



Visit Our Website at www.gobroomecounty.com/senior

Building Better Balance

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding, here are some common myths, and the reality, about older adult falls:

Myth 1: *Falling happens to other people, not to me.*

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 3 older adults, about 12 million, falls every year in the U.S.

Myth 2: *Falling is something normal that happens as you get older.*

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: *If I limit my activity, I won't fall.*

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: *As long as I stay at home, I can avoid falling.*

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: *Muscle strength and flexibility can't be regained.*

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Learn more about falls prevention and more Myths at www.ncoa.org/FallsPrevention.

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Look Inside!

Don't miss the special centerfold section inside this paper!
We have some exciting information about happenings at the
Broome County Senior Centers!

Building Better Balance in Broome

The Broome County Health Department, Office for Aging and community partners have created the Building Better Balance program. It offers older adults new opportunities to improve and strengthen their balance in many ways, including use of physical therapy in the home, clinical risk assessments at health care provider offices, Tai Chi classes and "Stepping ON" balance education in numerous community locations.

Here are some upcoming Stepping On and Tai Chi programs:

Stepping On

September 7 - October 19
Wednesdays from 10 am – Noon
Union Presbyterian Church
200 East Main Street, Endicott
To register call Diane: (607) 757-0750 or Donna at (607) 765-4180.

Moving for Better Balance

September 12 - November 30
Monday & Wed from 9 – 10 am
West Family YMCA
740 Main Street, Johnson City
To register call 770-9622 Ext. 401.
No Fee

Tai Chi for Arthritis

September 13 - November 3
Tuesday & Thursday
1:30 – 2:30 pm Or 3:00 – 4:00 pm
Lourdes, Shippers Road, Vestal
To register call 1-877-956-8733.
No Fee

Continued on page 2

Free Legal Clinic

Please join us for Broome County's Tenth Annual Senior Legal Clinic on Saturday, October 22nd 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, grandparents' rights, debt collection, bankruptcy and more.

This annual event benefits 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 20th and leave a message with your name, telephone number, and legal topic. You will get a return call 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.)

Balance Your Life



From the Editor

by Vince Fox

You may notice a couple of articles in this newspaper with the words "finding balance." It's the word "finding" that really resonates with me. It feels like I'm always trying to find a balance in my life. Even some of the simplest choices in life relate to finding a balance to achieve wellness. For example, after completing a nice walk with the training group for the Seniors Running and Walking Festival, I was faced with a tough choice at the refreshments table. Should I choose a nice, healthy banana or a chocolate chip cookie, which happens to be one of my favorite foods? I knew the banana may be better for my diet but I also knew the cookie would make me feel happy.

My problem shows why it's so hard to find a perfect balance in life. In making this choice, I was really balancing two important parts of wellness - good nutrition, which is needed for my physical wellness (banana), and happiness, which would improve my emotional wellness (cookie). Maybe you've heard the saying "walk a tightrope." It means you are trying to balance two very different things with little room for compromise. How could I find a compromise between good nutrition and feeling happier?

To answer this question using my own experiences, I've learned two ways to think about wellness-balancing decisions. First, balance is really not about a single point-in-time decision. Balance can only be achieved over an extended period of time. Some days, I may find myself choosing things that help my physical well-being more than my emotional or intellectual well-being. Other days, the reverse may be true. The important thing is to find a balance that works best over time. My second consideration in making wellness-balance decisions is to think about my own values. Knowing what is really important in my life has to be a driving force behind even those seemingly unimportant decisions like choosing a banana or a cookie.

So, you may be wondering what I chose - I'm happy to admit that, this time, it was the cookie! However, I did have some healthy foods later in the evening - to balance it out.

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.

Sudoku Answers

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

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Save a Life

More than 10,000 New Yorkers are on waiting lists as the need for organ donations far exceeds the supply. One person who donates organs (hearts, lungs, liver, kidneys, pancreas and intestines) can save up to eight lives! A tissue donor (corneas, bone, skin, heart valves, tendons, veins, etc.) can improve 12 or more lives by restoring eyesight, helping fight infections in burn patients and preventing the loss of mobility and disability.

By enrolling in the Donate Life Registry, you are giving legal consent for the recovery of your organs, tissues and eyes for the purposes of transplantation and research at the time of your death. There are a variety of ways to enroll in the New York State Donate Life Registry:

- **Enroll on-line** through the NYS Departments of Motor Vehicles (DMV) and Health (DOH) at <https://dmv.ny.gov/more-info/register-become-organ-eye-or-tissue-donor>.

- **Enroll at the DMV.** Sign the organ donor consent certification on the forms used to apply or renew a driver license or non-driver identification card. When you enroll through this method, a symbol of a red heart and the words "Organ Donor" will be printed on the front of your driver license or non-driver identification card at no extra cost.

- **Enroll at the Board of Elections.** When completing your voter registration form at the Board of Elections, complete and sign the page entitled "Register to donate your organs and tissues". That page will be forwarded to the NYS Department of Health for enrollment in the Donate Life Registry.

- **Download and print** the Donate Life Registration Enrollment Form and mail it to the NYS Department of Health for enrollment: http://www.health.ny.gov/forms/organ_donation_enrollment_form.pdf

For more information, call an organ procurement organization or the New York State Organ and Tissue Donor Registry at 1-866-NYDONOR (1-866-693-6667).



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Saturday:
10:00 AM - 3:00 PM

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Building Better Balance in Broome

continued from page 1

Tai Chi for Arthritis

September 13 - November 3
Tuesday & Thursday: 10 - 11 am
Vestal Senior Center
To register call 770-9622 Ext. 401.
Fee

Tai Chi for Arthritis

September 14 - November 4
Wed & Friday: 9:30 - 10:30 am
Oakdale Mall - Common area in front of JC Penny
To register call 770-9622 Ext. 401.
Fee

Tai Chi for Arthritis

September 26 - November 16
Monday & Thursday: 3 - 4 pm
Broome West Senior Center
To register call Deb Kerins
729-9166.

Celebrate National Falls

Prevention Month by getting your life into balance by taking one of these classes!

For additional information please contact the Office for Aging at 778-2411 or visit www.gobroomecounty.com/senior/healthed

Visit Your Broome County Senior Center

Did you know there are eight senior center locations in Broome County?

Find the Center Closest to You

- Binghamton: First Ward, 226 Clinton St., 607-797-2307
- Binghamton Downtown: North Shore Towers, 24 Isbell St., 607-772-6214
- Deposit: 14 Monument St., 607-467-3953
- Endwell: Broome West – 2801 Wayne St., 607-785-3427
- Harpursville: 27 Golden Lane, 607-693-2069
- Johnson City: 30 Brocton St., 607-797-3145
- Vestal: 201 Main St., 607-754-9596
- Whitney Point: Northern Broome – 12 Strongs Place, 607-692-3405

Enjoy a Meal

- Enjoy an appetizing hot lunch, fresh salad bar, sandwich bar or a homemade breakfast for lunch.
- Reservations can be made easily by calling the center one day in advance. No reservations are necessary for the salad or sandwich bar, the breakfast for lunch program or other specialty bars.
- Get a break from cooking and the dishes, without the restaurant prices! The suggested contribution for a daytime meal is \$3.25 for people over age 60 and over. For people under age 60, the charge is \$4.25.

Take a Trip

Many senior centers offer special group trip packages for overnight and one-day excursions. Trips in the past have included Skaneateles, Atlantic City, and Washington, D.C. Call your senior center for information about upcoming trips.

