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Live Your Way With OFA

by Jamie Kelly, Director, Office for Aging

If you are an older adult, you probably have many stories and experiences to share about finding reliable information and how to access existing services and programs. Perhaps you are, or have been, a caregiver as well. Being a caregiver brings its unique set of challenges as you navigate the system for available services and supports for your loved one, friend or neighbor. Most of us can say that one of our main goals is having a comfortable, healthy and independent life.

Perhaps your story is similar to one of the many we have written about in this edition of the Senior News.

Our stories describe some of the many programs and services that are provided through the Broome County Office for Aging (OFA). We help older adults and caregivers by providing not only information and assistance, but also referrals for services and benefits that elders need to live independently. We offer all of this, both in the community and in the homes of Broome County seniors and their caregivers.

We invite you to read our stories. They are easy to find – each one has the same symbol shown below and the sub-title “Live Your Way with OFA”. The names used and the exact circumstances described in these stories are changed to protect privacy, however the problems described and the services that helped are very real.

Many older adults and caregivers have experiences similar to what we share in this edition. If you find yourself experiencing similar situations, please consider calling the Office for Aging at 607-778-2411 for help and assistance.

You Are Invited!

What: Public Hearing for the Broome County Office for Aging
Where: Broome West Senior Center in Endwell, NY
When: 5:00 PM on October 11, 2016

The Broome County Office for Aging invites you to our annual Public Hearing on Tuesday, October 11 at the Broome West Senior Center, 2801 Wayne Street, Endwell. The hearing begins at 5 pm and provides an opportunity for the public to offer thoughts and suggestions on our Draft Plan for Services 2017-2020.

By Tuesday, October 4th you may call the Office for Aging to request a copy of the Draft Plan (778-2411) or access the Draft Plan on our website at www.gobroomecounty.com/senior/publications. We will also make copies of the Draft Plan available the evening of the hearing.

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



Halloween Party & Luncheon

Monday, October 31
at Participating Senior Centers

Start your Halloween celebration early - Come to a senior center dressed in your favorite costume! Enjoy games, raffles, refreshments, costume contests and a delicious lunch served around noon.

Reservations are needed! Please call a participating center to make your reservation and find out what special activities will be happening (phone numbers are listed in the activity section of this paper).

The cost is just \$3.25 for age 60+;
\$4.25 for anyone under age 60.
We hope to see you on the 31st!

Get Your Furnace Tuned-Up

State Announces Funding Available to Help New Yorkers Get Furnaces Tuned-Up

Improved Efficiency Will Help Households Receiving Assistance to Save on Heating Costs This Winter

The New York State Office of Temporary and Disability Assistance recently announced that \$2 million in funding is available to help low- and middle-income households get their heating equipment inspected and cleaned prior to the start of the heating season.

Applications are being accepted now for the furnace or boiler tune-ups, which can help improve energy efficiency while helping New Yorkers save on heating costs this winter.

The program is federally-funded through the Home Energy Assistance Program (HEAP). People can apply at their local department of social services.

“Households that get their heating equipment cleaned now will benefit come wintertime when they save on heating costs due to the improved efficiency,” said Office of Temporary and Disability Assistance Commissioner Samuel D. Roberts. “We also expect that fewer households that receive heating assistance through HEAP will face emergencies this winter, as a result of having a furnace or boiler operating at peak performance.”

Eligible households can receive up to \$400, which includes cleaning of the primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe,

Continued on Page 2



Live Your Way With OFA!

From the Editor

by Vince Fox

As you turn the pages of this edition, you'll see many stories about the Office for Aging. I hope you enjoy the stories and, more importantly, I hope they will help you to see how the OFA can help you!

You may have heard of the saying "it takes a village" to overcome certain challenges which need many people with different abilities to combine their skills, money, assets and/or time. I like to think of it as "it takes a community" because it's all about groups of people and organizations who are living and working together. You'll notice some examples of this within our OFA stories. They are not just about the OFA staff; they are also about volunteers, supporting organizations and people in the community who are willing to share their experiences and lend a helping hand to improve the lives of older adults.

A great example of our community coming together to support older adults is the Seniors Running and Walking Festival, a 2-month program that brought people 55 years or older together to exercise and socialize. Participants then celebrated their abilities and well-being at the "festival", held in August. To make this happen, the OFA had the support of many people of all ages and organizations who shared in the goal of making this dream a reality. OFA staff worked with all of the following: the sponsors – Excellus BCBS & Good Shepherd Communities, Coal House Café, Action for Older Persons, American Heart Association, Town of Vestal, Triple Cities Runners Club, the festival's committee members, many volunteers and nearly 100 participants. Without all of these people, we could not have held this very successful program for older adults. Now, we can't wait to have it again next year!

As you are reading through this *Senior News*, remember that it takes a community to make these programs successful and it takes your participation. Please read our stories. If you, or someone you know, is in a situation that is similar to one of our stories, or if you have just questions about services for older adults, please don't hesitate to call the OFA staff at 607-778-2411.

Furnace Tune-Up

continued from page 1

proper and efficient operation of the heating equipment.

To qualify, households must not exceed the program's income guidelines, which vary by household size. For example, a family of four can earn up to \$4,316 a month and still qualify. Additionally, the household must have heating equipment that is more than 12 months old, and the furnace, boiler or chimney must not have been cleaned within the past 12 months.

