



Visit Our Website at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)

## Be Heart Healthy at Senior Centers

February is National Healthy Heart Month and we are reminded to live heart healthy by putting the time and effort into making our health a priority. According to the Centers for Disease Control, heart disease is the leading cause of death in the United States. Through dietary changes, exercise, and taking time out for your health you can reduce the chances of developing heart disease. The Office for Aging plans various programs and services at each of our 8 senior centers to promote heart health. Some of these services are listed below.

**Enjoy Heart Healthy Lunches:** Join your friends and neighbors for healthy and affordable meals at your local senior centers. Meals are planned to be higher in fiber, but lower in fat and sodium... important features to heart healthy menus.

**Join Dynamic Exercise Classes:** Get your heart pumping and stretch your muscles by taking Zumba, Yoga, Tai Chi, Chair Exercises, or one of the other many exercise programs regularly scheduled. Rave reviews are given by class participants as they report more energy and flexibility as a result of these classes.

**Stay Informed and Connected:** An array of wellness classes and programs including blood pressure screenings are regularly scheduled at the senior centers. Most important is the significance of staying connected with others. Research shows that the more socially connected you are, the better your health, including your heart health. At the senior centers, there are vast opportunities to connect with others. Those who frequently visit the centers almost unanimously report that the comradery shared plays a pivotal role in promoting better physical and emotional well-being.

For more information about better heart health and the senior centers call the Office for Aging at 778-2411. [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)

## Heart Attack? Call 9-1-1

Act in time - learn the warning signs of a heart attack. If you or someone you know might be having a heart attack, call 9-1-1 right away! You need to take an ambulance to the hospital as soon as possible. Do not try to drive yourself, and do not have someone else drive you unless there is no ambulance service where you live. The sooner you get to a hospital, the more can be done to stop any damage.

Warning signs can include crushing chest pain and/or discomfort or pain elsewhere in the upper body, neck or arms, nausea, a cold sweat, fainting or lightheadedness, or shortness of breath.

source: [www.nia.nih.gov/health/publication/heart-health](http://www.nia.nih.gov/health/publication/heart-health)

## DMV Services Now Open in Eastern Broome and Windsor



Broome County Executive Debbie Preston (center) announces the expansion of the Broome County Mobile DMV. She is joined by (from left to right) Donna Bates (Office for Aging), Broome County Legislator Stephen Flagg, Broome County Clerk Rick Blythe, and Darlene Croston (office of the County Clerk).

The Department of Motor Vehicles (DMV) has opened new mobile offices at the Eastern Broome Senior Center in Harpursville and in the Windsor Town Hall. Services include driver's licenses, non-driver identifications and vehicle registrations. For other services, citizens may visit the Binghamton or Endicott DMV offices.

For Eastern Broome, the office is open on Mondays, 10 am to 3 pm, and closed 12-12:30 pm for lunch. The Windsor office is open on Thursdays, same hours.

"We understand it can be difficult for some senior citizens to come to the current DMV offices in Binghamton and Endicott," says Broome County Executive Debbie Preston. "And we know some may not have computers to do their transactions online so we want to be able to bring these very important services to them."

"This is a great addition to our senior center in Harpursville," says Broome County Office for Aging Director Jamie Kelly. "We hope that seniors will not only come to the center to use this service, but it will draw attention to the many services our senior centers provide for the community."

For more information on the Broome County DMV, please visit their website at [www.gobroomecounty.co.broome.nyenet/dmv](http://www.gobroomecounty.co.broome.nyenet/dmv)

## Presidents born in February

Four chief executives - George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan - were born in February, but their birthdays all come either too early or late to coincide with Presidents' Day, which is always celebrated on the third Monday of the month.



# LOVE YOUR HEART

AMERICAN HEART MONTH



## From the Editor

I joined the Office for Aging in December as the new 'Senior News' editor and this is my first edition – I hope you like it! I will use this space to give you a personal perspective on aging issues and OFA's many services.



This month's 'Love Your Heart' theme is timely because I recently met many people who 'have their heart in the right place' - the volunteers and recipients for the Meals on Wheels (MOW) program. After finding my way to the meals distribution point on Walnut Street, I was introduced to volunteers who greeted me warmly and told me how MOW works. I was very impressed by the teamwork as they immediately went to work unloading the delivery truck as soon as it arrived, helped each other load containers into the volunteers' cars, plugged the containers into car outlets to make sure the meals stayed hot, and headed out to their assigned routes to deliver meals.

I was assigned to assist Nancy, an 11-year veteran of MOW volunteering. She was amazing and it was fun getting to know her as she expertly navigated our route on the west side of Binghamton. She knew every one of the meal recipients and the special instructions that applied to some, such as diet restrictions and exactly what door to go in.

I was also fortunate to meet some other amazing people - the meal recipients themselves. They were all very kind, friendly and appreciative of the hot meal. Many smiled and commented on the hat I was wearing - a stocking cap with a candy cane design. It would have been fun to spend more time talking with each person but the meal delivery had to go on!

If you are interested in learning more about Meals on Wheels, please contact the Office for Aging at 607-778-2411.

## The Way to a Person's Heart

They say the way to a man's heart is through his stomach. This applies to women too! The reverse is also true – a healthy stomach is the way to a healthy heart. Feeding your stomach with healthy foods such as a variety of fruits and vegetables will make your heart happy. Although no single food is a cure-all, certain foods have been proven to improve your heart health. According to EatingWell magazine, these 15 foods are tops for a healthy heart: yogurt, raisins, whole grains, beans, fish, nuts, chocolate, tomatoes, apples, berries, pomegranates, bananas, popcorn, green tea and wine or alcohol (in moderation).

Making changes to your diet is always a challenge but here are some tips that will help.