Volunteer

Centers welcome volunteers to help with a variety of programs and operations. Volunteers accomplish many things at senior centers including facilitating classes, planning special events, answering the telephone, or helping with the meal service. Share yourself and your talents at a senior center!

Have Fun

Participate in any of the activities and special programs that are listed in this News edition.

Any Questions?

Call the Office for Aging at 607-778-2411 and they will be happy to answer any questions you have about the senior centers.

“A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.”

William Arthur Ward

The Broome County Home Repair Service

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Apple Fest & Retired Teachers Day!

Wednesday, September 21st at Participating Senior Centers

Welcome the start of the fall season at your local senior center with the “Apple Fest and Back to School” celebration with our retired teachers. Join in the day’s events with apple trivia, delicious apple treats, teacher recognition ceremonies and musical entertainment. The menu features roast turkey, apple bread dressing, vegetables and, of course, apple pie ala mode for dessert. Lunch will be served around noon.

Reservations are needed! Please call a participating center to make your reservation and ask about the special activities that will be happening (phone numbers are listed in the activity section of this paper). The cost is just \$4.00 for age 60+; \$5.00 for anyone under age 60.

We hope to see you on the 21st!

Don't be Scammed! Telemarketing and Phone Scams

Fake telemarketing calls can target anyone. These scams are hard to trace and can come in many different forms. One example is known as “The Pigeon Drop.” A scammer will call and tell you that he has found a big sum of money and he is willing to split it with you if you make a “good faith” payment first. Often times there will be a second con artist posing as a lawyer or banker to make it seem more legit. Scammers may also target unsuspecting victims by getting them to send money by telling them that a child or relative is in the hospital and needs money.

It is also important to watch out for fake charity scams which often occur after natural disasters. If a charity is asking for donations, make sure it is a valid organization by using this free website before making any contributions: <http://charitycheck101.org/>

If you feel that you have been the victim of one of these crimes, call the Attorney General at (607) 251-2770, as well as your local non-emergency police department number.

Reduce Your Energy Bills

Now is the perfect time to prevent high heating bills from the upcoming winter months. The New York State Energy and Research Development Authority (NYSERDA) can help you increase your home’s energy efficiency and save money on your heating bills. An energy assessment can be performed for most New York State residents at no cost.

NYSERDA’s Home Performance with ENERGY STAR® program offers home energy assessments by trained and experienced contractors. First, they examine your house top to bottom to understand how specific upgrades will reduce your overall energy costs. The program offers support to homeowners to install the upgrades such as insulation and air sealing.

Currently, NYSERDA offers incentives of up to \$5,000 for a single-family home and up to \$10,000 for a 2-to-4 family building. Eligible homeowners do not have to pay back those incentives. NYSERDA also offers low-interest financing to offset the cost of your upgrades.

As of October 1, 2016, incentives will be reduced. The program will provide qualifying homeowners with a discount covering 50% of the cost of eligible energy efficiency improvements up to \$4,000 per project for single-family homes. Two- to four-unit residential homes with income-eligible residents may qualify for a discount of up to \$8,000.

For more information or to sign up for a home energy assessment, call Euphemia Martin at (607) 723-0110 from 10 a.m. to 5 p.m. Monday through Friday or email him at emartin@ppfefny.org.

Content of this article was provided by Public Policy & Education Fund of New York (PPEF).



HEALTH & WELLNESS

Zumba

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

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

Toning & Zumba

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

Wednesday	5:30 pm	Johnson City Senior Center
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Bonesaver Class

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

Mon & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	10:00 am	Broome West Senior Center (Endwell)
Mon & Wed	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Senior Center (Whitney Pt)

Beginner Gentle Yoga

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

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

Tai Chi

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

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

Line Dancing

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

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

Chair Yoga

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

Monday	11:00 am	First Ward Senior Center (Binghamton)
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Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Senior Center (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Wednesday	10:30 - 11:30 am	Vestal Senior Center
Thursday	10:00 - 10:30 am	First Ward Senior Center

Chair Dance Party

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

Friday	12:30pm	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.

Open Swim & Water Aerobics Classes

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

Water Aerobics	Thursday	Call for hours	West Middle School
Open Swim	Mondays & Thursdays	Call for hours	West Middle School

Lo-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:30 am	Johnson City Senior Center
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Sunrise Yoga: Project Baptiste Foundation

Participants must have some type of military affiliation

Wednesday	1:30 - 2:30 pm	Northern Broome Senior Center (Whitney Pt)
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Dancercise

Low impact using simple dance movements set to uplifting music. Movement of joints, muscles & bones. \$5 charge.

Wednesday	9:30 am	Johnson City Senior Center
Thursday	9:45 am	First Ward Senior Center

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

Exercise Equipment Available Daily at the following Senior Centers:

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

EVENTS at the CENTERS

Harpursville Evening Meals & Entertainment

Thurs., Sept. 15 & 29
doors open at 4 pm

Dinner, 4:30 pm/Music, 5:15 pm

Eastern Broome Senior Center

607-693-2069

On Sept. 15 dinner is chicken cordon bleu and an éclair followed by country singer Doc Weismore. On Sept. 29 start with rotisserie chicken and chocolate cream pie with entertainment by pianist Adrian Skarvinko. Reserve by noon the day before.

Brunch & Bingo

Thursday, Sept. 15, 10 am

North Shore Towers Sr Center

607-772-6214

Enjoy homemade breakfast casserole and then take a bus trip to the Knights of Columbus for Bingo!

Evening Meal & Bunko

Wednesday, Sept. 28, 5-7 pm

Vestal Senior Center

607-754-9596

Feeling lucky? Take a chance with Bunko! Reserve by noon, 9/27 and enjoy rotisserie chicken and chocolate cream pie.

14th Annual Craft Fair

Sat., Oct. 8 from 10 am-3 pm

Broome West Senior Center

785-3427

Come enjoy a wide variety of handmade crafts, delicious food, awesome desserts and a free raffle! Start your holiday shopping with us!



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City Senior Center

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October 10

Letchworth State Park Craft Show

November 17

NYC Radio City Music Hall

December 8

Pennsylvania Dinner Theater

Vestal Senior Center

Call Mary Ann Sachara for details (607) 625-3571.

October 3-7

Niagara Falls/Toronto

November 1-2

American Music Theater Christmas Show

November 7

Hunterdon Hills Christmas Show

Focus on the Kitchen

One thing the kitchen designers don't recommend is what we really need now that we are cooking for fewer people. How many pots and pans should we have? How many plates and glasses? What about herbs and spices? Is it time to consider downsizing those Thanksgiving serving platters now that your children are hosting the holiday meals?

Our guest for Tuesday, September 13 is Chris from Decluttering Chaos. Declutter sessions are the second Tuesday of every month at 3 PM. Each session's presentation is different. No registration is required. Call Joan at 778-6206 if you have questions.

After the presentation, join us for dinner and entertainment for a \$4 suggested contribution. Be sure to reserve your meal by noon the day before the session you want to attend by calling 785-1777.

"The key to keeping your balance is knowing when you've lost it."

Anonymous

Senior Centers Holiday Closing

All Broome County Senior Centers will be closed on Monday, September 5 in observance of Labor Day.



The Best Medicine

Sometimes it feels like life is throwing you one curveball after another. Stress and strife can add up, and they seem to do so quickly, so it's easy to feel overwhelmed and off-balance. What can you do to blow off some steam? Let out a laugh! While we all know how good it feels to laugh, you may be surprised to learn just how much laughter can do for both your physical and mental health.

