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Season of Resolution

This edition of the Senior News features local holiday celebrations, nutrition information, how to care for your mental and physical health during the colder months, and other informative articles.



EXERCISE GROUPS

Is your New Year's Resolution to be more active? Look no further than the exercise programs available through local Senior Centers. Below is a list of all the different exercise programs available:

- Beginner Gentle Yoga
- Bonesavers
- Chair Exercise
- Chair Yoga
- Drum Exercise
- Line Dancing
- Low-Impact Aerobics
- Tai Chi
- Walking Classes
- Weight Loss Groups
- Zumba
- And many more!

Please see the Health and Wellness section on page 2 for more information about exercise classes at the local Senior Center of your choice.



"No act of kindness, no matter how small, is ever wasted."
-Aesop

The volunteers of the Foster Grandparent Program give their time, energy, and support to local children around Broome County. This December the Foster Grandparent Program donated toys and small gifts to the YWCA of Binghamton. Thank you, Foster Grandparents, for making the world a brighter place!



Join us in celebrating

50 Years of the Broome County Office for Aging!

Please see page 2 on more information on how to celebrate.

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. \$3 charge

Thursday 1:00 pm Johnson City Senior Center

Friday 9:30 am Eastern Broome Senior 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



Join us in celebrating the 50-Year Anniversary of the Broome County Office for Aging!

For fifty years the Broome County Office for Aging has served older adults in the Broome County area. Our employees are dedicated to assisting older adults with all aspects of aging. From a hot meal at one of nine local senior centers to assistance with energy costs – the Office for Aging has been a helpful resource for Broome County. Join us as we celebrate the anniversary all year long! OFA is planning several 50th Anniversary parties in the summer of 2024. More information will be provided as we get closer!



Tai Chi at Broome West Senior Center

Starting January 22nd, the Broome County Office for Aging will be holding Tai Chi classes on Wednesdays and Fridays at 11AM at the Broome West Senior Center:
2801 Wayne St. Endwell, NY
Advanced registration is required, please call MaryJane to sign up at **607-778-2411**.

Tai Chi for Arthritis Workshop

Offered by: The Retired & Senior Volunteer Program (RSVP) & George F. Johnson Memorial Library
Dates: January 9, 2024 - March 1, 2024
Days and Time: Tuesdays & Fridays 1 – 2PM
Location: George F. Memorial Library
1001 Park St., Endicott, NY 13760

To register, or for more information/questions contact Donna at **(607) 785-4747** or email: frye.donna@rocketmail.com
The Tai Chi for Arthritis Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn, and suitable for every fitness level. These classes are led by certified instructors and include warm-up and cool-down exercises and six basic core movements.

Classes are free and open to the public.

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, January 8, 2024 **Time:** 1:00 - 2:30 PM

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

A Divine Calling

The Broome County Office for Aging is calling on faith - based communities to support caregivers with brief periods of respite.

Think of your own congregation/parish. Are there members who are stretched thin by their caregiving responsibilities? How can we support them? Let's work together to offer restorative respite. Respite programs improve the wellbeing of caregivers.

Be a part of the win-win-win:

- Participants enjoy activities, like art, music, games, & exercise.
- Caregivers benefit from the opportunity to recharge.
- Volunteers feel personally rewarded when helping families.

Participants and volunteers will engage in:

- discussions
- trivia games
- gross motor skill games
- exercises art projects
- community projects
- sing a longs
- a meal or snack

Respite programs improve the quality of life for the participants and improve the health of their caregivers. Often, caregivers are reluctant to ask for help, but they will come to a familiar setting for social events. Your church might be that safe, comfortable space. The spiritual setting can be comforting to a caregiver, providing peace of mind that their loved one is safe.

Throughout NYS, congregations are starting Caregiver ministries that provide a break to caregivers and social opportunities to other older adults. We are excited to establish a network of faith-based respite programs in Broome County. Caregivers say the programs are a "Godsend."

There will be a volunteer training held on January 9th 5 – 8PM (RSVP by 1/5) at St. Anthony's Church Hall: 300 Odell Ave. Endicott, NY

If your church would like to provide this ministry and join our network please contact Shellie Spinelli at **607-778-2946** or email Machelle.Spinelli@broomecountyny.gov

Events at the Centers

Broome West Senior Center

Fabulous Flakes

Friday, January 19th at 11AM

Join us as we enjoy Jim creating personalized snowflakes! His creativity will impress you!

Chenango Bridge Senior Center

Group Drumming

Every Monday at 2PM

Grab your sticks or spatulas and join us in person or on Zoom!

Zoom Mtg ID: 706 942 1672

Password: 123456

Eastern Broome

Golden Griddle Brunch

Thursday, January 18th from 11:45 - 12:45PM

Enjoy socializing over a nice meal made to order and served right to you! Choose from a variety of breakfast and lunch options.

All ages and walk-ins are welcome!

First Ward

Fabulous Flakes

Tuesday, January 30th at 12PM

Come join us to see the magic of snowflakes. James Baldwin will be here to show and design one-of-a-kind snowflakes! If you haven't seen him, you are in for a treat!

Johnson City

Snowflake Follies

Sunday, February 4th at 2 – 4PM

Whether you're listening to the mellow sounds of the Blue Velvet Big Band or dancing, come join us to beat the winter blues! \$12 entry per person. Concessions available.

