



Visit Our Website at www.gobroomecounty.com/senior

“When Autumn Leaves Begin to Fall...”

We in the Southern Tier are lucky because we live in one of those parts of the world where Nature has one last fling before settling down into winter’s sleep. As days shorten and temperatures become crisp, the quiet green of summer foliage is transformed into the vivid autumn palette of reds, oranges, golds, and browns before the leaves fall off the trees. Most years, the colors are truly breathtaking.

How does autumn color come about? Three factors influence autumn leaf color: leaf pigments, length of night, and weather. But not quite in the way we think. The timing of color change and loss of leaves are primarily regulated by the calendar, that is, the increasing length of night. None of the other environmental influences—temperature, rainfall, food supply, and so on—are as unvarying as the steadily increasing length of night during autumn. As days grow shorter, and nights grow longer and cooler, biochemical processes in the leaf begin to paint the landscape with Nature’s autumn colors.

When nights grow longer in autumn, chlorophyll production (which gives leaves their basic green color) slows down and then stops. Eventually all the chlorophyll is destroyed. As this process occurs, other pigments in the leaf are then unmasked and display their colors.

How does weather affect this spectacle of reds, oranges and yellows? The amount and brilliance of the colors that develop in any particular autumn are related to weather conditions that occur before and during the time the chlorophyll in the leaves is dwindling. A succession of warm, sunny days and cool, crisp but not freezing nights seems to bring about the most spectacular displays. The amount of moisture in the soil also affects autumn colors. The countless combinations of these two highly variable factors assure that no two autumns will be exactly alike. A late spring or a severe summer drought can delay the onset of

Continued on page 2

Public Hearing Invitation 2016-2020 Office for Aging Plan for Services

The Broome County Office for Aging invites you to our annual Public Hearing on Tuesday, October 27, at the Broome West Senior Center, 2801 Wayne Street, Endwell. The hearing begins at 5 pm in the Broome West classroom and provides an opportunity for the public to offer thoughts and suggestions on our Draft Plan for Services 2016-2020.

Prior to attending the hearing, you may call the Office for Aging (778-2411) to request a copy of the Draft Plan or you may access the Draft Plan on our website at www.gobroomecounty.com/senior/publications. We will also have copies available the evening of the hearing.

Are your needs—and the needs of your family, friends and neighbors—taken into account in the Draft Plan? Do you have other concerns? Please share your ideas with us. We encourage any resident of Broome County to attend this event, regardless of age. Refreshments will be served.

First Festival A Success!

The first Seniors Running & Walking Festival, held on August 15th, was the idea of Office for Aging’s program volunteer Vince Fox. He thought that having running, walking, wheelchair events and a training program for people age 55 and over would be a winner!

It was a typical Southern Tier hot, August day, but 103 people finished the various events. The comments made by the contestants were so heartfelt! One participant said, “I’ve never been a part of anything like this and, in fact, rarely call myself a ‘senior.’ But after just resigning my job in June, I thought it would be ‘jumping out of the box’ to give it a whirl and an added incentive to get moving more. I’m so glad I did!” Another said, “Thanks so much to you and your group for getting me running again after 25+ years. I forgot how much I loved it and never would have gotten started again if it weren’t for the senior training program.”

All the participants and volunteers left on August 15th feeling so positive and motivated that they vowed to make this an annual event. Watch for details in the Spring of 2016!



*“Upstate New York in the middle of October.
You can't get more beautiful than that!”*

Paul Reiser, Binghamton University Alumni



Autumn Leaves

continued from page 1

fall color by a few weeks. A warm period during fall will also reduce the intensity of autumn colors. A warm wet spring, favorable summer weather, and warm sunny fall days with cool nights should produce the most brilliant autumns.

Although New England is rightly famous for its autumn leaves, our hillsides in the Southern Tier of New York can be equally brilliant! Now let's see.

source: www.na.fs.fed.us/fhp/pubs/leaves/leaves.shtm



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Eating Well As You Get Older

How can I lower the amount of fat in my diet?

- Choose seafood, lean poultry (with the skin removed) or lean cuts of meat.
- Trim off any extra fat before cooking.
- Limit whole dairy products. Use low-fat or fat-free dairy products and salad dressings.
- Use non-stick pots and pans, and cook without added fat.
- If you currently use butter or other saturated fats, switch to unsaturated vegetable oil or a nonfat cooking spray instead.
- Broil, roast, bake, stir-fry, steam, microwave, or boil foods. Avoid frying them.
- Season your foods with lemon juice, herbs or spices instead of butter.

source: nihseniorhealth.gov

Downsize/Declutter Support

Thirty plus years of accumulated “stuff” becomes a burden when we want to downsize to a smaller location. It’s emotional to say goodbye to our beloved possessions. It takes time to sort and reminisce. It’s a process that lasts not just months but years.

To help with this process, Office for Aging is offering a monthly series devoted to helping seniors examine their living spaces, discuss their difficulties and successes, and support others in their efforts to clear the clutter.

The first session is Tuesday, October 13, from 3-4:30 pm at Broome West Senior Center, 2801 Wayne St., Endwell, NY. Future sessions are planned for the 2nd Tuesday of each month for as long as the group wants to continue.

After the October meeting, future sessions might focus on a specific topic such as: Paper; Real and Perceived Value; Collections; Tools; Crafts; Kitchen etc. There is no obligation to attend each session. Once the topics are assigned, you may attend whichever one interests you. The big value, however, is in talking about your stuff and learning that you aren’t alone.

