



The 2011-2012 Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program (HEAP) can help income-eligible homeowners and renters meet energy costs by providing one regular HEAP grant per season. HEAP grants are credited to the heating vendor or utility heating account.

The Home Energy Assistance Program (HEAP) will begin accepting applications for regular benefits on Wednesday, November 16, for the 2011-12 heating season. Emergency HEAP will open on January 3, 2012. The Emergency Heating Equipment Repair and Replacement program is open with the 2011-2012 income levels. All programs are scheduled to close on March 16th 2012.

Where can you apply for HEAP? **Broome County Office for Aging** accepts **regular** HEAP applications from Broome County residents who are age 60 or over and under age 60 if they are disabled and receive Supplemental Security Income (SSI) or Social Security Disability (SSD).

An early outreach mailing by New York State started at the end of August to those aged 60 and over and the disabled who received a HEAP benefit in 2010-2011. If you received this application, return it as soon as possible. All information on the application must be completed and the application signed by the applicant.

If you did not receive HEAP last season and need an application, leave your name and mailing address on the OFA HEAP message line at 778-2063. To speak to someone in person, call 778-2411. Mailings will begin after November 16th.

All other residents need to contact the **Department of Social Services** HEAP office, 36-42 Main St., Binghamton, at 778-2638 to apply for regular HEAP. This is also the office to apply for Emergency HEAP (after January 2nd) and the Emergency Heating Equipment Repair and Replacement program.

Those who received a benefit last HEAP season may apply online after HEAP opens at otda.ny.gov/programs/heap. A printable version of the HEAP application can also be accessed on this site when HEAP opens.

2011-2012 HEAP Maximum Income Levels

Household Size	Income Limit
1	\$2,146 per month
2	\$2,806 per month
3	\$3,446 per month
4	\$4,127 per month
5	\$4,787 per month
6	\$5,447 per month
7	\$5,571 per month
8	\$5,695 per month
9	\$5,818 per month
10	\$5,942 per month
11	\$6,136 per month

Senior Center 2011-2012 Flu Shot Program

CVS/Pharmacy, in cooperation with BC Office for Aging, is offering the 2011-2012 Seasonal Flu Vaccine at the senior centers. It is recommended that everyone 6 months and older receives their flu shot as soon as possible.

The following insurance plans are accepted at CVS/Pharmacy. They will bill for payment for the immunization at no co-pay to customer.

- Medicare Part B (Red White and Blue Card)
- Excellus Medicare Blue PPO
- CDPHP Medicare
- Today's Options by Universal American

There are other Medicare Advantage Programs active in our area that CVS is not able to bill, as they do not provide coverage for the Seasonal Flu Vaccine. If you are covered by one of those plans, you will need to pay by cash or check to receive the shot at the Senior Center Clinics, with the price for the vaccine being \$29.95.

CVS Pharmacists look forward to helping everyone remain as healthy as possible in the coming flu season. Call the Broome County Office for Aging at 778-2411 for the schedule.

Life may not be the party we hoped for, but while we are here we might as well dance.
J. Williams

Senior Resource Line
778-2411
Broome County Office for Aging

Thanksgiving Day, 1943

By the President of the United States: A Proclamation

God's help to us has been great in this year of march towards world-wide liberty. In brotherhood with warriors of other United Nations our gallant men have won victories, have freed our homes from fear, have made tyranny tremble, and have laid the foundation for freedom of life in a world which will be free. Our forges and hearths and mills have wrought well; and our weapons have not failed. Our farmers, Victory gardeners, and crop volunteers have gathered and stored a heavy harvest in the barns and bins and cellars. Our total food production for the year is the greatest in the annals of our country.

Franklin D. Roosevelt

Medicare Open Enrollment Period Is Here

Once a year, Medicare beneficiaries have the opportunity to enroll in or switch to a different Medicare Part D prescription drug plan or Medicare Advantage Plan. Medicare Open Enrollment Period started October 15 and will continue until December 7. Seniors and people with disabilities who are satisfied with their current Medicare plan do not have to take any action during the Medicare Open Enrollment period; however, it is suggested that everyone enrolled in a plan have it re-checked to make sure it is the best plan for them.

Those enrolled in a Medicare Part D drug plan or Medicare Advantage Plans should have received 2012 information about their plans in the form of an Annual Notice of Change. Medicare beneficiaries should take a few moments to read the ANOC to check out the changes being proposed in their premium, co-pays, deductible, and most important, their formulary.

Continued on Page 2



Medicare Open Enrollment

continued from page 1

Medicare plan costs and coverage change each year, so all people with Medicare should check to make sure their plan still meets their health needs and budget. There may be a Medicare Part D drug plan or Medicare Advantage Plan available with better coverage or a lower premium in 2012.

If you are computer savvy, have a list of your medications available and visit www.Medicare.gov and click onto "Compare Health and Drug Plans" and follow the step-by-step website. This website will also allow you to do your own enrollment for a plan that will be effective January 1, 2012.

For personalized help in Broome County, call Action for Older Persons (AOP) at 722-1251 to set up a free, confidential counseling appointment with a trained HIICAP counselor. Call early as space and time is limited.

Become An Active Part Of Your Hospital Healthcare Team

- Have a friend or family member with you, if possible. You may be too sick or busy recovering to be fully aware of your surroundings and two pairs of eyes and ears are always better than one.
- If something doesn't seem right—for example, a nurse or doctor is about to change your intravenous (I.V.) without washing her hands—speak up.
- To help prevent errors, make sure the doctors and nurses say your full name before administering a drug or treatment.
- Ask what your treatment plan is for the day. You and the staff should have a clear idea of what's in store for you.
- Keep track of tubes, catheters, and I.V. lines. Speak up if they're causing discomfort, become tangled, or are sitting empty.
- Ask for the results of all your tests. It's not only important for you to know, but asking also keeps the staff alert to your status and the need for potential changes in your treatment plan.

Source: Johns Hopkins Medical Letter

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Aging**

Happenings At Finch Hollow Nature Center

Pine Cone Wreath Workshop

By November, many Broome County trees are bare, having dropped their leaves in preparation for winter. Now is the time to take notice of the trees that have not gone bare, the various kinds of evergreens. Most evergreens produce their seeds in cones, with each kind producing a cone that looks different from the others.

Pine cones have long been used to create decorative items. On Saturday, November 19, 2011, adults (and children aged 12 and up) are invited to participate in a free "Pine Cone Wreath Workshop" at Finch Hollow Nature Center, Johnson City, from 9:30AM - 11:30AM. Each participant must bring along a 10-inch wreath form (or smaller if desired), a hot glue gun, and accompanying hot glue sticks. Cones and other supplies will be provided.

