



Visit Our Website at www.gobroomecounty.com/senior



Matters of the Heart

AARP Tax Aide Program – Help with Filing Your Tax Returns

The AARP Tax Aide Program will be conducted differently this year due to COVID 19. No walk in appointments will be allowed, and AARP Tax Aides will follow all COVID 19 protocols for your safety. To participate in this year’s program, you must do the following:

- Call 211 (or 1-800-901-2180, if not a Broome County resident) to start the appointment process
- You must have either a working phone number or email address (both is preferred)
- You must allow an AARP Tax Aide volunteer to make copies of your tax documents, including Social Security cards and photo identification
- Your tax return must fit within the scope of our training
- After you contact 211, you will be contacted by an AARP representative to determine how we can best serve you.

Call 211 (or 1-800-901-2180) to start the process today! 

Valentine's To-Go Meals

Treat your valentine to a to-go meal on Friday, February 12 around 12:15 pm at a Broome County Senior Center drive thru. The meal features your choice of roast turkey or broiled fish, with apple bread dressing, vegetables, and a raspberry ribbon brownie for dessert. Please make your reservation by Thursday, February 11 at 12 noon by calling the center where you'd like to pick up your meal. The suggested contribution for this meal is \$3.50 for those age 60+ and spouse of any age. For those under age 60, the charge is \$4.50.

Phone numbers for local centers may be found on page 10 of this paper. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.




LOOKING FOR A NEW FUN ACTIVITY?

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with falls prevention exercise.

Bingo + Exercise = Bingocize

STARTING TUESDAY, FEBRUARY 9TH
We will play each Tuesday & Thursday at 1 pm over ZOOM video. You can join conveniently from home using your own device and Internet.

Pre-registration is required.
To sign up please contact Sofia at 778-2115.

© Western Kentucky University Research Foundation 2019: All Rights Reserved

PLEASE NOTE: all Senior Center and Office for Aging programming is subject to change depending on the current status of the COVID-19 pandemic. Please call the Office for Aging at (607) 778-2411 if you have questions.

Broome County Office for Aging
 County Office Building
 60 Hawley Street, PO Box 1766
 Binghamton, NY 13902

Like Us! Follow Us!

Don't miss out on any Office for Aging events & news!

 Like our Facebook page:
www.facebook.com/BroomeCountyOfficeForAging/

 Follow us on Twitter:
<https://twittercomBroomeCountyOFA>

Feeling Overwhelmed? Ways to Manage Stress:

- **Be observant.** Recognize signs of excessive stress. These include difficulty sleeping, being easily angered or irritable, feeling depressed, and low energy.
- **Exercise regularly.** Just 30 minutes per day of walking can help boost your mood and reduce stress.
- **Schedule regular times for a relaxing activity.** Activities that use mindfulness or breathing exercises, such as meditation, yoga, or tai chi, may help.
- **Get enough sleep.** Adults need about 7 or more hours of sleep per night.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much.
- **Build a social support network.** Stay connected with people who can provide emotional support.
- **Show compassion for yourself.** Note what you’ve accomplished at the end of the day, not what you’ve failed to do.
- **Seek help.** Talk to a health care provider if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Or text “HOME” to the Crisis Text Line at 741741.

Source: NIH News in Health

New Dietary Guidelines Encourage more Fluids, Movement for Seniors

by Kathleen Cook, Nutrition Educator at Cornell Cooperative Extension of Broome County

Every five years, the USDA and US Department of Health & Human Services updates their Dietary Guidelines for Americans. In the newest 2020-2025 edition, physical activity and beverages are two major focuses for older adults.

As we age, we tend to have less of a sensation of thirst. So, we don’t think to drink. Adults ages 60 and older tend to consume significantly fewer fluid ounces across all beverage types compared to adults ages 59 and under—about 2 fewer cups per day, most of which is due to drinking less water. This means older adults are at greater risk of becoming dehydrated and having problems with absorbing nutrients from food.

The good thing is, fixing this doesn’t mean just increasing glasses of water. The water that is in foods, such as fruits, vegetables, and soups contributes to daily intake of fluids. Low-fat or fat-free milk, fruit and vegetable juices and “milks” such as soy or almond milk are also great nutrient-rich drinks. Flavored seltzer water is another no-calorie option with flavor and interest.

If you just tend to forget about drinking fluids, try placing containers of water in places where you spend time in your house—by your favorite chair in the living room, on the table in the kitchen, or on the dresser in your bedroom. If you see it, you’re more likely to remember to drink it!

When it comes to physical activity, the key message is Move More, Sit Less. Some activity is better than none! It is never too late to start being physically active, and the benefits of moving affect all aspects of life: reducing anxiety and improving quality of sleep, balance, and bone strength. Activity helps prevent heart disease, stroke, high blood pressure, type 2 diabetes, and depression.

Little changes like drinking more water and moving more can make a big difference in how you feel and how well you manage your life. Find more information online by visiting <https://www.dietaryguidelines.gov/>.

Don’t Doubt: Get Help

Knocking down fears, myths and misinformation about calling 911 in the pandemic

Although hospitals are seeing fewer heart attack and stroke patients, that doesn’t mean those events are on the decline.

Recent statistics suggest people aren’t calling 911, or they are delaying or avoiding critical care.

But that’s dangerous — and possibly deadly. Heart disease and stroke are still the world’s leading causes of death. If you’re hesitant to seek care in an emergency, let’s see if we can put some of your doubts to rest.

DOUBT: I’m not sure this is a heart attack or stroke. It’s probably nothing. I’ll be fine after I take a nap.

RESPONSE: Let’s be blunt: You can die from doubt.

Every minute counts in an emergency. Symptoms such as chest pain; pain or discomfort in one or both arms, the back, neck, or jaw; and shortness of breath are still symptoms of heart attack. Sudden face drooping, weakness in an arm or leg, or speech difficulty are stroke symptoms. Any of these symptoms required emergency care in the past. They still require emergency care now.

DOUBT: I don’t want to be a bother to busy Emergency Medical Services/ Emergency Department personnel.

RESPONSE: These professionals train for years to help people with heart attacks, strokes and other medical emergencies. They’re committed to saving lives. But in some areas, calls to 911 and visits to EDs are at historic lows during the COVID-19 pandemic.

You need to be seen in an emergency department that’s qualified and capable of taking care of a cardiac or stroke emergency and the people who work there need to see you. That’s true any day, and it’s true during COVID-19.

