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## Healthy Habits = Healthy Life



### Chenango Bridge Senior Center celebrates one year of serving the community!



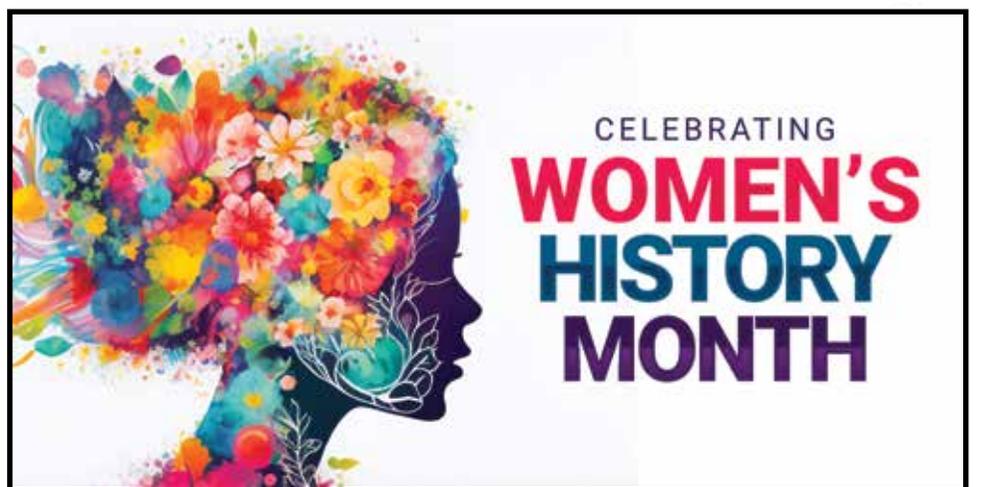
In March of 2023, the Chenango Bridge community celebrated the opening of the Chenango Bridge Senior Center. Since then, many local seniors have joined in on the excitement! From numerous new exercise programs, delicious meals, to fun new groups it's clear that the CBSC is the place to be. Come see what all the excitement is about at the Chenango Bridge Senior Center:

740 River Road, Binghamton  
Located in the First United Methodist Church of Chenango Bridge  
Center Hours: Mondays, Wednesdays and Fridays, 10 – 2PM

Please see page 10 for March events at CBSC.



*Happy St. Patrick's Day!*  
Flip to page 15 to see how you can celebrate your St. Patrick's Day with us!



March is Women's History Month!  
For a summary of the foundation of Women's History Month please see page 7 and [www.womenshistorymonth.gov](http://www.womenshistorymonth.gov) for more information.

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

### Like Us! Follow Us!

Don't miss out on any Office for Aging events & news!

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

# HEALTH AND WELLNESS

## 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

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



## Falls Annual Wellness Checkup at Participating Broome County Senior Centers

Dates:

March 13th – Chenango Bridge 11 – 4PM

March 20th – First Ward, Binghamton 10 – 2PM

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 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.

## Walk with Ease

Meeting at the Oakdale Commons in Johnson City  
Starting Monday, March 18th

Mondays, Tuesdays & Thursdays at 10 – 11AM

Join your walking coaches at the Oakdale Commons for this indoor 6-week walking program where you will learn fitness tips, meet new people, and step your way to a lasting walking routine.



- We will meet for 1 hour, 3 times per week inside the mall.
- Each participant will receive a guidebook and walking diary to log progress.
- We will learn how to exercise safely and comfortably while having fun.

Walk with Ease is an evidence-based program with several proven benefits, such as decreased pain, improved balance, and increased strength. As you develop a walking routine, you may also control weight, reduce stress, boost your energy, and much more.

**Advanced registration is required for Walk With Ease. Space is limited. To obtain more information and sign up, please call (607) 778-2411.**

Remember to consult a healthcare professional before beginning this or any new exercise program.

# Caregiver Corner

*Ideas and information for people caring for others.*

## **The Johnson City Caregiver Chat:**

**Date:** Monday, March 4, 2024 **Time:** 1:00 - 2:30 PM

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

## **Join Social Saturdays!**

Social Saturdays is a group respite program providing small group social engagement for care recipients while providing a break for caregivers. Participants will engage in discussions, activities, and a light lunch. This Respite will be held the first Saturday of the month.

The program will host participants at the:

**St. Anthony's Church Hall, 300 Odell Ave, Endicott  
Saturday, March 2, 2024 at 11 - 2PM**

This free caregiver respite program is sponsored by St. Anthony's, St. Ambrose, and St. Joseph's parish communities. Do you feel called to volunteer in this Respite? Would you like to register your loved one for this program?

Please contact the St. Anthony Parish office: **607-754-4333** for more information or to register.

## **Caregiver Event**

Effective Communication Strategies

**Date:** Thursday March 14, 2024 **Time:** 1 - 2:30PM

**Location:** Johnson City Senior Center (30 Brocton St. Johnson City, NY 13790)

Join us in learning about Effective Communication Strategies presented by Stephanie D'Amico from the Alzheimer's Association.

Pre-registration is required. Call Caregiver Services at **(607) 778-2411** to register.

# Meals on Wheels (607) 778-2411

Do you or someone you know struggle to prepare nutritious, well-balanced meals? Are you 60 years of age or older? Then Meals on Wheels might be for you!



Meals on Wheels have been proven to help people stay independent in the community by providing meals as well as a daily visit by dedicated, caring volunteers.

Meals on Wheels offers a Monday-Friday delivery. If needed weekend meals can also be provided. A \$4.00 contribution is requested for each meal. SNAP benefits are accepted as well!

For more information, please contact the Broome County Office for Aging at **(607) 778-2411**.

Broome County  
**Office for Aging** 

# Events at the Centers

## **Broome West Senior Center**

Fun Fridays in March!

Friday, March 1st

BINGO 9:30AM

Friday at Fred's 11AM

Friday, March 29th

BINGO 9:30AM

Marian Tewksbury 11AM

Join us as we brighten up Broome West with fun, laughter, and lots of color!

## **Chenango Bridge Senior Center**

Friday, March 29th at 10:30AM

BINGO with Sallie!

