



Visit Our Website at www.gobroomecounty.com/senior

Successful Aging: New Year, New You

As the New Year begins, you should remind yourself now is the time for a fresh start, a new you. Don't dwell on last year, instead celebrate the opportunity to create new goals and achieve them. Whether your goal is to lose weight, build relationships or learn something new, at the Broome County Senior Centers, visitors will find that these goals are within reach. All centers have ongoing activities planned throughout the year. They provide the perfect opportunity to attain your goals in a friendly, social and inviting environment. Here are some suggestions on various ways you can begin working toward the new you.

- **Lose Weight, Feel Great** - Sometimes it can be difficult to stay committed to your fitness goals, but in a group setting, others can give you the encouragement you need. Join an exercise class like chair exercise, yoga or Zumba and get moving! Be sure to combine exercise with healthy eating. Sign up for a nutrition class to learn new recipes and push your metabolism into high gear.
- **Feed Your Creativity** - Whatever your talent is, nurture it. The possibilities to enhance your creativity are endless. Attend an arts and crafts class or join a chorus group. Why not break out your dancing shoes and sign up for those ballroom dance lessons you've been hearing about?
- **Flex Your Intellectual Muscles** - Learn a new language or enroll in a literature class. Take advantage of computer courses in the community. Curiosity is the fountain of youth. Henry Ford once said, "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."
- **Build Relationships** - A great way to meet new friends is to join a social group. Get involved in the community by volunteering your time or helping out at an event.

What new experiences will 2015 bring you? Contact the Senior Resource Line at 778-2411 to find out how you can participate in these programs and others.



Lupardo Aids Equipment Purchases

Assemblywoman Donna Lupardo recently secured a New York State Assembly grant to purchase several important large items needed for program operations at the Broome West and Vestal Senior Centers. For Vestal Senior Center two new large air conditioning units were purchased and installed. For Broome West purchases included new oven ranges, refrigerators, and public access computers.

The Assemblywoman attended the recent Veterans Recognition Commemoration at the Broome West Senior Center to address and thank local veterans and their families for their service to our country. At that time, Ms. Lupardo was formally thanked by the Office for Aging staff and Broome West Site Council for her ongoing, vital support for senior services in this community.



During a recent visit to the Broome West Senior Center, Assemblywoman Donna Lupardo visits with Chuck Grow as he uses one of the new computers purchased with funds from a New York State special grant.

Office for Aging Now Accepting Credit and Debit Cards

You can now contribute to the Office for Aging Programs using credit or debit cards by going through the GovPayNet® Website. Cardholders can make contributions for themselves or on behalf of friends or family. The website is accessible on our Broome County Office for Aging Web Site: <http://gobroomecounty.com/senior> or by typing in the following address in your browser: <https://www.govpaynow.com/gps/user/plc/9232>. 9232 is the Place Location Code (PLC) number that the web site may request. Card holders will pay a service fee at the time of transacting this contribution.

For many people and their families, this is a convenient way to make a contribution for any Office for Aging service including Meals on Wheels, Yesteryears, and senior center meals. Some people may find this as a convenient way to make a donation to the Office for Aging on behalf of a loved one. Those with questions about going to this website to make a contribution should call the Senior Resource Line at 778-2411.

2015

A New Year, A New You!!

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Be Aware of Scams

Unscrupulous people are continually coming up with schemes to scam people of all ages. AARP reports that older individuals are some of the likeliest targets, with one third of all scam victims being 65 or older.

The IRS has been informed of a particularly aggressive phone scam in the last several months and urges everyone to remain on guard. Scare tactics are used such as threats of arrest or lawsuits for unpaid taxes.

The following are the characteristics of this scam the IRS is reporting:

- Scammers use fake names and IRS badge numbers. They generally use common names and surnames to identify themselves.
- Scammers may be able to recite the last four digits of a victim's Social Security number.
- Scammers spoof the IRS toll-free number on caller ID to make it appear that it's the IRS calling.
- Scammers sometimes send bogus IRS emails to some victims to support their bogus calls.
- Victims hear background noise of other calls being conducted to mimic a call site.
- After threatening victims with jail time or driver's license revocation, scammers hang up and others soon call back pretending to be from the local police or DMV, and the caller ID supports their claim.

If you get a phone call from someone claiming to be from the IRS, hang up. IRS officials suggest the following:

- If you know you owe taxes or you think you might owe taxes, call the IRS at 1-800-829-1040. The IRS employees at that line can help you with a payment issue, if there really is such an issue.
- If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats as described above), then call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484.
- You can file a complaint at www.ftccomplaintassistant.gov. Choose "Other" and then "Imposter Scams." If the complaint involves someone impersonating the IRS, include the words "IRS Telephone Scam" in the notes.

The list of scams and consumer fraud is long. The best protection is to be aware of the current schemes that are out there. Two good websites for scam alerts are the NYS Division of Consumer Protection (www.dos.ny.gov/consumer) and the Federal Trade Commission (www.consumer.ftc.gov/scam-alerts).

Seasonal Affective Disorder

Seasonal affective disorder (AD) is a common type of depression that's related to changes in seasons. If you're like most people with SAD, your symptoms start in the fall and continue through winter months; sapping your energy and making you feel moody. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year. Open curtains to let natural light in. Bundle up and get outside, even for a few minutes to breathe in fresh air. Listen to music and keep active – daily movement is the best medicine!

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed or if you feel hopeless, think about suicide, or turn to alcohol for comfort or relaxation. www.mayoclinic.org

Housewalking

Housewalking is a new obsession! The term refers to walking around the house whenever possible -- instead of sitting or standing.

Why is housewalking so great? It doesn't require much -- no gym membership, treadmill, or warm weather needed -- and anyone can do it. You don't even need a house! An apartment or even a hotel room will do. And walking (or jogging) in place totally counts.

