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## New OFA Director Sends Greetings



Hello All! My name is Jamie M. Kelly and I am honored to be the new Director for the Broome County Office for Aging. I live in Broome County with my husband. We have 6 children, with one still in college and the youngest in middle school. I am coming to the Office for Aging after working 10+ years with Catholic Charities of Broome County. During my tenure as a Program Manager at Catholic Charities I was involved with programs that provided many services to individuals with a variety of ongoing needs, including those services provided by the Broome County Office for Aging.

When I first met with Kathy Bunnell, the outgoing Director of the BC OFA, it was obvious that she was passionate about her position, her co-workers and especially the people that the Office for Aging serves in our communities. After our meeting, it was apparent that we have the same philosophies regarding the ongoing need for quality services for senior citizens throughout Broome County.

Besides learning all the technical aspects of my new position, I have begun visiting Senior Centers and have assisted a dedicated and caring volunteer with deliveries for Meals on Wheels. I have just begun to delve into the array of services that the agency provides.

A change in leadership does not mean a change in the vision of the agency. The Office for Agency staff and volunteers plan to continue providing valuable services to the seniors across Broome County. We also plan to continue working in partnership with the many organizations that are dedicated to improving the daily lives of our older citizens.

As the number of seniors in our area continues to grow, so must our vision of services for the future. Our committed team, along with our passionate and caring volunteers, will work to continue meeting the evolving needs of our aging population over the upcoming years. Please feel free to call the office at (607) 778-2411 as your input and ideas are valued and always welcome at the Office for Aging.

### Old Irish Blessing

May you live a long life full of gladness and health,  
With a pocket of gold as the least of your wealth.  
May the dreams you hold dearest be those that come true,  
The kindness you spread keep returning to you.  
May the friendships you make be those which endure,  
And all of your grey clouds be small ones for sure.  
And trusting in Him to whom we all pray,  
May a song fill your heart every step of the way.



## Stay Connected Through Facebook

Are you a Facebook user? If not, there may be health benefits to joining. The University of Arizona, department of Psychology, found that older adults who used the social networking site performed better on memory tasks. Apart from the possible cognitive-boosting benefits, joining a social network such as Facebook, can also make it easier to stay connected with family and friends. If you don't have access to a computer at home, many of the senior centers offer free computer and internet usage, as well as computer classes (page 11).

In addition, Office for Aging has a Facebook page, where you can stay up-to-date on the latest events and happenings at the centers. To make it easy for you to find our Office for Aging's Facebook page, we designed a QR (Quick Response) code, which you can find below and under the title of this publication. Once scanned with a smartphone, these 2-D barcodes connect users to a specific link or site on the internet.



To utilize a QR code, you will need a smartphone with camera and a QR reader/scanner application (app). There are many free QR reader apps that can be downloaded onto a smartphone. After opening your QR reader app, hold your camera up to the QR code and wait for it to be scanned. Once scanned, this specific code below will take your phone directly to the Office for Aging's Facebook page.

## Enjoy the Taste of Eating Right

The Academy of Dietetics and Nutrition has declared March as National Nutrition Month. This year's theme is "Enjoy the Taste of Eating Right."

What does "Eating Right" mean to you? Do you think of eating fruits and vegetables? How about eating whole grains or eating less fried foods? You may even think about portion sizes and taking a good look at how much you are actually consuming.

Choosing a variety of different foods everyday, from each of the food groups including dairy, grains, fruits, vegetables, and yes, even from the fat group (in moderation) can help in ensuring that you are eating a well-balanced diet. Eating right is making healthy food choices to promote good health and vitality.

So, how can you "Enjoy the Taste of Eating Right?"

- Make a realistic eating plan; it's best to start with a few specific small changes. When you make a realistic plan, the changes are not so

*Continued on Page 3*

# Enjoy the Taste of EATING RIGHT



National Nutrition Month® 2014

Academy of Nutrition and Dietetics

## Walk with Ease (WWE)

Do you want to be more physically active? Are you living with arthritis or another chronic health condition?

The WWE program is a proven physical activity program that will safely increase physical activity levels and help you to become knowledgeable and confident in taking action to ease health conditions and maintain overall fitness and quality of life. Walk for better health, improved fitness and less pain!

### Is Walk with Ease for me?

Walk with Ease is for people just beginning a physical activity program. The only pre-requisite is the ability to be on your feet for 10 minutes without increased pain.

### What is involved?

Walk with Ease is a 6-week program in which individuals use the Walk with Ease Guidebook and walk on their own. Participants are encouraged to work up to walking at least 3 times a week for 6 weeks. Walk with Ease focuses on motivational strategies including action planning, goal setting and social support, and provides participants with the information, tips and tools they need to develop a safe exercise routine that fits their unique needs and goals.

The WWE program will be held in Binghamton and Vestal this month. Contact Rita or Jessica at the Broome County Office for Aging at 778-2411 for more information and to enroll in the program.

## Good Advice!

- Always keep your words soft and sweet, just in case you have to eat them.
- If you can't be kind, at least have the decency to be vague.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Since it's the early worm that gets eaten by the bird, sleep late.
- Some mistakes are too much fun to make only once.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

## Dining For Dollars



Faith in Action invites you to participate in the 9th Annual Dining for Dollars fundraising event on Thursday, March 20th 2014. Faith in Action, a program of the Broome County Council of Churches, mobilizes a network of volunteers from all age groups and backgrounds to provide individuals 60 and older free, non-medical programs. Current programs include transportation to medical appointments, grocery shopping assistance, educational opportunities, friendly visits, and inclusive social and cultural programming.

Faith in Action recently welcomed a new Program Director, Christina Muscatello. Christina has over 10 years of experience working with older adults, particularly people living with dementia and their loved ones. In addition to continuing their already successful programs, Christina plans to expand Faith in Action to add an inclusive cultural access program, Meet Me at the Museum and Make Memories for people living with dementia and their care partners in Broome County. Meet Me at the Museum will run in affiliation with Boston-based ARTZ: Artists for Alzheimer's and in partnerships with our local cultural assets.

Come out and support Faith in Action's efforts at Dining for Dollars. The evening will begin with a social hour at 5:30 p.m. followed by dinner and entertainment at 7:00 p.m. The night will be filled with fun and laughter as local clergy serve delicious food, provided by Cline's Catering, and perform to earn your tips. Join Faith in Action on March 20th 2014 at St. Cyril's Church Hall, located at 148 Clinton Street in Binghamton. Tickets are \$28.50 per person, or ask about becoming a sponsor (tax deductible). Tickets must be purchased by March 12th. For details, please call 607-724-9130. If you cannot make the event and are interested in learning other ways to support Faith in Action, please contact us at 607-724-9130 ext. 304.

## Pasta Dinner Fundraiser

Supporting Senior Games  
Thurs., April 3 from 5-7 pm  
Broome West Senior Center  
2801 Wayne Street, Endwell

Open to the public!  
Enjoy delicious Cortese sauce over pasta, meatballs, tossed salad, Jim Roma's Italian bread, beverage and dessert.

\$7 for adults  
\$4 for children 12 and under  
FREE for children 3 and under  
Take-outs are available for an additional \$.50 per meal.

Purchase tickets at the Office for Aging in Binghamton, the Broome West Senior Center in Endwell or the Vestal Senior Center in Vestal Four Corners. For more information call Rita at 778-2411.

