



Visit Our Website at www.gobroomecounty.com/senior

Celebrating Volunteers

We hope you enjoy this special edition that celebrates all volunteers who support our senior community, or who are seniors that dedicate their time to help others.

Many who turn 60 find themselves embracing a new stage of life, a stage in which they want to pursue new opportunities and experiences. Life after 60 is a period of vibrant activity, alive with new activities and relationships. Volunteering is an excellent way to make this time even more exciting.

The Office for Aging welcomes volunteers of all ages, but pays special attention to the needs of those over 60. Listed below are some of our current volunteer activities.

- Deliver Meals on Wheels for just one day a week or for as many as five. Volunteers go out in pairs with one person driving and the other delivering meals to the door.
- Volunteer at a Senior Center on any day Monday through Friday. Volunteers serve meals, teach classes, take reservations and answer telephones. There is also a need for volunteers to assist in planning programs at the Senior Centers.
- Assist the staff at one of our Adult Day Care sites to provide socialization and leisure activities for seniors who are isolated and/or impaired in some way.
- Volunteer for the Senior Games and help organize local fall sporting events involving those age 55 and over. Volunteers are also needed in September to run various events.
- For individuals looking to use their office skills, we often have opportunities for clerical volunteers and volunteers interested in helping with data entry.
- Income-eligible seniors can volunteer to work with special needs children through the Foster Grandparent Program. Volunteers are placed at local day care sites and elementary schools.
- For those interested in serving the homebound, the Shopper program contracted out to the American Red Cross uses volunteers to grocery shop and run errands for seniors who have mobility impairment.
- Those who wish to serve in a teaching role may be interested in becoming a lay leader of a wellness program. The OFA Health and Wellness program has multiple opportunities for instructors.

The Office for Aging welcomes you to join in and discover the benefits of volunteering. To volunteer, call us at 607-778-2411 or send an email to ofa@co.broome.ny.us, or visit our web site at <http://www.gobroomecounty.com/senior/volunteer>.

Why Volunteer? Here's Five Reasons!

1. Volunteers live longer and are healthier.

Volunteers are happier and healthier than non-volunteers. In fact, during later life, volunteering is even more beneficial for one's health than exercising and eating well. Older people who volunteer remain physically functional longer, are more alert mentally and live longer. Health and longevity gains from volunteering come from establishing meaningful volunteer roles before you retire and continuing to volunteer once you arrive in your post-retirement years.

2. Volunteering establishes strong relationships.

Working alongside people who feel as strongly as you do about supporting a particular cause creates a path to developing strong relationships with others. It isn't just beneficial for making new friendships either. Volunteering alongside other members of your family strengthens family bonds based in "doing" your values. These benefits have a ripple effect - grandchildren who volunteer with their grandparents are more likely to become adults who volunteer.

3. Volunteering is good for your career.

Volunteering has long been viewed as a way to create new connections that lead to career opportunities. Volunteering in an area you'd like to transition into is an especially effective way to gain social connections for career gain.

4. Volunteering is good for your community.

Most community services rely heavily on volunteers. You can make a valuable contribution to your community in many ways. The opportunities are diverse, interesting and can make many people smile! For instance, the Office for Aging would not be able to deliver Meals on Wheels to several hundred seniors a day without its volunteers.

5. Volunteering gives you a sense of purpose.

Although it is not well-understood why volunteering provides such a profound health benefit, a key factor is assumed to be that volunteering serves to provide opportunities to carry out one's sense of purpose. The very nature of volunteering means choosing to work without being paid for it. As a result, people choose to spend their time on issues they feel strongly about.

If you aren't currently volunteering, look inside this issue to find out about many great opportunities in Broome County.

adapted www.psychologytoday.com/blog/the-third-age/201403/5-reasons-why-you-should-volunteer

Celebrate VOLUNTEER SERVICE

LIKE US



From the Editor

by Vince Fox

It's been a true honor to help create this special color edition that celebrates volunteering. We had to expand it to 16 pages because we have so many wonderful volunteers. Even with the extra pages, there was not near enough room to cover everyone. So, if you're a volunteer who is not shown on these pages, please know that you too are greatly appreciated!

If you're not already volunteering, an article on the front page has some great reasons for you to get started. Volunteering is a great way to help your community and you just might learn something about yourself. I learned that I have a passion for helping people, in particular, older adults and those with disabilities. For example, volunteering as a coach of Special Olympics athletes has been a joy of mine for the past four years. The club in Vestal, NY has about 100 athletes, adults with intellectual disabilities. I am a head coach for tennis, director of the 1500 meter race at the Spring Games and an assistant coach for many sports year-round. Most importantly, I get to meet, and make friends with, some amazing people!

For seniors, I volunteered with the Office for Aging and others to organize a new exercise program called 'Seniors Running and Walking Festival'. This program involved nearly 100 volunteers and supporters in our community. It's just amazing what we can all do when we work together for our community. By the way, the training program for this year's 'Seniors Running and Walking Festival' starts on June 13 and the race festival is on August 13. Watch for more news about this in upcoming editions!

Walk with Ease

Do you want to be more physically active? Are you living with arthritis or another chronic health condition? Walk for better health, improved fitness and less pain!

The Walk with Ease (WWE) program is a proven program that will safely increase physical activity levels and help you to become knowledgeable and confident in maintaining overall fitness and improving quality of life.

Is Walk with Ease for me? Walk with Ease is for people just beginning a physical activity program, and 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 WWE Guidebook. You will walk on your own and will meet weekly to walk with a group. Participants are encouraged to work up to walking at least 3 times a week for 6 weeks. WWE 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 at the Vestal Senior Center starting April 19 at 12:30 PM. Contact Dawn or Rita at the Broome County Office for Aging at 778-2411 for more information and to enroll in the program.

Become more Savvy about Your Money

Living on fixed income can be a real challenge. The good news is there are simple tips and tricks you can use to stretch your income. The Broome County Office for Aging invites you to attend a FREE Savvy Saving Seniors workshop. This event is sponsored by the National Council on Aging, Bank of America Charitable Foundation and the BC Office for Aging. It is educational only - no financial products will be sold.

By attending this workshop you will receive a free handbook and learn:

- Whether you might qualify for benefits to help you pay your bills
- How to avoid money drains
- Easy ways to save money
- How to set financial goals
- The top 10 budget busters to avoid
- The benefits of banking
- And much more!

We will be hosting two Savvy Saving Seniors workshops – one at the Northern Broome Senior Center and the other one at Lourdes in Vestal. Please choose a location most convenient to you.

The first will be hosted at the Northern Broome Senior Center, 12 Strongs Place, Whitney Point on April 12th, 12:15 PM until 1:15PM.

Our second workshop will be at Lourdes at Vestal, 2nd Floor, 3101 Shippers Rd in Vestal on April 19th, 10:00 AM until 11:00 AM.

The workshop is free but registration is requested. Please call the Broome County Office for Aging at 607-778-2411 to reserve your spot for one of these two free workshops.



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Your Choices Can Make a Difference

Researchers are studying the link between heart health and brain health. What we do know is that heart disease and high blood pressure can lead to stroke and blood vessel changes related to dementia. So, for the sake of your brain and your overall well-being, it's important to take care of your heart health.

