

# Senior News



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



## Be Our Guest Returns!

### *You Are Cordially Invited to "Be Our Guest"*

- WHO:** You!
- WHAT:** Tour and lunch
- WHERE:** One of the Nine Broome County Senior Centers
- WHEN:** Any weekday in April
- RSVP:** Call one of the numbers below before noon on the day before

If you are not currently a 'regular' at a senior center or if you haven't been to a center in a while, the Office for Aging is sponsoring a wonderful opportunity to "Be Our Guest!". Our first "Be Our Guest" campaign was in 2018 and resulted in many local seniors enjoying an introduction to the benefits and fun of spending time at their local senior center. Now we are hoping that again this April, April Showers will bring more Senior Center Followers!

**Why should you take part?** In April, you can schedule an appointment for a friendly tour of your local Broome County Senior Center – there are 9 locations to choose from. Yes, we now have nine senior centers with our newest senior center in Chenango Bridge. Chenango Bridge just celebrated their one-year anniversary in March!

Just call the center of your choice and you will be matched with a staff member or friendly volunteer to learn about programs, activities, meals, and special events.

**Who said there's no such thing as a free lunch?** Allow us to offer you a complimentary, delicious lunch the day of your tour to enjoy with your new friends. As a fun bonus, you will receive two complimentary meal tickets for your next visit to the center – come back on your own or bring a friend.

- Deanna at Broome West Senior Center (Endwell): (607) 785-1777
- Vet at Chenango Bridge Senior Center: (607) 663-0406
- Mary at Deposit Senior Center: (607) 467-3953
- Marcie or Nicki at Eastern Broome Senior Center (Harpursville): (607) 693-2069
- Marianne or Jessica at First Ward Senior Center (Binghamton): (607) 729-6214
- Kim at Johnson City Senior Center: (607) 797-3145
- Barb at North Shore Towers Community Center (Binghamton): (607) 772-6214
- Heather at Northern Broome Senior Center (Whitney Point): (607) 692-3405
- Jenn at Vestal Senior Center: (607) 754-9596



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

# HEALTH AND WELLNESS

## WEEKLY ACTIVITIES

### Chair Yoga

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

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

### Beginner Gentle Yoga

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

Monday 9:30AM East. Broome Sr. Center (Harpursville)  
 Monday 9:30AM Johnson City Senior Center (\$3 charge)  
 Friday 10:00AM Johnson City Senior Center (\$3 charge)

### Bonesaver Class

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

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)  
 Mon & Wed 1:00PM Johnson City Senior Center  
 Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)  
 Wednesday 10:00AM Broome West Senior Center (Endwell)

### Line Dancing

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

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

### Zumba

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

Mon & Fri 9:30AM First Ward Senior Center (Binghamton) (\$3)  
 Tuesday 10:30AM Johnson City Senior Center (\$3)

### Low-Impact Aerobics

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

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

### Tai Chi

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

Thursday 1:00PM Johnson City Senior Center (\$3 charge)  
 Weds & Fri 9:00AM Chenango Bridge Senior Center (In Person or Zoom)  
 Friday 9:30AM East Broome Sr. Center (Harpursville)

### Chair Exercise

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

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)  
 Tues & Fri 12:30PM Johnson City Senior Center

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

## Virtual Zoom Classes



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

### ZOOM Chair Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

### ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

### ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

### ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM



## LOOKING FOR A NEW FUN ACTIVITY?

**Broome County Office for Aging invites you to join the fun. Beginning April 30th.**  
**BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise.**

**Tuesdays & Thursdays at 12:30PM**

**Bingo + Exercise = Bingocize**  
**Pre-registration is required by April 29th.**

**To sign up please contact**  
**Bridget at (607) 778-2411.**



**Attend at the Vestal Senior Center:**  
**201 Main Street, Vestal**  
**Located in Old Vestal High School Cafeteria**

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**Falls Annual Wellness Checkup**  
**at Participating Broome County Senior Centers**  
**from 10 – 2PM:**

- April 9<sup>th</sup> – North Shore Towers, Binghamton
- April 16<sup>th</sup> – Vestal
- April 23<sup>rd</sup> – Northern Broome, Whitney Point
- April 30<sup>th</sup> – Eastern Broome, Harpursville
- May 7<sup>th</sup> – Deposit

Are you interested in learning more about your balance performance?

Binghamton University's Division of Physical Therapy is seeking participants for a study investigating fall risk. Activities will include testing your standing and walking balance, as well as tests of muscle strength, vision, and fear of falling.

All activities will take place between 10am to 2pm, with your personal involvement being approximately 30 - 40 minutes. To participate, you must be 55 years of age or older, and be able to walk at least 10 feet with or without an assistive device. A \$15 gift card will be provided to all participants.

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

For more information and to sign-up, call the Motion Analysis Research Laboratory at (607) 777-4700. You can also sign up at the Senior Center of your choice.

Interesting statistics...

- More than one third of adults 65 and older fall each year in the United States.
- Among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

# Caregiver Corner

*Ideas and information for people caring for others.*

**The Johnson City Caregiver Chat:**

**Date:** Monday, April 1, 2024 **Time:** 1:00 - 2:30 PM

**Location:** Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

**Below are no cost respite programs hosted by area church communities on Saturdays monthly.**

**Saturday, April 6<sup>th</sup> 11 – 2PM • First Saturday of the Month  
Join Social Saturdays!**

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.

The program will host participants at the:

**St. Anthony's Church Hall, 300 Odell Ave, Endicott**

This free caregiver respite program is sponsored by St. Anthony's, St. Ambrose, and St. Joseph's parish communities. Do you feel called to volunteer in this Respite? Would you like to register your loved one for this program? Please contact the St. Anthony Parish office: **607-754-4333** for more information or to register.

**Saturday, April 13<sup>th</sup> 1 – 4PM • Second Saturday of the Month  
Grace's Place**

Free Senior Respite is Provided by Grace Lutheran Church

**Grace Lutheran Church, 709 Main Street, Vestal**

Please contact **(607) 748-0840** or email [GraceVestal709@gmail.com](mailto:GraceVestal709@gmail.com)  
Guests should be able to eat and toilet independently.

Registration packets are available online at  
[www.gracelutheranchurchvestal.com/graces-place](http://www.gracelutheranchurchvestal.com/graces-place)

**Saturday, April 20<sup>th</sup> 11 – 2PM • Third Saturday of the Month  
Saturday Afternoon at St. Mary's**

**St. Mary's Church, 795 Route 11, Kirkwood**

To register, please call **607-775-0086**.

# Events at the Centers

**Broome West Senior Center**

Friday, April 12th at 11AM  
Fun Friday with Vin Rosenbarker  
BINGO followed by entertainment!

**Chenango Bridge Senior Center**

Monday, April 15th from 10 – 2PM  
PJ Day! Come wearing your pajamas! Do you dare?!

**Deposit**

Tuesday, April 9th from 10 – 2PM  
Painting Crafts with our own Bridget Petterson

**Eastern Broome**

Thursday, April 25th at 5:15PM  
Evening Meal with Entertainment!  
Chicken Cordon Bleu with Lemon Meringue Pie for Dessert  
Please call 607-693-2069 for a reservation by 4/24 at Noon.

**First Ward**

Friday, April 5th at 12PM  
"Understanding the Aging Brain" presentation by the  
Binghamton University Psychology Department

**Johnson City**

Krispy Kreme Doughnuts!  
Preorder by Friday, April 19th  
Place your order in person or on  
[johnsoncityseniorcenter.org](http://johnsoncityseniorcenter.org)  
Pick up on April 24th after 12PM and all day April 25th

**Northern Broome**

Wednesday, April 17th at 10AM  
Tye Dye Craft! Make Your Own Tye Dye T-Shirt  
Please call 607-692-3405 to reserve your spot.

