

Visit Our Website at www.gobroomecounty.com/senior

Welcome to September and the special annual outreach issue of the Senior News.



As part of this special outreach issue, we send extra copies to people in the community who might not have heard of the *Senior News*. Each issue of the *Senior News* includes important information about what's happening in the area along with vital news on services and programs for older residents and caregivers.

If you are one of the new readers of the *Senior News* – welcome! We hope you enjoy the issue. After you read it, we encourage you to pass it along to your friends or neighbors to help us communicate valuable information to the community. If you would like to subscribe, there is information on the back page on how to do so.

To our loyal readers: thank you for subscribing, and we hope you enjoy the topics and stories included in each month's issue.

Please contact the Office for Aging if we can be of any assistance to you or a family member.

Sincerely,
Lisa Schuhle
Office for Aging Director

**BROOKS
BARBEQUE
— FUNDRAISER —**

**FRIDAY
SEPTEMBER 20
3:00PM—SOLD OUT**

Dinners include half chicken, baked potato, coleslaw, dinner roll, beverage and dessert for just \$10.

All proceeds benefit the Broome County Senior Games. For more information about the games, please visit www.gobroomecounty.com/senior/games

Office for Aging is Here for Everyone! Programs & Services are Accessible to Rural Residents

Individuals living in rural communities often report that they feel disconnected from the services offered in their county due to their remote location. Good news! You don't have to choose between continuing to live in the home and community you love and receiving the services you need—you can do both. Here is just a sample of the programs and services available to seniors living in rural communities:

Caregiver Services

Broome County Office for Aging provides information and referrals for Caregivers, both in person and over the phone. You may also subscribe to *Caregiver Corner*, a publication of the Broome County Office for Aging, which lists resources and articles of interest to Caregivers. Call the Office for Aging at (607) 778-2411 to inquire.

Legal Services for the Elderly

Legal Aid Society of Mid-NY will provide free legal advice and representation to seniors ages 60 and over on civil (non-criminal) legal matters. There are no income or resource limits. They will assist with numerous legal problems for seniors, including consumer problems, family matters, access to healthcare, public benefits issues, housing problems, future planning (wills, living wills, health care proxies, powers of attorney and Medicaid planning), elder abuse and many other legal issues. Call (607) 231-5900 to learn more.

Medicaid & SNAP Certification

For eligible individuals, home visits are available for applying and/or recertifying for Medicaid & SNAP. Another option is to arrange a meeting at a local senior center. Call Broome County NY Connects at (607) 778-2278 for more information.

Continued on Page 5

**Did You
Senior Center
Today?**

**Check Out Our Calendar
of Events on Pages 8 and 9!**

Home Energy Assistance Program Early Program Outreach

When saving, budgeting and energy conservation are not enough, the Home Energy Assistance Program (HEAP) may help those who qualify. If you are eligible, you may receive one regular HEAP benefit per program year to help you pay for heating your home. Emergency benefits are available for heating and for heat related electric emergencies usually beginning in January of each year.

The HEAP season opens in **November 2019** – a notice with the exact date will be posted in a future issue of the *Senior News*. The 2019-2020 household income guidelines have not been released as of the publication of this issue.

There are several ways you will be able to apply for HEAP. You can apply online at www.mybenefits.ny.gov. To apply with a paper application, the following agencies will accept applications:

Broome County Office for Aging (OFA) takes applications for regular HEAP for homeowners and renters who are 60 or over and for those who are disabled and receiving Supplemental Security Income (SSI) or Social Security Disability (SSD). If you were approved and received a HEAP benefit last season, you should have received an “early outreach” application in the mail at the end of August. Please return your completed application to the Office for Aging. While early outreach applications are accepted before November, benefits will not be issued until the program officially opens in November.

If you are new to HEAP (over age 60 or permanently disabled) and need an application, call the Office for Aging HEAP line at 607-778-2063.

