



Visit Our Website at www.gobroomecounty.com/senior

Bite Into A Healthy Lifestyle



The Academy of Dietetics and Nutrition has declared March as National Nutrition Month. This year's theme is "Bite into a Healthy Lifestyle".

What does "Healthy Lifestyle" mean to you? Do you think of eating fruits and vegetables? How about eating whole grains or eating less fried foods? You may even think about portion sizes and taking a good look at how much you are actually consuming. Maintaining a healthy lifestyle may also include physical activity plans that are focused on consuming fewer calories and getting daily exercise.

Choosing a variety of different foods everyday from each of the food groups including dairy, grains, fruits, vegetables, and yes, even from the fat group (in moderation) can help in ensuring that you are eating a well-balanced diet. Obtaining a healthy lifestyle helps reduce the risk of chronic disease and promote overall health.

So, how can you "Bite into a Healthy Lifestyle"?

- Make a realistic eating plan; it's best to start with a few specific small changes. When you make a realistic plan, the changes are not so overwhelming and you are more likely to stick to your plan. Such changes could include drinking water with each meal or having at least one piece of fruit each day. Planning your meals ahead of time also helps you avoid making unhealthy decisions based on convenience.
- Control your portions and make each calorie count. Make meal choices that focus on right-sized portions of nutrient-rich foods. These are foods that have a lot of vitamins, minerals, fiber, and other nutrients; they include lean meats and fish, fruits, vegetables, whole wheat pasta and breads. Eat these items first at meal time so you are less likely to overindulge in high calorie desserts and snacks.
- Get out and get moving! Make a physical activity plan and strive to exercise daily. Exercising helps to maintain a healthy weight while reducing the risk of chronic diseases. Check out some of the activities happening at the senior centers in Broome County!

One convenient and affordable way to eat right is to enjoy lunch at one of the nine senior centers in Broome County. Each delicious meal is carefully balanced and designed to be heart healthy. As a helpful resource, calories and sodium levels for each week's menus are posted on the Office for Aging web site at gobroomecounty.com/senior. You can find this information by selecting the senior center page and scrolling down.

"Biting into a Healthy Lifestyle" means that you will not only feel better but that you will likely have more energy to enjoy the things you like to do best!

Grants Available For Senior Rural Home Owners

Funds are available to help repair homes in Onondaga, Tompkins, Cortland, Chenango, Tioga, Broome, and Cayuga counties. USDA Rural Development's Rural Housing Service Loan and Grant Home Repair Program offers very-low income homeowners living in eligible rural areas, loans to make general home repairs or modifications, which may improve or modernize a home.

Loans of up to \$20,000 for a maximum of 20 years are available. Under these terms, a \$5,000 loan would have a monthly payment of just \$23. Applicants must own and occupy the home in need of repair and meet the 'very-low income' criteria.

To be eligible for home repair loans, an applicant must have the ability to repay the loan, an acceptable credit history, live in a rural area and an income that falls within the very-low income category for the size of their household. 'Very-low income' varies throughout New York State. For example, a household of two in Chenango County whose income is at or below \$23,100 may be income-eligible for the program. A one percent interest rate for a maximum term of 20 years may allow eligible homeowners the opportunity to make the home improvements they have been planning. Applicants may obtain multiple loans, with a maximum outstanding loan balance at a given time of \$20,000.

Grants are available to home owners age 62 or older who cannot afford a loan. Grants are limited to a lifetime assistance of \$7,500 and must be used to remove health and safety hazards or make a home more handicap accessible.

For more information on the Home Repair Program, contact the Cortland office at (607) 753-0851, ext. 4. The Cortland office services Onondaga, Tompkins, Cortland, Chenango, Tioga, Broome, and Cayuga counties.

Drop off Unwanted Prescription Medications at Senior Centers

The Broome County Sheriff's Office and the Broome County Office for Aging are working together to promote a safer community. In an effort to keep drugs out of the hands of the wrong people, various Senior Centers will host Prescription Medication Drop Off events this coming April. Anyone of any age who has unused medications at home is invited to come to one of the senior centers listed below on the dates and times indicated to properly dispose of unused or unwanted prescription medications. Broome County Sheriff David Harder will be present at each of these events to provide information and assure secure handling of your old medications. No questions will be asked of you. Please do not bring needles.

- April 8, 11:30 am - Broome West Senior Ctr, 2801 Wayne St, Endwell
- April 10, 11:00 am - Northern Broome Senior Ctr, 12 Strongs Place, Whitney Pt
- April 16, 11:30 am - First Ward Senior Ctr, 226 Clinton St, Binghamton
- April 17, 12:30 pm - Eastern Broome Senior Ctr, 27 Golden Lane, Harpursville
- April 28, 11:30 pm - Johnson City Senior Ctr, 30 Brocton St, Johnson City



National Nutrition Month

"Bite into a Healthy Lifestyle"

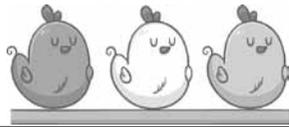
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Did You Know?

The only difference between a white and a brown egg is the color of the shell, and that's determined by the hen's breed. Still, not all eggs are created equal. Some farmers fortify chicken feed with nutrients such as omega-3 fatty acids or vitamins, which end up in the yolk, making a truly good egg.



**Computer Corner
Computer And Internet Terms**

Do you know what a Browser is? A browser is software, such as Microsoft Internet Explorer, used to find information on the Web. The most visible part of a browser sits at the top of the computer screen, above the web page.

Do you know what is meant by Browsing? Browsing is also known as "surfing the net."

Browsing is when you explore a website or a number of websites on the internet by scanning and reading information.

Do you know what the Address Box is? The Address Box is a narrow, rectangular box in the browser window where you can type in a web address. Typing in the web address in the address box and hitting Enter on the keyboard will take you to a website.

Do you know what the URL is? The URL is the address for a website. (URL stands for Uniform Resource Locator).

