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## Smiles From A Sad Situation

By: Don Litchko

While visiting relatives in Binghamton recently, I heard it announced that BAE would not reopen their Westover Plant in Johnson City due to the flood damage experienced during tropical storm Lee's visit. I worked in that plant for nearly twenty five years when it was operated by General Electric as a research center for aerospace products—a high tech facility staffed with high tech personnel—with some low tech sense of humor. Some memories came back when I drove by the facility:

We had a General Manager who would entertain high level counterparts and customers at his home. To impress these customers he had a collection of large aerospace paintings and photos which would be hung on the living room wall and changed to suit the firm he was entertaining. So when McDonnell Douglas came to town the picture in his living room was of an F-15 Fighter flying over the Arch in St Louis. The GM had a son—a most likable chap and quite creative—and, while Dad and Mom were pouring wine in the dining room, this kid cut out little bomb silhouettes from some colored paper and then climbed up on the couch and taped them to the photo so it appeared that the McDonnell aircraft were bombing St Louis. We won the contract, but only because one GM could tap dance for customers on very short notice.

Some summers the sons of some managers would be hired as summer help. Of course it caused a little consternation when suddenly your big boss's kid was sitting next to you in the office—and the kids could sense the tension as well. We were all brown baggers in the manufacturing planning office and after a couple of days this kid comes in; clears off his desk; pulls out a small table cloth, a candle, good silver wear and a fine china plate; and with much finesse tucks a napkin under his chin. Then he places a very plain peanut butter sandwich on the plate and proceeds to cut it into bite sized pieces and to eat them with a fork; an hour later he was treated like of the boys.

We had another young entrepreneur—recently married—who needed a down payment for his first house, so he started running a weekly raffle. The prize was his pay check and he would clear two or three times his take home pay every week. By the time management caught up with him, he had enough for his down payment. Nobody ratted on him—we were all buying chances - but he was spending so much time selling chances that he didn't have time to get his work done and his boss got wise and followed him for half a day.

Many a pilot and many an aircraft returned home safe from war zones because of the technology developed and manufactured in that plant and I'm proud to have been a minute part of it. And many were the days when the smiles and laughs created by some neat and clever coworkers were what kept the whole operation going.

I hope BAE relocates somewhere in the Triple Cities area.

## Hanukkah House Museum: A Local Treasure

Hanukkah House Museum, Temple Concord's seasonal museum focuses on Jewish holidays and culture. It is a teaching museum that through creative displays of Jewish history and tradition provides a cultural and educational experience that will increase the visitor's awareness and knowledge of Jewish life.

Hanukkah is an eight day festival which celebrates freedom, courage and hope. It is a critical chapter in the long story of the miracle of Jewish survival. During this season of lights and thanks, let all of us be grateful for the many freedoms we enjoy in this country today, remember those who made them possible and resolved to continue to work together for a better tomorrow for all people.

The Museum is located at Temple Concord on Riverside Drive in Binghamton and is open from noon until 4 p.m. Tuesdays, Saturdays and Sundays as well as 4-8 p.m. Thursdays. The museum's last day for the season will be December, 27.

## Share Your Lessons for Living at Cornell's Legacy Project

The Legacy Project at Cornell University invites people age 60 and older to share their thoughts about the important lessons they have learned over the course of their lives. And they've created a web site to share those lessons with younger people everywhere. You can find our blog at <http://legacyproject.human.cornell.edu/>. New lessons from the elders are posted several times a week.

To date, the Legacy Project has collected lessons from over 1200 individuals across the country by

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## Living Well With Atrial Fibrillation

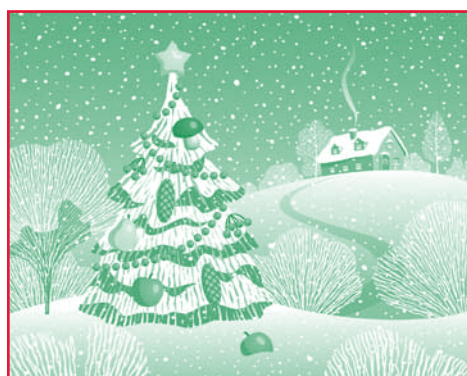
Atrial fibrillation is an irregular heartbeat that starts in the upper chambers of your heart, called your atria. Without proper care, atrial fibrillation can lead to serious complications, including a heart attack. If you have atrial fibrillation, you need to work closely with your doctor to find the best treatment. In addition to taking your medication as directed and keeping in touch with your doctor, there are some important lifestyle changes you can make that help manage atrial fibrillation.

Stay Active - "Regular exercise is important if you have atrial fibrillation because staying fit slows down your resting heartbeat and decreases your blood pressure. High blood pressure is dangerous for someone with atrial fibrillation and can trigger an irregular heartbeat," says David Frid, MD, a cardiologist at the Cleveland Clinic in Ohio. High blood pressure, along with heart disease, is among the common causes of atrial fibrillation.

Manage Your Cholesterol - "Keeping an eye on your cholesterol is important for everyone with heart disease, including people with atrial fibrillation," advises Dr. Frid. High cholesterol levels can lead to coronary artery disease and to stroke. If you have atrial fibrillation, you are already up to seven times more likely to experience a stroke than someone without atrial fibrillation.

Go on a Low-Sodium Diet - One way to lower your risk of stroke and help manage atrial fibrillation is to eat a heart-healthy, low-sodium diet. "An important part of a healthy diet for someone with atrial fibrillation is avoiding salt. Salt can increase your blood pressure, which can make atrial fibrillation worse," notes Frid. Other parts of a heart-healthy diet include avoiding saturated fats, limiting unhealthy calories, and

*Continued on Page 2*



## Atrial Fibrillation

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consuming plenty of fiber-rich foods.

**Cut Out Caffeine** - Too much caffeine is bad for anyone, but caffeine can be especially dangerous for someone with an irregular heartbeat due to atrial fibrillation. "Caffeine acts as a stimulant to the heart and can trigger atrial fibrillation," says Frid. Common sources of caffeine include coffee, tea, colas, and energy drinks. Also, make sure to check the labels of over-the-counter medications to make sure they do not contain caffeine.

**Avoid Stimulants in Cough and Cold Medicines** - Many over-the-counter cough and cold preparations contain the medications pseudoephedrine and ephedrine. "These medications may stimulate the heart in a way that is similar to caffeine, raising blood pressure and increasing heart rate. That can be dangerous if you have atrial fibrillation," warns Frid. Read all medication label warnings and ask your doctor or pharmacist about the safety of over-the-counter drugs for those with atrial fibrillation.

**Don't Smoke** - Smoking is bad for everybody: People who smoke are at risk for lung cancer, heart attack, and chronic pulmonary disease. If you have atrial fibrillation and you smoke, you are really playing with fire. "Nicotine is another one of those stimulants that can raise blood pressure, irritate the heart muscle, increase the heart rate, and trigger an attack of atrial fibrillation," says Frid. If you are a smoker, ask your doctor to help you stop now.

**Limit Alcohol** - Excess exposure to alcohol or binge drinking is a known cause of atrial fibrillation. Alcohol increases blood pressure and heart rate, which is dangerous if you have atrial fibrillation. "People with atrial fibrillation may quickly get into trouble if they binge on alcohol. The term 'holiday heart' has been used to describe increased risk of heart problems that occur during the holiday season," says Frid. Ask your doctor what alcohol limits you should set for yourself.

