



Visit Our Website at www.gobroomecounty.com/senior

25th Anniversary of the Senior Games!!



Celebrating its 25th anniversary, the Broome County Senior Games continues to help people stay active through fun, competitive, and adventurous athletic events! Senior Games participants get an opportunity to stay fit by enjoying outdoor and indoor activities while meeting new people and just having fun!

The 2016 Senior Games events will be held from August through November. They are open to anyone 55 years and older. Participants do not have to live in Broome County.

Help us kick-off the games with our annual **Pasta Dinner Fundraiser on Thursday, August 4th, 5:00-7:00 PM** at the Broome West Senior Center, 2801 Wayne St, Endwell, NY. Cost is \$7 for adults; \$4 for children 12 and under; FREE for children 3 and under.

Senior Games – Schedule of Events:

- Basketball – October 12
- Billiards – October 6
- Bocce – September 20
- Bowling: No Tap Doubles – October 13
- Bowling: No Tap Singles – October 25
- Brooks BBQ Fundraiser – September 23
- Disc Golf – September 15
- Golf – C&M at Ford Hill – September 20
- Golf – Ely Park – September 28
- Pickleball – October 5 & 6
- Ping Pong – November 3
- Floor Shuffleboard – October 19
- Softball 55+ – August 25
- Softball 65+ - August 23
- Softball 70+ – August 30
- Tennis: Men's & Women's - September 14
- Volleyball – Recreational – October 28
- Volleyball – Competitive – November 12

If you are interested in participating in the games, or just being a spectator, please call Rita at 778-2411.

You can pick up an application at any Broome County Senior Center or you can download one at www.gobroomecounty.com/senior/games.

If you have previously participated in the senior games, an application will be mailed to you.

**Remember - You don't quit playing because you grow old;
you grow old because you quit playing!**

Your Changing Brain

*Steps to Aging Well,
by Sharon Lackie*

You can't change some things such as age and family history. However, research has revealed steps you can take to help maintain your cognitive health. This new six-month column will describe some of those steps and how the Office for Aging can help you to take them. This column is directed to older adults and their caregivers, friends, neighbors and loved ones to help start discussions on "brain health." The goal of sharing this information is to help you understand brain health and to empower you to ask questions about this topic.

Let's face it - we all want to "age well." You may think about aging well in regards to appearance, but you also need to age well in regards to your brain. 44% of Americans fear Alzheimer's disease more than any other disease, including cancer, and about 75% of adults report not being knowledgeable about Alzheimer's. So, let's change that statistic. Read on to learn more about healthy aging of your brain.

You may feel it in your joints, have a change in your vision or notice a change in your balance. As you age, your body changes. But what is normal aging for your brain? If you start forgetting things as you get older, it does not mean it is Alzheimer's disease. Dementia is a general term for a decrease in cognitive ability that is severe

Continued on page 2

Step It Up!

*US Surgeon General's Call to
Action to Promote Walking*

One out of every two U.S. adults is living with a chronic disease such as heart disease, cancer, or diabetes. These diseases contribute to disability, premature death, and health-care costs. Increasing your physical activity will significantly reduce your risk of chronic diseases and related risk factors. Since physical activity has numerous other health benefits, such as supporting positive mental health and healthy aging, it is one of the most important actions people can take to improve their overall health.

Step It Up! is the U.S. Surgeon General's call to action for Americans to be more physically active through walking. The program recognizes the importance of physical activity for people of all ages and abilities.

Being physically active is one of the most important steps that all people can take to improve their health. It can reduce illness from chronic diseases and premature death. It can lessen the severity of a chronic condition, prevent disease progression, help manage or reduce symptoms, and improve mobility.

Regular physical activity helps prevent risk factors for disease, such as high blood pressure and weight gain, and protects against multiple chronic diseases including heart disease, stroke, some cancers, type 2 diabetes, and depression.

Continued on page 2

STAY IN THE GAME - Be Active



From the Editor

by Vince Fox

Our theme this month is ‘Stay in the Game!’ and you’ll find several articles related to keeping physically and mentally fit and how that can help you to live a longer, healthier and happier life! I recently had the pleasure of talking to many people at the Senior Picnic about one of my favorite fitness programs for older adults – the Seniors Running and Walking Festival. Here are some of the things the picnic-goers said about it.

One woman said that it’s been months since her doctor recommended that she start an exercise program to help her fully recover from a recent health problem. She just couldn’t find the motivation to get started but she said that joining our “festival” training group would be just what she needs.

Several people said they already walk on their own but they would join our group so they had some company, and to enjoy the refreshments afterwards!

One man said he couldn’t walk with us because of his bad knees but we had a great conversation about the history of the Vestal Rail Trail, which is where our “festival” and training takes place.

Some current participants came to my table and they gave a first-hand account to others about how the “festival” training and race event are both fun and effective way to exercise.

Some people said they could not walk well enough to join our program. I encouraged them to join anyway because the “festival” is truly for people of all abilities. It doesn’t matter if you are using a cane, walker, or wheel chair, or if you are a speed-walker or runner – come join us!

Come celebrate your health and fitness on August 13th at the Seniors Running and Walking Festival, at the Vestal Rail Trail (204 Stage Rd, Vestal). The first event, 1 mile walk or run, starts at 8:30 AM. It is followed by a 5K (3.1 miles) walk or run, and then a 2K wheel chair race. The celebration includes finisher medals, t-shirts, special prizes, team-based and individual awards, cake, great food and drinks. You can get all of this for just \$10. I hope to see you there!

For more details, or to register, visit www.gobroomecounty.com/senior/healthed, or call the Office for Aging at 607-778-2411.

Did you know that August 28th is **Bow Tie Day**? Be sure to celebrate this fun holiday by wearing your favorite bow tie!



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Your Changing Brain

continued from page 1

enough to interfere with daily life. Alzheimer’s is the most common type of dementia. Dementia-like symptoms can be caused by treatable conditions such as depression, drug interactions, lack of sleep, thyroid problems, dehydration, excess use of alcohol, or certain vitamin deficiencies, and these health issues may be reversed. That is why it is so important to share your concerns about brain health with your medical provider.