For more information, call Joan at 607-778-6206.

“Oh! with what transporting sensations have I formerly seen these autumn leaves fall! How I have delighted, as I walked, to see them driven in showers about me by the wind! What feelings have they, the season, the air, altogether inspired! Now there is no one to regard them. They are seen only as a nuisance, swept hastily off, and driven as much as possible from sight.”

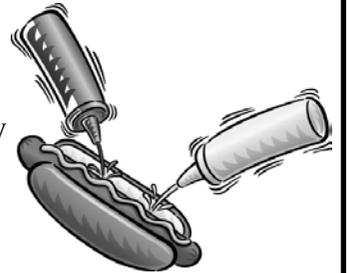
Jane Austen, Sense and Sensibility (1811)

Hot Dog Bar

Fall is here and winter is on the horizon. Days featuring warm casseroles and hot chocolate make us smile. Come out and enjoy the All-American favorite, the Hot Dog! You might not have another one until next summer. No reservations are necessary to enjoy this favorite with all the trimmings. Pick from onions, cheese, chili, mustard, and ketchup; whatever you like!

Broome West	Wed & Fri	October 14 & 16
Eastern Broome	Wed & Fri	October 14 & 16
Johnson City	Wed & Thurs	October 14 & 15
Northern Broome	Wed	October 14
Vestal	Wed & Fri	October 14 & 16

As always the meal comes with sides and dessert. The suggested contribution is \$3.25 for those ages 60+ and their spouse; it is only \$4.25 for anyone not yet age 60.



All are welcome!

Soothing a Sore Throat

When you’ve got a sore throat, your throat may feel scratchy, and it may hurt when you swallow. Most sore throats are caused by viral infections such as the common cold or the flu. The best way to protect yourself from the germs that cause these infections is to wash your hands often. Try to steer clear of people who have colds or other contagious infections. And avoid smoking and inhaling second-hand smoke, which can irritate your throat.

source: newsinhealth.nih.gov



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- Elder Counseling

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Time Capsule Trivia

Candy is dandy, but just how familiar are you with the sugary treats in your Halloween bag? Test your sweet skills by guessing the candy names using the clues below. Then check your answers below.

1. A roll of this candy contains eight flavors: chocolate, licorice, cinnamon, lemon, orange, lime, wintergreen and clove.
2. Until 1932, this caramel candy's name was Papa Sucker.
3. Most people reach for these waxy items when they want to look silly.
4. One urban myth about this crackly candy is that pairing it with Coca-Cola can lead to explosive results.
5. Beetlejuice, the spooky troublemaker in the 1988 film of the same name, used this peanut-flavored bar to lure a fly into his trap.
6. These tablet candies, which were first sold in 1949, are known as Rockets to our Canadian neighbors.
7. This candy bar's most famous spokesman was smart-aleck cartoon character Bart Simpson.
8. People have been loving—or hating—these orange marshmallows since the 1800's.

source: *Reminisce*, October/November 2014

Trivia Answers: 1. Necco Wafers; 2. Sugar Daddy; 3. Wax Lips; 4. Pop Rocks; 5. Zagnut; 6. Smarties; 7. Butterfinger; 8. Circus peanuts

Flu Season: "It's Back!"

Chills, fever, body aches, cough, sore throat, and headache are all symptoms of influenza—better known as “the flu.” Flu is a very serious viral illness that is spread by respiratory droplets so a person can be contagious before he or she becomes symptomatic. The very young, very old, pregnant women and people with chronic medical conditions are most vulnerable to complications of the flu, such as pneumonia and even death.

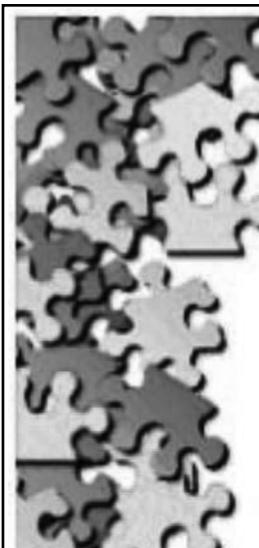
People can defend themselves against the flu by practicing a healthy lifestyle that includes getting enough rest, eating nutritious meals, and exercising. Other healthy habits include thorough and frequent hand washing and keeping your hands away from your face. Coughing and sneezing into your sleeve at the elbow when ill helps to protect others by preventing the spread of germs.

Our **best defense** against the flu continues to be **vaccination** which the Centers for Disease Control recommends for those aged 6 months and over. It is readily available through many venues, including pharmacies. For additional information, please consult with your health care provider or the Broome County Health Department at 607-778-2839. Protect yourselves and others and **get vaccinated!!**

The following locations will have the flu vaccine available on the dates listed. Registration is encouraged; the senior center telephone numbers are listed on the back pages of this publication to register ahead of time.