Scientific research has demonstrated that laughter brings several health benefits. When you laugh, you increase your intake of oxygen. This stimulates your heart, lungs, and muscles, and causes your brain to release endorphins, the hormones that our bodies produce to make us feel happy and relieve stress. A laugh can also help improve your blood circulation and aid in muscle relaxation, both of which help reduce the physical toll that stress takes on the body.

Laughter can also help improve your immune system health. Negative thoughts and feelings put your body into a state of unrest, which decreases your ability to fight infections and disease. Laughter, on the other hand, releases chemicals called neuropeptides, which can boost your immunity to illness.

Laughing regularly can increase your quality of life. You may find it easier to cope with a difficult situation when you can find some humor in it. Laughter also brings people together. It strengthens friendships as well as relationships with family and co-workers. So whether you let out a giggle or you're completely in stitches, a good laugh really can be the best medicine—and that's no joke!

Adapted from: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456?pg=1>

25th Anniversary of the Senior Games!!!

Celebrating its 25th anniversary, the Broome County Senior Games continues to help people stay active through fun, competitive, and adventurous athletic events! Senior Games participants get an opportunity to stay fit by enjoying outdoor and indoor activities while meeting new people and just having fun!

The 2016 Senior Games events will be held through November. They are open to anyone 55 years and older. Participants do not have to live in Broome County.

Senior Games – Schedule of Events:

Basketball – October 12
 Billiards – October 6
 Bocce – September 20
 Bowling: No Tap Doubles – October 13
 Bowling: No Tap Singles – October 25
 Brooks BBQ Fundraiser – September 23
 Disc Golf – September 15
 Golf – Captain & Mate at Ford Hill – September 20
 Golf – Ely Park – September 28
 Pickleball – October 5 & 6
 Ping Pong – November 3
 Floor Shuffleboard – October 19
 Tennis: Men's & Women's - September 14
 Volleyball – Recreational – October 28
 Volleyball – Competitive – November 12



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 Broome County senior center or you can download one at www.gobroomecounty.com/senior/games.

Remember – You don't quit playing because you grow old; you grow old because you quit playing!



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Member United Way of Broome County and Tioga County United Way

About Balance Problems

Have you ever felt dizzy, lightheaded, or as if the room was spinning around you? These can be very troublesome sensations. If the feeling happens often, it could be a sign of a balance problem. Balance problems are among the most common reasons that older adults seek help from a doctor.

Good balance is important to help you get around, stay independent, and carry out daily activities. Having good balance means being able to control and maintain your body's position, whether you are moving or remaining still.

When People Have Problems with Balance

As they get older, many people experience problems with their sense of balance. They feel dizzy or unsteady, or as if they or their surroundings were in motion. Disturbances of the inner ear are a common cause. Vertigo, the feeling that you or the things around you are spinning, is also a common symptom.

Balance disorders are one reason older people fall. Falls and fall-related injuries, such as hip fracture, can have a serious impact on an older person's life. If you fall, it could limit your activities or make it impossible to live independently. Many people become more isolated after a fall.

There are many types of balance disorders. One of the most common is benign paroxysmal positional vertigo, or BPPV. In BPPV, you experience a brief, intense feeling of vertigo when you change the position of your head, such as when rolling over to the left or right, upon getting out of bed, or when looking for an object on a high or low shelf. BPPV is more likely to occur in adults aged 60 and older, but can also occur in younger people.

In BPPV, small calcium particles in the inner ear become displaced and disrupt the inner ear balance sensors, causing dizziness. The reason they become displaced is not known; the cause may be an inner ear infection, head injury, or aging.

Labyrinthitis is an infection or inflammation of the inner ear that causes dizziness and loss of balance. It is often associated with an upper respiratory infection such as the flu.

Ménière's disease is a balance disorder that causes a person to experience vertigo, hearing loss that comes and goes, tinnitus, which is a ringing or roaring in the ears, or a feeling of fullness in the ear. It affects adults of any age. The cause is unknown.

There are many ways to treat balance disorders. Treatments vary depending on the cause. See your doctor if you are experiencing dizziness, vertigo, or other problems with your balance.

adapted from: <http://nihseniorhealth.gov/balanceproblems/aboutbalanceproblems/01.html>

Want to Enrich Your Life?

Volunteer at School or Day Care

Share a lifetime of wisdom with children

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

Call Broome County Office for Aging
Foster Grandparent Program
778-2089

The children will love you!

It's Never Too Late!

Doctors and other health professionals may suggest you change your diet, activity level, or other aspects of your life to help you deal with medical conditions. Research has shown that these changes, particularly an increase in exercise, have positive effects on overall health.

Until recently, preventing disease in older people received little attention. But things are changing. We now know that it's never too late to stop smoking, improve your diet, or start exercising. Getting regular checkups and seeing other health professionals such as dentists and eye specialists helps promote good health. Even people who have chronic diseases, like arthritis or diabetes, can prevent further disability and, in some cases, control the progress of the disease.

If a certain disease or health condition runs in your family, ask your doctor if there are steps you can take to help prevent it. If you have a chronic condition, ask how you can manage it and if there are things you can do to prevent it from getting worse. If you want to discuss health and disease prevention with your doctor, say so when you make your next appointment. This lets the doctor plan to spend more time with you.

It is just as important to talk with your doctor about lifestyle changes as it is to talk about treatment. For example: "I know that you've told me to eat more dairy products, but they really disagree with me. Is there something else I could eat instead?" or "Maybe an exercise class would help, but I have no way to get to the senior center. Is there something else you could suggest?"

As with treatments, consider all the alternatives, look at pros and cons, and remember to take into account your own point of view. Tell your doctor if you feel his or her suggestions won't work for you and explain why. Keep talking with your doctor to come up with a plan that works.

source: www.nia.nih.gov/health/publication/talking-your-doctor

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The September Equinox

As many of us know, each year, we experience two equinoxes. The word *equinox* comes from the Latin word *aequinoctium*, from "aequus" - equal and "nox" or "noct" - night. It is on these days that the Earth experiences nearly equal amounts of daylight and night time. This year, on September 22nd, we recognize the equinox as the first day of Autumn, a time where we say farewell to Summer and prepare for shorter, colder days, and longer nights.

Did you know that the September equinox is the beginning of Fall only in the Northern hemisphere of the Earth? Because Earth rotates on a tilted axis, the seasons are reversed between the Northern and Southern hemispheres. This means that on September 22nd in the Southern Hemisphere, people will be celebrating not the Autumnal equinox, but the Vernal equinox—the beginning of Spring after a long winter!

source: www.timeanddate.com/calendar/autumnal-equinox.html

Quick Tip

You're more likely to exercise if it's convenient. Put your hand weights next to the sofa so you can do some lifting while you watch TV. Walk around the house when you talk on the phone. Make an extra trip up and down the stairs when you do the laundry.

Our Senior Center Staff Discusses How the Centers Help People Find Balance in Life

NORTHERN BROOME



"Every day is full of exciting possibilities at Northern Broome! Join a class, meet new people, enjoy a new food, or take up a new hobby. Don't miss out!

Desirae Peterson

VESTAL



"I feel like we're family at the Vestal Senior Center. We share laughs, joys and sorrows with each other. We balance that with interesting activities that keep our bodies and minds strong and healthy."