## Quilt Show Bus Trip

Broome County 4-H is hosting a bus trip to the 2014 AQS Quilt Show Lancaster, PA on Friday, March 14th. Tickets are \$75.00 per person and include admission to the quilt show. Join us on this delightful excursion into historic Lancaster, as you see world class quilts and visit the giant merchant mall that features the very latest in quilt and sewing supplies, antique and new quilts, and quilt and craft related gifts. In addition, there will be hands-on demonstrations showcasing the latest quilting techniques. We will be departing from Cornell Cooperative Extension, 840 Upper Front Street, Binghamton at 6:00 AM with a rest stop en route to the Quilt Show. Pick-up will be 4:00 PM with a dinner stop at Cracker Barrel (not included in ticket price). Approximate time for return will be 9:00 PM. Proceeds will support Broome County 4-H program. To register call Liz at (607) 584-5014 or online at [www.cornell-cooperative-extension-of-broome-county.myshopify.com](http://www.cornell-cooperative-extension-of-broome-county.myshopify.com).

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**"People will forget  
what you said.  
But people will never  
forget how you made  
them feel."**

Maya Angelou



**First Ward Senior Center**

March 24  
Mohegan Sun & Pocono Downs

April 2-3  
Sight & Sound Theater: Moses

May 10  
Windmill Farm & Craft Market

June 2-6  
Cape May, NJ

**Vestal Senior Center**

March 18  
Villa Roma

April 16  
Hunterdon Hill Playhouse

May 8-17  
Royal Caribbean Cruise; contact:  
Charlie DiGiacomo 625-2855

**Johnson City**

March 17  
Turning Stone Resort: St. Patrick's  
Celebration

April 1  
Mohegan Sun

April 10  
Hunterton Playhouse: Busy Body

**Eastern Broome**

March 18  
Villa Roma

June 9  
Turning Stone Casino

**St. Patrick's Day Luncheon and Celebrations!**

Monday, March 17  
at participating  
Broome County Senior Centers  
(March 14 at the Oak St. Center).

Wear your green and join us for this special lunch of boiled ham, baby red potatoes, cabbage & carrots, salad and a giant Leprechaun cookie.

Lunch reservations are needed – please call a participating center to make your reservation (phone numbers are listed in the activity section of this paper). Lunch is just \$4.00 age 60+; \$5.00 for people under age 60.

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

The youth dance group Clann Na Cara Irish Dancers will be performing at the following senior centers:  
- Broome West, Endwell 11:00am  
- First Ward, Binghamton 11:15am  
- Vestal 11:45 am

Lively musical entertainment will be at the following senior centers:  
- Eastern Broome in Harpursville will have music by Rob Siegers starting at 12:30 pm



**Blarney**

Blarney Castle was built nearly 600 years ago by one of Ireland's greatest chieftains, Cormac MacCarthy, and has been attracting attention ever since.

In the MacCarthy clan, there was an Earl who ruled at Blarney village and castle. Whenever Queen Elizabeth I tried to make the Earl submit to England, he would write long, foolish letters dodging her demands. After reading one of these letters, the Queen supposedly said: "This is Blarney, what he says he never means." That is how Blarney came to mean silly and long-winded talk meant to deceive without offending.

Over the last few hundred years, millions have flocked to Blarney, making it a world landmark and one of Ireland's greatest treasures. That might have something to do with the Blarney Stone, the legendary Stone of Eloquence, found at the top of our Tower. Kiss it and you'll never be lost for words.

**Eating Right**

*continued from page 1*

overwhelming and you are more likely to stick to your plan. Such changes could include drinking water with each meal or having at least one piece of fruit each day. Planning your meals ahead of time also helps you avoid making unhealthy decisions based on convenience.

- Keep a log of what you eat. Studies show that people who set out to improve their eating habits are more successful if they keep a record that helps them identify successful patterns.
- Control your portions and make each calorie count. Make meal choices that focus on right-sized portions of nutrient rich foods. These are foods that have a lot of vitamins, minerals, fiber, and other nutrients; they include lean meats and fish, fruits, vegetables, whole wheat pasta and breads. Eat these items first at meal time so you are less likely to overindulge in high calorie desserts and snacks.

One convenient and affordable way to eat right is to enjoy lunch at one of the nine senior centers in Broome County. Each delicious meal is carefully balanced and designed to be heart healthy. As a helpful resource, calories and sodium levels for each week's menus are posted on the Office for Aging web site at [gobroomecounty.com/senior](http://gobroomecounty.com/senior). You can find this information by selecting the senior center page and scrolling down.

"Enjoying the Taste of Eating Right" means that you will not only feel better but that you will likely have more energy to do enjoy the things you like to do best!



**Balance Clinic**

Friday Afternoon, March 21  
Broome West Senior Center  
2801 Wayne Street, Endwell

"I've fallen and I can't get up!" How many times have we heard comics deliver that line from a now-famous 1980s TV commercial?

The truth is that a dangerous fall is no laughing matter. Contrary to what you might think, falls are not a natural part of aging AND you can take steps to reduce your risk of falling. Start by participating in a **FREE Balance Clinic**. This balance clinic will help you determine your risk for falls and give you strategies to prevent future falls. The clinic will take about 1 ½ hours to complete; starting times vary.

People lose their balance for many reasons including medications, vision and blood pressure, just to name a few. Do yourself a favor and attend this clinic.

Pre-registration is required. Call the Office for Aging at 778-2411 to register (deadline is March 17). Call soon; the clinic will fill-up quickly.

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.

*Brought to you by the Broome County Office for Aging, the Aging Futures Partnership and CDPHP*



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## HEALTH & WELLNESS

### Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Monday, 8:15 am	Vestal Senior Center
Monday, 9:30 am	First Ward Senior Center (Binghamton)
Monday, 1:00 pm	Eastern Broome Senior Center (Harpursville)
Tuesday, 12:30 pm	Johnson City Senior Center
Tuesday, 9:30 am	Broome West Senior Center (Endwell)
Thursday, 1:00 pm	Broome West Senior Center (Endwell)
Friday, 9:30 am	First Ward Senior Center (Binghamton)
Friday, 11:00 am	Oak Street Senior Center (Binghamton)

### Toning & Zumba

Toning exercises using light weights followed by Zumba dance aerobics. There is a \$5 charge for this class.

Wednesday, 5:30 pm	Johnson City Senior Center
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### Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Monday, 10:00 am	First Ward Senior Center (Binghamton)
Monday, 10:00 am	Broome West Senior Center (Endwell)
Tuesday, 10:00 am	Oak Street Senior Center (Binghamton)
Tuesday, 10:15 am	Northern Broome Senior Center (Whitney Pt)
Tuesday, 10:30 am	Johnson City Senior Center
Wednesday, 10:00 am	Broome West Senior Center (Endwell)
Thursday, 9:30 am	First Ward Senior Center (Binghamton)
Thursday, 10:15 am	Northern Broome Senior Center (Whitney Pt)
Friday, 10:00 am	Oak Street Senior Center (Binghamton)
Friday, 10:00 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. There is a \$3 charge for this class.

Monday, 9:30 am	Johnson City Senior Center
Friday, 10:00 am	Johnson City Senior Center

### Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. There is a \$3 charge for this class at JC; at BW there is no instructor, no fee.

Thursday, 9:30 am	Broome West Senior Center
Thursday, 1:00 pm	Johnson City Senior Center

### Line Dancing

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

Monday, 10:45 am	Johnson City Senior Center
Friday, 9:30 am	Broome West Senior Center (Endwell)

### Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. There is a \$5 charge for this class.

