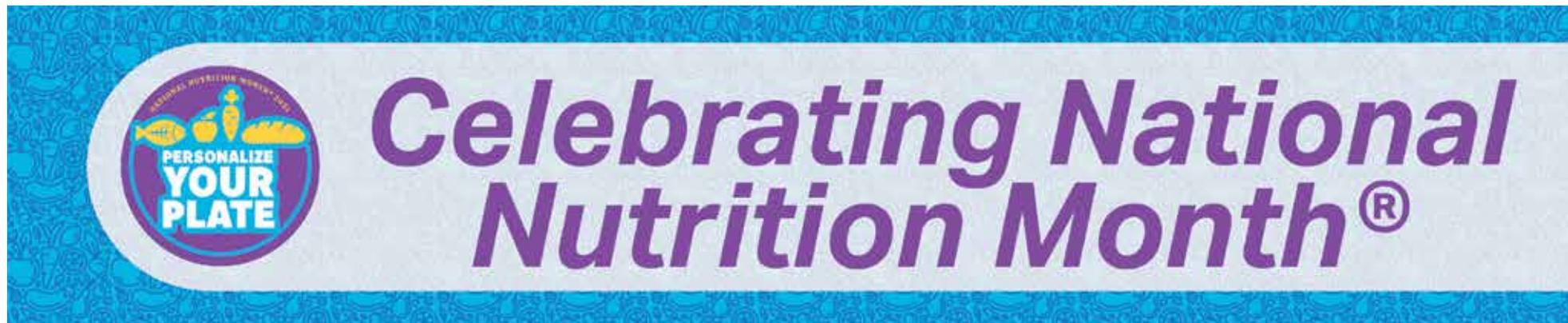




Visit Our Website at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)



## March for Meals!

Broome County is participating in the National March for Meals campaign throughout the month of March. As part of this campaign, we are asking the community to support local Meals on Wheels programs by volunteering to deliver meals or by making a monetary contribution. Meals on Wheels is a vital service to our community as it helps older adults remain independent while living in their own homes.

Meals on Wheels serves people that are age 60 and older and have a health condition that makes it difficult to prepare meals and shop. Meals on Wheels provides an assortment of nutritious, portioned, heart healthy meals delivered right to the home by caring volunteers.

Our participants and their families enjoy the comfort of knowing that Meals on Wheels volunteers will be dropping by not only to deliver hot, healthy meals, but also to provide a quick check on their well-being.

*Continued on Page 2*

## “Personalize Your Plate” Recipe Contest

*Recipe submissions accepted through April 2, 2021; voting April 5-9, 2021*

With the recommendation to stay home, many of us have been spending more time in the kitchen than ever. Maybe you are a seasoned cook, or perhaps you’re putting on your apron for the first time. Either way, as part of National Nutrition Month®, we want to hear how you “Personalize Your Plate” with home cooking.

Whether it is classic comfort food or lighter fare, we want to know your tried-and-true recipes. These could be old family favorites that have stood the test of time, or new recipes you have recently discovered. Appetizers, entrees, side dishes, baked goods—whatever your specialty, please share it with us!

**Submit your favorite recipe**, accompanied by a photo of the finished product if possible.

The contest winner will receive a complimentary one-year mail or email subscription to the *Senior News*, and two complimentary meal vouchers for takeout meals from a Broome County Senior Center. The winning recipe will be published in the *Senior News*, and posted on the Broome County Office for Aging’s Facebook page.

### HOW TO ENTER:

To enter the contest, you must be a resident of Broome County and a senior citizen. Recipe submissions will be accepted until end-of-day on April 2, 2021.

Recipes and accompanying photos may be submitted to the Office for Aging via email at [ofa@broomecounty.us](mailto:ofa@broomecounty.us), or by mail to **Broome County Office for Aging, P.O. Box 1766, Binghamton, NY 13902**.

You may also visit [www.facebook.com/BroomeCountyOfficeforAging](http://www.facebook.com/BroomeCountyOfficeforAging) and send us a message with your recipe.

Be sure to include your contact information, too (name, address, and phone number).

*Continued on Page 2*

### Drive Thru St. Patrick’s Day To-Go Luncheon at Senior Centers

Pick up a traditional St. Patrick’s Day to-go meal on Wednesday, March 17 around 12:15 pm at a participating Broome County Senior Center.

The meal includes a choice of ham or pub-style battered fish, sautéed cabbage and carrots, baby red potatoes, and a festive cookie for dessert.

To-go meal reservations must be made by 12 noon on March 16 by calling the center where you wish to pick your meal up. Phone numbers for local centers may be found on page 10 of this paper.

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. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.



**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/](http://www.facebook.com/BroomeCountyOfficeForAging/)



Follow us on Twitter:  
<https://twitter.com/BroomeCountyOFA>

## March for Meals

*Continued from Page 1*

As you can imagine, due to the Covid-19 Pandemic, the need for Meals on Wheels is greater than ever. In 2020, the demand for Meals on Wheels grew and the Office for Aging served meals to more than 800 individuals, totaling over 194,000 meals in our community over a year-long period! That is a 38% increase in the number of meals served.

To support the March for Meals and the Meals on Wheels program, please consider making a donation online through the Broome County Office for Aging website at <http://gobroomecounty.com/senior>. To donate by check, make checks payable to Broome County Office for Aging and mail to Broome County Office for Aging, 60 Hawley Street, PO Box 1766, Binghamton, NY 13902. Please note it as a “March for Meals” donation.

Please help the community celebrate this proven collaboration of local community organizations, businesses, government and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating or speaking out, you can ensure the older adults in your neighborhood can live healthy, happy and independent lives at home, where they want to be.

For more information on receiving Meals on Wheels or to volunteer to deliver meals, please call the Office for Aging: (607) 778-2411.

## “Personalize Your Plate” Recipe Contest

*Continued from Page 1*

### HOW TO VOTE:

All contest entries will be posted on the Office for Aging Facebook page at [www.facebook.com/BroomeCountyOfficeforAging](http://www.facebook.com/BroomeCountyOfficeforAging).

To vote for your favorite recipe, visit our Facebook page between April 5 and 9 and click “like” on the recipe you like best.