Jenn Fontana

EASTERN BROOME



"We offer entertainment and laughter, interesting and informative presentations covering topics such as finances, history, fitness and health programs. People get to connect socially and enjoy delicious meals. We invite more to share in the fun!"

Marcie Michalek



JOHNSON CITY



"The Johnson City Senior Center schedule includes a wide variety of programs including exercise classes, daily meals, fellowship and recreational activities. The positive energy that exists here can transform your life!"

Darlene Leonard

Raffle at the Senior Centers this Month

During the month of September, whenever you dine at one of the eight affiliated Broome County Office for Aging Senior Centers, you will have the opportunity to enter your name in a "Did You Senior Center Today" raffle. Senior Center Site Supervisors will announce winners before lunch on Monday, October 10th (October 11th in Deposit). Prize winners will also be posted at the centers and on the Broome County Office for Aging Facebook page on the afternoon of October 10th. This September, we encourage you to visit your local senior center to see all that it has to offer!

Continued on page 10

Finding Balance at Your Senior Center

Let the Broome County senior centers help you to find balance and whole-person wellness in your life! According to the National Council on Aging (NCOA), individuals search to find balance between their own needs and competing demands and responsibilities. It is something everyone has to work on daily and the senior centers strive to create programs to help you.

The NCOA encourages us to consider that there are 4 dimensions of wellness balance – friendship, fitness, learning, and purpose. Here are some ways the Broome County senior centers can help you find that balance across all of those dimensions:

Friendship

- Make new friends and hang out at the centers.
- Enjoy a tasty meal with your friends.
- Relax over morning coffee.
- Play games such as cards, bingo, billiards and more.
- Enjoy an evening of entertainment and socializing with friends.

Fitness

- Participate in exercise classes such as balance class, yoga and Lo-Impact aerobics.
- Try a dance class such as Zumba or Dancercise.
- Join a walking group or the hiking club.
- Use the exercise equipment available at some senior centers.

Learning

- Go on a trip – our senior centers offer fun day and overnight trips.
- Attend one of the many information meetings that are offered.
- Take a trip to a local museum or the zoo.
- Play trivia.
- Read and discuss books.

Purpose

- Volunteer – our centers offer many volunteer opportunities.
- Learn a new hobby – how about oil painting, quilting, or guitar?
- Learn how to use computers.
- Attend workshops.
- Help to plan and organize events.

Do you want to learn more about what's happening at our senior centers? Check out this special centerfold, plus more details can be found on pages 4, 14, 15 and 16!



"Life is like riding a bicycle. To keep your balance, you must keep moving."

Albert Einstein

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DID YOU SENIOR CENTER TODAY?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Practice w/Broome W. Guitar Group from 9 am- 12 pm Visit the Johnson City Center's Poetry Club at 1 pm Breakfast for Lunch at First Ward between 10:30 am-12:30 pm Try a Zumba Class at First Ward on Mondays & Fridays at 9:30 am.</p>	<p>Socialize over Breakfast from 8-9:30 am at East Broome Try a Craft Class at Broome West at 9:30 am. Ping-Pong at Broome West from 1-3 pm. Visit the Deposit Center to play Bingo at 1 pm. Acrylic Painting Class at Broome West 1-3 pm</p>	<p>Try Ceramics Class at First Ward on at 9 am or Pottery at 1 pm. Join a Writer's Workshop at Johnson City Center at 1 pm.</p>	<p>Try Acrylic Painting at East Broome 9- 11 am Golden Griddle Breakfast & Lunch - East Broome 10:30am- 12 pm Make new friends, Social Connections - Broome West 1-2:30 pm.</p>	<p>Boots are made for line dancing at Broome West at 9:30 am! Enjoy a burger for lunch at East Broome or Northern Broome Visit Johnson City Center at 10 am to practice Beginner Gentle Yoga or Chair Exercises at 12:30 pm.</p>
<p>Centers Closed Labor Day</p>	<p>5 ● Mind, Body & Soul Health Seminar at Johnson City Center, 1 pm</p>	<p>6 ● GREED (Dice Game) at N. Shore Towers, 10 am ● Stepping On Workshop at Union Presbyterian Church - Endicott, Wednesdays, 10 am- 12 pm</p>	<p>7 ● Chop 'N Chat at N. Shore Towers, 11 am- 12:30 pm</p>	<p>8 ● Chop 'N Chat at East Broome, 10:30 am</p>
<p>12 ● Egg & Cheese English Muffin Breakfast at Broome West, 10:30 am-12:30 pm *Breakfast served at Broome West every Monday!</p>	<p>13 ● Senior Games Bocce at Otsiningo Park, 9:30 am ● Tai Chi at Vestal Center, Tues. & Thurs., 10- 11 am ● Downsize & Declutter Discussion at Broome West, 3- 4:30 pm ● Evening Meal w/Orange Blossom Special at Northern Broome, 4:30 pm ● Evening Meal w/New Appalachia at Broome West, 5-7 pm</p>	<p>14 ● Senior Games Men & Women's Tennis at Bing. Tennis Center, 9 am ● N. Shore Towers Craft Corner (Apple Crafts), 10 am ● Socialize w/ BU Nursing Students at Vestal Center, 10 am- 1 pm</p>	<p>15 ● Chop 'N Chat at Johnson City Center, 1 pm ● AARP Safe Driver Class at Broome West: 10 am- 1:40 pm or at East Broome, 5-8:30 pm</p>	<p>9 ● AARP Safe Driver Class at Broome West: 10 am- 1:40 pm or at East Broome: 5-8:30 pm</p>
<p>19 ● Horse Racing at Northern Broome, 10 am</p>	<p>20 ● Senior Games Bocce at Otsiningo Park, 9:30 am ● Tai Chi at Vestal Center, Tues. & Thurs., 10- 11 am ● Downsize & Declutter Discussion at Broome West, 3- 4:30 pm ● Evening Meal w/Orange Blossom Special at Northern Broome, 4:30 pm ● Evening Meal w/New Appalachia at Broome West, 5-7 pm</p>	<p>21 ● Senior Games Two Man Best Ball Golf at Ely Park, 10 am ● Apple Fest & Retired Teachers Luncheon at participating Broome County Senior Centers, 12 pm</p>	<p>22 ● Brunch & Bingo at N. Shore Towers, 10 am ● Flu Shot Clinic at Johnson City Center, 10-11:30 am ● Senior Games Disc Golf at Floyd L. Maines, Conklin, 11 am ● Philly Cheesesteak Day at Broome West, First Ward and N. Broome, 11 am- 12:30 pm (11:45 am at FW) ● Evening Meal w/Doc Weismore at East Broome, 4 pm ● Evening Meal Honoring Retired Teachers Performance by New Appalachia at Deposit Center, 4:30 pm</p>	<p>16 ● Flu Shot Clinic at East Broome, 9:30- 11 am ● Flu Shot Clinic at First Ward, 1-2:30pm ● September Movie of the Month, "Bedtime Stories" at Northern Broome at 12:15 pm ● Pizza Day OR Chef Salad at Vestal Center, 11:45 am</p>
<p>26 ● Peachy Pancake Breakfast at Broome West, 10:30 am-12:30 pm ● Flu Shot Clinic at Broome West, 1-2:30 pm ● Tai Chi at Broome West, 3-4 pm</p>	<p>27 ● Senior Games Captain & Mate Golf at Ford Hill, 9:30 am ● Cross Fit Exercise Class at First Ward, 11 am</p>	<p>28 ● Senior Games Two Man Best Ball Golf at Ely Park, 10 am ● Apple Fest & Retired Teachers Luncheon at participating Broome County Senior Centers, 12 pm</p>	<p>29 ● Chop 'N Chat at Johnson City Center, 1 pm ● Evening Meal w/Greg Neff at N. Shore Towers, 4:30 pm</p>	<p>23 ● Senior Games Brooks' BBQ Fundraiser at Tractor Supply Company in Vestal, 3-7 pm</p>
<p>30 ● Tai Chi at Broome West, 3-4 pm ● Evening Meal w/Pianist, Adrian Skarvinko at East Broome, 4 pm</p>	<p>30 ● Evening Meal & Bingo at Northern Broome, 4:30 pm ● Evening Meal w/ Accordionist David Hores at Broome West, 5-7 pm</p>	<p>30 ● Flu Clinic at Northern Broome, 9:30-11 am ● Putting Your Garden to Bed at N. Broome, 11:30 am ● Accordion Performance at Johnson City Center, 11:30 am ● Annual Birthday Party w/Gary Teed at East Broome, 12:15 pm ● Evening Meal & Bunko at Vestal Center, 5-7 pm</p>	<p>30 Visit a Senior Center to pick up next month's copy of Senior News!</p>	<p>30 Visit a Senior Center to pick up next month's copy of Senior News!</p>

