Broome County Office for Aging

Senior News

Jamie M. Kelly, Director • Debra A. Preston, Broome County Executive • Volume 43 Number 9 • SEPTEMBER 2015

Visit Our Website at www.gobroomecounty.com/senior

Free Legal Clinic for Broome County Senior Citizens

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 please 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)

Medicare Reminder

Every day, 10,000 Americans turn 65 and become Medicare-eligible. But, all too often, people new to Medicare make costly mistakes during the enrollment period, which results in life-time penalties, higher health care costs, gaps in coverage and disruptions in their care.

Part of the confusion centers around who becomes automatically enrolled in Medicare at age 65 and those who need to actively enroll themselves.

At age 65, most retirees already collecting Social Security benefits are automatically enrolled in Medicare. For those people who are not collecting Social Security benefits, it is necessary to actively enroll themselves in Medicare Part A (Hospital) and Part B (Medical). This can be done during the three months **before** someone turns 65, or **during** the month they turn 65, or during the three months **after** turning 65. Depending upon which three month period you enroll in Medicare, will make a difference when your Medicare becomes effective.

- If you enroll in the three months before you turn 65, your coverage begins the first day of the month you turn 65.
- If you enroll in the month of your birthday, coverage begins the first of the following month.
- If you enroll in the month after you turn 65, coverage begins two months later.
- If you enroll in the second or third months after you turn 65, your Medicare coverage begins three months later.

For further information or questions, please contact Action for Older Persons @ 607-722-1251.

You Are Invited to a Public Hearing

Broome County Office for Aging
Broome West Senior Center in Endwell
October 27, 2015 at 5:00pm

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 and provides an opportunity for the public to offer thoughts and suggestions on our Draft Plan for Services 2016-2020.

By Monday, September 21 you may call the Office for Aging to request a copy of the Draft Plan (778-2411) or access the Draft Plan on our website at www.gobroomecounty.com/senior/publications. We will also make copies of the Draft Plan available the evening of the hearing.

Are your needs - and the needs of your 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.

Financial Health: We Have News for You!

Most of us, especially seniors, have experienced the anxiety of trying to pay our bills. With that in mind the staff at Broome County Office for Aging has researched and gathered together a number of ways for seniors to lower personal expenses and improve their financial wellbeing.

This issue of *Senior News* shares their research, offering articles on cost-cutting strategies, tactics for avoiding scams that target seniors, and an extensive center-section listing in detail opportunities to reduce expenses.

We're sure you'll find something beneficial to you!

If you have questions, please call the Office for Aging at 607-778-2411 or consult us on the web at **www.gobroomecounty.com/senior**. Additional information is available at **www.mybenefits.ny.gov**.

Protect Yourself From Health Scams

You see the ads everywhere these days—"Smart Drugs for Long Life" or "Arthritis Aches and Pains Disappear Like Magic!"—or even testimonials claiming, "This treatment cured my cancer in one week." It's easy to understand the appeal of these promises. But there is still plenty of truth to the old saying, "If it sounds too good to be true, it probably is!"

Continued on page 2

TAKE AIM AT EXPENSES!

Check out pages 8 & 9 for helpful information

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Health Scams

continued from page 1

Quacks—people who sell unproven remedies—have been around for years peddling their wares. Sadly, older people are often the target for such scams. In fact, a government study found that most victims of health care fraud are over age 65.

Remember stories about the old snake oil salesmen who traveled from town to town making claims for his fabulous product? Well, chances are today's quack is using the same sales tricks. Look for red flags in ads or promotional material that promise a quick or painless cure, claim to be made from a special, secret, or ancient formula, use testimonials or undocumented case histories from satisfied patients, claim to be effective for a wide range of ailments and/or cure a disease (such as arthritis or cancer) that is not yet understood by medical science, offer "free" gift or a larger amount of the product as a "special promotion," or require advance payment and claim limited availability of the product. Unproven remedies may be harmful, waste money and sometimes using these remedies keeps people from getting the medical treatment they need. Unproven remedies promise false hope. Often they offer cures that are painless or quick.

Be wary. Question what you see or hear in ads, newspapers, magazines, radio, TV and internet. Find out about a product before you buy. Don't let a salesperson force you to make a snap decision.

Two Federal Government agencies work to protect you from health scams. The Federal Trade Commission, **www.ftcc.gov**, can help you spot fraud. The Food and Drug Administration, **www.fda.gov**, protects the public by assuring the safety of prescription drugs, biological products, medical devices, food, cosmetics, and radiation-emitting products. If you have questions about a product, talk to your doctor. Getting the facts about healthcare products can help protect you from health scams.

source: www.nia.nih.gov

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

Metro Interfaith
772-6766
Elderly/Handicapped Housing
Licensed Enriched Housing Provider
Metro Plaza Apartments
110 Chenango Place
Lincoln Court Apartments
21 New Street
www.metrointerfaith.com
HUD Housing Counseling Agency
723-0582
EQUAL HOUSING OPPORTUNITY
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A Priceless Gift: Your Family Health History

Conditions such as cancer, heart disease, and diabetes often run in families. Tracing the illnesses of your parents, grandparents, and other blood relatives can help your health care practitioner predict your risk for specific disorders. It could suggest vital screening tests and treatments before any disease is evident. That's why it's so important to discuss your family's health history.

The U.S. Surgeon General has an online tool, *My Family Health Portrait* (https://familyhistory.hhs.gov), that can help you gather and record your family health history. The tool lets you save family information to your own computer and share health histories with other family members. The tool is available in English, Spanish, Italian, and Portuguese.
Before you start using the tool, talk with family members to gather details about their health histories. The surgeon General offers tips on starting the conversations at www.hhs.gov/familyhistory/start/startenglish.pdf.

In the future, tests may make it possible to identify and possibly fix the gene glitches that raise a person's risk for diseases. NIH [National Institutes of Health] is now working on technology that will help doctors quickly create a health plan based on a person's unique genetic blueprint. In the meantime, family health history is a no-cost way to help doctors personalize your health care, and will truly be a priceless gift to you, your family, and future generations.

source: newsinhealth.nih.gov

Senior Games

Broome County Senior Games is looking forward to hosting over 600 athletes ages 55 and up in this year's 17 events! The games help people stay active through fun, competitive, adventurous athletic events! Senior Games gives people the opportunity to stay fit by enjoying outdoor and indoor activities while meeting new people and just having fun!

The Games start in August and end in November, and are open to anyone 55 years and older (with no residency requirement.)

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 your 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 Broome
- Bridgewater Center for Rehab & Nursing
- Broome County Parks & Recreation
- City of Binghamton Parks & Recreation
- CDPHP
- Fidelis Care
- Levene Gouldin & Thompson, LLP
- MVP Health Care Medicare Advantage Plans
- OEH Company
- RealtyUSA.com
- Town of Union Parks & Recreation
- Today's Options Medicare Advantage Health Plans
- United Methodist Homes
- WellCare Health Plans
- William H. Lane Incorporated

2014 Senior Games
Bocce Players having fun!

Small Steps to Healthy Aging

- Commit to a healthy diet.
- Drink plenty of water.
- Move more. Take the stairs and add walking breaks to your day.
- Limit alcohol use. Alcohol is high in calories and may worsen health conditions common among older adults.
- Limit snacking.
- Get plenty of sleep.
- Avoid tobacco products.

source: newsinhealth.nih.gov

Brook's House of Bar-B-Q
of Oneonta
is coming to the Tractor Supply Company
154 Vestal Parkway West in Vestal
Friday, September 25
from 3:30-6:30 pm OR Until Sold Out
http://brooksbbq.com
Enjoy half chicken or St. Louis pork spareribs.
Dinners include chicken or ribs, baked potato, coleslaw, dinner roll, beverage and dessert.
Chicken Dinner - $9; Rib Dinner - $11
All proceeds benefit the Broome County Senior Games.
For more information about the games please visit
www.gobroomecounty.com/senior/games
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Be Physically Active without Spending a Dime

You don't need to spend a fortune to be physically active. In fact, you can be active in many ways without spending any money. Here are a few ideas to get you moving for free!

Close to home:
- Get some exercise and socialize with friends while you walk the entire mall.
- Get your garden or yard in shape, and you'll shape up, too.
- Make your own weights from household items — plastic milk jugs filled with sand or water, bags of rice, soup cans, or bottles of water.
- Rather than driving, walk when doing errands.

In your community:
- Try out free demonstration exercise classes at your local senior center or fitness center.
- Participate in community-sponsored fun runs or walks.
- Join a basketball or baseball league that plays at your community center.

