

Visit Our Website at www.gobroomecounty.com/senior

Flu Vaccine Available - 2011-2012 Season

Available and anticipated to be plentiful, everyone aged 6 months and older should plan to be receive the flu vaccine. This season's vaccine contains the same virus strains as last year's vaccine. The vaccine protects a person throughout the current flu season - that's why we need a flu vaccine every year. Children under the age of four, the elderly and persons with certain medical conditions are at greatest risk for complications of the flu. Area providers began to receive vaccine as early as August. The Centers for Disease Control recommends to start vaccinating upon receipt of the vaccine and continue throughout the winter months and longer if flu is reported in the community. Why not protect yourselves and others - *GET VACCINATED!*

The following information and schedule pertains to Broome County Health Department Flu Clinics: **Please read carefully before going to clinic:**

Individuals must present all insurance cards to Broome County Health Department staff at the flu clinics. If you are covered by traditional Medicare Part B, your flu shot will be covered. This year we will also be able to bill Excellus Medicare Blue PPO, CDPHP Medicare and Today's Options by Universal American. If you have one of these Medicare Advantage programs your shot will be covered.

We will not be able to accept any other Medicare Advantage program at this time. Below is a list of other Medicare Advantage Programs in this area. If you have signed up for one of the following plans please go to your primary care provider for your flu shot or be prepared to pay by cash or check. If you are unsure of your coverage, call the phone number on the back of your insurance card to check on your coverage.

If you are signed up with one of these Medicare Advantage programs that are known to be in our area, you cannot use the traditional Medicare red, white and blue card. You will have to pay by cash or check or go to your own health care provider.

Active Saver MSA Medicare
Aetna Medicare
Humana Gold
MVP Gold Value and MVP Preferred Gold
Secure Horizons Medicare by United Health Care
Touchstone Health Medicare

The price of the vaccine is \$25 for those not covered by traditional Medicare, Excellus Medicare Blue PPO, CDPHP Medicare or Today's Options.

See Page 2 for Flu Clinic Schedule.



The Johnson City Senior Center is currently closed due to flooding.



Information Fair: Financial Benefits

The Office for Aging invites you to an Information Fair on Financial Issues and Benefits for Seniors. The number one reason for calls to the Senior Resource Line (2,848 calls in 2010!) is financial concerns. Join us on Monday, October 17, at the Broome West Senior Center, 2801 Wayne Street, Endicott, from 10 am to 1 pm to learn more about financial resources in your community.

10:00 on: Information tables with representatives to discuss practical information that will help you reduce your expenses. There will be information on the following topics:

- cost-effective health insurance choices (Action for Older Persons, Inc.)
- low-cost transportation options
- health and wellness programs
- and a whole range of financial benefit programs including HEAP, Food Stamps, employment opportunities, and more!

At 12 noon, there will be two presentations:

- **“Update on Scams Targeting Senior Citizens”** Dennis McCabe, Asst. Attorney General in Charge, NYS Attorney General's Office - Binghamton Regional Office
- **“A Penny Saved is a Penny Earned: Learn about financial programs and other ways to help you stretch your dollars”** Lucia Esposito, Case Manager, OFA

At 12:30, OFA invites public comments on the Plan for Services 2012-16. (You can see a copy of the plan on-line at: <http://www.gobroomecounty.com/senior/publications> or call OFA at 778-2411 to request a copy.) Are your needs—and the needs of your friends and neighbors—taken into account in the Plan? Do you have other concerns?

And, from 10:00 to 12:30, the senior center is featuring a made-to-order breakfast. The cost is \$4 for those younger than 60; there's a suggested contribution of \$3 for seniors. Reservations for breakfast (785-1777) are appreciated, but not required.

Thank you NYSEG

NYSEG Customer Service Field Advocate Jackie Petcosky contacted Broome County / Binghamton Meals on Wheels in July when the temperatures soared to over 90 degrees. NYSEG offered to provide electric fans to seniors receiving meals in Binghamton. Fifteen (15) fans were distributed.

“NYSEG was able to help our clients stay cool by providing them with a fan if they didn't have one,” said Joan Sprague, Meals on Wheels Coordinator. Clients of Meals on Wheels of Western Broome also received fans.

Fire Prevention Week

Fire prevention week is always the week in which October 9th falls.



According to legend, on October 8, 1871, Mrs. O'Leary was in her barn milking her cow. The cow kicked over the lamp that started the Great Chicago Fire of 1871. The fire burned for 27 hours. When it was over, it had killed more than 300 people, left 100,000 people homeless and destroyed 17,000 structures.

The Great Chicago fire sparked major efforts in fire prevention. Forty years later, the Fire Marshall's Association of North America (FMANA) held the first Fire Prevention Day. In 1920, President Woodrow Wilson proclaimed Fire Prevention Week.

Remember “EDITH,” which stands for “Exit Drills In The Home.” Today is a good day to have a practice drill and to check the batteries on your smoke detector.

The Saturday during Fire Prevention Week is Fire Service Recognition Day.

2011 -2012 Flu Clinic Schedule

Monday, 9/26/11	7:30 AM - 4:00 PM	BC Health Department 225 Front Street, Binghamton
Monday, 10/17/11	7:30 AM - 4:00 PM	BC Health Department 225 Front Street, Binghamton
Monday, 10/24/11	7:30 AM - 4:00 PM	BC Health Department 225 Front Street, Binghamton
Wednesday, 10/26/11	4:00 PM - 7:00 PM	BC Health Department 225 Front Street, Binghamton
Saturday, 11/05/11	10:00 AM - 2:00 PM	BC Health Department 225 Front Street, Binghamton
Tuesday, 11/08/11	1:00 PM - 3:00 PM	Port Crane Fenton Town Hall 44 Park Street, Port Crane
Wednesday, 11/09/11	4:00 PM - 7:00 PM	BC Health Department 225 Front Street, Binghamton
Monday, 12/05/11	12:00 PM - 4:00 PM	BC Health Department 225 Front Street, Binghamton
Wednesday, 12/28/11	12:00 PM - 4:00 PM	BC Health Department 225 Front Street, Binghamton

For additional information you may contact the Broome County Health Department at 607-778-2839.

The Broome County Senior Centers will also be having clinics, please call the center of your choice or the Office for Aging at 778-2411 for the specific dates and times.

Volunteer Opportunities

Help a neighbor in need! **Faith in Action**, of the Broome County Council of Churches, is looking for all types of volunteers to help our frail, elderly, and homebound community members. Tasks include transportation, friendly visits, help with grocery shopping and encouragement to lead a healthier life. Get in touch with us today! Call Michele Pasquale at 724-9130 x318.

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, Guest Relations or Patient Care. Two and four hour assignments are available Monday – Sunday; a small commitment of time for a big return. For a volunteer application visit, www.lourdes.com. For more information call Lourdes Volunteer Services at 798-5490.

Help deliver hot and cold meals to homebound seniors in Binghamton. **Meals on Wheels** volunteers deliver year round five days a week. Choose to drive (4-wheel drive vehicles appreciated but not necessary) or to take the meal inside to clients. Volunteer one day a week or one day a month. Hours are between 11:15am and 12:45pm. Call 778-6205 between 7:30am and 3:30pm.