Dementia, as well as diabetes, stroke and heart disease, has been strongly linked to a set of health risk factors known as metabolic syndrome. To be diagnosed with metabolic syndrome, you need to have at least 3 of the risk factors, which include increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol. In long-term studies, these risk factors have been linked to an increased risk of dementia and then Alzheimer’s twenty to thirty years later.

Some resources for information on cognitive health include your medical provider, calling the Office for Aging at 778-2411 and the Alzheimer’s Association website: www.alz.org.

Future articles will describe ways to help your changing brain age well by managing stress, getting proper nutrition, socializing, participating in physical activity and talking to your medical provider.

references: Alzheimer’s Association (www.alz.org); Centers for Disease Control (www.cdc.gov/aging); Solomon, Mangialasche, Richard, Andrieu, Bennett, Breteler & Kivipelto (*Journal of Internal Medicine*); Swaminathan & Jicha (*Frontiers in Aging Neuroscience*)

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

12-12-12 Declutter Challenge

Try the 12-12-12 method to declutter during the month of August: 12 items to put away, 12 to give away and 12 to throw away. Get started on August 9 at air-conditioned Broome West Senior Center. We’ll offer more tips, ideas, encouragement and resources. You may share your successes.

Declutter sessions are the second Tuesday of every month at 3 PM. Each month’s presentation is different. No registration is required to attend. Call Joan at 778-6206 if you have questions.

After the presentation, join us for dinner and entertainment for a \$4 suggested contribution. Be sure to reserve your meal by noon the day before the session you want to attend by calling 785-1777.

Baked Potato Bar Is Back!!

When: Week of August 8th, starting around 11:15 AM



Have you missed your favorite foods because you don’t use your oven in the summer heat? Let us do the cooking for you. Stop at a participating senior center and enjoy a fresh, delicious baked potato with all the fixings.

No reservations are needed for the baked potato bar. Use your imagination and top your potato with freshly grated cheddar cheese, crumbled bacon, steamed broccoli, chili, chives and/or sour cream. The combinations are endless. Your potato creation will also come with a bowl of homemade soup, crispy tortilla chips, dessert and a beverage.

All that for just \$3.25 if you are age 60+ and only \$4.25 for those who are not yet age 60. Participating centers are Broome West (August 10, 11 & 12), Johnson City (10 & 11), Eastern Broome (10 & 12), Northern Broome (8, 9 & 10) and Vestal (10 & 12).

Seniors Helping Seniors

Union Endicott High School seniors Kayla Prosinski and Dominic Spinelli organized a fundraiser via their school's Participation in Government Leadership project, to benefit the Broome County Office for Aging's Yesteryears program. Yesteryears is a social adult day program providing structured activities and supervision to seniors in Broome County.



Union Endicott High School Seniors Kayla Prosinski and Dominic Spinelli

Kayla and Dom conducted a bottle drive and enlisted support of the Endicott Little League, in which both of them played. They knew the League was committed to helping the community and felt it would be a good partner for their project. Kayla and Dom started a competition among the teams. The team which donated the most bottles and cans, Mark's Auto, was awarded a pizza party.



Mark's Auto Little League team – winners of the bottle drive.

As a result of the competition and additional bottle donations from family and friends, a \$500 donation was made to the Yesteryears program. We thank Kayla, Dom, Endicott Little League and all of the UE seniors who supported the seniors of the Yesteryears Program!

Disaster Preparedness and Alzheimer's

People with Alzheimer's disease can be especially vulnerable during disasters such as severe weather, fires, floods, earthquakes, and other emergency situations. It is important for caregivers to have a disaster plan that includes the special needs of the person with Alzheimer's.

In general, you should prepare to meet the needs of your family for 3 to 7 days, including having supplies and backup options if you lose basic services such as water or electricity. As you assemble supplies for your family's disaster kit, consider the needs of the person with Alzheimer's. Be sure to store all supplies in a watertight container. The kit might contain:

- Incontinence undergarments, wipes, and lotions
- Pillow, toy, or something the person can hold onto
- Favorite snacks and high-nutrient drinks
- Physician's name, address, and phone number
- Copies of legal, medical, insurance, and Social Security information
- Ziploc bags to hold medications and documents
- Recent photos of the person
- Warm clothing and sturdy shoes
- Spare eyeglasses and hearing-aid batteries
- Medications
- Flashlights and extra batteries

In some situations, you may decide to "ride out" a natural disaster at home. In others, you may need to move to a safer place, like a community shelter or someone else's home.

Relocation may make the person with Alzheimer's very anxious. Be sensitive to his or her emotions. Stay close, offer your hand, or give the person reassuring hugs. To plan for an evacuation:

- Know how to get to the nearest emergency shelters.
- If you don't drive or driving is dangerous, arrange for someone to transport your group.
- Make sure the person with Alzheimer's wears an ID bracelet.
- Take both general supplies and your Alzheimer's emergency kit.
- Pack familiar, comforting items. If possible, plan to take along the household pet.
- Save emergency numbers in your cell phone, and keep it charged.
- Plan to keep neighbors, friends, and family informed about your location.
- If conditions are noisy or chaotic, try to find a quieter place.

It's very important to stay with a person with Alzheimer's in a disaster. Do not count on the person to stay in one place while you go to get help. However, the unexpected can happen, so it is a good idea to plan for possible separation:

- Enroll the person in the MedicAlert® + Alzheimer's Association Safe Return® Program— an identification and support service for people who may become lost.
- Prepare for wandering. Place labels in garments to aid in identification. Keep an article of the person's clothing in a plastic bag to help dogs find him or her.
- Identify specific neighbors or nearby family and friends who would be willing to help in a crisis.
- Make a plan of action with them should the person with Alzheimer's be unattended during a crisis.
- Give someone you trust a house key and list of emergency phone numbers.
- Provide local police and emergency services with photos of the person with Alzheimer's and copies of his or her medical documents, so they are aware of the person's needs.

source: www.nia.nih.gov/alzheimers/publication/disaster-preparedness

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Pasta Dinner Fundraiser

Supporting Senior Games

Thursday, August 4

5:00-7:00 PM

Broome West Senior Center, 2801 Wayne Street, Endwell

- Open to the public • All are welcome • Bring your family!
- Enjoy delicious Rossi's sauce over pasta, meatballs, tossed salad, Jim Roma's Italian bread, beverage & dessert.