**North Shore Towers**

Wednesday, April 24th at 10:30AM  
Intergenerational Games with the OFA Interns!

**Vestal**

Monday, April 8th at 11AM (eat in only)  
Breakfast for Lunch! French Toast, Scrambled Eggs, and More!  
Please call 607-754-9596 for a reservation by 4/5 at Noon.



Office for the Aging

New York Caregiver Portal

Powered by Trualta

**Did you know your New York caregiver portal is FREE to all New York state residents?**

About the New York Caregiver Portal:

People who use our portal for just 30 days report feeling less stressed and more fulfilled. Our #1 goal is to give you the tools to have more Better Days.

You now have access to these tools:

- Supportive community - Join other caregivers facing the same challenges through our virtual support groups
- Caregiver library - so you don't waste time Googling how to do something related to care
- Live webinars - so you can connect to other caregivers and learn from each other
- 1,000+ videos, articles, activities - so you can build up your skills and confidence as a caregiver

You can access these caregiver tools in two minutes by registering for your caregiver portal with the link below:

<https://newyork-caregivers.com/>

\*Only residents of the state of New York will be able to register for the caregiving portal.



**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.**



Office for the Aging

Call NY Connects 1-800-342-9871

## Nursing Home Residents Find A Voice Within Ombudsmen Program

Long-Term Care Ombudsmen are advocates for residents of nursing homes, adult care facilities and family type homes. Ombudsmen provide a “regular presence” in facilities and because of this, 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 Ombudsmen become a “voice for the voiceless” and 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 49 facilities and approximately 3,773 residents who reside in these facilities in Broome, Chenango, Delaware, and Tioga Counties.

Ombudsmen 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 becoming a “voice for the voiceless” contact Danielle LaBare @ Action for Older Persons **607-722-1251** or [dlabare@actionforolderpersons.org](mailto:dlabare@actionforolderpersons.org) for more information.

## Participants Needed for a Binghamton University Project Exploring the Value of Robotic Companion Pets



If you are an older female currently residing in the community, consider joining a Binghamton University Research Project. John Suk-Young Kang, an associate professor at Binghamton University Department of Social Work is recruiting female participants who are 65+ for a research project that explores **the potential benefits of companion robotic pets on the**

**quality of life among community-dwelling older women.** This research project will also explore the technology-related predictors of emotional well-being.

**Participation in this study is voluntary. If you have any questions or to enroll in this research project, please contact Dr. Kang at Binghamton University: (607) 777-9156 or 480-209-5718.**

### Laugh Break!

Which monster loves April Fool's jokes?

*Pranken-stein!*

### HAIR @ HOME

Attention Men and Women!

A licensed hairdresser will come to you and do your hair in the convenience of your own home!

Reasonable Prices!

-Shampoo/Cuts

-Shampoo/Set

-Perms:

-Highlights

-Color

-Manicures

Call Barb

Wittig for

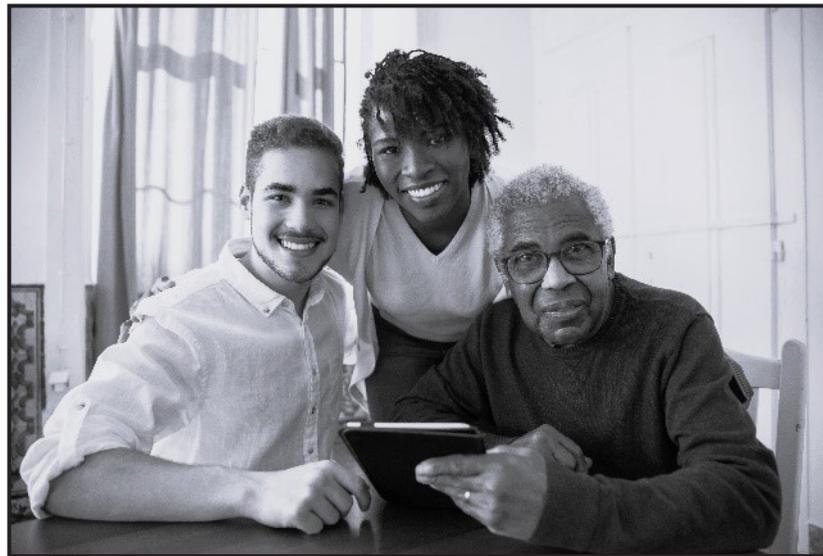
appointment:

(607)862-3450

No charge for travel!



## Binghamton University Research Study on Memory Processes and Aging Seeking Participants



If you are a community member over the age of 65, please consider participating in a research study by Professors Ian McDonough and Michael Dulas from the Binghamton University Psychology Department. This study seeks to understand how people become aware of their memory processes and how this awareness differs across the adult lifespan. Our results will help improve memory-based education, as well as contribute to research surrounding declines in memory that develop with brain aging. The study will involve the completion of survey questions, memory tasks, and an MRI (magnetic resonance imaging) scan. MRI scans are a safe and painless way to measure brain structure and function. These scans are at no cost to you.

The study is split into two sessions:

**Session 1:** Interested participants will be screened over the phone for eligibility to complete the study. If eligible, participants will come to our space on Binghamton University's campus to fill out a survey and complete some cognitive tasks. The survey will ask questions about demographics (gender, education level, income, etc.) and health history. All responses to the survey will be kept confidential. The first session will take approximately 35-45 minutes.

**Session 2:** Participants who completed session 1 will be scheduled for an MRI scan at the UHS Vestal Hospital. During the scan, participants will alternate between periods of rest and periods of cognitive tasks. After the scan, participants will fill out a survey related to the memory strategies they used during the tasks. Participants who complete both sessions will be paid \$50 in cash. The second session will take approximately 1 hour and 45 minutes.

All interested participants will be screened to ensure that an MRI scan will be safe for them to do. Participation in this study is entirely voluntary. **If you have any questions or would like to participate in this study, please contact Dr. McDonough's lab at 607-444-2864 or [mac2research@binghamton.edu](mailto:mac2research@binghamton.edu).**

### Affordable Senior Independent Living



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• Hamilton House Apartments  
Binghamton, NY (607) 724-6102

• Harry L Apartments  
Johnson City, NY (607) 217-7332

• Marian Apartments  
Endwell, NY (607) 785-5223

• Nichols Notch Apartments  
Endicott, NY (607) 754-0579

• Watkins Glen School Apartments  
Watkins Glen, NY (800) 838-0441

• Wells Apartments  
Johnson City, NY (607) 797-8862

• Whitney Point Apartments  
Whitney Point NY (607) 692-2609

• Windsor Woods Apartments  
Windsor, NY (607) 655-4191



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110 Chenango Place

• Lincoln Court Apartments  
21 New Street

[www.metrointerfaith.org](http://www.metrointerfaith.org)



HUD Housing  
Counseling Agency  
(607) 723-0582



Housing with a Heart





## Mark Your Calendar! Upcoming Community Events

### Solar Eclipse Event

Broome County Public Library  
Decker Room  
185 Court Street, Binghamton  
Monday, April 8, 2024  
1 – 5PM

NASA's Solar System Ambassador: Tish Bresee will talk about and demonstrate activities to learn about WHAT IS AN ECLIPSE OF THE SUN? Our library volunteers will take you outside to observe the Sun as it is 98% covered by the Moon!