Once you've got it, start walking or walking in place *whenever* you're at home. Brushing your teeth? Housewalk (in place)! Watching TV? Housewalk (around the room)! You won't believe how quickly it all adds up. Hungry Girl Lisa walked 600 steps while opening mail, 200 while flossing her teeth, and a solid thousand while chatting with her mom on the phone!

Give it a try and you will see why it is the new obsession. Hungry Girl Lisa is challenging everyone right now to start housewalking and see how many steps per day they can get. All those extra steps mean extra calories burned. Plus, you'll have more energy and feel better. Happy housewalking!

Reference: www.hungrygirl.com

Super Bowl Trivia

1. Which player has participated in the most Super Bowls?
2. Which player has won the most Super Bowls?
3. Who has been the head coach in the most Super Bowls?
4. Name the four head coaches tied with the most Super Bowl losses (4).
5. Who kicked the longest field goal in Super Bowl history?
6. Who is the only player to rush for three touchdowns in a Super Bowl game?
7. Which Jets DB had two interceptions in Super Bowl III?
8. Which player scored the first and last points of two Super Bowls, 11 years apart?
9. Which two Patriots were covering David Tyree when he made his miraculous "Catch 42"?
10. Which future Super Bowl winning head coach caught a touchdown pass from Roger Staubach in Super Bowl VI?

Answers can be found on page 10.

Source: <http://nypost.com/2014/01/31/30-super-bowl-trivia-questions-to-stump-your-friends/>



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Senior Citizen Winter Indoor Walking

The Broome County Office for Aging and the local school districts have teamed up to offer senior citizens indoor walking during the winter months.

Sites are open through April 30th. Seniors can walk through the hallways at the designated sites only during the scheduled times, Monday – Friday. When the schools are closed for holidays and snow days, etc., the walking program will also be closed.

A registration form is required to walk. You can get your walking registration forms and incentive sheets from the school office, online at www.gobroomecounty.com/senior/healthed or by calling the Office for Aging at 778-2411.

Walking Sites

- East Middle School (Binghamton)
- Oak Street Senior Center (Binghamton)
M, T, W, F:
- Roosevelt Elementary (Binghamton)
- West Middle School (Binghamton)

- Chenango Forks High School
- Chenango Valley High School
T, W, Th:
- Deposit Elementary
- *Jennie F. Snapp Junior High (Endicott)
- TJ Watson Elementary School (Endicott)
- Highland Park Gymnasium (Endwell)
- Vestal Old Junior High School
M, W, F:
- Vestal High School
- Brookside Elementary (SV)
- Susquehanna Valley High School
- Caryl Adams Elementary (Whitney Point)
- *CR Weeks Elementary (Windsor)

- Floyd Bell Elementary (Windsor)
- Palmer Middle School (Windsor)

Times

- 6:00 – 7:30 a.m.
- 9:00 a.m. – 1:30 p.m.
- 3:15 – 4:00 p.m.
- 7:00 – 7:30 a.m. &
4:30 – 5:00 p.m.
- 3:00 – 4:00 p.m.
- 6:00 – 8:00 p.m.
- 3:00 – 4:00 p.m.
- 3:00 – 5:00 p.m.
- 7:00 – 8:00 a.m.
- 6:00 – 9:00 a.m.
- 8:00 – 9:00 a.m.
- 6:00 – 7:00 a.m.
- 7:00 – 8:00 a.m.
- 7:00 – 7:45 a.m.
- 3:30 – 5:00 p.m.
- 7:30 – 8:40 a.m. &
3:45 – 7:45 p.m.
- 7:30 – 8:40 a.m. &
3:45 – 7:45 p.m.
- 3:45 – 6:30 p.m.

*Jennie F. Snapp – for security reasons you must enter the school between 3:00 – 3:30 p.m., but you can walk until 5:00 p.m.
*CR Weeks – morning walkers, please use the loading dock entrance by the kitchen.

Social Security Issues Internet Phishing Alert

From the Social Security website: Be warned the “phishing” emails encouraging you to create a *mySocial Security* account are circulating. If you receive such an email, **DO NOT** click on the link. This email is NOT from Social Security. MySocial Security is indeed a recently released new service for the public, but the agency is NOT sending emails to generate enrollment. You should go directly to the mySocial Security page by first accessing www.ssa.gov.

*Any email coming from Social Security will come from an email address ending in “.gov”, although you should not trust the “From” address, since attackers can spoof (disguise) this address.

*Any email coming from Social Security will not have email addresses associated with private companies such as Yahoo, Hotmail, Gmail, etc.

*Look for poor word choice, phrasing, spelling or extra words that are not needed in the text.

*Links to Social Security websites always begin with <http://www.socialsecurity.gov/> or <https://secure.ssa.gov/>. (The slash after “.gov” is important). If you are suspicious of a link in an email, use your mouse to “hover over” the link to see the web address. For example, you should not trust a link that looks like this: <http://www.socialsecurity.gov.bx.co.rx/setup>. Members of the public who receive phishing emails should forward them to the US Computer Emergency Readiness team at phishing-report@us-cert.gov.

Stay Active in Winter Months

Think of how active you are in the summer – gardening, taking walks, and fun outdoor activities. In the winter it’s harder to stay active, but definitely not impossible.

So if you don’t like outdoor winter sports but you want to stay active and social, here are some suggestions:

- ▶ [Tai Chi for Falls Prevention](#) class
- ▶ [Line dancing](#) or [Zumba](#) classes
- ▶ [Ping Pong](#) burns calories, is easy on the body and keeps you mentally sharp. Visit Broome West Senior Center in Endwell on Tuesday and Friday afternoons from 1-3 pm to join a game.
- ▶ [Local fitness centers](#) sometimes offer discounted rates in the winter months.
- ▶ [Pickleball](#) has a presence in this area and they are always looking for more participants.
- ▶ If you prefer a [less strenuous activity](#) there are places that offer light hand weight classes and chair exercise classes.
- ▶ Many senior centers have active [billiards rooms](#) and [indoor floor shuffleboard](#) games.

