



Visit Our Website at www.gobroomecounty.com/senior

Office for Aging Volunteer Program

Many who turn 60 find themselves embracing a new stage of life, a stage in which they want to pursue new opportunities and experiences. Life after 60 is a period of vibrant activity, alive with new activities and relationships. Volunteering is an excellent way to make this time even more exciting.

Volunteering is beneficial for all who are involved. For the volunteers, volunteering is a way to stay socially connected - one of the leading indicators of healthful aging - especially after retirement. The community benefits from their service by performing essential jobs that agencies depend on. For instance, the Office for Aging would not be able to deliver Meals on Wheels to nearly 400 seniors a day without its volunteers.

The Office for Aging welcomes volunteers of all ages, but pays special attention to the needs of those over 60. Listed below are some of our current volunteer activities.

- Deliver Meals on Wheels for just one day a week or for as many as five. Volunteers go out in pairs with one person driving and the other delivering meals to the door.
- Volunteer at a Senior Center on any day Monday through Friday. Volunteers serve meals, teach classes, take reservations and answer telephones. There is also a need for volunteers to assist in planning programs at the Senior Centers.
- Assist the staff at one of our Adult Day Care sites to provide socialization and leisure activities for seniors who are isolated and/or impaired in some way.
- Volunteer for the Senior Games and help organize local fall sporting events involving those age 55 and over. Volunteers are also needed in September and October to run various events. In addition, volunteers are needed in April to help organize and run the Senior Games.
- For individuals looking to use their office skills, we often have opportunities for clerical volunteers and volunteers interested in helping with data entry.
- Income eligible seniors can volunteer to work with special needs children through the Foster Grandparent Program. Volunteers are placed at local day care sites and elementary schools.
- For those interested in serving the home bound, the Shopper program contracted out to the American Red Cross uses volunteers to grocery shop and run errands for seniors who have mobility impairment.
- Those who wish to serve in a teaching role may be interested in becoming a lay leader of a wellness program. The OFA Health and Wellness program has multiple opportunities for instructors.

The Office for Aging welcomes you to join in and discover the benefits of volunteering. To volunteer, call the Senior Resource Line at 607-778-2411 or email the Office for Aging at ofa@co.broome.ny.us.

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Celebrating Volunteers: Donna Turnbull and Dorothy Blasko to be Honored by New York State



Donna Turnbull

Two long time community volunteers will be honored for their work in Broome County at the New York State Senior Citizens Day on May 5, 2015 in Albany, NY. The Broome County Office for Aging has nominated Donna Turnbull and Dorothy Blasko to represent Broome County at this event. They will be honored along with other nominees from each of the 62 counties in New York State.



Dorothy Blasko

Donna Turnbull started her extensive volunteer work as the Patient and Family Administrator at the American Cancer Society. One of her responsibilities was working with the Road to Recovery Program where she would schedule volunteer drivers for individuals needing transportation to medical appointments. Adding to her volunteer jobs, in 2006, Donna became an AARP Tax Assistance Volunteer. Donna currently not only continues as a tax preparer and administrative coordinator for the AARP Tax Assistance Program, she now has taken on the responsibility of electronically filing both federal and state tax returns for her site. Additionally, Donna volunteered for UHS at the Ideal Living Center performing various office jobs and projects. In 2013, Donna added to her already full schedule and began volunteering for the Office for Aging where she offers critical assistance in the office. Various projects Donna has had pivotal involvement in at the Office for Aging include compiling the Sodium Reduction in Senior Meals Recipe Cookbook, updating ID Applications at Senior Centers, conducting telephone transportation study surveys, and an array of data entry projects.

Dorothy Blasko is currently chairwoman of the Board of Directors at the Johnson City Senior Center where she spends 15-20 hours per week as a volunteer. This past year, when the center was without a center director, Dorothy stepped in full time for several weeks. This was a challenging time for the center but with Dorothy's leadership, the Johnson City Senior Center continues to be in the forefront of providing senior services in Broome County. In addition to her work at the Johnson City Senior Center, Dorothy volunteers in many other capacities in the community. She has delivered Meals on Wheels once a week for the past 15 years, teaches AARP driving classes, serves on the Broome County Status of Women Council, and has been a literacy volunteer. Dorothy is also active in her church where she serves on the bereavement committee, parish council and Altar/Rosary Society.

Donna and Dorothy take a lot of pride in their work and all those around them respect them for their commitment and dedication. We thank Donna and Dorothy for their countless hours and commitment to community service and the generosity they demonstrate by sharing their talents and enthusiasm. They truly make this community a better place to live and are shining examples of why we celebrate volunteers.

Celebrating Service in our Community

Thank you Volunteers!



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Celebrating Volunteers - Serving the Community and Helping Yourself Too!

The colder months are fading, the trees are blossoming, and the birds are singing; April is here! We welcome the warmer months ahead, but just as we appreciate the change in weather that April brings, let's remember that April is a special month to appreciate volunteers and all of the support they provide in our community.

Volunteers play a crucial role in many of our programs at the Office for Aging. Whether you are delivering meals, serving in the kitchen, taking reservations or lending your services in the office, you are greatly appreciated. We commend you for your service and commitment to help our community.

If you have thought about volunteering, but can't quite convince yourself to begin, the following might be the encouragement you need to get involved. A study conducted by the Rotman Research Institute at Baycrest Health Sciences has measured the social and physical benefits of volunteering. The study has discovered a number of trends that show that volunteering has various benefits for maintaining overall health and wellbeing. Some of the key findings revealed that volunteering helps to reduce symptoms of depression and improve longevity. The study also found that individuals with chronic health conditions may benefit the most from volunteering.

Volunteering helps us to connect with the people in our community and develop a sense of belonging. We can also learn new skills through service and put our own talent to work. So why not find an organization that inspires you and offer a helping hand? The benefits might surprise you!

References: Baycrest Centre for Geriatric Care. "Evidence mounting that older adults who volunteer are happier, healthier." *ScienceDaily*, 29 August 2014. <www.sciencedaily.com/releases/2014/08/140829135448.htm>.



