Broome County Office for Aging

# Senior News

Jamie M. Kelly, Director • Debra A. Preston, Broome County Executive • Volume 43 Number 11 • NOVEMBER 2015

*Visit Our Website at www.gobroomecounty.com/senior*

## Family Caregivers 2015

The National Alliance for Caregiving and the American Association of Retired Persons (AARP) Public Policy Institute issued a new report on June 4, 2015, from a joint study on caregiving in America. An estimated 43.5 million adults in the United States have provided unpaid care to an adult or a child in the prior 12 months. The profile of the average family caregiver in America is changing as the population ages. While the typical family caregiver is a 49 year old woman, taking care of a relative (usually a 69-year-old woman, though half of caregivers say they are providing care to a loved one who is 75 or older), caregivers on the whole are becoming as diverse as the American population.

Caregiving in the U.S. 2015 provides surprising insight into today's family caregivers. High hour caregivers, who provide unpaid care for 21 hours or more each week, report the highest stress of all caregiving groups. The typical high-hour caregiver provides care for an average of five years and expects to continue care for another five years. Caregiving creates not only emotional strain but financial strain. Higher hour caregivers reported difficulty in finding affordable caregiving services for them and their loved ones in the community. Likewise, long-distance caregivers reported higher than average financial strain.

"As previous AARP research has shown, we're facing a caregiving cliff," said Dr. Susan Reinhard, Senior Vice President and Director, AARP Public Policy Institute & Chief Strategist, Center to Champion Nursing in America. "By mid-century, there will only be three caregivers available for each person requiring care. That means we need to provide support for existing caregivers who are underserved by the current long-term services and support system to avoid putting them at higher risk as they age."

*source: www.aarp.org/ppi/info-2015/caregiving-in-the-united-states-2015.*

## Health Care Proxy: Appointing Your Health Care Agent in NYS

*by Amy Pessarchick*

A New York State Health Care Proxy is a legal document that allows you to name a person you trust—for example, a family member or close friend—to make health care decisions for you if you lose the ability to make decisions yourself. By appointing a health care agent, you can make sure that health care providers follow your wishes. Your agent can also decide how your wishes apply as your medical condition changes. Hospitals, doctors and other health care providers must follow your agent's decisions as if they were your own. You may give the person you select as your health care agent as little or as much authority as you want. You may allow your agent to make all health care decisions or only certain ones. You may also give your agent instructions that he or she has to follow.

Everyone should have a completed Health Care Proxy. This document is for people of all ages, not just those with a serious, life-threatening illness. Emergencies can happen at any time! The person you choose as your agent must be an adult over 18 (can be a family member or close friend) and able to speak and act on your behalf. This decision is a very important one; make sure the person you've chosen understands your wishes fully and is willing to discuss your medical choices with you and health care professionals when needed. Also discuss your wishes with your primary health care provider.

The Health Care Proxy will become active only when you're unable to make your own medical decisions. Your proxy will never expire, but you may cancel the authority given to your agent by telling him or her or your health care provider orally or in writing. For the proxy to be legal, it must be filled out in the presence of two adult witnesses 18 years of age or older (not your agent, though.) You do not need a lawyer or a notary. Keep the completed form in a safe place and be sure to give a copy to your health care agent, doctor, attorney and any other family members or close friends you want.

*source: www.health.ny.gov*

*Editor's Note: For your convenience, we've included a pocket-sized Health Care Proxy Form in this edition of the Senior News. If you already have a completed Health Care Proxy, please pass it on to a family member or friend to use.*

## Support for Caregivers

The Caregiver Services staff of the Office for Aging help caregivers get the information and assistance they need whether it is the practical solutions to daily problems or dealing with the emotional demands of caregiving. Services to caregivers include:

- Private consultations with an experienced staff member
- Educational presentations on common caregiver issues like legal matters, wandering, and many other topics
- Discussion groups for caregivers to share with - and learn from - other caregivers
- Caregiver Resource Center which includes written material on many topics of interest
- Referrals to services available in our community
- A regular newsletter which lists upcoming presentations and covers caregiving issues

The Office for Aging also gives caregivers a break by providing a safe place for their loved ones to spend the day. Our Yesteryears Adult Day Program provides a structured environment with social and recreational opportunities for people who are socially isolated, physically frail or suffering from short-term memory loss. For more information on any of these services, please call **607-778-2411.**

**Look for this symbol throughout the Newsletter for more Caregiver articles!**

# National Family Caregiver Month

*Helping You Help Your Loved Ones*

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## American Slang:
**How Many Do You Know?**

1. Gams
   a) chops
   b) roe
   c) legs

2. Stinkpot
   a) motorboat
   b) rascal
   c) cannon

3. Noggin
   a) head
   b) holiday drink
   c) sled

4. Dish the dirt
   a) spoil
   b) gossip
   c) wash

5. Peel out
   a) undress
   b) pare potatoes
   c) speed off

See answers below.

American Slang Answers:
1) c 2) a 3) a 4) b 5) c

## Veterans Day Remembrance at Senior Centers

All Broome County veterans and their families are invited to a special Veterans Day Remembrance at local senior centers on Wednesday, November 4th (Thursday, November 5th in Deposit).

Senior centers are offering a variety of activities to honor your service to our country including recognition ceremonies, music and a delicious roast pork luncheon with apple cobbler served around noon. Please call the senior center of your choice to make a lunch reservation by noon on Tuesday, November 3rd. Lunch is just $3.25 for people age 60+ and $4.25 for people under age 60. **All veterans will receive a complimentary lunch.**

Find the phone number of the senior center nearest you listed on the back pages of this *Senior News* publication. We hope to see you there!!


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**What is a Senior Move Manager?**
A Senior Move Manager is a professional who specializes in assisting older adults and their families with the emotional and physical aspects of relocation and/or "aging in place".

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- Allocation of Items You no longer Want or Need

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- Waste Removal
- Assisting with Finding Your Realtor
- Preparing Your Home to Sell

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## Do You Have Concerns About an Older Driver?

Are you worried about your parent or other older family member or friend driving? Sometimes it can be hard for an older person to realize that he or she is no longer a safe driver. You might want to observe the person's driving skills. For example, make sure that the driver:

- Follows the rules of the road, including speed limits, traffic lights, and stop signs.
- Yields the right-of-way.
- Is aware of other vehicles, motorcyclists, bicyclists, pedestrians, and road hazards.
- Merges and changes lanes safely and stays in the lane when turning and driving straight.
- Can easily move the foot between the gas and the brake pedals, and does not confuse the two.

If it's not possible to observe the older person driving, look out for these signs that he or she is having problems at the wheel:

- Has multiple vehicle crashes, "near misses," and/or new dents in the car.
- Receives two or more traffic tickets or warnings within the last 2 years; increases in car insurance premiums because of driving issues.
- Neighbors or friends observe unsafe driving.
- Has anxiety about driving at night.
- Develops health issues that might affect driving ability, including problems with vision, hearing, and/or movement.
- Complains about the speed, sudden lane changes, or actions of other drivers.
- Shares that doctor recommended he or she modify driving habits or quit driving entirely.

*source: www.nia.nih.gov*

## AARP

AARP #3071 Binghamton meets at the United Methodist Church, 113 Grand Blvd., Binghamton, NY, the second Wednesday of each month at 1:15pm. November speaker is from the Red Cross on "Disaster Preparedness".

***"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."***

Margaret Mead

## Roundtable Discussion: "End of Life Issues"

**When:** Monday November 16th at 3:00 pm
**Where:** Broome West Senior Center, Endwell
**Host:** Professor Doug Garnar

This summer, SUNY Broome Professor Doug Garnar field tested a new National Issues Forum on "End of Life Choices" at three Broome County Senior Centers and a local church. Close to 50 seniors were in attendance. Many seniors expressed a keen interest in having more conversations in the near future focusing on the difficult issues associated with people entering into a terminal illness.

Just some of the issues that were raised at the forums included: Ensuring that people with terminal illnesses are cared for in the best possible manner; that spouses and family members who serve as care providers receive adequate support; that terminally ill people have the right to end their lives on their terms.

