Broome County Office for Aging

Senior News

Jamie M. Kelly, Director • Debra A. Preston, Broome County Executive • Volume 43 Number 2 • FEBRUARY 2015

Visit Our Website at www.gobroomecounty.com/senior

Take Care of Your Heart

By: Gina Yuhas

It may or may not come as a surprise to you, but February is American Heart Month. It is only fitting since Valentine's Day is celebrated on February 14th. Grocery stores quickly fill up with festive candy hearts, but before reaching for a box of chocolates, you might want to consider an alternative gift for the one you love.

According to the Centers for Disease Control and Prevention, heart disease is the number 1 killer of women and men in the United States. Poor diet and lack of exercise are common culprits which lead to the development of conditions that put strain on the heart (high blood pressure, high cholesterol, and diabetes). Although hereditary risk factors may be present in your family, you can limit your risk of heart disease by controlling environmental factors such as diet and exercise.

Ben Franklin once said, "An ounce of prevention is worth a pound of cure." You can take preventive measures to avoid heart disease by adopting a heart-healthy diet. Consuming a variety of fruits, vegetables, and whole grains can reduce the risk of heart disease. Beans, lean protein and fish also can help protect your heart. Limiting unhealthy fats such as saturated fat and trans fat is important for heart health. Combine a healthy diet with regular exercise and you will further reduce your risk of heart disease. Physical activity increases blood flow, boosts energy and improves sleep.

It is essential to focus on prevention, but what many people overlook is the importance of monitoring your health through regular doctor visits. As you age, there are different screenings that can help you detect areas of concern for example; people age 40 and better should schedule a fasting blood glucose test. This test allows your doctor to monitor your blood sugar level and it should be done every three years, unless your doctor advises you differently.

As you progress into your 60s, you should have an annual ankle-brachial index test. This test assesses the pulses in the feet to detect peripheral artery disease (PAD), a lesser-known cardiovascular disease in which narrowed arteries reduce blood flow causing plaque to build up in the leg arteries. By detecting the condition at an early stage, you have more time to improve your circumstances.

Sleep apnea is another overlooked condition that can contribute to high blood pressure, heart disease and stroke. Sleep apnea is a condition that causes pauses in breathing during sleep. The unsteady flow of oxygen causes a sudden drop in blood oxygen levels resulting in increased blood pressure and strain on the cardiovascular system. Some of the symptoms of sleep apnea are loud snoring, excessive daytime drowsiness, and abrupt awakenings accompanied by shortness of breath.

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Thank You Good Shepherd

The Broome County Office for Aging is a recipient of a grant from the Good Shepherd Communities Foundation. On December 8, 2014 Mike Keenan and Terry Cortese-Green from the Good Shepherd Communities Foundation visited the Broome West Senior Center to present a check to the Office for Aging for over $3,600. The grant has been used to install magnetic closing devices on the kitchen doors at 3 local senior centers, improving critical fire safety systems. The Broome County Office for Aging is proud to be a recipient of this grant and appreciative to the Good Shepherd Communities Foundation.

On December 8, 2014 Michael Keenan, President & CEO of Good Shepherd Communities announced at the Broome West Senior Center that the Office for Aging is a recipient of the Good Shepherd Community Foundation Grant. Office for Aging's Nutrition Coordinator spoke to the group about the importance work accomplished at the senior centers as a result of this grant.

HEAP – 2014-2015

Are you concerned about home energy costs this winter? When saving, budgeting and energy conservation are not enough, the Home Energy Assistance Program (HEAP) may help those who qualify. If qualified, the regular HEAP benefit is credited to the home heating account or a smaller amount directly to a household with heat included in the rent.

If you have not applied for HEAP this season there is still time to do so. 2014-2015 HEAP season is scheduled to close on March 16th, 2015 (or when funds are exhausted). Emergency HEAP (at DSS) opens January 2nd, 2015. The Heating Equipment Repair Replacement program opened on November 10th, 2014.

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Live Heart Healthy

Find Us On facebook

Take Care Of Your Heart

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There are multiple factors that can affect heart health. In the battle over heart disease, awareness is the key to prevention. The next step is to apply the healthy behaviors to your daily routine. If you are prepared to take control of your heart health, consider visiting your local senior center to enroll in an exercise program or nutrition class. The centers provide a variety of exercise classes such as Zumba, chair yoga, and indoor walking. If you rather participate in recreational activities, drop by and enjoy some friendly competition at billiards, ping pong or floor shuffleboard. February is a great time to begin taking care of your heart! Please contact the Senior Resource Line at 778-2411 for more information about the programs.

References:
"Heart Disease." *Prevention: Strategies Keep Your Heart Healthy*. Web. 31 Dec. 2014.
<http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502?pg=1>.
"Preventing Heart Disease - At Any Age." *Preventing Heart Disease - At Any Age*. Web. 29 Dec. 2014.
<http://www.heart.org/HEARTORG/GettingHealthy/Preventing-Heart-Disease---At-Any-Age_UCM_442925_Article.jsp>.

Medication Expiration Dates

What if the label says my medication has expired? The date given on a prescription or OTC med represents how long the drug will maintain full potency and safety under ideal storage conditions. Around that date (generally 2 to 3 years after packaging) the drug starts to slowly degrade, meaning it may not work as well, and the medication can develop a bumpy surface or a strong odor. Typically, however, it won't actually be harmful to take. But to get a medicine's full benefits, you're best off with one that isn't past its prime, especially if it's used to treat chest pain, heart problems, cancer, or seizures. And never take the antibiotic tetracycline after its expiration date: It does become toxic.

Source: Prevention November 2011

Preventing Falls Article

"Each year, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries".

This statistic is remarkably high and deserves immediate attention. For many individuals, a fall from a chair, bed, or stairwell may be overlooked; however for an older adult, a fall can be extremely detrimental to their health. The majority of falls result in hip fractures, which are especially common among women.