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

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

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

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

For more information go to: www.gobroomecounty.com/senior/healthed



The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

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You pay only for materials.

Labor is provided free of charge to eligible home owners.

- | | | |
|--------------------|----------------------|------------------|
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Call 772-2850 For Details

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Bet Ya Didn't Know!

Oops! We've got to straighten out a misstatement in our last "Bet Ya Didn't Know" column about the Eisenhower Highway System. We said that every five miles of the EHS had to be straight for possible airplane landings, but that turns out to be just an urban legend, a myth. So now we've got it straight.

April 22, 2015 is not only Earth Day (begun in 1970 to demonstrate support for environmental protection) and Girl Scout Leader's Day, but it's also National Jelly Bean Day (President Reagan's favorite treat)! William Schrafft, a Boston confectioner, urged people to send his jelly beans to soldiers during the American Civil War. This was in 1861 and it is thought that this is when jelly beans first surfaced.

AARP #3071 Binghamton

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

CarFit Training

CarFit is a national program developed by AAA, AARP and the American Occupational Therapy Association and designed to give a quick, yet comprehensive check on how well an older driver and their vehicle work together. As we age, changes in our vision, flexibility, strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel. CarFit is a tool that can help seniors overcome these challenges and be safer behind the wheel, but their success depends on program volunteers. Become a CarFit Technician today and learn how to help seniors drive safely longer!

CarFit Training Details:

- In-classroom training: Monday, April 27th 5PM-8PM
- CarFit Event: Tuesday, April 28th 4PM-6PM
- Broome West Senior Center, 2801 Wayne Street, Endwell

Participants must attend both days to receive their certification. CarFit Technicians must be able to bend over, stoop down and assist another in walking, possess good observational skills and demonstrate time management.

Register for this FREE training at <http://www.car-fit.org/carfit/RegisterVolunteer>. For any questions, please contact the CarFit Instructor Kevin Morgan at (607) 316-3895.

OFA Volunteer Program

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****If you send an email, please let us know if there is a specific Office for Aging program you would like to volunteer with and what days and times are best for you. Thank you for your interest!**

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



Eastern Broome Senior Center

June 19
Villa Roma: American Bandstand
July 14
Cornell Plantation

First Ward Senior Center

July 7
Culinary Institute of America
July 19 & 20
Lancaster: American Music Theater: Jimmy Sturr & Bobby Vinton
August 19
Skaneateles: Lunch at Sherwood Inn & cruise

Johnson City Senior Center

April 23
World Trade Center
May 5
Philadelphia Zoo
May 15-18
Washington, D.C.
May 29
Lucy Desi Center for Comedy

Vestal Senior Center

April 18-28
Western Caribbean Cruise, contact Charlie DiGiacomo 607-625-2855

Celebrate Spring with Hot Dogs and Root Beer Floats

Warm weather, sports and hot dogs go together like milk and cookies and are as American as apple pie. Mmm!

Every year Americans eat 9 billion hot dogs during peak season, from Memorial Day to Labor Day; that's an average of 70 hot dogs per person. That's a lot of hot dogs! But what about the fat and sodium in hot dogs? Hot dogs are high in fat and sodium so we suggest limiting your hot dog intake to special occasions like Hot Dog Day at participating Broome County Senior Centers or while enjoying a baseball game or a family picnic.

On Thursday, April 9th you can enjoy a delicious hot dog with all the toppings and wash it down with a root beer float! Look for the center of your choice on the back pages of this publication.

Deadline for lunch reservations is noon on Wednesday, April 8. Lunch is \$3 for people 60 years and older; and \$4 for people under age 60.

NY State Program Offers Free Energy Assessments

Although frigid winter weather is departing, there are grants and financing available to help prevent high heating bills in the future. A program from the New York State Energy Research and Development Authority (NYSERDA) can help people make their homes more energy efficient while saving money on their utility bills.

This program offers free energy assessments for homes by accredited contractors. After the assessment, the program helps homeowners through the process of financing their home improvements with grants (**This is free money** - Up to \$5,000 for a single-family dwelling and up to \$10,000 for a 2-4 family building that eligible homeowners do not have to pay back), or low-interest loans. Small businesses and not-for-profits can qualify for incentives worth up to \$60,000 and financing at about half the market rate for up to \$100,000. This opportunity is just one way that New York is making it easier for businesses and organizations to go green and become energy efficient.

This program is available to eligible residents in all eight counties of the Southern Tier: Broome, Chemung, Chenango, Otsego, Schuyler, Steuben, Tioga and Tompkins. For more information or to sign up for a free energy assessment, call the program director, Euphemia Martin, at (607) 723-0110 from 10 a.m. to 5 p.m. Monday through Friday. You can also email Martin at emartin@ppefny.org. Please visit our Facebook page and "like" us at www.facebook.com/ppefsoutherntier

Bridging the Digital Divide Program

The Broome County Office for Aging is now offering computer courses at some of our local senior centers thanks to The Bridging the Digital Divide Program (BDDP). The BDDP is a collaborative effort between Binghamton University's Center for Civic Engagement and SUNY Broome to promote computer literacy in the community. The focus of this program is to help community members acquire both the equipment and skills necessary to effectively use computers. Student volunteers offer basic computer instruction to community members. Courses are based around the interests and needs of the community members attending specific centers. Look for a few classes through this spring with possible expanded offerings in the fall as classes are scheduled in accordance to the college calendars. The program is starting small and hopes to grow if there is interest and enough student volunteers. If you are interested in these classes, please ask about them at your local senior center.



Bridging the Digital Divide student volunteer offers computer training at the Eastern Broome Senior Center.

Medication Drop Off

******5 Convenient Locations******

The Broome County Sheriff's Office & the Broome County Office for Aging are working together to promote a safer community. Various senior centers will host Prescription Medication Drop Off events this April. No questions will be asked of you. Please do not bring needles.