**Get Your Flu Shot** - The flu can be riskier for someone with a weakened heart. "There is some evidence that viral diseases like the flu can spread to the heart muscle or to the tissue around the heart. These conditions, called pericarditis and myocarditis, can be especially dangerous for

people with atrial fibrillation," says Frid. Flu virus can also lead to fever and dehydration, which can stress your heart and increase the risk of atrial fibrillation.

**Keep Your Weight in Check** - Maintaining a healthy weight is one of the best ways to help manage your atrial fibrillation. "Being overweight increases your blood pressure, and that increases pressure inside your atria, where the irregular heartbeats of atrial fibrillation begin," explains Frid. Talk to your doctor to find out what your ideal weight should be and get advice for changes you might need to make, such as eating a low-sodium diet and exercising.

**Lower Your Stress** - "Stress triggers the body's flight or fight response. Stress causes the secretion of hormones like adrenaline that increase heart rate and blood pressure in a way similar to caffeine," says Frid. Repeated stress can damage your heart over time and can also lead to other bad behaviors, such as smoking or drinking, that make atrial fibrillation worse. Using stress-reduction techniques and avoiding stressful situations can help you manage atrial fibrillation and feel calmer.

*Source: Everydayhealth.com*

## Cornell's Legacy Project

*continued from page 1*

asking them "What are the most important lessons you have learned over the course of your life?" Their advice includes such topics as: how to be happy on a day-to-day basis, the secrets to a successful marriage, tips on raising children, ways to have a fulfilling career, strategies for dealing with illness and loss, and how to grow old fearlessly and well.

We are continuing to collect lessons from anyone age 60 or older through our site. Please join us on the blog and contribute your advice that you would like to pass on to the younger generation. You can do this by selecting the "SHARE YOUR LESSONS" tab at the top of our homepage or go directly to <http://legacyproject.human.cornell.edu/give-your-advice/>.

For more information, feel free to email us at [legacyproject@cornell.edu](mailto:legacyproject@cornell.edu).

## Aging With Attitude

*Stay connected...and never act your age!*

### Take the Time

We spend our lives trying to cope with a time-compressed, 24/7 society that's filled with noise, distraction, and unending demands. And there's nothing like the holiday season to help us feel even more rushed, hurried, preoccupied, or worried about getting everything done. In keeping with the "idea" of the holiday rush, here's a calming, encouraging message and I hope you'll take the time to absorb these ideas (that's my plan!).

Take the time this season to be patient when someone gets in your way or behaves rudely and turns into a grinch before your very eyes. Take the time to drive safely, even if it will make you late. Take the time to listen with your ears *and* your eyes when talking with someone you love.

Take the time to do something nice for yourself in the midst of preparing for the holidays. Take the time to stop, breathe deeply, relax, and smile when weather, traffic, or long lines screw up your schedule. Take the time to smile at people who look like they need a moment of kindness or tolerance. Take the time to make at least one phone call to connect with someone you care about.

And not just for now or the season, but for the new year that is fast approaching, take the time to reflect on each day instead of letting your experiences slide into oblivion. Catch a moment that made you smile, laugh, or think about something or someone special. Take the time to truly look at your surroundings, indoors and out, and how things so subtly change. Notice, absorb. Take the time to learn something new every day, every week, to enrich your life and keep things simple. You'll be glad you did.

*We need time to dream, time to remember, and time to reach for the infinite.  
We need time to be. ~ Gladys Taber*

## Here's to Healthy Living

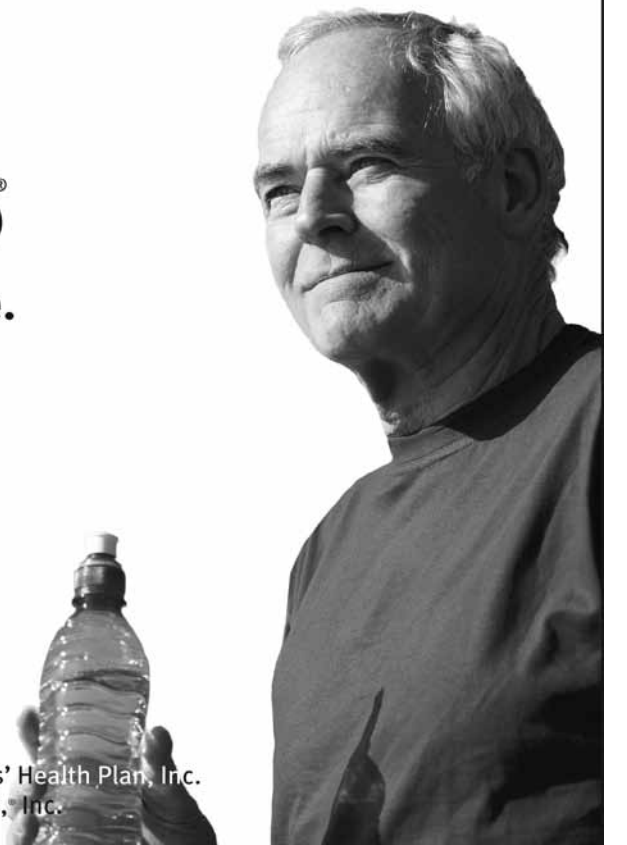
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## Home Safety Tips:

- Install smoke alarms on every level of the home, outside sleeping areas and inside each bedroom.
- Install CO alarms on each level of the home and outside sleeping areas but not in attics or basements unless they are sleeping areas.
- Have a professional inspect all fuel-burning home appliances, including furnaces and chimneys.
- Never leave cooking equipment unattended.
- Use caution with candles, lighters, matches, and smoking materials near upholstered furniture, mattresses, and bedding.
- Have a fire escape plan and practice it so all family members know what to do and where to meet if there's a fire in the home.
- Never ignore an alarming CO alarm. Immediately move outside to fresh air and do not try to find the source of the CO. Call your emergency services, fire department, or 911.
- Never use a portable generator indoors – including garages, basements, crawlspaces, and sheds. Opening doors and windows or using fans will not prevent CO buildup in the home.
- Keep portable generators outdoors and far away from open doors, windows and vents.
- Never use charcoal indoors. Burning charcoal in an enclosed space can produce lethal levels of carbon monoxide.

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**Broome County Office for  
Aging**

## Remember Office for Aging In Your Donations

You can combine celebrating a special occasion (a birthday or anniversary for example) or memorializing a friend or relative with supporting OFA's programs and services. Contributions made to OFA in honor of, or in memory of, a special person are used to expand the services that we offer.

Below are some examples of donations and how they are used by the Office for Aging:

- A wife was planning a 50<sup>th</sup> birthday party for her husband. She knew that her husband didn't need any gifts for his birthday but that people would want to bring gifts. She requested party goers to make a donation to Meals on Wheels in honor of her husband should they want to bring a gift. Her husband was very pleased with the party because everyone had a good time and he knew people in need were being fed.
- Memorial contributions were received from the friends and family of a woman who volunteered for years in the kitchen at one of our senior centers. The oven in the kitchen needed to be replaced. Her friends at the center donated money to the Office for Aging in memory of their friend so that a new range could be purchased for the center. They knew that their friend would be happy and proud that her years of volunteer work had been honored in this way.
- Memorial contributions were received from family and friends of a man who attended Yesteryears...A Day Program for Adults. With the donations a window was inserted in the wall so that caregivers could see from the next room what a wonderful time their loved ones were having. Seeing their loved ones happy and content put their minds at ease and helped relieve the guilt of leaving them.