While more than 90 percent of hip fractures are caused by falls, they can be prevented. Simple steps such as removing slippery throw rugs, installing handrails on staircases, improving the lighting, and wearing supportive, low-heeled shoes can help prevent a fall. Along with these steps, another key to preventing falls is improving balance. Directly tied to improving balance is being aware of where one's body is in space, also known as one's "proprioception." The hopeful result would be for seniors to learn to use their senses better, thus preventing a fall.

The 6 Steps to Better Balance program founded by Dr. Betty Perkins-Carpenter is designed to help individuals prevent falls by practicing and repeating a series of movements and simple exercises regularly. The goal of this program is for seniors to become stronger, be more confident, and develop an overall sense of well-being. This six week program will be implemented at various senior centers and will meet once a week for approximately one hour.

If you are interested in partaking in the program, keep an eye out for flyers and other publications with location, dates, and times. For more information regarding this falls prevention class visit our website, www.gobroomecounty.com/senior/healthed, or call us at 778-2411.

Source:
www.cdc.gov/Features OlderAmericans/
www.npr.org

"When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost."

Billy Graham

Is It Time To Stop Driving?

Some people are able to continue driving in the early stages of Alzheimer's disease, but it requires ongoing evaluation to ensure safety. Here are some tips from the Alzheimer's Association that it may be time to stop driving:

- Forgetting how to locate familiar places
- Failing to observe traffic signs
- Making slow or poor decisions in traffic
- Driving at an inappropriate speed
- Becoming angry or confused while driving
- Hitting curbs
- Using poor lane control
- Making errors at intersections
- Confusing the brake and gas pedals
- Returning from a routine drive later than usual
- Forgetting the destination you are driving to during the trip

The Alzheimer's Association also provides example driving contracts and local evaluation specialists. For more information on dementia and driving, visit www.alz.org/driving.

Source: TodaysCaregiver.com

HEAP

continued from page 1

Broome County Office for Aging (OFA) accepts regular HEAP applications for Broome County residents who are:

- age 60+ or
- disabled (receiving Supplemental Security Income (SSI) or Social Security Disability (SSD) and not receiving SNAP (Food Stamps) or Temporary Assistance)

If you are interested in applying for HEAP and are eligible to apply at OFA please call our HEAP voicemail at 778-2063 to request an application to be mailed to you.

Contact DSS HEAP (778-2638) if you are under 60 and not disabled and want to apply for HEAP. Contact your DSS caseworker if you receive SNAP or Temporary Assistance and have questions about HEAP.

You also have the option of applying online through myBenefits at www.mybenefits.ny.gov . In addition to applying for HEAP, you are able to do a self-screening, check the status of your application, find the approved benefit amount, and apply for food assistance and other benefits.

If you have any other questions, please call the Office for Aging Senior Resource Line at 778-2411.

Household Size	Monthly Income
1	$2,194
2	$2,869
3	$3,544
4	$4,219
5	$4,894

Higher income levels apply to larger households

An Evening with Friends of Samaritan House

A Fund Raising Event

Join us for fine Wine, Micro Beer and Great Food

Raffle, Baskets and Great People!

Location is at Terra Cotta on State St.
February 6, 2015
6:00 pm – 8:30 pm

Raffle Ticket $100 (admits 2, only 225 tickets sold)
Grand Prize $3,000
Second Prize $1,000
3rd, 4th, 5th, Prize $500 each

Admission at the door - $20 per person.

For More Information call 724-3969

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TRIPS

Johnson City Senior Center

March 18
Villa Roma

March 31
Genesee River Gorge

April 7, 8
Gettysburg

April 14
Mohegan Sun

April 23
World Trade Center

Vestal Senior Center

April 18-28, 2015
Western Caribbean Cruise, contact Charlie DiGiacomo 607-625-2655

Bet Ya Didn't Know!

The term 'The Big Apple' was coined by touring jazz musicians of the 1930s who used the slang expression 'apple' for any town or city. Therefore, to play New York City is to play the big time - The Big Apple.

There are more Irish in New York City than in Dublin, Ireland; more Italians in New York City than in Rome, Italy; and more Jews in New York City than in Tel Aviv, Israel.

More than half of the coastline of the entire United States is in Alaska .

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New Option Available:
On-Line Contributions and Donations to the Office for Aging

The Broome County Office for Aging provides various vital services to members of our community to help them lead active, healthy and independent lives in their senior years.
Some of those services include adult day care, Meals on Wheels (home-delivered meals), senior center programs, caregiver services, financial benefits counseling and transportation. Many people could not remain living independently in their homes without these important services. Most services are offered free of charge, though contributions are welcome.

We often have people ask us how they can donate to our programs that an elderly family member or friend relied on. They feel a gift in their memory is a lasting tribute to their life.

We have made it a little easier for those who would like to donate to the Office for Aging in support of our efforts. Go to http://gobroomecounty.com/broome/senior/ and click on the box "Click to Pay Here" or go to https://www.govpaynow.com/gps/user/plc/9232. By accessing either web link provided, individuals can conveniently and securely donate. Of course, donations can still be mailed to the Broome County Office for Aging, Edwin L. Crawford County Office Building, P.O. Box 1766, Binghamton, NY 13901.

We appreciate all of your generosity as we strive to provide the best programs and services for our senior citizens as possible.

Contributions can also be made using a credit card. To use a credit/debit card go on line at https://www.govpaynow.com/gps/user/plc/9232

"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven."
Johannes A. Gaertner

Souperlicious Senior Center Sandwich Bars

Walk-ins Welcome
11am-12:30pm

Monday	Wednesday	Thursday	Friday
Northern Broome	*Broome West*	*Broome West*	*Broome West*
	Eastern Broome	*Eastern Broome (Golden Griddle)*	*Eastern Broome (Burger Bar)*
	Johnson City		*Northern Broome (Burger Bar)*
	Northern Broome	*Johnson City*	
	Vestal	*Northern Broome*	*Oak Street –1st Friday only*
		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.