Wednesday, April 8, 11:30 am- Broome West, 2801 Wayne Street, Endwell
Friday, April 10, 11:00 am- Northern Broome, 12 Strongs Place, Whitney Point
Thursday, April 16, 11:30 am- First Ward, 226 Clinton Street, Binghamton
Friday, April 17, 12:30 pm- Eastern Broome, 27 Golden Lane, Harpursville
Tuesday, April 28, 11:30 am- Johnson City, 30 Brocton Street, Johnson City



Broome County Office for Aging

Please call the Office for Aging at 778-2411 if you have any questions.

HEALTH & WELLNESS

Zumba

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

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

Toning & Zumba

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

Wednesday	5:30 pm	Johnson City Senior Center
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Bonesaver Class

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

Monday	10:00 am	First Ward Senior Center (Binghamton)
Monday	10:00 am	Broome West Senior Center (Endwell)
Tuesday	9:45 am	Oak Street Senior Center (Binghamton)
Tuesday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Tuesday	10:30 am	Johnson City Senior Center
Wednesday	10:00 am	Broome West Senior Center (Endwell)
Thursday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Friday	9:45 am	Oak Street Senior Center (Binghamton)
Friday,	10:00 am	First Ward Senior Center (Binghamton)

Beginner Gentle Yoga

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

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

Tai Chi

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

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

Line Dancing

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

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

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. There is a \$5 charge for this class.

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

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Senior Center (Harpurville)
Tuesday	10:30 - 11:00 am	North Shore Towers Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)

Chair Dance Party

Tone muscles & increase heart rate in a comfortable, seated position.

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

Staying Fit & Healthy

Stretching and light aerobics with weights.

Thursday	10:30 am	Johnson City Senior Center
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Stepping On: A Wellness Program to Prevent Falls.

Gain knowledge and strategies to stay independent and to have a greater awareness and understanding of how to prevent a fall. For more information on classes call Diane at 757-0750 or Donna at 765-4180.

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

Open Swim & Water Aerobics Classes

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

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

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

EVENTS at the CENTERS

Dinner w/Orange Blossom Special

Tues., April 14, 5-7 pm
Dinner w/New Appalachia
Tues., April 28, 5-7 pm
Broome West Senior Center
785-1777

Our evening meals are back!
On 4/14 enjoy lively toe tapping music by Orange Blossom Special. Dinner is roast beef and lemon meringue pie for dessert.
On 4/28 it's bluegrass/gospel by New Appalachia. Dinner is rotisserie chicken and homemade dessert. Always reserve your meal by noon the day before.

Evening Dining w/ Bruce Huggins

Thurs., April 16, 4pm
Eastern Broome Senior Center
693-2069

Enjoy the toe tappin' country western music of Bruce Huggins. Dinner is of roast beef and lemon meringue pie. Reserve by noon Wed., April 8.

Monday Breakfast for Lunch

Mondays, 10:30 am-12:30 pm
First Ward Senior Center
729-6214

****DON'T FORGET****

Breakfast the way you like! We offer a variety of menu items & walk-ins are welcome!

Earth Day w/Animal Adventure

Wed., April 22, 10:30 am
North Shore Towers Senior Center
772-6214

See live animals and learn about their environment. Lunch is served at noon (order by 4/21).

Technology Open House

Thurs., April 23 from 10-12 noon
Johnson City Senior Center
797-3145

Binghamton University students will be here to help with any new technology devices you have but are having trouble using, such as smart phones, tablets and e-readers. Stop in with your device. No appointment necessary.

Evening Dining w/Orange Blossom Special

Tues., May 5, 5pm
First Ward Senior Center
729-6214

It will be a night of delicious food and great entertainment!

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

1. Amscray
 - a) top complaining
 - b) to leave at once! beat it!
 - c) get real!
2. Four-banger
 - a) 1920's hair style
 - b) a set of orchestral percussion instruments
 - c) a four-cylinder engine
3. Jimmies
 - a) willies
 - b) bits of candy used as an ice cream topping
 - c) hot dogs
4. Long green
 - a) money
 - b) 5-par fairway on a golf course
 - c) overgrown lawn
5. Frosted
 - a) icing on a cake
 - b) interviewed on TV
 - c) angry

Answers below.



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(1) b (2) c (3) b (4) a (5) c

**Answers:
American Slang**

Join Us At The Vestal Museum!

Join us at the Vestal Museum for our first exhibit of the 2015 season. "Faith in Vestal" highlights the history and contributions of our local faith organizations. We have a diverse and exciting group of offerings. Share in their joy and service to the Vestal community at large.

Exhibit Dates:
March 1st – April 26th.

Museum Hours:
Thursday and Friday
12:30pm to 4:30pm
Saturday
10:00am to 3:00pm.

We will have an **Open House Celebration** Saturday, March 7th with a light luncheon at 12pm. Free!

There will be several speaker presentations for this exhibit, including local preservationist and historian Roger Luther, "Treasures of the Tier" columnist. He will offer two programs highlighting his six year project of photographing Broome County's religious structures on **Saturday March 14** and **Saturday April 18** at 1:00pm. Luther's book Expressions of Faith – Exploring the Religious Structures of Broome County will be available for purchase at the events. Presentations by organizations to be announced!

We will also host two **Children's Craft Events** open all day and free! Saturday, March 21st "God's eyes" and Saturday, April 11th "Treasure Boxes".

The Vestal Museum would like to honor and celebrate our local veterans and our long term couples! We have some ideas for exhibits for this new season and we need some help! If you are a veteran or have a family member that is, please call or visit us at the museum; we would love to have you share your stories and items from history! If you are in a long term relationship or have parents or grandparents that are, please share with us their story of love! We want to share those stories with our community and celebrate their journey! Thank you and we hope to hear from you soon! vmuseum@vestalny.com 607-748-1432.



Living Healthy Workshops

Do you have a chronic health condition or care for a loved one with a chronic health condition? Living Healthy Workshops can help you take charge of your life.

Eastern Broome Senior Center
27 Golden Lane, Harpursville, NY
Fridays, April 24 - May 29, 2015
9:00am – 11:30am
FREE!

