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## Older Americans Month 2015: “Get into the Act”

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “**Get into the Act**,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” While Broome County’s Office for Aging provides many programs and services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

- Discover Older Americans Month:  
Visit <http://acl.gov/olderamericansmonth>
- Connect: Follow us on  
[www.facebook.com/BroomeCountyOfficeforAging](http://www.facebook.com/BroomeCountyOfficeforAging)
- Contact Broome County Office for Aging by visiting  
[www.gobroomecounty.com/broome/senior](http://www.gobroomecounty.com/broome/senior) or calling 607-778-2411 to find opportunities to celebrate and support older Americans.

## A WWII USO Hostess Remembers . . .

*Norma Cerand*

Although I’m a longtime resident of Vestal, I grew up in Waukegan, Illinois, near the Great Lakes Naval Station. Soon after Pearl Harbor, our town became the site of the country’s first USO, and my family enthusiastically volunteered to serve in its efforts to cheer young war-bound sailors. Dad helped arrange for coffee and doughnuts, Mom took charge of recruiting women for chaperones, and my older sister enlisted in the USO’s Girls’

*Continued on page 2*

## “Getting into the Act” John Cappello Is Making a Difference!!

The U.S. Administration for Community Living’s slogan for Older Americans Month, “Get into the Act”, calls upon Americans to inspire others with our actions. Town of Conklin resident John Cappello is an inspiration to all. Though he is recently retired, John uses his interests and talents to make our community a better place to live.



*New retiree, John Cappello, volunteers to promote health and fitness in the community. He states, “I would like to see more people, especially men, joining one of the many fitness classes available.”*

John had a long and successful career with the public school system as a gym teacher and school administrator. After retiring as school principal, John worked at the Children’s Home of the Wyoming Conference, the YMCA, and the Jewish Community Center as a personal trainer. Through the years, John has been involved with youth sports programs including coaching football, baseball, soccer, wrestling, and track and field.

When John fully retired in 2013, he looked for opportunities to continue making a difference in health and fitness programs. He decided to get involved in facilitating adult fitness classes. John now teaches 3 boot camp classes, 3 functional fitness classes, and a falls prevention program called “6 Steps to Better Balance”, and he modifies classes based on the physical abilities and limitations of the class participants. John proudly shares that one of his classes has three older men, one of whom attends regularly at the age of 93! John encourages people to participate in health and fitness programs as they age—especially men. He says, “I’m concerned that many men, after retirement, don’t engage in activities, including fitness programs, as regularly as they should for better health.”

Besides facilitating fitness programs, John and his wife Mary help out in the community by delivering Meals on Wheels weekly in the Conklin/Kirkwood area. John and Mary are also devoted parents and grandparents and enjoy spending time with their family.

So “Get into the Act” and get involved! For more information about programs and volunteer opportunities, contact the Senior Resource Line at 778-2411.

# GET INTO THE ACT

OLDER AMERICANS MONTH  
MAY 2015



**WWII USO Hostess** *continued from page 1*

Service Organization (GSO) as a hostess. Being a bit too young, I could work only in the snack bar until some months later I finally got to join her and the others in hostessing.

Our USO's activities included picnics and hayrides, hot-dog roasts, ping-pong, roller-skating, and, in winter, ice-skating and sleigh-rides. We had places in the building for reading and conversation, and even for playing marbles on the rug. For fifty cents the boys could sleep overnight on a cot and get breakfast in the morning.



Norma and her Ford Coupe

But, best of all, we had dancing and gave dance lessons. We held our first dance on Valentine's Day, 1942, then weekly thereafter. The Navy Band played the music, and once a month we had a "formal night" in which the hostesses could wear full-length dresses. Typically there would be about 400 men to 50 girls. You could never refuse a dance, and anyone could cut in. We girls danced for three hours straight.

On many evenings, with Dad and Mom presiding, we'd have some of the boys to our house for home-style family dinners. They loved them. I can still remember these young men reluctantly listening for the ringing bell of the last trolley back to the base and hurrying down our steps on the run to catch it.

When I became old enough to drive and transport some of them, I got the use of a 1935 Ford coupe with a rumble seat. I was quite a sight, a young girl motoring down Main St. with two sailors in the small front seat, one each on the running boards, and three laughing in the rumble seat. I was certainly breaking some law, but the police knew me, and only smiled and waved.

I was a GSO Hostess for ten years, accumulating over 6,000 hours of service. It was a wonderful time in my life, and I met such wonderful boys. I maintained a correspondence with many, and I think all of us involved with the USO really uplifted them.

In those years (1940s) I had them sign a little autograph book in our home. Here are a few of their inscriptions:

- "You're a swell kid—a morale builder—luck to you." Dwight.
- "A wonderful home. A swell family. And good coffee." Foster.
- "That was really good pie. Almost as good as that made down in rebel country. On second thought, *maybe* it was as good." Stan.
- "When this you see / Remember me / The screwball dope from Tennessee."
- Thanks a lot for being a mighty fine morale builder. You won't soon be forgotten." Smitty.
- "Hi Kid. Thanks a million for the swell time at the dance. And thanks for the party coming up. I know we'll have loads of fun." OS.
- "Just one more link in a terrific chain of appreciation." Stanley.
- "Will never forget a girl who can be so fine; one bit of home that lets one remember." Merritt.
- "Here's to the girl who had patience enough to teach me how to dance." John.
- "You're all right kid. Here's hoping you realize your life's ambition." Orville.

*Editor's Note: Today, at 89, Norma is still "getting into the act" as a Meals on Wheels driver for MOW's of Western Broome, and a volunteer at Ideal Nursing Home, regularly visiting residents and helping with anything else that's needed.*



**Senior Center Holiday Closing**  
All Broome County senior centers will be closed on Monday, May 25, in observance of Memorial Day.

