



Visit Our Website at www.gobroomecounty.com/senior



Love is in the Air

We're feeling the love all around! Please see the next page to see how you can celebrate Valentine's Day with us.

BLACK HISTORY MONTH

"It is most appropriate that Americans set aside a month to recognize the important contribution made to our nation's life and culture by our black citizens.

With the growth of the civil rights movement has come a healthy awareness on the part of all of us of achievements that have too long been obscured and unsung. Emphasis on these achievements in our schools and colleges and in daily community life places in timely perspective the benefits of working together as brothers and sisters regardless of race, religion, or national origin for the general well-being of all our society."

- GERALD R. FORD

Sourced from: <https://www.presidency.ucsb.edu/documents/message-the-observance-black-history-week>

See page 4 to learn about Black History in Broome County.

What can your local Senior Center offer you?!



We're glad you asked! Senior Centers are a great way to beat the isolating effects of the colder months. But they offer more than just a warm place to go! They offer:

- A Hot Meal
- A Sense of Community
- New Friends
- Exercise Groups
- Art Groups
- Educational Presentations
- And much more!

Check out the "What's Happening" section on page __ to see what events are taking place at the senior center closest to you. We look forward to meeting you!

Let's Squash Social Isolation!

See more on page 6.

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/

HEALTH AND WELLNESS

ACTIVITY SCHEDULE

Chair Yoga

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

Monday 11:00 am 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. \$3 charge for this class.

Monday 9:30 am East. Broome Sr. Center (Harpursville) – no fee

Monday 9:30 am Johnson City Senior Center

Friday 10:00 am Johnson City Senior Center

Bonesaver Class

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

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

Mon & Wed 1:00 pm Johnson City Senior Center

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

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

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday 10:45 am Johnson City Senior Center

Zumba

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

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

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

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge for this class.

Thursday 10:00 am Johnson City Senior Center

Tai Chi

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

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

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

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

Chair Exercise

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

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

Tues & Fri 12:30 pm Johnson City Senior Center

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

Virtual Zoom Classes

ZOOM Chair Exercises

Mon., Wed. & Thurs 9:00 - 9:45 am

ZOOM Chair Drum Exercises

Tuesday 9:00 - 9:45 am

ZOOM Chair Yoga

Friday 9:00 - 9:45 am

Drum Exercise Class

Chair exercise using cardio drumming for seniors. No fee for this class.

Monday 1:30 pm

Exercise equipment available daily at the following Senior Centers:
Broome West Senior Center, Northern Broome Senior Center,
First Ward Senior Center, Johnson City Senior Center

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

Valentine's Day Luncheon

Wednesday, February 14th
(February 15th at the Deposit Senior Center)

Celebrate Valentine's Day with friends and festivities. Cupid's arrow will get you in the tummy with this delicious lunch of broiled fish or chicken cordon bleu and a special Valentine's Day dessert of black forest pudding.

Lunch reservations are required and can be made by calling the senior center of your choice by Noon on Tuesday, February 13th. In addition to a hot meal, the below centers have the following scheduled for the celebration:

- Broome West: Greg Neff 10:30AM**
- Chenango Bridge: Johnny Only 12:30PM**
- Eastern Broome: Mike's Jukebox 12:15PM**
- First Ward: Ralph Muro 12PM**
- Northern Broome: Dan Bolton 11:30AM**
- Vestal Senior Center: Friday at Fred's 12PM**

We hope to see you there!

There is a suggested contribution for lunch of \$4.00 for those age 60+ and spouse of any age and a charge of \$5.00 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

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

Dates:

- February 21st – Broome West, Endwell
- February 28th – Johnson City
- March 13th – Chenango Bridge (11 – 3PM)
- March 20th – First Ward, Binghamton

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 call the Office for Aging at **(607) 778-2411** or the Motion Analysis Research Laboratory at **(607) 777-4700**.
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, February 5, 2024 **Time:** 1:00 - 2:30 PM

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

Introducing Social Saturdays to begin February 3, 2024

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. This ministry will be held the first Saturday of the month beginning February 3, 2024.

The program will host participants at the:

St. Anthony's Church Hall 300 Odell Ave Endicott from 11 - 2PM.

This caregiver respite 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.

Grace's Place

Attention Caregivers:

Free Senior Respite is Provided by Grace Lutheran Church

Date: The 2nd Saturday of Every Month **Time:** 1-4 pm

Location: Grace Lutheran Church, 709 Main Street, Vestal

Contact: (607) 748-0840 or email gracevestal709@gmail.com

Requirements: Guests should be able to eat and toilet independently.

To Register: Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place



**Perform housework for someone?
Help them shop for food?
Help them bathe or get dressed?
... Feel Stressed?**

**You are a caregiver.
Support is available.**

Call NY Connects 1-800-342-9871

Events at the Centers

Broome West Senior Center

Friday, February 23rd at 11AM

Fun Friday with Marian Tewksbury

Join us before lunch for entertainment by Marian!
Meal served at 11:45AM Please call 607-785-1777
prior to 2/22 at Noon for a reservation.

Chenango Bridge Senior Center

Friday, February 23rd from 10 – 2PM

Wii Tennis Competition

Come test your Wii skills or come watch!

Deposit

Tuesday, February 6th at 10:30AM

Valentine's Craft

Eastern Broome

Friday, February 2nd from 11:30 – 12:30PM

Burger Bar

Walk Ins Welcome!

First Ward

Friday, February 9th at 12PM

Nature Presentation by Naturalist Rick Marsi

He will discuss and share his images of a three weeklong safari he experienced in East Africa!

Johnson City

Monday, February 12th from 10:30 – 11:30AM

Mindfulness & Stress Reduction Techniques with UHS
Learn what mindfulness is and how to practice it.
Included self-guided meditation and tips for stress reduction.

Northern Broome

Tuesday, February 27th

Evening Meal with Entertainment by Mike's Jukebox
Chicken Cordon Bleu, Mashed Potatoes, Corn, with
Chocolate Cream Pie for Dessert

Meal: 4:30PM Entertainment: 5PM

Please make reservations by calling 607-692-3405
by 2/26 at Noon.