This is just a small list of indoor activities that you can participate in. Be creative in your physical activity choices. Staying active in the winter will help you sleep better and stay healthier. You can find more detailed information at www.gobroomecounty.com/senior, or check out the Health & Wellness section on page 4 of this publication or call the Office for Aging at 778-2411.



It's Not Just a House.

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- Must be 62 or older
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Sudoku Answers

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



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HEALTH & WELLNESS

Zumba

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

Monday	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)
Friday	9:30 am	First Ward Senior Center (Binghamton)
Friday	11:00 am	Oak Street Senior Center (Binghamton)

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.

Monday	10:00 am	First Ward Senior Center (Binghamton)
Monday	10:00 am	Broome West Senior Center (Endwell)
Tuesday	9:45 am	Oak Street Senior Center (Binghamton)
Tuesday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Tuesday	10:30 am	Johnson City Senior Center
Wednesday	10:00 am	Broome West Senior Center (Endwell)
Thursday	9:30 am	First Ward Senior Center (Binghamton)
Thursday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Friday	9:45 am	Oak Street Senior Center (Binghamton)
Friday	10:00 am	First Ward Senior Center (Binghamton)

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. There is a \$5 charge for this class.

Tuesday	11:00 am	First Ward Senior Center (Binghamton)
Friday	1:00 pm	Vestal Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 – 9:30 am	Eastern Broome Senior Center (Harpursville)
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)

Chair Dance Party

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

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

Staying Fit & Healthy

Stretching and light aerobics with weights.

Thursday	10:30 am	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.

First United Methodist Church of Deposit	Tuesdays, August 19 – October 7	10:00 am - 12:00
110 Chenango Place in Binghamton	Thursdays, September 17 – October 29	1:15 – 3:15 pm

Exercise Equipment

Available Daily

- Broome West Senior Center (Endwell)
- Northern Broome Senior Center (Whitney Pt)
- First Ward Senior Center (Binghamton)
- Johnson City Senior Center

*Complete addresses & phone numbers for all Senior Centers are located on page 10 & 11.

EVENTS at the CENTERS

“Wireless” Broome West

Weekdays, 9 am-3 pm

Broome West Senior Center

785-3427

We have new, updated computers and monitors and will be hosting students from SUNY Broome and Binghamton University as instructors for classes.

Call 785-1777 for information.

Meet the New Site Supervisor

Wed., Jan. 21, 10 am- 2pm

North Shore Towers

772-6214

Jessica Hodges is the site supervisor at The Towers. There will be music, door prizes and free meal coupons! Doreen, North Shore Towers Resident Council President, will answer questions and listen to comments for the upcoming year.

Evening Dining

w/**Adrian Sharvinko**

Thurs., Jan. 15, 4-6 pm

Eastern Broome Senior Center

693-2069

Adrian Sharvinko performs Elvis's greatest hits and Broadway tunes. Dinner is roast turkey and lemon meringue pie.

Reserve by noon on Wednesday, Jan. 14.

Hawaiian Luau

w/**Johnny Only**

Thurs., Jan. 22, 11:30 am

Deposit Senior Center

467-3953

Grass skirts optional; fun guaranteed! Reserve for dinner by noon Wednesday, Jan. 21.

Metro Interfaith

772-6766

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Metro Plaza Apartments

110 Chenango Place

Lincoln Court Apartments

21 New Street

Licensed Home Care Agency

www.metrointerfaith.com

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723-0582



4 Things We Should do More This New Year

Make an Ordinary Day Extraordinary- Imagine, some people wait decades before using their fine china because they are saving it for something or someone special. Instead, brighten up your monotonous routine and bring out the special china for dinner. Take a vow to grab life by the horns and enjoy luxury! Stop waiting for an opportunity to enjoy life and create one. Don't be afraid to dress up in your finest clothing.

Throw a Party- Maybe you are the type of person that needs a reason to dress up. Well, why not host a party? If you need some themes for your event try a Hawaiian shirt party, or get inspired by your favorite movie. Tell your friends to bring their best dish and host a traditional potluck!

Share a Laugh- Make it a goal to learn a new joke. Laughter is the best remedy for stress reduction. Most people could use a good laugh, not to mention, this is a great way to break the ice.

Capture a Moment- If you want a memory to last, take a picture. Share more smiles and take more photos this year. A picture is worth a thousand words so don't be afraid to express yourself. Maybe the quest to capture the perfect sunset will give you motivation to plan the dream vacation you've always wanted.

Reference: "10 Unusual New Year's Resolutions." Realbuzz.com. The Realbuzz Group Ltd. Web. 1 Jan. 2014.

YesteryearsA Day Program for Adults

Is someone you know feeling isolated and lonely? Socialization is a great way to combat the blues. At the Yesteryears Social Adult Day Program there is never a dull moment. Our staff is dedicated to making you smile inside and out.

Whether you attend the Binghamton or Endwell site, you will find energetic, fun loving staff going out of their way to make your day! Warm, friendly, compassionate and caring are just some of the words used to describe the atmosphere at the Yesteryears Program.

Yesteryears offers structured activities and peer socialization. Our participants engage in games, crafts, music, and cooking activities. Recently the participants of the Yesteryears family came up with a poem to summarize their experience....

*What did you do at Yesteryears today?
Seems to be a popular question they all say
Yesteryears is the place for me, for all my friends I get to see
We walk together, cook together and have even sewn
Share together, laugh together as our friendships have grown
It's a place to joke, a place to sing,
A place to be myself and not worry about a thing
The staff doesn't let me nap or wear a frown,
They'd stand on their heads to turn my bad mood around!
Good times are always had by all,
Whether it be winter, spring, summer or fall*

If you think Yesteryears may be a care option for your loved one; contact the Broome County Office for Aging at 778-2411 for eligibility requirements.

