



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

## Looking Ahead: Spotlight on the Senior Centers

Broome County Senior Centers will receive a well-deserved spotlight in 2019. These local treasures have so much to offer – if you have not already visited one, you need to discover all they have to offer.

- Meet new people while enjoying a tasty lunch
- Improve your fitness by taking an exercise class
- Tap into your creativity by learning a new craft
- Play a game or participate in a billiards or shuffleboard league
- Come for a special evening of dinner and entertainment

Check out this issue's map of Broome County Senior Centers. The "Look What's Happening at the Centers" section details center locations, hours, and special events calendars. And don't forget to review the menu on the back page for upcoming meal choices. Any questions about how to get started? Call the Office for Aging 607-778-2411.

## News from Broome County, 100 Years Ago...

Throughout 1918, America was deeply involved in WWI. Young men from Broome County were drafted into service, and women entered the work force to fill their vacancies. Food and coal were rationed. There were frequent parades in Binghamton where thousands would show their support for Uncle Sam and the boys "over there." Finally, as proclaimed in the headlines of the Binghamton Press on November 11: "VICTORY! THE GREATEST OF WARS IS ENDED! CITY AND NATION CELEBRATE! PEACE!"

Women's Suffrage was prominent throughout the year. In 1918, for the first time in history, women could vote in New York State. Florence B. Chauncey of the Village of Lisle cast her ballot on January 5 and is credited with being the first woman to vote in New York State.

The "shoe towns" of Endicott and Johnson City continued to grow, and with much of the labor force in service for the war effort, new housing struggled to keep up with demand.

In May, "Exterminator," an unlikely champion three-year-old thoroughbred owned by prominent local businessman Willis Sharpe Kilmer, won the Kentucky Derby at Churchill Downs. Exterminator would continue to win races throughout the year.

An epidemic of Spanish influenza at military camps was first reported by the Binghamton Press on September 17. Just two weeks later, the first case of Spanish influenza was reported to have reached Binghamton, brought to the city by a sailor visiting his family. By October 9, there were estimates of 2–5,000 cases in Binghamton, and all theaters, churches, schools and other public places were closed by order of the Commissioner of Public Safety.

A variety of other interesting events made the daily news in Broome County. There were occasional police raids of "disorderly" houses, arrests for public intoxication were common,

*Continued on Page 3*

## Looking Back with Julia Kuenzli

By Sofia Rittenhouse, Field Supervisor,  
Broome County Office for Aging Nutrition Program



Julia Kuenzli celebrated her 100th birthday last May! This amazing centenarian is a lifelong resident of Broome County and she has been coming to the Vestal Senior Center ever since it opened. Years ago, she was a staff member at the center. As a participant, Julia has fond memories of playing pinochle with her late husband, James

Howard. Today, Julia typically attends the center on Wednesdays with her daughters. She looks forward to socializing with the friends she has made over the years.

Looking back at her 100 years, Julia's earliest memories include living on a dairy farm in Johnson City and riding in a horse and buggy with her father to the local market. Julia remembers her family's first car, a Model A Ford, which she would take into town to go to the 5 and 10 cent store.

Julia moved off the family's farm when she married her husband James. He worked at the Endicott Johnson Shoe Company, known locally as EJ. Julia was a full-time mother to her five children. One of her fondest family memories was going to the "Thursday Night Shoe Discount" sale at EJ to buy new shoes. Julia and James were 4-H leaders who taught children important life skills for that time, including gardening, cooking, sewing, and bicycle and tractor repair. With her family grown, Julia worked as First Cook at Hinman Hall on the campus of what is now Binghamton University.

Of all the changes Julia has seen over the last 100 years, she feels that schools and colleges have transformed the most. As a young girl, she attended a one-room school. Today, our local elementary and high schools may have several buildings on large campuses!



# Looking Ahead.... ...Looking Back

## Visiting Our Senior Centers



*The County Executive chats with visitors at the Broome West Senior Center during the Veterans Day Luncheon on November 14, 2018.*

One of my favorite things about being County Executive is getting out into our communities and meeting people! One of my favorite places to go is our Broome County Senior Centers. From Deposit to Whitney Point to Binghamton to Vestal to Endwell, I've greatly enjoyed my many visits to our senior centers.

I wanted to share with you some of my fondest memories of my visits to our senior centers in 2018.

For Valentine's Day, I made a stop at the Vestal Senior Center. What a treat with the chocolate-covered strawberries! One of the visitors even convinced me to do some dancing! I'm not a great dancer but I had a wonderful time.

I went back to the Vestal Senior Center in May to celebrate the 100th birthday of Julia Kuenzli!

In Binghamton, the luau at the North Shore Towers Community Center was a fun event, from the music to playing cards with the group.

Halloween 2018 was a HIT at the Northern Broome Senior Center in Whitney Point. You wouldn't believe the decorations, candy & costumes for Halloween!

Veterans Day at the Broome West Senior Center was incredible. 150+ people there and many were veterans. It was a wonderful event to thank our veterans for their service.

A few months ago, I made a surprise visit to the Deposit Senior Center for Thanksgiving!

I want to thank our seniors in Broome County for utilizing our wonderful senior centers! I also want to thank our staff at the Office for Aging and our wonderful volunteers for making it possible.

I look forward to visiting all of our Broome County senior centers again in 2019! Here are a few of my upcoming visits for the new year:

- Vestal Senior Center: Wednesday, January 16 at lunchtime
- First Ward Senior Center: Tuesday, February 19 at lunchtime
- North Shore Towers Community Center: Wednesday, March 20 at lunchtime

So, I hope to see you there!

Sincerely,  
Jason T. Garnar, Broome County Executive

***"Most folks are usually about as happy as they make their minds up to be."***

Abraham Lincoln

**Veteran Discounts**  
**Cremation & Funeral**



**FAMILY SERVING FAMILIES**

 **SAVING YOU \$3,000**   
**OR MORE**

**SAVAGE** **SAVAGE**  
*Family Center* **CREMATION OPTIONS** *Funeral Service*  
**Conklin** **Starting at \$ 995** **Endicott**  
**724-1415** **DemarcoCremation.com** **785.2841**

PAID ADVERTISEMENT

## The Wisdom of Martin Luther King Jr.

Most people know that the Birthday of Martin Luther King, Jr. is a federal holiday celebrated on the third Monday of every January (1/21 in 2019) and may be able to repeat parts of his famous and inspiring "I Have A Dream" speech. The 1964 Nobel Peace Prize winner made numerous speeches throughout his life, and below are a few memorable quotes to contemplate as you look to making the most of 2019.

"Our lives begin to end the day we become silent about things that matter."

"Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others."

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

**ATTN: Seniors Who Ski, Snowshoe, or Work Hard...**

**Tired of Varicose Veins?**  
**Discover the Quick Fix!**



**Rita C. Binghamton**

"I am very thankful to have found out about the New York Skin and Vein Center. Dr. Dohner has solved the many problems with my legs. I had suffered from daily pain, throbbing, restless legs, and swelling in both of my legs for over seven years. I was amazed at how easy and comfortable the vein procedures were done right in his office. My legs feel incredible!! I would highly recommend calling Dr. Dohner's office to schedule a consultation. My quality of life has improved 1000%"

**HEALTHY LEGS SPECIAL**  
Complimentary Leg Exam & Ultrasound Screening  
Sat January 19  
Mon January 21  
(other dates available)  
Call 607/770-1815 for Your Appt NOW

**Medicare Accepted!**

If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, have Rashes, Ulcers or Clots then it's probably a Vein Problem that can be treated in just a few minutes in the office. And You'll be back to golf and gardening in just a few days!

