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Broome County DMV to Expand Mobile Service

Broome County Executive Debra Preston and Broome County Clerk Rick Blythe announce the expansion of the Broome County Mobile DMV (Department of Motor Vehicles) to start in January, 2016. "These new locations are equipped to process driver's licenses and registrations," said County Clerk Blythe. "We've been working on expanding the unit for the past few months and I'm happy that we were able to make it happen."

The Mobile DMV unit is not a vehicle, but rather computer equipment and a camera housed in large, portable suitcases. It requires an internet connection to access the NYSDMV's computer system. The unit was approved by the County Executive and Broome County Legislature last month. "We're finally ready to start using the equipment in places like Harpursville and Windsor," said County Executive Preston. "We're bringing the DMV to your town!"

The Mobile DMV is able to process non driver identification, driver's licenses, and registrations. We regret that it is not equipped to process Reciprocities (exchanging out of state license for NYS license), Enhanced Driver Licenses, CDL Exams or process Enforcement transactions, including the issuance of Conditional or Restricted Licenses. Citizens may visit the Binghamton or Endicott offices for these transactions.

Mobile DMV service will be offered in Harpursville at the Eastern Broome Senior Center on Mondays starting January 4, 2016, and Thursdays in the Windsor Town Hall starting January 7, 2016. The hours will be 10am - 3pm, closed from 12-12:30pm for lunch.

For more information on the Broome County DMV, please visit the Department of Motor Vehicle website at www.gobroomecounty.co.broome.nyenet/dmv.

Weather Emergencies & Meal Deliveries

Just a reminder that if severe weather conditions or other types of disasters occur, the Office for Aging may need to cancel both home delivered meals and senior center dining. Follow these guidelines to determine if meal delivery is cancelled for the day:

Meals on Wheels

- In the City of Binghamton: Radio and television stations will broadcast an announcement stating, "Meals on Wheels in the City of Binghamton is closed."
- In Johnson City, Vestal, Endwell, Endicott and Maine (areas served by Meals on Wheels of Western Broome): Radio and television stations will broadcast an announcement stating, "Meals on Wheels of Western Broome is closed."
- In rural areas: Whitney Point, Harpursville, Windsor, Conklin, Kirkwood and Chenango Bridge radio and television stations will broadcast school closings. When schools in your area are closed, no meals will be delivered.

Some homes receive emergency food bags that contain nonperishable canned and packaged foods that can be used when Meals on Wheels staff and volunteers are unable to deliver meals due to inclement weather. Save the meals in the bag for use on days when meal delivery is not possible due to the closures noted above.

Senior Centers

Senior Centers normally operate year round. When the local school is closed due to severe weather, the senior center(s) in that area will close. An exception to this policy pertains to any center located within a housing facility. If your center is located within a housing facility, check with the center manager about closing policies.

When all senior centers are closed, radio and television stations will broadcast an announcement stating, "Broome County Senior Centers and Adult Day Care Centers are closed."

If you have questions, please call Office for Aging at 607-778-2411.

"The first fall of snow is not only an event, it is a magical event. You go to bed in one kind of a world and wake up in another quite different, and if this is not enchantment, where is it to be found?"

J.B. Priestly

Need Help Removing That Snow?

The snow and ice of Southern Tier winters sometimes traps senior citizens in their homes. If you are unable to remove snow yourself, and haven't found someone who can do it for you, the Office for Aging offers some ideas about where to get help. In most cases there will be a fee for this service, but it may be quite affordable. Here are some places to contact.

- **Senior Helpers:** 778-6105, 8:30 am to 12 noon weekdays. Operated by the Office for Aging, the Senior Helpers program has older workers who may be available to do snow removal for a fee.
- **Office for Aging:** 778-2411, 8:30 am to 5:00 pm weekdays. Staff will work with seniors to help develop a plan for snow removal, including looking at who may be available in their community to assist them. Seniors will be provided with phone numbers for individuals who have registered with the Office for Aging and are able to remove snow for a fee.
- In addition to asking your relatives, neighbors and friends, try contacting your religious congregation. They may have a listing of people available to help.

Can you help others? If you are able to do your own snow removal, remember to check on older neighbors who may need your help.

Let it snow, let it snow, let it snow!

Do we really have a choice?



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Computer Corner: YouTube

Have you ever used YouTube? If you haven't, you're missing out on one of the great inventions of the century. YouTube is a free website that lets you view an astonishing range of videos online, everything from "how-to" projects, to 60s TV episodes, 50s rock shows, 40s radio programs, 30s movies, 20s newsreels, turn-of-the century photographs, and on and on. It's international and almost infinite in its offerings. It's as if you're dealing with a genie who brings you nearly anything you'd like to see.

You simply type your interest into the YouTube search box, and most likely you'll find a number of pertinent videos. Suppose you want to change your car's windshield wipers: type in "how to change windshield wipers honda accord" and up come very helpful videos. Or you'd like to see Lucy and Ethel in the chocolate factory again: type in "I Love Lucy" and scroll down through the numerous clips of famous episodes. Or you'd like to see some 1930s newsreels: type that in, and sit back in amazement at the offerings. How about Dick Clark and American Bandstand and a bunch of teenagers (in coats and ties and dresses) doing The Stroll in 1958?

How do you get started? Setting up an account is easy. All you need is an email address to join. Simply go to www.youtube.com, and click on the sign-up link in the top right corner of the page. This link will take you to the registration page where you will answer a few questions, enter your email address, and create a password that you will use each time you log in to your account. Having done so, you and your genie can begin to explore and enjoy the remarkable world of YouTube!