North Shore Towers

Wednesday, February 7th at 10:30AM

Presentation on The History of the Mafia by Bill Tomic

Vestal

Monday, February 5th at 12PM

High King Card Game

Senior Center Closings:

Monday, February 19th for Presidents' Day

*"Be there for others, but never leave
yourself behind!"*

Dodinsky

THE BIRTH OF A COMMUNITY **Early Black Churches, Schools, and Organizations** **that Built Binghamton**

By Roger Luther

Binghamton has a very rich history, and although that history has been well-documented over the last two centuries, unfortunately, very little has been written about the African American community.

From the beginning it was a close-knit, caring community that would endure great hardship and discrimination, but would contribute greatly to the overall growth and success of Binghamton and Broome County – *and it all started at church.*

THE FIRST BLACK CHURCHES

“Nothing is more powerful than the black church experience.”
- Barack Obama

During the early 19th century as African Americans arrived in Binghamton, many settled in the vicinity of Susquehanna Street. Initially church services and community gatherings were held in homes, but it wasn't long before two small chapels were established, owned and occupied by African Americans. Both were Methodist, and they were referred to as “African Methodist Episcopal.” One was known as AME Zion Church and the other, AME Bethel Church.

AME Zion was the first Black church in Broome County. It was organized in 1838 and located about where Columbus Park is now. During the early 1860s abolitionist Jermain Wesley Loguen, known as the “King of the Underground Railroad,” served as pastor of the church.

AME Bethel Church was built in 1844 and was located on Susquehanna Street. It is very likely that both churches, AME Zion, and AME Bethel, played an active role in the Underground Railroad, providing food and shelter to its travelers. AME Bethel closed around 1930 and the congregation merged with AME Zion Church. Both buildings were eventually demolished, and the congregation relocated to Trinity AME Zion Church on Oak Street.

In the 1920's two more Black churches were established – Beautiful Plain Baptist Church at 49 Pine Street, and the Church of God and Saints of Christ Jewish Tabernacle at Sherman Place, near AME Zion.

Early churches provided much more than spiritual guidance for the Black community. They were community centers. Life centered around the church. Binghamton's first Black churches led directly to the establishment of primary schools, trade schools, and civil rights organizations for the social, political, and financial advancement of this area's Black community.

THE FIRST BLACK SCHOOLS

“Intelligence plus character – that is the goal of true education.”
- Martin Luther King, Jr.

Prior to 1861 a “school for colored children” was located near Carroll and Fayette streets. The school did not have a dedicated teacher and was not under supervision of the Board of Education. Then in 1861 a small house on Hawley Street was set up as another school. It continued to serve the African American community for eleven years, and it is interesting to note that Amelia Loguen, daughter of abolitionist Reverend Jermain W. Loguen, and renowned educator and activist Edmonia Highgate, both served as teachers at this school. Finally in 1872, African American pupils were assigned to general public schools.

By the end of the 19th century basic education was provided but more was needed. Employment opportunities for African Americans at this time were extremely limited, and Reverend John Roberts, pastor of the AME Zion Church, saw a need for practical trade-school education. In 1910, Roberts, along with two other officers of the church, Thomas Crawley, and Leonard Thomas, established the “Parlor City Industrial

School.” First meetings were held at the church, then in 1911 the school moved to a building at Fayette Street.

The stated goal of the school was “to teach men and women to become more efficient as laborers and domestics.” Instruction was provided for furniture repair, upholstery and house cleaning.

Around that same time, Fred Hazel came to Binghamton. Having graduated from an industrial school in Virginia, Hazel saw a need to provide similar schooling, job training and job placement for the local Black community. In 1912 he founded the “Binghamton Normal Industrial and Agricultural Institute.”

Like the Parlor City school, meetings were first held at AME Zion Church. Hazel then obtained 105 acres of land adjacent to Ross Park, where cottages, classrooms and a chapel were built. Female students were trained in sewing and domestic service, and male students in painting, upholstery and carpentry.

The Normal Institute continued to operate for three years, but ultimately closed due to lack of funds.

The Parlor City Industrial School moved to State Street in the 1920s and later became known as the “Industrial Furniture Company,” which continued to operate into the 1960s.

ADVOCACY, ORGANIZATION AND THE NAACP

“If there is no struggle, there is no progress.”
- Frederick Douglass

Fred Hazel and Leonard Thomas were active with Binghamton's first African-American churches. Both were instrumental in establishing educational centers, and both worked for years to organize and advocate for the social, political and financial advancement of this area's Black community. In 1907, Thomas formed a local branch of the “United Order of True Reformers,” an organization designed to help African-American members with real estate and insurance programs.

Fred Hazel formed a fundraising organization known as the “Frederick Douglass Lyceum of Binghamton,” and a few years later organized the “Binghamton Colored Civic League.” When it was announced that a controversial new motion picture, D.W. Griffith's “The Birth of a Nation,” was scheduled to play in a local theater, Hazel and the Civic League took a stand against it. As Hazel put it, “the movie is a travesty on history, a breeder of racial antipathy magnifying the faults of the colored race, while glorifying the lawlessness of the whites.” It came as no surprise that the movie played, at both the Armory Theater and Stone Opera House, but not without strong objection by Binghamton's Black community.

Hazel's Civic League also took issue with the local press and their practice of identifying African-Americans by race in their reporting.

Finally, in 1919 a meeting was held at AME Zion Church to establish the first local branch of the National Association for the Advancement of Colored People (NAACP). Fred Hazel is credited with founding the chapter and Leonard Thomas served as the first president of the organization, followed by Hazel a few years later.

Over the years meetings of the local NAACP were held in churches and various other locations, and in 1928 preparations were made to obtain a permanent home for the organization. Drawing from Hazel's and Thomas's experience with trade schools, the new facility would include an employment bureau, sewing classes, cooking classes and a nursery for the children of working members. But by the early 1930s, membership in the local NAACP had declined below the point of sustainability and it fell dormant. Finally in 1948 a new generation of civil rights advocates led by Clarence McGill saw a need to re-establish a local organization. That year a new Binghamton chapter of the NAACP was formed – to carry on the work of this community's early Black leaders.



Mark Your Calendar! Upcoming Community Events

Winter Star Party 2024

Kopernik Observatory & Science Center
698 Underwood Road, Vestal
Saturday, February 17th from 6-10pm

Share your love for stargazing at Kopernik Observatory's Winter Star Party 2024. Join on-site or virtually through YouTube to celebrate astronomy and Mikolaj Kopernik's 551st Birthday. This is a family-friendly event that includes presentations, activities, and night sky observing. Door opens at 6pm. Admission is \$4 for seniors/students, \$6 for adults, with a \$20 family maximum. Kopernik members participate for free. Questions, call 607-748-3685.