Some risks to brain health cannot be controlled or prevented, like your genes. However, you can control your health choices. Be sure to:

- ✓ Take care of your health
- ✓ Eat healthy foods
- ✓ Drink alcohol moderately, if at all
- ✓ Exercise - get active and stay active
- ✓ Sleep 7-8 hours each night
- ✓ Learn new things
- ✓ Connect with your family, friends, and communities

source: <https://www.nia.nih.gov>

Earth Day Wisdom from Dr. Seuss

◆ "Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."

◆ "It's not about what it is, it's about what it can become."

◆ "The Lorax: Which way does a tree fall?

The Once-ler: Uh, down?

The Lorax: A tree falls the way it leans. Be careful which way you lean."

- Dr. Seuss, *The Lorax*

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Secrets to Real Happiness

A Harvard study recently discovered the secrets of being truly happy. Psychiatrist Robert Waldinger directed the Harvard Study of Adult Development, a 75 year-long study of adult life. Perhaps you have already discovered these secrets of happiness for yourself. Here are three of them:

Close relationships: The men in the Harvard study who reported being closer to their family, friends, or community tended to be happier and healthier than their less social counterparts. They also tended to live longer. By comparison, people who said they were lonelier reported feeling less happy. They also had worse physical and mental health.

Quality (not quantity) of relationships: It's not just being in a relationship that matters. Married couples who said they argued constantly and had low affection for one another (which study authors defined as "high-conflict marriages") were actually less happy than people who weren't married at all, the Harvard study found.

Stable, supportive marriages: Being socially connected to others isn't just good for our physical health. It also helps stave off mental decline. People who were married and stayed together without having "serious problems" until age 50 performed better on memory tests later in life than those who weren't.

All of this suggests that strong personal relationships are critical to our happiness and health. If you would like to hear more about the study, Dr. Waldinger discusses it in this TED talk: http://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?language=en

VNA Homecare Options

A New Option for Managed Long-Term Care Recipients in Broome County

Broome County residents in need of long-term care services now have a new option: VNA Homecare Options, LLC.

A division of VNA Homecare, VNA Homecare Options is a managed long-term care (MLTC) Medicaid plan designed to help Medicaid-eligible, chronically ill or disabled individuals stay healthy and safe in their own homes. The plan includes an extensive network of contract providers covering a broad scope of home and community-based services, including in-home nursing, medical equipment, transportation, home modifications, meals on wheels, physical therapy and more.

Upon enrollment, care managers work with each member and their primary care physician to create an individualized plan of care. Members are placed at the center of the plan's care management model, which emphasizes the relationships between them, their caregivers and all service providers. This collaborative, hands-on approach allows members to maintain their freedom and independence.

"VNA Homecare's focus has always been on collaborating with community partners to meet local needs. With the recent expansion of our MLTC into Broome County, residents can be assured that their care will remain locally-based," said President and CEO Kate Rolf. "Maintaining continuity of care is one of the essential components of the plan, and having a local organization with a proven track record and strong working relationships with resources throughout the community is the best course of action for achieving that goal."

Enrollment in VNA Homecare Options is available at no cost and with no obligation to Medicaid-eligible Broome County residents 18 years of age or older who have a chronic disease or disability, are expected to need long-term care services for at least 120 days from date of enrollment, and can stay safely at home and in the community at time of enrollment. To learn more, call 1-888-477-HOME (4663) or visit www.vnahomecareoptions.org.

- This article is a public service announcement from VNA Homecare

Celebrate Spring with Hot Dogs, Root Beer Floats and Binghamton Mets

Warm weather, baseball and hot dogs go together like milk and cookies and are as American as apple pie. Mmm!

Every year Americans eat 16 billion hot dogs during peak season, from Memorial Day to Labor Day. That's a lot of hot dogs! But what about the fat and sodium in hot dogs? Hot dogs are high in fat and sodium so we suggest limiting your hot dog intake to special occasions like Hot Dog Day at participating Broome County Senior Centers or while enjoying a baseball game or a family picnic.

On Thursday, April 7 you can enjoy a delicious hot dog with all the toppings and wash it down with a root beer float! You will also have a chance to win four tickets for any B-Mets home game this season!

Look for the center of your choice on the back pages of this publication. Deadline for lunch reservations is noon on Wednesday, April 6. Lunch is \$3.25 for people 60 years and older and \$4.25 for people under age 60.

Missing Yogi Berra

Lawrence Peter "Yogi" Berra was one of baseball's greatest catchers, manager, and coach who played 19 seasons in Major League Baseball, all but the last for the New York Yankees. He died at age 90 on September 22, 2015. In his memory, and to help mark the start of baseball season, here are some of our favorite quotes from Yogi:

- When you come to a fork in the road, take it
- You can observe a lot by just watching
- It ain't over till it's over
- Love is the most important thing in the world, but baseball is pretty good, too
- A nickel ain't worth a dime anymore
- It's like déjà vu all over again



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Defensive Driving Course for Veterans

In an effort to reduce the number of veterans injured in motor vehicle crashes, the Broome County STOP-DWI Program is hosting a Defensive Driving Course specifically for veterans. The Point & Insurance Reduction Program (PIRP) course is approved by the Department of Motor Vehicles and will be held on Saturday, April 16th from 9am to 4pm on the SUNY Broome Campus. The cost of the course is just \$5 and is open to veterans only. Lunch is included and will consist of a presentation focused on the common traffic safety challenges veterans face in the months and years following overseas deployments. Seating is limited to 24 registrants. For details and to register, please contact the Broome County STOP-DWI Program by phone at 607-778-2056 or by email at bcstopdwi@co.broome.ny.us.

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.

Mon & Fri	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)

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.

Mon & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	10:00 am	Broome West Senior Center (Endwell)
Mon & Wed	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Senior Center (Whitney Pt)

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. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
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Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Senior Center (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Wednesday	10:30 - 11:30 am	Vestal Senior Center

Chair Dance Party

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

Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30pm	Johnson City Senior Center

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. For more information on classes call Diane at 757-0750 or Donna at 765-4180.

- Look for 2016 classes in future issues

Open Swim & Water Aerobics Classes

First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

Water Aerobics	Thursday	4:00 - 4:30 pm	West Middle School
Open Swim	Thursday	4:30 - 6:00 pm	West Middle School

Lo-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:30 am	Johnson City Senior Center
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Sunrise Yoga: Project Baptiste Foundation

Participants must have some type of military affiliation

Wednesday	1:30 - 2:30 pm	Northern Broome Senior Center (Whitney Pt)
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Dancercise

Low impact using simple dance movements set to uplifting music. Movement of joints, muscles & bones. \$5 charge.

Wednesday	9:30 am	Johnson City Senior Center
Thursday	9:45 am	First Ward Senior Center

**Complete addresses and phone numbers for all Senior Centers are located on pages 14 & 15*

EVENTS at the CENTERS

NYST Geology Club Mineral & Fossil Show

Sat. April 2, 9 am- 5 pm
Sun. April 3, 10 am- 4 pm
Johnson City Senior Center
797-3145

Discover nature's treasures!
View mineral, fossil, and gem exhibits along with an array of beautiful jewelry. There will be plenty of food, door prizes, and ultra violet displays you won't want to miss!

