



Visit Our Website at www.gobroomecounty.com/senior

Senior Picnic

Broome County Office for Aging and Broome Community College invite you to attend the 2014 Senior Picnic & Fun Fest at BCC (aka SUNY Broome) on **Wednesday, June 18 from 10:00 am-2:00 pm**. A great day is planned for your enjoyment. Please join us! Don't worry about parking. There's plenty of parking on campus and shuttle service to get you to the event.

The senior information area will be inside in air-conditioned comfort in the Ice Center. This is the place to get valuable information on senior services and products.

Here are a few of the day's other activities:

- **Outdoor music by the very popular Rich Wilson (10-12) and New Appalachia (12:30-2)**
- **Indoor music by Dan Burdick playing Folk and Country Ballads**
- Live cooking demo with delicious food samples
- Bingo in the Student Center Cafeteria
- Bake Sales & Basket Raffles
- Accessibility Design Workshop: Tips to make your home "user friendly" with simple changes or adaptations geared for seniors and families at 10:45 and 11:15
- Henna Hand Painting
- Interactive Information Tables featuring your local Senior Centers
- Information on the Broome County Senior Games
- Indoor Vendor Information Center located in the Ice Center ... and much more!

Lunch is just \$4.00 per person and includes rotisserie chicken with all the picnic fixings. It will be served at noon. Advance meal tickets are needed for lunch and can be conveniently picked up at any local senior center. **The deadline for reservations is noon on Tuesday, June 17.**

Limited bus transportation will be provided from designated senior centers. For further information, call 778-2411.

Special thank you to this year's major sponsors:

- ◆ **Fidelis Care**
- ◆ **Today's Options**
- ◆ **Good Shepherd Rehab & Wellness**

Special thank you to this year's contributors:

- ◆ CDPHP
- ◆ Equip To Care
- ◆ Excellus Blue Cross Blue Shield
- ◆ Humana
- ◆ Lourdes Health Support
- ◆ MVP Health Care
- ◆ WellCare

June Summer Fun in Broome County

The Senior Picnic is just one of many community events happening this June. Make the most of the beautiful Broome County weather and come out to one or more of the various events planned. We've simplified the planning process for you by compiling some of these community activities below, along with dates and contact information for each. How will you fill your calendar with fun this summer?

Sit Back and Enjoy a Show.

- See Tony® award-winning Broadway musical, **Million Dollar Quarter**, for a rock'n'roll inspired evening.
June 15; The Forum Theatre; 778-6626
- Enjoy a performance of **Spamalot** with your favorite donuts and cider.
June 5-29; Cider Mill Playhouse; 748-7363
- If you watch "**American Idol**," attend the tour's kick-off performance right here in Binghamton.
June 24; Broome County Veterans Arena; 778-1528

Appreciate Beautiful Artwork Showcased Around Broome.

- Visit **Treasures of the Vault** to discover the ancient and diverse holdings at Roberson Museum & Science Center, including art from Picasso and Dali, Samurai Armor and more.
June 1-30; Roberson Museum and Science Center; 772-0660

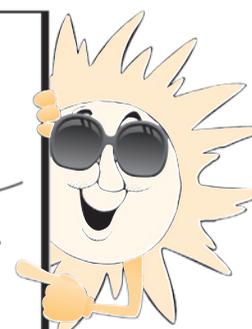
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Keeping Cool for Health

It could be important to have a "cooling room" in your home when the weather is very hot to avoid making some medical conditions worse. The Home Energy Assistance Program (HEAP) Cooling Assistance may be able to help. If you have a documented medical or chronic condition that is aggravated by extreme heat, you may qualify for the installation of an air conditioner. Eligibility includes meeting the HEAP income and housing guidelines and having no working air conditioner. You cannot have received an air conditioner in the last 10 years from HEAP Cooling Assistance and circumstances must be such that an air conditioner or fan can be safely installed. The program began May 1st and will run until funds are gone. Call the Department of Social Service HEAP office for more information on how to apply. The number is 778-2638. Funding is first-come, first-served for this statewide program. If you need air conditioning to maintain your health, do not delay, give them a call.

SUMMER FUN...

Enjoy the Senior Picnic: Wednesday, June 18th!!



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Summer Fun in Broome County

continued from page 1

- Join **First Friday Art Walk**, which promotes Binghamton's growing Art community. Visit your favorite of 45 downtown locations, such as galleries, restaurants, shops and studios.
June 6; Downtown Binghamton; 348-0090

Enjoy Broome's Abundant Culture

- **Greek Orthodox Church of the Annunciation's Grecian Festival** offers tasty Greek foods, pastries and wines as well as crafts, dance and traditional music.
May 29- June 1; Greek Orthodox Church of the Annunciation; 797-0824
- **St. Joseph's Annual Bazaar** is a celebration of Czechoslovakian heritage that cannot be missed. Try traditional foods, play fun games and dance to the music provided!
June 6-8; St. Joseph's Church; 748-0442
- **St. Anthony Italian Feast Days** is an Italian festival that includes live entertainment and an adult casino in addition to the yummy Italian foods and pastries.
June 13-15; St. Anthony of Padua Church; 754-4333

Don't Forget About Father's!

- **Father's Day Luncheon at the Senior Centers** will feature a special lunch of meatloaf with gravy OR potato crusted Pollack, mashed potatoes, country mix vegetables and apple crisp dessert. Call at least one day before hand to make a reservation.
June 13, 11:45 a.m.; 778-2411
- **48th Annual Father's Day Antique Car Show & Flea Market**
June 15; Floyd Maines Community Center; 768-4507

Tai Chi for Arthritis

Leader Training

June 28-29 in Albany, NY

Dr. Paul Lam and his team of medical and tai chi experts have created Tai Chi for Arthritis. The Broome County Health Department and the Broome County Office for Aging are bringing this program to Broome County.