"Some people believe that holding on and hanging in there is a sign of great strength. However, there are times when it takes much more strength to know when to let go -- and then do it."

Ann Landers

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CREMATION ADVOCATE

By: **Peter G. Savage, CFSP**

Make sure you attain piece of mind without worrying about what tomorrow may bring. In New York you can pre-arrange and pre-fund your funeral, it helps your family to know your wishes, estate planning, and give you piece of mind. Pre-planning your final arrangements provides you satisfaction by relieving a burden from your loved ones, and assists when applying for Medicaid. Pre-planning provides advantages to your family before facing final decisions. You take the opportunity to make specific selections that are your choices while meeting the needs of your family. You find comfort knowing that difficult decisions are made relieving your family. You state your wishes and alleviate guesswork for your family. Start to begin to investigate creating a final plan prior to entering a nursing facility. **Becoming informed ahead of time helps you, your family, and provides you a sense of well being.**

NY has the most protective funeral pre-need laws in the US. 100% of funds are placed in insured trusts backed by the government of the United States. Cremation is one of the areas that you ask me about most often. People say "I just want to be cremated" and depending on how many people you ask you will get numerous answers as to what cremation means for them. Cremation, earth burial, and entombment are all a means of final disposition. **How you want to celebrate your life is what's important!** Prearrangement takes care of all the decisions- so your family won't have to. **Now isn't that reassuring?** Learning about what options are right for you and your family provides comfort to the whole family, when it's most needed.



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The Memory Maker Project

This new project is a new grass-roots cultural access and advocacy program for people living with memory loss (especially Alzheimer's and other forms of dementia) and their care partners in the Southern Tier.

The Memory Maker Project makes culture accessible to everyone.

The Memory Maker Project:

- Maps out and collaborates with the Southern Tier's vast cultural organizations including museums, zoos, art studios, theaters and musicians.
- Educates staff and volunteers about best practices and possible barriers that people living with memory loss might face when attending their facilities.
- Figures out ways to lessen these barriers.
- Organizes and leads weekly events that are inclusive, but designed especially for those living with dementia.
- Bring a tailored cultural experience to individuals or groups.
- Levels the playing field so that everyone can enjoy the great art and culture our community has to offer—regardless of diagnosis.

Learn more at MemoryMakerProject.org, or call Christina at 607.240.6204 or Kim at 607.280.1433

Becoming a Senior Helper

For over forty years the Senior Helpers Program (formerly GROW) has been providing the community with workers available for **private hire** who are skilled at performing jobs large and small.

The Senior Helpers Program matches workers who are Broome County residents, ages 55 and over, with people who need to hire help. Jobs can be short or long term and range from simple tasks to long projects. There are jobs available in a variety of areas, including home repair and maintenance, as well as companion and personal care services.

Workers are hired to fix a leaking faucet, repair a broken railing, wash windows, or mow lawns. Seniors Helpers are also hired for bigger projects, such as installing electrical fixtures, cleaning and sealing basements, installing windows, building wheelchair ramps and snow removal.

Workers with skills in providing personal care and companion services help with general chores like grocery shopping, meal preparation, and transportation to appointments. But they can also help with bathing, grooming and recreational activities. Personal care workers can make it possible for seniors to live independently in their homes.

If you would like to find out more about the Senior Helpers Program, call 778-6105 between the hours of 8:30 and noon, Monday through Friday. We provide the connection!

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Home Repairs for Senior Citizens
A Non-profit public service operated by
First Ward Action Council, Inc.
167 Clinton Street, Binghamton, NY

You pay only for materials.
Labor is provided free of charge to eligible home owners.

Leaky Faucets	Safety Devices	Railings
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Call 772-2850 For Details

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Quick and Convenient – MyBenefits Website

The start of a new year offers a great opportunity to review your finances and your financial goals. Part of this process is exploring available financial benefits that can help you save money. There is a quick and convenient tool that might help you do just that. And you can do all this in the privacy of your own home or from any computer available to you.

By visiting the myBenefits.ny.gov website you can find out if you qualify for work support benefits and other programs designed to help low-income working families and individuals make ends meet. The website is user-friendly as it allows you to quickly learn about what programs you may be eligible for by clicking on 'Am I Eligible?'

By answering few questions about your household, your money and your bills, you will find out if you may be able to get help with the following programs:

- SNAP (Supplemental Nutrition Assistance Program, formerly Food Stamps)
- Temporary Assistance (TA)
- HEAP (Home Energy Assistance Program)
- Special tax credits
- HIV Uninsured Care Program
- WIC (Women, Infants and Children)
- A wide variety of services for older New Yorkers
- Various health insurance programs for individuals, families, children, and sole proprietors

To apply for any specific benefits, you will be asked to create a user account. This allows you to return to your existing applications, check on their status, recertify for financial benefits, report changes and view case details. Additionally, SNAP recipients can check their balance status, recent account activity and change their PIN.

Please visit the www.myBenefits.gov.ny website today and take advantage of the financial benefits available to you! For those without computer internet you can call the Office for Aging Senior Resource line for information, 607-778-2411.

CREMATION \$1,395
Endicott-Vestal-Binghamton
785-2841

DeMarco
Cremation & Funerals

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Functional Vision Assessments Update

For several years, AVRE has been offering a new service in our on-site Norman Richterman Low Vision Clinic to people who are experiencing a loss of vision but are not yet legally blind. We want to remind you of its availability and let you know about some changes to this service.

Anyone who has a visual acuity of 20/50 (previously 20/70) or worse in the best corrected eye, or is having difficulty reading regular-sized (newspaper) print, and who has had an eye exam by their regular eye care provider within the past two years (previously one year) may come to AVRE for a Functional Vision Assessment.