**New York Skin and Vein Center**  
**75 Pennsylvania Ave Binghamton!**  
**Call 770-1815 for Your Appt NOW!**

PAID ADVERTISEMENT

# Caregiver Corner

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

## Caregiver Event

IRS Recordkeeping and Recording: What Seniors and Caregivers Need to Know

Date: Tuesday, January 15th  
 Time: 11:00 AM – 12:30 PM  
 Place: UHS Stay Healthy Center  
 Oakdale Mall, Johnson City  
 Presenter: Cameron Daniels, Esq of Hogan, Sarzynski, Lynch, DeWind & Gregory, LLP

With the tax season just around the corner, Cameron Daniels will help you answer the following questions:

What records and documentation are needed for income tax reporting and how long should you keep those documents?

If you hire an aide, learn what is deductible on your tax return, plus other questions on paid aides and taxes.

Plus, other helpful information pertaining to taxes and caregiving.

Please call Caregiver Services at 778-2411 to reserve your spot.

## Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required. Call Caregiver Services at 778-2411 with any questions.

Place: Stay Healthy Center  
 Oakdale Mall, Johnson City  
 Date: Monday, January 7  
 Time: 1:00 – 2:30 PM

Place: Broome West Senior Center  
 2801 Wayne St, Endwell  
 Date: Wednesday, January 16  
 Time: 9:30 – 11:00 AM



**METRO Interfaith Housing Management**  
 The Key to Housing in Greater Binghamton Since 1968

**Elderly/Handicapped Housing**  
 772-6766

Licensed Enriched Housing Provider

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

[www.metrointerfaith.com](http://www.metrointerfaith.com)



**HUD Housing Counseling Agency**  
 723-0582



PAID ADVERTISEMENT

## Scam of the Month

### Extra Social Security Check is too Good to be True

Some seniors are reporting receiving a letter in the mail that claims to be from the Social Security Administration, offering an extra Social Security check. This, unfortunately, is not real. The letter requests personal information like your social security number and other identifying information. Please be aware that the Social Security Administration will never ask for your full Social Security number... they already have it!

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.

## Home Energy Assistance Program Update (HEAP)

There is still time to sign up for the Home Energy Assistance Program (HEAP). HEAP is scheduled to close **March 15th, 2019 or when funds are exhausted**. If you are 60+ or disabled, request an application by calling Office for Aging at 607-778-2411. All others can apply at Department of Social Services (DSS) by calling 607-778-1100, option 8. You can also apply online at [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov).

**Emergency HEAP** is available to eligible households dealing with energy crisis situations when loss of heat is imminent (scheduled utility service termination, 72-hour disconnection notice, less than a ¼ tank for oil, kerosene or propane or less than a 10-day supply of other deliverable fuels). Emergency HEAP opens on January 2<sup>nd</sup>, 2019 and is scheduled to close on March 15<sup>th</sup>, 2019. To apply or for more information, contact the DSS 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 March 15th, 2019, or when funds are exhausted. You must apply in person for HERR at DSS.



We help people stay independent, in control, and in touch.

## Home Care

- Personal Care
- Housekeeping
- Family-Style Living in Private Homes
- Elder Counseling

Whether you need a helping hand or are concerned for an aging parent or disabled loved one, we know how to help. Call to learn more about our in-home services or our Family Homes for the Elderly program!

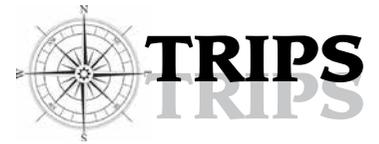


**Family & Children's**  
 COUNSELING SERVICES  
 Cultivating resilience

Member United Way of Broome County

**607-772-9776 • [www.familycs.org](http://www.familycs.org)**

PAID ADVERTISEMENT



**Eastern Broome Senior Center**  
 Contact: Arlene, 759-6306

March 7  
 Philadelphia Flower Show

April 3  
 Yellow Brick Road Casino,  
 Chittenango, NY

May 13 – 16  
 Sugarcreek, Ohio & Amish  
 Country  
 Please make reservations now for this overnight trip.

**Kattelville Senior Association**  
 Contact: Ellen, 722-9195

May 2 – 11  
 Cruise to Bermuda & Bahamas

**“Let us never know what old age is. Let us know the happiness time brings, not count the years.”**

Ausonius



## 100 Years Ago

*continued from page 1*

and there were frequent reports of chicken thieves robbing henhouses.

1918 was an exciting year in Broome County. Big changes continued in 1919 when congress ratified the 18th amendment to the constitution prohibiting the manufacturing, transportation, and sale of intoxicating liquors in the United States, and congress passed the 19th amendment granting women the right to vote.

-Roger Luther is part of the Broome County Historical Society and is Executive Director of the Preservation Association of the Southern Tier. Each morning, he posts items from “100 Years Ago Today” on the Facebook group “Historic Binghamton.” He may be contacted at [rluther@nysLandmarks.com](mailto:rluther@nysLandmarks.com)

## HEALTH & WELLNESS

### Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	1:00 pm	Broome West Senior Center (Endwell)

### Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon	7:00 pm	First Ward Senior Center (Binghamton)
Mon, Wed & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	1:00 pm	Johnson City Senior Center
Mon	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Sr Center (Whitney Pt)

### Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

### Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness.

Tuesday	10:00 am	Johnson City Senior Center - \$3 charge
Thursday	9:30 am	Broome West Senior Center - \$3 charge
Thursday	10:30 am	Johnson City Senior Center - \$3 charge
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center - \$3 charge

### Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	10:00 am	Broome West Senior Center (Endwell)

### Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Tuesday	9:15 am	Vestal Senior Center
Wednesday	9:30 am	Johnson City Senior Center

### Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Sr Ctr (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

### Lo-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:00 am	Johnson City Senior Center
----------	----------	----------------------------

### Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center (Endwell)
--------	----------	-------------------------------------

### Sunrise Yoga Classes

Wednesday	12:30 - 1:30 pm	Northern Broome Sr Center (Whitney Pt)
-----------	-----------------	----------------------------------------

*\*Complete addresses and phone numbers for all Senior Centers located on pages 14 & 15*

### Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center  
First Ward Senior Center • Johnson City Senior Center

## Results of Senior News Reader Survey

Thank you to everyone who responded to the Reader Survey. Hearing from you helps us to know what is working and in planning future content. There were many varied and helpful comments regarding content. Readers enjoy learning about activities for older adults in Broome County and would like more stories about older adults and more humor. Overall, readers were satisfied with the content and did not want many changes.

80% have been reading the Senior News for longer than 3 years  
80% share the Senior News with others  
21% complete the Sudoku puzzle

Based on the % of people who complete the Sudoku puzzle and suggestions that we offer other types of puzzles, we are going to try alternating other puzzles with Sudoku starting next month. For anyone who wants to do the Sudoku puzzle more frequently, check out free Sudoku puzzles online at <https://www.sudokukingdom.com/>

One survey respondent has won a free one-year subscription to the Senior News – congratulations to Diane Walker!

***"There's no such thing as old age. I'm no different now than I was 50 years ago. I'm just having more fun."***  
Philip Johnson

**Always there for you!**

FURNACE REPAIR & INSTALLATION  
24/7 EMERGENCY  
PROPANE  
FUEL OIL  
KEROSENE

**CALL TODAY.**  
**ECONOMY HEATING**

112 STATE ROUTE 369  
PORT CRANE  
607.648.6030

8390 ROUTE 434  
APALACHIN  
607.625.2210

PAID ADVERTISEMENT

## EVENTS at the CENTERS

**Philly Cheese Steak Day w/ Orange Blossom Special**  
Thursday, January 17, 11:45 am  
**First Ward Senior Center**  
Have a savory Philly cheese steak and tap your heels to music by Orange Blossom Special!