## **Deposit**

Tuesday, March 12th at 1PM

K9 Demo by Broome County Sheriff's Office with Tom Holden and K-9 Raven

## **Eastern Broome**

Friday, March 1st from 1 – 2PM

Laughtercize - Come giggle your way to fitness!

## **First Ward**

International Women's Day at 1PM

Free showing of the "Barbie" movie and popcorn! Soda is available for 50 cents.

## **Johnson City**

Thursday, March 28th from 10:30 – 11:30AM

Community Engagement Officer Peets presents Senior Scams: Red Flags to Avoid

## **Northern Broome**

Friday, March 29th at 12PM

Celebrate Coca Cola's birthday!

Burger Bar followed by Coke Floats

Please call 607- 692-3405 by 3/28

at Noon to reserve your meal.

## **North Shore Towers**

Greed Tournament at 10AM

March 7, 14, & 27th

## **Vestal**

Tuesday, March 19th at 10AM

Spring Themed Craft Day!

Please call 607-754-9596 to reserve your spot.

## **Grace's Place**

**Free Senior Respite is Provided  
by Grace Lutheran Church**

**Date:** March 9, 2024

(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](mailto:gracevestal709@gmail.com)

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

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

## Physical Benefits of Volunteering

There are a multitude of reasons to volunteer, from strengthening your community, and gaining new skills, to improving your own physical health. Maintaining your physical health plays an important role in successful aging.

Volunteer efforts can help manage stress!

Volunteering reduces stress by increasing positive feelings and releasing dopamine. According to the Mayo Clinic, **“Reduced stress further decreases the risk of some physical and mental health problems, such as heart disease, stroke, depression, anxiety, and general illness. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling for age, gender, and physical health.”**

Keeping active!

Volunteering also keeps you physically active and moving. A few key benefits of being physically active are prevention of bone loss, prevention of chronic diseases, and it can also boost your immunity. 84% of AmeriCorps Senior volunteers report stable or improving health after one year of service. Remaining physically active improves your strength and balance, helping prevent falls. If you are interested in volunteering, you should take the time to think about what activities you enjoy and what you would like to achieve with your time.

There are many wonderful opportunities to volunteer in your community, to learn more please call the Broome County Office for Aging at **607-778-2411**.

## No Cost Medicare Counseling at AOP

Action for Older Persons (AOP) is the only local source of no cost, **unbiased** Medicare insurance counseling and financial assistance program application help. Our counselors are experienced, highly trained, annually certified by NYS and familiar with many local programs.

Are you new to Medicare? Overwhelmed by the constant advertisements? Paying too much for your insurance? Need help with a billing question or an appeal? Wondering if there is a different plan that better fits your needs? Do you want to compare your retiree insurance to Medicare options? Do you wonder if you may qualify for low income programs? Do you want to talk to someone who can provide you with information about all Medicare options? These are all great reasons to call AOP. In addition to monthly in-person seminars, we have resource sheets about **all** Medicare Advantage, Prescription Drug and Medicare Supplement Plans offered in Broome County.

You may be thinking that open enrollment to change your Medicare ended in December. We can usually help you change your plan mid-year if need be. For example, there is open enrollment until March 31 for anyone currently in a Medicare Advantage Plan. In NYS, you can change your supplement plan at any time. If you currently have a Medicare supplement plan, are you getting the best price? Because Medicare supplement plans are standard by letter, coverage for your plan is the same regardless of the carrier yet the monthly premium for the same plan in Broome County varies by several hundred dollars. The coverage is exactly the same, therefore, it makes sense to purchase it from the lowest price carrier. We can go over the price comparisons to see if we can help you save money.

Give us a call at **(607) 722-1251** for an appointment with one of our expert counselors.

**“When you have a dream, you've got to grab it and never let go.”**

— Carol Burnett

## Maintaining Your Sexual Health

When was the last time you had a check-up for sexually transmitted infections (STIs)? If it's been a few years—or if you've never been tested— you're not alone. Especially among older adults, the importance of STI testing and safer sex is often overlooked. However, caring for your sexual health is a vital component of maintaining your overall physical health. So, let's talk about it!

### “Why does this matter to me?”

- In 2018, 35% of people living with HIV were at least 55 years old.
- Communities with high densities of retirees tend to have higher rates of STIs in comparison to the average community.
- Between 2007 and 2017, instances of STIs doubled among people aged 65+.
- Older adults often underestimate their risk and seek STI testing later in their illness in comparison to their younger counterparts. This results in experiencing greater adverse effects from their STI.

### Preventing STIs:

- Get screened regularly, especially if you are seeing new sexual partners and/or practice unprotected sex.
- Discuss STI prevention methods with your doctor or contact one of the many agencies listed below for additional information.

### “I feel fine. Why should I get tested?”

Checking up regularly on your sexual health is important, as learning you have an infection earlier on can prevent it from progressing and becoming more detrimental to your health. See below for local testing sites.

### Low-cost, Confidential HIV & STI testing:

**Broome County Health Department:** HIV testing is free. Cost for other STI testing varies based on insurance coverage or, if uninsured, income level. No person is turned away because of inability to pay. Call **(607) 778-2839** to schedule an appointment at 225 Front Street, Binghamton NY 13905.

**Southern Tier AIDS Program:** All testing (HIV and other STIs) is free. Walk in, or schedule an appointment at 277 Main Street, Johnson City, NY 13790 by calling **(607) 237-0497**.

**Family Planning of South Central New York Binghamton:** Cost for HIV and STI testing varies based on insurance, or if uninsured, income level. Resources to help with this cost are available. Call **(607) 723-8306** to schedule an appointment at 117 Hawley Street, Binghamton NY 13901.

If these locations are far from your residence, visit <https://www.stapinc.org/testing> to search for STI testing sites in your area.

Free condoms, dental dams and lubricant can be ordered online at <https://nyaidslines.org/condoms/>.

