Stay Connected - Stay Well!

Ideas, Activities and Fun Things to Do

A Project of Aging Futures Broome County, New York

Be Active and "Connected"

Broome County offers many choices for adults who want to be active and connected to others as they age. Aging Futures hopes that the *Stay Connected – Stay Well* idea will help you to take steps to build relationships that keep you healthy and independent for a long, long time.

Since 1989 Broome County has benefited from a dedicated partnership of consumers, educational institutions, public and not-for-profit agencies and faith communities dedicated to enhancing the quality of life for seniors in Broome County.

Aging Futures is supported by the Robert Wood Johnson Foundation through its Community Partnerships for Older Adults (CPFOA), national initiative. CPFOA seeks to foster community partnerships that are improving long term care and supportive services to meet the current and future needs of older adults.

Emergency Information

Call **911** for Fire and Ambulance

Daughter/Son: _____

Friend: _____

Maintain a Healthy Quality of Life

Two important things you can do to maintain or improve your quality of life as you age:

One: Stay involved in **relationships with other people**.

Two: Stay **physically active**.

Why should you stay involved in activities and **relationships with others**?

- It will increase your mental alertness.
- It will improve your emotional well-being.
- It will maintain your network of support for a time when you may need it.
- It will help you stay physically healthier.
- You will have fun.

Take action to remain independent.

If you want to be more **physically active**, call a friend and go for a walk once or twice a week. Expand your walks to new areas:

- the Mall
- the Vestal Rail Trail
- Otsiningo Park
- any park
- a new neighborhood

Take a Class or Join a Group

Back to School – There are many options for seniors to keep their minds active by going to school. Older Wiser Learners (OWLS) at Broome Community College brings credit courses to senior centers. Lyceum at Binghamton University is a "lifetime learning association" for adult learners over 50 years of age.

OWLS at Broome Community College: 778-5219
Lyceum at Binghamton University: 777-2587

Most colleges and universities let seniors audit courses on a space-available basis.

The following classes are offered to enhance independence.
For information and the next course schedule, 778-2411.

- **How to Balance a Checkbook**
- **What's Under the Hood: Car Care Tips for Senior Women**
- **Mission Meltaway** – A program dedicated to losing weight and increasing physical activity (usually starts each January).
- **Men Making Meals** – A five session course offered to senior men. It teaches basic cooking skills, smart shopping and how to cook meals for one or two. The course is taught by a Nutrition Educator from Cornell Cooperative Extension. It is coordinated by BC Office for Aging Caregiver Services.
- **Tips for the Late-Blooming Handywoman**

Senior Clubs – Clubs provide an opportunity to socialize and share information. They may serve a specific group (e.g. retirees of a company), or a particular geographic area or interest. For a list of area clubs, see the Elder Services Guide.

Social Connections for Senior Women - Women Sharing, Women Caring - Small social support groups which promote friendship among its members as they develop support and companionship. For information, call Broome County Council of Churches' *Faith in Action* Volunteers, 724-9130 ext 304.

Computer Classes – Learn more about computers.
On the computer you can:

- check the weather
- learn about medical conditions and diseases
- email your grandchildren
- research your medications
- get involved in a hobby/pastime

Call for classes or to use the computer:

- Action for Older Persons, Inc.
  722-1251
- Boys & Girls Club Western Broome Family Center
  754-0225
- Senior Net
  800-747-6848; 607-748-6363 (local voice mail)
- Urban League Technology Center
  772-4765
- Senior Centers – Computer rooms, Internet services and lessons available at some centers. Call Senior Centers for information.

Help is Everywhere

Many of the barriers that some seniors face and which they think prevent them from getting out and meeting others, can be overcome by taking one step at a time and/or adopting a new, positive approach.

Is transportation a barrier?

If lack of transportation stops you from doing things you want to do, consider using the BC Transit fixed route bus system or the OFA Mini-Bus. For information see the chart in this booklet or call the Senior Resource Line, 778-2411.

RSVP also has a mini bus to help the frail elderly meet on-going social needs such as volunteer opportunities, adult day-care or senior centers. It runs on an as-available basis. They are not able to accommodate medical appointments or shopping. Registration is required, 231-0726; the suggested contribution is $2.00 each way.

Several agencies offer volunteer provided rides. See the Elder Services Guide for details or go online to www.broomeelderservices.org.

Are you wheelchair bound or on oxygen?

You can participate in many activities when you let other people help you. You and others will need to be creative, which might take some time. Be persistent. Once you decide to build relationships despite your chronic condition, opportunities will become evident. As one person stated, "I thought I was disabled. Now I'm in charge of a small program, have several new friends and I proudly walk two miles each day wearing my oxygen as a shoulder bag."