**Nature Photography Presentation**  
Wednesday, January 23, 11:45 am  
**Northern Broome Senior Center**  
Presenter Jerry Acton will present photography capturing his lifelong love of nature.

**Pizza or Chef Salad Lunch Special & Bunko**  
Friday, January 18, 11:30 am  
**Vestal Senior Center**  
Enjoy pizza or a chef salad for lunch and play Bunko for prizes (\$5 suggested donation).

**2019 Bus Trip Reveal Party**  
Friday, January 4, 1 pm  
**Johnson City Senior Center**  
A representative from Hale Transportation will join us to announce our destinations for 2019!

**Winter Snowball Festival**  
Thursday, January 24  
11:30 am-2 pm  
**Deposit Senior Center**  
Enjoy winter-themed games, a soft and fluffy snowball fight and more!

**Breakfast for Lunch Specials**  
Mondays, January 14 and 28,  
10:30 am-12:30 pm  
**Broome West Senior Center**  
Specials include egg & cheese English muffin on Jan. 14 and French Toast Casserole on Jan. 28.

**Lunch Special**  
Thursday, January 17  
11 am-12:30 pm  
**North Shore Towers Center**  
Beat the winter chill with a toasty grilled ham and cheese sandwich and broccoli soup!

**Homemade Chili & Cornbread Luncheon Fundraiser**  
Saturday, January 26, 11 am-2 pm  
**Eastern Broome Senior Center**  
Eat in or take out (\$5 & children under 5 free) and enjoy music by Hot Wings & Cold Feet!



**Coughlin & Gerhart LLP**  
ATTORNEYS AND COUNSELORS

**1-877-COUGH LIN**

- ESTATE PLANNING: Wills, Trusts, Powers of Attorney, and Tax Planning
- ESTATE ADMINISTRATION: Probate & Administration, Judicial and Informal Accountings, Surrogate Court Proceedings, Estate Taxes
- ELDER LAW: Basic Planning, Asset Preservation, Medicaid Planning, Living Wills and Health Care Proxies, Long-term Care, Guardianships, Planning Insurance, Medicare / Medicaid Advice

**Main Office:**  
99 Corporate Drive  
Binghamton, NY 13904  
607-723-9511  
[www.CGLawOffices.com](http://www.CGLawOffices.com)

**Branch Offices In:**  
Bainbridge | Cortland | Hancock | Ithaca | Montrose | Owego | Walton |

PAID ADVERTISEMENT

### Best Bets for Breakfast and Brunch

Monday	Tuesday	Thursday
Broome West 10:30 am – 12:30 pm	Eastern Broome 8:00 – 9:30 am	Eastern Broome Golden Griddle Brunch 10:30 am – 12:00 pm
First Ward 10:30 am – 12:30 pm	Johnson City 10:30 am – 12:30 pm	Northern Broome 10:00 am – 12:30 pm
		1 <sup>st</sup> Thursday of the Month North Shore Towers 11:00 am – 12:30 pm

**Walk-ins  
Welcome**



Enjoy made-to-order pancakes, waffles, French toast, omelets for just a \$3.25 contribution (ages 60+) and \$4.25 for all others. Call center for exact menu. See center listings for other participating locations.

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



**SEPP Management Company**  
53 Front Street  
Binghamton, NY 13905  
Call: 607-723-8989  
TDD: 607-677-0080  
Housing@seppmanagement.com  
[www.seppinc.com](http://www.seppinc.com)

Serving the Elderly through Project Planning

PAID ADVERTISEMENT

### 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 13

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

**For Your Real Estate Needs • Selling or Buying a Home**

**ROBERT POTOCHNIAK**  
LIC ASSOC REAL ESTATE BROKER  
CELL: 607-759-4760

SPECIALIZING IN

- ESTATES
- AGE 50+ HOME SELLERS/BUYERS









**EXIT Realty Homeward Bound, 1500 Vestal Pkwy, E, Vestal, NY 13850**

PAID ADVERTISEMENT

**CENTURY SUNRISE  
APARTMENTS**

Brand New 2-bedrooms  
\$675-\$845  
(based on income)

Applications at:  
135-139 Baldwin St., JC  
(607) 296-4049


[www.centurysunrise.com](http://www.centurysunrise.com)


PAID ADVERTISEMENT

### Should You Use an Auction to Declutter?

When you are ready to downsize, one way to sell some of your “better” items (and maybe even some of the junk) is through an auction. Learn what is involved in an auction and if it is right for you on Tuesday, January 8 at 3 pm at this monthly Downsize and Declutter Discussion, Broome West Senior Center, 2801 Wayne Street, Endwell. Call 607-778-2411 if you have questions. No reservations are required. Please note - no evening meal after the discussion this month.

**HAIR @ HOME**  
Attention Men and Women!

A licensed hairdresser will come to you and do your hair in the convenience of your own home!

Reasonable Prices!

- Shampoo/Cuts
- Shampoo/Set
- Perms:
- Highlights
- Color
- Manicures

Call Barb Wittig for appointment:  
(607)862-3450  
No charge for travel!



PAID ADVERTISEMENT



*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](http://www.stafkingshealthcare.com)

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

PAID ADVERTISEMENT

**“The great secret that all old people share is that you really haven’t changed in seventy or eighty years. Your body changes, but you don’t change at all. And that, of course, causes great confusion.”**

Doris Lessing

# 7th Generation Medical Acupuncture

Anti-inflammatory Therapy for Neuropathy  
Pain, Numbness, Tingling, Paresthesia  
Diabetes Care and Cancer Supportive Care

[www.AcupunctureCenterUSA.com](http://www.AcupunctureCenterUSA.com)

Anti-inflammatory Acupuncture Therapy is more than pain management.  
Inflammation builds roots of most diseases.

7th Generation Medical Acupuncture builds host immunity and power for quality of life.

**The Philosophy of Care is to Treat the Roots of Diseases.  
Clinically Proven to be Safe and Effective!**

**Rui Wang, MD of China, L.A.C.**

Experienced in both Western Medicine and Traditional Chinese Medicine  
Experienced in both Academic and Private Practice  
Experienced in both Basic Science and Clinical Science  
Experienced in Cancer Research at Major Medical Centers in USA



**7th Generation Rui Wang, LLC  
Acupuncture Center**

120 Plaza Drive, Suite B,  
Vestal, New York 13850

(607) 798-7680 • (607) 372-2082

(315) 329-7666 • (315) 378-5556

*Ancient Wisdom Integrated with Modern Medicine!*

Ask for a Professional, Confidential, Personalized Consultation  
**LIFE CHANGING MEDICINE, MOVING MEDICINE FORWARD**

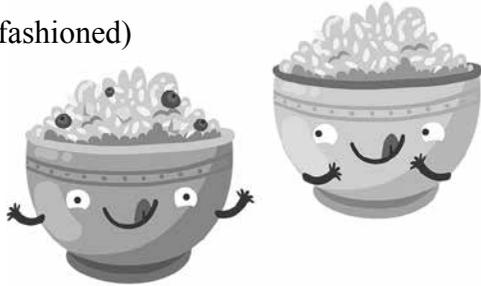
**Winter Breakfast - Baked Oatmeal**

January is National Oatmeal Month! We think you will fall in love with this warming breakfast that hits all the marks.

- ✓ Healthy - whole grain
- ✓ Low-cost - oats are inexpensive
- ✓ Easy - can be assembled the night before and baked in the morning
- ✓ Customizable - add your favorites like sliced banana, nuts, or cinnamon sugar
- ✓ Can be shared with loved ones!