FEAR: I’m afraid of getting the coronavirus. I’ll be safer at home.

RESPONSE: Calling 911 at the first sign of a heart attack or stroke could save your life, or a loved one’s. From dispatchers to first responders, the emergency response system is prepared to help you safely and quickly, even during a pandemic.

First responders are trained to avoid spreading germs. Hospitals are following protocols to sanitize, socially distance and keep infected people away from others. Many now have separate emergency rooms, operating rooms, cardiac catheterization rooms and ICUs to separate COVID-19 patients.

FEAR: I’m afraid of being alone at the hospital during the COVID-19 pandemic.

RESPONSE: Of course, it’s difficult to be alone in the hospital. There’s no getting around that. But it’s better to be alone for a week or two than to leave your family alone forever.

Heart attacks and strokes can be deadly or lead to serious disability. The sooner you get help, the better — and the more likely you’ll be alive to see your loved ones again.

FEAR: I’m afraid I can’t afford an ambulance or a hospital visit. My insurance might not cover it.

RESPONSE: You can’t afford NOT to call 911. A heart attack or stroke can cause death or lead to permanent disability if not treated quickly.

The Emergency Medical Treatment and Labor Act is a federal law that requires anyone being treated in a hospital emergency department with an emergency condition to be stabilized and treated, regardless of their insurance status or ability to pay.

The federal Affordable Care Act generally requires most health plans to cover emergency services. Any health plan providing benefits for emergency services must cover them regardless of whether the health care provider or hospital is an in-network provider. In addition, the plan can’t impose a copayment or coinsurance on out-of-network emergency services that’s greater than the in-network cost.

Continued on Page 4

Caregiver Corner

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

Caregiver Event

Laughterise: Learn How Laughing for "No Reason" Can Benefit Your Loved One and You!

Date: Wednesday, February 10

Time: 1:30-2:30 PM

Location: Phone call-in and Zoom computer platform

Presenter: Traci Pena

Hasya yoga is the name given to a style of yoga that encourages voluntary laughter for prolonged periods of time. Laughterise is described as a modern mind-body exercise involving laughing for no reason combined with simple yoga breathing.

Traci encourages participants to come unbuckle your chuckle and experience the fun side of getting fit. It's time to get serious about laughing!

Pre-registration is required; please call Caregiver Services at (607) 778-2411.

Caregiver Chat Groups

Let's chat! These informal discussions are open to caregivers of any age.

Call Caregiver Services at (607) 778-2411 with any questions.

The Stay Healthy Caregiver Chat: participants call in using a landline or cell phone.

Date: Monday, February 1

Time: 1:00-2:30 PM

Dial: (607) 778-6547

Meeting Code: 2187 #

Attendee Access Code: 123456 #

The Wayne Street Caregiver Chat: participants use the phone call-in and Zoom computer platform

Date: Wednesday, February 17

Time: 9:30-11:00 AM

Zoom address:

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09>

ID: 2152617450

Password: 037464

The Office for Aging will be closed on

Monday, February 15 in observance of Presidents' Day.

Drive-thru meal service at Broome County Senior Centers will be unavailable on this day.

Scam of the Month

COVID-19 Vaccine Scam

Are you still waiting to get your COVID-19 vaccine? Many Americans are, and scammers are trying to take advantage of how eager people are to receive the vaccine!

Keep in mind the following tips to keep yourself informed and safe:

- You likely will not need to pay anything out of pocket to get the vaccine due to it being a global pandemic.
- There is no early access to those willing to pay for the vaccine.
- No one from Medicare will contact you about signing up to get the vaccine.
- No one from a vaccine distribution site or insurance company will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products in addition to the vaccine, including treatments or medicines to prevent the virus. Check with your health care provider before receiving COVID-19-related treatment.
- If you get a call, text, email, or someone knocking on your door claiming they can get you early access to the vaccine, this is a scam.

If you have questions about getting the COVID-19 vaccine, please contact your health care provider for more information.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at (607) 778-2411.

Did You Know?

Powers of Attorney

Did you know that you can get a no cost Power of Attorney done by a lawyer at the Legal Aid Society? A Power of Attorney is an important document to have in preparation for aging successfully. When you assign Power of Attorney to someone, that person can represent you in relation to financial transactions, selling of property, applying for programs, writing checks, and many other things. This is a legally binding document that requires the person with Power of Attorney to act in the best interest of the person whom they are representing.

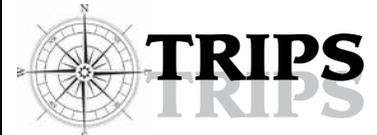
Give Legal Aid a call at (607) 231-5900 to get assistance with the paperwork to appoint a Power of Attorney. It is best to choose who you want to handle your finances before you become unable to do so.

Stay Warm this Winter with the Home Energy Assistance Program (HEAP)

There is still time to apply for the Home Energy Assistance Program (HEAP). HEAP is scheduled to close on March 15th, 2021, or when funds are exhausted. If you are 60 or older or receive disability income, you can request an application by calling the Office for Aging at 607-778-2411. All others can apply at the Career & Community Services Center (The CCSC) at Oakdale Mall in Johnson City by calling 607-778-1100, option 8. You can also apply online at www.mybenefits.ny.gov.

Emergency HEAP is available to eligible households dealing with a heating crisis situation when loss of heat is imminent (scheduled utility service termination, 72-hour disconnection notice, less than a ¼ tank of oil or kerosene, less than 20% of tank of propane, or less than a 10-day supply of other deliverable fuels). Emergency HEAP is currently accepting applications and is scheduled to close on March 15th, 2021. To apply or for more information, contact the CCSC at 607-778-1100, option 8.

The Heating Equipment Repair and Replacement (HERR) program assists eligible homeowners whose primary heating equipment is inoperable or unsafe and in need of repair/replacement. You can apply until September 30th, 2021, or when funds are exhausted. You must apply for HERR at the CCSC. In-person interviews are being waived at this time. Call 607-778-1100 for more information.



Trips subject to change.

AARP, Endicott Chapter

Contact: Marilyn, 748-8849 or Betty, 354-4260

May 25-28

Ocean City, MD



Elderly/Handicapped Housing
772-6766

Licensed Enriched Housing Provider

- Metro Plaza Apartments
110 Chenango Place
- Lincoln Court Apartments
21 New Street

www.metrofaith.org



HUD Housing
Counseling Agency
723-0582



PAID ADVERTISEMENT

At Home Help, LLC.