In the great outdoors:
- Go for a hike in a park.
- Learn about trees and plants while exploring a local arboretum.
- Help your community by participating in a stream clean-up effort.

All year round:
- Borrow a bicycle and ride around the neighborhood to admire the flowers.
- Play an early-morning tennis match at your community courts in the summer.
- Jog through the park and breathe in the crisp fall air.
- Go sledding or cross country skiing in the winter.

source: go4life.nia.nih.gov

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Telemarketing Scams

Perhaps the most common scheme, scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore, might not be fully aware of the risk. With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

Examples of telemarketing fraud include:

"The Pigeon Drop"
The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.

"The Fake Accident Ploy"
The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

"Charity Scams"
Money is solicited for fake charities. This often occurs after natural disasters.

If you suspect you've been the victim of a scam…Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services (locally 607-778-2635).

source: www.ncoa.org., © 2015 National Council on Aging.

Special Events at the Senior Centers

September brings the beginning of some new and different programs at the Broome County Senior Centers.

September 10th: The Deposit Senior Center will host a special "Retired Teachers Night" with entertainment by the Southerntiersmen Barbershop Quartet.

September 11th: A date that will never be forgotten. Many centers have planned a special remembrance for the loved ones that were lost.

September 16th: Many of our centers will host a special "Apple Fest & Retired Teachers Day" luncheon. Special entertainment for this celebration is Roger Luther presenting "Expressions of Faith" at Eastern Broome Senior Center and Brenda Cave James is scheduled to present "The History of Susquehanna Street" at the First Ward Senior Center.

September 21st: Have you always wondered what it would be like to *dance with the stars*?? Well put your questions (and fears) to rest, and join us at one or all of the free dance lessons at the Broome West Sr. Ctr. beginning on this date to celebrate National Ballroom Dance Week.

September 25th: If you've got a unique or best tie, then head over to Northern Broome Senior Center and show it off at the "Best Tie Contest!" For more information about these events, please see individual center listings on pages 14 & 15.

Control Your Future with a Power of Attorney

A power of attorney is an important tool in planning for future incapacity or disability resulting from a catastrophic accident, dementia diseases or other serious illness. One person, known as the "principal," appoints one or more individuals, known as "agents," to act on behalf of and represent the interests of the principal.

As the principal, you determine the scope of the power of attorney; it can be limited to an agent signing checks on your behalf or as broad as to allow the agent to do almost anything you could otherwise do. You can appoint more than one agent to act in different capacities or to make decisions jointly. You can also appoint a monitor who receives a record of all transactions.

An important reason to do this in advance is so that you can choose the person to act as your agent. It should be someone you trust completely and would always act in your best interests. Think about whether the person you are considering as your agent is good with handling money and making difficult decisions, and whether they can get along with other members of your family. You should also review your choice periodically.

It's important to remember that this is a designation that should depend as much upon the person's skills as their closeness to you. It is often the case that people we love and trust may not be reliable with finances or well organized even in their personal lives. There are those who at one point in their lives might be ideal agents, but don't have the time or ability to take that on right now. Whoever you consider, make sure you both know what is involved and whether that choice is the best one for all parties.

If someone who has not executed a power of attorney becomes incompetent, nobody will be able to access and manage their assets and finances without initiating a court guardianship proceeding. These proceedings tend to be expensive, time consuming and unpleasant, and the person ultimately selected by the court to serve as guardian may not be someone who the individual would have selected. A guardianship proceeding can often be avoided simply by having a power of attorney in place.

source: Senior News & Views, Cayuga County Office for Aging, March 2015

HEALTH & WELLNESS

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

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

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

Wednesday	5:30 pm	Johnson City Senior Center

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

Monday	10:00 am	First Ward Senior Center (Binghamton)
Monday	10:00 am	Broome West Senior Center (Endwell)
Tuesday	9:45 am	Oak Street Senior Center (Binghamton)
Tuesday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Wednesday	10:00 am	Broome West Senior Center (Endwell)
Thursday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Friday	9:45 am	Oak Street Senior Center (Binghamton)
Friday,	10:00 am	First Ward Senior Center (Binghamton)

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

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

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

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

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

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

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

- Eastern Broome Senior Center in Harpursville — Mondays, September 14 – October 26 — 9:30 – 11:30 am
- Nimmonsburg Methodist Church in Binghamton — Tuesdays, September 15 – October 27 — 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)

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

Evening Dining
Tues. Sept. 8 & 22, 5-7 pm
Broome West Senior Center
785-1777
Evening entertainment on 9/8 is "New Appalachia," lively bluegrass/gospel music.
On 9/22, "Just Us" w/Lisa & Bill return with sing along and dance music. Please call by noon the day before to reserve your meal.

Evening Dining
Thurs. Sept. 10 & 24, 4- 6 pm
Eastern Broome Senior Center
693-2069
Socialize over dinner and wonderful entertainment.
On 9/10 "Dan & Lea" sing classic country and oldies.
On 9/24, Greg Neff performs 60s & 70s hits. Please call by noon the day before to reserve your meal.

Evening Dining
w/Bruce Huggins
Thurs. Sept. 24, 5 pm
(Dinner at 4:30 pm)
North Shore Towers Sr Center
772-6214
Socialize over dinner and music by Bruce Huggins. Dinner is roast pork and pumpkin pie squares. Please reserve your meal by noon Wed. 9/23 by calling 772-6214.

Need a Room for a Special Occasion?
Johnson City Senior Center
797-3145
Rent our facility or smaller rooms for your event.
Call for hourly rates.

Senior Center Holiday Closing
All Broome County Senior Centers will be closed on Monday, September 7, in observance of Labor Day.

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.

TRIPS

Eastern Broome Senior Center

September 17
Tuning Stone

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.

September 29
Sands Casino

November 17-19
Atlantic City, Tropicana

Johnson City Senior Center

September 10 & 11
"A Taste of Long Island"

September 24
Merry Go Round Playhouse: The Calamari Sisters' Big, Fat, Italian Wedding

October 9
Mystery Trip: Clues: Walking, Chocolate, Bag Needed

October 13
Free Day at the World Trade Center, 9/11 Memorial/Museum Area

October 20
Oktoberfest- Platzl Brauhaus- Pamona, NY

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First Day of Fall: The Autumnal Equinox

For us in the northern hemisphere the autumnal equinox (Latin for "equal night" [with day]) marks the time of equal daylight and nighttime hours and the advent of increasingly shorter days and longer nights. It's the beginning of our Fall. In the southern hemisphere it marks the start of their Spring.

The official equinox will occur in Binghamton on Sept. 23 at 4:21 am.

Our northern landscape silently bursts into vibrant colors of red, yellow, and orange. The leaves begin to drop off the trees, providing endless hours of jumping into leaf piles for kids and raking them back up for parents or grandparents! Baseball nears the end of its season, while football is just warming up. Temperatures fall, nights grow longer, and the woodland critters scurry to store up provisions for the winter in the Southern Tier.

The Autumnal or Fall Equinox is also known as Alban Elfed, Cornucopia, Feast of Avilon, Festival of Dionysus, Harvest Home, Harvest Tide, Mabon, Night of the Hunter, Second Harvest Festival, Wine Harvest, Witch's Thanksgiving, and the "first day of autumn"!

Eat Well on Your Budget

Eating well doesn't have to mean spending more money or buying costly "health foods." You can eat well on a budget by planning ahead and choosing foods that give you more nutrition for your money. In fact, you might find that you spend less, not more, to eat right.