Come support the **Binghamton Zoo**! We are looking for enthusiastic individuals of all ages to help the zoo reach the public through our education programs and special events. Positions are available in education animal handling, crafts, gardening, maintenance, and special events. We can work around anyone's schedule, call 607-724-5461 ext 235 for more information.

Aging With Attitude

Stay connected...and never act your age!

Don't Let Your Age Stop You!

By: Lura Zerick

Many of life's opportunities are blocked because people are age-conscious. They haven't learned that age has little to do with success; one can do great things at any age but only if there is a positive attitude. If you believe that you can't do a certain thing because of your age, you will miss a lot in life.

All our lives and in all things, our attitude plays an important role. The outcome of every action relies on what we think and believe. Too many who are my age have shut down their lives and they won't volunteer to help an organization, they don't read books, they don't enroll in classes, and they refuse to participate in any local program. One thing they will do is watch soap operas. When the program ends, so does their day. Current news is not for them. This schedule repeats itself each day and their days are boring, even to them. What they don't realize is that only they can make their days better if they dare to try!

When I shared that I was going to visit a friend in Italy for four weeks, you should have heard the negative comments! "You're foolish to make that trip at 80 years old!"; "You're going alone? That is ridiculous!"; "What if you get sick?"; "I can't believe you will go on a trip that far!"

Well, yes I did and I had a wonderful time! I am so glad that their negative attitudes did not rob me of the fun and new experiences that I had. My friend and I went to Portofino for the day, enjoyed lunch and a bit of shopping; we went to Stresa and stayed overnight on Pescatori Island, the smallest of three islands in the area. Though I didn't have access to a computer, and that was a sad thing for me, I adjusted.

I enjoyed new foods, met new people, spent time brushing up on my Italian, and was able to communicate with many who spoke no English. I might not speak as fast as they do but what do you expect from a woman raised in the south?

Italy could well be called the land of flowers. I saw more beautiful flowers than I have in a long time. I recognized many blossoms as well as many trees that we have in Alabama and Florida—weeping willows, magnolias in bloom, figs, cedars, sweet gums and pines.

I've been friends with this lady for forty years. I knew her Papa, who was a classical guitarist, her Mama, her sister Luciana and her brother Aldo, who was the most talented pianist I've ever known. All of them are gone now so she welcomed me with great joy on this, my fifth trip, to her home.

Getting older can be fun if you don't allow your age to get in the way and you dare to *live*!

About Lura Zerick: As an 80-year-old great-grandmother I enjoy learning new things. Give me an Elvis song with a good beat and watch Granny go! My favorite things are reading, listening to music, singing, cooking/baking, birds and woods. Of course I enjoy my 12 grandchildren and 5 great-grands; love to encourage them to cook, write and sing, as well as use their other abilities. I can be reached at lzerick@aol.com



Food Day Events Planned at Senior Centers

By: Mari Pfingston-Bigelow

I bet you have heard of Earth Day, but this might be the first you have heard of Food Day!

Food Day is a new initiative, taking place on October 24, 2011, which is a national movement that aims to address the root causes of food and health issues. This includes topics as diverse as farming policy, farm-workers rights, diet-related diseases, kid’s school lunch options, the environment, and junk-food marketing. Food Day also functions as a way for people to get together for events large and small to discuss and learn about different food issues.

Faith in Action of the Broome County Council of Churches, the Office for the Aging, Senior Center Site Supervisors, and dedicated volunteers are working together in order to promote this unique event. You can learn how diet and disease are directly linked. A light, healthy snack will be served. Events will take place at Eastern Broome, Broome West, NST, and Northern Broome. Check your individual senior center calendar for more information.

Celebrating Food Day is also a great time to think of the ways that we can eat more locally and healthfully. At certain senior centers we have started to use some of our own produce in the lunch menus through CHOW’s Grow Broome program. You will hear more about this at the Food Day events.

Thank you to all who have helped to make the Grow Broome garden boxes a success this year! We are looking forward to another great year of planting next year, with even more vegetables grown for our lunch menus!



North Shore Tower Seniors growing healthy vegetables through the GROW BROOME program!!



Free Legal Clinic For Broome County Senior Citizens

Please join us for Broome County’s Fifth Annual Senior Legal Clinic on Saturday, October 15th from 9:30 am to 12:30 pm. The event will be hosted by the Johnson City Senior Center, which is in the process of relocation due to damage by the recent flood.

Receive a ½ hour private legal consultation from an attorney in any of the following areas: Wills/Trusts, Powers of Attorney/Health Care Proxies, Medicaid Planning, Landlord-Tenant, Real Estate, Oil and Gas Leases, Grandparent’s Rights, Debt Collection, Bankruptcy and more.

This FREE event is for 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 and check on the new location please call: (607) 231-5949 by October 12 and leave a message with your name and telephone number.

(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)

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“The only exercise I excel at is jumping to conclusions.”
James Miller

New Subscription Request

To receive the “Senior News” by mail, drop this form off at any Senior Center or mail to:

Broome County Office for Aging
 PO Box 1766
 Binghamton, NY 13902

The suggested contribution to receive “Senior News” by mail is \$9.00 per year. All contributions are appreciated and help defray production and distribution costs.

I would like to continue receiving the Senior News by mail. Enclosed is my contribution to cover the cost of printing and mailing.

Please send my subscription to (please print:

Name: _____

Address: _____

Please send a gift subscription (\$9.00 enclosed) to:

Name: _____

Address: _____



First Ward

October 1-9
Branson, Missouri

October 19
Mohegan/Pocono Downs

October 25
Oktoberfest, Woodloch Pines

November 14-15
Atlantic City, Christmas Show at American Music Theatre and Dinner at Millers

May 14-25
Alaskan Cruise/Tour

Johnson City Senior Center

October 5-8
Vermont and New Hampshire

October 10
Letchworth Arts and Crafts Show

October 13
Adirondack Rail and Cruise

October 21
Mystery Trip

Vestal Senior Citizens Club

October 19
Platzl Brauhaus Oktoberfest

November 2
Mount Haven

Did You Know



An apple a day may in fact keep the doctor away — especially the cardiologist. When women ages 45 to 65 ate around a cup of dried apples each day for a year, they experienced on average a 23 percent drop in “bad” LDL cholesterol, according to a Florida State University study. What’s more, the women’s “good” HDL cholesterol increased by about 4 percent, and they also lost an average of 3.3 pounds. The heart-healthy benefit may stem from the apples’ pectin (a type of fiber) and polyphenols (a group of antioxidants). Other research has found that apples also protect against asthma and chronic obstructive pulmonary disease (COPD), possibly due to their high level of flavonoid antioxidants.

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Broome County Office for Aging

Balance Clinic

Tuesday, October 18 from 1:30 – 4:00 pm
Broome West Senior Center
2801 Wayne Street, Endwell

“I’ve fallen and I can’t get up!” How many times have we heard comics deliver that line from a now-famous 1980s TV commercial?