We are looking for people to **become certified leaders**. As a leader you will learn how to do the Warm up and Cool down exercises, and lead participants in the Basic Six movements and the Advanced Six movements. You will also learn:

- tai chi skill and knowledge: the essential principles and the forms
- how to teach the program effectively and safely
- how to deliver the program
- how to work with people with chronic conditions (such as arthritis and diabetes) safely
- how to work with older adults

For more information on the leader training please contact Stacy at 778-1085

Want to volunteer at a school or daycare?

Join the Foster Grandparent Program

You'll earn a little money and the children will love you.

778-2089

Must meet age & income guidelines.

Broome County Office for Aging

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Center Holiday Closings

Broome County Senior Centers will be closed on **Wednesday, June 18** so that seniors can attend the annual Senior Picnic and Fun Fest at Broome Community College. Call your senior center to pick up a ticket for the Senior Picnic.

Broome County Senior Centers will be closed on **Friday, July 4** in celebration of Independence Day. Happy Birthday, America!

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Stay Healthy with Medicare Preventative Services

You can live a healthy life and prevent or delay many diseases by exercising, eating well, maintaining a healthy weight, not smoking and taking advantage of preventative services.

There have been many improvements to Medicare, including expanding the list of preventative services to help you stay healthy and lead an active lifestyle.

Preventive services can assist in finding health problems early, when treatment works best, and can prevent you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, counseling and education to help you take care of your own health.

For example, if you have Original Medicare you can get a free yearly "Wellness" visit which includes a health risk assessment, review of medical and family history, prescriptions update and other routine reviews such as weight and blood pressure checks.

For a complete list of Medicare preventative services, visit www.medicare.gov or visit the Broome County Office for Aging website www.gobroomecounty.com/senior (look under Publications). If you have no access to a computer, please call the Senior Resource Line at 778-2411 and request a copy to be mailed to you. Please talk with your health care provider about Medicare preventative services.

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Providing quality Medicare Advantage plans to **Broome County** residents.

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*Live healthy**



For more information call today!
1-866-568-8921, 8:00 a.m. to 8:00 p.m.
in your local time zone (TTY users call 711)
7 days a week.

Today's Options® PFFS is a Health plan with a Medicare contract. Enrollment in Today's Options® PFFS depends on contract renewal. Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next. A Private Fee-for-Service plan is not a Medicare supplement plan. Providers who do not contract with our plan are not required to see you except in an emergency. You may enroll in the plan only during specific times of the year unless you qualify for a Special Election Period (SEP) or Initial Coverage Election Period (ICEP). By calling the number provided, you may be contacting a licensed agent of Today's Options® PFFS.

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First Ward

July 28
Merry-Go-Round Playhouse:
Damn Yankees w/dinner at
Springside Inn

December 2-3
Atlantic City (Overnight Trip)

Vestal

July 23
Skaneateles Cruise

Sept 16-17
Lancaster, PA Trip

Johnson City

July 4-5
NYC- 4th of July

August 5-6
Tanglewood

August 7
Corning Glass Works/ Rockwell
Museum

August 19-20
Castles of New York

August 26
NY State Fair, "Senior Citizens
Day"

Eastern Broome

July 28
Merry-Go-Round Playhouse:
Damn Yankees

September 18
Mohegan Sun Casino

October 8
Woodloch Pines, Oktoberfest

Got Endicott-Johnson Medical Stories?

Did you or your relatives work for E-J? Do you have historic medical records from that era? Are you willing to share your stories and your memorabilia (it can be returned to you)?

Your help is needed to shed light on the under-documented health reform E-J provided for employees and their dependents between 1910 and 1970. This is part of the Goodwill Theatre Inc. plan for a Health& Cultural District for the Village of Johnson City.

Share your stories with Village of Johnson City Historian, Janet Ottman at 607-798-9803 extension 260 or email her at jchistory1892@gmail.com.

Celebrate Fathers and Flags

Friday, June 13th at participating Senior Centers

Enjoy a delicious luncheon with your choice of homemade meatloaf or potato crusted pollock with a delicious apple crisp for dessert. What a wonderful opportunity to honor the men who strive to make a difference in our community and our lives - whether it be your father, brother, son, or friend - or yourself! Why not treat to lunch a man who has made a positive effect on you, or get your male friends together for some laughs and a great lunch. It is also Flag Day so you can share flag facts, stories and memorabilia.

Call the senior center of your choice to make your meal reservations (phone numbers listed on the back pages of this issue) and to ask what special activities are planned. Lunch is just \$3.25 for age 60 and better; \$4.25 for those under 60. We hope to see you on the 13th.

Donation Envelopes Available at the Centers

Donation envelopes are now available at the centers to provide you with a convenient way to honor a loved one, acknowledge an anniversary, birthday, or other special occasion with a gift to Broome County Office for Aging. All contributions will help enhance our services and support our mission to enrich the quality of life for all older persons in Broome County. You can choose to apply your gift to a specific program, such as Meals on Wheels or Yesterdays Adult Day Program, or contribute to all OFA programs. Ask your center's site supervisor how to obtain a donation envelope to make your tax-deductible gift and we thank you for your generosity.



Together we make the community stronger.

Focus on Health & Wellness this Summer

Be Proactive - Become more Aware to Stay Independent and Fall Resistant

As there is such a demand, the Stepping ON Falls Prevention Program will be having another workshop. This is a 2 hour a week, 7 week program and will begin Thurs., June 26 – Aug., 14 (no class 7/17) 10:00 am - 12:00 pm Our Saviour Lutheran Church Hooper Rd., Endwell.