Stream on YouTube: https://youtube.com/live/5__chcTLkNM

<https://www.kopernik.org/>

Kiss Me Once: Stories from the Homefront Concert

Schorr Family Firehouse Stage
48 Willow Street, Johnson City
Sunday, February 25th at 2pm

Kathy Kaefer immortalizes the brave men and women of "The Greatest Generation" in celebration of the songs that inspired them to greatness. Tickets are \$30 for seniors and students; \$32 for everyone else. Call 607-772-2404 with questions.

<https://firehousetage.org/>

Bunco at the Mansion

Kilmer Mansion
9 Riverside Drive, Binghamton
February 25 and March 31, 11am-2pm

Bunco is an easy-to-learn dice game that is loads of fun. Sign up for both dates or either. Great if you are looking for an indoor activity on a wintery Sunday (with a charming, warm ambience), some social fun with new or existing friends, and a great way to help save the Kilmer Mansion (proceeds with support renovation projects). Questions, call 607-723-3931.

<https://visitbinghamton.org/event/bunco-at-the-mansion-2/>

<https://kilmermansion.org/>

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.

Labor is provided free of charge to eligible home owners.

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

Call (607) 772-2850 For Details

Scam of the Month

Romance Scams

As the winter months continue, and reminders of love and friendship surround us this month, it can be an especially vulnerable time for adults of all ages to fall victim to romance scams.

Romance scammers prey on the emotions of others. These types of scams are cruel in that the scammers take time to build a relationship with someone, gain their trust, and form what the victim feels to be a friendship or special bond, only to leave the victim feeling devastated and often ashamed and embarrassed when they learn the truth.

Romance scams are not unique to dating websites or apps. Scammers often reach out through other forms of social media or privately targeted messages. Scammers will often rush their victim to engage in private conversations with them and ask for personal contact information such as phone numbers and addresses. The scammer may ask a lot of questions and ask for details about the victim's life, and either reveal little about themselves or tell extraordinary stories about their lives. The scammers play on the victim's emotions by telling hard-luck stories such as how they or someone close to them is hurt, sick, or in jail. The scammer often claims they are in the military or on a special assignment for work in a remote location. The scammer may tell the victim they can teach them how to invest money because they have recently come into a large amount of money. The scammer often advises the victim to keep the relationship quiet for a variety of reasons.

To avoid falling victim to a "Romance Scammer," it is important to never send money or give any access to your bank accounts to anyone you meet virtually or through a social media site or app. Never take out loans for anyone or send copies of your documents to them. Never buy gift cards for them or receive or send packages for them.

It may be tempting to forge friendships virtually with all the technology available to us today; however, if you can get out, there are many ways to meet people in the community. You can check out your local Senior Center to participate in activities and meet friends there. Local colleges often offer classes for seniors at a free or reduced rate. Check out the Mark Your Calendar article on page 5 for other community activities available to you. If you are homebound, there are safe ways to connect with others virtually, such as Virtual Senior Centers or virtual classes offered by reputable agencies. **To find out more about these resources, see the article "Reducing Social Isolation and Loneliness on page 6 in this month's Senior News, or call Office for Aging at 607-778-2411.**



Downsize & Declutter Discussion Love people, LIKE things.

Do you love your grandmother's dishes or just like them? Do you use them, or do they sit in a cupboard? Do your children want them? If they're sentimental, why aren't you using them?

Join us for a Declutter Discussion Tuesday, February 13th at 3PM at the Broome West Senior Center or on Zoom.

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

Broome County
Office for Aging 

Reducing Social Isolation and Loneliness

There are many activities available to older adults in Broome County to help them stay connected and prevent negative impacts associated with social isolation and loneliness.

Below are activities you can engage in at home or in your community to help you stay socially connected and healthy.

1. Activities in the Community

- Senior Centers: There are 9 senior centers throughout Broome County that are open and available for you to join! These centers encourage social engagement through a variety of classes and activities that happen daily. They also serve nutritious lunches to those who reserve a meal ahead of time.

2. Activities at Home:

If you prefer to try new activities at home, consider joining online programs offered by the Office for Aging or the Virtual Senior Center Programs. Other online platforms are also available to help you get creative, try a new hobby, and stay active. There are new technologies such as robotic pets and personal robots that are available to help older adults battle social isolation.

Robotic Pets (Cats, Dogs, Birds)

- Plush and “lifelike” robotic pets are designed to make realistic sounds and motions providing
- comfort and companionship.
- Free pets available through the Office for Aging to qualifying older adults: those with a diagnosis of dementia/Alzheimer’s, depression, and social isolation.
- Please contact **(607) 778-2411** to inquire about getting a pet and completing a quick assessment.

Personal Robots ElliQ

ElliQ is designed to foster independence and provide support for older adults through daily checkins, assistance with wellness goals and physical activities, and more using voice commands and/or on-screen instructions. - Delivered free by the NYS Office for Aging for free to qualifying older adults. - Contact Broome County Office for Aging if interested in an ElliQ: **(607) 778-2411**.

Enliveo

Virtual Senior Center Program - Online platform that allows older adults to connect and engage with each other through online classes. Daily classes can include chat groups, exercise, art, history, science, and music classes. - Enroll by calling the Office for Aging at (607) 778- 2411.

3. Office for Aging Virtual Programs:

Weekly classes such as Chair Dance, Chair Drum Exercise, and Chair Exercise are offered through Zoom. Please call **607-778-2411** to sign up.

Get Set Up

- Online platform for older adults to learn, connect, and share with peers in small, virtual groups. Classes include fitness, history, cooking, music, computer/ technology, and discussions on various topics.
- To access free online classes, visit:
<https://www.getsetup.io/partner/nystate>

Sourced from:

Broome County Office For Aging, [Broome County \(gobroomecounty.com\)](http://Broome County (gobroomecounty.com))
& <https://aging.ny.gov/news/social-isolation-resources-help>

Laugh Break!

What did one piece of toast say to the other on Valentine’s Day?

You’re my butter half.