- 10/2 Eastern Broome Senior Center 9:30-11:00 am (Friday)
27 Golden Lane, Harpursville
First Ward 1:00-2:30 pm (Friday)
226 Clinton Street, Binghamton
- 10/5 Broome West Senior Center 1:00-2:30 pm (Monday)
2801 Wayne Street, Endwell
- 10/6 Deposit Senior Center 10:30-Noon (Tuesday)
Monument Street, Deposit
- 10/7 Northern Broome Senior Center 9:30-11:00 am (Wednesday)
12 Strongs Place, Whitney Point
- 10/8 Johnson City Senior Center 10:00-11:30 am (Thursday)
30 Brocton Avenue, Johnson City
- 10/9 Vestal Senior Center 10:30-11:30 am (Friday)
201 Main Street (Old Junior High School), Vestal
- 10/13 Maine Federated Church 9:30-11:00 am (Tuesday)
(Registration is not required at this location)

These flu clinics are provided by the Broome County Office for Aging and Price Chopper.



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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
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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
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Wii Fitness

Tuesday	10:30 am	North Shore Towers Senior Center (Binghamton)
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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)
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**Complete addresses and phone numbers for all Senior Centers are located on pages 14 & 15*

EVENTS at the CENTERS

Ukulele Group

Oct. 2 & 16, 10 am-12 pm
Broome West Senior Center
785-1777

We're starting a Ukulele Group. All levels are invited to attend & share skills. A fun time is guaranteed! Call for information.

13th Annual Craft Fair

Sat., Oct. 10 from 10 am-3 pm
Broome West Senior Center
785-1777

Come enjoy a variety of beautiful and creative crafts at over 45 tables! We'll serve great refreshments to support our yearly activities.

Evening Dining & Bingo

Thurs., Oct. 15, 4:30 pm
North Shore Towers Sr Center
772-6214

Enjoy rotisserie chicken & chocolate cream pie; then try your luck at Bingo! Prizes are non-perishable food items. Reserve by noon Wed., Oct. 14.

Evening Dining & Entertainment

Thurs., Oct. 15 & 29, 4- 6 pm
Eastern Broome Senior Center
693-2069

Socialize over dinner followed by entertainment. On 10/15 Saxophonist Dan Bolton will perform a variety of classics. On 10/29, Rick Marsi will return to present "Hiking through Peru Part II." Please reserve by noon the day before.

Fall Harvest Dinner Dance

Thurs., Oct. 22, 5pm
First Ward Senior Center
607-797-2307

Bring your dancing shoes for an evening of dinner, dancing and friends. Enjoy the Jim Ford Band and a catered roast turkey/apple crisp dinner for just \$10. Sign up ahead, please.

Rummage & Bag Sale

Fri., Oct. 23, 9 am-2 pm
Oak Street Senior Center
724-1220

We may have that treasure you're looking for! Rummage early or take your chances at our bag sale from 1 to 2 pm

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



Eastern Broome Senior Center

October 28
Penn's Peak, PA: Real Diamond
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

October 13
New York City: Free Day at 9/11 Memorial Area

October 20
Platzl Brauhaus, Oktoberfest, Pamona, NY

November 3
Mohegan Sun Casino

November 17
Radio City Music Hall

***“Just before the death of flowers,
And before they are buried in snow,
There comes a festival season
When nature is all aglow.”***

Unknown Author



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Falls Prevention Exercise Class:

Six Steps to Better Balance

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

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

Make a difference and improve your life! To register and for more information contact Gina or Rita at 607-778-2411.

Class Schedule:
Johnson City Senior Center
Mondays, October 5 – November 9,
1– 2 pm

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

High Blood Pressure

What is the relationship between blood pressure and body weight?

Blood pressure rises as body weight increases. Losing even 10 pounds can lower blood pressure, and it has the greatest effect for those who are overweight and already have hypertension. If you are overweight or obese, work with your health care provider to develop a plan to help you lower your weight and maintain a healthy weight. Aim to reduce your weight by 7 to 10 percent over six months, which can lower your risk for health problems. For example, if you are overweight at 200 pounds, try to lose 14 to 20 pounds over six months. After that, you may have to continue to lose weight to get to a healthy weight.

source: www.nihseniorhealth.gov

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Free Legal Clinic for Broome County Seniors

Please join us for Broome County's Ninth Annual Senior Legal Clinic on Saturday, October 24th from 9:30 am to 12:30 pm. The event will be held at the Broome County Public Library, located at 185 Court Street, Binghamton. Free and ample parking is available.

Receive a FREE ½ hour private consultation with a local attorney in any of the following areas: Wills/Trusts, Powers of Attorney/Health Care Proxies, Medicaid Planning, Landlord-Tenant, Real Estate, Oil and Gas Leases, Grandparent's Rights, Debt Collection, Bankruptcy and more.

This annual event is to benefit Broome County residents age 60+. It is co-sponsored by the Broome County Bar Association and Legal Aid Society of Mid-New York, Inc.

Registration is required! To register call: Arlene Sanders at (607) 231-5950 by October 22 and leave a message with your name, telephone number, and legal topic. You will receive a call back with your appointment time.

(Note: Documents will not be drafted at the clinic but those who attend may be eligible for free health care proxies, powers of attorney, and simple wills through Legal Aid Society of Mid-NY)



CDPHP® Salutes Healthy Living

We are proud to support the **Broome County Office for Aging** and its efforts to promote health and fitness. Congratulations to all the participants of the Senior Games!

www.cdphp.com



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Keaghan Morrissey: OFA's 2014-2015 AmeriCorps Member

The Broome County Office for Aging partners with the Rural Health Network of South Central New York as a host site for the subsidized one-year employment of a Rural Health Service Corps (RHSC) AmeriCorps Member. (AmeriCorps has been described as a “domestic Peace Corps.”) RHSC-AmeriCorps’ young members help us address



the broad community health needs of South Central New York, focusing on such concerns as health access and education, nutritional stability, and independent living for the elderly, homebound, and people with disabilities.