The Broome County Health Department and Office for Aging want you to stay independent and in your own comfortable home. Two RNs, Diane and Donna, present this program and coordinate community experts (a physical therapists, a vision and medication specialist and a community safety person) all discussing their expertise on reasons for falls. Other topics discussed are balance and strength training, safe footwear, hazards in your home, the importance of Vitamin D and Calcium, nutrition and more. This wellness program is available to those over 60 who have fallen or have a fear of falling and want to remain independent. Caregivers are welcome. The registration fee of \$35 covers all classes, a manual and refreshments.

Come socialize and have fun while you learn. To register call Diane at 757-0750 or Donna at 765-4180. Space is limited. Remember: **Falls are Common, Predictable and Preventable**

Seasonal Allergies

Corticosteroid nasal sprays such as Flonase, Vancenase, Beconase, and Nasacort are safe and very effective treatment of nasal congestion due to seasonal allergies. This condition is called allergic rhinitis.

Ask your doctor if using one of these medications is right for you. Treatment should begin two weeks before the start of the allergy season, and continue through the season. These types of sprays are not as effective if you use them only on an as-needed basis.

If the nasal spray alone doesn't fully control your symptoms, oral medications such as antihistamines can also be used.

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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, 11:00 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
Thursday, 10:00 - 10:30 am	First Ward Senior Center

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.

Positive Aging Academy

There are three sessions of Positive Aging Academy in June. Maybe one is just right for you. They are held on Thursdays from 12:45 to 2:45 pm at Broome West Senior Center, 2801 Wayne St., Endwell. There is no fee.

June 5:

Health through

Social Connections:

Revisiting the importance of relationships

June 12:

Money Issues:

Know what you value, then "money" will come

June 19:

Streamlining for Purposeful Living:

What and how to downsize life, leaving more time for purpose

Register for the class by contacting Joan Sprague at 778-6206. Reserve a hot lunch prior to the workshop by calling the senior center lunch desk at 785-1777, or walk in for soup and sandwich; either meal is just \$3.25.

Health Fair & Ice Cream Social

Sat., June 7, noon to 3 pm

Anglican Church of the

Good Shepherd

356 Conklin Avenue,
Binghamton

Many healthcare professionals and agencies (holistic and traditional) including Lourdes Mission in Motion and the Broome County Office for Aging will be available to provide services, screenings, information, and gifts. Children will enjoy activities such as face-painting, games and Animal Adventure (12-2pm) while the adults are entertained by live music including New Appalachia Gospel Blue Grass. There will also be dance and fitness demonstrations, antique cars, Sheriff's IDs for children and much more. Food will include chili, healthy snacks, and plenty of ice cream. All are welcome!!

EVENTS at the CENTERS

Dress for Less Fashion Show

Fri., June 6, 1-3 pm

Oak Street Senior Center

724-1220

Following lunch, enjoy a fashion show, dessert and sale of new and gently used clothing and accessories from the Nearly New Shop. Tickets at the door for \$2. Suggested contribution for lunch is \$4 for 60 and older and \$5 for all others.

Banana Splits!

Wed., June 11, 12:30 pm

Northern Broome Senior Center

692-3405

Learn the history of the banana split, followed by trivia, prizes and of course, make your own banana split desserts!

Evening Dining

w/"Bruce Huggins"

Thurs., June 12, 4 pm

Eastern Broome Senior Center

693-2069

Enjoy an early dinner (*roast beef/choco. cream pie*) and foot stompin' country western music with your family and friends. Suggested contribution is \$4 for 60 and better and \$5 charge for all others.

Evening Dining

w/New Appalachia

Thurs., June 12, 5 pm

Deposit Senior Center

467-3953

New Appalachia & John Harris will provide entertainment over dessert at 5:45 pm.

Father's Day Celebration

w/JCSC Guitar Group

Friday, June 13

Johnson City Senior Center

797-3145

Entertainment by JSCS Guitar Group, "Over the Hill Gang," 11:45 am, followed by lunch and movie, "Zoo Keeper," at 12:15 pm.

Bygone Binghamton Part III

w/Jack Shay

Wed., June 25, 11 am

Broome West Senior Center

785-3427

Back by popular demand is guest speaker and author of *Bygone Binghamton*, Jack Shay. Join us for this interesting presentation. No cost to participate.

Caregiver Corner

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

Alzheimer's Education for Family and Friends

This educational program will provide strategies for handling everyday challenges caregivers may face when caring for a loved one with Alzheimer's disease.

Date: Thursdays, June 5, 12 & 19

Time: 1:00-3:00 PM

Place: Broome County Library Exhibit Room, 185 Court St.

Presenter: Carol Ackley, BSW Associate Program Director, Alzheimer's Association Central NY Chapter

June 5th - Effective ways to communicate, how to cope with relationship changes, the challenges of providing personal care, and preparing for hospitalizations.

June 12th - Ways to deal with behavior changes, medication management, home safety, driving concerns, living alone, and wandering.

June 19th - Resources in the community (such as day programs), in-home care services, senior living options and caregiver needs.

Pre-registration is suggested as space is limited. Call Caregiver Services at 778-2411 to reserve your seat.

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Date: Monday, June 2

Time: 1:00-2:30 PM

Place: Stay Healthy Center (close to Sears) Oakdale Mall, JC

Date: Wednesday, June 18

Time: 9:30-11:00 AM

Place: Broome West Senior Center 2801 Wayne St., Endwell Phone: 785-3427

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

Broome Office for Aging Meals on Wheels Receives Grants

The Broome County Office for Aging's Meals on Wheels Program is the recent recipient of grant awards from Binghamton Rotary 64 and Rotary District 7170. The Office for Aging used these funds to offset the cost of various vital and necessary program expenses.