Tuesday, 10:00 am	First Ward Senior Center (Binghamton)
Friday, 1:00 pm	Vestal Senior Center

### Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday, 8:45 - 9:30 am	Eastern Broome Senior Center (Harpursville)
Tues & Thurs, 11:00 am	Broome West Senior Center (Endwell)

### Chair Dance Party

Tone muscles & increase heart rate in a comfortable, seated position.

Wednesday, 10:30 - 11:30 am	Vestal Senior Center
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### Staying Fit & Healthy

Stretching and light aerobics with weights.

Thursday, 10:30 am	Johnson City Senior Center
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### Stepping On

A wellness program to prevent falls.

Gain knowledge and strategies to stay independent and to have a greater awareness and understanding of how to prevent a fall.

Thursdays, April 10 - May 22; 10 am - 12	The Highlands in Johnson City
Mondays, May 12 - June 30; 10 am - 12	Good Shepard Village in Endwell

### Exercise Equipment

Available Daily

Broome West Senior Center (Endwell)
Northern Broome Senior Center (Whitney Pt)
First Ward Senior Center (Binghamton)
Johnson City Senior Center

\*Complete addresses & phone numbers for all Senior Centers are located on page 10 & 11.

## Are You Struggling With Medicare Costs?

**You might be able to save hundreds of dollars every year by signing up for the Medicare Savings Program and Extra Help!**

If your monthly gross income is under **\$1313 (individual)** or **\$1764 (couple)**, you may be eligible for the **Medicare Savings Program**. This program can help you afford your Medicare premium and cover Medicare related copayments and deductibles.

**Extra help** is a program administered by Social Security that assists with the costs of Medicare Prescription Drug Plan premiums, deductibles, and copays. To qualify for full Extra Help the maximum monthly income limit for an individual is \$1,293 and \$1,745 for a couple. Individuals with a monthly income below \$1436 and couples below \$1939 may be eligible for partial Extra Help.

Even if your income is above these amounts, you may still qualify for help. There are several allowable deductions you can take to lower your qualifying monthly income. These include any health insurance premiums paid by you for supplemental health insurance, HMO, dental and Part D premiums paid over the benchmark amount.

While there are assets limits for Extra Help, there are not for Medicare Savings Programs. If you apply and are approved for a Medicare Savings Program, you will automatically be approved for Extra Help regardless of assets. Your primary residence, vehicle(s), and life insurance policies are not considered assets.

To sign up for the Medicare Savings Program and/or Extra Help, please join us at the Broome West Senior Center on **March 18<sup>th</sup>, from 9am until noon**. Office for Aging and Action for Older Persons staff will be available to explain the program and assist you with the application process. **To register for this event, please call 607-778-2411.**

Once registered, please gather the following documents and bring them to the Medicare Savings Program/ Extra Help sign up event.

*Continued on Page 5*

## EVENTS at the CENTERS

### Living with Macular Degeneration

Thurs., March 20, 12:45 pm  
**Deposit Senior Center**  
**467-3953**

Informational DVD will be played over dessert. Please reserve for lunch.

### Breakfast for Lunch Every Monday

Mondays, 10:30 am-12:30 pm  
**First Ward Senior Center**  
**797-2307**

New at our center: Breakfast for Lunch!! Menu changes weekly and is prepared on site, made to order. Reservations are not required, so bring a friend!

### St. Patrick's Day Celebration

Mon., March 17, 11 am  
**Broome West Senior Center**  
**785-1777**

Celebrate the Irish while the Clann Na Cara Dancers entertain us at 11am. Refreshments served prior to the performance. Call 785-1777 for reservations for our delicious traditional meal by Friday, 3/14 at Noon.

### Spaghetti & Meatballs Fundraiser Luncheon

Sat., March 29, 11:30 am- 2 pm  
**Eastern Broome Sr Center**  
**693-2069**

Enjoy a bowl of spaghetti and meatballs and our homemade dessert buffet. Bring family and friends; reservations required; dine in or take out. Just \$5.00 per person; 5 and under eat free! Bluegrass gospel music by Bluestone Creek Ramblers.



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# Caregiver Corner

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

## An Event for Caregivers

**Forgetfulness or Dementia?**  
Learn What the Elder Services Center Can Do For You

Place: **Broome West Sr. Center**  
2801 Wayne St, Endwell  
Date: Tuesday, March 11  
Time: 1:00-3:00 PM

Presenter: Rene Conklin, LMSW,  
Coordinator of the Elder Services Center

Dementia can be an overwhelming diagnosis. Many people and families avoid investigating symptoms, but there are over 70 diseases that cause dementia. Rene will discuss why it's important to obtain an accurate dementia diagnosis. She will also share what services the Elder Services Center provides to support both caregivers and the memory-impaired person. Call Caregiver Services at 778-2411 to reserve your spot.

## Chat Groups

These informal chats are open to caregivers of any age.

Place: **Stay Healthy Center (close to Sears)**  
Oakdale Mall,  
Johnson City, NY

Date: Monday, March 3  
Time: 1:00-2:30 PM

Place: **Broome West Sr Center**  
2801 Wayne Street,  
Endwell, NY  
Phone: 785-3427

Date: Wednesday, March 19  
Time: 9:30-11:00 AM

Call Caregiver Services at 778-2411 with questions or for more information.

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[www.metrointerfaith.com](http://www.metrointerfaith.com)

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## Medicare Costs

*continued from page 4*

- Social Security Award Letter
- Other income documents pertaining to your pension, wages, IRA distributions, interests and dividends
- Proof of residency (NYSEG statement, rent receipt, phone bill)
- Medicare card (showing your Part A & Part B effective dates)
- Proof of monthly health insurance premiums paid

***"If you don't quit,  
and don't cheat,  
and don't run home  
when trouble arrives,  
you can only win."***  
Shelley Long

## Wisdom from the Seat of a Tractor...

- The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.
- A bumble bee is considerably faster than a John Deere tractor.
- Your fences need to be horse-high, pig-tight and bull-strong.
- Keep skunks and bankers at a distance.
- Life is simpler when you plow around the stump.
- Words that soak into your ears are whispered...not yelled.
- Meanness don't just happen overnight.
- Forgive your enemies; it messes up their heads.
- Do not corner something that you know is meaner than you.
- It doesn't take a very big person to carry a grudge.
- You cannot unsay a cruel word.
- Every path has a few puddles.
- When you wallow with pigs, expect to get dirty.
- The best sermons are lived, not preached.
- Most of the stuff people worry about, ain't never gonna happen anyway.
- Don't judge folks by their relatives.
- Remember that silence is sometimes the best answer.
- Live a good and honorable life, then when you get older and think back, you'll enjoy it a second time.
- Don't interfere with somethin' that ain't bothering you none.
- Timin' has a lot to do with the outcome of a rain dance.

## Marci's Medicare Answers

*Dear Marci,*

***I switched to a different Medicare prescription drug plan during the Fall Open Enrollment Period in 2013. Unfortunately, a drug that I had been taking regularly since 2010 will not be covered by my current drug plan. Is there any way I can get my drug covered by my current plan?***

*Roscoe*

Dear Roscoe,

Yes. If your new Medicare prescription drug plan, also known as a Part D plan, does not cover a drug you had already been taking, your plan should provide you with a 30-day transition fill at some time during the first 90 days of the year. A transition fill is a one-time, 30-day supply of a Medicare-covered drug that Medicare prescription drug plans must cover when you're in a new plan or when your existing plan changes its coverage. Note that transition fills are not for new prescriptions. In order to get a transition fill, you must have been taking the drug before switching your Part D coverage or before your existing plan changed its drug coverage.