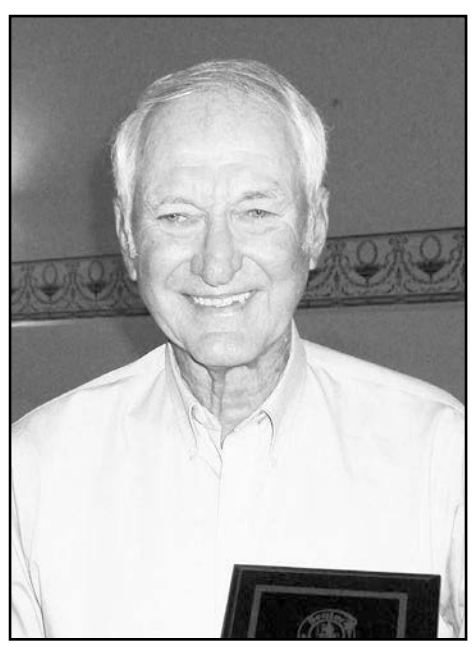
The purpose of our upcoming Roundtable Discussion, "End of Life Issues" scheduled for 3 pm Monday, November 16, at the Broome West Senior Center is to bring senior citizens together along with senior center site supervisors, community members, and Office for Aging staff to hear what specific topics seniors would like addressed in the near future. This is an excellent opportunity for seniors to have their voices heard on issues vital to them and their families.

Cider and munchies will be served. Please call the Broome West Senior Center at 785-1777 to reserve a seat by November 13th. Any questions may be directed to Doug Garnar at 778-5094 or email garnardc@sunybroome.edu.

## Awards Given at OFA 2015 Annual Volunteer Recognition Dinner

Volunteers from left to right: Michael Curry, Joseph Sullivan, Bob DeVente, Marie Saccento, Bonnie Bronson, Paul Arnold, and Carolyn Jaussi received certificates for their anniversary of 10 years of volunteer service.
(The following volunteers also received an award but are not pictured above: Richard Eggleston, Dale Held, Greg Horton, Mary Hudson, Paul Kuhnle, Darlene Leonard, Donna Richter, Maralys Swart, and Mark Tymeson.)

The Community Organization Award was given to the Bridging the Digital Divide Program for enhancing technology in the community.
Pictured left to right: Dr. Francis Battisti, Executive Vice President and Chief Academic Officer, SUNY Broome, Beth Mollen, SUNY Broome Associate Vice President and Dean of Business and Public Services, Sandra Wright, assistant professor SUNY Broome, and key volunteer leaders/organizers, Jack Rappaport and Peter Firsch.



Paul Farbanish received an award for 20 years of dedicated service to the Broome County Senior Games.

## Three Pearls of Caregiving

by Brock Travis, Ph.D.

If we let ourselves love other people, then sooner or later we are going to have to visit a hospital, make choices or give care for another person. Whether it is a child, a spouse, a parent or a friend, in-home 24/7 or by phone on-call, this is caregiving.

Three pearls for the caregiver's journey are Safety, Meaning and Purpose. These are basic spiritual principles that can guide the decisions and actions of those who are called upon to give care for loved ones during the universal experiences of aging, illness and dying.

1. Safety is the most basic pearl for the caregiver. It is an application of the same ethical principles that guard the psychologist and physician—to help and not to harm. We can ask ourselves during the course of the work of the day, "Is what I am choosing helping or hurting?" We got into this work to bring good to those we care for. We watch the edge, we block the fall, we keep our charge safe from threats they cannot protect themselves from. But safety also applies to ourselves. If we crash from stress and strain, then who will care for those who count on us? So we have to take care of ourselves. We have to notice when we are weary, fearful, angry, or stricken by grief or guilt because these feelings are signs that our very real needs are not being met. Safety demands that we too ask for the help that we need.

2. Meaning is the handclasp that keeps us on the path. It is the heart of the journey shared by the caregiver and the care recipient. Meaning arises from the deeper promises of our being—our striving to be there for the other, to meet the need of the beloved. Everyone who chooses to help others comes to those darker moments when frustration is overwhelming. This is where remembrance of the original intention is so crucial. The caregiver is the one who commits—the dutiful daughter, the faithful husband. This is the one whose gift it is to know at the end, "I kept the faith. I stayed the course."

3. Purpose is the polestar that shows us the way. It is the light on the path. It is by our sense of greater purpose that the Divine reveals to us the directing vision or calling. It may not be given to us to grasp fully the mysteries of who stays well or who gets sick, of who gets well and who dies. But even amidst the bewilderments of caring for a loved one who is losing their health, their walking, their thinking, or their life, there are laws of the soul which are constant. Caregivers so often feel guilty: "I'm not sure that I'm doing this right!" or "I wasn't there at the very end!" The two things that matter most are the most basic, truth and love. Are you treating the other as if they were your own self? Then you are being true. And do they know you love them? Then you are serving well.

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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.

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

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

| | | |
|---|---|---|
| Wednesday | 5:30 pm | Johnson City Senior Center |

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

| | | |
|---|---|---|
| Mon & Fri | 10:00 am | First Ward Senior Center (Binghamton) |
| Mon & Wed | 10:00 am | Broome West Senior Center (Endwell) |
| Tues & Fri | 9:45 am | Oak Street Senior Center (Binghamton) |
| Tues & Thurs | 10:15 am | Northern Broome Senior Center (Whitney Pt) |

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

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

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

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

## Line Dancing
Choreographed dance with a sequence of steps done in lines or rows**.** $3 charge.

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

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

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

## Chair Exercises
Increase flexibility, range of motion and circulation.

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

## Chair Dance Party
Tone muscles & increase heart rate in a comfortable, seated position.

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

## 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.

- Candor Emergency Squad Meeting Room — Thursdays, October 1 - November 12 — 10:00 am - Noon

## Open Swim & Water Aerobics Classes
First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

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

## Lo-Impact Aerobics
Modified stretches, body movements and routines that improve and tone your body.

| | | |
|---|---|---|
| Thursday | 10:30 am | Johnson City Senior Center |

## Wii Fitness

| | | |
|---|---|---|
| Tuesday | 10:30 am | North Shore Towers Senior Center (Binghamton) |

## Sunrise Yoga: Project Baptiste Foundation
Participants must have some type of military affiliation

| | | |
|---|---|---|
| Tues & Wed | 1:30 - 2:30 pm | Northern Broome Senior Center (Whitney Pt) |

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

**Exercise Equipment Available Daily at the following Senior Centers:**
Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center • Johnson City Senior Center

# EVENTS at the CENTERS

**2016 Medicare Changes With AOP**
Thurs., Nov. 5, 10:45 am
**Broome West Senior Center**
**785-1777**
Join us for a very important information session, then stay and enjoy your choice of a delicious hot meal or soup and sandwich bar.

**Silent and Live Auction**
Fri., Nov. 6, (6:30 pm-Silent Auction, 7 pm-Live Auction)
**Johnson City Senior Center**
**797-3145**
Attend our Silent and Live Auction for a variety of holiday gifts, quilts, gift certificates and more! Tickets are available for $5; proceeds to benefit the Johnson City Senior Center.

**Annual Craft Bazar**
Sat., Nov. 7, 9 am-2pm
**Northern Broome Senior Ctr**
**692-3405**
Join us at our annual craft bazar and do some holiday shopping. We will have hot sausages, macaroni & cheese, desserts and more! Tables are available for crafters for a $10 fee. Call us with questions!

**Blood Pressure Glucose Screening**
Thurs., Nov. 12, 11 am-12 pm
**North Shore Towers Senior Ctr**
**772-6214**
Come and have your blood pressure and blood sugar tested, then join us for a special lunch at noon of homemade chicken soup, grilled cheese, and banana delight dessert. Walk-Ins are welcome or call to place a reservation.

**Evening Dining & Bingo for Prizes**
Thurs., Nov. 12, 3:30 pm
**Eastern Broome Senior Center**
**693-2069**
We invite you to enjoy an evening meal followed by an exciting game of Bingo. No money is necessary to play; just bring a small prize to share. Gift certificates will be given to some lucky winners throughout the evening. Please reserve by Tuesday, Nov. 10th.

# TRIPS

**Eastern Broome Senior Center**

November 5
Cortland Country Music Park:
Tribute to Johnny Cash

**First Ward Senior Center**
Call 203-1179 for more information.

November 17-19
Atlantic City, Tropicana

**Johnson City Senior Center**

November 3
Mohegan Sun Casino

November 17
Radio City Music Hall

December 5
Dickens of a Christmas

## Senior Citizen Winter Indoor Walking

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

Sites are open November 2, 2015 through April 29, 2016. Seniors will use the hallways at the designated sites, and only at the scheduled times, Monday-Friday. When the schools are closed for holidays and snow days, etc., the walking program will also be closed.

A registration form is required to walk. You can obtain both your registration form and see a list of the walking sites online at www.gobroomecounty.com/senior/healthed or by calling the Office for Aging at 778-2411.

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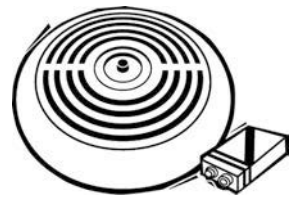
## Falls and Footwear

Sensible footwear can help prevent falls. Choose shoes that:
- have low heels and non-slip soles,
- fit well -- there should be no marks on your feet when you take off your shoes and socks,
- completely surround the foot -- no backless shoes,
- support your feet.

