheets. Cindy has become a trusted mentor and role model, helping students navigate the often-tricky world of friendships, confidence, and social growth.

Cindy’s teacher, Connie recommends the programs to other teachers, stating that there are benefits to having a Foster Grandparent in your classroom. The biggest benefit being “support for the students and being positive and nurturing in the classroom.” When asked what the children’s reactions to having a Foster Grandparent, Connie states *“The students really enjoy having G. Cindy in the classroom. They receive individualized attention, support and assistance with academic work and help focusing and completing tasks. They are instantly concerned when G. Cindy is not here.”*

One of the things Cindy enjoys most about volunteering is the opportunity to be a positive influence in the lives of the children. She values the time she spends with them and loves hearing their stories. The students often ask her what life was like in the old days, which always brings a smile to her face.

Cindy admits that working with 5th graders comes with its own set of challenges. “Some of them are just too cool to ask for help,” she laughs. Still, she finds great satisfaction in watching students develop and grow over the school year. Seeing their transformation—from uncertain learners to confident middle schoolers—is one of the highlights of her volunteer work.

The biggest benefits of the program for her are being able to stay active and busy. She can help children that need the extra support. Watching the children’s success is very rewarding. She enjoys being part of the FGP and the activities & friendships that she has made.

Beyond the classroom, Cindy values the camaraderie and connection she’s found through the FGP. The friendships she’s built and the experiences she’s shared continue to enrich her life.

After ten years, Cindy King’s dedication remains as strong as ever. Her steady presence and compassionate heart have made a lasting impact on the lives of countless students.

If you are interested in learning more about the Foster Grandparent Program, please contact the Broome County Office for Aging at **607-778-2089**.



### Independence Day Luncheon

**Thursday, July 3rd**  
at participating senior centers  
Serving around noon

Celebrate Independence Day early at your local senior center. Enjoy a festive picnic lunch of a pub burger or marinated chicken sandwich w/strawberry shortcake for dessert. Sites have a variety of activities planned.

Lunch is a voluntary, suggested contribution of \$4 for those age 60+ and their spouse and a \$5 charge for those under age 60.

No one will be denied a meal due to inability or unwillingness to contribute.

Remember to reserve lunch at the senior center of your choice. Phone numbers and specific center activities are listed on the Look What’s Happening at the Center’s section of this *Senior News*. Lunch reservation deadline is July 2nd at noon.





# Recipes

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

## Broccoli and Corn Bake

This recipe will help you make half your plate fruits and vegetables.

### Ingredients

- 1 can (15 ounce) cream-style corn, low-sodium
- 3 3/4 cups broccoli, cooked
- 1 egg, beaten
- 1/2 cup cracker crumbs, crushed
- 1/4 cup vegetable oil (or cooking oil of choice)

### Topping

- 6 saltine crackers, crushed
- 1 tablespoon tub margarine (or butter), melted

### Directions

1. Mix corn, broccoli, egg, cracker crumbs, and oil together in greased 1 1/2 quart casserole.
2. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
3. Bake at 350 °F for 40 minutes.

<https://www.myplate.gov/recipes/broccoli-and-corn-bake>



## Vegetable Pinwheels

Have kids help mix the ingredients and spread the cream cheese mixture on the tortillas for this fun and flavorful snack.

### Ingredients

- 2 ounces cream cheese, softened
- 1/8 cup corn (2 tablespoons)
- 2 tablespoons chopped green chilies, drained
- 2/3 tablespoon chopped onion (2 teaspoons)
- 2 tablespoons salsa
- 3 large flour tortillas, 10-inches across

### Directions

1. Drain the corn and green chilis. Collect, chop, and measure all ingredients before starting to prepare the recipe.
2. Mix cream cheese, corn, green chilies, onions, and salsa together in a bowl.
3. Spread mixture on tortillas, roll up tightly, and wrap in plastic wrap.
4. Cut in 1-inch slices, and serve immediately, or store in the refrigerator until ready to serve.

<https://www.myplate.gov/recipes/mexican-pinwheels>



## Avocado Black Bean Taquitos

A twist on the traditional favorite, this taquitos recipe is easy and satisfying. Golden brown and crispy in minutes in an air fryer, these taquitos are bursting with flavor.