Department of Social Services (DSS) accepts applications for homeowners and renters under age 60 and not disabled. Once the official HEAP season begins in November, you can call DSS HEAP at 607-778-1100 to request an application.

* Please note that families receiving Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not need to apply.

If you have questions about other financial benefits you may be eligible to receive, call the Office for Aging at 607-778-2411.

“Be a friend to thyself, and others will be so too”
Dr. Thomas Fuller

The Don Giovanni Show
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Senior Center Spotlight



DEPOSIT SENIOR CENTER

For over 42 years, the senior center in Deposit has been providing area residents with a welcoming place to socialize, learn and celebrate. The center is “small but mighty:” a mix of older and younger seniors who have come to feel like extended family and are always ready to welcome new members. There is something for everyone – Wii bowling, crafts like crocheting, knitting, and embroidery, bingo, trivia, and card playing, interesting history discussions and healthy living presentations, monthly blood pressure checks, chair exercises, and something the center is really good at – celebrating the holidays!

Members appreciate the friendly atmosphere and the fact that they can enjoy an inexpensive, complete meal they do not have to cook themselves on Tuesdays and Thursdays at 12:30pm. A hot meal where you don’t have to clean up plus

companionship – what is better than that? An annual social highlight is a summer trip to Scott’s at Oquaga Lake for a picnic and cruise around the lake while singing the oldies.



Check out the back pages of this issue for a full schedule of events and the monthly menu and call Site Director Sue at 607-467-3953 with any questions.

Don Giovanni
iHeartRadio | WINR US 96.9 FM | 680AM
Requests the honor of your presence at the
“Fly Me to the Moon”
Dinner Dance
Saturday, October 19, 2019
Five o'clock to Ten o'clock in the evening
Featuring the music of Frank Sinatra by:
Ric Ruggieri
The Ralph Muro Quartet,
featuring **Al Hamme**
\$50 includes Dinner
per person Cash Bar available
Special Guest;
Atlantic City
Comedian
Tom Anzalone
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Caregiver Corner

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

Caregiver Event

Medicaid for Long Term Care

Date: Thursday, September 26
 Time: 1:30 – 3:30 PM
 Place: Broome West Senior Center
 2801 Wayne Street, Endwell, NY

Presenters: Staff from the Department of Social Services Chronic Care Unit
 This presentation will cover the process and qualifications for Nursing Home and In-Home Medicaid, including individual and spousal Medicaid. The presenters will discuss different application options and will take any questions you may have regarding this process.

Please call to register at 778-2411 to reserve your seat.

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, September 9
 Time: 1:00 – 2:30 PM

Place: **Broome West Senior Center**
 2801 Wayne Street, Endwell
 Date: Wednesday, September 18
 Time: 9:30 – 11:00 AM

Scam of the Month

Voting Scam

With election day approaching, it is good to keep in mind a few things about possible voting and election-related scams. Scammers sometimes pose as political campaign volunteers who are fundraising for their candidate. If you would like to donate to a specific candidate, contact their campaign directly to avoid fraud.

Another scam related to voting is when you are contacted by companies who claim that you can win a prize by participating in a poll. These scammers will often ask for your credit card number so that you can pay for the shipping or tax on your prize. Never provide anyone with your credit card number unless you know exactly who they are and that it is a legitimate request. There have also been scams in recent years where the scammers claim that you can now vote over the phone by providing your Social Security Number. This is not true; the only way to vote in the United States is in person or via a mail-in absentee ballot.

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.

From the Editor By Danielle Clemens

For the past few years, it has been a pleasure to serve as the Editor of the *Senior News*. This is my final "From the Editor" column as I am moving to a different role within the Office for Aging, managing the Home Energy Assistance Program and working on a variety of special projects. There have been a lot of special moments during my time at the *Senior News* – celebrating holidays and the changing seasons, our first-ever photography, recipe, and jingle contests, recognizing some wonderful volunteers and community members, and spotlighting our vibrant senior centers.