Money-saving Tips
- Plan your meals and snacks in advance.
- Before you shop, check store flyers to look for nutritious foods and ingredients that are on sale.
- Take a shopping list with you to the grocery store and try to buy only the items on the list.
- Choose store brands instead of name brands.
- Clip and use coupons.
- Look for items that are on sale.
- Use supermarket discount cards.

source: nihseniorhealth.gov

Income Guidelines for Financial Benefits

Listed below are **possible** financial benefits based on monthly income. Some programs have additional asset limits and restrictions. If you meet income guidelines, please refer to the full program descriptions in the Office for Aging's Financial Benefits Guide. Please call for the full guide or visit: **www.mybenefits.ny.gov.**

Monthly Income	Single
$ 0 – 1,000	• Medicaid • Medicare Savings Program • Low Income Subsidy for Medicare Part D • Claim for Real Property Tax Credit (IT-214) • SNAP/Food Stamps • Supplemental Security Income (SSI)Home Energy Assistance Program (HEAP) • Empower NY • NYSEG Energy Assistance Program (EAP) • Lifeline Discounts • NYS Prescription Program (EPIC) Medicare • School Tax Relief Program (STAR – Enhanced)
$ 1,001 – 2,000	• Medicare Savings Program • Low Income Subsidy for Medicare Part D • Claim for Real Property Tax Credit (IT-214) • SNAP/Food Stamps • Supplemental Security Income (SSI) • Home Energy Assistance Program (HEAP) • Empower NY • NYSEG Energy Assistance Program (EAP) • Lifeline Discounts • NYS Prescription Program (EPIC) Medicare • School Tax Relief Program (STAR – Enhanced)
$ 2,001 – 3,000	• Home Energy Assistance Program (HEAP) • Empower NY • NYSEG Energy Assistance Program (EAP) • Lifeline Discounts • NYS Prescription Program (EPIC) Medicare • School Tax Relief Program (STAR – Enhanced)
$ 3,001 & Over	• NYS Prescription Program (EPIC) Medicare • School Tax Relief Program (STAR – Enhanced)
Based on Other Eligibility Guidelines	• Veterans Exemptions • Veterans Benefits • Senior Citizen Partial Real Property Tax Exemption • School Tax Relief Program (STAR – Basic)

Monthly Income	Couple
$ 0 – 1,000	• Medicaid • Medicare Savings Program • Claim for Real Property Tax Credit (IT-214) • Low Income Subsidy for Medicare Part D • SNAP/Food Stamps • Home Energy Assistance Program (HEAP) • Empower NY • NYSEG Energy Assistance Program (EAP) • Supplemental Security Income (SSI) • Lifeline Discounts • NYS Prescription Program (EPIC) Medicare • School Tax Relief Program (STAR – Enhanced)
$ 1,001 – 2,000	• Medicaid • Medicare Savings Program • Claim for Real Property Tax Credit (IT-214) • Low Income Subsidy for Medicare Part D • SNAP/Food Stamps • Home Energy Assistance Program (HEAP) • Empower NY • NYSEG Energy Assistance Program (EAP) • Supplemental Security Income (SSI) • Lifeline Discounts • NYS Prescription Program (EPIC) Medicare • School Tax Relief Program (STAR – Enhanced)
$ 2,001 – 3,000	• SNAP/Food Stamps • Home Energy Assistance Program (HEAP) • Empower NY • NYSEG Energy Assistance Program (EAP) • Supplemental Security Income (SSI) • Lifeline Discounts • NYS Prescription Program (EPIC) Medicare • School Tax Relief Program (STAR – Enhanced)
$ 3,001 & Over	• NYS Prescription Program (EPIC) Medicare • School Tax Relief Program (STAR – Enhanced)
Based on Other Eligibility Guidelines	• Veteran's Exemptions • Veteran's Benefits • Senior Citizen Partial Real Property Tax Exemption • School Tax Relief Program (STAR – Basic)

Become a Vampire Voltage Slayer!!

Reduce your energy waste and save money by finding and eliminating the vampires in your home. By stopping energy waste, you can save as much as $200 per year! Vampire voltage can be found all over your house—in the living room, bedroom, kitchen and even the bathroom. Vampire voltage (also called vampire energy, standby power and phantom plug load) describes the electricity that is being drawn by equipment and appliances that you're not actively using. Ordinary items such as televisions, computers, cell phone chargers, microwaves and rechargeable toothbrushes drain electricity if left plugged in even when they are turned off because they remain in standby mode, continuing to draw electricity. All this energy can add up to 15 percent of your home's electricity bill.

Identify the vampires:
An average New York home has between 20 and 40 energy-draining devices. These can be anything that uses electricity; but here are some dead giveaways:

- Devices that use remote controls like your TV, garage door, entertainment system and air conditioning units.
- Devices with digital displays, LED standby lights or digital clocks, like your microwave and cable box.
- Most chargers or power adapters, including those for cell phones, MP3 players, cameras, power tools and laptop chargers.
- Most kitchen appliances including microwaves, coffee makers and toaster ovens.

Use these energy-saving techniques:
- Unplug small appliances such as coffee makers and toaster ovens.
- Unplug chargers when they are finished.
- Completely turn off any household appliance when not in use.
- Computer: Turn off your computer if you are not going to use it for at least two hours. A bonus is the less time your PC spends on or in standby mode, the longer its life will be.
- Monitor: Use the power management feature on your monitor to automatically turn it off when not in use for over 20 minutes.
- TV and entertainment system: Unless your TV and entertainment system are connected to something with an off switch (like a power strip) they remain on standby.
- Use power strips: Unplugging a vampire appliance may not always be practical or convenient. A power strip allows you to shut off power to any devices plugged into it with the flick of one switch. Advanced smart power strips can allow you to cut power to some electronics (like your TV) but leave items like the cable box on so you won't lose programming memory.

source: New York State Public Service Commission

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**
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Healthy Weight Club

Twice a month meetings in Vestal offering professional guidance and group support regarding nutrition / weight loss, exercise, and living a healthy lifestyle. All ages welcome.

For more information please call Wellness The Organic Way at
607-744-6330

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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 Part B premium is difficult for me to afford each month. I called Medicare to ask about help paying for this, and they told me to apply for a Medicare Savings Program. What is a Medicare Savings Program?

Emma (Jackson, MS)

Dear Emma,

A Medicare Savings Program (MSP) is an assistance program that can help pay for your Medicare costs if you have limited finances. MSPs may also be called Medicare premium assistance programs or Medicare buy-in programs.
There are three main types of MSPs. Each program has certain income and asset limits in order to qualify for them.
1. Qualified Medicare Beneficiary (QMB) pays your Medicare Part B premium, as well as your Medicare deductibles, coinsurances, and copayments. Although most people get Part A for free, some individuals must pay a Part A premium. QMB also helps pay the Part A premium. You can qualify for QMB even if you qualify for Medicaid.
2. Specified Low Income Medicare Beneficiary (SLMB) pays your Medicare Part B premium. You can qualify for SLMB even if you qualify for Medicaid.
3. Qualifying Individual (QI) pays your Medicare Part B premium. You cannot have both QI and Medicaid.

In addition, all three MSPs allow you to enroll in Medicare outside of the formal Medicare enrollment periods. They also waive any late enrollment Part B premium penalties that you may have. When you have an MSP, you also automatically qualify for Extra Help, the federal assistance program that helps to pay Medicare prescription drug costs.

To qualify for an MSP, you must have Medicare Part A and meet certain income and assets guidelines. If you do not have Part A but meet QMB eligibility guidelines, your state should have a process to allow you to enroll in Part A and QMB. Many states allow this throughout the year, but others limit when you can enroll in Part A.

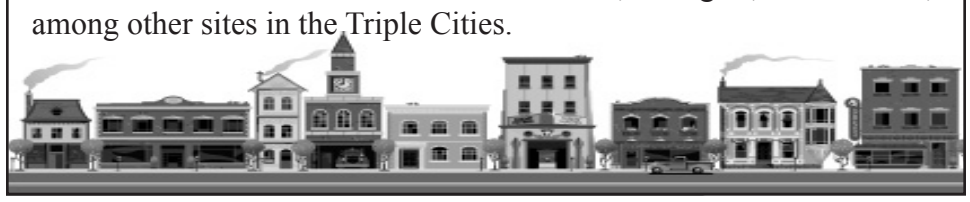
Keep in mind that you should still apply for an MSP if you need the help even if your income seems slightly above your state's income and asset guidelines. This is because states use different rules to count your income and assets to determine your eligibility for an MSP. Certain income or assets may not count, and some states do not have an asset limit. Know that you cannot choose which MSP you receive, but are assigned to one of the three MSPs based on your income and assets.

To learn about MSPs in your state and to find out where to apply, contact your State Health Insurance Assistance Program (SHIP) or your local Medicaid office. You can find the contact information for your SHIP by going to www.shiptacenter.org or by calling 877-839-2675.

Marci

A Bit of Local History

The first business to have an escalator in the Broome County area was Fowler's department store in Binghamton. It was also the first to offer separate beauty and barber shops, as well as a luncheonette. The luncheonette became a very popular feature of the store and soon could also be found in its competitor stores, Sisson Brothers and Weld, Hills, McLean's, and Haskins. Shoppers could also enjoy luncheonettes at local five and dime stores like Woolworth's, Kresge's, and Grant's, among other sites in the Triple Cities.