## Affordable Senior Independent Living



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53 Front Street, Binghamton, NY 13905  
Phone: (607) 723-8989 • TDD: (607) 677-0080  
[www.seppinc.com](http://www.seppinc.com)

- Creamery Hills Apartments  
Richford, NY (607) 844-8229
- Hamilton House Apartments  
Binghamton, NY (607) 724-6102
- Harry L Apartments  
Johnson City, NY (607) 217-7332
- Marian Apartments  
Endwell, NY (607) 785-5223
- Nichols Notch Apartments  
Endicott, NY (607) 754-0579
- Watkins Glen School Apartments  
Watkins Glen, NY (800) 838-0441
- Wells Apartments  
Johnson City, NY (607) 797-8862
- Whitney Point Apartments  
Whitney Point NY (607) 692-2609
- Windsor Woods Apartments  
Windsor, NY (607) 655-4191



Housing with a Heart





## Mark Your Calendar! Upcoming Community Events

### Mac & Cheese Fest

Fundraiser for Handicapped Children's Association  
607-723-3921  
DoubleTree by Hilton  
225 Water Street, Binghamton  
Thursday, March 14th, 6 – 8PM  
Tickets are \$25 and can be purchased at  
<https://bingmacfest.com/>

Come sample many local macaroni and cheese recipes for a good cause!

### enJOY Jazz

Schorr Family Firehouse Stage  
607-772-2404  
48 Willow Street, Johnson City  
Monday, March 18, 7 – 9PM  
All tickets are \$17

Enjoy the smooth relaxation of jazz, with prominent regional jazz groups. This series is carefully curated by Mike Carbone and funded by The Jazz Fund.

<https://firehousetage.org/>

### Little Women

Broome County Forum Theatre  
607-778-2480  
236 Washington Street, Binghamton  
March 19 & 20, 8:30PM  
Tickets can be purchased at the Forum or at  
<https://broomearenaforum.com/forum-buy-tickets/>

### Binghamton Philharmonic Lecture

Kilmer Mansion  
607-723-3931  
9 Riverside Drive, Binghamton  
Thursday, March 21, 2 -3PM  
Free

Dr. Julia Grella O'Connell, Director of Education and Community Engagement, explores the history of "binder's volumes" — collections of sheet music that were treasured by girls and women in the nineteenth century — and the ways they functioned as bearers of memory. She will be showing volumes from her own collection.

<https://visitbinghamton.org/event/binghamton-philharmonic-lecture-at-kilmer-mansion-2/>

### Bunco at the Mansion

Kilmer Mansion  
607-723-3931  
9 Riverside Drive, Binghamton  
Sunday March 31, 11 – 2PM  
Reserve your spot to participate, \$25 per attendee

Bunco is an easy-to-learn dice game that is loads of fun. This is the last date and a great opportunity 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 will support renovation projects).

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

<https://kilmermansion.org/>

## Scam of the Month

### EBT Card Scams

Scams that target financial products such as credit and debit cards can also be used to strike Electronic Benefit Cards (EBT.) EBT cards are pre-loaded with funds that can be spent in stores or online. This means that the fraud that occurs with EBT Cards is like traditional credit card fraud.

Potential EBT card scams to be aware of include phishing scams, in which scammers go "phishing" for card information that will allow them to hack into EBT funds. Scammers will send e-mails or text messages stating that EBT recipients will get a bonus if they click on a link. The link is to a fake website where they ask for personal EBT information which can be used to make purchases. Other scammers may call their victims, stating that their account has been compromised and asking questions to confirm their identity. The scammer then has the information they need.

Other common scams are enrollment scams which target people who do not have EBT benefits. In this scam, people receive an e-mail or text message which routes them to fake websites to enroll for public benefits where they are asked for personal information. The scammer can then use this information to apply for benefits in the victim's name. In stores, card skimmers may be installed so EBT card information can be stolen when the card is used.

To protect yourself, it is important to not respond to text messages or phone calls related to your EBT account. Official correspondence will come through the US mail. Never share your card or PIN number with anyone. Avoid simple PIN numbers that may be easily guessed and change your PIN number periodically. Check your EBT account regularly for any unauthorized charges. When using your card in a store, pay attention to the card slider especially at self-check-out. If it looks strange, speak to a store associate. If you ever suspect that your EBT card has been compromised, contact your local SNAP office immediately.



## 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, March 12th at 3PM at the Broome West Senior Center or on Zoom. er or on Zoom.

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



### Elder Law • Asset Protection Long Term Care Planning

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# March for Meals

This March, we would like to invite you to join us in celebrating March for Meals. March for Meals commemorates the date in 1972 that President Richard Nixon established a National Nutrition Program for adults age 60 and older. Meals on Wheels is part of the National Nutrition Program.

Supporting Meals on Wheels benefits our entire community. It helps older adults remain independent and in their own homes for as long as possible by providing warm, nutritious meals and daily checks by caring volunteers. You may know someone who has benefited from this program, whether as a long-term participant or as a short-term help after recovering from an illness or surgery. To support the program, call a friend and volunteer together for Meals on Wheels, or volunteer and make new friends!

If time is an issue, you can also support March for Meals by donating online through the Broome County Office for Aging website at <http://gobroomecounty.com/senior/donations>.

To donate by check, **make checks payable to Broome County Office for Aging and mail to 60 Hawley Street, PO Box 1766, Binghamton, NY 13902. Please note it as a "March for Meals" donation.**

Through volunteering, donating, or speaking out, you can ensure the older adults in your neighborhood live healthy, happy, and independent lives at home, where they want to be.

We surveyed current Meals on Wheels clients about their experiences with Meals on Wheels and here are a few of their responses:

*"Volunteers are always friendly and concerned about me."*

*"It is nice to see the ones delivering the meals when you are by yourself, and they are caring people."*

*"I can't drive anymore. My eyes are going, and I can't use the stove."*

*"You are getting a nutritious meal without shopping or cooking."*

*"It is a life changer!"*

*"Meals on Wheels is healthy food, so it makes me feel healthy and keeps my weight down."*

*"I love your liver!"*

This one made us laugh, but we do serve a great Liver & Onions!

We need your support to keep this program going strong! For more information on receiving Meals on Wheels or volunteering to deliver meals, please call the Office for Aging at **(607) 778-2411**.