Special donations can be sent to:

The Broome County Office for Aging  
C/O Kathleen Klysh  
P O Box 1766  
Binghamton, NY 13902

If you have any questions about donations to the Broome County Office for Aging, please call Kathleen Klysh at 778-2411.

## Avoid Holiday Payment Shock

Twas the month before Christmas and all through the Mall, the smell of burning plastic filtered through the hall. The shoppers were charging their gifts with delight and no concern of pending financial plight.

Millions of holiday shoppers will dust off their credit cards and hit the malls this month, happily charging everything from toys to tinsel. Unfortunately, many a shopper's holiday glee will become holiday gloom once their January credit card statements arrive.

You can avoid post holiday payment shock by limiting your spending. Determine how much you can afford to spend before beginning your shopping excursion and stick to your budget. Make a list and check it twice. As you shop, record each gift and its cost. Then add up expenses so your credit card bill won't take you by surprise.

Use cash whenever possible. If it is necessary for you to charge a number of gifts, put them all on one credit card so you won't be juggling several bills in January.



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## Safety Tip For Shopping On Line

Go with a name you trust — Big name stores carry with them a reputation for dependability. Small operations could be here today and gone tomorrow. Before making a purchase from a smaller company, make sure that you have working contact numbers, some sort of return policy, and that the company does not have a history of complaints filed with the Better Business Bureau.

Don't use debit cards to shop online — when you use a debit card online you are not protected under the Fair Credit Billing Act. This act protects those whose credit card is used unlawfully and only holds the owner liable for \$50. A debit card transaction has no such protection and you could be out all of the money that is stolen from you.

Print it out — In the case that an Internet purchase goes sour, you are going to need some evidence to prove your story. You should always print out your order, the return policy, company information, specific product information and warranty details.

**Blessed is the season  
which engages the  
whole world in a  
conspiracy of love.**

Hamilton Wright Mabi





### First Ward Senior Center

December 1  
Christmas Show at  
American Music Theatre  
Dinner at Miller's

May 14-25, 2012  
Alaska Cruise/Tour

### Vestal Senior Center

May 2012  
7-Day Caribbean Cruise  
Prices start at \$950 per person.  
Contact Charlie DiGiacomo  
625-2855.

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### **Save That Energy**

With today's tight budgets, saving energy is one way to keep money in your pocket. Here are a few tips to help you along.

- Unplug those chargers for the cellphones and other portable electronics. They use energy even when the gadget is not attached.
- Minimize the use of overhead lighting.
- Use motion detectors and timers to control when lights and heaters turn on.
- Keep furniture and drapes away from register, grilles and radiators.
- Do not run your vehicles when parked.
- Use cold water when possible. Hot water should not exceed 100 degrees.
- Capture as much sunlight in your home as possible during the winter. Open your blinds and drapes.

### **It's Back! Potato Bar!**

December 7, 8 & 9  
at Participating Senior Centers

Use your imagination and top your baked or mashed potatoes with freshly grated cheddar cheese, crumbled bacon, steamed broccoli, chives and/or sour cream. Or try mashed sweet potatoes topped with soft and sweet brown sugar and some toppings. The combinations are endless.

Your potato creation will also come with a bowl of homemade soup or chili, crispy tortilla chips, dessert and a beverage.

All that for just \$3.00 if you are age 60+ and only \$4.00 for those who are not yet age 60. Participating centers are Broome West, Johnson City, Eastern Broome (Dec. 7 & 9), Greenman (Dec. 7 & 8) and Northern Broome (Dec. 5, 7, 8 & 9). Each center's potato bar menu may vary so drop in and give your taste buds a pleasant surprise! No reservations needed for the Potato Bar.

### **Ring in the New Year with Friends!**

Celebrate the New Year  
at a Senior Center  
Friday, December 30

Say farewell to 2011 and toast 2012 with friends, festivities and food at a senior center nearest you! A special luncheon of halupki or fish Florentine, baked potato, peas & carrots and a Black Forest brownie for dessert and will be served around noon.

Reservations are needed and can be made by calling the senior center of your choice before noon on Thursday, December 29. The meal is \$3.00 for people 60 and older and their spouse; anyone under age 60 will pay \$4.00.

### **Binghamton AARP Meeting**

The next meeting of the Binghamton Chapter of AARP will be Wednesday December 14th. It will be a Holiday Dinner. For reservations call Virginia Pecka at 797-6767 by December 5th.

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

## **EVENTS at the CENTERS**

### **Holiday Luncheon at the Senior Centers**

Please join us in celebrating the December holidays on Wednesday, December 14 around 12:15 pm (Dec. 15 at the Deposit senior center).

Holiday festivities vary at each center but each will serve a special holiday lunch of chicken cordon bleu, brown rice pilaf, vegetables, tossed salad, dinner roll and strawberry shortcake for dessert.

Lunch reservations are needed and can be made by calling the senior center of your choice by noon the day before.

The meal is \$3.50 for people 60 and older and their spouse; anyone under age 60 will be charged \$4.50.

We hope to celebrate the holiday season with you!



### **Holiday Dinner Dance**

Tuesday, December 6, 5pm

### **First Ward Senior Center**

Join us for our Holiday Dinner Dance! Enjoy a beef tenderloin dinner and the music of The Night Sounds from 6:30-8:30pm. Purchase tickets in advance by Friday, December 2<sup>nd</sup> for just \$10.

### **Holiday Luncheon**

Wednesday, December 7,  
12:30pm

### **Deposit Senior Center**

Join us at Meadow Park Apartments for a holiday meal. Come early for nickel bingo at 11:15am. To reserve your lunch, call 467-3953.

### **Christmas Sing-A-Long**

Wednesday, December 14,  
11:30am

### **East Side Senior Center**

Join us at the piano today for a holiday sing-a-long with Pastor Jan Clark. We will share our voices and great conversation at this seasonal celebration. Our special luncheon and door prizes will add to the merriment. All for \$3.50 donation.

### **Life Stories**

Friday, December 9, 1pm

### **Broome West Senior Center**

Listen to wonderful stories presented by the writers of our recent Memoirs in Writing class. Instructor Paulette Hackman is hostess. Please call the Center at 785-1777 to share lunch with us before the readings.

### **Holiday Breakfast**

Tuesday, December 13, 8am

### **Eastern Broome Senior Center**

Celebrate the holiday spirit with our expanded menu: choose from French toast, waffles or pancakes; omelets or scrambled eggs; much more. Suggested contribution is \$3.00 for 60 and better or \$4.00 for all others. All are welcome; not reservations.

### **Craft Fair and Bake Sale**

Tuesday, December 1  
9:30-11:45am

### **Vestal Senior Center**

Come do your holiday shopping at the Vestal Senior Center. We will have handcrafted items as well as baked goods for sale.

## **The Broome County Home Repair Service Home Repairs for Senior Citizens**

*A non-profit public service operated by*

### **First Ward Action Council, Inc.**

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....And More

**Call 772-2850 For Details**

## Caregiver Corner

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

### Veterans Benefits: What Every Veteran and Caregiver Should Know

Date: Tuesday, December 13

Time: 1:00-2:30 p.m.

