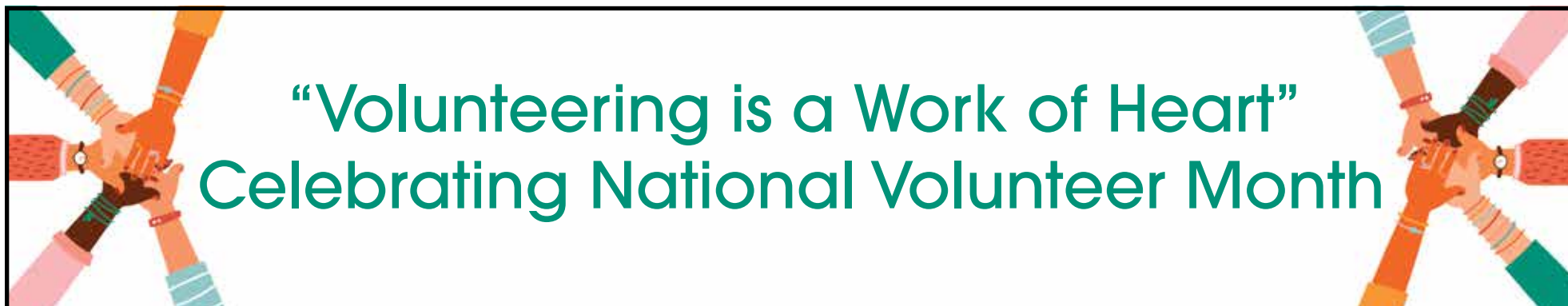




Visit Our Website at www.gobroomecounty.com/senior



The “Fab Four”

Meals on Wheels Offers Opportunities for Volunteerism and Friendship



Meals on Wheels Volunteers and one half of the “Fab Four,” Ahmed Abdur-Razzaq and George Basler, photographed pre-pandemic.

Joe Sullivan, Charlie Quagliata, George Basler, and Ahmed Abdur-Razzaq met while volunteering for Binghamton Meals on Wheels and quickly developed a friendship. At the start of the pandemic last March, they had to take several months off from volunteering in order to comply with Matilda’s Law: an executive order issued by NYS Governor Andrew Cuomo that required people of a certain age to take specific precautions to prevent contracting COVID-19, including staying in their own homes except for in the event of emergencies. During that time, the four friends continued to stay in touch and check up on each other.

Joe has been volunteering with Meals on Wheels for sixteen years. He says he feels compelled to volunteer in order to give back for all the good that he has received in his life—specifically, surviving the Vietnam War, in which he served as an Army Medic. To him, volunteering is “God’s work” and he wants to use the life he was given to help others. During his years volunteering, Joe has met a lot of people and made some very good friends. He also enjoys the clients he serves and says he has learned a lot from them.

Charlie, a fourteen year volunteer with Meals on Wheels, retired from Broome Community College as Vice President for Student and Community Affairs. He was drawn to Meals on Wheels because he grew up in the grocery and restaurant business and food has always been a big part of his life, so serving meals to those in need seemed like the perfect fit. He says not only is Meals on Wheels meaningful to the person receiving the meals, but to him as well.



Pictured left to right: George Basler, Charlie Quagliata, and Joe Sullivan, back to volunteering for Meals on Wheels as the COVID-19 pandemic continues.

George has been a Meals on Wheels volunteer for nine years. After retiring from the Press & Sun Bulletin, George says that he wanted to remain active and felt Meals on Wheels was a worthwhile cause. Once he began volunteering, he became reacquainted with his old friend Charlie, whom he knew through his days

Continued on Page 2



Enjoy extra hours of daylight and warmer evenings this April. Pick up a delicious evening meal to-go, including rotisserie chicken, a baked potato, green beans, and coconut cream pie for dessert. Curbside meal pickup time is around 4 pm at these participating centers:

- Northern Broome Senior Center, Whitney Point, Tuesday, April 27
- Eastern Broome Senior Center, Harpursville, Thursday, April 29
- North Shore Towers, Binghamton, Thursday, April 29

To-go meal reservations must be made by 12 noon one day prior by calling the center where you wish to pick your meal up.


All those age 60+ and their spouse of any age may dine for a suggested contribution of \$4.25. All others will be charged \$5.25. Those age 60+ will not be denied service due to an inability or unwillingness to contribute.

PLEASE NOTE: all Senior Center and Office for Aging programming is subject to change depending on the current status of the COVID-19 pandemic. Please call the Office for Aging at (607) 778-2411 if you have questions.

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/

 Follow us on Twitter:
<https://twitter.com/BroomeCountyOFA>

**The “Fab Four”
Meals on Wheels Offers Opportunities for
Volunteerism and Friendship**

Continued from Page 1

as a reporter while covering education stories at the College. George says he enjoys the camaraderie with fellow volunteers and was anxious to get back to volunteering after Matilda’s Law was lifted. George also volunteers at Saint Mary’s Community Meals.

Ahmed, the newest member of the crew, has been volunteering for Meals on Wheels for three years. He started volunteering after he retired from the USDA as a Public Health Supervisor. He says he was drawn to volunteering out of a desire to do something to help others in his community, and he continued because he enjoyed the clients and had a great partner in George to work with. He would advise anyone considering volunteering to “just give it a try.”

During the beginning of the pandemic, Charlie missed seeing his fellow volunteers who had also become friends. Due to the shock of the sudden loss of social connections, he started walking at Otsiningo park and invited the others. Ahmed, George, and Joe were happy to join. They would each bring their own lawn chairs and set them up—socially distanced, wearing their masks, all while bringing comments from other park-goers that they looked like the most fun bunch in the place. The “Fab Four” are now back to volunteering regularly. As they look back, they all agree that these connections with each other helped to ease the stress and isolation of those early days during the pandemic.