Rotary funding included assistance with the cost of emergency meals in Binghamton. Emergency meals are delivered to clients at the beginning of winter and replaced as necessary throughout the winter to be used on days when meals cannot be delivered due to inclement weather. In addition to the emergency meals, the Office for Aging used the Rotary funding to purchase new racks and baskets needed to transport the home delivered meals to the clients' homes.

Meals on Wheels is an important service that helps some of our most vulnerable people stay in their own home. Donations such as this received from Rotary help to cover some expenses that are difficult to cover in challenging fiscal times. Thank you Rotary for this great support!



Among the items purchased for Meals on Wheels with Rotary funding were new baskets used to help the volunteers bring food to clients' doors. Above, Linda Merritt shows how the food is placed into these baskets.

Best Bets for Breakfast and Brunch

Monday	Tuesday	Thursday
Broome West 10:30 am – 12:30 pm	Eastern Broome 8:00 – 9:30am	Eastern Broome Golden Griddle Brunch 10:30 am – 12:00pm
First Ward 10:30 am – 12:30 pm	Johnson City 10:30 am – 12:30 pm	
	Northern Broome 11:00am – 12:30 pm	



Enjoy made-to-order pancakes, waffles, French toast, omelets for just a \$3.25 contribution (ages 60+) and \$4.25 for all others. Call Center for exact menu.

<p>First Ward Senior Citizens Center Levene Gouldin & Thompson, LLP Guest Speakers Series</p>	<p>Wednesday, June 25, 12:30 pm Greg S. Catarella presents on: "Issues Facing Caregiver of People with Alzheimer's Disease," & "Should I Give My House to the Kids?"</p>
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Kim's Corner for Mental Well Being

By: Kim Keuter

Are you a worrier? As human beings, we are wired to be sensitive to our surroundings. We needed to be alert in order to survive. We don't have animals chasing us any more so now we worry about other things like health and finances. And the list goes on....

We all worry, to varying degrees. In fact, anxiety disorders are the most common mental illness in the U.S., affecting at least 40 million of us (women way more than men), but only 1/3 of us pursue help. Many things contribute to how much we worry, which include both our genetics and our life experiences, past and current. There are so many things we can do to help ourselves, but we all need reminding about what they are.

Here are some anti-anxiety tidbits for you to try:

Do a "to do" list and don't worry about it. If you are planning and worrying at the same time, you are, what I term "plurrying" (planning and worrying mashed together). Separate the "to do" from the worry. Or, turn a worry into a "to do".

Wake up with an awareness of your breath, and say or think a positive word (like thankful, love, "be here now.") Don't make a worry list the first thing that starts your day. A little saying or a prayer or a look at nature outside can help set the tone for the day.

Be aware of when worry consumes your thoughts. Recognizing when you are "lost" in thought is half the trick. When you focus on right here, right now, it is more likely to go away. It is so compelling to think of the worst that could happen. Our mind is so one-sided! Why couldn't something fantastic happen? You won't see it if you are worrying. Rein yourself into the only real time: right now.

Try these strategies for a week and see if they can begin to become habit. You can do it!

Kimberly Keuter LCSW-R, is a NYS licensed psychotherapist working in Binghamton NY.



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Monday-Friday, 8am-8pm from February 15-September 30

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Aging With Attitude

Getting Older – Aging Is Not Lost Youth

By Virginia Baty

Do you feel a bit startled when you see your reflection in the mirror? Maybe you are like my eldest daughter, who looked in the mirror one day and saw “my mother.” Although she still looks quite young, it reminded her that she was getting older.

Growing older is not for sissies, but you can face inevitable changes with a spirit of fun and fearlessness. We don’t have to lose our youth as we grow older if we take to heart the following wisdom, by George Carlin.

How to Stay Young

- Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is what you pay him/her for.
- Keep only cheerful friends. The grouches pull you down.
- Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain stand idle. “An idle mind is the devil’s workshop.” And the devil’s name is Alzheimer’s.
- Enjoy the simple things. Visit a friend or read a good book, just for fun.
- Laugh often, long and loud. Laugh until you gasp for breath.
- The tears happen. Endure, grieve, and move on. The only person who is with us our entire life is ourselves. Be alive while you are alive.
- Surround yourself with what you love, whether it’s family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
- Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- Don’t take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but not to where the guilt is.
- Tell the people you love that you love them, at every opportunity.

So, put a spring in your step and a lilt in your voice, and grow older gracefully without losing your youth. Remember, life is not measured by the number of breaths we take, but by the moments that take our breath away.

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Marci's Medicare Answers

Dear Marci,

Does Medicare pay for ambulance services?

- Janette

Dear Janette,

Yes, Medicare can cover emergency and non-emergency ambulance services if the following requirements are met:

- Ambulance transport is medically necessary, meaning that an ambulance is the only safe way to transport you, and the reason for your trip is to receive a service or return from a Medicare-covered service that you need;
- You are transported to and from certain locations; and
- The ambulance carrier or supplier meets Medicare ambulance requirements.

Keep in mind that Medicare defines an emergency as a situation in which your health is in serious danger and every second counts to prevent your health from getting worse. Medicare may cover non-emergency ambulance services under limited circumstances. However, keep in mind that lack of access to alternative transportation alone will not justify Medicare coverage. Specifically, Medicare may cover non-emergency ambulance services if you are confined to your bed, meaning you are unable to get up from a bed without help, unable to walk or unable to sit in a chair. Medicare may also cover non-emergency ambulance services if you need vital medical services during your trip that are only available in an ambulance. An example of this includes the monitoring of vital functions.