Applications will be accepted through Nov. 4, or until funding is exhausted, whichever comes first. New Yorkers can find contact information for their county department of social services at <http://otda.ny.gov/programs/heap/HEAP-contacts.pdf>.

source: www.aging.ny.gov/News/2016/2016News39.cfm

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Hot Dog Bar

Fall is here and winter is on the horizon. Days of warm casseroles and hot chocolate are near. Join us one last time for the all-American favorite, the hot dog! We won't be serving them again until next summer. No reservations are necessary to enjoy a hot dog with all the trimmings. Enjoy onions, cheese, chili, mustard and ketchup; you decide!

Broome West	Wed/Thurs/Fri	October 12, 13, 14
Eastern Broome	Wed/Fri	October 14
Johnson City	Wed/Thurs	October 12, 13
Northern Broome	Tues/Wed	October 11, 12
Vestal	Wed/Friday	October 12, 14

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

All are welcome!

Live Your Way with OFA's Caregiver Services



Eileen's Story - Staying Well in Your Home

Helping an older adult remain at home and stay independent can be challenging and a lot of work. Whether you are running errands, paying bills, cooking or even providing hands-on care, you can make your life a little easier when you know about the many resources available to help caregivers.

The Caregiver Services staff of the Office for Aging helps caregivers get the information and assistance they need, whether it is practical solutions to daily problems or dealing with the emotional demands of caregiving. Here is a short story about a caregiver, Eileen, who called the Office for Aging:

Eileen started attending the Stay Healthy Caregiver Chat Group because she struggled with setting boundaries with her physically disabled mother. Since Eileen lived just down the street from her Mom, Eileen felt like she should be available to go to her mother's whenever she called her for something. Eileen has two brothers who live in the area but she hesitated to bother them. She felt that her brothers had too much going on in their lives to be able to help with their mother.

While attending the first few months of the Caregiver Chat Group, Eileen always spoke of a desire to draw boundaries but she just couldn't bring herself to actually do it. Through encouragement and support from the other caregivers in the group, Eileen gradually started to change. She started feeling comfortable with telling her mother when she was able to visit, instead of just visiting Mom at her every request. Eileen also scheduled a meeting at Mom's house with her brothers present to discuss appropriate services and programs with an Office for Aging case manager. Later on, Eileen received a uterine cancer diagnosis but she had Mom's supports in place, which included her brothers, so that Eileen could take care of herself.

OFA services for caregivers include:

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

For more information on any of these services, please call 778-2411.

Live Your Way with OFA's Broome County Senior Centers



Wanda's Story

There are eight senior centers in Broome County where you can learn, create, share, and celebrate. You can also enjoy great food and good conversation. Below is a story of one new retiree who found a whole new world to explore when she visited a senior center.

Wanda recently retired after 32 years of working to support her family. She was really looking forward to doing all the things that she never had time to do while she was working. Her retirement celebration came with all the "hoopla" expected for such a dedicated employee. But, after a few weeks, Wanda began really missing the social part of working outside the home. Her friend Joyce invited her to go the local senior center to have lunch. Wanda was reluctant to accept the invitation because she had always thought that senior centers were just for "old" people. However, Joyce had been saying so many good things about her experiences at the center that Wanda finally decided to give it a try.

When Wanda went to lunch she was surprised to see all of the center's activities. She noticed several people participating in a writing workshop, a Zumba class, and a guitar group practicing. Lunch that day was a delicious meal of roast turkey, bread dressing with a side of Monte Carlo vegetables and apple pie for dessert. Wanda was truly impressed with the service and the cost – only \$3.25. She certainly would have spent more money for this meal at home and would have had to do the dishes!

After lunch Wanda and Joyce stayed to do a bit of sewing. Joyce proudly showed Wanda the stylish new purse she was making and Wanda was fascinated with all the unique projects that the others were working on. Wanda was so impressed that she actually felt the urge to make her own purse, and was able to start on hers that same day. She had not sewn anything in years, but immediately started thinking of all of the things she wanted to sew, including a quilt she had in mind for her first granddaughter. The other people in the sewing group were fun to spend time with, talking and laughing, as they were working on their projects. Wanda was truly excited, not only to find something that she found joy in doing but also because she felt like she had found new friends. She hadn't realized before retirement just how much she depended on her job to provide her with her socialization.

Before leaving the center that first day, Wanda decided to sign up for the upcoming group day trip to New York City. She was pleased that the rate was so affordable. She also borrowed a book at the center's library and was able to use one of the center's computers to check her e-mail.

After her day, Wanda decided to start coming to the center on a regular basis. She realized that she did not want to miss out on all the great opportunities that she can be part of there. There was so much that the senior center offered and she could fulfill many of her "bucket list" wishes right there. What a gem the senior center is for her today!

If you would like more information about senior center locations, hours, and menus please call the Office for Aging at 778-2112.



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Live Your Way with OFA's Meals on Wheels



Ester's Story - Staying Well in Your Home

The Meals on Wheels program delivers warm, nourishing meals to persons 60 and older who are having difficulty preparing their own meals. It is important to know that several hundred Broome County residents rely on having home delivered meals delivered directly to their home each weekday. Many people get Meals on Wheels due to limitations resulting from a chronic health condition and others receive meals for a short while to help in the recovery from surgery, an accident, or a sudden illness.

Ester shares her experience with Meals on Wheels: "After surgery, my doctor said I needed to be sure to eat healthy so I could recover faster. She suggested Meals on Wheels. I was hesitant to start the meals and I thought I could get by on my own. However, I was indeed feeling really tired from the surgery and I was having difficulty getting around at home so I took my doctor's advice and agreed to call Meals on Wheels. I am so glad I called, I expected the meals to be nutritious and properly prepared but I wasn't expecting them to be downright delicious! I am sure having Meals on Wheels is helping me recover faster as I now have more energy and feel like myself again."