The truth is that a dangerous fall is no laughing matter. But contrary to what you might think, falls are not a natural part of aging AND you can take steps to reduce your risk of falling. Start by participating in a **FREE Balance Clinic**. This balance clinic will help you determine your risk for falls and give you strategies to prevent future falls. The clinic will take about 1 ½ hours to complete.

People lose their balance for many reasons including medications, vision and blood pressure, just to name a few. Do yourself a favor and attend this clinic.

Pre-registration is required. Call the Office for Aging at 778-2411 to register (deadline is October 14). Call soon; the clinic will fill-up quickly.

Interesting statistics...

- More than one third of adults 65 and older fall each year in the United States.
- Among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

Brought to you by the Broome County Office for Aging, the Aging Futures Partnership and CDPHP

EVENTS at the CENTERS

Public Auction

Saturday, October 8
Preview at 10am

Northern Broome Senior Center

The public is invited to an auction in Whitney Point. The preview begins at 10 am with the auction at 11 am. We have many very nice items to auction, and if you are looking for a bargain, you won’t want to miss this event! Food will be sold throughout the event. Proceeds will benefit the senior center. Watch the Whitney Point Reporter for a detailed listing of auction items.

Anniversary Celebration

Wednesday, October 12
10am-2pm

East Side Senior Center

Our center will be full of activity and fun as we look back on over 30 years of great memories. Join us for coffee and Danish at 10am and share your photos and stories. Entertainment starts at 11:30am with the easy listening music of Ralph Mauro. Call for lunch reservations. It’s a great time to bring a friend!

Evening Dining

w/“Cellar Yellers”

Thursday, October 13
doors open at 4pm

Eastern Broome Senior Center

Enjoy beef stroganoff over noodles and an éclair. “Cellar Yellers” play/sing your favorite oldies. Suggested contribution is \$4.00 for 60+; \$5.00 for all others. Please reserve by noon on Wed, Oct 12.

Holiday Craft Fair

Saturday, October 15, 10am-3pm

Broome West Senior Center

Public welcome to our 9th Annual Holiday Craft Fair, perfect for gift shopping. We have a variety of vendors and great refreshments to purchase. Call for information.

Medicaid and Paying for

Nursing Home Care

Monday, October 17, 10am

Vestal Senior Center

Greg S. Catarella from Levene Gouldin & Thompson, LLP, will discuss how one becomes eligible for Medicaid in the event they or their spouse ends up requiring skilled nursing care. He will also discuss the ways in which people can accidentally render themselves ineligible for Medicaid without realizing it until it is too late.

Harvest Dinner Dance

Tuesday, October 18, 5pm

First Ward Senior Center

Join us for a roast pork loin dinner and dancing to the music of the Night Sounds from 6:30-8:30pm. Tickets must be purchased in advance. For more information, please call our office at 797-2307.

Eye-related Information

w/Daniel Kirchheimer, OD

Tuesday, October 25, 12:45pm

Deposit Senior Center

Learn about common eye conditions affecting seniors.

Paddle Auction

Friday, October 28, 6-9pm

Johnson City Senior Center

We will teach you how to play & guarantee a fabulous night out! *It’s simple!* You can go home with gift certificates, electronics, quilts, gift baskets or other items generously donated by local businesses.

Halloween Party

Friday, October 28

0:30 – 11:30am

North Shore Towers

Stop in to enjoy music by “The Good Old Boys” and join us for decorating, cider, donuts and treat bags.

The SEPP Group

Housing Management Development

www.seppinc.com

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Call: 607-723-8989
TDD: 607-723-0438
Email: Housing@seppinc.com

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Whitney Point Apartments
Windsor Woods



Caregiver Corner

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

Caregiver Chat Discussion Group Schedules for October

These are informal chat groups with other caregivers. Attend as many as you would like.

Date: Monday, October 3
Time: 1:00-3:00 PM
Place: Stay Healthy Center, Oakdale Mall

Date: Wednesday, October 5
Time: 9:30-11:00 AM
Place: Wayne Street Yesteryears Day Program, Endwell

Date: Monday, October 10
Time: 10:00-11:30 AM
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.

Caregivers: Reduce Falls and Protect Your Back!

Date: Thursday, October 20
Time: 1:00-2:30 PM
Place: Stay Healthy Center, Oakdale Mall
Presenters: Physical Therapists from UHS Home Care

Two physical therapists from UHS Home Care will demonstrate proper lifting, positioning, and transferring techniques so that you won't injure yourself when helping your loved one. Other topics that will be covered include how to reduce falls and injuries, special considerations for ambulating safely, and adaptive equipment to make the bathroom safer and easier to use.

Please call the Office for Aging at 778-2411 and ask for Caregiver Services to reserve your spot.

Powerful Tools for Caregivers

Date: Tuesdays, starting October 4th – November 8th
Time: 12:30-3:00
Place: Stay Healthy Center, Oakdale Mall

Caregivers will learn how to reduce stress, improve self-confidence, make tough decisions, communicate better, and locate helpful resources and tips on how to balance caregiving with other responsibilities. Please call 763-6383 to register for this program.

Halloween Party & Luncheon!

Monday, October 31st at participating Senior Centers



Come to a senior center dressed in your favorite costume and enjoy games, raffles, refreshments, costume contests and much more!

You can also enjoy a delicious lunch of chicken breast w/cranberry topping, sweet potato puffs, peas and a chocolate raspberry brownie for dessert. Lunch will be 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).

Just \$3.00 age 60+; \$4.00 for anyone under age 60.

We hope to see you on the 31st!

Volunteers Help Others—And Themselves

Studies have found that being active and involved in the community as we age has a direct positive affect on our health and happiness. A number of studies have shown that older adults who volunteer regularly tend to be happier and have fewer illnesses as a group than those who don't volunteer.

Every Thursday, Elaine drives her car to the homes on her Meals on Wheels route through the West Side of Binghamton. Sandy rides along with Elaine; at each stop it is her job to carry the meal into the home with a kind hello to the recipient. Elaine and Sandy have become friends since starting to work together on this route six months ago. They have found that they share a lot in common, especially the care and concern they have for the homebound people they serve.

On Monday mornings Judy volunteers to prepare "breakfast for lunch" at the senior center. Judy's job typically is to help prepare pancakes, French toast, or waffles. She volunteers with a great team of people at the center who work together to serve breakfast. When she arrives at the kitchen, Judy greets her comrades in the kitchen and checks the menu. It's her favorite: Belgian Waffles. Judy goes to the refrigerator to pull out the batter and to check on the strawberries and whipped cream that she will need later.

Volunteers like Elaine, Sandy, and Judy are older adults volunteering with older adults. Age, however, doesn't matter. Anyone with an interest and the desire to help others can discover the joy of working with senior citizens. To get involved as a volunteer with Meals on Wheels or at a Broome County senior center, contact the Office for Aging at 778-2411 or visit us on line at <http://www.gobroomecounty.com/senior/volunteer> to learn about these and other volunteer opportunities.

