



Visit Our Website at www.gobroomecounty.com/senior

Stay Independent in Your Own Home

Staying independent in one's own home often requires careful planning. Below is a list of the most common needs encountered by seniors as they age, as well as ways you can get help to meet these needs.

Food – Securing proper nutrition is essential to remaining healthy and independent. Options such as Meals on Wheels, volunteer grocery Shopper Service, and Senior Center meals all are cost-effective and healthy ways to maintain good nutrition.

Personal Care – Tasks such as bathing, showering, grooming might be challenging for older adults. Free or low-cost in-home services, or “for-hire” options, such as Senior Helpers or private home health care companies, are available to meet your needs based on income.

Safety – Ensuring that one's home is safe to live in includes thinking of ways of improving accessibility in the home to prevent falls and other injuries. A Personal Emergency Response System (PERS) is another important way to help you stay safe in your home.

Social Connections – Staying connected to other people greatly improves an older adult's life. Explore one of the eight Senior Centers located in Broome County for lunches, exercise and educational classes. Subscribe to Senior News to learn about all the different ways to stay socially connected in your community.

Long-term Care – Some older people need assistance to be able to remain in their own homes. Expanded In-home Services for the Elderly is a long-term care program which makes arrangements for home-care services, such as finding personal care aides to assist you.

Transportation – When you are no longer able to drive your own car, relying on others can feel quite challenging. Explore some of the local transportation options - schedule a ride with the Office for Aging Mini-Bus (provided by BC Transit) or look for volunteer organizations providing transportation.

For more information on any of these options and programs, please call the Broome County Office for Aging at 607-778-2411, visit our website at www.gobroomecounty.com/senior, or contact NY Connects of Broome County, your link to long term services and support, at 800-342-9871 or 607-778-2278.

Veterans and Families

Learn what You've Earned

Did you ever serve in the United States military? Did a member of your family ever serve in the military? Do you work with individuals who served in the military? Did any of your friends ever serve in the military?

If the answer to any of these questions is “yes,” then an upcoming program at the Broome County Public Library (185 Court Street in Binghamton) is an event that you will want to attend.

On July 14, federal, state, and local leaders will offer an information session and open forum about benefits, programs, and services available to Veterans and their family members, providing a unique opportunity to receive information directly from agencies and organizations responsible for helping Veterans and their families receive the benefits that they earned.

Co-organized by the New York State Division of Veterans' Affairs and the New York State Office for the Aging, the event will also feature speakers from the United States Department of Veterans Affairs, the New York State Department of Health, and the Broome County Veterans Service Agency.

Topics discussed will include assistance for Veterans and their family members seeking federal, state, and local Veterans' benefits, access to healthcare for Veterans and their families, nursing home care available to Veterans and their families, and state-offered benefits from transportation assistance to meals to home care that allow older adults and individuals of all ages with disabilities to remain in their homes for as long as possible.

The event will begin at 1:30 p.m. with remarks from Broome County Executive Debbie Preston.

Representatives from Action for Older Persons and from the Division of Veterans' Affairs will be on hand for brief one-on-one consultations with any interested attendees following the conclusion of the program.

For more information, please call (518) 474-6114 or send an email to dvaoutreach1@veterans.ny.gov.

Celebrating Volunteers

Shirley Marks and Lois Root Honored by New York State

Two long-time community volunteers were honored for their work in Broome County at the New York State Senior Citizens Day event on May 10, 2016 in Albany, NY. The Broome County Office for Aging nominated Shirley Marks and Lois Root, who were honored at this event along with representatives from each of the 62 counties in New York State.

Continued on page 5



BE INDEPENDENT



From the Editor

by Vince Fox

We are celebrating both our nation's and our individual independence in this edition of the Senior News. If you are looking for ideas on how to celebrate, I have one for you – join us at the Seniors Running and Walking Festival! It's an opportunity for you to celebrate independence with fellow older adults.

There are two parts of our festival. First, it's an exercise and social program at the Vestal Rail Trail. It started on June 13th but it's not too late to join us. We meet on Mondays and Fridays at 6:00 PM at the Coal House Café. We walk, run or wheel along the Vestal Rail Trail. Along the way, we get to know one another and, sometimes, we play fun games. We celebrate completion of our exercise by enjoying tasty and healthy snacks (well, mostly healthy), while we talk and laugh together.

The second part of the festival is our races which will be held on August 13th at the Vestal Rail Trail. Don't be afraid of the word "race" - this is a fun event for anyone 55 years or older. It includes music, food, cake, t-shirts, medals, individual awards, team awards and more! Our races include 1 mile walk or run, 5K (3.1 miles) walk or run, and 2K (1.2 miles) wheel chair. If you ask anyone who participated last year, they will tell you that it was an awesome event and a wonderful celebration of being an independent older adult!

All of this is available to you for just \$10. We get to keep your cost so low because most expenses are covered by our great sponsors – Excellus Blue Cross-Blue Shield, and Good Shepherd Communities.

To register, you can fill out and mail the application on page 5, or you can pick up an application at your closest senior center, or visit www.gobroomecounty.com/senior/healthed. If you have questions, please call Vince or Rita, at 607-778-2411.

I hope to see you at the Rail Trail on Mondays and/or Fridays, or at our main event on August 13th. Happy Independence Day!!

Are You Struggling with Medicare Costs?

The **Medicare Savings Program** is an income-based program run through the local Department of Social Services that may pay your Medicare part B premium. That means, if you qualify, you will receive an extra **\$104.90-\$121.80** (depending on your premium) in your Social Security check every month.