Healthy Eating for One or Two

Cooking meals for one or two at home can be easy and enjoyable. In recent decades, eating alone has become nearly as common as eating with friends and family. In fact, during 2012 in the US, approximately 46% of all meals were eaten alone. For those who are more likely to eat alone, preparing a small meal may seem like a great deal of work. Many times, recipes serve at least four, require a variety of ingredients, and leave leftovers which may be wasted. These problematic factors have led to the growing availability of fast foods, prepackaged meals, and in-between meal snacks. However, these easy, quick and highly processed meals are often less healthy due to high levels of sodium, sugar and fat. Research also shows that, for many, eating meals alone may lead to high calorie consumption. Older adults, on the other hand, may have trouble consuming enough calories. These findings reinstate the importance of eating healthy, balanced meals and nutrition-dense snacks.

The easiest way to prepare for one or two is to plan ahead to have a variety of staple foods on hand. Planning ahead also helps in cooking meals that can be frozen and reheated later. Try purchasing dry items in bulk, fresh foods in small amounts, foods with a long shelf life, single servings, and keep frequently used items on hand. Preserve foods by freezing, refrigerating, canning and hydration, and plan leftovers accordingly.

The USDA recommends eating a balanced diet, enjoying food but eating less, avoiding over-sized portions. Today's thinking recommends eating half of your plate full of vegetable and a few fruits, one quarter of grains and one quarter of protein, as well as adding some dairy on the side.

Valuable nutrients can be had through healthy snacks and can keep your diet balanced. Some ideas are fresh fruit cups, yogurt and berries, popcorn, dried fruit, mixed nuts. Avoid processed and sugary foods.

Eating out can be a challenge. Be mindful of portion sizes. Consider taking part of the meal to go or share with a friend. Limit condiments, sauces and dressings (have them on the side.) Choose foods that are grilled, broiled or steamed instead of fried. When given a choice of side dishes, choose fruits, vegetables or low-fat dairy options instead of fried foods or chips. Share dessert with a friend or order fruit instead.

source: Senior News & Views, Cayuga County Office for Aging, March 2015

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Celebrating National Falls Prevention Awareness Day

One in 3 adults over age 60 falls every year. Falls are the leading cause of injury, hospitalization and nursing home placement for seniors requiring a drastic change in their living accommodations, often permanently.

Broome County Office for Aging and the Broome County Health Department want to keep the older residents independent as long as possible and provide them with the education and tools necessary to prevent falls and live a stronger, higher quality of life. So please come join us, have fun and learn more about simple changes to keep you safer on your feet, more confident in your ability to walk and more secure in remaining in your own home. Our goal is to assist Broome County older adults, their families and caretakers in becoming more aware of what community programs are available to help its residents stay independent. Community experts from a variety of agencies will be available to offer their advice concerning fall risks.

Celebrating National Falls Prevention Awareness Day
Oakdale Mall, Center Court
Wednesday, September 23
4:00 -7:00 pm.

Remember:

- Falls are no accident!
- Every 29 minutes an older adult dies from a fall!
- As we age we are less active and become a greater fall risk.
- Medications can be linked to a fall.
- Annual vision checks are important.
- Make your home a safer place inside and out.
- What is on your feet is very important.
- Falls are not a normal part of aging.
- You can gain muscle strength and better balance at any age.

It will be a fun day with giveaways, drawings, prizes, demonstrations and much more so come join the celebration on September 23rd!!

Learn to Laugh a Little!!

Studies have shown that laughter can help relieve pain, bring greater happiness, and even increase immunity. Positive psychology names the propensity for laughter and sense of humor as one of the 24 main signature strengths one can possess! One study suggests that healthy children may laugh as much as 400 times a day while adults only tend to laugh about 15 times a day. Laughter reduces the level of stress hormones like cortisol, epinephrine, dopamine, and growth hormone. All of this means a stronger immune system as well as fewer effects of stress. Laughter connects with others. Most people find that laughter is contagious. By elevating the mood of those around you, you can reduce their stress levels, and perhaps improve the quality of social interaction you experience with them, reducing your stress level even more (Scott, 2015). So come on, let's get laughing!

source: Binghamton University Nursing Students, "Ask the Nurse!", Spring 2015.

Labor Day: The Unofficial End of Summer

Labor Day in the United States is observed on the first Monday in September. It is a celebration of the American labor movement, and is dedicated to the social and economic achievements of workers. Labor Day constitutes a yearly national tribute to the many contributions workers have made to the strength, prosperity, and well-being of this country. It has also become the unofficial end to summer because children return to school shortly after this holiday.

The first Labor Day celebration was held in New York City on September 5, 1882, and was initiated by the city's Central Labor Union. In 1884, it was moved to the first Monday in September where it is celebrated today. Labor Day quickly became popular, and one state after another voted it as a holiday. On June 28, 1894, the United States Congress declared it a national holiday. Today, Labor Day addresses by leading union officials, industrialists, educators, clerics, and government officials receive wide coverage in newspapers, radio, and television.

40 Ways To Bring Down Expenses!

Broome County Office for Aging

Call Broome County Office for Aging at 607-778-2411 or visit www.gobroomecounty.com/senior for more information about available financial benefits.

Tax Relief Benefits

1. Enroll in the STAR (basic & enhanced) program for reduction in school taxes for owner-occupied primary residences. Check with your local assessment office for eligibility and application.

2. Senior Citizens Partial Real Property Tax Exemption: New York State program for reduction in property taxes paid on a residence. Contact your local assessment office for more information. If eligible, must apply January 1 to March 1 each year.

3. Veterans' Exemptions—Call your local assessment office for more information.

4. Claim for Real Property Tax Credit for Homeowners and Renters: Call NYS Department of Taxation and Finance at 1-800-225-5829 or the Broome County Office for Aging at 607-778-2411.

Income Tax Assistance

5. Utilize the free AARP Tax Assistance Program to file your federal & state income taxes between February and April. More information can be found online at www.secure.aarp.org/money/taxes/aarp_taxaide.

Telephone Service Discounts

6. Contact your phone company, and if income eligible, sign up for the Lifeline discount for your landline service.

7. Lifeline Discount: federally funded program that provides one free cell phone per household and up to 250 free monthly minutes. Two providers are Safelink wireless (1-800-977-3768) and Assurance wireless (1-888-898-4888).

Hiring Help

8. Hire a Senior Helper at a reasonable rate to help with yard work and other household tasks that need doing but that you can no longer safely do yourself. More information online can be found at www.gobroomecounty.com/senior/grow.

9. No longer able to grocery shop? Office for Aging's Shopper Service can provide non-emergency, on-going help to you with weekly grocery shopping and limited errands (i.e. bank,post office, pharmacy). For more information, contact the Senior Resource Line at 607-778-2411.

Health & Wellness

10. Your local senior center has free or reasonably priced Health and Wellness programs See page 4 of this issue.

11. Medicaid: Comprehensive health care benefits, including coverage for prescription drugs,physician services, hospitals, nursing homes, and home care. To apply or for more information call the Broome County Department of Social Services at 607-778-1100 ext. 4 for general information on Medicaid or 607-778-2793 for information on Spousal Medicaid.

Employment Options

12. Consider becoming a Foster Grandparent and earn an hourly stipend helping with children at school and daycare centers (income guidelines apply). Call the Foster Grandparent Program at the Office for Aging at 607-778-2089.

13. If you are 55+, become a Senior Helper and work for those who need to hire in-home help. Call the Senior Helpers Program at the Office for Aging at 607-778-6105.

14. Senior Community Service Employment Program: Provides 20 hours of paid training/work experience per week and assistance with job search. Call Experience Works at 607-778-6528.

Heating & Repair Expenses

15. Find out if you are income eligible for the Home Energy Assistance Program (HEAP). If you applied in the last HEAP season, watch for an application in your mail late August or early September. Otherwise, apply after the HEAP season opens in mid-November. Call the Office for Aging HEAP message line at 778-2063 for current HEAP information.

16. You may reduce your heating expenses by having your furnace checked and cleaned yearly.

17. You may be eligible for no-cost energy efficiency upgrades including Energy Star lighting and refrigerators, air sealing and insulation. Call EmPower toll free at 1-800-263-009960 for information and an application.

18. The NYSEG Energy Assistance Program provides assistance in paying NYSEG utility bills for HEAP-eligible customers. Call NYSEG at 1-800-572-1111 for more information.

19. New York State Energy Research and Development Authority (NYSERDA) can help make your home more energy efficient while saving money on your utility bills. Call 607-723-0110 for more information.

Prescriptions

20. Review your medications and cost of each in preparation for Medicare open enrollment (October 15-December 7, 2015) at which time you may find a drug plan that better meets your needs financially. Contact Action for Older Persons at 607-722-1251 for more information.