If you have Original Medicare, the traditional Medicare program administered directly through the federal government, Medicare will pay 80 percent of its approved amount for Medicare-covered ambulance services. You or your supplemental insurance will be responsible for the remaining 20 percent coinsurance. If you have a Medicare Advantage plan, also known as a Medicare private health plan, contact your plan directly to learn how your plan covers ambulance services.

Lastly, know that Medicare will never pay for ambulance services, a wheelchair-accessible van that provides non-emergency transportation for people with disabilities.

- Marci

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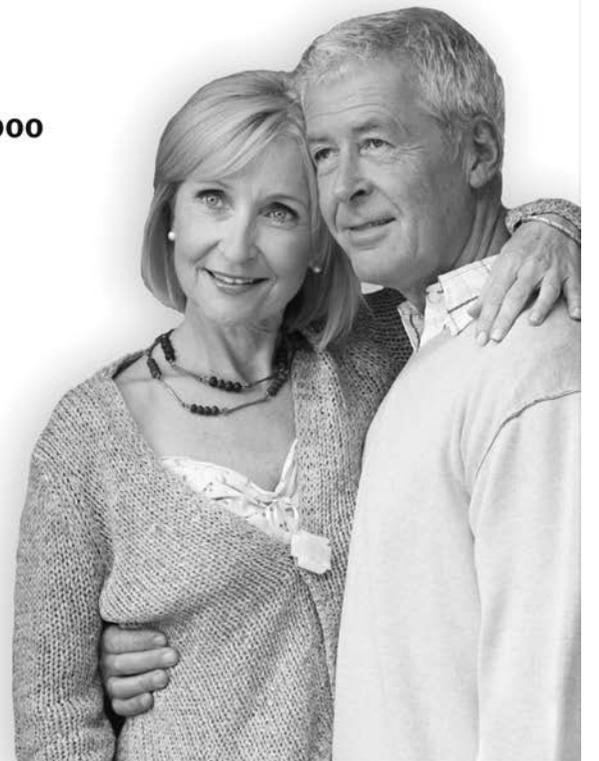
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Y0019_14_0059 CMS Accepted

Healthy Role Model Spotlight Gail Goldberg



The Office for Aging would like to congratulate Gail Goldberg on being this month's Healthy Role Model. For the past four years, Gail has been volunteering her time as a tai chi instructor throughout the community. Currently, she is leading tai chi classes for about 120 people per week. Gail has always been an active person, but until four years ago she had never tried tai chi. When there was an opportunity to become an instructor, she jumped at the chance to try something new.

Gail describes tai chi as having an "array of health benefits." Individuals focus on deep breathing while performing a sequence of poses that flow together and keep the body in constant motion. Increased flexibility, better balance and a reduced risk of falls are benefits of this exercise. Tai chi, which is appropriate for all fitness levels, can strengthen the entire body.

Gail stresses that tai chi is just as valuable to mental health as it is to physical health. When leading a class, Gail encourages people to clear their minds and relax their bodies so that they can focus solely on what they are doing at the moment. Decreased stress and anxiety levels are associated with performing tai chi on a regular basis.

In addition to being a tai chi instructor, Gail teaches osteoporosis and arthritis exercise programs. She likes to tap dance, and she makes an effort every morning to go for a walk. The wellness motto she lives by is "motion is lotion." In other words, staying active is essential for keeping your joints and bones healthy. Follow Gail's example by making "motion" a part of your everyday life.

Consider volunteering as a tai chi instructor like Gail. If you are interested in becoming a tai chi instructor or if you would like to learn more about how you can join a tai chi class, contact the Senior Resource Line at 778-2411.

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Sudoku Answers

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

Feeling lonely? A pet might help!

Older adults who live alone can feel lonely. Does owning a pet reduce those feelings? A survey was conducted among 830 people 60 years and older. People who owned a pet were 36% less likely to report being lonely compared to individuals who did not have a pet.

Source: *Aging and Mental Health*

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Golf Tips

By: Jorie Ftorek, LPGA Class A Member

Endwell Greens GC & Legends Golf Center www.joriesgolf.com

Drill Time

Putting time on the range and practice green is essential to improving your golf game. The following are several drills for different aspects of the golf game. Done correctly, on a regular basis, you'll see improvement. My recommendation would be to start your practice session chipping onto the green, then move to the range, and end back at the green to putt.

Chipping: Create a "chipping bag" filled with 25 balls (the same kind you play with)

- Decide the distance from the green you want to practice that day, inside 20 yds
- Choose a cup to chip to, then which club(s) you want to use
- The ball should land 3'-6' on the green & roll to the cup
- Your goal is to get as many of the 25 balls as you can within a 2' circle
- Staying in same spot, choose a different cup to aim at for the next 3 sets of 25 You'll hit a total of 100 chips, then move to the range

The Range: Start with short iron and work up to the driver, leave few balls to pitch with

- Choose a target to aim at for each club
- Always do your pre-shot routine before each shot. Practice is not a speed drill, but, rather to imitate what you do on the course.
- With the driver, chose an imaginary fairway to aim towards, keep it in fairway
- A great range game is to choose a few holes of your favorite course. Starting with driver (or what the hole calls for), play the hole using targets on the range and the club that is correct for each shot. No "mulligans!"

Use your time on the range to focus, no chatting with others. It's your time to work.