Evening Meals Are Back!

Tues., April 12 & 26, 5-7 pm
Broome West Senior Center
785-1777

On April 12 socialize over a nice meal of rotisserie chicken/strawberry shortcake with music by Orange Blossom Special. On April 26 enjoy roast pork/lemon meringue pie with music by New Appalachia (bluegrass/gospel). Reserve your meal by noon the day before.

April Evening Dining

Thurs., April 14 & 28, 4 pm
(Music at 5:15 pm)
Eastern Broome Senior Center
693-2069

On April 14 enjoy rotisserie chicken/strawberry shortcake with music by Bluestone Creek Ramblers. On April 28 enjoy savory roast pork/dessert and a special father/son guitar duo! Reserve your meal by noon the day before.

Vestal's 24th Anniversary Dinner

Tues., April 19, 5-7 pm
(Entertainment at 6 pm)
Vestal Senior Center
754-9596

Enjoy a delicious meal of chicken cordon bleu and dessert. Reserve your meal by noon, Mon. April 18.

**Earth Day
w/Animal Adventure**
Friday, April 22, 10:30 am
North Shore Towers Sr Center
772-6214

Come enjoy the animals and stay for lunch! Reserve your choice of pepper steak OR lemon pepper pollock by noon the day before.

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center • Johnson City Senior Center



Johnson City Senior Center

April 14
Sight and Sound Theatre:
"Samson"
Lancaster County, PA

April 29
Mohegan Sun Casino, Wilkes-
Barre, PA

May 5
The Culinary Institute of America
& Val-Kill: Eleanor Roosevelt
National Historic Site, Hyde Park,
NY

May 24
Mystery Trip

June 12- 17
Memorable Michigan & Mackinac
Island

Vestal Senior Center

September 3-10
7 Night Cruise on the Norwegian
Gem
Visit New York City, Halifax, St.
John, Bay of Fundy, Portland,
Maine, Newport, & Rhode Island.
Call Charles DiGiacomo at 625-
2855 for details.

**25th Anniversary of
the Senior Games**



The 25th anniversary of the Broome
County Senior Games is coming
this summer! The Senior Games
offer people age 55 and older the
opportunity to stay active through
friendly competitive athletic events.
The games start in August and end
in November.

Last year, there were 15 events
ranging from billiards to volleyball.
510 people came from eight
different states to compete in the
games. There were 17 volunteers
on the Senior Games committee
who gave their time to make each
event a success! The volunteers did
everything from serving meals at
our annual pasta dinner and Brooks
Barbecue fundraiser to refereeing
and preparing fields for softball.
They each specialized in a different
event and spent hours making
tournament brackets, reading rules,
finding the safest equipment to use,
selling hot dogs and handing out
t-shirts and prizes!

There is absolutely no way we
could continue having the Broome
County Senior Games without the
help of the local Senior Games
Volunteer Committee!

For more information, visit [http://
www.gobroomecounty.com/senior/
games](http://www.gobroomecounty.com/senior/games). If you are interested in
joining the committee or helping
with the events, please call the
Office for Aging at 607-778-2411.



Registration for the Games

Registration opens in July,
past participants get an application
sent to them and new people can
call OFA at 607-778-2411
to get a form or download one off
our website at
[www.gobroomecounty.com/
senior/games](http://www.gobroomecounty.com/senior/games).

**Meet & Greet Neighborhood Luncheon
with Entertainment**

Wednesday, April 20th at Noon
East Side Congregational United Church of Christ
284 Robinson Street in Binghamton

Menu:
ham w/raisin sauce OR breaded fish, sides and dessert (lemon bar)
Suggested contribution: \$3.25 (60+); Cost: \$4.25 (Under 60)
Space is limited: please call 722-1017 to RSVP by 1 pm on March 19.

Come and get acquainted!

*Sponsored by the East Side Congregational United Church of Christ
and the Broome County Office for Aging*

United Way Volunteers Needed

Looking to volunteer but unsure where to start? United Way of Broome
County helps match individuals and community groups with their ideal
volunteer site with one of our many community partners and other local
non-profit organizations.

United Way also offers the opportunity for community members to
serve on several internal committees such as our Community Solutions
Teams, Strategic Volunteer Engagement Committee, and the Volunteer
Administrators of the Southern Tier (VAST). We also hold ongoing volunteer
opportunities such as the Day of Caring, I Love My Park Day, MLK Jr. Day
of Service, Volunteer Income Tax Assistance, and many more!

This year's Day of Caring will take place on Friday, September 9th, 2016. If
you are interested in participating, serving on a United Way committee, or
learning more about ongoing volunteer opportunities, please contact:

Joni Kaiser at jkaiser@uwbroome.org or (607) 240-2016, or
Nicole Holmes at volunteerinfo@uwbroome.org or (607) 240-2036.


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NYS Office for Aging under
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This contribution helps defray the
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- Elder Counseling

Whether you need a helping hand or are
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our Family Homes for the Elderly program!

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A NEW PROGRAM FOR BROOME COUNTY MEDICAID RECIPIENTS

If you're Medicaid eligible and have any long-term care needs, you can join VNA Homecare Options for free.

If you're eligible for Medicaid and need any in-home long-term health care services, there's a new option available for you. Now you can choose a managed long-term care plan, like VNA Homecare Options, to receive the assistance and services you need. We are the organization you can trust to coordinate the services you need to stay safe, independent and in your own home – not a nursing home.

Some of the services covered include:

- + Transportation
- + Meals & Housekeeping
- + Personal Emergency Response System
- + Medication Management
- + Dental, Vision & Hearing Services
- + In-Home Nursing & Home Health Aides
- + Physical & Occupational Therapy
- + Medical Equipment
- + Home Safety Modifications

Call us toll free at 1-888-477-HOME (4663) any time, and we'll answer your questions about the services and benefits you're entitled to:



Kate Rolf – President, CEO
VNA Homecare Options



Kate Rolf, President, CEO
VNA Homecare Options

"We're here to answer questions about any long-term Medicaid services you receive now, and to help you join VNA Homecare Options, so you can get all the care and benefits you're entitled to."

CALL TODAY

to learn more, establish program eligibility and get started with the services you need.

TOLL FREE: 1-888-477-HOME (4663)

1-888-477-HOME (4663) • www.vnahomecareoptions.org

FEATURED VOLUNTEER



**Front Office
Ann Langevin**

Ann Langevin enjoys working as a volunteer office worker for Broome County CASA and the Office for Aging. She is an 11-year volunteer for CASA and 1-year for OFA. Ann enters a tremendous amount of data from rosters and assessment reports. She is known to be extremely accurate and efficient in the completion of her work. Ann says, "I like volunteering as it helps me meet new people and gain new friends."

"The good man is the friend of all living things."