Trips



Eastern Broome

Contact: Arlene 607-759-6306

May 22 – 23rd, 2024 - Lancaster

June 27th, 2024 - West Point

August 5 – 10th, 2024 - Indiana Amish Area

September 20th, 2024 - Skaneateles Luncheon Cruise and Merry Go Round Theater (May We All)

September 23 – 26th, 2024 - Cape May

December 2nd, 2024 - Nellie's Irish Christmas

Johnson City Senior Center

Contact Lucy 607-427-6143

March 18th, 2024 - Gavin's Irish Country Inn:

Join us for a St. Patrick's Day celebration!

Northern Broome – Golden Age Club

Contact: Dixie 607-692-4239

March 6th, 2024 - Philadelphia Flower Show

North Fenton Seniors

Contact: Ruth McMullen 607-648-8425

May 15th, 2024 - Penns Peak Beatlemania - \$90

Port Crane Seniors

Contact: Donna 607-648-6071

March 13th, 2024 - Hunterdon Hills "Irish Cabaret" - \$149/person

June 11-13th, 2024 - Ohio Amish Country - Sight & Sound "Ruth"

LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, February 14th, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

MEDIATORS NEEDED!

Volunteer Mediators are individuals who wish to make a difference in their community, have the time to commit to give back, and an interest in conflict resolution. They do not take sides, they do not tell people how strong or weak their case is, and they do not provide legal advice. Mediators are trained to help the parties themselves come up with a solution they can live with.

Benefits of Mediation:

- Mediation is flexible
- Participants can control the outcome
- Mediation is forward-looking
- Mediation can preserve relationships
- Mediation is creative
- Mediation is confidential
- Mediation is effective

For More Information on
Becoming a Volunteer Mediator:
ACCORD, A Center for Dispute Resolution
www.accordny.com
Volunteer Coordinator: Karen
607-724-5153 x310



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

Just For Laughs

What did one light bulb say to the other light bulb on Valentine's Day?

I wuv you watts and watts!

Presidents' Day



In the late 1870s, Senator Steven Wallace Dorsey proposed the idea of adding Washington's birth date, February 22, to the four existing bank holidays previously approved in 1870. Signed into law January 31, 1879, by President Rutherford B. Hayes, the law was implemented in 1880 and applied only to District federal workers. Washington's Birthday had become the first Federal holiday to single out an individual's birth date, and the honor lasted for less than a century. In 1968, Congress passed the Uniform Monday Holiday Bill which moved a number of Federal holidays to Mondays. In 1971, with the implementation of the Uniform Monday Holiday Law, the third Monday in February became the date on which Washington's Birthday is celebrated.

Sourced from: <https://www.govinfo.gov/features/presidents-day>

Sick & Tired of Varicose Veins?

But You're Scared of Surgery?



Before After

"I had my veins done with Dr. Dohner. It was so easy, no down time. I am a waitress and I took the next day off of work, but I did not need to. The staff at New York Skin and Vein are incredible! I highly recommend going to see them."

-Julie S., Binghamton

If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, Have Rashes, Ulcers or Clots, then it's probably a Vein Problem that can be treated in less than an hour right in our office. You'll be back to work and play in a day!

All Treatments Covered by Insurance. We Accept Medicare & Advantage Plans!

Call For Your Appointment Today!



NEW YORK
SKIN & VEIN
CENTER

Dr. Eric Dohner
75 Pennsylvania Ave Binghamton
157 East Main St Norwich

607.770.1815

Banana Split Oatmeal

A hearty soup of split peas, flavored with onion, carrots, celery, and thyme.



Ingredients

- 1/3 cup oatmeal (dry, quick cook)
- 1/8 teaspoon salt
- 3/4 cup water (hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (low-fat)

Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-split-oatmeal>

Simple Stuffed Peppers

These simple stuffed peppers are fun and flavorful. Use yellow, red, green, and orange peppers for a colorful dish.



Ingredients

- 1 cup brown rice, uncooked
- 1 can black beans, low sodium (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- salt (to taste, optional)

Directions

1. Preheat the oven to 400 °F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa, and salt (optional).
7. Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 8 and 9 to fill the pepper completely, but do not top with cheese.
10. Bake peppers for 30 minutes.
11. Top each pepper with 2 tablespoons of cheese and continue baking for 15 minutes more.

Sourced from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-stuffed-peppers>

Smothered Greens

These greens are delicious. They're especially wonderful in the cooler months when greens are easily found in your garden or market.



Ingredients

- 3 cups water
- 1/4 pound turkey breast, smoked, skinless
- 3 teaspoons hot pepper (freshly chopped)

- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cloves (ground)
- 2 cloves garlic (crushed)
- 1/2 teaspoon thyme
- 1 scallion stalk (chopped)
- 1 teaspoon ginger (ground)
- 1/4 cup onion (chopped)
- 14 cups mustard greens, or turnip, collard, kale, or mixture (about 2 pounds)

Directions

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice leaves into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender.

Oven method:

1. Preheat oven to 350 °F. In a bowl, blend eggs, 2 cups (instead of 1 1/4 cups for microwaving) milk, salt, and vanilla. Pour liquid over bread mixture; lightly blend.
2. Bake uncovered for 1 hour (pudding is done when a table knife inserted in the pudding comes out clean).
3. Serve warm or cold. Refrigerate leftovers.

Sourced from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/smothered-greens>

Tortilla Pizzas

Next time they ask for pizza, you can feel good about saying "yes!" Flour tortillas make for a crispy crust, perfect for loading with low-sodium tomato sauce, low-fat cheese, and lots of fresh veggies..



Ingredients

- 4 6" flour tortillas
- 1/2 teaspoon extra virgin olive oil
- 2 cups sliced mushrooms (white button or baby Portobello)
- 1 green bell pepper (thinly sliced, about 1 cup)
- 1 red onion (thinly sliced, about 1 cup)
- 2 teaspoons minced garlic
- 1/2 cup low-sodium tomato sauce
- 1/2 cup shredded fat-free mozzarella cheese
- 2 teaspoons grated reduced-fat Parmesan cheese

Directions

1. Heat oven to 400 °F.
2. Place tortillas on 2 large baking sheets.
3. Cook, flipping once, until crisp (about 10 minutes). Set aside.
4. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onions, and garlic.
5. Cook until all vegetables are soft and tender (about 10 minutes). Set aside.
6. Spread tortilla crust with 2 tablespoons tomato sauce, 1/4 cup vegetable mixture, 2 tablespoons mozzarella cheese, and 1/2 teaspoon of Parmesan cheese. Repeat with remaining crusts and topping ingredients.
7. Transfer pizzas to the same baking sheets.
8. Cook until cheese is melted, and edges of tortillas are golden brown (about 10 minutes).