Medicare Enrollment: 4 Costly Mistakes

Premiums, deductibles, copayments, and coinsurance—these are expected costs when it comes to health insurance. What many people do not anticipate are the added fees that come with Medicare when you sign up too late. Medicare Parts A, B and D each have their own set of late penalties. The cost to you could range anywhere from hundreds to thousands of dollars over the life of your Medicare experience.

1. You Assume Medicare Enrollment is Automatic. Medicare enrollment is not a guarantee. If you receive Social Security when you turn 65 years old, you will be automatically enrolled in Medicare Parts A and B, but not Part D. If you are not receiving benefits, you must enroll on your own.

2. You Do Not Sign Up for Medicare When You Turn 65. You become eligible for Medicare when you turn 65 years old. You can sign up three months before and up to three months after this birthday. Miss the initial enrollment period and you may be on the hook for late penalties for Medicare Parts A, B, and D.

3. You Do Not Sign Up for Medicare Because You Are Still Working. Some people believe they do not have to sign up for Medicare until they retire and no longer have employer-sponsored health plans. This is true for some, but not all. If the company you work for employs less than 50 full-time workers, Medicare will hit you with late penalties when you finally do sign up.

4. You Do Not Sign Up Because You Are a Veteran. The Veterans Health Administration offers health benefits to those who served in the US military. Free care is provided at designated VA hospitals, clinics and residential facilities. While the VA is aiming to expand care options, there may be times when you do not have access to a VA approved center. Medicare may provide extra coverage to get you the care you need. Not signing up for Medicare in time could cost you in more ways than one.

Timing is everything when it comes to Medicare enrollment. Late penalties can be avoided!

source: www.medicare.about.com

The Broome County Home Repair Service

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You pay only for materials.

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Call 772-2850 For Details

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And We Think It Gets Cold in Binghamton!

Are you sure you want to go south for the winter? Our southernmost continent, Antarctica, is the earth's driest (it's considered a desert), windiest, and coldest. The annual average low temperature is -56 degrees F. The average HIGH is -49 degrees F. Nearly all of Antarctica is covered by the mile-thick Antarctic ice sheet. That's about 90% of the world's ice and 70% of the world's fresh water. If all of this ice suddenly melted, it would raise sea levels by 200 feet! However, if you still want to go, you'll be glad to learn that picnicking there might be a delight: Antarctica (despite the name) is the only continent on earth that has no ants.

AARP Meeting

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 Family & Children's Society

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HEAP Funds Still Available!

Are you concerned about home energy costs this winter? When saving, budgeting and energy conservation are not enough, the Home Energy Assistance Program (HEAP) may help those who qualify. HEAP is a federally funded program administered locally by Broome County Department of Social Services (DSS). The HEAP season opens November 16th, 2015, and is scheduled to close March 15th, 2016 or when funds are exhausted.

There are several ways you can apply for HEAP. You may find out if you qualify for HEAP and apply online at www.mybenefits.ny.gov. If you choose not to apply online, Broome County Office for Aging accepts regular HEAP applications for Broome County homeowners and renters who are 60 or over and for those who are disabled receiving Supplemental Security Income (SSI) or Social Security Disability (SSD). If qualified, the regular HEAP benefit is credited to a utility account or directly to a household with heat included in rent.

Families receiving Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not apply at Office for Aging. Homeowners and renters under age 60 and not disabled, apply online at www.mybenefits.ny.gov or call DSS HEAP at 778-2638 for an application.

Households with a vulnerable person (over 60 years old, disabled or under 6 years old) who received HEAP last year should have already received an early outreach application. This form should be filled out and submitted as soon as possible. Instructions for submitting it online are on the first page of the HEAP notice. Others may call and receive an application when HEAP opens if they do not want to apply online. Individuals eligible to apply at Office for Aging can request an application by leaving a name and mailing address on the Office for Aging HEAP information line at 778-2063.

Call Office for Aging at 778-2411 if you have questions or would like to learn about other financial benefits.

2015-2016 HEAP Income Eligibility Guidelines (subject to change):

Household Size	Monthly Income Limit
1	\$2,244
2	\$2,935
3	\$3,625
4	\$4,316

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53 Front Street
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TDD: 607-723-0438
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- Harry L. Apartments
- Hamilton House
- Kime Apartments
- Marian Apartments
- Nichols Notch
- Wells Apartments
- Whitney Point Apartments
- Windsor Woods




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Commit to Clearing Clutter

Seize back your life from the clutter that can paralyze! This month make a commitment to change and declutter: change one closet, declutter 4 drawers, or change a 10x10 space in the garage. Work 10-15 minutes a day. Every little progress is progress.

This is part of a series of monthly workshops to give support to those who want to downsize and declutter. We meet at 3 PM on Tuesday, January 12 at Broome West Senior Center, 2801 Wayne St., Endwell. Call Joan at 607-778-6206 for details.



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**Your Home Health Care Aide:
Establishing A Positive
Relationship**

by Kim Champion

You've made the decision to let an aide come into your home to assist. That was hard enough. Now you're getting apprehensive about what to expect when the aide arrives for work. If you don't have experience with in-home assistance, all sorts of "worst case scenarios" are whirling about in your head. And then there are the questions. What should you do if you don't like the aide? How should you approach problems? Who supervises the aide? Assuming that you have hired an aide from a home health care agency, you can expect a lot of support in easing your anxieties.