U.S. based web addresses usually start with the letters **www** (for World Wide Web) and end with a dot (or period) followed by letters that indicate the type of website it is. For example:

- .com = commercial enterprise or business
- .org = non-profit organization
- .edu = educational institution
- .gov = government agency
- .mil = military agency
- .net = another ending for a commercial website

Do you know what a Website is? A Website is a location on the World Wide Web (internet) that contains information about a specific topic. A website usually contains multiple pages with different types of information about the topic.

Source: *National Institute on Aging*



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It Is important To Have A Power Of Attorney

An important goal for the New Year is to review or establish a Power of Attorney (POA). A POA is a legal document which allows a person to make legal and financial decisions on your behalf.

Everyone should have a POA regardless of age or current health. Unanticipated medical emergencies do occur. It is common for older persons to need some support in managing financial matters. Declining eye sight, hearing issues and mobility can affect your ability to manage everyday money matters.

It is important to trust the person who you appoint as your agent. You can select a family member, a friend or even an impartial representative such as a person from a trust company. A POA can be revoked at any time. A POA is void upon death.

There are choices you can make about the specific decisions the POA can make on your behalf. You can talk with a lawyer about what specific issues you would like handled by your POA.

Without a POA in place, no one can sign legal documents for you. This means bills can't get paid and business matters come to a halt. It is important to establish a POA when you have your health and decision making is intact.

Give your family and yourself peace of mind and get your POA in place. Call the Senior Resource Line for more information.

The Legend Of The Leprechaun



One of the symbols of St. Patrick's Day is the image of the leprechaun. Irish legend has it that the leprechaun is a short and shriveled old man. He is often dressed as a shoemaker, wearing a green tunic and leather apron.

Leprechauns are known to haunt lonely, dismal places. They tend to stay away from the regular haunts of man. If you want to catch this legendary creature you should follow the sound of his hammer. The hammering means the leprechaun is either making or repairing a fairy's shoe.

Legend has it that if you catch a leprechaun he must lead you to his gold. Should you be lucky to catch one, be careful! You must keep your eye on him at all times or he will escape. Many a treasure hunter has lost their gold when a clever leprechaun tricked them into looking away for just a single second. By the time the unfortunate souls looked back, their captive had vanished into the forest!

Should you be lucky enough to capture a leprechaun and have it lead you to its buried treasure, heed this warning. Dig for it then and there; even if you have nothing but your hands to dig with. The Irish tell the tale of one man led to such a hiding place. He marked the spot with a red handkerchief and ran home for a spade. Three minutes later he returned and found the field littered with red handkerchiefs!

So if you are out walking this spring and hear the shoemaker's hammer: be quick, be clever for leprechauns are sly little fellows and hard to catch. We wish you luck!

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



Eastern Broome Senior Center

March 11
Irish Fest, Woodloch Pines

First Ward Senior Center

April 6
Mohegan Sun

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 607-625-2855

Binghamton AARP Meeting

AARP #3071 Binghamton meets at the United Methodist Church, 113 Grand Blvd. Binghamton, on the second Wednesday of each month at 1:15pm.

St. Patrick's Day Luncheon and Celebrations!
Tuesday, March 17th



Be Irish at participating Broome County Senior Centers (March 13 at Oak Street Center). A variety of St. Patrick's Day inspired activities will be happening at the centers so wear your green and join us for this special lunch of boiled ham, baby red potatoes, cabbage & carrots and a mint chocolate brownie.

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

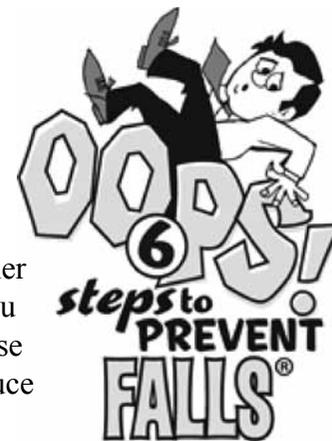
Advanced Tai Chi Arthritis

For people who have taken Tai Chi for Arthritis

- Tuesdays and Thursdays
- Starting March 10th
- 10:30 – 11:30 am
- At the Jewish Community Center on Clubhouse Road in Vestal.
- Cost for the 16 classes for people under age 80 is \$50, people age 80 & over are free.
- Contact the JCC at 724-2417 to register.

Six Steps to Better Balance
NEW Falls Prevention Exercise Class

Six Steps to Better Balance is developed by Dr. Betty Perkins-Carpenter, Ph.D., nationally renowned expert on falls prevention, and a former Olympic Diving Coach. The class will teach you simple and fun exercises that will help to increase energy, flexibility, confidence, mobility and reduce your risk of falls.



Cost: \$12 for entire six week program which includes Dr. Betty's book How to Prevent Falls: Better Balance, Independence and Energy in 6 Simple Steps and a Stretching in Bed Brochure.

Make a difference and improve your life!

To register and for more information contact Gina or Rita at 607-778-2411.

Class Schedule:

- Broome West Senior Center (Endwell)
Tuesdays, March 3 – April 7 from 10:30 – 11:30 am
- First Ward Senior Center (Binghamton)
Wednesdays, March 4 – April 8 from 12:30 – 1:30 pm
- Johnson City Senior Center
Mondays, March 9 – April 13 from 1 – 2 pm
- Vestal Senior Center
Thursdays, March 12 – April 16 from 10 – 11 am

Six Steps to Better Balance is brought to you by the Broome County Office for Aging's Better Balance for Broome Program and CDPHP.



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Upcoming Improvements To NYS Route 201

The New York State Department of Transportation (NYSDOT) will oversee an upcoming improvement project on State Route 201 beginning this spring. The project includes repairing and resurfacing pavement in the north and southbound lanes, and installing a new drainage structure along Route 201 southbound at the approach to the Susquehanna River Bridge. The work will be performed on Route 201 between Grand Avenue and the Susquehanna River Bridge. The estimated construction cost is \$719,000.