Northern Broome

UHS Presentation on Mindfulness and Stress Reduction

Thursday, January 22nd at 10:30AM

North Shore Towers

Pizza Day

Thursday, January 11th at 12PM

Advanced reservations are needed. Just \$5 per person for pizza, salad, beverage, and dessert.

Vestal

Loaded Baked Potato Bar

Thursday, January 11th at 11:15AM

Enjoy a baked potato with all the fixings! Choose from all the toppings...chili cheese, broccoli, bacon, sour cream, and chives. Applesauce and ice cream cup for dessert. Please call 607-754-9596 before 1/10 at 12PM for a reservation.

Senior Center Closings:

Monday, January 1st for New Years Day



DO YOU...

Help someone with medical needs?
Talk to their doctor?
Pick up their medication?
... Feel like you are always "On Call"?

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



Call NY Connects 1-800-342-9871

Laugh Break

What do snowmen call their offspring?

Chill-dren.

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

Scam of the Month

P2P Payment Apps

Peer-to-Peer (P2P) Payment Services, more commonly known as "Apps," are gaining in popularity among consumers, including older adults. Venmo, Cash App, Pay Pal, and Google Pay are some of the common P2P Apps you may have heard of. These Apps allow people to send money directly to other people. Social media sites, such as Facebook, can also allow people to send, request, and receive money, sometimes through a linked bank account or credit card. Often, money can be sent to someone by searching for the person's phone number, e-mail, or username that they have created for their account. It is often free to transfer money through these Apps. The money is sent immediately and available to the receiver within minutes of the money being sent. Payment Apps offer a convenient service when used properly and safely. If you do decide to use these types of Apps, it is important to take steps to protect yourself from scammers. Due to the anonymity scammers can maintain while using these Apps, and the fact that money transfers allow access to funds almost immediately, scams involving these Apps are becoming increasingly popular.

Scammers can trick unsuspecting people into sending money to fake charities, or by pretending to be a family member having an emergency. Some scammers will "accidentally" send you money and ask you to send it back. Never send the money and instead contact the payment service. Scammers may try to trick you into sending personal information to gain access to your account. Many Apps lack the fraud protection of traditional banks and credit cards, so once the money is gone, you are out of money without any way to recover the lost funds. It is also important to be aware that money transfers made through Apps can go wrong due to simple mistakes when sending the money, such as a misspelling of a username or an incorrect number.

If you do decide to use payment Apps, it is important to take steps to protect yourself. Here are some tips you can follow:

- Never send or accept payments from someone you do not know. Make sure you know and trust the party who you are sending money to, and who you are accepting money from.
- Remember, once the money leaves your account on the App, it is gone and no longer accessible to you.
- Always double-check the information of the person you are sending money to. Make sure the username or numbers are correct.
- Make sure your App is up to date. Most payment Apps have security data encryption and other security features.
- When calling a customer service line for an App, never provide sensitive information over the phone. A legitimate customer service rep from a payment App will not ask for your bank account information.
- Set up alerts to notify you of transactions on your account.
- Finally, if you do become a victim of a scammer, notify the payment App and your bank immediately. Block the responsible party on the App. Notify the FBI's Internet Crime Compliance Center at www.ic3.gov and the Federal Trade Commission at reportfraud.ftc.gov or 1-877-382-4357 as well as your local police department.



Downsize & Declutter Discussion Try Teamwork

Believe it or not, decluttering can be fun and beneficial with the help of a teammate.

Watch and learn on Tuesday, January 9th at 3PM at the Broome West Senior Center or on Zoom.

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

Suggested Contribution Rates Changing for Two OFA Programs

The rising costs of food and supplies have caught up with the Office for Aging. On January 1, 2024, the suggested contribution for senior center lunches and home delivered meals (Meals on Wheels) will increase.

Beginning January 1, the suggested contribution rate for a meal at all Broome County Senior Centers and the home delivered meal program (Meals on Wheels) is increasing from \$3.50 a meal to \$4.00 a meal.

The Office for Aging works diligently to provide appealing and nutritious meals while keeping expenses to a minimum. This change, the first in four years, is necessary because of the rising costs of food, equipment, labor, and delivery.

The money raised through contributions is essential. The meals provided at the senior centers and through the Meals on Wheels program are only partially funded by the federal, state, and local governments under the Older Americans Act. Under the law, local agencies which accept the funding to run these programs must set a suggested contribution rate for the meals. It is the intention of the Older Americans Act that contributions be used in combination with government funding to support the program. Without your meal contributions, it would be impossible to operate the senior centers and the Meals on Wheels program as we do today.

If you are able to contribute more than \$4.00 for meals, please consider doing so for the good of these programs. If you are unable to contribute the \$4.00 a meal, please give what you can. No one will be denied service due to an inability to contribute. All contributions are used to support and maintain the program and are kept confidential.

Please remember that your contributions are needed and make these programs possible!

Emergency Home Energy Assistance Starts January 2, 2024

If you have no heat or imminent loss of heat, the Home Energy Assistance Program (HEAP) may be able to help. Starting on January 2nd, you can apply for an Emergency HEAP benefit through The Career & Community Services Center of Broome County (Department of Social Services) by calling 607-778-1100, option 6.

Those receiving ongoing Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and should speak with a caseworker at 607-778-1100.

The Regular HEAP Benefit season opened on November 1st, 2023, and is scheduled to close on March 15th, 2024, or when funds are exhausted. There are several ways you can apply for a Regular HEAP Benefit. Apply online at www.mybenefits.ny.gov. If applying on paper, the following agencies can help:

The Career & Community Services Center of Broome County accepts applications for Regular HEAP Benefits for homeowners and renters under age 60 and not disabled. Call 607-778-1100, option 6.