### Ingredients

- 1 ripe, fresh avocado, halved, pitted, peeled, and mashed
- 1/2 cup canned black beans, rinsed
- 1/2 tablespoon cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 10 (6-inch) corn tortillas
- 1 cup rainbow cherry tomatoes, chopped
- 1/2 cup red or yellow bell peppers, seeded and diced
- 1 tablespoon fresh jalapeño, seeded and minced
- 1 tablespoon onion, minced
- 1 tablespoon fresh lime juice
- 2 tablespoons fresh cilantro leaves, chopped
- 1/2 cup plain non-fat Greek yogurt (4 oz)

### Directions

1. Using a fork, mash the avocado and black beans together in bowl. Stir in cumin, garlic powder and salt.
2. Spread approximately 2 Tbsp. of the mixture onto a corn tortilla, dividing equally between 10 tortillas. Roll tightly to form 10 taquitos.
3. Place taquitos into air fryer at 400°F degrees for 5 minutes. When timer goes off, flip and put back into air fryer for 5 more minutes. Depending on air fryer you may need to decrease time to 3 to 4 minutes per side.
4. While taquitos are cooking, combine cherry tomatoes, bell peppers, jalapeño, onion, cilantro, and lime juice in a small bowl to make fresh pico de gallo.
5. Once taquitos are golden brown and crispy, remove from air fryer and top with fresh pico de gallo and Greek yogurt.

<https://www.myplate.gov/recipes/avocado-black-bean-taquitos>



## Mediterranean Chicken and White Bean Salad

This refreshing salad starts with cooked chicken, white beans, cucumber, and onion with a splash of fresh lemon juice, oil and seasonings for a delicious combination. Try it with tuna and chopped tomatoes for variety.

### Ingredients

- 1 cup skinless cooked chicken (diced into 1/2 inch pieces)
- 1 can 15.5 ounce low-sodium white beans (drained and rinsed with cold water)
- 1 cucumber (peeled and diced into 1/2 inch pieces)
- 1/4 red or white onion (peeled and chopped into 1/2 inch pieces)
- 2 tablespoons vegetable oil
- 1/4 cup lemon juice
- 1 tablespoon dried basil or parsley leaves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Directions

1. Put everything in the bowl and gently toss.
2. Serve right away, or cover and refrigerate for up to 2 days.

<https://www.myplate.gov/recipes/mediterranean-chicken-and-white-bean-salad>




**Trivia**  
What is the only planet in our solar system to rotate clockwise on its axis?

Venus

**“Try to be a rainbow in someone’s cloud.”**  
— Maya Angelou





### Senior to Senior Dance Recap

This year marked the fifth annual Senior to Senior Dance at the Johnson City Senior Center.

While the dance is all about enjoying good food and having a great time, it also serves a deeper purpose: building intergenerational relationships. These connections are vital—not only do they strengthen our community, but they also play a key role in reducing isolation and loneliness among older adults.

This year's event saw the highest number of Johnson City School students volunteering to date, a testament to growing community engagement. If you're interested in events like this, be sure to keep an eye on the Senior News—we're bringing new intergenerational opportunities every year!

The event was made possible through the collaborative efforts of the Johnson City Senior Center, JC Connects Community Schools, the Johnson City School District, Binghamton University Community Schools, and the Broome County Office for Aging Age Friendly Project.

### Find Your Way with OFA!

Do you feel lost navigating programs and services available to you? Do you feel unsure about taking the first step toward getting involved? Office for Aging (OFA) can help you find your way!

**On Friday, July 18, from 10am-2pm at Northern Broome Senior Center, 12 Strongs Place, Whitney Point, our OFA Public Health Nurse and an OFA Caseworker will be available to speak with you and answer questions.**

OFA Caseworkers can provide you information on long term services, supports and can help you access a range of services. Services that a caseworker can help with may include financial benefits, in-home services, transportation options, health & wellness opportunities, opportunities for socialization, and more.

OFA's Public Health Nurse does not provide hands-on care, however, the Public Health Nurse can assist you with finding your way through the complicated health care world. The Public Health Nurse can assist you with understanding, interpreting, and using health information to make informed decisions about your health. Examples of how the Public Health Nurse can help you include, medication review, assisting with finding a Primary Care Provider, discussions on which programs may be helpful to you, working together to understand health concepts, reading and interpreting medical information, and more. Increasing health literacy helps people manage their health better and can lead to improved health outcomes.

If you are unable to attend the event but would still like to speak to a Caseworker, please call Office for Aging at **607-778-2411**.



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Emailing Dr. Shelbie Turner at [stu4002@med.cornell.edu](mailto:stu4002@med.cornell.edu) 