Volunteer Spotlight - Action for Older Persons

Evelyn Rozunick worked as a Community Health Nurse for many years. When she retired from her position as COO and Director of Patient Services at Twin Tier Home Health, she was looking for a way to put her talents to use. In 2007, she saw an Action for Older Persons (AOP) advertisement for volunteers to become Medicare insurance counselors and she has been with AOP ever since! She even counsels her neighbors in the retirement community in which she lives! In her spare time, Evelyn enjoys bird watching, swimming and traveling.

Alzina Johnson is another long-time volunteer at AOP. During her working career, she was a chemist who did laboratory work at UHS. When she retired in 2008, she also saw an ad looking for volunteers. She thought that it would be helpful to know about Medicare and be able to help her family and friends. She continues to volunteer because she has learned a great deal and met so many nice people. Alzina also volunteers at her church and through the Broome County Council of Churches. In her free time, Alzina enjoys golf, hiking and trivia.

Both Evelyn and Alzina are extremely committed and capable. They give hundreds of hours of service each year, attend training sessions, and study to pass the state test each year in order to remain certified. Over the last 14 years, these women have counseled several thousand clients and saved them hundreds of thousands of dollars. They positively impact many lives each year by helping clients enroll in the insurance that best meets their needs. We are so grateful for their dedication to our agency and the clients we serve.

Lourdes Mobile Mammography Van

Tuesday, May 4, 2021, 9:00AM – 3:00PM

Johnson City Senior Center, 30 Brocton St., Johnson City, NY

Lourdes makes it easy to get your annual mammogram by bringing the mammogram to you! 3-D Technology available. Wheelchair accessible.

No physician referral required. You do not have to be a Lourdes patient. Your results can be sent to the health care provider(s) of your choice. Insured and un-insured women welcome.

To find out if you're eligible for a low- or no-cost screening, call the Cancer Services Program at 1-888-345-0225.

To pre-register, call 607-798-5723 OR access the van as a "walk-on" the same day.

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 10

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

Workers in Your Home and Social Security

Information from the Social Security Administration

Do you plan to pay a cleaning person, cook, gardener, babysitter, or other household worker at least \$2,300 in 2021? This amount includes any cash you pay for your household employee’s transportation, meals, and housing. If you will pay at least \$2,300 to one person, you have some additional financial responsibilities.

When you pay at least \$2,300 in wages to a household worker, you must do all of the following:

- Deduct Social Security and Medicare taxes from those wages.
- Pay these taxes to the Internal Revenue Service.
- Report the wages to Social Security.

For every \$2,300 in wages, most household employees earn credits toward Social Security benefits and Medicare coverage. Generally, people need 10 years of work to qualify for:

- Retirement benefits (as early as age 62).
- Disability benefits for the worker and the worker’s dependents.
- Survivors benefits for the worker’s family.
- Medicare benefits.

You can learn more about reporting household worker income by reading *Household Workers* at www.ssa.gov/pubs/EN-05-10021.pdf.

Call the local Social Security Administration office at 1-866-964-3971 if you have questions.

Retired & Senior Volunteer Program (RSVP)

AmeriCorps engages 270,000 Americans each year in sustained, results-driven service through AmeriCorps and AmeriCorps Seniors programs. These dedicated citizens help communities impacted by COVID-19.

Locally, volunteers with AmeriCorps Seniors, **Retired & Senior Volunteer Program (RSVP)** of Broome County, serve at food pantries, deliver Meals on Wheels, provide telephone reassurance and social connects calls, serve at clothing banks and mentor school children remotely, among other activities. RSVP volunteers serve at organizations dedicated to helping others.

We offer **our thanks** to each and every one for volunteering to serve others. Together, we can help the country recover and come back stronger.

For more information on the RSVP Program, call (607) 729-9166. Adults aged 55+ are eligible and you choose how you want to give back.

Caregiver Corner

... ideas and information for people caring for others.

Event for Caregivers

Advanced Planning and End of Life: The Importance of Making Your Wishes Known

Date: Wednesday, April 14

Time: 1:00-2:00 PM

Location: By Zoom Platform or Phone Call

Presenter: Chereese Douglas, Program Specialist with Action for Older Persons, Inc.

Attend this presentation to learn what you need to know to better plan for yourself and the one you're caring for.

Chereese will provide an overview of the various advance directive options that are available.

This includes the health care proxy; living will; do not resuscitate (DNR) document and medical orders for life sustaining treatment (MOLST).

Pre-registration is required.

Call Caregiver Services at (607) 778-2411 to register.

Caregiver Chat Groups

Let's chat! These informal discussions are open to caregivers of any age.

The Stay Healthy Caregiver Chat: participants call in using a landline or cell phone.

Date: Monday, April 5

Time: 1:00-2:30 PM

Dial: (607) 778-6547

Meeting Code: 2187 #

Attendee Access Code: 123456 #

The Wayne Street Caregiver Chat: participants use the Zoom platform or can call in

Date: Wednesday, April 21

Time: 9:30-11:00 AM

Zoom address:

please call Caregiver Services at (607) 778-2411 to register for this program and a link will be provided.