## Eastern Broome

Contact: Arlene 607-759-6306

**May 22 – 23rd** - Lancaster (Daniel and More)

**June 27th** - West Point

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

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

**September 23 – 26th** - Cape May

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

## First Ward Travel Group

Trips to be planned. Please watch upcoming Senior News for details.

## Johnson City Senior Center

Contact: Lucy 607-427-6143

**March 18th** - Gavin's Irish Country In: Join us for a St. Patrick's Day celebration!

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

**April 18th** - Southern Tier Stables

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

## Northern Broome – Golden Age Club

Contact: Dixie 607-692-4239

**March 6th** - Philadelphia Flower Show

## North Fenton Seniors

Contact: Ruth McMullen 607-648-8425

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

## Port Crane Seniors

Contact: Donna 607-648-6071

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

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

## Sudoku

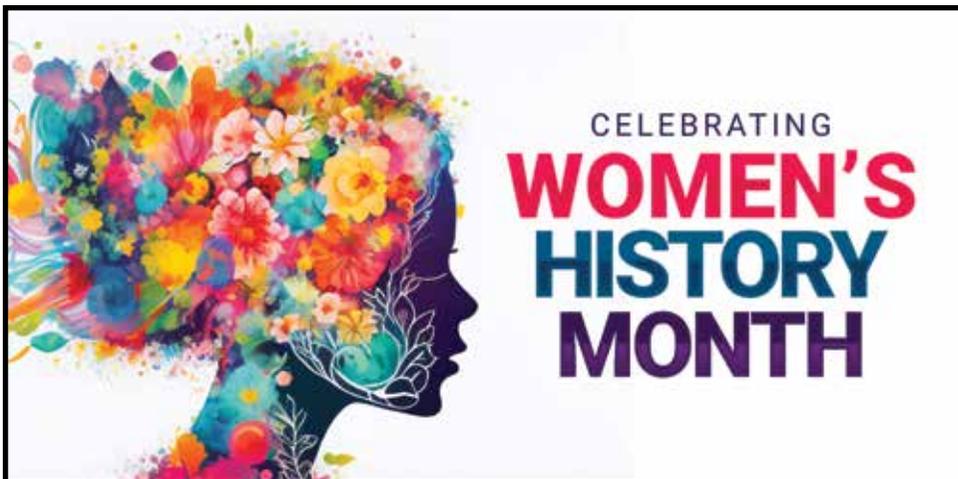
Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 13.

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

## LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, March 20th, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790





**March is Women's History Month**

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

In 1987, after a petition by the National Women's History Project, Congress designated the entire month of March, 1987, as "Women's History Month." Since then, the month of March recognizes the contributions women have made in the United States through their work in a variety of professional fields and causes.

Recently, we learned of the passing of long-time actress Betty White at the age of 99. Betty spent her career providing entertainment and laughter to those of us who watched decade after decade through our television screens. She was also well known as an advocate for the care of animals. When asked about her outlook, she commented, "I just make it my business to get along with people so I can have fun. It's that simple." This month, grab some inspiration from the wise words and legacies of influential women like Betty. Here are a few more examples from others to help get you started:

***"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the thing you think you cannot do."***  
 - Eleanor Roosevelt

***"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."***  
 - Maya Angelou

***"Some of us have great runways already built for us. If you have one, take off. But if you don't have one, realize it is your responsibility to grab a shovel and build one for yourself and for those who will follow after you."***  
 - Amelia Earhart

There are many other ways that you can join the celebration of Women's History Month. Pick up a biography or novel written by a woman whom you admire or want to learn more about. Visit websites such as the Library of Congress for upcoming recognition events and exhibits. Or, play audio or video recordings of presentations on influential women in history by visiting the Women's History Month website at: <https://www.womenshistorymonth.gov/audio-and-video/>.

Lastly, don't forget to call your mother, sister, daughter, granddaughter, or friend, and remind her why she is a truly special woman in your life.

Adapted from: <https://womenshistorymonth.gov/>

**Nutrition Education**

**Dates & Locations**

March 6th - Vestal Senior Center, 10:15am  
 March 7th - Deposit Senior Center, 12:30pm  
 March 8th - Broome West Senior Center, 12:15pm  
 March 12th - Johnson City Senior Center, 10:15am  
 March 13th - Chenango Bridge Senior Center, 12pm  
 March 14th - First Ward Senior Center, 12pm

Discussion about Food Safety. Information shared will include:

- Proper temperature control: cooking/chilling foods.
- Cleanliness Counts- Preventing cross contamination and other factors leading to foodborne illness.
- Are Your Leftovers Still Good? Best practices in properly packing, storing, and reheating meals.

\* Sharing Some of Your Own Experiences is Encouraged!

Broome County  
**Office for Aging**

**AARP**

**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**

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**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

## Green Onion Omelet

In the Spring, in areas where they grow, wild onions can be used in place of green onions. Yellow or white onions work as well.



### Ingredients

- 1 can low-sodium sliced potatoes, drained (about 15 ounces)
- 1 tablespoon vegetable oil
- 1 whole egg
- 3 egg whites
- 3 tablespoons 1% low-fat milk
- 1/4 teaspoon salt
- 1/2 cup ham, diced (optional)
- 1/2 can low-sodium tomatoes, drained (about 8 ounces)
- 1 tablespoon green onion (or wild onion), chopped

### Directions

1. Open and drain can of sliced potatoes. Cut sliced potatoes into strips.
2. In a large skillet over medium heat, lightly brown potatoes in vegetable oil for 5 to 10 minutes.
3. In a mixing bowl, add egg, egg whites, milk, and salt. Mix well
4. Stir in ham, tomatoes, and green (or wild) onions.
5. Pour egg mixture over potatoes in the skillet.
6. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
7. Cut the omelet into four pieces and serve.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/green-onion-omelet>

## Elaine's Green-Mash Potatoes

Green peas add a mild, sweet flavor while garlic adds some zip.