Calling (646) 962-8250 



# Look What's Happening at the Centers!

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

## Broome West Senior Center

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

### Weekly Activities

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

### Special Activities

7/1 – 24 Christmas in July Fundraiser Items on Display 9 – 3PM  
7/3 Fourth of July – David Hores (Accordion) performing 11AM Luncheon 12PM  
7/7 Nutrition presentation by Kathleen Cook, CCE 11:30AM  
7/8 Farmers Market Coupon Distribution w/OFA 9 - 11AM  
7/8 Downsize and Declutter with Joan 3PM  
7/9 GFJ Library Tech Class 11AM  
7/10 & 11 AARP Safe Driving Class 9:30AM Preregistration required.  
7/10 “Science is Everywhere! Other Celestial Bodies are in Our Solar System” a presentation live streamed by Kopernik Observatory & Science Center 1PM  
7/11 Team Trivia with Deanna and Gene 1:15PM  
7/14 Breakfast for Lunch: Featuring Omelets 10:30 – 12PM  
7/15 & 29 Chop and Chat 1PM Call to reserve your spot.  
7/17 Discover Live: Ikaria, Greece 10AM  
7/17 Fly Fishing Group 1PM  
7/17 Evening Meal with Entertainment 5PM  
7/18 Philly Cheesesteak Day 12PM  
7/21 Discover Live: Bananal, Sao Paulo, Brazil 1 :30PM  
7/24 Christmas Eve – Entertainment by Marian Tweksbury 11AM  
Pasta w/ Meatballs, Sides and Strawberry Shortcake 12PM  
7/25 Christmas in July Fundraiser – Drawings (All activities cancelled) 10:30 – 2PM  
7/28 Fly Tying Class 12:30PM  
7/28 Breakfast for Lunch: Featuring a Fruity Pancake Bake 10:30 – 12PM  
7/29 Bright and Beautiful Therapy Dogs 12:30PM  
7/31 Farmers Market Coupon Distribution w/OFA 11 – 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  
**Thursday:** ZOOM ONLY: Chair Dance Yoga 9AM  
**Friday:** In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjongg 10AM

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

### Special Events:

7/2 Fourth of July Celebration – Entertainment by Gene Civic 10AM Lunch 12PM  
7/9 Clover Chat 12:30PM  
7/11 & 23 Bingo with Sallie 10:30AM  
7/14 & 28 Horse Racing 10:30AM  
7/16 Bake Sale 10 – 2PM  
7/18 Nutrition presentation by Kathleen Cook, CCE 12PM  
7/21 Chop and Chat with Sallie 10:30AM  
7/21 Farmers Market Coupon Distribution w/OFA, 11AM - Noon

## Deposit Senior Center

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

### Weekly Activities

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

### Special Activities

7/3 Fourth of July Luncheon 12:30PM  
7/10 Farmers Market Coupon Distribution w/OFA 10:30 – 12PM  
7/15 Nutrition presentation by Kathleen Cook, CCE 11AM  
7/17 Eric Benecke from Delaware County Office for Aging 11:30AM  
7/22 Ice Cream Sundae Day! 12:30PM

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

### Special Activities

7/1 – 31 Crowe’s Nest Gift Shop – Now Open! 9 – 2PM  
7/1 July Birthday Celebrations 10:30AM  
7/3 Fourth of July Luncheon - Meal served 12PM  
Entertainment by Mike Berry of Mike’s Jukebox 12:30PM  
7/9 Officers and Finance Meeting 9:15AM  
7/9 Senior Center Site Council Meeting 10:45AM  
7/9 Bio-Tag - Come share your story! 12:15PM  
7/11 Burger Bar 11:30 - 12:30PM  
7/14 & 28 Caregivers Support Group with Megan Horton, OFA 12:30 - 1:30PM  
7/16 Grief, Loss, and Open Discussions Support Group by MHA (Mental Health Association of the Southern Tier) 10AM  
7/16 Farmer’s Market Coupon Distribution w/OFA 1 - 2PM  
7/17 Golden Griddle – Sandwich Bar 11:30 - 12:30PM  
7/18 Fun Friday - Karaoke and Games! 10:30AM  
7/24 Nutrition presentation by Kathleen Cook, CCE 12:15PM  
7/24 Evening Meal 4:30PM followed by Entertainment 5:15PM  
7/28 Cows, Pigs, and Horse Races 10:30AM  
7/30 Legal Aid Society 9 - 12PM Call to make an appointment.  
7/30 Show and Tell 10 - 2PM

## 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); Open Shuffleboard 1PM  
**Thursday:** Stitch and Stuff 9AM; Cornhole 1PM  
**Friday:** Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM



Special Activities

- 7/1 & 15 15-minute Reiki, Chakra, Card Readings or Foot Reflexology  
10 - 11:30AM \$3 Advanced registration and payment required.
- 7/1 Chop & Chat: Fruit & Nut Salad 1PM Call to reserve your spot.
- 7/3 Executive Board Meeting 9:30AM
- 7/3 Fourth of July Luncheon with Musical Guest Rick Pedro 11:30AM
- 7/8 “Food Planning for One – It Can Be Done! (For Two too...)”  
presentation by Kathleen Cook, CCE 12PM
- 7/8 Neighborhood Watch Meeting 6PM
- 7/9 Philly Cheese Steak Day with Mike’s Jukebox 11:30AM
- 7/10 Farmers Market Coupon Distribution w/OFA 9 – 10:30AM
- 7/11 Film Friday: “The Sandlot” 1PM Free popcorn, soda for sale.
- 7/14 Legal Aid 9AM Appointment required, please call.
- 7/16 Annual Steak Roast at Otsiningo Park 10 – 2PM (Senior Center closed)
- 7/22 Chop & Chat: Summer Veggie Casserole 1PM Call to reserve your spot.
- 7/24 & 25 AARP Driver Safety Course 9 - 12:15PM  
Advanced registration required.
- 7/25 Film Friday: “Thelma” 1PM Free popcorn, soda for sale.
- 7/28 Breakfast for Lunch-Pancakes with Blueberry Topping  
10:45 - 12:15PM (No take-out available)

