



Visit Our Website at www.gobroomecounty.com/senior

Eat Well to Look and Feel Great

Eating well is vital for everyone at all ages. Your daily food choices can make an important difference in your health and in how you look and feel.

Eating Well Promotes Health

Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating may also help you reduce high blood pressure, lower high cholesterol, and manage diabetes.

Eating well gives you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy throughout your life. These nutrients include vitamins, minerals, protein, carbohydrates, fats, and water.

Eating Well Promotes Energy

Eating well helps keep up your energy level, too. By consuming enough calories - a way to measure the energy you get from food - you give your body the fuel it needs throughout the day. The number of calories needed depends on how old you are, whether you're a man or woman, your height and weight, and how active you are.

Food Choices Can Affect Weight

Consuming the right number of calories for your level of physical activity helps you control your weight, too. Extra weight is a concern for older adults because it can increase the risk for diseases such as type 2 diabetes and heart disease and can increase joint problems. Eating more calories than your body needs for your activity level will lead to extra pounds.

If you become less physically active as you age, you will probably need fewer calories to stay at the same weight. Choosing mostly nutrient-dense foods - foods which have a lot of nutrients but relatively few calories - can give you the nutrients you need while keeping down calorie intake.

Checking With Your Doctor

If you have a specific medical condition, be sure to check with your doctor or registered dietitian about foods you should include or avoid.

You Can Start Today

Whatever your age, you can start making positive lifestyle changes today. Eating well can help you stay healthy and independent - and look and feel good - in the years to come.

source: nhseniorhealth.gov/eatingwellasyougetolder/

Look Inside to Savor the Flavor!

Every year, the Academy of Nutrition and Dietetics designates March as National Nutrition Month. This year's theme is "Savor the Flavors of Eating Right." By savoring the flavor, you are encouraged to plan healthy, tasty and right sized meals.

To help you "savor the flavor", we thought it would be fun to bring you some great tasting and healthy recipes. Please take a look at our whole page of recipes inside this news letter!



Free Income Tax Assistance

Free income tax assistance is available at several locations in Broome County on a first-come, first-served basis, or by appointment from February 1 to April 15. This program is designed for taxpayers with middle and low income, with special attention for age 60 & older.

Taxpayers are asked to bring forms indicating federal income tax paid: all W-2's, 1099's (i.e. bank interest), and any other statements reflecting 2015 income and tax-deductible expenses, including receipts of property tax, charitable donations, medical expenses, mortgage payments and child-care expenses. Please bring Social Security numbers for all dependents and a copy of your 2014 income tax return.

Counselors are trained by the IRS. Sponsors: AARP and Broome County Office for Aging. For more information, call J. Tassej at 625-2658.

Walk-in Locations: No Appointment Required:

- George F. Johnson Library, Endicott - Tues & Thu, 10:am – 2 pm
- Oakdale Mall, Johnson City - Tues, Wed, Thu, Fri, 10 am-2 pm (see sign at Mall Office for AARP site location; CLOSED Fridays starting Mar 18)
- Vestal United Methodist Church, 328 Main St - Mon, Tues, Thu, 9:30 am – 1:30 pm

Appointments Only: Feb. 1 to April 15

- Broome County Library, 185 Court St., Binghamton - Mon-Sat, 10 am to 2 pm (call 211 or 1-800-901-2180 for appointments, Mon-Fri 8:30 to 4:00 pm)
- Union Center Christian Church, 950 Boswell Hill Rd – Mondays, 3 pm – 7 pm (call 754-8222, Mon thru Thurs, 9 am to 4 pm)

Continued on page 2

Savor the Flavors of Eating Right®

National Nutrition Month

LIKE US

From the Editor

by Vince Fox

Last month, I wrote about some amazing people that I met through the Meals on Wheels program. More recently, I've been noticing that I meet amazing seniors just about every place I go! It seems like I am always meeting seniors with great stories and experiences to share. Sometimes, I meet them in the Senior Centers and other times I meet them in random places when I'm out and about in the Binghamton area.

For example, towards the end of January, I was about to do some walking and running on the Vestal Rail Trail. I happened to arrive at the same time as another senior gentleman, who introduced himself as George VerWys, and we struck up a conversation. As we began our walk along the trail, we learned that we had something in common – we were both training for the St. Patrick's 4 Mile race in March. The thing that was truly amazing was that he was an 82 year old who just had pacemaker surgery last fall but that did not stop him from wanting to compete in a race! Not only that, he won his age group (over 70) in that same race a couple of years ago, and that was after he had stomach surgery. When I asked George about how he keeps going, he said "Why should I quit?" Wow!

Later on, during that same outing on the Rail Trail, I was running past two senior gentlemen who yelled out to me "Hey - do you play softball?" I stopped and chatted with them. It turned out that they were avid participants in the Senior League. They loved it for both the exercise and the fun of being on a team. The league always needs new players and the gentlemen stopped me because they also need people who can run for others. Some seniors can play by hitting the softball but then someone else runs for them. I was impressed that people still play and enjoy softball even though they can't run – amazing!

Do you ever strike up conversations with random people when you are out? Try it sometime – you just might learn some amazing things and maybe even gain a new friend!

Income Tax Assistance

continued from page 1

- Senior Center Locations** will have appointments from 10 am to 2 pm
- Binghamton First Ward, 226 Clinton St. - Tue, Wed, Fri (call 797-2307)
 - Broome West Endwell, 2801 Wayne St. - Tue, Wed, Thu (call 785-1777)
 - Whitney Point, 12 Strongs Place - call for days available: (call 692-3405)
 - Johnson City, 30 Brocton St.; appointments are for 9:30 to 1:30 pm Tue, Wed, Thu (call 797-3145)

If local school districts close due to weather, tax assistance sites will be closed.

Meet & Greet Neighborhood Luncheon

When: Wednesday, March 16th at Noon

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

Menu: Roast Pork with Gravy; Baked Potato; Monte Carlo Blend Vegetables; Peachy Gingerbread

Suggested Contribution: \$3.25 (60+); Cost: \$4.25 (Under 60)

Space is limited - please call 722-1017 to RSVP by 1 pm on March 15th.

Come and get acquainted!