NYSDOT will minimize traffic impacts with nighttime construction. All lanes will be open to traffic during the daytime. During nighttime construction, single lane closures will be used when possible. However, some pavement repairs may sometimes require the closure of Route 201 northbound from Vestal to Johnson City. During the times of lane closures, traffic will be diverted from Route 201 to the roundabout then back onto Route 201. Additionally, the southbound side of the Susquehanna River Bridge will be closed to pedestrians for approximately three days while a drainage structure is installed. Signage will be posted guiding pedestrians from the southbound side of the bridge to the northbound side during installation.

NYSDOT anticipates that work will last one construction season. Questions or comments about the project should be directed to NYSDOT Project Manager, Shah Zaman, at 607-721-8562, or by e-mail at Shah.Zaman@dot.ny.gov.

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 (Harpurville)
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 (Harpurville)
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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Dance, Walk, Jog or Sit

Come and get your body moving with the Wii Fitness Program.

Tuesday	10:30 - 11:00 am	North Shore Towers 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
• The Highlands Community Center at Hilltop	Tuesdays, April 21 st – June 2 nd	10:00 am - Noon
• AVRE, 174 Court St in Binghamton	Wednesdays, May 20 th – July 1 st	10:00 am – Noon
• Vestal Senior Center in Vestal	Tuesdays, June 16 th – July 28 th	12:30 – 2:30 pm

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

EVENTS at the CENTERS

Evening Dining w/“Orange Blossom Special” Band

Thurs., March 12, 3:30-6 pm
Eastern Broome Senior Center
693-2069

Dinner, door prizes and music by Orange Blossom Special. Choose between halupki or savory chicken w/cranberry sauce; banana cream pie is for dessert. Reserve by noon on Wed., March 11.

Evening Dining w/ Entertainment

Thurs., March 12
starting at 5 pm
First Ward Senior Center
729-6214

Enjoy your choice between halupki or chicken w/cranberry sauce; banana cream pie is for dessert. Reserve by noon on Wed., March 11.

Evening Dining w/New Appalachia

Thurs., March 12, 4-6:30 pm
North Shore Towers
772-6214

Evening dinner among friends and music by New Appalachia: a mix of Blue Grass and Gospel. Choose between halupki or savory chicken w/cranberry sauce; banana cream pie is for dessert. Reserve by noon on Wed., March 11.

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Northern Broome Senior Center
First Ward Senior Center
Johnson City Senior Center

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A Legume Called Lupin

Chances are you may not have heard of lupin, a legume that belongs to the peanut family and is a traditional ingredient in European meals. High in protein and fiber, lupine beans, or seed are found in Italian and other ethnic specialty stores. The beans are often used to create ingredients like lupin flour, which is becoming increasingly popular in the United States because it doesn't contain gluten. More and more food manufacturers are adding lupin to their gluten-free products. Most people can safely eat foods containing lupin, but the FDA is warning that it can pose a threat to adults and children who are allergic to peanuts. Just like with peanuts, lupin can bring on severe allergic reaction, even on first exposure to the ingredient. The FDA says that people with peanut allergies are more likely to be allergic to lupin. If you or a loved one has a peanut allergy, remember to read food labels, especially on gluten-free products, to check for lupin, sometimes listed as lupine. If you suspect you or someone you're with is having an allergic reaction to a food containing lupin (symptoms include difficulty breathing, hives, swelling of lips and vomiting), seek immediate medical care.

Source: Johns Hopkins Health After 50

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.

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



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Positive Aging

A six week series is starting in April to explore the joys of aging ... positively. The series will be held on Tuesdays at 10 AM beginning April 14th at the Broome West Senior Center, 2801 Wayne Street in Endwell.

Topics covered include factors that contribute to longevity, the value of sharing memories, discovering purpose in the second half of life, revisiting the importance of social relationships, discussing fixed income living, and downsizing to leave more time for the fun!

You may attend the entire series or just the topics that interest you. Details will be in the April issue of Senior News or you may contact Joan Sprague at 778-6206.

Irish Blessing

***Beautiful young people
 are acts of nature,
 but beautiful old people
 are works of art.***

Volunteer Opportunities

Experience Volunteering at Lourdes Hospital

Do you have the desire to explore new opportunities while giving back to the community? Do you have a desire to help others? Come and Volunteer at Lourdes Hospital. Current openings include Lourdes Gift Shop and Café DePaul. We also have a need for Guest Relations Representatives who greet & assist visitors and patients from the Information stations located throughout the Hospital. Two and four hour assignments are available Monday – Saturday; a small commitment of time for a big return. For a Volunteer application visit, www.Lourdes.com. For more information call Lourdes Volunteer Services at 798-5490.

Compeer Program (MHASt):

We have exciting volunteer opportunities for caring and supportive individuals to offer companionship and social support, helping individuals feel more involved and connected to the community. Positions are also available in the Compeer Pen-Pal Program. Contact Carol Ackley at 771-8888 ext. 343; or carol.ackley@yourmha.com.

The Spring Equinox: A Time Of Rebirth

On March 20th, the vernal equinox arrives. For those of us living north of the equator, the vernal equinox heralds the arrival of spring while the southern hemisphere welcomes fall with the autumn equinox. On this day, the sun crosses the earth's equator leaving equal periods of day and night across the world. Equinox means equal night.

Historically, cultures all over the world have viewed the arrival of spring as a time of rebirth and renewal. To ancient peoples, spring's arrival banished the dark energy accumulated over the long nights of winter and brought the good energy needed for growing food. Tribal societies rejoiced that they would soon restore their food supplies.

But celebrating the equinox is not a thing of the past. Even today, many cultures have celebrations around this occasion of equal night. Most familiar to us in America is Easter. Easter falls on the first Sunday after the first full moon that occurs on or after the vernal equinox. This rule's origin harkens back to a decree issued by the Council of Nicaea in 325 CE. Easter represents the rebirth of Christ for the purpose of man's eternal salvation.

In Japan, a week of Buddhist services called Higan is observed during both the vernal and autumn equinoxes. To Buddhists, Higen symbolizes being reborn into a state of enlightenment. The holiday celebrates the spirits of the dead crossing the river of existence to reach the shores of Nirvana. During Higen, Japanese Buddhists visit graves and offer prayers, rice balls, and sushi.