Putting: This is the stroke you will use more than any other, allow plenty of time

- Using 3 balls (the ones you use), start approximately 2' from hole, putting each one in as you move in a circular motion around the cup. Keep moving slightly away from cup as you putt. Gradually moving further away, at least to 10'.
- Work on your line and tempo, this is the most important stroke in golf!

There are fun competitions you can have on the practice putting green with a friend which helps you focus more. Play a 6 or 9 hole "match" play putting contest; it's fun and is always great practice.

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One Person, One Action, One Nation United Against Elder Abuse

This is the theme for this year's World Elder Abuse Awareness Day on June 15, 2014. The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations started the first World Elder Abuse Day on June 15, 2006. Since then, each year in Broome County we have been noting the day of June 15 to raise awareness about the issue of elder abuse or victimization of the elderly.

According to the U.S. Census Bureau data from 2012, 17.1% of the population in Broome County is 65 years of age or older. As a country, we will soon have more elderly people in the United States than ever before. So as the segment of this population grows in our community and our country, so must our knowledge grow about how to prevent, intervene, report, and prosecute abuse and victimization of the elderly.

The elderly are typically defined as anyone over the age of 65. Elder abuse can be found in many forms: physical, emotional, sexual, financial, or medical abuse, as well as neglect. In New York State the fastest growing type of elder abuse is financial, and it is often the type of abuse not reported. Elder abuse and neglect can happen to anyone. And it is often perpetrated by people the elderly know and is often someone caring for them.

What does this year's theme mean? What can one person do? One of the most frequent risk factors for victimization of the elderly is social isolation. Here are a few suggested actions that one person can do:

- One person can reach out to someone they know who does not have the independence they once had due to physical frailty and find out if they need anything, or are doing OK.
- One person can reach out and spend one hour of your time visiting someone who is home bound providing some companionship.
- One person can make a phone call to Adult Protective Services (778-2635), the agency given the authority to investigate situations of possible abuse or neglect of the elderly, if they suspect someone is being abused or neglected.
- One person can check on the welfare of a neighbor they have not seen out and about in a few days.
- One person can brighten someone's day in a nursing home or care institution by visiting or sending them a card.

As one individual doing one action becomes many individuals doing many actions, we will have a huge collective impact on the identification and prevention of the abuse and victimization of our family, friends or neighbors. By these collective actions we are creating a community and nation which cares for and about its elderly citizens.

Did You Know?

Certain fruits, vegetables and other plant foods get plenty of recognition for being good sources of antioxidants, but beans often are unfairly left out of the picture. Some beans, particularly pinto and red kidney beans, are outstanding sources of antioxidants and should be included in your anti-cancer diet. Beans also contain fiber and eating a high-fiber diet may also help reduce your risk of cancer according to the American Cancer Society.

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Chocolate – Just Say Yes?

Studies show that the food most often craved by women is chocolate. It not only provides a carbohydrate lift, but also makes us feel good through chemicals like *phenylethylamine*, which triggers the release of endorphins, morphine-like chemicals in the body. Chocolate also contains other biologically active constituents that could potentially affect behavior.

But keep in mind that although chocolate comes from plants (cocoa beans), in its processed form it's full of fat and sugar. So moderation is the key. It only takes six Hershey's kisses or a dozen M&M's to give you a mild mood boost.

But there's a dark side to chocolate, too. It contains many active chemicals that could explain its "addictive" properties. In fact, some research over the years has suggested that chemicals in chocolate affect the same brain centers as other addictive substances.

Want to Help Osteoarthritis Pain? Get Moving!

The belief that rest is the best treatment for a back, neck, or knee that is painful due to osteoarthritis is a pain myth. Experts agree that exercise is an important way to manage and in fact prevent pain due to osteoarthritis. Benefits of exercise include increasing blood supply to cartilage and bone, strengthening the muscles that support joints, and decreasing joint stiffness. Exercise also improves general health and reduces the risk of injury and osteoporosis in people with osteoarthritis. Finally, exercise can improve sleep and help fight depression for people with chronic pain from osteoarthritis.

Source: *Everydayhealth.com*

About Sunglasses

Everyone is at risk for eye damage from the sun year-round. UV radiation is commonly divided into UVA and UVB, and your sunglasses should block both forms.

Don't assume that you get more UV protection with pricier sunglasses or glasses with a darker tint. Look for a label that specifically states that the glasses offer 99 percent to 100 percent UV protection. You could also ask an eye-care professional to test your sunglasses if you're not sure of their level of UV protection.

Sunglasses should be dark enough to reduce glare, but not dark enough to distort colors and affect the recognition of traffic signals. Tint is mainly a matter of personal preference. For best color perception, Prevent Blindness America, a volunteer eye health and safety organization, recommends lenses that are neutral gray, amber, brown or green. People who wear contact lenses that offer UV protection should still wear sunglasses.

Do Herbal Supplements Work?

Herbal supplements have been around for thousands of years, but there's little scientific proof that they do any good. Worse, they can be dangerous.

"Many people have the idea that because things are herbal, they're somehow more natural, more wholesome than synthesized medicines that are made in a laboratory," said Molly Cooke, MD, a general internist, president of the American College of Physicians, and professor of medicine at the University of California, San Francisco. "[But] there are all kinds of things that are found in nature that are completely poisonous."

A study last year, for instance, suggested that ginkgo biloba, a popular herbal supplement promoted as a memory aid and found in energy drinks, may cause cancer. The research, conducted by the U.S. government's National Toxicology Program, prompted the Center for Science in the Public Interest, a health advocacy group, to caution consumers against buying the supplement.

Herbal supplements or botanicals don't need to be approved by the Food and Drug Administration before they hit store shelves. They "are not subjected to the kind of testing that conventional pharmaceuticals are, [so] we often don't have very much data" about their safety or possible side effects, said Dr. Cooke.