It is the agency's job to answer your questions in advance and resolve any issues that arise. The key to facilitating your satisfaction and comfort is good communication with the agency management and with your aide. Here are a few tips for establishing positive relationships with your home health care professionals:

- Be completely honest about your needs. Overcome any embarrassment or guilt associated with describing why you need help and what kind of help you need. Remember that you are dealing with professionals who have helped a variety of clients. They are experienced in meeting the needs of people just like you. Home Health Care professionals are prepared to deal with tough situations such as Alzheimer's, alcoholism, Parkinson's, strokes, incontinence and stressful family circumstances.
- State your preferences from the start. The best way to get exactly what you want is to be specific. Give a detailed request to the agency so that the aide they send will meet your needs. Items to include are your household rules, such as "no smoking" or "kosher kitchen." Also express your daily routines and how to follow them, such as "up at 7 a.m.," "breakfast first, medicine second, shower last," "I need privacy from 9 am to 11 am," "transportation to salon every Friday, using employee's car."
- Give feedback to the agency on a timely basis. "Nip it in the bud," is good advice. Most problems start out small and can be best resolved when addressed promptly. If you are experiencing a problem with the aide, call the agency. This benefits you in two ways; you do not have to be involved in reprimanding the aide, and it prompts the agency to diplomatically resolve the problem. Employee supervision is the responsibility of the agency. If the problem cannot be resolved to your satisfaction, request the agency send a different aide. The agency will handle the hiring and firing for you.

If you start off with honesty and communication, having a home health care aide will be a successful and beneficial experience.

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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)

Chair Dance Party

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

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

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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Wii Fitness

Tuesday	10:30 am	North Shore Towers Senior Center (Binghamton)
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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*

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

Trip Presentation Party

Tues., January 5, 1 pm
Johnson City Senior Center
797-3145

Begin planning your trips for the 2016 New Year! There'll be a special trip raffle drawing.

Evening Dining w/South Amboy Roy

Thurs., Jan. 14, 3:30 pm
(Music at 4:45 pm)

Eastern Broome Senior Center
693-2069

Enjoy the talented "South Amboy Roy" performing a variety of lively music. Reserve your meal by noon, Wed., Jan. 13.

Bunko Night

Thurs., January 14, 5-7 pm
Vestal Senior Center
754-9596

Feeling lucky? Take a chance with Bunko! Winners get prizes. Snacks will be served.

Philly Cheesesteak Day w/ Marian Tewksberry on Guitar

Thurs., Jan. 21
11:15 am-12:15 pm
Broome West Senior Center
785-1777

Enjoy a delicious Philly style cheesesteak served hot of the griddle. No reservations necessary!

Show and Tell

Wed., January 27, 10:30 am
North Shore Towers Sr Center
772-6214

Show a picture, tell a story, or share your favorite recipe!

Clashing Clothes Day

Wednesday, January 27
12:15 pm

Northern Broome Sr Center
692-3405

Wear your weirdest, wackiest, wildest outfit! Prizes for 1st, 2nd & 3rd place winners.

Senior Center Holiday Closing

All Broome County Senior Centers will be closed on Friday, January 1 in observance of New Year's Day.



Johnson City Senior Center

Mon., Jan. 5, 2016, 1 pm
“Trip Presentation Party: Our 2016 Itinerary” at our center

February 11
Hunterton Hills Playhouse, NJ
“Spreading it Around”

April 14
Sight and Sound Theatre
“Samson”

First Ward Senior Center

The 2016 trip schedule is nearly ready for our 2015 travelers. Others may call 607-203-1179 for a copy. Note updated trip and sign-up policy.

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Do I Need to File An Income Tax Return?

Whether or not you are required to file a federal income tax return depends on several things: filing status, age, income, dependency status, and whether you meet a few other special requirements.

Because tax laws frequently change, the best advice is to talk with a professional tax preparer, visit the IRS website, www.irs.gov or call the IRS office at 607-721-0338, Mon-Fri, 8:30 am to 4:30 pm.

Winter Reading

In the Kingdom of Ice: The Grand and Terrible Voyage of the USS Jeannette by Hampton Sides

In the last few decades of the 19th century, the world looked very different from the way it does now. Parts of the map were unfilled—chief among those spaces was the North Pole, which many believed contained warm currents that might provide safe passage. Enter James Gordon Bennett, the wealthy and eccentric owner of the *New York Herald*. Bennett—who was responsible for sending Stanley in search of Livingstone—wanted to produce another thrill for his readers, so he funded a naval expedition to reach the pole. Captained by George Washington De Long, the *U.S.S. Jeannette* shipped out in 1879 toward glory and parts unknown. The *Jeannette* became encased in ice, but the adventure was only just beginning. Author Hampton Sides does a masterful job of setting up the voyage against the backdrop of the Gilded Age, developing fascinating characters along the way, and delivering a true triumph of narrative nonfiction. Drawing on journal entries, letters, and eventually his own visit to the region, Sides paints a vivid, moving, and breathless portrait of the crew of the *Jeannette*. How could a book about this much snow and ice be this good?

source: *Amazon.com*

Enjoy Fresh Produce at Little or No Cost!

Indoor produce stands are available to the public at the following Senior Centers:

Tuesdays

First Ward Senior Center
11 am-12 pm
North Shore Towers Senior Center
12:30 pm-1:30 pm

Wednesdays

Johnson City Senior Center
11:30 am-1 pm

This opportunity is brought to you by a partnership between the Office for Aging and CHOW.

Why is Mental Wellbeing Important?