How do you know if you qualify? If you are **single** and your gross income is below **\$1,357** per month (GROSS includes any income, such as Social Security, pensions, interest and dividends) or you are **married** and your combined gross income is less than **\$1,823** per month, you may qualify. If you work and have earned income, this is calculated differently and less than half will count towards reaching the income limit. Medical insurance premiums can also be deducted from your income including monthly premiums for a Medigap or Medicare Advantage Plan. There is **NO** asset limit and you will automatically be enrolled in Low Income Subsidy.

Low Income Subsidy (LIS) is an income and asset-based program that is facilitated by Social Security. LIS helps to lower your prescription co-pays while also paying for much, if not all, of your Part D premium. With this program, the most you would pay for a prescription is \$7.40 for a brand name and \$2.95 for a generic prescription.

How do you know if you qualify? If you are **single** and make less than **\$1,357**, or **married** and make less than **\$1,823**, you will qualify for LIS. This program also has a partial benefit for higher income individuals and couples as well. The guidelines are as follows. If you are **single** and make less than **\$1,505** per month and have assets under **\$13,640** or if you are married and make less than **\$2,022** per month and have assets under **\$27,250**, you likely qualify. If approved for partial assistance, you will pay either of 15% of the costs of a medication or the copay set by your prescription plan – whichever is less.

EPIC is the New York State Elderly Pharmaceutical Insurance Coverage program that also reduces prescription costs.

How do you know if you qualify? The maximum income to qualify for EPIC is \$75,000 a year for a single individuals and \$100,000 for a couple. Depending on your income, you may or may not have a deductible. EPIC is particularly helpful in the coverage gap (aka – donut hole) as prescriptions that would have been more than \$55 will only be \$20, including those that would have been several hundred dollars.

If you think you may qualify, have questions or would like to be screened for any of these programs, please call AOP at 607-722-1251. AOP can assist with the application process for all three programs.

Action for Older Persons will be hosting a series of enrollment events. If you would like to be screened for any of these programs, feel free to join at the locations, dates, and times below.

Monday, July 25, 2016
12:30pm-2:30pm
Eastern Broome Senior Center
27 Golden Lane
Harpurville, NY

Thursday, July 28, 2016
10:00am-12:00pm
Deposit Senior Center
14 Monument Street
Deposit, NY

Wednesday, July 27, 2016
12:00pm-2:00pm
North Broome Senior Center
12 Strongs Place
Whitney Point, NY

Tuesday, August 2, 2016
9:00am-11:30am
First Ward Senior Center
226 Clinton Street
Binghamton, NY

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This contribution helps defray the cost of printing and postage.



We help people stay independent, in control, and in touch.

Home Care

■ Personal Care

■ Housekeeping

■ Family-Style Living in Private Homes

■ Elder Counseling

Whether you need a helping hand or are concerned for an aging parent or disabled loved one, we know how to help. Call to learn more about our in-home services or our Family Homes for the Elderly program!

The Family & Children's Society
turn to us!

Member United Way of Broome County and Tioga County United Way

607-772-9776 • www.familycs.org

Early Independence Day Celebration

Luncheon on Friday, July 1st at participating Senior Centers
Serving around noon

Celebrate Independence Day early at your local senior center. The picnic menu includes your choice of barbecue chicken breast or beer battered fish, sides, and fruited gelatin for dessert. Lunch is just \$3.25 for those age 60+ and \$4.25 for anyone under age 60.

Remember to reserve lunch at the senior center of your choice. Phone numbers are listed on the back pages of this Senior News. Deadline to reserve your meal is June 30th at noon.

HAIR @ HOME

Attention Men and Women!

A licensed hairdresser will come to you and do your hair in the convenience of your own home!

Reasonable Prices!

-Shampoo/Cuts

-Shampoo/Set

-Perms:

-Highlights

-Color

-Manicures

Call Barb

Wittig for

appointment:

(607)862-3450

No charge for travel!



PAID ADVERTISEMENT

Pension Buyback Bill for Veterans

Saluting their service to our country, all veterans will now be eligible to receive New York State retirement credit for time served in the military. Governor Cuomo signed the bill updating the Military Service Credit Law on May 31st.

“Our veterans have sacrificed so much during their time serving our country; allowing them to credit their service toward their retirement is the least we can do to say ‘thank you,’” said Assemblywoman Donna Lupardo, who was a sponsor of the bill.

The new law allows all employees in the New York State pension system, such as teachers, firefighters, police officers, municipal, and state employees to buy back up to three years of military service toward their retirement. The ability to credit this service is available for employees after five years of service to the State.

Under previous law, only veterans who served during certain dates were eligible for additional credit. The updated law will allow all veterans, regardless of when they served, to buy back time served in the military. Anyone with questions regarding eligibility is encouraged to call Assemblywoman Lupardo’s office at 607-723-9047.

Pasta Dinner Fundraiser

Supporting Senior Games

Thursday, August 4

5:00-7:00 PM

Broome West Senior Center
2801 Wayne Street, Endwell

Open to the public! You do not have to be an older adult to attend - all are welcome!

Enjoy delicious Rossi’s sauce over pasta, meatballs, tossed salad, Jim Roma’s Italian bread, beverage and dessert.

\$7 for adults

\$4 for children 12 and under
FREE for children 3 and under

Purchase tickets at the Office for Aging in Binghamton or the Broome West Senior Center in Endwell. For more information call 778-2411.

Senior Center Holiday Closing

All Broome County Senior Centers will be closed on Monday, July 4 in observance of Independence Day.