Warm Winter Soups!

Do you love the idea of having a nice hot bowl of soup in the winter months but making a whole pot is just too much for one or two people? Try this: Make a pot of soup and then freeze it into muffin tins. When the soup freezes, pop it out of the tin and place the frozen soups in freezer bags. When you're ready to eat one simply place the frozen soup into a microwave safe container and heat. You can have soup any time!

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

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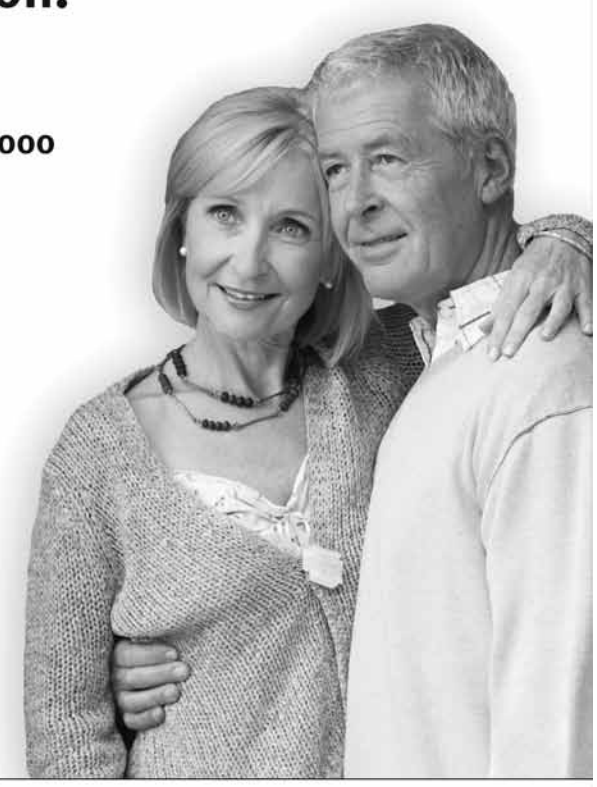

CDPHP® refers to both the Capital District Physicians' Health Plan, Inc., a Medicare Advantage HMO plan with a Medicare contract, and CDPHP Universal Benefits,® Inc., a Medicare Advantage PPO plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal. Medicare Choices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

This is an advertisement. Y0019_14_0059 CMS Accepted

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

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

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

Evening Dining and Bingo
Thurs., Feb. 26, 3:30-6 pm
Eastern Broome Senior Center
693-2069
Enjoy an evening with friends, dinner and Bingo. No charge for Bingo, just bring a household good, non-perishable food item, or small gift as a suitable Bingo prize. Dinner is roast beef and chocolate crème pie. Reserve by noon on Wednesday, February 25.

Valentine's Day Celebration at the Senior Centers
Celebrate Valentine's Day with friends and festivities on Friday, February 13th. Cupid's arrow will get you in the tummy with this delicious lunch of chicken w/cranberry or fish Florentine, baked potato, chateau blend vegetables and black forest pudding for dessert.

Lunch reservations are needed and can be made by calling the senior center of your choice by noon on Thursday, February 12th. Lunch is $4 for persons 60 and older and their spouse, or $5 for anyone under 60. We hope to see you there!

Senior Center Holiday Closing
Senior Centers will be closed on Monday, February 16 in observance of Presidents' Day.

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One of Our Own Comes Home

Names have been changed for privacy purposes.
By: Roz Antune

Bits of snow from our last storm remained on the ground and the cloudy sky cast a pall of grayness over Binghamton, but in the living room of Mary's home, smiles, hugs, chatter and laughter warmed hearts with friendship and caring. This gathering, which took place outside of the JCC, instead of in our usual space at the Center, was organized by Mary as a holiday celebration and a time for her to say farewell to the many friends she made over the years in our group, as she is moving South in January. Mary topped off the festivities with home baked cookies and coffee and presented each of her friends with a beautiful handbag sized mirror, which I think said many things without speaking a word; Thank you for being my friend, thank you for supporting me, thank you for filling the emptiness in my life when I lost my husband and I'll remember you too.

Before I continue my story, let me take a minute to fill you in about this Social Connections for Senior Women group. The group is under the umbrella of Faith in Action of the Broome County Council of Churches and is going on its tenth year in existence. It has been my great fortune and joy to be the facilitator of the group. I have watched the bonds of friendship develop and grow and have been the recipient of the goodness the flows from these friendships. Over the years the women have laughed together, educated one other with their knowledge and personal experiences and most importantly, been there for each other when illness and loss have struck. As the years go by, some of our dear friends have passed on and the group continues to talk about them, keeping them in the circle of which they were a part.

To my surprise, the night before the meeting, Jane, who moved to Florida a few years ago, called to tell me that she was in town visiting family and wondered if the group still meets. I said, "Yes, we're meeting tomorrow, so why don't you come?" She was thrilled. We made arrangements for me to pick her up and bring her without telling anyone she would be there.

Jane was the first one to move out of town, but to have her back with us, even for just a few hours, was priceless. I watched the facial expressions of joy speak a thousand words in describing the meaning of having Jane back in the fold. Not only did it show that the connections are still there, but that they are important. And although, Jane has not been in touch regularly with the members, she has not forgotten them, and vice versa.

It was almost like no time had passed, although some lives have changed dramatically while others have remained stable. Questions abounded to Jane, "How come you decided to move South after originally moving in with you children in New England? Was the transition to a new home in a new state hard for you? Have you made friends? What do you do with your time?"