Many clients who receive Meals on Wheels report greater independence and a better sense of well-being because of the program. It's an important service for many people needing extra support in their own home. The meals are delivered Monday through Friday by caring, dedicated volunteers. These volunteers are an important part of the program. Their meal delivery also serves as a quick check on the clients, who typically live alone.

If you believe that Meals on Wheels may benefit you or someone you know and care about, please contact the Office for Aging at 778-2411.

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HEALTH & WELLNESS

Zumba

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

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

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)
Tuesday	10:15 am	Vestal Senior Center

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

Free Zumba Classes

Thursdays, 11:15-11:45 am
North Shore Towers Sr Center
607-772-6214

Get moving with free Zumba (for the month of October)!

Endwell Evening Meals

Tues., Oct. 11 & 25, 5-7 pm
Broome West Senior Center
607-785-1777

Our dinners are excellent and so is the entertainment: on Oct. 11 dinner is roast turkey/lemon meringue pie followed by Ryan Wilson; on October 25 enjoy meatloaf/banana cream pie with Fretboard Express. Reserve by noon the day before.

Harpursville Evening Meals & Entertainment

Thurs., Oct. 13 & 27, 4-6 PM
Eastern Broome Senior Center
607-693-2069

On Oct. 13 dinner is roast turkey/lemon meringue pie followed by Orange Blossom Special. On Oct. 27 enjoy meatloaf/banana cream pie with Hot Wings & Cold Feet. Reserve by noon the day before.

Rummage Sale in Vestal

Wed., Oct. 19 & Thurs., Oct. 20
Vestal Senior Center
754-9596

You never know what you may find when you rummage through our tables. Come and check us out!

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Eastern Broome Senior Center
Call Arlene (607) 759-6306 or Jane (607) 222-1039 for info.

November 29
Villa Roma: Christmas Show

Johnson City Senior Center
Call (607) 797-3145 or stop by for info.

November 17
Radio City Music Hall: Rockettes Christmas Show

December 8
Pines Dinner Theater: Miracle of Christmas



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Live Your Way with OFA's Foster Grandparent Program



Louise's Story - Looking for Something to Do

Louise was looking through the Senior News feeling a bit depressed. She felt stuck and alone. Her husband had died six months earlier. Now, without his Social Security, money was tight and she didn't want to waste gas going out. Louise saw an ad in the Senior News about volunteering in a school or daycare. Louise liked the sound of that. She had raised 6 children and loved kids, but since her family moved away for jobs, she has not been able to see them much.

Louise called the Foster Grandparent program and found out that they paid a stipend and travel reimbursement. Woo hoo! She could spend time with kids and make a little money! Louise asked how to apply. First, she answered some questions over the telephone to see if she was eligible. She had to be over 55, a Broome County resident and meet the income guidelines. That was easy, but Louise found that becoming a Foster Grandparent was a bit of a process. She filled out the application and was interviewed. Her references were checked and a criminal background check was done. Then, she needed to get fingerprints and a physical. All this was arranged and paid for by the Foster Grandparent program. Louise was glad they were thorough because it is important to keep kids safe.

Finally, Louise attended orientation for the Foster Grandparent program. She really enjoyed it. She met five other people who were "in the same boat." They needed extra money and wanted a reason to get up in the morning. During orientation, a caseworker came in to describe all the programs the Office for Aging has to offer. Louise found out that she was eligible for HEAP, money to help pay her heating bill. She was also eligible for SNAP, to help pay for food.

After orientation, Louise started volunteering in first grade in the same school her children had attended, just a mile from her home. She was surprised to find that her teacher's husband was her son's best friend in high school. It's a small world, but Louise's world has just become so much larger by being a Foster Grandparent. She has so much to look forward to each day. She gets to work with children and they love her for it. Plus, she gets to interact with other adults and be appreciated for her efforts.

If you would like to become a Foster Grandparent and volunteer 20 hours per week in a school or daycare near you, please call 778-2089.

Live Your Way with OFA's Mini Bus



George's Story – Getting Around Town

George was recently advised by his doctor that he should no longer drive due to severe vision issues. George worried about what other transportation may be available to him. He called Office for Aging and talked to a staff person about the Office for Aging Mini-bus. He received a packet in the mail with specific instructions on how to make a reservation and other helpful information about the bus service. You can learn more about the Office for Aging Mini-bus and other transportation options by calling 778-2411 or visiting www.gobroomecounty.com/senior.

Reduce, Reuse, Recycle

In our quest to downsize our homes, many of us wonder whether our clutter can be recycled in the curbside boxes or if it has to be thrown into the trash. On Tuesday, October 11, our guest is Deb Smith who is a manager at Broome County Division of Solid Waste Management, Materials Recovery. We'll bring samples of what we recycle and see if we're on the right track.

Downsize and Declutter Discussions are held at 3 PM on the second Tuesday of each month (with the exception of November 15th, when it is moved back a week because of the general election). It's at Broome West Senior Center, 2801 Wayne St., Endwell. 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 calling 785-1777 by noon the day before the session you want to attend.



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Baked Sweet Potatoes and Apples

Ingredients

- Cooking spray
- 1/4 cup sugar
- 1/2 tsp. ground cinnamon
- 3 medium sweet potatoes, peeled, cut crosswise into 1/4-inch slices
- 2 medium sweet apples, such as Rome Beauty or Gala, peeled, each sliced into 10 wedges
- 3 Tbsp. light tub margarine

Directions

1. Preheat the oven to 350°F. Lightly spray a 1 1/2-quart glass casserole dish with cooking spray.
2. In a small bowl, stir together the sugar and cinnamon.
3. In the casserole dish, layer in order half each of the sweet potatoes, apples, and cinnamon-sugar. Dot with about half the margarine. Repeat.
4. Bake, covered, for 1 hour to 1 hour 15 minutes, or until the sweet potatoes and apples are soft.

source: www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Recipes/Baked-Sweet-Potatoes-and-Apples_UCM_484271_RecipeDetail.jsp

Calling All Hikers or Avid Walkers

Senior hikes will be held on the following Wednesdays:

October 5: Meet at 10 AM at Vestal Rail Trail with lunch at Vestal Senior Center.