The Functional Vision Assessment is provided at no cost to the patient and is performed by AVRE's Certified Low Vision Therapist, Diane McMillan. During the exam, Diane will check: near vision, contrast sensitivity, glare control, visual perceptual, and visual motor functioning to determine the appropriate level of magnification needed for reading. She will demonstrate and provide instruction for the use of a range of low vision aids that may enhance the patient's visual function and compensate for some of the vision loss. Devices that might be demonstrated and recommended include: large print items, reading stands, special lamps, writing implements, hand-held or stand magnifiers, electronic devices, and software. Upon completion of the evaluation, Diane will recommend appropriate strategies and/or devices. The patient's only financial responsibility is for the cost of the devices they choose. If issues or problems are identified during the assessment, the patient will be advised to contact their eye care provider.

If you, or someone you know, are not legally blind but are experiencing some vision loss and difficulty seeing regular print, you may call us at 607-724-2428 to see if you are eligible for a Functional Vision Assessment.

 <p>LEVENE GOULDIN & THOMPSON, LLP ATTORNEYS AT LAW</p>	<p><i>Certified Elder Friendly</i></p> <p>Greg S. Catarella * Heather M. Cornell Elizabeth K. Joggerst Albert B. Kukol Jamye L. Lindsey * Kathryn Grant Madigan Caroline A. Vadala John R. Normile, Jr. Karen J. McMullen Lana D. Sturdevant Sabrina R. Moldt Maria R. Motsavage, RN</p> <p><small>* Serving the AARP Legal Services Network</small></p>
<p>Elder Law Estate Planning Long Term Care Planning Handicapped Access Free Parking</p> <p>450 Plaza Drive, Vestal, New York 607.763.9200 LGTLegal.com</p> <p><i>The Advantage of Experience</i></p>	

PAID ADVERTISEMENT

If I Only Beat Me

Wisdom from Don Litchko

Been thinking about competition recently - Super Bowl - World Series; all my life it seems I been involved in some way with having to beat the competition - work - business- politics - beat them - critical to win - got to be the best - beat them - win -win -win.

Then got to thinking -- suppose me and we - had all been cultured to wake up each morning with just one objective -- Today I'm going to beat yesterday's me - today I'm going to be a better person than I was yesterday - I going to learn more - be kinder - care more - help more - do more - do it a little bit better etc.etc. than I did yesterday. Just a little smidgen bit better each day would have really added up. In my case that would have been about 26,000 smidgens.

After seventy-three years it is hard to imagine just how much more I would have accomplished if instead of worrying about beating them; the only person I beat each day was me.

Not too late to start -- Get ready "self" - we have a lot to do today!

City of Binghamton Assessor's Office Reminds All City of Binghamton Residents that March 1, 2015 is the deadline for Filing Exemption Applications.

**ALL EXEMPTIONS MUST BE
SUBMITTED BY
MARCH 1, 2015**

Aging With Attitude

*Stay connected...and never act your age!
A column dedicated to encouraging social connections.*

A Positive Image

By Nancy Loncaric, MSW

All of us know people who seem to have it all going for them. They may not be the most beautiful people we know, nor the smartest nor richest, but they have that something special that makes other people want to be like them. **They like themselves.**

Being free of your own self-disappointment can open a whole new way of living. How do you become a person who spends his or her energy living instead of wishing life were different? Start by developing an enthusiasm for life. Refuse to worry about things you can't change and get on with changing those you can. Practice self-reliance and develop the ability to accept your own limitations and those of people for whom you care. Learn to concentrate on what "is" instead of what "isn't" or "should be." If you use your time constructively, it will be an asset in personal growth. A positive self-image is created, not born. It takes time and effort.

We hear so much about the negative aspects of aging that some of the positives can be overlooked. Becoming older can be a time of great personal growth for people. It can be a time of life when people can become internally directed and not feel the need for approval from others.

We all have the potential to rid ourselves of self-doubt and the frustration that comes from constantly evaluating ourselves. Pick out those things that are important and let the others go; often they will take care of themselves. Aging can be a time of developing a positive self-image by finding new meaning and purpose in our lives.

"A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing."

George Bernard Shaw

Golden Days Adult Medical Day Program

Golden Days provides individuals with an opportunity for richer, active and more meaningful days, focusing on maintaining or maximizing an individual's level of mental and physical well-being through therapeutic and recreational activities. The program offers meals, hygiene and bathing care, as well as medication and wound care management by our professionally trained and caring staff.

Let us be your caregiver!
Call us for a complete description of our program and services.

An affiliate of Susquehanna Nursing and Rehabilitation Center
282 Riverside Drive
Johnson City, NY 13790

Door-to-Door
Transportation
Available

607 729 9206
7:00am - 5:30pm

Private insurance,
Private pay,
Medicaid, and
Veterans Benefits accepted

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Join Us at: "Beating" Your Budget!

As the holiday season comes to a close and the small hole in your pocket has expanded you may be concerned about how to eat healthy and stay within your budget. Maintaining your food expenditures can be frustrating and difficult during these challenging economic times. By exercising some frugal, yet health conscious strategies you can positively impact both your budget and health.

Discover how to "Beat" Your Budget by attending one of the presentations listed below. This interactive presentation will focus on making healthy choices on a limited food budget and include group discussion, and a recipe demonstration for all to try! Specific ideas about cost effective strategies for shopping and preparing seasonal fruits and vegetables will be shared- hence the name, "Beating" Your Budget!

For more information and center locations, contact the Office for Aging at 778-2411.

- Vestal Senior Center:
January 14th - 12:30 p.m.
- Johnson City Senior Center:
January 21st - 9:30 a.m.
- Oak Street:
January 27th - 10:45 a.m.

"Beating" Your Budget is being brought to you as a partnership between the Office for Aging and the Food Bank of the Southern Tier.

National Hugging Day Is January 21st

What a great day! This is an opportunity to give and to receive. Give a hug, and you automatically receive one in return. Sure, someone might not hug back. But, how often does that happen!?!