**Binghamton Classic Films**

**2015 Season**

<p>May 9 Maurice Chevalier      Jeanette MacDonald <b>Love Me Tonight</b> D: Rouben Mamoulian      1932</p>	<p>June 13 John Garfield      Lilli Palmer <b>Body and Soul</b> D: Robert Rossen      1947</p>
<p>July 11 Ritz Brothers      Andrews Sisters <b>Argentine Nights</b> D: Albert S. Rogell      1940</p>	<p>August 8 Dorothy McGuire      Stephen McNally <b>Make Haste to Live</b> D: William A. Seiter      1954</p>
<p>September 12 Alastair Sim      Margaret Rutherford <b>The Happiest Days of Your Life</b> D: Frank Launder, John Dighton      1950</p>	<p>October 10 Robert Armstrong      Fay Wray <b>KING KONG</b> D: Merian Cooper, Ernest Schoedsack      1933</p>
<p>November 14 Vera Cluzot      Simone Signoret <b>Les Diaboliques</b> D: Henri-Georges Cluzot      1954</p>	<p>December 12 Jean Arthur      James Stewart <b>You Can't Take it with You</b> D: Frank Capra      1938</p>

Shows begin at 7:00 PM in Titchener Hall on the SUNY Broome campus  
Suggested donations: \$3.00 regular; \$2.00 seniors, students and members  
Presented with the cooperation of the SUNY Broome English Department

**The Lawn Mower - A Modern Convenience**

May brings warmer weather to the Southern Tier, but it also means the rebirth of long-dormant lawns. For those of you with a lawn to care for, it's time to start mowing again. Whether you do it yourself or hire a lawn service, you might like to know a little about the history of the mechanical lawn mower.

It was invented in 1830 by an Englishman, Edwin Budding. What a perfect name! Budding patented and developed his mower as a superior alternative to the scythe, especially in the cutting of grass on sporting grounds and in English gardens.

His machine, with gears and blades and roller and handle, is remarkably similar to our mowers. Of course we've added modern forms of power (gasoline engines and electric motors), and we can ride on some. But despite many refinements in size and sources of power over the years, the roller-drive lawn mower has changed very little since Budding first pushed his machine down the green grasses of Gloucestershire, England, many springs ago. Now May has come again, and with it our turn to care for our lawns.

**Save the Date! Senior Picnic & Fun Fest**



**Wednesday, June 24<sup>th</sup>**  
**10 am - 2 pm**  
SUNY Broome (aka BCC)  
Activities! Music! Health Information!

Back by popular demand, the information center will be held **inside the ice rink** in air-conditioned comfort!

Tickets will be available **May 28<sup>th</sup>** at all Broome County Senior Centers. See the June issue of the Senior News for the day's activities. Call the Broome County Office for Aging at 778-2411 for more information.

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**

June 19  
Villa Roma: American Bandstand

July 14  
Cornell Plantations

**First Ward Senior Center**

\*Please call 222-8440 for more information.

May 4-8  
Cape May

June 1-5  
Cape May

June 22  
Mohegan Sun

July 7  
Culinary Institute of America

July 19 & 20  
Lancaster: American Music Theater: Jimmy Sturr & Bobby Vinton

**Johnson City Senior Center**

May 15-18  
Washington, D.C.

May 29  
Lucy Desi Center: Comedy

June 5  
Sight and Sound Theatre: Joseph

June 23-24  
Baltimore: Fort Mc Henry

July 12  
Finger Lakes Wine Festival

*"An optimist is the human personification of spring."*

Susan J. Bissonette



**Mother's Day Observance**

Celebrate the Mothers in your life on Friday, May 8<sup>th</sup> at participating Broome County Senior Centers. Enjoy a delicious luncheon of fish Florentine or chicken w/cranberry glaze and apple crisp for dessert.

What a wonderful opportunity to honor the women who strive to make a difference in our community and our lives, whether it's your mother, sister, friend or yourself! Treat a woman who has made a positive effect on you, or get your lady friends together for a nice outing.

Lunch is just \$3.25 for people age 60+ and just \$4.25 for people under age 60.

Please call the senior center of your choice to make your meal reservations (phone numbers are listed on the back pages of this issue) and to ask what special activities they have planned.

**Eating Well As You Get Older**

*Are some fats healthier than others?*

Yes! Some fats are better for you than others. Choose polyunsaturated and monounsaturated fats when possible. Sources of better fats include vegetable oils such as soybean, corn, canola, olive, safflower, and sunflower oils. Polyunsaturated fat is also in nuts, seeds, and fish. Walnuts, flaxseed and salmon are examples of foods with polyunsaturated fat.

Aim to limit total fats to 20 to 35 percent of your daily calories. For instance, if you eat and drink 2,000 calories daily, only 400 to 700 of the calories should be from fats. The number of calories from fat in a serving of packaged foods is listed on the Nutrition Facts label of the package.

source: [nihseniorhealth.gov](http://nihseniorhealth.gov)

**Happy 100<sup>th</sup> Birthday to 32 Year Volunteer - Lois Evans**

As we celebrate Older Americans Month this May, the Office for Aging extends a Happy Birthday wish to one of its dearest long-time volunteers, Lois Evans. Lois is a stellar example of how one individual can "get into the act" and make a difference in their community. For 32 years, Lois volunteered at the Deposit Senior Center, working to serve meals and helping with the bookkeeping. Lois says that she "found it very satisfying to help at the center; she felt needed and she needed others." During the years at the center she created lasting memories and enduring friendships. Carolyn DeNys, a retired Deposit Senior Center Site Supervisor, says that "Lois worked hard at everything she did and gave 100% of herself to the job."



(left to right): Lois Evans, Carolyn DeNys, Ginger Haugen, Joan Ebert, Joe Smith, and Joyce Hafele.

Last year, Lois moved into St. Louise Manor in Binghamton. To celebrate her 100<sup>th</sup> birthday in March, some of her friends from the Deposit Senior Center paid a visit to Lois at her new home. Her friends helped her enjoy her special birthday with flowers, cards, gifts, cupcakes, and fellowship. Lois says that she was thrilled to see the group and their visit made her 100<sup>th</sup> Birthday even more special!!

**AARP #3071 Binghamton**

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



**Come join the excitement at our first annual Seniors Running & Walking Festival!**

- When:** August 15, 2015
- Where:** Coal House at Vestal Rail Trail
- Cost:** \$10.00 \*(includes optional training program)
- Who:** Anyone 55+
- Events:** 5K run or walk, 1 mile run or walk, 2K wheelchair race \*(includes manual or pushed)

Following the races will be an awards ceremony and festival to celebrate our senior community, our health, and our well being! There will be plenty of food and refreshments for all participants. Don't miss this awesome event sponsored by Excellus BCBS and Good Shepherd Communities!

\*Optional training program will be held June 8 - August 10 and will meet twice per week (Monday & Friday) at the Coal House.