In addition to providing you with the transition fill, Part D plans must also give you a transition notice explaining you are currently using your transition fill and informing you of your appeal rights. If your drug is covered on your new Part D plan's list of covered drugs (i.e. formulary), but the plan has imposed coverage restrictions on the drug (e.g. step therapy or prior authorization), your plan must give you a 30-day transition fill without restrictions during the first 90 days you are enrolled in the plan.

Note that getting a transition fill is a temporary solution. In order to ensure you are able to get your drugs throughout the year, you should contact your doctor right away. Ask your doctor if he/she can make an exception request to your plan and formally ask your new plan to cover your drug so that your drug can be covered throughout the year. Also, consider talking to your doctor about switching you to a drug that your plan does cover.

Marci

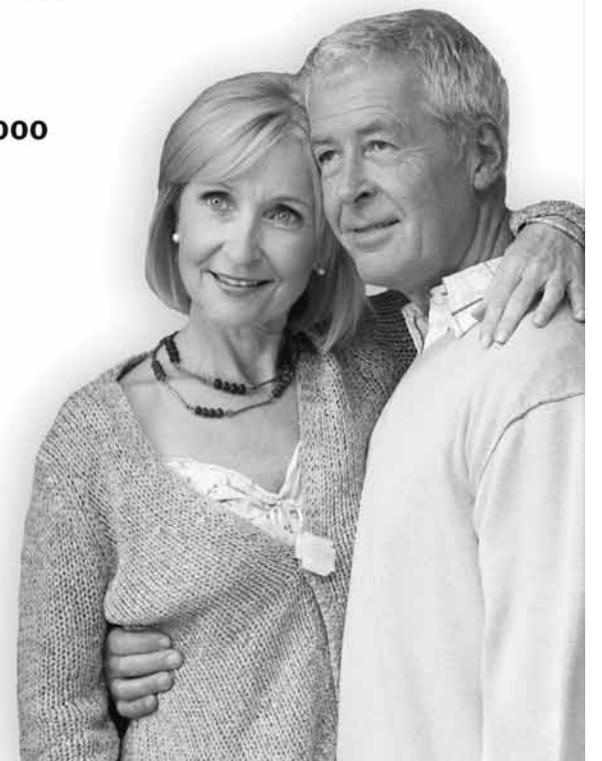
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## Keep your Legs Strong with Good Balance- Prevent a Fall

Starting at age 30 our body's muscle mass begins to decrease if we don't use it. This limits the amount of muscle we have for strength and this process continues as we age. Our body's metabolism will slow in response to decreased muscle mass. Unless we continue to strengthen our leg muscles through exercise, our balance will be compromised and put us at greater risk for a fall. As we age it is important to remain as active as possible. Chronic disease, weight gain or loss can cause additional decrease in strength and balance. It is important to recognize and address our fall risk.

Most falls happen to people age 65 or older. Twenty to thirty percent of people who fall suffer moderate to severe injuries. If an injury does not occur, many develop a fear of falling. This fear may limit activity which in turn leads to a decrease in strength, poor balance and an increased falls risk. The majority of falls go unreported until a serious

injury occurs. Pride, potential loss of independence and the belief that a fall is part of the aging process are causes. Falls are NOT a normal part of aging and strength and balance CAN be improved at any age.

Stepping On, a unique falls prevention program announces its Spring 2014 workshops. The seven week, 2-hour weekly sessions brings you together with two registered nurses and community experts that discuss strength and balance exercise, medications' impact on falls, vision, community safety, home hazards, safe footwear, home modification and much more.

In partnership with the Broome County Health Department and Office for Aging, Independence Awareness offers these wellness programs for you to stay independent and in your own home. Decide today to improve your lifestyle – come join us to become aware and understand more about what you can do to prevent falls. All workshop sites are easily accessible with parking close by.



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Stepping On Spring Workshops at:

Highlands Community Center,  
725 Lee Circle, Johnson City  
Thurs, April 10-May 22,  
10am-12 noon

Good Shepherd Village,  
32 Village Drive  
(off Farm-to-Market Rd), Endwell  
Mondays May 12-June 30, 10am-12noon (no class Memorial Day 5/26)

These workshops fill quickly and space is limited. To register or request more information call Diane at 607-757-0750 or Donna at 607-765-4180.

## Walking Is Good Medicine

Walking may help to prevent mental decline according to a recent article in the *Archives of Internal Medicine*. A study was conducted of 6,000 older women. It found that the women who walked were almost a third less likely to suffer memory loss than those who didn't walk. The more the women walked, the better they felt and the clearer they thought. So consider adding walking to your daily routine to improve the quality of your life.

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## Healthy Role Model Spotlight: Peg VanDerWal



For Peg VanDerWal, nutrition has been a lifelong interest. And, at 92 years old, it is evident that the healthy choices she has made over the years have paid off. She says that an important step for her in making smart food choices begins in the supermarket. There, she reads nutrition food labels for fat, sodium, and sugar content and tries to always, “choose the healthier options,” for example, baked instead of fried, low-sodium, and low-fat options.

Her positive attitude and outlook on age has also contributed to her healthy aging. She encourages others to, “take each day one day at a time, have fun, and not to feel sorry for yourself or give up [when encountering setbacks].” Despite her arthritis, she exercises three times a week by walking on a treadmill and attending balance classes to prevent falls and osteoporosis.

Peg also makes time for her friends and family. On a typical afternoon, she can be found entertaining guests, attending Bible study and women’s groups, and at family dinners. Her popular tossed salads (recipe below) are something that her family looks forward to at each dinner. Her delicious and nutritious salads perfectly embody the theme of National Nutrition Month®, “Enjoy the Taste of Eating Right.”

The Broome County Office for Aging congratulates Peg for her ongoing efforts to living healthy, staying positive, and encouraging others to do the same! Try her recipe below and create your own healthy recipes for National Nutrition Month®.

### Peg’s Famous Tossed Salad

#### Ingredients

- 3 cups greens (spinach, kale, etc)
- 1 cup carrots- slightly steamed
- 1 cup cauliflower- slightly steamed
- 1 small red onion- chopped
- 1 cucumber- sliced
- ¼ bleu cheese crumble (or your preference cheese)
- ½ cup black olives
- (any other vegetables you have available)
- olive oil and vinegar to taste

#### Directions

Slightly steam carrots and cauliflower until soft. If using kale, steam as well to soften with carrots and cauliflower. Chop red onion and slice cucumber. Combine vegetables and any other vegetables you have available. Toss in olives and top with your preference of cheese. Coat with olive oil and vinegar to taste.

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## Income Tax Assistance Available

**Free Income Tax assistance** is available at several locations in Broome County on a first-come, first-served basis OR by appointment from February 3, to April 15, 2014. The Program is designed for taxpayers with middle and low-income with special attention for age 60 & older.

Taxpayers are asked to bring forms indicating Federal income tax paid, all W-2’s, 1099’s (i.e. bank interest) & any other statements reflecting 2013 income and tax-deductible expenses, including receipts of property tax, charity donations, medical expenses, mortgage payments and child-care expenses as well as Social Security numbers for all dependents. Also bring a copy of your **2012 Income Tax Returns**.