Or, submit a vote by mail to **Broome County Office for Aging, P.O. Box 1766, Binghamton, NY 13902** or email to [ofa@broomecounty.us](mailto:ofa@broomecounty.us).

One vote per person, please! Good luck, and Bon Appetit!

## Personalize Your Plate with SNAP Benefits

Stretch your monthly budget further by finding out if you qualify for Supplemental Nutrition Assistance Program (SNAP) benefits, previously known as food stamps. This program can help you purchase nutritious foods, which in turn helps keep you healthy and independent.

Once you qualify for SNAP, you will receive a benefit (EBT) card that you can use at most grocery stores and farmers’ markets. It is also important to know that you can use your EBT card towards meals at senior centers and for Meals on Wheels. Just ask senior center or Meals on Wheels staff, and they will help you use your EBT card.

To determine eligibility and benefit amounts, SNAP compares medical and housing expenses with income before any deductions. An estimation of income eligibility is listed in the chart below. These income guidelines are specifically for those households in which older or disabled people reside.

Household Size	Monthly Income
1 person	≤ \$ 2,126
2 people	≤ \$ 2,873
+ each additional person	\$746+

Even if your income exceeds the amounts listed in the chart above, you MAY still be eligible depending on your medical and housing costs. If you are not sure if you qualify, there is no harm in being pre-screened. Call the Broome County Office for Aging for more information at (607) 778-2411.

## Culinary Lingo

*Reviewed By Esther Ellis, MS, RDN, LDN, Academy of Nutrition and Dietetics*

Braise, broil, poach, simmer — what does it all mean? Following healthful recipes is easier if you understand cooking vocabulary. Whether you are new to the kitchen or just need a refresher, understanding the basics of common cooking techniques will help you navigate through recipes and get healthy meals on the table with ease. From slicing to steaming, here's how to talk the talk in the kitchen.

**Bake:** type of dry heat cooking — cook food surrounded by hot air, usually in an oven

**Barbecue/grill:** type of dry heat cooking — to roast food over a charcoal or hardwood fire

**Boil:** type of moist heat cooking — cooking food in a rapid boil

**Braise:** to brown, then simmer over low heat in a small amount of liquid (water, broth or even fruit juice) in a covered pot for a lengthy time on the stove or in the oven

**Broil:** to cook with direct heat, usually under a heating element in the oven

**Chop:** cut food into smaller pieces of no particular size or shape

**Dice:** cut foods into uniform square pieces

**Deep-fry:** type of dry heat cooking — cook food by submerging it in hot oil

**Dry heat cooking:** methods that use hot air, the heat from a pan or grill, or hot fat to cook foods.

**Grate:** rub food against a serrated surface to create fine shreds

**Grill:** to cook with heat directly over hot coals or another heat source

**Mince:** cut food into very small pieces

**Moist heat cooking:** methods that use water or liquids such as broth to cook foods

**Panbroil:** to cook uncovered in a preheated, nonstick skillet without added fat or water

**Poach:** type of moist heat cooking — to cook gently in liquid, just below boiling, until the liquid’s surface starts to shimmer

**Quadriller:** to make a crisscross pattern on the outside of grilled or broiled food

**Roast:** type of dry heat cooking — to cook uncovered with dry heat in the oven

**Sauté:** type of dry heat cooking — to cook quickly in a small amount of fat, stirring so the food browns evenly

**Simmer:** type of moist heat cooking — cooking food in a hot liquid that is bubbling but not boiling

**Slice:** to cut through or across into slices, generally of uniform size

**Steam:** type of moist heat cooking — to cook with steam heat over (not in) boiling water, or wrapped in foil or leaf (such as lettuce or banana leaves) packets over boiling water or on a grill

**Stew:** to cook in liquid, such as water, juice, wine, broth or stock, in a tightly covered pot over low heat

**Stir-fry:** to cook small pieces of meat, poultry, seafood, tofu and/or vegetables in a very small amount of oil, perhaps with added broth, over very high heat, stirring as you cook

**Zest:** to scrape the outer rind of a piece of citrus fruit for flavoring

*Adapted from: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/culinary-lingo>*

# Caregiver Corner

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

## Event for Caregivers

Updates on Changes to Community Medicaid for Home Care Services and Visiting Rules for NYS Nursing Homes



**Date:** Wednesday, March 10  
**Time:** 1:00-2:00 PM  
**Location:** By Zoom (Phone Call Option Available)

**Presenter:** Karen McMullen, Attorney-Partner with Levene, Gouldin & Thompson, LLP

Karen will discuss updates on two topics: first, the changes to Community Medicaid for home care services anticipated to be effective as of April 2021; and second, the NYS rules on visitation to nursing homes and related current legislative advocacy efforts. Karen is also able to answer questions about estate planning, Medicaid and related issues.

**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.



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

**Date:** Monday, March 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, March 17  
**Time:** 9:30-11:00 AM  
**Zoom address:** please call Caregiver Services at (607) 778-2411 to register for this program and a link will be provided.  
**ID:** 2152617450  
**Password:** 037464

## Scam of the Month

### Contractor Scams

With warmer weather approaching, it is good to be reminded of contractor scams. When choosing a contractor, it is a good idea to ask for references, or ask for recommendations from a friend or relative on who they have used in the past.

Here are a few red flags to look out for when dealing with a contractor: all-cash deals, high upfront payments, verbal (non-written) agreements, extremely low bids, no permanent place of business, no proof of insurance. Be sure to get a contract in writing whenever hiring a contractor, especially for a large job. As always, if it sounds too good to be true, it might be. Another reminder is that legitimate contractors will not go door-to-door looking for work.

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?

### Social Security Confusion

A statement we commonly hear is that when someone's spouse passes away, that person "qualifies for their spouse's Social Security." While this is sometimes true, it is not always true in the way that people assume. If the spouse with the higher Social Security benefit is the one who passes away first, the surviving spouse will begin to collect Social Security benefits that equal the amount of the higher of the two social security checks. The surviving spouse does not receive both full Social Security checks. This is important information for couples who require both checks to meet their basic financial needs. If something happens to one spouse, the other is often left struggling to make ends meet. Please consider planning for this situation if one check would not be enough to pay your bills in your current situation.