October 19: Meet at 10 AM at Cole Park with lunch at Eastern Broome Senior Center.

Be sure to make your lunch reservations at the senior center before 1 PM on the Tuesday before the hike. Call Dawn at 778-2134 if you have any questions. We will hike, rain or shine!!

Seniors Running and Walking Festival



Photo by Emma Kinney

Nearly 100 older adults, including one 90-year-old, participated in the second annual Seniors Running and Walking Festival. The festival, held August 13th, was a celebration of older adults' abilities and well-being. It included a 1 mile walk or run and a 5K (3.1 miles) walk or run. It was inspiring to see so many smiling faces as the seniors crossed the finished line, received their well-deserved medals and awards, and enjoyed the cake and other refreshments. It was truly a celebration of what older adults can achieve!

Despite the very hot weather, it was a lot of fun and a huge success! As one participant said, "This has given me the motivation to continue walking and maybe going a longer distance." For six of the participants, it was the first time in their lives that they completed a 5K event!

This year's festival included a team competition. Congratulations to the Good Shepherd Communities team who won the "Team Spirit" award for the way they supported each other and their cheers!

The festival could not have been held without the support from its sponsors – thank you Excellus BCBS and Good Shepherd Communities! Also, thanks to supporting organizations including Action for Older Persons, Coal House Café, American Heart Association and Triple Cities Runners Club.

Live Your Way with OFA's Health & Wellness Programs



Emily's Story

Ready to retire? Not sure how you'll spend your time? Here is Emily's story:

Emily was ready to retire but worried that without a work routine, she wouldn't have a purpose and she'd become a homebody. She considered herself an active person who enjoyed trying new things, but she hadn't done much in the community because of working a full time job.

When she saw an article in the *Senior News* about a falls prevention exercise class at a senior center near her home, it struck a chord. A volunteer teacher was needed so she signed up. The class actually had two instructors and Emily because fast friends with her co-teacher, Sue.

Sue introduced Emily to Tai Chi, a course that is also conducted at the senior center. Tai Chi is great for preventing falls. The course was full of several retirees who were nice to talk with after the class. They talked about how they spent their time and wondered how they ever had time to work! Some of them played pickleball, so Emily gave that a try, too. She liked pickleball and her new friends and activities. Her life became busy. She decided she could retire easily, knowing that her days were full of things to do. She wished that she had retired sooner!

Of all the new activities she's enjoying, it's pickleball that makes Emily smile. She's been playing for a year and the team asked her to participate in the Senior Games pickleball tournament this month. She's hoping for a medal!

You, too, can put new adventures in your life. Check out www.gobroomecounty.com/senior for information on Senior Games, Tai Chi and many other interesting activities.

Live Your Way with OFA's Home Energy Assistance Program



Jim's and Sue's Story – Keeping Warm This Winter

Jim & Sue contacted the Office for Aging after learning about the Home Energy Assistance Program (HEAP) from a close friend. Jim lost his job and his unemployment benefits were ending soon. Sue, who collects Social Security benefits and a small pension, needed to support their household. They worried about the upcoming winter and their heating bill. By calling the Office for Aging's HEAP staff, they were able to apply for HEAP and received a heating benefit which was applied directly to their NYSEG account.

Those 60 and older or permanently disabled can contact Office for Aging at 778-2411 to learn more about HEAP. Anyone under 60 years old can contact HEAP at Department of Social Services by calling 778-2638.

Sudoku Answers

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

AARP Meeting

When: 1:00 PM

October 12, 2016

Where: United Methodist Church, 113 Grand Blvd., Bing.

Topic: "Reputable Home Repairs" Presented by a representative from the Office of the Attorney General

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Good Shepherd Fairview offers individuals with Parkinson's disease and other neurological disorders the remarkable benefits of LSVT BIG[®] and LSVT LOUD[®] therapies.

LSVT is unlike traditional therapy methods and is backed by research and years of support from the National Institutes of Health.

Our Certified LSVT[®] therapists help with movement and balance, motor skills, voice control and swallowing issues. Our patients have made remarkable progress and you can too!

Call Good Shepherd Fairview Home for details on how you can take advantage of LSVT.

Physical Therapy
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607.724.2477 ext. 3230 • www.gsthome.com

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.)

How to Recover from Being Scammed

Scammers are very good at their jobs, so don’t feel embarrassed if you’ve been scammed. People who practice fraud count on you being so embarrassed that you won’t report the crime. By reporting scams, you will not only help yourself – you may help prevent others from becoming victims.