\$7 for adults

\$4 for children 12 and under

FREE for children 3 and under

Purchase tickets at the Office for Aging in Binghamton or the Broome West Senior Center in Endwell.

For more information call 778-2411.

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

Chair Dance Party

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

Friday	12:30pm	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. For more information on classes call Diane at 757-0750 or Donna at 765-4180.

Open Swim & Water Aerobics Classes

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

Water Aerobics	Thursday	Call for hours	West Middle School
Open Swim	Mondays & Thursdays	Call for hours	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 10 & 11*

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

EVENTS at the CENTERS

Endwell Evening Meals & Entertainment

Tues., August 9 & 23, 5-7 pm
Broome West Senior Center
607-785-1777

Leave the cooking to us and enjoy entertainment by the Offbeats (3 piece guitars and lively tunes) on 8/9 and puppeteer, Jim Lamb with Trio on 8/23. Reserve by noon the day before.

Philly Cheesesteak Day (No reservations required!)

Thursday, August 11, 11 am-12:30 pm
North Shore Towers Sr Center
607-772-6214

Learn about preventive services by Action for Older Persons at 10:30 am. Check blood pressure & glucose levels. Enjoy a Philly cheesesteak hot off the grill!

Vestal Evening Meal w/David Hores

Wednesday, August 17, 5-7 pm
Vestal Senior Center
607-754-9596

Enjoy dinner & socializing with friends! Don't miss a performance by talented accordionist, David Hores.

Harpursville Evening Meals & Entertainment

Thurs., August 11 & 25, Doors Open at 4 pm (Dinner, 4:30 pm/ Music, 5:15 pm)
Eastern Broome Senior Center
607-693-2069

Join us for dinner and bingo on August 11 and entertainment by Harmony Lane (oldies) on August 25. Reserve by noon the day before.

Picnic on the Patio w/Orange Blossom Special

Thursday, August 25 (Bingo, 10 am/Music, 11 am)
Northern Broome Senior Center
607-692-3405

Enjoy live music and games! (Bingo, 10 am/Music, 11 am) Then we'll picnic on the patio!





Eastern Broome Senior Center
Call (607) 221-3376 for info.

August 18
Trip to Ehrhardts' Silver Birches Resort w/Rich Wilson (\$70/person)

August 23 & 24
Overnight Trip to Lancaster- Sight & Sound Show

Johnson City Senior Center
Call (607) 797-3145 or stop by for info.

October 10
Letchworth State Park Craft Show

November 17
NYC Radio City Music Hall

December 8
Pennsylvania Dinner Theater

Vestal Senior Center
September 10
Jim Thorpe, PA, Lehigh Gorge RR

Brooks' House of Bar-B-Q

is coming to the
Tractor Supply Company
154 Vestal Parkway West

Friday, September 23
from 3:00 – 7:00 pm
or Until Sold Out
<http://brooksbbq.com/>

Enjoy half chicken or St. Louis pork spareribs. Dinners include chicken or ribs, baked potato, coleslaw, dinner roll, beverage and dessert.

Chicken Dinner - \$9
Rib Dinner - \$11

All proceeds benefit the Broome County Senior Games. For more information about the games please visit www.gobroomecounty.com/senior/games



Volunteer Opportunity

The Long-Term Care Ombudsman Program (LTCOP) is designed to assist residents of long-term care facilities who have questions or concerns about their rights as residents, the facility's policies and procedures, home and community services, etc. New York State-certified volunteer ombudsmen visit an assigned facility a minimum of two hours per week to assist residents with getting answers to their questions and concerns. An ombudsman empowers residents by encouraging them to speak for themselves. If a resident is uncomfortable with speaking with the facility's staff, the ombudsman can advocate on their behalf and investigate their issues or concerns. Through educating, empowering, and advocating, volunteers ensure the residents receive quality care and quality living.

To continue to ensure that long-term care facility residents' voices are heard, volunteers are being sought in Broome, Chenango, Tioga, and Delaware counties to become a certified ombudsman. If you or someone you know is interested in a rewarding volunteer opportunity, please feel free to contact LTCOP Coordinators, Rebecca Bradley or Morgan White at Action for Older Persons by phone (607)-722-1251 or by e-mail mwhite@actionforolderpersons.org.

Oldest Olympian

As of 2016, Swedish shooter Oscar Swahn holds the records for the oldest Olympic gold medalist, the oldest Olympic medalist, and the oldest Olympic competitor.

Born in 1847, Oscar Swahn made his Olympic debut at the age of 60, when he competed in the 1908 Summer Games. There, Swahn won gold medals in both the individual and team categories in the "Men's Running Target, Single Shot" Event, as well as a bronze medal in the individual category of the "Men's Running Target, Double Shot" Event.

In 1912, Swahn was 64 years old when he won a gold medal for the team "Men's Running Target, Single Shot" Event, as well as the bronze medal for the individual "Men's Running Target, Double Shot" Event.

Swahn won his last Olympic medal in 1920, at the age of 72. Competing in the team "Men's Running Target, Double Shot" Event, Swahn secured a silver medal, making him a six-time Olympic medalist. Swahn also competed in the individual category for this event, placing seventh. Although he did not win a medal, it was at this event that Swahn set the record for the oldest athlete to have competed in the Olympics!

Source: <http://www.sports-reference.com/olympics/athletes/sw/oscar-swahn-1.html>

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www.metrointerfaith.com
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Conversations Group

Every Wednesday at 3 pm, a Conversations Group meets at Tabernacle United Methodist Church, 83 Main St., Binghamton. It's free to anyone in the community who's suffering from a life-threatening or life-limiting medical condition, such as cancer or mobility issues that may or may not be associated with age. There's an elevator accessible via the back parking lot entrance for those who prefer not to tackle the stairs.