Broome County Office for Aging (OFA) accepts applications for Regular HEAP Benefits for homeowners and renters who are age 60 or over and for those who receive permanent disability income (SSI or SSD). To request a paper application, leave a message on the OFA HEAP line at 607-778-2063.

To read more about HEAP, go to <https://otda.ny.gov/programs/heap/> or call one of the agencies listed above.



Mark Your Calendar! Upcoming Community Events

Binghamton Pond Festival

Chenango Valley State Park
153 Chenango Valley State Park, Chenango Forks
Multiple Dates

Enjoy a series of outdoor events with fun for all ages. Many events are focused on hockey but there is also on-site food and drinks, fireworks, a trail run and snowshoe race. See website for list of activities. Email: bingpondfest@gmail.com.

<https://www.bingpondfest.com/>

Hairspray

Broome Arena Forum
236 Washington Street, Binghamton
Tuesday, January 23 and 24 at 7:30pm

Coming to Binghamton on tour, this Tony-Award-winning musical comedy with beloved hit songs from the 60s. Tickets for purchase with some accessible seating available.

<https://nacentertainment.com/binghamton-hairspray/>

Bundy-Fest: Save the Bundy Museum Fundraiser

The Bundy Museum of History & Art
129 Main Street, Binghamton
Thursday, January 25

Raffle baskets, food, an art auction, and live music at this event to raise funds for the museum. Phone: 607-722-9179.

<https://bundymuseum.org>

The Outsider

Cider Mill Stage
2 South Nanticoke Avenue, Endicott
Multiple Dates from January 27 to February 4

The Outsider is a comedic play by Paul Slade Smith that that skewers politics and celebrates democracy. Tickets are \$28 (includes fees). Phone: 607-321-9630.

<https://cidermillstage.com>



This section of the Senior News will feature simple meditations, inspirational quotes, mental health tips, good news, and more.

When most people think of creating a New Year's resolution, they immediately resort to weight loss or changing their body in some way. While the goal to be physically healthy always should be a priority, there are many options for resolutions that do not involve changing your body. Consider other options for resolutions:

- Learning a new hobby (like cross-stitch!)
- Read more books (set a reading goal, or try audiobooks)
- Making more time for yourself
- Cook something new each week
- Become a volunteer (Please call **607-778-2411** to discuss volunteer opportunities available within the OFA.)



**The National Suicide Hotline is available
24/7/365 to help via call or text.**



Dr. Martin Luther King Jr., born January 15, 1929, was a minister and leader in the Civil Rights Movement. He, along with many others, fought against racial injustices by using nonviolent approaches such as boycotts, marches, and sit-ins. In his "I Have A Dream" speech, he advocated for justice, compassion, and unity amongst all people regardless of their race. He believed that everyone should live without being "judged by the color of their skin but for the content of their character." Although he was killed soon after segregation was deemed illegal, his dream continues to live on. His birthday, January 15th, also serves as an annual, federal holiday honoring his positive impact on society. This is a national day of service encouraging Americans to volunteer and improve their communities. A few movies reflecting his influence are Selma, MLK/FBI, The Rosa Parks Story, and the children's film, Our Friend Martin.

"The greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others."
- Coretta Scott King

Sourced from: <https://www.nps.gov/subjects/npscelebrates/mlk-day.html>

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*The winner of the
December 2023
Holiday Recipe Contest is....*

Dee from Endicott!
Italian Chocolate Amaretti Cookies

Ingredients:

- 1 cup almond flour
- 2 Tablespoons cocoa powder
- 1/2 teaspoon baking soda
- Pinch of salt
- 1 egg white
- 1/2 teaspoon almond flavoring extract
- 1/4 teaspoon vanilla
- 1/3 cup powdered sugar (optional)

Directions:

1. Combine flour, cocoa powder, baking soda, and salt in a bowl.
2. Beat egg white, almond extract, and vanilla.
3. Fold into dry ingredients until a dough forms.
4. Form dough into small balls and coat with powdered sugar (optional).
5. Bake at 350° for 12 – 13 minutes.



Thank you to everyone who submitted their favorite holiday recipes with us. It was a joy to read through all the delightful recipes. Please see page 12 for the next reader-input article, we want to hear from you!

Hawaiian Luau

Everyone is invited to a Hawaiian Luau and luncheon at participating local senior centers. **The tropical celebration begins around 11:30AM on Wednesday, January 24th (Thursday, January 25th at Deposit Senior Center).** All are welcome to come dressed in Hawaiian shirts and skirts. A special Hawaiian lunch will be served around noon, including ham w/pineapple glaze or teriyaki chicken, sides, and coconut cream pie for dessert.

Individuals age 60 or older and their spouse of any age may enjoy lunch for a suggested contribution of \$4.00. Those who are under age 60 may purchase their meal for \$5.00.

Anyone who is interested in attending the celebration will need to make a lunch reservation by noon, Tuesday, January 23rd by calling the center they plan on attending.



LOOKING FOR A NEW FUN ACTIVITY?

Broome County Office for Aging invites you to joint the fun.

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise.

Mondays & Wednesdays Starting at 1PM

Bingo + Exercise = Bingocize

Pre-registration is required by January 22nd.