Counselors are trained by the IRS. Sponsors are AARP & B.C. Office for Aging. For more information, call J. Tassej at 625-2658.

### WALK-IN SITES: NO APPOINTMENT REQUIRED:

- **George F. Johnson Library**, Endicott      Tues & Thu, 10 am to 2 pm
- **Oakdale Mall**, Johnson City      Tues, Wed, Thu, Fri, 10am to 2 pm  
(See sign at Mall office for AARP site location)
- **Vestal United Methodist Church**      Mon, Tues, Thu, 9:30am to 1:30 pm

### Appointments ONLY: Feb. 3 to April 12, 2014

- **Broome County Library**, 185 Court St., Binghamton.  
Mon - Sat, 10am to 2pm; Call 211 or 1-800-901-2180 for appts.:  
Mon - Fri, 8:30 am to 4 pm

### SENIOR CENTER SITES: 10 am to 2 pm

- Binghamton First Ward, 226 Clinton St.      Tue, Wed, Fri      797-2307
- Broome West, Endwell, 2801 Wayne St      Tue, Wed, Thu      785-1777
- Whitney Point, 12 Strongs Place      Call for Days      692-3405
- Johnson Cit, 30 Brocton St.      Tue, Wed & Thu      797-3145

# Aging With Attitude

*Stay connected...Stay Well!*

## Resolve to Keep Your Brain Fit!

Scientists are learning that a few simple lifestyle changes can go a long way toward keeping the mind sharp and alert as we age. While we can't choose the genes we inherit, these steps may help to prevent Alzheimer's disease years down the road:

**Use it or lose it.** The more you challenge your brain and mind, the less likely it may be to fail you. One major study found that seniors who engaged in mentally stimulating hobbies like reading books or playing board games lowered their risk of developing Alzheimer's. The more frequently they engaged in stimulating activities, the greater the benefits. Working crossword puzzles, playing Scrabble, studying a foreign language, or learning to play a musical instrument may all keep the brain and mental functions sharp and agile.

**Exercise.** What's good for the heart and blood vessels, studies show, is also good for the brain. So get moving! Evidence continues to mount that when you are physically active, your brain benefits. A recent European study of men in their 70s and 80s found that those who maintained activities such as walking, biking, gardening, or sports for 10 years were likely to remain mentally sharp. Men who reduced these activities by an hour or more a day during the 10 years, in contrast, were 2.6 times more likely to suffer from mental lapses. The findings parallel an American study earlier this year indicating that middle-aged women who remained active and walked a lot were much less likely to suffer from mental decline.

**Eat smart.** To keep the brain (and the heart) in top shape, eat a diet rich in fruits, vegetables, and whole grains. Colorful fruits and veggies such as kale, spinach, broccoli, blueberries, strawberries, and oranges are particularly rich in cell-protecting antioxidants that can fight damage to brain cells. Nutritionists also recommend plenty of fish such as salmon, tuna, and halibut that are rich in fats called omega-3s, which may protect the brain, heart, and blood vessels. Nuts like almonds, pecans, and walnuts are also a plus. Avoid fast foods, processed foods, saturated fats, and fried foods.

**Don't drink to excess.** Although a glass or two of wine or beer daily may boost your heart and brain health, heavy or binge drinking can damage the brain—sometimes even permanently. One study found that compared to light drinkers or nondrinkers, heavy drinkers were more likely to have memory impairments, such as repeating a story or forgetting to turn off the stove.

**See your friends.** Maintaining a circle of friends and family throughout the years can boost your mood and keep your mind engaged. Even a favored pet, such as a dog that you walk regularly or a cat that offers comfort, can be key to defusing stress and maintaining physical and mental well-being.

**Relax.** This age of cell phones, multi-tasking, and constant environmental stimulation can leave our brains tired and hamper our memory. Constant worry can trigger hormones that damage brain cells and leave you feeling tired and distracted. Take time out to focus, concentrate, and de-stress. Enjoy simple pleasures, like listening to a favorite opera or reading a good book. These pursuits will leave you refreshed and alert.

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## Lourdes Mobile Mammography

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When was your last mammogram? Have you been putting it off? Lourdes Mission In Motion Mobile Mammography is here to help.

Lourdes Mission In Motion Mobile Mammography brings comprehensive health care to women where they live, work and often meet with friends.



With a simple phone call, women can schedule their appointments directly through the Lourdes Central Scheduling Department. Lourdes will bill the patient's insurance carrier directly.

**Mammogram results are sent directly to the patient's health care provider, regardless of the provider's or the patient's affiliation with Lourdes.**

Women are eligible to use the Mission In Motion van if:

- You have no current breast problems or symptoms
- If you've had a biopsy, it was over one year ago with benign results and no further problems.
- You are looking for a convenient location to have a mammogram.
- You are looking to have a mammogram in about 15 minutes or less.

Please bring a photo ID to your appointment. If you have an order from your provider, please bring that as well; however, it is not required.

Visit us at one of the following locations in the near future:

- Lourdes Primary Care Associates, 276 Robinson Street, Binghamton
- Owego Price Chopper, 42 West Main Street, Owego
- Lourdes Primary Care Associates, 415 E. Main Street, Endicott
- Whitney Point Practice, 2660 West Main Street, Whitney Point
- Harpursville Senior Center, 27 Golden Lane, Harpursville
- Greene Community Services Building, 29 North Chenango Street, Greene
- Lourdes Center for Family Health, 13293 Route 38, Richford
- Episcopal Church, 14 Monument St, Deposit
- Center for Family Health, 303 Main Street, Binghamton

Call Lourdes Central Scheduling at (607) 798-5723 to make an appointment or to find a location near you.

For those patients without insurance, the Cancer Services Program may be able to help you cover the costs of your exams. Call them toll free at 877-276-1019 to see if you qualify. New patients are always welcome!

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## Test Your Nutrition Knowledge

In celebration of National Nutrition Month®, the senior centers have special activities planned to remind us of the important role nutrition plays in positive aging. Each week, a different nutrition topic will be covered. These topics include: Weight Management, Bone Health, Immune-Boosting Nutrition, and Diabetes Management. Read about the nutrition activities planned throughout the month below and refer to page 10 of this publication for specific dates and times.

At **First Ward, North Shore Towers, and Vestal Senior Centers** you can expect a nutrition tip each day along with a “recipe of the week” to help you create your own nutrient-rich and tasty recipes at home. Show off your knowledge by participating in Nutrition Bingo and Trivia (First Ward).

Here is a sneak peek of **Nutrition Trivia** questions. Test your knowledge to find out how nutrition-savvy you are and check your answers at the bottom.

1. Weight Management: TRUE or FALSE: Older adults need fewer calories and nutrients.
2. Bone Health: Which major nutrient works with Vitamin D, Vitamin K, Potassium, Fluoride, and Magnesium to promote strong bones?
3. Immune-Boosting Nutrition: Which vitamin protects you from infection by stimulating the formation of antibodies and boosting immunity?
4. Diabetes Management: There are two key risk factors for developing pre-diabetes: inactivity and excessive fat in which region of the body?

At **Broome West** you’ll find a Balance Clinic. Nutrition affects all aspects of health, including our balance. Learn how you can avoid the danger of falls by attending this clinic. There will be exercises, home safety tips, hearing screenings, and much more.