Binghamton AARP

AARP-Binghamton Chapter #3071 meets at the Boulevard Church, 113 Grand Blvd, Binghamton on the second Wednesday of each month at 1:15pm.

Our next meeting will be Wednesday October 12, 2011 at 1:15pm. Entertainment will be a Ladies Barbershop Quartet.

Newly elected officers for 2011-2012 term:

President - Joan Bennett; Vice President - Virginia Kronk; Treasurer - Florence Wescott; Secretary - Virginia Pecka; Hospitality - Frank Kormony; Programs - Pat Dumbrowski; Ways & Means - Marge Menart; Prime Time Ed.- Ellen Mack

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Health Fair

The George F. Johnson American Legion Post 1700 at 305 Maple St, West Endicott, NY will be having a Health Fair on October 15, 2011 from 1 - 5 PM. We will have Blood Pressure Screening, Chair massage, Health Care Proxy, Karate Demos, Germ Busters Demo & much more. Come see us and learn more about your health!

Low Back Pain?

Members of a study group comprised of 401 individuals aged 20 - 65 and having chronic back pain, were randomly assigned to one of three treatments: one hour per week of either structural massage or relaxation massage, or their usual care without massage. After 10 weeks, more than one in three people who received either type of massage said their back pain was much better, or gone altogether, compared to one in 25 people who received their usual care. Moreover, people in the massage groups spent fewer days in bed, were more active, and used less anti-inflammatory medication than did those with usual care.

Source: *Annals of Internal Medicine*, 155(1):1-9 (July 5, 2011)

Get Your Lawn Ready For Spring

You don't have to wait until spring to fertilize and revitalize your lawn. These tips can give your lawn an extra boost as we head into the colder months.

Keep winter weeds at bay. Some weeds, like hen bit and chickweed, take root during the winter. Although they may hide from sight, they may spring up as soon as spring comes. They are called "winter annual" weeds, meaning they germinate in the late fall and sprout during the spring. Be proactive with these pests by using herbicides early, in November, and prevent them from taking root.

If you're going to feed your lawn, do it soon. Lawns need nitrogen from fertilizer to stay healthy before they go dormant for the winter. If we still have a few warm weeks left, consider a last seeding and fertilizing in target areas of your lawn. But, if temperatures have fallen below 50 degrees consistently, you may want to let your lawn lie.

Remember, feeding and protecting don't mix. If you're seeding your lawn before winter, take caution not to use herbicides in that area.

Report To The Community

Have you wondered what exactly the Office for Aging provides? Wonder no more; here's a brief rundown of services and numbers from the past year. This list doesn't cover all of the services that OFA provides directly or through sub-contractors, but will give you an idea of what we've been doing!

Caregiver Services	47 training events for 458 people
Case Management	1,332 people received in-home evaluations
Foster Grandparent Program	72 seniors volunteered 60,619 hours
GROW	187 workers matched with 553 employers
Health Insurance Counseling	81 education classes for 1,629 people
HEAP	2,395 applications approved for \$1,547,942 in benefits
Home Repair	58 repairs for 41 households
Information and Assistance	10,714 Senior Resource Line calls from 3,783 people
In-home chores	8,940 hours of service for 129 people
In-home personal care	15,557 hours of service for 155 people
Legal Services	448 hours of service
Meals at senior centers	104,905 meals served to 3,488 people
Meals on Wheels	195,882 meals for 798 people
Mental Health	235 people received in-home counseling
Nutrition Counseling	51 people received nutrition counseling
Nutrition Education	108 nutrition education classes for 513 people
Senior Games	19 events participated in by 546 people
Senior News	7,909 copies distributed monthly
Shopper Program	3,483 one-way trips for 96 people
Social Adult Day Program	48,373 hours of programming for 138 people
Transportation	22,739 one-way trips for 551 people
Weatherization	\$427,640 leveraged for 507 people

If you want more information, check out the Broome County Office for Aging Annual Report 2010 at www.gobroomecounty.com/senior/publications.

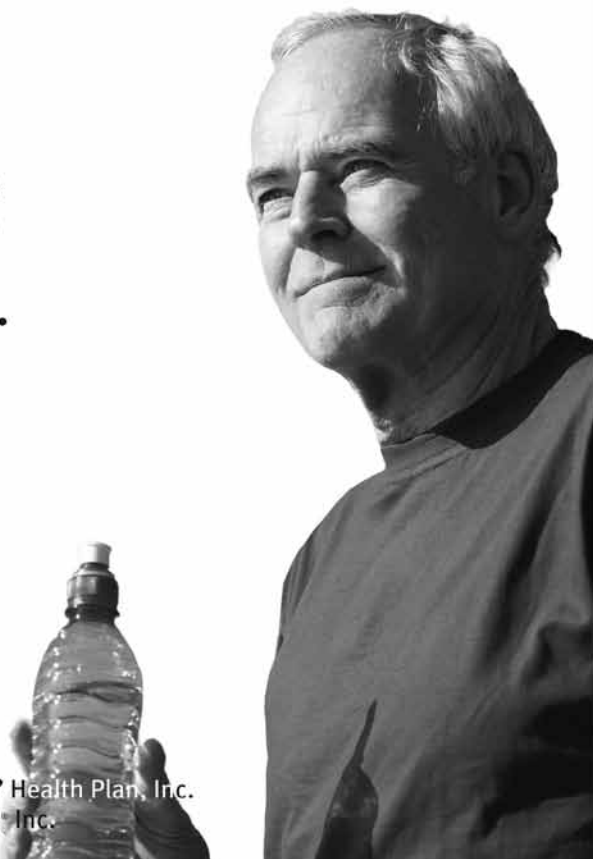
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Steps To Heart Disease Prevention

You can keep your heart healthy no matter how old you are, but it does take effort — possibly even changes in your everyday habits, such as eating a heart-healthy diet and increasing your activity level. Here's how to get started:

- Get enough exercise. This means at least 30 minutes of exercise almost every day of the week.
- Quit smoking.
- Eat a heart-healthy diet. Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
- Watch your numbers. Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.
- Reduce your alcohol intake. Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias, and high cholesterol levels.
- Minimize stress in your life. Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk.
- Watch your weight. Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

Working with your doctor can help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check.

Source: Everydayhealth.com

**Fun, Fitness and Friends!
Broome County Senior Games**



The annual Senior Games are here and we are celebrating our 20th Anniversary.

Senior Games give people who are 55 years and older the opportunity to stay fit by enjoying outdoor and indoor activities; plus you get to meet new people and just have fun!

If you are interested in participating in the games, being a spectator or if you would like to volunteer at an event, please call Rita at 778-2411. You can pick-up an application at any of your local senior centers or you can download one at www.gobroomecounty.com/senior/games.

Senior Games Events:

- October 6: Billiards
- October 6 & 7: Pickleball
- October 13: Bowling No-Tap
- October 18: Volleyball -
Recreational
- October 19: Basketball
- October 19: Floor Shuffleboard
- October 25: Bowling Regular Play
- October 27: Ping Pong
- November 12: Volleyball -
Competitive

Special thank you to this year's Contributors:

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October Bizarre And Unique Holidays

Do Something Nice Day is October 5th. Go ahead, do something nice, anything nice. And, do it for another individual. It won't hurt, we promise.