**Ingredients:**

- 4 ½ cups water
- 3 cups oats (quick-cooking or old-fashioned)
- 2 eggs
- ½ cup brown sugar
- ¼ cup vegetable oil
- 2 tsp baking powder
- 1 tsp ground cinnamon
- ½ cup nonfat milk
- 2 medium apples, chopped
- ½ cup dried fruit (raisins, cranberries, cherries)



**Instructions:**

In a saucepan, bring water to a boil. Add oats and boil for one minute. Remove from heat and let stand five minutes.

In a mixing bowl, beat together eggs, brown sugar, vegetable oil, baking powder, ground cinnamon, and milk with a fork.

Stir in oatmeal, apples, and dried fruit.

Lightly coat a 13x9x2-inch baking pan with cooking spray and pour oatmeal mixture into the pan. Cook immediately or cover and store in the refrigerator overnight.

To cook, preheat oven to 350 then bake for 50-60 minutes until the center is set and the top is lightly browned.

Source: <https://blogs.extension.iastate.edu/spendsmart>

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

*Certified Elder Friendly*

**Greg S. Catarella**  
**Albert B. Kukol**  
**Jamye L. Lindsey**  
**Kathryn Grant Madigan**  
**Caroline A. Vadala**  
**Karen J. McMullen**  
**Lana D. Sturdevant**  
**Amanda L. Giannone**

**Maria R. Motsavage, RN, LNHA**  
Elder Care Coordinator

**Elder Law**  
**Estate Planning**  
**Long Term Care Planning**  
**Handicapped Access**  
**Free Parking**

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

*Personal. Powerful. Protection.*

PAID ADVERTISEMENT

**Elder Abuse Thrives in Silence**

Elder abuse is:

- Pushing, hitting, punching.
- Shouting at, berating, intimidating, threatening to harm an older adult.
- Taking financial advantage of one who is lonely, vulnerable or has memory lapses.
- Taking money an older adult needs, “borrowing” money with no intention to pay it back, tricking someone to buy something he/she has no use for.
- Neglecting an older adult’s physical, medical and emotional needs.
- Allowing an older adult to neglect their personal needs.

Elder abuse is a growing problem that exists in every community and every neighborhood, rich and poor, even in “nice” families. Older adults often are too ashamed to ask for help. The Upstate Elder Abuse Center at Lifespan is working hard to fight elder abuse and keep older adults safe.

Source: *The Upstate Elder Abuse Center at Lifespan*

**CHIROSport & spine**  
421 E. Main Street  
Endicott, NY 13760  
(607) 321-7674  
[www.CHIROSportandspine.com](http://www.CHIROSportandspine.com)

We are in network with most major insurances including:

Excellus BCBS	MVP	Personal Injury
United Health Care	Cigna	Medicare
Aetna	POMCO	Empire Plan
Smart Health	Optum Health	

**Offering the latest in state-of-the-art technology**

Musculoskeletal Innovations

**Pain Relief Via  
Chiropractic with  
NO “twisting or cracking”**

**Imagine a day  
without pain**

**Recover: Alleviating muscle tension and soreness**

**Refresh: Stretching and warming up muscles and stimulating circulation with foot rollers which add reflexology treatment**

**Extend: Inversion stretch on the lower back to release tension and improve flexibility**

**Relax: Pillow pressure massage. A light massage designed for relaxation and stress relief.**

PAID ADVERTISEMENT

# Senior Center Spotlight

Make a resolution to visit one of the eight Broome County senior centers in 2019! Try an activity where you can meet new friends, take an exercise class to make getting in shape more fun, skip the cooking and enjoy a healthy meal, or join in a festive holiday celebration. We are shining a spotlight on our senior centers in 2019 and hope you will check out one (or more)!

Explore a center by visiting the one near you or try one which offers an activity which interests you the most. A few highlights of each center are included in the 'spotlight' below. Turn to the "Look What's Happening at the Centers" section for center locations, hours, many more activities, and a monthly calendar of events.

### Northern Broome Senior Center in Whitney Point

Come check out one of our special events or movie days or join us for one of our fun regular events such as the popular Pasta Mondays, Burger Bar Fridays, or weekly knitting group.



Want to Be Spontaneous?  
No Plans?  
No Problem!  
See Pages 14-15 for  
Walk-In Friendly Dining



### Johnson City Senior Center in Johnson City

So much to offer – we have 20+ bus trips every year, longer opening hours Monday through Friday, programs including preventive health education and classes on nutrition, exercise, and mental stimulation. There is a weekly public Bingo game, many special community events, and daily guitar music in the dining room.



### Broome West Senior Center in Endwell

This active and fun-loving center offers made-to-order breakfast for lunch each Monday and a variety of health and wellness programs throughout the week. Join us for a Zumba class or a game of pool in our billiards room. Our craft store offers gorgeous hand-made items from our talented members.



### Eastern Broome Senior Center in Harpursville

Join us for friendship and fun: playing billiards, shuffleboard, dominoes, and Wii, or use our exercise room. We look forward to many special celebrations throughout the year. October will be our 19th anniversary celebration!

### Vestal Senior Center in Vestal

Join us for our monthly Pizza and Bunko, breakfast for lunch, or Vestal Senior Club meeting.



### North Shore Towers Senior Center in Binghamton

Stop in to North Shore Towers Community Center, located on the first floor of North Shore Towers Building #2, at 24 Isbell Street in downtown Binghamton. Enjoy the monthly lunch special, play a game of Bingo, and partake in our craft projects.



### Deposit Senior Center in Deposit

When January hits, we keep the fun going at Deposit Senior Center. Our Winter/Snowball Fest was so much fun last year that we decided to have it again on Thursday, January 24<sup>th</sup>. Winter games included a snowball fight with soft fluffy cloth snowballs, a snowball toss through a large snowman, table games including a ping-pong toss, and snowman bowling, to name a few.

### First Ward Senior Center in Binghamton

"Aging is not lost youth but a new stage of opportunity and strength" – Betty Friedan. Come see what opportunities await you at First Ward! A few of our many activities include our weekly billiards and shuffleboard leagues, Texas Hold'Em, ceramics, sewing, knitting, crocheting, exercise classes, chorus, and folk dance.



# Incorporate **HEARING HEALTH** into your **OVERALL WELLNESS**



When was the last time you saw a hearing healthcare provider to have your hearing tested? We don't think twice about regularly scheduling dental and vision exams, so why not our hearing?

As you commit yourself to whole-body wellness, don't forget about your ears! Hearing well is an important part of living well. Adults, age 55 and older, should have their hearing checked annually as part of an overall wellness program.

Your ears are just as important as your eyes and teeth — make sure you see a hearing healthcare provider regularly, too!

**Call us today to learn more about your hearing health! (888) 318-2789**

### Services:

- Complimentary Digital Hearing Aid Demos
- Hearing Aid Adjustments
- Hearing Aid Repairs
- Complete Hearing Healthcare
- Accepting Most Insurances

**Complimentary Hearing Screenings**



Amanda VanFossen  
NYS Licensed Hearing Aid Dispenser



Ashley Hardy  
NYS Licensed Hearing Aid Dispenser

Now seeing patients in our Cortland location!

## Tri-City Hearing

200 Plaza Drive, Vestal, NY 13850  
**(888) 318-2789**

PAID ADVERTISEMENT



"I like GetThere because they do what they say and get you there."

# Getthere

Mobility Management of South Central New York

Having difficulty getting to healthcare appointments?

Your health and well-being are important to us.

Call The **GetThere** Call Center.

Ask about our Connection to Care Program

and the Travel Voucher Program.