Broome County Public Library (Decker Room)

185 Court St., Binghamton

Presenter: Brian Vojtisek, Veteran Services

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

### Hints for Caregivers Coping with the Holidays

The Holidays are a busy time for most of us. While the hints listed below are with a memory impaired person in mind, they apply well to any caregiving situation.

- Keep your regular routine. It is important for both you and your family member with Alzheimer's Disease.
- Try to maintain a positive attitude. Keep in mind that the holidays are also a time for memories and reflection as well as joy.
- Simplify and set reasonable goals for yourself. Decorating, card sending, shopping and entertaining expectations should reflect the other demands on your time.
- Break down large tasks into small ones. This may also enable the person with Alzheimer's to assist with hanging decorations, placing cards into envelopes, stamping envelopes and wrapping gifts.
- Give yourself permission to say no to obligations.
- Give yourself permission to ask for and say yes to offers of assistance from family, friends and neighbors.
- Encourage friends and family to visit but keep the number of visitors at a time to a minimum.
- Prepare potential activities or tasks to divert your loved one's attention if they become over stimulated, agitated or confused.
- Accept invitations and enjoy the chance to be with friends and family, even if your loved one can't attend. Keep in mind that missing out on events will not help your loved one.

Article written by the Alzheimer's Association, Delaware Valley Chapter, 100 North 17<sup>th</sup> Street, 2<sup>nd</sup> Floor, Philadelphia, PA 19103

### Fun Facts

- Winston Churchill was born in a ladies' room during a dance.
- The winter of 1932 was so cold that Niagara Falls froze completely solid.
- Leonardo Da Vinci invented the scissors.

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## Keep Yourself On The Road

Here are some basic tips for safely keeping your senior loved one on the road from [www.car-fit.org](http://www.car-fit.org)

- Always sit at least 10" from the center of the steering wheel.
- Wear safety belt properly. Place the lap belt low and snug over the pelvis with the shoulder portion over the stomach and across the chest and collarbone.
- If steering wheel tilts, direct it towards your chest, not your head.
- Adjust the head restraint. The center of the headrest should coincide directly with the back of their head.

But there are some simple steps that can be taken that can help minimize the effect aging eyes can have on driving:

Make sure that you get regular eye exams (at least every two years). Cataracts are common among senior drivers and can be corrected with surgery; the progress of many other eye problems can be slowed if they are detected in time.

Limit driving. If you have a problem with night vision or glare, limit driving to daytime hours.

Turn their head frequently. This action can help compensate for diminished peripheral vision.

Check mirrors. A few simple steps can ensure that a "second set of eyes" is as efficient as possible. The AAA Foundation offers step by step instructions for adjusting mirrors as well as a video that explains how to tell if their mirrors are properly adjusted.

Add a larger rearview mirror to increase the range of visibility.

Keep your eyes up. By watching the road ahead, you see trouble before you reach it. In the city, you need to look at least one block ahead; on the highway, at the section you will reach in 20 to 30 seconds. And make sure that you attend a Car-fit event if there is one in your neck of the woods.

Source: *Fearless Caregiver* at [Caregiver.com](http://Caregiver.com)

## Meals On Wheels Needs Help

Since the flood, the Meals on Wheels Program is in need of additional volunteers. Several regular Meals on Wheels volunteers have been impacted by the flood and are busy with their homes or are helping friends. Are you looking to help the community recover from the flood, but don't know what to do? For anyone wanting to help but unable to assist with clean up, this could be a great alternative.

Do something that can make your life and the lives of others around you better: Volunteer! Research shows that people who are active and involved in their community are happier and healthier.

Volunteers are asked to work one day a week for about 2 hours a day. Volunteers meet at their neighborhood Meals on Wheels Office just prior to noon. Volunteers work in teams of two to deliver meals on a route serving up to 14 seniors. The meals are designed to provide healthy and nutritious hot lunches to older people who are ill or who are recovering from a hospitalization. Many clients have commented that without the Meals on Wheels Program, they would not be able to remain living independently in their own homes.

The volunteers you will be joining are down to earth, enthusiastic, intelligent people who inspire others because they care about one another and their neighbors. You, too, can make a difference: Become a volunteer! To learn more, call the Office for Aging Senior Resource Line at 778-2411.

## Did You Know

Simply getting off the couch and going for a brisk walk may help prevent dementia and Alzheimer's disease. An Australian study recently published in the *Journal of the American Medical Association* found that as little as six months of regular exercise produced improvement in memory and cognitive function in a group of older adults. A separate six-year study of 1,700 seniors 65 and older found that working out three or more times per week slashed the risk of developing Alzheimer's and dementia by 35 percent.

## Beat the "Holiday Blues"

Keep expectations for the holiday season manageable by not trying to make the holiday "the best ever." Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the most important activities. Don't spend too much time preparing for just one day.

Give some thought to the following suggestions:

- Be realistic about what you can and cannot do. Be realistic about your expectations of others, too.
- Sometimes our biggest disappointments are because the people we love failed to live up to our expectations.
- Let go of the past! Don't be disappointed if your holidays are not like they used to be. You set yourself up for sadness if everything has to be just like the "good old days." Look toward the future.
- Do something for someone else. It's an old remedy, but it can help.
- Avoid alcohol—it's a depressant.
- Don't be afraid to try something new. Celebrate the holidays in a way you have not done before.
- Find time for yourself! Don't spend all your time providing activities for your family and friends.
- If you are alone during the holidays, invite a friend or neighbor who might also be alone to have dinner with you.
- Try to contact someone you have lost touch with.

### Fun Facts

- Almonds are a member of the peach family.
- An ostrich's eye is bigger than its brain.
- Women blink nearly twice as much as men.
- Peanuts are one of the ingredients of dynamite!

## Aerobic Exercise: Build Your Bones And Pump Your Heart

Walking as a form of aerobic exercise is a free and efficient way to burn calories and live a healthful lifestyle, simply by working against gravity and supporting your body's weight.

Studies show that weight-bearing activity increases bone density and strength, which is important to decrease the risk of osteoporosis, a disease that causes bone tissue to become brittle and thin. Walking also boosts your heart rate, which speeds up the calorie-burning process (though it is important to exercise properly and within a targeted heart rate zone). Strengthening bones and the heart muscle are two wise goals to strive for when walking.

To make new bone, bone has to be stressed. When muscle pulls on bone during walking, bone is stimulated to grow more tissue. As a result, appropriate stress levels upon bones actually help them grow stronger. By taking the correct precautions, you can strengthen your bones without inflicting injury.

Dr. Mark Klaiman, a physical medicine and rehabilitation specialist in Bethesda, Md., advises wearing comfortable, well-fitting shoes that support your arches and your ankles and protect your toes. He also suggests starting your walking routine slowly, with a five to 10 minute walk each day, at a speed that makes you breathe a little faster but does not prevent you from conversing while you walk. As walking gets easier, add five or 10 minutes each week. You may want to keep track of your progress—time and distance, for example—by writing it in a diary.

Listen to your heart. Before you begin your walking routine, don't forget to consult with your doctor about monitoring your heart rate. Check with your doctor about a safe pace and length of time when beginning your routine. You know you are giving your heart a workout when your physical activity makes you perspire and become breathless, even if it's just climbing the stairs.