607-238-1123

The Care You Need In The Home You Love
24 Hr A Day, 7 Days A Week. Service Available

We offer the best rates in Broome County
Call for our *Special Hourly Rate Discounts*

Our Services Include:

- Companionship • Laundry
- House Cleaning • Grocery Shopping
- Meal Preparation • Transportation
- Dementia & Alzheimer Care
- Medication Reminders



All referrals will receive compensation
All Aides COVID tested regularly

Check Out Our Website:
AtHomeHelpofBroome.com

PAID ADVERTISEMENT

Want To Advertise in the Senior News?

We Reach Over
7,000 Senior
Households in
Broome County!

Call 778-2411

*Make our readers your
customers!*



Heart Attack Symptoms in Women

Regardless of your gender, if you have any of these signs, call 9-1-1 and get to a hospital right away:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic.

"Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure," said Nieca Goldberg, M.D., medical director for the Joan H. Tisch Center for Women's Health at NYU's Langone Medical Center and an American Heart Association volunteer. "Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue."

Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away.

"I thought I had the flu."

Even though heart disease is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

"They do this because they are scared and because they put their families first," Goldberg said. "There are still many women who are shocked that they could be having a heart attack."

A heart attack strikes someone about every 43 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).

Many women think the signs of a heart attack are unmistakable — the image of the elephant comes to mind — but in fact they can be subtler and sometimes confusing.

You could feel so short of breath, "as though you ran a marathon, but you haven't made a move," Goldberg said.

Some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them, Goldberg said. Dizziness, lightheadedness or actually fainting are other symptoms to look for.

"Many women I see take an aspirin if they think they are having a heart attack and never call 911," Goldberg said. "But if they think about taking an aspirin for their heart attack, they should also call 911."

Take care of yourself.

Heart disease is preventable. Here are Goldberg's top tips:

- Schedule an appointment with your healthcare provider to learn your personal risk for heart disease.
- Quit smoking. Did you know that just one year after you quit, you'll cut your risk of coronary heart disease by 50 percent?
- Start an exercise program. Just walking 30 minutes a day can lower your risk for heart attack and stroke.
- Modify your family's diet if needed. Check out the American Heart Association's website, www.heart.org, for healthy cooking tips. You'll learn smart substitutions, healthy snacking ideas and better prep methods. For example, with poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs), and be sure to remove the skin.

Article adapted from: <https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack/heart-attack-symptoms-in-women>

Don't Doubt: Get Help *continued from page 2*

FEAR: If I call 911, the police might show up along with the ambulance.

RESPONSE: During the pandemic, many municipalities aren't dispatching law enforcement to a scene, to reduce their risk of exposure to the coronavirus. If you're concerned about calling 911 as a bystander, you can stay anonymous. You don't have to provide your name, telephone number or other identifying information.

MYTH: I can get to the hospital and get treated more quickly if I drive myself.

REALITY: Heart attack and stroke treatment begins in the ambulance. Research shows calling 911 helps patients get treated more quickly. Calling 911 also helps get you to the right hospital that can best treat your condition.

MYTH: I can't call 911 because I don't speak English.

REALITY: Dial 911 and simply say: "Stroke. Spanish interpreter" or "Heart Attack. Spanish interpreter." Most EMS dispatch centers use a language line that helps them respond to calls in Spanish and other languages.

Even during the COVID-19 pandemic, it is SAFE for EVERYONE to call 911. It is SAFE for ANYONE to go to the hospital.

<https://www.heart.org/en/coronavirus/coronavirus-covid-19-resources/knocking-down-fears-myths-and-misinformation-about-calling-911-in-the-pandemic>

Just For Laughs

What has 13 hearts but no brain?
A deck of cards.

Sick & Tired of Varicose Veins?

We Have the Solution!



Before After

"I had my veins done with Dr. D. It was so easy, no down time. I am a waitress and I took the next day off of work, but I did not need to. The staff at New York Skin and Vein are incredible! I highly recommend going to see them."

-Julie S., Binghamton

Healthy Legs Special:

Complimentary Leg Exam & Ultrasound

We Accept Medicare & Advantage Plans!
Call For Your Appointment Today!



NEW YORK
SKIN & VEIN
CENTER

Dr. Eric Dohner
75 Pennsylvania Avenue Binghamton

607.770.1815

Engage and Be Well Through Chats, Crafts and Exercise Programs

With the Broome County Office for Aging

Though local senior centers remain closed for in-person activities due to the Pandemic, there are other convenient ways that you can be part of chats, exercise programs and classes. Getting involved is easy because you can participate from home. So consider one of these opportunities and invite your family and friends to join along with you.

Because our programs will be shared remotely using either postal mail, computer or telephone access, you can look for these symbols next to our activities to understand how that program will be offered:



Postal Mail Program: You can receive printed materials for this program by postal mail, delivered to your home address. You will not need internet access or a phone line to participate.



Zoom Program: For this video program, you will need access to the internet at home, and either a smartphone, laptop, tablet, or computer. An email address is also helpful (but not necessary) so that we may email invitations to you in advance. Where noted, some Zoom programs offer a call-in option for those who do not have computer and internet access.



Phone Program: You will only need a basic phone line to access this program. No computer or internet access is necessary to join.



Zoom Craft Class - Explore Your Creativity!
Thursdays, 12:30 pm

This weekly Zoom video class will guide you through a simple and fun craft project to make at home.

If you do not have access to the internet, a phone number will be provided so that you may call into this class with a basic phone line.

To obtain more information about each week's projects and sign up, please call Desirae at the Northern Broome Senior Center at (607) 692-3405.



Coffee Chat Calls
Fridays, 1:30-2 pm

While we are all social distancing at home, these calls will give us a chance to chat as a group on the phone together. If you have a few minutes and a good story to share, please join us!

- **Friday, February 5th: Classic Movie Reel**
Whether it's a Western, an Alfred Hitchcock mystery, or a romance film, share what classic movies are on your watch-list this season.
- **Friday, February 12th: Valentine's Recipe Swap: Cookies, Cakes and Pies**
Share a favorite baked good recipe that is sure to please any sweetheart.
- **Friday, February 19th: Presidents' Day Trivia**
How much do you know about our American Presidents? Let's find out!
- **Friday, February 26th: Musical Memories**
Whether it was Broadway or a summer concert in the park, share stories of your favorite musical performances through the years.

