

Broome County Office for Aging Senior News

Kathleen Bunnell, Director

Debra A. Preston, Broome County Executive



Visit Our Website at www.gobroomecounty.com/senior

Questions Answered Here

Have you ever wondered where to go when you have questions about financial benefits, senior housing or other issues? The Broome County Office for Aging has specially trained Information & Assistance representatives to provide the answers to your questions on a wide-range of topics of interest to seniors.

An Information & Assistance representative will meet with seniors to discuss current issues related to:

- Senior housing
- Financial benefits (such as Food Stamps, Medicaid, HEAP, STAR etc.)
- General information about insurance & prescription issues
- Transportation (including the Office for Aging Mini Bus)
- Various Broome County Office for Aging programs & services (such as the Adult Day Program, shopping services, Meals on Wheels, home care services, and other services available to help seniors remain in their homes)

Seniors can schedule an individual meeting with a representative at any Broome County senior center. You can contact your local senior center directly to find out the schedule or call the Senior Resource Line at 778 2411.



Spring 2012 BCC OWLS Course Offerings

Broome Community College is pleased to announce that it will offer three courses this coming Spring 2012 semester at Good Shepherd Village, the Johnson City Senior Center, and the Broome West Senior Center. The College is particularly pleased to offer a course at the “resurrected” Johnson City Senior Center which after much post flood reconstruction work has now reopened.

Any senior citizen 60 years or older may “audit” for free any BCC course. Registration forms are available at each of the senior citizen centers, or interested senior may call 778-5273 for further information. Seniors should register at their earliest convenience as seats do fill quickly.

This Spring’s courses include: HIS 175-01 Local History, taught by Gerry Smith, former Broome County Historian; POS 201-04, taught by Doug Garnar; and LIT 263W-01 Children’s Literature, taught by Michael Gee. Gerry Smith’s local history encompasses the history of Broome County and surrounding areas. Doug Garnar’s Introduction to American Govt. course will include three feature films and two National Issue forums focusing on the National Debt and energy issues. Michael Gee’s course on Children’s Literature will explore various types of Children’s literature which seniors might find quite interesting, especially those with grandchildren!

- HIS 175-01 Local History, Professor Gerry Smith
Tuesdays/Thursdays, 10-11:15 am; Broome West Senior Center
- POS 201-04 Introduction to American Govt., Professor Doug Garnar
Tuesdays/Thursday, 9:30-10:45; Good Shepherd Village
- LIT 263W-01 Children’s Literature, Professor Michael Gee
Tuesdays/Thursdays, 9:30-10:45; Johnson City Senior Center

Classes begin Thursday January 19th and end Thursday May 10th.

To Life, Learning, and Lyceum

By: Erika Ruby, Lyceum Graduate Assistant

Looking for some fun and engaging activities to partake in this winter? Become a member of Lyceum, a lifelong learning community open to anyone age 50 or older, and gain access to a variety of riveting courses that are sure to stimulate the mind and ensnare the senses. From science and literature, to art and history, Lyceum offers courses to suit almost any interest. Some of the course topics being offered by Lyceum this winter include England’s Monarchs, Death Valley, Hispanic Culture, and Community Health, just to name a few.

Lyceum is affiliated with Binghamton University’s School of Education and National Road Scholar, and has been offering courses to residents of the Binghamton area and other local communities for over twenty years. Over those 20+ years, the organization has grown from its original roster of 130 members back in 1988 to over 500 members today.

Due to the recent flooding that devastated our local communities this past September, Lyceum classes have been relocated to St. Vincent de Paul Church on Clubhouse Road in Vestal. Typically, classes meet once a week for two hours. The number of class meetings differs for each course, but the number is generally in the range of one to four sessions throughout the course of the semester.

Lose “12” in 2012!

Mission Meltaway A Team Approach to Weight Loss

Are those extra pounds from holiday festivities getting you down? You’re not alone! In 2006, the average American gained one to four pounds between Thanksgiving and Christmas. Not too bad, right? But the newest numbers are quite a bit worse. They show that the average American now is gaining seven to ten pounds during the holidays. Let’s not dwell on that unhappy fact; it’s the past; the holidays are over so let’s move forward.

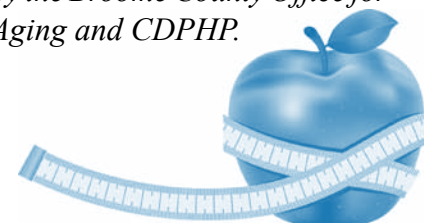
Grab a buddy and call Sara today to register for Mission Meltaway. Sara will give you tools to lead a healthier, active lifestyle, start melting away bad habits and make some small changes to a healthier, more active year. Instead of gaining in the New Year the goal is to lose at least twelve pounds in 2012!

How Does It Work?

Meetings are held every other month; each meeting lasts no more than 1 ½ hours and will include weighing in and information on nutrition, physical activity, and goal setting. Participants will receive a food diary and pedometer so they can record their daily food intake and steps walked. During each session participants will determine a goal and develop an action plan to achieve that goal. Between sessions you and your partner will talk weekly about progress on your action plan as well as offer support and motivation.

All participants must pre-register for Mission Meltaway and can do so by calling Sara at the Office for Aging at 778-2411.

Mission Meltaway is sponsored by the Broome County Office for Aging and CDPHP.



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Lyceum

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Along with the wide variety of classes in the course catalog, membership with Lyceum also entitles students to participation in trips, dinners, and other social gatherings. The trip planned for this spring will be to the Cornell Plantations, where members will be invited to tour the breathtaking botanical gardens of Cornell University. Lyceum will also be hosting one of its infamous dinners. This semester's theme? Southern Comfort! Come and join us as we sample delicious Southern-style recipes inspired by the region of the United States spanning from the Carolinas to Tennessee. These events provide members with the opportunity to reconnect with old friends and meet some new ones, as well.

Lyceum prides itself on being a participatory organization. Members are encouraged to become classroom assistants, serve refreshments, help develop the newsletter, and suggest topics that will keep Lyceum's course catalog full and fascinating. These types of leadership roles help to foster a sense of community between Lyceum members and for the Lyceum organization as a whole.

So make the decision to join the over 500 members of Lyceum today! January brings the start of our winter session, which runs through the month of February. The spring session begins shortly after, starting in March and continuing through April and May.

To receive more information about the Lyceum organization and all that it offers, or to request a catalog, please contact the Lyceum Coordinator, Patricia Rantanen, at (607) 777-2587 or send an email to lyceum@binghamton.edu. A current course list and the registration form can be found online at <http://soe.binghamton.edu/lyceum.html>.

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www.metrointerfaith.com

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Binghamton AARP

AARP Binghamton #3071 meets at the Blvd. Methodist Church, 113 Grand Blvd. Binghamton, NY on the second Wednesday of each month at 1:15 p.m.

The next meeting will be Wednesday, January 11, 2012. We will be playing "free" bingo - come and enjoy.

Holding on to Grudges

Life is too short and precious to hold on to old grudges. Learning how to let go and forgive may add years to your life and make the years you have left a lot more productive. (You might even notice fewer wrinkles from frowning.) Studies show that forgiveness leads to better physical, psychological, and spiritual well-being. Benefits include lower blood pressure, less depression, less stress, and less anxiety.

Green Tea and Prostate Cancer

The ability of green tea to impact prostate cancer is impressive. Studies of large populations of men have shown that those who consume green tea regularly are less likely to develop prostate cancer than men who do not drink the beverage. (Heilbrun 1986; Jain 1998) In other studies, researchers found that the risk of prostate cancer decreases proportionally as the amount, frequency, and duration of green tea consumption increases. (Jian 2004)

In terms of amount of tea consumed, men who drank more than three cups of green tea daily showed a reduced risk of prostate cancer. In a large study that evaluated the green tea drinking habits of 49,920 men aged 40 to 69 who were followed for at least 10 years, the investigators found that men who consumed five or more cups of green tea daily had a reduced risk of advanced prostate cancer when compared with men who drank less than one cup daily. (Kurahashi 2008)

Aging With Attitude

Stay connected...and never act your age!