Accessible Parking

Do you need to get a permit or license plate for parking in areas designated as accessible parking (also known as handicapped and disabled parking)? The first thing to know is that accessible parking permits and license plates are different things and issued by different offices. A parking permit is issued by the town or city clerk in the name of the person with a disability. It can be used with any vehicle in which that person needs to be transported. You do not need a driver license to get a permit. A license plate, however, is issued by the Department of Motor Vehicles (DMV) for the vehicle whose owner must show proof of having a permanent disabling condition.

To get a permit for accessible parking, you and your healthcare provider should create a document that describes your disabling condition. There is a NY State form you can use, MV-664.1 (<https://dmv.ny.gov/forms/mv6641.pdf>) or your healthcare provider can complete a statement on their letterhead. Bring the form or statement to your village, town or city clerk. There is no fee for a permit, and you do not need a driver license to obtain one. Remember that neither the DMV nor the County Clerk issues the parking permits.

To get a license plate:

- Bring the proof of your disability (either form MV-664.1 or the statement from your healthcare provider) and current vehicle plates to any DMV office.
- Bring your proof of identity.
- Complete the application form, pay \$18.00, and surrender your current vehicle plates.
- A set of accessible-parking license plates are issued only for vehicle(s) registered in the name of the person with a disability.

For more information, visit <https://dmv.ny.gov/more-info/parking-people-disabilities>

Be Independent – Be Active!

Being active will help you to build the strength you need to live independently. Here are four great ways for you to be active.

Endurance: Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. Every day is best. That’s called an endurance activity because it builds your energy or “staying power.” You don’t have to be active for 30 minutes all at once. Ten minutes at a time is fine.

Strength: Keep using your muscles. Strength exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, you can lift your grandchildren, and you can walk through the park. Keeping your muscles in shape helps prevent falls that cause problems like broken hips. You are less likely to fall when your leg and hip muscles are strong.

Balance: Do things to help your balance. Try standing on one foot, then the other. If you can, don’t hold on to anything for support. Get up from a chair without using your hands or arms. Every now and then, walk heel-to-toe. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch. You can also try a Tai Chi class at our senior centers. Tai Chi has been proven by research studies to improve balance.

Flexibility: Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway. Stretch when your muscles are warmed up. Don’t stretch so far that it hurts. You could also try a gentle or chair yoga class at our senior centers.

Who Should Exercise?

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease or diabetes. In fact, physical activity may help. For most older adults, brisk walking, riding a bike, swimming, weight lifting, and gardening are safe, especially if you build up slowly. But, check with your doctor if you are over 50 and you aren’t used to energetic activity.

How Can I Get Started?

Check out page 4 – it lists many ways for you to get active at our Senior Centers!

adapted from: www.nia.nih.gov/health/publication/exercise-and-physical-activity

HEALTH & WELLNESS

Zumba

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

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Monday	1:00 pm	Eastern Broome Senior Center (Harpursville)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	1:00 pm	Broome West Senior Center (Endwell)

Toning & Zumba

Toning exercises using light weights followed by Zumba dance aerobics. There is a \$5 charge for this class.

Wednesday	5:30 pm	Johnson City Senior Center
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Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

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

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. There is a \$3 charge for this class at JC; at BW there is no instructor, no fee.

Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	9:30 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

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

Increase flexibility, range of motion and circulation.

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

Chair Dance Party

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

Friday	12:30pm	Johnson City Senior Center
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Stepping On: A Wellness Program to Prevent Falls.

Gain knowledge and strategies to stay independent and to have a greater awareness and understanding of how to prevent a fall. For more information on classes call Diane at 757-0750 or Donna at 765-4180.

Open Swim & Water Aerobics Classes

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

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

Lo-Impact Aerobics

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

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

Participants must have some type of military affiliation

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

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

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

**Complete addresses and phone numbers for all Senior Centers are located on pages 10 & 11*

EVENTS at the CENTERS

Evening Meal & Bunko

Thurs., July 7, 5-7 pm

Vestal Senior Center

607-754-9596

Feeling lucky?

Take a chance with Bunko!
Reserve by noon, 7/6, liver OR halupki and banana cream pie.

Special Lunch

Thursday, July 14

11 am-12:30 pm

North Shore Towers Sr Center

607-772-6214

Enjoy chicken spiedie wraps & root beer floats. Check blood pressure & glucose levels.

July Evening Dining

Thursday, July 14 & 28

4 pm (Music, 5:15 pm)

Eastern Broome Senior Center

607-693-2069

Gary T. & Company performs on July 14 and Greg Neff on July 28. Reserve by noon the day before.

Steak Roast at Otsiningo Park

Wednesday, July 20, 12:30 pm

(Bingo, 11 am;

Entertainment, 1-2 pm)

First Ward Senior Center

607-729-6214

Purchase tickets by July 15th:
\$13 for steak; \$11 for chicken.
Call or visit for details!

"Christmas in July" Raffle

Friday, July 22, 11 am-2 pm

Broome West Senior Center

607-785-1777

Raffle tickets available till the drawing. Enjoy a special Christmas in July celebration!

Reserve a meal by noon

Thurs. July 21.

Ice Cream Patio Party w/Bruce Huggins

Friday, July 22, 12 pm

Northern Broome Senior Center

607-692-3405

Friday fun: ice cream & music.

Reserve lunch by noon, July 21.

Sudoku Answers

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

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



First Ward Senior Center

Call (607) 203-1179 to suggest a location for a trip.

July 27
Erie Canal/Spaghetti Warehouse

August 16
Wellsboro, PA: Grand Canyon of the East

September 9
Shawnee Playhouse, Show & Meal

November 15-17
Atlantic City, Tropicana

Johnson City Senior Center

Call (607) 797-3145 or stop by for info.