If you are interested in joining a Friday afternoon chat, contact Laura at (607) 785-1777 for more information on how to dial in.



At-Home Exercise Program Booklet

This program is perfect for those who would like to stay active without using the internet or a computer. Simply call Sofia at the Office for Aging at (607) 778-2115 to receive a printed at-home exercise booklet through the mail. The booklet will include activities that you can follow along with at home without any special exercise equipment. You will learn convenient ways to keep moving each day, such as doing chair exercises and stretches.



Zoom Chair Exercises

Chair Exercises: Monday through Thursday, 10-10:30 am
Chair Yoga: Fridays, 10-10:30 am

Chair exercises are a low-impact way for you to burn calories and move your joints and muscles. You can remain seated in a comfortable chair during this video program. In just 30 minutes of chair exercise, you can burn up to 250 calories! Remember to consult a healthcare professional before beginning this or any new exercise program.

If you do not have access to the internet, a phone number will be provided so that you may call into this class with a basic phone line.

Advanced registration is required for Zoom chair exercise. To obtain more information and sign up, please call Sofia at (607) 778-2115 or email Sofia.Rittenhouse@broomecounty.us.



What's Its Value?

Monthly Downsize & Declutter Discussion via Zoom

Do we value our beloved possessions more than what they may be "worth"? Are they more sentimental than valuable? Join us on Zoom on Tuesday, February 9 at 3 PM. Our speaker invites you to bring him an item to examine and talk about—something sentimental that you don't use but are having trouble letting go. Call Joan for details.

For the video program, you will need access to the internet to join the zoom meeting. An email address is optional, but allows us to send you an email invitation in advance. For those who do not have internet access, a call-in option is available from a basic phone line. Advanced registration is recommended.

For more information and to sign up, please call Joan at (607) 754-1230 or email joan.sprague@broomecounty.us or spraguejm@verizon.net.

Just For Laughs

What did the paperclip say to the magnet?
I find you very attractive.

**LGT LEVENE GOULDIN
& THOMPSON, LLP**
ATTORNEYS AT LAW

Elder Law • Asset Protection
Long Term Care Planning

Handicapped Access

Free Parking

Certified Elder Friendly

Elder Care Coordinator on staff assisting our attorney team

450 Plaza Drive, Vestal, New York
LGTLegal.com • 607.763.9200



American Heart Association.



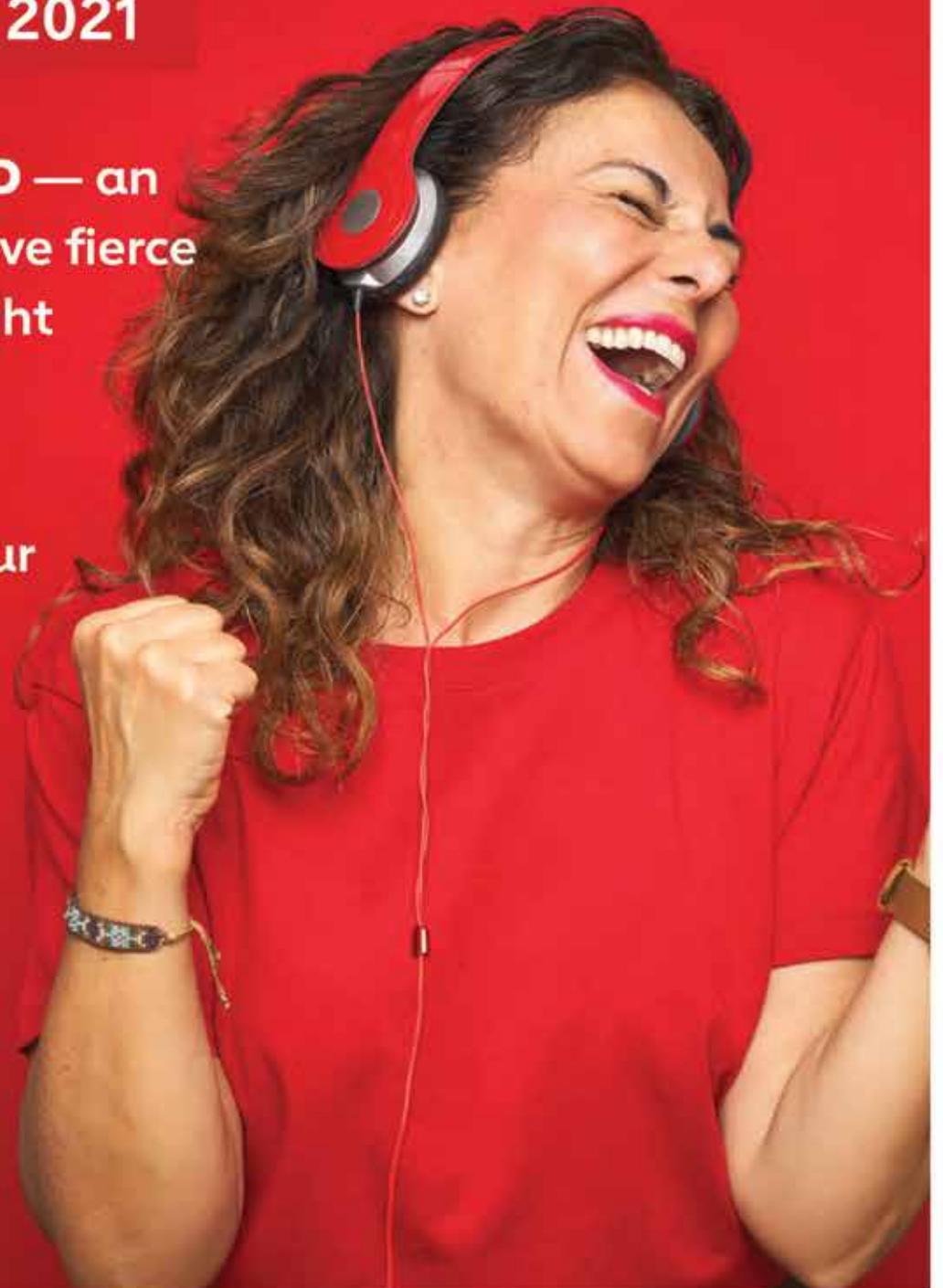
National Wear Red Day®

FRIDAY, FEBRUARY 5, 2021

It's time to call a **CODE RED** — an urgent call for women to live fierce and be relentless in the fight against their No. 1 killer — cardiovascular disease.