Avoid wearing only socks or floppy, backless slippers. Also, be sure to wear boots with good traction if you go outside in the snow.

*source: www.nihseniorhealth.gov*

**Daylight Savings Time ends Sunday, November 1st. It's also a good time to change the batteries in your smoke detectors.**



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## Nine Ways to Get Someone to Eat

*by Jennifer B. Buckley*

A common nutritional problem that can affect care recipients in poor health is cachexia-anorexia and it especially involves those in advanced stages of Alzheimer's, Cancer and AIDS. Cachexia-anorexia is a syndrome in which progressive and involuntary weight loss occurs. The people with this disorder are "wasting-away" from the lack of vitamins and nutrients and as a caregiver, this can be a difficult and frustrating event to witness.

The syndrome can be attributed to cancer treatments, medications, physiological problems like an obstructing tumor in the gastrointestinal track or psychological problems like depression. It is also possible the person you are caring for has a loss of appetite simply from not feeling well. *Caregiver.com* has come up with a list of ways to help your care recipient eat. This list doesn't necessarily reflect the needs of care recipients on special needs diets such as diabetes or restricted salt intake diets. Remember to consult your physician about the specific dietary needs of your loved one.

- Water, Water, Water. Make sure the person you are caring for has plenty of water to avoid dehydration, which can lead to appetite suppression.
- Keep it small. Instead of three large meals a day, which can look overwhelming to someone in poor health, serve six small meals a day.
- Bulk up on the amount of calories per meal. For instance, you can add protein powder mix to shakes or drinks to increase calories.
- Soft is better. Serve soft foods such as pudding, ice cream or fruit smoothies because they can be tasty and easy to digest.
- Make it tasty. Don't serve bland or sour tasting foods.
- Put the power in their hands. When possible, give the person you are caring for the decision-making power to decide what they would like to eat; it helps them to feel in control.
- Make it pretty. Present appetizing looking meals by accenting the plate with a garnish (i.e. strawberry or melon). Also, make the dining experience pleasant for the person you are caring for by playing soft music or talking to them about the day's events while they are eating to take their minds off not feeling well.
- Write it down. Keep a food diary about the person you are caring for and include: what food they have problems or complications digesting and their daily food menus, and review it with their doctor or dietician for feedback. They may be experiencing digestive problems or irritable bowl syndrome due to their menu.
- Work it out. Try and get them moving to work up an appetite. If overall exercise such as walking isn't possible, have them fold the laundry or peel vegetables.

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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 8

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | | | 7 | | | | | 1 |
| | | | | 1 | 8 | 9 | | |
| | 5 | 1 | | | | | 6 | |
| | | 5 | | 8 | | 6 | 3 | |
| | 8 | 3 | | 2 | | | 7 | |
| 1 | | | 3 | | 5 | 8 | | 2 |
| 9 | 1 | | | | | 7 | | |
| 5 | | | | | 9 | | | 8 |
| | | | | | 7 | | | 6 |

## To Autumn

by John Keats

***Season of mists and mellow fruitfulness***
***Close bosom-friend of the maturing sun***
***Conspiring with him how to load and bless***
***With fruit the vines that round the thatch-eaves run;***
***To bend with apples the moss'd cottage-trees,***
***And fill all fruit with ripeness to the core;***
***To swell the gourd, and plump the hazel shells***
***With a sweet kernel; to set budding more,***
***And still more, later flowers for the bees,***
***Until they think warm days will never cease,***
***For Summer has o'er-brimm'd their clammy cells…***

## Yoga and Older Adults

Yoga is a mind and body practice that typically combines physical postures, breathing exercises, and relaxation. Researchers are studying how yoga may help improve health and to learn more about its safe use in older adults. Recent studies in people in their late 40's have found that yoga is helpful in reducing chronic low-back pain and improving function. However, evidence is not yet available on its effectiveness and safety for older adults. If you're thinking about practicing yoga, keep the following in mind:

- Put safety first. Yoga is generally safe in healthy people. However, if you have special health considerations such as a joint replacement, arthritis, balance problems, high blood pressure, glaucoma, or other health issues, talk with your health care provider before starting yoga.
- Start with an appropriate yoga class—such as one called Gentle Yoga or Seniors Yoga—in order to get individualized advice and learn correct form.
- Look for a well-trained instructor who's attentive to your needs. Ask about the teacher's experience and training. Standards for teacher training and certification differ depending on the style of yoga. The International Association of Yoga Therapists has developed standards for yoga therapy requiring at least 800 hours of training.
- Practice mindfully. Be sure to let your yoga teacher know about any medical issues you have and ask about the physical demands of yoga. Listen to your body. Yoga poses should be modified based on individual abilities. Be careful to avoid overstretching. Because older adults are at higher risk of developing strains and sprains when doing yoga, you may need to modify or avoid some poses to prevent injury.

*source: www.go4life.nia.nih.gov/tip-sheets/yoga-and-older-adults*

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## Meals on Wheels: Help for Caregivers

**What is Meals on Wheels?**

The Broome County Office for Aging's Meals on Wheels program is a home-delivered meal service available to eligible homebound seniors who are unable to prepare meals for themselves. Meals are delivered Monday through Friday by caring volunteers who check on customers each day. Frozen meals for weekend consumption may be delivered during the week to customers who have been assessed to be in need of weekend meals.

Delivery is available in Binghamton, Chenango Bridge, Conklin, Kirkwood, Harpursville, Windsor, and Whitney Point. Persons living in Endicott, Endwell, Johnson City, Vestal or Maine can contact Meals on Wheels of Western Broome at 754-7856 or www.mealsonwheelsofwesternbroome.com.

**How do I know if I can receive Meals on Wheels?**

You are eligible if all of the following apply:
1. You are age 60 or older and live in Broome County; and
2. You are incapacitated due to accident, illness, or frailty; and
3. You are unable to prepare meals for yourself; and
4. You have no one available on a regular basis to prepare meals for you.

Eligibility for Meals on Wheels will be determined by trained, professional staff who will visit you at your home. Reassessment for eligibility will occur yearly or more frequently if needed.

**How are the meals delivered and what can I expect?**

Each weekday you will receive a hot meal for lunch and cold food items for dinner. Plan to eat the hot meal when it is delivered. You will receive a slice of bread, milk and dessert to complete your hot meal. Your cold meal pack also contains your dinner - sandwich items, juice or salad, dessert, and milk. These items should be refrigerated immediately. A loaf of bread, delivered weekly, provides two slices of bread so you can make a sandwich.

**Special Diets**

Some special diet selections are available to allow modification from a regular diet. This special diet allows for moderate reduction in sugar, salt and fat. A mechanical soft texture is available for those who have difficulty chewing. To receive a special diet, we need a completed diet prescription form from your doctor. Forms are available from the Meals on Wheels site supervisor.

**Holidays**

Volunteers will deliver meals on Christmas day and Thanksgiving day. If you choose to receive meals on these days, a special hot lunch will be delivered to your home. Along with this you will receive food for your evening meal.

**Things to Remember About Meal Delivery**

We cannot deliver a meal to your home unless someone is there to receive it. Meals cannot be left unattended because of possible food spoilage and/or contamination. No exceptions can be made. You are responsible to make your home safe for the volunteer to deliver your meal. This includes, but is not limited to, confining pets. Failure to do this will result in the cancellation of meal service.

**Contributions**

Contributions for your meals are requested. The suggested contribution for meals is $3.25 per meal, $6.50 per day. All contributions are kept confidential and voluntary. Contributions are used to support and expand the program. No one is denied service because they cannot contribute. Individuals whose income is at or above 185 % of the Federal Poverty Guidelines are asked to contribute at an amount that represents the actual costs of the meals ($3.25 per meal). You are asked to contribute at this rate if your monthly household income is more than $1,772 and you live alone; or if you live in a household of 2 and your monthly income exceeds $2,391.

**Nutrition Counseling for Clients Receiving Meals on Wheels**

A dietitian is available to answer questions about your diet. The dietitian can help guide you on ways to best plan your Meals on Wheels into your special diet needs. The dietitian can be contacted by calling 607-778-2411.

## Veterans Day Ceremonies

The Veterans Day National Ceremony is held each year on November 11th at Arlington National Cemetery. The ceremony commences precisely at 11:00 a.m. with a wreath laying at the Tomb of the Unknowns and continues inside the Memorial Amphitheater with a parade of colors by veterans' organizations and remarks from dignitaries. Local communities all across the nation have ceremonies as well. These Veterans Day celebrations honor and thank America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

**History of Veterans Day**

World War I – known at the time as "The Great War"– officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

Soldiers of the 353rd Infantry near a church at Stenay, Meuse in France, wait for the end of hostilities. This photo was taken at 10:58 a.m., on November 11, 1918, two minutes before the armistice ending World War I went into effect.