Combining herbal supplements or taking them with prescription medications can be very dangerous. Common botanicals like ginseng and St. John's wort, for instance, are known to interact with blood-thinning medications.

Obviously, not all herbal supplements are alike. Some are "pretty simple and straightforward," said Dr. Cooke. "If they don't work, it's no big deal – like mint tea."

Talk to your doctor before taking any herbal supplements, especially if you're on prescription drugs, has a chronic illness, or you're pregnant or breast-feeding. You can stay informed about safety alerts or advisories by checking the FDA and National Center for Complementary and Alternative Medicine (NCCAM) websites.

Source: *Everydayhealth.com*

Why I Volunteer for Meals on Wheels:

By: *Tim Connolly*

I came to Meals on Wheels at a turning point in my life, when I needed to give back to my community. I'm glad I chose Meals on Wheels. I started out as a friendly visitor and quickly noticed how much the customers look forward to seeing you. After doing this for several months, I started working in the kitchen where I made new friends and even found a long lost cousin by marriage.

Now I have my own route, work in the kitchen on Fridays, and try to be there whenever they need me. I could go on and on, but to sum it all up, I came to Meals on Wheels for *one* reason and stayed for a completely different one. It gives me purpose and I truly enjoy everyone involved. It's funny how you start off to help others and sometimes they help you!

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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, Craft Class 9:30 am, Ping Pong 1-3 pm

Special Activities

Tuesdays, 12:30-3 pm Diabetes Management
(pre-register w/RSVP, 729-9166)

6/4 AOP Prevention Services w/Casondra (AOP), 11 am

6/5,12&19 Positive Aging Academy, 12:45 - 3pm

6/9 Special Breakfast (*blueberry pancakes*), 10:30 am - 12:30 pm

6/10 Evening Meal (*roast beef/chocolate cream pie*)
w/Yesterday's Baby, 5-7 pm

6/13 Observance of Flag Day and Fathers' Day, 11 am - 1 pm

6/18 Caregiver Chat, 9:30am

6/19 Philly Cheese Steak Day, 11am-12:30pm

6/23 Special Breakfast (*PB&J French Toast*), 10:30 am - 12:30 pm

6/24 Evening Meal (*broc/cheese stuffed chicken*) w/Ralph Muro, 5-7 pm

6/25 Jack Shay, Bygone Binghamton Part III, 11 am

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: 6/3 Nickel; 6/10 Bag; 6/17 Quarter; 6/24 Nutrition

6/5 Ice Cream Day

Medicare Preventative Services w/Casondra (AOP), 12:45 pm

6/11 Meadow Park: Bingo, 11:15; Luncheon, 12:30 pm

6/12 Evening Meal (*roast beef/choc.cream pie*) w/New Appalachia
(gospel bluegrass), 5:45 pm

6/17 Southern Tier Food Bank; Blood Pressure, 12 pm



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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

Mondays, Learn to Crochet, 9:30-10:30am

6/2 Summer Salads in a Jar, 12:30 pm

6/7 Hot Dogs & Hot Deals, 9 am-1 pm

6/6,13,27 Are You Smarter Than a 5th Grader? 11 am

6/12 Evening Meal (*roast beef/choco.cream pie*)
w/Bruce Huggins, 4 pm

6/13 Men's & Father's Day Observance

Trivia, 11 am; Tuesday Bluegrass Group, 12:30 pm

6/16 Climate Change & Your Garden w/Anthony Antes, 12:30 pm

6/30 Team Jeopardy w/Afton Seniors, 12 pm

6/23 Hearing Care and Services, 9:30-11 am

6/24 Belden Hill Camper Breakfast, 8-10 am

6/25 Make Your Own Jet Stove w/Matt, 10-11 am

6/30 Horse Racing w/Bonnie, 10 am

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:

6/4 Social Club, 1 pm

6/5,6 AARP Driver Safety Program, 9 am-12 pm

6/9 Father's Day & Flag Day Observance, 11:45 am

6/9 Scarlet Bonnets, 1 pm

6/11 Legal Aid (by appointment), 9-11:30 am

6/19 Philly Cheese Steak Day, 11:30 am-12:30 pm

6/24 Federal Primary Election Day, 12-9 pm
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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:

Tuesdays: Diabetes Management pre-register w/RSVP, 12:30-3 pm

6/9 Line Dance Show & Picnic, 11am

6/13 Father's Day Celebration, 10:45 am

Movie, "Zoo Keeper," 12:30 pm

6/17 Hearing Screening w/Audibel, 9:30 am

Red Hat Society, 6:30 pm

6/18 BP & Glucose Screening, 10 am

6/18,25 AARP Driver Safety Program, 5 pm

6/19 Legal Aid (by appointment), 9 am

6/20 Gance's Fish Fry, 12 pm

6/26 Medicare Preventative Services (AOP), 12:30 pm

6/27 Movie, "The Book Thief," 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; Bridge Card Group; Pinochle 12:30 pm

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; Bridge Card Group; Pinochle 12:30 pm

F: Bingo 10:30 am; Crafts w/Denise 12:30 pm; Pinochle 12:30 pm

Special Activities:

6/6 Cakewalk, 12:30 pm Penny Social & Garage Sale, 5 pm

6/9,10 Smart Driving Course, 10 am-1:30 pm

6/10 Evening Meal Beach Party (roast beef/choc.cream pie) w/Dave Shoudy of "Outer Reef," 4:30 pm