August 3
Philadelphia: Duck Liberty Tour, Grandchildren welcome

August 29
NY State Fair Senior Day (all ages invited)

September 16
Merry-Go-Round Playhouse: Million Dollar Quartet

Vestal Senior Center

Call Charles DiGiacomo for details, 607-625-2855.

September 3-10
Norwegian Gem, 7 Night Cruise: New York to Nova Scotia



Medication Drop Off

The Broome County Sheriff's Office & Office for Aging are working together to promote a safer community. Various senior centers will host events for unwanted prescription medication drop off.

No questions will be asked of you. Please do not bring needles.

3 Convenient Locations:

Wednesday, July 6
1:00-2:00 PM
Broome West
2801 Wayne Street, Endwell

Wednesday, July 13
11:30 AM-12:30 PM
Northern Broome
12 Strongs Place, Whitney Point

Wednesday, July 20
11:30 AM-12:30 PM
Johnson City
30 Brocton Street, Johnson City

Celebrating Volunteers

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Shirley Marks has been an outstanding volunteer for the Northern Broome Senior Center in Whitney Point for the past 18 years. Shirley's leadership in advocacy and fundraising efforts were instrumental in the 2003 opening and furnishing of Northern Broome Senior Center. Without leaders like Shirley, the center may have never happened. Shirley continues to help at the center in various ways almost every day. She assists with Meals on Wheels, helps in the kitchen, facilitates special programs, and helps with many other activities. Shirley is also an active volunteer at her church and at a community project called "Dresses for Haiti-Angels of Mercy."

Lois Root is also a vital volunteer for the Northern Broome Senior Center. Lois is typically one of the first persons to greet others as they enter the building. She is always quick to smile and provide information about the day's activities. She is extremely organized and passionate about her responsibilities. Lois is dependable and represents the center professionally. She has many leadership roles for the center including site council president and helping to organize fundraisers. She is also the center's volunteer "librarian", setting up book displays and keeping track of book loans. Simply put, Lois consistently gives 100%.



Shirley and Lois have much pride in their work. They are well-respected for their commitment and dedication. We thank Shirley and Lois for their countless hours of volunteering, their commitment to community service, and the generosity they demonstrate by sharing their talents and enthusiasm. They truly make this community a better place to live and are shining examples of why we celebrate volunteers.

Summer Clutter Challenge

Beat the summer heat in the coolness of your basement while you're cleaning out the clutter! Downsize and Declutter sessions will be held at the air-conditioned Broome West Senior Center on July 12 and August 9. We will focus on your accomplishments as well as show you some resources for inspiration and encouragement.

Declutter sessions are the second Tuesday of each month at 3 PM. No registration is required to attend. Call Joan at 778-6206 for questions.

After the presentation, join us for dinner and entertainment for a \$4 suggested contribution. Reserve your meal by noon the day before the session by calling 785-1777.

Hawaiian Luau at Broome County Senior Centers Wednesday, July 27th

Come and join us for a day in "Hawaii." There will be tropical adventures including island music, tropical drinks, and other island festivities. A Hawaiian lunch will be served around noon. Come dressed in your Hawaiian shirts and skirts.

Call the senior center of your choice for a lunch reservation. Deadline for lunch reservations is noon on Tuesday, July 26th. Lunch is \$4 for people 60 years and older; all others \$5.00.



Entry Form

Last Name: _____

First Name: _____

Street Address: _____

City/State/Zip: _____

Phone #: _____

E-mail: _____

Team Name (optional): _____

Gender: M F DOB: __/__/__

Age on race day (must be 55 years or older): ____

T-Shirt Size (check box)

Small Medium Large XL XXL

Race Division (check box)

Runner Walker

Wheelchair: Pushed Manual

Race Selection (both 1M and 5K can be selected)

1 mile 5K Wheelchair 2K

Is this your first 5K? Yes No

Do you intend to participate in the optional training program?

Yes No Maybe

Fee: \$10.00 *includes race and training program

Checks payable to: Vestal Coal House

Mail the **completed application and signed waiver** on back to:

Rita Fluharty, Health & Wellness Unit
Broome County Office for Aging
PO Box 1766
Binghamton, NY 13902

<http://www.gbroomecounty.com/senior/healthed>

CUT OUT FORM - SIGN ON BACK AND MAIL TO ABOVE ADDRESS

Summer Fun Facts

The “dog days of summer” refer to the weeks of July 3 - August 11 and are named after the Dog Star (Sirius). The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

Popsicles were accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside and by the next morning the soda had frozen. He began by selling the treat in his neighborhood and, later, in a nearby amusement park.

According to the USDA, over 120,000 acres of watermelons were grown in the US in 2014, producing 3.2 billion pounds!



Waiver MUST be signed and returned with your entry form. Thank You.

I certify that I am physically fit and have sufficiently trained for competition and that my physical condition has been verified by a licensed medical doctor. I consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement or exclusive television coverage of the Seniors Running and Walking Festival, in any manner incidental to my participation, and without compensation to me. I agree to assume all responsibility for all risk, damage or injury that may occur to me as a participant in any event of the Seniors Running and Walking Festival, including its training program. I release and discharge for myself, my heirs, executors and administrators, Excellus BCBS, Good Shepherd Communities, the Broome County Office for Aging, Action for Older Persons, Triple Cities Runners Club, Vestal Coal House, the Town of Vestal and all other agencies and individuals associated with the Seniors Running and Walking Festival and its training program.