- Use a small amount of olive oil or cooking spray for sautéing instead of butter
- Use whole grain breads instead of refined grains (e.g. white bread)
- Use fresh or dried herbs instead of salt
- Use low fat dairy products such as evaporated fat-free milk instead of cream
- Use fish or ground turkey breast instead of fatty meats
- Use lean turkey bacon instead of regular bacon
- When grocery shopping, avoid enticing displays that often contain unhealthy foods
- Never go shopping when you are hungry
- All food should be eaten in moderation

For more tips including great ideas on recipes, diets and grocery shopping, check out the American Heart Association's web site: [www.heart.org](http://www.heart.org)

## e-file Your Taxes for Free

Tax season is here once again and New York State's Department of Taxation and Finance and Assemblywoman Donna Lupardo are urging residents to e-file this year. 92% of all New York filers already file electronically; it's safe, accurate, and easy. In fact, the error rate for e-filed returns is 20 times lower than for paper returns. And, if your combined income for 2015 didn't exceed \$62,000, you can e-file for free.

Another plus for e-filers: if you qualify for a tax refund, you'll get it far faster than if you filed a paper return. Thanks to a partnership with the New York State Department of Taxation and Finance, volunteers will be on hand at sites in Binghamton and Johnson City to guide you through the process of filing your own return.

Below is a list of dates and times you can get free assistance with your e-filing. You can also learn more about e-file by visiting the Tax Department's Web site at [www.tax.ny.gov](http://www.tax.ny.gov).

### e-file in Binghamton

#### location to be announced:

January 28th - 9:00 AM - 4:00 PM  
 February 4th - 9:00 AM - 4:00 PM  
 February 11th - 9:00 AM - 4:00 PM  
 February 18th - 9:00 AM - 4:00 PM  
 February 25th - 9:00 AM - 4:00 PM  
 March 3rd - 9:00 AM - 4:00 PM  
 March 10th - 9:00 AM - 4:00 PM  
 March 17th - 9:00 AM - 4:00 PM  
 March 24th - 9:00 AM - 4:00 PM  
 March 31st - 9:00 AM - 4:00 PM  
 April 7th - 9:00 AM - 4:00 PM  
 April 14th - 9:00 AM - 4:00 PM

### e-file at Your Home Public Library

#### 107 Main St., Johnson City:

January 25th - 3:00 PM - 7:00 PM  
 February 1st - 3:00 PM - 7:00 PM  
 February 8th - 3:00 PM - 7:00 PM  
 February 22nd - 3:00 PM - 7:00 PM  
 February 29th - 3:00 PM - 7:00 PM  
 March 7th - 3:00 PM - 7:00 PM  
 March 14th - 3:00 PM - 7:00 PM  
 March 21st - 3:00 PM - 7:00 PM  
 March 28th - 3:00 PM - 7:00 PM  
 April 4th - 3:00 PM - 7:00 PM  
 April 11th - 3:00 PM - 7:00 PM



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## New Ways to Get Fit at the Johnson City Senior Center!

### Evening Yoga - Wednesdays at 5:30 pm

Open for all ages and levels! Instruction method uses breath awareness and asana modifications to cater to all levels of practice. Learn the benefits of meditation, physical fitness, breathing, relaxation and the positive results they have for the mind, body and spirit.

### Dancercise - Wednesdays at 9:30 am

This low impact, 45-minute, class is designed for older adults using simple dance movements set to uplifting music. Its main purpose is to foster movement of joints, muscles and bones.

### Lo-Impact Aerobics with Joyce - Thursdays at 10:30am

Improve your health and tone your body in this low impact class which uses simple body movements and modified stretches.

### Chair Dance Party Class - Fridays at 12:00pm

Get your heart pumping with low intensity cardio movements. Meet new friends and most importantly, have fun!

## Take a Walk Indoors!

The Broome County Office for Aging and local school districts have teamed up to offer people age 60 and older indoor walking during the winter months.

Sites are open through April 29, 2016. Seniors can walk through the hallways at the designated sites only during the scheduled times, Monday – Friday. When the schools are closed for holidays and snow days, etc. the walking program will also be closed.

### Walking Sites

#### ■ Binghamton:

East Middle School,  
Roosevelt Elementary,  
West Middle School,  
Chenango Forks High School,  
Chenango Valley High School,  
Deposit Elementary

#### ■ Endicott:

Jennie F. Snapp Junior High\*,  
\* For security reasons, you must enter Jenny F. Snapp at the Loder Avenue entrance between 3:00 – 3:30 pm, but you can walk until 5:00 pm.

TJ Watson Elementary

#### ■ Endwell:

Highland Park Gymnasium

#### ■ Susquehanna Valley:

Brookside Elementary,  
Susquehanna Valley High

#### ■ Vestal:

Old Junior High,  
Vestal High School

#### ■ Whitney Point:

Caryl Adams Elementary

#### ■ Windsor:

Floyd Bell Elementary,  
A.F. Palmer Middle School

A registration form is required to walk. You can get your walking registration forms, walking schedule and incentive sheets by calling the Office for Aging at 778-2411, or on line at [www.gobroomecounty.com/senior/healthed](http://www.gobroomecounty.com/senior/healthed).

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## Get Heart Healthy With 7 Simple Changes

Getting diagnosed with health problems such as high blood pressure or high cholesterol is a wake-up call that it's time to make major lifestyle changes. The good news is that a few simple changes can help you avoid such a diagnosis in the first place.

By focusing on seven health factors and behaviors - what the American Heart Association calls "Life's Simple 7" - you can keep your heart healthy, lower your risks of heart disease and stroke, and improve your quality of life.

"Life's Simple 7" focuses on the seven factors and behaviors that have the biggest impact on your health, both on their own and taken together. They are:

1. Get active
2. Control cholesterol
3. Eat better
4. Manage blood pressure
5. Lose weight/maintain healthy weight
6. Reduce blood sugar
7. Stop smoking

Making positive changes in any one of these areas can make a difference in your health, said Dr. Lloyd-Jones, a volunteer with the American Heart Association. Emerging research shows the results are much more dramatic when the seven factors work together. "Small changes matter," he said. "If you can lose weight, or maintain a healthy weight, you can reduce your risk of diabetes, high cholesterol and high blood pressure." It's never too late to make changes and love your heart!

source: American Heart Association

## Heart Disease is Leading Cause of Death

One of every three deaths in the U.S. in 2013 were from heart disease, stroke and other cardiovascular diseases, while heart disease and stroke were the No. 1 and No. 2 killers worldwide, according to American Heart Association's 2016 Heart Disease and Stroke Statistics Update.