ID: 2152617450

Password: 037464

Scam of the Month

Medical Device Scam

Office for Aging staff have received reports about TV commercials advertising free medical equipment. Scammers also may call to offer free medical equipment to seniors over the phone. These calls and commercials lead Medicare beneficiaries to believe that they are not receiving everything that they are entitled to. They often offer to provide medical equipment, most frequently a knee brace. Scammers want to collect your personal information to bill Medicare for the needed or unneeded item. In addition to protecting your personal information in these situations, you also should protect your Medicare benefits. If you obtain unnecessary or ill-fitting medical equipment now, you may be unable to obtain it in the future when you really need it. If you need medical equipment, it is best to start by speaking with your primary care physician.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at 607-778-2411.

Did You Know?

Office for Aging is on Facebook & Twitter!

While we all enjoy reading Senior News when it arrives monthly, sometimes it is good to have access to information on a more continuous basis. The Broome County Office for Aging has both a Facebook and a Twitter page to keep followers up to date on everything happening with the agency. Also available is information on other topics of interest to local seniors, plus the occasional uplifting story, picture, or video to make you smile! To find these pages, please visit Facebook or Twitter, and type "Broome County Office for Aging" in the search bar. On Facebook, click "like," and on Twitter, click "follow" to receive information more frequently from our office.

If you would like more information about this topic, please call the Office for Aging at (607) 778-2411.

The Broome County Home Repair Service

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First Ward Action Council, Inc.

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Hiring a Contractor? Read this!

With Spring here, many homeowners are starting to plan for necessary home repairs or improvements. To have a good experience and avoid potential issues, consider the risks and tips listed below.

RISKS TO HOMEOWNERS

The most common homeowner complaint is that they gave a full payment or a sizeable down payment to a contractor who never starts or completes the job. The homeowner tries to contact the contractor and does not get a return call. The homeowner loses the money and now must hire another contractor to complete the job. Another common issue is defective work performed by unqualified contractors. Homeowners who cannot get their contractors to fix the issues have to hire another contractor to complete the job or in some cases, completely replace the defective work.

TIPS FOR HIRING A CONTRACTOR

Listed below is information about warning signs you should consider before choosing the right contractor for your job:


- **Does not have insurance.** All professional contractors should be insured and able to show their certificate proving such insurance.
- **Asks you to sign anything before you have hired them.** If they want you to sign an “estimate” or “authorization,” they may be trying to get you to sign what is actually a binding contract.
- **Does not write contracts.** Professionals use contracts to outline the job, process, cost, and to clarify how problems will be managed. If you don’t have a contract, you are not protected when something goes wrong.
- **Requires cash or payment in full before starting the job.** A good contractor should not demand cash prior to starting a job. A deposit towards materials is common, but only pay it once you have a contract signed by both you and the contractor.
- **Vastly underbids all other contractors.** The lower cost could impact the quality of the work.
- **Offers “special” pricing.** If you are told that you have been “chosen” as a demonstration project at a special and low price or if you’re told a low price is good only if you sign a contract today.
- **Cannot provide customer references.** Professional contractors should have references they can provide from current and past clients and you should be able to reach those references to inquire about the contractor.
- **Difficulty contacting the contractor.** Professional contractors have a physical office, mailing address, phone, and email. They should respond to your inquiries in a timely manner. Make sure you can verify the contractor’s business address. If they only have a P.O. box, be wary.
- **Tells you to obtain the building or remodeling permits.** Professional contractors get appropriate permits for their jobs.

Your best bet is to take your time, do your research and choose someone you feel completely comfortable with. For a list of contractors in your area, you can contact the Southern Tier Home Builders & Remodelers Association at 607-785-9285. You can search for contractors by category on their website: <https://sthbra.com/>.

Article content courtesy of the Southern Tier Home Builders & Remodelers Association, as part of the Broome Age-Friendly Project’s action plan implementation.



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Engage and Be Well Through Chats, Crafts and Exercise Programs

With the Broome County Office for Aging

Though local senior centers remain closed for in-person activities due to the Pandemic, there are other convenient ways that you can be part of chats, exercise programs and classes. Getting involved is easy because you can participate from home. So consider one of these opportunities and invite your family and friends to join along with you.

Because our programs will be shared remotely using either postal mail, computer or telephone access, you can look for these symbols next to our activities to understand how that program will be offered:



Postal Mail Program: You can receive printed materials for this program by postal mail, delivered to your home address. You will not need internet access or a phone line to participate.



Zoom Program: For this video program, you will need access to the internet at home, and either a smartphone, laptop, tablet, or computer. An email address is also helpful (but not necessary) so that we may email invitations to you in advance. Where noted, some Zoom programs offer a call-in option for those who do not have computer and internet access.



Phone Program: You will only need a basic phone line to access this program. No computer or internet access is necessary to join.



Zoom Craft Class - Explore Your Creativity!
Thursdays, 12:30 pm

This weekly Zoom video class will guide you through a simple and fun craft project to make at home.

If you do not have access to the internet, a phone number will be provided so that you may call into this class with a basic phone line.

To obtain more information about each week's projects and sign up, please call Orvetta or Desirae at (607) 692-3405.



Coffee Chat Calls
Fridays, 1:30-2 pm

While we are all social distancing at home, these calls will give us a chance to chat as a group on the phone together. If you have a few minutes and a good story to share, please join us!

- **Friday, April 2nd: April Fools**
Share a funny story or a joke with the group.
- **Friday, April 9th: Fruit-tastic Creations**
A wider variety of fruits will soon be in season! Share a good fruit recipe for spring and summer.
- **Friday, April 16th: Indoor Plants and Green Thumbs**
Did you have luck growing an indoor plant this past winter? Share your green thumb tricks.
- **Friday, April 23rd: Bird Watch**
From Robin egg sightings to new nests, chat about the birds settling into your yard this spring.
- **Friday, April 30th: Picnic Baskets and BBQ Favorites**
Get your taste buds ready for summer. What's your favorite picnic menu?