Signature: _____

Printed Name: _____

Date: _____

Health and Safety Day

The Broome County Traffic Safety Program will host Health and Safety Day on Wednesday, July 20th from 9 AM to 12 PM at the Johnson City Senior Center located at 30 Brocton Street in Johnson City. Participants who visit all four of our stations will receive a FREE lunch at the center!

1. Broome County STOP-DWI Program: Medications and driving don't always mix. Learn how mixing prescription medications with alcohol and other drugs can impair safe driving ability.

2. CarFit: Join us in the parking lot where you will work one-on-one with a CarFit technician who will use a 12-point checklist to give you a quick, yet comprehensive, evaluation of how well you and your vehicle work together.

3. Johnson City Police Department K9 Unit: Don't miss Officer Crandall and his partner “Cruz” for a canine demonstration. Learn how dogs can help protect the public and aid law enforcement in the field.

4. Union Volunteer Emergency Squad: Learn valuable health information about Medical Orders of Life-Sustaining Treatment (MOLST), Do Not Resuscitate (DNR), Living Will & Healthcare Proxy and what you need to know if you call Emergency Medical Services (EMS).

Be sure to bring your unwanted medication and prescription drugs to be disposed of by the Broome County Sheriff's Office, starting at 11:30 am.

Pre-registration is requested by Monday, July 18th by calling (607) 778-2807.

Meet & Greet Neighborhood Luncheon

When:

Wednesday, July 20th at Noon

Where:

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

Menu:

beef stroganoff over noodles, vegetables, salad and ice cream for dessert.

Suggested Contribution:

\$3.25 (60+)

Cost: \$4.25 (Under 60)

Space is limited. Please call 722-1017 to RSVP by 1 pm on July 19th.
Come and get acquainted!

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

Want to Enrich Your Life?

Volunteer at School or Day Care

Share a lifetime of wisdom
with children

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

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

The children will love you!

What is STIC?

Imagine a world that is accessible to everyone - where no barriers to independence exist; where everyone is allowed to be themselves; where people are free to let their disabilities be just another part of who they are. Southern Tier Independence Center's (STIC) board of directors and employees believe that together, we can shape this world.

STIC is a not-for-profit, community-based advocacy and service organization for people of all ages and all types of disabilities. We serve Broome, Chenango and Tioga counties, plus nine others. All of STIC's programs and services promote independence, inclusion and community integration.

Having a disability does not mean we should have to occupy a different world from everybody else. To pave the way toward this vision, we offer a wide variety of services and support to children and adults with all disabilities, and to their friends and families. Below are just a few of the services provided by STIC.

- Accessibility advice
- Personal care at home –
Consumer Directed Personal Assistance
- Housing assistance
- Health information program
- Independent living skills development
- Medicaid Service Coordination (MSC)

Further, we offer programs and services for employment, assistive technology, Consumer-Directed Personal Assistance, sign language interpreters, peer support, education and other advocacy, deaf services, and so much more. Visit our website at www.stic-cil.org or call us for a brochure at (607) 724-2111.

Let Freedom Ring

“The bells rang all day and almost all night.”

John Adams said on July 8, 1776

The State House bell, now known as the Liberty Bell, rang in the tower of the Pennsylvania State House. Today, we call that building Independence Hall. Speaker of the Pennsylvania Assembly Isaac Norris first ordered a bell for the bell tower in 1751 from the Whitechapel Foundry in London. That bell cracked on the first test ring. Metalworkers from Philadelphia, John Pass and John Stow, melted it down and cast a new bell. It was rung to call lawmakers to their meetings and the townspeople together to hear the reading of the news.

It was not until the 1830’s that the old State House bell would begin to take on significance as a symbol of liberty. “Proclaim Liberty Throughout All the Land Unto All the Inhabitants thereof,” the bell’s inscription, provided a rallying cry for abolitionists wishing to end slavery. *The Anti-Slavery Record*, an abolitionist publication, first referred to the bell as the Liberty Bell in 1835, but that name was not widely adopted until years later. Millions of Americans became familiar with the bell in popular culture through George Lippard’s 1847 fictional story “Ring, Grandfather, Ring”, in which the bell came to symbolize pride in a new nation.

No one recorded when or why the Liberty Bell first cracked, but the most likely explanation is that a narrow split developed in the early 1840’s after nearly 90 years of hard use. In 1846, when the city decided to repair the bell prior to the holiday observation of George Washington’s birthday (February 23), metal workers widened the thin crack to prevent its farther spread and restore the tone of the bell using a technique called “stop drilling”. So, the wide “crack” in the Liberty Bell is actually a product of the repair job! Nevertheless, the repair was not successful.

adapted from: www.nps.gov/inde/learn/historyculture/stories-libertybell.htm

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You Can Get There with GetThere!

The GetThere Call Center (toll free: 1-855-373-4040) is available to help older adults and others with transportation needs by providing information, referrals, and trip assistance. This service is run by Mobility Management of South Central New York (SCNY) and is free of charge. You can call weekdays between 8:30 AM and 4:30 PM and talk to a trained agent who will help you with your transportation needs.

GetThere has worked closely with the Broome County Office for Aging (OFA), BC Transit, Lourdes Hospital, UHS, Southern Tier Independence Center, and Faith in Action. These partners have been crucial to the program’s success. Since its inception in 2012, GetThere has managed over 2,000 transportation inquiries, most of which came from callers in Broome County.

If you would like to learn how to use BC Transit or the OFA Minibus, GetThere staff will meet you and travel with you, providing support as you learn to use the transportation system. Though GetThere staff members cannot make OFA Minibus reservations for you, they will help you learn how to use the automated system and how to make reservations on your own.