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

**“Loving yourself starts with liking yourself,
which starts with respecting yourself, which
starts with thinking of yourself in positive ways.”**

Jerry Corstens



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.

- **February 8th 10AM** – Otsiningo Park: Meet at parking lot by restrooms entering from Bevier Street.
- **February 22nd 10AM** – Greenway: Meet at south corner of Murray Hill. Parking area with access from Plaza Drive off Rt 434.
- **March 14th 10AM** – Binghamton Riverwalk: Meet at the south end of Washington Street Bridge (off Conklin Ave) to walk to Cheri Lindsey Park.
- **March 28th 10AM** – Vestal Hills Cemetery: Meet at the entrance on Vestal Road. Park on edge of cemetery roads.

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

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:

- 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

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



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NYS Licensed
Hearing
Aid Dispenser



Amanda Levy, Au.D.
Doctor of
Audiology

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WE WANT TO HEAR FROM YOU

you

What is your favorite form of self-care?

Self-care can be anything from eating lunch to taking a long walk. Some people treat themselves to a cup of coffee, while others care for themselves by setting aside time to read a good book. Folks can care for themselves in many ways, and we want to hear about your favorite way to give yourself a little extra love.

Send your name, phone number, and submission to:
Broome County Office for Aging
Attention: Senior News
PO Box 1766
Binghamton, NY 13902
Or email ofa@broomecountyny.gov

"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

Look What's Happening at the Centers!

BROOME WEST (607) 785-1777

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9:00 am - 3:00 pm

Lunch served at 11:45 am

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, 1PM;

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

Special Activities

2/1 Legal Aid 9AM Please call for an appt.

2/2 Performance by Johnny Only followed by BINGO! 11AM

2/5 Breakfast for Lunch 10:30 – 12PM Reservations preferred.

2/7 Armchair Travel Lyceum 10 – 12PM

2/8 UHS Presentation: Health & Wellness 11AM

2/9 Birthday and Anniversary Bash! 12PM

2/12 Breakfast for Lunch 10:30 – 12PM Reservations preferred.

2/14 Valentine's Day Celebration with Entertainment by Greg Neff

10:30AM followed by a Luncheon 11:45AM

2/15 Wii Bowling Banquet 10:30AM

2/20 Site Co. Meeting 9:30AM

2/21 Falls Annual Wellness Checkup 11AM

2/23 Fun Friday with Entertainment by Marian Tewksbury followed by BINGO 11AM

2/26 Breakfast for Lunch 10:30 – 12PM Reservations preferred.

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, 10 am - 2 pm

Lunch is served around Noon 607-663-0406

Weekly Activities:

Mondays – ZOOM ONLY: Chair Dance Yoga 9AM;

In-Person or Zoom: Drumming 2PM; Walk With Friends 1PM

Tuesdays – ZOOM ONLY: Chair Dance Yoga 9AM

Wednesdays: In-Person or Zoom: Tai Chi 9AM;

ZOOM ONLY: Chair Dance Yoga 11AM; Marbles 10AM;

Mahjongg 10AM; Walk With Friends 1PM; Cornhole 1PM

Thursdays - ZOOM ONLY: Chair Dance Yoga 9AM

Fridays: Tai Chi 9AM In Person or Zoom; Mahjongg 10AM;

ZOOM ONLY: Chair Dance Yoga 11AM; Walk With Friends 1PM;

Cornhole 1PM

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

Special Activities

2/9 National Pizza Day 12PM Please call prior to 2/7 for a reservation.

2/12 Crochet with Kathy 10:30AM

2/14 Valentine's Day Luncheon and Performance by Johnny Only!

Meal served at 12PM Entertainment at 12:30PM

2/16 Heart Healthy Whole Grains by Kathleen Cook, CCE 12PM

2/21 Sticky Buns Day 10 – 2PM

2/21 Nails by Kathy 1PM

2/23 National Play Tennis Day – Wii Tennis Competition 10 – 2PM

2/23 BINGO with Sallie 10:30AM

2/26 Levi Strauss Day 10 – 2PM

2/26 Crochet with Kathy 10:30AM

DEPOSIT (607) 467-3953

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

Center Hours: Tues & Thurs, 10:00 am - 2:00pm

Lunch served at 12:30 pm

Weekly Activities

Tuesday: Balance/Strength for Seniors, 11:00 AM – 11:30 AM

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

Special Activities

2/6 Valentine's Craft 10:30AM

2/15 Valentine's Day Celebration with Entertainment by Eric Beneke
11 – 2PM Meal served at 12:30PM

EASTERN BROOME (607) 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9 am - 2:30 PM

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

2/2 Burger Bar 11:30 – 12:30PM Walk Ins Welcome!

2/2 Laughercize with Traci Penna 1:30 – 2:30PM

2/7 Craft: Create A Pin Cushion 10:30AM All material provided, call to reserve your spot!

2/12 Bake Sale and Cabin Fever Day 9 – 2PM

2/12 "Dish To Pass" Luncheon 12PM No OFA hot meal served.

2/13 & 27 Chop and Chat 12:30PM Reserve by the Thursday prior.

2/14 Valentine's Day Luncheon with "Mike's Jukebox"

Meal served at 12PM, followed by entertainment.

2/15 Nutrition ED Labeling Topic: Food Safety w/ Donna Bates and Bridget Hoyt 12:15AM

2/21 Officers and Finance Meeting 9:15AM

2/21 Senior Center Site Council Meeting 10:45AM

2/21 "The Page Turners" Book Club 10AM

2/22 Golden Griddle Brunch 11:45 – 12:45PM Walk Ins Welcome!

2/26 "Farm Animal Races" – Cows, Pigs, and Horses 10:30AM

2/28 Legal Aid Society 9 – 12PM Please call for an appointment.

FIRST WARD (607) 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:30 am - 3:30 pm

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

Weekly Activities

Monday: 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

2/1 Executive Board Meeting 9:30AM

2/6 & 20 15 Minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3

(Advanced registration and payment required - 607-797-2307.)