First, we all want to feel good about ourselves and the world around us, and be able to get the most from our lives. There is also evidence that good mental wellbeing is important for our physical health, and that it can help us achieve the goals we set for ourselves.

Evidence suggests there are five steps we can all take to improve our mental wellbeing. If you approach them with an open mind and try them out, you can judge the results yourself.

Connect: connect with the people around you; your family, friends, colleagues and neighbors. Spend time developing these relationships.

Be Active: you don't have to go to the gym. Take a walk or go cycling. Find the activity you enjoy and make it a part of your life.

Keep Learning: learning new skills can give a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

Give to Others: even the smallest act can count whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local senior center, can improve your mental wellbeing and help you build new social networks.

Take Notice: be more aware of the present moment, including feelings and thoughts, your body and the world around you. Some people call this awareness “mindfulness”, and it can positively change the way you feel about life and how you approach challenges.

source: *Mature Living, RSVP of Oswego County, January-February 2015*

A lot of people like snow. I find it to be an unnecessary freezing of water.”

Carl Reiner



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Energy Saving Tips: Fast and Free

Cutting back unnecessary energy use is an easy way to keep your hard earned money in your pocket. Here are some suggestions you can do at home, at absolutely no cost to you.

1. **Let the sunshine in.** Open drapes & let the sun heat your home (don't forget to close at sundown to help insulate.)
2. **Rearrange your rooms.** Move furniture around so you are sitting near interior walls—ex- exterior walls and older windows are likely to be drafty.
3. **Keep it shut.** Traditional fireplaces are an energy loser—it's best not to use them because they pull heated air out of the house and up the chimney. When not in use, make sure damper is closed.
4. **Turn off lights in unoccupied rooms and unplug what isn't being used.** Plug “leaking energy” in electronics. Many new TVs, VCRs, computers and other electronics use electricity even when switched “off.” Although these “standby losses” are only a few watts each, they may add up to more than 50 watts in a typical home.
5. **Use appliances efficiently.** Do full loads when using your dishwasher and clothes washer. Use the cold water setting on your washer. Using cold water reduces your washer's energy use by 75%. Be sure to clean your clothes dryer's lint trap after each use.

www.consumerenergycenter.org

Slinging Some Hash??

Waitresses, waiters, and short-order cooks in old-time diners are sure to remember some of this colorful slang used for food or orders. Hmm... was it to describe or disguise meals served before the term "fast food" came along?

Halloween in a snowstorm: Pumpkin pie with whipped cream

Burn the British: Toasted English muffin

2 biddies on a raft and wreck 'em: 2 scrambled eggs on toast

Blindfold those biddies: Eggs over easy

Burger with breath: Hamburger loaded with onions

Pig between the sheets: Ham sandwich

Clean the kitchen: Hash

Scorch a dog and drag it through the garden: Grilled hot dog with relish

Stack of wheats with slick and grease: Pancakes with syrup and butter

Baa-baa in the rain: lamb stew

Crippled beef on a load of hay: Corned beef and cabbage

source: *Mature Living, RSVP of Oswego County, November-December 2015*

Talking with Your Doctor: Why Does It Matter?

How well you and your doctor talk to each other is one of the most important parts of getting good health care. But, talking to your doctor isn't always easy. It takes time and effort on your part as well as your doctor's.

In the past, the doctor typically took the lead and the patient followed. Today, a good patient-doctor relationship is more of a partnership. You and your doctor can work as a team, along with nurses, physician assistants, pharmacists, and other healthcare providers, to solve your medical problems and keep you healthy.

This means asking questions if the doctor's explanations or instructions are unclear, bringing up problems even if the doctor doesn't ask, and letting the doctor know if you have concerns about a particular treatment or change in your daily life. Taking an active role in your health care puts the responsibility for good communication on both you and your doctor.

All of this is true at any age. But, when you're older, it becomes even more important to talk often and comfortably with your doctor. That's partly because you may have more health conditions and treatments to discuss. It's also because your health has a big impact on other parts of your life, and that needs to be talked about too.

3 tips for seniors that can help!

Clear communication—it's vital to helping you make the most of your doctor's visit. Here are some tips you can use:

1. Make a list of your health concerns and put the most important ones at the top.
2. Write down a list of all of your current medications, vitamins, and supplements with the dosage information.
3. Remember to bring your glasses and/or hearing aids!

source: www.nia.nih.gov

Did You Know . . . ?

The *Guinness Book of World Records* tells us that one snowy January in 1887 Fort Keogh, Montana rancher Matt Coleman reported finding what now appears the largest snowflake ever sighted. "Larger than a milk pan," Coleman said, claiming it measured fifteen inches across. Tall (or large) tale? Scientists say such a phenomenal snowflake is physically possible.

If You Must Walk on Ice, Waddle Like a Penguin!

Facing an icy surface can be a paralyzing experience. Not everyone has grippers and other safety aids. So what should you do if it's impossible to avoid an icy patch? Believe it or not, body movements can increase your stability on an icy surface.

- Slow down and think about your next move. Keeping your body as loose as possible, spread your feet to more than a foot apart to provide a base of support. This will help stabilize you as you walk.

- Keep your knees loose—let them bend a bit. This will keep your center of gravity lower to the ground, which further stabilizes the body.

- Now you are ready to take a step. Make the step small, placing your whole foot down at once. Then shift your weight very slowly to this foot and bring your other foot to meet it the same way. Keep a wide base of support. Now you're waddling like a penguin!!