Jane's answers were so wonderful for everyone to hear. She is happy, has made friends and from my own observation, has grown in strength and independence since she left Binghamton. Jane continues to deal with health issues and sadness at being further away from her family, but takes one day at a time and lives life it to its fullest. She invites widow friends for dinner, plays cards twice a week and finds that people in her complex share greetings easily. She no longer drives, but has found a driver to take her shopping and to doctor appointments. The complexities of being in a new area, without family nearby, could undo a person, yet Jane has reached out and found a way to manage. She is a great example for the women, some of who will face the same issues in the years to come. I think that Jane's presence gave Mary a real boost, as Mary transverses the issues of leaving her longtime home in Binghamton and carves out a new life elsewhere.

There are so many things that I love about the group, but one special thing is that information is shared freely and people relish gaining knowledge through others experiences. Because I am the youngest member of the group, in addition to being the facilitator, I find that these women are showing me the path to successful aging. They happen to be strong women, ones who have dealt with adversity and come through it, still moving ahead every day with a positive attitude. They are my role models.

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Aging With Attitude

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

Be Positive and Add 7.5 Years to Your Life:

Research shows that how you perceive aging affects how long you will live. In a study of 660 people, those with more positive perceptions of their own aging lived an average of 7.5 years longer. This effect remained after other factors such as age, gender, income, loneliness, and health status were controlled.

The study compared death rates of the 660 study participants to their answers to a survey 23 years ago. Therefore, adjusting your perception of aging while you're still young can have a tremendous effect on your life expectancy.

No one knows for sure why a positive attitude seems to lead to a longer life. Researchers believe positive thinking about aging can increase a person's will to live, making him or her more resilient to illness and more proactive about health. Another explanation given was that mental stress of aging is lower for people who have a positive attitude. Positive thinking and stress reduction have also been linked.

What's so great about aging? Good question. Our society prizes youth and beauty above all. Messages about aging tend to emphasize the negative aspects. But, like fine wine, people should get better as they age. Experience, combined with maturity, gives older people great insight. Older people are more in touch with spirituality and the priorities which have true depth. By following a simple, healthy lifestyle you can preserve your health and energy your whole life.

Source: http://longevity.about.com

Have Trouble Memorizing Things?

Memorizing important things like phone numbers can become easier if you try to make a song of it. Studies have shown that singing a phone number (or anything you need to memorize) to a tune of a familiar song locks it into your long-term memory faster. If the tune is a nursery rhyme that is already in your memory, to the new information becomes easy to remember.

Metro Interfaith
772-6766
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Licensed Enriched Housing Provider
Metro Plaza Apartments
110 Chenango Place
Lincoln Court Apartments
21 New Street
www.metrointerfaith.com
HUD Housing Counseling Agency
723-0582
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Office for Aging Mini-Bus

Do you want to stay active, be connected to your community and have a convenient way to get around? One great resource is the Office for Aging Mini-Bus, a shared ride bus service provided by BC Transit. For those who cannot ride the fixed route buses, the Mini-Bus offers a curb to curb reservation service. All buses are handicapped accessible. The Mini-Bus does not travel to all areas so it is best to call ahead for information about pick up in your area. Call BC Transit at 763-4464.

To ride the OFA Mini-Bus, you need to be age 60 or older and have a Broome County Office for Aging (OFA) ID card. Getting a card is easy and this card will also give you access to activities and meals at OFA Senior Centers!

Call OFA at 778-2411 for an ID card application and tell us you would like to ride the bus. Return the completed application in the envelope provided. The card will come in two weeks or less with initial instructions to make a reservation.

An envelope is provided as you board the bus for the suggested donation of $1.50. Donations help us offset the cost and keep the OFA Mini-Bus service running. The actual expense of the ride is much higher so donations above the suggested amount are appreciated. No ride will be refused for an inability to contribute.

To ride with someone the first time or to get help making reservations, call the "Get There" call center. The call center was created in 2010 by a community partnership, led by the Rural Health Network of Southern New York. The knowledgeable staff is there to help you with all transportation questions! Call toll free at 1-855-373-4040.

Sudoku Answers

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

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

Melody Beat

Participating in Alzheimer's Research

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills. Eventually, affected people can't perform even simple tasks. There's no cure, but researchers are now testing new ways to diagnose, treat, or even prevent Alzheimer's disease.

You can make a difference by volunteering to participate in clinical studies. When you participate in clinical research, you become a partner in scientific discovery. *Participating in Alzheimer's Research: For Yourself and Future Generations* is a new 20-page booklet from NIH. It can help you decide if participating in clinical research is right for you, a friend, or a family member.

At least 70,000 volunteers are now needed for more than 150 Alzheimer's and related clinical studies in the U.S. All kinds of people, including healthy older adults, can join in this research. Volunteering may also help future generations lead healthier lives. Read, download, or order free copies of *Participating in Alzheimer's Research*… by visiting www.nia.nih.gov/alzheimer's/publication/participating-alzheimer's-research or calling NIH's Alzheimer's Disease Education and Referral Center at 1-800-438-4380.

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CREMATION ADVOCATE

By: Peter G. Savage, CFSP

VETERANS BENEFITS

This is an overview, if you would like more information feel free to call for a written copy of the information that is available from Savage Funeral Service or DeMarco Funeral Home which is not the corporate SCI owned DeMarco funeral home in Binghamton, we are FAMILY owned. Vets proudly served our country and Savage now returns the favor to provide a service to a veterans' family. Access to information ahead of time is a way for the veteran to continue to care for his/her family after they are gone. Some benefits available are listed below and some do have requirements. Veterans may qualify at no cost for burial in a national cemetery. A grave marker is provided, and a flag. Spouses and dependent children are also in some cases eligible for burial in a national cemetery, with lot and grave marker included. Plots are available for both burial and cremation.

A funeral today can cost over $8,800 without cemetery costs which typically add $2,500. At many corporate firms, funerals can top $11,000. In Broome County Savage helps a veteran or their family defray funeral expenses and cemetery expenses to those qualifying. We include extensive additional services and merchandise to a veteran's family over and above what any other funeral home provides under Broome County's recently enacted switch to Welfare the treatment of Veterans under Sect. 148. Contact us and we can walk through the options and the benefits that are available to Veterans and their families. If nothing else you will get valuable information that will help your family at a difficult time.