The group's purpose is to provide a safe, friendly place to share information we've learned along the way and to listen to and support one another. Strangers fast become friends in the Conversations Group.

Call the church office at 607-723-8983 to learn more.

Left-Handers Day is August 13

The left side of the brain controls the right side of the body. The right side of the brain controls the left side of the body. Does this mean that only left-handed people are in their "right minds"?



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Meet & Greet Neighborhood Luncheon

With Harpist Ted Davenport

Wednesday, August 17th at
Noon

East Side Congregational
United Church of Christ
284 Robinson Street,
Binghamton

Suggested Contribution:
\$3.25 (60+)

Cost: \$4.25 (Under 60)

Space is limited.

Please call 722-1017 to RSVP
by 1:00 PM on August 16th.

Come and get acquainted!

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

Keep Your Skin Healthy

Some sun can be good for you but be careful to keep your skin healthy. Follow these tips:

Limit time in the sun. It is okay to go out during the day, but try to avoid being in the sun during peak times, between 10 AM and 4 PM, when the sun's rays are strongest. Don't be fooled by cloudy skies. The sun's rays can go through clouds. You can get sunburned if you are in water so be careful when you are in a pool, lake, or the ocean.

Use sunscreen. Look for sunscreen with an SPF (sun protection factor) number of 30 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every 2 hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.

Wear protective clothing. A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.

Avoid tanning. Don't use sunlamps or tanning beds. Tanning pills are not approved by the Food and Drug Administration (FDA) and might not be safe.

Your skin may change with age but there are things you can do to help. Check your skin often. If you find any changes that worry you, see your doctor.

source: www.nia.nih.gov/health/publication/skin-care-and-aging



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Tips for Your Doctor Visit

- * Write down a list of questions and concerns before your exam.
- * Consider bringing a close friend or family member with you.
- * Speak your mind. Tell your doctor how you feel, including things that may seem unimportant or embarrassing.
- * If you don't understand something, ask questions until you do.
- * Take notes about what the doctor says, or ask a friend or family member to take notes for you.
- * Ask about the best way to contact the doctor (by phone, email, etc.).
- * Remember that other members of your health care team, such as nurses and pharmacists, can be good sources of information.

source: newsinhealth.nih.gov

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Reduce Cancer Risk

Researchers have found that physical activity reduces risk of colon, breast and other cancers. Despite these health benefits, recent studies have shown that more than 50 percent of Americans do not engage in enough regular physical activity.

Regular physical activity can improve health by:

- Helping to control weight
- Maintaining healthy bones, muscles, and joints
- Reducing the risk of developing high blood pressure and diabetes
- Promoting psychological well-being
- Reducing the risk of death from heart disease
- Reducing the risk of premature death

Colon cancer: Many studies in the United States and around the world have consistently found that adults who increase their physical activity, either in intensity, duration, or frequency, can reduce their risk of developing colon cancer by 30 to 40 percent relative to those who are sedentary. Physical activity may protect against colon cancer and tumor development through its role in energy balance, hormone metabolism, insulin regulation, and by decreasing the time the colon is exposed to potential carcinogens. Studies have also shown that physical activity can reduce the likelihood of colon cancer recurrence and increase survival.

Breast cancer: Most studies indicate that physically active women have a lower risk of developing breast cancer than inactive women. Physical activity may prevent tumor development by lowering hormone levels, lowering levels of insulin and insulin-like growth factor I (IGF-I), improving the immune response, and avoiding a high body mass and excess body fat.

Research indicates that physical activity after a diagnosis of breast cancer may be beneficial in improving quality of life, reducing fatigue, and assisting with energy balance. Both reduced physical activity and the side effects of treatment have been linked to weight gain after a breast cancer diagnosis. One study found that women who exercised moderately (the equivalent of walking 3 to 5 hours per week) after a diagnosis of breast cancer had improved survival rates compared with more sedentary women.

One great way to get started with exercising is to visit our senior centers which have a wide variety of equipment and programs (listed on page 4 of this paper). If you have questions about these programs, call the Office for Aging at 607-778-2411.

adapted from: <http://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet>

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.

Medicare Benefit Period

Dear Marci,

I have Original Medicare and am going to get inpatient surgery at a hospital soon. I want to understand some of the costs I may have. Can you explain what a benefit period is?

- Ramona

Dear Ramona,

A benefit period is the way the Original Medicare program measures your use of inpatient hospital and skilled nursing facility (SNF) services. It begins the day that you enter a hospital or SNF and ends when you have not received inpatient hospital or Medicare-covered skilled care in a SNF for 60 days in a row. The benefit period is not tied to the calendar year.

If you go into the hospital or SNF after one benefit period has ended (more than 60 days after you left), a new benefit period begins. There is no limit to the number of benefit periods you can have, or how long a benefit period can be.

Benefit periods also affect how much you may pay for your inpatient hospital or SNF stay. You must meet your Part A deductible at the beginning of each benefit period as well as pay a daily coinsurance depending on how many days you stay at the hospital during one benefit period.

After you meet your Part A deductible at the beginning of the benefit period, the first 60 days of your inpatient hospital stay are covered with no daily coinsurance. Similarly, if you qualify for a Medicare-covered SNF stay, you will pay nothing for the first 20 days of your SNF stay within a benefit period.

In 2016, Original Medicare Part A costs for hospital and SNF stays are:

- Deductible: \$1,288 for each benefit period
- Hospital coinsurance: \$0 for the first 60 days of inpatient care each benefit period; \$322 per day for days 61-90
- Skilled nursing facility coinsurance: \$0 for the first 20 days of inpatient care each benefit period; \$161 per day for days 21-100

Let's say you enter the hospital as an inpatient on May 1 and go home on May 15 (14 days in the hospital). If you need to go back to the hospital on June 30 (46 days out of the hospital) for 3 days, you are still in the same benefit period because you have not spent more than 60 days out of the hospital or SNF. You will also not have to pay another hospital deductible. Since you will be on days 15-18 of your hospital benefit, you will not have to pay any coinsurance either.