Get Out And Enjoy Life!

Lose weight! Exercise more! Stop smoking! Yep, it's that time of year again—time to make your New Year's resolutions.

Weight loss, exercise, and smoking are time and again the most frequently made resolutions. However, the United States remains the most overweight country in the world and cardiac disease is the leading cause of death.

What if we could turn those popular resolutions into secondary effects of doing what we really enjoy most? People might actually stick to their resolutions, and we would be a happier, healthier nation.

What hobby or activity do you most enjoy? Go do it! The more engaged in an activity or hobby we are, the less likely we are to be eating or smoking. In addition, many favorite activities have the secondary benefit of some sort of physical activity. When we are busy enjoying an activity, we are burning calories and less likely to be eating. There are so many hobbies to enjoy—shopping, walking, fishing, hiking, biking, swimming, running, landscaping, gardening, golf, photography, travel, reading.

Yes, there are physical benefits to reading! Get out of your house and go to a local bookstore or a Borders or Barnes and Noble and enjoy the atmosphere. You will have to walk across the parking lot and then up and down stairs or through the many rows of books. Since smoking is not allowed in bookstores, there's an added health bonus. And, surprisingly, we burn more calories reading and learning than just sitting and watching television. Simply doing something that gets us out of our normal routines of sitting around the house, snacking, watching TV, or surfing the Web is healthy for us.

If you enjoy spending time with family, do it. Find enjoyable activities to engage in as a family. If time is a factor, schedule weekly family activities and do not allow anything trivial to supersede them. Nothing is better than a day at the park or the zoo, with fresh air and exploring for everyone to enjoy.

It can be a little difficult to enjoy the outdoors during this blustery, cold time of the year, but don't use that as an excuse to sit around the house. Senior Centers have lots of activities and the Broome County area has countless indoor activities: indoor golf, swimming and water aerobics at the "Y" or JCC or at the local gym, the indoor walking at the mall and area schools, and bowling.

Many of us enjoy playing with the grandkids, letting our repressed inner child out to play. In the process, family bonds grow stronger and everyone benefits from the physical activity.

The bottom line is this: Get up, get out there, be healthy, and enjoy life!

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

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Experience Volunteering at Lourdes Hospital

Do you have the desire to explore new opportunities while giving back to the community? Do you have a desire to help others? Come and Volunteer and be a part of Lourdes' Mission 2012 – Building Tomorrow's Healthcare Today! Possible Volunteer opportunities include: serving in our Gift Shop & Café De Paul! Two and four hour assignments are available Monday – Sunday; a small commitment of time for a big return. For more information call Lourdes Volunteer Services at 798-5490. For a Volunteer application visit, www.lourdes.com.

Steps to Healthy Aging

While maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late to reap the benefits of taking good care of yourself, even as you get older.

Here are some healthy aging tips that are good advice at any stage of life:

- Stay physically active with regular exercise.
- Stay socially active with friends and family and within your community.
- Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
- Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Take all medications as directed by your doctor.
- Limit alcohol consumption and cut out smoking.
- Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health and happiness.

Social Connections For Senior Women

By: Joanne Kays



Socialization is an important part of our health and happiness. Through our jobs, business contacts, congregations and organizations, we can continue to socialize and meet new friends. However, changes occur as we age and retire, move closer to family, and perhaps, lose friends. It is important to remember to connect with others to regain friendships. That is the premise of a program called *Social Connections for Senior Women* in Broome County. Members meet regularly in small informal groups to share ideas and experiences, thus creating companionship and friendship. A trained group leader coordinates group discussions. This free program is coordinated by Broome County Council of Churches and Binghamton University School of Social Work, and is supported by the Aging Futures Partnership.

On November 12, 2011 fifty group members of *Social Connections for Senior Women* enjoyed a luncheon together hosted by United Methodist Homes' St Louise Manor. We were entertained by Russell Lockwood, and we heard key insights from Paul Gould, Instructor, Binghamton University School of Social Work, and MSW intern, Latoya Knight. The basis of good health in later years is to remain engaged. Paul suggested the luncheon attendees meet and interact with one another. He later was glad to see the women doing just that -- socializing among the various groups.

For more information about *Social Connections for Senior Women* or to join a group, please call Joanne or Latoya at (607) 724-9130.

“People, even more than things, have to be restored, revived, reclaimed and redeemed; never throw out anyone.”

Audrey Hepburn

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Emergency Food Supply

Having an emergency food supply means you won't go hungry when transportation, bad weather, health or other problems prevent you from getting your usual supply of groceries or meals. Many of the foods in your emergency food supply may be the usual foods you buy and have on hand.

An emergency food supply is stored in a separate part of your cupboard so it is handy when the unexpected happens. Choose foods that store well from each of the food groups to provide the variety of nutrients you need. Also, choose foods that you like and if you are on a special diet, consider that when making choices.

Your emergency food stock shouldn't cost more than \$20, and you may already have some of the foods on hand. You will need to be ready when there is no electricity or gas for preparing and refrigerating food.

Here are some suggested foods for your emergency supply: dry cereal, crackers, peanut butter, canned juices and canned fruits, pork and beans, tuna, processed cheese spread, soup, cocoa or tea, raisins or dried prunes, peanuts or other nuts, nonfat dried milk and bottled water.

If you have pets, remember to plan ahead for their needs also.

Volunteer Open House

Retired & Senior Volunteer Program (RSVP) and the Endicott Visitor Center are holding an Open House in observance of Martin Luther King, Jr.'s birthday.

The Open House has 2 purposes: to recruit new volunteers and to provide seasoned volunteers with some new volunteer opportunities.

Date: Wednesday, January 18th
(snow date 1/25/11)

Time: 10:00AM – 12:00PM

Location: Endicott Visitors Center
300 Lincoln Avenue
Endicott, NY 13760

Call RSVP at 231-0726 for additional information.



TRIPS
TRIPS
First Ward Senior Center

May 14-25
Alaska Cruise & Tour

Johnson City Senior Center

March 16
Irish Rovers at Turning Stone

April 25-29
Awesome Azalea Festival in Norfolk

Vestal Senior Club
Contact Charlie DiGiacomo,
625-2855

May 27 to June 3
7-Day Caribbean Cruise to Bermuda

The Winter Blues Chasers Are Back!

Hundreds of hot dogs are predicted to be seen running around county roads chasing ice and snow on January 11, 12 and 13. Each will be dressed differently, but all will chase the same character, Winter Blues. It is once again expected that they will stop once they reach four of our local senior centers.

It may be blustery outside, but inside we'll pretend it's summer with this All-American favorite, the Hot Dog. No reservations are necessary to enjoy a hot dog with all the trimmings. Pick from onions, cheese, mustard, ketchup and chili, whatever you like!

- Broome West:**
Wed/Thur/Fri January 11, 12, 13
- Eastern Broome:**
Wed / Fri January 11, 13
- Johnson City:**
Wed/Thur/Fri January 11, 12, 13
- Northern Broome:**
Wed/Thur/Fri January 11, 12, 13

As always the meal comes with sides and dessert. The suggested contribution is \$3.00 for those ages 60+ and their spouse; it is only \$4.00 for anyone not yet age 60. All are welcome!



New Dining Experience at Johnson City Senior Center

Johnson City Senior Center is now serving meals 5 days a week between 11:30 – 12:15.

No reservations are needed, ever!
Join us for a new dining experience:

- Monday: Pizza & Pasta
- Tuesday: Breakfast for Lunch
- Wed/Thurs/Fri: Your choice of hot & cold Sandwiches, or Salad and Soup

Pasta entree will change each week. Breakfast will be made to order. Our sandwiches will include Philly cheese steak, spiedies, ham, turkey, and tuna or chicken salad. Watch for additions to the menu as we add equipment.

Everyone is invited to check out our new lunches.

Halt the Salt in Your Diet



Julie Douglass, SUNY Oneonta Dietetic Intern, is teaching a fun lesson on how to lower salt in your diet for a healthier you. You'll learn how salt affects your health, what foods contain the most sodium and ways to use less salt when cooking. Plus, you'll have the opportunity to taste test some low-salt recipes to try at home.