It is my pleasure to introduce your new *Senior News* Editor, Emma Saeger! While Emma is the new Editor, Emma is not new to working on the *Senior News*. She has been a dedicated and accurate proofreader for years, and she has contributed both articles and photographs to a number of issues. Wishing Emma and you, our readers, all the best!

In Home Services: Worth Exploring

Do you feel that it would be easier to stay in your home if you could have just a few hours of help each week?

Expanded In-Home Services for the Elderly Program (EISEP) can help those who are 60 years or older and experience challenges maintaining themselves at home.

Continued on Page 5



Johnson City Senior Center
 Contact: Kim, 797-3145

October 2
 "Real Diamond": Neil Diamond Tribute Concert
 Penn's Peak, Jim Thorpe, PA

October 7-9
 "Jack O'Lantern Spectacular"/New England Tour
 Providence, RI

Eastern Broome Senior Center
 Contact: Arlene, 759-6306

October 8
 "Still Surfin': A Musical Tribute to the Beach Boys"
 Penn's Peak, Jim Thorpe, PA

North Fenton Seniors Club
 Contact: Ruth, 648-8425

October 24
 "Islands in the Stream": Dolly Parton & Kenny Rogers Tribute Concert
 Penn's Peak, Jim Thorpe, PA

Port Crane Seniors Club
 Contact: Ruth, 648-8425

November 20
 "Miracle of Christmas" Show
 Sight & Sound Theatres, Lancaster, PA

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Subscribe to the Caregiver Corner newsletter!

Would you like to receive caregiver information, tips and practical advice by mail every other month?

Subscribe to the *Caregiver Corner* newsletter by completing the form below and dropping it off at any senior center or mailing it to:

Caregiver Services
 Broome County Office for Aging
 PO Box 1766
 Binghamton, NY 13902

✂ _____

I would like to receive the *Caregiver Corner* newsletter

Name:
 Address:

✂ _____

If you would prefer to call Office for Aging to subscribe to *Caregiver Corner* please call Caregiver Services at 607-778-2411

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	12:15 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	2:15 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. \$3 charge

Monday & Friday	9:15 am	Northern Broome Senior Center - no fee
Tuesday	10:30 am	Johnson City Senior Center
Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center

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)
Thursday	1:00 pm	Broome West 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

Low-Impact Aerobics

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

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center (Endwell)
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Sunrise Yoga Classes

Wednesday	12:30 - 1:30 pm	Northern Broome Sr Center (Whitney Pt)
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Stretch & Strength Class

Tuesday	1:30 pm	Johnson City Senior Center - no fee
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Fusion Exercise Class

Includes a combination of Tai Chi, yoga, and low-impact cardio.

Thursday	11:30 am	Johnson City Senior Center - \$3 charge
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*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

Lyceum Fall Kickoff

Wednesday, September 11
from 2 - 3 pm
601 Gates Road, Vestal

Listen to music by Rosetree and enjoy light refreshments. Learn about the non-credit classes and events for people 50 and over, which begin on September 16th.

Register for this free event by September 6th!

Call the Lyceum office at 607-777-2587 or email: lyceum@binghamton.edu

The 20% - 80% Rule and Clutter

Most people wear just 20% of the clothing they own. The remaining 80% sits in the closet and is later resold, reused, or recycled. This 20/80 rule is true for our household items, too. How does this happen? Where can we take our stuff? When is it okay (or necessary) to send things to the landfill?

Learn more on Tuesday, September 12 at 3 PM at the monthly Downsize and Declutter Discussion at Broome West Senior Center, 2801 Wayne Street in Endwell. Registration is not required. Call Michele at 785-3427 with any questions.

"Life starts all over again when it gets crisp in the fall."