If you have questions about where you are in your benefit period, look at your most recent Medicare Summary Notice (MSN), which is a summary of health care services you have received over the past three months. If you do not have your most recent MSN, you can call 1-800-MEDICARE to request a copy.

- Marci

source: Medicare Rights Center; www.medicarerights.org

Time Warp

Let's see what happened this month 50 years ago!

- **August 5, 1966** - The Beatles release their album *Revolver* in the United States
- **August 17, 1966** - Willie Mays takes 2nd place on the all-time home run list
- **August 23, 1966** - the Lunar Orbiter 1 takes the first photograph of Earth from the moon

The ABCDEs of Your Skin

Skin cancer is a very common type of cancer in the United States. The main cause of skin cancer is the sun. Sunlamps and tanning booths can also cause skin cancer. Anyone, of any skin color, can get skin cancer. People with fair skin that freckles easily are at greatest risk. Skin cancer may be cured if it is found before it spreads to other parts of the body.

There are three types of skin cancers. Two types, basal cell carcinoma and squamous cell carcinoma, grow slowly and rarely spread to other parts of the body. These types of cancer are found mostly on parts of the skin exposed to the sun, like the head, face, neck, hands, and arms. But they can happen anywhere on your body. The third and most dangerous type of skin cancer is melanoma. It is rarer than the other types, but it can spread to other organs and be deadly.

Check your skin once a month for things that may be cancer. Skin cancer is rarely painful. Look for changes such as a new growth, a sore that doesn't heal, or a bleeding mole.

Check Moles, Birthmarks, or Other Parts of the Skin for the "ABCDE's"

- A** = Asymmetry (one half of the growth looks different from the other half)
- B** = Borders that are irregular
- C** = Color changes or more than one color
- D** = Diameter greater than the size of a pencil eraser
- E** = Evolving; this means the growth changes in size, shape, symptoms (itching, tenderness), surface (especially bleeding), or shades of color

See your doctor right away if you have any of these signs to make sure it is not skin cancer.

source: www.nia.nih.gov/health/publication/skin-care-and-aging

Want To Advertise in the Senior News?

We Reach Over 7,000 Senior Households in Broome County!

Call 778-2411 for details

Make our readers your customers!

Gentle Chair Yoga

Instructor: Mary Coyle, certified yoga instructor who has worked with Jim Holly

Where: Vestal Senior Center, 201 Main Street in Vestal

When: Weekly on Tuesdays, starting August 2, from 10:15 – 11:15 AM

Learn and Practice: healthy breathing, gentle stretching poses, muscle strengthening, and relaxation. We practice sitting and standing alongside our chairs.

Preregistration is required - call Jenn at 754-9596 to register.

Try your first class for free! Otherwise, the cost is just \$5.00 per class.

The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.

Pierre de Coubertin,
founder of the modern Olympic Games

Sudoku Answers

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

Caregiver Corner

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

Events for Caregivers

Emergency and Disaster Planning

Date: Wednesday, August 10th
Time: 1:00-3:00 PM
Place: American Red Cross
620 E. Main St, Endicott
Presenter: The American Red Cross

This area has endured several challenges such as floods, snow, and ice. Knowing what to do in a crisis and being prepared gives peace of mind.

- * The time to get a plan in place is NOW!
- * Your loved one counts on you to have a good plan for their care.
- * Learn how to survive being stranded at home
- * Going to the shelter? Learn what to do and what to take.
- * Plan for after the emergency ends
- * Walk away with a personalized plan for when an emergency hits.

To register, call the Office for Aging at 778-2411

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Center
(close to Sears)
Oakdale Mall, Johnson City
Date: Monday, August 1
Time: 1:00-2:30 PM

Place: Broome West Senior Center
2801 Wayne St, Endwell
Phone: 785-3427
Date: Wednesday, August 17
Time: 9:30-11:00 AM

Place: Northern Broome Sr Center
12 Strongs Place, Whitney Pt
Date: Tuesday, August 2
Time: 9:30-11:00 AM

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

Keep an Eye on Your Vision Health

Going to the doctor is part of taking care of your health. But going to the eye doctor? Also important! Eye exams at every age and life stage can help keep your vision strong.

Regular eye exams are an important part of finding eye diseases early and preserving your vision. Eye diseases are common and can go unnoticed for a long time - some have no symptoms at first. A comprehensive dilated eye exam by an optometrist or ophthalmologist (eye doctor) is necessary to find eye diseases in the early stages when treatment to prevent vision loss is most effective.

Early treatment is critically important to prevent some common eye diseases from causing permanent vision loss or blindness:

- ◆ Cataracts (clouding of the lens), the leading cause of vision loss in the United States
- ◆ Diabetic retinopathy (causes damage to blood vessels in the back of the eye), the leading cause of blindness in American adults
- ◆ Glaucoma (a group of diseases that damages the optic nerve)
- ◆ Age-related macula degeneration (gradual breakdown of light-sensitive tissue in the eye)

Due to our aging population, the number of blind and visually-impaired people in the United States is estimated to double by 2030. Encouraging people to take care of their vision health as part of their overall health and wellness could significantly reduce that number and improve quality of life for millions of Americans.

5 Ways to Protect Your Vision

1. Get regular eye exams.
2. Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.
3. Know your family's eye health history.
4. Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
5. Quit smoking or don't start.

source: www.cdc.gov/features/healthyvision/index.html

Cheer Up the Lonely

Have you ever felt isolated or lonely? Do you know someone having these feelings? You are not alone. Even the happiest people experience loneliness sometimes. Here are some simple steps you can take to bring a little cheer to someone feeling lonely:

Pay a Visit— Do you know someone in the hospital, in a nursing home, or who cannot leave his or her home? Plan a visit. Consider calling ahead to be sure you will be dropping in at a good time. During your visit, talk about happy things, share a cup of tea, or do an activity the person enjoys. When you leave, remind your friend or relative how much you enjoyed spending time together.