Our Senior Center Staff Discusses How the Centers Help People Find Balance in Life

DEPOSIT



"Everyone gets along and we help each other out. There is so much camaraderie! It is nice to be able to share conversation with people who are the same age. We have a great time playing games, learning from informative presentations, and enjoying the meals."

Sue Moranda

BROOME WEST



"Our goal is to provide a welcoming center for people to socialize, to enjoy volunteering and to share their talents for the betterment of all"

Michelle Class

"We believe in staying active and offering plenty of activities for everyone...we offer so much including a great appetizing menu.... Come check us out!"

Elayne Luis

NORTH SHORE



"The North Shore Towers Senior Center is fun and friendly. We offer volunteer opportunities, fitness classes, and most of all, caring fellowship and supportive neighbors."

Jessica Hodges

FIRST WARD



"Life is like riding a bicycle. To keep your balance you must keep moving. At the First Ward Senior Center, activities we offer include water aerobics, Tai Chi, Zumba, chair yoga and much more. Stop in and see what we can do to help you achieve balance in your life!"

Liz Sarkisian



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Finding Balance in Your Life

Finding balance in your life may be the most important thing you can do for your overall wellness. Wellness means taking care of your social, emotional, intellectual, physical, and spiritual self. The stress of life is more easily managed if you maintain balance across all five of these components, which are interrelated and influence each other. Many times it is difficult to control the events in your world, but you can control the actions you take to achieve balance. Consider the following tips to help you:

Social Wellbeing

- Hang out with people who have positive attitudes.
- Participate in community activities.
- Volunteer for an organization that is important to you – you'll meet new friends.
- Join a hobby club.
- Put a smile on your face. Be positive.
- See the best in people.
- Find people who will eat meals with you.

Continued on page 12

Six Steps to Better Balance Exercise Class

Discover new and fun ways to prevent falls!

**Wednesdays from 9 – 10 am
September 28th – November 2nd**

**United Presbyterian Church
42 Chenango Street, Binghamton**

Six-Steps to Better Balance
Six Week Exercise Class

Learn simple and fun exercises including:

- Balance Techniques • "10 Martini Slump" • Dancing with a Pillow

Increase energy, flexibility, confidence, mobility and reduce fall risk.

This program was created by
Dr. Betty Perkins-Carpenter, Ph.D. nationally renowned expert on fall prevention, and former Olympic Diving Coach
And will be taught by Rebecca Mebert, Certified Instructor

To register for this class contact Rita:
607 778-2411 or rfluaharty@co.broome.ny.us

The cost of the class is \$12 per person and includes Dr. Betty's book *How to Prevent Falls: Better Balance, Independence and Energy in 6 Simple Steps.*

This class is sponsored by the Broome County Office for Aging and CDPHP

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Brain Health: You Can Make a Difference!

We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too.

Developing a brain disease or injury as you age depends on a mix of your family's genes, your environment, and your health choices. Diseases and conditions that affect brain health include:

- Genetic makeup
- Certain medicines, smoking and excessive alcohol
- Health problems like diabetes and heart disease
- Diseases like depression and Alzheimer's
- Brain injury
- Poor diet, insufficient sleep, lack of physical and social activity

Some risks to brain health cannot be controlled or prevented, like your genes. Others, like health choices, are under your control. For example, you can:

- Take care of your health
- Eat a healthy diet
- Drink alcohol moderately, if at all
- Get active and stay active
- Sleep 7-8 hours each night
- Learn new things
- Connect with your family, friends, and communities

source: www.nia.nih.gov/health/publication/brain-health-resource

50 Ways to Hug Your Grandma

by Peter Fuerst

Happy National Grandparents Day, which is September 11th! Enjoy these revised lyrics to "50 Ways to Leave Your Lover" (a song by singer-songwriter Paul Simon).

There's a person in the classroom who's with us everyday
Helpin' with our homework,
showing us the way
"How do I thank her?" Johnny
asked and Jenny said....

"There's Fifty Ways to Hug Your Grandma!"

"I'm really shy", he cried, and
Jenny shook her head
"It's the little things that matter
most", she said

"A card or gift is nice, but
everyday you'll find
Fifty Ways to Hug Your Grandma"

Just hold her hand, Fran

Give her a snack, Jack
Bake her a cake, Jake (make it
sugar-free!)

Wave from the bus, Gus
It really don't take much
Just show her a smile, Kyle
Oh, How happy she'll be

Make her some tea, Lee
Just throw her a hug, Doug
Give her a "Thanks", Hank
It's simple, you see

Wave from the bus, Gus
It really don't take much
Just get her to smile, Kyle
Oh, How happy she'll be

Jenny asked Johnny, later,
Coming out of gym
"Did you listen to my words, or
should I repeat again?"
He said, "I'd appreciate that!....yes,
please again explain
About the Fifty Ways"
She said, "I could write it down on
Big Flash Cards,
But you can't memorize a feeling
in your heart.
You know the drill, boy, I've seen
you at your best...
You know the 50 Ways to Hug
your Grandma!"

Repeat refrain.

**"The key to keeping
your balance is knowing
when you've lost it."**

Anonymous

Flu Season - "It's Back!"

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

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

The best defense against the flu continues to be vaccination, which the Centers for Disease Control recommend for those aged 6 months and over.

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

September:

- 15 Johnson City Senior Center, 10 – 11:30 AM (Thursday)
- 16 Eastern Broome Senior Center in Harpursville, 9:30 - 11:00 AM (Friday)
- 16 First Ward Senior Center in Binghamton, 1:00 - 2:30 PM (Friday)
- 26 Broome West Senior Center in Endwell, 1:00 - 2:30 PM (Monday)
- 27 Deposit Senior Center, 10:30 – Noon (Tuesday)
- 28 Northern Broome Senior Center in Whitney Point, 9:30 -11:00 PM (Wednesday)
- 30 Vestal Senior Center, 10:30 – 11:30 AM (Friday)

October:

- 4 Maine Federated Church 9:30 – 11:00 am (Tuesday)
(Registration is not required at this location)

For additional information, please consult with your health care provider or the Broome County Health Department at 607-778-2839. Protect yourselves and others and get vaccinated!!