This year OFA has had the great good fortune of having the services of AmeriCorps member Keaghan Morrissey, a graduate of Windsor High School and recently of Nazareth College. Genial, conscientious, and enthusiastic, Keaghan has contributed to the success of OFA programs in numerous ways, including traveling to the nine senior centers and other locations throughout the county to help promote health and wellness programs, teaching nutrition classes, facilitating a six-week physical balance program, delivering meals to the homebound, photographing events such as the Senior Picnic and Senior Games, and helping to coordinate the First Annual Seniors Running and Walking Festival.

Having completed her term with OFA last month, Keaghan concluded that “AmeriCorps is extremely rewarding. I joined because I was frustrated with futile job hunting after college graduation. Through my service at OFA, I have met some amazing individuals who have really helped me understand the importance of community involvement. I have tried hard to provide the seniors residing in Broome County with a feeling of community and an overall sense of well-being. I have met so many wonderful people, both within the senior centers and out in the community. Being part of the Seniors Running and Walking Festival Committee was a special opportunity to showcase my abilities and skills. It was very humbling to see the logo I had created displayed on the participants’ shirts, banners at the finish line, finisher medals, and coffee mugs. I was also fortunate enough to capture some amazing and emotional photos as the participants crossed the finish line. Photography has always been my passion, and I hope someday to obtain a full-time job behind the lens.”

Keaghan’s supervisor, Nutrition Program Coordinator Donna Bates, observes that Keaghan has succeeded greatly in her time with OFA: “Keaghan did a tremendous job. She was enthusiastic and was highly instrumental in promoting health and wellness throughout the community.” Keaghan encourages her peers to consider joining RHSC, explaining that

“AmeriCorps is a great stepping stone for individuals who have recently graduated college. It is an excellent opportunity for networking, and the experience helps you learn new things about yourself and others.”

Further information about RHSC-AmeriCorps is available from the Rural Health Network of South Central New York at 607-692-7669 and at www.ruralhealthnetwork.org/ameri-corps.

Sudoku Answers

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

ART OF TAXIDERMISTRY AT THE VESTAL MUSEUM

On exhibit September 5th to November 14th

Featuring works by:

Joe Havel

Mike Macey

Kyle Konecny

Scott Benjamin

Pieces from the Roberson Museum Collection – Lee Loomis

And personal pieces from Vestal residents

Fall Museum Hours:

Thursday and Friday 12:30-4:30pm

Saturday and Sunday 10:00-2:00pm

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Computer Corner: Emoticons & Emojis

As we rely more and more on text-based cyber communications (email, twitter, texting, etc.) we have sought new ways to convey feelings by using punctuation marks as images of emotion. These “emoticons” offer a range of tone and feeling via pictorial representations of facial expressions. Some examples:

:) = smile

:(= sad

:((= very sad or weeping

:”> = a blush

;) = wink

:D = a grin

As emoticons have become ever more popular, many electronic devices now provide stylized pictures (called **emojis**) that do not use punctuation.

An emoji → 😊

source: *Wikipedia.com*

AARP #3071 Binghamton

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

Bet Ya Didn’t Know!

The Romans originally set the standard to drive and ride on the left side of the road, and it was not until the 1800’s when the French Emperor Napoleon Bonaparte decreed it should (instead) be on the right. French colonial influence in North America resulted in its introduction here and that’s why Americans and Canadians now drive on the right.



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.



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The Whirlpool Washer - A Local Connection

The 1900 Washer Company opened in 1899 in Lestershire, present-day Johnson City, but soon relocated to Clinton Street in Binghamton. Making a line of washers called Cataracts, it quickly became a large firm. In 1920, the company merged forces with another washing machine company, and became the Nineteen Hundred Corporation. In the late 1920s the company introduced a new line of washers called the Whirlpool. Although the firm left the area in 1929, the Whirlpool Corporation continues to manufacture its washers worldwide.



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The Polio Vaccine is 60!!

Jonas Salk developed and first tested the vaccine in 1952. Soon after Salk's vaccine was licensed in 1955, children's vaccination campaigns were launched. Following a mass immunization campaign promoted by the March of Dimes, the annual number of polio cases fell from 35,000 in 1953 to 5,600 by 1957. By 1961, only 161 cases were recorded in the United States.



Action for Older Persons (AOP) has moved!

They are now located at
200 Plaza Drive Suite B, Vestal, NY
607-722-1251

AOP can help with Medicare, Managed
Long Term Care and advocates for
Seniors in Nursing Homes!

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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 have some chronic health care conditions, and have to take several prescription drugs to manage them. I spend a lot of money on Medicare prescription drug copays each month, and I'm struggling to keep up with these costs. My friend told me that I should see if I can apply for the Extra Help program. What is the Extra Help program?

Barbara (San Francisco, CA)

Dear Barbara,

Extra Help is a federal program that helps people with limited incomes to pay the costs associated with Medicare prescription drug coverage (Medicare Part D). Extra Help is administered by the Social Security Administration. To qualify, you must meet income and asset guidelines that are determined by the federal government each year. If you are single in 2015, your monthly income must be below \$1,471 (\$1,991 for couples), and your assets must be up to \$13,640 (\$27,250 for couples) in order to qualify for Extra Help.