### Hiawatha Island

Broome County Public Library  
Decker Room  
185 Court Street, Binghamton  
Wednesday, April 17, 2024  
6:30 – 8PM

Attend in person or by Zoom to hear a presentation by Emma Sedore, Tioga County Historian and author, on "Hiawatha Island" and learn about its history. Hiawatha Island is the largest Island in the Susquehanna River withing New York State, located between Owego and Apalachian.

ZOOM link will be located here:  
<https://www.broomehistory.org/programs>

### The Cool Club and the Lipker Sisters Jazz Concert

Schorr Family Firehouse Stage  
48 Willow Street, Johnson City  
Sunday, April 21, 2024  
2 – 5PM  
Tickets: \$27 (\$25 for Senior Citizens & Students)

The Cool Club & The Lipker Sisters are a unique blend of old and new. It's a blend of four veteran (the old) musicians, whose years of experience create a sound best described in the title of one of their originals...Jump, Jazz, Boogie-Woogie, Rag Time Swing. The Lipker Sisters are three young singers (the new) that have been singing vocal harmony, in a way only family can, their entire lives. support renovation projects).



## Downsize & Declutter Discussion Is your house ready to "show"?

Next time you enter your home, pretend you're a potential buyer! If you normally look at the rooms from right to left, try the opposite direction. Are there things you don't recognize and could put away quickly in case a guest shows up?

Learn more at our Declutter Discussion on Tuesday, April 9th at 3PM at the Broome West Senior Center or on Zoom.

To attend the Zoom, to attend contact Joan Sprague at [spraguejm@verizon.net](mailto:spraguejm@verizon.net). Meeting will be on Zoom only if schools are closed due to weather.

**An optimist is the human  
personification of spring.**

*Susan J. Bissonette*

## Scam of the Month

Surveys show that seventy-five percent of older adults have experienced a scam attempt, and thirty percent of older adults have fallen victim to a scam through phone, text, e-mail, postal mail, or on the internet where credit cards or other financial accounts were hacked. These scams resulted in either lost money or stolen identity.

Unfortunately, these types of scams are underreported. Older adults who fall victims to scams often doubt their own judgment, and some feel ashamed or embarrassed that they fell victim to the scam. If you do become the victim of a scam, it is important to report it and take measures to protect yourself from further loss.

If you believe your banking information was compromised, contact your bank immediately. If you realize you may have wired money in response to a scam, contact the wire transfer company immediately. Money transfer app scams should also be reported to the company. If you believe that your credit card information was stolen, contact the credit card company immediately to cancel the card and report the issue. If you lose money because of any type of scam, always make a report to your local police department. If you would like more information about scams, or would like to report a scam, please call the Office for Aging at **607-778-2411**.

## Technology Classes to Help Older Adults Become Tech Savvy

Join classes offered through the George F. Johnson Library.

### Tech 360 Computer & Internet Basics Two-Week Courses!

Join our launch of the basic computer course Tech 360! This **two-week** course will cover **computer and internet** basics and build your tech skills. Patrons who complete the **two-week** course will receive a certificate of completion and a \$25 Dunkin Gift Card. Spots for each offering of the course are limited, but people on a waitlist will be given the first chance to register for new sessions as they are scheduled. Patrons can only take this course once.

Call the Tech Center at **607-757-5359** for more information.

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 [gjtechcenter@gmail.com](mailto:gjtechcenter@gmail.com) for more information!

**George F. Johnson Memorial Library**  
1001 Park St.  
Endicott, NY 13760

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.

## One-on-One Technology Assistance

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

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



Fund of Broome County, Inc.

**KENTUCKY  
DERBY**  
*Party*

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MAY 4 2024

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4:30 – 7:30 PM

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HOLIDAY INN DOWNTOWN  
2-8 HAWLEY ST, BINGHAMTON

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**\$75 per person    RSVP by April 24th**

Includes: dinner, open bar,  
basket raffles, games, prizes, watch the Derby,  
contest for best hats and attire

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**For Tickets:**  
Visit the website at: [www.ageonbroome.org](http://www.ageonbroome.org)  
Email: [ageonbroome@gmail.com](mailto:ageonbroome@gmail.com)

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**AgeOn is a charity that supports  
older adults who struggle with basic  
needs in our community.**

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**Sponsorships are still available:**  
**Table Sponsors \$250**  
(2 tickets & business sign on table)  
**Business name in event program**  
Full Page (4.5 x 8) \$100 • Half Page (4.2 X 3.5) \$50  
Business Card Size \$25

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**Silver Sponsors**



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**Conklin Seniors**

Contact: Kathy 607-775-0880

**April 25th** - Maple Syrup & Mystic Show Moravia, NY

**Eastern Broome**

Contact: Arlene 607-759-6306

**May 22 – 23rd** - Lancaster

**June 27th** - West Point

**August 5 – 10th** - Indiana Amish Area

**September 20th** - Skaneateles Luncheon Cruise and Merry Go Round Theater

**September 23 – 26th** - Cape May

**December 2nd** - Nellie's Irish Christmas

**First Ward Travel Group**

Contact: Liz W. 607-222-8440

**May 15th** - Turning Stone Casino \$40

**Johnson City Senior Center**

Contact: Lucy 607-427-6143

**April 10th** - Culinary Institute of America

**April 18th** - Southern Tier Stables

**April 30th** - Resorts World Catskills Casino

**May 15th** - Hunterdon Hills Playhouse (Sign up by 4/10)

**May 21st** - Villa Roma: ABBA (Sign up by 4/16)

**June 14th** - Merry Go Round Theater: Jersey Boys (Sign up by 5/20)

**Kirkwood Senior Trips**

Contact Jeanie 607-655-2685

**April 9th** - Villa Roma: Caesar's Extravaganza

**June 25th** - Cooperstown

**September 19th** - Moravia

**October 22nd** - Penn's Peak: The Carpenters

**North Fenton Seniors**

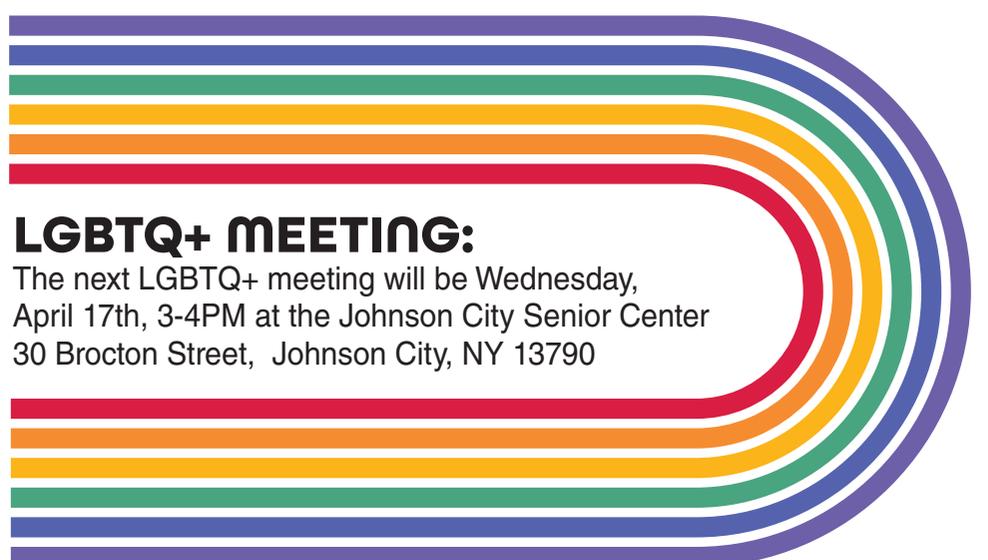
Contact: Ruth McMullen 607-648-8425

**May 15th** - Penns Peak Beatlemania - \$90

**Port Crane Seniors**

Contact: Donna 607-648-6071

**June 11-13th** - Ohio Amish Country - Sight & Sound "Ruth"



**LGBTQ+ MEETING:**  
The next LGBTQ+ meeting will be Wednesday,  
April 17th, 3-4PM at the Johnson City Senior Center  
30 Brocton Street, Johnson City, NY 13790