If you would like more information about this topic, please call the Office for Aging at (607) 778-2411.

## Be in the Know

### Tips from the Academy of Nutrition & Dietetics

Knowing these culinary techniques can help to bring out the flavor of foods without the need to add a lot of extra ingredients or calories. The healthiest cooking methods require only a little amount of fat:

- Sautéing and stir-frying use a small amount of oil, compared with frying or deep-frying.
- Steaming helps foods retain more nutrients, since they are not soaking in water, as is the case with boiling.
- Grilling also can influence the flavor of foods, but it's important to avoid charring them, which occurs when they turn black.
- Marinating meats and vegetables prior to grilling can help.

And, remember that cooking all foods to the appropriate internal temperatures is important, regardless of how the food is prepared!

Adapted from: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/culinary-lingo>



**Trips subject to change.**

### AARP, Endicott Chapter

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

Sept. 13 - 17  
 Ocean City, MD

## Spring Ahead!

Daylight Saving Time begins at 2:00 AM on Sunday, March 14, 2021. Remember to turn your clocks ahead one hour.

The start of Daylight Saving Time is also a good time to check that your smoke and carbon monoxide detectors are in good working order, and to install fresh batteries. If you do not have these potentially life-saving detectors, there are programs which can help you obtain them at little or no cost to you. For more information, call the Office for Aging at (607) 778-2411.

## HAIR @ HOME

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## Time Warp!

What happened this month 50 years ago?

March 5, 1971- British rock band, Led Zeppelin, perform their hit, "Stairway to Heaven," live for the first time

March 10, 1971- United States Senate approves amendment lowering the voting age to 18

March 25, 1971- The Boston Patriots football team becomes the New England Patriots

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## Good Afternoon Broome Let's GAB

Social Connection Telephone Program for Older Adults

Sponsored by: The Retired & Senior Volunteer Program (RSVP)  
Call RSVP for information/registration at: 607.729.9166

*Would you like a phone friend to talk with once or twice a week?*

The GAB program offers companionship during this unprecedented time. Healthy Aging includes being connected to others and reducing social isolation



## Personalize Your Plate

with a Banana Berry Smoothie

Make a smoothie for a quick on-the-go breakfast or a refreshing treat.

**Makes:** 2 servings, 1 1/3 cups per serving.

**Prep time:** 5 minutes

### Ingredients

- 1/2 banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- 1/2 cup 1% lowfat or fat-free milk
- 1/2 cup 100% orange juice



### Directions

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add 1/2 cup cold water and blend again until desired consistency.
3. Pour into 2 glasses and serve.

For more recipes like this, visit [www.snaped.fns.usda.gov](http://www.snaped.fns.usda.gov).

## Doug's Fish Fry at JC Senior Center

Mark your calendars! Doug's Fish Fry will be at the Johnson City Senior Center parking lot on Wednesday, April 14 from 11:00AM – 6:00PM, or until sold out. They'll be selling their delicious fish and fries to-go to benefit the JCSC. The Center will also be doing a recyclable bottle/can drive. The Johnson City Senior Center is located at 30 Brocton St, Johnson City, NY.



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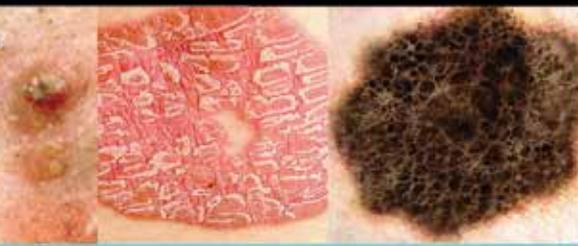
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## Engage and Be Well Through Chats, Crafts and Exercise Programs

*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 Orvetta or Desirae 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, March 5th: Have a Laugh**  
Share a family-friendly joke with the group. It's time for a laugh break!
- **Friday, March 12th: "Think Green" Recipe Swap**  
St. Patrick's Day and spring are approaching. Share a favorite green veggie recipe.
- **Friday, March 19th: Pet Chat**  
Whether your pet has paws, feathers or fins, share a bit about your special friend.
- **Friday, March 26th: Garden Gab**  
What's your favorite spring flower? The first blooms of the new season are on their way.

**If you are interested in joining a Friday afternoon chat, call 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 the Office for Aging at (607) 778-2411 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 Orvetta or Desirae at (607) 692-3405.**



### Keep Anything You Want, Just Don't Keep Everything Monthly Downsize & Declutter Discussion via Zoom

**Declutter Tip:** keep anything you want, just don't keep everything. This tip is most helpful when thinking about the sentimental things in your house, especially things that were never really yours, but maybe belonged to your parents or a favorite relative. Learn more on Tuesday, March 9 at 3 PM on Zoom.

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.**

## March Word Search

Circle the words below which are hidden from left to right, top to bottom, right to left, and bottom to top. Happy Puzzling! Answers on Page 9

N	L	N	S	A	B	K	Y	J	P	M	Q	Z	A	Q
S	O	X	X	D	U	C	C	N	Y	X	H	N	K	C
P	O	T	O	F	G	O	L	D	W	Q	N	A	D	H
I	T	W	U	U	J	R	O	J	V	A	O	O	A	J
L	Q	S	D	D	S	M	L	A	M	B	U	P	F	W
U	L	Y	F	L	O	A	E	A	L	H	S	H	F	O
T	I	G	J	I	N	H	P	L	C	D	U	E	O	W
V	P	N	D	O	G	S	R	Q	C	U	N	R	D	L
G	X	I	Y	N	B	D	E	B	E	E	S	A	I	O
R	U	R	K	Q	I	R	C	C	K	H	H	I	L	C
C	K	P	P	B	R	H	H	E	A	S	I	N	S	W
F	N	S	P	D	D	A	A	X	C	Y	N	B	Z	Z
H	D	Y	Q	Y	S	X	U	C	X	O	E	O	I	A
Q	Z	D	V	B	T	R	N	R	Y	G	P	W	H	P
U	R	I	I	Y	T	M	Q	T	J	W	M	F	D	C

Spring  
Shamrock  
Rainbow  
Daffodils  
Tulips  
Lion  
Lamb  
Songbirds  
Bees  
Sunshine  
Pot of Gold  
Leprechaun