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

**Attend via Zoom or in person at the Chenango Bridge Senior Center:
740 River Road, Binghamton, NY 13901**

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LGBTQ+ MEETING:

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

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- 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

Housing with a Heart

PAID ADVERTISEMENT

ACTING QUICKLY CAN SAVE LIVES FROM SEPSIS

Sepsis is your body's life-threatening response to an infection and is a medical emergency.

When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:

- T TEMPERATURE**
higher or lower than normal
- I INFECTION**
may have signs or symptoms of infection
- M MENTAL DECLINE**
confused, sleepy, difficult to rouse
- E™ EXTREMELY ILL**
severe pain, discomfort, shortness of breath

CALL 911 OR GO TO A HOSPITAL AND SAY "I'M CONCERNED ABOUT SEPSIS"

Take the **TIME** to learn the signs at sepsis.org. 

Made possible in part by an unrestricted educational grant from Merck and Co., Inc. Special thanks to the UK Sepsis Trust ©2020 Sepsis Alliance

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.

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

Just For Laughs

What kind of math do Snowy Owls do?
Owlgebra

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





Deposit Tuesdays!

Pick-up Locations:
In and near the Village of Deposit, including Meadow Park Apartments

Drop-off Locations
Deposit Senior Center (Christ Episcopal Church)
Medical & Shopping (Binghamton)



To schedule a ride:
 Call Getthere at (855) 373-4040
 Monday- Friday from 7am-5:30pm
 *for qualified individuals

RURAL HEALTH NETWORK
 Serving South Central New York

Split Pea Soup

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



Ingredients

- 2 teaspoons vegetable oil
- 1 Spanish onion (peeled and chopped)
- 3 carrots (scrubbed and chopped)
- 2 celery stalks (chopped)
- 1 teaspoon dried thyme
- 2 1/4 cups split peas (rinsed and picked over)
- 4 cups low-sodium chicken or vegetable broth
- 6 cups water
- 1/8 cup lemon juice

Directions

1. Put the soup pot on the stove on medium heat. Add oil when the pot is hot.
2. Add onion, carrots, celery, and thyme and cook 10- 15 minutes, until tender.
3. Add split peas, stock, and 4 cups water. Raise the heat to high and bring to a boil.
4. Lower the heat to low and cook for about 2 hours, partially covered, until the peas have fallen apart. Check the soup during cooking. If more water is needed, add up to 2 cups. Skim off any foam that forms.
5. Serve right away or cover and refrigerate for up to three days. Stir in the lemon juice just before serving.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/split-pea-soup>

Any Day's a Picnic Chicken Salad

Onion and pickle relish spice up a traditional chicken salad.



Ingredients

- 2 1/2 cups chicken breast (cooked, diced)
- 1/2 cup celery (chopped)
- 1/4 cup onion (chopped)
- 3 packages of pickle relish (2 tablespoons)
- 1/2 cup mayonnaise (light)

Directions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

How to Use

- Make chicken salad sandwiches.
- Make a pasta salad by mixing it with 2 cups of cooked pasta.
- Kids will love this salad served in a tomato or a cucumber boat.

Sourced from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/any-days-picnic-chicken-salad>

Old Fashioned Bread Pudding

This old fashioned bread pudding can be made in the microwave, so you don't have to turn on the oven. Enjoy!



Ingredients

- 5 slices whole wheat bread
- 2 tablespoons margarine or butter
- 1/4 teaspoon cinnamon

- 1/3 cup sugar
- 1/2 cup raisins
- 3 eggs
- 1 1/2 cups non-fat milk
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

Directions

1. Spread one side of bread with margarine or butter. Sprinkle with cinnamon.
2. Cut into 1-inch cubes.
3. In a lightly sprayed casserole dish, combine bread, sugar, and raisins. Then follow the microwave or oven method below.

Microwave method:

1. In a bowl, blend eggs, milk, salt, and vanilla. Pour liquid over bread mixture; lightly blend.
2. Cover, and microwave on HIGH for 5 minutes. Turn the dish 1/4 turn. Microwave on HIGH for 3-5 minutes longer (pudding is done when edges are firm, and center is almost set).
3. Let sit covered for 10 minutes before serving. Serve warm or cold. Refrigerate leftovers.

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/old-fashioned-bread-pudding>

Black Bean and Sweet Potato Quesadillas

Enjoy a simple twist on the classical quesadilla. These quesadillas can be served as a tasty lunch, dinner, or side dish.



Ingredients

- 2 sprays of nonstick cooking spray
- 1 medium sweet potato (cooked and cut into pieces)
- 1 cup black beans, canned (low sodium)
- 1 small onion
- 1 clove garlic
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large chili pepper
- 2 tablespoons sour cream, low-fat (or reduced-fat plain yogurt)
- 8 whole wheat tortillas
- 1/4 cup cheddar cheese (reduced-fat)
- 1/2 cup baby spinach

Directions

1. Sauté onion and garlic (using nonstick cooking spray) in a medium-sized pan until soft.
2. Add sweet potatoes, black beans, spices, and jalapeno.
3. Heat until it is just warm.
4. Spread potato mixture over tortilla, then top with baby spinach, cheese, and onion.
5. Top with a second tortilla.
6. Heat a pan on high heat and spray with nonstick cooking spray.
7. Brown quesadilla for about one minute on each side until the inside is warm and the cheese is melted.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/black-bean-and-sweet-potato-quesadillas>



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.