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

The Broome County Home Repair Service

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Call 772-2850 For Details

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Social Connections Group for Older Adult Men

Faith in Action empowers people aged 60+ to be active, engaged and involved in their community by mobilizing a network of volunteers to provide free inclusive programming & care partnerships. Over the past several months Faith in Action has been attempting to start a social connections group for older adult men in the community. Meeting dates and times for the meetings are not yet established. The intended location is 110 Chenango Street. Social connections groups typically meet at least once a week. Members can discuss topics of mutual interest, meet new friends, enjoy interesting and engaging activities and draw on mutual support from fellow members regarding topics they may not feel comfortable discussing with others.

Faith in Action is looking for a facilitator for this group and would like to extend that offer to interested volunteers. Preferred qualifications include: previous group facilitation or leadership experience, good interpersonal skills, a willingness to communicate and embrace new ideas, and patience.

For more information regarding this volunteer position, call Sue at 724-9130 ext- 304 or Charles Sclar at 724-9130 ext-316.



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2015-2020 Dietary Guidelines

Every 5 years, the U.S. Departments of Health and Human Services (HHS) and of Agriculture (USDA) must jointly publish a report containing nutritional and dietary information and guidelines for the general public. The *2015-2020 Dietary Guidelines* provides guidance for choosing a healthy life style. Its recommendations are intended to help individuals improve and maintain overall health and reduce the risk of chronic disease.

The guidelines for healthy eating patterns should be applied in their entirety because each recommendation is interconnected and necessary for healthy living.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils provide essential fatty acids and vitamin E (about 5 teaspoons per day)

A healthy eating pattern limits:

- Saturated fats and trans fats, added sugars, and sodium

Quantitative recommendations:

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent of calories per day from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

In tandem with the recommendations above, Americans of all ages - children, adolescents, adults, and older adults - should meet the Physical Activity Guidelines for Americans to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. These guidelines can be found at <http://health.gov/paguidelines/>.

source: <http://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>

AARP Meeting

AARP #3071 Binghamton meets at the United Methodist Church, 113 Grand Blvd., Binghamton, NY, on the second Wednesday of each month at 1:00 pm. A speaker from Red Cross will discuss “Hands on CPR” at March’s meeting.

The SEPP Group

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St. Patrick's Day Luncheon and Celebrations!



When: Thursday, March 17th

Where: Participating Broome County Senior Centers

Wear your green and join us for this special lunch of corned beef or beer battered fish, creamy potato soup, cabbage & carrots and key lime pie for dessert.

A variety of St. Patrick's Day inspired activities will be happening at the centers including:

- * The Carle Irish Dancers at Broome West, Endwell at 11am
- * Rob Siegers & Friends (Irish music) at Eastern Broome, Harpursville at Noon
- * David Hores (Accordionist) at North Shore Towers, Binghamton at 12:30 pm
- * Ted Davenport (Harpist) at Vestal Senior Center at Noon

Lunch reservations are needed. Please call a participating center to make your reservation (phone numbers are listed in the activity section of this paper). Lunch is just \$4.00 age 60+; \$5.00 for people under age 60.



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Sabrina R. Moldt
Maria R. Motsavage, RN

* Serving the AARP Legal Services Network

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Special Event at the Oakdale Mall Center Court

Wednesday, March 30th from 7:30 am – Noon

- **Footwear Check:** Are your sneakers right for you? Do they offer the support where you need it? What's right for walking? For jogging? How do you know when they're worn out and you should consider replacing them? A podiatrist will be available to answer these questions and many more!
- **Maintain your Balance:** Get information on how to maintain your balance.
- **Tai Chi for Balance:** Watch demonstrations and register for an upcoming class!
- **Cane and Walker Check:** Professionals will be available to see if you are using the right equipment and if it is the right fit for you. If you are using your uncle's old cane or walker, stop by and learn if it is right for you.
- **Senior Information:** Come learn about services for people age 60+ such as property taxes, transportation, financial benefits, and information for caregivers.

Visit us at the Oakdale Mall in front of Bon-ton. Registration is suggested; please call the Office for Aging at (607) 778-2411.

HEALTH & WELLNESS

Zumba

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

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

Toning & Zumba

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

Wednesday	5:30 pm	Johnson City Senior Center
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Bonesaver Class

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

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

Beginner Gentle Yoga

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

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

Tai Chi

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

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

Line Dancing

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

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

Chair Yoga

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

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

Increase flexibility, range of motion and circulation.

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

Chair Dance Party

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

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

Stepping On: A Wellness Program to Prevent Falls.

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

- Look for 2016 classes in future issues

Open Swim & Water Aerobics Classes

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

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

Lo-Impact Aerobics

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

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

Participants must have some type of military affiliation

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

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

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

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

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

Classic Movies on "The Big Screen"

Thurs., March 10, 2 pm
Deposit State Theatre
148 Front St. Deposit, NY
467-2727

Join us as we remember classic films like Casablanca, Lawrence of Arabia, My Fair Lady and more! Tickets are \$5 per person.

Evening Dining w/Bruce Huggins

Thurs., March 10, 3:30 pm
(Music at 4:45 pm)

Eastern Broome Senior Center
693-2069

Enjoy live country music (guitar, fiddle, and singing). Reserve your meal (*chicken cordon bleu/éclair*) by noon, Wed., March 9.

Evening Dining & Bingo

Thurs., March 24, 4:30 pm
(Bingo at 5:30 pm)

North Shore Towers Sr Center
772-6214

Enjoy dinner (*roast turkey/choco cream pie*) then play Bingo with a free card w/a non-perishable food item! Reserve your meal before noon, Wed., March 23.

Daylight Savings Time



Daylight Savings Time starts
Sunday, March 13th.

It's also a good time to change the batteries in your smoke detectors.



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Johnson City Senior Center

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

April 29
Mohegan Sun Casino,
Wilkes-Barre, PA

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

May 24
Mystery Trip

June 12- 17
Memorable Michigan & Mackinac
Island

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Irish Blessing

*May the road rise up to meet you.
May the wind always be at your
back.
May the sun shine warm upon your
face,
and rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of
His hand.*



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Are You Being Fooled?