Take a stand, prioritize your health and **WEAR RED.**

**LIVE FIERCE.
Go Red.**



WearRedDay.org

STAR (SCHOOL TAX RELIEF) PROGRAM

Basic STAR: For owner-occupied properties with 2019 adjusted gross income below \$500,000.

Enhanced Senior STAR: For owner-occupied properties, where the homeowner is age 65 or over & 2019 adjusted gross income of \$90,550 or less.

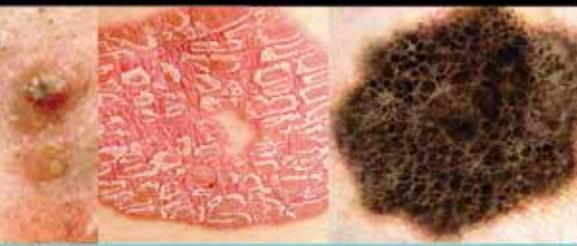
Low Income Senior Citizens' Partial Real Property Tax Exemption: Exemption on property taxes for low-income property owners age 65 and over. Must meet income guidelines, be 65 by March 1st, provide proof of unadjusted/gross income for 2020, and ownership one year prior to application.

Due to the COVID-19 pandemic, you may not need to recertify for STAR this year. You will hear more from your Assessor's Office.

If your income changed significantly, do contact your Assessor's Office or NYS Tax and Finance to update your income information.

For information, call your local Assessor's Office or the Office for Aging at 778-2411.

Do You Know Which Moles Are Deadly? We Do!



We Treat:

Acne & Rashes
Nail and Hair Problems
Psoriasis and Rosacea
Cyst & Boils
Skin Cancer
Moles & Warts

No Referral Needed
We Accept Medicare & Advantage Plans!

Dr. Eric Dohner & Stan Anderson P.A.



75 Pennsylvania Avenue
Binghamton

607.770.1817

We Promise to See You the Week You Call!

PAID ADVERTISEMENT

Veteran Discounts Cremation & Funeral



FAMILY SERVING FAMILIES



SAVING YOU \$3,000
OR MORE



Family Center
Conklin

CREMATION OPTIONS
Starting at \$ 995

Funeral Service
Endicott

724-1415

DemarcoCremation.com

785.2841

PAID ADVERTISEMENT

Oh, What Fun!

Office for Aging Staff Spreads Cheer, Not Germs

In December, the Office for Aging staff decided to have a fun, safe, socially distant competition! The contest involved decorating holiday-themed face masks. Voting for the contest was left up to the public—votes were cast on the Office for Aging Facebook Page from December 7 through December 11.

At the end of the voting period, our first, second, and third place winners were determined!



Congratulations to Danielle, in 1st place with her snowman mask; Courtney, in 2nd place with her creative mask, complete with working lights; and Roxanne, who came in 3rd place with her Grinch mask.

Pictured below are all our holiday mask contest entries. What a creative bunch the Office for Aging staff has proven itself to be!



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 11

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

Keep Busy during the Colder Months

The winter season can be, well, boring! The shorter days, cold weather and snowy conditions all limit your access to outdoor activities, leaving you with so much time on your hands. Fortunately, there are activities to keep yourself busy inside your home. Staying engaged and active is important in maintaining positive health and well-being.

Here are some activities you can do on your own at home:

- Exercise - There are plenty of physical activities you can do at home. Aside from dusting and vacuuming, you can do things such as yoga & aerobics designed for older adults to keep you moving. Contact the Office for Aging for more ideas on how to stay active.
- Arts & Crafts - great for people of any age. Learn and pick up hobbies such as sewing, knitting, or painting, or try to learn to play an instrument. You could try to complete a new puzzle each week.
- Music - Listening and singing along to favorite songs can help brighten your spirits. You can play old records, watch televised concerts and musical performances, or just turn on the radio. Listening to music is proven to increase overall cognitive ability.
- Cooking & Baking – In addition to being healthier than eating out, cooking at home can be therapeutic and help with relieving stress. It can also help boost your creativity when trying new recipes.

If able to do so safely with those who live in the same household as you, there are activities you can do with family members as well. Plan a family game night (play chess, bingo, Scrabble, or any other favorite games), family movie night (watch new or classic films), or try a spa/self-care day (do face masks, manicures, massages).

Presidential Trivia

Presidents' Day honors all previous presidents of the United States and is observed each year on the third Monday of February. In 2021, this date falls on February 15. Below are some fun and interesting facts about past presidents! How many did you know?

- George Washington was the only president to be unanimously elected.
- James Madison and George Washington are the only presidents whose signatures appear on the United States Constitution.
- During a visit to William Shakespeare's home with Thomas Jefferson, John Adams chipped off a piece of one of Shakespeare's writing chairs to keep as a souvenir.
- The shortest president was James Madison, who was just 5' 4" tall. The tallest presidents were Abraham Lincoln and Lyndon B. Johnson, who were both 6' 4" tall.
- Franklin D. Roosevelt was the first president to appear on television during a 1939 broadcast from the World's Fair.
- The "S" in Harry S Truman does not stand for anything.
- James K. Polk was the first president to have his photo taken while in office.
- Martin Van Buren was the first president to be born as a United States citizen. All previous presidents had been born British subjects.
- Bill Clinton, known for his talent at saxophone, was in a band called "Three Blind Mice" when he was in high school.
- Barack Obama worked at Baskin-Robbins as a teenager, and now hates ice cream.
- John F. Kennedy was the youngest person to ever be elected president, but Theodore Roosevelt was the youngest person to hold the office of president.
- George W. Bush and Donald Trump are the only presidents who have earned a Master of Business Administration (MBA) degree.
- Thomas Jefferson invented the swivel chair.
- James Garfield was ambidextrous (able to write with either hand), and could write in Greek with one hand and Latin with the other, at the same time!
- Grover Cleveland is the only president who served two non-consecutive terms (1885-1889 and 1893-1897).
- George W. Bush was his high school's head cheerleader.
- Calvin Coolidge kept unusual pets: two raccoons named Reuben and Rebecca. Not to be outdone, Herbert Hoover's son kept two pet alligators.
- Gerald Ford, born Leslie Lynch King Jr., is the only president to never have been elected by the voting public as either vice president or president.