For more information go to: [www.gobroomecounty.com/senior/healthed](http://www.gobroomecounty.com/senior/healthed)



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## HEALTH & WELLNESS

### Zumba

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

Monday	9:30 am	First Ward Senior Center (Binghamton)
Monday	1:00 pm	Eastern Broome Senior Center (Harpursville)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	1:00 pm	Broome West Senior Center (Endwell)
Friday	9:30 am	First Ward Senior Center (Binghamton)
Friday	11:00 am	Oak Street Senior Center (Binghamton)

### Toning & Zumba

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

Wednesday	5:30 pm	Johnson City Senior Center
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### Bonesaver Class

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

Monday	10:00 am	First Ward Senior Center (Binghamton)
Monday	10:00 am	Broome West Senior Center (Endwell)
Tuesday	9:45 am	Oak Street Senior Center (Binghamton)
Tuesday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Wednesday	10:00 am	Broome West Senior Center (Endwell)
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)
Tuesday	10:30 - 11:00 am	North Shore Towers Senior Center
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

### 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.

• The Highlands Community Center at Hilltop	Tuesdays, April 21 <sup>st</sup> - June 2 <sup>nd</sup>	10:00 am - Noon
• AVRE, 174 Court St in Binghamton	Wednesdays, May 20 <sup>th</sup> - July 1 <sup>st</sup>	10:00 am - Noon
• Vestal Senior Center in Vestal	Tuesdays, June 16 <sup>th</sup> - July 28 <sup>th</sup>	12:30 - 2:30 pm
• Tioga Opportunities, 1 Sheldon Guiles Blvd	Mondays, April 20 <sup>th</sup> - June 8 <sup>th</sup>	1:00 - 3:00 pm

### Open Swim & Water Aerobics Classes

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

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

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

### Exercise Equipment Available Daily at the following Senior Centers:

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

## EVENTS at the CENTERS

### Make Your Own Cookbook!

Wed., May 6, 10:30 am  
**North Shore Towers Sr Center**  
**772-6214**

Share your favorite recipe and special family memories; then create your own cookbook! Stay for lunch; reserve by noon Tues., 5/5.

### Sock Hop Anniversary

Wed., May 6, 11 am  
**Northern Broome Sr Center**  
**692-3405**

Put on your poodle skirts and leather jackets and dance the afternoon away! Music by Orange Blossom Special. Reserve by noon, Tues., 5/5

### Evening Meals

Tues. May 12 & 26, 5-7 pm  
**Broome West Senior Center**  
**785-1777**

Evening entertainment this month on Tues., 5/12 is Wayne Beddoe; on Tues., 5/26 it's "Just Us" w/ Lisa & Bill. Reserve by Monday noon for a meal.

### Prescription Medication Drop Off

Tues. May 12, 11 am- 12 pm  
**Vestal Senior Center**  
**754-9596**

Dispose of unused or unwanted prescription medications. Broome County Sheriff David Harder will be present to provide information and assure secure handling of your old medications.

### Evening Dining w/Greg Neff

Thurs. May 14, 4-6 pm  
**Eastern Broome Senior Center**  
**693-2069**

Guitarist Greg Neff will play 60's & 70's tunes. Reserve by noon, Wed., 5/13.



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# GET INTO THE ACT . . . .

## Help Us “Get into the Act”!!

The mission of the Broome County Office for Aging (OFA) is to improve and enrich the quality of life for all older persons in Broome County. To fulfill this mission, meaningful programs and services are carefully designed and offered to meet the needs of older adults. Every four years OFA develops a plan to provide an overview of the most pressing issues Broome County seniors face as well as to define specific goals and objectives.

OFA is currently developing the 2016-2020 plan and is in need of your input. Please share your thoughts and feelings about what programs and services are important to you. Your input can help OFA make our community an even better place to live, work and play!

Share your thoughts by sending an email to [ofa@co.broome.ny.us](mailto:ofa@co.broome.ny.us) or visit our website and complete a quick survey at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior).

### Defensive Walking 101

According to the Centers for Disease Control, most pedestrian deaths occur in urban areas, non-intersections, and at night; pedestrians over 65 are at highest risk for serious injury and death. Here are some simple lifesaving tips, gleaned from various federal agencies, state health departments, and consumer organizations, along with common sense.

- Cross at designated crosswalks and always with the light, if there is one. Don't cross in the middle of a block, especially between parked cars (you'll be in trouble if a driver in a parked car doesn't see you and starts to move.)
- Look in all directions before entering the crosswalk, and keep scanning until you reach the other side. Cars and cyclists can be traveling the wrong way or may not stop at a red light or stop sign. Don't blindly follow other pedestrians.
- Check for turning vehicles and cyclists before you step off the curb and while you are crossing, even if there is a “no turn on red” signal.
- If your view of approaching traffic is blocked by a stopped car or anything else, wait until you have clear visibility of what might cross your path.
- As you cross the street, make eye contact with drivers to be sure they see you. A good way to get their attention is to walk with your arm outstretched and palm open toward them—like what a crossing guard might do to stop cars—or give a friendly wave. Drivers seem to have an automatic response to an outstretched arm and hand, stopping when they normally would not have yielded.
- When crossing, don't talk or text on a cell phone or use any electronic device for any purpose. Keep your ears tuned to the traffic around you, not to music on your device—or at least lower the volume and use only one earbud.
- Watch for driveways and entrances to parking garages where vehicles cross over the sidewalk. Look both ways for vehicles that may be entering from the street or exiting from the garage. Also be alert when walking in parking lots where cars are backing up and turning from all directions.
- If streets are not well lit at night, wear light-colored or reflective clothing to increase your visibility—or carry a flashlight.

source: University of California, Berkeley *WellnessLetter*, Volume 31, Issue 4, January 2015/  
[www.BerkeleyWellness.com](http://www.BerkeleyWellness.com)

### Prevent Falls!

Statistics show that most falls occur at home AND that older individuals with chronic illnesses are most often the victims. Being tired, in a hurry or distracted can often lead to a fall. According to a recent New York Times article, there are far reaching effects of a fall, particularly for people over 60.

Do not become a statistic. Broome County offers you an opportunity to learn more about what causes a fall, how you can increase your muscle strength and improve your balance. Listen to the professionals and enroll in a class aimed at helping you stay independent.