21. EPIC: Elderly Pharmaceutical Insurance Coverage—New York State program that helps income-eligible seniors ages 65 and older supplement out of-pocket Medicare Part D and EPIC covered drugs purchased after the Part D deductible, if any, is met. Seniors can apply any time of the year. Call EPIC at 1-800-332-3742 or the Office for Aging at 607-778-2411.

22. Low-Income Subsidy for Medicare Part D Drug Plan—this subsidy provides "extra help" paying for all or part of the cost of monthly premiums, annual deductibles, drug co-payments and coverage gap related to Medicare Prescription Drug program. Call the Binghamton office of the Social Security Administration at 1-866-964-3971 or the national number at 1-800-772-1213.

Medicare

23. Do you have Medicare insurance? You may be able to enroll in the Medicare Savings Program which reimburses income eligible individuals and couples for the Medicare Part B (out-patient) premium and may also help with co-pays and deductibles - See the article in this issue.

Senior Discounts & Coupons

24. Look for senior discounts and coupons in your mail, newspapers, magazines and online that can be used at local stores and restaurants.

25. Decrease the cost of gasoline by shopping at stores that participate in gas reward programs.

Travel

26. Like to travel? Check out senior discounts on bus fares and bus passes. The *Senior News* always has a list of group trips organized by local centers.

27. Consider taking public transportation. Broome County offers two low-cost, reservation-based options; OFA Mini-bus and BC lift. Call Office for Aging at 607-778-2411 for more information.

Food

28. Enroll in the Supplemental Nutrition Assistance Program (SNAP) which provides a monthly allotment to purchase food items to those who qualify. Call the Broome County Department of Social Services at 607-778-1100, select #3 for SNAP.

29. Visit your local senior center for nutritious and affordable meals.

30. If you are having difficulty preparing meals and are homebound, you can take advantage of the Meals on Wheels program. SNAP cards are accepted at senior centers and Meals on Wheels. Call the Office for Aging for more information at 607-778-2411.

31. Look for generic store brands and give them a try.

32. During the summer, watch for Farmer's Market Coupons in the *Senior News* for those who qualify (60+). These coupons can be used to purchase fresh fruits and vegetables at your local farmer's market.

Broome County Veterans Discount Program

33. A number of Broome County businesses give discounts to honorably discharged veterans. Call 778-2109 to obtain your ID card to get discounts on local goods and services, or go online at **www.gobroomecounty.com/budget/veterans-discount-program**.

Banking & Budgeting

34. SSI: Supplemental Security Income—Monthly cash benefits to meet food, clothing and shelter needs for people with low income and low assets. Call the local Social Security Administration at 1-866-964-3971, national number at 1-800-772-1213, or Office for Aging at 607-778-2411.

35. Set up automatic online payment for your recurring bills to save time and avoid late charges.

36. Reduce your credit card debt as fast as you can.

37. Review your monthly budget. Record all monthly income and expenses and look for ways to cut unnecessary purchases.

38. Talk to your insurance company about ways you may be able to lower your rate.

39. Routinely check your bills for inaccuracies.

Entertainment—Use Your Local Library

40. The cost of entertainment continues to rise and seniors on a budget often feel that they must forgo some of life's little luxuries. But that doesn't need to be the case. Your local library can be a great source for free entertainment. Books, music, and films can all be found at your local library, providing you with a range of entertainment without impacting your household budget.

Caregiver Corner

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

Events for Caregivers

Communication and Alzheimer's

Date: Friday, September 11th
Time: 1:30-2:30 PM
Place: Broome County Library
Decker Room
185 Court Street,
Binghamton, NY

Presenter: Alzheimer's Association Central New York Chapter Representative

People with Alzheimer's often struggle with expressing thoughts and emotions and may find it difficult to understand others. Attend this presentation to learn how to reconnect and communicate with loved ones in meaningful ways throughout each stage of the disease.

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

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Center
(close to Sears)
Oakdale Mall
Johnson City, NY
Date: Monday, September 14
Time: 1:00-2:30 PM

Place: Broome West Senior Center
2801 Wayne Street,
Endwell, NY
Phone: 785-3427
Date: Wednesday, September 16
Time: 9:30-11:00 AM

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

Senior Resource Line
778-2411
Information on Programs & Services
Broome County Office for Aging
www.gobroomecounty.com/senior

Volunteer for Meals on Wheels!!

"Delivering Meals on Wheels is one of the most rewarding jobs you'll ever have." That's what Jim, Charlie and Carol said to a new volunteer at the Binghamton MOW location. They're still enjoying their assignments after 8 or more years.

Most volunteers help on the same route each week. The driver knows the route to each house and the visitor takes the meals inside; they also keep an eye on the participants, getting to know their habits and ups and downs even when the visits are minimal.

Here are the current areas needing volunteers:

Mondays:
- Driver and/or Visitor for East Side Binghamton, North Side Binghamton, Conklin

Tuesdays:
- Visitor on West Side

Wednesdays:
- Visitor for South Side Binghamton
- Driver and/or Visitor for First Ward, Mt. Prospect Binghamton, Kirkwood/Binghamton countryside

Fridays:
- Driver and/or Visitor for West Side Binghamton, First Ward, Mt. Prospect Binghamton
- (2nd & 4th of the month): Driver and/or Visitor for West Side Binghamton

Volunteer on your own and we'll match you with someone. Volunteer as a team and spend an hour once a week with a friend. Volunteer once a month and it's still a help to us. Contact the Meals on Wheels office, 607-778-6205, for an application or visit us at 85 Walnut St., in the carriage house (look for picnic tables).

Not sure you're ready for a full commitment? Come to our Open House, October 12-16, anytime from 10:30 am to 12 noon.

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Sounds of Summers Past Part II

"A Summer Song," Chad & Jeremy (1964): Trees swayin' in the summer breeze, showin' off their silver leaves.

"Summertime," Billy Stewart (1966): A summertime, and the livin' is easy.

"Summer In The City," The Lovin' Spoonful (1966): Hot town, summer in the city, back of my neck gettin' dirty and gritty.

"Hot Fun In The Summertime," Sly & The Family Stone (1969): End of the spring and here she comes back, hi, hi, there, them summer days, those summer days.

"In The Summertime," Mungo Jerry (1970): In the summertime when the weather is hot, you can stretch right up and touch the sky.

"Summer Breeze," Seals & Crofts (1972): Summer breeze makes me feel fine, blowing through the jasmine in my mind.

"Saturday In The Park," Chicago (1972): Saturday in the park, I think it was the Fourth of July.

"Summer Nights," John Travolta and Olivia Newton-John (1978): Summer lovin', had me a blast, summer lovin', happened so fast.

Pillsbury Doughboy Turns 50

Poppin' Fresh, more widely known as the Pillsbury Doughboy, is an advertising icon and mascot of the Pillsbury Company. Used in more than 600 commercials for more than fifty of its products, the Pillsbury Doughboy first aired in October 1965. The commercial concluded with a human finger poking the Doughboy's stomach. The Doughboy responds by giggling (Hoo-Hoo!, or earlier on, a slight giggle "hee hee").

The Pillsbury Doughboy was created by Rudy Perz, a copywriter for Pillsbury's longtime advertising agency, Leo Burnett. Perz was sitting in his kitchen in the spring of 1965, under pressure to create an advertising campaign for Pillsbury's refrigerated dough product line (biscuits, dinner rolls, sweet rolls and cookies). Perz imagined a living dough boy popping out of a Pillsbury Crescent Rolls can. To distinguish the dough boy from the rolls, he gave it a scarf, a chef's hat, two big blue eyes, a blush, and a soft, warm chuckle when poked in the stomach. The Doughboy was brought to life using stop motion clay animation. Today, computer graphic imaging (CGI) is used.

source: Wikipedia.com

The SEPP Group
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www.seppinc.com
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Binghamton, NY 13905
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TDD: 607-723-0438
Email: Housing @seppinc.com
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Transcription Volunteers Needed!!

Volunteers who desire to be an important part of child welfare teams at the Department of Social Services are needed to do transcription of case notes on child abuse and neglect cases. You can set your own hours during the Agency business day (8 AM to 4 PM) with 5 hours maximum per week requested. The candidate will need to submit to a state central registry child abuse clearance and a background check.

Basic knowledge of a computer system, transcription skills, Microsoft Word and Microsoft Office (for e-mail) would be helpful. Digital Voice Editor is the software used to listen to dictation, and is fairly intuitive and easy to use. A foot pedal is used to forward the dictation.

Basic set up and training will be provided.

Please respond to Jodi Bouyea, Volunteer Coordinator at the Broome County Department of Social Services, 607-778-2681.

Bet Ya Didn't Know!