# OPENING SOON







## VESTAL CHATEAU APARTMENTS FOR SENIORS

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- ENERGY EFFICIENT, "GREEN" DESIGN
- NEW APPLIANCES INCLUDING DISHWASHERS
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*COUNTRY LIVING 5 MINUTES FROM THE VESTAL PARKWAY*



**CALL FIRST WARD ACTION COUNCIL, INC.**  
**(607) 772-2850**  
Email: [fwac-receptionist@firstwardaction.org](mailto:fwac-receptionist@firstwardaction.org)



### Lyceum "Armchair Travel" Classes at Senior Centers: Explore the World Virtually & Become a Lifelong Learner

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

**Wednesday, April 3rd 10 - 12PM**  
Charleston: A Walk Through History

**Wednesday, April 10th 10 - 12PM (Johnson City only)**  
Balkan States: A Dalmatian Journey in Time

**Wednesday, April 17th 10 - 12PM**  
Nova Scotia

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

Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

Henry Ford

## Send Us Your Money Saving Ideas for Eating Healthy on A Budget



With food prices rising, the grocery bill is giving many people sticker shock! It's important to not toss healthy eating goals when the food budget gets squeezed. The Office for Aging Nutrition Team will be hosting interactive presentations entitled, "Eating Healthy on a Budget." Presentations will take place during the months of April, May and June at senior centers.

Many of you have numerous smart-shopping and meal-planning skills that others may benefit from hearing about. We are asking you to share your knowledge and money saving practices with us. Please describe how you save money while buying and preparing healthy food for you and your family. Your ideas and tips will be reviewed and integrated, if possible, into the "Eating Healthy on a Budget" presentations at the senior centers.

Those sending in their money saving ideas will receive a complimentary lunch ticket to redeem at one of the Broome County Office for Aging affiliated senior centers. Please send your ideas to the Broome County Office for Aging by April 17, 2024, by e-mailing [OFA@broomecountyny.gov](mailto:OFA@broomecountyny.gov) or send via U.S. mail to:

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

**Please provide your name and contact information.**

We look forward to getting a lot of great money saving ideas!  
If you have any questions, please call the Office for Aging at **607-778-2411**.



### 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.

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

## Mango Salsa

This sweet and tangy salsa pairs perfectly with grilled or baked fish or chicken. The recipe doubles easily if making for a crowd.



### Ingredients

- 1 mango (peeled, pitted, and diced, or 1 cup thawed frozen chunks)
- 1 tablespoon onion, red (diced)
- cilantro (1 tablespoon, optional, fresh, or dried)
- 1/4 teaspoon salt
- 2 tablespoons lime juice (bottled or fresh)

### Directions

1. Combine all ingredients in a bowl.
2. Serve with baked tortilla chips.

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

## Pasta Primavera

Use your favorite spring vegetables from your garden or local farmer's market: kohlrabi, sugar snap peas, carrots, and asparagus are all delicious options.



### Ingredients

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese

### Directions

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and sauté until tender; stir constantly.
4. Add tomato and sauté for 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings and sprinkle with Parmesan cheese.

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

## Spring Vegetable Soup

Enjoy this tasty soup with your favorite whole grain bread sandwich. The recipe doubles easily if you need to accommodate a large family or group.



### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/4 head of red cabbage (about 2 cups, finely shredded)
- 2 ripe tomatoes (medium, seeded and chopped)
- 1/2 cup canned artichoke hearts (drained and chopped)
- 1 cup green peas (frozen or fresh)
- 2 1/2 cups vegetable juice (low sodium)
- 1 cup water
- 2 teaspoons dried basil
- salt and pepper

### Directions

1. In large soup pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts, and peas for 10 minutes.

2. Add vegetable juice and water. Bring it to boil. Reduce heat, add basil, and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
3. Serve in individual serving bowls. Season to taste with salt and pepper.

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

## Southwestern Pepper Cups

Delicious stuffed peppers that will soon become a staple in your home.



### Ingredients

- 5 green bell pepper (medium, halved and seeded, or use red or yellow peppers)
- 1/3 cup onion (chopped)
- 1 1/2 garlic clove (chopped)
- 3 cups brown rice, cooked
- 1 can tomatoes with chilies (10 1/2 ounce, diced and undrained)
- 1/2 can whole kernel corn, low sodium (8 1/2 ounce, drained)
- vegetable cooking spray
- 1/3 cup cheese, cheddar, shredded

### Directions

1. Place peppers in boiling water for 2 to 3 minutes. Drain. Set them aside.
2. Cook onion and garlic in oil in medium skillet over medium-high heat for 3 minutes.
3. Combine rice, tomatoes with chilies, corn, and onion mixture. Mix well.
4. Spoon into pepper halves, place on baking sheet coated with cooking spray.
5. Bake at 350 °F for 10 minutes or until hot. Sprinkle with cheese.
6. Bake again at 350 °F for 5 to 10 minutes or until hot and cheese melts.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/southwestern-pepper-cups>



## Join the Nature Walking Club

The Nature Walking Club invites you to join them for a new season of outdoor exploration. 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. For the winter walks, we will stay on paved, plowed surfaces.

**April 11th 10AM** – Chenango Valley State Park. We will be exploring the tow path that once was the Chenango Canal. Meet us at the beach parking lot.

**April 25th 10AM** – Choconut Creek Trail in Vestal. Be on the lookout for bald eagles, Dutchman's breeches, and other wonders of Spring. Meet us at Weis Market on Main Street in Vestal. (Creek edge of parking lot.)

**May 9th 10 AM** – Apalachin Marsh. Look for wetland flora and fauna in the preserved wetlands. Meet us at the parking area on the right side of Rt 434. (About 1/2 mile past Hilton Road in Apalachin)

**May 23rd 10AM** – Pettus Hill in West Windsor. Explore the 'almost' highest hill in Broome County! Meet us at the parking lot entrance. 135 Abbey Road, Windsor

**June 13th 10AM** – Greenwood Park. Pack a lunch to enjoy with fellow hikers after exploring the park's well groomed trails. Meet us at the beach parking lot.

**June 27th 10AM** – Cole Park in Town of Colesville. Circle the lake on easy trails. Meet us at the parking lot to your right after entering park.

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

## Broome West Senior Center/Senior News SOUP-er Bowl



The two chefs Pat and Marie.

Broome West Senior Center put on a soup competition with two recipes that were shared in the Senior News! For their Soup-er Bowl, members enjoyed a sample of each soup with fresh bread and a salad. Members then got to vote on their favorite, but everyone who got to try the soups was the winner! The soup that received the most votes was the cream of broccoli soup. Want to see why it was a winner? Make it yourself with the recipe below.