F. Scott Fitzgerald



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723-0582



EVENTS at the CENTERS

Penny Social Fundraiser

Tuesday, September 13, 4:30 pm
Northern Broome Senior Center
Enjoy a homemade dinner and good company while you enter to win prizes!

"Let's Visit Strasbourg, France"

presentation w/Bruce Ressler
Wednesday, September 18, 10 am
Vestal Senior Center
Join Bruce Ressler for a virtual journey abroad.

Evening Dining w/Ryan Wilson

Wednesday, September 11, 5 pm
First Ward Senior Center
Dance to the music of Ryan Wilson and share in a delicious dinner!

Apple Goodies for Sale

Tuesday, September 17, 11 am
North Shore Towers Center
The sweet flavors of Fall! Apples & caramel, cider, apple pie & more available for purchase.

"Log Cabin Through the Seasons" w/Rick Marsi

Monday, September 9, 12 pm
Broome West Senior Center
Photographer Rick Marsi will share photos which highlight the best of nature in Central NY.

Trivia Night w/AP Entertainment

Friday, September 20, 6 pm - 10 pm
Johnson City Senior Center
Form a team of up to 10 people. \$20/person includes admission, trivia, & special refreshments! Call for info & to register.

Evening Dining

w/New Appalachia

Thursday, September 26, 4 pm
Eastern Broome Senior Center
Share a wonderful meal with friends. Tap your heels to the gospel & bluegrass tunes of "New Appalachia."

HIICAP Presentation

Tuesday, September 17, 11:45 am
Deposit Senior Center
Yvonne Brock will present information on the Health Insurance Information, Counseling & Assistance Program.

Office for Aging is Here for Everyone! Programs & Services are Accessible to Rural Residents *Continued from Page 1*

Senior Helpers Program

The Senior Helpers Program can match you with a worker who is near you or who is willing to travel to you for help with a variety of tasks. You and the Senior Helper you hire will work out all the details including wages and hours. Senior Helpers can be hired to help with tasks such as personal care, meal preparation, housework, small handyman or repair jobs, transportation, and more. Call (607) 778-6105 to speak with the Senior Helpers program.

Transportation

BC Country is a public transportation service for rural Broome County residents. BC Country will pick you up in the morning, bring you to your destination in urban core of Broome County, and provide a return trip in the afternoon or early evening. If you are new to BC Country: call (607) 763-4464, and choose extension 3 to speak with a BC Country Dispatcher. Please have your name, address, and return phone number ready. Staff will help you register for the service and will provide introductory ride information. Once you are registered, you may call Broome County Transit at (607) 763-8747 each time you need a ride.

The GetThere Call Center, a mobility management program of the Rural Health Network of South Central NY, is a one-stop source for transportation assistance. GetThere provides free assistance for transportation with a multitude of programs designed to meet various transportation needs. The GetThere Call Center is available by email at getthere@rhnsny.org or by phone at 1-855-373-4040.

For additional information on any of the above services, or for any other questions, contact the Office for Aging at (607) 778-2411 or Broome County NY Connects at (607) 778-2278.

In Home Services: Worth Exploring

Continued from Page 3

EISEP begins with a home visit from a case manager who speaks at length with you to complete an assessment of your current situation.

Together with the case manager, you develop a plan of care that may include things like two hours a week of chore service, someone to be in the home during your shower, meal support, a personal emergency response unit, a scheduled break for your regular caregiver, or time at an adult care program. The services offered are non-medical but help meet personal care needs or other necessary activities such as shopping.

EISEP services are coordinated by the Office for Aging and services are provided by agencies we contract with including Stafkings, Interim Healthcare, Family & Children's Society, Caregivers\Homemakers, Susquehanna Homecare and United Methodist Homes.

Consumers who are capable of hiring, training and managing their own services may also be approved for consumer-directed services.

Depending on your income, there may be a cost for these services. This fee is called a cost share and is adjusted each year based on Federal Poverty levels. Those without a cost share are asked to contribute if they are willing and able. It is common for EISEP to have a waitlist, but if you feel that this support is something you would like to explore, please call NY Connects at 778-2278.