The heart is a muscle, and its ability to endure a little stress means that it is strong. Getting regular aerobic exercise keeps it that way and helps to lower your cancer risk.

To make sure your heart rate is neither too slow to maximize health benefits nor so fast that you strain yourself, pay attention to these targets: If you are in your 60s, your target zone is 80 to 120 beats per minute. If you are 70 or older, it is 75 to 113 beats per minute.

Source: American Institute for Cancer Research

## Bill of Rights Day

December 15<sup>th</sup> is *Bill of Rights Day*. To Americans, the Bill of Rights are key amendments to the U.S. Constitution, that protect our individual rights.

On March 4, 1789, the Constitution of the United States of America was ratified by the 13 colonies, and went into effect. States and individuals were concerned that the Constitution did not properly cover and protect a number of rights of individuals. The Constitution was signed by the original 13 states with the requirement, or understanding, that a Bill of Rights would be created, amending the new U.S. Constitution.

On September 25, 1789, the First Congress of the United States proposed to the state legislatures twelve amendments to the Constitution. Ten of these amendments were added to the Constitution on December 15, 1791.

The Bill of Rights includes these Amendments:

- Amendment 1 - Freedom of speech, press and religion.
- Amendment 2 - The right to bear arms.
- Amendment 3 - Protection of homeowners from quartering troops, except during war.
- Amendment 4 - Rights and protections against unreasonable search and seizure.
- Amendment 5 - Rights of due process of law, protection against double jeopardy, self incrimination.
- Amendment 6 - Rights of a speedy trial by jury of peers and rights of accused.
- Amendment 7 - Rights to trial by jury in civil cases.
- Amendment 8 - Protection from cruel and unusual punishment, excessive bail.
- Amendment 9 - Protection of rights not specified in the Bill of Rights.
- Amendment 10 - States rights, power of the states.

Of the twelve original amendments, which ones were not approved? Original Amendments #1 and #2, that dealt with the number of representatives to congress, and compensation to representatives.

On *Bill of Rights Day*, we hope you celebrate you American Citizenship, and spend a few minutes reflecting upon the freedoms that you enjoy. These freedoms do not exist in many countries of the world.



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## Holidays or Holidaze?

By: Leslie Charles



The holidays are once again upon us. Thanksgiving comes first at a nice pace, those early decorations start popping up, and then you hear that initial Christmas carol. But after that, things start ganging up on us: crowded stores, long lines, obligatory parties, gift exchanges, family gatherings, and overspending on an already anemic budget. This is where people start thinking, “Whoa, whoa, whoa” instead of ho, ho, ho.”

Avoid the mental maze of the “holidaze.” You can put the skids on those negative impulses; no shopping rage for you! Yes, you can make your holidays more cheery and festive instead of chaotic and frustrating with a little bit of awareness and a lot of fortitude.

1. When you head for the mall, prepare yourself with a “reality bite.” There will be traffic, people, and few choice parking spots. There will be lines, too, but getting cranky about these inconveniences won’t thin the herd or make those lines move faster. Turn waiting time into rejuvenating time: smile, regroup, take a relaxing breath, imagine your favorite vacation spot, check your shopping list, visualize your next good meal, or do a few toe taps to renew your energy.
2. Restrain your gift buying. If you’ve been affected by the economy, instead of overextending, choose gifts that reflect thoughtfulness. Consider “gifts of self” for those you love involving “together time” instead of physical possessions. Price tags can’t be placed on gifts that include a personal dimension.
3. For workplace gifts, consider charity donations. If you exchange names at work, find out what charity your recipient most values and make a donation in their name. With this approach, everybody wins.
4. If you must deal with cranky customers at work, remember that this too shall pass. These irritating individuals may be grappling with grim circumstances. Be grateful you only serve them and don’t have to go home with them.
5. For family visits, put a soft lens on your heart so you can perceive your loved ones with compassion instead of criticism (if they haven’t changed by now they probably never will). Be grateful you don’t have to go home with them, either.
6. For the entire season, slow your pace when you drive, walk, and talk. Don’t get swept up in the rush; be an observer, not a participant. Smile more, breathe and relax, look for hopeful signs instead of hassles. Remember the words “good will to all.”

**Simple Action:** *Keep reminding yourself that the holidays aren’t about presents; they’re about presence (yours).*

*Leslie Charles is the author of seven books, an award-winning professional speaker and contributor to the publication Put Old on Hold. Learn more about Leslie and all the things she does at [www.lesliecharles.com](http://www.lesliecharles.com)*

## Sudoku Answers

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

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## Senior Citizen Winter Indoor Walking

The Broome County Office for Aging and the local school districts have teamed up to offer senior citizens indoor walking during the winter months. Sites are open through April 30, 2012. Seniors can walk at the designated sites only during the scheduled times, Monday – Friday. When the schools are closed for holidays and snow days, etc., there will be no walking program.

Get your walking registration forms and incentive sheets from the school office, by calling the Office for Aging at 778-2411 or download them at [www.gobroomecounty.com/senior/healthed](http://www.gobroomecounty.com/senior/healthed).

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

Additional walking sites may be added, call the Broome County Office for Aging at 778-2411 or visit [www.gobroomecounty.com/senior/healthed](http://www.gobroomecounty.com/senior/healthed).

## Want To Advertise In The Senior News?

**We reach over 8,500 senior households  
in Broome County!**

**For Details call 778-2411  
Make our readers your customers!**

### Fun Facts

- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- The words ‘racecar,’ ‘kayak’ and ‘level’ are the same whether they are read left to right or right to left (palindromes).
- There are only four words in the English language which end in “dous”: tremendous, horrendous, stupendous, and hazardous.

## Get A Jump Start On Your Taxes

Earlier is better when it comes to working on your taxes. Taxpayers are encouraged to get a head start on tax preparation, especially since early filers avoid the last minute rush and get their refunds sooner.

Here are seven easy ways to get a good jump on your taxes long before the April deadline is here:

1. Gather your records in advance. Make sure you have all the records you need, including W-2s and 1099s. Don't forget to save a copy for your files.
2. Get the right forms. They're available around the clock on the IRS Web site, [www.irs.gov](http://www.irs.gov).
3. Take your time. Don't forget to leave room for a coffee break when filling out your tax return as rushing can mean making a mistake.
4. Double-check your math and verify all Social Security numbers. These are among the most common errors found on tax returns. Taking care will reduce your chance of hearing from the IRS and speed up your refund.
5. Get the fastest refund. When you file early, you receive your refund faster. When you choose direct deposit, you receive your refund in half the time as paper filing.
6. E-filing is easy. E-filing catches math problems, provides confirmation your return has been received and gives you a faster refund.
7. Don't panic. If you have a problem or a question, remember the IRS is there to help. Try the IRS Web site at [www.irs.gov](http://www.irs.gov) or call the IRS customer service number at 1-800-829-1040.

## Licorice

As it turns out, you really can overdose on candy - or, more precisely, black licorice. The Food and Drug Administration (FDA) encourages moderation if you enjoy snacking on the old fashioned favorite.



If you're 40 or older, eating 2 ounces of black licorice a day for at least two weeks could land you in the hospital with an irregular heart rhythm or arrhythmia.

FDA experts say black licorice contains the compound glycyrrhizin, which is the sweetening compound derived from licorice root. Glycyrrhizin can cause potassium levels in the body to fall. When that happens, some people experience abnormal heart rhythms, as well as high blood pressure, edema (swelling), lethargy, and congestive heart failure.