"Now I have more energy than I've had in years. I'm calmer and more confident about my health."

Learn to:

- Make better nutrition & exercise choices
- Deal with pain & fatigue
- Sleep better
- Talk with your doctor & family about your health
- Set goals & make a plan to improve your health & your life

Register by 4/16/2015:
Rural Health Network
2663 Main St., Whitney Point, NY
(607) 692-7669

Registration includes *Living a Healthy Life* book, relaxation CD, & healthy snacks.

Support for:

- Arthritis
- High blood pressure
- Heart disease
- Diabetes
- Chronic pain
- Stress/Anxiety
- Other conditions

Get connected.
Learn from others who have similar health concerns.

Support for this work was provided by: Excellus BCBS, University at Albany—Center for Excellence in Aging & Community Wellness, Office of Rural Health, and Rural Health Network of South Central NY

Living Healthy is the local implementation of the Chronic Disease Self-Management Program ©2012, Patient Education Research Center, Stanford University. Peer Leaders have completed Stanford-approved training.

Osteoporosis: Not for Women Only

About one-third of all osteoporotic hip fractures worldwide occur in men, according to a new report from the International Osteoporosis Foundation, which calls this bone-thinning disease one "that for far too long has been considered to be exclusively a problem for women." Yet men are far less likely to be assessed and treated than women. The result is unnecessary pain, disability, income loss, and even premature death. In fact, compared to women, men are more likely to die after a hip fracture, with a one-year mortality rate of 37 percent seen in one study. Other eye-opening stats: After age 50, one in five men will eventually suffer an osteoporotic fracture, compared with one in three women. Men are about twice as likely to suffer an osteoporotic fracture than be diagnosed with prostate cancer. And the number of hip fractures among men in the U.S. is expected to increase by 50 percent between 2010 and 2030.

Risk factors for osteoporosis in both men and women include increasing age, family history, low calcium intake, vitamin D insufficiency, sedentary lifestyle, smoking, excess alcohol, and long-term use of glucocorticoids and certain other drugs. A risk factor unique to men is low testosterone levels that may, for example, result from prostate cancer treatment.

To reduce the risk of osteoporosis and fractures, men, like women, should consume adequate calcium, vitamin D, and protein; do weight-bearing exercise most days of the week; not smoke; and keep alcohol intake moderate. For men who develop osteoporosis, the good news is that there are several effective options, just as there are for women. The full report can be found at tinyurl.com/osteomen. For more screening guidelines and bone health recommendations for men, go to tinyurl.com/WLosteo.

University of California, Berkeley *WellnessLetter*, Volume 31, Issue 4, January 2015/ www.BerkeleyWellness.com

Stepping ON

The Falls Prevention Workshops Begin in April

Mondays, April 20 - June 8 from 1-3pm

Tioga Opportunities in Owego at 1 Sheldon Guiles Blvd.

Broome County is offering this program as an outreach effort to Tioga County. The second April workshop will be on:

Tuesdays, April 21 – June 2 from 10-12noon

Highlands Community Center in Johnson City

Two retired RN's, Diane and Donna, from Independence Awareness conduct this 2 hr a wk. 7-week workshop that is sponsored by the Broome County Health Department and Office for Aging. The program coordinates community experts - physical therapists, a vision and medication specialist and a community safety person - all discussing their expertise on reasons for falls. Other topics discussed are balance and strength training, safe footwear, hazards in your home, the importance of Vitamin D and Calcium, nutrition and more. This wellness program is available to those over 60 who have fallen or have a fear of falling and want to learn how to prevent falls and remain independent in their own homes. The registration fee of \$35 covers all classes, a manual and refreshments. Caregivers are very welcome without the fee. Come socialize and have fun while you learn.

To register or for more information call Diane at 607-757-0750 or Donna at 607-765-4180. Space is limited so call today.

Remember: Falls are NO Accident!



**FIRST WARD SENIOR CENTER
IS EXCITED TO ANNOUNCE**

Free Swim

AND

Water Aerobics Classes

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

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

First Ward Senior Center Membership required
Contact : 797-2307

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Smoke Alarms Save Lives!

Did you know that if a fire starts in your home, you may have just two minutes to escape? The American Red Cross has launched an initiative to reduce the number of deaths and injuries caused by home fires by 25% over the next five years. As part of the Home Fire Prevention Campaign, the Red Cross can install a free smoke detector in your home! Volunteers will visit your home and provide you with a 10 minute presentation on home fire preparedness information, as well as help you come up with an escape plan for leaving your home in the event of a fire.

To schedule a free smoke detector installation, please contact Jill Deskins at jill.deskins@redcross.org or 607-785-7207.



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April Fools! (just kidding)

Celebrated every year on the first day of April, April Fool's Day has been popular since the 19th century. It is not a national holiday in any country, but it is well known in Canada, Europe, Australia, Brazil, and the United States. Some of the practices on this day you may remember include sending someone on a "fool's errand," looking for things that don't exist, playing pranks, and trying to get people to believe ridiculous things. Sometimes hoax stories are reported in the press and other media, and then explained on subsequent days.

Sudoku Answers

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

"It is one of the beautiful compensations of life, that no man can sincerely help another without helping himself."

Ralph Waldo Emerson



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Kime Apartments
Marian Apartments
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Whitney Point Apartments
Windsor Woods





PAID ADVERTISEMENT

That Familiar Household Name: Tide Laundry Detergent

The original Tide laundry detergent was a synthetic designed specifically for heavy-duty, machine cleaning, an advance over the milder cleaning capabilities of FeWA and Dreft. Tide was first introduced in U.S. test markets in 1946 as the world's first heavy-duty detergent, with nation-wide distribution accomplished in 1949. Tide claimed it was "America's Washday Favorite." Authority was quickly gained in the U.S. detergent market, dwarfing the sales of Ivory Snow; and accelerating the demise of two of its main competing products, Rinso and Gold Dust Washing Powder, both then Lever Brothers brands. These other brands came in the more familiar soap-powder and soap-flake forms. Tide, however, initially came shaped as a white powdered bead. The line was expanded to include an orange-tinted clear liquid form in 1984. Today, most formulations of liquid Tide, both ultra and non-ultra are dark blue, with the exception of "Tide Free", which is clear. Each year, Tide researchers duplicate the mineral content of water from all parts of the United States and wash 50,000 loads of laundry to test Tide detergent's consistency and performance.