- Scheduled sessions include:
- Vestal Senior Center** on Friday, January 27th at 10:30am
 - Northern Broome Senior Center** on Wednesday, February 1st at 10:30am
 - Broome West Senior Center** on Wednesday, February 8th at 10:45am
 - East Side Senior Center** on Wednesday, February 15th at 11am
 - Deposit Senior Center** on Thursday, February 23rd at 12:45pm

No registration required. Call the Office for Aging for more information at 778-2411.

EVENTS at the CENTERS

Annual Hawaiian Luau

Wednesday, January 25
(Thursday, January 26 at the Deposit Senior Center)

Come out of the cold and join us for a warm day in Hawaii. There will be many tropical adventures including island music, tropical drinks, and other island festivities.

Hawaiian festivities vary at each center but each will serve a special holiday lunch of ham w/pineapple glaze, Hawaiian style baked beans, island vegetables, garden salad and banana cake w/coconut frosting for dessert. The Hawaiian themed lunch will be served around noon.

Come dressed in your "aloha" shirts and "pa'u" skirts.

Call the senior center of your choice for a lunch reservation. The senior center telephone numbers are listed on the back pages of this paper.

Deadline for lunch reservations is noon on Tuesday, January 24. Lunch is \$3.50 for people 60 years and older; all others, \$4.50.

Afternoon Writers Club

Wednesdays starting
January 4, 1pm

Johnson City Senior Center

Writers are invited to join a small group of people who like to write. Each session participants write and read one piece of their choice: essay, poem, letters to the editor, short stories, continuing story, children's story, song lyric, biography, etc. Encouragement for your work and ideas is offered.

Meet, Greet & Eat Support Group

Thursday, January 12, 12pm
East Side Senior Center

Pastor Jan will join us at our new "Meet, Greet & Eat" group. Come and share the fellowship at noon and continue the conversations after lunch. Express your concerns, thoughts and life experiences with our support group once a month. Unable to make it for lunch? Join us at 12:30pm in our relaxed atmosphere.

BCC OWLS

Older Wiser Learners
January 19, 9:30-10:45am

Broome West Senior Center

This semester County Historian Gerald Smith will be the instructor for "Local History" beginning this month on January 19th. Classes meet every Tuesday and Thursday from 9:30-10:45am through May 10th. The course is offered free to seniors. You may register at the center and/or call for information, 785-3427.

Winter Wonderland Welcome Back Dinner

Friday, January 20, 4:30pm
North Shore Towers

We're all excited to be together again! Spend time with friends at our Welcome Back Dinner. Cocktail hour starts at 4:30pm with cheese and crackers and sparkling grape juice. Dinner is served at 5pm: chicken cordon bleu and strawberry shortcake.

Music by Mike Zabadal.
Reservations please.

Bag Sale of the New Year

Thursday, January 19, 1pm
Deposit Senior Center
New and gently used items for sale to support entertainment for our center.

Winter Fun Day

Friday, January 27, 9:30am-1pm
First Ward Senior Center

We have the cure for the winter blues – Winter Fun Day! Wake up with coffee and donuts then shop at Eva's Winter Odds & Ends Sale with great "after the holiday" bargains. Lunch is from 11am-12:30pm with hamburgers, cheeseburgers, hot dogs, soup, dessert, and beverage all sold individually. Music by Don Miller from 12-1pm. Reservations are not required.

Halt the Salt in Your Diet

Friday, January 27, 10:30am
Vestal Senior Center

Join us for a fun lesson on how to lower salt in your diet for a healthier you! You will taste-test some low-salt recipes to try later at home.

Senior Centers Open on Martin Luther King, Jr. Day

Broome County Senior Centers will remain open on Monday, January 16 to celebrate Martin Luther King, Jr. Day.

Caregiver Corner

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

IRS Recordkeeping and Recording: What Seniors and Caregivers Need to Know

Date: Monday, January 9th
Time: 1:00-3:00 p.m.
Place: Broome County Library, Exhibit Room
185 Court St, Binghamton
Presented by Al Kukol, Esq, of Levene, Gouldin and Thompson, LLP

With the tax season just around the corner, Al Kukol will help you answer the following questions:

- What records and documentation are needed for income tax reporting and how long should you keep those documents?
- If you hire an aide, what is deductible on your tax return?
- How do you compensate aides and when are aides considered your employee?
- What documentation do you need to report to the IRS if you have an aide?
- Is a contract with an aide needed?

Call Caregiver Services at 778-2411 to register.

Chat Groups

These are informal chat groups with other caregivers. Open to caregivers of any age.

Date: Wednesday, January 4th
9:30-11:00 a.m.
Place: Wayne Street Yesteryears Day Program, Endwell

Date: Monday, January 9th
Time: 10:00-11:30 a.m.
Place: Northern Broome Senior Center, Whitney Point

Limited on-site respite care may be available during the Wayne Street and Northern Broome chats. Please call ahead to make arrangements.

A New Years Resolution Tip for Caregivers

By Frances Maguire Paist

Stay positive

Your outlook is contagious and by turning the corners of your mouth up, you just might help your loved one do the same. Keeping a journal can provide an outlet for your emotions and can double as a barometer of your moods and attitudes.

Feel Good Tips

Do a good deed. Research shows that 95% of people actually experience “helper’s high” after doing a good deed. The reason? When you help others, neurotransmitters stop sending pain messages to the brain.

Put on a happy face. Faking a smile – even if you are blue - can improve your outlook. The muscles in the face provide feedback to the brain about how you’re feeling. “If you purposely contract the same muscles that are used to form a smile, you can trick your brain into releasing endorphins” says researcher Randy Larsen, Ph.D.

Remember When?

The George F. Pavilion in Johnson City was built in 1926 and gave residents a chance to hear and dance to the “big bands.” Two thousand people could fit into the pavilion. People paid 25 cents to hear local bands, while large orchestras played on Fridays and cost 50 cents. Benny Goodman, Glen Miller, the Dorseys and others appeared, but Guy Lombardo held the attendance record with more than 4,000 people at his concert.



Best Exercises for Senior Health

To stay fit in your senior years focus on these three types of exercises:

Flexibility exercises. The very easiest exercises are stretching and flexing, and they tend to become more important as people get older. Seniors tend to have range of motion problems in their joints. These exercises maintain the ability to get around and enjoy your life. Practices such as yoga or Pilates can improve flexibility; many gyms also offer stretching exercise programs designed for seniors. Try to stretch every single day. If you have problems with balance, be sure to do your stretching while sitting or lying down.

Strength exercises. The next easiest may be strength exercises. Strong muscles are very important to daily living, whether you’re getting out of a chair or carrying groceries. Strength training can reduce the rate at which your bones become weaker. If you have a little more muscle around the bone and you fall, it could help prevent a fracture. Try to perform strength exercises on all of your major muscle groups at least twice a week for 30-minute sessions, but don’t exercise the same sets of muscles on back-to-back days. Start with lighter weights, and then move up as you gain in strength. And be sure to pay attention to your form to avoid injury. Especially when starting out, have an instructor spot you.

Aerobic exercises. Getting your heart rate up can benefit your entire body and make it easier for you to walk or perform just about any everyday activity. You should try to perform at least 30 minutes of moderate-intensity exercise nearly every day of the week. The main concern would be if individuals have problems with balance. For example, they might want to switch to a treadmill versus walking outside. This modification can make the exercise safer.

Getting older shouldn’t mean surrendering to a sedentary lifestyle. Staying fit should remain a part of your daily routine.