Is the color and size of your plate fooling you into eating too much? Recent studies by Dr. Brian Wansink, director of Cornell University's Food & Brand Lab, and Dr. Koert van Ittersum, Professor of Marketing at University of Groningen (The Netherlands) indicate that you may significantly reduce serving portions with some easy changes to your dinnerware!

An optical illusion, called the Delboeuf Illusion, tricks your mind into taking more food than you realize. When you look at concentric circles, the perceived size of the interior circle changes when the circumference of the outer circle is altered: as the outer circle becomes larger, the inner circle appears smaller.



How does this relate to portion size? Wansink and van Ittersum found that the same applies to the plates and bowls we use every day. Larger plates can make a serving of food appear smaller, and smaller plates can make us think that very same quantity of food is significantly larger.

Recent experiments also explored the effect of color contrast between plates and food. The results showed that participants who had low contrast between their food and the plate color, for example pasta with Alfredo sauce on a white plate, served themselves 22% more pasta than participants with high contrast between their food and the plate (i.e. pasta with tomato sauce on a white plate). Wansink and van Ittersum also found that reducing the color-contrast between the dinnerware and its background (i.e. table, tablecloth or placemat) helps reduce over-serving by as much as 10%.

What can we learn from these studies of the Delboeuf Illusion? Wansink and van Ittersum advise: Change your dishware to better accommodate your dining needs. If your goal is to eat less, select plates that have high contrast with what you plan to serve for dinner. Want to eat more greens? Try serving them on a green plate! If replacing dinnerware is difficult, remember that tablecloths are important, too. By selecting a cloth with a low-contrast to the dinnerware, you can minimize the effect of the Delboeuf illusion and lower the likelihood of over-serving. Finally, remember The Large Plate Mistake! If you can't change the color of your dinnerware, using smaller plates leads to choosing smaller portions.

Special thanks to the Cornell Food and Brand Lab for permission to print this article. For more information, visit <http://foodpsychology.cornell.edu/outreach/large-plates.html> or http://foodpsychology.cornell.edu/outreach/color_plate.html.

Got Paper?

We all have too much paper – recipes, articles we intend to read and important stuff. Most of us are wary when we're told that much of it, including the important stuff, can be discarded. If you need help deciding which papers are really important, like which ones are needed when you are transferring responsibilities to another or to a nursing home, then come to the "Got Paper?" presentation where our guest speaker will address this issue.

"Got Paper?" will be held on Tuesday, March 8 at 3 pm at the Broome West Senior Center, 2801 Wayne Street, Endwell. This session is part of a monthly program to help individuals downsize and declutter their homes. All ages are welcome. Call Joan at 778-6206 to register.



Drink water!

Water helps flush toxins out of your body, regulates body temperatures and carries nutrients to your cells.



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Eating Out? You Can Still Eat Well!

When you eat out, you can still eat well if you choose carefully, know how your food is prepared, and watch portion sizes. Here are some tips:

- Eat reasonable amounts of food and stay within your calorie needs for the day
- Select main dishes that include vegetables such as salads, vegetable stir fries, or kebobs
- Order your food baked, broiled, or grilled instead of fried
- Make sure it is thoroughly cooked, especially dishes with meat, poultry, seafood, or eggs
- Choose dishes without gravies or creamy sauces
- Ask for dressing on the side so you can control the amount you eat
- Ask for food to be prepared without added salt, and don't add salt at the table
- Ordering half portions or splitting a dish with a friend can help keep calorie intake down
- Drink water, fat-free or low-fat milk, or other drinks without added sugars

Also, don't be afraid to ask for substitutions. Many restaurants and eating establishments not only offer healthful choices but let you substitute healthier foods. For example:

- Ask to substitute fat-free or low-fat yogurt for sour cream on your baked potato
- Order a side dish of mixed vegetables instead of onion rings or French fries
- Ask for brown rice instead of white rice
- Try having fruit for dessert

source: www.nihseniorhealth.gov

Bone Saver

OSTEOPOROSIS PREVENTION EXERCISE PROGRAM

Everyone is welcome at this free program! It's an hour-long gentle routine that provides strength training. It is done slowly with hand and ankle weights. Regular *Bonesaver* participants report that they feel stronger and have better balance. They also have more energy and stamina.

Date: Classes begin on Wednesday March 9, 2016 Mondays & Wednesdays 2:30 - 3:30 pm

Place: East Side Congregational UCC 284 Robinson St. Binghamton

Phone: 722-1017

Sponsored by East Side Congregational UCC. Retired & Senior Volunteer Program (RSVP) and Catholic Charities



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Ides of March

The Ides of March occurs on March 15th. It marks the first full moon of a new year on the very early Roman calendar which was based on the moon's phases. This date became notorious as the date of the assassination of Julius Caesar in 44 BC.

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

The Surprising Truth About Prediabetes

It's real. It's common. And most importantly, it's reversible. You can stop prediabetes from developing into type 2 diabetes with simple, proven lifestyle changes.

Amazing but true: 86 million American adults - more than 1 out of 3 - have prediabetes. What's more, 90% of people with prediabetes don't know they have it. Could this be you? Read on to find out the facts and what you can do to stay healthy.

Don't let the "pre" fool you - prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes puts people at increased risk of developing type 2 diabetes, heart disease, and stroke. Without weight loss and moderate physical activity, 15%-30% of people with prediabetes will go on to have type 2 diabetes within 5 years.

People can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems show up. That's why it's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- ◆ Being overweight
- ◆ Being 45 years or older
- ◆ Having a parent or sibling with type 2 diabetes
- ◆ Being physically active less than 3 times a week
- ◆ Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby that weighed more than 9 pounds

Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

Think of prediabetes as a fork in the road: Ignore it, and your risk for type 2 diabetes goes up. Lose a modest amount of weight and get regular physical activity, and your risk goes down. Modest weight loss means 5% to 7% of body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or similar activity. That's just 30 minutes a day, five days a week.

The best time to prevent type 2 diabetes is now. For more information about Broome County's Diabetes Prevention and Control program, please call the Office for Aging at 607-778-2411 or visit <http://www.gobroomecounty.com/csp/diabetes-prevention-and-control-program>.