There are many more customs, but this year, why not create your own vernal equinox tradition? Make March 20th about *your* rebirth and renewal. You can start an exercise program, begin a new volunteer position, or decide to learn something new. Turn this year's equinox into the spring of your life.





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Irish Blessings:
May you always walk in sunshine. May you never want for more. May Irish angels rest their wings right beside your door.

Sudoku Answers

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

The 'Sweet' Truth About Chocolate: Is Chocolate 'Good' For You?

Yes, Chocolate is healthy for you, but you have to eat the right type of chocolate in a small amount to get the best benefits. Chocolate comes from the beans of a cocoa plant. Cocoa beans are high in antioxidants. Antioxidants are molecular substances found in plants that help protect your body's cells from damage that can lead to chronic diseases like heart disease.

Flavonoids are a type of antioxidant found naturally in chocolate. Flavonoids can be lost in the processing of cocoa beans. So the more processed the chocolate, the less antioxidant power.

Since dark chocolate is less processed than other chocolates, it has more flavonoids. Research has shown that flavonoids help lower blood pressure in people with high blood pressure and it can lower 'bad' cholesterol (LDL) up to 10%. This doesn't mean you can eat a pound of chocolate a day! Studies have shown that no more than 3.5 ounces of dark chocolate is enough to get the health benefits.

Love Chocolate? Here are some Healthy Tips:

- **Chocolate Tip #1:**
Eat chocolate in MODERATION. Extra calories can cause weight gain.
- **Chocolate Tip #2:**
Eat chocolate SLOWLY. Take some tips from professional chocolate tasters. To really enjoy chocolate, take time to look, smell and feel it before you eat it.
- **Chocolate Tip #3:**
Go for DARK chocolate. It has more antioxidants than milk chocolate. With 65% more cocoa content, dark chocolate is the only type that can legally make health claims.
- **Chocolate Tip #4:**
Skip the FANCY DARK chocolate. For health benefits, try dark chocolate alone or with nuts.
- **Chocolate Tip #5:**
AVOID drinking milk with dark chocolate! Research has shown that milk with chocolate decreases the antioxidant power of the chocolate.

You no longer have to feel guilty for eating chocolate if you have a small piece a few times a week! But remember; try to eat other healthy foods that also have antioxidants such as apples, broccoli, cabbage, cranberries and blueberries.

Source: Cortland County 01-02/2015

A Fall Can Be Devastating – Don't Be a Statistic

Have a greater understanding of what causes a fall. This unique workshop can certainly help.

The **Stepping ON Falls Prevention Program** posts its Spring/Summer schedule:

- Mondays:** 4/20-6/8 (1-3pm)
Tioga Opportunities, 1 Sheldon Guiles Blvd., Owego
- Tuesdays:** 4/21-6/2 (10-12pm)
Highlands Community Center, Johnson City
- Wednesdays:** 5/20-7/1 (10-12pm)
AVRE, 174 Court St., Binghamton
- Tuesdays:** 6/16-7/28 (12:30-2:30pm)
Vestal Senior Center, Main St., Vestal

This 7-week workshop is sponsored by the Broome County Health Department and Office for Aging and one of their falls prevention initiatives to assist community seniors in staying independent and living a healthy happy lifestyle. RN's Diane and Donna present this program and coordinate community experts - physical therapists, a vision and medication specialist and a community safety person - all discussing their expertise on reasons for falls. Other topics discussed are balance and strength training, safe footwear, hazards in your home, the importance of Vitamin D and Calcium, nutrition and more. This wellness program is available to those over 60 who have fallen or have a fear of falling and want to remain independent. Caregivers are welcome. The registration fee of \$35 covers all classes, a manual and refreshments. To register call Diane at 607-757-0750 or Donna at 607-765-4180. Space is limited so call today.

The Secret To Falling Asleep Fast

Listening to music at bedtime may be the secret to falling asleep fast and getting a restful night's sleep according to a recent study.

The best kind of music is soft, slow tunes, such as light jazz, folk, or orchestral pieces that are 60 to 80 beats a minute. The researchers even have a name for it: sedative music. The music will actually cause physical changes in your body such as lowering your heart and respiratory rates.

The sleep patterns of 60 people between the ages of 60 and 83 were studied, all of whom had difficulty sleeping. Half were given relaxing music to listen to for 45 minutes at bedtime, and half were given no music and no other help to fall asleep.

The results: Those who listened to a selection of soft, slow music experienced physical changes that aided restful sleep. Researchers said that the difference between the music group and the control group was clinically significant. The music group reported a 26 percent overall improvement in the first week, and this figure continued to rise as they mastered the technique of relaxing to the sedative music.

In addition, they suffered less dysfunction during the day since they had slept better the night before. Best of all, there are no side effects or pricey bills for prescription medicine.

The research was published in the Journal of Advanced Nursing.



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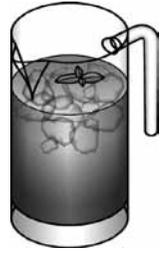
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Did You Know

Fresh-brewed tea has more antioxidant action when compared to powdered instant tea and ready-to-drink iced teas. Brewed tea has more antioxidant action than almost any whole fruit or vegetable and more than most fruit or vegetable juices.



Aging With Attitude

Change Is Inevitable

Big changes and small changes keep occurring in our lives. Some changes are pleasant or even exciting. A new grandchild to spoil or more leisure time to travel or pursue a hobby are changes we are quite happy to accept. But other changes can be hard to deal with. We may cling to old routines believing that nothing will ever change—or wishing that things that make us comfortable and secure will always stay the same.

Maybe you know a woman who never learned to drive because her husband would take her wherever she wanted to go. Or how about the man who never set foot in the kitchen because his wife was the best cook in town? Did they ever think that things could change and they would need to take on a new role?

There are some simple steps we can take now—steps that will make us more successful in dealing with change when it inevitably happens.