If you are interested in joining a Friday afternoon chat, call Laura at (607) 785-1777 for more information on how to dial in.



At-Home Exercise Program Booklet

This program is perfect for those who would like to stay active without using the internet or a computer. Simply call Mary Jane at (607) 778-2411 to receive a printed at-home exercise booklet through the mail. The booklet will include activities that you can follow along with at home without any special exercise equipment. You will learn convenient ways to keep moving each day, such as doing chair exercises and stretches.



Zoom Chair Exercises

Chair Exercises: Monday through Thursday, 10-10:30 am
Chair Yoga: Fridays, 10-10:30 am

Chair exercises are a low-impact way for you to burn calories and move your joints and muscles. You can remain seated in a comfortable chair during this video program. In just 30 minutes of chair exercise, you can burn up to 250 calories! Remember to consult a healthcare professional before beginning this or any new exercise program.

If you do not have access to the internet, a phone number will be provided so that you may call into this class with a basic phone line.

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



Your "Silent To-Do List"

Monthly Downsize & Declutter Discussion

Is your "Silent To-Do List" preventing you from reaching your declutter goals? Fumio Sasaki, author of Goodbye Things, says that our stuff sends us messages. As we reduce the "stuff" in our homes, we remove the negative messages that become the Silent To-Do List: clear your counter tops, sort your blouses, clean out the garage. Don't we prefer to be stress-free? Learn more on Tuesday, April 13 at 3 pm on Zoom.

For the video program, you will need access to the internet to join the Zoom meeting. An email address is optional, but allows us to send you an email invitation in advance. For those who do not have internet access, a call-in option is available from a basic phone line. Advanced registration is recommended.

For more information and to sign up, please call Joan at (607) 754-1230 or email joan.sprague@broomecounty.us or spraguejm@verizon.net.

Go Green: Receive Senior News by Email

Would you like the option to receive the Senior News electronically?

Why Should I Go Green?

You will help preserve Earth's natural resources, such as the paper we print on, the energy it takes to produce printed copies, and the gasoline it takes to deliver paper copies.

You will be the FIRST to see the news! Receiving Senior News electronically gives you significantly earlier access to the current events and important information you want, without the wait time needed for printing and mailing.

Simply contact us by phone at (607) 778-2411 or by email at : ofa@broomecounty.us and let us know you would like to start receiving the Senior News by email instead of postal mail. You will need to provide your name, your email address, and if you are already a mail subscriber: your current mailing address, so we may remove your name from our postal delivery mailing list.

Don't have email? Do you simply prefer a paper copy with your morning coffee? We understand that! Senior News will continue to be available on paper.

Connect to a World of Activities from Home

Finding fun and creative things to do at home can sometimes be a challenge. Check out these ideas – from museum exploration to armchair travel, from games and coffee talk to exercise and music, and lots more – you are sure to find something interesting to keep you engaged! While a computer is needed for some activities, there are great telephone options as well.

Social Opportunities and Classes through Broome County Office for Aging
Check out the range of opportunities available through postal mail, Zoom video, and by phone right in our own county. Listings are on page 5 of this issue of this issue of the Senior News.

Programs and Experiences via Telephone

Well Connected by Covia is a service that offers telephone-based programs on a variety of subjects at no cost. Their Winter 2021 catalog includes over a hundred programs including Armchair Travel, Artistic Insights, Fun and Games, Good Reads and more. There is a program running every day! You can register over the phone at 1-877-797-7299.

Well Connected Website: <https://covia.org/services/well-connected/>

Additional telephone activity programs are available through Lifetime Connections Without Walls which provides social and educational sessions and conversation. The registration fee is currently being waived during the COVID-19 pandemic. Register at 1-888-500-6472.

Lifetime Connections Without Walls:

<https://www.familyeldercare.org/programs/lifetime-connections-without-walls>

Art and Music

If you are a fan of the arts, check out Google Arts & Culture. On this website, you can access content from over 1,200 museums and archives. Featured are online exhibits from The Metropolitan Museum of Art, the Palace of Versailles, the Van Gogh Museum in Amsterdam, and so many more.

Google Arts and Culture: <https://artsandculture.google.com>

Would you like to enjoy a night at the opera from the comfort of your home? Try the Nightly Opera Streams on the Metropolitan Opera's website! Each day, the Met posts a different opera on their website for viewers to watch for free. In the past, the Met has offered performances of Verdi's Macbeth, Berlioz's Les Troyens, Wagner's Das Rheingold, and many more.

The Met Nightly Opera Streams: <https://www.metopera.org/>

Museums and Science

Take a virtual tour of exhibits at the Smithsonian National Museum of Natural History! The Smithsonian offers virtual narrated tours where you can explore the Sant Ocean Hall or the Hall of Human Origins. Or, there are virtual tours where you can "visit" the museum room by room and drag along your screen to view the exhibits.

Smithsonian National Museum of Natural History Virtual Tour: <https://naturalhistory.si.edu/visit/virtual-tour>

Binghamton's own Roberson Museum & Science Center also offers their Planetarium from Home with different educational videos about space.

Roberson Museum and Science Center: <https://www.roberson.org/planetarium/planetarium-from-home/>

Books and Libraries

Book lovers can listen to a selection of free audiobooks on Audible's website. Audible has a collection of about 40 audiobooks that they have made available for the public.