- **Tell Someone:** Don’t be embarrassed. Tell a friend or family member so they can support you and help you recover from a scam.
- **Contact Law Enforcement:** All scams should be reported to law enforcement. Call the non-emergency local police number. This will enable you to obtain a police report which could possibly help you recover your stolen money.
- **Contact Your Financial Institution:** If you provided the scammer with your bank information or they were able to steal funds from your account, you need to contact your financial institution immediately. Many financial institutions have staff to assist with protecting accounts from scams, and some funds may even be recovered. This could include getting a new account number, a new credit/debit card, stopping payment on a check or possibly rescinding a wire transfer.
- **Call Credit Bureaus:** If the scammer was able to obtain your personal information, you need to contact the credit bureaus and place a free, 90-day fraud alert on your credit reports.
- **Call the Attorney General’s Office:** If you aren’t sure you were scammed but think you were, call this number for assistance: (607) 251-2770

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Live Your Way with OFA’s Health Insurance Information, Counseling & Assistance Program (HIICAP)

Mary’s Story – Paying for Medications

Mary has struggled to pay for some of her medications in the last couple of years. When her doctor prescribed a new medication, the copay at the pharmacy was so high that Mary could not afford to pay for it. A friend suggested she contact Office for Aging to explore her options. Mary called and was referred to Action for Older Persons (AOP). Mary met with a HIICAP counselor and was able to find a prescription plan that lowered her expenses at the drug store and allowed her to purchase all of the much-needed medications. To learn more about HIICAP, contact Office for Aging at 778-2411 or AOP at 722-1251.

Welcome to the 2016 Broome County Senior Games NEW Pinochle & Table Shuffleboard Tournaments

Open to anyone age 55+
Fee: \$6 per team for each event

Table Shuffleboard Friday, October 28 Play starts at 10 am Doubles Registration Deadline: October 21		Pinochle Friday, November 18 Play starts at 9:30 am Partners Registration Deadline: November 7
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Location for both events: Johnson City Senior Center, 30 Brocton Street

Lunch is available, call 797-1149 for your lunch reservation. Please call at least one day in advance. Lunch is \$3.25 for people age 60+ and \$4.25 for people under age 60.

ENTRY FORM

Please cut ✂ and send in

Name: _____

Age / Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

All participants must pay entry fee: \$3 per person, per event

Event(s) I will participate in: _____ Partner _____

Table Shuffleboard _____

Pinochle _____

Please make checks payable to: **Broome County Senior Games**
Mail to: BC Senior Games, PO Box 1766, Binghamton, NY 13902

Waiver MUST be signed.

I certify that I am physically fit and have sufficiently trained for competition and that my physical condition has been verified by a licensed medical doctor. I consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement or exclusive television coverage of the Senior Games, in any manner incidental to my participation in the Senior Games and without compensation to me. I agree to assume all responsibility for all risk, damage or injury that may occur to me as a participant. I release and discharge for myself, my heirs, executors and administrators, the Broome County Office for Aging, Johnson City Senior Center and all other agencies and individuals associated with the games.

Signature: _____ Date: _____

Live Your Way with OFA's Legal Services

Joan's Story – Finding Help with Legal Questions



Joan visited her local senior center and learned that free legal services are available to her. She has wanted to get her will and Power of Attorney updated for some time now. She scheduled an appointment with a Legal Aid Society attorney who met her at the senior center. The attorney also assisted Joan with her Health Care Proxy document. To find out more about legal services available to you visit www.gobroomecounty.com/senior, call Office for Aging at 778-2411 or Legal Aid at 231-5900.

October gave a party;
The leaves by hundreds came -
The Chestnuts, Oaks, and
Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

George Cooper

Source: www.goodreads.com/quotes/tag/October?page=1



Live Your Way with OFA's Information & Assistance Services

John's Story - Saving the Day, One Senior at a Time



The Office for Aging Information and Assistance (I&A) team is available to help you and to answer any of your questions. If we don't have the answers, we will work to get you answers. We will get you connected to services which help individuals to maintain their independence. For example, below is the story of John, who needed some extra help from the OFA.

NYSEG called the Office for Aging because a gentleman named John had an unpaid electric bill and they weren't able to get in touch with him. John is a senior who lives on a low income.

I&A staff contacted John to see if he was eligible for a payment plan with NYSEG. I&A staff planned to assist John with applying for HEAP, the Home Energy Assistance Program. Our staff found John in bed, with no food in the house, and in pain from a recent fall. Our I&A worker called 9-1-1, and John was hospitalized with a broken hip. When John returned home, the I&A worker helped John with a SNAP (formerly food stamps) application, which automatically made John eligible for HEAP.

I&A staff advocated for John in getting him on a payment plan with NYSEG until his HEAP benefit was processed. Additionally, I&A staff assisted John with applying for Social Security and Medicare Part A. John had been afraid to apply for Social Security because he has a veteran's pension that he did not want to lose. The I&A worker contacted the VA to help John understand his benefits.

John decided he was going to get Meals on Wheels while recovering from his broken hip. The I&A worker was also able to assist John with getting a Personal Emergency Response (PERs) unit and telephone Life Line so that John can stay safely in his home and have access to help in the event of a fall.

If you know someone like John, who could benefit from these services or can use additional information and assistance, please call the Office for Aging at 607-778-2411 or NY Connects at 607-778-2278. You can also find us on the web at www.gobroomecounty.com/senior.

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.

Labor is provided free of charge to eligible home owners.

- | | | |
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| <i>...And More</i> | | |

Call 772-2850 For Details

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Live Your Way with OFA's Yesteryears Program

Kelly's and Bob's Story



I need something for Mom to do! I can't find enough activities to keep my wife busy! I think Dad is depressed - he sits in his chair all day and does nothing! Mom is okay, but I'm afraid to leave her alone for too long. Does this sound familiar to you? Many caregivers are challenged with keeping their loved ones active and safe.

Kelly is a caregiver for her mom but she did not know what to do with her. All of the children have their own families and work full time. They check in on her frequently throughout the day but they are concerned about her safety while they are at work. Kelly and her siblings are concerned that Mom may leave the stove on or something because she has short term memory loss. Kelly said Mom has a hard time interacting with others due to her memory impairment. She repeats herself often causing friends and family to lose patience with her.