In 2006, the development of Tide was designated an American Chemical Society's National Historic Chemical Landmark in recognition of its significance as the first heavy-duty synthetic detergent.

***"The best way to find yourself,
is to lose yourself in the service of others."***

Ghandi **VOLUNTEER**

Fuel Your Day with Fiber

Not only do fruits, vegetables, and whole grains contain important nutrients that help us maintain our overall health, they also contain fiber. Foods containing fiber can provide numerous health benefits such as normalizing bowel movements, maintaining a healthy weight, lowering your risk of diabetes, and reducing the risk of heart disease. Try to "Fuel Your Day with Fiber" by incorporating more fiber rich foods into your diet such as beans, whole wheat pasta, avocados, oatmeal, and raspberries.

Are you eating enough fiber rich foods?? If you are unsure, or simply want to learn more about the health benefits of fiber, come join us at our second nutritional cooking class! We will be discussing how to "Fuel Your Day with Fiber" throughout the month of April at the senior centers listed below. Each class will include a group discussion, a fun activity, and an easy recipe for all to try! For more information regarding this class please contact the Office for Aging at 778-2411.

Upcoming Classes:

- April 9 - Broome West Senior Center 11:00 am
- April 14 - First Ward Senior Center 12:15 pm
- April 15 - Eastern Broome Senior Center 12:30 pm
- April 23 - Northern Broome Senior Center 10:45 am
- April 29 - North Shore Towers Senior Center 10:30 am

References: www.nutritionmd.org/nutrition_tips/nutrition_tips_understand_foods/fiber_benefits.html

Positive Aging Academy Scheduled in Endwell

Are you recently retired? Have you completed all the projects on your to do list for retirement and now are asking, "What next?" Do you sometimes wonder what motivates you? Are you ready for a change?

Participate in interactive workshops that discuss the second half of life. Positive Aging Academy is a six week series to learn about the keys to longevity, what gets you up each day and the challenges of living on a fixed income.

The series runs on Tuesdays beginning April 14, ending May 19 from 10 am till 12 noon at Broome West Senior Center, 2801 Wayne St., Endwell. Each workshop connects to the next but also stands alone, so participants may attend all 6 sessions or choose the topic that most interests them. There is no fee.

- Apr 14: Blue Zones: The factors that contribute to longevity.
- Apr 21: Memoir: The value of reflecting on/recording your life and legacy.
- Apr 28: Living on Purpose: Activities/causes to most satisfy, fulfill or guide you.
- May 5: Health through Social Connections: Revisiting the importance of relationships.
- May 12: Money Issues: Know what you value, then "money" will come.
- May 19: Streamlining for Purposeful Living: What and how to downsize life leaving more time for purpose.

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

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Samaritan House Spring Sale



St. Thomas Aquinas School Gym

Highland Avenue
Binghamton, NY 13905
(across from West Junior)

Saturday, April 11 - 9am until 4 pm
Sunday, April 12 - 9am until 2 pm

Antiques, Classic Furniture, Linens, Artwork,
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Golden Days
Adult Medical Day Program

Golden Days provides individuals with an opportunity for richer, active and more meaningful days, focusing on maintaining or maximizing an individual's level of mental and physical well-being through therapeutic and recreational activities. The program offers meals, hygiene and bathing care, as well as medication and wound care management by our professionally trained and caring staff.

Let us be your caregiver!
Call us for a complete description of our program and services.



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



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Veterans Benefits accepted

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Caregiver Corner

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

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Center (near Sears), Oakdale Mall, Johnson City, NY

Date: Monday, April 6th

Time: 1:00-2:30 PM

Place: Northern Broome Senior Center, 12 Strongs Place, Whitney Point,

Date: Wednesday, April 1st

Time: 9:30-10:30 AM

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

Date: Wednesday, April 15th

Time: 9:30-11:00 AM

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

Education Program for Caregivers

Financial & Legal Planning for You & Your Family

Date: Wednesday, April 29

Time: 1:00-3:00 PM

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

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

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



Services:

- * Planting
- * Watering
- * Weeding
- * Seasonal Decorations

Let us care for your loved one's gravesite at Calvary Cemetery, Johnson City, NY

Contact Jane Talbot:
(607) 768-3796 or visit: <https://sites.google.com/site/cherishedgravesitecare/>

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Facts About Eating Well

Did you know that eating well is important at any age? Making good food choices daily, whatever your age, can make an important difference in your health and how you look and feel.

Did you know that eating well may help manage heart disease, type 2 diabetes, stroke and bone loss? Eating a mix of healthy foods every day may help prevent these diseases as well as some types of cancer and anemia. Eating well may also help reduce high blood pressure and lower high cholesterol.

Did you know if you become less physically active as you age you will probably need fewer calories to stay at the same weight? Choosing mostly nutrient-dense foods, that is, foods that contain a lot of nutrients but relatively few calories can give you valuable nutrients while keeping down calorie intake.

Did you know that drinking plenty of water and eating high fiber foods help with constipation? You can increase your daily intake of water by eating vegetables and fruits which have both high moisture content as well as fiber. Whole grain foods are another source of fiber that may help with constipation too.

Source: National Institute of Health – *Senior Health*

PAID ADVERTISEMENT

Broome County Landlord Seminar

Learn How to Keep Your Properties Healthy and Safe

Broome West Senior Center

Thursday, April 16, 8:30 am - 11:30 am

- Build a More Stable and Satisfied Tenant Base
- Lower Energy, Maintenance and Repair Costs
- Increase Your Property Values
- Adopt or Maintain an Effective Smoke-Free Policy
- Prevent Childhood Lead Poisoning
- Keep Your Properties Lead Safe and Renovate Correctly

To register, please call 778-3068 no later than **April 13, 2015**.