Doing something nice for someone almost always evokes a very pleasant response. At the very least, it results in a smile. More likely, that person will do something nice for you. And, best of all, doing something nice just might be contagious.

National Dessert Day is October 14. A rich day filled with yummy treats! May we suggest having dessert at every meal on this day? Forget about the calories and high fat content in your favorite desserts for just this one day before you get back to your diet.

National Nut Day is October 22. Our research came up empty on information about this day. While we cannot be certain what purpose it serves, there are two obvious possibilities:

1. This day honors all of the nutty people in the world. It gives recognition to all the kooks, loony birds and daffy people in your life. Show them you care today.
2. This day celebrates nutritious and healthy nuts of all kinds—the edible nuts. Celebrate today by eating lots of them as a snack or in baked goods. May we suggest Chocolate Almond Ice Cream?

**When The Stakes Turn Toxic
Learn About Problem Gambling**

Anyone who has bought a lottery ticket or played bingo has gambled. Gambling is any game of chance in which money changes hands. It's common in most cultures around the world. Many people enjoy gambling as recreation without causing harm to themselves or others. Yet some people can't control their impulse to gamble, even when it takes a terrible toll on their lives.

For these gamblers and their families, researchers have been making progress in several areas. Scientists are learning why people have problems with gambling: how common it is, what goes on inside the gambler's brain, who is at risk and what kinds of treatment can help.

Problem gambling is defined by some researchers as gambling that causes harm to the gambler or someone else, in spite of a desire to stop. Between 2% and 4% of Americans struggle with this condition. Problem gambling can progress to a recognized psychiatric diagnosis called pathological gambling.

"Pathological gambling comes with a constellation of problems," says Dr. Donald Black of the University of Iowa. "It's associated with worse physical health, excessive smoking, excessive drinking, not exercising, not seeing primary care doctors and worse dental care. It also fuels depression, family dysfunction, crime, bankruptcy and suicide."

Together, pathological and problem gambling may affect up to 5% of Americans. That number may rise, though. Laws in many states are creating more opportunities for legal gambling and internet gambling is becoming more common.

Studies have found that gambling problems are even more common than alcohol dependence, especially among males, young people, and those who live in relatively poor neighborhoods. "People are hoping that winning will improve their lot. That makes them more vulnerable to developing a gambling problem."

If you have concerns about your gambling, ask for help. Your health provider can work with you to find the treatment that's best for you.

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Look Out For Signs Of Elder Financial Exploitation

Financial abuse of older Americans is occurring in large numbers and is often linked to other forms of elder abuse and neglect.

Possible warning signs include:

- Missing money or valuables
- Unexpected cash withdrawals
- Sudden isolation from family and friends
- Unexplained transfer of funds from one account to another
- Inappropriate person banking for another
- Homebound account holder using automatic teller machines
- Recently opened joint bank account
- Changes in property ownership or will
- Inadequate level of care in spite of adequate resources
- Caregiver financially dependent on elder
- Incapacitated person preparing a power of attorney

If you suspect financial abuse of yourself or a loved one, call Office for Aging at 778-2411 or Adult Protective Services at 778-2635 for help.

Words To Live By:

- The pursuit of happiness is the chase of a lifetime!
- If you lack the courage to start, you have already finished.
- Your mind is like a parachute... it functions only when open.
- The happiness of your life depends on the quality of your thoughts.
- Of all the things you wear, your expression is the most important.

“Tour of the United States” MONTH

Every Wednesday in October at participating Senior Centers

Every Wednesday “Tour the United States” with a variety of special events and special meals that will represent different states.

You can enjoy things like New York Style Cheesecake, New England Clam Chowder, Georgia Peach Crisp, Hawaiian Baked Beans, just to name a few!

Take a tour to the senior center of your choice or tour a different center each week and enjoy a variety of festivities along with extra special lunches. See the back page of this publication for exact menus and for senior center telephone numbers.

Lunch reservations are needed and can be made by calling the senior center of your choice by noon at least one-day in advance. Lunch is \$3.50 for people 60 and older and their spouse; and \$4.50 for people under age 60.



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Does Napping Help or Hurt Your Health?

By: David O. Volpi, MD, FACS

Numerous research studies have shown that naps are a healthy way to repair the mood, body, and mind of those who suffer from daytime fatigue. In fact, in cultures where afternoon siestas are common, scientists discovered that the population generally has higher longevity than those that don't. Naps not only reduce sleepiness but improve cognitive ability; they benefit your mood and memory and even the heart. Taking up to a 90-minute nap, ideally between 1 and 3 p.m., won't interfere with your nighttime sleep.

It is now believed that each individual has a characteristic sleep need. If needed, napping promotes alertness and productivity. There is no solid evidence that napping actually is involved in health (not getting infectious diseases and so forth).

Napping is a natural part of the sleep-wake cycle that many cultures have embraced and others, like us in the United States, deny. Taking a short nap of 20 to 30 minutes can be very refreshing and help to improve alertness for hours afterwards. Some people even get a boost from naps of as short as 5 to 10 minutes. Naps of less than an hour have little impact on nighttime sleep. Excessively long naps, however, may cause moodiness and feelings of grogginess often referred to as sleep inertia. Naps help relieve sleep debt, which is why taking one before a period of prolonged wakefulness can help reduce risk of fatigue and sleepiness.

Napping may be a sign of inadequate or poor sleep at night and may lead to insomnia at night if napping lasts too long or occurs too late in the day. However, all humans have drops in alertness in mid-afternoon as part of a natural rhythm, and brief naps may actually serve to restore. Napping in and of itself may not be as harmful as previously thought. Short 20-minute naps improve thinking processes in people who don't get sufficient sleep and in some who have sleep disorders. Long naps may interfere with regularity of the sleep schedule at night and may also produce a period of grogginess upon awakening.

Napping can be very healthy, as

long as the timing and length of the nap are appropriate. A nap that is 30 minutes in duration or shorter can be very refreshing. Napping for longer than 30 minutes can increase one's risk for going into some of the deeper stages of sleep, and consequently the napper may feel “groggy” or tired after the nap. Napping after 3 p.m. may impact one's ability to initiate sleep that night by decreasing the “sleep drive,” or natural propensity of the body to want to sleep.

Source: Everydayhealth.com

Sudoku Answers

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

Is It ED Or Something More?

As challenging as erectile dysfunction (ED) is on its own, it can also be a warning sign for more serious problems, such as heart disease. And for some men, erectile dysfunction is a stronger predictor of heart disease risk than family history, smoking, or high cholesterol levels.

Research has recently linked erectile dysfunction to a number of surprising health conditions – restless leg syndrome and periodontis (inflamed gums) to name a few. But while these studies remain a bit murky, there's one health connection that shouldn't be ignored: The link between ED and heart disease.

Men who experience even mild erectile dysfunction have about a 25 percent greater risk of heart disease (including heart attack and stroke) than their peers. And the more severe your ED, the greater your risk of heart disease-related events.