In order to have Extra Help, you must get your prescription drug coverage through Medicare Part D. You can get this coverage through a stand-alone Part D plan that works with Original Medicare, or through a Medicare Advantage plan that includes prescription drug coverage. Extra Help does not work with other forms of prescription drug coverage, such as coverage from an employer. If you do not have a Part D plan, Extra Help gives you a Special Enrollment Period to enroll in a Part D plan outside of typical enrollment periods.

Depending on your income and assets, you may qualify for either full or partial Extra Help. With either program, you will never have to pay the full cost of your drugs as long as you take medications that are on your plan's formulary—its list of covered drugs—and you buy them at a pharmacy in your plan's network. You also can use a mail-order pharmacy with Extra Help. Extra Help can also assist with your monthly Part D premium and annual deductibles.

Apply for Extra Help through the Social Security Administration. You can call the National Hotline at 800-772-1213, or visit your local Social Security office. You also can apply online at <http://www.ssa.gov/medicare/prescriptionhelp/>.

Know that some people may get Extra Help automatically; people who have a Medicare Savings Program, receive Supplemental Security Income (SSI), or have Medicaid all receive Extra Help.

If you do not qualify for Extra Help, your state may have a State Pharmaceutical Assistance Program (SPAP) that can assist with prescription drug costs. Eligibility requirements and program benefits may vary, depending on the program. Contact your local State Health Insurance Assistance Program (SHIP) to see if there is one available in your state. To find your SHIP, visit www.shiptacenter.org or call 877-839-2675.

Marci

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We provide a personalized service helping you implement safety features for in-home dementia family members. With over 20 years experience in dementia care, we will help you glide through the sunset years.

Call Aron Stesney at 607-323-5211 or 607-321-8198

PAID ADVERTISEMENT

**Want to enrich your life?
Volunteer at a school or day care.**

Share a lifetime of wisdom with children.

- ◆ Serve 20 hours per week in a school or day care setting.
- ◆ Receive earnings that do not affect rent or other benefits.
- ◆ Must be age 55 and older and income eligible.

Call 607-778-2089 – Foster Grandparent Program

The children will love you!

Broome County Office for Aging

Quitting Smoking for Older Adults: How Quitting Improves Your Health

Benefits for Yourself

Are you tired of that lingering cigarette smell, stale breath, and tooth discoloration? Maybe you have frequent coughing, shortness of breath, high blood pressure, or other health symptoms? You can look forward to dramatic changes the moment you quit smoking. Within 20 minutes of smoking that last cigarette, your body starts making healthy changes that will continue for years. You will add healthy days and years to your life and the lives of your loved ones when you quit. Within just a few weeks of quitting you will start to feel better -- more energized, more relaxed, more confident, and proud that you were able to quit.

Benefits for Your Loved Ones

Your smoking harms those around you, particularly young children. By quitting, you can protect others from the dangers of secondhand smoke.

Benefits to Your Brain:

5 years after quitting your risk of stroke begins to decrease. In 5-10 years, you can reduce your stroke risk to that of a nonsmoker.

Benefits to Your Throat:

1 to 9 months after quitting, your coughing and shortness of breath decrease.

Benefits to Your Lungs:

2 weeks to 3 months after quitting, your lung function begins to improve. 10 years after quitting your chance of dying from lung cancer is about half that of a smoker's.

Benefits to Your Heart:

20 minutes after quitting your heart rate drops to more normal levels. 1 year after quitting your added risk of coronary heart disease is half of a smoker's risk. 15 years after quitting your risk of coronary heart disease is about the same as a nonsmoker's.

To help you quit, Medicare Part B (Medical Insurance) covers up to 8 face-to-face visits with a doctor or other Medicare-recognized provider in a 12-month period for counseling to stop smoking or using tobacco products.

source: www.nihseniorhealth.gov

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The Many Faces of Depression

Sometimes, feelings of hopelessness and despair can be quite stark, as with an episode of major depression. Other times, depression is always present, low grade, and chronic, as it is with dysthymia, or low-grade depression. Either way, most people simply don't seek help. If you are experiencing any two of the following symptoms for more than two weeks, talk to a mental health professional. Help is widely available.

- Feelings of sadness and grief.
- Apathy--loss of interest and pleasure in activities you once enjoyed.
- Sleep problems--insomnia or oversleeping.
- Low energy and fatigue.
- Changes in appetite and weight.
- Indecisiveness, problems concentrating, or feeling disconnected.
- Physical symptoms such as restlessness and widespread pain.
- Feelings of guilt, worthlessness, and helplessness.
- Recurrent thoughts of death or suicide.

Senior Resource Line
778-2411
Information on Programs & Services

Broome County Office for Aging
www.gobroomecounty.com/senior

Senior Games Update

The Broome County Senior Games are now half way through their season, and there are still many events to come. The games help participants stay active, compete, meet new people, and just have a lot of fun. It's not too late to join them.

The Games are open to anyone 55 years and older, and there's no residency requirement.

Senior Games Events:

- Basketball: Oct 14
- Billiards: Oct 1
- Bowling - No Tap Doubles: Oct 15
- Bowling - No Tap Singles: Oct 27
- Pickleball: Oct 7 & 8
- Ping Pong: Oct 22
- Floor Shuffleboard: Oct 14
- Volleyball - Recreational: Oct 16
- Volleyball - Competitive: Nov 14

If you are interested in participating in the games or just being a spectator, please call Rita at 778-2411. You can pick-up an application at any of our local senior centers or you can download one at www.gobroomecounty.com/senior/games.