Gandhi

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FEATURED VOLUNTEER



**Five Years
Classroom Grandma
Nancy McDonald**

Nancy McDonald was 71 when she started volunteering with the Foster Grandparent Program. For five years she has volunteered 20 hours a week as a classroom grandma in first grade at Johnson City Elementary/Middle School. What keeps her going? It's her love for children, her love for learning, and lots of hugs. Each year, Nancy has four children assigned to her that she works with most of the time. These children are identified by the teacher as needing extra help to succeed. Nancy provides

that help by working with each one in reading, writing and math. She helps them get over their academic hurdles. The words, "Grandma, I finally got it," are music to her soul. Before she started volunteering, Nancy didn't know what to do with herself. She felt there was nothing left in life for her to do. Nancy says being a Foster Grandparent "gave me a new lease on life. I feel revitalized."

Nancy's volunteer efforts are greatly appreciated. Her teacher says, "Nancy is an invaluable asset in our first grade classroom. The children look forward to seeing 'Grandma Nancy' daily. She provides both academic and emotional support to our students. Nancy helps calm fears and encourages them to always do their best. She gets rewarded with love and hugs from the children. Her impact is shown not only in improved academics, but in happier students as they spend time with 'Grandma Nancy.'" Way to go, Grandma Nancy!

Don't wait until you're 70 to start volunteering. Anyone who is 55 years or older can join the Foster Grandparent Program. You need to enjoy kids, be a Broome County resident within the income guidelines, and willing to volunteer at least 15 hours per week. Besides the feeling of accomplishment you will get from sharing your time and experience with others, you will receive a stipend, travel reimbursement and a free meal at your volunteer site. The stipend is not taxable and does not affect any benefits you may be receiving. To learn more about the Foster Grandparent Program, please call 778-2089.

FEATURED VOLUNTEER



**Senior News
Volunteers**

We couldn't deliver the Senior News to you without the help of our friendly, dedicated volunteers - Kathy Coney, Myrtle Woodford and Sally Roberts (not shown). For the past 15 years, they have been coming to the Office for Aging, stuffing newspapers into envelopes, and bundling them for delivery to local organizations and businesses. Besides the Senior News, they have been active volunteers for the Red Cross, Broome County Spiedie Fest and the Retired & Senior Volunteer Program (RSVP). Thank you Kathy, Myrtle and Sally!!

FEATURED VOLUNTEER



**Deposit Sr Center
Joe Smith**

Joe Smith has enjoyed volunteering at the Deposit Senior Center for 17 years. He says it gives him something to do and it makes him feel good. One of the things he likes the most is meeting many good people at the Senior Center. Joe has a positive attitude and his good sense of humor keeps us laughing. Thank you, Joseph A. Smith, for your commitment to volunteering and for being a wonderful person!

New Exhibits at the Vestal Museum

Join us at the Vestal Museum for the start of the 2016 Exhibit Season!

The Vestal Historical Society has sponsored the creation and installation of a new permanent model train diorama that depicts Vestal Four Corners from the 1950's. There will also be many interesting items that celebrate trains and our station history.

Our first temporary exhibit for the season will be "Parkway History", a recollection of some of the earliest businesses on the parkway - on display until May 22nd.

Make sure you bring your young museum enthusiasts to enjoy the new display in the baggage room. We will have many fun and interactive things for children to do and enjoy!

Vestal Museum is always looking for volunteers to help date items, find articles in older newspapers, and help with inventory work on the collection! We also love volunteers who like to help host visitors and chat about the good ole days!

Spring Museum Hours:

Thursday and Friday 12:00-4:30 pm Saturday and Sunday 10:00-2:00 pm
328 Vestal Parkway East, next to the Vestal Public Library
www.vestalny.com (607) 748-1432

Thank you Volunteers!

MOW VOLUNTEERS

50-60 volunteers are needed each day, 5 days a week to deliver Meals on Wheels. In addition to driving and taking meals into the homes they provide peace of mind for family members by checking on the senior. The volunteers also enjoy socializing with one another as they gather at the starting point and make their deliveries.

CONKLIN - KIRKWOOD



BINGHAMTON



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



NORTHERN BROOME



EASTERN BROOME



BROOME WEST



VESTAL



EASTERN BROOME



NORTHERN BROOME



SENIOR CENTER VOLUNTEERS

Thank you to all of our Senior Center volunteers! Many are not shown here but all are appreciated. They serve meals, help in the kitchen, teach classes, take reservations, answer telephones, assist with planning the special programs and more!

DEPOSIT



FIRST WARD SEWING CLUB



Our sewing group makes aprons for the kitchen, teddy bears for hospitals, adult bibs for nursing homes and they made free scarves to hang over the fence at Columbus Park for anyone in need to take during a cold snap in February. They do many different projects for the First Ward Senior Center including helping in the kitchen. This is not the whole group, just a few of the volunteers that were available when the picture was taken.

NORTH SHORE



FEATURED VOLUNTEER



**Binghamton MOW
Edie Stalker**

Edie Stalker coordinates volunteers delivering Meals on Wheels in her high-rise building in Binghamton. She loves people and, by delivering MOW, gets to know the clients, their families and even their aides. As the coordinator in her building, she encourages all volunteers to take extra time to offer help to the participants, such as opening containers or getting silverware. "It's so much fun! One volunteer moved to the other side of town, but comes back each week to deliver."

Edie offers an unofficial taxi service to the folks in the building - local runs to appointments are common. Just last month, she went all the way to Roscoe to pick up a woman who spent time with her son in Poughkeepsie. Roscoe seemed like a logical half-way point and Edie was happy for the adventure.

Edie has a birthday this month. She plans to live another 20. To fill her time, she's now calling Bingo on Sunday nights.

Proclamation - National Volunteer Week

Do you wonder why April includes National Volunteer Week? Here is a bit of interesting history for you – the original proclamation by Richard Nixon in 1974:

By Richard Nixon, President of the United States Of America, 1969-1974

A Proclamation - April 20, 1974

The spirit of voluntarism, one of the hallmarks of American life, has rarely been stronger than it is today. It has been estimated that one out of every five Americans is contributing time and talent in some kind of voluntary service. American volunteers are improving the quality of life in remote villages and in urban slums in the United States and working to improve the quality of life for others in distant corners of the world. These efforts most frequently touch the lives of the poor, the young, the aged and the sick, but in the process the lives of all men and women are made richer.

There are abundant opportunities for every concerned American to reap the rewards that come from helping others. More than 90,000 are serving in programs sponsored by ACTION, the Federal agency for volunteer service. Others are helping to organize volunteer efforts with the help of the National Center for Voluntary Action. We must continue to support these vital activities, and we must work to extend and enhance the valuable and satisfying services of our volunteers.

Now, Therefore, I, Richard M. Nixon, President of the United States of America, do hereby designate the calendar week beginning April 21, 1974, as National Volunteer Week.

I urge all Americans to observe that week by seeking out an area in their community in which they can give to a needy individual or a worthy cause by devoting a few hours, or more, each week to volunteer service.

I call upon all communities throughout the United States to recognize volunteers by observing the week with special ceremonies to honor those who have given countless hours for the betterment of our communities and the American way of life.

In Witness Whereof, I have hereunto set my hand this twentieth day of April, in the year of our Lord nineteen hundred seventy-four, and of the Independence of the United States of America the one hundred ninety-eighth.