Call— If your friend or relative lives too far away to visit, call! A familiar voice on the other end of the phone line can mean a lot to someone. Reminisce with an old friend, or talk to a family member about what you've each been up to recently. If your schedule allows, think of planning a time each week to talk. Someone who is lonely may feel better day-to-day if he or she can look forward to a weekly phone call. A call need not be lengthy—a short chat can work just as well.

Write a Letter— Sometimes all it takes to cheer someone up is a few kind words. Write a letter, or even a quick note, to let a friend or family member know you are thinking of him or her. Mention a happy memory you share with that person, a joke to make him or her smile, or some words of inspiration to lift his or her spirits. You might also want to enclose a few photos or other small items. Receiving a friendly note or card could be a very happy surprise!

Make a Small Gesture— Even the smallest gesture of kindness can be very effective in dispelling someone's loneliness. Maybe you have a home-bound neighbor who doesn't get many visitors. When you have a moment, knock on his or her door and say, "hello!" Share a few of the cookies you just baked, or cut some of the flowers growing in your garden, put them in a vase, and let your neighbor enjoy the visual reminder that someone cares.

Get Social— Fighting loneliness is easy when you're meeting new friends and having fun! One great way to do this is at your local Senior Center. There, you can join other seniors for delicious meals, participate in a variety of activities, and attend special events. To find out more, or to get the telephone number of a Senior Center near you, call the Office for Aging at (607) 778-2411.

*"Fairest of the months!
Ripe summer's queen
The hey-day of the year
With robes that gleam with
sunny sheen
Sweet August doth appear."*

- R. Combe Miller

Be a Friend

*I went out to find a friend
But could not find one there
I went out to be a friend
And friends were everywhere*

- author unknown

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
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...And More

Call 772-2850 For Details

Want to Enrich Your Life?

Volunteer at 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 55 and older and income eligible.

Call Broome County Office for Aging
Foster Grandparent Program
778-2089

The children will love you!

Hats: Stylish and Sun Protective

By Patricia Underwood

I am captivated by hats. After many years as a millinery designer I still find myself continually thinking about them and all they can do. What intrigues me is their perfect combination of art and function. A well-designed hat is not only attractive, stylish and wearable, but also inherently functional. Whether it is completing our look, keeping us warm, announcing our team affiliation, or offering privacy, a hat helps us feel and look alluring, smart, intriguing... better.

In protecting our skin from the harmful effects of the sun, a hat truly fulfills its role as an object of beauty and practicality:

- A wide-brimmed (3-inch or greater) hat covers places where it is difficult to apply sunscreen, i.e., the scalp as well as places where people often forget to apply sunscreen, such as the tops of the ears and the back of the neck.
- When you're wearing a hat, your face has more protection than with sunscreen alone.
- A hat will shade your eyes, protecting their delicate internal structures and keeping you from squinting in the sun.
- A hat in the summer can help keep you cool.
- A hat is an important weapon in the skin protection arsenal.
- Hats are attractive and fun.

How do you choose the right hat?

There is no hard and fast rule on what style to wear. I suggest that when trying on hats you always stand in front of a full-length mirror: See how the hat works in proportion to your body and your outfit. Ideally, the brim should come to about the ends of the shoulders. However, if you will be poolside, beachside or anywhere else in the sun for a lengthy period, you want an oversized brim to get as much skin coverage as possible - think, 'More skin, more brim'. Also, coordinating with or accenting your swimwear with the right hat is as important as the nail polish on your toes for a chic look at the beach or pool - think movie star glamour.

Make sure the hat is not tight on your head, as a hat will never stretch. And when putting it on, give it a little shift to one side. You will be surprised to see how a hat placed at a slight angle will enhance your facial features. Hats create amazing possibilities!

Copyright The Skin Cancer Foundation - All Rights Reserved. Adapted from: www.skincancer.org/prevention/sun-protection/clothing/hats-the-stylish-route-to-sun-protection.



The SEPP Group

Housing Management Development

www.seppinc.com

53 Front Street
Binghamton, NY 13905
Call: 607-723-8989
TDD: 607-723-0438
Email: Housing@seppinc.com

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Windsor Woods



PAID ADVERTISEMENT

Jeanne Louise Calment - Supercentenarian

Jeanne Louise Calment (1875-1997) has the longest confirmed human lifespan on record, living to the age of 122 years, 164 days.

Calment was born February 2, 1875 in Arles, France, where she lived her entire life. She lived through the invention of the telephone, the outbreak of two world wars, and the construction of the Eiffel Tower. She remembered meeting artist Vincent VanGogh, to whom she sold a set of colored pencils in her father's fabric store at age 13.

In 1896, she married a distant cousin, Fernand Nicolas Calment, who was an affluent store owner in Arles. While her husband managed the business, Calment occupied her time playing tennis, roller skating, bicycling, and swimming. She also had a passion for the arts, practicing piano and enjoying the opera. When World War I broke out, her husband was 46—too old for military service. His business survived the Great Depression, but he left his wife a widow when he died of food poisoning in 1942.

In 1960, at age 85, Calment took up fencing, and she continued to ride her bicycle regularly until her 100th birthday in 1975, when she walked through the streets of Arles, thanking people who wished her a happy birthday.

At 110, Calment moved from her home in Arles to a nursing home. In the following years, her memory began to degrade, but she never lost her sharp sense of wit, telling an interviewer, "When you're 117, you see if you remember everything!"

Calment attributed her longevity to a diet rich in olive oil (which she not only ate but also routinely applied to her skin), port wine, and chocolate, as well as her calm demeanor and relaxed approach to life. She was known to tell others, "If you can't do anything about it, don't worry about it."

On August 4, 1997, Jeanne Louise Calment died at the age of 122 years and 164 days, making her a supercentenarian. A supercentenarian is someone who has lived long enough to reach his or her 110th birthday. This age is only achieved by about one in 1,000 centenarians (people who live to the age of 100).

Calment is well-known in France for her *bons mots*, French for *good words*, or words of wisdom. Here are a few of her most famous quotes:

"I never wear mascara; I laugh until I cry too often."

"Always keep your smile. That's how I explain my long life."