- **January 25th 10AM** – Greenway: Meet at the parking lot by the tennis courts at MacArthur Park on Vestal Avenue.
- **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:

- Senior Account Clerk
OFA Fiscal Department
Civil Service Exam Required*
Monday – Friday, 8 – 4PM (37.5 hours/week)
- Senior Clerk
Eastern Broome Senior Center
No Civil Service Exam Required
Monday – Friday, 15 hours/week
- Account Clerk
OFA Fiscal Department
Civil Service Exam Required*
Monday – Friday, 8 – 4PM (37.5 hours/week)
- Leisure Time Activity Leader (Kitchen Help)
Broome West (Endwell) Senior Center
No Civil Service Exam Required
Monday – Friday (25 hours/week)
- On Call Senior Site Supervisor
Yesteryears program and Senior Centers
No Civil Service Exam Required
Monday – Friday; Hours Vary

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

IS NOW THE TIME TO *Sell* OUR HOME?

- ✓ Seller's Market
- ✓ Prices are at an ALL-TIME HIGH
- ✓ Buyer Saturated Market
- ✓ MORE for your property!
- ✓ Short Answer - YES!!!!



"DIAL DIANE" FOR A FREE CONSULTATION
(c) 607-760-4774

HELPING PEOPLE SELL THEIR HOMES FOR OVER 35 YEARS.

DIANE K. WHITE
LIC. RE ASSOCIATE BROKER

Diane is a Seniors Real Estate Specialist (SRES) that is an expert in helping seniors like us sell their homes. Let's Dial Diane for a free consultation and see how she can help us!

Dialdiane@warrenhomes.com

3456 Vestal Parkway East
Vestal, NY



PAID ADVERTISEMENT

"No matter how hard the past, you can always begin again."

Buddha

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

"Every year you make a resolution to change yourself. This year, make a resolution to be yourself."

Unknown

PAID ADVERTISEMENT

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

1/5 Friday at Fred's 11AM

1/8 Breakfast for Lunch 10:30 – 12PM

1/8 Cheap, Filling, Easy & Delicious Homemade Soups & Stews w/Kathleen Cook, CCE

1/9 Chop and Chat 1:15PM Reservations required.

1/10 GFJ Tech Class with MaryAnn 11AM

1/15 Breakfast for Lunch 10:30 – 12PM

1/17 Lyceum "Armchair Travel": Barcelona 10 – 12PM

1/19 Fabulous Flakes 11AM

1/22 Breakfast for Lunch 10:30 – 12PM

1/24 Hawaiian Luau with Vin Rosenberger 11AM

1/26 OFA Nutrition Education: Portion Distortion with Donna Bates and Bridget Hoyt 12:15PM

1/29 Breakfast for Lunch 10:30AM

1/30 Bright and Beautiful Therapy Dogs 12:15PM

1/31 Lyceum "Armchair Travel": Galapagos Islands 10 – 12PM

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

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

1/8, 15 & 29 Crochet with Kathy 10:30AM

1/8 Mindfulness & Stress Reduction with Laura 1PM

1/10 & 26 BINGO with Sallie 10:30AM

1/12 Crafting with Sallie 10:30AM

1/19 Cheap, Filling, Easy & Delicious Homemade Soups & Stews w/Kathleen Cook, CCE

1/19 Crochet with Kathy 1PM

1/22 OFA Nutrition Education: Portion Distortion with Donna Bates and Bridget Hoyt 12PM

1/24 Hawaiian Luau & Peanut Butter Day 10 – 2PM

1/29 Puzzle Day 10 – 2PM

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

1/4 UHS Health Education: Stress Management, Mindfulness and Guided Meditation 11AM

1/4 OFA Nutrition Education: Portion Distortion with Donna Bates and Bridget Hoyt 12:30PM

1/11 Cheap, Filling, Easy & Delicious Homemade Soups & Stews w/Kathleen Cook, CCE 12:30PM

1/25 Hawaiian Luau Luncheon 12:30PM Please call for a reservation by 1/23 at 12PM.

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

1/5 Burger Bar 11:30 – 12:30PM

1/5 Laughtercize 1:30 – 2:30PM

1/9 & 23 Chop and Chat 12:30PM

1/10 Officer and Financial Meeting 9:15AM

1/10 Senior Center Site Council Meeting 10:45AM

1/10 Yankee Trade 12:30PM

1/11 Recycling & Composting w/CCE 12:15PM

1/17 "The Page Turners" Book Club 10AM

1/17 Mindfulness and Stress Reduction w/UHS 12:30PM

1/18 OFA Nutrition Education: Portion Distortion with Donna Bates and Bridget Hoyt 12:30PM

1/18 Golden Griddle Brunch 11:45 - 12:45PM

1/24 Hawaiian Luau -snacks, music by Russ Lockwood and more! Starting at 9AM

1/25 Cheap, Filling, Easy & Delicious Homemade Soups & Stews w/Kathleen Cook, CCE 12:15PM

1/29 Cows, Pigs and Horse Race 10:30AM

1/31 The Legal Aid Society 9 – 12PM 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