FDA's Linda Katz, M.D., says last year the agency received a report of a black licorice aficionado who had a problem after eating the candy. And several medical journals have linked black licorice to health problems in people over 40, some of whom had a history of heart disease and/or high blood pressure.

Katz says potassium levels are usually restored with no permanent health problems when consumption of black licorice stops.

Licorice, or liquorice is a low-growing shrub mostly grown for commercial use in Greece, Turkey, and Asia. The National Institutes of Health (NIH) says the plant's root has a long history of use as a folk or traditional remedy in both Eastern and Western medicine. It has been used as a treatment for heartburn, stomach ulcers, bronchitis, sore throat, cough and some infections caused by viruses, such as hepatitis, however, NIH says there are insufficient data available to determine if licorice is effective in treating any medical condition.

Licorice is also used as a flavoring in food. Many "licorice" or "licorice flavor" products manufactured in the United States do not contain any licorice. Instead, they contain anise oil, which has the same smell and taste. Licorice root that is sold as a dietary supplement can be found with the glycyrrhizin removed, resulting in a product known as deglycyrrhinated licorice, or DGL, NIH says.

If you have a fondness for black licorice, FDA is offering this advice:

- No matter what your age, don't eat large amounts of black licorice at one time.
- If you have been eating a lot of black licorice and have an irregular heart rhythm or muscle weakness, stop eating it immediately and contact your healthcare provider.
- Black licorice can interact with some medications, herbs and dietary supplements. Consult a health care professional if you have questions about possible interactions with a drug or supplement you take.
- If you've experienced any problems after eating licorice, contact the FDA consumer complaint coordinator in your area.

Source: [Everydayhealth.com](http://Everydayhealth.com)

### Fun Facts

- "Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right. (Bet you tried this out mentally, didn't you?)
- The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet. (Now, you KNOW you're going to try this out for accuracy, right?)
- The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.

## Marci's Medicare Answers

Marci's Medicare Answers is a service of the Medicare Rights Center ([www.medicarerights.org](http://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](mailto: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](http://www.medicareinteractive.org).

**Dear Marci,  
Will Medicare cover counseling to help me quit smoking?**

**Toni**

Dear Toni,  
Yes, Medicare covers counseling to help you quit smoking.

Medicare covers two counseling attempts at quitting smoking per year. Each attempt includes four sessions, which comes to eight sessions every 12 months. You can receive counseling at the clinic, outpatient department of a hospital, or doctor's office (including offices of physicians, psychologists, and clinical social workers). A doctor or an approved Medicare provider must perform the counseling.

If you have Original Medicare, you no longer pay coinsurances or deductibles for smoking cessation counseling if you have not been diagnosed with an illness that is caused or complicated by smoking, and if you see a Medicare-recognized doctor or other health care provider. Medicare also covers smoking cessation counseling for those people with Medicare who have been diagnosed with a disease or condition caused or aggravated by smoking. In this case, Medicare will pay 80 percent of the approved amount for smoking cessation counseling, after you meet your Part B deductible.

If you are in a Medicare Advantage plan (private health plan), contact your plan to see what rules and costs apply. Starting in 2012, Medicare Advantage (MA) plans cannot charge you for preventive services that do not have cost-sharing under original Medicare.

Marci



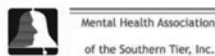
# Project RENEW

Free Crisis Counseling available for those affected by Tropical Storm Lee

**Project RENEW** provides free crisis counseling to those whose lives were impacted by Tropical Storm Lee. Staff is available to assist individuals, families, community groups, businesses and service organizations at no charge. Our goal is to assist our community in recovering from the challenges of the flooding that followed Lee.

For more information please contact the  
**Mental Health Association of the Southern Tier – Project Renew**  
607-595-9376

Project RENEW is funded through a grant by the Federal Emergency Management Agency (FEMA) and facilitated with the Substance Abuse and Mental Health Services Administration. Project RENEW is a program of the NYS Office of Mental Health.



## 5 Steps to Safer Shoveling

The average shovelful of snow weighs 20 pounds, and all that lifting can lead to blisters, muscle strains, back injuries even heart attacks. **So be careful.**

- 1. Warm up first.** Running in place or stretching beforehand will release chemicals in the muscles that help prevent injuries.
- 2. Take breaks.** Aerobically speaking, shoveling is comparable to weightlifting. Pace yourself and drink plenty of fluids.
- 3. Get a good grip.** Wear gloves thick enough to protect the skin from blisters...space your hands apart on the handle to increase your leverage and make it easier to lift the snow.
- 4. Lift safely.** Squat with your legs apart, knees bent and back straight. Keep the shovel close to your body. Push the snow instead of lifting it, and throw snow forward—don't twist your body while lifting, carrying or throwing.
- 5. Watch for warning signs.** Health experts advise people at risk of heart attack, such as smokers and individuals with diabetes or high blood pressure, to take it easy while shoveling. Stop and get help immediately if you experience persistent shortness of breath, chest discomfort, weakness or excessive sweating.



## Yes, You Can Lose Weight! Really! Part 10: Laugh It Off

David L. Schriber

Hopefully by now you've had some successes to celebrate in your quest to lose extra pounds. It probably hasn't been easy, and you've had some frustrations, plateaus, and even setbacks along the way. But I hope you've had enough success to see that you really can lose weight without fad diets, bogus fat burning pills, or expensive gym equipment.

It's time to look in the mirror and say, "Hey, you're lookin' a lot better."

Taking pounds off requires some work and discipline, and so does keeping them off. By this time, you should have developed some new eating and exercising habits—and counting calories and measuring foods shouldn't seem so onerous any more. Congratulate yourself on a job well begun. Now just keep up your good disciplines and your vigilance in shopping and dining out.

It helps to be able to laugh at yourself. With this in mind, I offer a few tongue-in-cheek hints.

### Top Ten Things You Don't Want to Hear from Your Talking Scale

10. Shall I call your cardiologist?
9. Maximum exceeded; please use freight scale.
8. It's a good thing I can talk; you probably can't see the read-out.
7. I can't believe you ate the whole thing!
6. Warning: Earthquake, Stampede, or Demolition in Progress!
5. No jumping, please!
4. Put down the box.
3. I hope that cheesecake was good.
2. Only one person at a time, please.

And the #1 thing you don't want to hear from your talking scale:

1. Would you like your weight in pounds, kilograms, or tons?

### Top Ten Popular Myths About Dieting

1. Foods eaten at movies and ball games don't count; they are simply part of the entertainment experience.
2. Snacks at church coffee hours don't count; remember, God forgives!
3. Store samples have no calories, because you didn't have to pay for them.
4. Food used for medicinal purposes never counts; this includes things like: hot chocolate, brandy, and cheesecake.
5. If you wash down a candy bar with a diet soda, they cancel each other out.
6. Broken cookies have no calories; breakage causes calorie leakage.
7. Cookie dough has no calories until baked.
8. 12 oz beer cans make great hand weights. (Well, they do, if you don't drink the contents.)
9. If no one sees you eat it, you don't have to log it.
10. If you fatten up everyone else around you, you'll look thinner.