Cremation $1,295

DeMarco Cremation & Funerals

Endicott 785-2841

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Call: 607-723-8989
TDD: 607-723-0438
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City of Binghamton Assessor's Office Offers Assistance to City of Binghamton Residents to File Exemption Renewals

City Seniors can sign-up for assistance to complete their annual renewal applications for the following:

1. **Low Income over Sixty-five Partial Property w/Enhanced STAR Exemption**– residents must bring all of their 1099 Income Statements for 2014 and their (GREEN) renewal application
2. **Enhanced STAR Exemption** for school tax relief - residents must bring 2013 Federal or State Income Tax form, OR, if they did not file income tax, their 1099 Income Statements from 2013 with their (BLUE) renewal application form
3. For first time filers who are now 65, need proof of age and your 2013 Income.

WHERE: First Ward Senior Center
226 Clinton Street, Binghamton, NY
WHEN: Tuesday, February 3, 2015 at 12:30 pm
Wednesday, February 18, 2015 at 12:30 pm

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

ALL EXEMPTIONS MUST BE SUBMITTED BY MARCH 1, 2015

PAID ADVERTISEMENT

Income Tax Assistance Available

Free Income Tax assistance is available at several locations in Broome County on a first-come, first-served basis OR by appointment from February 2 to April 15. The 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) & any other statements reflecting 2014 income and tax-deductible expenses, including receipts of property tax, charity donations, medical expenses, mortgage payments and child-care expenses as well as Social Security numbers for all dependents. Also bring a copy of your **2013 Income Tax Returns**.

Counselors are trained by the IRS. Sponsors are AARP & B.C. Office for Aging. For more information, call J. Tassey at 625-2658.

WALK-IN SITES: NO APPOINTMENT REQUIRED:

George F. Johnson Library Tues & Thu 10:00am - 2:00pm
Endicott

Oakdale Mall, Johnson City Tues, Wed, Thu, Fri 10:00am - 2:00pm
(Sign at Mall office **CLOSED Fri starting March 14**
for AARP site location)

United Methodist Church Mon, Tues, Thu, 9:30am - 1:30pm
Vestal, 328 Main St.

APPOINTMENTS ONLY: February 2 to April 15

Broome County Library Mon - Sat 10:00am - 2:00pm
Call 211 or 1-800-901-2180 for appts.: Mon - Fri, 8:30 am to 4 pm

SENIOR CENTER SITES: APPOINTMENTS 10:00am to 2:00pm

Binghamton First Ward Tue, Wed, Fri 797-2307
226 Clinton St.

Broome West Tue, Wed, Thu 785-1777
2801 Wayne St

Whitney Point Call for Days 692-3405
12 Strongs Place

SENIOR CENTER SITES: APPOINTMENTS 9:30am to 1:30pm
Johnson City Tue, Wed & Thu 797-3145
30 Brocton St.

Know the Signs of Parkinson's Disease

Parkinson's disease affects everyone differently. Common symptoms include:

- Movement problems such as shaking or tremor, especially in the fingers, hands, arms or face
- Rigidity, stiffness, or slowness
- Fatigue or problems sleeping
- Problems standing or balancing
- Trouble speaking or choosing words
- Changes in handwriting
- Difficulty completing simple tasks or making decisions
- Inability to detect odors

For more about Parkinson's disease, click the "links" tab at http://newsinhealth.nih.gov/issue/Nov2014/Feature2

Resource: NIH News in Health November 2014 Issue

Caregiver Corner

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

Understanding the 3 Ds: Dementia, Delirium, and Depression

Date: Tuesday February 24th
Time: 1:30-2:30PM
Place: Broome County Public Library
Decker Room
185 Court St., Binghamton
Presenter: Rachel Stephenson,
Binghamton University Social Work Master's Student

Dealing with dementia, delirium, and depression commonly creates frustration for caregivers, as these conditions are often misunderstood and confused with one another. Rachel will provide basic background information with helpful suggestions on how to differentiate between them and why it is important caregivers understand the differences. Register by calling the Office for Aging at 778-2411

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

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

Place: Northern Broome Senior Center
Whitney Point, NY
Date: Wednesday, February 4th
Time: 9:30-10:30 AM

Place: Broome West Senior Center
2801 Wayne Street, Endwell, NY
Phone: 785-3427
Date: Wednesday, February 18th
Time: 9:30-11:00 AM

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

Susquehanna
Home Health Care
282 Riverside Drive
Johnson City, NY 13790
(607) 729-9206

.....because there's no place like home!

Our Mission: ***To provide a variety of services that enables an individual to maintain an independent lifestyle in their own home.***

Providing Licensed Professional Home Care Services n Broome, Chenango and Tioga Counties.

PAID ADVERTISEMENT

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

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

Leaky Faucets **Safety Devices** **Railings**
Locks Installed **Porch & Stair Repair** **Wheelchair Ramps**
...And More

Call 772-2850 For Details

PAID ADVERTISEMENT

Free Energy Reduction Services are Available

Is there a way to improve the energy efficiency of your home, making it warmer in the winter and cooler in the summer? Yes! Broome and Tioga county residents with low income can receive energy reduction services through Tioga Opportunities Energy Services. One program offered is EmPower NY.

The focus of EmPower New York is on cost-effective, home electric reduction measures, particularly lighting and refrigeration replacements. Other cost-effective strategies including insulation and draft-reduction measures may be included. This is a free service to those who meet the program's income-eligibility requirements. Below is a list of some commonly asked questions.