- Some people prefer to drag their feet or shuffle them. If this feels better to you, then do so. Just remember to place your whole foot on the ice at once and keep your base of support approximately one foot wide.

Of course it's always better to avoid tricky situations by planning a safe route for your walk.

source: www.canadasafetycouncil.org, www.today.com

Healthy Beverages: Rethink Your Drink

The Office for Aging and the Food Bank of the Southern Tier has paired up yet again. This January, Elisa Bernardo, *Just Say Yes* Nutritionist of the Food Bank of the Southern Tier, Gina Hazar, Health Program Specialist and Dawn Chenier, AmeriCorps member of the Office for Aging will visit several senior centers to present a lesson on healthy beverages. This lesson will expose sugar in all its forms. You will be shocked to see how much sugar is hiding in common drinks! This interactive presentation will compare beverages and provide healthy options for individuals who may be concerned with their sugar intake. Join in the discussion and sample a healthy smoothie.

Reservations are not necessary to attend this class, but they are greatly appreciated. If you would like to attend this class, please call Gina at 607-778-2298.

◆ North Shore Towers Sr Center:
January 5th - 10:30 am

◆ Johnson City Senior Center:
January 7th - 11 am

◆ Eastern Broome Senior Center:
January 21st - 1 pm

◆ Vestal Senior Center:
January 28th - 10:30 am

Healthy Beverages: Rethink Your Drink is brought to you in partnership with the Office for Aging and the Food Bank of the Southern Tier.



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Caregiver Corner

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

Events for Caregivers

Downsize, De-clutter and Reorganize:
What to do with all that stuff?

Date: Tuesday, January 19th
Time: 2:30-3:30 PM
Place: Broome County Public Library
Decker Room
185 Court Street, Binghamton
Presenter: Joan Sprague, Office for Aging

Could your New Year's resolution be to "clear the clutter?" It's a huge task. Even baby steps don't seem to make a dent in 50-60 years of accumulation. There is no easy fix, but there is support and satisfaction in knowing that everyone has more stuff than they need. This presentation will provide tips and ideas to get you started. The biggest benefit from this program is the peace of mind that your items are in order. In addition, others can be blessed with your unused and unwanted items.

Register by calling the Office for Aging at 778-2411.

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Center (close to Sears)
Oakdale Mall, Johnson City, NY
Date: Monday, January 4th
Time: 1:00-2:30 PM

Place: Broome West Senior Center, 2801 Wayne Street, Endwell, NY
Date: Wednesday, January 20th
Time: 9:30-11:00 AM

Place: Broome North Senior Center
12 Strongs Place, Whitney Point
Date: Tuesday, January 5th
Time: 9:30-11:00 AM

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

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Final May 1, 2016**

**Call Lucy Baker,
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600 Stratmill Rd. Binghamton, N.Y.
607-770-4994**

Tai Chi for Falls Prevention

Each year, millions of older people—those 65 and above—fall. In fact, one out of three older people fall each year but less than half tell their doctor. The most troubling fact—falling once doubles your chances of falling again!

Falls are the leading cause of fatal and nonfatal injuries among older New Yorkers. Falls threaten seniors' safety and independence; yet falling is not an inevitable result of aging. Largely preventable, falls and fall injuries among older adults can be reduced. One way that older adults can remain independent and reduce the chance of falling is through regular exercise. Tai Chi programs are especially good at focusing on increasing leg strength and improving balance.

In partnership with the Broome County Health Department and the Broome County Office for Aging, the YMCA is offering two Tai Chi Falls Prevention Programs for seniors. These programs are a fun and safe way to build muscle and coordination. Both programs are open to all community members and a small fee is required.

For more information and to pre-register, call 770-9622 Ext. 401.

Tai Chi for Older Adults

- January 12th through March 3rd: Tue/Thur. from 1-2 pm at All Saints Episcopal Church in Johnson City.
- January 25th through March 17th: Tue/Thur. from 10-11 am at the Vestal Senior Center.

Moving For Better Balance

- January 11th through March 30th: Mon/Wed. from 9-10 am at the West Family YMCA.

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

Who Needs a Knee Replacement?

Knee replacement is an operation that involves removing parts of one's natural knee joint and replacing them with artificial ones. Knee replacement is the most common joint replacement surgery. The main reason to have knee replacement surgery is to ease pain and disability caused by arthritis or other joint problems while preserving movement. Less commonly, it is used to correct some kinds of knee deformity.

Arthritis and Other Joint Problems

Several forms of arthritis can damage knees to the point that they need to be replaced. They include:

- osteoarthritis, which occurs when the cartilage covering the ends of the bones where they meet to form joints breaks down. This causes the bones of the joint to rub together. Growths of bone, called spurs, may form around the joint. These changes lead to pain and stiffness.
- rheumatoid arthritis, a condition in which the body's immune system attacks the membrane that lines the joint. This can lead to pain, inflammation and destruction of the joint.
- post-traumatic arthritis, a form of osteoarthritis that may occur after a knee injury such as a fracture or ligament tear. These kinds of injuries can cause inflammation and affect the alignment of the knee, leading to cartilage damage over time. Because of this, an injury that you suffered earlier in life can cause you to have arthritis at middle age or later.

Knee Deformities

Knee deformities—such as bowed legs or knock knees—occur when the knees are not formed or aligned properly. Over time, this creates stress on the joints that can wear down cartilage and lead to pain and disability. In these cases, knee replacement can restore the normal alignment of the knee and correct disability.