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

Lyceum Kick-off

The Lyceum 2016-2017 kick-off event will be held on Wednesday, September 14 at 2:00 PM. Lyceum, a lifetime-learning program for adults over 50 years of age, is now located at the WSKG building, 601 Gates Road, Vestal, NY.

This event is free and open to the public. Refreshments will be served.

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Caregiver Corner

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

Events for Caregivers

Protect Your Loved One from Being Victimized

Date: Thursday, September 15th

Time: 11:00 AM - Noon

Place: Broome West Senior Center
2801 Wayne St., Endwell, NY

Presenter: Robert N Stapleton, Community Policing

There have been many scams that have come and gone. Criminals are getting smarter and more creative. How can we protect our loved ones from being just another victim? Our local police department has the most current tips and tricks to protect ourselves and our loved ones. Please join us for this special workshop!

We will be discussing the do-not-call registry, current scams, identity theft and the new Lifesaver Program, which can help protect loved ones who are prone to wandering.

Advanced registration is requested. Call 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 12th

Time: 1:00-2:30 PM

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

Date: Wednesday, September 21st

Time: 9:30-11:00 AM

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

Date: Tuesday, September 6th

Time: 9:30-11:00 AM

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

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Finding Balance in Your Life

continued from page 10

- Be a friend.
- Respect yourself and others.
- Know that you have a support system that may include family, friends and caregivers.

Intellectual Wellbeing

- Read a book.
- Write down a memory every day—keep a journal, if you like.
- Take a class. It's never too late and many classes are offered for free.
- Work on a puzzle.
- Go to a trivia contest or play trivia games with friends.

Physical Wellbeing

- Exercise aerobically three to five times a week.
- Join a fitness club.
- If you feel lonely, frustrated, or stressed, go for a walk or run.
- Find an exercise partner. It will feel more like fun than work.
- Get enough rest - about eight hours of sleep nightly.
- Drink at least eight glasses of water a day.
- Eat nutritious foods (fruits, vegetables, lean meats).
- Wash your hands often, and always before you eat.
- Know who to call for help.
- Lock your doors.
- Always be aware of your surroundings.
- Never get in a vehicle with a driver who has been drinking.
- Always wear your seat belt.

Emotional Wellbeing

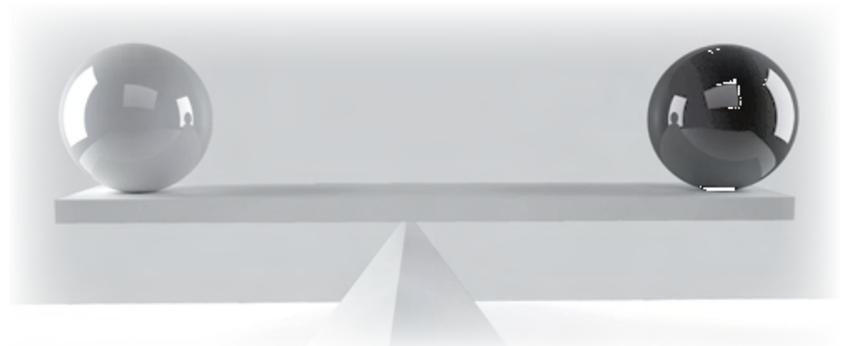
- Wake up and go to sleep at the same time daily during the week. You will feel in control of your day.
- Avoid procrastination- it stresses you.
- Talk to your friends if you need support.
- Realize it is normal to sometimes feel isolated, lonely, and sad.
- Eat well – an increased intake of fruits and vegetables is proven to bring calming and a greater sense of happiness.
- Find humor in situations.
- Do volunteer work – it's a great way to feel "good."
- Express gratitude to those around you.
- Set a goal each month to do something that will improve your life.
- Contact the Mental Health Association if you need someone to help you deal with life's stresses.

Spiritual Wellbeing

- Be grateful for all your gifts - material and nonmaterial.
- Set goals and work to achieve them
- Find people who share your sense of morality.
- Ask for help when you need it.
- Check out events and activities offered by community groups.
- Find someone to attend these events with you.
- Be kind to at least one person every day.
- Share your talents and gifts with others.

If you are looking for ideas on how to start trying some of these tips, check out the centerfold pages of this issue. They describe many activities at the Office for Aging Senior Centers.

Adapted from: www.creighton.edu/nac/currentstudents/checklistforsuccess/seekbalancesocialemotionalphysicalspiritual/



Your Changing Brain

Steps to Aging Well by Sharon Lackie

This column is directed to older adults and their caregivers, friends, neighbors and loved ones to help start discussions on “brain health.” The goal of sharing this information is to help you understand brain health and to empower you to ask questions about this topic.

My father-in-law has been diagnosed with Alzheimer’s disease, which is the most common form of dementia. My husband and his siblings are working on finances he can no longer manage and researching what support is available for caregivers and family members of those with dementia. How does his family arrange for 24/7 care? What happens when money runs out? How can they deal with the feelings of guilt from leaving him in the care of someone else? Trying to find answers to these questions has been very stressful.

Occasional stress is normal, but chronic stress is bad for your brain. Research shows there are lifestyle factors that increase risk for Alzheimer’s, which include high levels of stress, as well as hypertension, midlife obesity, diabetes, physical inactivity, smoking and depression. In this 2nd column of 6 on brain health, the focus is on resources available to help you cope with stress and find a healthy balance in life to maintain good brain health.

There are many resources, including a library of information, available at the Office for Aging (OFA) to help with stress. Get information on assistance with health insurance, home care, home energy, legal services, services for veterans, telephone service, nutrition, socialization, physical activity, transportation and more by calling OFA at 607-778-2411. OFA also offers the Yesteryears Social Adult Day program, which emphasizes the dignity and respect of all participants. Yesteryears can reduce stress by providing support and respite to caregivers. You may also want to try visiting one of our many local Senior Centers for support and opportunities for relaxation. Broome County is very fortunate—some counties do not even have one senior center!

Make sure you get restful sleep. Understand sleep hygiene at <https://sleep-foundation.org/sleep-news/six-tips-design-the-ideal-bedroom-sleep>. Consider meditation techniques such as breathing in at a count of four seconds and then breathing out at a count of four seconds, focusing only on your breathing. Talk to your health care provider about meditation if you have a health condition.

Many times with chronic stress, nutrition takes a back seat due to lack of time or finances. Nutrition will be addressed in the 3rd article in this column.

The effects of chronic stress on the health of your brain are reversible up to a point, so get help if you need it to make positive lifestyle changes and find a healthy balance in life. Reduce stress whenever possible and seek help if needed. If you are someone who doesn’t like to ask for help, ask yourself why? Is a decrease in your cognitive health worth not asking for assistance?

*References: www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858; Ngandu, T., Lehtisalo, J., Solomon, A., Levälähti, E., Ahtiluoto, S., Antikainen, R., Kivipelto, M. (2015), published in *The Lancet*, 385(9984), 2255-2263.*

The Pentagon - 75 Years Ago

In Arlington, Virginia, construction begins on the Pentagon on September 11, 1941, to house the rapidly expanding War Department. “I like it,” President Franklin Roosevelt says of its five-sided plan of concentric “rings”, designed to fit an earlier, rejected site. “Nothing like it has ever been done that way before.” When completed at a cost of \$85 million in 1943, the Pentagon accommodates some 20,000 workers along 17.5 miles of hallways.