### Cream of Broccoli Soup II

#### Ingredients

- 1 package frozen, chopped broccoli (10 ounces)
- 1 can carrots or mixed vegetables, drained
- 1 can cream of mushroom soup, low sodium (10.75 ounces)
- 1 1/4 cups 1% low fat milk
- 1/3 cup grated cheddar cheese, low-fat (can use 1/4 to 1/2 cup)

#### Directions

1. In saucepan, prepare broccoli according to directions. Drain off water.
2. Add carrots, cream of mushroom soup, and one soup can full of milk to the broccoli. Stir over low heat until steaming hot and vegetables are cooked. Add cheese, stir until melted.
3. Serve hot.

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

## Did you know... these facts about New York State?!

- **State Fruit: APPLES!**  
Apples were introduced in the 1600s by European settlers who brought seeds to New York. Dried apples were a staple for colonists, and hard apple cider was a popular drink.
- **State Snack: Yogurt**  
Designating yogurt as the state snack was initiated by the fourth graders at Byron-Bergen Elementary School from Bergen, New York. Making yogurt the official state snack raises public awareness of its health benefits and credits the dairy industry for being the nation's top yogurt producer.
- **State Motto: "Excelsior!" (Ever Upward)**  
In 1784, during a tour of the state's harbors, waterways and fertile interior, George Washington referred to New York as the "Seat of Empire." Since then, New Yorkers have worked ambitiously to live up to the state's motto and to make "The Empire State" the national leader it is today.



Sourced from: [https://www.nysenate.gov/sites/default/files/article/attachment/541\\_tedisco\\_2017\\_fun\\_facts\\_book](https://www.nysenate.gov/sites/default/files/article/attachment/541_tedisco_2017_fun_facts_book)

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# Look What's Happening at the Centers!

## **BROOME WEST ..... (607) 785-1777**

2801 Wayne St., Endwell, NY 13760

**Center Hours:** Mon - Fri, 9 – 3PM

**Lunch is served at Noon**

**Weekly Activities**

**Monday – Friday:** Gift Shop, 9 – 2PM

**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**

4/1,8, 15, 22 & 29 Breakfast for Lunch 10:30 – 12PM Call for a reservation.

4/1 Pick a Protein presentation by Kathleen, CCE 11:30AM

4/2 OFA Deterra Bag Distribution 11AM

4/2 Chop and Chat 1:15PM Please call for a reservation.

4/3 Lyceum Armchair Travel: Charleston 10AM

4/4 Legal Aide 9 – 12PM Call for an appointment.

4/9 Downsize and Declutter 3PM

4/10 George F. Johnson Library Tech Class 11AM

4/12 Fun Friday with Vin Rosenbarker 11AM

4/15 Medicare presentation by AOP 11:30AM

4/17 Lyceum Armchair Travel: Nova Scotia 10 – 12PM

4/19 SUNY Broome Dental Students 11AM

4/23 Chop and Chat 1:15PM Reservations required.

4/26 Fun Friday with Jukebox Mike 11AM

4/29 Derby Week Begins! Kentucky Derby Hats 11AM

4/30 Bright and Beautiful Dogs 12:30PM

## **CHENANGO BRIDGE ..... (607) 663-0406**

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

**Center Hours:** Mondays, Wednesdays and Fridays, 10AM - 2PM

**Lunch is served around Noon** 607-663-0406

**Weekly Activities:**

**Mondays** – Sit Down Chair Yoga 9AM In-Person or Zoom; In-Person or Zoom: Drumming 2PM; Walk With Friends 1PM;

Mahjongg or Marbles 10 – 2PM

**Tuesdays** – ZOOM ONLY: Chair Dance Yoga 9AM

**Wednesdays** – – Tai Chi 9AM In-Person or Zoom; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjong 10AM;

Walk With Friends 1PM; Wii Wednesdays 10 – 2PM

**Thursdays** – ZOOM ONLY: Chair Dance Yoga 9AM

**Fridays** – Tai Chi 9AM In-Person or Zoom; Chair Dance and Yoga 11AM In-Person or Zoom; Walk With Friends 1PM

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

**Special Activities**

4/1 Easter Egg Hunt 10 – 2PM

4/1 April Fool's Day 10 – 2PM

4/3 Clover Chat 1PM

4/8 & 22 Crochet with Kathy 10:30AM

4/8 OFA Deterra Bag Distribution 12-1PM

4/10 BINGO with Sallie 10:30AM

4/12 Pick a Protein presentation by Kathleen, CCE 11:30AM 12PM

4/15 Wear Your PJ's Day! 10 – 2PM

4/17 Nails by Kathy 1PM

4/19 Nursing Students Day 10 – 2PM

4/19 Jellybean Day 10 – 2PM

4/24 Bake Sale 10 – 2PM

4/26 BINGO with Sallie 10:30AM

## **DEPOSIT ..... (607) 467-3953**

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

**Center Hours:** Tuesday & Thursday, 10 – 2PM

**Lunch served at 12:30PM**

**Weekly Activities**

**Tuesday:** Balance/Strength for Seniors 11 – 11:30AM; BINGO 1PM

**Thursday:** Wii Games 10:30AM – 12:30PM

**Special Activities**

4/9 Medicare presentation by AOP 12:30PM

4/9 Painting Crafts 10 – 2PM

4/16 Breakfast for Lunch w/ French Toast 12:30PM

4/30 Card Tricks with Gary Freed 11AM

5/7 Binghamton University Falls Prevention 10 – 2PM

## **EASTERN BROOME ..... (607) 693-2069**

27 Golden Lane, Harpursville, NY 13787

**Center Hours:** Mon- Fri, 9 – 2:30PM

**Lunch served at noon**

**Breakfast Made-To-Order:** Tuesday, 8:00 AM - 9:30 AM

**Weekly Activities**

**Monday:** Shuffleboard (call ahead to sign up) 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:** Bingo for Prizes 10 - 11:30AM; Painting Group 9 - 11AM

**Friday:** Shuffleboard (call ahead to sign up) 9AM;

Gentle Tai Chi 9:30AM

**Special Activities**

4/2 & 23 Chop and Chat (call to reserve your spot.) 12:30 – 1:30PM

4/4 Action for Older Persons presentation 12:15PM

4/5 Burger Bar 11:30 – 12:30PM

4/9 OFA Deterra Bag Distribution 9AM

4/10 Finance Meeting 9:15AM

4/10 Site Council Meeting 10:45AM

4/17 OFA Nutrition: Healthy Eating on a Budget 10:30AM

4/18 Golden Griddle (New Menu!) 11:45 – 12:45AM

4/25 Evening Meal 5:15PM (reserve by 4/24 at Noon.)

4/30 Binghamton University Falls Prevention 10 – 2PM

## **FIRST WARD..... (607) 797-2307**

226 Clinton St., Binghamton, NY 13905

**Center Hours:** Mon- Fri 8:30 - 3:30PM

**Lunch served at 11:45 am call 607-729-6214 for reservations**

**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:** Ceramic 9AM, Bonesavers 10AM,

Chorus 9AM (when in session, call for details)

**Thursday:** Sewing 9AM, Cornhole 1PM

**Friday:** Ceramic 9AM, Zumba 9:30AM, Bonesavers 10AM

**Special Activities**

4/2 & 16 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM (Advanced registration and \$3 payment required.)

4/4 Executive Board Meeting 9:30AM

4/5 BU Psychology Department: Understanding the Aging Brain 12PM

4/8 Legal Aide 9AM (Appointment required, please call)

4/9 Pick a Protein: More than Just Meats! Presentation by Kathleen, CCE 12PM

4/9 Chop & Chat: Veggie Tuna Mac 1PM

Reservations required 1 week in advance.