2/6 & 20 Low Income Aged Exemption (Green Form) 12PM

Registration required, call 607-797-2307.)

2/9 Lunchtime Presentation w/ Rick Marsi 12PM

2/12 Legal Aid 9AM (Please call for an appointment.)

- 2/13 Heart Healthy Whole Grains by Kathleen Cook, CCE 12PM
 2/14 Valentine's Day Luncheon w/Musical Guest, Ralph Muro at 12PM
 2/20 Chop & Chat 1PM - Reservations required by 2/13, please call 607-797-2307.)
 2/23 Wintertime Trivia Competition 12PM

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); Bonesavers, 1 – 2PM

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); Drawing Class, 1 - 2PM (\$3)

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; Bonesavers, 1 - 2PM

Thursday: Guitar Group, 9 – 12PM (\$2); Oil Painting, 10 - 1PM (\$3);

Low-Impact Aerobics, 10 - 11AM (\$3); Bible History & Hebrew Meaning of Key Words, 11AM (Call to reserve); Tai Chi, 1 - 2PM (\$3)

Friday: Gentle Yoga, 10 - 11AM (\$3); Ladies' Singing Group, 10:30 - 11:30AM; Chair Exercises: Stretch DVD, 12:30 - 1:15PM (no fee)

Special Activities

2/4 Snowflake Follies 2 - 4PM, \$12 admission (with Blue Velvet Big Band)

2/5 Stay Healthy Caregiver Support Group 1 – 2:30PM

2/7 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM

2/7 Armchair Travel Lyceum: Overseas Crises, Migrants, and Disasters 10AM 2/7, 2/14, 2/21, 2/28 Medicare Assistance with Stephen Snitchler 10 – 2PM

2/8 + 2/9 AARP Driver Safety Class 1 – 4:15PM (call 607-797-3145 to register)

2/12 Mindfulness & Stress Reduction Techniques (UHS) 10:30 – 11:30AM

2/13 Chop & Chat 11 – 12PM (Call to register by 2/7.)

2/14 Valentine's Day Luncheon 11:45AM

2/15 Legal Aid 9 – 12 PM. Call for appointment.

2/16 Lourdes Mammography Van 9 – 3PM (call 607-798-5723 to register or access as a walk-on)

2/16 Heart Healthy Whole Grains by Kathleen Cook, CCE 10:30 – 11:30AM

2/21 LGBTQ+ Senior Social Group 3 – 4 PM

2/27 Chop & Chat 11 – 12PM (Call to register by 2/21.)

2/28 Haircuts (\$20, by appointment) 10 – 11:30AM

2/28 Q&A with Elderwood Village at Vestal 10 – 1PM

2/28 Falls Assessment Program (Binghamton University) 10 – 2PM

2/29 Job Fair 4 – 6PM

3/6 Book Club 3 – 4PM (West with Giraffes by Lynda Rutledge)

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: Weight Loss Group – "Choose to Lose" 9:30AM;

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

2/8 Made to Order Breakfast 10AM

2/8 Nutrition ED Labeling Topic: Food Safety w/ Donna Bates and Bridget Hoyt 10:30AM

2/9 Pizza Party for National Pizza Day 12PM Please make reservations by 2/8 at Noon.

2/14 Valentines Luncheon with Dan Bolton 11:30AM Meal at 12PM.

2/20 & 2/21 Binghamton University Nursing Students 9AM

2/23 Pub Burgers for Lunch 12PM

2/27 Evening Meal with Entertainment "Mike's Jukebox" 4:30PM

The Northern Broome Senior Center is looking for volunteers to help with daily 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: Shuffleboard 10AM; Wii Bowling 10AM

Tuesday: Greed Game, 10 - 11:30AM

Wednesday: Crafts & Wii bowling, 10 - 11:30AM

Thursday: Greed Game, 10 - 11:30AM

Friday: Wii Bowling 10AM

Special Activities

2/2 Groundhog Day 10 – 2PM

2/7 Mafia presentation by Bill Tomic 10:30AM

2/9 Superbowl Goodies 10:30AM

2/13 Marde Gras/Fat Tuesday – Celebrate with some goodies! 10 – 2PM

2/14 Valentine's Day Celebration 10 – 2PM Meal served at 12PM.

2/21 American Heart Association Month Celebration 10:30AM

2/28 Craft 10 – 11:30AM

2/28 Nutrition ED Labeling Topic: Food Safety w/ Donna Bates and Bridget Hoyt 12PM

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: NEW 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: Mahjong, 9AM; Chef Salads, 11:30AM (reservations required)

Special Activities

2/5 High King Card Game 12PM

2/7 Armchair Travel Lyceum: Overseas Crises, Migrants, and Disasters 10AM

2/12 & 26 Chop and Chat 10AM Must reserve one week prior.

2/14 Valentine's Day Celebration 10AM Light refreshments, 11:45AM Lunch, Friday at Fred's performing after Lunch.

2/15 LCR Dice Game 12PM

2/20 St. Patrick's Day Craft Day 10AM

2/21 Bill Tomic presents The Legacy of the George F. Johnson Family 10AM

2/23 Pizza or Chef's Salad Day 11:15AM = Reservations Needed

2/23 Bunko 12PM

2/27 Vestal Club Meeting Day 12:15PM

2/28 Cornell Nutrition Education 10:15AM



AARP FOUNDATION TAX-AIDE OF BROOME COUNTY, NY
SITE LOCATIONS AND TIMES OF OPERATION
February 1st - April 12th

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

SENIOR CENTER SITES: Call for appointments:

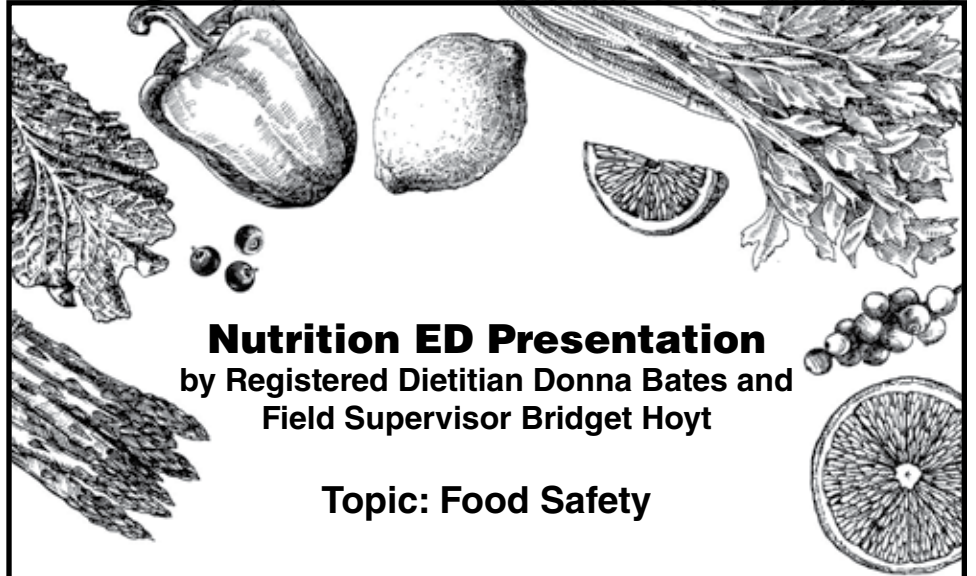
- **FIRST WARD** (Binghamton) 226 Clinton Street TUESDAYS & THURSDAYS 607-797-2307
- **JOHNSON CITY** 30 Brocton Street TUESDAYS, WEDNESDAYS & THURSDAYS 607-797-3145
- **NORTHERN BROOME** (Whitney Point) 12 Strongs Place CALL FOR SCHEDULE 607-692-3405
- **BROOME WEST** (Endwell) 2801 Wayne Street TUESDAYS, WEDNESDAYS, and THURSDAYS
 Call for an Appointment: **Call 211 or 1-800-901-2180**
 Specify **Broome West Senior Center**

Other local options:

- Broome County Library:
 185 Court St., Binghamton for appointments:
 Call 211 or 1-800-901-2180
 Specify **Broome County Library**
 Appointments: MONDAY - THURSDAY, 10 – 2PM
- George F Johnson Library
 1001 Park St, Endicott for appointments:
 Call 211 or 1-800-901-2180
 Specify **George F Johnson Library**
 Appointments: TUESDAYS and THURSDAYS, 10 – 2PM
- Union Center Christian Church:
 950 Boswell Hill Rd, Union Center for appointments:
 Call 607-754-8222 Tuesday through Thursday 9 – 4PM
 Appointments: WEDNESDAYS 3 – 6PM
- Vestal United Methodist Church:
 328 Main St. Vestal for appointments:
 Call 211 or 1-800-901-2180
 Specify **Vestal**
 Appointments: MONDAYS, TUESDAYS, and THURSDAYS
 9:30 – 1:30PM



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



Nutrition ED Presentation
 by Registered Dietitian Donna Bates and
 Field Supervisor Bridget Hoyt

Topic: Food Safety

probably noticed that food portions in restaurants and other places have grown in size and often provide enough food for at least two people. Larger portion sizes can lead to weight gain and other health challenges. Get the New Year started healthfully by attending this presentation at one of the senior centers listed below and “right size” your portions in 2024 and beyond!

Northern Broome Senior Center
 Thursday, February 8th 10:30 – 11AM (Labeling)

Eastern Broome Senior Center
 Thursday, February 15th 12:15PM

North Shore Towers Senior Center
 Wednesday, February 28th 12PM

Phone numbers and addresses are listed on this publication's Look What's Happening section.

“The longer I live, the more beautiful life becomes.”

Frank Lloyd Wright

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!

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Call Barb Wittig for appointment:
 (607)862-3450
 No charge for travel!

Laugh Break!

What did one volcano say to it's Valentine?



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Laugh Break!

What month is the best for coffee?

Feb-BREW-ary!

HAIR @ HOME
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 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!

Laugh Break!

What did one volcano say to it's Valentine?

Sudoku Answers

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

Ask the Office

New technology makes me stressed! I was recently gifted a tablet and I don't know how to use it. Are there any local resources that can help me?

Answer:

Everchanging technology can be difficult to fully understand, so it's completely understandable that this makes you feel stressed. Office for Aging and the George F. Johnson Library offer classes to help you understand electronic devices, hidden features, tips, and tricks for navigating the internet.

Additionally, one-on-one Tech Help is also available by appointment. Call the GFJ Library **607-757-5359** or email gfjtechcenter@gmail.com

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

Looking for Answers? Ask the Office!

Send questions to Broome County Office for Aging
PO Box 1766
Binghamton, NY 13902
or by email at ofa@broomecountyny.gov

We look forward to hearing from you!

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!

Tuesday, February 13th & 20th from 1 - 3:30PM. | In-person only, registration for both course dates is required.

Tuesday, February 27th & March 5th from 1 - 3:30PM. | In-person only, registration for both course dates is required.

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'll be offering many other FREE in-person and virtual tech classes, as well as **one-on-one tech help**. Contact us at **607-757-5359** or gfjtechcenter@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 to book a 20-minute session.

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



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- Marian Apartments
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- Nichols Notch Apartments
Endicott, NY (607) 754-0579
- Watkins Glen School Apartments
Watkins Glen, NY (800) 838-0441
- Wells Apartments
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- Whitney Point Apartments
Whitney Point NY (607) 692-2609
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Edith Pearlman





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- Subscriber

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Visit nyuhs.org for more information.

UHS HOME CARE
601 Riverside Drive
Johnson City, NY 13790
(607) 763-8952

nyuhs.org

PAID ADVERTISEMENT



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 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, February 7th 10 – 12PM

Armchair Travel: Overseas Crises, Migrants, and Disasters

- **Presenters: David Ruston, Richard Kurtz.**
- Part 1: U.S. Intervention in Guatemala and the Migrant Crisis, First Hand Look.
- Join Dave Ruston as he shares his journey to the highlands of Guatemala. We will visit Nebaj, Chajul, Santa Clara, and Nueva Amachel. He attempted to gain a better understanding as to why so many of the migrants he encounters while volunteering with the Tucson Samaritans on the southern Arizona border are from this area. He also will share his discovery of how Guatemalan history has been impacted by U.S. interventions. Suggested reading: *Bitter Fruit, the story of the American Coup in Guatemala* by Stephen Schlesinger and Stephen Kinzer.
- Part 2: All Hands and Hearts Disaster Relief Work.
- For those looking to provide a helping hand after a natural disaster, All Hands and Hearts is a trusted organization. Learn about it, and one person's experiences at disaster sites: rebuilding after hurricane Maria in Puerto Rico; building a refugee center in Poland for Ukrainian families disrupted by the invasion; and, in 2023, relief efforts and rebuilding after the earthquake in Turkey.