Signed by Richard Nixon

Keep Your Brain Young with Music

Music can be medicine for your mind, with benefits from memory improvement to stress relief. Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory. Try these methods of bringing more music, and brain benefits, into your life.

Recall a memory from long ago: Reach for familiar music, especially if it stems from the same time period that you are trying to recall. For instance, listening to Frank Sinatra or the Beatles might bring you back to the first moment you laid eyes on your spouse.

Jump-start your creativity: Listen to what your kids or grandkids listen to. Often we continue to listen to the same songs and genre of music that we did during our teens and 20s, and we generally avoid hearing anything that's not from that era. New music challenges the brain in a way that old music doesn't. It might not feel pleasurable at first, but that unfamiliarity forces the brain to struggle to understand the new sound.

Listen to your body: Pay attention to how you react to different forms of music, and pick the kind that works for you. What helps one person concentrate might be distracting to someone else, and what helps one person unwind might make another person jumpy.

source: http://www.hopkinsmedicine.org/health/healthy_aging/healthy_mind/keep-your-brain-young-with-music

There Is Only Time for Loving

More than a century ago, Mark Twain was looking back on his life, and he wrote this: "There isn't time, so brief is life, for bickerings, apologies, heartburnings, callings to account. There is only time for loving, and but an instant, so to speak, for that."

FEATURED VOLUNTEER



**East Broome
Ruth Butts**

Ruth Butts has volunteered at the Eastern Broome Senior Center since 1990, helping in various capacities. For the last 10 years, she has been a representative on the Office for Aging's senior center steering committee. She was the center's site council secretary for 13 years. Ruth is well known for a calm demeanor and good character. Ruth's advice to others: "always remember to do your part and do your best and to be friendly and smile."

FEATURED VOLUNTEER



**Whitney Point
MOW
Richard Eggleston**

Richard Eggleston helps his neighbors and friends in Whitney Point nearly every day. Richard has delivered Meals on Wheels 3 to 4 days a week for the past 10 years. He is the site's local expert navigator because he knows the back roads like nobody else does. Richard says, "I love volunteering and my experiences have been life changing."

Caregiver Corner

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

Events for Caregivers

Medicaid for Long Term Care

Date: Tuesday, April 26th

Time: 3:00-4:00 pm

Place: Lourdes at Vestal, 2nd floor

3101 Shippers Rd, Vestal

Presenters: JoAnne Hall and Loretta Smith,

Senior Examiners in Chronic Care Medicaid

This presentation will provide information on the application process for Nursing Home Medicaid. The presenters will discuss different submission options as well as take any questions that you may have regarding this process. Register by calling the Office for Aging at 778-2411.

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Chat (Close to Sears)

Oakdale Mall, Johnson City, NY

Date: Monday, April 4th

Time: 1:00-2:30 pm

Place: Broome West Senior Center

2801 Wayne Street, Endwell, NY

Phone: 785-3427

Date: Wednesday, April 20th

Time: 9:30-11:00 am

Place: Northern Broome Senior Center

12 Strongs Place, Whitney Point

Date: Tuesday, April 5th

Time: 9:30-11:00 am

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

Best Baseball Movies

Here are the top 15 baseball movies, according to best-sports-movies.com. How many have you seen? Can you think of other baseball movies that should be in the top 10?

1. Field Of Dreams (1989)
2. The Natural (1984)
3. Bull Durham (1988)
4. Eight Men Out (1988)
5. Pride Of The Yankees (1942)
6. 61* (2001)
7. The Rookie (2002)
8. The Sandlot (1993)
9. Major League (1989)
10. The Stratton Story (1949)
11. A League Of Their Own (1992)
12. Bad News Bears (1976)
13. Bang The Drum Slowly (1973)
14. The Bingo Long Traveling All-Stars & Movie Kings (1976)
15. The Jackie Robinson Story (1950)

Computer Corner - Using Craigslist

What is Craigslist? Craigslist is a classified advertisements website with sections devoted to jobs, housing, personals, for sale, items wanted, services, community, gigs, résumés, and discussion forums. The service began in 1995 in the US and now covers 50 countries. While most postings on the website are free, there are exceptions (which are clearly listed.)

How to use Craigslist:

Complete instructions can be found at www.craigslist.org/about/help and includes a "FAQ's" (frequently asked questions) link and "Avoiding Scams and Frauds". Be sure to familiarize yourself with the website's instructions and cautions before proceeding. The web address for the Binghamton area is <https://binghamton.craigslist.org/>.

Gardening Tips

Earth Day is April 22. A great way to celebrate it is to start a garden. Gardening is fun, keeps you active, reduces stress, helps our environment and is rewarding! Here are some tips to help you:

Ease into it: A week or two before you start, do some gentle range-of-motion stretching of arms, back and torso. Once you begin working in your yard, change your position and activity every 20 to 30 minutes, then rest for 10 minutes. Easing into gardening work will make you less sore and you'll be ready to get back to your garden the next day.

Raise the ground: For people who prefer to sit while exercising their green thumbs, a rectangular raised planting bed with an adjacent chair or board for seating may be the best solution. The height can vary, but the width should be about an arm's length so you have easy access to the plants without over stretching.

Stand up: If you cultivate vines on trellises, outside walls or along fences, you can work standing up, and that will reduce pressure on your lower back and knees. The height of such gardens should not extend beyond arm's reach, especially if you are growing fruits or vegetables that require harvesting.

Use native plants: Choose plants that are native to our region because they can withstand our weather with less upkeep. Choosing plants that are easy to maintain and able to withstand a variety of conditions is essential for an easy gardening experience.

Garden small: For a more manageable project, try container gardening, which is essentially planting into a pot or a container of your choice. This is beneficial for the elderly especially because the garden can be placed virtually anywhere and easily accessible at all times. Remember to use light weight containers for extra-easy handling.

Tools that can help:

- Small seat - use a stool or a chair that will save your legs from having to squat down and plant
- Tape seed - this handy tape is made from biodegradable paper and contains seeds that are already perfectly spaced out, saving you time and energy.
- Marked tools - wrap the handles of each gardening tool with different colored tape to make them easy to identify and easy to hold.
- Handle grips - use tools that are lightweight with longer handles that have a comfortable grip. This will help prevent arm, shoulder, and back injuries and make tools use easier for people with arthritis.
- Garden caddy - use a garden caddy with wheels to make it easier to store tools and transport them from one area to another. Make sure the caddy is lightweight and easy to carry or push through grass and dirt.

References: <https://www.nwf.org/News-and-Magazines/National-Wildlife/Gardening/Archives/2015/Gardening-Tips-for-Seniors.aspx>
<http://www.insideeldercare.com/health/safe-easy-gardening-tips-and-tools-for-seniors/>

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

You pay only for materials.

Labor is provided free of charge to eligible home owners.

Leaky Faucets

Safety Devices

Railings

Locks Installed

Porch & Stair Repair

Wheelchair Ramps

...And More

Call 772-2850 For Details

Visit Our Museums

There is an amazing collection of local historical information, art, science, music, special exhibits and just plain fun things to do at our local museums. If you haven't visited any of them recently, now is a great time to plan your visit. Here are some of them:

Binghamton University Art Museum presents works of art from diverse cultures for the education and enjoyment of students, faculty, staff and members of the general public.