Phone **1-855-373-4040**

**7 am to 7 pm weekdays**

Mobility Management of SCNY is a program of the Rural Health Network of SCNY.

PAID ADVERTISEMENT

**Minutes Matter!**

**Know the Symptoms of a Heart Attack**

Many people aren't sure what's wrong when they are having symptoms of a heart attack. Some of the most common warning symptoms of a heart attack for men and women are:

**Chest pain or discomfort.** Most heart attacks involve discomfort in the center or left side of the chest. The discomfort usually lasts for more than a few minutes or goes away and comes back. It can feel like pressure, squeezing, fullness, or pain. It also can feel like heartburn or indigestion.

**Upper body discomfort.** You may feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach (above the belly button).

**Shortness of breath.** This may be your only symptom, or it may occur before or along with chest pain or discomfort. It can occur when you are resting or doing a little bit of physical activity.

You should also pay attention to these other possible symptoms of a heart attack:

- Breaking out in a cold sweat
- Feeling unusually tired for no reason, sometimes for days (especially if you are a woman)
- Nausea (feeling sick to the stomach) and vomiting
- Light-headedness or sudden dizziness
- Any sudden, new symptoms or a change in the pattern of symptoms you already have (for example, if your symptoms become stronger or last longer than usual)

**Minutes Matter!** Call 9-1-1 immediately if you think you might be having a heart attack (even if you're not sure). Don't wait! Quick treatment can save your life - when in doubt, check it out. Remember, the first minutes matter when you are having a heart attack.

Source: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**Suspicious Spots, Itchy Rash or Rosacea**

Driving You **CRAZY** But You Can't Get an Appointment?

**We Promise to See You the Same Week You Call!**

**We Expanded Our Hours to See You Right Away!**

**We Treat:**

- **SKIN Cancer Screening & Treatment**
- **Acne, Rashes, Moles, Warts**
- **Psoriasis & Rosacea**
- **Eczema including Hands**
- **Nail & Fungus Problems**
- **Suspicious Spots • Adult Acne**
- **Skin Tag & Cyst Removal**

**You Do NOT need a Referral from Your Doctor to Get Help Today!**

**Medicare ACCEPTED!**

**Dr. Eric Dohner  
Stan Anderson, PA**

**New York Skin and Vein Center  
75 Pennsylvania Ave Binghamton  
Call 770-1817 NOW!**

PAID ADVERTISEMENT

**BODYWORKS**  
PHYSICAL & AQUA THERAPY

**Medicare Patients Accepted**

**Lisa M. Cerutti, PT, ATRIC, RYT**

*Call to schedule your appointment today and see how water can work for you!*

**607-238-1552**

765 Harry L. Drive  
Johnson City, NY 13790  
[www.bodyworks-pt.com](http://www.bodyworks-pt.com)

FEATURING UNDERWATER TREADMILL

PAID ADVERTISEMENT

## Tai Chi for Arthritis Program

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Tai Chi for Arthritis Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Tai Chi will help individuals reduce stress, increase balance and flexibility, feel relaxed and improve their overall mind, body and spirit. Medical studies confirm that the Tai Chi Program relieves pain, reduces falls and improves quality of life. Tai Chi classes are led by a certified instructor. These one-hour classes meet two times per week for eight weeks and are designed to be relaxing.

Find more program information at the Tai Chi for Health Institute web site. <https://taichiforhealthinstitute.org/>

### Upcoming Classes taught by the RSVP program:

- Our Lady of Good Counsel, 701 W Main St, Endicott  
Tuesdays and Fridays, January 8 – March 1  
1:30 – 2:30 pm; To register or for information/questions contact: [frye.donna@rocketmail.com](mailto:frye.donna@rocketmail.com) or call Donna at 607-785-4747
- First Ward Senior Center, 226 Clinton Street, Binghamton  
Tuesdays & Thursdays, February 5 – March 28  
1:30 – 2:30 pm; To register or for information/questions contact: [dkerins@ccbc.net](mailto:dkerins@ccbc.net) or call Deb at 607-729-9166

### Upcoming Classes taught by Ascension Lourdes:

- A variety of classes will start on January 15<sup>th</sup>;  
Call 607-698-6081 for exact days and times and to register.

## Are You Engaged?

### Keeping engaged socially is good for your health!

We are not talking about marital status. We mean, do you participate in activities that connect you with other people? As people get older, their social lives oftentimes slow down for a variety of reasons. When it is unwanted, this can lead to loneliness and isolation. Research has shown that for older adults, staying engaged in enjoyable activities can improve your physical and mental health. It is fun, and it is good for you! You might not have ever imagined that while you were singing in the church choir, or meeting with your book club, or volunteering at the animal shelter that you were improving your brain health!

There are many ways to get involved in your community. Here's some suggestions:

- Go back to school - audit a class at a local college or take a class related to a hobby.
- Participate in sports - whether tai chi or swimming, there's something for every interest and ability.
- Head outdoors - join a walking, hiking, or bird watching group.
- Make music - join a choir or band or take lessons.
- Get involved - participate with a church, temple, or other religious organization.
- Read, join, participate, or start a book club.
- Volunteer for a cause or group you're passionate about.
- Take exercise classes at a gym or at your closest senior center.
- Find (or start!) a group that fits your passion - whether it's knitting or carpentry.
- Indulge your creativity - create a themed-dining dinner club or take an art class.
- Visit a senior center.

So why not take some steps to stay connected and keep your brain healthy? You can find many opportunities in this Senior News! Or for more information, call the Office for Aging at 607-778-2411.

Reference: [www.cdc.gov/features/social-engagement-aging](http://www.cdc.gov/features/social-engagement-aging)

## You Can Get There!

### Overview of Broome County Transportation Options

Reliable, safe transportation is essential for seniors wanting to stay active and connected throughout the year. During the winter, many people find getting out to be more challenging, but it doesn't have to be. Below are some excellent transportation resources for seniors in Broome County.

Through the Office for Aging's [Senior Helpers Program](#), you can interview and hire a driver. And if you want to get hired as a driver for others, you can also register and set your own rates. Call 778-2411 to learn more.

Seniors can ride the [Broome Transit fixed route buses](#) at a discounted rate of \$1.00/ride by showing their yellow OFA ID card or Medicare card. The buses are handicapped accessible--just let the driver know if you need to have the step lowered. Finding your bus route is easy, as information is now on Google Maps. Call 763-4464 for more information.

If you cannot get to a bus stop and are 60 or older, reserve a ride on the [Office for Aging's Mini-Bus](#). With an OFA ID card and a suggested contribution of \$1.50 each way, you can reserve curb-to-curb pick-up and drop-off service. Directions on how to get an OFA ID card and how to make a reservation can be found on the OFA website, [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior) or by calling 778-2411. If you live in senior housing, your building may have a [weekly shopper bus service](#). Check with your building manager or look for posters in the lobby of your building.

The [BC Lift](#) is another transportation option which has extended hours in the evenings and on weekends for persons of any age with a disability who are unable to use the fixed route system. To qualify, you must complete the BC Lift application and be determined eligible for this service. If approved, you will receive notification in the mail, instructions on how to use the service, and an ADA card. Rides are \$3.00 each way. Call 763-4464 for more information.

[BC Country buses](#) are available in some designated rural areas to provide rides to the Binghamton area, with pick up in the morning and return in the afternoon. To find out if this bus goes to your area, call 763-4464.

If you are not sure what program is right for you, call the [GetThere Call Center](#). The Mobility and Transportation Advocates at the GetThere Call Center are well-versed in all of Broome County's transportation options and can help you figure out which program is right for you including free trip planning, transportation education, and referrals. Staff at the GetThere Call Center are available Monday through Friday from 7am until 7pm at 1-855-373-4040.