The reality is that ED is more common as men age, but don't just assume that your erectile dysfunction is just age related. Ignoring it could mean putting your heart at risk.

Listening to your body will help you get control of heart disease while there is still time to make important lifestyle changes to preserve your health.

Alcohol Use, Good Or Bad For Senior Health?

By Ellen Rangel, KPS

Alcohol consumption gets mixed reviews. Some say that it is good for health; others that you should not drink. Here are a few facts that will clear the confusion.

Recent studies show that there may be a health benefit for those who drink in moderation—a somewhat lower incidence of cardiovascular disease. Should you start drinking now for health reasons? Absolutely not! The risks outweigh the benefits. The facts are that drinking alcohol for those over 65 has different effects than it did at 45.

As we age, we lose lean body mass (muscle and bone) and acquire a greater amount of fat. The result is a decrease in body water causing alcohol to reach a higher concentration in the blood of an older person. This increases the blood alcohol level and places an extra burden on the liver. It has been shown that older women are especially at risk because they are usually smaller and have less lean body mass, resulting in higher blood alcohol levels than men have.

Typically older people have a blood alcohol level 30-40 percent higher than in younger people who consume the same amount of alcohol. Older people are more likely than those of middle aged to experience intoxication, trouble with balance, coordination and cognitive difficulties. Simply put, tolerance for alcohol declines and the risks of excessive drinking rises with age.

In addition, combining alcohol with many of the prescribed and over-the-counter medications taken by those over 65 creates a disaster waiting to happen.

So what is moderate drinking for healthy people over 65? The new definition of “moderate” offered by the NIAAA is no more than ONE drink a day. Some experts suggest that older women would be wise to cut that amount in half.

What is “a drink”? It is 12 grams of pure alcohol, the amount found in a 12-ounce beer, a 5-ounce glass of wine or a shot of 80-proof distilled liquor.

If you are concerned that you or a loved one may have a drinking problem, contact your health-care provider. For more information on alcohol addiction, check out these web sites: National Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov. Alcoholics Anonymous: www.alcoholics-anonymous.org.

Marci's Medicare Answers

Dear Marci,

Does Medicare cover prostate cancer screenings?

Abraham

Dear Abraham,

Prostate cancer screenings can detect early prostate cancer. Medicare covers one prostate screening a year (every 12 months) for men age 50 and older. This includes a **Prostate-Specific Antigen (PSA) blood test** and a **digital rectal exam**. Medicare will cover these services more than once a year if your doctor says you need them for diagnostic purposes.

Medicare covers 80 percent of the cost of the digital rectal exam (after you pay your annual Part B deductible), and 100 percent of the cost of the PSA test (with no Part B deductible required). You will have no copay or deductible for the PSA test if you see doctors who accept assignment. Doctors who accept assignment cannot charge you more than the Medicare approved amount.

If you are in a Medicare Advantage plan (private health plan) you should call your plan to see what costs and rules apply. Starting in 2012, your Medicare Advantage plan will not be able to charge you for preventive care services that are free for people with Original Medicare, as long as you see in-network providers. If you see providers that are not in your plan's network, charges will typically apply.

Marci

Senior Safety Words from Wes

By: Wesley A. Warren, J.D.

I hope everyone safely survived Hurricane Irene without too much discomfort and distress. Speaking of hurricanes, our area has been hit hard in the past by natural disasters. We all remember the flood of 2006! Floods, earthquakes, tornadoes... Lives and property were dramatically affected. Emotional distress, sadness, and anxiety result from these terrible events. Victims are forced to acknowledge and deal with monetary losses. Across our great nation, many citizens feel a desire to help these victims recover from their losses. Many people generously do this through monetary donations. Natural disasters unfortunately, are also easy opportunities for con-artists who take advantage of unsuspecting good Samaritans. Their criminal intent is to solicit contributions by alluding to the victim that they are a legitimate tax exempt charitable organization- (501-c).

Here are some tips to protect yourself from becoming a victim of a bogus charity. First, do not respond to unsolicited e-mail (SPAM). Next, be skeptical of individuals who solicit donations via e-mail. Do not click on links contained in an unsolicited e-mail. Also, do not send cash donations through Western Union. You should also check the identity and legitimacy of the group. You can do this by contacting the Attorney General's Charity Bureau Office to see if the organization is registered. You should be wary of solicitors who promise you special privileges or better police or fire protection. (That is illegal.) You should never succumb to high pressure sales tactics. Also, be alert for fraudulent groups that use names that closely resemble well known legitimate charities. Ask what the money will be used for. Will the proceeds go directly to those victims in need? Only donate to legitimate organizations that you are familiar with such as your local church, or local Red Cross. If you do not recognize a charity, it could be a fraud.

Seniors are very generous and have donated millions of dollars to charity. According to the New York State Attorney General, most charities are honest and legitimate. However, there are some individuals who take advantage of our senior population. Do not fall victim to a charity scam. Protect yourself. My name is Wes and this is no scam!

**Wes Warren is a 19 year career police officer and former Assistant Public Defender. He is currently an Assistant Professor teaching in the Criminal Justice Department at Broome Community College.*

Words To Live By:

- If you want your dreams to come true, you mustn't oversleep.
- The best vitamin for making friends..... B1.
- The heaviest thing you can carry is a grudge.
- A sharp tongue can cut your own throat.
- It is never too late to become what you might have been.
- You lie the loudest when you lie to yourself.
- One thing you can't recycle is wasted time.
- Be kinder than necessary because everyone you meet is fighting some kind of battle.

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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

- Wednesdays, 10/5,12,19,26 "Tour of the U.S.A." for Lunch
- 10/4 "Brown Bag" Auction, 11am
- 10/5 "Medicare Changes for 2012" w/Cathy Tulloch (AOP), 11am
- 10/10 Breakfast Special: Blueberry Streusel, 10am-12:30pm
- 10/11 Evening Meal (roast pork/strawberry shortcake), Ted Davenport, Harpist, 5-7pm
- 10/12 "Day at the Track" Horse Races, 11am
- 10/15 9th Annual Holiday Craft Fair, 10am-3pm
- 10/17 Broome County OFA Public Hearing & Information Fair on Financial Issues and Benefits, 10am-1:30pm
- 10/18 BW Site Council Meeting, 10:15am
- 10/19 Senior Games Floor Shuffleboard Tournament, 9am-3pm Birthdays & Anniversaries, 12pm
- 10/20 Philly Cheesesteak Day, 11am-12:30pm
- 10/24 Breakfast Special: Halloween Hashbrown Casserole, 10am-12:30pm
- 10/25 Evening Meal (chicken cordon bleu/homemade dessert) w/Rich Wilson, 5-7pm
- 10/26 Movie with Mari (Faith in Action), call for title, 10am
- 10/27 Senior Games Ping Pong, 12:30
- 10/28 Halloween Party, 11am-1pm