Is incontinence an issue?

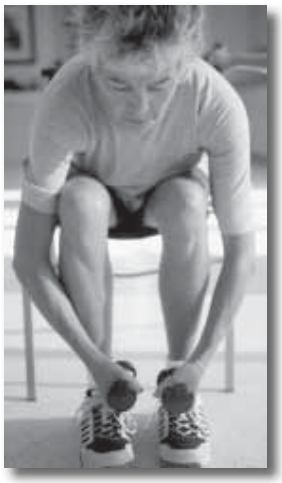
Talk to your health care provider about new medications that might be available to help you so that you can enjoy getting out and doing things.

Keep Moving

One of the most positive effects on aging is physical activity. Staying physically active requires thought and effort, especially in the winter months; but the rewards are great. Exercise will help you look and feel better, plus it's a great way to meet people.

Enlist a buddy and take action together. Even the smallest movements can be beneficial. Some ideas to consider are:

- Indoor walking in area schools
- Mall walking
- Yoga or Tai Chi
- Swimming
- Chair exercises



Broome County Senior Games
These are competitive sports open to anyone 55 or older. They are held in September and October but information and registration forms are available in August. Games include golf, tennis, volleyball, softball, bowling, horseshoes and billiards. Everyone must fill out a registration form and pay the $10 fee. Some games have an extra charge.

BC Senior Games Free Clinics
Seniors can learn a new sport in June, such as tennis, golf or horseshoes, etc. All equipment is provided.

Senior Sports Leagues
Men's softball, men's volleyball and women's and men's golf leagues are available.

For information on the above activities, 778-2411.

Transportation Options

Broome County has an extensive bus transit system. Persons 60 years and older needing a ride to medical appointments, Senior Centers, shopping and other appointments are encouraged to choose the most **independent** means of transportation.

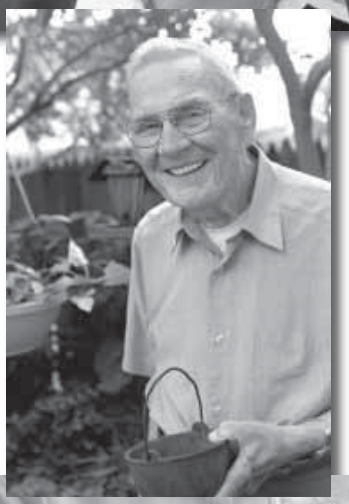
	FIXED ROUTE	OFA MINI BUS	BC LIFT	BC COUNTRY
Age	All ages	Sixty (60) years and older	Any age with disability	All ages living in rural areas of Broome County
Times of Operation	5:30am - 11:30pm	Monday - Friday 9:00am - 4:30pm	Monday - Friday 5:30am - 12:30am Saturday 5:30am - 11:00pm Sunday 11:00am - 6:30pm	
Location	Bus routes throughout the County	Binghamton, Vestal Johnson City Endicott	Binghamton, Vestal Chenango Bridge, Endicott Johnson City, Parts of Conklin Parts of Kirkwood	Deposit, Harpursville, Lisle Whitney Point, Windsor
Fee	$1.00 fare one way, transfer available, $.50 off peak - 65 & older & disabled with card (9:15am - 3:15pm & after 6:00pm, Sat & Sun all day)	$1.00 donation one way	$2.00 fare one way	$2.00 fare one way (general riders) $1.00 fare one way (senior with OFA I.D. card*)
I.D. Card	None	OFA I.D. Card* required	Special ADA card with Doctor approval - periodic renewal	None for regular riders, Discounts require proper I.D.: ADA or OFA I.D. card*
Call Numbers	778-1692 Information	778-2411 Information 763-4421 Request Ride	763-4464 Information 763-4426 Request Ride	763-4466 Information and Request Ride
Call Hours		9:00am - 3:30pm	8:00am - 4:00pm	9:00am - 3:30pm
Reservations Required	None	Yes Call as soon as possible - up to 2 weeks in advance. First come, first served. No emergency service.	Yes Call as soon as possible - up to 2 weeks in advance. First come, first served. No emergency service.	Yes

***OFA I.D. card can be obtained by calling 778-2411; allow one (1) week.**

60+ Ways to Stay Connected

Try some of these ideas with a neighbor, old friend, or new acquaintance.