- 1/2 & 1/16 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10-11:30AM, \$3
(advanced registration and payment required, 607-797-2307)
- 1/4 Executive Board Meeting 9:30AM
- 1/9 Cheap, Filling, Easy & Delicious Homemade Soups & Stews w/Kathleen Cook, CCE
- 1/15 Center Closed for MLK Jr. Day
- 1/16 Chop & Chat 1PM: Vegetarian Mac & Cheese
(reservations required 1 week in advance) 607-797-2307
- 1/22 Legal Aid 9AM (appointment required, please call)
- 1/24 Hawaiian Luncheon w/musical guest, Mike's Jukebox 11:45AM
- 1/25 OFA Nutrition Education: Portion Distortion with Donna Bates and Bridget Hoyt 12PM
- 1/26 UHS Health Education: Stress Management, Mindfulness and Guided Meditation 12PM
- 1/30 Fabulous Snowflakes by James Baldwin 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

- 1/3 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 1/3, 1/10, 1/17, 1/24, 1/31 Medicare Assistance with Stephen Snitchler 10 – 2PM
- 1/5, 1/12, 1/19, 1/26 Poetry Group 12:30PM
- 1/8 Stay Healthy Caregiver Support Group 1 – 2:30PM
- 1/9 Chop & Chat (Vegetable Mac & Cheese) 11 – 12PM
(register by 1/3)
- 1/9 NYSEG: Learn about Smart Meter Upgrades 5 – 7PM
- 1/11 + 1/12 AARP Driver Safety Class 1 – 4:15PM
(Call 607-797-3145 to sign-up)
- 1/16 OFA Nutrition Education: Portion Distortion with Donna Bates and Bridget Hoyt 10:15AM
- 1/17 Lyceum "Armchair Travel": Barcelona 10 – 12PM
- 1/17 LGBTQ+ Senior Social Group 3 – 4PM
- 1/18 Legal Aid 9 – 12PM. Call for appointment.
- 1/19 Cheap, Filling, Easy & Delicious Homemade Soups & Stews w/Kathleen Cook, CCE
- 1/23 Chop & Chat (Recipe TBA) 11AM – 12PM (register by 1/17)
- 1/24 Haircuts (\$20, by appointment) 10 – 11:30AM
- 1/24 Hawaiian Luau Luncheon 11:45AM
- 1/24 Book Club 3 – 4PM (The Searcher by Tana French)
- 1/24 Lyceum "Armchair Travel": France Outside Paris 10 – 12PM
- 1/31 Lyceum "Armchair Travel": Galapagos Islands 10 – 12PM
- 2/4 Snowflake Follies 2 - 4PM, \$12 admission
(with Blue Velvet Big Band)

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

- 1/4 All About Gifts! 11AM
- 1/5 Cheap, Filling, Easy & Delicious Homemade Soups & Stews w/Kathleen Cook, CCE
- 1/11 Made to Order Breakfast 10AM
- 1/11 Nutrition ED Labeling Topic: Portion Distortion w/ Donna Bates and Bridget Hoyt 10:30AM
- 1/18 Brown Guessing Game 12:30PM
- 1/22 UHS Presentation on Mindfulness, Stress Reduction Seminar 12:30PM
- 1/24 Hawaiian Luau 12PM Please call prior to 1/23 at Noon to reserve a meal.
- 1/25 Reflections for A New Year! 11AM
- 1/26 Pub Burgers 11:30AM

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

- 1/2 New Years Tea & Goodies 10:30AM
- 1/4 Chocolate Covered Cherry Day 10:30AM
- 1/10 Shuffleboard Tournament Starts – every Wednesday at 10:15AM
- 1/11 Pizza Day 12PM \$4 per person – reservations needed by Noon on 1/10.
- 1/19 National Popcorn Day 10:30AM
- 1/24 Hawaiian Luau & National Peanut Butter Day 10AM
- 1/31 National Hot Chocolate Day 10:15AM
- 1/31 OFA Nutrition Education: Portion Distortion with 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

- 1/8 & 1/22 Chop and Chat 10AM Please call for a reservation.
- 1/10 OFA Nutrition Education with Donna Bates and Bridget Hoyt 10:15AM

- 1/11 Loaded Baked Potato Bar 11:15AM
- 1/16 Craft Day 10AM
- 1/17 Bill Tomlin: Swamp Root and The Kilmers 10AM
- 1/17 Lyceum "Armchair Travel": Barcelona 10 – 12PM
- 1/18 Left Right Center Dice Game 12PM
- 1/24 Cheap, Filling, Easy & Delicious Homemade Soups & Stews w/Kathleen Cook, CCE
- 1/24 Lyceum "Armchair Travel": France Outside Paris 10 – 12PM
- 1/25 Loaded Hotdog Bar 11:15AM
- 1/26 Pizza Day or Chef Salads 11:15AM
- 1/26 Bunko Dice Game 12PM
- 1/31 Lyceum "Armchair Travel": Galapagos Islands 10 – 12PM
- 1/31 UHS Mindfulness and Stress Reduction 10AM

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.

**Lunar New Year
February 10, 2024**

The Lunar New Year is celebrated by many countries around the world to bring in the new year. It is based on the lunar calendar (moon cycles) causing the dates of holidays to change each year. This year, the Lunar New Year is on February 10th and will mark the start of the Year of the Dragon. It's typical in most countries that people travel home to visit family and offer their well wishes. Many countries also have a tradition where the older members of the family provide the younger members with red envelopes, filled with money. Many end the celebrations by setting off fireworks. Every individual country has its own unique traditions as well. In China, people will decorate windows and doors with red paper cutouts with their wishes for the new year. In Korea, it is tradition that people eat ttoekguk, which is a rice cake soup that is believed to bring luck in the new year. In Vietnam, there is a tradition to start spring cleaning to "sweep out the bad luck of the last year" and then wait four days before cleaning again, to be sure the new year's luck is not lost. The important part of the Lunar New Year is creating good luck and a positive outlook for the coming year.