The U.S. data for 2013 showed:

- Cardiovascular diseases claimed 801,000 lives
- Heart disease killed more than 370,000 people
- Stroke killed nearly 129,000 people
- About 116,000 of the 750,000 people in the U.S. who had a heart attack died
- About 795,000 people had a stroke, the leading preventable cause of disability
- Among African-Americans adults, 48 percent of women and 46 percent of men have some form of cardiovascular disease
- African-Americans have nearly twice the risk for a first-ever stroke than whites.

Cardiovascular disease is not only the top killer in the United States, but worldwide, said David S. Siscovick, M.D. M.P.H., chair of AHA's Council on Epidemiology and Prevention. Hypertension, obesity and diabetes are global epidemics, he said.

Siscovick said the stats show a clear potential to better prevent and manage cardiovascular diseases. The challenge is making prevention part of our culture, he said.

"We need to maintain our vigor and resolve in promoting good cardiovascular health through lifestyle and recognition and treatment of risk factors such as high blood pressure, diabetes, high cholesterol and smoking," Creager said. "We've made progress in the fight against cardiovascular disease, but the battle is not won."

source: <http://newsroom.heart.org/news/new-statistics-show-one-of-every-three-u-s-deaths-caused-by-cardiovascular-disease>

## Do You Have EPIC?

The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State program administered by the Department of Health. It provides seniors with co-payment assistance for Medicare Part D covered prescription drugs after any Part D deductible is met. EPIC also covers many Medicare Part D excluded drugs.

For more information, call the Office for Aging, 607-778-2411, or Action for Older Persons, 607-722-1251, or online at [www.health.ny.gov/health\\_care/epic](http://www.health.ny.gov/health_care/epic).



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## HEALTH & WELLNESS

### Zumba

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

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)
Tues & Fri	9:45 am	St. Patrick's All Purpose Room (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
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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.

- 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.

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

## EVENTS at the CENTERS

### Special February Breakfasts

Mon., Feb. 8 & 22

10:30 am- 12:30 pm

**Broome West Senior Center**  
**785-3427**

Is breakfast your favorite meal? Then enjoy Belgian waffles w/ strawberries on the 8<sup>th</sup> or egg and cheese English muffins on the 22<sup>nd</sup>. No reservations needed.

### Mardi Gras Masquerade

Tues., Feb. 9, 11:15 am

**Vestal Senior Center**  
**754-9596**

Wear your favorite Mardi Gras mask and join us for a celebration!

### Valentine's Day King & Queen Contest/Luncheon

Fri., Feb. 12, 11 am

**Northern Broome Senior Center**  
**692-3405**

Sugar is sweet and so are you! Vote for the individual who displays exceptional love and friendship toward everyone.

Musical performance by Greg Neff.

### Winter Warm Up Party

Tues., Feb. 23, 10:30 am

**North Shore Towers Senior Ctr**  
**772-6214**

Warm up with complimentary hot chocolate, tea or coffee and warm muffins. Break the ice with a snowball throwing contest and more!

### Evening Dining

w/Bingo for Prizes

Thurs., Feb. 25, 3:30 pm

(Bingo at 4:45 pm)

**Eastern Broome Senior Center**  
**693-2069**

Contribute a small item prize and join in the fun. Enjoy snacks before dinner of roast beef and key lime pie cut. Reserve your meal before noon, Wed., Feb. 24.

### Pie Baking Contest

Fri., Feb. 26, 12:30 pm

**Northern Broome Senior Center**  
**692-3405**

Think you've got a winning recipe? Put your pie baking skills to the test at our "Pie Baking Contest!"

### 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**

**February 11**

Hunterton Hills Playhouse, NJ  
"Spreading it Around"

**April 14**

Sight and Sound Theatre  
"Samson"

**Sudoku Answers**

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

**Senior Center Holiday Closing**

All Broome County Senior Centers will be closed on Monday, February 15 in observance of Presidents' Day.



**Love Letter Purge**

Maybe your adult children have their own kids, yet you've hung on to their artwork and cards dated 1962, or earlier! In the spirit of this month's 'Love Your Heart' theme, why not spend 10-15 minutes every day to review saved cards, drawings, letters and photos. Consider discarding most of your collection or give papers back to the originator. Then use your journal to document your feelings about the experience.

We hope to see you at our next monthly workshop, Tuesday, February 9th, 3 pm, where we give support to those who want to downsize and declutter. We meet at Broome West Senior Center, 2801 Wayne St., Endwell. Call Joan at 607-778-6206 for details.

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**Presidents and Heart Attacks**

If you love history, you might be interested in learning about some of our presidents who had heart attacks in office.

President **Warren G. Harding** suffered a heart attack, and died on August 2, 1923. His wife, Florence, refused to allow an autopsy and she directed staff to burn much of his personal and office papers, which precipitated rumors of foul play. However, no evidence has ever emerged that his death was anything but natural and most experts believe the cause of death was congestive heart failure.

At the end of 1943 when the Allied landings in Normandy were being planned, President **Franklin D. Roosevelt** was suffering acutely from hypertensive congestive heart disease. He died of a stroke on April 12, 1944, just three months into his fourth term as president.

After **Dwight Eisenhower** suffered a heart attack in 1955, he and Vice President Nixon came to an informal agreement that the vice president would take over the responsibilities of the presidency in a comparable emergency in the future. Eisenhower later underwent surgery for Crohn's disease in June 1956, and suffered a mild stroke in November 1957. He died on March 28, 1969 of congestive heart failure.

*sources: presidentprofiles.com, pbs.org, history.com*

**City of Binghamton Assessor's Office Offers Assistance to City of Binghamton Residents to File Initial Exemption Applications and Renewals**

City seniors can sign-up for assistance to complete either their initial or annual renewal applications between January and March 1 for the following:

1. **Low Income over Sixty-five Partial Property w/Enhanced STAR Exemption**—residents must bring all of their 1099 Income Statements for 2015 and their (GREEN) renewal application.
2. **Enhanced STAR Exemption** for school tax relief—residents must bring 2014 Federal or State Income Tax form, OR, if they did not file income tax, their 1099 Income Statements from 2014 with their (BLUE) renewal application form.
3. NOTE: For first time filers who are now 65, need to bring proof of age and your 2014 Income.