Deep down we know about the changes that may come as we age. The time will probably come when we can't do all the things that we used to be able to do. Some of us may need to give up driving as our vision decreases and response time lengthens. Others of us may need to hire someone to do chores we used to be able to do ourselves. Some of us may need to move to a more manageable apartment or to an assisted living facility.

If we think ahead to the changes that we are likely to experience we can identify how we will cope. We can start talking with our friends and families about the ways that we might handle those changes. We can talk about our fears about changes.

Planning ahead gives us the time to really consider the options, get information on services, and get feedback from those we care about. We can ask them for their help when the time comes for us to make a change.

In addition to thinking and talking about change that may come, part of the planning can also involve some practice. We can try making small changes in our lives before the need actually arises. If we normally drive, we might take public transportation once a month. We could try shopping in a different grocery store, taking up a new hobby, or making a new friend. Even very small things such as taking a different route on our daily walk can help keep us open for change. We can also take classes to learn new skills “just in case.”

Practicing change in little ways can help us develop the flexibility that we need to handle any kind of change. Knowing that we have been successful in making small changes will make it easier to picture ourselves successfully negotiating bigger changes. And a positive attitude toward change is the key to successful aging!

Reading The Label

Reading labels can help you make good food choices. Processed and packaged foods and drinks—you'll find them in cans, boxes, bottles, jars, and bags—have a lot of nutrition and food safety information on their labels or packaging. Look for:

Product dates

You might see one of three types of product dates on some foods you buy:

“Sell by” tells how long the store can sell foods like meat, poultry, eggs, or milk products—buy it before this date.

“Use by” tells how long the food will be at peak quality—if you buy or use it after that date, some foods might not be safe any longer.

“Best if used by” (or “best if used before”) tells how long the food has the best flavor or quality—it is not a purchase or safety date.

Ingredients list

This tells you everything that a processed food contains. Did you know that the items are presented from largest to smallest ingredient? That is, there is more of the first ingredient listed on the label than any other ingredient. The last ingredient on the list is found in the smallest amount.

Nutrition Facts label

The U.S. Food and Drug Administration (FDA) requires a Nutrition Facts label on all processed food. You can find nutrition information for fresh vegetables and fruits. Or you can call the U.S. Department of Agriculture's Food and Nutrition Information Center at 1-301-504-5414.

The Nutrition Facts label is all white with black letters. To learn more about the information on this label, go to FDA's Labeling and Nutrition. Note: The FDA recently proposed updates to the Nutrition Facts label to reflect the latest scientific information linking diet and chronic diseases like obesity and heart disease. Proposed updates include a new design that highlights key parts of the label such as calories and serving sizes.

At the top, you will find the FDA definition of a serving of that food or drink and the number of servings in the container. The rest of the nutrition information on the label is for one serving, not for the whole package or bottle. If a can or package holds two servings and you eat the whole thing, you have eaten double all the numbers on the Nutrition Facts label—twice the calories, twice the fat, twice the protein, and so on.

Daily Value (DV) is how much of each nutrient most people need each day. The %DV says what part (as a percent) of the total daily recommendation for a nutrient is in a serving. The Daily Value is based on eating 2,000 calories each day, so if you are eating fewer calories and eat a serving of this food, your %DV will be higher than you see on the label.

Source: National Institute on Aging

Bananas For Brownies!

Try this triple-delicious treat that is indulgent but only has 4 grams of fat and only takes 10 minutes to prepare!

- 2 Tbsp. moist-style devil's food cake mix
- ½ Tbsp. fat-free liquid egg substitute
- 1 sugar-free chocolate pudding snack with 60 calories or less
- ½ medium banana, sliced
- 1 tsp. mini chocolate chips

In a microwave-safe mug coated with cooking spray, mix cake mix, egg substitute and ½ Tbsp. water. Mix in 2 Tbsp. pudding. Microwave one minute. Once cool, crumble with fork. In mid-sized glass, layer half of each ingredient: chocolate crumbs, remaining pudding, sliced banana and chocolate chips. Repeat layering with remaining ingredients.

Serves 1: 220 calories, 4 grams fat
www.hungrygirl.com

Caregiver Corner

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

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

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

Date: Monday, March 2nd

Time: 1:00-2:30PM

Place: Northern Broome Senior Center, Whitney Point

Date: Wednesday, March 4th

Time: 9:30-10:30AM

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

Phone: 785-3427

Date: Wednesday, March 18th

Time: 9:30-11:00AM

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

Education Program for Caregivers

Understanding Levels of Long-Term Care

Date: Wednesday, March 11th

Time: 1:00PM-3:00PM

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

Presenter: Rose Dillenbeck, Community Health Nurse, CASA

This presentation will go over the alternative living options that are available to an older person when living in the home becomes too difficult to manage. Register by calling the Office for Aging at 778-2411. Space is limited, so call soon.

Financial and Legal Planning for You and Your Family

Date: Wednesday, April 29th

Time: 1:00PM-3:00PM

Place: Broome County Library, Exhibit Room, 185 Court St, Binghamton

Presenters: Karen McMullen of Levene, Gouldin & Thompson, LLP; Jonathan Macko of the Macko Group at Morgan Stanley and Kirk Blackman of Mondorf & Fenwick, PLLC

This presentation will cover estate planning, investing, long-term care considerations and the basics of estate and income tax.

Please call 778-2411 to register

Alcohol Use, Good Or Bad For Senior Health?

By Ellen Rangel, KPS

Alcohol consumption gets mixed reviews. Some say that it is good for health; others that you should not drink. Here are a few facts that will perhaps clear some confusion.

Recent studies show that there may be a health benefit for those who drink in moderation—a somewhat lower incidence of cardiovascular disease. Should you start drinking now for health reasons? Absolutely not! The risks outweigh the benefits. The facts are that drinking alcohol for those over 65 has different effects than it did at 45.