Johnson City Senior Center

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

Weekly Activities

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

Special Activities

- 7/2 The Medicine Shoppe (glucose, blood pressure & O2 checks)  
10 – 12PM
- 7/3 Fourth of July Luncheon 11:45AM
- 7/7, 14, 21 & 28 Greater Good Grocery Bus 11 – 12PM (new time!)\
- 7/7 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30PM
- 7/9 Discover Live: Plymouth, England 10:30 – 11:30AM
- 7/11 Left-Right-Center Dice Game  
(\$3 to play; call to sign-up by 7/9) 11 – 11:45AM
- 7/11, 7/18, 7/25 Poetry Group 12:30PM Size is limited; call to pre-register.
- 7/15 Chop & Chat (Faith in Action): Summer Veggie Casserole  
11 – 12PM Signup by 7/8.
- 7/16 Presentation: Reversal of Cognitive Aging  
by Dr. Kenneth McLeod 10:30 - 11:30AM
- 7/16 Book Club (Horse by Geraldine Brooks) 3 – 4PM
- 7/16 LGBTQ+ Senior Social Group 3 – 4PM
- 7/16 Alzheimer’s Association – Caregiver Support Group 4 – 5PM  
Registration and pre-screening required;  
call ALZ at 315-472-4201 x227.
- 7/17 Legal Aid 9 – 12PM Call for an appointment.
- 7/17 Farmers Market Coupon Distribution w/OFA 9:30 – 11AM
- 7/17 & 18 AARP Driver Safety 1 – 4PM Preregistration required.
- 7/18 JCSC Art Show 9:30 – 12:30PM
- 7/23 Haircuts by Debbie Roberts \$20 Call for an appointment. 10 – 11:30AM
- 7/24 “Bees & Honey” presentation by Stephen Snitchler 10:30 – 11:30AM
- 7/25 “Food Planning for One – It Can Be Done! For Two Too!”  
presentation by Kathleen Cook, CCE 10:30 – 11:30AM
- 7/26 Johnson City Carousel Day at CFJ Park 11 – 4PM  
Free, all welcome, stop by and say hello to JCSC & OFA!

- 7/29 Chop & Chat (Faith in Action): Veggie Pasta Salad 11 – 12PM  
Signup by 7/22.
- 7/30 Farmers Market Coupon Distribution w/OFA 11 – 12PM

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:

- 7/1 & 15 Golden Agers 12PM
- 7/2 Fourth of July Craft 12:30PM
- 7/3 Fourth of July Luncheon 12PM
- 7/18 Find Your Way with OFA: Programs and Services 10 – 2PM
- 7/21 Chop & Chat: Summer Vegetable Casserole 1PM
- 7/23 Farmers Market Coupon Distribution w/OFA10:30 - 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); Mexican Train 12PM

Special Activities

- 7/2 & 16 Vestal Library Tech Assisance 10:30AM
- 7/3 Fourth of July Celebrations – Snacks and Refreshments 10AM  
Lunch 11:45AM followed by Patriotic Entertainment by Johnny Only
- 7/7 King High Card Game 12PM
- 7/9 Farmers Market Coupon Distribution w/OFA 10 – 11AM
- 7/10 Philly Cheesesteak Day (served with Salad,  
Applesauce & Dessert) 11AM
- 7/14 & 28 Chop and Chat 10AM Call to reserve your spot.
- 7/16 Discover Live: Lima, Peru 11AM
- 7/21 Breakfast fort Lunch 11AM
- 7/22 Vestal Club Meeting Day and Picnic at Arnold Park 12PM
- 7/25 Pizza or Chef Salad Day 11AM Bunko 12PM
- 7/28 Car Fit (Broome County Traffic Safety Program) 10 – 12PM
- 7/30 “Food Planning for One” presentation by Kathleen Cook, CCE  
10:30AM



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## Broome County Local History

Uncover the hidden histories of Broome County through the lives of some of its lesser-known early citizens. These biographies offer a glimpse into the past, revealing the diverse experiences and contributions of individuals who helped shape our local communities. By exploring these stories, you can gain a deeper understanding of the region's development and connect with the people who lived here before us.