**Eastern Broome Senior Center** offers a variety:

- Learn the health benefits of honey by local beekeeper, Earl Villecco.
- Hands-On Nutrition Series: Rachel Knowles of Cornell Cooperative Extension will continue the 6 week program to provide us with helpful tips on making smart food choices.
- Nutrition Trivia (with Healthy Food Prizes!)
- Make Your Own Yogurt: make yogurt from scratch with Jessica.
- Grow Your Own Indoor Veggies: MargeryAnn will teach us what vegetable work in winter, how to grow in- and outdoor vegetables in containers and sprouting window sill gardens. Our Planting Day for container lettuce will be Monday, April 7.

### Join us for lunch!

These activities will be at or around lunch, so be sure to reserve your meal at least one day in advance so you can enjoy a healthy meal while learning something new.

### Nutrition Trivia Answers- No peeking!

- 1) False- Although it is true that older adults need fewer calories, they need more nutrients (!) specifically, more protein, B-vitamins, and calcium. Make every calorie count and focus on quality not quantity.
- 2) Calcium- Your bones store 99% of the Ca in your body! Good sources include: Milk, yogurt, calcium-fortified foods (cereals, juices), almonds, sardines and salmon, dark leafy green vegetables, and calcium fortified tofu.
- 3) Vitamin C- Sources include citrus fruits like oranges, grapefruit, tangerines, red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C like cereals.

### Sudoku Answers

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

4) The abdomen; high blood pressure and cholesterol are other risk factors. All of these risk factors can be decreased with exercise (30 minutes 5x/week) and smart food choices. Reducing body weight by 7% (ex. 15 lbs. if you weigh 200 lbs) can reduce your chances of developing diabetes if you are pre-diabetic.

## Are You Using Elder Friendly Businesses?

Do you enjoy shopping in well-lit stores with wide aisles and clerks sensitive to your needs? And do you prefer using services that offer you a comfortable seat and provide adequate parking? Then you should support the regions nearly 40 certified Elder Friendly Businesses.

Local businesses are certified as being elder friendly by Action for Older Persons, Inc. (AOP). AOP sends a trained “undercover” evaluator to businesses that want to be certified as elder friendly. The evaluator rates the business on how it meets the needs of older adults. AOP certifies businesses on how their location, parking, and employees are senior friendly.

Evaluators also check things like:

- **Phone Access:** Are directions and information shared in a clear, easy to understand manner?
- **Physical Access:** Is the business visible to the public? Is there enough parking and easy entry to the sight?
- **Layout:** Do aisle widths, seating, restrooms and lighting serve older customers well?
- **Customer Service:** Are employees responsive and willing to make special accommodations?

AOP also works with businesses to become elder friendly. The evaluators are also educators on the needs of older adults. Certification helps both the seniors and the businesses. It’s a win-win for the community.

When you see the yellow Elder Friendly Business sign, you know that business is committed to meeting the needs of older adults. These businesses include:

- |                                    |                                    |
|------------------------------------|------------------------------------|
| A Frame Shoppe                     | Access Ability Design              |
| Action for Older Persons           | Audible Hearing Care Center        |
| A.V.R.E.                           | Boys & Girls Club/Western Broome   |
| Citizens Bank, Binghamton          | Chemung Canal Trust Co.            |
|                                    | (All 5 Bank Branches)              |
| Thomas H. Davis, DMD               | Family Audiology, PPLC             |
| Gery’s Hair Designs                | Health Beats Natural Foods         |
| Home Instead Senior Care           | Horizons FCU, Bing & Vestal        |
| Klemmt Orthopaedic Services        | Lawson’s Hearing Center            |
| Lesko Financial Services           | Levine Gouldin & Thompson, LLP     |
| MaineSource Food & Party Warehouse | Diane Meeker, State Farm Insurance |
| Miller Auto Team                   | Olum’s Furniture Company           |
| On Track Physical Therapy          | Owego Treadway Inn                 |
| Precision Automotive Services      | Re-Bath of the Southern Tier       |
| Scoville-Meno Auto Plaza           | John A Snover Insurance            |
| Southern Tier Medivan              | The Kitchen Store                  |
| The Pharmacy                       |                                    |

AOP urges you to support Elder Friendly Businesses. And when you do, make sure you tell them that you chose their business because they are elder friendly. You can call Action for Older Persons, Inc. at 722-1251 for more information on Elder Friendly Businesses.

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# Look What's Happening at the Centers!

## **BROOME WEST..... 785-3427**

2801 Wayne St., Endwell, NY 13760

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

**Lunch served at Noon call 785-1777**

**Breakfast for Lunch:** Mon 10:30am - 12:30pm

**Sandwich and Soup Bar:** W/Th/F, 11:15 am – 12:30pm

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Wii, Cards, Billiards, Shuffleboard

**M:** Bingo 9 am, Guitar Group 9 am - 12 Noon, Quilting 9-3 pm;  
Chorus Practice 12:45 pm

**T:** Ping Pong 1-3 pm

**W:** Bingo 9 am, Scrabble 12:30 pm; Floor Shuffleboard 12:45 pm

**Th:** Social Connections 1-2:30 pm; USA Ballroom Dance Lessons 7-10 pm

**F:** Bingo 9 am, Ping Pong 1-3 pm

### Special Activities

3/4 Mardi Gras Celebration, 11 am-1 pm

3/5,12 B.U. Nursing Students, 9:30 am-2 pm

3/13,20,27 Ballroom Dance Lessons: Quickstep, 7-9 pm

3/10 Special Breakfast (Mardi Gras Fruit Bowl), 10:30 am-12:30 pm

3/17 St. Patty's Day Party w/Clann Na Cara Dancers, 11 am

3/18 Medicare Saving w/Lucia (OFA), 9 am-12 pm

3/19 Caregiver Chat, 9:30 am

3/20 Philly Cheese Steak Day, 11 am-12:30 pm

3/21 OFA Balance Clinic (Call 778-2086), 1:30-4 pm

3/24 Special Breakfast (Green Eggs & Ham), 10:30am-12:30pm

## **DEPOSIT..... 467-3953**

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

**Center Hours:** Tues & Thurs, 9:00am - 2:00pm

**Lunch served at Noon**

**Weekly Activities** (call for info):

**Tues & Thurs:** Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;  
Piano Music 10:30 am; Wii

**Thurs:** Chorus 11-12 pm, Wii

### Special Activities

Tuesdays: Bingo: 1pm: 3/4 Nickel; 3/11 Bag; 3/18 Quarter; 3/25 Nutrition

3/6 Ice Cream Day

3/12 Meadow Park: Bingo, 11:15; Luncheon, 12:30 pm

3/13 Breakfast for Lunch, 10:30 am

3/18 Southern Tier Food Bank & BP, 12 pm

3/27 Living with Macular Degeneration DVD, 12:45 pm

### **Did You Know?**

Frozen produce is actually more nutritious than fresh produce? It's picked and frozen at the peak of ripeness, while fresh produce is picked early so it won't spoil during shipping.