Facts gathered from <https://www.kqed.org/pop/20516/weird-facts-you-never-knew-about-the-u-s-presidents> and https://www.ducksters.com/biography/uspresidents/president_fun_facts.php

HOUSING * MANAGEMENT * DEVELOPMENT

AFFORDABLE SENIOR HOUSING

Creamery Hills Apartments
Richford NY | 607-844-8229

Hamilton House Apartments
Binghamton NY | 607-724-6102

Harry L Apartments
Johnson City NY | 607-217-7332

Kime Apartments
Great Bend PA | 570-879-4944

Marian Apartments
Endwell NY | 607-785-5223

Nichols Notch Apartments
Endicott NY | 607-754-0579

Watkins Glen School Apartments
Watkins Glen NY | 800-838-0441

Wells Apartments
Johnson City NY | 607-797-8862

Whitney Point Apartments
Whitney Point NY | 607-692-2609

Windsor Wood Apartments
Windsor NY | 607-655-4191

The S.E.P.P. Group

SEPP Management Company
53 Front Street
Binghamton, NY 13905
Call: 607-723-8989
TDD: 607-677-0080
Housing@seppmanagement.com
www.seppinc.com

Serving the Elderly through Project Planning

PAID ADVERTISEMENT

Woodburn Court 1 Apartments

Senior Housing
21-23 Exchange St.
Binghamton, NY 13901
Call: (607) 723-7875
TDD: 711 Relay
www.wingateapartmenthomes.com

Now accepting applications!

- 148 One Bedroom Apartments
- Project-Based Section 8
- Elevators
- Secure Building
- Gated Parking Lot
- 24-Hour Maintenance

Under new management,
proudly by Wingate!

PAID ADVERTISEMENT

Fun Facts About Your Heart

The main function of your heart is to circulate oxygen-rich blood throughout your body. While you are probably familiar with ways to keep your heart healthy, such as eating a well-balanced diet, exercising regularly, and avoiding smoking, you may be surprised by a few of the following lesser-known fun facts:

- Your heart beats an average of 115,000 times a day, and pumps about 2,000 gallons of blood each day.
- The first open-heart surgery occurred in 1893. It was performed by Daniel Hale Williams, who was one of the few African-American Cardiologists in the United States at the time.
- The first implantable pacemaker was used in 1958. Arne Larson, who received the pacemaker, lived longer than the surgeon who implanted it. Larson died at age 86 of a disease that was unrelated to his heart.
- The youngest person to receive heart surgery was a minute old. She had a heart defect that many babies don't survive.
- The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy.
- A type of wasp called the Fair Fly has the smallest heart of any living creature.
- Whales have the largest heart of any mammal.
- Most heart attacks happen on Mondays.
- Christmas Day is the most common day of the year for heart attacks to occur.
- Women have slightly faster heartbeats than men.
- It is possible to have a broken heart. It's called Broken Heart Syndrome and can have similar symptoms of a heart attack. The difference is that a heart attack is the result of heart disease and Broken Heart Syndrome is caused by a rush of stress hormones from an emotional or physical stress event. Death from a broken heart is possible, but extremely rare.
- If you stretch out your blood vessel system, it would extend over 60,000 miles.
- Heart cells stop dividing, which means heart cancer is extremely rare.
- Laughter is good for your heart. It reduces stress and gives your immune system a boost.

Your heart affects every part of your body and many things from your diet and lifestyle to your emotional well-being will affect your heart. Remember to take care of your heart so it will continue to take care of you for years to come.

Source: Healthline

Home Care

Home care allows individuals with special needs to get care right in their home. Depending on the needs of an individual, there are various types of home care to choose from, ranging from companionship, personal care or skilled nursing care.

Types of home care services include:

Homemakers or Companion Aides, who provide companionship and assist with basic needs such as meal preparation, shopping and housekeeping. Shopper Services provide agency workers who visit clients' homes to help with obtaining groceries. Home Health Aides are professional caregivers who handle hands-on personal care under a nurse's supervision. RNs and LPNs provide nursing services from monitoring vital signs to medication administration. Infusion therapy is also available for IV medications. Occupational Therapy, Physical Therapy, Respiratory Therapy, and Speech Therapy are available for more specialized needs. Social workers and nutritionists are also available for counseling and providing services as needed.

There are multiple local Home Health Care Agencies in Broome County to choose from. If interested in exploring what programs are available, and how you can find help with the cost, please call the Broome County Office for Aging at (607) 778-2411.

Falls Should Never Remain Secret

Even though one in every four adults aged 65 and older experiences a fall each year, the Centers for Disease Control and Prevention (CDC) reports that fewer than half of these individuals tell their physician about it. These accidents are often seen as embarrassing indicators of a senior's decline and their impending reliance on others for assistance. It's natural to want to downplay these incidents, but doing so may limit a senior's independence in the long run because it prevents them from receiving proper support and learning about fall prevention measures. In fact, research has shown that falling once doubles a senior's chances of falling again. Repeated falls are indicative of an underlying problem that requires medical attention. Frequent falls increase the risk of incurring a fall-related injury, such as a broken hip or a head injury, and often lead seniors to limit their everyday activities out of fear.

Awareness of this problem gives family members the opportunity to improve home safety measures and allows doctors to work with their patients to find solutions. This is crucial if falls are becoming more frequent. Small modifications like reducing clutter, installing grab bars, using a mobility aid, altering prescription medications, participating in physical and/or occupational therapy, and purchasing a medical alert system can make all the difference.

Regardless the age of the person who falls, it's essential to notify a doctor about the event. He or she can make sure no injuries were sustained and suggest ways to prevent future tumbles.

Adapted from <https://www.agingcare.com/articles/pick-up-a-senior-after-a-fall-170447.html>

Broome County
Office for Aging 

**Tell us what you need.
We're here to help.
Call the Office For Aging today!**

- Meals on Wheels
- Obtaining a mask
- Transportation to medical appointments
- Help applying for SNAP and assistance programs
- Safe ways to keep active and engaged at this time

**Call us for information on
Programs and Services
607-778-2411
or visit our website:
www.gobroomecounty.com/senior**

 **STAFKINGS
Healthcare
Systems, Inc.**
New York State Licensed Provider

*Our nurses and aides provide
care you deserve
in the
comfort and safety
of your home.*

*Proudly serving seniors in Broome
County since 1962!*

www.stafkingshealthcare.com
66 Hawley St. Binghamton, NY
(607) 772-8080
Family owned and operated.