## Improve Your Wellness Through Nutrition:

Contact Office for Aging's Registered Dietitian, Donna Bates

Do you want to eat healthier and reduce your risk of chronic disease? Get the individualized nutritional information you need by reaching out to Donna Bates, OFA's Registered Dietitian. Donna will work with you to form personalized eating and wellness action plans to address various lifestyle concerns and health conditions, including:



- High blood pressure
- Weight management
- Cardiovascular disease
- Prediabetes and Diabetes
- Loss of appetite
- Healthy recipe adjustments
- Economical food preparation
- Supermarket shopping
- Food safety

Here are just a few of the recent testimonials from those getting assistance from Donna:

- 61-year-old Joe was told by his doctor that he has prediabetes. Joe's doctor suggested he see a dietitian to help him lower his blood sugar. Joe contacted Donna. Donna talked to Joe and his wife and suggested some lifestyle and mealtime modifications that could help. After his next doctor's appointment, Joe shared that his blood sugar levels were back to normal. Joe says that he believes the nutrition counseling he and his wife received was vital in getting these positive test results.
- 70-year-old Sally reports not having time or energy to cook. She says she has been buying a lot of canned and convenience foods. She knows that many of these foods are not good for her health due to high fat, salt, and sugar content. Sally contacted Donna for suggestions. Donna made suggestions about healthy, convenient and affordable foods, as well as providing some easy, healthful recipe ideas. Donna also encouraged Sally to take advantage of the meals available at her local senior centers. Sally reports since talking to Donna she is more informed and motivated about ways she can eat healthier while not spending any more time cooking than she did before. Also, she now stops at the senior center twice a week and enjoys getting healthy affordable meals, and not having to do the dishes afterward!

Typically, Donna meets personally with individuals, either in their homes or at local senior centers. However, due to Covid-19, Donna's appointments currently are exclusively by telephone. Once in-person visits are considered safe, she will return to face-to-face visits again—as well as continuing to offer the telephone option, should that be preferred. The Office for Aging provides this service to those age 60 and over. For more information about getting nutrition information or counseling from Registered Dietitian, Donna Bates, please call (607) 778-2411.

## Personalize Your Plate

With These Easy, 3-ingredient Breakfast Ideas

You can make a simple, nutritious breakfast in just a few minutes! Here are some ideas:

- Whole grain corn tortilla + beans of your choice + low-fat cheese
- Whole wheat toast with peanut butter + sliced bananas + cup of low-fat or fat-free milk
- Whole wheat tortilla + low-fat string cheese + sliced apples
- Hard-boiled egg + whole wheat toast + small cup of 100% fruit juice
- Graham crackers + low-fat cream cheese + raisins or dried cranberries
- Leftover vegetables + scrambled eggs + whole wheat tortilla
- Whole grain cereal + low-fat or fat-free yogurt + fruit

For more healthy recipe ideas, visit [www.snaped.fns.usda.gov](http://www.snaped.fns.usda.gov)

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-Julie S., Binghamton

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## To Stay Healthy, Eat a Variety of Unprocessed Foods

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

For the first time in its history, the Dietary Guidelines for Americans is giving its recommendations by stages of life, addressing the particular needs of each age group.

In the adults 60 and older unit, it states that as we age, we become more likely to develop chronic diseases such as cardiovascular disease and cancer, and health conditions related to changes in bone and muscle mass, such as osteoporosis and sarcopenia. One of the ways we can maintain good health and prevent those conditions from developing is choosing healthy foods and beverages.

It's especially important that we choose foods that are nutrient dense—that is, foods that have a lot of vitamins, minerals and other nutrients, instead of highly-processed foods high in fat, sodium, and sugar.

The report found adults often don't get enough vitamin D, calcium, potassium, and dietary fiber, and senior adults also don't get enough B12 and dietary protein. Protein is important to prevent the loss of lean muscle mass that occurs naturally with age, and vitamin B12 is vital because it's needed for healthy nerves and blood cells. Age and certain medications can decrease its absorption.

Most older adults are eating enough meat, poultry, and eggs for protein, but they tend to lack protein sources such as seafood, dairy, beans, peas, and lentils in their diets. However, consuming some of your daily protein from those sources gives you access to many other additional nutrients you might otherwise lack.

Dairy foods provide calcium, vitamin D, and vitamin B12 in addition to protein. Yogurt, cheeses, milk, and lactose-free or reduced lactose products are good choices.

Seafood provides vitamins D and B12 and calcium (if eaten with bones, such as canned salmon or sardines), and beneficial fatty acids. Try adding some tuna, shrimp, haddock, oysters, scallops, salmon, or crab to your meals once a week or more.

For dietary fiber, you can't beat legumes such as various beans (black, white, navy, kidney, garbanzo, black-eyed peas) and lentils. Fiber helps to keep you full and helps to prevent heart disease by removing excess fat from your body.

Making small changes, like adding a greater variety of protein foods, can make a big difference in your health.

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## Personalize Your Plate

*with Southwest Baked Sweet Potatoes*

Spice up your baked potato and load it up with fresh tomatoes and beans. Potatoes are a great food to have in your pantry because they last for a long time. Make sure to eat the skin on your potatoes to increase your fiber intake!

**Makes:** 2 servings

### Ingredients

2 medium-sized sweet potatoes  
1 can (15 oz) black beans, rinsed  
1 medium tomato, diced (or 1 small can low sodium diced tomatoes)  
½ tsp ground cumin  
½ tsp chili powder  
2 tsp olive oil

*Optional: salt to taste, low-fat sour cream or plain yogurt, scallions, cilantro, etc.*

### Directions

1. Pierce potatoes in several places with a fork.
2. Microwave potatoes on high 12-15 minutes, or until tender.
3. In microwave-safe bowl, combine beans, tomatoes, oil, cumin, chili powder, and salt. Microwave on high for 2-3 minutes.
4. Slice each potato down the middle. Press open, making a well in the center.
5. Spoon the bean mixture into middle of each potato.
6. If desired, top with low-fat sour cream/yogurt, scallions, or cilantro

*For more healthy recipes like this, visit [www.snaped.fns.usda.gov](http://www.snaped.fns.usda.gov).*

## One Ingredient, Four Ways

Preparing meals for one or two people can lead to a lot of opened food. Often, this food ends up in the refrigerator untouched until it is no longer safe to eat. A great way to prevent food from being wasted is to find multiple ways to use the same ingredient. Here are a few examples of how a single ingredient can be used in four different dishes.