Senior Brown Bag Lunch Program

Reserve your spot now in the December 13, 2011 "Senior Brown Bag Lunch Program" to be held at Finch Hollow Nature Center, Johnson City, noon- 1:30PM. Participants (adults only, aged 50 and up) will bring along their own lunch; cookies, instant coffee, and tea will be provided. Lunch will be followed by a presentation on "Chickadees," a common, interesting and much-loved Broome County bird.

Reservations are required to participate. For more information or reservations, call Finch Hollow Nature Center at (607) 729-4231.

Aging With Attitude

Stay connected...and never act your age!

Seniors and Loneliness: Tips for Getting Connected

Loneliness can have serious consequences for your physical and mental health. Lonely seniors have higher blood pressures than socially connected elders. We know there is a link between loneliness and depression.

Older Americans are more prone to experience the kind of life changes that place them at risk for isolation and loneliness. Since life changes can lead to loneliness, what events are warning signs?

- * Death of a spouse, family member, or friend
- * Retirement
- * Illness
- * Decreasing physical mobility
- * Losing the ability to drive

While such changes are often inevitable, there are many ways for lonely seniors to connect with people. Being socially active not only helps seniors avoid loneliness, but also helps them stay healthy, makes them happier, and enhances their lives.

Proven strategies for fighting loneliness include:

Volunteering: By volunteering you meet people and gain a new sense of purpose. Volunteers live longer, have lower rates of depression, and less incidence of heart disease.

Joining Social and Support Groups: When you interact socially with people who have similar interests, or face similar challenges, you combat loneliness and build new friendships. To connect with others, take advantage of the programs at one of Broome's senior centers, or check the newspaper for information about various support groups.

Connecting Through the Internet: The number of seniors using the Internet is rapidly growing. Homebound seniors can connect with others through a variety of websites on the Internet. Asking for help with getting online is also a great way to connect with tech-savvy grandchildren.

Learning Something New: Learning a new skill lets you interact with teachers and fellow students. By learning skills such as cooking or e-mailing, you discover new ways to interact with others. Broome Community College and the local senior centers offer many interesting classes.

Maintaining Friendships: For seniors, friendships are often more important than family connections in fighting loneliness. Make efforts to stay connected with others by visiting them or keeping in touch by phone, letter, or e-mail.

Make an effort each day to connect with someone. You will most likely find yourself feeling better both physically and mentally.



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Senior Games Winners



BILLARDS, October 7

Winners:

Women's Division

- 1st: Kate Moelder
- 2nd: Marcia Cipriano
- 3rd: Toni Kimber

Men's A Division

- 1st: Chet Budney
- 2nd: Conrad Gaylord
- 3rd: Jerry Bryan

Men's B Division

- 1st: Ted McCloe
- 2nd: Fred Turner
- 3rd: Bill Silvestri

Men's C Division

- 1st: Robert Gadus
- 2nd: Jerry Schmutzler
- 3rd: Warren McCloe

Event:

BOCCE, August 26

Winners:

Women's Division

- 1st: Barb Gabel
- 2nd: Betty Pollard
- 3rd: Shirley Irons

Men's Division

- 1st: Bob McCloe
- 2nd: Tony Giammarino
- 3rd: Conrad Gaylord

Event:

GOLF: CAPTAIN & MATE, September 22

Winners:

Women's A Division

- 1st: Donna Maranto & Diane Hunt
- 2nd: Phyllis Graff & Toni Kimber
- 3rd: Mary Lou Katchuck & Caryl Sweet

Women's B Division

- 1st: Pat Osgood & Gerry Thurston
- 2nd: Babe Farbanish & Irma Petras
- 3rd: Betty Pollard & Ann Hogan

Men's A Division

- 1st: Tom McCarthy & Alan Packer
- 2nd: Joe Fabrizi & Joe Dolan
- 3rd: Stan Hackett & Ron Allis

Men's B Division

- 1st: Ron Decosse & Dale DeFilippis
- 2nd: Wayne Marble & Chuck Purdy
- 3rd: Paul Pornbeck & Phil Sherwood

Men's C Division

- 1st: John Pichura & Michael Schoonmaker
- 2nd: Robert Halabuka & Emil Seliga
- 3rd: Bob Pogoda & Bob Sisolak

Men's D Division

- 1st: Don Mikulski & Bob Wescott
- 2nd: Tony Serino & Dave Skinner
- 3rd: Paul Farbanish & Clem Lukovich

Mixed A Division

- 1st: Millie & Frank Lentine
- 2nd: Mark McCarthy & Joani McCarthy
- 3rd: Al & Joanne Kumpon

Mixed B Division

- 1st: Larry & Jan Donahue
- 2nd: Gerald Smith & Kathy Kilbury
- 3rd: Bryon & Rosa Rucker

Event:

GOLF: INDIVIDUAL, September 26

Winners:

Women's A / B Divisions

- 1st: Millie Lentine / Donna Maranto
- 2nd: Pat Osgood / Gerry Thurston
- 3rd: Helen Smith / Phyllis Graff

Men's A / B Division

- 1st: Frank Lentine / Paul Kumpon
- 2nd: Gary Wilcox / Al Kumpon
- 3rd: Bob Serfass / John Pichura

Men's C / D Division

- 1st: Emil Seliga / Don Mikulski
- 2nd: Robert Halaburka / Mike Dailey
- 3rd: Larry Donahue / Paul Farbanish

Event:

HORSESHOES, September 13

Cancelled due to the flood.

Event:

TENNIS: MEN'S DOUBLES, September 22

Winners:

- 1st – Joe Morabito & John Paddick
- 2nd – Ed Farrell & Don Houghtalen
- 3rd – Gordie Pollard & Earl Maslin

Event:

SOFTBALL 55+, August 31 & September 1

Winners:

- 1st: Karousel Kids
- 2nd: Famous Brands
- 3rd: Barnaby's

Event:

SOFTBALL 65+, September 6 & 7

Cancelled due to rain

Event:

SOFTBALL 70+, September 16

Winners:

- 1st: K.A.A.
- 2nd: Rochester Brookhouse

5k Run & Walk Results - September 1 at Otsiningo Park

Winners:

Female Under Age 54

1. Jennifer Butts
20 minutes 51 seconds
2. Kathleen Lantry
22 minutes 44 seconds
3. Amber Smith
22 minutes 46 seconds

Female Over Age 55

1. Paula Williams
26 minutes 26 seconds
2. Barb Morrissey
27 minutes 2 seconds
3. Debbie Grassi
28 minutes 2 seconds

Male Under Age 54

1. Byron LaBare
18 minutes 54 seconds
2. Matt Derzanovich
19 minutes 8 seconds
3. Adam VanBuren
20 minutes 37 seconds

Male Over Age 55

1. Timothy Foley
22 minutes 32 seconds
2. Richard Modafferi
22 minutes 37 seconds
3. John Kopalek
23 minutes 55 seconds



This was the first Senior Games 5k run/walk. The event celebrated the 20th Anniversary of the Broome County Senior Games. There were 161 participants and support from many local businesses. For more information and pictures from the race and the other Senior Games check us out at www.gobroomecounty.com/senior/games or look for Broome County Senior Games on facebook.