1. Invite a neighbor for coffee
2. Send a note to a former neighbor
3. Go out for dinner and a movie
4. Check on a neighbor if it storms
5. Grocery shop for a neighbor
6. Take a walk
7. Look into volunteer opportunities
8. Mend a heart – forgive someone
9. Have an impromptu neighborhood party
10. Bake cookies for someone
11. Show your family photos to a friend
12. Give blood
13. Start a book club
14. Call an old friend
15. Plan a trip from the list in *Senior News*
16. Start your life's story
17. Meet a friend for breakfast
18. Join an exercise group
19. Play cards with three old friends
20. Visit a senior center near you
21. Offer a ride to a friend
22. Go out for lunch and/or a movie
23. Walk the Vestal Rail Trail
24. Plan a day trip
25. Invite someone to brunch
26. Look into a computer class
27. Walk with a friend
28. Plan an overnight trip
29. Enjoy a Dutch treat lunch with a friend
30. Take someone to the zoo
31. Take a picnic to an unusual location
32. Walk with a neighbor



33. Support a local sports team
34. Plant flowers
35. Invite friends for strawberry shortcake
36. Explore a park with a friend
37. Cook hotdogs on the grill
38. Find a garage sale and go with a friend
39. Check the newspaper for free concerts
40. Learn a new hobby
41. Visit a museum
42. Take someone for ice cream
43. Shop with a friend
44. Meet someone for Sunday brunch
45. Visit Cutler Gardens in each season
46. Walk the mall
47. Pick fruit in season
48. Have a picnic, cookout or barbecue
49. Audit a course at the college
50. Dine with a friend
51. Plan a seasonal trip
52. Check out activities at the library
53. Work on your family history
54. Take a nature walk
55. Check local papers for special events
56. Take a friend to a theater performance
57. Take a ride to see the changing leaves
58. Take cookies to a neighbor
59. Go to a movie with a friend
60. Attend a Senior Center program
61. Invite a friend for a Sunday drive
62. Pick a holiday and plan a get-together
63. Help a neighbor with shopping
64. Bake cookies with a friend

Research shows that one in five Broome County residents is over the age of 60. Thirty one percent (31%) of those over 65 would like to be doing more socially.

(Source: Mathmatica Policy Research Inc., 2002, for the Robert Wood Johnson Foundation)

Give From the Heart

Research has shown that older adults who volunteer have higher levels of well-being and life satisfaction. Why not consider volunteering? Call one of the following agencies today for information on volunteer opportunities, or go to www.vastsite.org.

AARP Tax Aide Program	625-2658
ACCORD	724-5153 ext. 106
Arthritis Foundation	798-8048
Binghamton University – Off Campus College	777-2875
Boy Scouts of America – Braden Powell Council	648-7888
Broome Co. Council of Churches CHOW	724-9130
Broome Co. Council of Churches *Faith In Action* Volunteers	724-9130
Broome Co. Department of Social Services	778-2681
Broome Co. Office for Aging	778-2411
Broome Co. United Way First Call for Help	729-9100
Broome Developmental Center	770-0386
Broome-Tioga ARC	231-5260
Children's Home of the Wyoming Conference	772-6904
Crime Victim's Assistance Center	723-3200
Foster Grandparent Program	778-2089
Good Shepherd Fairview Home	724-2477
Lourdes Hospital	798-5490
Lourdes Hospice	584-9159
Meals on Wheels of Western Broome	754-7856
Mental Health Association of the Southern Tier	771-8888
RSVP (Retired & Senior Volunteer Program)	231-0726
Rural Health Network of SCNY	692-7669
Southern Tier Red Cross	785-7207
Waterman Conservation Education Center	625-2221
Willow Point Nursing Home	763-4248
WSKG	729-0100
YWCA	772-0340

All listed agencies are members of the Volunteer Administrators of the Southern Tier (VAST). RSVP has a list of over 100 additional agencies looking for volunteers.

Health and Wellness

Many exercise programs are at Senior Centers: modified aerobics, line dancing, Tai Chi, chair exercises with or without weights, special exercise classes for people with arthritis, and walking groups in Vestal and Endicott.

- Boys & Girls Club of Western Broome Family Center..... 754-0225
- Jewish Community Center..... 724-2417
- Parks & Recreation, City of Binghamton..... 772-7017
- Parks & Recreation, Broome County..... 778-2193
- Senior Centers – See Senior Center Listing
- YMCA – Binghamton..... 772-0560
- YMCA – Johnson City..... 770-9622
- YWCA – Binghamton..... 772-0340

Senior Winter Indoor Walking

Thank you, BC Office for Aging, school districts and local facilities, for cooperating to make indoor walking available to seniors during the winter months.