What can EmPower services do for you?
- Save money on energy bills
- Identify and address health and safety issues
- Increase comfort levels
- Lower maintenance costs
- Provide information on ways to save energy every day

What potential services are offered?
- New energy-efficient lighting
- Sealing of the home to reduce drafts
- Insulation of attics, walls, floors and crawl-spaces
- Replacement of inefficient refrigerators and freezers
- Inspection and evaluation of the heating system
- Check for carbon dioxide and evaluate need for CO and smoke detectors

How does the program work?
- An application is submitted to determine eligibility
- An energy assessment is conducted by trained technicians
- Recommendations are made for appropriate energy reduction measures
- Installation is provided for approved services.
- Independent quality control inspection is conducted after the work is completed

Who is eligible?
- Income eligibility is based on household income relative to federal low-income guidelines. If a household contains a member who receives Supplemental Security Income (SSI), Public Assistance, Food Stamps, or Home Energy Assistance Program (HEAP) benefits, the household is considered eligible.
- Must meet ownership requirements, or
- Must meet renter eligibility requirements
- Service is free if eligibility requirements are met

Call Tioga Opportunities Energy Services at (607) 687-0944 or toll free (877) 786-2419 for an application and more information about EmPower NY. You can also call EmPower NY at 1-800-263-0960.

Pamper Yourself for Valentine's Day

To celebrate Valentine's Day and Heart Health Month take a few minutes to pamper yourself! Here are a few easy tips to make you feel terrific in this cold winter month!

Fake a Manicure - Don't feel like going out in the cold to get a manicure? Rub a dab of olive oil over your nails and it will hydrate your cuticles and give your natural nail a shine that looks like you just got a manicure. The oil will also condition for nails and help them grow.

Dry Winter Lips? - Lipstick can crease when your lips are dry. Try rubbing a dab of eye cream over your lips, let it sink into your skin and then apply your lipstick. The eye cream will make your lips more supple and smooth.

What is BB or CC Cream? - Almost all make-up companies now sell these multitasking wonder creams that will save you time by doing to job of a foundation, concealer, primer and sunscreen all in one bottle. You can create your own cream with products that you already have.

To create your own cream you will need:

- 1 tsp. moisturizer with sunscreen
- 1 tsp. liquid or cream foundation
- ½ tsp. anti-aging or skin-brightening serum
- ½ tsp. primer
- ¼ tsp. liquid or powder skin illuminator (optional)

Stir ingredients together until fully mixed. Transfer the cream to a small, reclosable jar.

To use, smooth on a pea-sized drop starting from the center of your face, blending outward.

Cream Tip: if you like more coverage just add a few more drops of foundation and if you would like a more shear texture add more moisturizer.

Help fight off the winter blues with these easy tips to make you feel better!

Adapted from Woman's' World Magazine

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Don't Let Back Pain Knock You Flat

Is your back hurting? You're in good company. In any 3-month period, about 1 in 4 adults in the U.S. has at least one day of back pain, mostly in the lower back.

The back is a complicated structure. Its center is the spine, which is made up of 33 bones called vertebrae, stacked in a column. The nerves of the spinal cord run in a tunnel through the middle of those bones. Spongy discs between the vertebrae act as cushions. Ligaments and tendons hold everything together. A lot of things can go wrong with your back. A strained muscle or a problem with a disc or a bone can cause pain. Back pain might also arise from a fracture or tumor. Much of the time, though, it's impossible to tell what's making your back hurt.

Listed below are some wise choices for a healthier back

- Stay active and maintain a healthy weight
- Don't slouch with standing or sitting
- Make sure your work surface is at a comfortable height for you
- Wear comfortable, low-heeled shoes
- If you must lift something heavy don't bend over the item; instead, keep your back straight, bend at the knees, and lift by putting the stress on your legs and hips
- Talk with a health care provider to make sure you are getting enough calcium and vitamin D
- Don't smoke

Resource: NIH News in Health December 2014 Issue

Depression in Later Life

Depression is not a normal part of aging. It is a treatable medical illness. Aging involves a progressive series of losses. A person may lose their role as a worker, parent or spouse. Their support system may decrease when an individual outlives close friends and relatives. When formerly held roles are lost a person can have a loss of self-worth and no sense of what to do with their lives. When someone is already ill, depression can be more difficult to recognize and more difficult to endure. Certain chronic illnesses, which are more prevalent in the elderly, for example Parkinson's disease, Alzheimer's and strokes are linked to depression.

Depression is not a short-lived mood. A depressed person may withdraw or avoid activities. They may say they don't feel well or it is too difficult to do activities formerly enjoyed. Other symptoms of late life depression include:

- Persistent sadness (lasting two weeks or more)
- Feeling slowed down
- Excessive worries about finances and health problems
- Frequent tearfulness
- Feeling worthless or helpless
- Weight changes
- Pacing and fidgeting
- Difficulty Sleeping
- Difficulty concentrating
- Physical symptoms (pain or gastrointestinal problems)

Depression affects fifteen out of every one hundred adults over 65. The good news is that even with severe illness or when a person is in terminal stages, depression can be treated. Mild or moderate depression can be treated with counseling or psychotherapy. Supportive counseling can include religious or peer counseling. Psychotherapy is done under the guidance of a professional. It is important for the person to find an individual with whom they feel comfortable and who has experience with older patients. Antidepressant medication can help people feel better by controlling some symptoms. Antidepressants work by increasing the level of neurotransmitters in the brain. Feelings of pain and pleasure are a result of neurotransmitter function. When there is an imbalance depression may result. In cases of severe depression electroconvulsive therapy (ECT) may be used. ECT is considered if a person is not responding to medication or is suicidal.

If you believe you or your loved one is suffering from depression you should contact your health care professional for a complete medical evaluation and referral to a counselor or therapist with geriatric training. Depression is treatable and when treatment is provided, quality of life for your loved one can be enhanced.