The Stepping On: Falls Prevention Wellness Workshops provide education for those 60 years of age and over. This program meets for 2 hours each week for 7 weeks. Strength and balance activities, home safety, bone health, nutrition, footwear, assistive devices plus much more are discussed. A physical therapist, vision expert, medication and community safety experts discuss reasons falls occur and what you can do to prevent them. The program is facilitated by two Registered Nurses, Diane and Donna.

The next workshop runs from 10 am to 12 pm on Wednesdays beginning May 20 at Association for Vision Rehabilitation (A.V.R.E.), 174 Court St., Binghamton. Another workshop begins Tuesday, June 16, from 12:30-2:30 pm at the Vestal Senior Center, 201 Main St., Vestal.

The registration fee is \$35 for the entire workshop, and includes a manual and refreshments. Caregivers are welcome. Space is limited; call today for your reservation and for future workshops: Diane at 607-757-0750 or Donna at 607-765-4180.

This program is sponsored by Broome County Health Department and Broome County Office for Aging and is facilitated by Independence Awareness.

### Come to the Barbecue Chicken Luncheon!

Wednesday, May 13 -- Meal served around 12:15 pm

Come enjoy a tasty summer lunch of rotisserie baked chicken, macaroni & cheese, coleslaw and strawberry shortcake for dessert.

Lunch is just \$4 for people age 60+ and just \$5 for people under age 60.

#### Bonus...Fun! Celebrate with:

- Live music by Harpist Ted Davenport starting at 11:00 am at the Broome West Sr Center in Endwell.
- Live music by David Hores starting at 10:30 am at the North Shore Towers Sr Center in Binghamton.
- Antiques Appraisal from 12:30-1:30 pm at the Eastern Broome Sr Center in Harpursville.
- Spring Rummage Sale at 10:00 am at the Vestal Sr Center.

Please call the senior center of your choice to make your meal reservations (phone numbers listed on the back pages of this issue).

### Spice Thyme Class

When you think of foods that taste good, do you think of sweet, salty, buttery or cheesy snacks?? Like most of us, we prefer foods that are flavorful rather than foods that are bland. For all you salty and sweet lovers, there is a way to reduce your sodium and sugar intake but still obtain some amazing flavors in your food. If you haven't guessed what the secret ingredient is yet, you're probably thinking too hard. Certain spices and herbs can provide a great deal of flavor to meals, as well as health benefits.

Come join in our “Spice Thyme” discussion and cooking demo throughout the month of May at the senior centers listed below. This class will focus on herbs, spices, and healthy meal planning tips. We will have a group discussion, a fun activity, and an easy recipe for all to try! For more information regarding this class please contact the Office for Aging at 778-2411.

#### Upcoming Classes:

- May 5 - Oak Street Senior Center 10:45 am
- May 7 - Deposit Senior Center 11:00 am
- May 14 - Johnson City Senior Center 10:30 am
- May 19 - Vestal Senior Center 12:15 pm

**“The time for action is now. It's never too late to do something.”**

Antoine de Saint-Exupery

## Memorial Day

Memorial Day, which is observed on the last Monday of May, commemorates the men and women who died while in military service. In observance of the holiday, many people visit cemeteries and memorials, and volunteers place American flags on each grave site at national cemeteries. Some people wear a poppy, the flower of remembrance. A national moment of remembrance takes place at 3:00 p.m. local time. This year marks the 70<sup>th</sup> anniversary of the end of WWII.

*US Department of Veterans Affairs*



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## May Day Memories

May Day (May 1<sup>st</sup>) brings to mind the images and perhaps even the memories of maypoles, collecting flowers, May Queens, and the delight in finding a surprise basket of flowers on your doorstep. Throughout its history, May Day has traditionally been a joyous celebration of spring and the coming summer. Today, May Day is still celebrated all over Europe and in many other countries, including some parts of the United States.

A Mother Goose rhyme:

*The fair maid who,  
the first of May,  
Goes to the fields at break of day,  
And washes in dew  
from the hawthorn tree,  
Will ever after handsome be.*

# 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  
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## The Benefits of the Yesteryears Social Day Program

Studies show adults suffering from dementia are unhappy and feel isolated. Half spend most of their day doing nothing. For this reason, social day programs have developed to provide the opportunity for these seniors to socialize with others and engage in meaningful activities and discussions. The Yesteryears program has been providing day services to Broome County residents for the past 30 years. Our energetic and compassionate staff creates an environment in which your loved one can remain independent and feel important and valued. Our structured activities provide participants with the opportunity to get some exercise, sing and laugh.

Yesteryears takes great pride in the fact that the seniors utilizing our service feel it has improved their quality of life. One of our participants recently commented, "I just love this place. It gives me purpose." Another stated, "I think that your program is a better outlet for seniors than anywhere I have ever seen or heard of." Caregivers as well as participants experience benefits. One daughter stated that "it feels so good to take my mother someplace that she's actually talked to and feels so loved." Caregivers express that they have greater peace of mind knowing their loved one is in a safe and caring environment. This peace of mind allows caregivers to use respite time to meet their own needs, thereby improving the relationship with their loved one. One daughter told us she noticed her father is talking more at home since joining the program. Another caregiver said, "Yesteryears brought my mother out of her depression and gave her new life."

We invite you and your loved one to learn more about the Yesteryears Program at our upcoming open house, **June 10<sup>th</sup> from 5 -7 pm at our Endwell location, 2801 Wayne St, Endwell.** This is an opportunity for both caregivers and their loved ones to tour our facility and meet our staff. Light refreshments and door prizes will be provided. Please contact Debbie Proinski at 785-0494 to register for this event.

## The Broome County Home Repair Service

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## May Lawn Care Tips

■ The application of a spring type of lawn fertilizer should perk up your lawn and improve its over-all color and appearance. If there is moss growth, use spring lawn fertilizer that has a moss-killer included so you can do both jobs in one easy application.

■ Thatch buildup can smother your lawn and provide an environment for diseases. Remove thatch with a brisk raking, or with a de-thatching machine.

■ Over seed to help fill-in the lawn and deter the re-growth of moss and weeds. Use about one pound of quality grass seed for every 300 square feet of lawn area. Apply a light compost or soil over the seed to keep it moist and in place.

■ Aerate your lawn to help water penetrate deeper into the soil and reduce the need to water during the drier months ahead. You can use a garden fork to punch holes over the surface of your lawn.