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



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Nutritional Counseling and Education Available

For those who are 60 and over and who are not eligible for medical nutrition therapy through another program, the Office for Aging provides nutritional diet counseling and education. A registered dietitian will work with you to develop a nutritional plan based on your personal needs. Areas of attention will include,

- ✓ Diet restrictions
- ✓ Economical food preparation
- ✓ Supermarket shopping
- ✓ Food sanitation
- ✓ Kitchen safety

For more information about this program call the Office for Aging at (607) 778-2411.

International Day of Happiness



The General Assembly of the United Nations proclaimed March 20th the International Day of Happiness, recognizing the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world.

"I wish everyone around the world a very happy International Day of Happiness! The pursuit of happiness is serious business. Happiness for the entire human family is one of the main goals of the United Nations." - Secretary-General Ban Ki-moon

source: www.un.org/en/events/happinessday/

HAPPY ST. PATRICK'S DAY!

Sudoku Answers

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

Caregiver Corner

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

Events for Caregivers:

Managing Behaviors of Loved Ones with Alzheimer's

Date: Wednesday, March 23

Time: 2:30-3:30 pm

Place: Broome County Public Library, Decker Room
185 Court Street, Binghamton

Presenter: Alzheimer's Association

Behavior is a powerful form of communication and is one of the primary ways people with dementia communicate their needs and feelings when language is lost. Some behaviors can present challenges for caregivers. Join us to decode behavior messages, identify common behavior triggers and learn strategies to help manage some of the most common behavior challenges of Alzheimer's disease.

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

Date: Monday, March 7th

Time: 1:00-2:30 pm

Place: Broome West Senior Center, 2801 Wayne Street, Endwell

Date: Wednesday, March 16th

Time: 9:30-11:00 am

Place: Northern Broome Senior Center, 12 Strongs Place, Whitney Point

Date: Tuesday, March 1st

Time: 9:30-11:00 am

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

Lawrence Welk Trivia

Since Lawrence Welk was a March baby, born on March 11, we thought we'd bring you some fun trivia about him.

- He was awarded four US design patents including an accordion-themed tray for serving food at a restaurant.
- Quotes:
 - * *There are good days and there are bad days, and this is one of them.*
 - * *Dreams do come true, even for someone who couldn't speak English and never had a music lesson or much of an education.*
 - * *One time I introduced my orchestra as the Shampoo Music Makers instead of the Champagne Music Makers.*
- Total number of episodes of the Lawrence Welk Show: 1,065
- Musical number played the most times: "Tea For Two" 67 times
- Total number of costumes worn on the show: 85,200
- Total number of tap dances: 1,121
- Date when the last Lawrence Welk show episode was aired April 17, 1982

sources: wikipedia.org/wiki/Lawrence_Welk, www.welkmusicalfamily.com/funfacts2.html

Cooking for One

Cooking for one does not have to mean relying on a TV dinner, and while fast food and convenience store items may seem easy, they are not typically healthy choices. Preparing meals at home often leads to healthier choices and tends to be less expensive over time. Even those with the most basic equipment and cooking skills can have a balanced, appetizing meal in a matter of minutes by following a few simple tips.

1. **Make Cooking Fun.** Try new recipes, new ingredients, or try listening to your favorite music while in the kitchen to help liven up the experience.
2. **Cook Once and Eat Twice (Or More)!** Take a family-sized recipe and divide it up into packages to freeze later. Make sure to date the package and write the contents on the label so that you can remember to eat it in a timely manner (usually you will want to eat it within 1-3 months of freezing).
3. **Reinvent Leftovers.** Take those leftovers and incorporate them into a new meal or dish. For example, take leftover chicken, add newly cooked rice and veggies, wrap in a tortilla, and you have a chicken fajita.
4. **Prepare One-Dish Meals.** Try using a slow-cooker where you can combine several ingredients into one pot. Not only is this easier cooking, it's easier clean-up. Examples are chili, soups, and stews.
5. **Cook Your Main Protein Once a Week.** Roast a chicken, turkey or beef cut over the weekend, or when you have that extra time one afternoon, then cut/slice and package the meat. Now you have the hard part completed and can grab these packaged and refrigerated items to quickly add into different dishes during the week.
6. **Buy just what you need.** You can shop in the bulk section of your favorite store and get the exact amount you need, even if it seems ridiculously tiny. Only need 3 mushrooms? Then buy 3 loose mushrooms and skip the 8-ounce package unless you have plans to use them.

Taking this one step further, how can you cook without using the basic kitchen essentials such as a stovetop or oven? The microwave is one option, but there are several other small appliances you can utilize that are effective in cooking many dishes.

Toaster Oven - heats quickly, can be used for baking or broiling functions such as making toasted sandwiches or roasting vegetables. This appliance can be used for heating single meals.

Hot Plate - relatively inexpensive alternative to a full stovetop, and can be used to heat items in a saucepan or frying pan depending on size.

Rice Cooker - consists of a metal bowl with a heat source on the bottom, but the rice cooker can also be used to cook flavorful one-pot dishes similar to a crock pot.

Steamer - not only one of the healthiest, but one of the quickest ways to prepare foods, while preserving the nutritional content (vitamins and minerals). You can use a standalone unit or a steamer basket that fits into a saucepan which can be heated on your hotplate. Items that work well in a steamer include fish, chicken and vegetables. Consider adding stock or herbs and spices to the steamer water, or line the steamer basket with them to enhance the flavor of your dish.

- adapted from: *The Dispatch*, May 2015, Delaware County Office for Aging

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

Share a lifetime of wisdom with children.

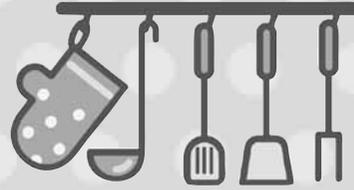
- ◆ Serve 20 hours per week in a school or day care setting.
- ◆ Receive earnings that do not affect rent or other benefits.
- ◆ Must be age 55 and older and income eligible.

Call 607-778-2089 – Foster Grandparent Program

The children will love you!