Please feel free to call and speak to a friendly voice to discuss any of your transportation needs or questions. GetThere’s toll free number is 1-855-373-4040. If calling during the evening or weekends, please leave a message and your contact information and GetThere will return your call promptly.

GetThere is a service of Mobility Management of SCNY. For additional information, visit www.rhnsny.org/programs/mmscny.

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Caregiver Corner

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

Events for Caregivers

Increase Your Strength and Balance

Date: Wednesday, July 13th
 Time: 3:30-4:30 PM
 Place: West Family YMCA
 740 Main Street, Johnson City
 Presenter: Donna Gavula, RN

No matter your age, there are simple and effective ways to improving balance. Join us as we discuss techniques that can help you and your loved one remain healthy, confident and safe. Advance registration is requested. Call the Office for Aging at 778-2411.

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Center (close to Sears)
 Oakdale Mall, Johnson City, NY
 Date: Monday, July 11
 Time: 1:00-2:30 PM

Place: Broome West Senior Center
 2801 Wayne Street, Endwell, NY
 Phone: 785-3427
 Date: Wednesday, July 20
 Time: 9:30-11:00 AM

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

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

Five Minutes for Health

Take 5! Or less! Small changes that only take a little time can go a long way to improve or maintain good health. In five minutes or less, you can:

- 1. Wash hands** - Handwashing is one of the best things we can do to keep from getting sick and avoid spreading germs to others.
- 2. Buckle up** - Seat belts reduce serious crash-related injuries and deaths by about half. Seat belt use is the most effective way to save lives and reduce injuries in crashes.
- 3. Protect your skin** - Skin cancer is the most common cancer in the United States. To protect your skin, use a sunscreen with SPF 15 or higher, seek shade, cover up, wear a hat and avoid indoor tanning.
- 4. Read food labels** - Look at nutrition labels to know what you're eating. See how much fat, cholesterol, sodium, sugars, and other ingredients are in your food.
- 5. Test your smoke alarm** - Test your smoke alarm once a month to make sure it works properly. Replace the batteries if needed.

- adapted from: www.cdc.gov/features/fiveminutes

Local Farmers' Market Coupons Available to Seniors



Farmers' Market Coupons are \$20 vouchers that can be exchanged for produce at your local farmers' market. This program is meant to assist individuals who meet age and income guidelines in buying produce from local farmers markets. Eligibility requirements and distribution sites are listed below.

You **MUST** meet the following guidelines to be eligible:

- 1) Provide proof of age (must be age 60 or older)
- 2) Have a BC Office for Aging ID Card with you or fill out an ID application on site

AND

- 3) Meet the following income guidelines:
 One-person household – at or below \$1,832/month
 Two-person household – at or below \$2,470/month
 Three-person household – at or below \$3,108/month

**Proof of income is not required.*

**New this year--NO limit per household! All eligible individuals may receive one booklet per year.*

Date & Locations for Pick Up

- 7/12 First Ward, 10 am (226 Clinton St., Binghamton)
- 7/13 Johnson City, 9:30 am (30 Brocton St., Johnson City)
- 7/14 Vestal, 10 am (201 Main St., Vestal)
- 7/19 Northern Broome, 10:30 am (12 Strongs Pl., Whitney Pt)
- 7/21 Eastern Broome, 10 am (27 Golden Ln., Harpursville)
- 7/26 North Shore Towers, 9 am (24 Isbell St., Binghamton)
- 7/28 Broome West, 10 am (2801 Wayne St., Endwell)

Individuals may redeem their coupons on site at the CHOW Produce Market.

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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;
CHOW Produce Sale 10:30 am - Noon; Chorus Practice 12:45 pm

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

W: Bingo 9 am, Knitting w/Mary 9:30 am; Scrabble 12:30 pm;
Floor Shuffleboard 12:45 pm

Th: Social Connections 1-2:30 pm; USA Ballroom Dance Lessons 7-8:30 pm

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

Special Activities

- 7/1 4th of July Luncheon w/Rich Wilson, 11 am-1 pm
7/6 Medication Drop Off w/Sheriff Harder, 1-3 pm
7/7,8 AARP Smart Driver Course, 10 am-1:40 pm
7/11 Special Breakfast: *melon medley dessert*, 10:30 am-12:30 pm
7/12 Downsize & Declutter Series, 3 pm
Evening Meal (*roast turkey/lemon meringue pie*)
w/Wayne Beddoe, 5-7 pm
7/19 Site Council Meeting, 10:15 am
7/20 Medicare Preventive Services (AOP), 11:15 am
7/21 Philly Cheese Steak Day w/Charlie Carr on the Spoons,
11 am-12:30 pm
7/22 Christmas in July Party & Silent Raffle, 11 am-2 pm
7/25 Special Breakfast: *Belgian waffles w/strawberries*, 10:30am-12:30 pm
7/26 Evening Meal (*chx stuffed w-broc-chz/homemade dessert*)
w/Greg Neff, 5-7 pm
7/27 Hawaiian Luau, 11 am-1 pm
7/28 Farmers Market Coupons & CHOW Produce Market, 10 am

DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tues & Thurs, 9:00am - 2:00pm

Lunch served at Noon

Weekly Activities (call for info):

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: 7/5 Nickel; 7/12 Bag; 7/19 Quarter; 7/26 Nutrition
7/5 4th of July Celebration, 12:30 pm
7/11 (*Mon.*) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm
7/14 Hawaiian Luau Evening Meal (*roast turkey/lemon meringue pie*)
w/Sizzle, 4:30 pm
7/19 Blood Pressure Screening w/Sandy, 11:30 am
Southern Tier Food Bank (at the fire station), 11:30 am
Make Your Own Sundae, 1 pm
7/28 Medicare Preventive Services w/AOP, 12 pm (*Consultations 10*
am-12 pm by appointment only)