Another information resource is the [Broome County Transit Mobility Manager](#). You can learn more about using BC Transit, BC Lift, BC Country, and the OFA Mini-Bus as well as arrange for group instruction and travel training by appointment. Call 763-4926 for more information.

### 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  
Locks Installed

Safety Devices  
Porch & Stair Repair

Railings  
Wheelchair Ramps

*...And More*

**Call 772-2850 For Details**

## Most Seniors Uninformed on Opioid Use

You may not realize the risks of taking opioid painkillers. Researchers found that most older Americans who are prescribed opioids are not advised about the dangers of these drugs such as addiction, how to use fewer of them than prescribed, when to use non-opioid alternatives, and what to do with leftover pills.

“We know that unused opioid medications that linger in homes are one of the primary pathways to diversion, misuse, abuse and dependence. As prescribers, we must find opportunities to discuss safe opioid use, storage and disposal with our patients,” said Dr. Jennifer Waljee, co-director of the Michigan Opioid Prescribing Engagement Network.

A poll of more than 2,000 adults, aged 50 to 80, found that nearly one-third had received an opioid such as OxyContin or Vicodin in the past two years, mainly for arthritis pain, back pain, surgery and/or an injury. Most patients said their doctor, pharmacist or other health care provider talked with them about how often to take the medication, but far fewer said they received other types of important advice.

Less than half said their provider counseled them about the risk of addiction or overdose, and slightly more than a quarter said their pharmacist provided counseling. A slightly higher number said their doctor or pharmacist outlined ways to reduce the amount of opioids they were taking.

Only 37 percent of patients said their doctor discussed what to do with leftover opioid pills, while 25 percent said their pharmacist had done so. Half of the respondents who’d been prescribed an opioid said they didn’t use all their pills, and 86 percent said they kept leftover opioids for later potential use.

According to Alison Bryant, senior vice president of research for AARP, “The fact that so many older adults report having leftover opioid pills is a big problem, given the risk of abuse and addiction with these medications.” Bryant explained that “having unused opioids in the house, often stored in unlocked medicine cabinets, is a big risk to other family members as well.

Given this information, if you are prescribed pain medication, it is very important to ask questions and speak with your healthcare provider and pharmacist about alternative treatments, safe drug use, how to use less than prescribed if it fits your situation, and how to dispose of unused medicine.

For more information about opioids, check out the U.S. National Institute on Drug Abuse website: <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>

SOURCE: University of Michigan news release, July 30, 2018, about poll conducted by the University of Michigan Institute for Healthcare Policy and Innovation, sponsored by AARP and Michigan Medicine.

## Taking Steps to Prevent Falls

One in four adults aged 65 or older falls each year, often in or near their homes. While many falls are minor, one older adult dies from complications from a fall every 19 minutes. Even when falls are more minor, they can compromise independence and health. Fortunately, falls are not a normal part of aging and are preventable. Take action today!

Risk factors for falls:

**Physical health:** People with chronic diseases and poor physical health are at greater risk. Problems with dizziness, balance, vision, and other conditions can increase the risk of falls.

**Environment:** Hazards in and around the home—loose throw rugs, obstructed pathways, difficult-to-access showers or bathtubs—make falls more likely. Or, wearing poorly fitted shoes, slippers, or shoes with limited support.

**Behavior:** Lack of sleep, alcohol use, and lack of exercise all increase the risk of falls.

Tips to prevent falls:

**Stay active:** Exercise helps maintain or increase coordination and muscle tone that keep us steady on our feet and our reactions sharp. Consider taking Tai Chi or another exercise class listed on page 4.

**Manage underlying chronic conditions:** Better health equals lower risk of falls. See a health care provider regularly to manage conditions, take medications as prescribed, eat a healthy diet, and choose appropriate exercise.

**Review medications:** Side effects from and interactions with some common medications can increase risk of falling. Regularly discuss all prescription and over-the-counter medicines with your health care provider and pharmacist.

**Get an Eye Checkup:** Vision changes as we get older, so it is important to have a checkup once a year to make sure prescriptions are up-to-date and to screen for eye diseases, like cataracts and glaucoma, which usually are treatable when caught early.

**Eliminate potential hazards in the environment:** A thorough assessment of a home can be a lifesaver. Enlisting the help of a family member or friend who doesn’t live there is a good way to avoid overlooking things and get a fresh perspective. Changes might include installing grab bars in the bathroom, getting rid of throw rugs or adding a rubber backing, and keeping passageways well-lit and free from clutter.

**Shoes Matter!!** Sensible shoes with a high back, hard, slip-resistant sole, and a low heel height are best. It’s important to wear them properly, with the back of the shoe snugly behind the heel. Slip-on shoes are unsafe—back support stabilizes the shoe and often prevents a fall.

For tips, advice, and more, go to <https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/>

Content adapted from Administration for Community Living, <https://acl.gov/>

## Arthritis Aches - Ways to Feel Better

Arthritis aches and pains are not a normal part of aging. Arthritis is common and a growing health threat. Sometimes your hands, knees, or shoulders get sore and may become swollen. You might have trouble moving around. Many people start to feel pain in their joints and stiffness in their bodies over time. In some types of arthritis, but not in all, the joints involved can become severely damaged.

While it’s true that arthritis can be painful, there are things you can do to feel better.

- Be physically active. Try walking, swimming, or biking to help maintain and improve strength, flexibility, and endurance. Physical activity can reduce pain and improve function.
- Try to keep your weight down. Make healthy choices with your foods. Too much weight can make your knees and hips hurt.
- Take your medication when and how you are supposed to. It can help reduce pain and stiffness.
- See your doctor regularly.

Sources: [www.cdc.gov/vitalsigns/arthritis](http://www.cdc.gov/vitalsigns/arthritis), [www.niams.nih.gov/Health\\_Info/Arthritis](http://www.niams.nih.gov/Health_Info/Arthritis)

### Sudoku Answers

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

# Look What's Happening at the Centers!

## **BROOME WEST**..... **785-3427**

2801 Wayne St., Endwell, NY 13760

**Center Hours:** Mon - Fri, 9:00am - 3:00pm

**Lunch served at Noon call 785-1777**

**Breakfast for Lunch:** Mon 10:30am - 12:30pm

**Sandwich and Soup Bar:** W/Th/F, 11:15 am – 12:30pm

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Wii, Cards, Billiards, Shuffleboard

**M:** Bingo 9:30 am, Quilting 9 am-12 pm;

**T:** Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;

**W:** Bingo 9:30 am; Scrabble 12:30 pm;

Floor Shuffleboard 12:45 pm

**Th:** Social Connections 1-2:30 pm

**F:** Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am, Ping Pong 1-3 pm

### **Special Activities**

Mondays: Acrylic Painting Class w/Chuck Williamson (please register), 1-2:30 pm

1/8 Downsize & Declutter Presentation, 3 pm

1/10,11 AARP Smart Driver Course (please register), 10 am-1:40 pm

1/14 Special Breakfast: egg & cheese English muffin, 10:30 am-12:30 pm

1/16 Caregiver Chat, 9:30 am

1/17 Philly Cheese Steak Day w/Marian Tewksbury, 11 am-12:30 pm

1/21 Binghamton University Technology Students Visit, 10 am-2 pm

1/28 Special Breakfast: French toast casserole, 10:30 am-12:30 pm

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

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

**Center Hours:** Tues & Thurs, 9:00am - 2:00pm

**Lunch served at 12:30 pm**

**Weekly Activities** (call for info):

**T & Th:** Morning Coffee, Cards, Puzzle Board & Wii 9 am-12 pm; Piano Music 10:30 am

**T:** Crafts 10:30 am; Chair Exercises 11 am

### **Special Activities**

Tuesdays: Bingo, 1 pm: 1/8 Nickel; 1/15 Bag; 1/22 Quarter; 1/29 Nutrition

Thursdays: Chair Exercises, 11-11:30 am

1/8 Winter Crafts for Upcoming Snowball Festival, 10 am

1/10 Breakfast for Lunch: omelets/bacon/fruit, 10:45-11:45 am

1/15 Presentation on Delaware County Office for Aging Services, 10:45 am

Blood Pressures w/Sandy, 11:30 am

Southern Tier Food Bank at the Fire Station, 11:30 am

1/22 Martin Luther King, Jr. Remembrance, 12 pm

1/24 Winter Snowball Festival, 11:30 am-2 pm

## **Looking to Earn Extra Money? Become a Senior Helper**

Are you 55 years of age and over and looking to earn some extra money? The Senior Helpers Program (formerly GROW) matches workers who are Broome County residents age 55+ with individuals who need to hire help.