Location: Binghamton University, 4400 Vestal Parkway East, Binghamton, NY

Phone: (607) 777-2968

Web site: <http://www.binghamton.edu/art-museum/>

The Bundy Museum of History and Art collection ranges from early manufacturing and broadcasting artifacts to international art designed to enrich local culture. It honors local entrepreneurs, artists, and personalities by showcasing the fruits of their labor and the culture they influenced.

Location: 129 Main St., Binghamton, NY

Phone: (607) 772-9179

Web site: <http://bundymuseum.org/site3/plan-your-visit/>

The Discovery Center of the Southern Tier develops the intellectual, physical and emotional well-being of the children of the Southern Tier through participatory exhibits and programs. Bring your grandchildren and have fun while you learn!

Location: 60 Morgan Road, Binghamton, NY

Phone: (607) 773-8661

Web site: <https://www.thediscoverycenter.org/>

Phelps Mansion Museum is full with marble floors, exquisite carved woodwork, period lighting fixtures, and period furniture. It also houses a collection of artwork ranging from paintings to frozen statues.

Location: 191 Court Street, Binghamton, New York

Phone: (607) 722-4873

Web site: www.phelpsmansion.org

Roberson Museum and Science Center engages people of all ages and backgrounds by providing regionally significant exhibitions and programs in art, history and science education.

Location 30 Front St, Binghamton, NY

Phone (607) 772-0660

Web site: <http://www.roberson.org/>

There are also many other museums and art galleries throughout our area. You can find more information at: <http://www.visitbinghamton.org/things-to-do/art-galleries/>. Enjoy!

Spring, the Sweet Spring

by Thomas Nashe (1600)

*Spring, the sweet spring, is the year's pleasant king,
Then blooms each thing, then maids dance in a ring,
Cold doth not sting, the pretty birds do sing:
Cuckoo, jug-jug, pu-we, to-witta-woo!*

*The palm and may make country houses gay,
Lambs frisk and play, the shepherds pipe all day,
And we hear aye birds tune this merry lay:
Cuckoo, jug-jug, pu-we, to-witta-woo!*

*The fields breathe sweet, the daisies kiss our feet,
Young lovers meet, old wives a-sunning sit,
In every street these tunes our ears do greet:
Cuckoo, jug-jug, pu-we, to witta-woo!*



**Want to enrich your life?
Volunteer at a school or day care.**

Share a lifetime of wisdom with children.

- ◆ Serve 20 hours per week in a school or day care setting.
- ◆ Receive earnings that do not affect rent or other benefits.
- ◆ Must be age 55 and older and income eligible.

Call 607-778-2089 – Foster Grandparent Program

The children will love you!

Broome County Office for Aging

Can You Trust the Internet?

The growing popularity of the Internet has made finding health information easier and faster. Much of the information on the Internet is valuable; however, the Internet also allows rapid and widespread distribution of false and misleading information. You should carefully consider the source of information you find on the Internet and discuss that information with your health care provider. Consider these questions when deciding whether the health information you find on the Internet or receive by e-mail is likely to be reliable.

Who runs the Web site?

Any Web site should make it easy for you to learn who is responsible for the site and its information.

How does the Web site document the evidence supporting its information?

Web sites should identify the medical and scientific evidence that supports the material presented on the site. Medical facts and figures should have references (such as citations of articles published in medical journals). Also, opinions or advice should be clearly set apart from information that is “evidence based” (that is, based on research results). Testimonials from people who said they have tried a particular product or service are not evidence based and usually cannot be corroborated.

Who reviewed the information before the owner posted it on the Web site?

Health-related Web sites should give information about the medical credentials of the people who prepared or reviewed the material on the Web site.

What information about users does the Web site collect, and why?

Web sites routinely track the path users take through their sites to determine what pages people are viewing. However, many health-related Web sites also ask users to “subscribe” to or “become a member” of the site. Sites sometimes do this to collect a user fee or select relevant information for the user. The subscription or membership might allow the Web site owner to collect personal information about the user.

Any Web site asking you for personal information should explain exactly what the site will and will not do with the information. Be certain to read and understand any privacy policy or similar language on the site and do not sign up for anything that you do not fully understand.

How can you verify the accuracy of information you receive via e-mail?

Carefully evaluate any e-mail messages you receive that provide health-related information. Consider the message's origin and purpose. Some companies or organizations use e-mail to advertise products or attract people to their Web sites. A critical eye is warranted if an individual or company is promoting a particular medical product or service in an e-mail without providing supporting medical evidence.

source: https://ods.od.nih.gov/Health_Information/

Marci's Medicare Answers

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare.

Dear Marci,

I am going to be 65 soon but am still working and covered by my employer plan. I qualify for premium-free Part A, but do not want to take Part B yet. Should I enroll in Part B when I become eligible?

Mia (San Luis Obispo, CA)

Dear Mia,

The answer to this question depends on your specific situation. Generally speaking, you can delay enrolling in Part B (and not enroll during your Initial Enrollment Period (IEP)) without incurring a late-enrollment penalty if you are still working or your spouse is still working and you have insurance from that work. Before delaying Part B enrollment, there are a few things you should consider.

The first is how and when you will sign up for Part B when your employer insurance ends. Because you are still working, you will be eligible for a Part B Special Enrollment Period (SEP). This enrollment period allows beneficiaries who delay Medicare enrollment while they are covered by their or their spouse's current employer insurance to enroll later. You will not have to wait for the General Enrollment Period (GEP) that runs from January through March, and you will not have a penalty for delaying enrollment. Your SEP runs from now through eight months after the month you stop working, or until your insurance ends, whichever comes first.

The next thing you should consider is how Medicare will work with your current employer insurance. When someone has Medicare and an employer group health plan, Medicare either pays first or second in coordination with the employer plan.

- Medicare pays secondary to your current employer insurance if your company has 20 or more employees. This means that your employer insurance will pay first on health care claims, and then Medicare may pick up some or all of the remaining costs. If this is the case, you can delay Part B without creating a gap in coverage.
- Medicare pays primary to your current employer insurance if your company has fewer than 20 employees. In this case, you should sign up for Part B. If you delay Part B enrollment and continue to use your employer coverage as your primary insurance, you may run into problems. For example, your employer insurance may take back payments it made mistakenly as the primary insurance while you were Medicare-eligible.

If you decide to delay Part B enrollment you should call the Social Security Administration at 800-772-1213 or visit a local office to let them know. You should ensure you fully understand the consequences of delaying enrollment. Keep a record of your conversation with the Social Security staff. You should also keep record of your employer coverage for the time you are covered because you will need this information when you sign up for Part B at a later time.

Delaying Part B enrollment involves making sure you can enroll in Part B later without a penalty or gap in coverage. You should also make sure your current insurance will continue to provide adequate coverage. It is important to consider your situation carefully before delaying enrollment in Part B.

***"The environment is where we all meet;
where all have a mutual interest;
it is the one thing all of us share."***

Lady Bird Johnson



Protect Food and Water During Storms

Extreme weather sometimes wreaks havoc when it strikes our communities. Floods, power outages, and snow storms can cut off water supplies and quickly contaminate food. Protect yourself, your family, and your pets from foodborne illnesses. Here are steps you can take to preserve your food and water during storms.