Flood Safety: Learn the Difference Between a Watch and a Warning

Flood Watch indicates flash flooding or flooding is possible within the designated watch area. When a watch is issued, be alert and ready to take action.

Flood Warning means flash flooding or flooding has been reported or is imminent.

- Know the safest route from your home or business to high, safe ground in case you have to leave in a hurry.
- Develop a family escape plan and identify a meeting place if family members become separated.
- Make an itemized list of all valuables and other personal property. Keep the list in a safe place.
- Stockpile emergency supplies of canned food, medicine and first aid supplies and drinking water. Store drinking water in clean, closed containers.
- Plan what to do with your pets.
- Have a portable radio, flashlights, extra batteries and emergency cooking equipment available.
- Keep your automobile fueled. If electric power is cut off, gasoline stations may not be able to pump fuel for several days. Have a small disaster supply kit in the trunk of your car.
- Find out how many feet your property is above and below possible flood levels. When predicted flood levels are broadcast, you can determine if you may be flooded.
- Keep materials like sandbags, plywood, plastic sheeting and lumber handy for emergency water-proofing.

See www.ny.gov for more flood safety tips.



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Galled by the Gallbladder? Your Tiny, Hard-Working Digestive Organ

Most of us give little thought to the gallbladder, a pear-sized organ that sits just under the liver and next to the pancreas. The gallbladder may not seem to do all that much. But if this small organ malfunctions, it can cause serious problems. Gallbladder disorders rank among the most common and costly of all digestive system diseases. By some estimates, up to 20 million Americans may have gallstones, the most common type of gallbladder disorder.

The gallbladder stores bile, a thick liquid that's produced by the liver to help us digest fat. When we eat, the gallbladder's thin, muscular lining squeezes bile into the small intestine through the main bile duct. The more fat we eat, the more bile the gallbladder injects into the digestive tract.

Gallstones can range from the size of a grain of sand to that of a golf ball. When the gallbladder injects bile into the small intestine, the main bile duct can become blocked by these crystalline stones. That may cause pressure, pain, and nausea, especially after meals. Gallstones can cause sudden pain in the upper right abdomen, called a gallbladder attack (or biliary colic). In most cases, though, people with gallstones don't realize they have them.

So, talk with your doctor if you experience,

- severe pain in the upper-right side of the abdomen that starts suddenly and lasts from 30 minutes to many hours.
- pain under the right shoulder or in the right shoulder blade.
- indigestion after eating foods high in fat or protein, including desserts and fried foods.

Seek help right away if you have these signs of a serious attack,

- abdominal pain that lasts more than 5 hours.
- nausea and vomiting.
- fever or chills.
- yellowish color of the skin or the whites of the eyes.
- dark urine or light-colored stools.

Adapted from NIH *News in Health*, February 2015

*"You make a living by what you get,
but you make a life by what you give."*

Winston Churchill

VOLUNTEER

How Sweet It Is: All About Sugar Substitutes

Whether it's to cut down on the number of calories they consume or any of a variety of other reasons, some people use sugar substitutes, also called high-intensity sweeteners, to sweeten and add flavor to their foods. They can be used alone to sweeten foods and beverages such as iced tea or coffee, or as an ingredient in other products. There are a number of sugar substitutes on the market from which to choose.

"Sugar substitutes are called 'high-intensity' because small amounts pack a large punch when it comes to sweetness," says Captain Andrew Zajac, U.S. Public Health Service (USPHS), director of the Division of Petition Review at the Food and Drug Administration (FDA). According to Zajac, unlike sweeteners such as sugar, honey, or molasses, high-intensity sweeteners add few or no calories to the foods they flavor. Also, high-intensity sweeteners generally do not raise blood sugar levels.

The FDA has approved a new high-intensity sweetener called advantame. Advantame which does not yet have a brand name, such as Sweet'N Low, a brand name for saccharin, or Equal, a brand name for aspartame, has been approved as a new food additive for use as a sweetener and flavor enhancer in foods, except meat and poultry. Examples of uses for which advantame has been approved include baked goods, non-alcoholic beverages including soft drinks, chewing gum, confections and frostings, frozen desserts, gelatins and puddings, jams and jellies, processed fruits and fruit juices, toppings, and syrups.

The last high-intensity sweetener approved by FDA was Neotame (brand name Newtame) in 2002. The other four on the market are:

- Saccharin, first discovered and used in 1879 before the current food additive approval process came into effect in 1958. Brand names include Sweet'N Low.
- Aspartame, first approved for use in 1981. Brand names include Equal.
- Acesulfame potassium (Ace-K), first approved for use in 1988. Brand names include Sweet One.
- Sucralose, first approved for use in 1998. Brand name is Splenda.

More information can be found at www.fda.gov/ForConsumers/ConsumerUpdates 5-2014.

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- Guest Relations

To apply, visit <http://www.LOURDES.com>.
Call Lourdes Volunteer Services at 798-5490 for more information.

branches
GIFTS IN BLOOM



*"Volunteers are
love in motion."*
Unknown

VOLUNTEER

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

- 4/1 Color Easter Eggs, 9:30 am- 12 pm
- 4/7 Six Steps to Better Balance, 10:30-11:30 am
- 4/8 Sheriff Dept. Collection of Unused Medications, 11 am-12 pm
- 4/9 Hot Dog Day, 11:30 am-12:30 pm
 “Fiber Fuel” w/Cooking Demo, 11 am
- 4/13 Special Breakfast (*Belgian waffles w/cherries*), 10:30 am-12:30 pm
- 4/14 Positive Aging Academy (Blue Zones), 10 am-12 pm
 Evening Meal (*roast beef/lemon meringue pie*) w/Orange Blossom Special, 5-7 pm
- 4/15 Birthdays and Anniversaries Celebration, 12 pm
- 4/16 Philly Cheese Steak Day, 11 am-12:30 pm
 Landlord Seminar (see ad in this publication), 9 am-2 pm
- 4/17 Special Breakfast (*French toast casserole*), 10:30 am-12:30 pm
- 4/21 Positive Aging Academy (Memoir), 10 am-12 pm
- 4/27 “Car Fit” Training for Senior Drivers, 5-8 pm
- 4/28 Positive Aging Academy (Purpose), 10 am-12 pm
 Evening Meal (*rotisserie chx/homemade dessert*) w/New Appalachia (blue grass/gospel), 5-7 pm

DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)
Center Hours: Tues & Thurs, 9:00am - 2:00pm
Lunch served at Noon

Weekly Activities (call for info):
Tues & Thurs: Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;
 Piano Music 10:30 am; Wii
Thurs: Chorus 11-12 pm, Wii

Special Activities

- Tuesdays: Bingo, 1 pm; 4/7 Nickel; 4/14 Bag; 4/21 Quarter; 4/28 Nutrition
- 4/2 Egg Coloring, 10 am
- 4/2,30 Chair Exercises, 11 am
- 4/6 (Monday) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm
- 4/14 Blood Pressures w/Sandy, 11:30 am
- 4/16 Breakfast for Lunch, 10:30 am-12 pm
- 4/21 Southern Tier Food Bank, 12 pm
- 4/23 Financial Savings for Seniors w/Medicare (AOP), 12:45 pm

PAID ADVERTISEMENT

CREMATION \$1,395
Endicott-Vestal-Binghamton
785-2841



DeMarco

Cremation & Funerals

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

- Mon. & Fri. Tai Chi Sponsored by YMCA, 2:45-3:45 pm
- 4/1 Financial Savings for Seniors w/Medicare (AOP), 12:15 pm
- 4/3 Easter Bonnet Parade & Egg Hunt, 10:45 am
- 4/6,13 Indoor/Outdoor Gardening Questions w/Linda Dabulewicz, 12:30 pm
- 4/16 Evening Dining (*roast beef/lemon meringue pie*) w/Bruce Huggins, 4 pm
- 4/10 Living Healthy Workshops Intro w/Rural Health Network, 11:45 am
- 4/10,17 Bridging Digital Divide Computer Classes, 9:30 am, 10:30 am, 12:30 pm
- 4/15 “Fiber Fuel” w/Cooking Demo, 12:30 pm
- 4/17 Prescription Medication Drop Off, 11:30 am
- 4/23 Caregiver Dinner Event for Unpaid Caregivers in Local Community (*chx cordon bleu/lemon meringue pie*) (reservations required), 5-8 pm
- 4/24 Living Healthy Chronic Disease Workshop, 9-11:30 am
- 4/27 Horse Racing w/Bonnie Hill, 10 am
- 4/30 Evening Dining (*rotisserie chx/homemade dessert*) w/South Amboy Roy, 4 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:

- 4/1 Social Club Meeting, 1 pm
- 4/3 Center Closed in observance of Good Friday
- 4/8 Blood Pressure Clinic, 10 am
- 4/8 Legal Aid (*by appointment only*), 9 am
- 4/13 Scarlet Bonnets, 1 pm
- 4/16 Philly Cheese Steak Day, 11:30 am-12:30 pm
- 4/16 “Stepping On” Booster Session, 12:30 pm
- 4/17,24 BU Nursing Students Visit, 10:30 am
- 4/18 “Fiber Fuel” w/Cooking Demo, 12:15 pm
- 4/23 Volunteer Dinner (*by invitation*), 5 pm



JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Fri 9:00am - 4:00pm
Lunch served at 11:45 call 797-1149

Hot Lunch (Reservations): M/W/Th/F

Walk-Ins Welcome:

Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm

Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4

M: Guitar 9 am; Water Color Painting 9 am; Bingo 12:30 pm

T: TOPS 9:30 am

W: Quilting 9 am; Pinochle 12:30 pm; Writers Workshop 1 pm; Bingo 5:30 pm

Th: Oil Painting 9 am; Shuffleboard 12:30 pm, Mediation 3:30 pm

F: Watercolor Painting 9 am; Ladies Singing Group 10 am

Special Activities:

4/3 Movie: "The Blind Side", 12:30 pm

4/9 Hot Dog Day, 11:45 am

4/10,11 Gem Show, all day Sat. plus Sun. morning

4/17 Movie: "The Wizard of Oz", 12:30 pm

4/21,28 BU Nursing Students Visit, 9 am-1 pm

4/22 Bridging the Digital Divide: How to use iPhones/Kindles, etc., 10 am

4/24 Board of Directors Annual Meeting (dinner & entertainment), 11 am

4/29 Entertainment by "Remember When", 12:30 pm

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862

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

Lunch served at Noon

Sandwich and Soup Bar: Mon-Fri 11-12:30 pm

Breakfast for Lunch: Tues 10-12:30 pm

Weekly Activities: Exercise classes listed on page 4

M: Quilt Classes 10:00 am (call first), Computer Class; Bingo 10:30 am;

Pinochle 12:30 pm

T: Computer Classes 8:30 am; Osteo Exercise, 10 am

W: Shuffleboard 10 am, Bunko (dice game) 12:30 pm

Th: Wii Bowling, Osteo-Exercise, Pitch (cards) Quilting 10 am; Blood Pressure

Testing (1st & 3rd) 11 am; Bridge Card Group 12 pm; Pinochle 12:30 pm

F: Bingo 10:30 am; Crafts w/Denise 12:30 pm; Pinochle 12:30 pm

Special Activities:

4/1 Caregiver's Chat Group 9:30- 10:30 am

4/3 Wild About You Day w/Ross Park Zoo, 11 am

4/9 Hot Dog Day, noon

4/10 Prescription Medication Drop Off, 11 am

4/14 Evening Meal (*roast beef/lemon meringue pie*) w/ Ryan Wilson, 4:30 pm

4/17 Quilt Show (All Day Event)