Audible: <https://www.audible.com/ep/FreeListens>

Be sure to also check out virtual events that the Broome County Public Library is hosting. While in person events are currently on hold, the library offers events online such as meditation and art classes.

Broome County Public Library: <http://www.bclibrary.info/content/programs-events>

By Sarah Ludwig, Broome Age-Friendly Project Intern



Sick & Tired of Varicose Veins?

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Before After

"I had my veins done with Dr. D. 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

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All referrals will receive compensation
All Aides COVID tested regularly

Check Out Our Website:
AtHomeHelpofBinghamton.com

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Just For Laughs

Did you hear what happened to the gardener when he heard Spring had arrived?

He got so excited he wet his plants.

Doug's Fish Fry at JC Senior Center

Doug's Fish Fry will be at the Johnson City Senior Center parking lot (30 Brocton St, Johnson City) on Wednesday, April 14 from 11:00AM – 6:00PM, or until sold out. They'll be selling their delicious fish and fries to-go to benefit the JCSC.

There will also be cookies for sale and a bottle/can drive to benefit the Senior Center.



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Complete and return the form below, or call Action for Older Persons at 607-722-1251 during the month of April to place your order.
- 2 WAIT FOR YOUR VOUCHER**
We will mail you your voucher in May after payment has been received.
- 3 PICK UP YOUR HANGING BASKET**
Starting May 9 (Mother's Day), bring your voucher to: Nanticoke Gardens, 1543 Union Center Highway, Endicott, NY 13760 Pick up is May 9th until June 30th

Plant types include but are not limited to:
Calibrachoa (million bells), Begonias, Ivy Geraniums,
Double Impatiens, & Petunias!

Name: _____

Date: _____

Address: _____

Phone Number: _____

Number of Vouchers: _____

Total (\$25/each): \$ _____

Make checks payable to Action for Older Persons. Submit this form and your check to:
Action for Older Persons, 200 Plaza Drive, Suite B, Vestal, NY 13850
To make a purchase by credit care, call AOP at 607-722-1251

SUCCESSFUL AGING

Do You Need Transportation to Get the COVID-19 Vaccine?

Getthere, a program of the Rural Health Network, is offering free transportation to COVID-19 vaccination sites for individuals who cannot afford the cost of transportation.

No referral is needed.

Call 1-855-373-4040

Monday–Friday from 7am–7pm



Broome County
Office for Aging 

"Help one another; there's no time like the present and no present like the time."

James Durst

Drive Thru "Think-Spring" To-Go Luncheon at Senior Centers

Celebrate the new season and pick up a spring-inspired meal on Thursday, April 1, around 12:15 pm at a participating Broome County Senior Center. The meal includes a choice of hot dog or tuna salad, macaroni salad and baked beans on the side, and strawberry shortcake for dessert.

To-go meal reservations must be made by 12 noon on March 31 by calling the center where you wish to pick your meal up. Phone numbers for local centers may be found on page 10 of this paper.

The suggested contribution for this meal is \$3.50 for those age 60+ and spouse of any age. For those under age 60, the charge is \$4.50. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.



Go Green, Save Green Tips to Save both the Planet and your Wallet

You can take a number of simple actions to start saving energy and money, improve the overall comfort of your home, and reduce your carbon footprint. The New York State Energy Research and Development Authority (NYSERDA) has both no-cost and low-cost energy-saving tips to help you get started in making your home more efficient, as well as tips for how to find energy-efficient living options.

If there are any tips that you need help with or cannot complete on your own and you rent your home, NYSERDA encourages you to talk to your landlord. Energy-efficient upgrades often lower costs for both renters and landlords, making them a good investment for everyone, as well as individual homeowners who choose to make these upgrades.

Here are just some of the many energy- and budget-saving actions you can take today:

Dishwashers

- Run full loads to minimize energy use and save water.
- Run your dishwasher early in the morning or late at night in the summer to avoid adding to the electricity demand during the afternoon—the hottest time of day. If your utility offers time-of-use pricing, this may also help lower your utility bill.

Freezers and Refrigerators

- Keep your freezer between 0°F and 5°F. Keep the temperature of your refrigerator between 35°F and 38°F. Any cooler than these settings is unnecessary for keeping food frozen or fresh and will use more energy than is required.
- Remove dust buildup collecting on the coils and condenser unit behind and underneath your refrigerator at least once a year. Proper maintenance increases system performance, reduces your bills, and improves air quality and safety.
- Minimize the number of times you open the doors on these appliances to keep cool air from escaping.

Washing Machines

- Wash your laundry with cold water whenever possible. Avoid using the hot cycle (sometimes referred to as the sanitary cycle) when using your washing machine, unless necessary. The hot cycle uses significantly more energy.
- If the washing machine you use has spin options, choose the extended spin option to reduce the amount of moisture remaining in your clothes after washing. This will reduce drying time and save you energy.

Televisions

- Turn televisions off when no one is watching them, or set up a sleep timer. A TV left on for eight hours a day, or while you sleep, can cost you \$41 to \$102 per year.

Thermostats

- Homeowners, and renters whose apartments have their own thermostats, you can lower the temperature an additional seven to 10 degrees when you are sleeping.
- If you have a standard thermostat, try using a programmable thermostat to take control of your heating and cooling levels, which can reduce your energy use and lower your utility bills. Programmable thermostats allow you to easily program your thermostat and regulate the temperature of your home, no matter where you are.