"I've only got one wrinkle...and I'm sitting on it!"

Adapted from: <http://www.nytimes.com/1997/08/05/world/jeanne-calment-world-s-elder-dies-at-122.html> by Craig R. Whitney

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;
CHOW Produce Sale 10:30 am - Noon

T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;
Acrylic Painting 1 pm

W: Bingo 9 am, Knitting w/Mary 9:30 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
(Call Center for schedule)

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

Special Activities

- 8/3 Grandparents' Day Celebration, 11 am
- 8/4 Senior Games Pasta Dinner, 4 pm
- 8/8 Special Breakfast: *apple pancakes*, 10:30 am-12:30 pm
- 8/9 Downsize & Declutter Discussion, 3-4:30 pm
Evening Meal w/The Offbeats (Guitars & Lively Music), 5-7 pm
- 8/10,11,12 Potato Bar, 11:15 am-12:30 pm
- 8/16 Site Council Meeting, 10:15 am
- 8/17 Country Fair Day w/Orange Blossom Special, 11 am
- 8/18 Philly Cheese Steak Day w/Mr. Sax & Friend, 11:15 am-12:15 pm
- 8/22 Special Breakfast: *French toast casserole*, 10:30 am-12:30 pm
- 8/23 Evening Meal w/Jim Lamb Puppeteer/Trio, 5-7 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: 8/2 Nickel; 8/9 Bag; 8/16 Quarter; 8/23 Nutrition
- 8/1 (*Mon.*) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm
- 8/4 Grandparents' Day Luncheon, 12:30 pm (*Grandkids welcome!*)
- 8/11 Evening Meal w/Wayne Beddoe, 4:30 pm
- 8/16 Blood Pressure Screening w/Sandy, 11:30 am
Southern Tier Food Bank (at the fire station), 11:30 am
- 8/18 Tai Chi for Arthritis, 11 am
Country Fair Day, 12:30 pm
- 8/25 BBQ lunch/boat ride at Scott's at Oquaga Lake; reservations one week in advance
- 8/30 Bow Tie Day, 10 am

Country Fair Day
Wednesday, August 17th around noon
At participating Broome County Senior Centers

Come enjoy a variety of "country fair" themed activities and a fun summer lunch starting around noon on August 17th.

Lunch is just \$3.25 for people age 60 and over; \$4.25 for people under age 60. Please call the senior center of your choice to make your meal reservations - phone numbers and menu are listed on the back pages of this issue. Also, be sure to ask the senior center representatives what other special activities they have planned.

Grandparents Celebration at Our Centers

Wednesday, August 3 around 11 AM

At participating Broome County Senior Centers

Grandparents make a difference in our community and in the lives of their grandchildren. Honor yourself or honor another grandparent. Bring your grandchildren to the senior center to show them off and have a delicious lunch that all ages will enjoy.

The senior centers will have a variety of activities to help celebrate the day. Call the center of your choice to make a lunch reservation.

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*)

Fridays: Gentle Tai Chi, 9 am

8/3 Grandparents' Day Luncheon w/Senior Moments," 12:30 pm

8/4 Blood Pressure Screenings & Information about Services (OFA),
10 am

8/4,18 Bingo, 11:45 am

8/10 Baked Potato Bar, 11:30 am

8/11 Evening Dining - doors open at 4 pm w/Bingo for Prizes, 5:15 pm

8/12 Baked Potato Bar OR Pub Burger Bar, 11:30 am

8/17 Country Fair Day, 10 am

Silent Bid Auction, 11:15 am

Jack Shay (local author): "Memories", 12:30 pm

8/25 Evening Dining - doors open, 4 pm w/Harmony Lane, 5:15 pm

8/29 Horse Racing w/Bonnie Hill, 10 am

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; CHOW Produce Sale 11:00 am -
Noon; Pinochle 12:30 pm; Texas Holdem 12:30; 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:

8/3 Grandparents' Day Luncheon, 11:45 am (*Grandkids welcome!*)
Zoomobile, 12:45 pm, Ice Cream Sundaes following (*Grandkids welcome!*)

8/12 Summer Fun Day w/Wayne Beddoe (*a la carte grill menu*), 10 am

8/17 Country Fair Day w/entertainment, 10 am

8/18 Philly Cheese Steak Day, 11:45 am

8/24 Performance by Orange Blossom Special, 12:15 pm

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; CHOW Produce Sale 11:30 am - 1:00 pm; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Mahjong 1 pm
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:

8/2 SNAP Nutrition Education, 10:30 am
 8/10 Preventive Service for Medicare (AOP), 9:30 am
 8/10, 11 Baked Potato Bar
 8/12 Outdoor Chicken Barbecue w/Ice Cream Social, 12 pm
 8/17 Country Fair Day, 10 am-2 pm
 8/22 BU Tech Workshop, 1-3pm
 8/23 Evening Concert, 6 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: Thurs 10-12:30 pm

Weekly Activities: Exercise classes listed on page 4
M: Horse Racing (1st/3rd) 10 am; Quilt/Sewing Class 10 am-3 pm; Bingo 10:30 am; Pinochle 12:30 pm
T: Computer Class 8:30; Osteo Exercise 10 am; **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:

Tuesdays & Thursdays: Tai Chi, 1-1:45 pm
 8/1,15 Horse Racing, 10 am
 8/3 Grandparents' Day Luncheon w/Animal Adventure, 11 am (Grandkids welcome!)
 8/8,9,10 Baked Potato Bar, 11 am-12:30 pm
 8/9 Evening Dining w/Rich Wilson, 4:30 pm
 8/16 Joyful Ringers Bell Choir, 11 am
 8/17 Country Fair Day w/Gary Teed & Co., 11 am Zentangle Club, 1-3 pm
 8/18 Philly Cheesesteak Day, 11 am-12:30 pm
 8/19 Movie of the Month: "A Shine of Rainbows," 12:15 pm
 8/23 Evening Dining w/Bingo, 4:30 pm
 8/25 Bingo, 10 am Picnic on the Patio w/Orange Blossom Special, 11 am

Office for Aging Public Health Nurse to Visit Senior Centers

Have your blood pressure checked and learn more about the Office for Aging at one of our centers listed below!