Other Treatments

Your doctor may recommend knee replacement if pain and stiffness interfere with your ability to do everyday activities – particularly if other treatments have not helped. Treatments your doctor will likely recommend before knee replacement include:

- **exercises** to strengthen the muscles around the knee and improve flexibility
- **weight loss**, if needed, to reduce the load the knee must bear
- **walking aids** such as canes to reduce stress on the joint
- **shoe inserts** to improve the knee's alignment
- **medicines** to relieve pain.

The Decision To Have Surgery

The decision to have knee replacement surgery is one you must make with your doctor and your family. If you would like to consider knee replacement surgery, ask your doctor to refer you for evaluation to an orthopedic surgeon, a doctor specially trained to treat problems with the bones and joints. The surgeon must consider many factors before recommending knee replacement. People who are generally healthy are the best candidates for the surgery, and those who have surgery before advanced joint damage occurs tend to recover more quickly and have better outcomes.

source: nihseniorhealth.gov

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Diabetic Foot Care Tips

by Dr. Tamara D. Fishman

- Never soak your feet.
- Never apply heat of any kind to your feet.
- Never cut your own toenails, refer to a podiatrist or medical doctor.
- Never go barefoot.
- Never assume that the circulation or sensation in your feet is normal.
- Never use strong medications on your feet (be careful of over-the-counter preparations.)
- Never allow corns or calluses to go untreated.
- Never perform bathroom surgery on your feet.
- Never wear shoes that do not fit properly.
- Always wear white socks, as colored socks contain dyes.
- Wear acrylic fiber socks, which are actually more absorbent than cotton as it “wicks” moisture away from the skin.
- Never keep your feet too moist or dry.
- Seek medical attention immediately if you have any questions about or problems with your feet.

Copyright 1995-2015 Today's Caregiver magazine/caregiver.com. Please visit caregiver.com to read more articles like this one.

Sudoku Answers

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

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This contribution helps defray the
cost of printing and postage.

Safe Keeping Your Loved One's Important Documents

Are you the one who helps your loved one manage their affairs? One unpleasant aspect of our lives today is the steady stream of papers and documents we must deal with in our everyday lives. As caregivers, it is hard enough to stay on top of our own, let alone keep track for a loved one. Which to keep? Where to keep them? How to get our hands on them when we need them? Under the calmest of circumstances it is difficult to decide and know what to do. In an emergency, it can be downright overwhelming.

The following steps may help you make decisions about your loved one's documents and where to store them.

1) Collect the documents.

- *Personal and Family Records* such as birth, marriage, divorce, and death certificates; Social Security card; license or other ID; education and employment records; military records; health records.
- *Property Records* such as real estate abstracts; deeds and mortgages along with payment records, property insurance and home improvement records; burial lot deeds; motor vehicle titles.
- *Financial Records* such as account books, bank statements and cancelled checks, credit card accounts, savings and investment records; tax returns.
- *Legal and Health Records* such as a will, living will, Durable Power of Attorney, Health Care Proxy; current chronic conditions and medications, medical history including any medication allergies, physician contact information.

2) Decide where to put the documents.

- *Safe Deposit Box*
Pros - Least vulnerable to theft or disaster.
Cons - Limited access (Contents are inaccessible when the bank is closed, and even a co-renter may not have access in the event of your death.) Other locations are recommended for documents necessary to handle the unexpected, such as Durable Power of Attorney, Health Care Proxy or will.
- *Fireproof Box or Safe in Your Home*
Pros - Easier access 24/7 in your own home.
Cons - More vulnerable to theft or disaster.
- *Standard File Cabinet in Your Home*
Pros—Easiest access.
Cons—Most vulnerable to theft or disaster.
- *Carry with You*
Some things need to be carried with you, such as ID, driver's license, credit card, and health insurance card. Your Social Security card is better left in a secure place unless there is a specific need for it.

3) Create copies of appropriate documents.

After you have decided where to keep the originals, create copies as appropriate to give to a trusted relative or friend for backup, or to keep in an alternative location of your choice. Following these steps will give you peace of mind by ensuring that you will be able to find your loved one's important documents when they are needed.

source: "Senior News," Cortland County Area Agency on Aging, March/April 2015.

"Maybe it's true that life begins at 50... but everything else starts to wear out, fall out, or spread out."

Phyllis Diller

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

Share a lifetime of wisdom with children.

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

Call 607-778-2089 – Foster Grandparent Program

The children will love you!

Broome County Office for Aging

IRA's Required Minimum Distributions

Most birthdays come with some excitement and maybe a little denial, but there's one milestone that, at face value, has little to celebrate.

Turning 70 ½ is, to many, a day that just comes and goes. However, after turning 70 ½ anyone with a Traditional Individual Retirement Account (IRA), 401(k) or similar employer-sponsored retirement plan will be required to start taking Required Minimum Distributions (RMDs). And beware, failing to do so comes with steep penalties.

The IRS requires your first RMD be withdrawn by April 1st following the year you turn 70 ½. Every subsequent distribution must be taken by December 31st. Depending on when you take your RMD, you may even have to take two in the first year of your distributions. Never guess when to take an RMD; always consult with your financial and/or tax advisor.

Distributions from your retirement account will be taxed at your federal income tax rate, (except distributions from your Roth accounts.) State taxes may also apply depending on your residency. If one fails to take their RMD there could be a 50% penalty on the amount that should have been withdrawn, in addition to the regular income tax owed.