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First Ward Senior Center

November 14-15
Atlantic City

December 1
Christmas Show at American Music Theatre w/dinner at Miller's

May 14-25, 2012
Alaska Cruise/Tour

Did You Know

Adding grapefruit to your **diet** may decrease your risk of insulin resistance, a precursor to type 2 diabetes, according to a study from the Scripps Clinic in La Jolla, Calif. When overweight adults ate one half-grapefruit, drank grapefruit juice, took a grapefruit pill, or took a placebo, once a day before a meal for 12 weeks, those who consumed grapefruit in any form had lower insulin levels (higher levels are a sign of type 2 diabetes). What's more, the grapefruit eaters lost an average of 3.5 pounds more over the course of the study than the placebo group. Scientists believe that an antioxidant in the grapefruit called naringenin is responsible for its protective effects. (But if you take any medications, talk to your doctor first, since grapefruit can interact with many different drugs.) Grapefruit may also be good for your gut: Research has found that other phytochemicals (plant nutrients) it contains may protect against colon cancer.

Food For Thought

Question: What's the best pie, nutrition-wise, for Thanksgiving: pecan, apple, or pumpkin?

Answer: Pumpkin has the fewest calories: 300 per slice (an eighth of a pie) as opposed to 400 calories for the same-size slice of apple pie and 500 calories for pecan. The pumpkin pie also has almost 12,000 International Units of vitamin A in the form of beta-carotene or more than twice the Daily Value.

But the best choice, we think, is the one you like best. After all, Thanksgiving dinner comes only once a year.

Center Holiday Closings

Broome County Senior Centers will be closed on Friday November 11 in observance of Veterans Day and Thursday and Friday November 24 and 25 in observance of Thanksgiving.

Veterans Day Recognition

All Broome County veterans and their families are invited to a special Veterans Recognition Day at your local senior centers on Wednesday, November 9 (Thursday, November 10 in Deposit).

A variety of activities are happening at the different senior centers including recognition ceremonies, music and a delicious roast pork luncheon with lemon meringue pie served around noon.

Please call the senior center of your choice to make a lunch reservation by noon on Tuesday, November 8. **All veterans will receive a complimentary lunch.**

Lunch is just \$3.00 for people age 60+ and \$4.00 for people under age 60.

Find the phone numbers of the senior center nearest you listed on the back pages of this *Senior News*.

We hope to see and honor you there.



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EVENTS at the CENTERS

Thanksgiving Luncheon

Come enjoy a traditional Thanksgiving dinner with all the fixings. Join us for a great meal with good company. The menu includes sliced turkey, bread dressing, country blend vegetables, cranberry sauce, dinner roll, pumpkin pie, and beverage. All of this is just \$3.50 for those ages 60+ and \$4.50 for anyone under age 60.

Celebrate on Wednesday, November 16 at most senior centers; the meal will be served around 12:15 pm. Thursday, November 17 is the date for Broome West, Deposit & Greenman centers.

Make your reservation by noon at least one day in advance.

Seating is limited so call the senior center of your choice soon to make your lunch reservation. Find phone numbers listed on the back pages of this *Senior News*.

Pumpkin Patch Decorating

Wednesday, November 2,
10:30am

East Side Senior Center

Get creative decorating pumpkins with silk leaves, pinecones and flowers. Make a special Thanksgiving centerpiece for yourself or someone special. A \$2.00 fee covers the supply cost. Call to reserve a spot and stay for a great lunch.

White Elephant Sale

Thursday & Friday, 11/3 & 11/4,
9:30-11:45am

Vestal Senior Center

We're having an indoor garage sale. Come check out the deals!

Veterans Day Remembrance

Wednesday, November 9
11am-1pm

Broome West Senior Center

We are honoring all Veterans with a special luncheon and a tribute to each of the branches of the armed services. Bring photos and memorabilia from your time served. Call for a lunch reservation; veterans eat for free.

Veterans Day Remembrance

Wednesday, November 9, 11:45am

First Ward Senior Center

The J.W. Thurston detachment, American Legion Post 80, will post the flags at 11:45 followed by a POW/MIA remembrance. Each branch of the service will be recognized prior to lunch. Join us for this special day. Make lunch reservations by 1pm the day before.

Veterans Day Celebration

Thursday, November 10, 11am

Deposit Senior Center

Come one, come all, and bring your Veteran friends of all ages. David Hores, noted accordionist, will entertain us for lunch.

Evening Dining with "The Pine Cones"

Thursday, November 10, 4pm

Eastern Broome Senior Center

We are looking forward to "The Pine Cones," a local gospel group. Enjoy old favorites as well as newer tunes. Dinner is rotisserie chicken with lemon meringue pie. Suggested contribution is \$4.00 for those age 60 plus, or \$5.00 for all others. Please reserve by noon on Wed, Nov 9.

Thanksgiving Fun Facts

-Snoopy has appeared as a giant balloon in the Macy's Thanksgiving Day Parade more times than any other character in history.

- More than 40 million green bean casseroles are served on Thanksgiving.

- According to the Guinness Book of World Records, the largest pumpkin pie ever baked weighed 2,020 pounds and measured just over 12 feet long. It was baked on October 8, 2005 by the New Bremen Giant Pumpkin Growers in Ohio, and included 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, 300 pounds of sugar, 3.5 pounds of salt, 7 pounds of cinnamon, 2 pounds of pumpkin spice and 250 pounds of crust.

Caregiver Corner

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

Alzheimer's Education for Family and Friends

Date: Wednesday, November 2, 9, & 16

Time: 9:30-11:00 AM

Place: Broome County Public Library (Exhibit Room)

185 Court St., Binghamton

Presenter: Mike Massurin, Central New York Alzheimer's Association

November 2

The Basics

Participants will learn the basics of Alzheimer's disease and other dementias. We will talk about the progression of the disease, medications, ways to begin helping the person with a dementia, and communication techniques. We will also discuss how to identify the strengths of the person with dementia.

November 9

Challenging Behaviors

Challenging behaviors are often displayed by someone with Alzheimer's disease. We will talk about these behaviors and explore their underlying causes. Communication tips and strategies to address the behaviors will be discussed. We'll also look at a behavior management model that is effective in dealing with people with dementia and learn how to chart challenging behaviors.