Senior Helpers are hired for a variety of jobs including general chores like grocery shopping, housekeeping, meal preparation, and transportation to appointments.

Senior Helpers are also needed with skills in the following types of jobs: snow removal, pet care, minor plumbing or electrical repair.

If you would like more information about becoming a Senior Helper or are interested in hiring a Senior Helper, call 607-778-6105 between the hours of 8:30 am and noon, Monday through Friday.

## **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!*

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

27 Golden Lane, Harpursville, NY 13787

**Center Hours:** Mon - Fri, 9:00am - 2:30pm

**Lunch served at Noon**

**Breakfast:** Tues, 8 - 9:30 am

**Golden Griddle Brunch:** Thurs, 10:30 am – 12:00 pm

**Sandwich and Soup Bar:** Wed, 11:30 am – 12:30 pm

**Burger Bar:** Fri, 11:30 am - 12:30 pm

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Computers, Coffee Hour, Cards, Billiards

**M:** Wii Practice/Play 9-11 am, Shuffleboard 10 am

**W:** Woodworking w/Mark Young 9 - 11 am; Stitching/Crafts 9-11 am

**Th:** Acrylic Painting 9 - 11 am

**F:** Shuffleboard 9:15 am

### **Special Activities**

Mondays: Mobile DMV, 10 am-3 pm (Closed 12-12:30 pm for lunch)

Thursdays: Golden Griddle Special: Southwest Grilled Chicken Salad

1/10 Early Evening Dining (Roast Beef & Apple Pie)  
w/Adrian Skarvinko, 3-30 pm doors open

1/16 Historical Apalachin Mafia Summit Presentation by Bill Tomic,  
12:30 pm

1/21 Sharing Time in Honor of Martin Luther King Jr., 12:15 pm

1/26 (Sat.) Chili and Cornbread Fundraiser w/Hot Wings & Cold Feet  
(\$5), 11am-2 pm

1/28 Horse Racing Game w/Bonnie Hill, 10 am

1/30 Legal Aid (appointment needed), 9 am-12 pm

Baked Potato Bar, 11:30 am-12:30 pm

## **FIRST WARD**..... **797-2307**

226 Clinton St., Binghamton, NY 13905

**Center Hours:** Mon - Fri, 8:00am - 4:00pm

**Lunch served at 11:45 am call 729-6214**

Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm

(No Reservations Required)

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Billiards

**M:** Bingo 12:30 pm; Texas Hold'em 12:45 pm

**T:** Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Hold'em 12:30

**W:** Ceramics 9:00 am; Chorus 9:30 am

**Th:** Sewing 9:00 am; Mahjong 12:30 pm; Craft Class 1:00 pm

**F:** Ceramics 9:30 am; Dominos 12:30 pm; Texas Hold'em 12:45 pm

### **Special Activities:**

Mondays: Roberson International Folk Dancers

(all welcome/no partner needed), 7:30-9:45 pm (If you have a group that would like to use the center, please call 797-2307)

Tuesdays: CHOW Mobile Market (please call for updates/time changes),  
10:30 am

Tues & Thurs: Beginning 2/5, Tai Chi for Arthritis (please register now),  
1:30 pm

1/2 Social Club, 1 pm

1/3 Executive Board Meeting, 9:30 am

1/9 Legal Aid (by appointment only/please call for information), 9 am

1/17 Philly Cheese Steak Day w/Orange Blossom Special, 11:45 am

1/21 Center Closed in Observance of Martin Luther King, Jr.

1/28 Breakfast for Lunch Special: banana pecan pancakes,  
10:30 am-12:30 pm

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

30 Brocton St., Johnson City, NY 13790

**Center Hours:** Mon - Thurs 9:00am - 4:00pm; Fri 9:00am - 2:00pm

**Lunch served at 11:45 call 797-1149**

**Hot Lunch (Reservations):** M/W/Th/F

**Walk-Ins Welcome:**

**Sandwich & Soup Bar:** Wed/Thurs, 11:45 am - 12:30 pm

**Breakfast for Lunch:** Tues, 10:30 am - 12:00 pm

**Weekly Activities:** Exercise classes listed on page 4

**M:** Watercolor Painting 9 am; Poetry 11 am; Bingo 12:30 sales/1:30 play; Knit/Crochet 1 pm; Pitch (cards) 1 pm

**T:** Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm

**W:** Quilting 9 am; Bridge (cards) 10:30 am; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Mahjong 1 pm

**Th:** Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:45 am; Shuffleboard (competitive) 12:30 pm; Meditation 3 pm

**F:** Watercolor Painting 9 am; Ladies Singing 10 am; Chair exercises 12:30pm

**Special Activities:**

1/4 2019 Bus Trip Announcement Party, 1 pm

1/8 SNAP Nutrition Class w/Cornell Coop. Extension: One Skillet Meals, 11:30 am

1/15,17 AARP Smart Driver Course (please register), 1-4 pm

1/15 Nutrition Tips w/Chef Weaver, 1:30 pm

Red Hat Society Meeting, 3:30 pm

1/16 Blood Pressure & Glucose Checks, 10-11:30 am

1/17 Legal Aid (please reserve), 9-11 am

1/21 Binghamton University Technology Students Visit, 10 am-12 pm

1/23 Haircuts by Debbie Roberts (please call for appt.), 10-11:30 am

1/24 Declutter Chaos Presentation, 10:30 am

1/30 Accordion Music by David Hores & Ice Cream Social, 12:30 pm

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

12 Strongs Place, Whitney Point, NY 13862

**Center Hours:** Mon - Fri, 9:00am - 3:00pm

**Lunch served at Noon**

**Sandwich & Soup Bar:** Mon, Tues, Wed 11:30am - 12:30pm

**Breakfast for Lunch:** Thurs 10-12:30 pm

**Pub Burger:** Fri 11:30 am - 12:30pm

**Weekly Activities:** Exercise classes listed on page 4

**M:** Tai Chi 9:15 am; Pinochle 10 am; Horse Racing (1<sup>st</sup>/3<sup>rd</sup>) 10:30 am; Bingo 10:30 am; Adult Coloring Class 12-2pm

**T:** Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class 10 am-3 pm; Bridge Card Group 12 pm

**W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm, Sunrise Yoga 12:30 pm; Knitting 1 pm

**Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1<sup>st</sup>/3<sup>rd</sup>) 11 am

**F:** Tai Chi 9:15 am; Bingo, 10:30 am; Crafts w/Denise, 10:30 am

**Special Activities:**

1/7 Ross Park Zoo Visitors, 11-11:45 am

1/8 Evening Meal (Roast Beef & Apple Pie) w/Orange Blossom Special, 4:30 pm

1/14 Game Day at the Center (call for information)

1/16,17 AARP Smart Driver Course (please reserve), 10 am-1:30 pm

1/21 Wheel of Fortune Game, 12:15 pm

1/22 Evening Meal (Chicken Cordon Bleu and Chocolate Pie) w/Bingo, 4:30 pm

1/23 Nature Photography Presentation w/Jerry Acton, 11:45 am

1/29 Enjoy Chips & Snacks for National Corn Chip Day

**Senior Center Holiday Closing**

All Broome County Senior Centers will be closed

Tuesday, January 1 in observance of New Year's Day.