### Ingredients

- 7 potatoes (medium size, about 1 cup each)
- 1 cup skim milk (divided)
- 2 garlic cloves (peeled)
- 1 cup frozen peas
- 2 tablespoons soft (tub) margarine
- 1/8 teaspoon white pepper (optional)
- 1/4 teaspoon Kosher salt

### Directions

1. Simmer peeled, diced potatoes for about 10 minutes until soft when pierced with a fork.
2. Cook 1 cup of peas in microwave for about 3 minutes; drain and reserve.
3. Heat milk until hot. Add garlic cloves to milk and let stand for 5 minutes.
4. Puree peas, 1/4 cup milk, and garlic cloves using a blender.
5. Drain potatoes and begin to mash.
6. Slowly add 3/4 cup milk while mashing.
7. Blend in the pureed peas and garlic, margarine, and white pepper (optional) to the mashed potatoes.
8. Place mashed potatoes in a serving dish and keep warm.
9. Just before serving, lightly sprinkle Kosher salt on top of potatoes.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/elaines-green-mash-potatoes>

## Mushroom Barley Soup

Prepare this hearty soup with vegetable broth if you desire it to be vegetarian or vegan.



### Ingredients

- 1 tablespoon oil
- 1 onion (chopped)
- 2 celery stalks (sliced thin)
- 2 carrots (peeled and sliced thin)
- 1 cup potatoes (cut into pieces)
- 2 cups mushrooms (sliced)
- 1/2 cup barley, quick cooking
- 1 teaspoon garlic powder
- 1/2 teaspoon thyme (ground)
- 3 cups chicken broth (low sodium)
- 2 cups water
- 1 tablespoon parsley (chopped fresh)

### Directions

1. Heat oil in large soup pot over high heat. Sauté onion, celery, carrots, and mushrooms until golden, about 4 minutes.
2. Add the rest of the ingredients except for the parsley and bring to a boil.
3. Lower heat to a simmer and cook until the barley is tender, about 20 minutes.
4. Sprinkle parsley on top of soup and serve hot.

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

## Baked Meatballs

Make your own meatballs to use now or freeze them for a quick dinner at another time.



### Ingredients

- 1 pound ground beef, 90% lean (or ground turkey)
- 1 egg
- 1/2 teaspoon dried parsley
- 1/2 cup breadcrumbs
- 1/2 cup milk, 1% (or non-fat)
- 1/4 teaspoon ground black pepper
- 1 teaspoon onion powder

### Directions

1. Mix all ingredients, shape into balls (about 24 meatballs).
2. Arrange on baking sheets that have been sprayed with non-stick cooking spray.
3. Bake at 425 °F for 12-15 minutes. It is best to use a food safety thermometer to check for doneness. It should read 160°F for ground beef and 165 °F for ground turkey.
4. If meatballs are being saved for future use, chill rapidly; package in amounts needed per meal and freeze immediately.

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

**“Happiness? The color of it must be spring green.”**

**Frances Mayes**

**“Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again.” - Gustav Mahler**



WE ASKED,  
AND YOU  
*answered!*

In the February 2024 edition of the Senior News, we asked how local seniors show themselves self-love. I wanted to share a few of the responses:

“Weather permitting, all I have to do is go out in my backyard. Otherwise, I enjoy reading a good book (mysteries/history). I’m a mini-historian and I like to do research on a subject that interests me. My goal is to keep my mind active.” – Irene, age 86

“I love myself by letting go of regret and what ifs.”  
– Candace, age 71

“I wish everyone would focus on what they like about themselves, and not what they don’t like.” – Ken, age 83

“By taking the time to do the things I enjoy doing, for no other reason than that I want to.” – Louise, age 68

Thank you for all the lovely responses we received. Self-love is one of the most important actions you can take to improve your quality of life. However you decide to love yourself, do it often.  
– Nicole, editor



Join the Nature Walking Club

The Nature Walking Club enjoying their hike on the beautiful Greenway on January 25, 2024.



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.

**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**.



*“Very easy process and set up.”*  
– Subscriber

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Amanda VanFossen,  
NYS Licensed Hearing Aid Dispenser



Amanda Levy, Au.D.  
Doctor of Audiology

# 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 is served at Noon**

### **Weekly Activities**

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

**Monday:** BoneSavers, 9:30AM;

Hand and Foot Card Game, 12:30-2:45PM

**Tuesday:** Adult Coloring, 9:30AM; Mahjong Group, 10AM;

Chair Exercises, 10:30AM; Scrabble, 12:30 - 2:45PM;

Ping Pong, 1 - 2:45PM; Yarn Group 1PM

**Wednesday:** BoneSavers, 10AM; Canasta, 1 - 2:45PM;

Floor Shuffleboard, 1 -2:30PM

**Thursday:** Wii Bowling, 9:30AM; Chair Exercises, 10:30AM; Social

Connections, 1PM; Chair Yoga 1PM

**Friday:** Mahjong, 12:30 - 2:45PM; Ping Pong, 1PM; Cornhole 1PM

### **Special Activities**

3/1 Fun Friday! All day! 9 – 3PM

3/4, 11, 18 & 25 Breakfast for Lunch 10:30 – 12PM

3/4 Nutrition Presentation with Kathleen Cook, CCE 11:30AM

3/6 Armchair Travel Lyceum: Iceland 10 – 12PM

3/7 Legal Aide 9AM Please call to make an appointment.

3/7 & 8 AARP Defensive Driving 9:30 – 1PM Reservations required, please visit the center to register. No phone calls please, payment is due at time of registration.

3/8 OFA Nutrition ED: Food Safety with Donna and Bridget 12:15PM

3/12 Downsize & Declutter 3PM

3/13 GFJ Tech Class: eBook and Audiobooks 11AM

3/15 St. Patrick's Day Celebration 10:30AM

3/26 Bright and Beautiful Therapy Dogs 10:30AM

3/27 Broome County Sheriff's Department: Senior Scams 11AM

3/29 Fun Friday! All day! 9 – 3PM

## **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**

3/2 & 4 Crochet with Kathy 10:30AM

3/6 Clover Chat 1PM

3/13 Binghamton University Fall Prevention 11AM – 3PM

3/13 OFA Nutrition ED: Food Safety with Donna and Bridget 12PM

3/15 One Year Anniversary Celebration! 10 – 2PM See cover for details.