Consult your financial and/or tax advisor to make sure you are planning for your RMDs and prepared for retirement.

source: *Senior Circle*, Fall 2015

Safe Driving Tips

Before you leave home:

- Plan to drive on streets you know.
- Only drive to places that are easy to get to and close to home.
- Avoid risky spots like ramps and left turns.
- Add extra time for travel if you must drive when conditions are poor.
- Limit how much you drive at night.
- Don't drive when you are stressed or tired.

While you are driving:

- Always wear your seat belt and make sure your passengers wear their seat belts, too.
- Wear your glasses and/or hearing aid, if you use them.
- Stay off your cell phone.
- Avoid distractions such as eating, listening to the radio, or chatting.
- Make sure there is enough space behind your car. If someone follows you too closely, slow down and pull over if needed to let that person pass you.
- Use your window defrosters to keep both the front and back windows clear.
- Keep your headlights on at all times.

Car safety:

- Drive a car with air bags.
- Check your windshield wiper blades often and replace them when needed.
- Keep your headlights clean and aimed in the right direction.
- Think about getting hand controls for both the gas and brake pedals if you have leg problems.
- Keep your car in good repair to avoid problems on the road.

source: www.nia.nih.gov



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Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760

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

Lunch served at Noon call 785-1777

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

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

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

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

T: 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

1/7,8 AARP Smart Driver Course, 10 am-1:40 pm

1/11 Special Breakfast: *sausage, egg & cheese casserole*,
10:30 am - 12:30 pm

1/12 Downsize & Declutter Series, 3-4:30 pm

1/18 Honor Martin Luther King, Jr w/Technology Student Volunteers,
10 am - 4 pm

1/21 Philly Cheesesteak Day w/Marian Tewksberry on Guitar,
11 am - 12:30 pm

1/25 Special Breakfast: *banana bread pancakes*, 10:30 am-12:30 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: 1/5 Nickel; 1/12 Bag; 1/19 Quarter; 1/26 Nutrition

1/5 Blood Pressures w/Sandy, 11:30 am

1/11 (*Mon.*) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

1/14 Breakfast for Lunch, 10:15-11:45 am

1/19 Southern Tier Food Bank, 11:30 am

1/21 Volunteer of the Month Crowned, 12:50 pm

Help Us Help Others!!

We need volunteer help at our Broome County Senior Centers

Give as little as 2 hours a week to help serve and clean up after meals.

Just call the Senior Resource Line at 778-2411 to volunteer.

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: Starting January 4, Mobile DMV, 10 am-3 pm, closed 12-12:30 for lunch

Fridays: Tai Chi w/Linda Phelps, 9 am

1/14 Evening Dining (*stuffed chicken/lemon pie*) w/South Amboy Roy, 3:30 pm

1/18 Charades & Pizza for Lunch (*please reserve*), 10:30 am

1/20 Fire Alarm Demo w/Sentry Alarms & Hville Fire Dept, 12:15 pm (snow date 1/22)

1/21 Healthy Beverages: Rethink Your Drink, 1 pm

1/25 "Horse Racing" w/Bonnie Hill, 10 am

1/30 (*Sat.*) Chili & Cornbread Fundraiser w/Orange Blossom Special, 11:30 am-2 pm (snow date 2/6)

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:

1/6 Guardianship (Levene Gouldin & Thompson), 12:30 pm Social Club, 1 pm

1/11 Breakfast Special: *banana pecan pancakes w/whipped cream*, 10:30 am

1/13 Legal Aid (by appointment), 9 am

Blood Pressure, 10 am

1/18 Center Closed – Martin Luther King, Jr. Day

1/21 Philly Cheese Steak Day, 11:45 am

Souperlicious Senior Center Sandwich Bars

Monday	Tuesday	Wednesday	Thursday	Friday
Northern Broome	Northern Broome	Broome West	Broome West	Broome West
		Eastern Broome	Eastern Broome (Golden Griddle)	Eastern Broome (Burger Bar)
		Johnson City	Johnson City	Northern Broome (Burger Bar)
		Northern Broome	North Shore Towers (Special Lunch) - 2 nd Thursday only	Vestal (Chef Salads)
		Vestal		

Walk-ins

Welcome

11am-12:30pm



Enjoy a bowl of homemade soup, a deli sandwich, beverage and dessert for just a \$3.25 contribution (ages 60+) and \$4.25 for all others.

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 (1st/2nd), 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 5:30 pm

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:

1/4,11,18 Bingo, 1:30 pm

1/5 Food Nutrition & Health (Cornell Cooperative Extension), 11:30 am
 Trip Presentation Party, 1 pm

1/6,13,20 Bingo, 6:30 pm

1/7 Healthy Beverages: Rethink Your Drink, 11 am

1/15 Red Hat Society Meeting, 2:30 pm

1/18 Senior Technology Assistance, 12-4 pm

1/27 Lawson's Hearing Tests (*by appointment*), 9 am

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon

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

Breakfast for Lunch: Thurs 10-12:30 pm

Weekly Activities: Exercise classes listed on page 4

M: Horse Racing (1st/3rd) 10 am; Bingo 10:30 am; Pinochle 12:30 pm

T: Computer Class 8:30; Osteo Exercise 10 am; Quilt/Sewing Class 10 am-3 pm

W: Shuffleboard 10 am; Bunko (dice game), 12:30 pm

Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm

F: Bingo, 10:30 am

Special Activities:

1/6 Movie of the Month: "Seven Brides for Seven Brothers," 12:30 pm

1/11,12AARP Smart Driver Course, 10 am-1:30 pm

1/12 Evening Dining (*stuffed chicken/lemon pie*) w/Gary T & Co., 4:30 pm

1/14 Fabulous Snowflakes Demonstration, 11 am

1/18 Technology Course, 12-4 pm

1/20 Zentangle Club, 1-3 pm

1/22 Health Issues Related To Hearing Loss w/Audible, 11:45 am

1/26 Evening Dining (*turkey/ homemade dessert*) w/Bingo, 4:30 pm

1/27 Clashing Clothes Day, 12:15 pm

Meet & Greet Neighborhood Luncheon

Wednesday, January 20th at Noon

East Side Congregational UCC

284 Robinson Street in Binghamton

Enjoy a great meal and entertainment with your neighbors. Lunch will include roast turkey w/lemon meringue pie for dessert.