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9:00am - 2:30pm

Lunch served at Noon

Breakfast: Tues, 8 - 9:30 am

Brunch: Thurs, 10:30 am – 12:00 pm

Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm

Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Computers, Coffee Hour, Cards, Shuffleboard, Billiards

W: Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

F: Wii practice/play 12:30 - 1 pm

Special Activities

Mondays: Mobile DMV, 10 am-3 pm (*Closed 12-12:30 for lunch*)

Fridays: Gentle Tai Chi, 9 am

7/7,21 Bingo, 11:45 am

7/1 4th of July Party w/Orange Blossom Special, 12:30 pm

7/6 George Washington's Army Informative Narration, 12:30 pm

7/14 Evening Dining (*roast turkey/lemon meringue pie*) 4 pm w/Gary T.
& Company, 5:15 pm)

7/20 Open House, 9 am- 2:30 pm

Earl Villecco Presents: The Cheese Factory, 10:45 am

Country Songs by Hot Wings & Cold Feet, 12:30 pm

7/21 Farmers Market Coupon & CHOW Produce Sale, 10 am

7/25 Horse Racing w/Bonnie Hill, 10 am

Medicare Preventive Services w/AOP, 12:15 pm (*Consultations*
12:30-2:30 pm by appointment only)

7/27 Hawaiian Luau, 12 pm

7/28 Evening Dining (*chx stuffed w-broc-chz/eclair*) 4 pm w/Greg Neff,
5:15 pm

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm

Lunch served at 11:45 am call 729-6214

Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm

(No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

M: Bingo 12:30 pm; Texas Holdem 12:45 pm

T: Shuffleboard 9:00 am; Knitting 9 am; CHOW Produce Sale 11:00 am -
Noon; Pinochle 12:30 pm; Texas Holdem 12:30; Art 1 pm

W: Ceramics 9:00 am; Chorus 9:30 am; Pottery 1:00 pm

Th: Sewing 9:00 am; Mah Jongg 12:30 pm; Art 1:00 pm

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

Special Activities:

Tues & Thurs: Tai Chi for Arthritis (*Begins July 12*), 1-2 pm

7/1 4th of July Luncheon w/Rick Pedro, 11:45 am

7/6 Social Club Meeting, 1 pm

7/12 Farmers Market Coupon & CHOW Produce Sale, 10 am

7/13 Legal Aid (*by appointment only*), 9 am

Blood Pressure Clinic, 10 am

7/18 Brunch for Lunch: *pancake bar w/assorted toppings*, 10:30 am

7/20 Center Closed for Otsiningo Park Steak Roast at 12:30 pm
(*purchase tickets by 7/15*)

7/21 Philly Cheese Steak Day, 11:45 am

7/27 Hawaiian Luau w/Greg Neff, 11:45 am

8/2 Medicare Preventive Services w/AOP, 12:15 pm (*Consultations*
9-11:30 am by appointment only)

Go Green!

Did you know that you can read the Senior News on your computer? You will help our environment by saving paper, you get to be one of the first to see the news because the mailing is instant, and you get to see everything in full vivid color! If you want to start receiving a monthly email to our online Senior News, call the Office for Aging at 778-2411.



JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Fri 9:00am - 4:00pm
Lunch served at 11:45 call 797-1149

Hot Lunch (Reservations): M/W/Th/F
Walk-Ins Welcome:

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

Weekly Activities: Exercise classes listed on page 4

- M:** Watercolor Painting 9 am; Bingo 12:30 sales/1:30 play, Knit/Crochet, Poetry 1 pm; Pitch (cards) 1 pm
- T:** Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm
- W:** Quilting 9 am; CHOW Produce Sale 11:30 am - 1:00 pm; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Mahjong 1 pm
- Th:** Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm; Meditation 3 pm
- F:** Watercolor Painting 9 am; Ladies Singing 10 am; Hearts (cards) 11 am

Special Activities:

- 7/5 SNAP Nutrition Education, 11:30 am
- 7/6 Hearing Loss Meeting, 7 pm
- 7/13 Christmas in July Sale, 9 am-12 pm
Farmers Market Coupons & CHOW Produce Sale, 9:30 am
- 7/15 Outdoor Picnic w/Fretboard Express, 12 pm
- 7/19 Red Hat Society Meeting, 6:30 pm
- 7/20 Blood Pressure & Glucose Screening, 10:30 am
Car Fit Event (parking lot), 9:30 am
- 7/21 Legal Aid (by appointment only), 9 am-11:30 am
- 7/26 A Leading Musicians' Performance, 6 pm
- 7/27 Hawaiian Luau Luncheon, 11:45 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; Quilt/Sewing Class 10 am-3 pm; Bingo 10:30 am; Pinochle 12:30 pm
- T:** Computer Class 8:30; Osteo Exercise 10 am; **W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm
- Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm
- F:** Bingo, 10:30 am

Special Activities:

- 7/1 4th of July Luncheon, 11 am
Red, White & Blue Cake Walk, 12:30 pm
- 7/11,12 AARP Smart Driver Course, 10:30 am- 1:30 pm
- 7/12 Evening Dining (*roast turkey/lemon meringue pie*) w/ Doug Hubert & 7 year old son Eamonn, 4:30 pm
- 7/13 Medication Drop Off w/Sheriff Harder, 11:30 am
- 7/15 Movie of the Month: "Smitty," 12:15 pm
- 7/19 Farmers' Market Coupons & CHOW Produce Market, 10:30 am
- 7/20 National Lollipop Day, 11:30 am
Zentangle Club, 1-3 pm
- 7/21 Philly Cheesesteak Day, 11 am-12:30 pm
- 7/22 Ice Cream Patio Party w/Bruce Huggins, 12 pm
- 7/26 Evening Dining (*chx stuffed w-broc-chz/homemade dessert*) w/Bingo, 4:30 pm
- 7/27 Medicare Preventive Services w/AOP, 11:45 am (*Consultations, 12-2pm by appointment only*)
Hawaiian Luau, 12 pm

NORTH SHORE..... 772-6214

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

Weekly Activities:

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

Special Activities:

- 7/1 4th of July Luncheon, 12 pm
- 7/7 Breakfast for Lunch: *French toast/bacon/fruit*, 11 am-12:30 pm
- 7/14 Special Lunch: *chx spiedie wraps/root beer floats*, 11 am-12:30 pm
Blood Pressure & Glucose Screening, 11 am-12 pm
- 7/20 Beltone Hearing Screening, 10 am-11:30 am
- 7/26 Farmers' Market Coupons & CHOW Produce Market, 9 am
- 7/27 Hawaiian Luau Luncheon, 12 pm
- 7/28 Evening Meal (*chx stuffed w-broc-chz/eclair*) w/Ronnie & Marc, 4:30 pm

VESTAL 754-9596

Old Vestal Junior High School Cafeteria
 201 Main St., Box #4, Vestal, NY 13850
Center Hours: Mon - Fri, 9:00am - 2:00pm

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

Weekly Activities: Exercise classes listed on page 4

- Daily:** Coffee Klatch, Cards, Games
- M:** Walking Group 8 am
- T:** Pinochle 9:30 am
- W:** Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Chair Exercises 10:30; Oil Painting 1-3 pm
- Th:** Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm; Bridge Group 1-3 pm
- F:** Walking Group 8 am; Mahjong 9:30 am

Special Activities:

- 7/4,16 Beulah Rebekah Lodge #115 Meeting, 12-1:30 pm
- 7/6 Blood Pressure w/Kay Devine, 10:30 am
- 7/7,21 Bingo w/Brad, 10:15 am
- 7/7 Evening Meal (*liver OR halupki/banana cream pie*) & Bunko, 5-7 pm
- 7/11 Breakfast for Lunch, 11:30 am-12:30 pm
- 7/13 Medicare Preventative Services (AOP), 10:30 am
- 7/14 Farmers Market Coupons & CHOW Produce Sale, 10 am
- 7/15 Pizza Day *OR* Chef Salad (please reserve), 11:45 am
- 7/26 Vestal Senior Club Meeting, 12:45 pm
- 7/27 Hawaiian Luau, 11:30 am

The Broome County Home Repair Service

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A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

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Call 772-2850 For Details



MEET, GREET & EAT

July 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 (Burger Bar @ NB Senior Ctr)
				4th of July Party! Beer Battered Fish 7/1 OR BBQ Chicken Breast Baked Potato Coleslaw Fruited Gelatin
Centers Closed 4 In Observation of Independence Day	Chicken Cacciatore 5 Over Noodles Cut Green Beans Ice Cream Cup	Roast Beef w/Gravy 6 Mashed Potatoes Country Blend Vegetables Banana	Classic Meat Lasagna 7 Italian Blend Vegetables Tossed Salad Pumpkin Cookie	Fish Florentine 8 OR Pepper Steak Rice Pilaf Monte Carlo Blend Veg. Peach Crisp
Macaroni & Cheese 11 Stewed Tomatoes Cauliflower w/Parsley Fresh Nectarine	Halupki 12 OR Chicken w/Pineapple Mashed Potatoes Tossed Salad Pears	Ham Loaf 13 w/Horseradish Sauce Scalloped Potatoes Baby Beets Apple Cobbler	Liver w/Onions 14 OR Chicken Marengo Mashed Potatoes Peas Reduced Sugar Strawberry Pudding	Beer Battered Fish 15 OR Salisbury Steak Parmesan Rice Pilaf Broccoli Carrot Cake w/Cream Cheese Frosting
Chicken ala King 18 Over a Biscuit Baby Carrots Grape Juice Graham Crackers	Chili Con Carne 19 Baked Potato Cottage Cheese w/Chives Chocolate Pudding	EB Open House Beef Stroganoff 20 Over Rice Monte Carlo Blend Veg. Tossed Salad Ice Cream Cup	Vegetable Omelet 21 Warm Cinnamon Apple Slices Carrot Raisin Salad Raspberry Fruited Gelatin	Chicken OR Tuna 22 Salad Sandwich Pasta Salad Fruit Cup Pumpkin Cookie
Baked Ziti Parmesan 25 Italian Mix Vegetables Tossed Salad Apricot Halves	Pub Burger 26 OR Egg Salad Sandwich Cream of Broccoli Soup Pineapples & Mandarin Oranges	Hawaiian Luau Rst Pork Pango Pango 27 Hawaiian Baked Beans Tossed Salad Coconut Cream Pie	Chicken w/Cranberry 28 Brown Rice Pilaf Broccoli Apple Crisp	Breaded Fish 29 OR Honey Mustard Chicken Breast O'Brien Potatoes Coleslaw Oatmeal Cookie

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

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

Sudoku

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

Answers on Page 4

		4		5		9		
6				7			8	2
8	5	2			6			
4		3				2		
				8			3	9
	2		7				6	
			6					4
	4	1			5		2	
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Senior News Editorial Policy

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