4/23,30 BU Nursing Students Visit, 9:30 am-2 pm

4/23 "Fiber Fuel" w/Cooking Demo, 10:45am

4/24 Foot Health w/Dr. Baxter, 12 pm

4/28 Evening Meal (*rotisserie chx /homemade dessert*) w/Bingo, 4:30 pm

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

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

Lunch served at Noon

Weekly Activities:

M: Bingo 10-11 am

Tu: Fitness 10:30 - 11:00 am

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

Special Activities:

4/1 Easter Basket Painting, 10:30 am

4/2 Lunch Special: Chef Salad and Soup, 11 am-12:30 pm

4/3 Wii Bowling Tournament, 9:45 am

Easter Egg Hunt and Easter Bonnet Contest, 10:30 am

4/8 Breakfast for Lunch (*pancakes & bacon*), 10:30 am- 12 pm

4/9 Blood Pressure/Glucose Screenings w/Medicine Shoppe, 11 am-12 pm

4/22 Earth Day w/Animal Adventure (live animal exhibit), 10:30 am

4/23 Evening Meal (*chx cordon bleu/lemon meringue pie*) w/pianist

Adrian Skarvinko, 4 pm- 6:30 pm

4/29 "Fiber Fuel" w/Cooking Demo, 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:

4/6,7 AARP Driver Safety Program, 10 am-1:30 pm

4/10 Soup and Sandwich Day, 11 am

4/14 Blood Pressure w/Joyce (Medicine Shoppe), 11 am

Pizza for Lunch, 11 am

4/17 Rummage Sale, 9-2 pm

Bag Sale, 1-2 pm

4/21 Book Review w/Cheryl Ebert: *A Civil Action* by Jonathan Harr, 11 am

4/24 Ice Cream Sundae Day, after lunch

4/29 Evening Meal (*rotisserie chx/bluberry crisp*) w/entertainment, 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/Th/F, 11:45 am- 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Coffee Klatch, Cards, Games

M: Walking Group 8 am; Wii Bowling 9:30 am; Ice Cream Cones 12:30 pm

T: Pinochle 9:30 am

W: Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction

10 am; Oil Painting 1-3 pm

Th: Wii Bowling 9:30 am; Bingo (1st & 3rd) 10:15 am

F: Walking Group 8 am; Chair Yoga 1 pm

Special Activities:

4/2,9,16 Six Steps to Better Balance, 10-11 am

4/2 Bingo w/Brad, 10:15 am

4/3 Easter Egg Hunt, 10 am

4/13 Financial Help w/Health Insurance Costs by AOP, 12:15 pm

4/15 BU Nursing Students Visit, 9 am- 1pm

4/16 Bingo w/Brad, 10:15 am

4/17 Craft Day: Beaded Jewelry, 10:30 am

4/21 Breakfast for Lunch (*French toast*), 10:30 am-12 pm

4/23 24th Anniversary Evening Meal (*chx cordon bleu/lemon meringue pie*) w/ Harpist Ted Davenport, 4-7 pm

4/24 Pizza for Lunch OR Chef Salad, 11:45 am

4/28 Vestal Senior Citizens Club Meeting, 12:45 pm

Best Bets for Breakfast and Brunch

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

**Walk-ins
Welcome**



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

MEET, GREET & EAT
April Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW,FW)	TUESDAY (Breakfast for Lunch @ NB & JC Senior Ctrs)	WEDNESDAY	THURSDAY (Golden Griddle @ EB)	FRIDAY
		Roast Beef w/Gravy 4/1 Mashed Potatoes French Cut Green Beans Tapioca Pudding w/Mandarin Oranges	Chicken w/Cranberry 2 OR Lemon Pepper Pollack Brown Rice Pilaf Winter Squash Cinnamon Applesauce	Diner Fish Sandwich 3 OR Pub Burger Baked Beans Tossed Salad Sherbet
Spanish Rice 6 Cottage Cheese Peaches Sugar Cookie	Broccoli Cheese Omelet 7 OR Chicken w/Orange Sc. O'Brien Potatoes Carrot Raisin Salad Fruit Cocktail	Roast Pork w/Gravy 8 Scalloped Potatoes Spinach Applesauce Gelatin Salad	Hot Dog Day!! Chili Cheese Dog 9 Baked Potato Tossed Salad Root Beer Float	Grandma's Meatloaf 10 OR Lemon Pepper Pollack Mashed Potatoes County Mix Vegetables Pumpkin Cookie
Pierogies w/Onions 13 Baby Beets Carrot Coins Chocolate Chip Cookie	Sweet & Sour Pork 14 Over Brown Rice Broccoli Florets Banana	Roast Turkey w/Gravy 15 Bread Dressing Winter Squash Blueberry Coffecake	Classic Meat Lasagna 16 Wax Beans Tossed Salad Lemon Fruited Gelatin	Fish Florentine 17 OR Chinese Pepper Steak Mashed Potatoes Cut Green Beans Pears
Macaroni & Cheese 20 Stewed Tomatoes Cauliflower w/Parsley Banana	Pub Burger 21 Baked Beans Tossed Salad Ice Cream Cup	Liver w/Onions 22 OR Chicken w/Orange Mashed Potatoes Sonoma Blend Veg. Ambrosia	Roast Pork w/Gravy 23 Apple Bread Dressing Red Cabbage Supreme Peach Crisp	<i>JC BOD Dedication</i> Chicken w/Cranberry 24 OR Broiled Fish w/Lemon Baked Potato Diced Beets Cinnamon Applesauce
Chicken Fettuccini 27 Alfredo Broccoli Baby Carrots Fresh Orange	Egg Salad Sandwich 28 OR Breaded Fish Sandwich Hearty Vegetable Soup Fruit Cup Peanut Butter Cookie	Ham w/Raisin Sauce 29 Baby Red Potatoes Traditional Blend Vegetables Pineapple Upside Down Cake	Beef Stroganoff 30 OR Chicken Cacciatore Over Noodles Wax Beans w/Pimento Tossed Salad Tropical Fruit	Beer Battered Fish 5/1 OR Home-Style Salisbury Steak Macaroni & Cheese French Cut Green Beans Oatmeal Cookie

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.

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

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