4/12 Film Friday: "Field of Dreams" 1PM (Free popcorn, soda for sale)

- 4/15 Broome County Sheriff presents "Senior Scams" 12PM
- 4/19 Baseball Trivia Competition 12PM
- 4/26 Film Friday: "A League of Their Own" 1PM (Free popcorn, soda for sale)
- 4/29 Breakfast for Lunch: French Toast 10:45 AM - 12:30PM
- 4/30 OFA Deterra Bag Distribution 12PM
- 4/30 Chop & Chat: Five Veggie Stir Fry 1PM  
Reservations required 1 week in advance.

**JOHNSON CITY ..... (607) 797-3145**

30 Brocton St., Johnson City, NY 13790

**Center Hours:** Mon - Thurs 9 – 4PM; Fri 9 – 2PM

**Lunch served at 11:45AM**

**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**

4/1 Stay Healthy Caregiver Support Group 1 – 2:30PM

4/3 Lyceum Armchair Travel: Charleston 10 – 12PM

4/3 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM

4/5, 4/12, 4/19, 4/26 Poetry Group 12:30PM

4/10 Lyceum Armchair Travel: Dalmatian Journey 10 – 12PM

4/11 Binghamton University Nursing Students Visit 9 – 12PM

4/11 How Important is it to Compare Medicare Advantage Plans? (State Farm/Nick Romo) 10:30 – 11:30AM

4/16 OFA Deterra Bag Distribution 10:30 – 12PM

4/17 Lyceum Armchair Travel: Nova Scotia 10 – 12PM

4/17 Book Club 3 – 4PM (Boys in the Boat by Daniel James Brown)

4/17 LGBTQ+ Senior Social Group 3 – 4PM

4/18 Legal Aid 9 – 12PM. Call for appointment.

4/19 Pick a Protein: More Than Just Meats! (CCE) 10:30 – 11:30AM

4/22 AOP Saving Money with Medicare & Preventive Services 11:30AM

4/25 + 4/26 AARP Driver Safety Class 1:00 – 4:15PM (call to register)

**NORTHERN BROOME ..... (607) 692-3405**

12 Strongs Place, Whitney Point, NY 13862

**Center Hours:** Mon- Fri, 9 – 3PM

**Senior Center Store:** 9 – 3PM

**Lunch served at Noon.**

**Weekly Activities**

**Monday:** Bingo 10:30 – 11:30 AM

**Tuesday:** 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; Knitting 1 – 3PM

**Special Activities**

4/2 & 16 Golden Agers 12PM

4/3 & 9 Binghamton University Nursing Students 9AM

4/4 & 18 Cornhole 10:30AM

4/8 Chop & Chat 1PM Reservations required.

4/11 Made to Order Breakfast 10AM

4/11 OFA Nutrition: Healthy Eating on a Budget 10:30AM

- 4/17 Tye Dye Craft 10AM
- 4/23 Binghamton University Falls Prevention 10 – 2PM
- 4/26 Save Money with Medicare 12:15PM

The Northern Broome Senior Center is looking for volunteers to help with meal service. Volunteers are needed M-F from approximately 11 – 1PM, talk with Heather about joining our team!

**NORTH SHORE ..... (607) 772-6214**

24 Isbell St., Binghamton, NY 13901

**Center Hours:** Mon- Fri, 10 – 2PM

**Lunch served at Noon.**

**Weekly Activities**

**Monday:** Wii Bowling 10AM

**Tuesday:** Greed Game 10 - 11:30AM

**Wednesday:** Shuffleboard 10AM; Greed Game 10 – 11:30AM

**Thursday:** Greed Game 10 - 11:30AM

**Friday:** Wii Bowling 10AM

**Special Activities**

4/3, 10 & 17 National Walking Day: Indoor Walking Club 1PM

4/9 Binghamton University Falls Prevention 10 – 2PM

4/11 National Pet Day – Bring in pet photos! 10:30AM

4/17 OFA Nutrition: Healthy Eating on a Budget 12PM

4/18 Medicare presentation by AOP 1PM

4/22 Earth Day 10:30AM

4/24 Intergenerational Games 10:30AM

4/26 Pretzel Day 10:30AM

**VESTAL ..... (607) 754-9596**

201 Main St, Box #4, Vestal, NY 13850

Located in Old Vestal High School Cafeteria

**Center Hours:** Mon-Fri, 9 – 2PM

**Lunch served at 11:45AM**

**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**

4/1 & 22 Chop and Chat! Must call to reserve a spot. 10AM

4/3 UHS presentation on Mindfulness and Stress Reduction 10AM

4/3 Lyceum Armchair Travel: Charleston 10 – 12PM

4/4 Vestal Club Trip Sign Up: Lancaster 12 – 2PM

4/8 Breakfast for Lunch 11AM Please call to reserve your meal by 4/5

4/10 Vestal Public Library: Tech Help 10 – 12PM

4/12 SUNY Broome Dental Students presentation on Oral Health 11:30AM

4/12 Mexican Train Game (New players welcome!) 12:15PM

4/15 & 16 AARP Driver's Safety Class 2 – 5:30PM Call to reserve your spot.

4/16 Binghamton University Falls Prevention 10 – 2PM

4/17 Lyceum Armchair Travel: Nova Scotia 10 – 12PM

4/23 OFA Deterra Bag Distribution 10:30 – 12PM

4/23 Vestal Senior Club Meeting Day 12:15PM

4/24 Vestal Police Chief Kitner Q&A 10:30AM

4/24 Cornell Nutrition Education 10:15AM

4/30 Craft Day 10AM Please call to reserve.

4/26 Pizza or Chef Salads 11:15AM Please call to reserve by 4/25

4/26 BUNKO 12PM

4/30 BINGOCIZE Starting 12:30PM Call 607-778-2411 to register.

4/30 Craft Day 10AM Please call to reserve.

**Laugh Break!**  
Which day of the year do monkeys like best?  
*The first of APE-ri!*

## Deterra Bag Distribution to Combat Substance Misuse

Substance use is increasing within the older population. The use of substances can often be overlooked and undertreated, which can cause serious negative health effects. Below is a list of symptoms that may indicate the possibility of a substance misuse:

- Feeling that you need to use a substance every day, which may be more than once
- Experiencing urges to continue use
- Spending a lot of money on the substance, even if you cannot afford it
- Experiencing risky behavior while you are under the influence
- Experiencing withdrawal symptoms when you attempt to stop or decrease use
- Not being able to stop use
- Your use is causing disruptions in your daily life and/or relationships

**If you or someone you love is struggling there are resources available.**

### Addiction Center of Broome County (ACBC)

Provides medically supervised outpatient counseling and treatment to chemically dependent or abusing persons and their families. Sliding-scale fee. **607-723-7308**

### Binghamton VA Community-Based Outpatient Clinic

Staff from the Syracuse VA Medical Center provide medications and individual and group psychotherapy for veterans experiencing personal and emotional problems, including drug and alcohol problems. A smoking cessation program combines behavioral and medication treatments in a group format. Offers referrals to other community substance abuse programs and to residential VA facilities. **607- 772-9100**

### Fairview Recovery Services

Provides chemical dependency services in Broome County. Short-term, non-medical detoxification. **607-722-8987**

### Family Mental Health Clinic

Services include outpatient clinic treatment. **607-729-6206**

### Helio Health Evaluation Center

Medically supervised treatment programs for individuals with substance use issues. Helio offers inpatient detoxification, inpatient rehabilitation, outpatient treatment, mental health services, behavior health clinics, gambling support, and other services. **607-296-3072**

### Salvation Army Adult Rehabilitation Center

Six-month to one-year drug and alcohol rehabilitation program. This full-time, in-house program meets basic physical needs and offers individual counseling, group counseling, work therapy, addiction education classes, Bible studies, and Christian worship services. **607-723-5381**

### Sunrise Wellness Center

A peer-run program promoting recovery for individuals with mental health diagnoses. Provides a safe haven for those with a mental illness or chemical addiction. **607-771-8888**  
Peer Support Line at **607-240-7291**.