Doors and Windows

- Renters should speak with their landlords about caulking and weatherstripping around doors and windows to minimize heat loss and save energy.
- As winter approaches, replace your window screens with storm windows, if equipped, to provide an extra barrier to the cold outside area. You can also put up window plastic to protect against drafty windows in the winter.

Drapes and Shades

- In cold weather, take advantage of the sun's warmth by keeping shades and drapes on sunny windows open during daylight hours.
- In hot weather, keep your shades down and the drapes drawn on sunny windows during daylight hours.

Water Fixtures

- Install low-water-use fixtures in kitchens and bathrooms, such as a low-flow showerhead and faucet aerators, to reduce water usage. If you can't install one yourself, talk to your landlord about having one installed.
- Consider reducing the time of your showers to conserve water and save energy.
- Renters should discuss it with a landlord if there are any dripping faucets in the rental unit. Fixing drips is a cost-effective and easy way to save energy.

For additional information on ways you can save money and energy, including energy-saving programs for which you may qualify, visit www.nyserdera.ny.gov or call 1-866-NYSERDA.

Adapted from <https://www.nyserdera.ny.gov/Residents-and-Homeowners/Save-Energy-in-Your-Apartment/Renter-Energy-Saving-Tips>

Know Before You Throw!

Recycling Basics and Frequently Asked Questions

- **What can Broome County residents put in their curbside recycling bins?** Plastics: Clean food and beverage containers, detergent bottles, shampoo bottles, flowerpots, etc.
- Glass: Clean jars or bottles of any color.
- Cardboard: Clean & flat boxes.
- Paper: newspaper, colored paper, junk mail, books, magazines, etc.
- Cartons: Rinsed juice, soup stock, or milk cartons.
- Metals: Clean aluminum, tin, or steel food and beverage containers, aluminum foil, pots & pans (remove silicone or plastic handles).

What are film plastics and how can they be recycled?

Film plastic is stretchy thin plastic material used for packaging food and other items. Film plastics cannot be placed in your curbside bin for recycling. Instead these types of plastics can be recycled at your local grocery or big box store in their plastic grocery bag collection bins. Please make sure film plastics are clean of any food residue before recycling.

Examples of Film Plastics:

Dry cleaner bags
Bread bags
Newspaper bags
Produce bags
Frozen food bags
Zipper top bags
Wrapping around a case of water or paper towels

Where can I get a new recycling bin?

You can pick up a round 32-gallon recycling bin at the Broome County landfill, free of charge. You can also pick up a free 22-gallon square bin from your municipal or private hauler by calling them directly. Residents that have a municipal hauler are those that live in Johnson City, Binghamton, Endicott, and Union.

How do I recycle batteries & electronics?

You can drop off batteries to be recycled at the Broome County Landfill for no charge. There are also battery recycling drop off bins at Wegmans in Johnson City, the Broome County Library, and the SUNY Broome Ice Center. Please be sure to tape the silver conductive ends on every battery and place them all in a plastic bag before recycling.

Electronics can be recycled through retailers such as Best Buy, Staples, Red Barn Computers, and Unicorn Electronics. Please call retailers before bringing any electronics for recycling. Electronics can also be recycled at the Broome County Landfill Household Hazardous Waste Facility. The Division of Solid Waste Management offers multiple days each month for free drop off of electronics. Electronics are accepted for free on April 7th, 10th, and 24th between 7:30am and 11:30am. Accepted electronics include televisions (3 max), computers, laptops, printers, fax machines, radios, mobile phones, keyboards, and fax machines. Please dispose of small counter-top appliances (toasters, blenders, etc.), vacuums, or answering machines in your normal garbage.

Not sure if something can be recycled?

Call or email the Broome County Division of Solid Waste
Jessica Brewer – Materials Recovery Manager - 607-778-2250
jessica.brewer@broomecounty.us

Are You an Organ, Eye, or Tissue Donor?

How to register and the importance of making your wishes known

April is National Donate Life month. Whether you choose to register as an organ, eye, or tissue donor, or to decline to give an anatomical gift, it is important that you make your wishes clear. Be sure to discuss your wishes with a trusted loved one so there is no confusion or doubt should the situation arise.

The need for organ, eye and tissue donors is great. There are almost 9,500 New Yorkers that need a life-saving organ transplant.

You have the power to Donate Life. All New Yorkers 16 years old and up can register to save lives by signing up as an organ, eye and tissue donor. By joining the New York State Donate Life Registry, you record your consent to be a donor.

When you join the Registry, you are able to donate organs, eyes and tissues:

- Organs include: heart, kidneys, pancreas, lungs, liver and intestines.
- Tissues include: eyes/corneas, skin, bone, ligament, blood vessels, nerve, cartilage and connective tissues.

Eligibility

Anyone 16 or older can join the New York State Donate Life Registry.

- When you register, you will receive confirmation of your enrollment. The confirmation will also tell you how to update and/or edit your personal information, limit your donation and how to be removed from the Registry.
- You will also be reminded to speak with your family about your decision to donate.
- No one is too old to enroll in the New York State Donate Life Registry.

Donors are able to specify their donations:

- You can specify what organs and/or tissues you want to donate and for what purpose. For example, you can donate for both transplant and research or just one of these purposes. The decision is yours. You may modify your gift or withdraw from the registry at any time.
- You cannot restrict your donation on the basis of age, gender, race, ethnicity or other specific factors.

Ways To Enroll

Complete the online enrollment form at www.donatelife.ny.gov/register or download a printable form and mail or email it back.