3/20 Nails by Kathy 1PM

3/22 Nutrition presentation with Kathleen Cook, CCE 12PM

3/22 Broome County Sheriff's Department: Senior Scams 1PM

3/29 BINGO with Sallie 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**

3/5 Card Tricks with Gary Freed 1PM

3/7 OFA Nutrition ED: Food Safety with Donna and Bridget 1PM

3/12 K9 Demo by Broome County Sheriff's Office  
with Tom Holden and Raven 1PM

3/14 St. Patrick's Celebration 10 – 2PM

3/21 Eric Beneke from the Delaware County OFA 11AM

## **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**

3/1 Laughtercise 1 – 2PM

3/1 Finance Meeting 9:15AM Site Council Meeting 10:45AM

3/15 St. Patrick's Day Luncheon: Entertainment and Lunch 12PM

3/19 Chop and Chat 12:30 – 1:30PM

3/20 Page Turner's Book Club 10AM

3/21 Golden Griddle 11:45 - 12:45PM

3/21 Broome County Sheriff's Department: Senior Scams 12:15PM

3/27 Legal Aide 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**

3/5 & 19 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM, \$3 (Advanced registration and payment required, 607-797-2307)

3/5 Chop & Chat: Potato Soup 1PM Reservations required 1 week in advance, 607-797-2307

3/7 Executive Board Meeting 9:30AM

3/8 International Women's Day - "Barbie" movie at 1PM

3/11 Legal Aid 9AM (Appointment required, please call.)

3/12 Nutrition presentation with Kathleen Cook, CCE 12PM

- 3/14 OFA Nutrition ED: Food Safety with Donna and Bridget 12PM
- 3/15 St. Patrick's Day Luncheon 11:45AM, Dancers from Johnston School of Irish Dance at 1PM
- 3/18 St. Patrick's Day Trivia 12PM
- 3/19 Lunchtime Entertainment: Greg Neff 12PM
- 3/20 Binghamton University Falls Assessment 10 – 2PM
- 3/21 & 22 AARP Driver Safety Course 9 - 12:15PM (Advanced registration required.)
- 3/26 Chop & Chat, Unstuffed Cabbage Casserole 1PM Reservations required 1 week in advance, 607-797-2307.
- 3/29 Center Closed

**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**

- 3/1, 3/8, 3/15, 3/22, 3/29 Poetry Group 12:30PM
- 3/4 Stay Healthy Caregiver Support Group 1 – 2:30PM
- 3/6 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 3/6 Armchair Travel Lyceum: Iceland 10 – 12PM
- 3/6, 3/13, 3/20, 3/27 Medicare Assistance with Stephen Snitchler 10 – 2PM
- 3/6 Book Club 3 – 4PM (West With Giraffes by Lynda Rutledge)
- 3/13 Family & Children's "Family Homes for the Elderly" Info Session 10 – 1PM
- 3/14 Hearing Screenings with Tri-City Hearing (call for 15-min appt) 9 – 12PM
- 3/15 Healthy Carbs for Energy: Potatoes & Sweet Potatoes (Cornell Cooperative Extension) 10:30 – 11:30AM
- 3/15 St. Patrick's Luncheon 11:45AM
- 3/19 Chop & Chat 11 – 12PM (call to register by 3/13)
- 3/20 LGBTQ+ Senior Social Group 3 – 4 PM
- 3/21 Legal Aid 9 – 12 PM. Call for appointment.
- 3/21 + 3/22 AARP Driver Safety Class 1:00 – 4:15PM (call to register)
- 3/27 Haircuts (\$20, by appointment) 10 – 11:30AM
- 3/28 Senior Scams Prevention (by JC Police Department) 10:30 – 11:30AM

**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:** 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**

- 3/4 Chop and Chat: Potato Soup 1PM
- 3/5 & 3/19 Golden Agers 12PM
- 3/7 & 3/21 Corn Hole Tournament 9 – 3PM
- 3/14 Breakfast 10AM
- 3/15 St Patrick's Day luncheon with Irish Dancers Performing at 11:15AM
- 3/18 Seniors Scams Presentation at 12:30PM
- 3/29 Pub Burger Bar and celebrating Coke a Cola's Birthday with Floats after Lunch 12PM Please call to reserve 3/28 at Noon.

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

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

24 Isbell St., Binghamton, NY 13901

**Center Hours:** Mon- Fri, 10 – 2PM

**Lunch served at Noon.**

**Weekly Activities**

- Monday:** 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**

- 3/1 Donations for the Easter themed gift basket begins 10AM
- 3/5 Decorate for Easter and Clean Up the Gardens 10AM
- 3/6 National Oreo Cookie Day 10 – 2P
- 3/6, 13, 20, & 27 Indoor Walking Club at the Community Center 1PM
- 3/7 ACCORD Presentation 10:30AM
- 3/7, 14 & 28 Greed Tournament 10AM
- 3/12, 19, & 26 Work on Gardens 10:30AM
- 3/14 Pizza Day! Comes with a Salad, Soda, and a Cookie 12PM Reserve and pay ahead by 3/12 at Noon.
- 3/15 St. Patrick's Day Luncheon and Raffle Basket Drawing 10AM Lunch at 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**

- 3/4 High King Card Game 12PM
- 3/6 Armchair Travel Lyceum: Iceland 10 – 12PM
- 3/6 OFA Nutrition ED: Food Safety with Donna and Bridget 10AM
- 3/8 Mexican Train Game 12:15PM
- 3/14 Vestal Club Trip sign up for Beehive play in Hunterdon Hills 12 – 2PM
- 3/15 St. Patrick's Day Celebration 10 – 2PM Luncheon at 11:45PM
- 3/18 Chop and Chat 10AM reserve one week in advance.
- 3/19 Spring Themed Craft Day 10AM Call to reserve.
- 3/20 Broome County Sheriff's Department presentation on Senior Scams 10:15AM
- 3/22 Pizza or Chef's Salad Day 11:15AM Please call to reserve a meal.
- 3/22 BUNKO 12PM
- 3/26 Vestal Senior Club Meeting Day 12:15PM
- 3/27 Nutrition presentation with Kathleen Cook, CCE 10:15AM

## 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.

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



If you are a community member over the age of 65, please consider participating in a research study by Professors Ian McDonough and Michael Dulas from the Binghamton University Psychology Department. This study seeks to understand how people become aware of their memory processes and how this awareness differs across the adult lifespan. Our results will help improve memory-based education, as well as contribute to research surrounding declines in memory that develop with brain aging. The study will involve the completion of survey questions, memory tasks, and an MRI (magnetic resonance imaging) scan. MRI scans are a safe and painless way to measure brain structure and function.