## **EASTERN BROOME..... 693-2069**

27 Golden Lane, Harpursville, NY 13787

**Center Hours:** Mon - Fri, 9:00am - 2:30pm

**Lunch served at Noon**

**Breakfast:** Tues, 8 - 9:30 am

**Brunch:** Thurs, 10:30 am – 12:00 pm

**Sandwich and Soup Bar:** Wed, 11:30 am – 12:30 pm

**Burger Bar:** Fri, 11:30 am - 12:30 pm

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Computers, Coffee Hour, Cards, Shuffleboard, Billiards

**W:** Stitching/Crafts 9-11 am

**Th:** Acrylic Painting 9 - 11 am

**F:** Wii practice/play 12:30 - 1 pm

### Special Activities

3/3 "Bee Keeping," w/Earl Villecco, 12:30-1:30 pm

3/4 Mardi Gras Breakfast, 8:30-9:30 am

3/5,7 Baked Potato Bar, 11:30 am-12:30 pm

3/7,14,21,28 Hands On Nutrition Series w/Rachel (CCE), 12:30-2:30 pm

3/10 Nutrition Trivia, 12:30 pm

3/12 "What To Do Until the Ambulance Comes," w/Donna,  
12:30- 1:15 pm

3/17 St .Pat's Party w/Rob Seigers, 12:30 pm

3/19 "Make Your Own Yogurt" w/Jessica, 10:30-11:30 am

3/25,26 AARP Driver Safety Program, 10 am- 1:30 pm

3/29 Spaghetti & Meatball Fundraiser, 11:30 am-2 pm  
w/Bluestone Creek Ramblers, 12:30-1:30 pm

3/31 Horse Racing w/Bonnie Hill, 10 am

Container Gardening w/MargeryAnn, 12:30-1 pm

## **FIRST WARD/GREENMAN..... 797-2307**

226 Clinton St., Binghamton, NY 13905

**Center Hours:** Mon - Fri, 8:00am - 4:00pm

**Lunch served at 11:45 am call 729-6214**

**Mondays:** Breakfast for Lunch, 10:30 am- 12:30 pm

(No Reservations Required)

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Billiards

**M:** Just For Fun Pool League 9:00 am; Pottery 9:30 am; Bingo 12:30 pm;  
Texas Holdem 12:45 pm

**T:** Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm;  
Texas Holdem 12:45; Art 1 pm

**W:** Ceramics 9:00 am; Chorus 9:30 am; Pottery 1:00 pm

**Th:** Sewing 9:00 am

**F:** Ceramics 9:30 am; Texas Holdem 12:45 pm

### Special Activities:

3/5 Social Club, 1 pm

3/6,7 AARP Driver Safety Program, 9 am-12pm

3/7,14 B.U. Nursing Students, 9:30 am-2 pm

3/10 Scarlet Bonnets, 1 pm

3/11 Blood Pressure Clinic, 9:30 am

3/13 Evening Meal w/New Appalachia Band, 5 pm

3/17 St. Patrick's Luncheon w/Clann Na Irish Dancers, 11:15 am

3/20 Philly Cheese Steak Day, 11:30 am-12:30 pm

3/25 Women's History w/Brenda Cave James, 12:30 pm

### **Baked Potato Bar!**

March 5, 6 & 7

Starting around 11:15 am

Stop at a participating senior center and enjoy a fresh, delicious baked potato with all the fixings. No reservations are needed! Use your imagination and top your potato with freshly grated cheddar cheese, crumbled bacon, steamed broccoli, chili, chives and/or sour cream. The combinations are endless.

Your potato creation will also come with a bowl of homemade soup, crispy tortilla chips, dessert and a beverage.

All that for just \$3.25 if you are age 60+ and only \$4.25 for those who are not yet age 60. Participating centers are Broome West, Johnson City (3/5 & 6), Eastern Broome (3/5 & 7) and Northern Broome. Don't miss it; we won't be having another Baked Potato Bar until the fall.



**JOHNSON CITY..... 797-3145**

30 Brocton St., Johnson City, NY 13790  
**Center Hours:** Mon - Fri 9:00am - 4:00pm  
**Lunch served at 11:45 call 797-1149**

**Hot Lunch (Reservations):** W/Th/F

**Walk-Ins Welcome:**

**Pizza/Pasta:** Mon, 11:30 am - 12:15 pm  
**Breakfast for Lunch:** Tues, 10:30 am - 12:00 pm

**Weekly Activities:** Exercise classes listed on page 4  
**M:** Guitar 9 am; Water Color Painting 9 am; Bingo 12:30 pm  
**T:** TOPS 9:30 am  
**W:** Quilting 9 am; Pinochle 12:30 pm; Writers Workshop 1 pm; Bingo 5:30 pm  
**Th:** Oil Painting 9 am; Shuffleboard 12:30 pm, Mediation 3:30 pm  
**F:** Watercolor Painting 9 am; Ladies Singing Group 10 am

**Special Activities:**

Wednesdays-Thursdays: AARP Tax Preparation, by appointment  
 3/14 Gance's Fish Fundraiser, 11:30 am  
 Movie: "Love and Honor", 12:30 pm  
 3/18 Hearing Screening w/Audibel, 9:30 am  
 3/18 Red Hat Society, 6:30 pm  
 3/18,19 AARP Driver Safety Program, 1 pm  
 3/19 Blood Pressure/Glucose Screening, 10 am  
 3/28 Movie: "Shadow on the Mesa", 12:30 pm

**NORTHERN BROOME ..... 692-3405**

12 Strongs Place, Whitney Point, NY 13862

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

**Lunch served at Noon**

**Sandwich and Soup Bar:** Mon-Fri 11-12:30 pm

**Breakfast for Lunch:** Tues 10-12:30 pm

**Weekly Activities:** Exercise classes listed on page 4  
**M:** Quilt Classes 10:00 am (call first), Computer Class; Bingo 10:30 am  
**T:** Computer Classes 8:30 am; Osteo Exercise, 10 am  
**W:** Sewing Class 10 am; Shuffleboard 10 am, Bunko (dice game) 12:30 pm  
**Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) Quilting 10 am; Blood Pressure Testing (1st & 3rd) 11 am  
**F:** Bingo 10:30 am; Crafts w/Denise 12:30 pm

**Special Activities:**

3/1 Annual Auction (preview, 10 am), 11 am  
 3/4 Audible Hearing, 10 am  
 3/5,6,7 Potato Bar, 11 am-12:30 pm  
 3/6 Robert Rogers Puppets, 11 am  
 3/7 Cakewalk w/Andre's Creations, 12:30 pm  
 3/11 Evening Meal (sliced turkey & lemon meringue) w/Ryan Wilson, 4:30 pm  
 3/12 Coca Cola Birthday w/Coke floats and prizes, after lunch  
 3/14 National Potato Chip Day, 11 am  
 3/17 St. Pat's Luncheon & Party, 11 am  
 3/18 AARP Taxes by Appointment Only, 9:45 am-1:30 pm  
 3/20 Philly Cheese Steak Day, 11 am-12:30 pm  
 3/25 Evening Meal (stuffed peppers) & Bingo, 4:30 pm  
 3/31&4/1 AARP Driver Safety Program, 10 am-1:30 pm

PAID ADVERTISEMENT

**The Broome County Home Repair Service**

**Home Repairs for Senior Citizens**

*A non-profit public service operated by*

**First Ward Action Council, Inc.**

167 Clinton Street, Binghamton, NY

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

**Call 772-2850 For Details**

**AARP #3071**

This Binghamton unit meets at the United Methodist Church,  
 113 Grand Blvd., Binghamton, NY on the second Wednesday of each  
 month at 1:15pm