PAID ADVERTISEMENT

The Broome County Home Repair Service
Home Repairs for Senior Citizens
A Non-profit public service operated by
First Ward Action Council, Inc.
167 Clinton Street, Binghamton, NY

**You pay only for materials.
Labor is provided free of charge to eligible home owners.**

Leaky Faucets	Safety Devices	Railings
Locks Installed	Porch & Stair Repair	Wheelchair Ramps
...And More		

Call 772-2850 For Details

PAID ADVERTISEMENT

Senior Center Contact Information

BROOME WEST..... **785-1777**

2801 Wayne St., Endwell, NY 13760

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

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

EASTERN BROOME..... **693-2069**

27 Golden Lane, Harpursville, NY 13787

FIRST WARD..... **729-6214**

226 Clinton St., Binghamton, NY 13905

JOHNSON CITY..... **797-3145**

30 Brocton St., Johnson City, NY 13790

NORTHERN BROOME..... **692-3405**

12 Strongs Place, Whitney Point, NY 13862

NORTH SHORE..... **772-6214**

24 Isbell St., Binghamton, NY 13901

VESTAL..... **754-9596**

Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY

**The New York State
COVID-19 Emotional Support Helpline**
is available 8 AM to 10 PM, 7 days a week.
Call 1-844-863-9314

Coping With Grief: Life After Loss

Losing someone you love can change your world. You miss the person who has died and want them back. You may feel sad, alone, or even angry. You might have trouble concentrating or sleeping. If you were a busy caregiver, you might feel lost when you're suddenly faced with lots of unscheduled time. These feelings are normal. There's no right or wrong way to mourn. Scientists have been studying how we process grief and are learning more about healthy ways to cope with loss.

The death of a loved one can affect how you feel, how you act, and what you think. Together, these reactions are called grief. It's a natural response to loss. Grieving doesn't mean that you have to feel certain emotions. People can grieve in very different ways.

Cultural beliefs and traditions can influence how someone expresses grief and mourns. For example, in some cultures, grief is expressed quietly and privately. In others, it can be loud and out in the open. Culture also shapes how long family members are expected to grieve.

"People often believe they should feel a certain way," says Dr. Wendy Lichtenthal, a psychologist at Memorial Sloan-Kettering Cancer Center. "But such 'shoulds' can lead to feeling badly about feeling badly. It's hugely important to give yourself permission to grieve and allow yourself to feel whatever you are feeling. People can be quite hard on themselves and critical of what they are feeling. Be compassionate and kind to yourself."

Adapting to Loss

Experts say you should let yourself grieve in your own way and time. People have unique ways of expressing emotions. For example, some might express their feelings by doing things rather than talking about them. They may feel better going on a walk or swimming, or by doing something creative like writing or painting. For others, it may be more helpful to talk with family and friends about the person who's gone, or with a counselor.

"Though people don't often associate them with grief, laughing and smiling are also healthy responses to loss and can be protective," explains

Dr. George Bonanno, who studies how people cope with loss and trauma at Columbia University. He has found that people who express flexibility in their emotions often cope well with loss and are healthier over time.

"It's not about whether you should express or suppress emotion, but that you can do this when the situation calls for it," he says. For instance, a person with emotional flexibility can show positive feelings, like joy, when sharing a happy memory of the person they lost and then switch to expressing sadness or anger when recalling more negative memories, like an argument with that person.

Grief is a process of letting go and learning to accept and live with loss. The amount of time it takes to do this varies with each person. "Usually people experience a strong acute grief reaction when someone dies and at the same time they begin the gradual process of adapting to the loss," explains psychiatrist Dr. M. Katherine Shear at Columbia University. "To adapt to a loss, a person needs to accept its finality and understand what it means to them. They also have to find a way to re-envision their life with possibilities for happiness and for honoring their enduring connection to the person who died."

Researchers like Lichtenthal have found that finding meaning in life after loss can help you adapt. Connecting to those things that are most important, including the relationship with the person who died, can help you co-exist with the pain of grief.

Types of Grief

About 10% of bereaved people experience complicated grief, a condition that makes it harder for some people to adapt to the loss of a loved one. People with this prolonged, intense grief tend to get caught up in certain kinds of thinking, says Shear, who studies complicated grief. They may think the death did not have to happen or happen in the way that it did. They also might judge their grief—questioning if it's too little or too much—and focus on avoiding reminders of the loss.

"It can be very discouraging to experience complicated grief, but it's important not to be judgmental about your grief and not to let other people judge you," Shear explains.

Shear and her research team created and tested a specialized therapy for complicated grief in three studies. The therapy aimed to help people identify the thoughts, feelings, and actions that can get in the way of adapting to loss. They also focused on strengthening one's natural process of adapting to loss. The studies showed that 70% of people taking part in the therapy reported improved symptoms. In comparison, only 30% of people who received the standard treatment for depression had improved symptoms.

You may begin to feel the loss of your loved one even before their death. This is called anticipatory grief. It's common among people who are long-term caregivers. You might feel sad about the changes you are going through and the losses you are going to have. Some studies have found that when patients, doctors, and family members directly address the prospect of death before the loss happens, it helps survivors cope after the death.

Life Beyond Loss

Scientists continue to study different aspects of the grieving process. They hope their findings will suggest new ways to help people cope with the loss of a loved one.

Although the death of a loved one can feel overwhelming, many people make it through the grieving process with the support of family and friends. Take care of yourself, accept offers of help from those around you, and be sure to get counseling if you need it.

"We believe grief is a form of love and it needs to find a place in your life after you lose someone close," Shear says. "If you are having trouble moving forward in your own life, you may need professional help. Please don't lose hope. We have some good ways to help you."

Adapted from: NIH News in Health

Supporting Local Businesses through Tough Times

With COVID-19, some businesses have been required to temporarily shut down as people are advised to stay home. This has caused many local businesses to suffer, some even being left with no option but to close their doors permanently. This is unfortunate, as local businesses are the heart of our community, bringing growth and innovation and creating employment opportunities for the people who live right here in the community. Local businesses know and care for their employees and their customers alike, as they are our own neighbors.