Source: *Everydayhealth.com*

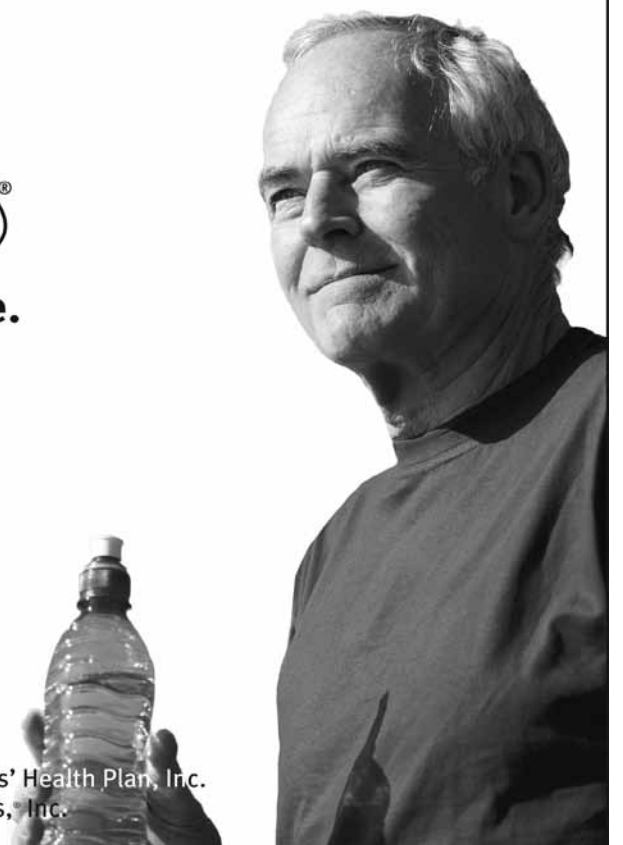
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Mom's Flood Story

By: Don Litchko

Mom will soon be 94 and over that many years has told us some great stories. The recent floods in Binghamton brought to mind her Mr. Freid story (sp?).

Seems my grandparents once rented the second floor of a house on Julian Street, in what use to be the Slovak - Polish section of town. The owners of the house were a Jewish couple by the name of Freid, and they lived on the first floor. Both families were immigrants who came to the states looking for a better life.

Mr. Freid was a tin smith and he would bring home scrap pieces of metal and take them down to his basement where he commenced to build a boat out of tin; much to the consternation of his wife. What in heaven's name was he going to do with a boat? Julian Street in Binghamton's first ward was not exactly lake front property and he didn't even own a fishing pole!

My mother, as a little girl, can remember Mrs. Freid yelling up to my grandma "Mrs. Urda pack your bags - he is downstairs building a boat - we are going back to the old country - get ready Mrs. Urda - get ready." Every time Mom told the story I could hear the sarcasm in Mrs. Freid's voice and could picture both of the women laughing and laughing as they hung clothes out on the line to dry, while Mr. Freid continued to snip tin and solder.

Then one day in 1936 Binghamton experienced a hundred year flood. This was before any flood walls had been built. It was also before dams were constructed in Whitney Point and up Unadilla way to control flows into the Chenango and Susquehanna Rivers. Binghamton's First Ward - including Julian Street - was under water.

And who was the only person in the Ward with a spare boat in his cellar? That silly tin smith, Mr. Freid. Mom doesn't know how many people he helped - but one Jewish family and one Christian family, formerly of Julian Street, become believers that day that indeed God works in strange ways.

Row, Mr. Freid, row!

Common Eye Conditions Affecting Seniors

By: Dr. Dan Kirchheimer, Sacco Eye Group

Part 1: Glaucoma

Chances are you have, or know someone who has one of the eye conditions I will be discussing over the next few months. I think it is important that you understand these conditions so that you can be an active part of your health care. In this article I'll concentrate on glaucoma.

To start with, we need to go over some basic anatomy. The eye is basically a ball filled with fluid, and is about an inch in diameter. In essence, fluid is pumped in, and fluid is drained out. If there is too much fluid being pumped in, or not enough fluid being drained out, there is nowhere for it to go, and the pressure builds up inside the eye. It's sort of like a sink with a clogged drain. When water can't drain out, it overflows. The problem with the eye is that there is nowhere for that fluid to go. The pressure inside the eye is only half the problem, though. High eye pressure can cause damage to the optic nerve. The optic nerve is like the cable or cord that connects the eye to the brain, and each eye has only one. Eye doctors look at the end of it under a microscope. We look very closely at the contours and shape to help determine if someone has glaucoma.

We have several tests to decide if someone has glaucoma. The first one is eye pressure. Two common ways we can check pressure are by using a blue light and an air puff test. We also test the side, or peripheral vision, using a visual field test. Other ways are by using photographs and imaging tools, which measure the nerve thickness and track for change over time.

Many people ask what the symptoms of glaucoma are. The short answer is that there aren't any symptoms until the disease is very severe. There is side vision loss, but our brains do an incredibly good job of compensating for it so that we don't even notice. High eye pressure is also something that is usually not noticeable either. The risk factors for getting glaucoma are age, family history, steroid use, being African American, or having a history of eye trauma to list a few.

If we decide that someone has glaucoma, the only way we know to treat it is by lowering the eye pressure. We have a few ways of doing this, the first being drops. There have been a lot of advancements with drops, and the newest are once daily. We also have several choices of drops if one doesn't work. If they don't lower the pressure enough, laser surgery is an option. If these don't work there is a surgery that creates a trap door to allow the fluid to flow out of the eye.

The important part of this is to understand the importance of being checked yearly, because damage can't be reversed, it can only be stopped. Hopefully if you have, or know someone who has glaucoma, you'll have better idea of what is going on.

Stopping the Progression of Bone Loss

Without taking any medication to prevent bone loss, a woman with osteoporosis can expect to lose an additional 1 to 2 percent of her bone mass each year. However, there are ways that you can slow bone loss. The following can help:

- Eat a bone-healthy diet. It's never too early to start eating a bone-healthy diet featuring recommended amounts of calcium and other minerals that build bone.
- Get vitamin D. Vitamin D is required by your body to absorb calcium. While you can get some from fortified dairy products or supplements, the best source is natural sunlight: just 10-15 minutes a day without sunscreen. If this isn't possible for you, Vitamin D supplements may be helpful.
- Stay physically active. Whether you're still in your 30s or have been diagnosed with osteoporosis in your 60s, staying physically active can help keep your bones strong. The kinds of activities you're able to do may change, but the importance of being active does not.
- Consider osteoporosis medications. There are several osteoporosis medications available that can help slow bone loss. Drugs called bisphosphonates (such as Fosomax, Actonel, and Boniva) can also increase bone mineral density and bone strength. However, simply slowing bone loss can reduce your risk of a fracture. If you have low bone mineral density, had a fragility-related fracture (a fracture resulting from a low impact fall or blow that would not be expected to cause a fracture in healthy bones), or have been diagnosed with osteoporosis, talk to your doctor about medication.

Knowing about bone loss and how it can progress to osteoporosis are, along with early detection, important ways to prevent or slow osteoporosis.

Sudoku Answers

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



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Staying Warm In The Winter Can Be A Matter Of Life and Death

Every year, hypothermia kills about 600 Americans, half of whom are 65 and older, according to the U.S. Centers for Disease Control and Prevention. Hypothermia (hi-pox-ther-me-uh) occurs when a person's normal body temperature drops from 98.6 degrees to 95 degrees. Older people may be at greater risk for this condition if their body's response to cold is diminished by certain illnesses like arthritis and medications like some over-the-counter cold remedies.

The best way to identify someone with hypothermia is to look for the "umbels" - stumbles, mumbles, fumbles, and grumbles. Changes in a person's behavior may indicate that the cold is affecting how well their muscles and nerves work. If you suspect that someone is suffering from the cold, and have a thermometer available, take his or her temperature. If their body temperature is 96 degrees or lower, call 911 for emergency help.

The most important step in treating someone with hypothermia is to immediately warm the person. Wrap the person in blankets, towels, coats - whatever is handy. You can also use your own body heat to keep the person warm.

Lie close to the victim but be gentle if you rub their arms and legs because an older person's skin may be easily damaged.

Older people in poorly heated homes can sometimes suffer hypothermia. To prevent hypothermia, make sure your home is warm enough. Set your thermostat to at least 68 degrees to 70 degrees. Even mildly cool homes with temperatures from 60 degrees to 65 degrees can trigger hypothermia.

End Of Year Statements

An important event for seniors happens at this time of year. The month of January means "end-of-year" statements will soon arrive in your mailbox. You will probably be receiving statements from the Social Security Administration, your bank, your pension system, and any investments you may have. These important papers, also known as 1099 forms, will show how much income you received in 2011.