Call Senior Resource Line, 778-2411, each September for the next year's schedule.

Walking Sites		Times
Brookside Elementary School		7:00 – 8:30 a.m.
Caryl Adams Elementary (Whitney Point)		3:30 – 5:00 p.m.
Chenango Forks High School		3:00 – 4:00 p.m.
Chenango Valley High School	*Mon, Wed. & Fri.*	6:45 – 7:30 a.m.
CR Weeks Elementary (Windsor)		7:00 – 8:40 a.m. & 3:45 – 7:30 p.m.
Deposit Elementary		3:00 – 4:00 p.m.
East Middle School (Binghamton)		6:00 – 8:00 a.m.
Floyd Bell Elementary (Windsor)		7:00 – 8:40 a.m. & 3:45 – 7:30 p.m.
Highland Park Gymnasium (Endwell)		7:30 – 9:30 a.m. &
	Sat.	7:30 – 9:00 a.m.
Jennie F. Snapp Junior High (Endicott)		6:30 – 7:15 a.m. & 3:00 – 5:00 p.m.
MacArthur Elementary (Binghamton)		6:30 – 7:15 a.m. & 3:15 – 4:15 p.m.
Oak Street Senior Center (Binghamton)	*Mon.,Tues.,Wed., Fri.*	9:00 a.m. – 1:30 p.m.
Palmer Elementary School Gym (Windsor)		7:00 – 8:40 a.m.
Palmer Middle School Corridor (Windsor)		7:00 – 7:40 a.m. & 3:45 – 7:30 p.m.
Roosevelt Elementary (Binghamton)		6:45 – 7:45 a.m. & 3:15 – 4:15 p.m.
Susquehanna Valley High School		7:15 – 7:45 a.m.
Vestal High School		6:00 – 7:00 a.m.
West Middle School (Binghamton)		7:00 – 7:30 a.m. & 4:30 – 5:00 p.m.

Senior Centers

www.gobroomecounty.com/SCCscc.php

- **Broome West**
  2801 Wayne Street, Endwell
  Phone: 785-1777
  Open: Monday through Friday
  9 a.m. to 3 p.m.

- **Deposit**
  Phone: 467-3953
  Open: Tuesday & Thursday
  9 a.m. to 2:30 p.m.

- **Eastern Broome**
  27 Golden Lane, Harpursville
  Phone: 693-2069
  Open: Monday through Friday
  9 a.m. to 2:30 p.m.

- **East Side**
  254 Robinson St., Binghamton
  Phone: 723-4292
  Open: Monday, Wednesday & Thursday
  10 a.m. to 2 p.m.

- **First Ward**
  226 Clinton Street, Binghamton
  Phone: 729-6214
  Open: Monday through Friday
  9 a.m. to 4 p.m.

- **Greenman**
  37 Pine Street, Binghamton
  Phone: 772-7166
  Open: Monday through Friday
  9 a.m. to 4 p.m.

- **Johnson City**
  30 Brocton Street, Johnson City
  Phone: 797-1149
  Open: Monday through Friday
  9 a.m. to 4 p.m.

- **Northern Broome**
  12 Strongs Place, Whitney Point
  Phone: 692-3405
  Open: Monday through Friday
  9 a.m. to 3 p.m.

- **The Shores**
  24 Isbell Street, Binghamton
  Phone: 772-6214
  Open: Monday through Friday
  10 a.m. to 2 p.m.

- **Oak Street**
  9 Leroy Street, Binghamton
  Phone: 724-1220
  Open: Monday, Tuesday, Wednesday and Friday
  10 a.m. to 2 p.m.

- **Vestal**
  201 Main Street, Vestal
  Phone: 754-9596
  Open: Monday through Friday
  10 a.m. to 2 p.m.

Elder Service Guide (ESG)

The Guide is a directory of programs and services available to older adults. It is available from Action for Older Persons, 722-1251. It is also on-line at www.broomeelderservices.org.

Senior Resource Line

For Information and Assistance about programs, services and benefits for seniors, call 778-2411, a service of Broome County Office for Aging.

ESG is also available from the Senior Resource Line.

Aging Futures Partnership

... organizations and local residents working together to improve the lives of older adults in Broome County.
www.agingfutures.org

Stay Connected - Stay Well!

Ideas, Activities and Fun Things To Do!

Aging Futures Partnership
c/o Broome County Office for Aging • P. O. Box 1766, Binghamton, NY 13902
Phone: 607-778-2064 / 778-2411 • Fax: 607-778-2316 • www.agingfutures.org

January 2007