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations…"

**Upcoming Veterans Day Events in the Southern Tier**

| | |
|---|---|
| 10:00 AM | Ceremony at Veteran's Memorial, located on the grounds of SUNY Broome |
| 11:00 AM | Ceremony at the Spanish American War Monument, Washington Street Bridge, Binghamton |
| 11:00 AM | Ceremony at American Legion Post 974, 119th Street, Whitney Point |
| 11:11 AM | Ceremony at Endicott Memorial (across from the police station), Main Street, Endicott |
| 12:00 PM | Vestal Veteran's Day Ceremony (gazebo at 4 corners) Front Street, Vestal |
| 2:00 PM | Binghamton Veteran's Day Parade, Downtown Binghamton |
| 7:00 PM | Endicott Veteran's Day Parade, Washington Avenue, Endicott |

*source: www1.va.gov; Broome County Veterans Newsletter, Fall 2015*

## Dry Eye: A Frequently Asked Question

What can I do on my own to cope with dry eye?

- Try over-the-counter remedies such as artificial tears, gels, gel inserts, and ointments. They offer temporary relief and can provide an important replacement of naturally produced tears.
- Avoid remedies containing preservatives if you need to apply them more than four times a day or preparations with chemicals that cause blood vessels to constrict.
- Wearing glasses or sunglasses that fit close to the face (wrap around shades) or that have side shields can help slow tear evaporation from the eye surfaces.
- Indoors, an air cleaner to filter dust and other particles can help your eyes feel more comfortable. A humidifier also may help by adding moisture to the air.
- Avoid dry conditions.
- Allow your eyes to rest when doing activities that require you to use your eyes for long periods of time. Use lubricating eye drops while performing these tasks.
- If symptoms of dry eye persist, consult an eye care professional to get an accurate diagnosis of the condition and begin treatment to avoid permanent damage.

*source: nihseniorhealth.gov*

## Got Paper?

What to keep and what to toss in the "paper" department challenges many of us. So let's talk. See what others are doing with their paper clutter and learn what some experts recommend.

"Got Paper?" will be held on November 10th at 3 pm at the Broome West Senior Center, 2801 Wayne Street, Endwell. This session is part of a monthly program to help individuals downsize and declutter their homes. All ages are welcome. Call Joan at 778-6206 to register.

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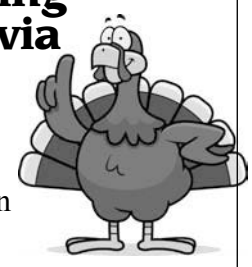
## Thanksgiving Turkey Trivia



- As far back as 1000 A.D., Native American Indians raised turkeys for food. Aztec Indians in Mexico were raising them as early as 200 B.C.
- Turkeys originally existed in the eastern U.S. and Mexico.
- The turkey industry grosses over $1billion a year.
- The average American consumes over 15 pounds of turkey per year.
- Americans consume over 675 million pounds of turkey on Thanksgiving Day.
- Turkey, like poultry, is lower in cholesterol than beef and many other meats. The dark meat (thigh, legs) contains more fat and cholesterol than white meat. So, that's why dark meat tastes so good!
- Male turkeys are called "toms", female turkeys are "hens" and baby turkeys are known as "poults".
- Turkey eggs are tan in color and speckled with brown. They are about twice as large as chicken eggs.
- In 1947, the first Presidential pardon was ceremoniously given to a turkey.
- That long, loose skin that hangs down from a turkey's neck is called a "wattle".
- Sleepy after the big meal? Turkey contains an amino acid called "tryptophan". Tryptophan sets off a chemical chain reaction that calms you down and makes you sleepy.
- Benjamin Franklin argued that the turkey should be our National Bird. He stated that it was more respectable and a native of North America.
- How to make a wish with the wishbone tradition: Allow the wishbone to dry. Next, two people each grasp one end of the wishbone. After making a silent wish, they pull it away quickly. Whoever ends up with the joint portion, gets their wish. Good luck!!

*source: www.holidayinsights.com*

## Eating Healthy When Eating Out

**Order Healthy**

When you are choosing foods, choose items that have less fat or added sugar. Or ask for a healthier substitution. When you order:

- Choose foods that are steamed, broiled, baked, roasted, poached, or lightly sautéed or stir-fried.
- Ask for fat-free or low fat milk instead of cream for coffee or tea.
- Pick food without butter, gravy, or sauces—or ask to have the food without it.
- Choose a lower calorie salad dressing.
- Ask for salad dressing on the side, and use only some of it.
- Pick drinks without added sugar, like water, fat-free or low fat milk, unsweetened tea, or diet iced tea, lemonade, or soda.

**Eat Healthy**

You can make healthy choices throughout your meal, just:

- Trim visible fat from poultry or meat.
- Do not eat the skin on chicken or turkey.
- Share your meal, or take half home for later.
- Skip dessert or order fruit.
- Split dessert with a friend.

*source: www.nhlbi.nih.gov*

## Sudoku Answers

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

***"We make a living by what we get, but we make a life by what we give."***

Sir Winston Churchill

## HEAP – 2015-2016

Are you concerned about home energy costs this winter? When saving, budgeting and energy conservation are not enough, the Home Energy Assistance Program (HEAP) may help those who qualify. HEAP is a federally funded program administered locally by Broome County Department of Social Services (DSS). The HEAP season opens November 16th, 2015, and is scheduled to close March 15th, 2016, or when funds are exhausted.

There are several ways you can apply for HEAP. You may find out if you qualify for HEAP and apply online at www.mybenefits.ny.gov . If you choose not to apply online, Broome County Office for Aging accepts regular HEAP applications for Broome County homeowners and renters who are 60 or over and for those who are disabled receiving Supplemental Security Income (SSI) or Social Security Disability (SSD). If qualified, the regular HEAP benefit is credited to a utility account or directly to a household with heat included in rent.

Families receiving Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not apply at Office for Aging. Homeowners and renters under age 60 and not disabled, apply online at www.mybenefits.ny.gov or call DSS HEAP at 778-2638 for an application.

Households with a vulnerable person (over 60 years old, disabled or under 6 years old) who received HEAP last year should have already received an early outreach application. This form should be filled out and submitted as soon as possible. Instructions for submitting it online are on the first page of the HEAP notice. Others may call and receive an application when HEAP opens if they do not want to apply online. Individuals eligible to apply at Office for Aging can request an application by leaving a name and mailing address on the Office for Aging HEAP information line at 778-2063.

Call Office for Aging at 778-2411 if you have questions or would like to learn about other financial benefits.

**2015-2016 HEAP Income Eligibility Guidelines (subject to change):**

| Household Size | Monthly Income Limit |
|---|---|
| 1 | $2,244 |
| 2 | $2,935 |
| 3 | $3,625 |
| 4 | $4,316 |

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**FAMILY HOMES PROVIDER** - If you enjoy the elderly, own a home, live in Broome County and want to work from home, this could be what you are looking for. The clients will enrich your lives and give you purpose and a job you can be proud of.

As a caregiver you will give personal care, supervision and provide meals for up to two elderly or disabled persons in your home. Earn a generous **TAX FREE REIMBURSEMENT** per month for each client. One requirement is that someone in the home must have another source of income. We train you and provide ongoing support.

For more information on becoming a Family Homes provider for **The Family & Children Society call (607) 772-9776 ext. 343.**

## Making Prescription Refills Easier

*by Sabrina Bullock, RN, BSN*

Caregivers face many challenges including making sure medications are refilled and there are many things which can make this easier. Firstly, do not wait till the last pill as this may lead to other problems. You may be able to get the medication refilled, but you may end up finding the prescription has expired or has no more refills left. You will then have to call the healthcare provider to request a refill or call the pharmacy to fax the provider's office a refill request. Many healthcare providers' offices say allow 24 to 48 hours for a refill request, so a little advance planning can go a long way.

Secondly, it is helpful to have a list of all medications and supplements being taken, including the name of the medication or supplement, dose, and frequency taken. It helps if the dose is specific, such as how many milligrams per capsule or tablet, rather than a generic reference such as one or two capsules or tablets. This is only an example, so read the label on the medication container for the dosage information. The list can come in handy for requesting refills, answering questions which may come up at the pharmacy or on visits to a healthcare provider. Another addition which would be especially useful for long-distance care providers would be the Rx number from the prescription bottle. Just remember the Rx number may change at times, such as if the medication is filled at another pharmacy.