Hugs are loving. Hugs are therapeutic. Hugs are caring. Hugs are celebratory. Hugs make you feel good inside. Have you ever received a hug from someone who didn't care? I didn't think so. That's proof positive that you're loved and cared about.

Celebrate today by giving hugs to family, friends and loved ones. You'll love the warm feeling you get.

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The SEPP Group

Housing Management Development



www.seppinc.com

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

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Creamery Hills
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PAID ADVERTISEMENT

3 Vaccines to Keep You Healthy

Vaccines play a vital role in preventing illness and maintaining health. Here are three commonly recommended vaccines covered by Medicare, and what you need to ask your health provider or plan.

Flu Shot:

Each year in the United States, 9 out of 10 flu-related deaths and 6 out of 10 flu-related hospital stays occur among people aged 65+. An annual flu shot is one of the best preventive measures to help protect against the flu. The shot is available in both a regular strength dose and a high dose that provides extra immunity, which is often recommended for older adults.

Medicare Part B pays for one seasonal flu shot (either strength dose) with no co-pay as long as you visit a provider that accepts assignment (i.e., agrees to accept Medicare's payment directly). If you have Medicare Advantage, you will not be charged for a flu shot if you visit an in-network provider.

Ask your doctor if the high dose flu vaccine is recommended for you.

Continued on page 9

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A health plan you can depend on.

For information, call
(518) 641-3400
TTY/TDD **(518) 641-4000**



A plan for life.



CDPHP® refers to both the Capital District Physicians' Health Plan, Inc., a Medicare Advantage HMO plan with a Medicare contract, and CDPHP Universal Benefits,® Inc., a Medicare Advantage PPO plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal. Medicare Choices members must have both Medicare Part A and B and live in our service area.

This is an advertisement.

Y0019_14_0059 CMS Accepted

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

Home Care

PERSONAL CARE 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!

HOUSEKEEPING

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The Family & Children's Society

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PAID ADVERTISEMENT

Caregiver Corner

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

Events for Caregivers

Coping with Vision Loss

Date: Wednesday January 28th

Time: 1:30-2:30 PM

Place: Broome West Senior Center
2801 Wayne St., Endwell

Presenter: Annie van der Wal, Community Connection Specialist from A.V.R.E.

Annie will be presenting on behalf of the Association for Vision Rehabilitation and Employment to inform caregivers how they can maximize a loved one's remaining vision, ways to maintain independence by adapting daily living skills and methods to remain up-to-date with the latest adaptive equipment technology.

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

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Date: Monday, January 5th

Time: 1:00-2:30 PM

Place: Stay Healthy Center (close to Sears)
Oakdale Mall, Johnson City, NY

Date: Wednesday, January 21st

Time: 9:30-11:00 AM

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

Phone: 785-3427

Call 778-2411 with questions or for more information

Vaccines *continued from page 8*

Shingles Vaccine:

Shingles is a painful skin rash caused by the same virus that causes chickenpox. Adults aged 50+ are at most risk for shingles, which can lead to lifelong pain. The shingles vaccine (Zostavax) is a one-time shot recommended for all adults over age 60 by the Centers for Disease Control and Prevention (CDC).

Medicare Part B does not pay for the shingles vaccine. However, all Part D plans are required to cover the vaccine and its administration.

Part D plans have very specific rules about how to get the shingles vaccine. For example, a plan may only cover the injection if you get it in a health provider's office and not a pharmacy. Some plans might also ask that you pay your doctor upfront for the vaccine and then seek reimbursement.

Ask your Part D plan about its specific coverage rules for the shingles vaccine. Questions to ask include:

1. How much will I be charged for the vaccine?
2. Do I need to get the shot at a specific location in order for it to be covered? Can I get the vaccine at a pharmacy or drugstore and get reimbursed by my plan?
3. How will the plan pay for the administration of the shot if I get it in my doctor's office? Will I need to pay my doctor upfront and seek reimbursement from the plan?

Pneumococcal (pneumonia) Shots:

Pneumococcal disease is a bacterial infection that causes many types of illness, from mild ear and sinus infections to life-threatening pneumonia and meningitis.

The CDC recommends that all adults aged 65+ and younger adults with long-term health problems or chronic conditions receive the pneumococcal shot. One shot is usually all a person will need, and you can get the pneumococcal vaccine on the same day as the flu shot (or at any other time).

Medicare Part B pays for one pneumococcal vaccine with no co-pay as long as you visit a provider that accepts assignment (i.e., agrees to accept Medicare's payment directly). Medicare Advantage members also cannot be charged for the shot if they receive it from an in-network provider. Ask your doctor whether and when you should receive the vaccine.

A Handy Website for Parents and Grandparents

By: Gina Yuhas

Have you ever wondered whether or not a movie is age appropriate to watch around your children or grandchildren? If so, you may want to visit Kids on Demand Media at www.common sense media.org. This website provides reviews for movies and other media. Simply click on the movie title you are interested in and you will see a detailed review describing what parents need to know about the movie. There are seven categories used to rate the media ranging from positive messages to drug usage.

This is a great site for both parents and grandparents to use to determine whether a movie is age appropriate for younger viewers or not.