- Megan Horton, Caseworker with the Broome County Office for Aging

Nutrition ED Presentation

by Registered Dietitian Donna Bates and
Field Supervisor Bridget Hoyt
Portion Distortion

You've 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!

Deposit:

Thursday, January 4th at 12:30PM

Vestal:

Wednesday, January 10th at 10:15AM

Northern Broome:

Thursday, January 11th from 10:30 – 11AM

Johnson City:

Tuesday, January 16th at 10:15AM

Eastern Broome:

Thursday, January 18th at 12:30PM

Chenango Bridge:

Monday, January 22nd at 12PM

First Ward:

Thursday, January 25th at 12PM

Broome West:

Friday, January 26th at 12:15PM

North Shore Towers:

Wednesday, January 31st at 12PM

Phone numbers and addresses are listed on the Looks What's Happening section of this publication.

"A worthy New Year's resolution, perhaps, is to take no hatred into the New Year without requiring it to restate its purpose."

- Robert Brault



Laugh Break!

Who is Frosty's favorite Aunt?

Aunt Artica!

METRO Interfaith Housing Management
The Key to Housing in Greater Binghamton Since 1968

Elderly/Handicapped Housing
772-6766

Licensed Enriched Housing Provider

- Metro Plaza Apartments
110 Chenango Place
- Lincoln Court Apartments
21 New Street

www.metrointerfaith.org

HUD Housing Counseling Agency
 (607) 723-0582

Sudoku Answers

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

Technology Classes to Help Older Adults Become Tech Savvy

Join classes offered through the George F. Johnson Library.

Brain Games

In-Person at Broome West Senior Center:
Wednesday, January 10th at 10AM

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 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 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**

Woodburn Court 1 Apartments

Senior Housing

21-23 Exchange St.
Binghamton, NY 13901
Call: (607) 723-7875

TDD: 711 Relay

www.wingateapartmenthomes.com

Now accepting applications!

- 148 One Bedroom Apartments
- Project-Based Section 8
- Elevators
- Secure Building
- Gated Parking Lot
- 24-Hour Maintenance

Under new management,
proudly by Wingate!



If you have a disability and need assistance with the application process, please contact Jared at (607) 723-7875.



PAID ADVERTISEMENT



Do you have a Medicare issue but think that you missed your chance to make a change since Open Enrollment is over? Don't fear. Odds are you can still make a change to your plan. Here are a few of the ways beneficiaries are permitted to change their plans outside of Open Enrollment.

The Medicare Advantage Open Enrollment period runs from January 1 to March 31st. During this period, any person who is enrolled in a Medicare Advantage Plan (MAP) may change to a different MAP or may switch to Original Medicare and enroll in a Medicare Supplement plan with a standalone prescription drug plan.

If you qualify for Extra Help, NYS EPIC, Medicaid, or a Medicare Savings Program, or if you live in a nursing home or have permanently moved, you can change your drug plan or Medicare Advantage Plan outside of Open Enrollment.

Did you notice a large increase in your monthly premium for your Medicare supplement plan? In NYS, you can change your supplement at any time. We can help compare prices with you to find the lowest cost plan to meet your needs.

Did you miss enrolling in Part B when you were first eligible for Medicare? You are in luck! The Part B General Enrollment Period runs from January 1st to March 31st. Call Social Security to enroll in Part B and it will be effective on the first day of the next month.

These are a few of the many situations that allow beneficiaries to change their plans outside of Open Enrollment. Contact Action for Older Persons (AOP), your only local source of unbiased information, at **(607) 722-1251** to see how we can help you.

How to Protect Yourself from Winter Weather

Know your winter weather terms:

Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Know Your Risk for Winter Storms

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen for emergency information and alerts. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

In Case of Emergency

Be prepared for winter weather at home, at work, and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep a full tank of gas.

Sourced from: <https://www.ready.gov/winter-weather>



Windsor Wednesdays

Free Transportation Service*

Transportation in and around the Village of Windsor on Wednesdays

Call Getthere (855) 373-4040 Monday-Friday from 7am-5:30pm to schedule a ride!

**Donations accepted*

RURAL HEALTH NETWORK Serving South Central New York

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



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, January 17th 10 - 12PM
Barcelona, Morocco, and the Canary Islands

Wednesday, January 24th 10 – 12PM
(Broome West not included)
France Outside Paris

Wednesday, January 31st 10 – 12PM
Galapagos Islands

Wednesday, February 7th 10 – 12PM
Armchair Travel: Overseas Crises, Migrants, and Disasters

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>

Johnson City Senior Center Welcomes NYSEG

When: Tuesday, January 9, 2024 • Time: 5 – 7PM
Location: 30 Brockton St. Johnson City, NY

Join us as we host the NYSEG team. You can learn about upcoming smart meter upgrades in our neighborhoods. Members of the NYSEG customer service team will also be there to address customer questions. This will be a walk-in event. Please attend anytime between 5 - 7PM.

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.

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!

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Dr. Eric Dohner
75 Pennsylvania Ave Binghamton
157 East Main St Norwich
607.770.1815





“Very easy process and set up.”
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Did You Know...?

Fun Facts related to the Penny:



Once it was hard to tell a penny from a dime... Although they are different colors, pennies and dimes are very close in size.