### Beware the Smallest Slip

Be careful: A tiny slip in your diet can snowball into a calorie avalanche, as in this diet:

Breakfast: ½ grapefruit, 1 slice whole wheat toast, 8 oz. skim milk  
Lunch: 4 oz. lean broiled chicken breast, 1 cup steamed zucchini, 1 Oreo cookie, herb tea  
Mid-Afternoon Snack: rest of the package of Oreos, 1 quart Rocky Road ice cream, 1 jar hot fudge  
Dinner: 2 loaves garlic bread, large pepperoni and mushroom pizza, large pitcher of beer, 3 candy bars, entire frozen cheesecake eaten directly from the freezer.  
Midnight Snack: one bag of potato chips, 8 oz. onion chip dip

Bon – et sain – appétit! (Good – and healthy – appetite!)

# 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

- 12/7,8,9 Potato Bar w/Toppings & Chili, 11:15am-12:30pm
- 12/7 RPEA Meeting w/Adam Bielecki, American Red Cross, 9am  
Holiday Entertainment w/Ted Davenport, Harpist, 11am
- 12/8 Movie: "Fat, Sick & Nearly Dead" w/Mari & "juicing" samples, 10am
- 12/9 "Life Stories" Writers' Celebration, 1pm
- 12/12 Special Breakfast: Holiday Fruit Fluff Dessert, 10am-12:45pm
- 12/13 Evening Meal w/Ralph Muro, 5-7pm
- 12/14 Holiday Meal w/Mr. & Mrs. Santa Claus, 11am-12pm
- 12/15 Philly Cheese Steak Day, 11am-12:30pm  
Zumba Christmas Party, 1:30pm
- 12/21 Legal Aid by Appointment w/Willa Payne, 9-11:30am  
Birthdays & Anniversaries, 12pm
- 12/26 Center Closed – Happy Holidays
- 12/28 Dave Lewis, piano, 12pm
- 12/30 New Year's Eve Party w/Toast to 2012, 12pm
- 1/2 Center Closed – New Year/s

## **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

- 12/1 Ice Cream Day, 1pm
- 12/6 Site Council, tba  
Blood Pressures by Barb, 1pm
- 12/7 Nickel Bingo, 11:15am  
Meador Park Luncheon, 12:30pm
- 12/8 Breakfast for Lunch, 10:30am  
Post Office Rep, 12pm
- 12/12 Christmas Party at Cornerstone Cafe, 11:30am
- 12/15 Holiday Lunch w/Sing-A-Long, 12pm
- 12/20 Food Bank of the Southern Tier, 12pm
- 12/22 Birthday Celebration, 12pm
- 12/27 Bingo, 1pm
- 12/29 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

- 12/7 Finance and Officers' Meeting, 9:30am
- 12/7&9 Potato Bar w/Toppings & Salad, 11:30am-12:30pm
- 12/8 Game Day w/Philly Cheese Steak Dinner, 4-6:30pm
- 12/9 Holiday Chinese Auction, 11am
- 12/12 Birthday Party w/Sing-A-Long & Cake, 11am  
Information & Assistance Rep Lucia Esposito (OFA), 11am
- 12/13 Holiday Breakfast w/Music, 8-10am
- 12/14 Holiday Luncheon w/Rocky Mountain Connection, 11am

## **Eastern Broome Special Activities Continued**

- Gift Exchange, \$5 limit, 1pm
- 12/16 Rainbow Raffle for Red & Green Items, 11am  
Harpursville Pre-K Visit, 12:45pm
- 12/19 Harpursville Pre-K Visit, 9am
- 12/21 Cookie Exchange, call for details, 10am  
Site Council Meeting, 10:30am  
Headstart Visit, 1pm
- 12/23 Low Sugar/Sugar-Free Dessert Celebration, 11am
- 12/26 Center Closed – Happy Holidays
- 12/30 New Year's Party w/Senior Sounds, 11a
- 1/2 Center Closed – New Year's

## **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

- 12/7 Christmas Cookie Exchange, 11am
- 12/12 Snowman For a Day, wear your favorite scarf, 11am
- 12/14 Holiday Meal w/ Sing-A-Long, 11:30am
- 12/26 Center Closed – Happy Holidays
- 12/28 New Years Celebration w/ Toast, 11:30am
- 1/2 Center Closed – New Year's

## **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

- 12/1 Christmas Show Bus Trip, 7:30am
- 12/2 Executive Meeting, 9:30am
- 12/3 Holiday Sale, 9am-2pm
- 12/5 Zumba w/Winnie, 10am
- 12/6 Chair Yoga w/Jim Holley, 10am  
Women's Club Meeting, 1pm  
Holiday Dinner Dance, 5pm
- 12/7 Information on Exemptions for Binghamton Residents, 12:30pm  
Social Club Meeting, 1pm
- 12/8 Philly Cheese Steak Day, 11am-12:30pm
- 12/12 Scarlet Bonnets Meeting, 1pm
- 12/14 Legal Aid w/Willa Payne, 9am  
Holiday Luncheon w/David Hores, 11:45am
- 12/15 Holiday Chorus Concert, 12:30pm
- 12/27 Progressive Pinochle w/Refreshments, 12:45pm
- 12/28 Information & Assistance Rep Lucia Esposito (OFA), 11:30am
- 12/26 Center Closed – Happy Holidays
- 1/2 Center Closed – New Year's

**The SEPP Group**

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- Hamilton House
- Kime Apartments
- Marian Apartments
- Nichols Notch
- Wells Apartments
- Whitney Point Apartments
- Windsor Woods


**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:**

- 12/2 Zumba w/ Winnie on Fridays, 10:30am  
 12/7&8 Potato Bar w/Toppings, 11:30am-12:30pm  
 12/9 First Ward Chorus Song Fest, 12:30pm  
 12/12 Information on Tax Reduction, 11:30am  
 12/14 Holiday Meal  
 12/23 Information & Assistance w/ Lucia Esposito (OFA), 11:30am  
 12/26 Center Closed – Happy Holidays  
 1/2 Center Closed – New Year's

**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****Welcome Back to Our Center**

Call the center for daily activities

- 12/7,8,9 Potato Bar w/Toppings, 11:30am-12:30pm  
 12/14 Holiday Meal  
 12/26 Center Closed – Happy Holidays  
 1/2 Center Closed – New Year's

**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](http://www.northernbroomeseniors.org)

- Wednesdays Zumba, \$3/class, 3:45pm  
 12/1 Blood Pressure Clinic, 10am-12pm  
 12/5,7,8,9 Potato Bar, no reservations needed, 11:30am-12:30pm  
 12/5 Brown Bag Auction, after lunch  
 12/6 Pearl Harbor Remembrance Day  
 Audibel, 9:30am  
 12/7 Christmas Gift Bingo, 10:30am  
 Information & Assistance w/ Rep Lucia Esposito (OFA), 12pm  
 12/12 Caregiver Chat Group, 10am  
 Adult Day Social Program, 10am-2pm  
 12/13 Evening Dining w/Rich Wilson, 5pm  
 12/14 Holiday Luncheon w/Senior Moments, 11am  
 12/15 Philly Cheese Steak Day, no reservations needed, 11:30am-12:30pm  
 12/19 "You & Your Vegetables," after lunch  
 12/21 Christmas Caroling & Holiday Trivia, 11am  
 12/23 Brown Bag Guessing Game, after lunch  
 Cream Puff Door Prizes, after lunch  
 12/26 Center Closed – Happy Holidays  
 12/28 Yankee Trade, wrapped gifts under \$3, 10:30am  
 12/30 New Year's Eve Day Bingo, 10:30am  
 New Year's Eve Luncheon & Dessert Table, 12pm  
 1/2 Center Closed – New Year's