Because there was a metal shortage during World War II, the Oscars were made of painted plaster for three years. Following the war, the recipients that had received the plaster version could turn them in to the Academy of Motion Picture Arts and Sciences for the traditional metal statue.

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Mind and Body Therapy for Fibromyalgia

Fibromyalgia is a long-lasting disorder marked by widespread pain, tenderness, fatigue, and other symptoms that can interfere with daily life. An estimated 5 million American adults have the condition. It most often affects women, although men and children also can have the disorder. Unfortunately, despite ongoing research, its causes remain unknown.

Fibromyalgia can be difficult to diagnose and treat. Individualized therapy may include conventional medications as well as mind and body approaches such as exercise, strength training, massage and acupuncture. But what does the science say about mind and body practices for fibromyalgia?

The research is still preliminary, but encouraging results suggest that tai chi, qi gong, yoga, massage therapy, acupuncture, and balneotherapy (hydrotherapy) may help relieve some fibromyalgia symptoms.

Be sure to speak with your health care provider before starting to use any mind and body practice.

source: newsinhealth.nih.gov/issue/Aug2014/Capsule2

Tell Your Stories – In Writing

Did you know that writing can lift your mood, improve your health, reduce doctor visits, and boost your memory? We all have stories to tell – either from our own experiences or from our imaginations – and we all love to hear stories. Join our 6 week writing series to improve your mental and physical health and take part in an ancient entertainment enjoyed by kings and queens of old: listening to stories. We'll meet once a week at the Johnson City Senior Center, starting Wednesday, September 23, at 2:30 pm. The cost is $25; bring paper and pen (no need for computers) and your memories. You'll be able to make a collection of memories to share with family or friends, you'll gain a knowledge of how to construct stronger and clearer sentences, and you'll build community with other writers. Dr. Mikoda, who has taught writing for decades to young people of all ages, will lead the group.

Three Questions to Ask Your Doctor About Exercise

Are you considering adding exercise to your daily routine? Or do you want to increase your exercise level significantly? There's a safe way for almost everyone to be more active. Even if you have a health condition, there are exercises you can do that offer great health benefits.

One way to get started is to talk with your doctor about the exercises and physical activities that are best for you. If you have a specific health issue that you are concerned about, ask your doctor for some tips to help you exercise safely. Here are some questions to consider:

1. Are there any exercises or activities I should avoid? Your doctor can make recommendations based on your health history, keeping in mind any recent surgeries or ongoing health conditions such as arthritis, diabetes, or heart disease. This would be a great time to check with your doctor about any unexplained symptoms you've been experiencing, such as chest pain or pressure, joint pain, dizziness, or shortness of breath. Your doctor may recommend postponing exercise until the problem is diagnosed and treated.

2. Is my preventive care up to date? Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.

3. How does my health condition affect my ability to exercise? Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your doctor can talk to you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.

Quick Tip
Your doctor can help you choose activities that are best for you and reduce any risks.

source: www.go4life.nia.nih.gov

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!

Lyceum Fall Kickoff Event

The Lyceum Fall Kickoff Event will be held at 2 PM on Wednesday, Sept. 16, at St. Vincent DePaul Blessed Sacrament Church on Club House Road in Vestal.

Lyceum is a life-long learning institution affiliated with Binghamton University and is open to anyone over 50 years of age. It offers classes and discussions on a variety of subjects as well as day trips, dinners and special events.

The Kickoff event is free, open to the public, and will include entertainment and light refreshments. In order for us to know how much food to prepare, we request that you register by using the form in the catalog (available at the Broome County Library, Vestal Library and the Anderson Center on the Binghamton University campus) or by calling the office at (607) 777-2587.

Please join us to see old friends, make new ones and to learn what Lyceum has to offer.

Benefits of Staying Connected with Your Grandchildren

Did you know that one of the best ways to increase your brain functioning is by spending time with your grandchildren? Studies have shown when you spend time with your grandchildren each week it can help your memory. Scientists have also found that grandparents who watched their grandchildren showed lower rates of depression. Postmenopausal women had a decreased chance of developing Alzheimer's and other cognitive disorders if they spent time once a week babysitting their grandchildren.

The reason for the link between babysitting and cognition is not clear. However, scientists say that the consistent social contact has a positive result on the psychological health of older adults. When the elderly experience social seclusion it can lead to depression, which is linked to an earlier death. This interaction not only helps the grandparents; it has been shown to benefit grandchildren as well. A recent study by Boston College found that grandchildren with a close relationship with their grandparents showed fewer symptoms of depression.

Some older adults may feel that the age difference makes it difficult for them to connect with their grandkids. If you are struggling with coming up with ways to connect with your grandchildren please consider some of these fun activities:

- Visit a local farmers market, where you can buy fresh local ingredients to make a delicious treat.
- Visit your local zoo.
- Explore walkable local nature trails.
- Share your passion for a special hobby such as painting, sewing, crocheting, or learning a new language.
- Play board games such as Monopoly, Checkers, or Life. You could also show them how to play challenging games like chess, black jack, or kings in the corner.
- Read books or start a book club with older grandchildren.
- Tell your grandchildren about their relatives by creating a family tree.

These may be nice ideas for those with grandchildren who live close by. However, for some this is not a possibility because their grandchildren do not live in the area. Do not let this discourage you. Consider these alternative ways you can stay connected with your grandchildren:

- You can chat with them through computer software such as Skype.
- Try to exchange letters or fun post cards with them each week.
- Exchange a personal book of the month where you send pictures, drawings and journals from what you did that month.

If you do not have any grandchildren or if your grandchildren live long distance you may want to consider working with children through the Foster Grandparent Program. The Foster Grandparent Program helps to give children the extra attention they need to succeed. Foster Grandparents are income-eligible seniors, age 55 or older, who volunteer about 20 hours per week at schools, day care centers, Head Start sites and summer programs throughout Broome County. There are many advantages to becoming a Foster Grandparent. Some of these include:

- An hourly stipend.
- Reimbursement for travel costs.
- A meal at their volunteer site.
- Paid time off.
- An annual physical examination.
- Paid orientation and on-going training.
- The opportunity to socialize with other Foster Grandparents.
- The joy of making a difference in a child's life.

If you are interested in learning more about the Foster Grandparent Program please call 607-778-2089. For information on other Broome County Office for Aging programs, please visit our website at www.gobroomecounty.com/senior or call (607) 778-2411.

~Mary Jane Cronin, Student Intern at Office for Aging

source: www.alzheimers.net/8-1-14-babysitting-grandkids-alzheimers, www.grandparents.com/grandkids/long-distance-grandparents/sshow-creative-ideas-long-distance-grandparents

Our Sense of Smell

Our sense of smell helps us enjoy life. We delight in the aromas of our favorite foods or the fragrance of flowers. Our sense of smell also is a warning system, alerting us to danger signals such as a gas leak, spoiled food, or a fire. Any loss in our sense of smell can have a negative effect on our quality of life. It also can be a sign of more serious health problems.

Problems with smell increase as people get older, and they are more common in men than women. In one study, nearly one-quarter of men ages 60–69 had a smell disorder, while about 11 percent of women in that age range reported a problem. Many older people are not even aware that they have a problem with their sense of smell because the changes occur gradually over several years. They may not notice that they are experiencing a loss of smell until there is an incident in which they don't detect food that has spoiled or the presence of dangerous smoke.

When smell is impaired, people usually have problems appreciating the subtle flavors of food, and say that food is less enjoyable. Some people change their eating habits. Some may eat too little and lose weight while others may eat too much and gain weight. Either way, there may be a long-term impact on one's overall health. Loss of smell may also cause us to eat too much sugar or salt to make our food taste better. This can be a problem for people with certain medical conditions, such as diabetes or high blood pressure. In severe cases, loss of smell can lead to depression.

If you think you have a problem with your sense of smell, see your doctor.