Here are a few ways you can support local businesses:

- Try the menu of a local, family-owned restaurant for a takeout lunch or dinner
- Buy presents from local gift shops instead of big-box stores
- Visit a farmers' market to buy produce, meats, and homemade foods from local farmers
- Go to local mechanic shops for car maintenance
- Buy gift certificates from local shops and restaurants for later use
- Write good reviews for places you have enjoyed; give recommendations to friends
- Tip workers as generously as you can

Fudgy Fruit

Fruit, nuts, and chocolate. Do we need to say more?

Makes 4 servings

Ingredients

- 2 tablespoons semi-sweet chocolate chips
- 2 large bananas (peeled and cut into quarters)
- 8 large strawberries
- 1/4 cup peanuts (chopped, unsalted)

Directions

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fudgy-fruit>

Sudoku Answers

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

Protect Yourself Against the Flu—Get Vaccinated!

It's February and flu season is still with us. It's not too late to get the flu shot. This winter, it is especially important because of the added risk of COVID-19. Flu and COVID infections are now the leading causes of death in the country. The flu is one disease we have some control over, and experts urge seniors to protect themselves against it.

Flu Myths and Facts:

- "I got a flu shot and it gave me the flu."

The flu virus in the vaccine is inactivated. This means it is dead. The inactivated virus cannot replicate itself inside the body; therefore, it cannot cause an infection.

- "I got a flu shot and a week later I got the flu."

It takes the body's immune system 2 weeks to produce an effective response against flu virus after receiving the vaccine. Example: If a person gets a flu shot on the first of the month, then gets exposed to a flu-infected person on the fourth of the month, unfortunately this means it is possible they will get the flu.

As we age, our immune systems become weaker. Sanofi Pasteur, a reputable global pharmaceutical company, has developed what is called a "high-antigen" (high-dose) flu shot made specifically for people aged 65 and older. It is a 4-strain vaccine. The standard vaccine contains only 3 strains, or types, of the flu virus. In older adults, this high-antigen vaccine produces as much as a 51% better immunity response rate than the standard vaccine.

No vaccine for any disease is considered 100% effective, and the flu vaccine is no exception. The vaccine, particularly the high-antigen version, will significantly reduce the length and severity of the infection, should you become infected with the flu. It can mean the difference between life and death, quite literally. Ask your doctor or pharmacist about how you can get your flu shot!

Take Action: Know Your Numbers

Take steps today to lower your risk for heart disease.

Control your cholesterol and blood pressure.

High cholesterol and high blood pressure can cause heart disease and heart attack. If your cholesterol or blood pressure numbers are high, you can take steps to lower them.

Get your cholesterol checked.

It's important to get your cholesterol checked at least every 4 to 6 years. Some people will need to get it checked more or less often.

Get your blood pressure checked.

Starting at age 18, get your blood pressure checked regularly. High blood pressure has no signs or symptoms.

For more information, visit www.health.gov

Just For Laughs

Why did the watermelon and the honeydew plan a big wedding?
Because they cantaloupe.

February Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$4.50 per meal. *No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go. Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of February.

Meatball Sub Wax Beans w/Parsley Fruit Cocktail Snickerdoodle Cookie	1	Chicken Alfredo Italian Green Beans Blueberry Crisp	2	Lemon Pepper Pollack OR Chicken Breast Marengo Roasted Potatoes Mixed Vegetables Applesauce	3	Meat Chili over Brown Rice Broccoli Florets Corn Muffin	4	Meatloaf OR Salmon Patty w/Dill Sauce Mashed Potatoes Sonoma Blend Vegetables Vanilla Pudding	5
Bacon Cheddar Omelet Bake O'Brien Breakfast Potatoes Oatmeal Cranberry Cookie	8	Sliced Glazed Ham OR Breaded Fish Mashed Sweet Potatoes Broccoli Florets Chocolate Chip Cookie	9	Beef Stroganoff Buttered Noodles Green Beans Pineapple Upside Down Cake	10	Liver w/Onions OR Rotisserie Chicken Mashed Potatoes Brussels Sprouts Fruit Cocktail	11	<i>Valentine's To-Go Luncheon</i> Roast Turkey OR Broiled Fish Apple Bread Dressing Peas & Carrots Raspberry Ribbon Brownie	12
<i>Presidents' Day</i> <i>Senior Centers Closed</i> <i>For To-Go Meals</i>	15	Tuna Noodle Casserole Sonoma Blend Vegetables Double Chocolate Cookie	16	Vegetarian Lasagna w/Marinara Sauce Cauliflower w/Parsley Strawberry Mousse	17	Sweet & Sour Pork OR Citrus Rubbed Pollack Brown Rice Pilaf Broccoli Florets Carrot Raisin Bar	18	Pub Burger OR Breaded Fish Sandwich Macaroni Salad Applesauce Gelatin Cup	19
Pierogi w/Onions Carrots Fruited Yogurt Confetti Cookie	22	Halupki OR Kielbasa w/Onions Mashed Potatoes Mixed Vegetables Fruit Cocktail	23	Macaroni & Cheese Stewed Tomatoes Italian Green Beans Orange Cranberry Bar	24	Roast Turkey Mashed Sweet Potatoes Peas w/Pearl Onions Pumpkin Crisp	25	Herb Rubbed Pollack OR Breaded Chicken Parmesan Rotini Pasta w/Marinara Sc. Italian Blend Vegetables Chocolate Pudding	26

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging



Like What You're Reading? Subscribe & Have it Delivered!

Subscribe to the Senior News to make sure you don't miss out on important information, events and programs for seniors in Broome County! Direct-mail subscriptions are available at a suggested contribution of \$12.00 per year. Subscribe yourself or get a subscription for a friend or family member! Call the Office for Aging at (607) 778-2411 to learn more.



Language interpretation for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, www.gobroomecounty.com/senior.

Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

Senior News Editorial Policy

All advertising is subject to approval by Senior News staff and the Broome County Office for Aging (BC OFA). The Senior News and BC OFA have full discretion in determining the types of advertising and promotions that are published. An ad's presence in the Senior News does not imply endorsement of the advertised company or product. The Senior News and BC OFA are not responsible for the content or accuracy of advertisements. Advertisers assume liability for all advertising content, including illustrations, and for any resulting claims against the Senior News and the BC OFA. Public service announcements are published on a space-available basis, subject to approval of Senior News staff and BC OFA. The Senior News does not include editorial comments from readers. For more information go to www.gobroomecounty.com/senior