Next, consider which method is most convenient for you to refill medications. When picking up medications in person at the pharmacy, save yourself some time by using your telephone. Call in advance to fill medication prescriptions and to check if the medicines are ready. Some pharmacies even offer a service to send a text message to your cell phone alerting you when your medications are ready to be picked up. It also helps to try to pick up medications during a less busy time of day. You may learn this through experience or through talking with the pharmacy staff. If you use the automatic refill system available at some pharmacies, the medication will already be filled and ready for pick up when it is due to run out. Also, taking advantage of pharmacies offering 90-day refills for medications taken on a regular basis can decrease the time spent in line at the pharmacy [and sometimes cost]. Medications may also be delivered by mail. Check with individual pharmacies for availability. The US Department of Veterans Affairs allows veterans to request refills for medications via the telephone and online through the My HealthVet system. Just remember to allow time for mail order medications so you do not end up running out. Some pharmacies even offer personal delivery services, but this is not so readily available in all areas.

Medications may be a day-to-day challenge of caregiving, but hopefully some of these tips will make prescription refills easier. Remember not to wait till the last moment to reorder medications. Preparedness saves time and frustration. Also, utilize technology whenever possible as an aide to make your job easier. You have more important things to do than spend any more time than necessary in the pharmacy line.

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## Souperlicious Senior Center Sandwich Bars

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Northern Broome | Northern Broome | Broome West | Broome West | Broome West |
| | | Eastern Broome | Eastern Broome (Golden Griddle) | Eastern Broome (Burger Bar) |
| | | Johnson City | Johnson City | Northern Broome (Burger Bar) |
| | | Northern Broome | | Oak Street – 1st Friday only |
| | | Vestal | | Vestal (Chef Salads) |

**Walk-ins Welcome**

**11am-12;30pm**

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

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## Caregiver's, Give Yourself a Break, Right Now

Doctor appointments that must be scheduled; the constant care and attention your loved one needs, both physically and emotionally; the back and forth to grocery stores, drug stores, physical therapy sessions and, most of all, the need to know you are doing the "right thing" for the loved one in need of your care. We all know the daily challenges we face as caregivers and that we seldom have time for ourselves.

But we need time—time to reflect, relax and rejuvenate for at least a few hours each week. This "private time" gives us a renewed strength to carry on. It's important to take that time. You deserve it. And, should not feel guilty about it.

There are ways to allow yourself time away for an hour, a day or even a weekend to collect your thoughts and get back on track. It's okay to do that. Listen, you've got a very important role to play—if you do not care for yourself, who will step in to care for you and your loved one. Take the time to read through [this] "guilt free" list and you'll be a better caregiver for it.

**Accept the help others offer.** Suggest specific things they can do for you and your loved one. This is rule #1 for a reason. No one is a Super Hero. Don't feel like you're the only one that can take dad to the doctor or your wife to her physical therapist. Reach out and ask another family member—or close family friend—to assist you occasionally so you have time to yourself. Trust in their willingness to help. Many times they do not know how to reach out and help unless you are able to communicate your needs.

**Ask for and accept favors such as**; a friend staying with your loved one while you are able to get out of the house for a while, a dinner being cooked for you and your loved one once a week, an offer to go to the supermarket or drugstore in your place. Respite can be achieved on a daily basis with the smallest of kindnesses.

**Know your limits!** If you wear yourself out caring for your loved one, who will step in to care for the both of you? Remember, caring for yourself is not selfish, it's the greatest gift you can give your loved one.

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## Fitness at 50+ for Caregivers and Their Loved Ones: Five Barriers You Can Beat

While exercise is often touted as a fountain of youth, it often gets harder to do as you get older. Physical medicine and rehabilitation (PM&R) physicians, also called physiatrists, are doctors who restore and maintain function lost due to injury, illness and age-related conditions such as osteoporosis, arthritis, joint replacements or stroke. They often prescribe exercise to prevent and treat many of these conditions, working with their older patients to help them get the right kind of exercise so that they can remain active and independent. PM&R physicians offer these tips to help caregivers and their loved ones overcome five common fitness obstacles:

**OBSTACLE: Declining strength**
What you can do: Use your endurance. It's true we lose muscle mass as we age, and older people have been told that weight training will help prevent this loss of strength and keep them young. However, many seniors find they can't lift the heavy weight experts say is necessary to actually build muscle. A recent study has shown that while muscle strength diminishes with age, muscle endurance does not. You may benefit from working muscles longer - doing more repetitions - with lighter weights. Exercises that emphasize endurance, such as swimming, walking or biking, may be more enjoyable and beneficial for you and your loved one than those that require great strength.

**OBSTACLE: Arthritis or other conditions that make moving difficult**
What you can do: Your loved one can, and should, still exercise. Ask your doctor or physical therapist about how to use a cane, rollator (rolling walker) or other assistive device. These can be especially helpful when recovering from a joint replacement, or a serious illness such as stroke or cancer. Another condition that becomes more common as we age is neuropathy, which is nerve damage in the feet and extremities that makes it difficult to maintain balance and walk steadily. For all of these conditions, assistive devices can keep your loved one active while helping to prevent a fall and further injury.

**OBSTACLE: Exercise and activity after surgery**
What you can do: Follow your doctor's orders, but the best general rule is to get your loved one moving as soon as possible. The type of surgery you had and the type of exercise planned will influence when you should start exercising after an operation. But a recent study found that people who began physical rehabilitation two days after heart surgery recovered faster than those who delayed. PM&R physicians say keeping active becomes more important as the body ages and loses its ability to recover. The longer you delay returning to activity, the more difficult it will be to regain fitness.

**OBSTACLE: A history of inactivity**
What you can do: Get started on the path to fitness by using everyday activities as exercise. Recent studies have shown that "functional exercises," those that mimic actual daily activities such as walking up stairs and getting in and out of chairs, can be most effective for you. Climbing a flight of stairs several times or repeatedly rising from and returning to a seated position is an effective way to build leg strength. As you become stronger and more fit, increase the challenge by holding some sort of weight on your shoulders, like soup cans. PM&R physicians say that even mundane household chores such as transferring wet laundry from the washer to the dryer, one piece at a time, can be used to increase strength and flexibility in your abdominal, low back and hip muscles. Once you've established a routine of exercise, functional fitness exercises can also be used to maintain your health.

**OBSTACLE: Chronic pain and inflammation**
What you can do: Choose low impact activities to keep moving and minimize pain. Experts say that certain types of exercise can reduce joint stiffness, pain and inflammation associated with arthritis conditions that affect more than 40 million Americans. A PM&R physician can advise you on the exercise best suited for your arthritis, but activities such as walking, swimming and water-based exercise are generally effective and well tolerated. PM&R physicians also advise arthritic patients to take breaks from long periods of sitting so that joints don't become stiff and painful.

**For More Information:** If you or your loved one face chronic pain or other medical conditions, consult a PM&R physician who can help you overcome obstacles and develop a realistic and effective fitness program. PM&R physicians are experts at diagnosing pain and restoring function, treating the whole patient, not just symptoms. Many recommend a simple tool to help aid accurate diagnosis, development of tailored and effective treatment and evaluation of progress: keep a log of daily activity, pain and questions that you bring with you to appointments with PM&R physicians or other doctors.

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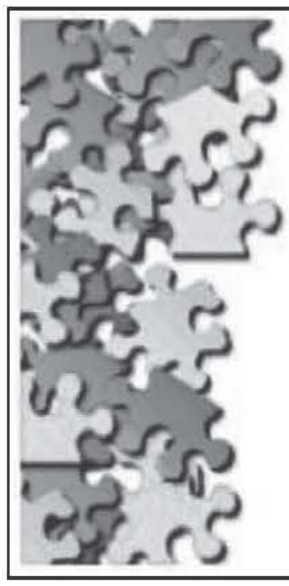
## How to Avoid Collisions with Deer

Two-thirds of all deer/vehicle collisions occur during the months of October, November and December. This is also the time when deer breed and when they travel the most. Daily deer activity is highest at dawn and dusk, which is often the highest time of travel for motor vehicle commuters. Deer travel in groups—if you see one, expect more. Areas where there have been many deer/vehicle collisions often are marked with deer crossing signs. The New York State Department of Environmental Conservation recommends these precautions motorists can take to reduce the chance of a deer hit:

- Be careful when you drive at dawn and dusk; this is when driver visibility is bad and the deer are most active.
- The risk of deer/vehicle collisions increases when deer movements increase during breeding season in October, November and December.
- Decrease speed when you approach deer that are near roadsides. Deer can "bolt" or change direction at the last minute.
- If you see a deer cross the road, decrease speed and be careful. Deer travel in groups, expect other deer to follow.
- Use emergency lights or a headlight signal to warn other drivers when deer are seen on or near the road.
- Use caution on roadways marked with deer crossing signs. These signs are put in areas that have had a large number of deer/vehicle collisions.