■ Sharpen your lawn mower blades to prevent tearing the grass tips. Set the blade on your lawnmower to cut the grass at 2 1/2 inches to avoid scalping. A mulching blade will eliminate the need to rake or bag the clippings, prevent thatch buildup, and the clippings will provide food for the lawn.

## Positive Aging Academy

There are three sessions of Positive Aging Academy in May held on Tuesdays from 10 till 12 noon at Broome West Senior Center. There is no fee.

**May 5:**

Health through Social Connections: Revisiting the importance of relationships.

**May 12:**

Money Issues: Know what you value, then "money" will come.

**May 19:**

Streamlining for Purposeful Living: What and how to downsize life leaving more time for purpose.

Register for one or all 3 by contacting Joan at 778-6206. Reserve a hot lunch served after the workshop by calling the senior center lunch desk at 785-1777; it's just \$3.25.



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## Computer Corner

### Social Networks—Let's Talk about Facebook, part 1

**What is Facebook?** Facebook is a social networking website where users maintain a profile of their personal interests, add friends and exchange messages.

**What is a Facebook Profile?** A Profile is an individual's identifying information requested when that individual signs up for a social networking site or other service. Profile information may include a username, contact information, personal or business interests, a photo, bio, or other data. Your profile is your collection of the photos, stories and experiences that tell your story. Your profile also includes your Timeline.

**What is a Timeline?** Your Timeline is the space on your profile where you can see your own posts, posts from friends and stories you're tagged in organized by the date they were posted.

### Facebook Q & A's

**Does it cost money to use Facebook?** Facebook is a free online site and will never require that you pay to continue using the site. You do, however, have the option of making purchases related to games, apps and other items. In addition, if you choose to use Facebook from your mobile phone, keep in mind that you'll be responsible for any fees associated with internet usage and/or text messaging as determined by your mobile carrier.

**Can I create a joint Facebook account or share a Facebook account with someone else?** Facebook doesn't allow joint accounts. Additionally, you can only sign up for one Facebook account per email address. Since each account belongs to one person, Facebook requires everyone to use their authentic name on their account. This way, you always know who you're connecting with.

**Why am I getting a Facebook invitation email from a friend?** You received this email because a Facebook member is inviting you to join Facebook. Facebook allows people to send invitations to their contacts by entering an email address or by uploading their contacts.

If you're already registered for Facebook, your friend may have used an email address of yours that isn't currently linked to your Facebook account. If you'd like, you can add this email address to your existing Facebook account to ensure that you won't get Facebook invitations sent to that address in the future. If you don't want to receive invites from your friends, you can use the unsubscribe link in the footer of the email.

source: [www.facebook.com/help](http://www.facebook.com/help)

## 20<sup>th</sup> Century Crazes—The Foxtrot

One of the most glamorous of all the 20<sup>th</sup> century social dances, the foxtrot, is also the most difficult. Its elegant swoops, suggesting such ease and grace, conceal great complexity. While demanding for the male partner—who must lead the complex sequence of steps, turns and changes—it is even more challenging for the woman who, as Ginger Rogers famously remarked, has to do it all “backwards and in heels.”

The foxtrot began in ragtime-era America, where vaudeville performer Harry Fox had created a complicated two-step dance routine—so complicated that his partners were finding it impossible to follow. Forced to slacken the tempo and add a sequence of slower steps, Fox unwittingly created an attractive dance that non-professionals could copy.

In 1914, the night clubbers near the theater where Fox was performing took up the dance and dubbed it “Fox's Trot”. It became a craze, later refined by ballroom stars Vernon and Irene Castle into a showpiece of graceful technique and fashionable elegance. It also became staple fare in the films of Fred Astaire and Ginger Rogers.

While the foxtrot was created just before the First World War, it bloomed before the Second, and danced through the peacetime Fifties. It continues to be popular in the unexpected ballroom revival of the 21<sup>st</sup> century.

Reproduced by kind permission of *This England* magazine, “Take Your Partners Please for the Foxtrot”, Roger Harvey, *This England*, Spring 2015

## “Putin, Ukraine and the West.”

**When:** 2 PM Wednesday, May 13

**Where:** St. Vincent De Paul Church, Club House Rd, Vestal.

The civil war in Ukraine has revived Cold War-era tensions between Vladimir Putin's Russia and the US and its European allies. Professor Brian Taylor, Director of the Center for European Studies at Syracuse University, will address these complex issues in delivering Lyceum's annual Albert and Pearl Mall Lecture. There is no charge for this event, but Lyceum does request that you register at [lyceum@binghamton.edu](mailto:lyceum@binghamton.edu) or call the Lyceum office at 777-2587.



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# 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  
Oakdale Mall  
(close to Sears)

Date: Monday, May 4<sup>th</sup>  
Time: 1:00-2:30 PM

Place: Broome West Senior Center  
2801 Wayne St, Endwell  
Phone: 785-3427

Date: Wednesday, May 20<sup>th</sup>  
Time: 9:30-11:00 AM

Additional support and chat groups are available throughout the county. Call Caregiver Services at 778-2411 for more information.

## Education Programs for Caregivers

Advanced Care Planning & Long-Term Care Ombudsman Program

Date: Tuesday, May 5<sup>th</sup>  
Time: 1-2:30 PM

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

Presenter: Rebecca Bradley,  
Program Coordinator for the Long-Term Care Ombudsman Program and APEL (Advanced Care Planning for End of Life)

Rebecca Bradley will present on behalf of Action for Older Persons. She will provide information about Health Care Proxies and Living Wills. She will also help attendees understand the Ombudsman Program and how it can assist you and your loved one.

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

# Protection Against Pneumonia

Broome County Health Department

Approximately 18,000 adults aged 65 and older die, and thousands are hospitalized each year in the United States due to infections caused by the pneumococcal bacteria. Getting vaccinated is a person's best option for protection. There are two pneumococcal vaccines that can help with this. The pneumococcal vaccine (PPSV23, Pneumovax 23) has been recommended for use in adults aged 65 and older since 1983. It has proven to protect against 23 types of pneumococcal bacteria, including infections of the blood stream (bacteremia) and infections of the covering of the brain (meningitis).