Before a storm:

Prepare for unpredictable weather emergencies - have these supplies on hand:

- Thermometers in the freezer and refrigerator
- Containers of ice to keep food cold or to melt if water supply is contaminated or unavailable
- Coolers, frozen gel packs, and dry ice to keep refrigerated food at or below 40 F and frozen food at or below zero F if power is out for more than 4 hours
- Bottled water
- Nonperishable food high on shelves, in case of flood
- Manual can opener
- Bleach for disinfecting

During a storm

Do not eat or drink anything that has touched flood water, including food packed in non-metal containers. Before using food in undamaged metal cans, remove any labels, which can harbor dirt and germs, and sanitize the cans. Thoroughly wash, rinse, and sanitize anything that may come in contact with food—for example, pans, dishes, utensils, and countertops. Keep food at recommended temperatures.

How to sanitize:

- Mix 1 tablespoon household bleach with 1 gallon of water
- Soak item in the solution for 15 minutes and air dry.

How to make water safe to use and drink:

- Filter cloudy water through a clean cloth, or let it settle, drawing off the clear water
- Boil water for one minute, cool it, and store it in clean covered containers

Or, if boiling is not possible,,,

- Add 1/8 teaspoon (or 8 drops) of regular, unscented, liquid household bleach to 1 gallon of water.
- Stir and let water stand 30 minutes before using.

Store the disinfected water in clean, disinfected containers with tight covers.

Keep in mind that perishable food such as meat, poultry, seafood, milk, and eggs not kept at recommended temperatures can make you sick—even if thoroughly cooked.

After a storm

- If water supply is still unsafe, boil water or use bottled water.
- Once power is restored, check the temperature inside your refrigerator and freezer. You can safely eat or refreeze food in the freezer if it is below 40 F.
- If your freezer does not include a thermometer, then check the temperature of each food item. If the item still contains ice crystals or is at or below 40 F, you can safely refreeze it.
- Discard any perishable food—for example, meat, poultry, fish, eggs, milk—that has been in a refrigerator or freezer at or above 40 F 2 hours or more.
- When in doubt, throw it out.

source: <http://www.fda.gov/Food/RecallsOutbreaksEmergencies/Emergencies/ucm2006925.htm>

Want To Advertise in the Senior News?

We reach over 7,500 senior households in Broome County!

Call 778-2411 for details

Make our readers your customers!

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: Craft Class 9:30 am (call for schedule); 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 7-8:30 pm

F: Bingo 9 am, Craft Class 9:30 am (call for schedule), Ping Pong 1-3 pm

Special Activities

- 4/4,18 Laughercise w/Humana, 1 pm
- 4/5 "Change Your Salty Ways" Nutrition Class, 11 am
- 4/7 Hot Dog Day, Celebrating Baseball Season, 11:30-
- 4/11 Special Breakfast: *French toast casserole*, 10:30 am-12:30 pm
- 4/12 Evening Meal w/Orange Blossom Special, 5-7 pm
- 4/19 Site Council Meeting, 10:15 am
- 4/20 Financial Help w/Insurance Costs (AOP), 11 am
- 4/21 Philly Cheesesteak Day w/Marian Tewksbury, Guitarist,
11 am-12:30 pm
- 4/21,28 BU Nursing Students Visit, 9:30 am-2 pm
- 4/25 Special Breakfast: *ham/cheese/hash brown strata*, 10:30 am-12:30 pm
- 4/26 AARP Tax Counselors' Luncheon, 12 pm
Evening Meal w/New Appalachia (*bluegrass/gospel*), 5-7 pm
- 4/27 11th Annual Floor Shuffleboard Tournament, 9 am- 3 pm

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):

T & Th: Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;
Piano Music 10:30 am; Wii

T: Crafts, 10 am; Chair Exercises, 11 am

Th: Chorus 11-12 pm, Wii

Special Activities

- Tues. Bingo, 1 pm: 4/5 Nickel; 4/12 Bag; 4/19 Quarter; 4/26 Nutrition
- 4/4 (Mon) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm
- 4/7 Managed Long Term Care Presentation, 1 pm
- 4/14 Breakfast for Lunch, 10:30 am-12 pm
- 4/19 Financial Services Available (OFA), 11:30 am
Blood Pressure Screening w/Sandy, 11:30 am
Southern Tier Food Bank, 11:30 am
- 4/21 Volunteer of the Month Elected, 1 pm
- 4/27 Medicaid & Medicare Savings (by appointment), 10 am
- 4/28 Health Insurance for Seniors (AOP), 11:30 am

AARP Meeting

AARP #3071 Binghamton meets at the United Methodist Church, 113 Grand Blvd., Binghamton, NY, on the second Wednesday of each month. Next meeting is April 13, 2016. There will be a covered dish lunch starting at 12:30 pm – please bring a dish to share.

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: Mobile DMV, 10 am-3 pm (Closed 12-12:30 for lunch)
- 4/1 April Fool's Day Celebration, time
- 4/6 Combating Fraud and Financial Exploitation w/Attorney General's Office, 12:15 pm
- 4/7 Hot Dog Day, time
- 4/7,21 Bingo, 11:45 am
- 4/11 Financial Help w/Senior Insurance Costs (AOP), 12:15 pm
- 4/14 Evening Dining (*rotisserie chicken/strawberry shortcake*) w/ Bluestone Creek Ramblers, open at 4 pm
- 4/18 Lourdes Mission in Motion Mammography Van, 10 am-2 pm
- 4/22 Planning Our Center Gardens in Honor of Earth Day, 10:30 am
- 4/23 Baked Ziti w/Meat & Meat Sauce Fundraiser, 11 am- 2 pm
- 4/25 Horse Racing w/Bonnie Hill, 10 am
- 4/28 Evening Dining (*roast pork/dessert*) w/Doug Hubert and 7 year old Eamonn, open at 4 pm

FIRST WARD..... 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: 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; Mah Jongg 12:30 pm; Art 1:00 pm

F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Holdem 12:45 pm; Art 1:00 pm

Special Activities:

- Tuesdays CHOW Produce Sale, 11 am-12 pm
- 4/5 Financial Help w/Senior Insurance Cost (AOP), 12:15 pm
- 4/6 Social Club, 1 pm
- 4/7 Hot Dog Day, 11:45 am
- 4/11 Scarlet Bonnets, 1 pm
- 4/12 "Change Your Salty Ways," Nutrition Class, 12:15 pm
- 4/13 Legal Aid (by appointment), 9 am
Blood Pressure, 10 am
- 4/18 Belgium Waffles w/Apple Topping for Brunch, 10:30 am
- 4/21 Philly Cheese Steak Day, 11:45 am
- 4/21,22 AARP Safe Driver Course, 9 am-12 pm
- 4/22,29 BU Nurses Visit, 10 am-2pm

The SEPP Group

Housing Management Development



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TDD: 607-723-0438
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Marian Apartments
Nichols Notch
Wells Apartments
Whitney Point Apartments
Windsor Woods