Additional ways to enroll:

- When applying for or renewing a learner permit, driver license or non-driver ID at a NYSDMV office or online through your MyDMV account.
- Through the New York State of Health Official Health Plan Marketplace when applying for health insurance.
- When registering to vote - complete and sign page 3 of the voter registration form.
- When completing a paper enrollment form that can be found at www.donatelife.ny.gov or one of many Registry enrollment events held statewide.
- You'll need to provide information including your mailing address, your email address if applicable, and the last four digits of your social security number.

For additional information on how you can register to become an organ, eye, and/or tissue donor, call 1-866-NY-DONOR, email registry@donatelife.ny.gov, or send mail correspondence to the New York State Donate Life Registry, 185 Jordan Rd, Troy, NY 12180.

<https://www.ny.gov/services/become-organ-donor>

Get Dirty!

Dying to turn that thumb green again? Gardening season is fast-approaching! Here is a list from *The Old Farmer's Almanac* of some of the fruit, vegetable, and herb plants that Binghamton-area gardeners can start in April to get a head start on their harvests.

Beets: start seeds outdoors April 27 - May 10

Cantaloupes: start seeds indoors April 7 - 14;
transplant seedlings outdoors May 19 - June 2

Carrots: start seeds outdoors March 31 - April 14

Chives: start seeds outdoors April 7 - 14

Cucumbers: start seeds indoors April 7 - 14;
transplant seedlings outdoors May 19 - June 2

Onions: start seeds outdoors April 7 - 28

Parsley: start seeds outdoors April 7 - 21

Sweet Potatoes: start seeds indoors April 7 - 14;
transplant seedlings outdoors May 19 - June 2

Tomatoes: start seeds indoors by April 26;
transplant seedlings outdoors by June 21

Watermelons: start seeds indoors April 7 - 14;
transplant seedlings outdoors May 19 - June 2

Why Start Seeds Indoors?

In the spring, starting seeds indoors (in seed trays or starter pots) gives your crops a head start on the growing season, which is especially important in regions with a short growing season. Starting seeds indoors also provides plants with a chance to grow in a stable, controlled environment. Outdoors, the unpredictability of rain, drought, frost, low and high temperatures, sunlight, and pests and diseases can take a toll on young plants, especially when they're just getting started. Indoors, you can control these elements to maximize your plants' early growth and give them the best shot at thriving when they are eventually transplanted outdoors.

For most crops, you should start seeds indoors about 6-8 weeks before your last spring frost date. This gives the plants plenty of time to grow large and healthy enough to survive their eventual transplanting to the garden.

When Should You Transplant Seedlings?

When seedlings have grown too large for their seed trays or starter pots, it's time to transplant. If it's not yet warm enough to plant outdoors, transplant the seedlings to larger plastic or peat pots indoors and continue care. If outdoor conditions allow, start hardening off your seedlings approximately one week before your last frost date, then transplant them into the garden.

For more information, visit <https://www.almanac.com/gardening/planting-calendar/NY/Binghamton#>

Just For Laughs

What do trees feel in the Spring?
A real sense of re-leaf.

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Senior Center Contact Information

BROOME WEST..... **785-1777**
2801 Wayne St., Endwell, NY 13760

DEPOSIT..... **467-3953**
14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

EASTERN BROOME..... **693-2069**
27 Golden Lane, Harpursville, NY 13787

FIRST WARD..... **729-6214**
226 Clinton St., Binghamton, NY 13905

JOHNSON CITY..... **797-3145**
30 Brocton St., Johnson City, NY 13790

NORTHERN BROOME **692-3405**
12 Strongs Place, Whitney Point, NY 13862

NORTH SHORE..... **772-6214**
24 Isbell St., Binghamton, NY 13901

VESTAL **754-9596**
Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY

**The New York State
COVID-19 Emotional Support Helpline**
is available 8 AM to 10 PM, 7 days a week.
Call 1-844-863-9314

Medicare Insurance Counseling at Action for Older Persons

Do you have questions about Medicare? Do you know the difference between Parts A, B, C & D? Are you overwhelmed by the hundreds of options for secondary insurance such as Medicare Advantage Plans, Medigaps and prescription drug plans? Are you trying to help a loved one with their Medicare insurance? Have you heard horror stories about lifetime late enrollment penalties? Do you wonder whether you are paying too much for your plan and copays? Have you heard about savings programs and wonder if you might qualify? Do you see all the commercials for Medicare plans and wonder if you are missing out on something?

If any of these describes you, don't fear. Action for Older Persons (AOP) is here to help you! AOP is an independent non-profit organization providing unbiased information to Medicare Beneficiaries through the HIICAP program (Health Insurance Information Counseling and Assistance Program).

This service is available at no cost to Broome County residents. AOP is not affiliated with any insurance company and our counselors are not allowed to endorse one option over another. We help you pick the plan that best meets your needs. We offer both informational group seminars and one on one appointments where we help you select the best plan for your needs. In 2020, AOP served 2,766 clients and saved them \$2,300,000 in anticipated savings for the next year.

Call us today at (607) 722-1251 or visit our website - www.actionforolderpersons.org to see how we can help you.

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."

Erma Bombeck

Age-Friendly Updates

Work on implementation of the Broome Age-Friendly Action Plan is underway! Office for Aging staff are coordinating the efforts of community volunteers and professionals who are energized to work on the goals and objectives outlined in the action plan. Information on the Broome Age-Friendly Project, including a link to the full action plan, can be viewed at <https://www.gobroomecounty.com/senior/Age-FriendlyCommunityInformation> or a copy can be obtained by calling 607-778-2411.