The pneumococcal vaccine (PCV13, Prevnar) has been used routinely in children since 2010 and studies show that it has indirectly reduced pneumococcal infections among adults. The PCV13, Prevnar vaccine is recommended to prevent both pneumonia and invasive disease. It is anticipated that obtaining both the PCV13, Prevnar and PPSV23, Pneumovax vaccines will provide the best protection against pneumococcal disease. To be most effective, it is recommended that the vaccines be administered separately in a series at least 6-12 months apart.

Medicare Part B will now cover **both** pneumococcal vaccines for all Medicare beneficiaries, but there must be 11 full months between vaccine administrations for payment. For additional information regarding payment, please check with your insurance provider.

For further information pertaining to the pneumococcal vaccine recommendations, you may contact your provider or the Broome County Health Department at 607-778-2839.

# Help For Your Flower Garden

Dahlias, gladiolus, tuberous begonias, lilies, cannas and other summer flowering bulbs can be planted this month. Gladiolus bulbs may be planted at 2 week increments until the first of July to provide you with cut flowers until the first frost.

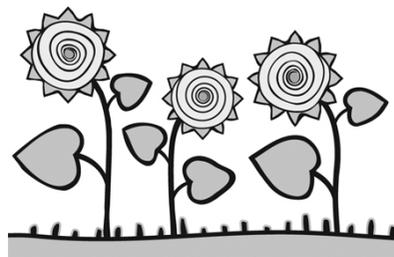
Delphiniums, phlox, daylilies, carnations, aubrietia, candytuft, basket of gold, primroses, coral bells, saxifraga and other summer flowering perennials may all be set into the garden any time in May.

Break off wilting tulip or daffodil heads, but continue to feed and care for the plants until the foliage has died back naturally. Old plantings of daffodils may be divided and moved when they have finished blooming, but treat them as growing plants and use care to protect the foliage and roots. Water them thoroughly after transplanting. It is best not to dig or move other spring flowering bulbs until their foliage has ripened and died back.

Pansies, snapdragons, dianthus, petunias, geraniums, fuchsias and impatiens should be ready to plant by mid month. Toward the end of the month, it should be warm enough to plant the more tender annuals like salvia, zinnias, marigolds, and lobelia.

Lightly side dress perennials with an all-purpose 5-10-10 or 10-10-10 fertilizer. Avoid spilling the fertilizer on the plant, and use care not to damage the shallow roots when you cultivate it into the soil. Set stakes next to your taller flowers early in the season to help support the plants against wind as well as making them easier to 'train'.

Promptly remove spent flowers from any plant unless you intend to harvest the seeds. Leaving the spent flowers consumes the plant's energy to produce seeds, and in many species of plants (especially annuals), removing the dead flowers will promote further blooms.



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## About Screening for Colon and Rectal Cancer

Colorectal cancer is the second-leading cause of cancer death nationwide. But it can usually be cured when caught early. Screening tests like colonoscopy can save lives by catching problems before symptoms even appear, when treatments might work best. So no matter how busy you feel, if you're age 50 or older—or even younger if you're at high risk—you should make time to talk with your doctor about getting screened for colorectal cancer.

### What to Ask Your Doctor:

- When should I start getting screened for colorectal cancer?
- Which screening test do you recommend for me?
- How can I prepare for the test?
- What should I expect during the test?
- Are there any risks involved?
- Who will perform the exam?
- Will I need someone to come with me?
- Who will give me the results, and when?

source: [newsinhealth.nih.gov](http://newsinhealth.nih.gov)

## Sudoku Answers

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

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## 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,

**I've been receiving physical therapy for my knee for several weeks. My doctor told me that I'm getting close to the therapy cap and that we might have to stop the treatment. What is the therapy cap?**

Ann

Dear Ann,

A therapy cap is a limit on how much outpatient therapy Medicare will cover in a given year. In general, Medicare limits the amount of outpatient speech, physical, or occupational therapy that a beneficiary can receive. Therapy caps only apply to people with Original Medicare. If you have a Medicare Advantage plan, your plan may have therapy caps, but the plan is not required to do so.

In 2015, Medicare will cover up to \$1,940 worth of physical therapy and speech therapy combined. Medicare will also cover up to \$1,940 worth of occupational therapy. Note that physical and speech therapies are combined when reaching the therapy cap, but occupational therapy is counted by itself when reaching the therapy cap.

If you reach the \$1,940 therapy cap and you and your doctor feel you need additional therapy, your doctor can tell Medicare that it is medically necessary for your therapy to continue. If Medicare denies the claim, you can appeal this decision.

You should have a conversation with your provider about the therapy cap and your medical needs. You can also contact Medicare by calling 1-800-Medicare or by going online to [www.medicare.gov](http://www.medicare.gov) to learn more about therapy caps.

Marci



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## Try It -- You'll Like It!

Praise is like sunlight to the human spirit; we cannot flower and grow without it. Mark Twain once confessed that he could live for three weeks on a compliment, and he was not an exceptionally vain man. He was just admitting what most of us feel - that we all need a lift from time to time. Yet, while most of us are only too ready to apply to others the cold wind of criticism, we are somehow reluctant to give the warm sunshine of praise.

Try giving a compliment to one or two people a day. You'll be surprised how good it makes you feel to make someone else feel good. It's easy!

## Detect Glaucoma Early To Protect Vision

Glaucoma is a group of diseases that damage the eye's optic nerve which carries visual signals from the eye to the brain. If left untreated, glaucoma can lead to vision loss and/or blindness. Many people with early-stage glaucoma have no symptoms so that by the time they are diagnosed, they may already have changes to their peripheral (side) vision.

Studies show that at least half of all people with glaucoma don't know they have this potentially blinding eye disease. The good news is that glaucoma can be detected in its early stages through a comprehensive dilated eye exam.

With early detection, glaucoma can be controlled through medications and/or surgery. Early treatment can protect the eyes against serious vision loss. Anyone can get glaucoma, but some people are at increased risk. At risk groups include African Americans age 40 and older, everyone over age 60, especially Hispanics/Latinos, and people who have a family history of the disease.