### Dr. J. Edward Turner: 1822-1889

Alcoholism being a sickness and not a social illness was the philosophy of Dr. J. Edward Turner, a native New Englander. In 1842, he began his Crusade by convincing politicians and doctors that there was merit to his ideas, and by 1854 he received a charter from the State of New

York to start the "United States Inebriate Asylum" (later the NYS Inebriate Asylum). Binghamton citizens made it possible for him to acquire the area that we now call "State Hospital Hill" and Isaac Perry's design for a castle-like hospital was accepted. He was forced out two years after it opened, and it dissolved in 1879. Two years later it became the "Binghamton Asylum for the Chronic insane".



### Rebecca Kellogg Ashley: 1695-1757

Rebecca Kellogg Ashley was born in Deerfield to early Massachusetts settlers. In 1703 Indians attacked the settlement, killing most of the inhabitants. Rebecca's father and brother escaped, but Rebecca age 8, and her sister were marched to Canada as captives.

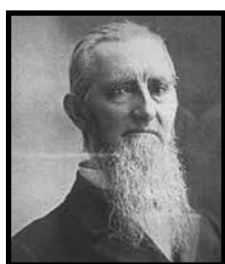
Rebecca and her sister lived with the Indians for 33 years. Her sister married an Indian Chief and chose to remain when their brother found them. Rebecca returned home with a knowledge of the Iroquois' tongue and way of life. In 1752, she married Captain Benjamin Ashley at the Indian Mission School in Stockbridge, Massachusetts. Here they met Reverend Gideon Holly and came with him to Onaquaga (present day Windsor) as an interpreter to the mission he started in 1753. This made Rebecca the first woman in the area that was not Native American. The Indians named Rebecca "Wausaunia" (meaning bridge, connection, or tie). Rebecca died four years later after a harsh winter. There are no available photos of Ashley, the above photo is a monument on Fordway Road in Windsor that commemorates her life.



### Thomas Crocker: 1810-1886

Thomas Crocker, a familiar figure on the streets of Binghamton, was better known as "Old Bay Tom". He was the son of a slave owned by Oliver Crocker of Union, but he took the Crocker name. "Bay Tom" was poor but always cheerful, friendly, and helpful. He could not read or write,

but developed a kind of commission merchant business, finding the needs of the local merchants, then meeting farmers when they drove into town with supplies like hay and potatoes, and directing them to a customer. For which service he charged 25 cents. He also led parades and spoke at local rallies. In the Binghamton mayoral election of 1872, Sherman Phelps was running unopposed. Voters, displeased with Phelps, started a "humorous" attempt to thwart Phelps by writing in the name of "Old Bay Tom". When the votes were counted "Old Bay Tom" received the most votes. He did not serve as mayor because the vote was overruled by technicality, but the voters made a point in honoring him.



### Dr. John Gay Orton: 1827-1923

Dr. John Gay Orton was an outstanding doctor, President of the Broome County Medical Society and founding president of the Binghamton Academy of Medicine. He was appointed by President Lincoln as Medical Examiner for pensions and served for 25 years. An important social reformer, he helped establish the State Board of Health.

Orton founded the Susquehanna Valley's Children's Home with Abel Bennett and the Home for Aged Women in Broome because he didn't think they should all be kept in the Poor House. He was an incorporator of Binghamton City Hospital, a trustee of the State Asylum for the Blind, and supervised the building of a very gothic Binghamton High School in 1870.

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



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

## "Ombudsman: Advocating for Long-Term Care Residents"

Long-Term Care Ombudsmen are advocates for residents of nursing homes, adult care facilities and family type homes. Ombudsmen provide information and assistance to long-term care residents and their families in an effort to attain quality care. They are specifically trained to investigate complaints and resolve problems. The Federal Older Americans Act requires every state to establish an Ombudsman Program that addresses complaints and advocates for improvements in the long-term care system.

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. For those residents without any family or loved ones, Ombudsmen may be their only socialization from outside the facility and the only advocate they can truly count on. The Ombudsman become a lifeline for those who need assistance when they feel like they have nobody to turn to. Action for Older Persons in Endicott, NY sponsors the Regional Long-Term Care Ombudsman Program in this local area. This locally based program provides Ombudsman services to approximately 46 facilities in Broome, Chenango, Delaware, and Tioga Counties.

Ombudsman volunteers bring compassion and understanding to the residents of Long-Term Care in our community. They serve our community not because they have the time, but because they have the "heart." If you are interested in volunteer opportunities, please contact Danielle LaBare at **607-722-1251** or [dlabare@actionforolderpersons.org](mailto:dlabare@actionforolderpersons.org) for more information.

## CarFit Event

The Broome County Traffic Safety Program along with its partners will be conducting a **CarFit** Event at the Vestal Senior Center on Monday, July 28th.