Source: Cortland County 01-02/2015

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

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: 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

2/4 "Beet" Your Budget w/cooking demo,
2/9 Special Breakfast: Belgian Waffles w/Cherries, 10:30am-12:30pm
2/13 Valentine's Day Party, 11 am-1 pm
2/18 Presidential Luncheon, 12 Noon
2/19 Philly Cheese Steak Day, 11 am-12:30 pm
2/23 Special Breakfast: Blueberry 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):
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: 2/3 Nickel; 2/10 Bag; 2/17 Quarter; 2/24 Nutrition
2/2 Meadow Park Valentine's Day Luncheon, 12:30 pm
2/5 Ice Cream Day, 1 pm
2/10 Blood Pressures w/Sandy, 11:30 am
2/12 Breakfast for Lunch, 10:30 am-12:30 pm
Queen and King of Hearts, 11 pm
Heart Health Month Presentation w/Gina Chapman, 12 pm
2/17 Southern Tier Food Bank, 12 pm

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 Computer Classes "Bridging the Digital Divide Program," 9:30 and 10:30
2/13 Valentine's Day Party w/"Just for Us," 10:30 am
2/18 Presidential Luncheon w/History Performer George Cummings, 11 am
2/18 "Beet" Your Budget w/cooking demo, 12:30 pm
2/26 Evening Dining *(roast beef/choc.cream pie)* w/Bingo, 3:30 pm

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:

2/3 STAR Exemption Applications (City of Bing property owners only), 12:30 pm
2/4 Social Club Meeting, 1 pm
2/9 Scarlet Bonnets, 1 pm
2/10 Blood Pressure Clinic, 10 am
2/11 Legal Aid (by appointment only), 9 am
"Beet" Your Budget w/cooking demo, 12:30 pm
2/13 Valentine's Day Luncheon w/entertainment, 11:45 pm
2/18 Presidents' Day Luncheon, 11:45 am
2/19 Philly Cheese Steak Day, 11:30 am

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:

2/6 Movie: "Jack the Giant Slayer", 12:30 pm
2/10 "How Food Intake Affects Our Bodies," 10 am
2/13 Valentine's Day Party w/JCSC Guitar Group, 11:30 am
2/18 President's Day Luncheon, 11:45 am w/Presidential Trivia, 12:15
2/20 Movie: "The Way We Were", 12:30 pm
2/24 Home Health Care Opportunities, 11:30 am

CREMATION $1,395
Endicott-Vestal-Binghamton
785-2841
DeMarco
Cremation & Funerals
PAID ADVERTISEMENT

Attention OFA Mini-Bus Riders:

You may now reserve your OFA Mini-Bus rides online.

Here's how:

1) Go to www.ridebctransit.com/transit/ofa-home
2) On the right side, find the button Reserve by Online Form
3) Enter your information and submit your request. Submit

You will have a written record of your ride request along with a reservation ID number. The information you submit will be the same information that OFA Mini Bus staff receive. There is no more guessing about what you said on the phone.

For more information, go to www.ridebctransit.com/transit/ofa-home

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:

2/3 Shingles Shots, 11 am
2/6 Valentine Cakewalk, 12:15 pm
2/9,10 AARP Driver Safety Program, 10am-1:30 pm
2/10 Evening Meal *(roast beef/choc.cream pie)* w/Ryan Wilson, 4:30 pm
2/11 Peppermint Patty Day, 11 am
2/13 Valentine's Day Party w/Orange Blossom Special, 11am
King & Queen of Hearts Crowning, 11:30 am
2/18 Presidential Luncheon w/trivia & prizes, 11 am
2/19 Karaoke w/Donna & Aaron from Sunrise Wellness Center, 11 am
2/20 "Beet" Your Budget w/cooking demo, 10:45 am
2/24 Evening Meal *(stuffed peppers/homemade dessert)* w/Bingo, 4:30 pm
2/27 Spin and Win for Baked Goods 12:15 pm

NORTH SHORE 772-6214

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

Weekly Activities:
M: Bingo 10-11 am
Fr: Bagel Breakfast 8-11 am, Wii Bowling 9:45-11:30 am

Special Activities:
Monday Bingo, 10-11am: 2/2&9 Penny; 2/23 Donuts
Friday Wii Fit 10:30-11am: 2/3,10,24
Friday Wii Bowling 9:45am-11am: 2/20,26,27
2/5 Philly Cheese Steak Day, 11am-12:30 pm
2/11 Breakfast for Lunch, 10:30 am-12 pm
2/12 NST Advisory Meeting, 10:30am
Blood Pressure/Glucose Screenings w/Medicine Shoppe, 11am-12 pm
2/13 Valentine's Day w/Mike Zabadal, 10:30-11:30 am
2/18 Trivia, 10:30am
Presidential Luncheon, noon
2/19 George Cummings, History Performer, 10:30 am
2/25 "Beet" Your Budget w/cooking demo, 10:30 am
2/26 Game Day, 10:30am-11:30am

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:
2/6 Soup and Sandwich Day, 11 am
2/10 Blood Pressure w/Joyce (Medicine Shoppe), 11 am
Pizza for Lunch, 11:45 am
2/13 Valentine's Day Party, 11 am
2/17 Book Review w/Cheryl Ebert: *Delicious!* by Ruth Reichl, 11 am
2/20 Ice Cream Sundae Day, after lunch
2/27 Digital Happy Hour, 10:45 am-1 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/Th/F, 11:45 am- 12:30 pm