In 2001, 60 years to the day after the groundbreaking, the building is attacked on 9/11.

source: www.smithsonianmag.com/history/

Blood Pressure: It’s a Balancing Act

- adapted from caregiver.com article written by Jennifer Bradley

Most people hear about all the symptoms and side effects of high blood pressure. The opposite end of the spectrum can be just as daunting if not kept in check. Low blood pressure is desirable in many cases, unless the reading is too low. Low blood pressure can cause major damage to organs, especially the brain.

When the pressure is not enough to deliver blood to the body’s organs, they will not work properly and can become temporarily and even permanently damaged. With the brain, a low blood pressure limits oxygen, causing lightheadedness, dizziness and faintness. Other examples of low blood pressure dangers include effects on kidneys, which will be unable to eliminate wastes from the body, or on the arteries, which will decrease blood supply to the heart and may result in heart attack.

Many times low blood pressure isn’t serious. However, if a caregiver sees a trend of low readings and the symptoms above in their loved one, it’s time to seek medical attention. Sometimes these small symptoms all add up to a larger, more serious problem.

So, how low is low? There is no good answer as every person’s normal is unique. Many experts believe that 115/75 is optimal and low to be 90/60. Only one of the numbers has to be in the low range to be considered low blood pressure.

A caregiver can help a loved one prevent low blood pressure by implementing these simple home practices, recommended by Mayo Clinic.

- ◆ Drink more water. Fluids increase blood volume and prevent dehydration; so important for those with low blood pressure.
- ◆ Follow a healthy diet.
- ◆ Go slowly when changing body positions. This will reduce dizziness. Mayo recommends a person with low blood pressure take a few deep breaths before sitting up in bed, then rising slowly. An elevated position for the head also helps the effects of gravity.
- ◆ Eat small, low-carb meals. This helps limit the trend of blood pressure dropping sharply after meals. Drinking caffeinated coffee or tea with meals may also help increase blood pressure during that time.
- ◆ Make sure a loved one checks with their doctor about the amount of salt to use, depending on other health conditions. Many people are encouraged to limit their salt intake. For someone with low blood pressure, however, salt can be a good thing.
- ◆ Wear compression stockings. This helps relieve the blood that pools in veins and increase blood flow throughout the body.
- ◆ Several medications are available to treat low blood pressure. Make sure a loved one consults their physician for any possible medication benefits.

Low blood pressure is something that can be recognized and treated early on. As a caregiver, it’s important to have a basic knowledge of the symptoms and also ways to maintain healthy blood pressure for a loved one. High or low, it is essential to the body’s well-being.

reference: http://www.caregiver.com/articles/general/blood_pressure_balancing_act.htm

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;

T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;

Acylic Painting w/Pam (239-6560) 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 7-8:30 pm
(Call Center for schedule)

F: Bingo 9 am, Craft Class 9:30 am (call for schedule), Ping Pong 1-3 pm

Special Activities

9/8 Blood Pressure Screenings plus Info about OFA Services, 10:30 am

9/8,9 AARP Smart Drive Course, 10 am-1:40 pm

9/12 Special Breakfast: *egg & cheese English muffin*, 10:30 am-12:30 pm

9/13 Downsize & Declutter Discussion, 3-4:30 pm

Evening Meal (*chx cordon bleu/éclair*) w/New Appalachia, 5-7 pm

9/15 Philly Cheese Steak Day, 11 am-12:30 pm

Caregiver Program (Protect Against Scams), 11 am

9/20 Site Council Meeting, 10:15 am

9/21 Apple Fest & Retired Teachers' Day, 11 am- 1 pm

9/26 Special Breakfast: *peachy pancakes*, 10:30 am-12:30 pm

Flu Clinic, 1- 2:30 pm

9/26,29 Tai Chi (YMCA), 3-4 pm

9/27 Evening Meal (*rotisserie chx/homemade dessert*) w/David Hores, 5-7

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: 9/6 Nickel; 9/13 Bag; 9/20 Quarter; 9/27 Nutrition

9/8 Apple Fest Contest, 11 am

9/12 (*Mon.*) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

9/13 Health Insurance Counseling & Medicaid/Medicare Savings Program Issues (Delaware County OFA), 11:30 am

9/15 No Lunch Today; Evening Meal (*chx cordon bleu/éclair*) Honoring Retired Teachers w/New Appalachia (blue grass), 4:30 pm

9/18 Tai Chi for Arthritis practice and demonstration, 11:00 am

9/20 Blood Pressure Screening w/Sandy, 11:30 am

Southern Tier Food Bank (at the fire station), 11:30 am


1-877-COUGHLIN

ATTORNEYS AND COUNSELORS

Main Office:
99 Corporate Drive
Binghamton, NY 13904
607-723-9511
www.CGLawOffices.com

- ESTATE PLANNING: Wills, Trusts, Powers of Attorney, and Tax Planning
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Branch Offices In: Ithaca | Owego | Bainbridge | Hancock | Walton | Montrose

PAID ADVERTISEMENT

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: Mobile DMV, 10 am-3 pm (*Closed 12-12:30 for lunch*)

Tuesdays: CHOW Produce Market, 8-9 am

9/1 Blood Pressure Screenings plus Info about OFA Services, 10 am

9/1,8,22 Bingo, 11:45 am

9/2 Chop n' Chat, 10:30 am (*please reserve*)

9/8,9 AARP Smart Driver Course, 5-8:30 pm

9/14 Site Council Meeting & Election of Officers, 10:30 am

9/15 Evening Dining (*chx cordon bleu/éclair*) - doors open 4 pm; Doc Weismore, 5:15 pm

9/16 Flu Clinic, 9:30-11 am

9/21 Apple Fest & Retired Teachers' Luncheon, 12 pm w/Remember When, 12:30 pm

9/26 Horse Racing w/Bonnie Hill, 10 am

9/28 Annual Birthday Party w/Gary Teed, 12:15 pm

9/29 Evening Dining (*rotisserie chx/choco cream pie*) - doors open 4 pm w/Pianist, Adrian Skarvinko, 5:15 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; CHOW Produce Sale 11:00 am -

Noon; Pinochle 12:30 pm; Texas Holdem 12:30; 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:

9/12 JFF (Just for Fun) Pool League, 9 am

9/15 Philly Cheese Steak Day, 11:45 am

9/16 Flu Shot Clinic, 1-2:30 pm

9/21 Apple Fest & Retired Teachers' Day, 11:45 am

9/28 Evening Meal (*rotisserie chx/choco cream pie*), 5 pm

Meet & Greet Neighborhood Luncheon

Wednesday, September 21st at Noon

East Side Congregational United Church of Christ, 284 Robinson St

Menu: roast turkey, apple bread dressing, vegetables & apple pie ala mode.

Suggested Contribution: \$4 (60+)

Cost: \$5 (Under 60)

Space is limited. Please call 722-1017 to RSVP by 1 PM on August 16th.

Come and get acquainted!