November 16

Caregiver Tips

The final workshop will look at the effect of caregiving on caregivers and their own health. We will offer practical tools that caregivers can employ to care for themselves as

well as the person with dementia. By attending this session, you will gain valuable information to help reduce the stress of being a caregiver.

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

With the Holidays coming up soon, you may be looking forward to travelling to friends and family. Below is a tip from a caregiver that may make travelling with your older person both easier and safer.

Tip from a fellow caregiver to help with mobility:

Some people have found this product useful in helping people get in and out of a vehicle. *Handybar Mobility Handle* is a tool designed to provide extra support when entering and exiting your vehicle. This handle insets into the striker plate on the car door panel and you have a secure handle to help lift up from the seat of the car. It gives people extra support. Visit the website for product information: www.activeforever.com

The Office for Aging does not endorse this or any other product or company.

Questions relating to caring for an older person, call Judy 778-2411.

Judy Bobinski, Case Manager with the Caregiver Services Program is available to talk with you about any issues you may be having as a caregiver to an older person. Judy can provide consults over the phone, in your home, or wherever it's convenient for you to meet.

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Handling Holiday Stress

Each year, the arrival of Thanksgiving heralds the start of the holiday season. While we look forward to spending time with family, experience has taught that relatives can often bring stress as well as joy. Long simmering family feuds or your thirteen-year-old granddaughter's announcement that she is going on a hunger strike to stop the turkey slaughter can send your blood pressure through the roof. So what steps can you take to make the holidays less stressful?

Start by keeping things calm. This might mean shooing the kids outside to play tag, toss around a football, or skip rope. Meanwhile, keep the inside lights dimmed, rely on candlelight to create a relaxed ambiance, and play soft, gentle music. Another trick for maintaining peace is to outlaw political discussions during dinner, especially if your guests have had a couple of beers or glasses of wine.

Remember to manage your feelings. Family events can stir up old feelings, especially if an emotional wound is still open and you have not had time to heal. Therefore, it is important to recognize and acknowledge your anger and sadness since repressed feelings are harder to manage. Avoid alcohol when you feel angry or sad, drinking enhances and intensifies whatever you are feeling. Should your feelings grow too powerful, you can take a walk, listen to music, or go into an empty room and cry if that is what you need. Try to keep in mind how much everyone means to you while you manage your feelings.

Make sure you take care of yourself. You might suddenly find yourself consumed by managing everyone else's needs, so remember to take time for yourself each day. Taking an hour to read a book, sitting in a bath, or practicing some yoga can make all the difference. Likewise, as you rush around, realize that you don't have to do everything yourself; enlist others to help you whether your cooking in the kitchen or setting up extra chairs in the dining room. Another important thing: you do not have to be the one that runs to the store because you are out of butter; send that sixteen year old who just got his license.

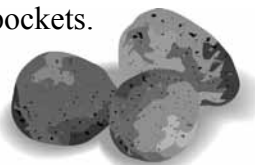
As Dr. Joyce Brothers once said, "Holidays are fun, not an obligation." To keep stress low, make sure you do not go into the holidays expecting too much. Just plan to have fun, enjoy everyone's company, and leave the stress behind.

Sudoku Answers

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

Fluffier Mashed Potatoes

Make mashed potatoes extra fluffy by adding a pinch of baking powder while you mash. The powder reacts with the heat to create tiny air pockets.



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The Real Meaning of Food Expiration Dates

Sell by, use by, freeze by: How do you interpret the language of food expiration? Do the dates mean you may make yourself sick if you eat something after it has expired?

Part of being a smart shopper is checking the expiration date on food packages. But if you meticulously check food packaging for printed dates, you may be surprised to find out that with the exception of baby food and infant formula, food expiration dates are really only guidelines to help you buy food at optimal freshness.

Food labeling is not required by federal law. Only about 20 states require it, and there is no consistent standard, and no U.S. Food and Drug Administration (FDA) regulation to define what the package is telling you.

When you're staring at the digitized date on a package you probably just want to know if the food in your hands is safe to eat.

"It is confusing because there is no standardization in packaging dates," acknowledges food safety expert Catherine Strohbehn, PhD, RD, adjunct associate professor of hotel, restaurant and institution management at Iowa State University.

To help clarify the wording of food expiration dates printed on packages, here is a glossary of common labeling terms:

"Sell by." This date gives you tips on what's cheap as well as food safety information. "Sell by" labeling is more for the grocer than it is for the consumer. "Consumers are fine to purchase products by this date," says Strohbehn. "Generally stores will discount closer to this date so consumers looking for a bargain can purchase up to the sell date and then use as soon as possible." Use refrigerated products within the next day or so; frozen goods can be stored in your freezer for up to three months.

"Use by" and "Best if used by" are intended to assure consistent food quality, says Strohbehn. This type of dating provides guidance to the consumer, but the guidelines are somewhat loose. Products can last longer than the "use by" date, depending on how the product is

handled and stored. "Some canned goods will keep for years if there haven't been wide temperature fluctuations. Higher-acid products like canned pineapple have a shorter shelf life, but are still good for a year or longer," says Strohbehn. Infant formula and baby food are significant exceptions to this rule: It is best not to give your baby formula or food after the "use by" date.

"Freeze by." Occasionally foods will be labeled "use or freeze by," which means that you can freeze them for a period of time after that date.

What do food expiration dates mean for food safety? The reality is that you can eat food past the food expiration date and it might still taste good — or it might not. Here are more food safety tips that will help your foods exceed expiration dates and ensure that you stay healthy:

- Refrigerate foods at 40° F immediately. Food safety experts recommend planning your day so that you can take groceries home to the refrigerator right away, instead of letting them sit in the car while you run other errands.
- Don't keep refrigerated foods out of the fridge for more than two hours.
- Keep ready-to-eat foods separate from those that are raw and need cooking.
- If a food product only has a "sell by" date or no food expiration date at all, cook or freeze the item as soon as possible.
- Make sure prep areas and storage areas in your kitchen are clean.
- If you or someone in your household is immune-compromised, be sure to eat foods by the "use by" date, advises Strohbehn. To do otherwise isn't worth the risk of food-borne illness.

Food safety may actually have more to do with the habits you have at home than with the dates on the packaging, but if you want safe foods at their best, use the printed expiration dates as your starting point.

Excerpted from "The Real Meaning of Food Expiration Dates" at Everydayhealth.com

Plan Ahead for Snow

Winter will soon be upon us with the snow and ice that can trap senior citizens in their homes.

Now is the time to make a plan, before that first big snowfall.

If you are unable to remove snow yourself, and you haven't found someone who can do it for you, Office for Aging offers some ideas on where to get help. In many cases, there will be a fee for this service, but it may be quite affordable.