You may also receive a "W-2" form if you were employed during the year. Even if you no longer file an Income Tax Return, you may be required to produce some or all of these papers when applying for certain benefits. For instance, the Real Property Tax Exemption for Senior Citizens, the Home Energy Assistance Program (HEAP) and Medicaid all require documentation of your income. So even if you're tempted to toss out this extra paper in order to start fresh in the New Year, you need to remember that it's best to hold onto these statements.

You should also retain monthly bank statements that show a more detailed account of your finances. This is especially true if you should want to apply for Medicaid or Food Stamps. In addition, if you close a savings or checking account, you should keep the bank record that shows that activity. Quarterly statements that show stock transactions should also be saved. Any document that proves what goes in and out of your account is worth keeping and protecting.

So make a New Year's resolution to save your end-of-year statements and store them in a safe place. You never know if you might need them in the future. If you would like to find out if you're eligible for a variety of benefit programs, call Office for Aging's Senior Resource Line at 778-2411.

Senior Citizen Winter Indoor Walking

The Broome County Office for Aging and the local school districts are again offering senior citizens an opportunity to walk indoors during the winter months. Sites are open November 1, 2011 through April 30, 2012. Seniors can walk at the designated sites only during the scheduled times, Monday - Friday. When the schools are closed for holidays or snow days, etc., there will be no walking program.

Get your walking registration forms and incentive sheets from the school office or call the Office for Aging at 778-2411.

Walking Sites	Times
Brookside Elementary School	7:00 - 8:00 a.m.
Caryl Adams Elementary (Whitney Point)	3:30 - 5:00 p.m.
Chenango Forks High School	3:00 - 4:00 p.m.
Chenango Valley High School Tues., Wed., Thurs.	6:00 - 8:00 p.m.
CR Weeks Elementary (Windsor)	7:00 - 8:40 a.m. 3:45 - 7:30 p.m.
Deposit Elementary	3:00 - 4:00 p.m.
East Middle School (Binghamton)	6:00 - 8:00 a.m.
Floyd Bell Elementary (Windsor)	7:00 - 8:40 a.m. & 3:45 - 7:30 p.m.
Highland Park Gymnasium (Endwell) Sat.	7:30 - 9:30 a.m. & 7:30 - 9:00 a.m.
Jennie F. Snapp Junior High (Endicott)	3:00 - 5:00 p.m.
Oak Street Senior Center (Binghamton) Mon., Tues., Wed., Fri.	9:00 a.m. - 1:30 p.m.
Palmer Elementary School Gym (Windsor)	7:00 - 8:40 a.m.
Palmer Middle School Corridor (Windsor)	7:00 - 7:40 a.m. & 3:45 - 6:30 p.m.
Roosevelt Elementary (Binghamton)	3:15 - 4:00 p.m.
Susquehanna Valley High School	7:00 - 7:45 a.m.
TJ Watson Elementary School (Endicott)	7:00 - 8:00 a.m.
Vestal Old Junior High School - Mon., Wed., Fri.	8:00 - 9:00 a.m.
Vestal High School	6:00 - 7:00 a.m.
West Middle School (Binghamton)	7:00 - 7:30 a.m. & 4:30 - 5:00 p.m.

For more information call the
Broome County Office for Aging at 778-2411

Shoring Up Your Immune System

The human immune system is remarkable for all that it does. Alone and with antibiotics, vaccines and other medicines it protects you from disease or minimizes its effects. Sometimes things go wrong and "bugs" get by your defense and you come down with the flu or an infection. Researchers are still exploring the complex system and we have just "scratched the surface". A few healthy living strategies can help your immune system do its best:

- Vitamins... A daily multivitamin/mineral supplement has many health benefits but do not over use them.
- Exercise... Regular moderate to intensity exercise is fundamental to healthy living. It improves cardiovascular health, lowers blood pressure, helps control body weight and protects against a variety of diseases.
- More good habits...
 - Don't smoke
 - Eat plenty of fruits, vegetables, whole grains and avoid fats
 - Get adequate sleep
 - Wash hands frequently
 - Thoroughly rinse and cook meats, poultry and fish
 - Assure vaccinations & medical screening tests are updated & current
 - Work to reduce the source of any chronic stress in your life

If you suffer from persistent fatigue, fevers and other symptoms of infection, see your doctor.

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Steve Jobs Quotes to Help Live Life Better

The premature passing of Steve Jobs co-founder, chairman, and chief executive officer of Apple Inc. was clearly a profound tragedy but we can use it to take to heart some of the wisdom he lived his life by and possibly improve our own life.

Here are some quotes from Steve that truly hit home as to some of the central reasons why we are on this planet. Remember, he was born out of wedlock, put up for adoption, dropped out of college, fired from the company he founded, and still, he changed the world. What's your excuse?"

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. Most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

"When I was 17, I read a quote that went something like: 'If you live each day as if it was your last, someday you'll most certainly be right.' It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something."

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle."

As I think about the Occupy Wall Street protestors, I doubt that Steve would have participated. He was too busy occupying his life to waste time protesting the system that allowed him to prosper and create technology we use to make our lives better.

Source: Putoldonhold.com

Memory Tip: Convert It To Fewer Syllables

Many older adults wrestle with their memory and worry about losing it. Now researchers have come up with an idea that may help: Reduce the syllables in what you want to remember.

In the first study to combine theories of working memory and numerical cognition, researchers found that every extra syllable in a product's price decreases its chances of being remembered by 20 percent. That's because our phonological (speech sounds) loop—an important regulator of memory—can only hold 1.5 to 2 seconds of spoken information.

"It is not the length of the price in *digits* that determines how difficult it is to memorize, but rather how many *syllables* this price has when read," explained the researchers. "Faster speakers are better at immediate price recall because they can fit more syllables into the phonological loop."

The study revealed that people who use memorization techniques to shorten the number of syllables have better recall. (For example, read 5,325 as "five three two five" as opposed to "five thousand three hundred and twenty five").

However, consumers store information both verbally and visually, say the researchers. Thus, unusual looking prices, such as \$8.88, are recalled better than typical looking prices.

Source: www.seniorjournal.com

Seasonal Blahs

Winter! The cold temperatures and shortened days can make people miss the long days of summer and feel sad and sluggish. If winter blahs rob you of your energy and enjoyment of life, you may have SAD.

Seasonal Affective Disorder (SAD) is defined as a mood disorder. It is related to periods of depression and to seasonal changes in light. As the seasons change, there is a shift in our internal clock, due partly to changes in sunlight patterns. The decrease in daylight hours and exposure to light are known to lead to depression in some people.

When depressed, it is easy to stay inside and avoid being around others. Therefore it is important to stay socially connected, especially during the winter months when people can become more isolated. Take advantage of opportunities to get together with family, friends and neighbors, whether talking on the phone, taking a walk together, visiting a local senior center or engaging in other activities.

People with SAD are tired, anxious, irritable and unable to concentrate. Solutions include exposure to light to increase a chemical in the brain that is believed to affect mood and sleep. It is important not to self-diagnose. Many symptoms of SAD can overlap with those of other conditions that should be ruled out.

Maybe you don't have SAD but just a case of the "winter blues." No matter what it is, most symptoms can be improved by increasing exposure to light and expanding your exercise routine. Spending more time outdoors during the day, taking walks and getting regular exercise can help. Getting as much light as possible also helps. Adding lamps or working near windows can help to brighten the darkness of winter and elevate the mood.

If you are concerned or have questions, it's best to talk with your doctor. For more information about SAD, contact the National Mental Health Association at 800-969-6642 or www.nmha.org.



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To learn more about the services that Medicare will cover and how to change plans, log on to Medicare Interactive Counselor at the Medicare Rights Center's website at www.medicareinteractive.org.

**Dear Marci,
Will Medicare pay to replace my
walker?**

Trudy

Dear Trudy,
Generally, Medicare will replace your walker or any other piece of Durable Medicare Equipment (DME) if the item has been in your possession its whole lifetime and your doctor certifies that you still need it. The definition of lifetime varies depending on the type of equipment but is **never fewer than five years** from the date that you began using the equipment. In addition, the item must be so worn down from being used on a day-to-day basis that it can no longer be fixed.