**WHERE:** First Ward Senior Center

226 Clinton Street, Binghamton, NY

**WHEN:** Tuesday, February 2, 2016 at 12:15 pm

Wednesday, February 24, 2016 at 12:15 pm

You **MUST** call the Assessor's office at 772-7002 or the First Ward Senior Center at 797-2307 and sign up in advance for an application date.

**DEADLINE FOR FILING ALL EXEMPTIONS IS TUESDAY, MARCH 1**

## Healthy Heart Quiz

Do you know the facts about heart attacks? Test yourself!

- You're just not feeling "yourself" today. Which one of the following "sensations" should send you rushing directly to the emergency room?
  - A sudden, strange desire to fill out insurance forms
  - An uncomfortable, squeezing pain in the middle of your chest
  - A long-tone ringing in either of your ears
  - A tingling sensation on the bottoms of your feet
- Just because you feel a heart attack warning sign doesn't mean you are actually having a heart attack. People feel these quirky sensations all the time. Save yourself some trouble. Wait until you have a few of the signs in more rapid succession.
  - Good advice
  - Bad advice
- There's a reason it's called a "heart" attack. The warning signs all center on your "heart." The idea that symptoms may occur in other parts of the upper body, such as the arms, back, neck, jaw, or stomach, is pure myth.
  - True
  - False
- Shortness of breath is a warning sign for a heart attack when:
  - You experience a particularly beautiful wonder of nature, such as the Grand Canyon.
  - You see the love of your life.
  - You are also feeling some discomfort or pain in your chest.
  - You aren't feeling anything strange in your chest, except shortness of breath.
  - C and D
- Which of these is NOT considered a heart attack warning sign?
  - Cold sweats
  - Nausea
  - Food cravings
  - Lightheadedness
- If you are experiencing any of the common signs of a heart attack (chest pains, shortness of breath, discomfort in areas of the upper body, etc.), what is the fastest way to begin lifesaving treatment?
  - Call 9-1-1 or your emergency response number immediately.
  - Get someone to drive you to the emergency room. Now.
  - Drive yourself to the emergency room. Now.
  - Turn your "Bat Finder" to the northern sky and put out a call for Batman!

source: [http://www.heart.org/HEARTORG/Conditions/HeartAttack/PreventionTreatmentofHeartAttack/Healthy-Heart-Quizzes\\_UCM\\_304635\\_Article.jsp#](http://www.heart.org/HEARTORG/Conditions/HeartAttack/PreventionTreatmentofHeartAttack/Healthy-Heart-Quizzes_UCM_304635_Article.jsp#)

1 - B; 2 - B; 3 - B; 4 - E; 5 - C; 6 - A  
Healthy Heart Quiz Answers

### 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.

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## "Public Voice" Comes to Broome County

SUNY Broome Community College (BCC), working in partnership with the Kettering Foundation and the National Issues Forums Institute, will sponsor a series of "Public Voice" forums at various venues throughout the county including public libraries, BCC, senior citizen centers, government buildings and places of worship. This is an experiment to connect citizens and government officials. Two new deliberative forums entitled, "Health Care: How can we reduce costs and the get care we need?" and "Making Ends Meet: How can we spread prosperity and improve opportunity?" will be offered in multiple venues starting on Martin Luther King Jr. Day and ending March 31<sup>st</sup>.

Each forum will allow 15-20 people the opportunity to "deliberate" these vital public policy issues. Other public deliberations on substance abuse, obesity, mental health, ethnicity and social justice, sex trafficking, and American immigration issues will also be held during this period.

A full list of dates and venues will be finalized by the end January and published in various print and electronic media including the Office for Aging web site, [www.gobroomecounty/senior](http://www.gobroomecounty/senior).

On May 5<sup>th</sup>, the results of the Health Care and Making Ends Meet forums will be discussed with a live feed from BCC and the National Press Club in Washington DC. Federal elected officials and public policy makers will have an opportunity to hear what trade-offs citizens are and are not willing to make, as well as what they are willing to do to make policies work.

"Public Voice" is a non-partisan effort designed to more fully engage citizens in helping to shape the communities they wish to live in and to provide elected officials ideas of what citizens really want to see happen in these vital areas.

Any questions about the "Public Voice" project should be directed to Professor Doug Garnar at 778-5094 or email [garnardc@sunybroome.edu](mailto:garnardc@sunybroome.edu).

## Questions to Ask Your Doctor



The National Heart, Lung, and Blood

Institute suggests you ask your doctor the following questions to learn more about your risk for heart disease and what to do about it. Be sure to ask what you can do if you are told you are at increased risk or already have a heart problem.

- What is my risk for heart disease?
- What is my blood pressure?
- What are my cholesterol numbers (total cholesterol, LDL, HDL, and triglycerides)?
- What are my body mass index (BMI) and waist measurement? Do they mean that I need to lose weight for my health?
- What is my blood sugar level, and does it mean that I'm at risk for diabetes?
- What other screening tests do I need to help protect my heart?
- What can you do to help me quit smoking?
- How much physical activity do I need to help protect my heart?
- What's a heart-healthy eating plan for me?
- How can I tell if I'm having a heart attack? If I think I'm having one, what should I do?

source: <https://www.nia.nih.gov/health/publication/heart-health>

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# Caregiver Corner

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

## Caregiver Cuisine

Date: Wednesday, February 24<sup>th</sup>  
 Time: 3:00-4:30 pm  
 Place: Broome West Senior Center, 2801 Wayne St., Endwell  
 Presenters: Jeanne Stracuzzi (Nutritionist),  
 Amy Pessarchick (MSW intern)

Do you feel like there aren't enough hours in a day? Is cooking just one more chore on a very long list?

This presentation will be about food and tips on how to make mealtime less stressful. We will provide quick and healthy meal ideas for those extra busy days. Come for the fun, get some ideas and recipes, and sample some good food.

Everyone who attends gets a free cookbook.