Broome County Office for Aging

Savor the Flavor with these Recipes



Fettuccine with Swiss Chard and Mushrooms

Servings: 4

Tip: Swiss chard is a leafy, cruciferous vegetable that is a good source of vitamins A and C and iron. Prepare the leaves like you'd prepare spinach leaves and the stems like asparagus.

Ingredients

2 tablespoons olive oil
1/2 cup chopped shallots or green onions
2 garlic cloves, sliced
8 to 10 small mushrooms, sliced
1 pound Swiss chard, trimmed of stems, washed thoroughly and chopped into 1-inch pieces
6 ounces uncooked fettuccine
1/4 cup grated Parmesan cheese
1/4 teaspoon cracked black pepper

Directions

In a large skillet, heat the olive oil over medium heat. Add the shallots, garlic and mushrooms. Sauté the vegetables until tender, about 5 minutes. Add the Swiss chard, reduce heat and cover for about 3 minutes. Using tongs, turn the chard over so that uncooked leaves are on the bottom and wilted leaves are on top. Cover and cook until completely wilted, about another 3 minutes.

Fill a large pot 3/4 full with water and bring to boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain thoroughly, reserving 1/4 cup of the pasta water. Return the drained pasta to the pot. Add the Swiss chard mixture and the reserved pasta water. Toss to mix evenly.

Divide the pasta onto warmed plates. Top each serving with 1 tablespoon Parmesan cheese and cracked black pepper. Serve immediately.

source: www.mayoclinic.org/healthy-lifestyle/recipes/

Chicken Alfredo with a Twist

Servings: 6

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-wheat rotini noodles.

Ingredients

2 1/2 cups rotini pasta, whole-wheat, dry (10 oz)
2 cans low-fat reduced-sodium cream of chicken soup (two 10 3/4-oz cans)
1 1/3 cups fat-free half and half
1/4 teaspoon ground white pepper
1/8 teaspoon garlic powder
1/3 cup grated Parmesan cheese
3 cups cooked diced chicken, 1/2" pieces (12 oz)

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds.
3. Combine noodles and sauce right before serving.
4. Serve hot

source: www.whatscooking.fns.usda.gov/recipes/

Baked Fish and Vegetables

Servings: 4

Ingredients

4 white fish fillets (frozen, cod or perch total of 16-20 oz)
2 cups mixed vegetables (frozen)
1 onion (small, diced)
1 teaspoon lemon juice (or fresh lemon, sliced thin)
1 tablespoon parsley flakes (dried or fresh chopped)

Directions

1. Preheat oven to 450 degrees.
2. Separate and place each fish fillet into the center of a square piece of aluminum foil
3. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Fold ends of tin foil together to form leak-proof seal.
5. Bake for 10 minutes. Serve.

source: www.whatscooking.fns.usda.gov/recipes/

Southwestern Chicken Soup

Servings: 3-4

Ingredients:

12 oz. salsa
3 cups cooked chicken, shredded
15 oz. can cannellini or black beans, rinsed and drained
3 cups chicken broth (use low sodium)
1 tsp cumin

Directions:

1. Combine ingredients in saucepan
2. Bring to a boil and simmer for 10 minutes, stirring occasionally

To serve, garnish each dish with shredded Mexican cheese and/or tortilla chips.

Peanut Butter Banana Krisp

- a simple and tasty snack!

1. Slice a banana
2. Spread peanut butter on each slice
3. Sprinkle with a crisped rice cereal, such as Rice Krispies
4. Enjoy!

Baked Potato Soup

Servings: 5

Tip: The main ingredient is potato. For a heartier dish, add 2 cups diced cooked chicken, turkey or ham.

Ingredients

2 tablespoons light buttery spread
1 small onion (chopped)
2 medium potatoes (baked, peeled and mashed)
3 cups prepared instant nonfat dry milk
1 can low-sodium chicken broth (about 14.5 ounces)
1 cup reduced-fat cheddar cheese (shredded)
salt and pepper (to taste)

Directions

1. Melt light buttery spread in a large saucepot over medium heat and add chopped onion, stirring every once in a while until onions are clear.
2. Stir in potatoes, milk and broth; continue to stir until smooth.
3. Bring to a boil over medium heat, stirring every once in a while.
4. Remove from heat and stir in 1/2 cup cheese. Add pepper and salt to taste. Sprinkle remaining cheese on top and serve.

source: whatscooking.fns.usda.gov/recipes/

Fruited Jello Mousse

Servings: 4-6

Ingredients

1 small box (3 oz.) of your favorite fruit flavor of gelatin such as Jello
8 oz. container of Cool Whip
1 to 4 cups of your favorite diced fresh or canned fruit

*Do not use fresh or frozen pineapple, kiwi, gingerroot, figs, or guava. Gelatin will not set.

Directions

1. Empty contents of one small (3 oz.) box of gelatin (Jello) into a medium size glass or metal bowl
2. Add 1 1/2 cups of boiling water to the Jello and whisk for 2 minutes to completely dissolve it
3. Add one 8 oz. container of Cool Whip (frozen or thawed but thawed is easier) and whisk to combine
4. Refrigerate for about an hour
5. Remove and re-whisk to keep combined
6. Add 2 to 3 cups of diced fresh or canned fruit and stir in
7. Cover and refrigerate until firm. Alternatively, divide into individual dishes and cover

Happy Foods

Since the month of March includes International Happiness Day (March 20), try eating some nutritious foods that will also make you feel happy!

Apricots: These treats are packed with vitamin B6, which a 2010 study says reduces depression in people 65 and older. Apricots also contain the antioxidants beta-carotene, lutein, and zeaxanthin, higher levels of which are linked to higher moods.

Fruits and veggies: In a study published in the British Journal of Health Psychology, researchers found that a higher intake of produce resulted in more energy, calm, and a greater sense of happiness.

Coffee: According to Nurses' Health Study research, women who drank two to three cups of caffeinated coffee a day were about 15% less likely to become depressed.

Dark chocolate - the darker, the better – is loaded with chemicals, such as polyphenols, that might boost your mood.

Walnuts: An ounce of walnuts has 4 grams of protein (which fills you up and helps keep blood sugar levels steady) and 2 grams of fiber. They are also a good source of magnesium which makes you less likely to be depressed.