If you are at increased risk, be sure to get a comprehensive dilated eye exam every 1 to 2 years. Encourage your family members to do the same!

source: National Institutes of Health, News in Health, January 2015

## IRS Identity Protection Tips

Tax-related identity theft occurs when someone uses your stolen Social Security Number [SSN] to file a tax return and claim a fraudulent refund. You may be unaware you're a victim until you receive an IRS notice or file your return, only to see it rejected because your SSN already has been used. It's important that you take steps to protect all of your personal identity information. Here are some useful tips to protect your information:

- Keep your card and any other document that shows your SSN in a safe place. DO NOT routinely carry your card or other documents that display your number.
- Be careful about sharing your number, even when you're asked for it. ONLY share your SSN when absolutely necessary.
- Protect your personal financial information at home and on your computer.
- Check your credit report annually.
- Check your Social Security Administration earnings statement annually.
- Protect your personal computers by using firewalls and anti-spam/virus software; update security patches and change passwords for Internet accounts.
- Protect your personal identity information; keep it private. Only provide your SSN when YOU initiate the contact or you're sure you know who is asking.

For further information, contact the Internal Revenue Service at [www.irs.gov/Individuals/Identity-Protection-Tips](http://www.irs.gov/Individuals/Identity-Protection-Tips)

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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

5/2,3 Quilters Guild Public Showing, (Sat) 10 am- 8 pm, (Sun) 10 am- 4 pm

5/5 Positive Aging Academy (Social Connections), 10 am-12 pm

5/6 Newark Valley Quilters Luncheon, 10 am

5/7,8 AARP Driver Safety Program, 10 am-1:40 pm

5/8 Celebrate Mothers for Mothers' Day, 11 am

5/11 Breakfast Special: Omelets Your Way, 10:30 am-12:30 pm

5/12 Positive Aging Academy (Money Matters), 10 am-12 pm

Evening Meal (*roast pork/choco cream pie*)

w/Wayne Beddoe (Singer), 5-7 pm

5/13 BBQ Chicken Luncheon, Harpist Ted Davenport, 11 am- 12 pm

5/19 Positive Aging Academy (Streamlining), 10 am-12 pm

5/21 Philly Cheese Steak Day w/The Dinner Duo, 11 am-12:30 pm

5/22 Memorial Day Picnic, 11 am-1 pm

5/26 Evening Meal (*chx cordon bleu/homemade dessert*)

w/Just Us (Popular Tunes), 5-7 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: 5/5 Nickel; 5/12 Bag; 5/19 Quarter; 5/26 Nutrition

Tuesdays: Chair Exercises, 11 am

5/4 (Mon.) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

5/5 Crafts, 10 am

5/7 "Spice Thyme" w/Cooking Demo, 11 am

Mother's Day Celebration, 1 pm

5/12 Blood Pressures w/Sandy, 11:30 am

5/14 Evening Dining (*roast pork/choco cream pie*)

w/David Hores (accordionist), 5 pm

5/19 Southern Tier Food Bank, 12 pm

5/21 38<sup>th</sup> Anniversary Celebration w/West Branch Ramblers, 11 am



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## **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: Living Healthy with Chronic Disease Workshops, 9-11:30 am

5/7,8 AARP Driver Safety Program, 5-8:30 pm

5/8 Mothers' and Ladies' Day Observance, 11 am

5/13 BBQ Chicken Luncheon & Antique Appraisal, 12:30-1:30 pm

5/14 Evening Dining (*roast pork/choco cream pie*) w/Greg Neff, 4 pm

5/16 (Sat.) Annual Rummage & Bake Sale, 9am-1 pm

5/18 The Science of Billiards w/Conrad, 11-11:45 am

Info & Assistance Rep. Jamie Roberts (OFA), 12:15- 1 pm

5/28 Evening Dining (*chx cordon bleu/homemade dessert*) w/Bingo, 4 pm

5/29 Gance's Fish/Steak Fry Fundraiser, 12-6 pm

## **FIRST WARD..... 797-2307**

226 Clinton St., Binghamton, NY 13905

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

**Lunch served at 11:45 am call 729-6214**

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

(No Reservations Required)

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Billiards

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

**T:** Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm;

Texas Holdem 12:45; Art 1 pm

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

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

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

### Special Activities:

5/1 BU Nurses Visit, 10 am-2 pm

5/5 Evening Meal (*chx cordon bleu OR liver/onions & lemon bar*)  
w/Orange Blossom Special, 5 pm

5/6 Social Club Meeting, 1 pm

5/8 Mother's Day Luncheon, 11:45 am

5/13 Blood Pressure Clinic, 10 am

5/13 Legal Aid (*by appointment only*), 9 am

BBQ Chicken Luncheon, 11:45 am

5/16 (Sat.) Rummage Sale, 9 am-12 pm

5/20 FW Chorus Spring Concert, 7 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:**

- 5/8 Mother's Day Luncheon, 11:45 am
- 5/13 BBQ Chicken Luncheon, 11:45 am
- 5/14 "Spice Thyme" w/Cooking Demo, 10:30 am
- 5/15,16 Rummage Sale, 9-3 pm
- 5/19 Red Hat Society Meeting, 7pm
- 5/21 Evening Dining (*roast beef/key lime pie*), 5-7 pm
- 5/27 Guitar Sing Along, 12 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:** Thurs 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:**

- 5/1 Make Your Own May Basket w/Denise, 12:30 pm
- 5/6 Sock Hop Anniversary w/Orange Blossom Special, 11 am
- 5/7 Presentation on Diabetes, 11am
- 5/8 Mother's Day Celebration, 11 am
- 5/12 Evening Meal (*roast pork/choco cream pie*) w/Bruce Huggins, 4:30 pm
- 5/13 Chicken BBQ Luncheon, 11 am
- 5/16 (Sat) Bake Sale at Gregg's Big M, 9 am
- 5/26 Evening Meal Bingo (*chx cordon bleu/homemade dessert*), 4:30 pm
- 5/29 Root Beer Floats (after lunch)

**Best Bets for Breakfast and Brunch**

Monday	Tuesday	Thursday
Broome West 10:30 am – 12:30 pm	Eastern Broome 8:00 – 9:30am	Eastern Broome
First Ward 10:30 am – 12:30 pm	Johnson City 10:30 am – 12:30 pm	Golden Griddle Brunch 10:30 am – 12:00pm
		Northern Broome 10:00am – 12:30 pm

**Walk-ins**

**Welcome**



Enjoy made-to-order pancakes, waffles, French toast, omelets for just a \$3.25 contribution (ages 60+) and \$4.25 for all others. Call Center for exact menu.