**CarFit** is an educational program that provides a quick, yet comprehensive review of how well an older driver and their vehicle work together. As we age, changes in our vision, flexibility, strength and range of motion can make us less comfortable and safe in our vehicle. And how often do we adjust the features in our vehicle to accommodate those changes?

**CarFit** helps drivers explore the safety features within their vehicle to ensure they are adjusted appropriately for their body so that in the event of a crash, not only will they have the best control over their vehicle, but they will receive the optimal protection provided by those safety features.

At a **CarFit** event, participants will meet individually with a CarFit Technician, who will review a 12-point check list and determine recommendations for the best and most comfortable fit. It's free, it's easy and it only takes 20 minutes!

Appointments are encouraged but walk-ins are welcomed!

Where: Vestal Senior Center  
201 Main Street, Suite 4

When: Monday, July 28th  
10 - 12PM

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





## Why Bother with Meal Planning When it's Just You (or Two)

By Kathleen H. Cook, Nutrition Educator,  
Cornell Cooperative Extension Broome County

Many people have a love/hate relationship with food. Are you like that? Do you love to eat food, but hate to have to think about it? Taking a little time to plan can make food a more enjoyable experience and less of a chore. Utilizing the options available to you can relieve some of the work of making sure you have enough food and have a variety that's appetizing.

I am often told that eating lunch at the center means one less meal to have to cook or think about. I call that smart food management! The meals are inexpensive, well-balanced, and in an atmosphere of eating with friends. After that it's wise to plan for food at home.

Consider what you like to eat and take note of what you already have in your cupboards, fridge, and freezer. With a little thought you can put together tasty and satisfying food quickly and cheaply.

Planning reduces the amount of food that gets thrown out. Think of the money we waste when we allow food to spoil! Using everything bought reduces your food bill.

### Here's some ideas:

Use the same ingredients in different ways; chicken for supper, then chicken salad for lunch, in a casserole with leftover vegetables, added to soup or a salad. Buy vegetables that can be eaten raw or cooked.

Plan to eat the most perishable foods first, then use canned or frozen vegetables and fruits when the fresh are gone.

When you see a good price, use your freezer to store cheese, vegetables, fruits and meats, and include them in your meal plans.

Plan ahead to make food affordable, less stressful, more nutritious, and enjoyable!

## Alcohol and Medicines

Many medicines—prescription, over the counter, or herbal remedies—can be dangerous or even deadly when mixed with alcohol. Many older people take medications every day, making this a special worry.

Before taking any medicine, ask your doctor or pharmacist if you can safely drink alcohol. Here are some examples of problems caused by mixing alcohol with some medicines:

- If you take aspirin and drink, your risk of stomach or intestinal bleeding is increased.
- When combined with alcohol, cold and allergy medicines (the label will say "antihistamines") may make you feel very sleepy.
- Alcohol used with large doses of acetaminophen, a common painkiller, may cause liver damage.
- Some medicines, such as cough syrups and laxatives, have high alcohol content. If you drink at the same time, your alcohol level will go up.
- Alcohol used with some sleeping pills, pain pills, or anxiety/anti-depression medicine can be deadly.

Mixing alcohol and medicines can be harmful. Alcohol, like some medicines, can make you sleepy, drowsy, or lightheaded. Drinking alcohol while taking medicines can intensify these effects. You may have trouble concentrating or performing mechanical skills. Small amounts of alcohol can make it dangerous to drive, and when you mix alcohol with certain medicines you put yourself at even greater risk. Combining alcohol with some medicines can lead to falls and serious injuries, especially among older people.

### Medicines may have many ingredients

Some medications—including many popular painkillers and cough, cold, and allergy remedies—contain more than one ingredient that can react with alcohol. Read the label on the medication bottle to find out exactly what ingredients a medicine contains. Ask your pharmacist if you have any questions about how alcohol might interact with a drug you are taking.

### Some medicines contain alcohol

Certain medicines contain up to 10 percent alcohol. Cough syrup and laxatives may have some of the highest alcohol concentrations.

### Alcohol affects women differently

Women, in general, have a higher risk for problems than men. When a woman drinks, the alcohol in her bloodstream typically reaches a higher level than a man's even if both are drinking the same amount. This is because women's bodies generally have less water than men's bodies. Because alcohol mixes with body water, a given amount of alcohol is more concentrated in a woman's body than in a man's. As a result, women are more susceptible to alcohol-related damage to organs such as the liver.

### Older people face greater risk

Older people are at particularly high risk for harmful alcohol-medication interactions. Aging slows the body's ability to break down alcohol, so alcohol remains in a person's system longer. Older people also are more likely to take a medication that interacts with alcohol—in fact, they often need to take more than one of these medications.

### Timing is important

Alcohol and medicines can interact harmfully even if they are not taken at the same time.