The study is split into two sessions:

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

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

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

## Woodburn Court 1 Apartments

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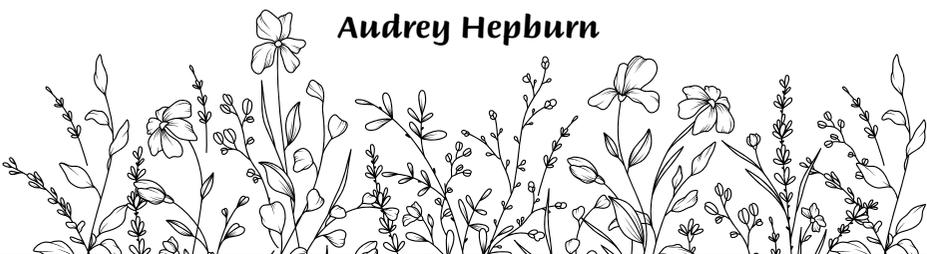
If you have a disability and need assistance with the application process, please contact Jared at (607) 723-7875.



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**"To plant a garden is to believe in tomorrow."**

**Audrey Hepburn**



### Just For Laughs

Why aren't koalas actual bears?

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## The Broome County Home Repair Service

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## Sudoku Answers

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

## 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.

### **Technology Classes to Help Older Adults Become Tech Savvy**

Join classes offered through the George F. Johnson Library.

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

Join our launch of the basic computer course Tech 360! This **two-week** course will cover **computer and internet** basics and build your tech skills. Patrons who complete the **two-week** course will receive a certificate of completion and a \$25 Dunkin Gift Card. Spots for each offering of the course are limited, but people on a waitlist will be given the first chance to register for new sessions as they are scheduled. Patrons can only take this course once. Call the Tech Center at 607-757-5359 for more information.

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

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

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

#### **One-on-One Technology Assistance**

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

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



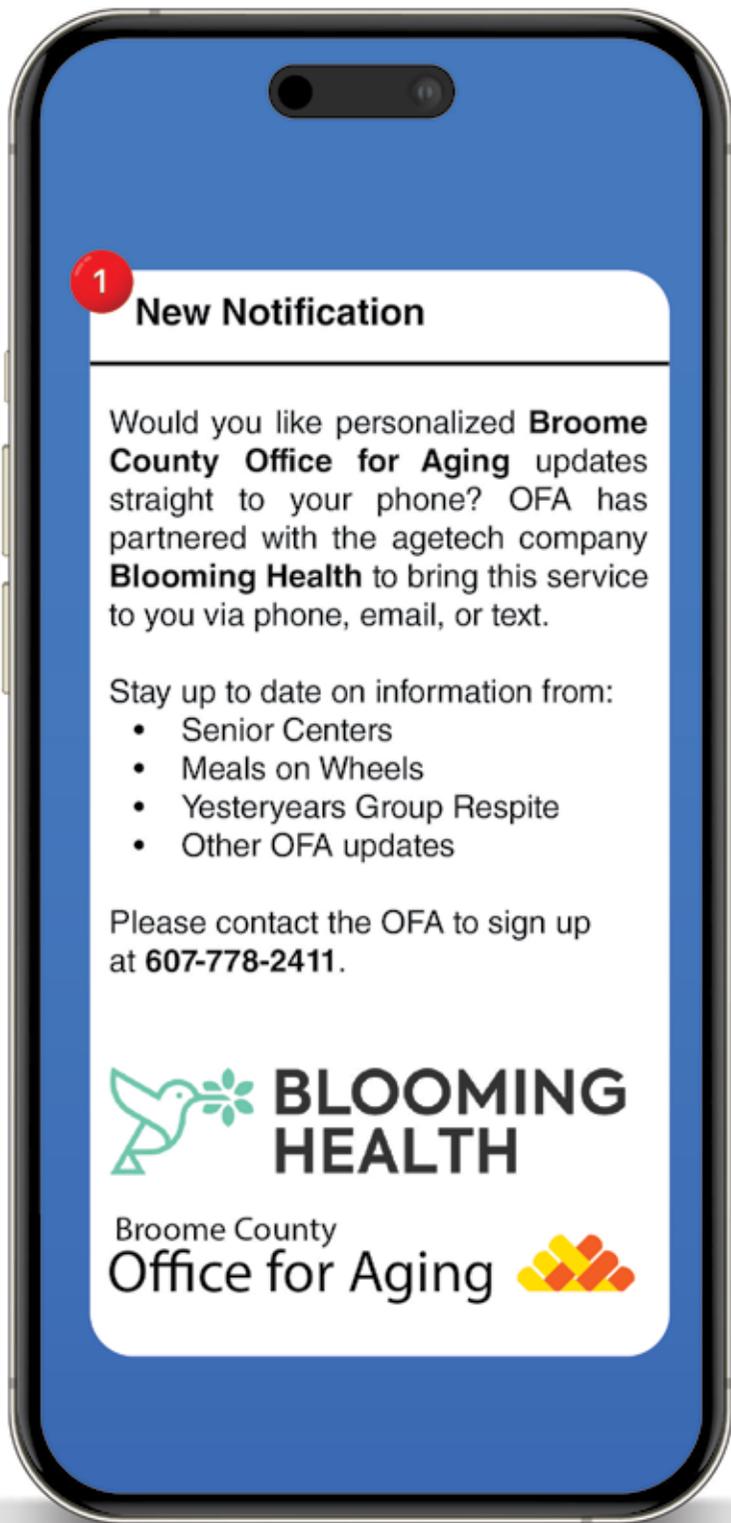
## Did You Know?