Advanced registration is required 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 Center (close to Sears)  
 Oakdale Mall, Johnson City, NY

Date: Monday, February 1st  
 Time: 1:00-2:30 PM

Place: Broome West Senior Center, 2801 Wayne Street, Endwell, NY  
 Date: Wednesday, February 17th  
 Time: 9:30-11:00 AM

Place: Broome North Senior Center  
 12 Strongs Place, Whitney Point  
 Date: Tuesday, February 2nd  
 Time: 9:30-11:00 AM

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

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## Quotes by Presidents born in February

"It is better to offer no excuse than a bad one." - *George Washington*

"Whatever you are, be a good one." - *Abraham Lincoln*

"I walk slowly, but I never walk backward." - *Abraham Lincoln*

"I have left orders to be awakened at any time in case of national emergency, even if I'm in a cabinet meeting." - *Ronald Reagan*

"Politics is not a bad profession. If you succeed there are many rewards, if you disgrace yourself you can always write a book." - *Ronald Reagan*

"There is nothing more corrupting, nothing more destructive of the noblest and finest feelings of our nature, than the exercise of unlimited power." - *William Henry Harrison*

## Scout Renovates Patio for NBSC

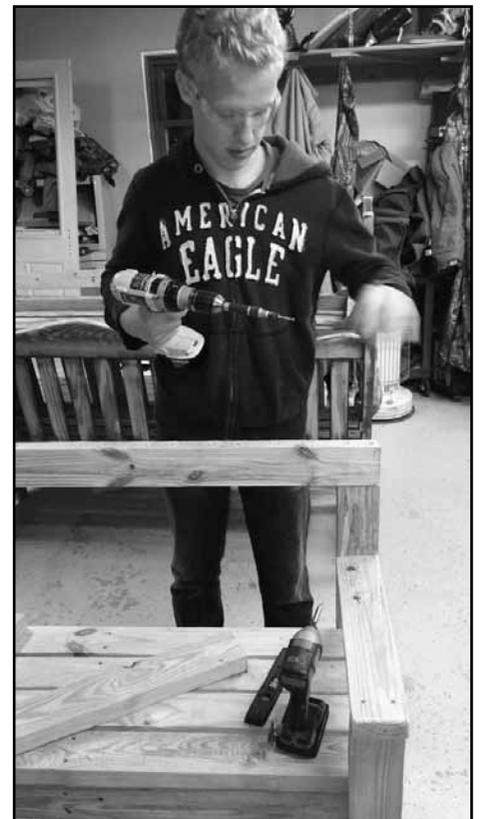
If you visit the Northern Broome Senior Center in Whitney Point, be sure to notice its beautiful outdoor patio!

When Corey Gregg, a local Eagle Scout candidate, contacted the Northern Broome Senior Center with an interest in conducting a service project, Site Supervisor Desirae Peterson spoke of the need for new benches on the center's patio.

Corey decided to take on the challenge. First, he organized a bake sale at his grandfather's grocery store (Gregg's Big M) to raise money for the project. Then, he led several scouts who volunteered their time in sanding, sawing, and staining the benches.

After a month of hard work, the final project was delivered—four benches (two refurbished) and two newly constructed side tables. Now, senior center visitors can look forward to enjoying the renovated patio during next summer's activities.

Northern Broome Senior Center would like to thank Corey Gregg for all of his hard work and leadership he demonstrated through this project.



## Changes to Your Heart With Age

Aging can cause changes in the heart and blood vessels. For example, as you get older, your heart can't beat as fast during physical activity or stress as when you were younger. However, the number of heart beats per minute (heart rate) at rest does not change as you age.

Many of the problems older people have with their heart and blood vessels are really caused by disease, not by aging. For example, an older heart can normally pump blood as strong as a younger heart; less ability to pump blood is caused by disease. Changes that happen with age may increase a person's risk of heart disease but the good news is there are things you can do to delay, lower, or possibly avoid or reverse your risk.

A common problem related to aging is "hardening of the arteries," called arteriosclerosis (ahr-teer-ee-oh-skluh-roh-sis). This problem is why blood pressure goes up with age.

Age can cause other changes to the heart. For example:

- Blood vessels can become stiffer, and some parts of the heart wall will thicken to help with blood flow.
- Your valves (one-way, door-like parts that open and close to control the blood flow inside your heart) may become thicker and stiffer, causing leaks or problems with pumping blood out of the heart.
- The size of the sections of your heart may increase.

Other factors, such as thyroid disease or chemotherapy, may weaken the heart muscle. Things you can't control, like your family history, might also increase your risk of heart disease. But even so, leading a heart-healthy lifestyle might help you avoid or delay serious illness.

source: [www.nia.nih.gov/health/publication/heart-health](http://www.nia.nih.gov/health/publication/heart-health)



## Your Heart – The Basics

Your heart is a strong muscle about the size of the palm of your hand. Just like an engine makes a car go, the heart keeps your body running. The heart has two pumps. The stronger pump uses arteries to send blood with oxygen away from the heart, throughout the body. The other pump uses veins to bring blood back to the heart and sends it to the lungs to get more oxygen. An electrical system in the heart controls the heart's pumps.

source: [nia.nih.gov/health/publication/heart-health](http://nia.nih.gov/health/publication/heart-health)

## Relaxing Takes Practice

Practicing relaxation on a regular basis is a great way to promote heart health, decrease anxiety and boost your immune system. There are many techniques you can use to relax:

- **Tensing each muscle in your body**, one by one, then relaxing them, one by one (or just focusing on and then relaxing each muscle, in sequence, without first tensing it)
  - This technique takes your mind off of anxiety-provoking thoughts and enables you to feel more in control of your body.
- **Slow, rhythmic breathing** combined with images of beautiful, peaceful places
  - This refocusing, away from pain and anxiety and onto positive and peaceful images, helps diminish pain and reduces anxiety.
- **Meditation**, focusing on a word, image or concept
  - This technique takes your mind off of pain or anxiety and focuses on something calming, such as ocean sounds, the thought that "I will get better," or an image of a child smiling.
- **Prayer**
  - This appeal to a higher power relaxes and calms some people.
- **Biofeedback plus relaxation**
  - Biofeedback uses electrical equipment to help you learn how to control your body's heart rate, blood pressure and muscle tension. It is normally used in conjunction with other relaxation techniques.
- **Hypnosis**
  - In hypnosis, the goal is to achieve a state of relaxed concentration, during which the mind is more receptive to suggestions that block the awareness of pain, or to change the sensation of pain to something that is positive. The hypnotist should be a trained psychologist or psychiatrist.
- **Massage**
  - In massage, a therapist kneads the body into a state of relaxation, which can reduce pain and anxiety, stress and exhaustion. Different people find various massage techniques helpful.

adapted from: <http://www.care.com/senior-care-relaxation-therapy-for-seniors-p1144-q317326.html>

### **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

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## Fitting Exercise & Physical Activity into Your Day

Exercise and physical activity need to be a regular part of your life. Here are some tips to help you put physical activity at the top of your "to do" list every day.