6/11 Banana Splits, History & Make Your Own, 12:30 pm

6/13 Father's Day Celebration, 11 am

6/17 Root Beer Day, 12:30

6/19 Philly Cheese Steak Day, 11 am-12:30 pm

6/20 Medicare Preventative Care w/Casondra (AOP), 11:30 am

6/23-27 National Cheese Week

6/23 Brown Bag Auction, 11 am

6/24 Evening Meal Bingo (broc/cheese stuffed chicken), 4:30 pm

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

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

Lunch served at Noon

Weekly Activities:

M: Bingo 10-11 am

T: Game Day 9:45-11 am

Fr: Bagel Breakfast 8-11 am, Wii Bowling 9:45-11:30 am

Special Activities:

Tuesdays: Bingo 5-7 pm; 5/6: Penny; 5/13: Food; 5/20: Penny, Pizza; 5/27: Food

6/4 Breakfast for Lunch (*blueberry pancakes*), 10:30 am-12 pm

6/5 NST Anniversary (*turkey & choc.cream pie, \$4*) w/Mike Zabadal, 10:30am

6/11,18,25 Carnival Day Game Planning, 10-11am

6/12 BP & Glucose w/Medicine Shoppe, 11am-12pm

6/13 Flag Day & Father's Day Observance, 11 am

6/14,28 (Saturday) Meal & Bingo, 5-7 pm

6/19 "Greed," Game, 10-11 am

6/27 Carnival Day (Indoors & Outdoors), 9 am-5 pm

OAK STREET..... 724-1220

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

Center Hours: Mon, Tues, Wed., Fri, 9:00 am - 1:30 pm

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: Busy Hands Group, 10 am

6/2 Book Review w/Cheryl Ebert: *Hush* by Anne Frasier, 11 am

6/3 "Feasting Frugally" w/Jessica (OFA), 10:45 am

6/6 Dress for Less Fashion Show, 1 pm

6/10 Pizza for Lunch, 11 am

Blood Pressure w/Joan (Medicine Shoppe), 11 am

6/13 Father's Day Luncheon, 11:30 am

6/17 All About Shingles w/Eric (Price Chopper), 10:45 am

6/24 Breakfast for Lunch, 11 am

6/27 Medicare Preventative Services w/Casondra (AOP), 10:45 am

VESTAL 754-9596

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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:

6/3 Movie Day, 9:15am

6/4 Blood Pressure Screening w/ Kay Devine, 10:30 am

6/4,5 Indoor Garage Sale, 9:30-11:30 am

6/11 Breakfast for Lunch, 10:30 am-12:30 pm

6/13 Flag Day and Father's Day Observance, 11:45 am

6/24 Medicare Preventive Services w/Casondra (AOP), 11:00 am

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MEET, GREET & EAT

June Menu - Bon Appétit!

MONDAY <small>(Breakfast for Lunch @ BW,FW) (Pasta & Pizza Bar @ JC)</small>	TUESDAY <small>(Breakfast for Lunch @ NB & JC Senior Ctrs)</small>	WEDNESDAY	THURSDAY <small>(Golden Griddle @ EB)</small>	FRIDAY
Spaghetti w/MeatSauce 2 Cut Green Beans Cottage Cheese w/Chives Pineapple Tidbits	Mushroom Omelet 3 OR Sausage w/P & O Seasoned Quartered Potatoes Orange Juice Peaches	Pub Burger 4 Baked Beans Tapioca Pudding w/Mandarin Oranges	Roast Turkey w/Gravy 5 Baked Potato Tossed Salad Summer Snowball Cookie	Fish Florentine 6 OR Halupki Mashed Potatoes Peas Ice Cream Cup
Tuna Noodle Casserole 9 Stewed Tomatoes Peas & Carrots Peanut Butter Cookie	Roast Pork w/Gravy 10 Bread Dressing Red Cabbage Supreme Rice Pudding w/Raisins	Chicken Marengo 11 OR Liver w/Onions Mashed Potatoes Monte Carlo Blend Veg. Pears	Spinach Lasagna 12 Cut Green Beans Tossed Salad Banana	Father's Day & Flag Day! Meatloaf w/Gravy 13 OR PotatoCrusted Pollack Mashed Potatoes County Mix Vegetables Apple Crisp
Chicken ala King over 16 a Biscuit Mashed Potatoes Brussels Sprouts Banana	Meatball Parmesan 17 Sub Corn Chowder Lemon Fruited Gelatin	Senior Picnic @ BCC 18 Rotisserie Chicken Baked Beans Red Potato Salad Strawberry Shortcake	Pierogies w/Onions 19 Baby Beets Orange Juice Oatmeal Cookie	Chicken w/Orange Sc. 20 OR Breaded Fish Baked Potato Cut Green Beans Tropical Fruit
Cheese Dog 23 Baked Beans Grape Juice Sugar Cookie	Breaded Fish 24 OR Egg Salad Sandwich Pasta Salad Cinnamon Applesauce Sherbet	Roast Beef w/Gravy 25 Mashed Potatoes Spinach Pineapple Upside Down Cake	Chicken Cacciatore 26 Over Noodles Cut Green Beans Tossed Salad Bread Pudding w/Raisins	Beer Battered Fish 27 OR Salisbury Steak Brown Rice Pilaf Broccoli Florets Pears
Macaroni & Cheese 30 Stewed Tomatoes Brussels Sprouts Banana	Meatloaf w/Gravy 7/1 Mashed Potatoes Corn Pineapple Tidbits	Roast Turkey w/Gravy 2 Apple Bread Dressing Peas & Carrots Lime Fruited Gelatin	4th of July Celebration! Pub Burger or Chicken 3 Salad Sandwich Red Potato Salad Peach Crisp	<i>Centers Closed in Observance of Independence Day</i> 4

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.

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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 7

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

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