Here are some places to contact:

- The GROW Program: 778-6105, 8:30 a.m. to 12 noon weekdays. Administered by the Office for Aging, GROW keeps a list of older workers who may be available to do snow removal for a fee.
- Binghamton Boys and Girls Club Hire-A-Teen Program: Call Simone Cornelius at 723-7404 ext 308 after 3 p.m. on school days. Teens are available to do snow removal for a fee.
- Broome County Office for Aging Senior Resource Line: 778-2411 will also work with seniors to help them to develop a plan for snow removal, including looking at who may be available in their community to assist them.
- In addition to asking your relatives, neighbors and friends, try contacting your religious congregation. They may have a listing of people available to help.

Can you help others? If you are able to do your own snow removal, remember to check on older neighbors who may need your help.

Remember - PLAN AHEAD for snow and ice removal.



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.

"Life is too short to wake up with regrets. So love the people who treat you right. Forget about the ones who don't. Believe everything happens for a reason. If you get a chance, take it & if it changes your life, let it. Nobody said life would be easy, they just promised it would most likely be worth it. Enjoy life now- it has an expiration date!"

Michael Gartner

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The Benefits of Laughter

The benefits of a good laugh are wide-ranging and can include protection from emotional issues like depression and improving the health of your heart. Here's what experts know about the health benefits of laughter:

Mental health benefits. Although you probably can't laugh off depression, one of the many benefits of laughter and a sense of humor is that they buffer you against the negatives of life that could lead to depression. As an added bonus, studies show that people who use humor to fight stress also feel less lonely and more positive about themselves.

Physical benefits. Although we can't yet say that a certain number of laughs every day will keep the doctor away, studies show that people who say they laugh a lot also tend to be in good health and generally feel well. Laughter is also one of the most commonly used complementary therapies among cancer patients, who find that one of the benefits of laughter is an improved quality of life.

Heart health benefits. Laughter could be healthy for your heart, too. Some research shows that when you laugh, there is an increase in oxygen-rich blood flow in your body, possibly due to the release of endorphins, which create a chemical rush that counters negative feelings and stress. Activities that increase endorphins include a good workout and listening to music you love, and laughter deserves its place on the list with these other stress busters. Building Laughter Into Your Life

Love the benefits of laughter but don't feel like laughing? Sometimes you have to make a conscious effort to laugh. If you're facing tough times such as a tight budget, work stress, or an illness like cancer, it may help to learn techniques to bring the benefits of laughter into your life. You can try the old stand-by recommendations:

- Rent a funny movie, read a funny book, or watch a funny sitcom. Spend time with an amusing buddy. Look on the light side: Go places that help you remember good times that have made you laugh in the past. Or you can join the "laughter movement" to learn about the benefits of laughter while fighting stress:
- Practice laughter yoga. This specialized combination of yoga breathing techniques and exhalation creates a self-induced "laugh" that provides all the benefits of laughter rooted in humor. You can include this practice in your day by adding a little "ha ha ha" when you shake hands or introduce yourself — to fellow laughter fans, of course! Check out Laughter Yoga International for more information.
- Find a laughter group. "It's always my recommendation to get together with other people to laugh. It's a little hard to laugh alone, unless you have practiced it," Turloukis says. At Laughter Yoga International you can search over 6,000 social laughter clubs around the world to find one closest to you.
- Have a "woohoo!" Turloukis hosts a free daily laughter call that is only 20 minutes long and ends with a laugh-inducing "woohoo!" But she says anytime you look at the clock, if it's 20 minutes past the hour, your own "Woohoo!" will help bring a smile to your face.

Source: EverydayHealth.com

Yes, You Can Lose Weight: Really: Part 9 By The Numbers...Results

By: David L. Schriber

As I write these words about a month before you read them, I've completed 50 weeks of self-disciplined weight management. Contrary to my doubtful expectations, I found it was indeed possible to achieve significant weight loss without starving, without drastically changing what I ate, without costly specialty food programs, without eating foods I don't like, and without becoming a slave to a gym.

Weighing, measuring, and logging food and drink have become a habit, and I've gotten pretty good at estimating when eating out where the scale and measures aren't handy. When eating out I scribble notes on a napkin; at home I keep a list and a running total each day so I know how much I can indulge at dinner and late at night. It all goes into a spreadsheet that helps me compute totals and averages (I was a computer geek in a former life). Sorting the accumulated entries alphabetically gives me a customized "quick reference" calorie counter index of the foods I eat most often. For trivial pursuit, I can even project that over a whole year I will have consumed approximately 936,225 calories.

As my weight has dropped and more closely approached the weight supported by the number of calories I am actually eating, the rate of weight loss has slowed. But the direction is still lower, however more slowly. I can live with that.

Discipline with one set of numbers

(calories, etc.) has produced some very gratifying results with other numbers. I've taken off 41 pounds, 6 inches off the waist, significant reduction of blood glucose, and dramatic reduction in triglycerides (something I've long had trouble with). I've already spent enough on alterations at Men's Wearhouse to buy a new suit, but as the man says in their commercial, "You're going to like the way you look---I guarantee it!"

I have more energy for walking and stair climbing. 50 weeks ago it was like me today carrying around a 40-pound bag of yard mulch wherever I went.

I've not had to resign myself to a diet of tree bark and tofu. I still enjoy the foods I like, just not so much of them, and some of them less often. I still can't pass the bread aisle at Wegman's without sniffing the pane bread and taking home the yeasty aromatic loaf that cries "Buy me! Buy me!" but it's amazing how many other goodies -- doughnuts, muffins, bagels, cupcakes, coffee cakes, bear claws, and kolachkys -- I can walk past with near impunity!

Finally, I have learned to believe in fortune cookie prophesies. My fortune in a recent Chinese restaurant visit: "You will be asked to step up to the plate in new ways." How true!

Next time, we'll take a tongue-in-cheek look at weight management as we "laugh it off."

Time for Chicken Soup

Your mother was right. A hot bowl of chicken soup can relieve some symptoms of a cold, and it can make you feel comforted and loved just like your mother did. Doctors say just leaning over a bowl of warm soup seems to help break up nasal congestion. There's a good reason for its effectiveness. Specialists at the University of California at Los Angeles say an amino acid in chicken called cysteine is similar to a drug called acetylcysteine. Acetylcysteine was originally derived from chicken feathers and chicken skin and is prescribed for patients with respiratory conditions.

The therapeutic effects of chicken soup last about 30 minutes. So make a lot and sip it often. Made the traditional way with carrots, celery, onions, and spices, chicken soup is loaded with Vitamin A, niacin, and riboflavin—a big nutritional boost. Even chicken soup from a can is helpful.