*source: www.dmv.ny.gov*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## Tips for Pain Management

*by Peter Ganther*

Almost all seniors today face some degree of pain and soreness. But up to 35% of all seniors face chronic pain resulting in depression [that] can greatly affect their daily life. Often this chronic pain goes undiagnosed or overlooked, and only after life is negatively altered is it caught and treated. Some of the obvious chronic pain symptoms include limping, moaning, spending more time in bed, and reduction in activity. Often it is left up to the caregiver's discretion surrounding the severity of the pain because the loved one usually refuses help and does not want to visit a doctor. Once the pain is realized, the next step is finding the right doctor who can locate the pain and find a probable cause.

As a caregiver, understanding the aspects of pain management can greatly help your loved one return to better health and daily living. The most common recommendations made by doctors in the treatment of pain include:

**Medication**—Doctors usually are not eager to prescribe pain relievers that may be abused or simply looked at to numb the pain. Commonly prescribed medications include analgesics and narcotics, but both have potentially adverse effects associated with them.

**Cortisone Treatments**—This can be done through creams or injections into the affected muscles, but it usually only dulls the pain and should not be used for any extended period.

**Regular Exercise**—Routines that involve weights and stretching can correct one's pain and body movement, as well as enhancing your loved one's well-being in the process.

**Other Health Alternatives**—Treatments such as acupuncture, yoga, and meditation may correct some pain, but these approaches are not for everyone, and do not work on all pain sufferers.

**Advice to Caregivers**—Doctors are always reminding caregivers to remain positive and supportive to ensure that they can cope and deal with the daily pain and struggle their loved one faces.

**Dietary Changes**—Doctors also urge your loved ones to cut back on any high fat, cholesterol rich foods that may dampen their ability to respond to treatment.

**Lifestyle Changes**—Often it is activities such as smoking, excessive sleeping, and general laziness that prevents the body from reaching its daily potential and causes pain to begin in other parts of the body. Avoiding such unnecessary habits could spell less pain for your loved one.

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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,***

***My doctor diagnosed me with obstructive sleep apnea (OSA) and said that I need a continuous positive airway pressure (CPAP) device to help me breathe at night. I have Original Medicare and was wondering whether it will cover the CPAP device.***

***Martine (Chesapeake, VA)***

Dear Martine,

Original Medicare will cover an initial three-month trial of your CPAP device if you have been diagnosed with obstructive sleep apnea. At the end of the trial, Medicare will continue to pay for the device if your doctor certifies that you have benefited from the device and used it properly. Before the three-month trial, your physician and supplier must submit paperwork to Medicare to justify your need for a CPAP device. Although it is their job to know these requirements, familiarizing yourself with them can help to avoid errors and navigate any challenges that arise. To qualify for coverage of a three-month CPAP trial, Original Medicare requires certain steps:

- Your doctor must diagnose you with obstructive sleep apnea based on an examination and subsequent sleep test. This test can be performed in your home or at an approved facility.
- Your doctor must certify that you had a face-to-face exam with him/her or another health professional within the six-month period before the CPAP was ordered.
- You must use a Medicare-approved supplier who provides you and/or your caregiver with instructions about proper use and care for the CPAP device. Many areas including Chesapeake, Virginia are called competitive bidding regions, which means Medicare will usually only pay for most durable medical equipment (DME) from a select group of suppliers, known as contract suppliers.
- Lastly, for continued coverage of your CPAP device following the three-month trial, your provider must re-evaluate you during those initial three months. He or she must certify that the CPAP device is helping you and that you are using it as recommended.

If these conditions are met, Medicare will cover 80 percent of the rental fees for a CPAP device for 13 months, once the Part B deductible is met. After that you will own the device. Note that these 13 months include the three-month trial. Medicare will also pay 80 percent of the cost of CPAP supplies, such as masks and tubing.

On the other hand, if your symptoms did not improve during the initial three-month trial of CPAP therapy, you can re-qualify for Medicare coverage following a new sleep study in a facility, and a re-examination by your physician.

Good luck with this process! Remember, you can always talk with your doctor to stay informed about your health care services.

Marci

## IRS Warns Us of a New Scam

We're being advised by the government to guard against a new scam in which official-sounding callers first identify themselves as IRS agents and then explain that we're being sued for back-taxes. The scammers demand private information such as social security numbers and bank and credit card account numbers as well as sometimes insisting on immediate bank transfers to resolve the case.

Brazen scammers even provide victims with directions to the nearest bank or business where payments can be made via debit card. Some provide an actual IRS address where victims can mail a receipt for the payment – all in an attempt to make the scheme look official.

The most common theme with these deceptions seems to be fear. Scammers try to scare people into reacting immediately without taking a moment to think through what is actually happening.

These scam artists often angrily threaten police arrest, deportation, license revocation or other similarly unpleasant things. They may also leave "urgent" callback requests, sometimes through "robo-calls," via phone or email. The emails will often contain a fake IRS document with a telephone number or email address for your reply.

It is important to remember that the official IRS website is IRS.gov. Taxpayers are urged not to be confused or misled by sites claiming to be the IRS but ending in .com, .net, .org or other designations instead of .gov. Taxpayers should never provide personal information, financial or otherwise, to suspicious websites or strangers.

Remember that the IRS will never:

- angrily demand immediate payment over the phone, nor will the agency call about taxes owed without first having mailed you a bill.
- threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.
- demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- require you to use a specific payment method for your taxes, such as a prepaid debit card.
- ask for credit or debit card numbers over the phone.

If you've been targeted by a scam, you can report the incident to the Treasury Inspector General for Tax Administration (TIGTA) at 1-800-366-4484. You can also contact the Federal Trade Commission and use their FTC Compliant Assistant at FTC.gov. Add "IRS Telephone Scam" to the comments of your complaint.

For more information on reporting tax scams, go to IRS.gov and type "scam" in the search box.

*source: www.irs.gov*

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**Help Us Help Others!!**

**We need volunteer help at our Broome County Senior Centers**

**Give as little as 2 hours a week to help serve and clean up after meals. Just call the Senior Resource Line at 778-2411 to volunteer.**

## Lupardo Honored for Outstanding Leadership on Kinship Care

*Assembly resolution also presented recognizing Kinship Care Month*

(JOHNSON CITY, NY) – September is Kinship Care Month, and as the month-long advocacy period wraps up, Assemblywoman Donna Lupardo was recognized for her leadership in supporting the Kinship Care Program, which assists grandparents and other relatives who care for children. At the Family Enrichment Office in Johnson City office, Family Support Services Director Deb Faulks presented Assemblywoman Lupardo with the 'Friend of Kinship Care' award for helping to secure funding that will enable the organization to provide kinship services for five years. Lupardo, who chairs the Assembly Committee on Children and Families, also presented a resolution to the Family Enrichment Network recognizing September as Kinship Care Month in New York.

"I'm honored to receive this award, however it's the kinship families that really deserve to be recognized" said Lupardo. "A lack of resources is the number one roadblock between providers and families. The funding included in the budget will ensure these services are available for the next five years."

Lupardo helped secure $1.3 million in the enacted 2015-16 State Budget for kinship programs, a $500 thousand increase over the previous year. Family Enrichment Network will receive $100 thousand in each of the next five years to support its kinship programs.

Relatives that provide kinship care can include, but are not limited to; grandparents, aunts and/or uncles, and older siblings. Kinship families may also qualify to receive compensation for providing guardianship; up to $2,000 for legal services like attorney's fees connected to obtaining guardianship, and for the child, education and training vouchers, up to $5,000 per year for college or vocational training costs, depending on availability.

For more information, call the Family Enrichment Network at (607) 723-8313.

## A SNAP Fact

You can use your SNAP (food stamps) benefit to pay for your home delivered meals or your meal at a senior center. For more information about how this works, contact the Office for Aging at 607-778-2411 or ask the next time you visit a Broome County senior center site.

***"It is not how much you do, but how much love you put in the doing."***

Mother Theresa

# Caregiver Corner

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

**Special Caregiver Forum**
***Speakers, Support, and Light Refreshments***

Date: Tuesday, November 3rd
Time: 3:30-5:00 PM
Place: Lourdes at Vestal – 2nd floor
3101 Shippers Rd.,
(Behind Lowes in Vestal)

Afternoon Agenda:
3:30-4:00 Light Refreshment.
3:30 Information table will be available for caregiver questions.
4:00 Breakout sessions
(Pick either A or B)

Option A:
**Parkinson's Disease, Caregiver Tips**
Presenter: Angela Ray, Physical Therapy Assistant, Parkinson's Program from
Susquehanna Nursing and Rehabilitation Center
Angela will provide an overview of Parkinson's disease and how the disease can impact both the person who is coping with this disease and those who are caring for them.