*Sponsored by the East Side Congregational United Church of Christ
and the Broome County Office for Aging*

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Fri 9:00am - 4:00pm**Lunch served at 11:45 call 797-1149****Hot Lunch (Reservations):** M/W/Th/F**Walk-Ins Welcome:****Sandwich & Soup Bar:** Wed/Thurs, 11:45 am - 12:30 pm**Breakfast for Lunch:** Tues, 10:30 am - 12:00 pm**Weekly Activities:** Exercise classes listed on page 4**M:** Watercolor Painting 9 am; Bingo 12:30 sales/1:30 play, Knit/Crochet, Poetry 1 pm; Pitch (cards) 1 pm**T:** Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm**W:** Quilting 9 am; CHOW Produce Sale 11:30 am - 1:00 pm; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Mahjong 1 pm**Th:** Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm; Meditation 3 pm**F:** Watercolor Painting 9 am; Ladies Singing 10 am; Hearts (cards) 11 am**Special Activities:**

- 9/1 SNAP Nutrition Education, 11 am
 9/6 Mind Body & Soul Health Seminar, 1 pm
 9/7 Hearing Loss Meeting, 7 pm
 9/8,22 Chop N' Chat (*please reserve*), 1 pm
 9/15 Price Chopper Flu Clinic, 10-11:30 am
 9/20 Red Hat Society Meeting, 6:30 pm
 9/21 Apple Fest Luncheon, 11:45 am
 9/28 Bonnie & Mike Pero (Accordion Music), 11:30 am

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Mon - Fri, 9:00am - 3:00pm**Lunch served at Noon****Sandwich and Soup Bar:** Mon-Fri 11-12:30 pm**Breakfast for Lunch:** Thurs 10-12:30 pm**Weekly Activities:** Exercise classes listed on page 4**M:** Horse Racing (1st/3rd) 10 am; Quilt/Sewing Class 10 am-3 pm; Bingo 10:30 am; Pinochle 12:30 pm**T:** Computer Class 8:30; Osteo Exercise 10 am; **W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm**Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm**F:** Bingo, 10:30 am**Special Activities:**

- Tuesdays & Thursdays: Tai Chi, 1-1:45 pm
 9/12,13 AARP Smart Driver Course, 10 am-1:30 pm
 9/13 Evening Dining (*chx cordon bleu/éclair*) w/Orange Blossom Special, 4:30 pm
 9/15 Philly Cheesesteak Day, 11 am-12:30 pm
 9/16 Movie of the Month, "Bedtime Stories", 12:15 pm
 9/19 Horse Racing, 10 am
 9/21 Apple Fest Day: Apple Treats & Trivia, 11 am; Lunch, 12 pm
 9/27 Evening Dining (*rotisserie chx/homemade dessert*) & Bingo, 4:30 pm
 9/28 Flu Clinic, 9:30- 11 am
 Putting Your Garden to Bed (Cornell Cprtv Ext./Cutler Gardens), 11:30 am

The SEPP Group

Housing Management Development

www.seppinc.com

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Binghamton, NY 13905
Call: 607-723-8989
TDD: 607-723-0438
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PAID ADVERTISEMENT

Brooks' House of Bar-B-Q

is coming to the Tractor Supply Company

154 Vestal Parkway West in Vestal

Friday, September 23 from 3:00 – 7:00 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**NORTH SHORE..... 772-6214**

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00am - 2:00pm**Lunch served at Noon****Weekly Activities:****Daily:** Coffee 8-11 am, Games and Cards**M:** Bingo 10-11 am**Tu:** Fitness 10-1:30 am; Wii Bowling 10:30-11:30 am; CHOW Produce Sale 12:30-1:30 pm**Th:** Fitness 10-11:30 am**Fr:** Wii Bowling 10:00 - 11:30 am**Special Activities:**

- 9/1 Breakfast for Lunch: *Stromboli & fresh fruit* (no reservations!), 11 am-12:30 pm
 9/7 Greed (dice game), 10 am
 9/8 Special Lunch (*turkey club & soup*), 11 am-12:30 pm (no reservations needed)
 9/14,28 Craft Corner, 10 am
 9/15 Brunch & Bingo, 10 am
 9/21 Apple Fest & Retired Teachers' Day, 12 pm
 9/22 Evening Meal w/Greg Neff, 4:30 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**T:** Pinochle 9:30 am**W:** Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Chair Exercises 10:30; Oil Painting 1-3 pm**Th:** Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm; Bridge Group 12:30 pm**F:** Walking Group 8 am; Mahjong 9:30 am**Special Activities:**

- 9/1,15 Bingo w/Brad, 10:15 am
 9/7 Blood Pressure w/Kay Devine, 10:30 am
 9/7,14,28 Visit w/BU Nursing Students, 10 am- 1 pm
 9/7,9 Burger Bar, 11:45 am
 9/12 Medicare 101 (AOP), 10:15 am
 9/13,15 Tai Chi (Tues/Thurs ongoing), 10-11 am (*register through YMCA*)
 9/16 Advantage Plans & Policies (AOP), 10:15 am
 Pizza Day *OR* Chef Salad (*please reserve*), 11:45 am
 9/21 Apple Fest & Retired Teachers' Day, (Bake Sale, 10 am-1 pm/Lunch: 11:30 am)
 9/26 Breakfast for Lunch, 11:30 am-12:30 pm
 9/27 Vestal Senior Club Meeting, 12:45 pm
 9/28 Evening Meal (*rotisserie chx/choc cream pie*) & Bunko, 5-7 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 (Burger Bar @ NB Senior Ctr)
			Grandma's Meatloaf 9/1 Chantilly Potatoes Broccoli Vanilla Cake w/Strawberry Frosting	Beer Battered Fish 2 OR BBQ Chicken Breast Baked Potato Coleslaw Fruited Gelatin
Centers Closed 5 In Observation of Labor Day	Macaroni & Cheese 6 Stewed Tomatoes Cauliflower w/Parsley Peanut Butter Cookie	Roast Beef w/Gravy 7 Mashed Potatoes Country Blend Vegetables Banana	Vegetable Lasagna 8 Italian Blend Vegetables Garden Salad Peach Crisp	Fish Florentine 9 OR Pepper Steak Rice Pilaf Winter Squash Pumpkin Cookie
Tuna Noodle Casserole 12 Stewed Tomatoes Baby Carrots Banana	Halupki 13 OR Chicken w/Pineapple Mashed Potatoes Garden Salad Pears	Ham Loaf 14 w/Honey Mustard Sauce Scalloped Potatoes Baby Beets Blueberry Cobbler	Chicken w/Cranberry 15 Brown Rice Pilaf Brussels Sprouts Pumpkin Pie Square	Beer Battered Fish 16 OR Salisbury Steak Mashed Potatoes Broccoli Carrot Cake w/Cream Cheese Frosting
Spaghetti w/Meatballs 19 Italian Mix Vegetables Garden Salad Lemon Fruited Gelatin	Grandma's Meatloaf 20 OR Breaded Fish Chantilly Potatoes Spinach Chocolate Pudding	Apple Fest! Roast Turkey w/Gravy 21 Apple Bread Dressing Monte Carlo Blend Vegetables Apple Pie ala Mode	Chicken Cacciatore 22 Over Noodles Cut Green Beans Garden Salad Tropical Fruit	Salmon w/Dill Sauce 23 OR Chicken w/Orange Sc. Lemon Rice Pilaf Peas Pineapple Tidbits
Beef Stew over a Biscuit 26 Cut Green Beans Grape Juice Soft Molasses Cookie	Pub Burger 27 OR Chicken Salad Sandwich Cream of Broccoli Soup Ambrosia	Roast Pork w/Gravy 28 Sweet Potatoes Traditional Blend Vegetables Cherry Crisp	Liver w/Onions 29 OR Chicken Marengo Mashed Potatoes Peas Reduced Sugar Strawberry Pudding	Breaded Fish 30 OR Honey Mustard Chicken Breast Brown Rice Pilaf Carrot-Raisin Salad Cinnamon Applesauce

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 2

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

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 60 Hawley Street
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