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

- 10/4 Blood Pressures w/Barb, 1pm
Site Council Meeting, call for time
- 10/6 DASH Diet w/Sara Gdovin (OFA), 12:45pm
- 10/11 Bingo Our Way: Everyone a Winner! 1pm
- 10/12 Nickel Bingo, 11:15am
Meadow Park Luncheon, 12:30pm
- 10/13 Harvest Day Breakfast for Lunch, 10:30am-12:30pm
- 10/18 Southern Tier Food Bank Day at the Fire Hall, 12pm
- 10/20 Birthday Celebration, 12pm
- 10/25 "Common Eye Conditions Affecting Seniors" w/Dr. Daniel Kirchheimer, 12:45pm
- 10/27 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

- Wednesdays 10/5,12,19,26 "Tour of the U.S.A." for Lunch
- 10/1 History Comes Alive in Harpursville Tour, 1-4:30pm
- 10/3 DASH Diet w/Sara Gdovin (OFA), 11am
- 10/5 Finance & Officer's Meeting, 9:30am
- 10/6 Computer Class for Beginners w/Bonnie Hill, 12:15-1:15pm
Philly Cheesesteak Dinner & Game Day, 4pm

Eastern Broome Special Activities Continued

- 10/7 Farmer's Market Transport to/from Binghamton, sign up, 9:30 departure
- 10/8 Rummage and Bake Sale, 9am-1pm
- 10/10 Birthday Celebration w/Karen Bower, 11am
- 10/12 Site Council Meeting, 10:30am
"What I Learned from Gramma's Front Porch" w/Charlotte Sherman, 12:30pm
- 10/13 Evening Dining (beef stroganoff/éclair) w/Cellar Yellars, doors open at 4pm
- 10/14 Rainbow Table Raffle: Orange Items, 11am
- 10/17 "Medicare Changes for 2012" w/Cathy Tulloch (AOP), 11am
- 10/18 Dinner for Caregivers (turkey/pumpkin pie), reserve your seat, 5-8pm
- 10/21 Anniversary Celebration, German Music w/Charlene Thompson, 12:30-1:30pm
- 10/24 Food Choices for Healthy Living w/Mari (Faith in Action), 10:45-11:30am
- 10/25 Legal Aid Services w/Willa Payne, call for appointment, 9-11:30am
- 10/25&26 AARP Driver Safety Program, please pre-register, 10am-1:30pm
- 10/28 Yankee Trade: Halloween Goodies and Gifts, 11am
- 10/31 Halloween Party w/Senior Sounds; fun starts at 10am

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

- Wednesdays 10/5,12,19,26 "Tour of the U.S.A." for Lunch
- 10/3 Apple Pickin' Season w/ Word Search, Games, & Various Apple Samples, 11am
- 10/5 "In the Pink" Breast Cancer Awareness Month, wear pink, 11am
- 10/12 East Side Anniversary Celebration w/Entertainment, 10-11:30am
- 10/19&20 AARP Driver Safety Program, please pre-register, 10am-1:30pm
- 10/19 Medicare Changes for 2012 w/Cathy Tulloch (AOP), 11:30am
- 10/26 The Basics of Alzheimer's Disease, 11:30am
- 10/31 Halloween Party w/Treats for All, 11am

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

- Wednesdays 10/5,12,19,26 "Tour of the U.S.A." for Lunch
- 10/4 "Friends Helping Friends", Boscovs, 10am-2pm
Women's Club Meeting, 1pm
- 10/5 Social Club Meeting, 1pm
- 10/6&7 AARP Driver Safety Program, must pre-register, 9am-12pm
- 10/8 Rummage, Jewelry, & Food Sale, 9am-2pm
- 10/10 Center Closed – Columbus Day
- 10/11 Blood Pressure Screening w/Louise Johns, 9:30am
- 10/13 "Showcase of Talent," 1pm
- 10/17 Scarlett Bonnets Meeting, 1pm
- 10/18 Progressive Pinochle w/Refreshments, 12:45pm
Harvest Dinner Dance w/Night Sounds, 5-8:30pm
- 10/19 Legal Aid w/Willa Payne, by appointment, 9am
- 10/20 Philly Cheesesteak Day, 11am-12:30pm
"Medicare Changes for 2012" w/Cathy Tulloch (AOP), 12:15pm
- 10/26 Information & Assistance w/Lucia Esposito (OFA), 11:30am
"Common Eye Conditions Affecting Seniors" w/Dr. Daniel Kirchheimer, 12:15pm
- 10/31 Halloween Party w/Don Miller, 11am-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:

- Wednesdays 10/5,12,19,26 "Tour of the U.S.A." for Lunch
- 10/3 Fall Wreath Making with Mitz, 10:30am
- 10/6 Senior Games Billiards, 9:30am
- 10/7 Executive Board Meeting, 10am
- 10/7 Senior Club Meeting, call for time
- 10/10 Center Closed – Columbus Day
- 10/19 Blood Pressure Screening Clinic, 10:00am
- 10/21 Information & Assistance Rep Lucia Esposito (OFA), 11:30am
- 10/21 Birthday Celebration, 12:15pm
- 10/21 "Medicare Changes for 2012" w/Cathy Tulloch (AOP), 12:20pm
- 10/31 Halloween at Greenman Center, 11:15am-1pm

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

Activities for Johnson City Senior Center were unavailable at the time of this printing due to damage from the recent flood. Call the Center or Broome County Office for Aging for details

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

- Wednesdays 10/5,12,19,26 "Tour of the U.S.A." for Lunch
- Wednesdays Low Impact Zumba, 3:45 – 4:30pm
- 10/3 Brown Bag Auction, after lunch
- 10/4 Hearing Aid Cleaning/Testing by Audibel, 9:30 - 11am
- 10/5 "Basics of Alzheimer's" w/Ed Bergman (Alzheimer's Association), 10-11am
- DASH Diet Plan w/Sara Gdovin (OFA), 11:30am
- Information & Assistance Rep Lucia Esposito (OFA), 12pm
- 10/8 Public Auction to Benefit the Senior Center, preview at 10am, auction at 11am
- 10/10 Caregiver's Chat Group (all caregivers are invited to attend), 10 am
- 10/11 Evening Dining (roast pork/strawberry shortcake) w/Rich Wilson, 5-7pm
- 10/12 "Exploring Lighthouses" w/Charlotte Sherman, 11am
- Apple Treats w/judging of Apple Recipes, 12:30pm
- 10/13 Social Connections for Senior Women, 12:30pm
- 10/14 Taste & Tales of NY Southern Tier: Jim Roma's (Endicott) Bakery, 11:30am
- 10/17 Nut Trivia w/Nut-on-a-Spoon Race, after lunch
- 10/19 Entertainment w/Senior Moments, 11am
- 10/20 Philly Cheesesteak Day, 11am-12:30pm
- Free Care Consultations w/Ed Bergman (Alzheimer's Association), 11am-1pm
- 10/25 Evening Dining (chicken cordon bleu/homemade dessert) w/Doc Weismore, 4:30pm
- 10/26 Daytime Penny Social, numbers drawn after lunch
- 10/27 Social Connections for Senior Women, 12:30pm
- 10/28 Food Day Celebration w/Mari (Faith in Action) & Vondell Stephenson, 11am
- 10/31 Halloween Celebration: start at 10:30am; Costume Parade, 11:30am