As we age, we lose lean body mass (muscle and bone) and acquire a greater amount of fat. The result is a decrease in body water causing alcohol to reach a higher concentration in the blood of an older person. This increases the blood alcohol level and places an extra burden on the liver. It has been shown that older women are especially at risk because they are usually smaller and have less lean body mass resulting in higher blood alcohol levels than men have.

Typically older people have a blood alcohol level 30-40 percent higher than in younger people who consume the same amount of alcohol. Older people are more likely than those of middle age to experience intoxication, trouble with balance, coordination and cognitive difficulties. Simply put, tolerance for alcohol declines and the risks of excessive drinking rises with age.

In addition, combining alcohol with the MANY prescriptions and/or over-the-counter medications consumed by this same population creates a disaster waiting to happen.

So what is moderate drinking for healthy people over 65? The new definition of “moderate” offered by the NIAAA is no more than ONE drink a day. Some experts suggest that older women would be wise to cut that amount in half.

What is “a drink”? It is 12 grams of pure alcohol, the amount found in a 12-ounce beer, a 5-ounce glass of wine or a shot of 80-proof distilled liquor.

Marci's Medicare Answers

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare.

Dear Marci,

My Medicare Summary Notice says that Medicare is denying payment for a service that I received last month. Is there any way that I can get Medicare to pay for this service? I cannot afford to pay for its full cost.

Shelly

Dear Shelly,

Yes, you have the right to appeal Medicare's denial if you feel that this service should be covered. An appeal is when you ask Medicare to reconsider its coverage decision.

Before you start your appeal, carefully read your Medicare Summary Notice (MSN) and any other letters you receive. Be sure to contact Medicare for the denial reason if it has not already been provided. The steps for filing an appeal will be listed in your MSN; make sure you follow them closely, and stick to any deadlines that the letter outlines. It is helpful to also include any relevant medical records and a letter from your doctor in your appeal to verify that the service you received was medically necessary. If you are confused or unsure of what to do, you can call 1-800-Medicare or your provider for help.

If you have a Medicare Advantage plan, you can also appeal your plan's decision to deny coverage for a service. Your Explanation of Benefits notice (EOB) will list any denied services and will also contain instructions for filing an appeal. Your plan may also send you a separate notice called the Notice of Denial of Payment stating that a service was denied. It will also give more instructions about appealing your plan's decision.

Know that there is more than one level of appeal and you can continue appealing if you are not successful at this first level.

Marci

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Call 772-2850 For Details

Frequently Asked Questions about Hearing Aids

► Who are Audiologists?

Audiologists are university trained and hold a Masters Degree or Doctorate in Audiology and Communication Disorders.

► Is Getting a hearing aid all I can do for Hearing Loss?

No. Some forms of hearing loss can be treated surgically or with drugs. Your hearing test results (in the form of an audiogram) will help determine how best to appropriately address your hearing loss.

► Can everyone with a hearing loss benefit from hearing aids?

Hearing aid benefit depends on the type and severity of your hearing loss. Your Audiologist can determine the benefits and limitations in regards to your specific hearing loss.

► Are there other options besides hearing aids?

Assistive Listening Devices (ALDs) amplify sounds from telephones, TVs, alarm clocks, and fire alarms. Please consult your Audiologist if you are interested in learning more about Assistive Listening Devices (ALDs).

► If I have a hearing loss in both ears, can I get by with just one hearing aid?

Better Balance in Hearing

Two hearing aids allow you to hear comfortably without having to continually position one ear to catch the words of the speaker.

Better Sound quality with less power

Because sound presented to both ears is louder than the same sound at the same intensity to one ear only, the volume on two instruments can be set lower than if you use only one instrument. This is more relaxed, comfortable and less stressful.

Better Ability to localize sound

The ear closest to the sound receives the information microseconds earlier than the ear further away. This allows the brain to discern where the sound is coming from. For example, it can help you judge the location of an oncoming car you cannot see.

► What can I expect from a hearing aid?

At a minimum, your hearing aids must be comfortable. After three or four weeks, you should be able to wear your hearing aids for long periods of time without noticing that you are doing so.

The audiologist will closely monitor your initial fit. You are going to hear some things you have not heard for a long time. That is part of the process. Your brain will acclimate and your hearing aids will be fine-tuned during this acclimation process. Success is due in large part to understanding this process and working with the audiologist to meet your needs.

Expect 2 – 4 office visits during the initial adjustment process. We ask all of our patients to return to the clinic once or twice a year to be sure that the hearing aid's performance is optimal.

► What do hearing aids cost?

Prices vary by the technology, size and services included with the purchase. Depending on the type of hearing loss and each individual's specific needs, the most appropriate hearing aid will vary from person to person. It is the audiologist's job to recommend the most appropriate device for each individual, while providing the options necessary in meeting an individual's financial requirements.

Source: Southern Tier Hearing Services, Dr. David Glaser, Doctor of Audiology, 231 Main Street, Vestal NY

A Day in the Life of a School Grandparent

Jim Pittsley, aka "Mr. P." is a school grandpa. He is a very busy man volunteering with very busy four year olds in a Head Start classroom in Binghamton. What does Jim do? When kids are in line waiting to wash their hands, he sings songs with them and plays word games to keep them from getting bored. When they sit down to eat breakfast, he asks them about their day. When they go outside to play or go on walks, he goes with them. Jim builds blocks, reads books, plays counting games and helps children write their names. When a child gets frustrated because he lost at musical chairs Jim is there to help. When asked what he likes about being a Foster Grandparent Jim said, "I like the camaraderie of being with the kids and working with them. Some of them are hungering for love and I give them comfort. It makes my day." Jim added, "The rewards are too many to name. There is joy in being with the kids and sharing the knowledge you have. If you want fulfillment in your life, be a Foster Grandparent."

If you are retired and looking for some fulfillment in your life consider becoming a Foster Grandparent. Foster Grandparents usually volunteer 20 hours per week at a school, daycare or Head Start program. They are paid a stipend that doesn't affect eligibility for other government programs. Foster Grandparents must be Broome County residents, 55 or over, within income guidelines and enjoy working with children. Please call the Foster Grandparent Program at 778-2089 for more information.