### Remember...

Mixing alcohol and medicines puts you at risk for dangerous reactions. Protect yourself by avoiding alcohol if you are taking a medication and don't know its effect. To learn more about a medicine and whether it will interact with alcohol, talk to your pharmacist or other health care provider.

Source: National Institute on Aging and National Institute on Alcohol Abuse and Alcoholism  
<https://www.niaaa.nih.gov/alcohols-effects-health>



## 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.

**July 17th 10AM** - Middendorf Park in Vestal. South on Rt 26 to R turn on West Sheedy Drive (just past Mirabito gas station). R at Sign just over bridge. Meet at parking area. Limited parking, carpooling recommended.

**July 31st 10AM** - Pettus Hill in West Windsor. I-86 East to Exit 77, turn R on Place Road, Quick L on Fox Farm, R on Roberts, R on Abbey, to parking lot at entrance at fence on left.

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

**August 28th 10AM** - Nathaniel Cole Park in Town of Colesville. South on I-81 (or south on R t11) to East on Colesville Road, R at Dinosaur Sign, park at R side of parking lot.

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

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

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



## Empowering Your World with Tech Skills

Feeling a bit lost in the digital world? You're not alone! New technology can seem intimidating, but it's a fantastic way to stay connected with loved ones, access helpful information, and keep your mind active. Imagine video calls with family, easy online errands, and discovering new hobbies at your fingertips.

Learning doesn't have to be stressful. Our local technology classes offer a friendly, no-pressure environment to build your skills at your own pace. Unlock new possibilities and embrace the digital age with confidence. It's easier than you think!

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

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

Wednesday, July 9th 11AM

Offering one on one tech assistance!



Vestal Library comes to the Vestal Senior Center  
Wednesday, July 2nd & 16th 10:30AM  
Technology Assistance

### More Technology Classes from Local Libraries

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

Broome County Public Library: 185 Court Street Binghamton, NY

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

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

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

### One-on-One Technology Assistance

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

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



We know you're always there for others. But who's there for you? This July 24th is International Self-Care Day, and it's time to focus on YOU. **Try to practice these 3 things this month and see what happens.**

#### 1. Set Boundaries & Say No

It's okay to prioritize your needs.

Action: Identify one area where you can set a boundary. Maybe it's saying no to an extra task or setting a specific time for a break. Write it down and commit to it.

#### 2. Create A Worry List

Worries can be overwhelming when they're all tangled up in your mind.

Action: Take five minutes to list out your top three worries. Then, for each one, write down one small step you can take to address it. This can help reduce the mental load and make your worries feel more manageable.

#### 3. Reconnect With Something You Love

Bringing joy back into your life is essential for your peace of mind.

Action: Think of one activity you used to love but have put aside. It could be reading a book, gardening, or taking a walk. Schedule 15 minutes this week to do that activity. Put it on your calendar as a non-negotiable appointment.

For more information,  
please visit <https://www.newyork-caregivers.com/home>



Office for  
the Aging

New York  
**Caregiver Portal**  
Powered by Truallta

# VISIONS

## FEDERAL CREDIT UNION

### SENIOR SEMINAR SERIES

**Free to Attend!**

#### Sessions

**July 2nd:** *Financial Safety for Seniors: How Families Can Defend Against Exploitation*

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

#### Location and Times

**George F Johnson Library**  
1001 Park Street Endicott, NY 13760

**4 – 5PM**

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

Federally insured by NCUA.



Broome County  
Office for Aging



WE ARE  
HIRING!

JOIN OUR AMAZING TEAM

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

- Leisure Time Activity Leader at  
Broome West Senior Center (Endwell) and  
Northern Broome Senior Center (Whitney Point)  
Senior Center: Kitchen Position Working with Volunteers  
No Civil Service Exam Required  
Monday – Friday, 9 – 2PM  
  
**To inquire about the above position, call Rita at OFA**  
**607-778-2411**
- Classroom Foster Grandparent  
Stipend and Mileage Reimbursement Provided  
Income Eligibility Required  
No Civil Service Exam Required  
Monday – Friday, Hours Vary  
  
**To inquire about the above position, call Francie at OFA**  
**607-778-2411**

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- Call-In Driver for Sodexo  
Part Time Hours

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

**SENIORS**

- Full-Time Cook

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

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

Sudoku Answers

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



CHRISTMAS  
IN JULY

SILENT RAFFLE FUNDRAISER

All items and blankets will be on display July 1st – July 24th

Monday – Friday, 9 – 3PM  
Broome West Senior Center  
2801 Wayne Street, Endwell

**Many items to choose from!**  
**Great for gift giving and for treating yourself.**

Drawings will be done on Friday, July 25th 10:30 – 2PM

Please call **607-785-1777** with any questions.