Sweet potatoes are an excellent source of Vitamin A. Leave the skin on sweet potatoes to get additional potassium and fiber.

1. Bake in the oven
2. Mash to make mashed potatoes as a side dish
3. Dice up and roast
4. Dice up and use in a soup or stew

Chickpeas can add protein to both hot and cold meals. Drain and rinse if using canned.

1. Blend with oil and garlic to make homemade hummus
2. Add to a salad
3. Roast until brown and crispy for a crunchy snack
4. Cook and mix in with your favorite whole wheat pasta or brown rice

Spinach is a great source of Vitamins A & K, along with many other nutrients.

1. Toss fresh spinach in a salad
2. Add frozen spinach to lasagna
3. Sprinkle on top of a homemade pizza
4. Cook and mix into a whole-wheat pasta dish

Beans (black, kidney, pinto, cannellini) add protein to recipes at a low cost. Drain and rinse canned beans to remove extra sodium.

1. Mix into a soup
2. Mash into a paste and add to a quesadilla, taco, or wrap
3. Eat cold on a salad
4. Add to a dip or salsa as a snack

*Adapted from: University of Rhode Island, Nutrition to Go, December 2015.*

## 5 Things to Know About the Newly-Released Dietary Guidelines for Americans, 2020-2025

1. Every five years, the USDA and the US Department of Health & Human Services update the Dietary Guidelines for Americans. This publication reflects extensive research and the latest scientific evidence on health promotion eating habits.
2. There are 4 overarching Guidelines in this new edition:
  - Follow a healthy dietary pattern at every life stage.
  - Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
  - Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
  - Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.
3. Key recommendations supporting the overarching guidelines are:
  - Limit added sugars to less than 10% of calories per day
  - Limit saturated fat to less than 10% of calories per day
  - Limit sodium intake to less than 2,300 mg per day
  - Limit alcoholic beverages (if consumed) to 2 drinks or less a day for men and 1 drink or less a day for women.
4. “Make Every Bite Count” is the call to action with this edition of the Dietary Guidelines. The focus is on choosing healthy foods and beverages rich in nutrients while staying within calorie limits. Specific calorie needs are based on multiple factors. These include gender, weight, height, and level of physical activity. Females ages 60 and older require about 1,600 to 2,200 calories per day and males ages 60 and older require about 2,000 to 2,600 calories per day.  
 \*To help stay within caloric needs and get the nutrients which promote better health:
  - Pay attention to portion size.
  - Meet nutritional needs primarily from foods and beverages.
  - Choose a variety of options from each food group.
5. This is the first time the Dietary Guidelines has provided guidance by stage of life, from birth to older adulthood- thus emphasizing it is never too late to eat healthy!

To view the complete report of the Dietary Guidelines for Americans 2020-2025, go to [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov)

\*Visit [www.MyPlate.gov](http://www.MyPlate.gov) to get more information about healthy dietary patterns for your specific caloric needs. (You may also talk to your doctor, a dietitian, or consult with other credible health sources).

Adapted from resources at: <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>

### Just For Laughs

Did you hear about the restaurant on the moon?  
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## Personalize Your Plate

*with Zesty Lemon Fish*

Lemon pepper combined with lemon juice, onions, and parsley give this entree loads of flavor and takes less than 30 minutes to cook. Pairs well with a salad and brown rice pilaf.

**Makes:** 2 servings

### Ingredients

- ½ pound white fish fillets (whitefish, cod or halibut)
- ½ small onion (sliced)
- 2 tablespoons lemon juice
- ½ teaspoon canola oil
- ¾ teaspoon lemon pepper
- ½ teaspoon dried parsley
- dried paprika (optional)

### Directions

1. Separate fish into two serving size pieces. Place on an ungreased baking sheet.
2. Top with onion slices.
3. Drizzle lemon juice and oil evenly over fish.
4. Sprinkle lemon pepper, parsley, and dust with paprika (optional).
5. Cover and let stand for 5 minutes. Bake at 350°F for 20 minutes, or until fish flakes easily with fork.

For more healthy recipes, visit [www.snaped.fns.usda.gov](http://www.snaped.fns.usda.gov)

## Make Small Changes That Will Last

*by Tara Kenyon, Nutritionist at Cornell Cooperative Extension of Broome County*

For National Nutrition Month® this March, aim to make small changes in your daily eating habits. Small, consistent changes will help ensure that you are able to stick with it and carry it through your lifetime. Whether that is to drink more water each day or add one more cup of vegetable to your plate, you can decide what is best for you and what fits your needs. The Academy of Nutrition and Dietetics has created weekly goals to help you focus on improving your overall health and wellness. Look through these goals and determine if you can choose one each week to work on!

**Week One: Eat a variety of nutritious foods every day!**

- Include healthful foods from all food groups.
- Hydrate healthfully.
- Learn how to read Nutrition Facts Panels.
- Avoid distractions while eating.
- Take time to enjoy your food.

**Week Two: Plan your meals each week!**

- Use a grocery list to shop for healthful foods.
- Be menu-savvy when dining out.
- Choose healthful recipes to make during the week.
- Enjoy healthful eating at school and at work.
- Plan healthful eating while traveling.

**Week Three: Learn skills to create tasty meals!**

- Keep healthful ingredients on hand.
- Practice proper home food safety.
- Share meals together as a family when possible.
- Reduce food wastes.
- Try new flavors and foods.

**Week Four: Consult a Registered Dietitian Nutritionist!**

- Ask your doctor for a referral to an RDN.
- Receive personalized nutrition advice to meet your goals.
- Meet RDNs in a variety of settings throughout the community.
- Find an RDN who is specialized to serve your unique needs.
- Thrive through the transformative power of food and nutrition.

Cornell Cooperative Extension of Broome County offers daily nutrition education classes. Contact us now to learn how our nutritionists can help you reach your goals. Email [tkk8@cornell.edu](mailto:tkk8@cornell.edu) or call 607-772-8953.