### **Make it a priority.**

- Remember that being active is one of the most important things you can do each day to maintain and improve health. Try being active first thing in the morning before you get too busy.

### **Make it easy.**

You are more likely to exercise if it's a convenient part of your day.

- Walk the entire mall or every aisle of the grocery store when you go shopping.
- Join a gym that's close to your home and easy to get to.
- Take one or more flights of stairs up and two down.

### **Make it social.**

Many people agree that an "exercise buddy" keeps them going.

- Take a walk during lunch with coworkers.
- Try a dance class—salsa, tango, square dancing—it's up to you.
- Participate in any of the many activities at our senior centers (see page 4)

### **Make it fun.**

- Do things you enjoy, but pick up the pace a bit. If you love the outdoors, try biking or hiking.
- Listen to music while you garden or wash the car.

### **Make it happen.**

Choose to be active in many places and many ways.

- Get off the bus one or two stops early and walk the rest of the way.
- Do toe-stands or wall push-ups while you're waiting for your spouse to get ready to go out.

### **Quick Tip:**

Try scheduling 30 minutes of exercise every day. Mark it on your calendar.

source: [go4life.nia.nih.gov](http://go4life.nia.nih.gov)



## Halting Hypothermia

The frosty air of winter can be invigorating but cold air can also pose threats to your health, whether you're indoors or outside. If your body temperature drops too low, it can lead to a serious, sometimes deadly condition known as hypothermia. Learn to recognize its signs and take steps to keep warm and safe during this chilly season.

A normal body temperature is 98.6 degrees. Just a few degrees lower - below 95 - can be dangerous, especially for the very young and very old.

"The body is finely tuned to operate within a narrow temperature range inside the body, despite large differences in temperature outside the body. We have all sorts of mechanisms - like adjusting the size of our small blood vessels and shivering - to help us maintain a healthy body temperature," says NIH's Dr. Basil Eldadah, who oversees research on the medical care of older adults. "But older adults and young children are more susceptible to the effects of outside temperature changes. When the body's inside temperature strays beyond that narrow range, body functions don't operate well."

Low body temperatures can impair vital organs. When cold affects the body, people may have trouble thinking clearly, talking properly, or moving well. They may not realize what's happening, or they might not be able to take steps to warm up or ask for help.

Anyone who spends much time outdoors in very cold weather can get hypothermia. But hypothermia can happen anywhere - not just outside and not just in bitter winter weather. It can strike when temperatures are cool - for example, if a person becomes chilled from rain, sweat, or being in cold water.

"Even during the heat of summer, older people and very small children are at risk if air conditioning makes their homes too cold," Eldadah says. Certain medications and alcohol can also raise the risk for hypothermia.

Left untreated, hypothermia can quickly turn dangerous. Several hundred people in the U.S., half of them age 65 or older, die from hypothermia each year.

"If you suspect that someone you know or love may be at risk of hypothermia, it's important to know the signs and symptoms, and take quick action if needed," Eldadah says. "First get the person out of the cold or wet environment if possible, remove any wet clothes, and cover the person with dry blankets or whatever's handy." Offer the person something warm to drink, but avoid alcohol or caffeinated beverages like coffee.

"Also avoid things like a hot-water bath or a heating pad," says Eldadah. "External heat sources for hypothermia can be risky because of the potential for things like burns, low blood pressure, or irregular heart rhythms. Active rewarming techniques are best used in settings where doctors can closely monitor a patient's vital signs, so getting professional help is important."

To help prevent hypothermia in the first place, Eldadah says, "Follow some of the common sense advice that we've probably all heard. Dress in layers; cover up with blankets; and if you expect to be out in the wind, rain or snow, wear a jacket with a waterproof and windproof outer shell."

To keep warm at home, wear socks, slippers, and a cap or hat. Set your heat at 68 degrees or higher when it's cold outside. To save on heating bills, close off rooms you're not using. If you need help paying your home heating bills, you may qualify for an energy assistance program.

source: [newsinhealth.nih.gov/issue/dec2015/feature2](http://newsinhealth.nih.gov/issue/dec2015/feature2)

## Will Groundhog Phil Be Right in 2016?

Groundhog Day is February 2<sup>nd</sup>. According to the Stormfax.com site, as of 2015 Punxsutawney Phil has made 119 predictions, with an early spring (no shadow) predicted 17 times (14%). Further, the site states that as of 2015 the predictions have proved correct 39% of the time. It seems the traditional interpretation of Punxsutawney Phil's predictions should be reversed!

## Warning Signs of Stroke

Knowing the warning signs of stroke and controlling its risk factors can lower your risk of death or disability. If you suffer a stroke, you may not realize it at first. The people around you might not know it, either. Your family, friends, or neighbors may think you are unaware or confused. You may not be able to call 911 on your own. That's why everyone should know the signs of stroke and know how to act fast.

Warning signs are clues your body sends to tell you that your brain is not receiving enough oxygen. If you observe one or more of the following signs of a stroke or "brain attack," don't wait. Call 911 right away! Act quickly!!

### Common Signs of Stroke

- sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden severe headache with no known cause

Other danger signs that may occur include double vision, drowsiness, and nausea or vomiting.

Sometimes the warning signs of stroke may last only a few moments and then disappear. These brief episodes, known as transient ischemic attacks or TIA's, are sometimes called "mini-strokes." Although brief, TIA's identify an underlying serious condition that isn't going away without medical help. Unfortunately, since they clear up, many people ignore them. Don't ignore them. Heeding them can save your life.

source: [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

## Purple Heart

Did you know that JFK is the only U.S. president to receive the Purple Heart? Then Lieutenant John F. Kennedy was honored for injury received as a result of enemy action on August 1, 1943 while serving in World War II.