Space is limited so call the church office at 722-1017 to RSVP by 1 pm on January 19th.

It's a great meal with great company for just \$3.25 for those ages 60+ and \$4.25 for anyone under age 60.

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

1/5 Healthy Beverages: Rethink Your Drink, 10:30 am

1/6 Craft Corner: Ceramics, 10:30 am

1/7 Breakfast for Lunch (*burrito/tropical fruit*), 11 am-12:30 pm

1/14 Special Lunch (*Monte Cristo w/soup*), 11 am-12:30 pm
 Blood Pressure/Glucose Screening w/Medicine Shoppe, 11 am-12 pm

1/20 Craft Corner: Ceramics, 10:30 am

1/21 Evening Dining (*rotisserie chx/pie*) w/New Appalachia, 5 pm

1/27 Show and Tell, 10:30 am

1/28 National Pie Day: Pie Eating Contest & Sale, 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: Cornell Cooperative "Eat Smart NY," 10 am

1/6 Blood Pressure Screening w/Kay Devine, 10:30 am

1/7,21 Bingo w/Brad Cole, 10:30 am

1/8 National Argyle Day (wear your argyle patterns)

1/11,12AARP Smart Driver Program, 10 am-1 pm

1/14 Bunko Night, 5-7 pm

1/15 National Hat Day (wear your favorite hat)
 Pizza Day (*please reserve*), 11:45 am

1/19 National Popcorn Day (enjoy popcorn samples)
 Club Meeting, 12:45 pm

1/20 Senior Picture Day (individual & group), 10 am
 Craft Day, 10 am

1/25 Breakfast for Lunch (*English muffin sandwich*), 11:30 am-12:30 pm

1/27 Hot Topic: Maintain Good Balance w/Lourdes Hosp., 10:30 am

1/28 Healthy Beverages: Rethink Your Drink, 10:30 am



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www.CGLawOffices.com

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MEET, GREET & EAT

January 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
<p><i>Snowmen fall from heaven - unassembled.</i></p> 				<p>Center's Closed 1 <i>Happy New Year!</i></p>
<p>Chicken Cacciatore 4 Over Noodles French Cut Green Beans Butterscotch Bar</p>	<p>Pierogies w/Onions 5 Baby Beets Tossed Salad Chocolate Brownie</p>	<p>Roast Pork w/Gravy 6 Mashed Potatoes Traditional Blend Veg. Apple Cobbler</p>	<p>Grandma's Meatloaf 7 Chantilly Potatoes Spinach Peaches</p>	<p>Chinese Pepper Steak 8 OR Lemon Pepper Pollack Lemon Rice Pilaf Sonoma Blend Vegetables Pineapple Tidbits</p>
<p>Macaroni & Cheese 11 Stewed Tomatoes Cauliflower w/Parsley Banana</p>	<p>Roast Beef w/Gravy 12 Mashed Potatoes w/ Gravy Country Blend Vegetables Vanilla Cake w/Peanut Butter Frosting</p>	<p>Halupki 13 OR Chicken w/Orange Sc. Mashed Potatoes Peas & Carrots Ice Cream Cup</p>	<p>Manicotti 14 Wax Beans Tossed Salad Fluffy Lime Gelatin</p>	<p>Fish Florentine 15 OR Chicken w/Cranberry Brown Rice Pilaf Winter Squash Lemon Pudding</p>
<p>Chicken ala King 18 Over a Biscuit Baby Carrots Grape Juice Sugar Cookie</p>	<p>Pub Burger 19 OR Chicken Salad Sandwich Cream of Potato Soup Pineapples & Mandarin Oranges</p>	<p>Roast Turkey w/Gravy 20 Bread Dressing Monte Carlo Blend Veg. Peach Crisp</p>	<p>Sweet & Sour Pork 21 Over Brown Rice Oriental Blend Vegetables Tossed Salad Gingerbread w/Lemon</p>	<p>Broiled Fish w/Lemon 22 OR Home-Style Salisbury Steak Mashed Potatoes Broccoli Strawberry Pudding</p>
<p>Baked Ziti Parmesan 25 Sausage Soup Spinach Apricot Halves</p>	<p>Breaded Fish 26 OR Sliced Pork BBQ Sandwich O'Brien Potatoes Coleslaw Sherbet Cup</p>	<p>Liver w/Onions 27 OR Chicken Marengo Mashed Potatoes Peas Cinnamon Applesauce</p>	<p>Ham & Scalloped 28 Potatoes Mexicorn Cut Green Beans Fruited Gelatin</p>	<p>Beer Battered Fish 29 OR Grandma's Meatloaf Macaroni & Cheese Brussels Sprouts Oatmeal Cookie</p>

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

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Answers on Page 8

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

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