This Month in History -- September

3 The image of "Uncle Sam", a symbol of America, was first used. (1813)
3 TV soap opera *Search for Tomorrow* premieres on CBS. (1951)
5 The First Continental Congress assembled in Philadelphia. (1774)
8 Star Trek premiered on television. (1966)
9 California became the 31st state. (1850)
9 Elvis Presley first appears on the Ed Sullivan Show. (1956)
11 The Beatles recorded their 1st single "Love Me Do". (1962)
13 New York City becomes the capitol of the United States. (1788)
14 Francis Scott-Key composed the lyrics to "The Star Spangled Banner". (1814)
20 Billie Jean King defeats Bobby Riggs in a battle of the sexes tennis match. (1973)
22 The record for drinking Ketchup belongs to Dustin Phillips (USA). On this day, he drank a 14 oz. bottle of Ketchup through a 1/4" straw in 33 seconds. (1999)
25 Sandra Day O'Connor became the first female Supreme Court Justice. (1981)
26 The U.S. Postal Service was founded. (1789)
30 Rayon is patented. (1902)

source: www.holidayinsights.com

Sweet Stuff: How Sugars and Sweeteners Affect Your Health

Most of us love sweet foods and drinks. But after that short burst of sweetness, you may worry about how sweets affect your waistline and your overall health. Is sugar really bad for us? How about artificial or low-calorie sweeteners? What have scientists learned about the sweet things that most of us eat and drink every day? Some sugars are found naturally in foods, such as fruits, vegetables, and milk. "These are healthful additions to your diet," says Dr. Andrew Bremer, a pediatrician and National Institutes of Health expert on sweeteners. "When you eat an orange, for instance, you're getting a lot of nutrients and dietary fiber along with the natural sugars."

Experts agree that Americans eat and drink way too much sugar, and it's contributing to the obesity epidemic. Much of the sugar we eat isn't found naturally in food but is added during processing or preparation. About 15% of the calories in the American adult diet come from added sugars (that's about 22 teaspoons of added sugar a day.) Over time, excess sweeteners can take a toll on your health. "Several studies have found a direct link between excess sugar consumption and obesity and cardiovascular problems worldwide," Bremer says.

Because of these harmful effects, many health organizations recommend that Americans cut back on added sugars. But added sugars can be hard to identify. On a list of ingredients, they may be listed as sucrose (table sugar), corn sweetener, high-fructose corn syrup, fruit-juice concentrates, nectars, raw sugar, malt syrup, maple syrup, fructose sweeteners, liquid fructose, honey, molasses, anhydrous dextrose, or other words ending in "*-ose,"* the chemical suffix for sugars. If any of these words are among the first few ingredients on a food label, the food is likely high in sugar. The total amount of sugar in a food is listed under "Total Carbohydrate" on the Nutrition Facts label.

The key to good health is eating a well-balanced diet with a variety of foods and getting plenty of physical activity. Focus on nutrition-rich whole foods without added sugars. Get tips on healthy eating and weight control at http://win.niddk.nih.gov.

How to Cut Added Sugars

- Choose water, fat-free milk, or unsweetened tea or coffee instead of sodas, sports drinks, energy drinks, and fruit drinks.
- Reduce sugar in recipes. If a recipe says 1 cup, use 2/3 cup.
- To enhance flavor, add vanilla, cinnamon, or nutmeg.
- Eat fresh, canned, frozen, and dried fruits without added sugar. Choose fruits canned in their own juice rather than syrup.
- Use fruits to top foods like cereal and pancakes rather than sugars, syrups, or other sweet toppings.
- Read the ingredients list to pick food with little or no added sugar.
- Use the Nutrition Facts label to choose packaged foods with less total sugar.

source: *newsinhealth.nih.gov*

Waking Up to Anesthesia

When you face surgery, you might have many concerns, including worries about going under anesthesia. General anesthesia is a combination of drugs that dampens pain, knocks you unconscious, and keeps you from moving during the operation. Although anesthesia is typically considered quite safe for most patients, many people have concerns about possible risks and side effects. Some people, especially elderly patients and children, can have lingering confusion and thinking problems for several days after anesthesia. Talk with your doctor if you have concerns, but don't delay important surgery because of fear of anesthesia.

source: newsinhealth.nih.gov

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Taking Medicines: What are drug interactions?

Drug interactions occur when a medicine interacts chemically with another drug or with certain foods. These interactions change the way your body handles one or both medicines, which can change the safety or effectiveness of either or both drugs. In some cases, the overall effect of an interaction is greater than desired. For example:

- Combining aspirin with blood-thinning drugs such as Coumadin®, also called warfarin, can cause serious bleeding.
- Mixing Viagra®, also called sildenafil, and the heart drug nitroglycerin can cause blood pressure to plunge to dangerously low levels.

Some foods can also prevent other drugs from working properly. For example:

- Calcium-rich dairy products or certain antacids can prevent antibiotics from being properly absorbed into the bloodstream.
- A single glass of grapefruit juice can raise the level of some medications in the blood, particularly drugs commonly used to treat heart conditions.

Even if a product is not called a drug, your body handles it the same way it handles drugs. Some herbal and other substances can interact in potentially dangerous ways with prescription drugs or other over-the-counter products. For example:

- Ginkgo biloba can reduce the effectiveness of blood-thinning medications and raise the risk for serious complications such as stroke.

Always inform your doctor or pharmacist about all medicines you are taking. Ask whether the medications might interact with any foods or other over-the-counter drugs or supplements you may also be taking.

source: www.nihseniorhealth.gov

Cold, Flu, or Allergy?

Treatment depends on which you have. A health professional can help you choose the best therapy.

- Common Cold
  - Symptoms last up to 2 weeks.
  - Stuffy, runny nose; sore throat; cough.
  - Treated with rest, fluids, over-the-counter (OTC) medicines
- Seasonal Flu
  - Symptoms usually last 1-2 weeks.
  - High fever (100-102 °F, or higher in youngsters), headache, aches and pains, weakness, exhaustion, cough, chest discomfort.
  - Treated with rest, fluids, OTC medicines, prescription antiviral drugs.
- Airborne Allergy
  - Lasts as long as allergens (such as pollen, pet dander) are present.
  - Stuffy, runny nose; itchy, watery eyes.
  - Treated with antihistamines, decongestants, nasal steroids.

source: *newsinhealth.nih.gov*

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
Children's Literature, 12-1:15 pm
9/1-4 Center Closed for Renovations
9/8 Evening Meal *(chx cordon bleu/éclair)* w/New Appalachia (Bluegrass/Gospel), 5-7 pm
9/14 Breakfast Special: *Cinnamon/Apple Coffee Cake*, 10:30 am-12:30 pm
9/16 Apple Fest & Retired Teachers' Day, 11 am-1 pm
9/17 Philly Cheese Steak Day, 11 am-12:30 pm
9/21 **Free ** Argentine Tango Dance Lesson, 7-8:30 pm
9/22 Evening Meal *(roast pork/homemade dessert)* w/Just Us w/Lisa & Bill, 5-7 pm
9/23 **Free** Country 2-Step Dance Lesson, 7-8:30 pm
9/24 **Free** Hustle Dance Lesson, 7-8:30 pm
Food & Fitness Nutritional Cooking Class w/Cooking Demo, 11 am
9/28 Breakfast Special: *Egg /Cheese English Muffin*, 10:30 am-12:30 pm
"Saving Social Security" w/Doug Garnar, 10 am-12 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: 9/1 Nickel; 9/8 Bag; 9/15 Quarter; 9/22 Nutrition; 9/29
Special 9/14(Mon.) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm
9/1 Blood Pressures w/Sandy, 11:30 am
9/10 Evening Dining *(chx cordon bleu/éclair)* &Retired Teachers' Day, 4:30 pm w/Southerntiersmen Barbershop Quartet
9/15 Southern Tier Food Bank, 11:30 am
9/17 Apple Fest Contest

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EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787
Center Hours: Mon - Fri, 9:00am - 2:30pm
Lunch served at Noon
Breakfast: Tues, 8 - 9:30 am
Brunch: Thurs, 10:30 am – 12:00 pm
Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm
Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4
Daily: Computers, Coffee Hour, Cards, Shuffleboard, Billiards
W: Stitching/Crafts 9-11 am
Th: Acrylic Painting 9 - 11 am
F: Wii practice/play 12:30 - 1 pm

Special Activities
Mondays, 9/14-10/26 "Stepping On" Workshops *(pre-register)*, 9:30-11:30 am
9/1 Computer Questions & Help w/Pat Dalpiaz, 9:30-10:30 am
9/3,17 Bingo for Prizes, 11:45 am
9/4 "Pamper Yourself" w/Press-On Nails, 12:30 pm
9/10 Evening Dining *(chx cordon bleu/eclair)* w/Dan & Lea (Country/Oldies), 4 pm
9/11 US Military Response to 9-11w/Matt Michalek (Ret.), 12:30 pm
9/12 *(Sat.)* AARP Smart Driver Course *(pre-register)*, 9 am-3:30 pm
Breakfast Buffet, 11 am
9/16 Retired Teachers' Day/Apple Fest w/Roger Luther: slides "Expressions of Faith", 11 am
9/17 Trip to Turning Stone *(call for more info.)*
9/24 Evening Dining *(roast pork/pumpkin pie)* w/Greg Neff (Oldies 60s/70s), 4 pm
9/28 Hearing Screenings/Cleanings *(appointments appreciated)*, 9:30-11 am
Basics of Alzheimers Update (Q&A), 10:30-11:30 am
"Horse Racing" w/Bonnie Hill, 12:30 pm
9/30 Everybody's Birthday Party w/Tuesday Morning Bluegrass Jammers, 12:30 pm