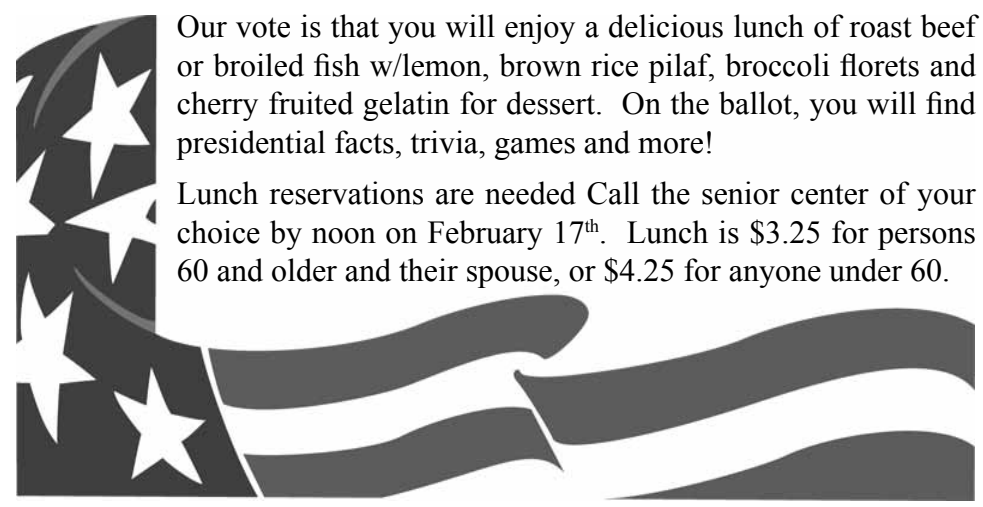
Weekly Activities: Exercise classes listed on page 4
Daily: Coffee Klatch, Cards, Games
M: Walking Group 8 am; Wii Bowling 9:30 am; Ice Cream Cones 12:30 pm
T: Pinochle 9:30 am
W: Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Oil Painting 1-3 pm
Th: Wii Bowling 9:30 am; Bingo (1st & 3rd) 10:15 am
F: Walking Group 8 am; Chair Yoga 1 pm

Special Activities:
2/3 "Hula in the Coola" Hawaiian Style Luau, 10:30 am
2/4 Blood Pressure Screening w/Kay Devine, 10:30 am
2/4 Trip sign up: Hunterdon Hills (Vestal Senior Citizens Club), 10 am
2/12 Four of Hearts Quartet, 12:30-1:00 pm
2/13 Valentine's Day Luncheon, 11:45 am
2/17 Breakfast for Lunch *(ham&cheese bites/hashbrowns)*, 10:30-11:45 am
2/18 Presidential Luncheon, 11:45 am
2/19 Bingo with Brad, 10:15am
2/20 Craft Day, 10:30 am
2/20 Pizza for Lunch Day, 11:45 am
2/24 Vestal Senior Citizens Club (monthly meeting), 12:45 pm
2/24 "Cooking for One or Two" w/Kelly White, 10 am
2/26 Blue Jeans Monday: Wear your blue jeans
2/27 Trip sign up: Culinary Institute of America (Vestal Senior Citizens Club), 10 am

You Are Officially Invited To

A Presidential Luncheon

Wednesday, February 18 at Twelve O'clock At Participating Broome County Senior Centers



Our vote is that you will enjoy a delicious lunch of roast beef or broiled fish w/lemon, brown rice pilaf, broccoli florets and cherry fruited gelatin for dessert. On the ballot, you will find presidential facts, trivia, games and more!

Lunch reservations are needed Call the senior center of your choice by noon on February 17th. Lunch is $3.25 for persons 60 and older and their spouse, or $4.25 for anyone under 60.

MEET, GREET & EAT

Febrary Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW,FW)	TUESDAY (Breakfast for Lunch @ NB & JC Senior Ctrs)	WEDNESDAY	THURSDAY (Golden Griddle @ EB)	FRIDAY
Meatball Parmesan Sub 2 Navy Bean Soup Fruit Cocktail Sugar Cookie	**Grandma's Meatloaf 3** Mashed Potatoes Carrot Coins Pears	**Roast Turkey w/Gravy 4** Apple Bread Dressing Baby Beets Pineapple Upside Down Cake	**Sweet & Sour Pork 5** **Over Brown Rice** Cut Green Beans Tossed Salad Vanilla Pudding	**Beer Battered Fish 6** **OR Home-style Salisbury Steak** Baby Red Potatoes Cauliflower w/Parsley Pumpkin Cookie
Tuna Noodle Casserole 9 Stewed Tomatoes Peas & Carrots Peanut Butter Bar	**Western Omelet 10** **OR Kielbasa** O'Brien Potatoes Coleslaw Strawberry Fruited Gelatin	**Roast Pork w/Gravy 11** Scalloped Potatoes Spinach Cinnamon Applesauce	**Classic Meat Lasagna 12** Tossed Salad Fruit Cup Chocolate Chip Bar	***Valentine's Day Luncheon*** **Chicken w/Cranberry 13** **OR Fish Florentine** Baked Potato Chateau Blend Vegetables Black Forest Pudding *Age 60+ $4* *< Age 60 $5*
Centers Closed 16 **For President's Day**	**Macaroni & Cheese 17** Stewed Tomatoes Cauliflower w/Parsley Banana	***Presidential Luncheon*** **Broiled Fish w/Lemon 18** **OR Roast Beef w/Gravy** Brown Rice Pilaf Broccoli Cherry Fruited Gelatin	**Chicken Cacciatore 19** **Over Noodles** Bean Medley Bread Pudding w/Raisins	**Broccoli Cheese Pollack 20** **OR Chinese Pepper Steak** Mashed Potatoes Monte Carlo Blend Veg. Peaches
Sloppy Joe Sandwich 23 Corn Chowder Tropical Fruit Honey Raisin Cookie	**Roast Turkey w/Gravy 24** Bread Dressing Winter Squash Blueberry Cake	**Pub Burger 25** **OR Chicken Salad Sand.** Baked Beans Tossed Salad Ice Cream Cup	**Liver w/Onions 26** **OR Chicken w/Orange** Mashed Potatoes Sonoma Blend Veg. Cinnamon Applesauce	**Grandma's Meatloaf 27** **OR Breaded Fish** Macaroni & Cheese Cut Green Beans Fruit Cocktail

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

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

Sudoku

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

Answers on Page 6

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

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