- In 1991, Congress proclaimed March as Irish – American Heritage Month.
- The world’s first St. Patrick’s Day parade occurred on March 17, 1762 in New York City.
- As an annual tradition to celebrate St. Patrick’s Day, the Chicago River is dyed green.
- Some American cities names have Irish roots:
  - Dublin City, California
  - Clover town, South Carolina
  - Emerald Isle Town, North Carolina
  - Shamrock City, Texas
- Many U.S. Presidents can trace their roots back to Ireland, such as:
  - Theodore Roosevelt
  - Barack Obama
  - George W. Bush
  - Joe Biden
  - Ronald Reagan
  - John F. Kennedy

<https://www2.census.gov/programs-surveys/sis/resources/st.patricks-day-ff.pdf>

### **Laugh Break**

**When does pest control get the most calls?  
When the ants are on the March.**



**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

**SRES** **WARREN REAL ESTATE**



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 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, March 6th 10 - 12PM**  
Iceland: Land of Fire and Ice

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

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

**Wednesday, April 17th 10 - 12PM**  
Nova Scotia presented by Katharine Krebs, Retired Vice Provost for International Affairs at Binghamton University

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>

**Sick & Tired of Varicose Veins?**  
***But You're Scared of Surgery?***



"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!**

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

**NEW YORK SKIN & VEIN CENTER**

PAID ADVERTISEMENT

**Praise for the Potato!**

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



In recent years some health-conscious people have begun avoiding the potato because it's a starchy vegetable and starches convert to sugars in the body. But there's good news! Both white and sweet potatoes are complex carbohydrates, which means they take the body longer to break down into simple sugars. This also means the energy they give you lasts for a longer period of time, helping you stay satisfied and not looking for more food as quickly.

Eating baked potatoes topped with other nutritious foods further extends their energy to you. Try these combinations:

- Steamed broccoli and low-fat cheddar cheese
- Diced cooked chicken mixed with a teaspoon of blue cheese
- Kidney bean chili with onions and cheese
- Non-fat plain Greek Yogurt and chopped chives or dill
- Salsa and low-fat cheese
- Roasted garlic hummus, fat-free feta cheese and sliced black olives

Sweet potatoes have a good amount of vitamin A, and, like potatoes are a great source of potassium, needed to help control blood pressure. Potassium helps you process excess sodium out of your body, improving heart health. Avoid fried and heavily salted potatoes, then go ahead and enjoy the humble potato!



**When:** Friday, March 15th (Thursday, March 14th for Deposit)  
**Where:** at participating Broome County Senior Centers

Wear your green and join us for this special lunch of corned beef or beer battered fish and key lime pie for dessert.

A variety of St. Patrick's Day inspired activities will be happening at the centers.

There is a suggested contribution for lunch of \$5.00 for those age 60+ and spouse of any age and a charge of \$6.00 for those who are not yet age 60. No one age 60+ or their spouse shall be denied a meal due to an inability or unwillingness to contribute.

Lunch reservations are needed. Please call a participating center to make your reservation (phone numbers and additional activities are listed in the Look What's Happening section of this paper).

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\*  
\$16.3393/hour  
Monday – Friday, 8 – 4PM (37.5 hours/week)
- 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 Mary at OFA at**  
**607-778-2411**



**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

In case you missed it, there is additional caregiver information on page 3.



For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$4.00 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$5.00 per meal. *No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

					<b>Pork Loin</b> 3/1 <b>Or Herbed Fish w/Lemon</b> Roasted Potatoes Corn Applesauce
<b>Meatball Parmesan Sub</b> 4 Minestrone Soup Fruit Cup Lorna Doone Cookies	<b>Roasted Chicken</b> 5 Mashed Potatoes Country Blend Vegetables Pineapple	<b>Roast Turkey</b> 6 Apple Bread Dressing Winter Squash Pumpkin Cake	<b>Ham Au Jus</b> 7 <b>OR Citrus Rubbed Fish</b> Pasta Fagioli Soup Mandarin Oranges Spice Cake	<b>Salisbury Steak</b> 8 <b>OR Herbed Broiled Fish</b> Cheesy Potatoes Cut Green Beans Oatmeal Cookie	
<b>Four Cheese Macaroni &amp; Cheese</b> 11 Stuffed Pepper Soup Carrots Chocolate Chip Cookie	<b>Halupki OR Chicken Cutlet</b> 12 Mashed Potatoes Peas w/Pearl Onions Mandarin Oranges	<b>Pub Burger OR Tuna Salad Sandwich</b> 13 Broccoli Cheddar Soup Fruit Cup Chocolate Cake	<b>Vegetable Lasagna Casserole</b> 14 Wax Beans w/Pimento Garden Salad Snickerdoodle Cookie	<b>St. Patrick's Day Party! Corned Beef OR Beer Battered Fish</b> 15 Roasted Potatoes Baby Carrots Key Lime Pie Cups	
<b>Breaded Chicken Sandwich</b> 18 Beef Vegetable Soup Peaches Oatmeal Raisin Cookie	<b>Pierogies w/Kielbasa</b> 19 Carrots Chocolate Chip Cookie	<b>Teriyaki Chicken OR Liver w/Onions</b> 20 Roasted Red Potatoes Oriental Blend Vegetables Tapioca Pudding w/Mandarin Oranges	<b>Manicotti</b> 21 Cauliflower w/Parsley Garden Salad Peach Cobbler	<b>Turkey &amp; Provolone OR Egg Salad On Marble Rye Bread</b> 22 Bacon Corn Chowder Fruit Cup Sugar Cookie	
<b>Ziti Sausage Bake</b> 25 Carrots Wax Beans Double Chocolate Chip Cookie	<b>Breaded Fish OR Pub Burger</b> 26 Canadian Cheese Soup Pea Salad Banana	<b>Chicken Salad Croissant</b> 27 Mushroom & Roasted Garlic Soup Cottage Cheese Pineapple	<b>Chicken Florentine OR Halupki</b> 28 Mashed Potatoes California Blend Vegetables Chocolate Brownie	<b>Beef Stroganoff Or Broiled Fish w/Lemon</b> 29 Buttered Noodles Winter Squash Apple Crisp	

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



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

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



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

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

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

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