Bob's 83-year-old dad recently came to live with him and his wife. Dad moved in with Bob when his country home became too much for him to maintain on his own. Dad is used to keeping busy fixing things around the house, but his failing eyesight and arthritis have left this handyman feeling not so handy.

Where can Kelly and Bob go for help? The Office for Aging's Yesteryears program is a social adult day program providing structured activities and peer socialization for frail, isolated or memory-impaired individuals. All activities are based on individual participant needs. Quality time is spent in discussion groups, games, stimulating projects, talking about "years ago," singing and enjoying each other's company. The Yesteryears program was a perfect fit for the families of both Kelly and Bob.

Kelly commented that Yesteryears brings happiness and laughter to participants and gives them a sense of independence. The OFA program's success is a direct result of the staff that we employ, the relationships we build, and the feeling of independence and self-worth we strive to create.

If you would like to learn more about the Yesteryears program, contact Shellie at 778-2946.

**Want To Advertise in the Senior News?
We Reach Over 7,000 Senior Households in Broome County!**

Call 778-2411
Make our readers your customers!

Caregiver Corner

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

Events for Caregivers

Dementia Conversations

Date: Thursday, October 13
 Time: 1:00-2:30 PM
 Place: Lourdes at Vestal
 Shippers Rd - 2nd floor
 Vestal, NY

Presenter: Whitney Handley
 Alzheimer's Association of Central NY

This interactive workshop will detail ways family and friends can effectively communicate with loved ones diagnosed with Alzheimer's or other forms of dementia. Specifically, strategies for discussing difficult topics with a loved one will be explained; such as how to discuss driving, legal and financial matters.

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
 Date: Monday, October 3rd
 Time: 1:00-2:30 PM

Place: Broome West Sr Center
 2801 Wayne Street
 Endicott
 Phone: 785-3427
 Date: Wednesday, October 19th
 Time: 9:30-11:00 AM

Place: Northern Broome Sr Center
 12 Strongs Place,
 Whitney Point
 Date: Tuesday, October 4th
 Time: 9:30-11:00 AM

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

"Autumn flings her fiery cloak over the sumac, beech and oak."
 Susan Lendroth,
Ocean Wide, Ocean Deep

Can Boredom Cause Fatigue?

Being bored can also make you feel tired. That may sound strange, but it's true. If you were very busy during your working years, you may feel lost about how to spend your time when you retire. When you wake up in the morning, you may see long days stretching before you with nothing planned. It doesn't have to be that way.

Engaging in social and productive activities that you enjoy, like volunteering in your community, may help you maintain your well-being. Think about what interests you and what skills or knowledge you have to offer, and look for places to volunteer.

source: www.nia.nih.gov/health/publication/fatigue?utm_source=20160829_newAPpromo&utm_medium=email&utm_campaign=ealert

Metro Interfaith
 772-6766
Elderly/Handicapped Housing
 Licensed Enriched Housing Provider
Metro Plaza Apartments
 110 Chenango Place
Lincoln Court Apartments
 21 New Street
www.metrointerfaith.com

HUD Housing
 Counseling Agency
 723-0582



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How Does Your Plate Measure Up?

How does the food on your plate compare with how much you should be eating? Here are some ways to see how the food on your plate measures up:

- 1 deck of cards = 3 ounces of meat or poultry
- Half baseball = half cup of fruit, rice, or pasta
- 1 baseball = 1 cup of salad greens
- 4 dice = 1 1/2 ounces of cheese
- Tip of your first finger = 1 teaspoon of butter or margarine
- 1 ping-pong ball = 2 tablespoons of peanut butter
- 1 fist = 1 cup of flaked cereal or a baked potato

source: www.nia.nih.gov/health/publication/healthy-eating-after-50?utm_source=20160829_newAPpromo&utm_medium=email&utm_campaign=ealert



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Live Your Way with OFA's In-Home Services



Sylvia's Story – Living at Home

A daughter from out of town comes to visit her mom in Endicott. She notices that her mom, Sylvia, who once was eager to clean her home, now seems easily fatigued and overwhelmed by household tasks. The daughter mentions to a neighbor that she would like to see her mom be able to stay in her home for as long as possible, but she thinks she will need support. The neighbor suggests she call the Office for Aging.

An OFA staff person talked with the daughter and asked a series of questions which help to find out what services will help Sylvia the most. The questions also help an OFA case manager to come prepared and make the most of the home visit time with family. A case manager familiar with services in that part of town called Sylvia and was able to schedule a home visit within 5 days. During the 90-minute assessment, it is determined which financial benefits Sylvia may be eligible for. This is important because, in some cases, seniors need help with budgets so that money can be redirected towards needed care services.

The case manager, together with Sylvia and her daughter, came up with a plan of action. Support for shopping was needed as Sylvia was having difficulty carrying in her groceries. The family asked the case manager to make a referral to the Faith in Action program for a volunteer shopper to come at least twice a month. The family also agreed to a referral for a Personal Emergency Response button as Sylvia lives alone. Lastly, the case manager agreed to begin looking for an agency that may have an aide who could come weekly and help with chores. The case manager cautioned the family that sometimes it can take an extended period of time to find an agency ready to take on a new client.

The case manager will be staying in touch with Sylvia so that the recommendations and plans that were put on paper can come together over a period of time to support her staying in her home, which was, after all, the goal.

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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;

Acyllic 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

Mon. (1st/3rd): Knitting & Crocheting w/Mary, 12 pm-2:30 pm; call 797-1435 for info.