Kale: One cup of kale is an excellent source of vitamins A, C and K, and magnesium (see above re: magnesium).

Radishes: Radishes' spicy crunch may lift your mood by stimulating the release of dopamine and norepinephrine.

sources: www.today.com/health/5-foods-can-make-you-feel-happier-now-even-better-1D80339948, www.prevention.com/food/food-remedies/foods-proven-boost-mood-and-happiness, health.com/2015/04/27/6-foods-that-can-make-you-happier/

Be Savvy About Supplements

Be savvy! Although the benefits of some dietary supplements have been documented, the claims of others may be unproven. If something sounds too good to be true, it usually is. You should consider the following points before you buy:

- Think twice about chasing the latest headline. Sound health advice is generally based on research over time, not a single study. Be wary of results claiming a “quick fix” that depart from scientific research and established dietary guidance. Keep in mind that science does not generally proceed by dramatic breakthroughs, but rather by taking many small steps, slowly building towards scientific agreement.
- We may think, “Even if a product may not help me, it at least won't hurt me.” It's best not to assume that this will always be true. Some product ingredients, including nutrients and plant components, can be toxic based on their activity in your body. Some products may become harmful when consumed in high enough amounts, for a long enough time, or in combination with certain other substances.
- The term ‘natural’ does not always mean safe. Do not assume this term assures wholesomeness or that these products have milder effects, making them safer to use than prescribed drugs. For example, many weight-loss products claim to be “natural” or “herbal” but this doesn't necessarily make them safe. The products' ingredients may interact with drugs or may be dangerous for people with certain medical conditions.
- Spend your money wisely. Some supplement products may be expensive and may not work, given your specific condition. Be wary of substituting a product or therapy for prescription medicines. Be sure to talk with your healthcare team to help you determine what is best for your overall health.
- Remember: Safety first. Resist the pressure to decide “on the spot” about trying an untested product or treatment. Ask for more information and consult your doctor, nurse, dietitian, pharmacist, and/or caregiver about whether the product is right for you and safe for you to use.

source: <http://www.fda.gov/Food/DietarySupplements/>

A Clean Home is a Healthy Home

Keeping a clean home is not just important for aesthetics, but also for safety. A dirty floor littered with clutter is not only unappealing to the eye, but could also pose a tripping hazard. A refrigerator filled with expired food product is not only a waste of money but could pose a health threat if accidentally consumed. There are many reasons why it is important to keep a clean home.

You may have an elderly loved one who is finding it difficult to keep up with the daily responsibilities and chores of running a household. A recent visit may have exposed the fact that their floors are not clean, their laundry is in unfinished piles, and dishes are dirty in the sink. It may become overwhelming to think about having to clean and this may cause your loved one to avoid it altogether.

A clean house equals a healthy house. How healthy your elderly loved one's home is depends on how clean it is. If their house is dirty, it can attract mice, insects, and also harbor unwanted germs. It is important that your loved one's home receives a thorough cleaning at least once a week. This will include cleaning the floors, dusting, dishes, toilets, and laundry. Sometimes it is best to pick one day a week to create a routine.

Many people don't feel comfortable in a dirty home. Your elderly loved one will be able to relax easier if their home is clean. If your loved one doesn't feel comfortable in their home, it is quite possible that neither do their visitors. Keeping a home clean comes with many benefits; everyone can be healthy and your loved one won't feel embarrassed when guests suddenly stop by for a visit. With a clean home, your loved one is more likely to invite someone over for a spur-of-the-moment visit.

If you need help with cleaning, one great option is to hire a Senior Helper. This program helps older individuals continue to live in their homes (houses or apartments) by helping them with chores they can no longer do. For more information and other choices for help around the house, call NY Connects at 607-778-2278 or the Broome County Office for Aging at 607-778-2411 (or visit our Web site: www.gobroomecounty.com/senior/grow).

- This article was adapted from: www.seniorhelpers.com/denvernorth/news-videos/blog/denver-north-the-importance-of-a-clean-home-and-in-home-assisted-living-for-the-elderly

Another Savor the Flavor Recipe

Egg Burritos

Makes 8 servings in total – have 2 hot servings and freeze 6 for another day! These burritos are great for breakfast or supper!

Ingredients:

12 strips of turkey bacon, diced
12 eggs beaten
1/2 tsp each salt, pepper, onion powder
1 package of 10 - 8 inch tortillas (try whole wheat)
8 oz package of shredded cheddar cheese
1/2 cup sliced green or white onion

Optional vegetable add ins: 1 C chopped, green or red peppers sautéed for extra Lutein and Vitamin C nutrition.

Directions:

1. Cook turkey bacon until crisp, set aside
2. Add beaten eggs, seasonings; cook and stir over medium heat until set
3. Heat tortillas in microwave per package instructions
4. Spoon about 1/4 C egg in center of each tortilla; sprinkle with cheese, green onions, bacon, and peppers if using
5. Fold bottom and sides and roll up to close

For your immediate meal, place 1-2 burritos in your microwave at 60% power to heat through for about 30 seconds. Repeat for 15 second intervals until desired temp.

To use the leftovers in future meals, wrap each burrito in waxed paper and then foil. Freeze for up to one month.

To use the frozen egg burritos, remove foil but keep the waxed paper wrap; place it on a microwave safe plate; microwave at 60% power for 1 to 1 1/2 minutes or until heated; let stand 20 seconds.

Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760

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

Lunch served at Noon call 785-1777

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

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

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

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

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

W: Bingo 9 am, Scrabble 12:30 pm; Floor Shuffleboard 12:45 pm

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

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

Special Activities

3/3&10 BU Nursing Students Visit, 9 am-2 pm

3/8 Downsize & Declutter Series, 3-4:30 pm

3/9,10&11 Potato Bar, 11 am-12:30 pm

3/14 Special Breakfast: *sausage & gravy over biscuit/lime fruit fluff*,
10:30 am-12:30 pm

3/17 St. Patrick's Day Celebration w/Carle Irish Dancers, 11 am
(lunch at 12 pm)

3/24 Philly Cheesesteak Day w/Marian Tewksbury, Guitarist,
11 am-12:30 pm

3/28 Special Breakfast: *triple berry 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: 3/1 Nickel; 3/8 Bag; 3/15 Quarter; 3/22 Nutrition; 3/29

Special Prizes

3/3 Ice Cream Day, 1 pm

3/7 (Mon) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

3/8 "Change Your Salty Ways" Nutrition Class, 11 am

3/10 Classic Movies at Deposit State Theater, 2 pm

Breakfast for Lunch, 10:30 am-12 pm

3/15 Welsh Cookie Bake, 9:45 am

Blood Pressure Screening w/Sandy, 11:30 am

Medicaid & Medicare Savings (by appointment), 10 am

3/17 St. Patrick's Day Celebration, 11:45 am

3/24 Crafts: Easter Parade Hats, 10 am-12 pm

Volunteer of the Month Crowned, 12:50 pm

Easter Parade, 1 pm

3/31 Plant the First Seeds of the Season, 10 am

Senior Power

According to the New York Office for Aging,
"In 2025, New Yorkers aged 60 and older will
make up more than 25% of the population in
51 of New York's 62 counties."



EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787

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

Lunch served at Noon

Breakfast: Tues, 8 - 9:30 am

Brunch: Thurs, 10:30 am – 12:00 pm

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

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

Weekly Activities: Exercise classes listed on page 4

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

W: Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

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

Special Activities

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

Fridays: Tai Chi w/Linda Phelps, 9 am

3/9,11 Baked Potato Bar, 11:30 am-12:30 pm

3/9 Team Charades, 12:30 pm

3/10 Evening Dining (*chx cordon bleu/éclair*) w/Bruce Huggins, open at
3:30 pm

3/17 St. Patrick's Day Luncheon w/Rob Siegers & Friends, 12 pm

3/22 AARP Safe Driver Course, 9:30 am-4 pm

3/24 "Change Your Salty Ways" Nutrition Class, 1 pm

3/28 Horse Racing w/Bonnie Hill, 10 am

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905

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

Lunch served at 11:45 am call 729-6214

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

(No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

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

T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm;
Texas Holdem 12:45; Art 1 pm

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

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

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

Special Activities:

Tuesdays CHOW Produce Sale, 11 am-12 pm

3/2 Social Club, 1 pm

3/3&4 AARP Safe Driver Course, 9 am-12 pm

3/4&11 BU Nurses Visit, 10 am-2pm

3/9 Legal Aid (by appointment), 9 am

Blood Pressure, 10 am

3/14 Irish Oatmeal Pancakes for Brunch, 10:30 am

Scarlet Bonnets Resumes, 1 pm

3/16 55th Anniversary Dinner (*rotisserie chx OR fish Florentine*)/w/
Brotherhood, 5 pm

3/17 St. Patrick's Luncheon, 11:45 am

3/24 Philly Cheese Steak Day, 11:45 am

3/25 Center Closed (Good Friday)



Coughlin & Gerhart LLP
ATTORNEYS AND COUNSELORS

Main Office:
99 Corporate Drive
Binghamton, NY 13904
607-723-9511
www.CGLawOffices.com

Branch Offices In:
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- **ESTATE PLANNING:** Wills, Trusts, Powers of Attorney, and Tax Planning
- **ESTATE ADMINISTRATION:** Probate & Administration, Judicial and Informal Accountings, Surrogate Court Proceedings, Estate Taxes
- **ELDER LAW:** Basic Planning, Asset Preservation, Medicaid Planning, Living Wills and Health Care Proxies, Long-term Care, Guardianships, Planning Insurance, Medicare / Medicaid Advice

PAID ADVERTISEMENT

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Fri 9:00am - 4:00pm**Lunch served at 11:45 call 797-1149****Hot Lunch (Reservations):** M/W/Th/F**Walk-Ins Welcome:****Sandwich & Soup Bar:** Wed/Thurs, 11:45 am - 12:30 pm**Breakfast for Lunch:** Tues, 10:30 am - 12:00 pm**Weekly Activities:** Exercise classes listed on page 4**M:** Watercolor Painting 9 am; Bingo 12:30 sales/1:30 play, Knit/Crochet, Poetry 1 pm; Pitch (cards) 1 pm**T:** Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm**W:** Quilting 9 am; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Mahjong 1 pm; Bingo (1st/2nd) 12:30 sales/1:30 play**Th:** Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm; Meditation 3 pm**F:** Watercolor Painting 9 am; Ladies Singing 10 am**Special Activities:**

3/1,8 BU Nursing Students Visit, 9 am- 1 pm

3/2 Hearing Loss Meeting, 7 pm

3/9,10 Potato Bar

3/10 "Change Your Salty Ways" Nutrition Class, 10:30 am

3/11 Irish Dancers, 11:30 am

3/17 St. Patrick's Day Luncheon, 12 pm

3/18 Red Hat Society Meeting, 2:30 pm

3/23 Musical Performance by Orange Blossom Special, 11:30 am

3/24 Seniors Helping Seniors, 10:30 am

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Mon - Fri, 9:00am - 3:00pm**Lunch served at Noon****Sandwich and Soup Bar:** Mon-Fri 11-12:30 pm**Breakfast for Lunch:** Thurs 10-12:30 pm**Weekly Activities:** Exercise classes listed on page 4**M:** Horse Racing (1st/3rd) 10 am; Bingo 10:30 am; Pinochle 12:30 pm**T:** Computer Class 8:30; Osteo Exercise 10 am; Quilt/Sewing Class 10 am-3 pm**W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm**Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm**F:** Bingo, 10:30 am**Special Activities:**

3/2,9 BU Nurses Visit, 11 am-1:30 pm

3/4 Quilt Show, 9 am-2 pm

3/7,8,9 Potato Bar, 11 am-12:30 pm

3/8 Evening Dining (*chx cordon bleu/éclair*) w/Orange Blossom Special, 4:30 pm

3/9 Saving Grace Preschool Cookie Bake, 10 am

3/14,15 AARP Safe Driver Course, 10:30 am-1:30 pm

3/16 Zentangle Club, 1-3 pm

3/17 St. Patrick's Day Party, 11 am

3/18 Movie of the Month: "Sound of Music," 12:15 pm

3/22 Evening Dining (*roast turkey/homemade dessert*) w/Bingo, 4:30 pm

3/24 Philly Cheesesteak Day, 11 am-12:30 pm

3/29 Coca Cola 130th Anniversary Celebration, 11 am**It's Back! Baked Potato Bar!****Week of March 7th, starting around 11:15 am**

Stop at a participating senior center and enjoy a fresh, delicious baked potato with all the fixings. No reservations are needed for the baked potato bar. Use your imagination and top your potato with freshly grated cheddar cheese, crumbled bacon, steamed broccoli, chili, chives and/or sour cream. The combinations are endless.