However, if you lose equipment that you rent or own, if it is stolen, or if it suffers irreparable damage in an accident or a natural disaster, Medicare should cover a new piece of equipment with proof of the damage or theft.

"Replacement" refers to the replacement of one item with an identical or nearly identical item (for example, one manual wheelchair for another, not to switch from a manual wheelchair to an electric wheelchair or a motorized scooter).

Marci

Medicare Advantage Disenrollment Period

The Medicare Advantage Annual Disenrollment Period will run from January 1, 2012 to February 14, 2012.

During this Period, a Medicare beneficiary *can*:

- Dis-enroll from a Medicare Advantage plan and enroll in Original Medicare and a stand-alone Part D (prescription drug plan).
- Take advantage of a Part D Special Enrollment Period to enroll in a prescription drug plan.

During this period, a Medicare beneficiary *cannot*:

- Switch from one Medicare Advantage Plan to a different Medicare Advantage Plan.
- Switch from Original Medicare into a Medicare Advantage Plan.

Simply, Medicare beneficiaries can only use the Medicare Advantage Annual Disenrollment Period to disenroll from a Medicare Advantage Plan and go back to Original Medicare and a stand-alone Part D drug plan.

Please note: The Medicare Open Enrollment Period which began October 15, 2011 ends December 7, 2011. It is during this Period that Medicare beneficiaries can switch, enroll in, or change their Medicare Advantage Plan or Medicare Part D drug plan. Coverage selected during this period becomes effective January 1, 2012.

For more information, Broome County residents may call Action for Older Persons (AOP) at 722-1251.



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Happiness Helpers

Everyone gets the blues from time to time. In fact, according to the National Institute of Mental Health, major depressive disorder (also known as depression) affects 7 percent of adult Americans every year, and chronic, mild depression affects 2 percent.

The good news is you may not have to turn to drugs to combat the blues. Of course, if bouts of depression continue for weeks at a time, you need to see a health-care professional and work out a treatment plan. But for occasional down days, adopting some simple lifestyle and diet changes and making them part of your daily routine can naturally boost your mood.

Get Moving – Studies show that regular exercise may be just what you need to ease the first signs of depression or anxiety. You don't have to do extremely vigorous activity. Fast walking for 30 minutes three times a week may help improve your mood.

Eat Smart -Low levels or actual deficiency of such nutrients as omega-3 fatty acids, zinc, selenium, chromium, vitamin D, and the B vitamins folic acid and B12 are all associated with depressive symptoms. A nutritious, well-balanced diet is very important for maintaining a normal mood.

Have More Fish - Omega-3 fatty acids, found in fish, fish oils, and flaxseed, are being studied for their mood-boosting properties. Research suggests that EPA, an omega-3 found in oily fish, may be especially effective against depression. Increase your dietary consumption of certain fish, such as salmon or herring. You can also get fish oil in supplement form.

Do Yoga - When your body relaxes, it can help you see the world from a rosier perspective. Studies have shown that certain yoga-linked breathing exercises can lower levels of cortisol, an adrenal hormone linked to stress. Yoga has many other health benefits as well.

Write It Down - Getting your feelings out, be it in a letter, journal entry, or through creative writing, can provide insight into your feelings and give you perspective on how to let go of destructive emotions. A writing session that lasts for a minimum of 15 minutes a day, on paper or the computer, for at least three or four consecutive days. Try to write continuously without worrying about spelling or grammar.

Shine Some Light - Research shows that a lack of sunlight during the dark winter months can cause a verifiable condition called seasonal affective disorder (SAD), or the winter blues. Greater exposure to natural sunlight can help combat this problem, as can the regular use of a full-spectrum light box.

Get a Good Massage - A massage by a skilled practitioner is not only rejuvenating for your muscles, it can also be a great stress and anxiety buster. Even if it's not for therapeutic purposes, a massage can be enjoyable and decrease muscle and mental tension.

Be Positive and Mindful - Trying to think positively, even during down times, can also affect your mood. Start by making a list of all the things in your life that you appreciate — the results may surprise you. Being mindful (staying in the moment) can also help. Research suggests that mindfulness may lead to resilience against stress and positively alter brain activity in the areas governing emotions.

Reach Out - Though your tendency may be to avoid people when you're feeling down, often this can just add to feelings of isolation and depression. Reaching out to people, whether you discuss how you're feeling or not, can help. Studies show that positive social ties can significantly protect a person's health and well-being. So try to strengthen your relationships with people around you: Propose social dates, keep in touch with friends, explore volunteer opportunities, or take a new class. If your depression makes it too difficult to do these things, you should begin by reaching out to a doctor or therapist for some help.

Source: Excerpted from everydayhealth.com

Change Is Inevitable

Big changes and small ones keep occurring in our lives. Some changes are pleasant, or even exciting. New grandchild to spoil or more leisure time to travel or pursue a hobby are changes we are quite happy to accept. But other changes can be hard to deal with. We may cling to old routines believing that nothing will ever change—or wishing that things that make us comfortable and secure will always stay the same.

Maybe you know a woman who never learned to drive, because her husband would take her wherever she wanted to go. Or how about the man who never set foot in the kitchen because his wife was the best cook in town? Did they ever think that things could change and they would need to take on a new role? There are some simple steps we can take now—steps that will help us deal with change when it happens.

Age related change is inevitable. The time will probably come when you can't do all the things you used to be able to do. If you think ahead to the changes that you are likely to experience, you can identify how you will cope. Planning ahead gives us the time to really consider the options, to get information on services, and to get feedback from those we care about.

In addition to thinking and talking about change that may come try making small changes in your life before the need actually arises. If you normally drive, you might take public transportation once a month. Try shopping in a different grocery store, taking up a new hobby, or making a new friend. Even very small things, such as taking a different route on your daily walk can help keep you open for change.

Practicing change in little ways can help us develop the flexibility that we need to handle any kind of change. Knowing that we have been successful in making small changes will make it easier to picture ourselves successfully negotiating bigger changes. And a positive attitude toward change is the key to successful aging!

Look What's Happening at the Centers!

BROOME WEST.....785-1777

2801 Wayne St., Endwell, NY 13760

Center Hours: Monday - Friday 9:00am - 3:00pm **Lunch served at Noon**

Breakfast for Lunch: Every Monday 10:30am - 12:30pm

Sandwich and Soup Bar: Wednesday, Thursday & Friday 11:15am - 12:30pm

Weekly Activities (call for info and times): **Daily:** Exercise Equipment, Wii Play, Cards, Billiards, Table Shuffleboard, Bingo **Mon:** Quilting, Chorus **Tues:** Oil Painting Class **Wed:** Scrabble, Floor Shuffleboard **Thur:** Tai Chi, Social Connections, Ping Pong **Fri:** Line Dancing **M/W:** Bonesaver Class **M/W/F:** Walking Club, Progressive Pinochle **T/Th:** Stay-well Chair Exercise

Special Activities

- 1/2 Center Closed - Happy New Year
- 1/9 Breakfast Special: Ham & Cheese Strata, no reservations, 10:30am-12:30pm
- 1/11,12,13 Hot Dog Bar, no reservations needed, 11:15am-12:30pm
- 1/12&13 AARP Driver Safety Program, 10am-1:30pm
- 1/16 Honoring Martin Luther King, Jr.
- 1/18 Birthdays & Anniversaries, 12pm
- 1/19 Philly Cheese Steak Day, 11am-12:30pm
BCC OWLS Class Begins: "Local History," 9:30am
- 1/23 Breakfast Special: Belgian Waffles w/Strawberries, no reservations, 10:30am-12:30pm
- 1/25 Hawaiian Luau Luncheon, 12pm

DEPOSIT.....467-3953

14 Monument Street, Deposit, NY 13754

Lunch served at Noon

Center Hours: Tuesday & Thursday, 9:00 a.m. - 2:00 p.m.