Option B:
**Diabetes, Caring for Loved Ones**
Presenter: Laura Smith, Certified Diabetes Educator, MSN, RN, BCADM
Laura will be presenting an overview on diabetes with tips on how to manage it with exercise, healthy eating, blood glucose monitoring and medication. In addition, she will show you how to prevent long term complications and give some extra tips for caregivers.

Advanced registration is requested; please contact the Office for Aging at 778-2411.

**Caregiver Chat Groups**
***These informal chats are open to caregivers of any age.***

Place: Stay Healthy Center
Oakdale Mall, Johnson City
Date: Monday, November 2nd
Time: 1:00-2:30 PM
Place: Broome West Senior Center, 2801 Wayne Street, Endwell, NY
Date: Wednesday, November 18th
Time: 9:30-11:00 AM

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

## Get Smart About Antibiotics Week
### November 16-22, 2015

**Get Smart About Antibiotics Week** is an annual one-week observance to raise awareness of the threat of antibiotic resistance and the importance of appropriate antibiotic prescribing and use. Antibiotics only treat bacterial infections. Viral illnesses such as a cold or the flu cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

**Did you know?**

1. Antibiotic resistance is one of the world's most pressing public health threats.
2. Antibiotics are the most important tool we have to combat life-threatening bacterial diseases, but antibiotics can have side effects.
3. Antibiotic overuse increases the development of drug-resistant germs.
4. Patients, healthcare providers, hospital administrators, and policy makers must work together to employ effective strategies for improving antibiotic use—ultimately improving medical care and saving lives.

**The public can:**

1. Take the antibiotic exactly as the doctor prescribes. Never skip doses or stop taking an antibiotic early unless your doctor tells you to do so.
2. Only take antibiotics prescribed for you; do not share or use leftover antibiotics. Antibiotics treat specific types of infections. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
3. Do not save antibiotics for the next illness. Discard any leftover medication once the prescribed course of treatment is completed.
4. Prevent infections by practicing good hand hygiene and getting recommended vaccines.
5. Do not ask for antibiotics when your doctor thinks you do not need them. Remember antibiotics have side effects. When your doctor says you don't need an antibiotic, taking one may do more harm than good.

*source: www.cdc.gov*

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## A Book Review: "All the Light We Cannot See"
*by Anthony Doerr*

From the highly acclaimed, multiple award-winning Anthony Doerr, the beautiful, stunningly ambitious, instant *New York Times* bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.

Marie-Laure lives with her father in Paris near the Museum of Natural History, where he works as the master of its thousands of locks. When she is six, Marie-Laure goes blind and her father builds a perfect miniature of their neighborhood so she can memorize it by touch and navigate her way home. When she is twelve, the Nazis occupy Paris and father and daughter flee to the walled citadel of Saint-Malo, where Marie-Laure's reclusive great-uncle lives in a tall house by the sea. With them they carry what might be the museum's most valuable and dangerous jewel.

In a mining town in Germany, the orphan Werner grows up with his younger sister, enchanted by a crude radio they find. Werner becomes an expert at building and fixing these crucial new instruments, a talent that wins him a place at a brutal academy for Hitler Youth, then a special assignment to track the resistance. More and more aware of the human cost of his intelligence, Werner travels through the heart of the war and, finally, into Saint-Malo, where his story and Marie-Laure's converge.

Doerr's "stunning sense of physical detail and gorgeous metaphors" (*San Francisco Chronicle*) are dazzling. Deftly interweaving the lives of Marie-Laure and Werner, he illuminates the ways, against all odds, people try to be good to one another. Ten years in the writing, *All the Light We Cannot See* is a magnificent, deeply moving novel from a writer "whose sentences never fail to thrill" (*Los Angeles Times*).

*source: amazon.com*

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***"It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself."***
Ralph Waldo Emerson

# 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**
Tues/Thurs BCC Owls Class: Communicating Our Values, 9:30-10:45 am
11/3 Election Day Polling, 6 am-9 pm
11/4 Veterans Day Remembrance Luncheon w/ Broome West Chorus, 11:15 am
11/5 2016 Medicare Changes w/AOP, 10:45 am
11/5,12,19 USA Dance Rumba Lesson, 7-9 pm
11/9 Breakfast Special: *Ham & Cheese Casserole*, 10:30 am-12:30 pm
11/10 "Downsizing/Declutter" Program, 3-4:30 pm
Evening Meal *(chicken cordon bleu w/lemon pie)* w/ Greg Neff, 5-7 pm
11/16 Round Table Discussion: Senior Issues w/ Doug Garnar, 3 pm
11/18 Thanksgiving Luncheon, 12 pm
11/19 Philly Cheese Steak Day, 11 am-12:30 pm
11/23 Breakfast Special: *Belgian Waffles w/ Apples*, 10:30 am-12:30 pm
11/24 Evening Meal *(roast pork w/homemade dessert)* w/Ryan Wilson, 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):
**T & Th:** Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm; Piano Music 10:30 am; Wii
**T:** Crafts, 10 am; Chair Exercises, 11 am
**Th:** Chorus 11-12 pm, Wii

**Special Activities**
Tues. Bingo, 1 pm: 11/3 Nickel; 11/10 Bag; 11/17 Quarter; 11/24 Nutrition
11/2 *(Mon.)* Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm
11/3 Blood Pressures w/ Sandy, 11:30 am
11/5 Veteran's Day Celebration
11/12 Breakfast for Lunch *(eggs & French toast)*, 10:15-11:45 am
11/17 Crafts w/ Bridgitte: Turkey Day Favors, 10 am
Southern Tier Food Bank, 11:30 am
11/19 Thanksgiving Luncheon

### Thanksgiving Luncheon

Enjoy a traditional Thanksgiving dinner with all the fixings at a Broome County Senior Center. It's a great meal with great company for just $4.00 for those ages 60+ and $5.00 for anyone under age 60.

Celebrate on Wednesday, November 18th around 12:15 pm at most Senior Centers or Thursday, November 19th at the Deposit Center. We make this day fun and festive so call the senior center of your choice ASAP to make your lunch reservation by noon at least one day in advance. Find phone numbers listed on the back pages of this *Senior News* publication.

### Bet Ya Didn't Know!

There are four towns in the US using 'turkey' in its name: Turkey Creek, Louisiana, Turkey, Texas, Turkey, North Carolina, and Turkey Creek, Arizona. Closer to home, Somerset County in Pennsylvania has named two townships using the word 'turkey'… Upper Turkeyfoot and Lower Turkeyfoot!!

## 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, Tai Chi: w/ Linda Phelps, 9- 10 am
*(pre-register)* w/ Sue Budine (YMCA), 2:30-3:30 pm
11/4 Veterans Day Remembrance Program, 11 am
Music w/ Ryan Wilson, 12:45 pm
11/5, 19 Bingo for Prizes, 11:45 am
11/7 *(Sat.)* AARP Safe Driver Class *(pre-register)*, 9 am-3:30 pm
Breakfast Buffet, 11 am
11/12 Evening Dining *(chicken cordon bleu w/lemon pie)* & Bingo for Prizes, 3:30 pm
11/14 *(Sat.)* Christmas Gift Bazar at the Crowe's Nest, 9 am-2 pm
Lunch available
11/18 Thanksgiving Luncheon, activities begin at 10:30 am
Pie Auction, 11:15 am
11/30 "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:** 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:**
11/4 Veterans Day Luncheon, 11:45 am
Social Club, 1 pm
11/5 Executive Board Meeting, 9:30 am
11/5,6 AARP Safe Driving Course, 9 am-12 pm
11/9 Scarlet Bonnets, 1 pm
11/18 Legal Aid (by appointment), 9 am
Blood Pressure, 10 am
Thanksgiving Luncheon, 11:45 am
11/19 Talent Show, 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:** Watercolor Painting 9 am; Bingo (1st/2nd), Knit/Crochet, Poetry, 12:30 pm; Pitch (cards) 1 pm
**T:** Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm
**W:** Quilting 9 am; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Bingo 5:30 pm
**Th:** Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm; Mahjong 1 pm; Meditation 3 pm
**F:** Watercolor Painting 9 am; Ladies Singing 10 am