Tuesdays & Thursdays: Tai Chi, 3-4 pm

10/8 14th Annual Fall & Holiday Craft Fair, 10 am-3 pm

10/10 Special Breakfast: *Belgian waffles w/strawberries*, 10:30 am-12:30 pm
Laughtercise, 1 pm

10/11 Downsize & Declutter Discussion, 3-4:30 pm

OFA Public Hearing, 5 pm

Evening Meal (*roast turkey/lemon meringue*) w/Ryan Wilson, 5-7 pm

10/12,13,14 Hot Dog Bar, 11:15 am-12:30 pm

10/13 Blood Pressure Screening, 10:30 am

10/18 Site Council Meeting, 10:15 am

10/19 Senior Games Shuffleboard Tournament, 9 am-3 pm

10/20 Philly Cheese Steak Day w/Marian Tewksbury (Guitar), 1 am-12:30 pm

10/24 Special Breakfast: *pumpkin pancakes*, 10:30 am-12:30 pm

10/25 Evening Meal (*meatloaf/banana cream pie*)

w/Fretboard Express (Guitars), 5-7 pm

10/31 Halloween Party, 11 am-1 pm

DEPOSIT..... **467-3953**

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tues & Thurs, 9:00am - 2:00pm

Lunch served at Noon

Weekly Activities (call for info):

T & Th: Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;

Piano Music 10:30 am; Wii

T: Crafts, 10 am; Chair Exercises, 11 am

Th: Chorus 11-12 pm, Wii

Special Activities

Tues. Bingo, 1 pm: 10/4 Nickel; 10/11 Bag; 10/18 Quarter; 10/25

Nutrition

10/4 "How Many Kinds of Squash Do You Know," time

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

10/11 Client Safety: Yellow Dot & R U OK (Delaware County OFA), 11:30 am

10/13 No Lunch Today; Candlelight Dinner & Dress Up Night

(*roast turkey & lemon meringue pie*) w/David Hores (strolling accordionist), 4:30 pm

10/18 Blood Pressure Screening w/Sandy, 11:30 am

10/20 Tai Chi for Arthritis Practice 10:45 am

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

10/27 Halloween Costume Party, 11:30 am

Time Warp! What happened this month 50 years ago?

October 2, 1966—Sandy Koufax clinches the 3rd LA pennant in 4 years for the Los Angeles Dodgers

October 15, 1966—President Lyndon B. Johnson signs a bill, creating the US Department of Transportation

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

10/6 Blood Pressure Screenings plus Info about OFA Services, 10 am

10/6,13 Bingo, 11:45 am

10/7,14,28 Chop n' Chat, 10:30 am (*please reserve*)

10/12,14 Hot Dog Bar (*no reservation needed!*)

10/13 Evening Dining (*roast turkey/lemon meringue*), 4-6:30 pm
w/Orange Blossom Special, 5:15 pm

10/21 16th Anniversary/Volunteer Recognition, 10:45 am;
South Amboy Roy 12:30 pm

10/24 Medicare Updates (AOP), 12:15 pm; Enrollment Assistance, 12:30-2:30 pm (*appt. required; please call 722-1251*)

10/27 Evening Dining (*meatloaf/banana cream pie*), 4-6 pm w/Hot Wings & Cold Feet, 5:15 pm

10/29 (*Sat.*) Christmas Bazaar, 9 am-2 pm

10/31 Horse Racing w/Bonnie Hill, 10 am

Halloween Party & Parade, 11:15 am

FIRST WARD..... **797-2307**

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm

Lunch served at 11:45 am call 729-6214

Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm

(No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

M: Bingo 12:30 pm; Texas Holdem 12:45 pm

T: Shuffleboard 9:00 am; Knitting 9 am; 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:

Tuesdays: CHOW Farmers' Market, 11 am

10/6,7 AARP Driver Safety Class, 9-11 am

10/8 Rummage Sale, 9 am- 2 pm

10/10 Center is Closed in Observance of Columbus Day

10/20 Philly Cheese Steak Day, 11:45 am

10/20 Fall Harvest Dinner Dance, 5 pm

10/25 Medicare Update (AOP), 12:15 pm

10/31 Halloween Party, 11:45 am

"I'm so glad I live in a world where there are Octobers."

 L.M. Montgomery, *Anne of Green Gables*

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:

- 10/5 Walmart Flu Clinic, 10 am-12 pm
Hearing Loss Meeting, 7 pm
- 10/7 Rummage Sale, 9 am-3 pm
- 10/8 (Sat.) Rummage Sale, 9 am-1 pm
- 10/12,13 Hot Dog Bar, 11:45 am-12:30 pm
- 10/13,27 Chop N' Chat (*please reserve*), 1 pm
- 10/14 Performance by Rich Wilson, 7 pm
- 10/18 Red Hat Society Meeting, 6:30 pm
- 10/28 BC Senior Games Table Shuffleboard Tournament, 10 am-3 pm
- 10/31 Halloween Costume Party, noon

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:

- 10/3 Horse Races, 10:30 am
- 10/4 Blood Pressure Screening (OFA), 11 am-1 pm
- 10/6 Multi Center Wii Bowling Banquet, 10 am
- 10/7 World Smile Day, 11 am
Visit w/BU Nurses, 9:30 am- 1 pm
- 10/11 Evening Dining (*roast turkey/lemon meringue*) w/Rich Wilson, 4:30 pm
- 10/11,12 Hot Dog Bar, 11 am-12:30 pm
- 10/14 Movie of the Month, "We Bought a Zoo", 12:15 pm
- 10/17 Fall Coffee Club, 9-10:30 am
Horse Races, 10:30 am
- 10/20 Philly Cheesesteak Day, 11 am-12:30 pm
- 10/21 Penny Social Fundraiser (*mac-n-cheese, hot dogs and more*), 4:30 pm
- 10/25 Evening Dining (*meatloaf/banana cream pie*) & Bingo, 4:30 pm
- 10/26 Medicare Changes (AOP), 11:45 am
- 10/31 Halloween Costume Party & Parade, 11 am

Meet & Greet Neighborhood Luncheon

Wednesday, October 19th at Noon
 East Side Congregational United Church of Christ
 284 Robinson St., Binghamton

Menu: spiedie marinated chicken breast, brown rice pilaf, country blend vegetables and peach cobbler for dessert.