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

24 Isbell St., Binghamton, NY 13901

**Center Hours:** Mon - Fri 10:00am - 2:00pm

**Lunch served at Noon**

**Weekly Activities:**

**Daily:** Coffee 8-11 am, Games and Cards

**M:** Bingo 10-11:30 am

**T:** Wii Bowling 10-11:30 am

**W:** Dice & Cards Games 10-11:30 am

**Th:** Dice & Card Games 10-11:30 am

**F:** Wii Bowling 10-11:30 am

**Special Activities:**

Wednesdays: Binghamton University Technology Students Visit, 10:30 am

Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy on 10th Floor, 9-11 am

1/3 Breakfast for Lunch (no reservations): strawberry pancakes, bacon, 11 am-12:30 pm

1/9 Bird-Themed Crafts, 10:30 am

1/11 Dairy Treats for National Milk Day, 10:30 am

1/15 Make-a-Hat Day/Wear-a-Hat Day, 10:30 am

1/17 Lunch Special (no reservations): grilled ham & cheese/broccoli soup, 11 am-12:30 pm

1/18 Popcorn for National Popcorn Day, 10:30 am

1/22 New Year's Tea (bring your favorite tea cup & saucer), 10:30 am

1/24 Planning Meeting for Gift Basket Raffles, 10:30 am

1/29 Puzzles and Snacks for National Puzzle Day and National Corn Chip Day, 10:30 am

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

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

**Center Hours:** Mon - Fri, 9:00am - 2:00pm

**Lunch served at 11:45am**

**Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm**

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Coffee Klatch, Cards, Games

**M:** Walking Group 8 am

**T:** Pinochle 9:30 am

**W:** Walking Group 8 am; Crochet/Knitting 9:30 am; Bridge Group 9:30 am; Computer Instruction 10 am;

Chair Exercises 10:30; Oil Painting 1-3 pm

**Th:** Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm;

Bridge Group 12:30 pm

**F:** Walking Group 8 am; Mahjong 9:30 am

**Special Activities:**

1/3,17 Bingo, 10:15 am

1/7 King High Card Game, 12 pm

1/10,11 AARP Smart Driver course (please register), 10 am-1:45 pm

1/14 Breakfast for Lunch (scrambled egg/English muffin), 11 am-12 pm

1/15 Left Center Right Dice Game, 12 pm

1/16 Lunch with County Executive Jason Garnar (please reserve), 11:45 am

1/17 Philly Cheese Steak Day, 11 am-12 pm

1/18 Pizza OR Chef Salad for Lunch (please reserve), 11:30 am

Bunko, following lunch (please reserve)

1/22 Bake Sale, 9:30 am

Vestal Senior Club Meeting, 12:30 pm

1/23 Senior Picture Day, 10:30 am

Burger Bar, 11:30 am-12 pm

1/28 Breakfast for Lunch (breakfast burrito), 11 am-12 pm

**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://  
twitter.com/BroomeCountyOFA



# MEET, GREET & EAT

## January Menu - Bon Appétit!

At all 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.*

<b>MONDAY</b> (Breakfast for Lunch @ BW, FW Senior Ctrs)	<b>TUESDAY</b> (Breakfast for Lunch @ JC Senior Ctr)	<b>WEDNESDAY</b>	<b>THURSDAY</b> (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)	<b>FRIDAY</b>
	<b>Center's Closed</b> <b>Happy New Year</b> 1	<b>Meatball Parmesan</b> 2 Sub Sausage Soup Fruit Cocktail M&M Cookie	<b>Chicken w/BBQ Sauce</b> 3 <b>OR Western Omelet</b> Baby Red Potatoes Garden Salad Lemon Fruited Gelatin	<b>Beer Battered Fish</b> 4 <b>OR Ham Loaf</b> Scalloped Potatoes Winter Squash Low Fat Blueberry Muffin
<b>Stuffed Pepper</b> 7 Casserole Carrots Three Bean Salad Peanut Butter Cookie	<b>Liver w/Onions</b> 8 <b>OR Italian Chicken</b> Mashed Potatoes Squash Medley Tapioca Pudding w/Mandarin Oranges	<b>Herbed Pork Loin</b> 9 <b>OR Rotisserie Chicken</b> Bread Dressing Mixed Vegetables Cinnamon Apple Slices	<b>Pasta &amp; Meatballs</b> 10 Italian Green Beans Garden Salad Pumpkin Crisp	<b>Fish Florentine</b> 11 <b>OR Chinese Pepper Steak</b> Mashed Potatoes Sautéed Cabbage & Onions Confetti Cake
<b>Chicken Cacciatore</b> 14 <b>Over Brown Rice</b> Cut Green Beans Cottage Cheese Snickerdoodle Cookie	<b>Pub Burger</b> 15 <b>OR Chicken Salad</b> Loaded Potato Soup Pineapples & Mandarin Oranges	<b>Roast Turkey</b> 16 Cornbread Stuffing Brussels Sprouts Oeey' Goey Pumpkin Bar	<b>Hot Dog w/Onions</b> 17 Baked Beans Baked Potato Ice Cream Cup	<b>Broiled Fish w/Lemon</b> 18 <b>OR Salisbury Steak</b> Brown Rice Pilaf Peas Marble Cake
<b>Macaroni &amp; Cheese</b> 21 Stewed Tomatoes Zucchini Sugar Cookie	<b>Roast Beef</b> 22 Potatoes Au Gratin Broccoli Peach Cobbler	<b>Liver w/Onions</b> 23 <b>OR Herb Roasted Chicken</b> Mashed Potatoes Peas w/Sautéed Mushrooms Cinnamon Applesauce	<b>Chicken w/Honey</b> 24 <b>Mustard</b> Baked Potato w/Chives Spinach Raspberry Black Out Bar	<b>Grandma's Meatloaf</b> 25 <b>Beer Batted Fish</b> Mashed Potatoes Capri Blend Vegetables Pumpkin Cookie
<b>Chicken ala King</b> 28 <b>Over a Biscuit</b> Broccoli Cranberry Juice Chocolate Chip Cookie	<b>Classic Meat Lasagna</b> 29 Cut Green Beans Caesar Salad Blueberry Crisp	<b>Beef Burgundy</b> 30 <b>Over Noodles</b> California Mixed Vegetables Fruited Gelatin	<b>Roast Turkey</b> 31 Baked Yams Green Bean Casserole Carrot Raisin Bar	<b>Chicken w/BBQ Sc.</b> 2/1 <b>OR Salmon Patty w/Dill</b> Oven Roasted Potatoes Brussels Sprouts Devils Food Cake

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

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

### 2019 Wii Bowling Tournament

The Senior Center Wii Bowling Tournament has arrived! Tournament play officially starts on Monday, January 7th and will finish on Friday, February 1st. Your best personal score each week will be recorded for 4 weeks. Prizes will be awarded to overall winners. Participants must sign up with their \$1 entry fee by Friday, January 4th at a local Senior Center. For more information, visit your local senior center or call Sofia at the Office for Aging at 607-778-2411.



#### 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](http://www.gobroomecounty.com/senior)