**NORTH SHORE..... 772-6214**

24 Isbell St., Binghamton, NY 13901

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

**Lunch served at Noon**

**Weekly Activities:**

**M:** Bingo 10-11 am

**Tu:** Fitness 10:30 - 11:00 am

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

**Special Activities:**

- 5/1 Seedling Starter, 10:30 am
- 5/6 Special Cookbook Making, 10:30 am
- 5/7 Philly Cheese Steak Day, 11 am -12:30 pm  
Blood Pressure/Glucose Screenings w/Medicine Shoppe, 11 am-12 pm
- 5/8 "Mothers of the Revolutionary War" w/George Cummings, 10:30 am
- 5/13 Chicken BBQ Luncheon w/David Hores, 10:30 am
- 5/20 Breakfast for Lunch (*waffles/sausage*), 10:30 am- 12 pm
- 5/27 Gardening, 10:30 am
- 5/28 OFA Information & Assistance, 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:**

- 5/1 Financial Savings for Seniors w/Medicare (AOP), 10:45 am  
Bridging the Digital Divide, 10:30 am-12:30 pm
- 5/5 "Spice Thyme" w/Cooking Demo, 10:45 am
- 5/8 Mother's Day Luncheon, 11:30 am
- 5/12 Pizza for Lunch Day, 11 am  
Blood Pressure w/Joyce (Medicine Shoppe), 11 am
- 5/13 BBQ Chicken Luncheon, 11:45 am
- 5/15 Ice Cream Sundae Day, after lunch
- 5/19 Book Review/Cheryl Ebert: *The Gold Coast* by Nelson DeMille, 11 am
- 5/22 Memorial Day Service, 11:30 am

**VESTAL ..... 754-9596**

Old Vestal Junior High School Cafeteria

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

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

**Lunch served at 11:45am**

**Sandwich and Soup bar: W/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:**

- 5/5 Basketball Fee Throw Tournament, 10:30 am
- 5/7,14 Bingo w/Brad, 10:15 am
- 5/8 Mother's Day Luncheon, 11:45 am
- 5/12 Prescription Medication Drop Off, 11am- 12pm
- 5/13 Spring Rummage Sale, 10 am  
BBQ Chicken Luncheon, 11:45 am
- 5/13,14 AARP Driver Safety Program, 10am- 1:45pm
- 5/15 Pizza for Lunch (please reserve), 11:45 am
- 5/19 Breakfast for Lunch, 10:30am- 12 pm  
"Spice Thyme" w/Cooking Demo, 12:15 pm
- 5/21 Evening Meal (*roast beef/key lime pie*) w/Ryan Wilson, 4-7 pm
- 5/22 Craft Day: Quick & Easy Bandana Wreath, 10:30 am
- 5/26 Vestal Senior Citizens Club Meeting, 12:45 pm

# MEET, GREET & EAT

## May Menu - Bon Appétit!

MONDAY <small>(Breakfast for Lunch @ BW,FW)</small>	TUESDAY <small>(Breakfast for Lunch @ NB &amp; JC Senior Ctrs)</small>	WEDNESDAY	THURSDAY <small>(Golden Griddle @ EB)</small>	FRIDAY
<p><b>You Can "Get into the Act" Too!!</b></p> <p>We need volunteer help at our Broome County Senior Centers Give as little as <u>2 hours</u> a week to help serve and clean up after meals. Just call the Senior Resource Line at 778-2411 to volunteer.</p>				<p><b>Beer Battered Fish</b> 5/1 <b>OR Home-Style Salisbury Steak</b> Macaroni &amp; Cheese French Cut Green Beans Oatmeal Cookie</p>
<p><b>Cheesy Shell Casserole</b> 4 Vegetarian Vegetable Soup Sugar Cookie</p>	<p><b>Sausage w/Peppers &amp; Onions</b> 5 Baked Beans Tossed Salad Tropical Fruit</p>	<p><b>Roast Turkey w/Gravy</b> 6 Mashed Potatoes Country Blend Vegetables Sherbet</p>	<p><b>Pierogies w/Onions</b> 7 Cut Green Beans Baby Beets Carrot Cake w/Cream Cheese Frosting</p>	<p><b>Mother's Day Observance</b> <b>Fish Florentine</b> 8 <b>OR Chicken w/Cranberry</b> Brown Rice Pilaf Monte Carlo Blend Veg. Apple Crisp</p>
<p><b>Chicken ala King</b> 11 <b>Over a Biscuit</b> Carrot Coins Grape Juice Pumpkin Cookie</p>	<p><b>Beef Stroganoff over Noodles</b> 12 Cut Green Beans Tossed Salad Sherbet</p>	<p><b>BBQ Chicken Luncheon</b> <b>Rotisserie Chicken</b> 13 Macaroni &amp; Cheese Coleslaw Strawberry Shortcake</p>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Age 60+ \$4 &lt; Age 60 \$5</p> </div>	<p><b>Manicotti</b> 14 Wax Beans Tossed Salad Sunshine Salad</p>
<p><b>Spaghetti w/Meat Sauce</b> 18 Cut Green Beans Apple Juice Banana</p>	<p><b>Tuna Salad Sandwich</b> 19 <b>OR Pork BBQ Sandwich</b> Cream of Broccoli Soup Carrot Raisin Salad Raspberry Fruited Gelatin</p>	<p><b>Liver w/Onions</b> 20 <b>OR Chicken w/Marengo</b> Mashed Potatoes Spinach Rice Pudding w/Raisins</p>		<p><b>Roast Beef w/Gravy</b> 21 Mashed Potatoes Monte Carlo Blend Veg. Chocolate Chip Cookie</p>
<p><b>Centers Closed in</b> 25 <b>Observance of Memorial Day</b></p>	<p><b>Macaroni &amp; Cheese</b> 26 Stewed Tomatoes French Cut Green Beans Banana</p>	<p><b>Pub Burger</b> 27 <b>OR Egg Salad Sandwich</b> Pasta Salad Orange Juice Ice Cream Cup</p>	<p><b>Sweet &amp; Sour Pork</b> 28 <b>Over Brown Rice</b> Broccoli Florets Tapioca Pudding w/Mandarin Oranges</p>	<p><b>Broccoli Cheese Pollack</b> 29 <b>OR Grandma's Meatloaf</b> Mashed Potatoes Baby Carrots Pears</p>

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 8

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

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