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905
Center Hours: Mon - Fri, 8:00am - 4:00pm
Lunch served at 11:45 am call 729-6214
Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm
(No Reservations Required)

Weekly Activities: Exercise classes listed on page 4
Daily: Billiards
M: Bingo 12:30 pm; Texas Holdem 12:45 pm
T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Holdem 12:45; Art 1 pm
W: Ceramics 9:00 am; Chorus 9:30 am; Pottery 1:00 pm
Th: Sewing 9:00 am; Mah Jongg 12:30 pm; Art 1:00 pm
F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Holdem 12:45 pm; Art 1:00 pm

Special Activities:
9/2 Social Club, 1 pm
9/3 (Swim Class Cancelled)
9/9 Legal Aid *(by appointment only)*, 9 am
Blood Pressure Clinic, 10 am
Evening Meal *(halupki OR liver/lemon meringue pie)* w/Wayne Beddoe, 5 pm
9/14 Chair Yoga, 11 am
9/16 Chorus Practice, 9 am
Apple Fest & Retired Teachers' Day, 11:45
Brenda Cave James: "The History of Susquehanna Street," 12:15 pm
9/17 Philly Cheese Steak Day, 11:30 am-12:30 pm
9/21 Breakfast Special: *Belgian Waffles*, 11:45

JOHNSON CITY 797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Fri 9:00am - 4:00pm
Lunch served at 11:45 call 797-1149
Hot Lunch (Reservations): M/W/Th/F
Walk-Ins Welcome:
Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm
Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4
M: Guitar 9 am; Water Color Painting 9 am; Bingo 12:30 pm
T: TOPS 9:30 am
W: Quilting 9 am; Pinochle 12:30 pm; Writers Workshop 1 pm; Bingo 5:30 pm
Th: Oil Painting 9 am; Shuffleboard 12:30 pm, Mediation 3:30 pm
F: Watercolor Painting 9 am; Ladies Singing Group 10 am

Special Activities:
9/14 Tech Assistance w/Rosa, 10:30 am
9/15 Red Hat Society Meeting- History of Underwear, 6:30 pm
9/16 Apple Fest Luncheon/Trivia, 11:45 am
9/17 Legal Aide *(by appointment),* 9-11 am
9/23 Tell Your Stories in Writing, 2:30 pm
9/30 BCC Owls Program, 10am-12 pm
"Just Us" Entertainment, 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: Quilt Classes 10:00 am (call first), Computer Class; Bingo 10:30 am; Pinochle 12:30 pm
T: Computer Classes 8:30 am; Osteo Exercise, 10 am
W: Shuffleboard 10 am, Bunko (dice game) 12:30 pm
Th: Wii Bowling, Osteo-Exercise, Pitch (cards) Quilting 10 am; Blood Pressure Testing (1st & 3rd) 11 am; Bridge Card Group 12 pm; Pinochle 12:30 pm
F: Bingo 10:30 am; Crafts w/Denise 12:30 pm; Pinochle 12:30 pm

Special Activities:
9/4 Cake Walk, 12:15 pm
9/8 Evening Meal *(chx cordon bleu/éclair)* w/Ryan Wilson, 4:30 pm
9/16 Apple Fest, 11:30 am
9/22 Evening Meal *(roast pork/homemade dessert)* & Bingo, 4:30 pm
9/24 Best Tie Contest, 11 am
9/25 Spaghetti Dinner Fundraiser, 4:30-7 pm

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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:
9/3 50/50 Drawing, during lunch
9/10 Special Lunch *(chicken cordon bleu melt, pasta salad)*, 11 am-12:30 pm
9/16 Apple Fest & Retired Teachers' Day Luncheon, 10:30 am *(lunch at 12 pm)*
9/17 Breakfast for Lunch *(pancakes, sausage, fresh fruit)*, 10:30 am-12 pm
9/23 Team Trivia, 10:30 am
9/24 Evening Meal *(roast pork/pumpkin pie)* w/Bruce Huggins, 5 pm *(dinner at 4:30 pm)*

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:
9/4 Soup & Sandwich Day, 11 am
9/8 Pizza for Lunch, 11 am
Blood Pressure w/Joyce (Medicine Shoppe), 11 am
9/11 9-11 Remembrance Party, 11 am
9/18 Ice Cream Sundae Day (after lunch)
9/22 Book Review w/Cheryl Ebert: *Jacqueline Bouvier Kennedy Onassis* by Barbara Leaming, 11 am
9/30 Evening Meal w/Ryan Wilson, 5 pm

VESTAL 754-9596

Old Vestal Junior High School Cafeteria
201 Main St., Box #4, Vestal, NY 13850
Center Hours: Mon - Fri, 9:00am - 2:00pm
Lunch served at 11:45am
Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm

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

Special Activities:
9/1 Mahjong Lesson w/Jean Pitley *(please register)*, 9:30 am
9/2 Blood Pressure Screening w/Kay Devine, 10:30 am
9/9&23 BU Nursing Students Visit, 9:30 am
9/16 Apple Fest & Retired Teachers' Day
9/16&17 Vestal Senior Citizens Club: Lancaster, PA Trip
9/18 Pizza for Lunch OR Chef Salad *(please reserve)*, 11:45 am
Yoga, 1 pm
9/22 (Sign-Up) Hunterdon Hills Christmas Show
Vestal Senior Citizens Club Meeting, 12:45 pm
9/25 Craft Day: Wood Wreath, 10:30 am
9/29 Breakfast for Lunch *(eggs & pancakes)*, 10:30 am-12 pm

MEET, GREET & EAT

September 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
	Sweet & Sour Pork 9/1 **Over Brown Rice** Oriental Blend Vegetables Tossed Salad Chocolate Brownie	**Roast Beef w/Gravy 2** Mashed Potatoes Spinach Cantaloupe Wedge	**Grandma's Meatloaf 3** Chantilly Potatoes Monte Carlo Blend Veg. Peach Crisp	**Chicken w/Orange Sc. 4** **OR Lemon Pepper Pollack** Baby Red Potatoes Coleslaw Cinnamon Applesauce
Centers Closed in 7 Observance of Labor Day	**Tuna Noodle Casserole 8** Stewed Tomatoes Broccoli Pears	**Roast Pork w/Gravy 9** Mashed Potatoes w/ Gravy Country Blend Vegetables Chocolate Chip Cookie	**Pierogies w/Onions 10** Baby Beets Cut Green Beans Carrot Cake w/Cream Cheese Frosting	**Fish Florentine 11** **OR Chicken w/Cranberry** Brown Rice Pilaf Baby Carrots Apple Crisp
Spaghetti w/Meat Sauce 14 Cut Green Beans Apple Juice Banana	**Sausage w/Peppers & 15** **Onions OR Chicken w/Honey Mustard** Corn Chowder Carrot-Raisin Salad Tropical Fruit	**Apple Fest** **Roast Turkey w/Gravy 16** Apple Bread Dressing Monte Carlo Blend Veg. Apple Pie ala Mode	**Manicotti 17** Wax Beans Tossed Salad Lime Fruited Gelatin	**Broiled Fish 18** **OR Home-Style Salisbury Steak** Baked Potato Broccoli Pumpkin Cookie
Chicken Cacciatore 21 **Over Noodles** Cut Green Beans Oatmeal Cookie	**Halupki 22** **OR Chicken w/Orange Sc.** Mashed Potatoes Tossed Salad Cinnamon Applesauce	**Pub Burger 23** **OR Chicken Salad Sand.** Pasta Salad Ice Cream Cup	**Roast Beef w/Gravy 24** **OR Broccoli Cheese Pollack** Baked Potato Red Cabbage Supreme Pineapple Upside Down Cake	**Salmon Patty w/Dill 25** **OR Grandma's Meatloaf** Mashed Potatoes Peas & Carrots Apricot Halves
Sloppy Joe Sandwich 28 Cream of Broccoli Soup Mexicorn Sherbet	**Macaroni & Cheese 29** Stewed Tomatoes Brussel Sprouts Strawberry Fruited Gelatin	**Liver w/Onions 30** **OR Chicken Marengo** Mashed Potatoes w/Gravy Spinach Peach Crisp	**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

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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