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>

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Snow Day Closings: Senior Centers & Meals on Wheels

Winter is here, and with that comes inclement weather and unsafe road conditions. When the weather takes a turn for the worst, Broome County Senior Centers and Meals on Wheels deliveries may be cancelled.

A good rule to follow:

- When schools in your area are closed, Senior Centers will be closed and no Meals on Wheels will be available. This applies to school closings, but not delays or early dismissals.

If the weather looks questionable:

- Check for closings on your local news stations or call the Office for Aging at (607) 778-2411

Meals on Wheels clients will receive emergency meals. These meals contain nonperishable canned and packaged foods that you can use when Meals on Wheels are unable to deliver due to inclement weather. Use these meals for days when meal delivery is not possible. The emergency meals do not require refrigeration. When you hear that Meals on Wheels (or the schools in your area) are closed, then you should eat some of the foods in this package.

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 90 workers registered in the following categories:

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

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.

Did You Know?

- In A.D. 496, Pope Gelasius I declared February 14th as Valentine's Day
- These American cities have lovely names:
 - ♥ Loveland, Colorado
 - ♥ Romeoville, Illinois
 - ♥ Love Valley, North Carolina
 - ♥ Valentine, Texas
- The median age for marriage in America is 31 years old for men and 29 years old for women.
- Americans spend about \$200 million on bouquet cut flowers in February.

Sourced from: <https://www2.census.gov/programs-surveys/sis/resources/valentines-day-ff.pdf>

Thank A Mail Carrier Day

February 4th!

The Constitution and the Post Office

"In June 1788, the ninth state ratified the Constitution, which gave Congress the power 'To establish Post Offices and post Roads' in Article I, Section 8. A year later, the Act of September 22, 1789, continued the Post Office and made the Postmaster General subject to the direction of the President. Four days later, President Washington appointed Samuel Osgood as the first Postmaster General under the Constitution. A population of almost four million was served by 75 Post Offices and about 2,400 miles of post roads." The Postal Service is a beloved staple of America, and we celebrate this day by showing appreciation to the mail carriers that make it possible. On February 4th, consider leaving your mail carrier a note of appreciation, or simply wave as they pass by. Thank you to all United States Postal Service mail carriers!

Sourced from: <https://www.census.gov/newsroom/stories/mail-carrier-day.html>

Heart Healthy is also Whole Body Healthy

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



February is heart health awareness month focusing on blood pressure, cholesterol, heart-healthy diets, and exercise, which is also beneficial for your overall health!

Eat a diet rich in fruits, vegetables, whole grains, nuts, legumes, and fish while reducing your intake of saturated fat, processed meats, refined carbohydrates, and sugar-sweetened beverages. That message is everywhere - except in the advertising we see around us.

Media bombards us with ads for overly sweet, salty, or high fat foods that are so easy to buy and to eat! Yet the foods that improve our health are quietly located in the produce aisle, tucked into the frozen foods, and canned fruits and vegetables sections. Resist the flashy advertising and make a point of including whole foods instead!

Eat a fruit or vegetable at each meal. Their fiber helps your body eliminate fats and cholesterol, maintain clear passages in your arteries, reduce high blood pressure, and decrease the risk of stroke and heart attack.

Avoid fried foods and sweetened beverages and enjoy fruit, vegetables, and water instead. Ask for whole wheat bread and extra vegetables for sandwiches. Snack on produce and wholegrains paired with low fat cheese, nut butters, yogurt, or cottage cheese to keep you satisfied.

Be whole body healthy!



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February 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.

Valentine's Day Celebration at Senior Centers Wednesday, February 14 th (February 15th at the Deposit Senior Center)				
		Chicken Florentine 2/1 Roasted Potatoes Carrots Chocolate Brownie		Pork Loin 2 Or Broiled Fish w/Lemon Mashed Potatoes Corn Apple Crisp
Meatball Parmesan 5 Sub Garden Vegetable Soup Applesauce Ice Cream Cup	Halupki 6 Or Marinated Chicken Mashed Potatoes California Blend Veg. Vanilla Cake	Manicotti 7 Sausage Soup Garden Salad Applesauce	Chili over Baked 8 Potato Wax Beans w/Pimento Pears	Swedish Meatballs 9 OR Herbed Fish w/Lemon Buttered Noodles Cut Green Beans Orange Cranberry Bar
Beef Stew over a 12 Biscuit Peas Warm Spiced Apples Oatmeal Raisin Cookie	Chicken Cutlet 13 Parmesan Pasta w/Sauce Italian Green Beans Sugar Cookie	Valentine's Day Party! Chicken Cordon Bleu 14 Or Broiled Fish Apple Bread Dressing Winter Squash Black Forest Pudding	Chicken Salad 15 Croissant Cream of Vegetable Soup Cottage Cheese Pineapple	Pepper Steak 16 OR Citrus Rubbed Fish Mashed Potatoes California Blend Vegetables Mandarin Oranges
Senior Centers 19 Closed in Recognition of President's Day	Chicken ala King over 20 A Biscuit Peas & Carrots Grape Juice Cranberry Oatmeal Cookie	Liver w/Onions 21 OR Seasoned Chicken Mashed Potatoes Country Blend Vegetables Mandarin Oranges	Turkey & Provolone 22 On Marble Rye Stuffed Pepper Soup Fruit Cup Banana	Grandma's Meatloaf 23 OR Broiled Fish w/Lemon Brown Rice Pilaf Winter Squash Peaches
Pierogies w/Kielbasa 26 Oriental Blend Vegetables Chocolate Chip Cookie	Breaded Fish 27 OR Pub Burger Canadian Cheese Soup Cold Beet Salad Banana	Beef Stroganoff 28 Over Noodles Brussels Sprouts Peach Crisp	Chicken Cutlet 29 OR Halupki Mashed Potatoes California Blend Veg. Pumpkin Cake	Pork Loin 3/1 Or Herbed Fish w/Lemon Roasted Potatoes Corn Applesauce

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



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



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

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

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

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