**Special Activities:**
Tues. & Thurs. Guitar Music, 9 am-12 pm
11/2,3,9,10,17,24,25 Medicare Open Enrollment Assistance, 9 am- 12 pm
11/6 Live & Silent Auction, 6:30 pm
11/9 Tech Assistance w/Rosa, 10:30 am
11/16 Bingo, 1:30 pm
11/17 Red Hat Meeting, 6:30 pm
11/18 Thanksgiving Luncheon w/Wayne Beddoe, 11:30 am

## NORTHERN BROOME ..... 692-3405

12 Strongs Place, Whitney Point, NY 13862
**Center Hours:** Mon - Fri, 9:00am - 3:00pm
**Lunch served at Noon**
**Sandwich and Soup Bar**: Mon-Fri 11-12:30 pm
**Breakfast for Lunch:** Thurs 10-12:30 pm

**Weekly Activities:** Exercise classes listed on page 4
**M:** Horse Racing (1st/3rd) 10 am; Bingo 10:30 am; Pinochle 12:30 pm
**T:** Computer Class 8:30; Osteo Exercise 10 am; Quilt/Sewing Class 10 am-3 pm
**W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm
**Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm
**F:** Bingo, 10:30 am

**Special Activities:**
11/4 Veterans Day Luncheon w/Guest Speaker Brigadier General US Army Retired-Gary Dilallo, 11 am
11/6 Courtney from AOP, 10 am-2pm
11/7 *(Sat.)* Annual Craft Bazar, 9 am-2 pm
11/10 Evening Meal *(chicken cordon bleu w/lemon pie)* w/Hot Wings & Cold Feet, 4:30 pm
11/13 Fall Brown Bag Auction, 12:15 pm
11/18 Thanksgiving Luncheon, 12 pm
11/19 Zentangle Club, 1-3 pm
11/20 Pumpkin Pie Day
11/24 Evening Meal *(roast pork w/homemade dessert)* & Bingo, 4:30 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
**Tu:** Fitness 10:30 - 11:00 am
**Fr:** Bagel Breakfast 8-11 am, Wii Bowling 9:45-11:30 am

**Special Activities:**
11/3 Election Day Fundraiser (coffee & light breakfast items), 8am-11am
11/4 Veterans Day Remembrance Luncheon w/Guest Speaker, 12 pm
11/5 Breakfast for Lunch *(b-fast scramble w/english muffin & fresh fruit)*, 11 am-12:30 pm
11/12 Special Lunch (chicken soup, grilled cheese & banana delight), 11 am-12:30 pm
Blood Pressure/Glucose Screening w/Joyce (Medicine Shoppe), 11 am-12 pm
11/18 Thanksgiving Luncheon, Entertainment by Senior Moments 12:30pm
11/19 Roll Your Luck Dice Games & More, 10:30 am
11/25 Baked Goods Sale, 10:30-Until Sold Out

## 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:**
11/2,3 AARP Defensive Driving, 10 am-1:30 pm
11/3 2016 Medicare Changes w/Courtney (AOP), 10:45 am
11/4 Veterans Day Luncheon, 12 pm
11/10 Pizza for Lunch, 11 am
Blood Pressure/Glucose Reading w/Joyce (Medicine Shoppe), 11am
11/17 Book Review w/Cheryl Ebert: *The Boys in the Boat* by Daniel James Brown, 11 am
11/18 Thanksgiving Luncheon, 11:30 am
11/30 Christmas Tree Decorating, 10 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
**T:** Pinochle 9:30 am
**W:** Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Oil Painting 1-3 pm
**Th:** Wii Bowling 9:30 am; Bingo (1st & 3rd) 10:15 am; Ice Cream Cones 12:30 pm
**F:** Walking Group 8 am; Mahjong 9:30 am

**Special Activities:**
11/2 Hunterdon Hills Christmas Trip (Vestal Senior Club)
11/4 Veterans Day Remembrance
Blood Pressure Screening w/Kay Devine, 10:30 am
11/5 Computer Assistance by Bridging the Digital Divide Program, 10 am-12 pm
11/9,10 Purse & Rummage Sale, 9:30 am
AARP Smart Drivers Course 10 am-1:45 pm
11/12 Medicare Changes w/Courtney (AOP), 10:30 am
11/16 Homemade Pie Auction, 10:30 am
11/17 Vestal Senior Club Meeting, 12:45 pm
11/18 Thanksgiving Luncheon w/ Ted Davenport *(harpist)*, 12 pm
11/20 Craft Day, 10:30 am
Pizza for Lunch OR Chef Salad *(please reserve)*, 11:45 am
11/24 Breakfast for Lunch *(french toast/scrambled eggs)*, 10:30am - 12pm
11/25 Sandwich Bar Closed
11/30 Computer Assistance by Bridging the Digital Divide Program, 10 am - 12 pm

## Senior Center Holiday Closings

All Broome County Senior Centers will be closed on
**Wednesday, November 11**, in observance of Veterans Day, and
**Thursday & Friday, November 26 & 27** in observance of Thanksgiving.

# MEET, GREET & EAT

## *November Menu - Bon Appétit!*

| MONDAY (Breakfast for Lunch @ BW, FW Senior Ctrs) | TUESDAY (Breakfast for Lunch @ JC Senior Ctr) | WEDNESDAY | THURSDAY (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr) | FRIDAY |
|---|---|---|---|---|
| **Chicken Cacciatore 2**<br>**Over Noodles**<br>French Cut Green Beans<br>Oatmeal Cookie | **Pierogies w/Onions 3**<br>Baby Beets<br>Tossed Salad<br>Chocolate Brownie | **Veterans Day Observance**<br>**Roast Pork w/Gravy 4**<br>Mashed Potatoes<br>Traditional Blend Veg.<br>Apple Cobbler | **Grandma's Meatloaf 5**<br>Chantilly Potatoes<br>Spinach<br>Peaches | **Chicken w/Orange Sc 6**<br>**OR Lemon Pepper Pollack**<br>Baby Red Potatoes<br>Coleslaw<br>Pineapple Tidbits |
| **Macaroni & Cheese 9**<br>Stewed Tomatoes<br>Cauliflower w/Parsley<br>Banana | **Roast Beef w/Gravy 10**<br>Mashed Potatoes w/ Gravy<br>Country Blend Vegetables<br>German Chocolate Cake | **Centers Closed in 11**<br>**Observance of Veterans Day** | **Sweet & Sour Pork 12**<br>**Over Brown Rice**<br>Oriental Blend Vegetables<br>Tossed Salad<br>Mandarin Oranges | **Fish Florentine 13**<br>**OR Chicken w/Cranberry**<br>Brown Rice Pilaf<br>Baby Carrots<br>Lemon Pudding |
| **Chicken ala King 16**<br>**Over a Biscuit**<br>Baby Carrots<br>Pineapple Juice<br>Sugar Cookie | **Liver w/Onions 17**<br>**OR Chicken Marengo**<br>Mashed Potatoes<br>Peas<br>Cinnamon Applesauce | **Thanksgiving Luncheon**<br>**Roast Turkey w/Gravy 18**<br>Apple Bread Dressing<br>Monte Carlo Blend Veg.<br>Cranberry Sauce<br>Pumpkin Pie | **Manicotti 19**<br>Wax Beans<br>Tossed Salad<br>Sunshine Salad | **Broiled Fish w/Lemon 20**<br>**OR Home-Style Salisbury Steak**<br>Brown Rice Pilaf<br>Broccoli<br>Strawberry Pudding |
| **Spaghetti 23**<br>**w/Meat Sauce**<br>Cauliflower w/Parsley<br>Spinach<br>Pears | **Halupki 24**<br>**OR Chicken w/Orange Sc.**<br>Mashed Potatoes<br>Tossed Salad<br>Ice Cream Cup | **Pub Burger 25**<br>**OR Tuna Salad Sandwich**<br>Cream of Broccoli Soup<br>Pineapples & Mandarin Oranges | **Centers Closed 26**<br>**Happy Thanksgiving** | **Centers Closed in 27**<br>**Observance of the Thanksgiving Holiday** |
| **Tuna Noodle Casserole 30**<br>Stewed Tomatoes<br>Broccoli<br>Sherbet | **Kielbasa 12/1**<br>**OR Tomato Onion Omelet**<br>O'Brien Potatoes<br>Tossed Salad<br>Rice Pudding w/Raisins | **Roast Pork w/Gravy 2**<br>Mashed Potatoes w/ Gravy<br>Whole Kernel Corn<br>Chocolate Chip Cookie | **Vegetable Lasagna 3**<br>Cauliflower w/Parsley<br>Tossed Salad<br>Cinnamon Applesauce | **Beer Battered Fish 4**<br>**OR Chinese Pepper Steak**<br>Brown Rice Pilaf<br>Winter Squash<br>Low Fat Muffin |

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

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