The 2015 Senior Games are brought to you by the Broome County Office for Aging and the following sponsors:

- Binghamton Tennis Center
- Boys & Girls Club of Western Br
- Broome County Parks & Rec
- City of Binghamton Parks & Rec
- CDPHP
- Fidelis Care
- Levene Gouldin & Thompson, LLP
- MVP Health Care Medicare Advantage Plans
- OEH Company
- RealtyUSA.com
- Town of Union Parks & Rec
- Today's Options Medicare Advantage Health Plans
- United Methodist Homes
- WellCare Health Plans
- William H. Lane Incorporated



Cortland Gators 70+ Softball Player, Knocks It Out of the Park!

Caregiver Corner

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

Events for Caregivers

Save Energy, Save Dollars

Date: Thursday, October 15th
Time: 1:00-2:30 PM
Place: Broome County Public Library
 185 Court St., Binghamton
Presenters: Paul Suarez, Community Educator for Cornell Cooperative Extension & Jackie Syskas, NYSEG Customer Advocate

Attend this interactive presentation to learn how to make low/no cost improvements to your home that will save you money, and receive a FREE gift for attending! Paul will speak on different energy resources in our community and Jackie will discuss ways to save on your utility bill.

Call Caregiver Services at 778-2411 to register.

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Center (close to Sears)
 Oakdale Mall, Johnson City
Date: Monday, October 5th
Time: 1:00-2:30 PM

Place: Broome West Senior Ctr,
 2801 Wayne St, Endwell
Date: Wednesday, October 21st
Time: 9:30-11:00 AM

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

**Want To Advertise In
 The Senior
 News?**

**We reach over 8,500
 senior households in
 Broome County!**

For Details call 778-2411

*Make our readers your
 customers!*

Protect Yourself from Carbon Monoxide

Carbon monoxide is a colorless, odorless and potentially dangerous gas produced when fuel (heating oil, propane, kerosene, charcoal, gasoline, wood or natural gas) is burned without enough air for complete combustion. If inhaled in large quantities for a prolonged time period, carbon monoxide can cause unconsciousness, brain damage and even death. If you, or anyone in your household, experience the following symptoms, immediately open windows and doors to ventilate your home, then move outside and call 911 or the fire department:

- ◆ Fatigue
- ◆ Coughing
- ◆ Headache
- ◆ Irregular breathing
- ◆ Dizziness
- ◆ Overall paleness
- ◆ Nausea
- ◆ Cherry red lips and ears

There are a number of steps you can take to minimize the dangers of carbon monoxide poisoning, including:

- ◆ Have your chimney, appliances and heating equipment inspected and tested by a qualified professional every year.
- ◆ Install ventless heaters in accordance with manufacturer specifications, never using them as a primary heat source.
- ◆ Install at least one carbon monoxide detector in your home. Do not rely on carbon monoxide detectors as a substitute for maintaining appliances, heating equipment or chimneys. If you choose to install a carbon monoxide detector, use it as an additional preventative measure.
- ◆ Clear snow and ice from exhaust vents and intake air vents for gas appliances to prevent carbon monoxide from accumulating in your home.
- ◆ Never use a gas oven or stovetop for heating your home.
- ◆ Never run a gasoline engine (such as a gasoline generator) or an automobile in an enclosed space.
- ◆ Never use a portable charcoal or propane grill indoors.

source: Newsletter, Lewis County OFA, June/July 2015



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The Advantage of Experience

A Brief History of the Wheelchair

The earliest records of wheeled furniture was an inscription found on a stone slate in China and a child's bed depicted in a frieze on a Greek vase, both dating back to the 5th century BCE [BC]. The first records of wheeled seats being used for transporting the disabled date to three centuries later in China; the Chinese used their invented wheelbarrow to move people as well as heavy objects. A distinction between the two functions was not made for another several hundred years, around 525 CE [AD], when images of wheeled chairs made specifically to carry people began to occur in Chinese art.



In Europe, the first known wheelchair was invented over 400 years ago by Phillip II of Spain (1527-1598). He was depicted in a painting showing him in a chair with wheels, armrests and footrests. This chair was not self-propelled. In 1665, a paralyzed German watchmaker invented a wheelchair with three wheels and hand crank attached to the front wheel.

In 1869, the first patent was granted in the U.S. for an adjustable chair with wicker seat and large rear wheels. By 1887, wheelchairs ("rolling chairs") were introduced to Atlantic City, NJ, so invalid tourists could rent them to enjoy the boardwalk. It was not until the 20th century that the modern wheelchair as we know it was invented.

In 1933, Harry Jennings and his friend Herbert Everest, both mechanical engineers, invented the first lightweight, steel, collapsible wheelchair for Everest to use after he had broken his back in a mining accident. The design was incorporated and was a success, although they continued to make custom wheelchairs by hand in a garage. Following World War II, Everest and Jennings moved forward forming a company, creating mass production and monopolizing the market for many years with their design.