Listed below are the latest community initiatives that will help our community be more age-friendly:

- An "Age-Friendly Communication Fact Sheet" was developed and will be distributed throughout Broome County to businesses, nonprofits, government agencies, education, healthcare, and cultural and entertainment venues. It contains useful tips for communicating sensitively and effectively with residents of all ages and abilities across different platforms including print, TV/radio, digital, and verbal communication. If you would like a copy of the fact sheet, please call 607-778-2411.
- The Rural Health Network is offering free weekly taxi service for residents ages 60+ in Windsor and Whitney Point to provide rides to the grocery store, doctor, pharmacy, bank, post office and more! Rural Health Network's Getthere program is also offering transportation to vaccination sites for people who cannot afford the cost of transportation. Getthere can be reached at 855-373-4040.
- United Way has a new volunteer platform called Volunteer HQ which helps volunteers and agencies get connected. Get Involved, Make a Difference at <https://www.uwbroomevolunteers.org/>
- Several age-friendly community volunteers participated in two public meetings about the Local Waterfront Revitalization Program to provide input into plans for the County's 90 miles of shoreline. <https://www.broomewaterfront.com/>
- And don't miss our two age-friendly articles in this month's issue about hiring a contractor and connecting to social, educational and recreational activities from home by phone or computer.



Sudoku Answers

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

NYProject
HOPE
 Coping with COVID

Here to Talk | Here to Listen | Here to Support



Whether you need to talk to someone or learn about resources in your community, our trained crisis counselors are available for you. **1-844-863-9314**
 8am-10pm / 7 days

Self-Care Isn't Selfish- It's Smart...



- Take care of your emotional health
- Take care of your body
- Unwind
- Pace yourself
- Connect with others
- Be your own advocate
- Set boundaries
- Accept changes as part of life
- Nurture a positive view of yourself
- Keep things in perspective and avoid "catastrophizing"

Coping Tips for Stressful Times...



- Limit media exposure
- Breath slowly and deeply
- Progressive muscle relaxation
- Mindfulness activities such as meditation
- Access social supports
- Distract yourself

Want to learn more on your own time?
 NYProjectHope.org



Confidential | Free | Anonymous



A program of the NYS Office of Mental Health
 Funded by FEMA

It's a lot...

COVID-19 has changed a lot in our lives and it's okay if you're feeling...



- Stressed**
- Anxious**
- Uncertain**
- Isolated**
- Angry**
- Scared**

However you're feeling...

If you want to talk to someone who hears what you say and can help you understand what you're feeling about the challenges of life during COVID-19, call 1-844-863-9314 from 8am-10pm, any day to talk with a trained crisis counselor.

Simply put...

We understand

NYProject
HOPE
 Coping with COVID

Here to Talk | Here to Listen | Here to Support

Confidential | Free | Anonymous

A program of the NYS Office of Mental Health
 Funded by FEMA

April Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$4.50 per meal. *No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go. Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of April.

			<i>Think Spring! Hot Dog Day</i> Hot Dog w/Diced Onions 4/1 OR Tuna Salad Boat Macaroni Salad Baked Beans Strawberry Shortcake	Salisbury Steak OR 4/2 Breaded Fish Brown Rice Pilaf California Blend Vegetables Carrot Raisin Bar
Chicken Alfredo 5 Over Pasta Broccoli Florets Fruited Yogurt Oatmeal Cranberry Cookie	Sliced Baked Ham 6 w/Cranberry Glaze OR Herb Rubbed Pollack Au Gratin Potatoes Hot Beets Apple Spice Muffin	Liver w/Onions OR 7 Rotisserie Chicken Mashed Potatoes Brussels Sprouts Fruit Cocktail	Beef Stroganoff 8 Over Buttered Noodles Green Beans Pineapple Upside Down Cake	Meatloaf 9 OR Broiled Fish w/Lemon Baked Potato Peas Chocolate Pudding
Cheesy Sausage Bake 12 Sliced Carrots Gelatin Cup Chocolate Chip Cookie	Beef Stew 13 Over a Biscuit Cauliflower w/Parsley Warm Spiced Peaches Strawberry Mousse	Roast Turkey OR 14 Salmon Patty w/Dill Sauce Mashed Potatoes Green Beans Orange Cranberry Bar	Chicken Cacciatore 15 Over Brown Rice Broccoli Florets Lemon Poppysseed Muffin	Pub Burger OR 16 Pub Style Battered Fish Sandwich O'Brien Potatoes Coleslaw Ice Cream Cup
Pierogi w/Onions 19 California Blend Vegetables Apple Sauce Double Chocolate Cookie	Halupki OR 20 Kielbasa w/Onions Mashed Potatoes Mixed Vegetables Fruit Cocktail	Macaroni & Cheese 21 Stewed Tomatoes Italian Green Beans Blueberry Crisp	Chicken Salad 22 Croissant Red Potato Salad Fresh Orange Confetti Cookie	Herb Rubbed Pollack OR 23 Breaded Chicken Parmesan Pasta w/Marinara Sauce Italian Blend Vegetables Blondie Bar
Ziti Parmesan 26 Spinach Fruit Cocktail Sugar Cookie	Pub Burger OR 27 Sausage Link w/Peppers & Onions Baked Beans Pickled Beet Salad Vanilla Pudding	Cranberry Glazed Turkey 28 Mashed Sweet Potatoes Corn Carrot Raisin Bar	Swedish Meatballs 29 Over Buttered Noodles Peas & Carrots Raspberry Ribbon Bar	Chicken Breast Marengo 30 OR Spinach Parm Pollack Roasted Potatoes Wax Beans w/Parsley Bread Pudding

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.

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

Senior News Editorial Policy

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