Adding hot spices to chicken soup will boost its de-clogging power, say the doctors at UCLA. They recommend adding a few hot peppers and a little ginger.





**A mind
always
employed
is always
happy.**

Thomas Jefferson



Heart-Healthy Habits For Seniors

By Diana Rodriguez

Heart disease is a major threat to senior health — in fact, 84 percent of people age 65 years and older die from heart disease. Though heart disease risks increase with age, it doesn't have to be an inevitable part of getting older. The right lifestyle habits and a heart-healthy diet can help protect you.

What exactly is heart disease? It's the term given to a group of different health conditions that affect the heart. In the United States, the most common form of heart disease is called coronary artery disease (CAD). CAD is often responsible for serious cardiovascular events like a heart attack, heart failure, chest pain, and irregular heartbeat, also called arrhythmia.

The warning signs of heart disease often don't appear until you're having a heart attack. Symptoms of an emergency or impending heart attack may include:

- Feeling faint
- Weakness or a sensation of light-headedness
- Having a hard time catching your breath
- Feeling nauseous or vomiting
- Feeling very full or having indigestion
- Pain in the chest or an uncomfortable pressure in the chest
- Unusual pains in the back, shoulders, or neck
- Sweating
- An irregular heartbeat

Many health conditions can contribute to heart disease and increase your risk of having a heart attack. Heart disease treatment and heart attack prevention requires that you treat all other contributing health problems and keep them under control. To treat heart disease you should: Lower high blood pressure and high cholesterol levels, keep diabetes under control and take medication to treat angina (chest pain)

There are medications that can help treat the various aspects of heart disease. To manage chest pain, nitrates, beta-blockers, and calcium channel blockers may be recommended. Your doctor may also suggest taking a daily aspirin to help reduce the risk of a heart attack.

Source: *Everydayhealth.com*

Healthy & Wise

We've all heard the saying "Laughter is the best medicine". Recently this was proven to be true. A study that was conducted in Maryland found that humor increases the blood flow to the brain. When this happens, our brain rewards us with positive, upbeat feelings.

Humor is healthy; it affects our psychological and physical well being. Strive to maintain a good sense of humor and remember "He who laughs.....lasts"!

Fun Facts

- Leonardo Da Vinci invented the scissors •
- Peanuts are one of the ingredients of dynamite! •

Positive Thinking For Troubled Times

Optimists are healthier, recover faster from sickness, have greater success at solving problems, are more likely to achieve their goals, and gain more pleasure from their successes. Dr. Normal Vincent Peale, said, "Every time you have a negative thought, push it out and put a positive one in its place."

Here are some strategies for positive thinking:

- Think about the big picture rather than the immediate problem. Don't get stuck on negativity.
- View sacrifice as a necessary part of achieving a dream. Most suffering is in pursuit of a worthwhile goal.
- View all change—including negative change—as an opportunity.
- Allow yourself achievable victories. Most seemingly insurmountable problems are in fact a series of smaller achievable challenges. Each conquered challenge should be considered a victory. This way, you feel as if you are making progress and the successes increase your confidence.
- Put your worries on the nightstand. Give your worries up and put them on the nightstand for the night. You can pick them up in the morning.
- Stay calm and you bring a measure of control to any situation.
- Connect and stay connected with others. Remind yourself of your many friends.
- Spread goodwill. Talk behind people's back always in a good way. Try to do this at least once a day.
- Learn to love those things that you can't change. Make a list of the many things or tasks that you really love. Then when you get down pull out that list. Try to find something good in the things or tasks that you do not love.
- Make a list of things that make you feel happy and keep it close to you.

So, knock that negativity out of your life with positive thoughts.

Marci's Medicare Answers

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. To speak with a counselor, call (800) 333-4114. To subscribe to "Dear Marci," the Medicare Rights Center's free educational e-newsletter, simply e-mail dearmarci@medicarerights.org.

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,
My income is too high for me to qualify for Extra Help, but I still cannot afford the cost of my drugs. Are there any other programs that can help me?**

Benedict

Dear Benedict,
Even if you don't qualify for Extra Help, you may be able to get help paying for your prescription drugs if your state has a State Pharmaceutical Assistance Program (SPAP). Many states offer an SPAP to help their residents pay for prescription drugs. Each program works differently. Many states coordinate their drug assistance programs with Medicare's drug benefit (Part D). If you do not have Part D but qualify for your state's SPAP, you will have the chance to sign up for Part D, and may be required to enroll in a Part D plan. If a drug is covered by both your SPAP and your Part D plan, both what you pay for your prescriptions plus what the SPAP pays will count toward the out-of-pocket maximum you have to reach before your Medicare drug costs go down significantly. Your SPAP may also help pay for your Part D plan's:

- premium
- deductible
- copayments
- coverage gap. (Many SPAPs give you coverage during your Part D plan's coverage gap, also known as the doughnut hole.)

Marci

Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.

Mark Twain



How To Protect The Family Home From Medicaid Recovery

Because the home is the largest asset a couple can keep while still qualifying for Medicaid, it is also usually the main target of estate recovery.

Consider Sidney and Rachel's experience. They had lived in their home since it was new. They built it just after Sidney got a promotion to regional sales manager for a shoe distributor. Through the years, the house was remodeled twice and expanded to add a loft bedroom. Even when their children were grown with families of their own, they all remained close and returned home for frequent family gatherings at holidays and birthdays.

Sidney and Rachel had paid off the mortgage and two second mortgages before Sidney retired. So in addition to being the center of family life, the house had also become the couple's biggest asset.

Rachel always hoped the house would remain in the family when she and Sidney were gone. She often talked about leaving it to their oldest son, Mark, who promised that he and his wife would continue the tradition of hosting the family for holidays and birthday dinners. However, as Sidney's Alzheimer's disease progressed, Rachel worried that Sidney would need to move into a nursing home. With the high cost of long-term care, Rachel knew their savings wouldn't last long. Sidney would eventually need to qualify for Medicaid to pay the bills.

Her biggest question was, "Will I lose my home?" a common question indeed.

For a great many people who need Medicaid benefits for long term care, the home makes up most of their life savings. Often, it's all a couple has to pass on to their children.

You may not know that the home is an exempt asset according to Medicaid. It continues to be exempt as long as the community spouse lives there. However, after both the ill spouse and the healthy spouse pass away, the property

may no longer be protected.

What Is Estate Recovery?

According to the Omnibus Budget Reconciliation Act of 1993 (OBRA-93), the state has the right to take back whatever it paid for the care of a Medicaid applicant. And because you have to be "broke" to qualify for Medicaid, usually the only property of substantial value that a person on Medicaid is likely to own when they die is a home. When OBRA-93 was passed, each state established an Estate Recovery Unit (ERU) to go out and find what assets they can take back from those that received Medicaid benefits.