Weekly Activities (call for info): **T/Th:** Cards 9 - 12 (Pinochle, Rummy, Kings in the Corner), Scrabble 9 - 12, Live Piano Music 10:30 **Thur:** Chorus 11 - 12

Special Activities

- 1/3 Blood Pressures w/Barb, 1pm
Site Council Meeting, TBA
- 1/5 Ice Cream Day, 1pm
- 1/11 Nickel Bingo, 11:15am
Meadow Park Luncheon, 12:30pm
- 1/12 Breakfast for Lunch, no reservations required, 10:30am-12:30pm
- 1/19 Birthday Celebration, 12pm
Bag Sale, 1pm
- 1/24 Bingo, 1pm
- 1/26 Hawaiian Luau Luncheon, 12pm
- 1/31 Volunteer of the Month, 12pm

EASTERN BROOME.....693-2069

27 Golden Lane, Harpursville, NY 13787

Lunch served at Noon

Center Hours: Monday - Friday, 9:00 a.m. - 2:30 p.m.

Breakfast: Every Tuesday 8 - 9:30 a.m. and Every Thursday 10:30 a.m. - Noon

Sandwich and Soup Bar: Wednesday & Friday from 11:30 a.m. - 12:30 p.m. - Take-outs available

Weekly Activities (call for info and times): **Daily:** Exercise Equipment, Computers, Coffee Hour **M/W/F:** Cards **T:** Senior Stretch Class **W:** Stitching Crafts **Th:** Acrylic Painting **Fri:** Movie & Popcorn, Wii Games

Special Activities

- 1/2 Center Closed - Happy New Year
- 1/4 Finance & Officer's Meeting, 9:30am
- 1/5 Game Day w/Philly Cheesesteak Dinner, 4pm
- 1/9 Birthday Party w/Bob Jensen & Cake, 11am
Site Council Meeting, 10:30am
Information & Assistance Rep Lucia Esposito (OFA), 11am
- 1/10 Legal Aid w/Willa Payne, reserve a spot, 9am
- 1/11&13 Hot Dog Bar, no reservations needed, 11:30am-12:30pm
- 1/11 Annual Winter Olympics, 12:30pm
- 1/12 Advisory Council Meeting, 9:15am
- 1/13 Rainbow Table Raffle, 11am
- 1/16 Story & Photos of the Hennessey's China Trip, 11am
- 1/17 Mission Meltaway, sign up with a partner, 10:15am

Eastern Broome Special Activities Continued

- 1/20 Yankee Trade, 11am
- 1/25 Hawaiian Luau w/entertainment by Don Barringer, 10am
- 1/30 Audibel Hearing Aid Cleanings & Hearing Screenings, 9:30am
Financial Help w/Senior Health Insurance Costs w/Cathy Tulloch (AOP), 11am

EAST SIDE.....723-4292

254 Robinson Street, Binghamton, NY 13904

Lunch served at Noon

Center Hours: Monday, Wednesday, Thursday, 10:00 a.m. - 2:00 p.m.

Weekly Activities: Please call Center for special activities.

Special Activities

- 1/2 Center Closed - Happy New Year
- 1/4 Traditions of a Carpathian Christmas w/Cookies, 11:30am
- 1/10 Mission Meltaway, sign up with a partner, 4:30pm
- 1/12 Meet, Greet, & Eat Program w/Pastor Jan, support for those who've lost a loved one, 12pm
- 1/18 National Soup Month w/Recipe Exchange, 11:30am
- 1/25 Hawaiian Luau Luncheon, Wear Tropical Colors, 11:30am

FIRST WARD.....797-2307

226 Clinton St., Binghamton, NY 13905

Lunch served at 11:45

Center Hours: Monday - Friday, 8:00 a.m. - 4:00 p.m.

Weekly Activities: Pool, Shuffleboard, Cards, Osteoporosis Exercises, Exercises w/equipment, Bingo, RSVP Sewing & Knitting, Art, Ceramics, Chorus, Computers, and Monthly Blood Pressure Screening. The Craft Store is open from 9:30 AM - 2:00 PM. Please call for days and times.

Special Activities

- Mondays Zumba w/Winnie, 10am
- Tuesdays Chair Yoga w/Jim Holley, 10am
- Tuesdays Progressive Pinochle, 12:30pm
- 1/2 Center Closed - New Year's Day
- 1/3 Texas Hold 'Em, 12:45pm
- 1/3 Women's Club Meeting, 1pm
- 1/4 Social Club Meeting, 1pm
- 1/5 Executive Meeting, 9:30pm
- 1/5 Installation of 2012 Officers, 11:30am
- 1/9 Scarlett Bonnets, Meeting, 1pm
- 1/10 Legal Aid w/Willa Payne, by appointment, 9am
- 1/10 Blood Pressure Screening, w/Louise Johns, 9:30
- 1/16 Center Closed - Martin Luther King, Jr. Observance
- 1/23 Progressive Pinochle w/Refreshments, 12:45pm
- 1/25 Information & Assistance Rep Lucia Esposito (OFA), 11:30am
Hawaiian Luau Luncheon, 11:45
- 1/27 Winter Fun Day w/Entertainment, 9:30am-1pm

GREENMAN.....772-7166

37 Pine St., Binghamton, NY 13901

Lunch served at 11:45

Center Hours: Monday - Friday 8:00am - 4:00pm.

Reservations for Lunch are needed by noon the day before.

Sandwich and Soup Bar: Mon, Wed & Thurs, 11:30am -12:30pm

Weekly Activities (call for info and times): **Mon** Texas Hold'em, Floor Shuffleboard **Tue:** Exercise Class, Progressive Pinochle **Wed:** 30 Min. Computer Q&A, Bingo **Thur:** Bonesaver Class **Fri:** Dominoes **T/F:** Ceramics

Special Activities:

Due to a heating problem at Greenman Center, we are closed indefinitely. Please join us at First Ward Senior Center for lunch and activities. Feel free to speak with Liz or Terry at First Ward Center to share questions and concerns.



JOHNSON CITY.....797-1149

30 Brocton Ave., Johnson City, NY 13790 **Lunch served at 11:45**

Center Hours: Monday through Friday 9:00 a.m. - 4:00 p.m.

Weekly Activities (call for info and times): **M:** Knitting/Crochet, Medicare Counseling, Line Dancing, Guitar Class **T:** TOPS, Bonesaver Class **W:** Quilting, Pinochle, Chorus **Th:** Shuffleboard, Oil Painting, Legal Aid Counseling **F:** Movie **M/W:** Bingo **M/F:** Watercolor

Special Activities

- Wednesdays 1/4,11,18,25 Family Love Letter, 10am
- 1/2 Bingo, 1:30pm
- 1/4 Mission Meltaway, sign up with a partner, 4pm
- 1/9 Geology Club, 6:30pm
- 1/11,12,13 Hot Dog Bar
- 1/13 Movie: "The Music Never Ends," 12:30pm
- 1/17 Hearing Screenings w/Audibel, 9:30am
Understanding Hearing Loss, 11am
Red Hat Society, 6:30pm
- 1/18 Blood Pressure/Glucose Screenings w/Medicine Shoppe, 10:30am
- 1/19 BCC OWLS Class Begins: "Children's Literature," 9:30am
- 1/24&25 AARP Driver Safety Program, 1-4pm
- 1/24 Board of Directors Meeting, 8:30am
- 1/27 Movie: "African Cats," 12:30pm

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862 **Lunch served at Noon**

Center Hours: Monday - Friday 9:00 a.m. - 3:00 p.m.