Take Steps To Prevent Diabetes

Move more. Walk, dance, or ride a bike with your friends or family. It doesn't matter what activity you do, as long as you enjoy it.

Choose healthy foods. Eat fiber-rich fruits and vegetables.

Maintain a healthy weight. With healthy eating and more physical activity, you can drop pounds and keep them off.

Set reasonable goals. Start with small changes, like being active for 15 minutes a day this week. Add 5 minutes per day each week until you are up to at least 30 minutes, 5 days per week.

Record your progress. Keep a diary of what you eat and drink and the number of minutes you exercise. It's a great way to stay focused and reach your goals.

Keep at it. Make even small changes is hard in the beginning. If you get off track, start again.

For more information about preventing type 2 diabetes, click the "links" tab at: <http://newsinhealth.nih.gov/issue/Nov2014/feature1>

Resource: NIH News in Health November 2014 Issue

Bet Ya Didn't Know!

- The Eisenhower interstate system requires that one mile in every five must be straight. These straight sections are usable as airstrips in times of war or other emergencies.

- The first city to reach a population of 1 million people was Rome, Italy (in 133 B.C.)

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Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760

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

Lunch served at Noon call 785-1777

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

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

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

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

T: 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

Tuesdays Six Steps to Better Balance, 10:30-11:30 am

3/4,11 BU Nursing Students Visit, 9:30 am

3/9 Special Breakfast (*St. Pat's lime fruit fluff*), 10:30 am-12:30 pm

3/11,12,13 Burger Bar, 11am-12:30 pm

3/11 Long Term Care Options Program, 11 am

3/17 St. Patty's Day Party/Clann Na Cara Irish Dancers, 11 am

3/19 Philly Cheese Steak Day, 11 am-12:30 pm

3/23 Special Breakfast (*PB&J stuffed French toast*), 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: 3/3 Nickel; 3/10 Bag; 3/17 Quarter; 3/24 Nutrition
Tuesdays & Thursdays: Golf Putting Practice

3/5 Ice Cream Day, 1 pm

3/10 Blood Pressures w/Sandy, 11:30 am

3/17 Southern Tier Food Bank, 12 pm
St. Patrick's Day Celebration

3/19 Breakfast for Lunch, 10:30 am-12:00 pm

3/31 First Seeds of the Season Planting, 11 am

FIRST WARD SENIOR CENTER
IS EXCITED TO ANNOUNCE

Free Swim

AND

Water Aerobics Classes

Thursdays
WATER AEROBICS 4:00-4:30 PM
OPEN SENIOR SWIM 4:30-6:00 PM

AT WEST MIDDLE SCHOOL

Parking is available on Highland Ave. across from St. Thomas Church,
Use wheel chair ramp to enter building.

First Ward Senior Center Membership required
Contact : 797-2307



Build Your Own Burger

March 11, 12 & 13 starting around 11:15 am

Stop at a participating senior center and enjoy a delicious hamburger with all the fixings. No reservations are needed! Top your burger with fresh lettuce, tomatoes, onions, or a variety of cheeses; we also have hot toppings like bacon and mushrooms. The combinations are endless. Your burger creation will also come with salad, dessert and beverage.

All that for just \$3.25 if you are age 60+ and only \$4.25 for those who are not yet age 60. Participating centers are Broome West, Johnson City (11 & 12), Eastern Broome (11 & 13), Northern Broome and Vestal.

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 Digital Divide," 9:30 am,
10:30 am, 12:30 pm

3/11,13 Burger & Soup Bar, 11:30 am- 12:30 pm

3/12 Evening Dining (*halupki OR cranbry chx/banana cream pie*)
w/"Orange Blossom Special", 3:30 pm

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

3/23 History of the Troop C Rough Riders, 12:30 pm

3/28 (Sat) Spaghetti & Meatballs/Sausage" Fundraiser Luncheon,
11:30 am-2 pm

"Blue Stone Creek Ramblers", 12:30-1:30 pm

3/30 Horse Racing w/Bonnie Hill, 10 am

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905

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

Lunch served at 11:45 am call 729-6214

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

(No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

M: 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:

3/4 Social Club Meeting, 1 pm

3/9 Scarlet Bonnets, 1 pm

3/11 Blood Pressure Clinic, 10 am

3/11 Legal Aid (by appointment only), 9 am

3/12 Evening Meal (*halupki OR cranbry chx/banana cream pie*)
w/entertainment, 5 pm

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

3/19 Philly Cheese Steak Day, 11:30 am- 12:30 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:

- 3/1 Sunday Buffet Breakfast, open to community, 8 am-noon
- 3/3,10 BU Nursing Students Visit, 10 am-12 pm
- 3/11 "Fiber Fuel" w/cooking demo, 10 am
- 3/11,12 Burger Bar, 11:45 am-12:30 pm
- 3/13 Gance's Fish Fry, 12-6 pm
- 3/13 Movie: "Dirty Dancing," 12:30 pm
- 3/17 St. Patrick's Day Luncheon, 11:45 am
- 3/24 "Orange Blossom Special" (entertainment), 11:30 am
- 3/27 Movie: "One Flew Over the Cuckoo's Nest," 12:30 pm
- 3/28 (Sat) Psychic Fair, 10-6 pm

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:

- Tues/Weds Yoga Across America (Veterans & Active Duty only), 1:30-2:30 pm
- 3/2 Carle School of Irish Dancers, 10:30 am
- 3/4 Caregiver Chat Group, 9:30- 10:30 am
- 3/5,12 BU Nursing Students Visit, 9:30 am -2 pm
- 3/6 National Pig Day, activities at 11 am
- 3/10 Evening Meal (*cranbry chx/banana cream*) w/"Orange Blossom Special," 4:30 pm
- 3/11,12,13 Burger Bar, 11 am – 12:30 pm
- 3/17 St. Patrick's Day Party, 11 am
- 3/20 Deputy Andres w/demonstration by Canine Mac, 12:15 pm
- 3/24 Evening Meal (*roast pork/homemade dessert*) w/Bingo, 4:30 pm
- 3/30,31 AARP Driver Safety Program, 10 am -1:30 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: Food 3/2, 9, 23; Donut 3/16, Penny 3/30
- Tuesday Wii Fit, 10:30-11am (except 3/17)
- Friday Wii Bowling, 9:45am-11am (Qualifying for April Tournament)
- 3/5 Philly Cheese Steak Day, 11 am-12:30 pm
- 3/11 Breakfast for Lunch (*mini pizzas*), 10:30 am-12 pm
- 3/12 Blood Pressure/Glucose Screenings w/Medicine Shoppe, 11 am-12 pm
 Evening Meal (*halupki OR cranbry chx/banana cream pie*) w/New Appalachia, 4 pm- 6:30 pm
- 3/13 Pie Auction & Pie in the Eye (on Jessie), 10:30 am
- 3/17 St. Patrick's Day Luncheon, activities at 10:30, lunch at noon
- 3/25 Pick a Game Day, 10:30 am-11:45 am
- 3/26 Craft: Paper Mache Easter Basket, 10:30 am

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:

- 3/3 "Fiber Fuel" w/cooking demo, 10:45 am
- 3/6 Soup and Sandwich Day, 11 am
- 3/10 Blood Pressure w/Joyce (Medicine Shoppe), 11 am
 Pizza for Lunch, 11 am
- 3/13 St. Patrick's Day Party, 11:30 am
- 3/16,17 Center Closed
- 3/24 Book Review w/Cheryl Ebert: Best 5-10 books you have read, 11 am
- 3/27 Ice Cream Sundae Day, after lunch

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:

- 3/4,11 BU Nursing Students Visit, 10 am-1 pm
- 3/5 Bingo w/Brad, 10:15 am
- 3/11,12,13 Burger Bar, 11:45 am-12:30 pm
- 3/12,19,26 Six Steps to Better Balance Exercise Class, 10-11 am
- 3/17 St. Patrick's Day Luncheon, 11:45 am
- 3/19 Bingo w/Brad, 10:15 am
 "Fiber Fuel" w/cooking demo, 12:30- 1:30 pm
- 3/24 Vestal Senior Citizens Club, 12:45 pm
- 3/27 Craft Day: Beaded Jewelry, 10:30 am
 Pizza for Lunch & Root Beer Floats, 11:45 am
- 3/31 Breakfast for Lunch (*omelet*), 10:30 am-12 pm

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

Senior Housing

Creamery Hills
 Harry L. Apartments
 Hamilton House
 Kime Apartments
 Marian Apartments
 Nichols Notch
 Wells Apartments
 Whitney Point Apartments
 Windsor Woods






MEET, GREET & EAT

March Menu - Bon Appétit!



MONDAY (Breakfast for Lunch @ BW,FW)	TUESDAY (Breakfast for Lunch @ NB & JC Senior Ctrs)	WEDNESDAY	THURSDAY (Golden Griddle @ EB)	FRIDAY
Chili over Cornbread 2 Tossed Salad Fruit Cocktail Molasses Cookie	Ham Loaf 3 OR Chicken w/Raisin Sc. Scalloped Potatoes Traditional Blend Veg. Pineapple Chunks	Roast Beef w/Gravy 4 Hot German Potato Salad Red Cabbage Supreme Apple Crisp	Chicken Divan 5 Brown Rice Pilaf Monte Carlo Blend Veg. Lemon Bar	Cabbage Casserole 6 OR Beer Battered Fish Mashed Potatoes Peas & Carrots Oatmeal Cookie
Cheesy Shell Casserole 9 Vegetarian Vegetable Soup Sugar Cookie	Sausage w/Peppers & Onions 10 Baked Beans Tossed Salad Carrot Cake w/Cream Cheese Frosting	Roast Pork w/Gravy 11 Apple Bread Dressing Winter Squash Ambrosia	Creamed Chicken Over Cornbread 12 Mashed Potatoes Cut Green Beans Tropical Fruit	Country Breaded Fish 13 OR Homestyle Salisbury Steak Macaroni & Cheese Cauliflower w/Parsley Cinnamon Applesauce
Pierogies w/Onions 16 Baby Beets Fruit Cocktail Chocolate Drop Cookie	St. Patrick's Day Party! Boiled Ham 17 Baby Potatoes Cabbage & Carrots Mint Chocolate Brownie	Grandma's Meatloaf 18 Chantilly Potatoes Peas Pumpkin Bar	Manicotti 19 Wax Beans Tossed Salad Sherbet	Breaded Fish Sandwich 20 OR Chicken w/Ranch Sandwich Seasoned Potato Wedges Coleslaw Tropical Fruit
Spaghetti w/Meat Sauce 23 Cut Green Beans Apple Juice Banana	Tuna Salad Sandwich OR Pork BBQ Sandwich 24 Cream of Broccoli Soup Carrot Raisin Salad Raspberry Fruited Gelatin	Liver w/Onions OR Chicken w/Marengo 25 Mashed Potatoes Spinach Rice Pudding w/Raisins	Roast Turkey w/Gravy 26 Apple Bread Dressing Traditional Blend Vegetables Pears	Fish Florentine OR Chinese Pepper Steak 27 Baby Red Potatoes Monte Carlo Blend Veg. Pineapples & Oranges
Macaroni & Cheese 30 Stewed Tomatoes Broccoli Pumpkin Cookie	Chicken ala King Over a Biscuit 31 Carrot Coins Grape Juice Tropical Fruit	Roast Beef w/Gravy 4/1 Mashed Potatoes French Cut Green Beans Tapioca Pudding w/Mandarin Oranges	Chicken w/Cranberry OR Lemon Pepper Pollack 2 Brown Rice Pilaf Winter Squash Cinnamon Applesauce	Diner Fish Sandwich OR Pub Burger 3 Baked Beans Tossed Salad Sherbet

Age 60+ \$4 < Age 60 \$5

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 6

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

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