Because the home is the largest asset a couple can keep (while still qualifying for Medicaid), in most states it is also the main target of estate recovery.

After both the community spouse and the ill spouse die, the state's Estate Recovery Unit has the authority to take just about any property that the Medicaid recipient had their name on. In most cases, that means going back to the house.

For example, if Sidney dies before Rachel after living in a nursing home for two years and Medicaid has paid the nursing home \$3,000 per month, the state will have paid \$72,000 for Sidney's care (\$3,000 per month times 24 months). If the family home where Rachel lives is worth \$100,000, the state would have a claim for the first \$72,000 that comes from the sale of the house.

So, the house is protected while Rachel is alive. However, when she passes, the state may force the sale of the house. Whatever's left over after Medicaid is paid back (\$100,000 minus the \$72,000 taken out to repay Medicaid) would go to their children.

A Married Couple Strategy For Protecting The Family Home From Recovery

According to federal law, a married Medicaid applicant is

allowed to transfer the home to his or her spouse - without any penalty. Once the transfer is made (meaning the ill spouse no longer has any interest in the house), the community spouse may be able to make some changes to that asset. In some states the community spouse can even give the house away!

That sort of gift, of course, would create a period of Medicaid ineligibility if the community spouse needs nursing home care within the five-year look-back period.

The family home remains one of the most difficult assets to protect because of timing, but there are proven strategies that make it possible to protect the home from Medicaid Recovery.

The Society of Medicaid Planners offers a free download of their report "Medicaid Secrets Revealed," by Dan Stemen. The report offers information on qualifying for Nursing Home Medicaid without losing the family home to recovery or spending down your life savings.

The National Care Planning Council provides a resource for long term care planning with educational information and lists of professional elder care service providers.

*Source: National Care Planning Council
Eldercare Article*

Tax-Aide Volunteers Needed For 2012 Tax Season

AARP Tax-Aide Program needs volunteers to help support the free income tax preparation assistance for the elderly and low income families. This commitment is from February 1st to April 13th at locations around Broome County. Volunteers need knowledge of both computers and the 1040 tax form. Classes will begin December 5, 2011. If you have any questions or wish to volunteer, please contact Joan Tassy at 625-2658.

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Celebrating Family Caregivers

Please join the Office for Aging in celebrating National Caregiver Month in November. Recognizing the critical role of family caregivers who provide essential support to aging relatives and friends, the Office for Aging has been delivering quality assistance and support to family caregivers for over 25 years.

The Caregiver Services staff helps caregivers with both practical needs and with the emotional demands of caregiving—**just call 778-2411**. Assistance may include:

- one-on-one consultations
- referrals to community services
- caregiver chat groups
- respite options—to give caregivers a needed break
- access to the Caregiver Resource Center with its valuable written materials
- a newsletter full of educational articles to help caregivers
- monthly educational workshops
- help arranging services that will keep loved ones as independent as possible
- assistance understanding the costs of formal care

Please call 778-2411 for more information on caregiver services.

"Learn from the mistakes of others. You can't live long enough to make them all yourself."

G. Pederson

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

- 11/2 Volunteer Recognition w/ Entertainment by Ralph Muro, 4:30pm
- 11/3&4 AARP Driver Safety Program, 10am-1:30pm
- 11/8 Evening Meal w/ Entertainment by Bluestone Creek Ramblers
- 11/9 Veterans Day Remembrance, 11am-1pm
- 11/10 Philly Cheese Steak Day, 11am-12:30pm
- 11/11 Closed
- 11/14 Breakfast Special: Belgian Waffles w/ Apples, 10am-12:30pm
- 11/15 Site Council Meeting, 10:15am
- 11/16 Birthdays & Anniversaries, 12pm
- 11/17 Thanksgiving Dinner
- 11/18 Legal Aid, 9:30am
- 11/24&25 Center Closed
- 11/28 Breakfast Special: French Toast Casserole, 10:30am-12:30pm

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

- 11/1 Site Council, TBA
Blood Pressures by Barb, 1pm
- 11/3 Brunch/Breakfast for Lunch: Harvest Theme, 10:30am-12:30pm
- 11/7&8 AARP Driver Safety Program, 8:30am-12pm
- 11/9 Nickel Bingo, 11:15am
Meadow Park Luncheon, 12:30pm
- 11/10 Veterans Day Celebration w/David Hores, 11am
Ice Cream Day, 1pm
- 11/15 Flu Shots by CVS, need Medicare & Insurance cards, 9:30-11am
Birthday Celebration, 12pm
- 11/17 Thanksgiving Celebration w/Sing-A-Long, 12pm
- 11/22 Bingo, 1pm
- 11/24 Closed – Happy Thanksgiving
- 11/29 Cooking w/Fall Vegetables by Mari (BCCC/Faith in Action), 11:30am

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

- 11/2 Finance and Officer's Meeting, 9:30am
- 11/3 Game Day w/Philly Cheese Steak Dinner, 4pm
- 11/7 Flu Shot Clinic; bring Medicare/Insurance Card(s), 9:30am-11:30am
- 11/9 Veterans Day Remembrance w/Mike Zabadal, 10:45 & after lunch
- 11/10 Evening Dining (rotis.chicken/pie) w/The Pine Cones, Gospel Music by, 4pm
- 11/11 Center Closed – Veterans Day
- 11/14 Birthday Party w/Bob Jensen, 11am
Information & Assistance Rep Lucia Esposito (OFA), call for appointment, 11am

Eastern Broome Special Activities Continued

- 11/15 "Save Energy, Save Dollars" w/Cornell Cooperative Extension, receive a free energy saving kit, 6-8pm
- 11/16 Thanksgiving Luncheon w/Lida Bassler (piano) & Pie Auction, 11am
- 11/18 Rainbow Table Raffle, brown items, 11am
- 11/21 Rick Marsi presents a "Surprise" Program, 11am
- 11/22 Free Legal Aide w/Willa Payne, appointment necessary, 9-11:30am
- 11/24&25 Center Closed – Happy Thanksgiving
- 11/28 Senior Sounds, 11am & after lunch

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

- 11/2 Pumpkin Patch Decorating, \$2 for supplies, 10:30am
- 11/9 Veteran's Day Celebration, 11:30am
- 11/10 Flu Clinic, no reservation needed, 10:30am-12pm
- 11/16 Thanksgiving Luncheon w/Rick Pedro, 11:30am
- 11/23 Turkey Trivia, 11am
- 11/24 Closed – thanksgiving
- 11/28 Scents of the Season: Gingerbread Baking, 10:30am