**NORTH SHORE..... 772-6214**

24 Isbell St., Binghamton, NY 13901

**Center Hours:** Mon - Fri 10:00am - 2:00pm

**Lunch served at Noon**

**Weekly Activities:**

**T:** Game Day 9:45-11 am  
**Th:** Bingo 10-11 am  
**Fr:** Bagel Breakfast 8-11 am, Wii Bowling 9:45-11:30 am

**Special Activities:**

Tuesdays: Bingo 5-7 pm; 3/4: Food; 3/11: Penny; 3/18: Food; 3/25: Penny  
 3/4 Fat Tuesday Party w/Doug Darrah, 10 am- 11 am  
 3/5 Breakfast for Lunch, 10:30 am-12 pm  
 3/7 Site Council Meeting, 10:30 am  
 3/12,13,19,20 Baking & Cooking Club, 2 pm  
 3/13 BP & Glucose w/Medicine Shoppe, 11 am-12 pm  
 3/17 St. Patrick's Day Luncheon, 12 pm  
 3/18 Resident Association Meeting, 10 am

**OAK STREET..... 724-1220**

58 Oak Street, Binghamton, NY 13905 (located in St. Patrick's All Purpose Room)

**Center Hours:** Mon, Tues, Wed., Fri, 10:00am - 1:45pm

**Lunch served at Noon**

**Weekly Activities:** Exercise classes listed on page 4

**M:** Busy hands Group 10 am  
**M/W/F:** Scat and Pinochle, Walking  
**W/F:** Bingo 11 am, Walking

**Special Activities:**

Mondays: 3/3,10&24 Busy Hands Group, 10 am  
 3/7 Soup & Sandwich Day, 11 am  
 3/10 Book Review w/Cheryl Ebert: *Alone* by Richard Byrd, 11 am  
 3/11 Blood Pressures w/Joan/Medicine Shoppe, 11 am  
 Pizza for Lunch, 11 am  
 3/14 St. Patrick's Day Party, 11:30 am  
 3/17 CENTER CLOSED - St Patrick's Day at St Pat's  
 3/21 Ice Cream Sundae Day, after lunch  
 3/25 Breakfast for Lunch, 11 am-12:15 pm  
 3/28 Rummage Sale, 9 am - 2pm  
 Bag Sale, 1-2 pm

**VESTAL ..... 754-9596**

Old Vestal Junior High School Cafeteria

201 Main St., Box #4, Vestal, NY 13850

**Center Hours:** Mon - Fri, 9:00am - 2:00pm

**Lunch served at 11:45am**

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Coffee Klatch, Cards, Games  
**M:** Walking Group 8 am; Wii Bowling 9:30 am  
**T:** Pinochle 9:30 am  
**W:** Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Oil Painting 1-3 pm  
**Th:** Wii Bowling 9:30 am; Bingo (1st & 3rd) 10:15 am  
**F:** Walking Group 8 am; Ice Cream Cones 12:30 pm

**Special Activities:**

3/4 Movie Day: Great Gatsby, 9:15 am  
 Mardi Gras Breakfast for Lunch (*Omelets*), 10:30 am -12:30 pm  
 3/5 Blood Pressure Screening w/Kay Devine, 10:30 am  
 3/5,12 B.U. Nursing Students Visit, 9:30 am-2 pm  
 3/6,20 Quarter Bingo w/Brad, 10:15 am  
 3/17 St. Patrick's Day Luncheon w/Irish Dancers, 11:45am

# MEET, GREET & EAT

## March Menu - Bon Appétit!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Spaghetti w/Meat Sauce 3</b> Cut Green Beans Cottage Cheese w/Chives Fresh Orange	<b>Egg Salad Sandwich 4</b> w/Lettuce Tomato Soup Sugar Cookie	<b>Pierogies w/Onions 5</b> Baby Beets Orange Juice Chocolate Covered Strawberry Cake	<b>Roast Beef w/Gravy 6</b> Mashed Potatoes Whole Kernel Corn Apple Crisp	<b>Fish Florentine 7</b> <b>OR Chicken w/Orange Sc.</b> Brown Rice Pilaf Broccoli Pears
<b>Chicken ala King 10</b> <b>with a Biscuit</b> Mashed Potatoes Cut Green Beans Banana	<b>Roast Pork w/Gravy 11</b> <b>OR Country Breaded Fish</b> Scalloped Potatoes Red Cabbage Supreme Fresh Orange	<b>Vegetable Lasagna 12</b> Wax Beans Tossed Salad Bread Pudding w/Raisins	<b>Chicken Divan 13</b> <b>w/Cheese &amp; Broccoli</b> Brown Rice Pilaf Peas & Carrots PA Upside Down Cake	<b>Breaded Fish 14</b> <b>OR Pepper Steak</b> Macaroni & Cheese Spinach Cinnamon Applesauce
<b>St. Patrick's Day!</b> <b>Ham w/Raisin Sauce 17</b> Red Potatoes Cabbage & Carrots Salad Leprechaun Cookie	<b>Pub Burger 18</b> <b>w/Lettuce, Tomato &amp; Onions</b> Cream of Broccoli Soup Tapioca Pudding w/Mandarin Oranges	<b>Roast Turkey w/Gravy 19</b> Apple Bread Dressing Winter Squash Raspberry Fruited Gelatin	<b>Sweet &amp; Sour Pork 20</b> <b>Over Brown Rice</b> Broccoli Tossed Salad Pears	<b>Breaded Fish 21</b> <b>OR Chicken Rib BBQ</b> Mashed Potatoes Bean Medley Sherbet
<b>Meatball Parmesan 24</b> <b>Sub</b> Pasta Bean Soup Honey Raisin Cookie	<b>Liver w/Onions 25</b> <b>OR Chicken Marengo</b> Mashed Potatoes Spinach Banana	<b>Roast Pork w/Gravy 26</b> Bread Dressing Monte Carlo Blend Veg. Cinnamon Applesauce	<b>Creamed Chicken 27</b> <b>Over a Biscuit</b> Mashed Potatoes Peas & Carrots Peach Cobbler	<b>Potato Crusted Pollack 28</b> <b>OR Grandma's Meatloaf</b> Baked Potato w/Chives Carrot-Raisin Salad Pineapples & Oranges
<b>Macaroni &amp; Cheese 31</b> Stewed Tomatoes Brussels Sprouts Banana	<b>Mushroom Omelet 4/1</b> <b>OR Sausage w/P &amp; O</b> Sweet Potato Puffs Tossed Salad Oatmeal Cookie	<b>Roast Beef 2</b> Mashed Potatoes Baby Beets German Chocolate Cake	<b>Hot Dog Day!</b> <b>Chili Cheese Dog 3</b> Baked Potato Tossed Salad Root Beer Float	<b>Country Breaded Fish 4</b> <b>OR Salisbury Steak</b> Mashed Potatoes Cut Green Beans Pumpkin Cookie

Age 60+ \$4 < Age 60 \$5
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At all Broome County Senior Centers. Age 60+ – **\$3.25**; Under Age 60 – **\$4.25**. **Reservations are needed by noon the day - before.** Menu subject to change. For more information or the telephone number of a senior center near you, call 778-2411.

### 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 9

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

The Senior News  
is a monthly publication  
of the  
Office for Aging  
funded by Broome County and the  
NYS Office for Aging under  
Title III of the Federal Older  
Americans Act.  
Direct mail subscriptions are  
available for \$10.00 per year by  
calling 778-2411.  
This contribution helps defray the  
cost of printing and postage.

*Senior News*  
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Office for Aging can be reached by mail at  
P.O. Box 1766, Bing., NY 13902.

PRSRT STD  
 U.S. POSTAGE PAID  
 PERMIT NO. 122  
 BINGHAMTON NY

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