## Is Sitting the New Smoking?

by Rachel Parsons, Nutrition Educator at Cornell Cooperative Extension of Broome County

Having a sedentary lifestyle can raise your risk of many chronic diseases. The more inactive you are, the higher the risks. Not getting enough physical activity raises your risk of the following:

- Obesity
- Heart diseases like coronary artery disease and heart attack
- High blood pressure
- High cholesterol
- Stroke
- Metabolic syndrome
- Type 2 diabetes
- Certain cancers including colon, breast, and uterine cancers
- Osteoporosis and falls
- Increased feelings of depression and anxiety

Being more physically active on a regular basis is one of the most important things we can do to improve our health and prevent chronic disease. The health benefits will increase with the more physical activity you do and the benefits are immediate; a single bout of moderate to vigorous physical activity can improve sleep, reduce anxiety, improve brain function, reduce blood pressure, and improve insulin function on the day the activity is performed.

The physical activity guidelines recommend that adults get 2.5 hours of physical activity every week. Physical activities should include muscle strengthening, balance training, and aerobic activities. Don't get overwhelmed, start gradually. Physical activity is any bodily movement that requires your body to use energy. Structured exercise counts but also everyday activities like mopping the floor, carrying laundry, taking the stairs, doing some yoga stretches, or going for a walk. Every minute of physical activity counts towards the 150 minutes of physical activity we need each week. Break up time spent sitting with a few minutes of movement.

Older adults with chronic conditions should understand whether and how their condition affects their ability to do regular physical activity safely. They should still be as physically active as their abilities and conditions allow. Some activity is better than none at all.

Bottom line: move more and sit less. Check out [www.eldergym.com](http://www.eldergym.com) for great information and free videos.

## Personalize Your Plate

With Strawberry S'mores

This delicious dessert is a hit with people of all ages. It takes the classic s'more recipe and gives it a fruity, nutritious kick with less sugar!

Makes: 1 Serving

### Ingredients

- 2 strawberries
- 1 graham cracker
- 2 Tbs yogurt, low-fat vanilla

### Instructions

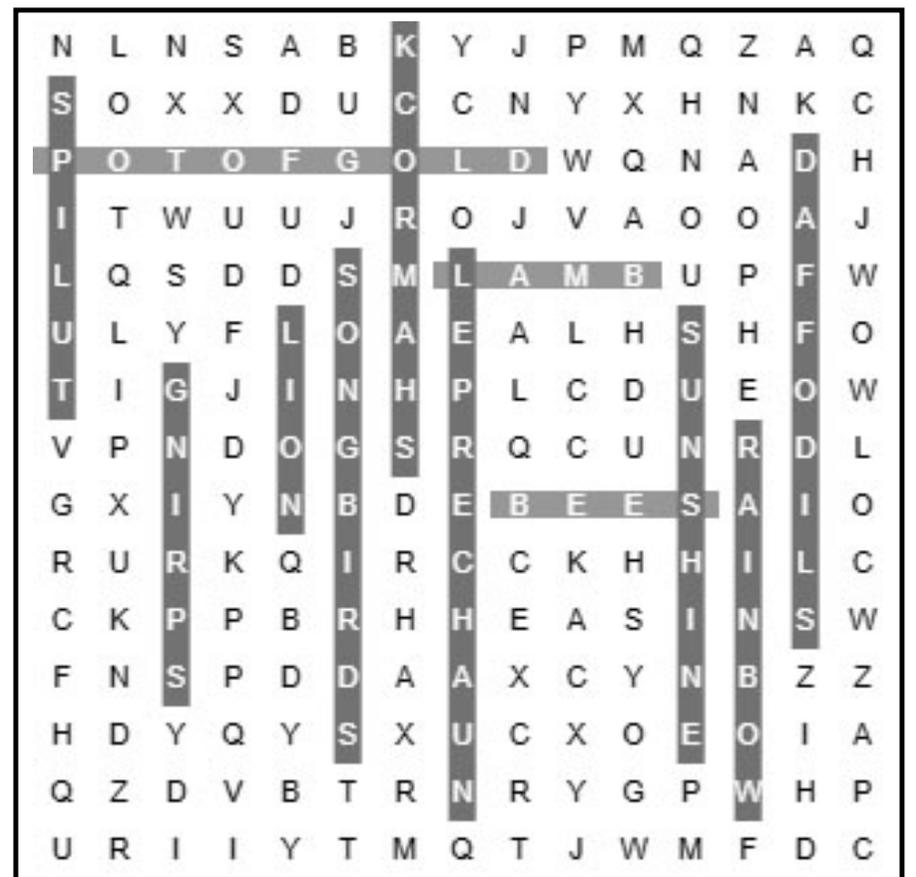
1. Rinse and slice strawberries.
2. Break graham cracker in half and add the yogurt and strawberries to ½ of graham cracker.
3. Top with the other ½ of graham cracker.

### Notes

Substitute any desired low-fat yogurt flavor.  
Try other fruits like blueberries, bananas, etc.

For more healthy recipes like this, visit [www.snaped.fns.usda.gov](http://www.snaped.fns.usda.gov)

## March Word Search Answers



## Keep in Touch

It is important now more than ever to keep in touch with your family members and friends!

Social distancing during this pandemic has left many people feeling isolated, and older adults are no exception. With normal routines disrupted, and hugging family and friends not available, older adults are lonely. Here are some suggestions to help you stay connected with your family, friends, and caregivers during the COVID-19 pandemic:

Something as simple as a phone call to a loved one can make all the difference when you're feeling socially isolated. Whether they live hundreds of miles away or just down the street, a phone call lets them know you are thinking about them. Make it a routine by scheduling a time each week to call someone you miss, and don't be afraid to make it an event, with multiple people involved on the call! If you are missing them, they are likely missing you just as much. If you have a computer or smartphone, you can hold video dinners! You could even show your loved one how to make your favorite recipe over video!

This pandemic is also a perfect opportunity to write letters to people – it's never too late to have a Pen Pal! People love to get mail, whether it's a quick note or a lengthy letter, it's a great activity to stay in touch with those you miss. Make a list of those you want to write to and get started!