**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**Welcome Back to Our Center**

Call during operating hours for the day's activities

- 12/14 Holiday Meal  
 12/26 Center Closed – Happy Holidays  
 1/2 Center Closed – New Year's

**OAK STREET**..... **724-1220**

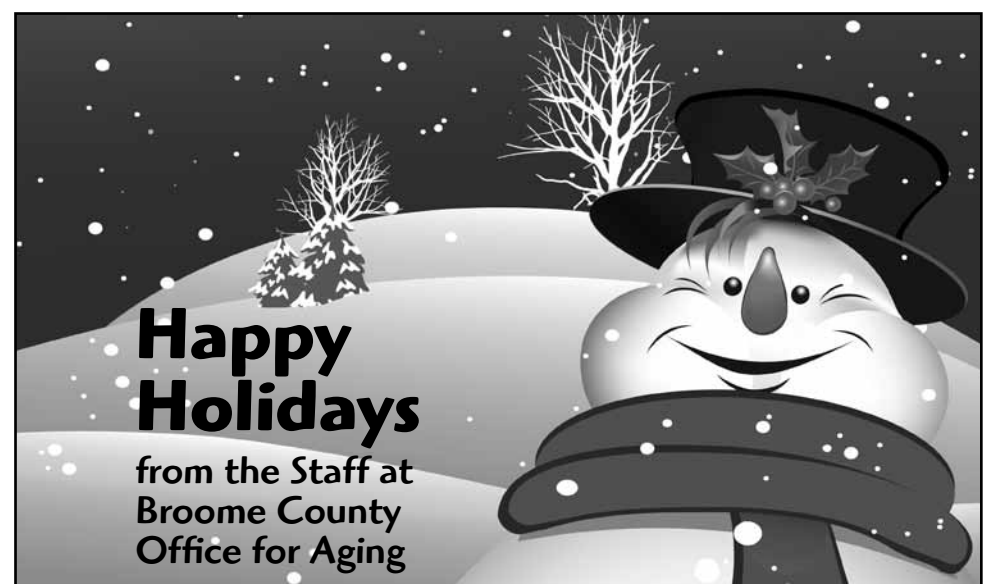
Oak Street, Binghamton, NY 13903

**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**

- 12/2 Costume Jewelry & Small Gift Sale, 9am-2pm  
 12/5 Book Review w/Cheryl Ebert: "The Color of Water" by James McBride, 11am  
 12/9 Ice Cream Sundae Day, 12:30pm  
 12/14 Holiday Luncheon w/Entertainment & Raffles, 11:30am  
 12/20 Christmas Party w/Christmas Brown Bag Auction, 12:30pm  
 12/23 Center Closed – Happy Holidays  
 12/26 Center Closed – Happy Holidays  
 12/27 Information & Assistance Rep Lucia Esposito (OFA), 11am  
 1/2 Center Closed – New Year's

**VESTAL**..... **754-9596**Old 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](http://www.tier.net/vsc)

- 12/5 Christmas Ornaments, 9:30am  
 12/6 Movie of the Month: "Elf," 9:15am  
 12/7 Free Blood Pressure Screening & Hearing Check, 10:30am  
 12/13 Bake Sale & Craft Fair, 9:30-11:45am  
 Birthdays & Anniversary Recognition, 11:45am  
 12/14 Holiday Meal w/ Harpist Ted Davenport, \$3.50 over 60 & \$4.50 under 60, 12pm  
 12/20 Breakfast for Lunch w/ Belgian Waffles, 10:30am-12:30pm  
 12/26 Center Closed – Happy Holidays  
 12/30 New Year's Eve Luncheon, \$3.50 over 60 & \$4.50 under 60, 12pm  
 1/2 Center Closed – New Year's





# MEET, GREET & EAT

## December 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
<b>Holiday Closings</b> Senior Centers will be closed on Monday, December 26 for Christmas and Monday, January 2 for New Year's.			<b>Roast Turkey</b> 1 Apple Bread Dressing Baby Beets Mandarin Oranges	<b>Broccoli Cheese Pollack</b> 2 <b>OR Pepper Steak</b> Brown Rice Pilaf Winter Squash Cinnamon Applesauce
<b>Chili &amp; Corn Bread</b> 5 Mexicorn Cranberry Juice Chocolate Chip Bar	<b>Chicken Rib BBQ</b> 6 <b>OR Egg Salad Sandwich</b> Minestrone Soup Sunshine Salad Banana	<b>Classic Meat Lasagna</b> 7 Italian Style Green Beans Garden Salad Orange Cake w/Chocolate Frosting	<b>Ham w/Raisin Sauce</b> 8 Scalloped Potatoes Scandinavian Blend Veg. Pineapple Tidbits	<b>Breaded Fish</b> 9 <b>OR Salisbury Steak</b> Macaroni & Cheese Stewed Tomatoes Sliced Peaches
<b>Veal Parmesan</b> 12 Rotini w/Sauce Spinach Fresh Fruit	<b>Sweet &amp; Sour Pork</b> 13 <b>Over Brown Rice</b> Oriental Blend Vegetables Bread Pudding w/Raisins	<b>Holiday Luncheon</b> <b>Chicken Cordon Bleu</b> 14 Brown Rice Pilaf Autumn Blend Vegetables Tossed Salad Strawberry Shortcake	<b>Sausage with Peppers &amp; Onions</b> 15 O'Brien Potatoes Three Bean Salad Fruit Cocktail	<b>Pepper Steak</b> 16 <b>OR Beer Battered Fish</b> Hawaiian Baked Beans Red Potato Salad Sherbet Cup
<b>Beef Stew over Biscuit</b> 19 Monte Carlo Blend Vegetables Cranberry Juice Molasses Cookie	<b>Pierogies w/Onions</b> 20 <b>OR Western Omelet</b> Winter Squash Side Salad Frosted Cake	<b>Roast Pork w/Apple Glaze</b> 21 New England Clam Chowder Mixed Vegetables Pudding	<b>Beef Stroganoff Over Noodles</b> 22 Baby Beets Pumpkin Bar	<b>Broiled Fish w/Lemon</b> 23 <b>OR Grandma's Meatloaf</b> Mashed Potatoes Succotash Ambrosia
<b>Center's Closed</b> 26 <i>Happy Holidays!</i>	<b>Macaroni &amp; Cheese</b> 27 Stewed Tomatoes Broccoli Florets Fresh Fruit	<b>Roast Turkey</b> 28 Bread Dressing Brussels Sprouts Peach Crisp	<b>Spinach Lasagna</b> 29 Italian Style Green Beans Side Salad Reduced Sugar Fruited Gelatin	<b>New Year's Eve Luncheon</b> <b>Fish Florentine</b> 30 <b>OR Halupki w/Sauce</b> Baked Potato Peas & Carrots Black Forest Brownie

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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 Binghamton, NY 13902

### 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 7

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

The Senior News is a monthly publication of the Office for Aging funded by Broome County and the NYS Office for Aging under Title III of the Federal Older Americans Act. Direct mail subscriptions are available for \$8.00 per year by calling 778-2411. This contribution helps defray the cost of printing and postage.

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