Soup & Sandwich Bar: Mon, Wed, Thurs & Fri 11 am – 12:30 pm

Weekly Activities (call for info and times): **Mon:** Computer Class Beg. & Int., Bingo **Wed:** Quilting Group, Shuffleboard, **Thu:** Osteo-Exercise, Wii Bowling **Fri:** Bingo Yoga at 9:30am, Bingo

Special Activities www.northernbroomeseniors.org

- 1/2 Center Closed – Happy New Year
- 1/4 Music w/Doc Weismore, 11am
- 1/5 National Chocolate Covered Cherry Day w/Tasting, time
- 1/9 Daytime Penny Social, 10am
Caregiver Chat Group, 10am
- 1/10 Evening Dining w/Rocky Mountain Express, 5pm
- 1/11,12,13 Hot Dog Bar, no reservations, 11am-12:30pm
- 1/11 Peanut Day w/Taste Testing
- 1/16 Brown Bag Auction, after lunch
- 1/18 Cake Walk, 10:30am
- 1/19 Philly Cheese Steak Day, no reservation need, 11am-12:30pm
- 1/23 Pig Day w/Door Prizes & Refreshments, time
- 1/25 Hawaiian Luau Luncheon, 12pm
- 1/30 Trivia, after lunch

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901 **Lunch served at Noon**

Center Hours: Monday through Friday 10:00am - 1:45pm

Weekly Activities: **Mon:** Food Bingo, 10 – 11, **Wed:** Decorating or Crafts, 10:30 – 11:30, **Thur:** Joker Eno, 10 – 11, **Fri:** Bagel Breakfast, 8 - 11

Special Activities

- 1/2 Center Closed – Happy New Year
- 1/3,17&31 Games Day w/Shuffleboard, 9:30am
Food Bingo, 5pm
- 1/4 Breakfast for Lunch, no reservations needed, 10:30am-12:30pm
- 1/5&19 Joker Eno, 10am
- 1/6 Site Council Meeting, 10:30am
- 1/6,13&27 Wii Bowling, 9:30am
- 1/9 Mission Meltaway, sign up with a partner, 9:30am
- 1/10&24 Game Day w/Velcro Tosses, 9:30am
Penny Bingo, 5pm
- 1/11&25 Arts & Crafts – Decorations, 9:30am
- 1/12 Medicine Shoppe Blood Pressure/Glucose Checks, 11am
- 1/12&26 Bingo, 10am
- 1/14&28 Penny Bingo, 5pm
- 1/20 Winter Wonderland "Welcome Back" Dinner, 4:30
- 1/25 Hawaiian Luau Luncheon, 12 noon

OAK STREET.....724-1220

Oak Street, Binghamton, NY 13903 **Lunch served at Noon**

Center Hours: Monday, Tuesday, Wed., Friday, 10:00 a.m. - 1:45 p.m.

Weekly Activities (call for info and times): **M/W/F:** Gym Walking, **M/W:** Card Game- Scat, **T/F:** Osteo-Exercise, **Fri:** Bingo

Special Activities

- 1/2 Center Closed – Happy New Year
- 1/3 Mission Meltaway starts, sign up with a partner, 11am
- 1/9 Book Review w/Cheryl Ebert: "Truth & Beauty" by Ann Patchett, 11am
- 1/13 Soup & Sandwich Day, 11:15am
- 1/16 Center Closed – Martin Luther King, Jr. Observance
- 1/20 Ice Cream Sundae Day, after lunch
- 1/25 Hawaiian Luau w/Music & Raffles, 11:30am
- 1/27 Financial Help w/Senior Health Insurance Costs w/Cathy Tulloch (AOP), 11am

VESTAL 754-9596

Old Vestal Junior High School Cafeteria **Lunch served at Noon**
201 Main St., Box #4, Vestal, NY 13850

Center Hours: Monday through Friday 9:00 a.m. – 2:00 p.m.

Activities (call for info and times): **Daily:** Coffee Klatch, **M/W/F:** Walking Group, **M/Th:** Wii Open Play, **T/W:** Pinochle, **W/Th:** Co-ed Volleyball, **Every other Tues:** Quilting, **Wed:** Crochet, Computer Instruction, Oil Painting, **Thurs (1st & 3rd):** Bingo, **Fri:** Pickleball, Chair Yoga, Ice Cream Cones

Special Activities www.tier.net/vsc

- 1/2 Center Closed – Happy New Year
- 1/3-6 Baby New Year, bring in a baby photo of yourself, all week
- 1/3 Movie of the Month: "The Help," 9:15am
- 1/4 Wednesday Health Corner, BPs and Hearing Screening, 10:30am
- 1/18 Breakfast for Lunch, no reservation required, 10:30am-12:30pm
- 1/24 Birthdays & Anniversary Recognition, 11:45am
Vestal Senior Citizens Club Meeting, 1pm
- 1/25 Hawaiian Luau Luncheon w/Rich Wilson, 12pm
- 1/27 Halt the Salt in Your Diet w/Julie Douglass, Dietetic Intern, 10:30am
- 1/31 Financial Help w/Senior Health Insurance Costs w/Cathy Tulloch (AOP), 11am

Lose "12" in 2012!
Mission Meltaway
A Team Approach to Weight Loss

Weigh-ins • Nutrition & Exercise Education • Goal-setting
Free Pedometer & Diary • No Cost to Participate!



Participants are encouraged to sign up with a partner.

Mission Meltaway meets at all 11 local senior centers.

For more information visit www.gobroomecounty.com/senior/scc

or call Sara at 778-2411.

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MEET, GREET & EAT

January Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW) (Pasta & Pizza Bar @ JC)	TUESDAY (Breakfast for Lunch @ NB & JC Senior Ctrs)	WEDNESDAY	THURSDAY (Golden Griddle @ EB)	FRIDAY
Closed for the New Year 2	Spaghetti w/Meat Sauce 3 Tossed Salad Cottage Cheese w/Chives Sherbet	Breaded Fish OR Roast Beef w/Sauerbraten 4 German Potato Salad Red Cabbage Supreme Banana	Chicken Salad Sandwich 5 Tomato Soup Rancho Fiesta Blend Veg. Peanut Butter Brownie	Salmon Boat w/Dill OR Salisbury Steak 6 Whole Baby Potatoes Spinach w/Lemon Fruit Cocktail
Chicken ala King over a Biscuit 9 California Blend Veg. Grape Juice Oatmeal Cookie	Sweet & Sour Pork Over Brown Rice 10 Emperors Stir Fry Veg. Vanilla Pudding w/Strawberries	Veggie OR Pub Burger w/Mushrooms & Swiss 11 Baked Potato Mexicorn Lemon Fruited Gelatin	Roast Turkey 12 Apple Bread Dressing Baby Beets Mandarin Oranges	Broccoli Cheese Pollack OR Pepper Steak 13 Brown Rice Pilaf Winter Squash Cinnamon Applesauce
Sloppy Joe 16 Macaroni & Cheese Broccoli Florets Sherbet	Roast Pork OR Breaded Fish 17 Scalloped Potatoes Country Blend Vegetables Peach Cobbler	Liver & Onions OR Chicken Marengo 18 Mashed Potatoes Spinach Tropical Fruit	Vegetable Lasagna 19 Italian Style Green Beans Tossed Salad Pumpkin Pie Square	Beer Battered Fish OR Chicken Rib BBQ 20 Seasoned Potato Wedges Coleslaw Strawberry Fruited Gelatin
Chicken Cacciatore Over Brown Rice 23 Cauliflower w/Parsley Apple Juice Molasses Cookie	Macaroni & Cheese 24 Stewed Tomatoes Scandinavian Blend Veg. Lime Fruited Gelatin	Hawaiian Luau Ham w/Pineapple Glaze 25 Hawaiian Baked Beans Island Blend Vegetables Side Salad Banana Cake w/Coconut Frosting	Chicken & Biscuits 26 Mashed Potatoes w/Gravy Mixed Vegetables Apple Crisp	Broiled Fish w/Lemon OR Grandma's Meatloaf 27 Brown Rice Pilaf Winter Squash Pineapple Tidbits
Tuna Noodle Casserole 30 Stewed Tomatoes Corn Pumpkin Cookie	Pierogies w/Onions OR Spinach Mushroom Omelet 31 Marinated Vegetables Tossed Salad Banana	Roast Turkey 2/1 Mashed Sweet Potatoes Broccoli & Cauliflower Chocolate Pudding	Beef Stroganoff Over Noodles 2 Baby Beets Carrot Coins Bread Pudding w/Raisins	Fish Florentine OR Salisbury Steak 3 Baked Potato Peas w/Pearl Onions Pears

At all Broome County Senior Centers. Age 60+ – \$3.00; Under Age 60 – \$4.00. **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

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

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