What do you say to people when you call or write? Swap information about good books you've recently read, TV and movie recommendations, favorite recipes you've recently tried, or reminisce about a shared memory. Conversations don't have to be long, even quick check-in can bring joy to both of you.

Be sure to ask your friends and family what is new in their lives during your check-ins. Maybe an activity they have done will interest you. Don't be afraid to ask if they have any suggestions for you to try.

Out of stamps? You can get your stamps by mail; pay no fee for ordering and get free delivery to your home. Ask your mail carrier for a mail-order form. Fill out the form, make a check or money order payable to United States Postal Service, and mail it to the Post Office. Your carrier will deliver your stamps within a few days.

## Senior Center Contact Information

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- 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
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### LYCEUM Classes for the Intellectually Curious!

Non-credit classes for March/April/May are available using Zoom! We have museum tours and presenters from other states and countries, plus a variety of topics offering something for everyone. Register online at <https://lyceum.binghamton.edu> or on our Facebook page at <https://facebook.com/BUlyceum>

### Personalize Your Plate

*With Tuna Salad with Pears*

This heart healthy tuna salad recipe uses plain yogurt instead of mayonnaise and adds fresh fruits and vegetables for flavor and fiber. Not a fan of pears? Try adding apples or grapes.

**Makes:** 2 Servings

**Ingredients**

- 2 Tbs plain yogurt
- 1 Tbs lemon juice
- 1 can (3 oz) tuna, packed in water, drained
- 1 small pear, chopped
- 1 stalk of celery, finely diced
- 1 small carrot, grated

Optional: fresh or dried parsley, chopped nuts

**Instructions**

1. To make the dressing, mix yogurt and lemon juice in a small bowl. For thin dressing, add a tablespoon of water or milk.
2. Mix tuna with the dry ingredients in a bowl.
3. Toss tuna mixture with dressing. Serve.

For more healthy recipes like this, visit [www.snaped.fns.usda.gov](http://www.snaped.fns.usda.gov)

### Using the Facts to Meet Your Needs

by Alyssa Joyce, Nutrition Educator at Cornell Cooperative Extension of Broome County

The Nutrition Facts label is a useful tool that can help you make healthy dietary choices while also helping you lower your risk of developing certain health conditions that are common among older adults. This label can be found on any packaged foods or beverages. Although this label contains a large amount of information, below are some terms to pay close attention to.

**Servings Per Container:** the total number of servings in the entire food package.

**Serving Size:** the amount of food that is usually eaten at one time.

**Calories:** the total number of calories in a serving of the food.

**% Daily Value (%DV):** shows how much a nutrient in a serving of the food contributes to a total daily diet.

- **5% DV or less** of a nutrient per serving is considered low
- **20% DV or more** of a nutrient per serving is considered high

**Nutrients and Your Needs**

Your nutrient needs change as you age, eating too much or too little of some nutrients may increase your risk of certain diseases, such as heart disease and high blood pressure.

Get **MORE** of these nutrients:

**Dietary Fiber:** speeds up the movement of food and waste through the body.

**Calcium:** a mineral that helps with muscle and nerve function, blood clotting and hormone secretion.

**Vitamin D:** helps your body absorb calcium and is important for reducing the risk of developing osteoporosis.

**Potassium:** a mineral that helps with fluid balance and heart, muscle, and nervous system function.

Get **LESS** of these nutrients:

**Saturated Fat:** found in higher amounts in animal products (seafood is an exception). Try to stick to unsaturated fats which can be found in plant-based oils, nuts, seeds, and seafood.

**Sodium:** commonly found in highly processed, packaged, and prepared foods.

**Added Sugars:** sugars that are added during the processing of foods.

Visit [www.ChooseMyPlate.gov/MyPlatePlan](http://www.ChooseMyPlate.gov/MyPlatePlan) and talk with your healthcare provider about your calorie and nutrition needs as you age.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	8%
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Just For Laughs**

Did you hear they're finally making a film about clocks?  
*It's about time.*



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## Chocolate Health Claims: Sweet Truth or Bitter Reality?

Love chocolate? Most of us do. It's a delicious treat. Or a quick pick-me-up after a long day. You may have heard that dark chocolate has health benefits. But is that true or just wishful thinking?

Small studies suggest that cocoa, an ingredient in chocolate, may have health benefits. It's possible that certain nutrients in cocoa could improve heart health and boost brain function, especially in older adults.

Researchers think this may be due to compounds called flavanols. Cocoa beans contain high levels of flavanols. The beans are dried and roasted to make the cocoa powder used in chocolate. Dark chocolate contains more cocoa and flavanols than other types of chocolate. Flavanols are also found in tea, red wine, apples, and berries.

The evidence linking cocoa beans and heart health has interesting origins. Much of it is based on studies of the Kuna people, who live on islands off the coast of Panama. They consume a lot of cocoa.

"They pull cocoa beans off the tree, they grind them up, and they basically make a hot chocolate," explains Dr. Laura Baker, an expert in aging at Wake Forest University. "And they treat that like their water, drinking many, many cups per day."

Scientists discovered that the Kuna people had much lower rates of heart disease, even compared to people in the same region. This sparked interest in the health properties of cocoa beans.

Today, researchers are studying whether concentrated doses of cocoa flavanols can improve health. Thousands of participants are involved in studies of how cocoa supplements affect everything from eye disease to heart health, cancer risk, and cognitive abilities.

Cocoa flavanols are believed to improve heart function and blood flow, so scientist think they may also benefit the tiny blood vessels in the brain. Baker is studying whether cocoa supplements can prevent cognitive decline in older adults. She's examining their impacts on short-term memory, focus, and overall brain function.

More than 2,000 older adults have participated in the three-year study. But it's too soon to tell whether cocoa supplements are beneficial for brain health. The study is still ongoing.

"If it works, there are no side effects for cocoa flavanols," Baker notes. "So imagine, if this works for both heart health and cognition—or just one—this would be a very simple supplement that people could add to their diet."

But you won't get nearly the same amount of cocoa flavanols in that chocolate bar—even if it is dark chocolate.

"The cocoa supplements are way more potent than the darkest of the dark chocolate bars," Baker says. Eating chocolate just isn't the same, she explains.