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## AARP Binghamton

AARP #3071 Binghamton meets at the United Methodist Church, 113 Grand Blvd., Binghamton, NY, the second Wednesday of each month at 1:15pm.

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## The Valentine

*The rose is red, the violet's blue,  
The honey's sweet, and so are you.  
Thou art my love and I am thine;  
I drew thee to my Valentine:  
The lot was cast and then I drew,  
And Fortune said it shou'd be you*

Published in the nursery rhyme collection *Gammer Gurton's Garland* (London, 1784)

# 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; 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, Ping Pong 1-3 pm

### Special Activities

- 2/2 Healthy Beverages: Rethink Your Drink, 11 am
- 2/8 Special Breakfast: Belgian waffles w/strawberries, 10:30 am-12:30 pm
- 2/9 Downsize & Declutter Series, 3-4:30 pm
- 2/11 Disaster Program w/ Lucia, 12-1:30 pm
- 2/12 Valentine's Day Party, 11 am 1 pm
- 2/17 Presidential Luncheon & Birthday Celebration, 12 pm
- 2/18 Philly Cheesesteak Day w/Marian Tewksberry on Guitar,  
11 am-12:30 pm
- 2/22 Special Breakfast: egg & cheese English muffins, 10:30 am-12:30 pm
- 2/24 Caregivers Cooking Event, 3-5 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: 2/2 Nickel; 2/9 Bag; 2/16 Quarter; 2/23 Nutrition
- 2/2 Groundhog Day Contest, 11:45 am  
Blood Pressures w/Sandy, 11:30 am
- 2/8 Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm
- 2/9 Valentine's Day Craft, 10 am
- 2/11 Breakfast for Lunch (*French toast & eggs*), 10:15-11:45 am  
Healthy Beverages: Rethink Your Drink (OFA), 11 am
- 2/16 President's Day Trivia, 11:45 am  
Southern Tier Food Bank, 11:30 am
- 2/18 Presidential Luncheon, 12 pm  
Volunteer of the Month Crowned, 12:50 pm

## **Check Your Blood Pressure**

As you get older, it is important for you to have your blood pressure checked regularly, even if you are healthy. You may feel fine, but if not treated, high blood pressure can lead to stroke and problems with your heart, eyes, and kidneys. Exercise and reducing salt in your diet can help, but often medication is needed to manage high blood pressure and related problems.

source: [www.nia.nih.gov/health/publication/heart-health](http://www.nia.nih.gov/health/publication/heart-health)

## **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: Tai Chi w/Linda Phelps, 9 am

2/5 National Wear Red Day, 10 am

2/10 Warning Signs of Heart Attack or Stroke w/American Heart Assoc., 12:15 pm

2/12 Valentines' Day Luncheon w/Gary T & Company, 12 pm  
(Music at 12:30 pm)

2/17 Presidential Luncheon w/George Cummings: George Washington & the Whiskey Rebellion, 12:30 pm

2/25 Evening Dining (*roast beef/key lime pie cup*) w/Bingo for Prizes, 3:30 pm

2/29 "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; 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:

2/9,16,23 CHOW Produce Sale, 11 am-12 pm

2/2,24 STAR (tax relief) (registration required), 12:15 pm

2/3 Social Club, 1 pm

2/4 Healthy Beverages: Rethink Your Drink (OFA), 12:15 pm

2/8 Breakfast Special: *Belgian waffles w/strawberries/cream*, 10:30 am

2/10 Legal Aid (by appointment), 9 am

Blood Pressure, 10 am

2/12 Valentine's Luncheon, 11:45 am

2/17 Presidential Luncheon, 11:45 am

Long Term Care Options (Levene Gouldin & Thompson), 12:30 pm

2/18 Philly Cheese Steak Day, 11:45 am

2/24 Evening Meal (*stuffed chicken or halupki/key lime pie*), 5 pm



## You're Invited to a Presidential Luncheon



**Wednesday, February 17th at Twelve O'clock  
At Participating Broome County Senior Centers**

Our vote is that you will enjoy a delicious lunch of roast turkey, apple bread dressing, broccoli florets and cherry fruited gelatin for dessert. On the ballot, you will find presidential facts, trivia, games and more!

Lunch reservations are needed and can be made by calling the senior center of your choice by noon on February 16. Lunch is \$3.25 for persons 60 and older and their spouse, or \$4.25 for anyone under 60.



**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 12:30 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; Bingo 12:30 sales/1:30 play  
**Th:** Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm; Mahjong 1 pm; Meditation 3 pm  
**F:** Watercolor Painting 9 am; Ladies Singing 10 am

**Special Activities:**  
 2/2 Food, Nutrition & Health (Cornell Cooperative Extension), 11:30 am  
 2/3 Hearing Loss Meeting, 7 pm  
 2/12 Valentine's Luncheon, 11:45 am  
 2/17 Presidential Luncheon, 11:45 am  
 2/19 Red Hat Society Meeting, 2:30 pm  
 2/24 Fred Simmons, Jazz Saxophone Entertainment, 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 (1<sup>st</sup>/3<sup>rd</sup>) 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 (1<sup>st</sup>/3<sup>rd</sup>) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm  
**F:** Bingo, 10:30 am

**Special Activities:**  
 2/9 Evening Dining (*roast beef/homemade dessert*) w/Bruce Huggins, 4:30 pm  
 2/12 Valentine's Party w/Greg Neff, 11 am  
 2/17 Presidential Luncheon & Trivia, 11 am Zentangle, 1- 3 pm  
 2/18 Healthy Beverages: Rethink Your Drink (OFA), 11 am Philly Cheesesteak Day, 11 am- 12:30 pm  
 2/19 Movie of the Month: "Seven Brides for Seven Brothers," 12:30 pm  
 2/23 Evening Dining (*stuffed peppers/key lime pie cup*) w/Bingo, 4:30 pm  
 2/26 Great American Pie Month: Pie Baking Contest, 12:30 pm

**Presidents' Day History**

Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22 - Washington's actual day of birth - the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