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
- 11/1 Dietary Approaches: Stopping Hypertension w/Sara Gdovin (OFA), 12pm
Women's Club Meeting, 1pm
- 11/2 Social Club Meeting, 1pm
- 11/8 Blood Pressure Screening w/Louise Johns, 9:30am
- 11/9 Veterans Day Remembrance, 11:30am
- 11/11 Center Closed – Veterans Day
- 11/14 Scarlett Bonnets Meeting, 1pm
- 11/16 Legal Aid w/Willa Payne, by appointment, 9am
Thanksgiving Luncheon, 11:45am
- 11/17 Philly Cheesesteak Day, 11am-12:30pm
- 11/22 Progressive Pinochle, 12:45pm
- 11/23 Information & Assistance Rep Lucia Esposito (OFA), 11:30am
- 11/24&25 Center Closed – Happy Thanksgiving

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:

- Fridays Zumba, 10:30am
- 11/2 Flu Clinic by CVS, Bring Medicare & Insurance cards, 9am
- 11/8&9 AARP Driver Safety Program, call for information
- 11/8 Bake Sale & Craft Sale, 9am till all is gone
Elections, 5-10pm
- 11/9 Veterans Day Remembrance
- 11/11 Center Closed – Veterans Day
- 11/17 Thanksgiving Day Celebrated
- 11/24&25 Center Closed – Happy Thanksgiving

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 Beginner Sewing, after lunch

- 11/2 Medicare Changes for 2012 w/Cathy Tulloch (AOP), 11:15am
- 11/8 Evening Dining (halupki/pie a la mode) w/Bruce Huggins, 5pm
- 11/9 Veterans Day Remembrance w/"Safe Haven" Film Viewing
- 11/10 Social Connections for Senior Women, 12:30-2pm
- 11/11 Closed - Veterans Day
- 11/14&15 AARP Driver Safety Program, 9:30am-1:30pm
- 11/14 Adult Day Social Program, 10am-2pm
- 11/16 Thanksgiving Luncheon w/Rocky Mountain Connection, 12pm
- 11/17 Philly Cheese Steak Day
- 11/18 Brown Bag Auction, after lunch
- 11/21 Movie: "Please Don't Eat The Daisies", after lunch
- 11/23 "Margarita Mashed Potatoes" Bar, during lunch
- 11/24 & 25 Center Closed - Happy Thanksgiving!
- 11/28 Adult Day Social Program, 10am-2 pm
- 11/30 "New To You" Fashion Show, 10:30am
Health Fair at Whitney Point High School Cafeteria, 5-7pm

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

See Center for Special Activities

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**

- 11/4 Flu Shot Clinic; bring Medicare/Insurance Card(s), 9:30-11:30am
Soup & Sandwich, 11:15am
Hot Lunch, 12pm
- 11/7 Book Review w/Cheryl Ebert: "I Still Dream of You" by Frannie Flagg, 11am
- 11/7&8 AARP Driver Safety Program, 10:30am
- 11/9 Veterans Remembrance (free lunch for Veterans), 11am
- 11/16 Thanksgiving Luncheon w/Music & Raffles, 11am
- 11/24&25 Center Closed - Happy Thanksgiving
- 11/28-30 Christmas Tree Decorating
- 12/2 Costume Jewelry & Small Gift Sale, 9am-1:30pm

VESTAL.....754-9596Old Vestal Junior High School Cafeteria
201 Main St., Box #4, Vestal, NY 13850**Lunch served at Noon****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

- 11/1 Movie of the Month: "Soul Surfer", 9:15am
- 11/2 Free Blood Pressure Screenings w/Kay Devine, 10:30am
Free Hearing Screenings w/Audibel, 10:30am
Vestal Senior Citizens Club Trip to Mohegan Sun
- 11/3&4 Vestal Seniors Inside White Elephant Sale, 9:30-11:45am
- 11/8 10-Minute Chair Massages w/Marilyn Kaschak, 9:30am
- 11/9 Veterans Day Remembrance
- 11/11 Center Closed - Veterans Day
- 11/15 Birthday & Anniversary Recognition, 11:45am
- 11/16 Turkey Raffle, 11:45am
Thanksgiving Luncheon, 12pm
- 11/21 Breakfast for Lunch: French Toast, 10:30am-12:30pm
- 11/24&25 Center Closed - Happy Thanksgiving

Binghamton AARP

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

Our next meeting will be Wednesday Nov. 9, 2011 at 1:15pm.
Entertainment will be a Line Dance demonstration.**Chicken To Remodel Your Bathroom?**
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The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

Unknown



MEET, GREET & EAT

November 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
	Hot Ham & Swiss 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
Beef Stew over Biscuit 7 Baby Carrots Cranberry Juice Molasses Cookie	Pierogies w/Onions 8 OR Tomato Bacon Omelet Spinach Side Salad Spice Cake w/Cream Cheese Frosting	Veteran's Remembrance 9 Roast Pork Mashed Potatoes Corn Lemon Meringue Pie	Beef Stroganoff 10 Over Noodles Baby Beets Bread Pudding w/Raisins	Center Closed 11 In Observance of Veteran's Day
Macaroni & Cheese 14 Stewed Tomatoes Broccoli Florets Fresh Fruit	Chicken Salad 15 Sandwich Harvest Vegetable Soup Sweet Potato Tots Peach Cobbler	Thanksgiving Luncheon 16 Roast Turkey Apple Bread Dressing Country Blend Vegetables Cranberry Sauce Pumpkin Pie	Veggie Lasagna 17 Italian Style Green Beans Side Salad Fruited Gelatin	Breaded Fish 18 OR Salisbury Steak O'Brien Potatoes Carrot Coins Sherbet
Sloppy Joe Sandwich 21 Cream of Broccoli Soup Fruit Cocktail Pumpkin Cookie	Liver w/Onions 22 OR Chicken Marengo Mashed Potatoes Scandinavian Blend Veg. Sugar Cookie	Fish Florentine 23 OR Roast Beef w/Sauerbraten German Potato Salad Red Cabbage Supreme Banana	Closed for Thanksgiving 24	Closed for 25 the Thanksgiving Holiday
Chicken ala King over 28 a Biscuit Stewed Tomatoes Grape Juice Oatmeal Cookie	Halupki Casserole 29 Mashed Potatoes Side Salad Peach Fruited Gelatin	Veggie Burger 30 OR Pub Burger Hawaiian Baked Beans Red Potato Salad Pineapple Upside Down Cake	Roast Turkey 12/1 Apple Bread Dressing Baby Beets Mandarin Oranges	Broccoli Cheese Pollack 2 OR Pepper Steak Brown Rice Pilaf Winter Squash Cinnamon Applesauce

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 5

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

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