### UHS Addiction Medicine at Binghamton General

Services include inpatient, outpatient, and Medication Assisted Treatment (MAT). UHS Addiction Medicine: **607-762-3288** for inpatient treatment, substance use evaluations, individual or group counseling; **607-762-3918** for medication for an opioid addiction.

### UHS New Horizons Alcohol & Chemical Dependency Treatment Center

Provides both inpatient and outpatient substance and alcohol abuse recovery services. Assessment, referral, and 24-hour Emergency Crisis Intervention. Offers a Crisis Hotline. UHS Binghamton General Hospital: **607-762-3288** or Crisis Hotline: **607-762-2257**

This April, OFA is distributing Deterra bags at local Senior Centers. Deterra bags are drug deactivation bags that permanently destroy unwanted medications and drugs. Deterra bags will be distributed at the following senior centers:

Broome West: April 2nd from 11 – 12PM  
Chenango Bridge: April 8th from 12 - 1PM  
Eastern Broome: April 9th from 9 - 10AM  
Johnson City: April 16th from 10:30 – 12PM  
Vestal: April 23rd from 10:30 – 12PM  
First Ward: April 30 from 12 – 1PM

Unwanted medications (no sharps) can also be brought to a permanent collection box located at:

### Broome County Sheriff's Office (Administration lobby)

155 Lt. VanWinkle Drive, Binghamton, NY  
Hours: 8:00am-5:00pm Monday-Friday

### Broome County Office Building

60 Hawley Street, Binghamton, NY  
Hours: 8:00am-5:00pm Monday-Friday

### Endicott Police Station

1101 Park Street, Endicott, NY  
Hours: 8:00am-5:00pm Monday-Friday

Mayo Foundation for Medical Education and Research. (2022, October 4). *Drug addiction (substance use disorder)*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>

*Sharps & Medication Disposal*. Broome County New York. (2024). <https://www.gobroomecounty.com/solidwaste/sharp-disposal-amp-unwanted-medications>

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and the world thinks: Go."**

**Christopher Morley**

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## Sudoku Answers

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

## Hire a Senior Helper

If you need help, consider utilizing the Senior Helpers Program. This program is operated by the Broome County Office for Aging and connects older workers with those in need of help.

OFA maintains lists of registered Senior Helpers organized by categories. We currently have over 100 workers registered in the following categories:

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

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

- Call **607-778-6105** and leave a voicemail with your full name, mailing address, phone number, and what type of jobs you are interested in hiring for.
- We 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.

## Here is some GOOD NEWS! New York State Senate Passes Prescription Drug Affordability Measures

If signed into law, New York to become the second state in the nation to pursue its own drug manufacturing to lower costs and protect against shortages.

The New York State Senate approved legislation to reduce the cost of prescription drugs, eliminate cost-sharing for insulin, and promote health equity for patients in New York State. The legislative package advanced by the Democratic Majority also features legislation to establish a wholesale drug importation program; limit drug manufacturers ability to stymie competing generics in the market; and requires certain rules when establishing a step therapy protocol to ensure that patients do not need to first try and fail on inappropriate medications.

**Senate Majority Leader Andrea Stewart-Cousins** said, "Accessible and affordable prescription medication is not a luxury but a necessity. I'm proud that today we are taking another step to address the financial burden high prescription drugs place on the livelihood of New Yorkers by reimagining how we manufacture and import these life-saving drugs to make them more affordable. We are dedicated to improving the lives and well-being of all New Yorkers by making essential treatments accessible to everyone. I thank the sponsors for advancing this timely and crucial legislation."

**Bill sponsor and Chair of the Senate Health Committee, Senator Gustavo Rivera** said, "I am proud that the Senate Majority is taking legislative action to alleviate the financial burden many New Yorkers are experiencing, specifically when it comes to having access to the medication and prescriptions they need to survive. My groundbreaking New York State Affordable Drug Manufacturing Act will make New York the second state in the nation to collaborate with drug manufacturers to produce our own generic medications, helping to directly address our current drug affordability crisis. A second bill would eliminate co-payments and other cost sharing requirements for insulin, preventing New Yorkers from needing to ration or forgo insulin treatments to make ends meet. Lastly, another would make prescription drugs more affordable by expanding the EPIC program to more seniors. As our State faces an affordability crisis, the Senate Majority is eliminating barriers New Yorkers are facing so they can access the medications they need."

Sourced from: <https://www.nysenate.gov/newsroom/press-releases/2024/new-york-state-senate-passes-prescription-drug-affordability-measures>

### Laugh Break

How are Thanksgiving and April Fool's Day different?  
*On one you're thankful and one you're prankful!*

### The Broome County Home Repair Service

#### Home Repairs for Senior Citizens

*A Non-profit public service operated by*

#### First Ward Action Council, Inc.

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You pay only for materials.

Labor is provided free of charge to eligible home owners.

- |                 |                      |                  |
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**Call (607) 772-2850 For Details**



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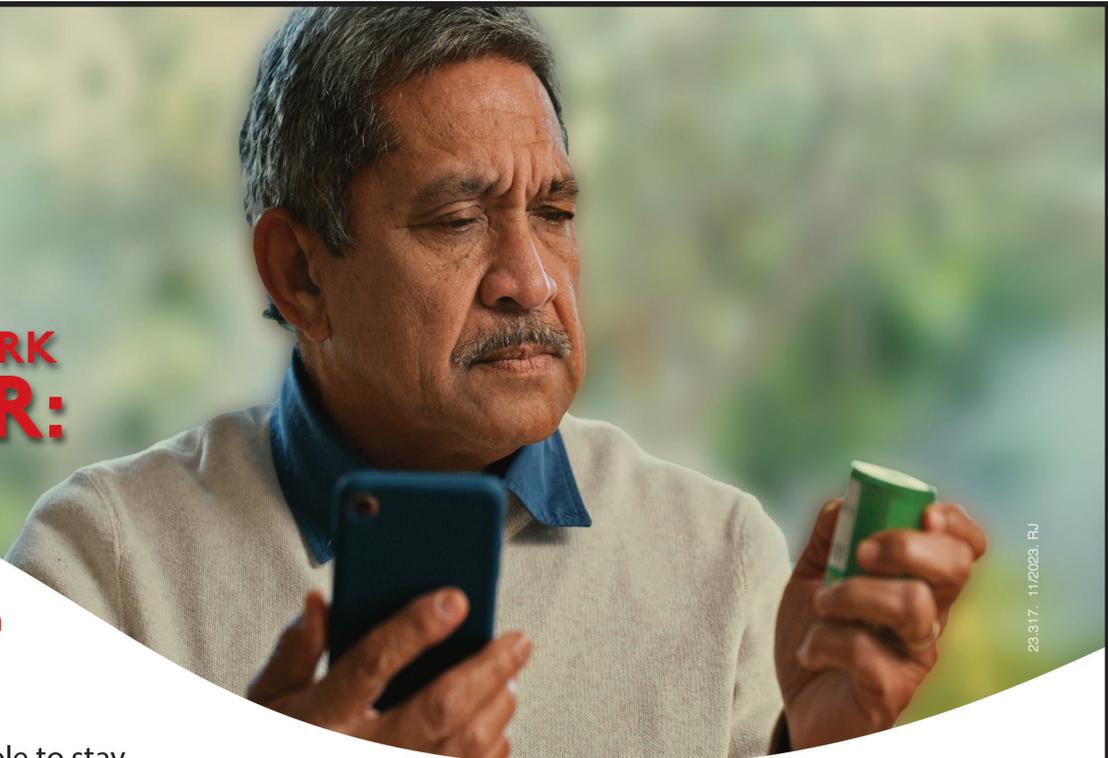
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- **Certified Specialists in Poison Information** (RNs, Pharmacists & Physicians) are available to talk to you 24/7, 365 days a year.
- Most people who call our poison center are able to stay home, avoiding an unnecessary trip to an Emergency Department or an Urgent Care Center.
- We receive more 50,000 calls per year from healthcare providers, 911 operators, hospitals, schools, workplaces, and the general public.
- Our services are free & confidential.
- We cover 54 counties in New York State.
- Our website offers free materials, resources, and informative videos where you can learn more about poison prevention. [www.upstatepoison.org](http://www.upstatepoison.org)