- Eastern Broome Senior Center
Thursday, August 4, 10 am-11 am
- First Ward Senior Center
Tuesday, August 9, 11 am- 12 pm
- Northern Broome Senior Center
Wednesday, August 10, 11 am- 1 pm
- Vestal Senior Center
Wednesday, August 31, 10 am- 11:30 am



NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901
Center Hours: Mon - Fri 10:00am - 2:00pm
Lunch served at Noon

Weekly Activities:

Daily: Coffee 8-11 am, Games and Cards
M: Bingo 10-11 am
Tu: Fitness 10-1:30 am; Wii Bowling 10:30-11:30 am; CHOW Produce Sale 12:30-1:30 pm
Th: Fitness 10-11:30 am
Fr: Wii Bowling 10:00 - 11:30 am

Special Activities:

8/3 Grandparents' Day Luncheon, 12 pm
 Craft Corner, 10:30 am
 8/4 Breakfast for Lunch: omelet bar w/English muffin, 11 am-12:30 pm (no reservations needed!)
 8/5,19 Wii Sports Competition, 10:30-11:30 am
 8/10 National S'mores Day (complimentary S'more) 10:30 am-gone
 8/11 Philly Cheesesteak Day, 11 am-12:30 pm (no reservations needed!)
 Preventive Services (AOP), 10:30 AM
 8/17 Country Fair Day w/Marc & Ronnie, 12 pm
 8/24 Greed (dice game), 10 am
 8/31 Craft Corner, 10 am-11:30 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
T: Pinochle 9:30 am
W: Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Chair Exercises 10:30; Oil Painting 1-3 pm
Th: Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm; Bridge Group 1-3 pm
F: Walking Group 8 am; Mahjong 9:30 am

Special Activities:

Tuesdays: Yoga w/Mary Coyle, 10:15-11:15 am (\$5/class)
 8/1,15 Beulah Rebekah Lodge #115 Meeting, 12-1:30 pm
 8/2 Trip Sign-Up for Fall Foliage Train Ride, Jim Thorpe, PA, 9:30 am
 8/3 Blood Pressure w/Kay Devine, 10:30 am
 8/4,18 Bingo w/Brad, 10:15 am
 8/10,12 Baked Potato Bar, 11:45 am
 8/17 Country Fair Day, 11:45 am
 Evening Meal w/Accordionist, David Hores, 5-7 pm
 8/19 Pizza Day OR Chef Salad (please reserve), 11:45 am
 8/23 Vestal Senior Club Meeting, 12:45 pm
 8/29 Breakfast for Lunch: scrambled eggs/French toast, 11:30 am-12:30 pm
 8/31 Blood Pressures & Information about Services (OFA), 10 am

What's BMI?

The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator such as the one available at: <http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>. A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese. If you are obese, talk to your doctor or nurse about getting help with changing your behaviors to lose weight.

MEET, GREET & EAT
August Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW, FW Senior Ctrs)	TUESDAY (Breakfast for Lunch @ JC Senior Ctr)	WEDNESDAY	THURSDAY (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)	FRIDAY
Pierogies w/Onions 1 Cut Green Beans Diced Beets Butterscotch Bar	Sweet & Sour Pork 2 OR Broiled Fish w/Lemon Brown Rice Broccoli Tropical Fruit	Grandparent's Day! Chili Dog 3 Macaroni & Cheese Apple Juice Chocolate Chip Cookie	Roast Turkey w/Gravy 4 Apple Bread Dressing Monte Carlo Blend Veg. Apricot Halves	Potato Crusted Pollack 5 OR Chinese Pepper Steak Mashed Potatoes Country Blend Vegetables Pumpkin Cookie
Meatball Parmesan Sub 8 Minestrone Soup Fruit Cocktail Brownie	Halupki 9 OR Chicken w/Cranberry Mashed Potatoes Peas & Carrots Low Fat Muffin	Ham w/Raisin Sauce 10 Scalloped Potatoes Broccoli Peaches	Stuffed Pepper Casserole 11 Wax Beans Tossed Salad Tapioca Pudding w/Mandarin Oranges	Breaded Fish 12 OR Chicken w/Pineapple Brown Rice Pilaf Mashed Hubbard Squash Oatmeal Cookie
Chicken Cacciatore 15 Over Noodles Italian Mix Vegetables Ice Cream Cup	Roast Beef w/Gravy 16 Mashed Potatoes Brussels Sprouts Pears	Country Fair Day! Spiedie Marinated 17 Chicken Baked Potato Country Blend Vegetables Peach Cobbler	Beer Battered Fish 18 OR Broccoli Omelet Hash Brown Potatoes Cut Green Beans Fruited Gelatin	Fish Florentine 19 OR Grandma's Meatloaf Mashed Potatoes Peas & Carrots Bread Pudding w/Raisins
Macaroni & Cheese 22 Stewed Tomatoes Cauliflower w/Parsley Banana	Pub Burger 23 OR Chicken Salad Sand. Pasta Salad Pineapples & Mandarin Oranges	Roast Pork w/Gravy 24 Mashed Potatoes Red Cabbage Supreme Lemon Bar	Beef Stroganoff 25 Over Noodles Baby Carrots Grape Juice Apple Crisp	Salisbury Steak w/Gvy 26 OR Lemon Pepper Pollack Brown Rice Pilaf Sonoma Blend Vegetables Peaches
Herbed Chicken 29 Baked Beans Red Potato Salad Sugar Cookie	Roast Turkey w/Gravy 30 Bread Dressing Monte Carlo Blend Veg. Cinnamon Applesauce	Liver w/Onions 31 OR Chicken Marengo Mashed Potatoes Peas Rice Pudding w/Raisins	Grandma's Meatloaf 9/1 Chantilly Potatoes Broccoli Vanilla Cake w/Strawberry Frosting	Beer Battered Fish 2 OR BBQ Chicken Breast Baked Potato Coleslaw Fruited Gelatin

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 7

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

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