Your potato creation will also come with a bowl of homemade soup, crispy tortilla chips, dessert and a beverage.

All that for just \$3.25 if you are age 60+ and only \$4.25 for those who are not yet age 60. Participating centers are Broome West (3/9-11), Johnson City (3/9-10), Eastern Broome (3/9), Northern Broome (3/7-9) and Vestal (3/9 & 11).

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 10:00 - 10:30 am**Fr:** Wii Bowling 10:00 - 11:30 am**Special Activities:**

Tuesday CHOW Produce Sale (Community Center), 12:30-1:30 pm

3/2,16,30 Greed (Dice) Tournament, 10:30 am

3/3 "Change Your Salty Ways" Nutrition Class, 10:30 am

Breakfast for Lunch (*cheese omelet/English muffin*), 11 am-12:30 pm

3/9,23 Craft Corner, 10:30 am

3/10 Blood Pressure & Glucose Screening, 11 am-12 pm

Special Lunch (*beef pot pie*), 11 am-12:30 pm

3/17 St. Patrick's Day Luncheon w/David Hores, Accordionist, 12:30 pm

3/24 Evening Meal (*roast turkey/choco cream pie*) w/Bingo, 4:30 pm (Bingo, 5:30 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; 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: Healthy Meal Demonstrations w/Cornell Cooperative Extension, 10- 11 am

Tues/Thurs: Tai Chi, 10 am (*last class March 17th*)

Thursdays: Bridge Group, 1-3 pm

3/2,9 BU Nurses Visit, 9:30 am-1:30 pm

3/3,17 Bingo w/Brad, 10:15 am

3/9,11 Potato Bar, 11:45 am-12:30 pm

3/10 Shoppers Club Meeting, 1 pm

3/14 Breakfast for Lunch (*omelets*), 11:30 am-12:30 pm

3/16 Shamrock Shake Day, 10:30 am

3/17 St. Patrick's Day Luncheon w/Ted Davenport, Harpist, 12-1 pm

3/18 Pizza Day OR Chef Salad (please reserve), 11:45 am

3/23 Evening Meal (*rotisserie chx/choco cream pie*) w/Bunko, 5-8 pm

3/24 Craft Day: Alcohol Ink Coasters, 10 am

3/30 Hot Topic: Hearing w/Lourdes Hosp., 10:30 am

Happy Spring!

Spring begins with the equinox on 20th March! The word equinox is derived from the Latin words meaning "equal night." All over the world, days and nights are approximately equal. On March 20th, the sun rises exactly in the east and sets exactly in the west.



source: <http://www.almanac.com/content/first-day-spring-2016-vernal-equinox>

MEET, GREET & EAT

March 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
	Pub Burger 1 OR Tuna Salad Sandwich Cream of Broccoli Soup Tropical Fruit Ice Cream Cup	Roast Beef w/Gravy 2 Hot German Potato Salad Baby Beets Pears	Chicken w/Cranberry 3 Brown Rice Pilaf Winter Squash Peach Crisp	Fish Florentine 4 OR Grandma's Meatloaf Mashed Potatoes French Cut Green Beans Pumpkin Cookie
Chicken ala King 7 Over a Biscuit Baby Carrots Grape Juice Sugar Cookie	Roast Turkey w/Gravy 8 Bread Dressing Monte Carlo Blend Veg. Apple Cobbler	Halupki 9 OR Chicken w/Orange Sc. Mashed Potatoes Tossed Salad Sherbet Cup	Pierogies 10 Peas Carrot Raisin Salad Tropical Fruit	Salmon Patty w/Dill 11 OR Salisbury Steak Mashed Potatoes Broccoli Lemon Pudding
Spaghetti w/MeatSauce 14 Italian Mix Vegetables Cottage Cheese w/Chives Apricot Halves	Liver w/Onions 15 OR Chicken Marengo Mashed Potatoes Peas Cinnamon Applesauce	Roast Pork w/Gravy 16 Baked Potato Monte Carlo Blend Veg. Peachy Gingerbread	St. Patrick's Day Party! Corned Beef 17 OR Beer Battered Fish Cream of Potato Soup Cabbage & Carrots Key Lime Pie	Broiled Fish w/Lemon 18 OR Chicken w/Cranberry Brown Rice Pilaf Winter Squash Strawberry Pudding
Chicken Divan 21 Brown Rice Pilaf French Cut Green Beans Peanut Butter Cookie	Pub Burger 22 OR Egg Salad Sandwich Cream of Broccoli Soup Pineapples & Mandarin Oranges	Grandma's Meatloaf 23 Chantilly Potatoes Country Mix Vegetables Chocolate Cake w/Chocolate Frosting	Ham Loaf w/Raisin Sc. 24 Lemon Pepper Pollack Scalloped Potatoes Red Cabbage Supreme Peaches	Breaded Fish 25 OR Pork BBQ Sandwich Macaroni & Cheese Coleslaw Oatmeal Cookie
Macaroni & Cheese 28 Stewed Tomatoes Cauliflower w/Parsley Banana	Sausage w/Peppers 29 & Onions OR Spiedie Marinated Chicken Red Potato Salad Grape Juice Fruited Gelatin	Roast Turkey w/Gravy 30 Mashed Potatoes w/ Gravy Cut Green Beans Pineapple Upside Down Cake	Chili Con Carne over 31 a Baked Potato Mexicorn Tossed Salad Cinnamon Applesauce	Potato Crusted Pollack 4/1 OR Chinese Pepper Steak Lemon Rice Pilaf Winter Squash Low Fat Muffin

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 6

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

Senior News Editorial Policy

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