*source: www.history.com/topics/holidays/presidents-day*

**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 10:30 - 11:00 am  
**Fr:** Bagel Breakfast 8-11 am, Wii Bowling 9:45-11:30 am

**Special Activities:**  
 Tuesdays: CHOW Produce Sale (Community Center), 12:30-1:30 pm  
 2/4 Breakfast for Lunch (*pancakes/bacon*), 11 am-12:30 pm  
 2/10 Craft Corner: Valentines, 10:30 am  
 2/11 Philly Cheesesteak Day, 11am - 12:30 pm  
 2/12 Valentine's Day Luncheon w/Snowflake Artist Jim Baldwin, 12 pm  
 2/17 President's Day Luncheon & Trivia, 12 pm  
 2/23 Winter Warm Up Party, 10:30 am  
 2/24 Craft Corner, 10:30 am  
 2/25 The Importance of a Healthy Life w/Jessie, 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:**  
 Tuesdays & Thursdays: Tai Chi, 10 am  
 2/2 Groundhog Shadow Hunt – find the most shadows to win a prize!  
 2/3 Blood Pressure Screening w/Kay Devine, 10:30 am  
 2/4,18 Bingo w/Brad Cole, 10:15 am  
 2/4,18,25 Bridge Group, 1- 3 pm  
 2/9 Mardi Gras Masquerade, 11:15 am 2/12 Valentine's Luncheon, 11:45 am  
 2/16 Hot Topic: Memory w/Lourdes Hosp., 10:30 am  
 2/17 Presidential Luncheon, 11:45 am  
 2/19 Pizza Day OR Chef Salad (please reserve), 11:45 am  
 2/22 Breakfast for Lunch (*breakfast burrito*), 11:30 am-12:30 pm  
 2/23 Craft Day: Bookmarks, 10 am Vestal Senior Club Meeting, 12:45 pm  
 2/26 Hot Dog Bar, 11:45 am

**Valentine's Day Celebration at Senior Centers**

Celebrate Valentine's Day with friends and festivities on Friday, February 12<sup>th</sup>. Cupid's arrow will get you in the tummy with this delicious lunch of chicken breast with cranberry glaze or broccoli cheese pollock, brown rice pilaf, peas & carrots and black forest pudding for dessert.

Lunch reservations are needed and can be made by calling the senior center of your choice by noon on Thursday, February 11th. Lunch is \$4 for persons 60 and older and their spouse, or \$5 for anyone under 60. We hope to see you there!

# MEET, GREET & EAT

## February 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
<b>Tuna Noodle Casserole 1</b> Stewed Tomatoes Brussel Sprouts Oatmeal Cookie	<b>Kielbasa 2</b> <b>OR Vegetable Omelet</b> O'Brien Potatoes Tossed Salad Rice Pudding w/Raisins	<b>Roast Pork w/Gravy 3</b> Mashed Potatoes w/ Gravy Whole Kernel Corn Chocolate Chip Cookie	<b>Spinach Lasagna 4</b> Cauliflower w/Parsley Tossed Salad Cinnamon Applesauce	<b>Beer Battered Fish 5</b> <b>OR Chinese Pepper Steak</b> Lemon Rice Pilaf Winter Squash Low Fat Muffin
<b>Meatball Parm. Sub 8</b> Minestrone Soup Italian Mix Vegetables Banana	<b>Sliced Ham w/Raisin Sc. 9</b> Macaroni & Cheese Red Cabbage Supreme Carrot Cake w/Cream Cheese Frosting	<b>Spiedie Marinated 10</b> <b>Chicken Breast Sandwich</b> <b>OR Breaded Fish</b> <b>Sandwich</b> Baked Beans Red Potato Salad Tropical Fruit	<b>Beef Stroganoff 11</b> <b>Over Noodles</b> Broccoli Tossed Salad Bread Pudding w/Raisins	<b>Valentine's Day Party!</b> <b>Broccoli Cheese Pollack 12</b> <b>OR Chicken w/Cranberry</b> Brown Rice Pilaf Peas & Carrots Black Forest Pudding
<b>Centers Closed 15</b> In Observation of President's Day	<b>Stuffed Pepper 16</b> <b>Casserole</b> Wax Beans Grape Juice Sherbet Cup	<b>Presidential Luncheon</b> <b>Roast Turkey w/Gravy 17</b> Apple Bread Dressing Broccoli Fluffy Cherry Gelatin	<b>Sweet &amp; Sour Pork 18</b> <b>Over Brown Rice</b> Oriental Blend Vegetables Tossed Salad Apricot Halves	<b>Potato Crusted Pollack 19</b> <b>OR Home Style Salisbury</b> <b>Steak</b> Mashed Potatoes Spinach w/Lemon Butter Pineapple Tidbits
<b>Cheesy Shell Casserole 22</b> Vegetarian Vegetable Soup Peaches Peanut Butter Cookie	<b>Liver w/Onions 23</b> <b>OR Chicken w/Marengo</b> Mashed Potatoes w/Gravy Cut Green Beans Tapioca Pudding w/Mandarin Oranges	<b>Roast Pork w/Gravy 24</b> Au Gratin Potatoes Traditional Blend Vegetables Cinnamon Applesauce	<b>Chili Dog 25</b> Baked Potato Tossed Salad Fruited Gelatin	<b>Broiled Fish w/Lemon 26</b> <b>OR Chicken w/Honey</b> <b>Mustard</b> Baby Red Potatoes Monte Carlo Blend Veg. Fruit Cocktail
<b>Macaroni &amp; Cheese 29</b> Tomato Soup Banana Oatmeal Cookie	<b>Pub Burger 03/01</b> <b>OR Tuna Salad Sandwich</b> Cream of Broccoli Soup Tropical Fruit Ice Cream Cup	<b>Roast Beef w/Gravy 2</b> Hot German Potato Salad Baby Beets Pears	<b>Chicken w/Cranberry 3</b> Brown Rice Pilaf Winter Squash Peach Crisp	<b>Fish Florentine 4</b> <b>OR Grandma's Meatloaf</b> Mashed Potatoes French Cut Green Beans Pumpkin 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 5

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

#### Senior News Editorial Policy

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