Suggested Contribution: \$3.25 (60+); \$4.25 (Under 60)
 Space is limited. Please call 722-1017 to RSVP
 by 1 PM on October 18th.

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

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 10-11:30 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:

Thursdays: Zumba, 11:15- 11:45 am

10/5 Designing Leaves, 10:30 am

10/6 Breast Cancer Awareness Information Day, 10 am- 2 pm

Breakfast for Lunch: *eggs/sausage/home fries* (no reservations!), 11 am-12:30 pm

10/13 Special Lunch: *chef salad* (no reservations!), 11 am-12:30 pm

Blood Pressure & Glucose Screening, 11 am- 12 pm

10/19 Pumpkin Decorating, 10:30 am

10/31 Halloween Costume Party & Fortune Telling w/Zola; Music by Dan & Lea, 10 am-2 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:

10/6,20 Bingo w/Brad, 10:15 am

10/11 Visit w/BU Nursing Students, 10 am-1 pm

10/12,14 Hot Dog Bar, 11:45 am

10/13 Pickling Cucumbers, 10:30

Vestal Senior Club Anniversary Dinner, 4-7 pm (*please reserve*)

10/19 Ask the Nurse (OFA), 10-11 am

10/19,20 Rummage Sale, 9:30am-1 pm

10/20 Chop N' Chat, 10-11:15 am

10/21 Pizza Day *OR* Chef Salad (*please reserve*), 11:45 am

10/24 Breakfast for Lunch: *German pancakes*, 11:30 am-12:30 pm

10/25 Vestal Senior Club Meeting, 12:45 pm

10/26 Evening Meal (*meatloaf/banana cream pie*) & Bunko, 5-7 pm

10/31 Halloween Party & Cub Care Kids' Parade, 10:30

Time Warp! continued

October 19, 1966—Bobby Orr makes his NHL regular-season debut for the Boston Bruins, against the Detroit Red Wings

October 29, 1966—Lunar Orbiter 1 crashes on the moon

MEET, GREET & EAT

October Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW, FW Senior Ctrs)	TUESDAY (Breakfast for Lunch @ JC Senior Ctr)	WEDNESDAY	THURSDAY (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)	FRIDAY
Pierogies w/Onions 3 Cut Green Beans Diced Beets Sugar Cookie	Sweet & Sour Pork 4 OR Broiled Fish w/Lemon Brown Rice Oriental Blend Vegetable Tropical Fruit	Grandma's Meatloaf 5 Macaroni & Cheese Broccoli Vanilla Cake w/Peanut Butter Frosting	Roast Turkey w/Gravy 6 Apple Bread Dressing Monte Carlo Blend Veg. Apricot Halves	Potato Crusted Pollack 7 OR Chinese Pepper Steak Mashed Potatoes Country Blend Vegetables Pumpkin Cookie
Meatball Parmesan 10 Sub Navy Bean Soup Fruit Cocktail Spice Cookie	Pub Burger 11 OR Egg Salad Sandwich Sausage Soup Pineapples & Mandarin Oranges	Ham w/Raisin Sauce 12 Scalloped Potatoes Cut Green Beans Apple Crisp	Stuffed Pepper Casserole 13 Wax Beans Garden Salad Tapioca Pudding w/Mandarin Oranges	Breaded Fish 14 OR Chicken w/Pineapple Brown Rice Pilaf Mashed Hubbard Squash Oatmeal Cookie
Chicken Cacciatore 17 Over Noodles Italian Mix Vegetables Grape Juice Ice Cream Cup	Roast Beef w/Gravy 18 Mashed Potatoes Brussels Sprouts Pears	Spiedie Marinated 19 Chicken Brown Rice Pilaf Country Blend Vegetables Peach Cobbler	Beer Battered Fish 20 OR Tomato & Onion Omelet Hash Brown Potatoes Cut Green Beans Fruited Gelatin	Fish Florentine 21 OR Halupki Mashed Potatoes Baby Carrots Apple Crumb Pie
Macaroni & Cheese 24 Stewed Tomatoes Cauliflower w/Parsley Banana	Chicken w/Cranberry 25 Brown Rice Pilaf Peas & Carrots Pumpkin Pie Square	Roast Pork w/Gravy 26 Mashed Potatoes Red Cabbage Supreme Chocolate Cream Pie	Beef Stroganoff 27 Over Noodles Baby Carrots Apricot Nectar Blueberry Crisp	Chicken w/Herbs 28 OR Lemon Pepper Pollack Baby Red Potatoes Sonoma Blend Vegetables Peaches
Halloween Party! Chicken w/Orange Sc. 31 Baked Potato Peas & Carrots Chocolate Brownie w/Mint Frosting	Roast Turkey 11/1 Bread Dressing Monte Carlo Blend Veg. Rice Pudding w/Raisins	Liver w/Onions 2 OR Chicken Marengo Mashed Potatoes Cut Green Beans Cinnamon Applesauce	Grandma's Meatloaf 3 Chantilly Potatoes Broccoli Pineapple Upside Down Cake	Beer Battered Fish 4 OR BBQ Chicken Breast Baked Beans Coleslaw Lime Fruited Gelatin

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

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

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