In 1943, copper was needed for war materials, so pennies were made from zinc-coated steel. Because the color was silvery, it was easy to mistake a penny for a dime. Fortunately, pennies were only made that way for one year.

Most of our coins are metal sandwiches. The outside layers are three-quarters copper and one-quarter nickel, and the "filling" is solid copper. Pennies are made of zinc coated with copper. Only nickels are one solid material—that same 75% copper/25% nickel alloy. Would you like fries with that?

America's first one-cent piece, called the "large cent," was first struck in 1793, one year after the Mint opened. It was so big that it was hard to use, but it wasn't replaced by a smaller penny until 1857, more than 50 years later.

Sourced from: <https://www.usmint.gov/learn/kids/coins/fun-facts/category/penny>



Amanda VanFossen,
NYS Licensed Hearing Aid Dispenser



Amanda Levy, Au.D.
Doctor of Audiology

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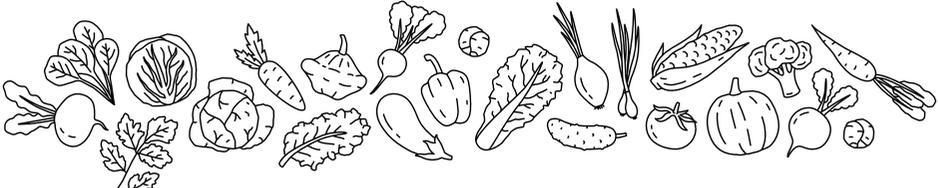


200 Plaza Drive, Vestal, NY 13850
(888) 318-2789

PAID ADVERTISEMENT

Make Warm and Delicious Soup quickly with Ingredients On Hand

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



Making your own soup puts you in control of the ingredients and can help you avoid the high sodium and fats in canned soup. Stock inexpensive whole ingredients and spices in your pantry or freezer so they're there when you want them and cozy up your home with delicious aromas as you put it together! Researchers have found that just the smell of food cooking can significantly improve a person's appetite.

Make meal prep faster by cooking rice or other grains in advance in a full-size batch, freeze in half cup portions, and later add them to soup broth or reheat with cooked vegetables. The combination of rice with beans creates a complete protein. Beans alone and rice alone both lack certain essential amino acids. If eaten together, however, each contributes what the other is missing to form a complete protein.

Nutritious soup ingredients include cans of evaporated milk, canned tomatoes and a variety of frozen & canned vegetables, cartons or cans of chicken or vegetable broth, grains like egg noodles, quinoa, couscous, and pastas.

Set aside some meat from dinner to use the next day; warm up your kitchen by roasting fresh vegetables in a hot oven, then use extras later to add creaminess and thicken your soup. Get creative with home-made soup- quick, inexpensive, filling, and delicious!

January 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.

Senior Centers Closed Happy New Year!	1	Pierogies w/Kielbasa Carrots Fruit Cup	2	Beef Stroganoff Over Noodles Brussels Sprouts Chocolate Pudding	3	Chicken Marsala Brown Rice Pilaf California Blend Veg. Apple Cranberry Cobbler	4	Ham & Swiss Cheese OR Tuna Salad on Rye Bread Navy Bean Soup Applesauce Ice Cream Cup	5
Meatball Parmesan Sub Vegetable Soup Spinach Lorna Doone Cookies	8	Liver w/Onions OR Chicken Thigh Mashed Potatoes Corn Pineapple	9	Roast Turkey Apple Bread Dressing Carrots Pumpkin Bar	10	Ham & Scalloped Potatoes Cut Green Beans Spice Cake	11	Salisbury Steak OR Herbed Broiled Fish Macaroni & Cheese Stewed Tomatoes Oatmeal Cookie	12
Four Cheese Macaroni & Cheese Stuffed Pepper Soup Carrots Chocolate Chip Cookie	15	Halupki OR Roasted Chicken Mashed Potatoes Peas w/Pearl Onions Mandarin Oranges	16	Pub Burger OR Tuna Salad Sandwich Cream of Vegetable Soup Fruit Cup Chocolate Cake	17	Ziti Sausage Bake Wax Beans w/Pimento Garden Salad Snickerdoodle Cookie	18	Sweet & Sour Pork OR Broiled Citrus Fish Brown Rice Pilaf Oriental Blend Vegetables Pineapple Upside Down Cake	19
Beef Stew over a Biscuit Cut Green Beans Warm Spiced Peaches Oatmeal Raisin Cookie	22	Grandma's Meatloaf OR Broiled Fish w/Lemon Cheesy Mashed Potatoes Stewed Tomatoes Applesauce	23	Hawaiian Luau Teriyaki Chicken OR Ham w/Pineapple Gl. Roasted Red Potatoes Hawaiian Coleslaw Coconut Cream Pie	24	Beef Burgundy Over Noodles Oriental Blend Vegetables Sherbet Cup	25	Turkey & Provolone OR Egg Salad On Marble Rye Bread Cream of Potato Soup Fruit Cup Sugar Cookie	26
Pierogies w/Kielbasa Broccoli Florets Chocolate Chip Cookie	29	Breaded Fish OR Pub Burger Canadian Cheese Soup Cold Beet Salad Banana	30	Chicken Salad Croissant Tomato Bisque Cottage Cheese Apple Cranberry Cobbler	31	Chicken Florentine Roasted Potatoes Carrots Chocolate Brownie	2/1	Pork Loin Or Broiled Fish w/Lemon Mashed Potatoes Corn Apple Crisp	2

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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