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PAID ADVERTISEMENT

Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760

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

Lunch served at Noon call 785-1777

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

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

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

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

T: Craft Class 9:30 am Ping Pong 1-3 pm

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

Th: Social Connections 1-2:30 pm; USA Ballroom Dance Lessons 7-10 pm

F: Bingo 9 am, Craft Class 9:30 am, Ping Pong 1-3 pm

Special Activities

1/8,9 AARP Driver Safety Program, 10 am-1:40 pm

1/12 Special Breakfast: *Sausage & Hash Brown Casserole*,
10:30 am-12:30 pm

1/15 Philly Cheese Steak Day, 11am-12:30pm

1/26 Special Breakfast: *Cinnamon/Apple Coffee Cake*,
10:30 am-12:30 pm

1/28 Caregiver Speaker, 1-2:30 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):

Tues & Thurs: Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;
Piano Music 10:30 am; Wii

Thurs: Chorus 11-12 pm, Wii

Special Activities

Tuesdays: Bingo: 1 pm: 1/6 Nickel; 1/13 Bag; 1/20 Quarter; 1/27 Nutrition

1/8 Ice Cream Day

1/13 Blood Pressures w/Sandy, 11:30 am

1/15 Breakfast for Lunch, 10:30-12:30 pm

1/20 Southern Tier Food Bank, 12 pm

1/22 Hawaiian Luau w/Johnny Only, 11:30 am

2/2 (Monday) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

Super Bowl Trivia Answers

- | | | |
|------------------|-------------------|--------------------------------------|
| 1. Mike Lodish | 4. Bud Grant | 7. Matt Bahr |
| 2. Charles Haley | 5. Steve Christie | 8. Rodney Harrison,
James Sanders |
| 3. Don Shula | 6. Terrell Davis | 9. Mike Ditka |

Tai Chi for Arthritis

Vestal Public Library: Tues. & Fri., 9:30-10:30am
(Jan. 6-Feb. 27)

Highland Park: Endwell: Tues. & Thur., 9-10am
(Jan. 27-March 19)

West Family YMCA: JC: Mon. & Wed., 11:30-12:30pm
(Jan. 12-March 4)

Binghamton YMCA: Mon. & Fri., 10:30-11:30am
(Jan. 12-March 6)

All 4 of the above classes are taught by the YMCA. The cost is \$12 for YMCA members and \$24 for non-members. Call 770-9622 to register.

Jewish Community Center: Tues. & Thurs., 10:30-11:30am
(Jan. 13-March 5)

The cost is \$50; people over age 80 are free. Call 724-2410 to register.

Holiday Observance

All Broome County senior centers will be OPEN on Monday, January 19, Martin Luther King Jr. observance. However, First Ward Senior Center will be closed.

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

Fridays 1/2,9,23,30 "Are You Smarter Than a Fifth Grader?" 11 am

1/7 New Year's Cleaning – Naturally, 12:30p.m.

1/9 Get Ready to Skype, 10 am

1/15 Evening Dining (*roast turkey/lemon meringue*)
w/Adrian Sharvinko, 4-6 pm

1/19 Tai Chi, 11 am

1/21 "Winter Games," 10:30 am & after lunch

1/26 Hearing Screening/Cleaning w/Audibel (appointments), 10-11:30 am

1/26 Horse Racing w/ Bonnie Hill, 10 am

1/31 (Saturday) Chili & Cornbread Fundraiser w/New Appalachia,
11:30 am-2 pm. *Snow date will be Sat., Feb. 7*

FIRST WARD/GREENMAN..... 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: Just For Fun Pool League 9:00 am; Pottery 9:30 am; 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

F: Ceramics 9:30 am; Texas Holdem 12:45 pm

Special Activities:

1/6 Shingles Information w/Pharmacist Eric Holleran, 12:15 pm

1/7 Social Club Meeting, 1 pm

1/9 STAR Info w/Diane (City of Binghamton Residents Only), 12:30pm

1/12 Scarlet Bonnets, 1 pm

1/14 Legal Aid (by appointment only), 9 am

1/19 Center Closed in observance of Martin Luther King Jr. Day

1/15 Philly Cheese Steak Day, 11:30 am

1/27 Shingles Immunization Clinic w/Pharmacist, 11 pm



JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Fri 9:00am - 4:00pm

Lunch served at 11:45 call 797-1149

Hot Lunch (Reservations): M/W/Th/F

Walk-Ins Welcome:

Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm

Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4

M: Guitar 9 am; Water Color Painting 9 am; Bingo 12:30 pm

T: TOPS 9:30 am

W: Quilting 9 am; Pinochle 12:30 pm; Writers Workshop 1 pm; Bingo 5:30 pm

Th: Oil Painting 9 am; Shuffleboard 12:30 pm, Mediation 3:30 pm

F: Watercolor Painting 9 am; Ladies Singing Group 10 am

Special Activities:

1/2,16 Movie, 12:30 pm

1/21 Blood Pressure & Glucose Screenings w/Medicine Shoppe, 10 am
"Beet" Your Budget w/cooking demo, 9:30 am

1/27 Entertainment w/ Amelia & David Moore, 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: Tues 10-12:30 pm

Weekly Activities: Exercise classes listed on page 4

M: Quilt Classes 10:00 am (call first), Computer Class; Bingo 10:30 am; Pinochle 12:30 pm

T: Computer Classes 8:30 am; Osteo Exercise, 10 am

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

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

F: Bingo 10:30 am; Crafts w/Denise 12:30 pm; Pinochle 12:30 pm

Special Activities:

1/7-29 Scrabble Tournament

1/13 Shingles Information w/Pharmacist, 11 am
Evening Dining (*roast turkey/lemon meringue*) w/Wayne Beddoe, 4:30-7 pm

1/16 National Hat Day & Parade, 11 am

1/19 Movie and Popcorn: "Frozen," 12:15 pm

1/23 Cake Walk, 12:15 pm

1/27 Evening Dining (*chx ala king w/dreamsicle cake*) & Bingo, 4:30-7 pm

2/3 Shingles Immunizations Clinic w/Pharmacist, 11 am

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00am - 2:00pm

Lunch served at Noon

Weekly Activities:

M: Bingo 10-11 am

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

Special Activities:

Monday Bingo, 10-11am: 1/5&12 Food; 1/19 Donuts; 1/26 Penny

1/6 New Year, New You "Wii Fit" Fitness Program

1/7 Breakfast for Lunch (*breakfast sandwich*), 10:30am

1/8 Blood Pressure/Glucose Screenings w/Medicine Shoppe, 11am-12 noon

1/15 Philly Cheese Steak Day, 11:30 am

1/16 Volunteer Appreciation Day, 1:30pm

1/21 Meet and Greet Jessica, the new Site Supervisor 10-2pm

1/29 Trivia 10:30-11:30

OAK STREET..... 724-1220

58 Oak Street, Binghamton, NY 13905 (located in St. Patrick's All Purpose Room)

Center Hours: Mon, Tues, Wed., Fri, 9:00 am - 1:30 pm

Lunch served at Noon

Weekly Activities: Exercise classes listed on page 4

M: Busy hands Group 10 am

M/W/F: Scat and Pinochle, Walking

W/F: Bingo 11 am, Walking

Special Activities:

1/5,12,26 Busy Hands Group, 10am

1/9 Soup and Sandwich Day, 11 am

1/13 Blood Pressure w/Joyce (Medicine Shoppe), 11 am
Pizza for Lunch, 11 am

1/16 Ice Cream Sundae Day, after lunch

1/20 Book Review w/Cheryl Ebert: *Mister Owita's Guide to Gardening* by Carol Wall, 11 am

1/23 Anniversary Party, 11 am

1/27 "Beet" Your Budget w/cooking demo, 10:45 am

VESTAL 754-9596

Old Vestal Junior High School Cafeteria

201 Main St., Box #4, Vestal, NY 13850

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

Lunch served at 11:45am

Sandwich and Soup bar: W/Th/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; Ice Cream Cones 12:30 pm

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

F: Walking Group 8 am; Chair Yoga 1 pm

Special Activities:

1/2 Toast to the New Year Party/Discussion, 10:30 am

1/6 Tea Part to Celebrate National Tea Month, 10:00 am

1/7 Blood Pressure Screening w/Kay Devine, 10:30am

1/8 National Show & Tell Day, Activity? Time

1/9 Craft Day – We'll be creating something special & fun!

1/13 Trivia Day – Time to test your brain power.

1/14 "Beet" Your Budget w/cooking demo, 12:30 pm

1/14,15 AARP Driver Safety Program, 10 am to 1:45

1/15 Bingo with Brad, 10:15am

1/20 Animal Adventure will be here with a couple of creatures

1/23 Pizza for Lunch (reservations required),11:45 am

1/27 Breakfast for Lunch- 11:45 am

1/27 Vestal Senior Citizens Club, 12:45 pm

1/29 National Puzzle Day – test your skill

Souperlicious Senior Center Sandwich Bars

	Monday	Wednesday	Thursday	Friday
	Northern Broome	Broome West	Broome West	Broome West
Walk-ins Welcome 11am-12:30pm 	Eastern Broome	Eastern Broome	Eastern Broome	Eastern Broome (Burger Bar)
	Johnson City	(Golden Griddle)		Northern Broome (Burger Bar)
	Northern Broome	Johnson City		
	Vestal	Northern Broome		Oak Street – 1 st Friday only
		Vestal	Vestal	Vestal

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

MEET, GREET & EAT
January Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW,FW)	TUESDAY (Breakfast for Lunch @ NB & JC Senior Ctrs)	WEDNESDAY	THURSDAY (Golden Griddle @ EB)	FRIDAY
			Centers Closed 1/1 Happy New Year!	Cabbage Casserole 2 OR Beer Battered Fish Mashed Potatoes Peas & Carrots Oatmeal Cookie
Cheesy Shell Casserole 5 Navy Bean Soup Sugar Cookie	Chicken & Biscuit 6 Mashed Potatoes Cut Green Beans Tropical Fruit	Roast Beef w/Gravy 7 Hot German Potato Salad Red Cabbage Supreme Apple Crisp	Sausage w/Peppers & Onions 8 Baked Beans Tossed Salad Vanilla Cake w/Strawberry Frosting	Country Breaded Fish 9 OR Homestyle Salisbury Steak Macaroni & Cheese Cauliflower w/Parsley Cinnamon Applesauce
Pierogies w/Onions 12 Baby Beets Fruit Cocktail Chocolate Drop Cookie	Sliced Pork w/Gravy 13 Bread Dressing Brussels Sprouts Cinnamon Applesauce	Grandma's Meatloaf 14 Chantilly Potatoes Peas & Carrots Pumpkin Pie Square	Vegetable Lasagna 15 Wax Beans Tossed Salad Sherbet	Fish Florentine 16 OR Pepper Steak Brown Rice Pilaf Winter Squash Pineapples & Mandarin Oranges
Spaghetti w/Meat Sauce 19 Cut Green Beans Cottage Cheese w/Chives Banana	Tuna Salad Sandwich 20 OR Chicken Rib BBQ Cream of Broccoli Soup Carrot Raisin Salad Raspberry Fruited Gelatin	Liver w/Onions 21 OR Chicken w/Marengo Mashed Potatoes Spinach Rice Pudding w/Raisins	Roast Turkey w/Gravy 22 Apple Bread Dressing Baby Carrots Pears	Oak Street's Anniversary Breaded Fish 23 OR Halupki Mashed Potatoes Monte Carlo Blend Veg. Tropical Fruit
Macaroni & Cheese 26 Stewed Tomatoes Broccoli Pumpkin Cookie	Ham w/Raisin Sauce 27 Scalloped Potatoes Corn w/Pimento Sunshine Salad	Roast Beef w/Gravy 28 Mashed Potatoes Spinach Tapioca Pudding w/Mandarin Oranges	Chicken w/Cranberry 29 OR Lemon Pepper Pollack Brown Rice Pilaf Winter Squash Peach Crisp	Diner Fish Sandwich 30 OR Pub Burger Baked Beans Tossed Salad Cinnamon Applesauce

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.

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Sudoku

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

Answers on Page 7

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

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Senior News
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