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

- Wednesdays 10/5,12,19,26 "Tour of the U.S.A." for Lunch
- 10/4&18 Crafts with Bobbi – Holiday Ornaments, 10am
- 10/5 Trip to Green Brothers, 10:30am
- 10/7 Site Council Meeting, 10:30am
- 10/8,11&22 Penny Bingo, 5 – 7pm
- 10/11 BHA/OFA Meeting, 1:30pm
- 10/12 Breakfast for Lunch, 11am – 12:30pm
- 10/13 BP/Glucose Testing w/Medicine Shoppe, 11am
- 10/14&21 Wii Bowling, 10am
- 10/19 "Food Matters" w/Mari (Faith in Action), 10am
- 10/20 Movie, call for title, 6pm
- 10/25 Putt-Putt Golf, 10am
- 10/28 Halloween Party w/"The Good Old Boys," 10:30-11:30am

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

- Wednesdays 10/5,12,19,26 "Tour of the U.S.A." for Lunch
- 10/3 Book Review w/Cheryl Ebert: "Ann Frank Remembered" by Miep Gies, 11am
- 10/7 Soup & Sandwich Day, 11:15am
- Hot Lunch, 12pm
- "Medicare Changes for 2012" w/Cathy Tulloch (AOP), 12pm
- 10/14 Ice Cream Sundae, after lunch
- 10/21 Rummage Sale, Open to the Public, 9am-2pm
- 10/28 Chocolate Day w/Chocolate Bingo Treats
- Halloween Celebration

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/W:** Fitness After 50 Aerobics, Men's Volleyball **M/Th:** Wii Open Play **T/W:** Pinochle **Tues:** Quilting **Wed:** Crochet, Computer Instruction, Painting, Writing Seminar **Thur:** Bingo (1st & 3rd) **Fri:** Pickleball, Chair Exercises, Chair Yoga, Ice Cream Cones

Special Activities www.tier.net/vsc

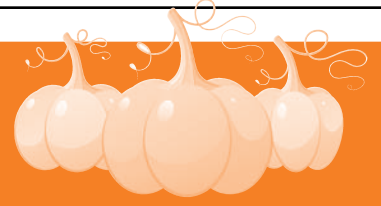
- Mondays Zumba, \$3 per class, 8:30-9:15am
- Wednesdays 10/5,12,19,26 "Tour of the U.S.A." Trivia at 10:30, then Lunch
- Fridays 50¢ Ice Cream Cone, 12:30pm
- 10/4 Movie of the Month: "The King's Speech," 9:15am
- 10/6&20 Quarter Bingo, 10:30am
- 10/7&14 Chair Yoga w/Jim Holley, \$5 per class session, 1-2pm
- 10/11 DASH Diet w/Sara Gdovin (OFA), 11:15am
- 10/12 Vestal Senior Club Anniversary Dinner, call for information
- 10/17 Medicaid/Paying for Nursing Home Care w/Greg Catarella, Esq, 10am
- 10/18 "Medicare Changes for 2012" w/Cathy Tulloch (AOP), 11:00am
- 10/19 Vestal Senior Citizens Club Trip to Platzl Brauhaus, 10:30am-12:30pm
- 10/24 Breakfast for Lunch, no reservations required, 10:30am-12:30pm
- 10/25 Birthday and Anniversary Recognition, 11:45am
- Vestal Senior Citizen Club Meeting, 1:00-2:00pm
- 10/31 Halloween Party w/Costume Contest, 10-11:30am





MEET, GREET & EAT

October Menu - Bon Appétit!



MONDAY (Breakfast for Lunch @ BW) (Pasta & Pizza Bar @ JC)	TUESDAY (Breakfast for Lunch @ NB & JC Senior Ctrs)	WEDNESDAY Tour the United States Wednesdays in October	THURSDAY (Golden Griddle @ EB)	FRIDAY
Chicken ala King over a Biscuit 3 Stewed Tomatoes Grape Juice Oatmeal Cookie	Pierogies w/Onions 4 Carrot Coins Pea Salad Cherry Fruited Gelatin	Honey Lime BBQ Chicken 5 OR Pub Burger Hawaiian Baked Beans Red Potato Salad Florida Key Lime Pie	Roast Turkey 6 Apple Bread Dressing Baby Beets Pineapple Tidbits	Florentine Stuffed Fish 7 OR Pepper Steak Brown Rice Pilaf Winter Squash Mandarin Oranges
Chili & Corn Bread 10 Mexicorn Cranberry Juice Molasses Cookie	Chicken Rib BBQ 11 OR Egg Salad Sandwich on Wheat Minestrone Soup Sunshine Salad Banana	<i>East Side's Anniversary</i> Rotisserie Chicken 12 German Potato Salad Cut Green Beans Pennsylvania Dutch Apple Pie ala Mode	Roast Beef 13 Chantilly Potatoes Red Cabbage Supreme Orange Fruited Gelatin	Breaded Fish 14 OR Salisbury Steak Macaroni & Cheese Stewed Tomatoes Sliced Peaches
Veal Parmesan 17 Rotini w/Sauce Spinach Fresh Fruit	Sweet & Sour Pork 18 Over Brown Rice Oriental Blend Vegetables Bread Pudding w/Raisins	Chicken Speidie Salad 19 Washington State Warm Cinnamon Apples Sante Fe Fiesta Blend Veg. New York Cheesecake w/Strawberries	Sausage with Peppers & Onions 20 O'Brien Potatoes Three Bean Salad Fruit Cocktail	<i>Eastern Broome's Anniversary</i> Holupki Casserole 21 OR Fish Florentine Baked Potato Peas & Carrots Pears
Sloppy Joe 24 OR Veggie Burger Macaroni & Cheese Broccoli Florets Sherbet	Liver & Onions 25 OR Chicken Marengo Mashed Potatoes Spinach Banana	Roast Pork with an 26 Apricot Glaze New England Clam Chowder French Cut Green Beans Georgia Peach Crisp	Vegetable Lasagna 27 Italian Blend Vegetables Tossed Salad Pumpkin Pie Square	Beer Battered Fish 28 OR Grandma's Meatloaf Seasoned Potato Wedges Coleslaw Strawberry Fruited Gelatin
Halloween Party! Chicken w/Cranberry 31 Sweet Potato Puffs Peas Raspberry Dbl Chocolate Pudding Brownie	Hot Ham & Swiss 11/1 On Rye Navy Bean Soup Pineapple Juice Tapioca Pudding w/Mandarin Oranges	Alaskan Salmon w/Dill 2 OR Roast Beef Mashed Potatoes Autumn Blend Vegetables Peaches	Spaghetti w/Meat Sauce 3 Italian Style Green Beans Tossed Salad Apple Crisp	Broiled Fish w/Lemon 4 OR Chicken Rib BBQ Brown Rice Pilaf Winter Squash Pineapple Tidbits

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.

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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 8

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

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