The Broome County Home Repair Service

Home Repairs for Senior Citizens
A Non-profit public service operated by

First Ward Action Council, Inc.
 167 Clinton Street, Binghamton, NY

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

Leaky Faucets	Safety Devices	Railings
Locks Installed	Porch & Stair Repair	Wheelchair Ramps

...And More

Call 772-2850 For Details

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 Classes: Communicating Our Values, 9:30-10:45 am

10/1,8,15 USA Dance Cha Cha Lesson, 7-8:30 pm

10/2,16 Ukulele Group, 10 am-12 pm

10/5 Flu Vaccination Clinic: 1–2:30 pm (Registration encouraged)

10/9,16 BU Nursing Students Visit, 9:30 am

10/10 (Sat.) 13th Annual Craft Show, 10 am-3 pm

10/12 Breakfast Special: *French Toast Casserole*, 10:30 am-12:30 pm

10/13 Downsize/Declutter Support, Intro Event, 3-4:30 pm

Evening Meal (*rotisserie chx/choco cream pie*)

w/“Fretboard Express” (guitar), 5-7 pm

10/14 Senior Games Shuffleboard Tournament, 9 am-3 pm

10/14,16 Hot Dog Bar, 11:15 am-12:30 pm

10/15 Philly Cheese Steak Day, 11 am-12:30 pm

10/19 SUNY Broome Health Care Program, 10 am-12 pm

10/22 Senior Games Ping Pong Tournament, 9 am-3 pm

10/26 Breakfast Special: *Pumpkin Pancakes*, 10:30 am-12:30 pm

10/27 Evening Meal (*roast turkey/homemade dessert*) w/Rich Wilson, 5-7 pm

10/30 Halloween Party & Costume Parade, 11 am-1 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: 10/6 Nickel; 10/13 Bag; 10/20 Quarter; 10/27

Nutrition

10/1 “How Many Kinds of Squash Do You Know?” 11:30 am

10/5 (Mon.) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

10/6 Flu Vaccination Clinic: 10:30 am-12 pm (Registration encouraged)

Blood Pressures w/Sandy, 11:30 am

Medicare Changes w/Courtney Cashman (AOP), 1 pm

10/15 Evening Dining (*rotisserie chx/choco cream pie*), Harvest Festival
w/Good Vibrations, 4:30 pm

10/20 Southern Tier Food Bank, 11:30 am

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

Mondays, “Stepping On” Workshops (*pre-register*), 9:30-11:30 am

Fridays, Tai Chi w/Sue Budine (YMCA) (not 10/23) (*pre-register*),
2:30-3:30 pm

10/1,8,22 Bingo for Prizes, 11:45 am

10/2 Flu Vaccination Clinic, 9:30-11 am (Registration encouraged)

10/7 Medicare Changes (AOP), 12:30 pm

10/14,16 Hot Dog Bar, 11:30 am-12:30 pm

10/15 Evening Dining (*rotisserie chx/choco cream pie*) w/Dan Bolton
(Saxophonist), 4 pm

10/23 15th Anniversary Celebration w/South Amboy Roy, 12:30 pm

10/26 “Horse Racing” w/Bonnie Hill, 10 am

10/28 Trip to Penns Peak (*call for more info*)

10/29 Evening Dining (*roast turkey/homemade dessert*) w/Rick Marsi, 4 pm

10/30 Halloween Party, 10 am w/Costume Parade, 10:45 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:

10/2 Flu Vaccination Clinic: 1-2:30 pm (Registration encouraged)

10/3 (Sat.) Rummage Sale, 9 am-2 pm

10/5 Scarlet Bonnets, 1 pm

10/7 Social Club, 1pm

10/14 Legal Aid (by appointment), 9 am

10/14 Blood Pressure w/ Bea Tampkins, 10 am

10/20 Medicare Changes (AOP), 12:15 pm

10/22 Fall Harvest Dinner Dance w/Jim Ford Band, 5 pm

10/30 Halloween Party w/Orange Blossom Special, 12:15 pm



Halloween Party & Luncheon!

Friday, October 30th at Participating Senior Centers

Come dressed in your favorite costume and enjoy games, refreshments, costume contests, parades and much more!

You can also enjoy a delicious lunch served around noon.

Reservations are needed. Please call a participating center to make your reservation and find out what special activities will be happening!

The meal is just \$3.25 age 60+ or \$4.25 for anyone under age 60. We hope to see you on the 30th!



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:

Mondays, Oct 5-Nov 9, Six Steps to Better Balance Falls Prevention Exercise Class: Call 778-2411 to register, 1-2 pm

10/1 Walmart Flu Clinic, 11 am-12 pm

10/3 (Sat.) Psychic Fair, 9 am-6 pm

10/8 Price Chopper Flu Vaccination Clinic: 10-11:30 am (Registration encouraged)

Food, Nutrition and Health, 11am

10/9,10 Rummage Sale, Fri: 9 am-3 pm; Sat: 9 am-1 pm

10/12 Tech Assistance w/Rosa, 10 am

10/13 Changes in Medicare (AOP), 10:30am

10/14,15 Hot Dog Bar, 11:45 am

10/16 Rich Wilson Entertainment, 7 pm

10/20,21 AARP Safe Driver Class, 1 pm-4 pm

10/20 Red Hat Society Meeting, 6:30 pm

10/21 Lawson's Hearing Tests, 9-12 pm

10/28 Orange Blossom Special (music), 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:

10/2 Volunteer Appreciation Dinner, 4:30 pm

10/7 Flu Vaccination Clinic, 9:30-11 am (Registration encouraged)