New York State Golden Park Program

If you are a New York State resident 62 or older, on Monday - Friday (except holidays), you can obtain free vehicle access to most\* state parks, boat launch sites and arboretums and fee reduction to state historic sites and state-operated golf courses.

Simply present your currently valid New York State Driver License or New York State Non-Driver Identification Card\*\* at the park entrance. **No application is required as your NY State Driver's License/ Non-Driver ID Card serves as your pass.** For locations with pay stations, please contact the facility directly for information.

For information about facilities where this program is valid, contact your park of choice or call New York State Parks at **1-518-474-0456**.

*\*\*A New York State Driver License or a New York State Non-Driver Identification Card may be obtained from your local Motor Vehicle office. You may want to contact them first to be certain you bring the required forms of identification.*

For more information, please visit  
<https://parks.ny.gov/admission/golden-park-program.aspx>



# July Menu – Bon Appétit!

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.*

<i>Funded by:</i> NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging	<b>Lasagna Soup</b> 7/1 Deluxe Garden Salad Peaches Peanut Butter Chocolate Chip Bar	<b>Halupki</b> 2 <b>OR Roasted Chicken Thigh</b> 3 Mashed Potatoes Spinach Pineapples & Mandarin Oranges	<b>Fourth of July Party!</b> <b>Pub Burger</b> 3 <b>OR Marinated Chicken</b> Baked Beans Red Potato Salad Strawberry Shortcake	<b>Centers Closed</b> 4 <b>Independence Day</b>
<b>Breaded Chicken Cutlet</b> 7 <b>Sandwich</b> Baked Beans Pineapple Ice Cream Cup	<b>Pulled Pork</b> 8 <b>OR Breaded Fish</b> Cheesy Mashed Potatoes California Blend Veg. Chocolate Pudding	<b>Roasted Chicken Thigh</b> 9 Apple Bread Dressing Brussels Sprouts Pumpkin Pie w/Whipped Topping	<b>BBQ Chicken Breast</b> 10 Macaroni Salad Garden Salad Chocolate Cake	<b>Swedish Meatballs</b> 11 <b>OR Citrus Broiled Fish</b> Buttered Noodles Carrots Cinnamon Rice Pudding
<b>Pierogies w/Kielbasa</b> 14 Diced Beets Lemon Pudding	<b>Shrimp Scampi</b> 15 <b>OR Grandma’s Meatloaf</b> Alfredo Pasta Peas Chocolate Cookie	<b>Teriyaki Chicken</b> 16 Brown Rice Pilaf Asian Blend Vegetables Pears	<b>Ham &amp; Swiss on Rye</b> 17 White Bean & Tomato Salad Applesauce Ice Cream Cup	<b>Hot Dog w/Onions</b> 18 <b>OR Beer Battered Fish</b> Baked Beans Corn Pineapple Cake
<b>Meatball Parm Sub</b> 21 Sausage Florentine Soup Pears Ice Cream Cup	<b>Halupki</b> 22 <b>OR Salisbury Steak</b> Mashed Potatoes French Cut Green Beans Peaches	<b>Chicken Salad Croissant</b> 23 Stuffed Pepper Soup Pineapple Oatmeal Raisin Cookie	<b>Marinated Chicken</b> 24 <b>OR Italian Sausage</b> Pasta Salad Garden Salad Apple Crisp	<b>Chicken Cordon Bleu</b> 25 <b>OR Broiled Fish</b> Baked Potato Broccoli Florets Red Velvet Pie Cups
<b>Turkey &amp; Provolone</b> 28 <b>On Marble Rye</b> Three Bean Salad Fruit Cup Chocolate Chip Cookie	<b>Rotisserie Chicken</b> 29 Roasted Potatoes Pea Salad Pears	<b>Beef Stroganoff</b> 30 <b>Over Buttered Noodles</b> Carrots Peach Cobbler	<b>Roast Pork w/Apricot</b> 31 <b>OR Broiled Fish w/Lemon</b> Scalloped Potatoes Hawaiian Coleslaw Cinnamon Applesauce	“Let’s Savor Our Summer One Bite at a Time!”

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



## Like What You’re Reading? Subscribe & Have it Delivered!

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



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

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

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

## Senior News Editorial Policy

All advertising is subject to approval by Senior News staff and the Broome County Office for Aging (BC OFA). The Senior News and BC OFA have full discretion in determining the types of advertising and promotions that are published. An ad’s presence in the Senior News does not imply endorsement of the advertised company or product. The Senior News and BC OFA are not responsible for the content or accuracy of advertisements. Advertisers assume liability for all advertising content, including illustrations, and for any resulting claims against the Senior News and the BC OFA. Public service announcements are published on a space-available basis, subject to approval of Senior News staff and BC OFA. The Senior News does not include editorial comments from readers. For more information go to [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)