23.817 - 11/2023 - RJ

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-Julie S., Binghamton

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**AmeriCorps Seniors**

Foster Grandparent Program of Broome County  
Supporting Children in Classrooms

## Classroom Volunteers Needed!

Volunteers needed for daycares, preschools, and elementary classrooms.



97% of Foster Grandparents feel that they are making a positive difference in a child's life.

Benefits include:

- Tax free Stipend
- Mileage reimbursement
- Paid holidays and benefit hours
- Opportunities to meet people and socialize

Who can apply:

- 55 or older
- Meet limited income requirements
- Able to volunteer 10 hours per week
- Individuals interested in working with Children

Contact the Foster Grandparent Program at 607-778-2089

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:

- Foster Grandparent Classroom Volunteer  
Income Eligibility Required  
No Civil Service Exam Required  
Monday - Friday; Hours Vary
- On Call Leisure Time Activity Leader  
Yesteryears: Group Respite Program  
No Civil Service Exam Required  
Monday – Friday; Hours Vary
- On Call Senior Site Supervisor  
Yesteryears: Group Respite Program  
No Civil Service Exam Required  
Monday – Friday; Hours Vary
- Senior Account Clerk  
OFA Fiscal Department  
Civil Service Exam Required\*  
\$16.3393/hour  
Monday – Friday, 8 – 4PM (37.5 hours/week)
- Keyboard Specialist  
\$16.05/hour  
Monday – Friday, 8 – 4PM

To inquire about these positions call Mary at OFA at  
**607-778-2411**

**“Age is merely the number of years the world  
has been enjoying you.”**

- Anonymous

**Laugh Break**

How does a flower make a bike go?

*with its petals!*



**Eat a Variety of Protein to Stay Healthy**

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



Did you know that protein is found in a wide variety of foods? Protein is a nutrient needed to maintain strong, healthy bodies. It affects our ability to maintain muscle mass, fight infection, and recover from an accident or surgery. As we get older, our appetites may decline, and we don't eat as often as we used to. This can mean we aren't getting the variety of nutrients we need each day, including protein.

But we can boost our protein by including fish, beans, nuts, and other plant-based foods in our diet. They are often more economical than meat and provide other nutritional needs not found in meats and poultry.

Legumes such as beans, peas, and lentils add dietary fiber; seafood adds vitamin D, B12, and calcium (if eaten with bones, such as sardines or canned salmon); dairy foods such as milk, yogurt, and fortified soy and nut milks also give our bodies calcium, vitamins D and B12.

Here are some easy ideas: Add beans to salads, casseroles, soups, and rice dishes. Eat peanut butter or tuna salad on whole grain crackers; put some walnuts or sunflower seeds on your yogurt; make soups with milk instead of water and add cheese to scrambled eggs. Here's to your health!



Amanda VanFossen,  
NYS Licensed  
Hearing  
Aid Dispenser



Amanda Levy, Au.D.  
Doctor of  
Audiology

**Our hearing experts  
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(888) 318-2789

# April Menu - Bon Appétit!

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

<b>Penne Pasta w/Meatballs</b> Italian Green Beans Cauliflower w/Parsley Sugar Cookie	<b>1</b>	<b>Halupki Or Marinated Chicken</b> Mashed Potatoes California Blend Veg. Vanilla Cake	<b>2</b>	<b>Manicotti</b> Sausage Soup Garden Salad Applesauce	<b>3</b>	<b>Hot Dog OR Tuna Salad Boat</b> Baked Beans Garden Salad Ice Cream Cup	<b>4</b>	<b>Pepper Steak OR Citrus Rubbed Fish</b> Mashed Potatoes California Blend Vegetables Mandarin Oranges	<b>5</b>
<b>Beef Stew over a Biscuit</b> Peas Warm Spiced Apples Oatmeal Raisin Cookie	<b>8</b>	<b>Chicken Salad Croissant</b> Cream of Vegetable Soup Cottage Cheese Pineapple	<b>9</b>	<b>Roasted Chicken Or Broiled Fish</b> Bread Dressing Winter Squash Apple Crisp	<b>10</b>	<b>Roast Turkey w/Cranberry Sauce</b> Baked Potato Carrots Fruited Gelatin	<b>11</b>	<b>Swedish Meatballs OR Herbed Fish w/Lemon</b> Buttered Noodles French Cut Green Beans Chocolate Brownie	<b>12</b>
<b>Chicken ala King over A Biscuit</b> Peas & Carrots Grape Juice Cranberry Oatmeal Cookie	<b>15</b>	<b>Ham &amp; Swiss On Rye</b> Stuffed Pepper Soup Fruit Cup Banana	<b>16</b>	<b>Pulled Pork</b> Roasted Potatoes Hawaiian Coleslaw Strawberry Shortcake	<b>17</b>	<b>Liver w/Onions OR Seasoned Chicken</b> Mashed Potatoes Country Blend Vegetables Mandarin Oranges	<b>18</b>	<b>Grandma's Meatloaf OR Fish Florentine</b> Buttered Noodles Cut Green Beans Pineapple Upside Down Cake	<b>19</b>
<b>Pierogies w/Kielbasa</b> Oriental Blend Vegetables Chocolate Chip Cookie	<b>22</b>	<b>Pub Burger</b> Macaroni Salad Pickled Beet Salad Pineapple	<b>23</b>	<b>Beef Burgundy Over Noodles</b> Brussels Sprouts Peach Crisp	<b>24</b>	<b>Halupki OR Brd Chicken Cutlet</b> Mashed Potatoes California Blend Veg. Strawberry Cake	<b>25</b>	<b>Sweet &amp; Sour Pork Or Herbed Fish w/Lemon</b> Roasted Potatoes Garden Salad Applesauce	<b>26</b>
<b>Meatball Parmesan Sub</b> Pasta Fagioli Soup Fruit Cup Lorna Doone Cookies	<b>29</b>	<b>Ham Au Jus OR Citrus Rubbed Fish</b> Canadian Cheese Soup Carrots Spice Cake	<b>30</b>	<b>YOU ARE CORDIALLY INVITED TO "BE OUR GUEST" THIS APRIL</b> If you are not currently a 'regular' at a senior center or if you haven't been to a center in a while, the Office for Aging is sponsoring a wonderful opportunity to <b>"Be Our Guest!"</b> Enjoy an introduction to the benefits and fun of spending time at your local senior center. See the front page for more details.					

*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](http://www.gobroomecounty.com/senior).

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

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