10/13 Evening Meal (*rotisserie chx/choco cream pie*) w/Rich Wilson, 4:30 pm

10/14 Hot Dog Bar, 11:30 am

10/15 Philly Cheesesteak Day, 11am-12:30 pm

10/19,20 AARP Safe Driver Program, 10 am-1:30 pm

10/21 Medicare Changes w/Courtney (AOP), 11:15 am

10/23 Penny Social Fundraiser, 4:30 pm

10/27 Evening Meal (*roast turkey/homemade dessert*) & Bingo, 4:30 pm

10/30 Halloween Party, 11 am



NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

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

Lunch served at Noon

Weekly Activities:

M: Bingo 10-11 am

Tu: Fitness 10:30 - 11:00 am

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

Special Activities:

10/6 Medicare Changes (AOP), 10:30 am

10/7 Breakfast for Lunch (*omelet/hash browns*), 10:30 am-12 pm

10/8 Blood Pressure/Glucose Screening w/Joyce (Medicine Shoppe), 11 am-12 pm

10/15 Evening Meal (*rotisserie chx/choco cream pie*) & Bingo, 4:30 pm

10/21 Pumpkin Decorating, 10:30 am

10/28 Team Trivia, 10:30 am

10/30 Halloween Party, 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:

10/2 Soup & Sandwich Day, 11 am

10/9 Ice Cream Sundae Day (after lunch)

10/13 Pizza for Lunch, 11 am

Blood Pressure/Glucose Reading w/Joyce (Medicine Shoppe), 11 am

10/20 Book Review w/Cheryl Ebert: *The Last Runaway* by Tracy Chevalier, 11 am

10/23 Rummage Sale, 9 am-2pm; Bag Sale, 1 pm-2 pm

10/30 Halloween Party, 11 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:

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

10/7,14 BU Nursing Students Visit, 9:30 am-1:30 pm

10/8 "The Yellow Dot Program," discussion w/Sheriff Harder, 10:30 am

10/9 Flu Vaccination Clinic: 10:30-11:30 am (Registration encouraged)

10/14,16 Hot Dog Bar, 11:45 am

10/14 Vestal Senior Citizens Club Fall Foliage Train Ride

10/15 Vestal Senior Citizens Club Anniversary Dinner (*please reserve*), 4-7 pm

10/19 Shoppers Club Meeting, 1 pm

10/20 Breakfast for Lunch (*waffles/eggs*), 10:30 am-12 pm

10/21 Alzheimer's Association Informational Lecture, 10:30-11:30 am

10/22 Craft Day, 10:30 am

10/23 Pizza for Lunch OR Chef Salad (*please reserve*), 11:45 am

10/27 Vestal Senior Citizens Club Meeting, 12:45 pm

10/30 Halloween Party with Cub Care, 10:30 am

MEET, GREET & EAT

October 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
Happy Halloween			Vegetable Lasagna 10/1 Cauliflower w/Parsley Tossed Salad Rice Pudding w/Raisins	Beer Battered Fish 2 OR Chinese Pepper Steak Brown Rice Pilaf Mashed Hubbard Squash Pears
Tuna Noodle Casserole 5 Stewed Tomatoes Broccoli Pears	Kielbasa 6 OR Western Omelet O'Brien Potatoes Tossed Salad Low Fat Muffin	Roast Beef w/Gravy 7 Mashed Potatoes w/ Gravy Country Blend Vegetables Chocolate Chip Cookie	Pierogies w/Onions 8 Baby Beets Cut Green Beans Vanilla Cake w/Peanut Butter Frosting	Broccoli Cheese Pollack 9 OR Chicken w/Cranberry Baked Potato Monte Carlo Blend Veg. Mandarin Oranges
Chicken ala King 12 Over Biscuit Carrot Coins Orange Juice Pumpkin Cookie	Roast Pork w/Gravy 13 OR Breaded Fish Mashed Potatoes w/Gravy Red Cabbage Supreme Peaches	Meatloaf w/Gravy 14 Macaroni & Cheese French Cut Green Beans Cinnamon Applesauce	Baked Ziti Parmesan 15 Wax Beans Tossed Salad Chocolate Pudding	Potato Crusted Pollack 16 OR Home Style Salisbury Steak Mashed Potatoes Spinach w/Lemon Butter Pineapple Tidbits
Meatball Parm. Sub 19 Minestrone Soup Italian Mix Vegetables Banana	Pub Burger 20 OR Tuna Salad Sandwich Baked Beans Tropical Fruit	Roast Turkey w/Gravy 21 Apple Bread Dressing Monte Carlo Blend Veg. Peach Cobbler	Sweet & Sour Pork 22 Over Brown Rice Broccoli Tossed Salad Pineapple Spice Cookie	Fish Florentine 23 OR Beef Stroganoff Buttered Parsley Noodles Winter Squash Ice Cream Cup
Macaroni & Cheese 26 Stewed Tomatoes Brussel Sprouts Oatmeal Cookie	Liver w/Onions 27 OR Chicken w/Marengo Mashed Potatoes w/Gravy Spinach Tapioca Pudding w/Mandarin Oranges	Halupki 28 OR Chicken w/Orange Sc. Mashed Potatoes Cut Green Beans Pears	Stuffed Pepper 29 Casserole Carrot Coins Tossed Salad Apricot Halves	Halloween Party! Lemon Pepper Pollack 30 OR Meatloaf w/Gravy Baked Potato Peas & Carrots Pumpkin Pie Square

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

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

Sudoku

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

Answers on Page 6

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

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