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): M/W/Th/F
Walk-Ins Welcome:

Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm
Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4

M: Watercolor Painting 9 am; Bingo 12:30 sales/1:30 play, Knit/Crochet, Poetry 1 pm; Pitch (cards) 1 pm
T: Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm
W: Quilting 9 am; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Mahjong 1 pm; Bingo (1st/2nd) 12:30 sales/1:30 play
Th: Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm; Meditation 3 pm
F: Watercolor Painting 9 am; Ladies Singing 10 am; Hearts (cards) 11 am

Special Activities:

4/2,3 Gem Show, 10 am-6 pm
 4/6 Hearing Loss Meeting, 7 pm
 4/9 Psychic Fair, 10 am-6 pm
 4/13 Juice Plus Demo, 11 am
 4/14 Financial Insurance Assistance (AOP), 10:30 am
 4/15 Red Hat Society Meeting, 2:30 pm
 4/19,26 BU Nursing Students Visit, 9:30 am
 4/20 Annual Board Meeting, 11 am
 4/27 Music by Dan & Lea Entertainment (Oldies), 11:30 am

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: Thurs 10-12:30 pm

Weekly Activities: Exercise classes listed on page 4

M: Horse Racing (1st/3rd) 10 am; Bingo 10:30 am; Pinochle 12:30 pm
T: Computer Class 8:30; Osteo Exercise 10 am; Quilt/Sewing Class 10 am-3 pm
W: Shuffleboard 10 am; Bunko (dice game), 12:30 pm
Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm
F: Bingo, 10:30 am

Special Activities:

4/2 (Sat.) Auction Preview, 10 am (Auction begins, 11 am)
 Homemade Lunch & Dessert, 12 pm
 4/7 "Change Your Salty Ways," 11 am
 4/9 Friendship Tea, 1-3 pm
 4/10 Ice Cream Social Fundraiser w/Elsa & Anna from Frozen, 11 am-2 pm
 4/12 Savvy Savings Sense, 12:30 pm
 4/12 Evening Dining w/Doug Hubert & 7 year old Eamonn, 4:30 pm
 4/13 Financial Help w/ Insurance Costs (AOP), 11 am
 4/20,27 BU Student Nurses Visit, 11 am
 4/21 Philly Cheesesteak Day, 11 am-12:30 pm
 4/27 "Win It In a Minute," w/BU Student Nurses, 10:30 am

Sudoku Answers

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

You've got to get up every morning with a smile on your face and show the world all the love in your heart.

Carole King



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PAID ADVERTISEMENT

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
Tu: Fitness 10-1:30 am; Wii Bowling 10:30-11:30 am
Fr: Wii Bowling 10:00 - 11:30 am

Special Activities:

4/6 Charades, 10:30 am
 Financial Help for Seniors (AOP), 12:30 pm
 4/7 Breakfast for Lunch (*scrambled eggs/hash browns/bacon/fruit*), 11 am-12:30 pm
 4/13,27 Craft Corner, 10:30 am
 4/14 Special Lunch (*pub burger/baked potato/dessert*), 11 am-12:30 pm
 Blood Pressure & Glucose Screening, 11 am
 4/20 Darts, 10:30 am
 4/22 Earth Day Celebration w/Animal Adventure, 10:30 am

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

Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm

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; Ice Cream Cones 12:30 pm

F: Walking Group 8 am; Mahjong 9:30 am

Special Activities:

4/4,18 Members of the Beulah Rebekah Lodge 115, 12- 1:30 pm
 4/5 Sign Up: Merry Go Round Theater/Springside Inn Trip, 9:45 am
 4/6 Financial Help w/Senior Insurance Costs (AOP), 10:30 am
 4/7,21 Bingo w/Brad, 10:15 am
 4/13 Avoid Scams & Fraud (Attorney General Office), 10:30 am
 4/14 Craft Day: Flower Pens, 10 am
 4/18 Breakfast for Lunch (*pancakes/scrambled eggs*), 11:30 am-12:30 pm
 Pizza Day *OR* Chef Salad (please reserve), 11:45 am
 4/19 24th Anniversary Dinner (*chicken cordon bleu/dessert*), 5-7 pm
 4/20,27 BU Nursing Students Visit, 9:30 am-1:30 pm
 4/26 Bake Sale, 9:30 am
 Vestal Senior Center Meeting, 12:45 pm
 4/28 "Change Your Salty Ways," Nutrition Class, 10:30 am

MEET, GREET & EAT

April Menu - Bon Appétit!

MONDAY <small>(Breakfast for Lunch @ BW, FW Senior Ctrs)</small>	TUESDAY <small>(Breakfast for Lunch @ JC Senior Ctr)</small>	WEDNESDAY	THURSDAY <small>(Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)</small>	FRIDAY
				Potato Crusted Pollack 4/1 OR Chinese Pepper Steak Lemon Rice Pilaf Winter Squash Low Fat Muffin
Penne Pasta w/Meatsauce 4 Green Beans Fruit Cocktail Banana Cream Dessert	Roast Pork w/Gravy 5 Macaroni & Cheese Broccoli Cinnamon Applesauce	Homestyle Salisbury Steak w/Gravy 6 Mashed Potatoes Harvard Beets Yellow Cake	Hot Dog Day! Loaded Hot Dog 7 Baked Potato Tossed Salad Root Beer Floats	Breaded Fish 8 OR Baked Ham O'Brien Potatoes Cauliflower Chocolate Torte
Lasagna 11 Tossed Salad Italian Mix Vegetables Ice Cream Cup	Barbecued Beef Sandwich 12 Cream of Potato Soup Corn Jello Cake	Baked Ham 13 Cinnamon Apple Sauce Baby Red Potatoes Broccoli Pumpkin Bar	Stuffed Peppers 14 Mashed Potatoes Wax Beans Peanut Butter Cookie	Fish Florentine 15 OR Chicken w/Honey Mustard Brown Rice Pilaf Mashed Hubbard Squash Peaches
Macaroni & Cheese 18 Stewed Tomatoes Cauliflower w/Parsley Banana	Pub Burger 19 OR Chicken Salad Sandwich Baked Beans Pineapples & Mandarin Oranges	Roast Turkey w/Gravy 20 OR Breaded Fish Brown Rice Pilaf Mashed Hubbard Squash Lemon Bar	Beef Stroganoff 21 Over Noodles Cut Green Beans Grape Juice Fruited Gelatin	Chinese Pepper Steak 22 OR Lemon Pepper Pollack Chantilly Potatoes Sonoma Blend Vegetables Low Fat Apple Muffin
Baked Ziti Parmesan 25 Sausage Soup Spinach Apricot Halves	Roast Turkey w/Gravy 26 Apple Bread Dressing Monte Carlo Blend Veg. Cinnamon Applesauce	Liver w/Onions 27 OR Chicken Marengo Mashed Potatoes Peas Peach Cobbler	Sweet & Sour Pork 28 Over Brown Rice Oriental Blend Vegetables Tossed Salad Gingerbread w/Lemon	Beer Battered Fish 29 OR Grandma's Meatloaf Macaroni & Cheese Brussels Sprouts Oatmeal Cookie

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.

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

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 15

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

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