And there's more bitter news. Because of the added sugar and cocoa butter, chocolate contains a lot of calories and saturated fat. So it's best to enjoy that box of chocolates in small amounts, as part of a balanced diet.

Source: *NIH News in Health*

### Just For Laughs

Why can't you trust a flight of stairs?  
They're always up to something.

## How to Get Back Up After You Have Fallen

Much as we'd like to hope so, no one is immune to falling. Commit these steps to memory to ensure you're prepared if you take a spill.

1. Stay calm and take a few deep breaths.
2. Examine yourself for injuries.
3. If you find that you are injured or unable to get up, try to alert someone to your predicament. While you're waiting for help, try to keep warm and stay calm.
4. If you are confident you haven't broken any bones or experienced a serious injury, search for the nearest piece of sturdy furniture. (A chair would be ideal.)
5. Slowly roll onto your side and then work to get onto your hands and knees.
6. Crawl or drag yourself over to the piece of furniture.
7. Get into a kneeling position and place your hands on a stable part of the piece of furniture (e.g., the seat of a chair).
8. Choose your strongest leg and move that knee forward to place your foot on the floor. You should end up in a kneeling lunge with your hands still on the piece of furniture for support.
9. Using your arms and legs simultaneously, push yourself up and pivot around until you're sitting on the piece of furniture.
10. Stay seated until you're confident you can move around without hurting yourself or falling again.
11. Once you are up, you MUST notify your doctor that you've had a fall and keep an eye out for emerging pain or signs of injury.

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

## What Are Electronic Cigarettes?

Electronic cigarettes are battery powered devices that people use to heat liquid into a vapor that can be inhaled. They're also called e-cigarettes, e-cigs, or vapes.

The inhaled vapor may contain nicotine (the addictive drug in tobacco), flavorings, and toxins—including ones that cause cancer.

The government controls e-cigarettes as tobacco products. This means you must be at least 18 to buy them in the U.S. Despite that, e-cigarettes are more popular among U.S. teens than any other form of tobacco. In 2017, about 1 in 5 twelfth graders reported "vaping" nicotine.

Youth who use nicotine are at risk of long-term health effects. Nicotine affects the development of the brain's reward system and brain circuits that control attention and learning. Continued use of nicotine can lead to addiction and raise the risk for addiction to other drugs.

Some people believe that e-cigarettes can help them quit smoking tobacco. Researchers are testing whether this may be true. However, nicotine patches and many other FDA-approved quit aids are available now to help people quit smoking.

Source: *NIH News in Health*

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# March 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 March.**

<b>Ziti Parmesan</b> Broccoli Florets Fruit Cocktail Sugar Cookie	1	<b>Pub Burger OR</b> <b>Sausage Link w/Peppers &amp; Onions</b> Baked Potato Peas Gelatin Cup	2	<b>Swedish Meatballs</b> <b>Over Mashed Potatoes</b> California Mixed Vegetables Chocolate Mousse	3	<b>Stuffed Pepper Casserole</b> Sliced Carrots Applesauce Cherry Crisp	4	<b>Chicken Breast Marsala</b> <b>OR Broiled Fish w/Lemon</b> Herb Roasted Potatoes Italian Green Beans Double Chocolate Cookie	5
<b>Turkey Tetrazzini</b> Hot Beets Fruited Yogurt Oatmeal Cranberry Cookie	8	<b>Liver w/Onions OR</b> <b>Meatloaf</b> Chantilly Potatoes Peas Gelatin Cup	9	<b>Classic Meat Lasagna</b> Italian Green Beans Bread Pudding	10	<b>Halupki OR</b> <b>Chicken Breast Parmesan</b> Mashed Potatoes Italian Blend Vegetables Honey Bran Muffin	11	<b>Swiss Steak OR</b> <b>Spinach Parmesan Pollack</b> Buttered Noodles Sliced Carrots Snickerdoodle Cookie	12
<b>Beef Stew over a Biscuit</b> Cauliflower w/Parsley Warm Spiced Peaches Chocolate Chip Cookie	15	<b>Egg Salad OR</b> <b>Spiedie Marinated Chicken Breast Sandwich</b> Baked Beans Ambrosia Chocolate Pudding	16	<i>St. Patrick's To-Go Luncheon</i> <b>Baked Ham OR</b> <b>Pub Style Battered Fish</b> Baby Red Potatoes Sautéed Cabbage & Carrots Sugar Cookie w/Sprinkles	17	<b>Macaroni &amp; Cheese</b> Peas w/Pearl Onions Stewed Tomatoes Cinnamon Spiced Apples	18	<b>Roast Turkey OR</b> <b>Herb Rubbed Pollack</b> Mashed Potatoes Mixed Vegetables Orange Cranberry Bar	19
<b>Beef Stroganoff</b> <b>Over Buttered Noodles</b> Sliced Carrots Gelatin Cup	22	<b>Rotisserie Chicken OR</b> <b>Salmon Patty w/Dill Sc.</b> Couscous Brussels Sprouts Snickerdoodle Cookie	23	<b>American Goulash</b> Peas Fruit Cocktail Raspberry Ribbon Bar	24	<b>Chicken Salad</b> <b>Croissant</b> Pickled Beet Salad Applesauce Pineapple Upside Down Cake	25	<b>Sweet &amp; Sour Pork</b> <b>OR Citrus Rubbed Pollack</b> Brown Rice Broccoli Florets Mandarin Oranges	26
<b>Meatball Sub</b> Wax Beans Fruit Cocktail Double Chocolate Cookie	29	<b>Cranberry Orange</b> <b>Glazed Turkey Breast</b> Mashed Sweet Potatoes Green Bean Casserole Apple Cinnamon Muffin	30	<b>Lemon Pepper Pollack OR</b> <b>Chicken Breast Marengo</b> Roasted Potatoes Peas and Carrots Diced Peaches	31	<i>Think Spring! Hot Dog Day</i> <b>Hot Dog w/Diced Onions</b> 4/1 <b>OR Tuna Salad Boat</b> Macaroni Salad Baked Beans Strawberry Shortcake		<b>Salisbury Steak OR</b> <b>Breaded Fish</b> Brown Rice Pilaf California Blend Vegetables Carrot Raisin Bar	4/2

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