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Souperlicious Senior Center Sandwich Bars

Monday	Tuesday	Wednesday	Thursday	Friday
Northern Broome	Northern Broome	Broome West	Broome West	Broome West
<div style="border: 1px solid black; padding: 5px; text-align: left;"> <p>Walk-ins</p> <p>Welcome</p> <p>11am-12:30pm</p>  </div>		Eastern Broome	Eastern Broome (Golden Griddle)	Eastern Broome (Burger Bar)
		Johnson City	Johnson City	Northern Broome (Burger Bar)
		Northern Broome		
		Vestal		Vestal (Chef Salads)

Enjoy a bowl of homemade soup, a deli sandwich, beverage & dessert.

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 9

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

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Tai Chi for Arthritis

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 Tai Chi relieves pain, reduces falls and improves quality-of-life!

Classes are led by a certified instructor; they are one-hour classes and meet two times per week for eight weeks. They are designed to be relaxing and enjoyable.

September includes National Falls Prevention Awareness Day. Sign up for one of these classes to help yourself prevent a fall!

Upcoming Classes taught by Lourdes:

Classes starting mid-September

Lourdes Building on Shippers Road in Vestal

To register or for information/questions contact:

607-698-6081

Upcoming Class taught by the RSVP program:

Tuesdays and Thursdays

September 3 – October 24

10 AM – 11 AM

Tai Chi for Arthritis at Vestal United Methodist Church

To register or for information/questions contact:

E-mail: cinda719@gmail.com or call Deb at 607-729-9166

Tuesdays and Fridays

September 10 – November 11

1:30PM – 2:30PM

Tai Chi for Arthritis at Our Lady of Good Counsel Church in Endicott

To register or for information/questions contact:

Email: frye.donna@rocketmail.com or call Donna at 607-785-4747

Tuesdays and Thursdays

September 10 – October 17

3:00PM – 4:00PM

Tai Chi for Arthritis at the First United Methodist Church of Deposit

To register or for information/questions contact:

Email: dkerins@ccbc.net or call Deb at 607-729-9166

Apple Fest!

Wednesday, September 18th at Participating Senior Centers

The autumn season has arrived! So, join us for the “Apple Fest” celebration at participating local senior centers. Events include apple trivia, apple themed-treats, and musical entertainment. The luncheon will be served around noon, featuring roast turkey, savory sides and a special apple dessert.

Please reserve by calling a participating center and ask about special activities that are planned (phone numbers are listed in the activity section of this paper).

The suggested contribution is \$4.25 for those age 60+ and spouse of any age. For those under age 60, the charge is \$5.25. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.

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://
twittercomBroomeCountyOFA](https://twitter.com/BroomeCountyOFA)

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-Julie S.

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Medicare Open Enrollment Fall 2019

Action for Older Persons (AOP) offers free nonbiased insurance counseling and financial assistance program application help. AOP reminds everyone that Medicare Open Enrollment will take place from October 15th - December 7th. This is the one time each year that all Medicare beneficiaries can change their health care selection. Last year during Medicare Open Enrollment, AOP met one-on-one with 1,252 individuals and saved Broome County residents an estimated \$1,239,959 in premium and copay expenses for 2019.

There are many reasons why it is important to review your Medicare Advantage or Medicare Prescription Drug Plan during Medicare Open Enrollment:

- Plans may make changes to their formulary (the drugs that they cover)
- Plans may make changes to their premium (monthly cost)
- Plans may make changes to their co-pays at the pharmacy or at the doctor/hospital as well as to other covered services
- Plans may make changes to their network of doctors and hospitals
- Plans may end their contract with specific pharmacies or pharmacy chains
- Plans may cancel their contract with Medicare - canceling your plan completely
- New plans may become available that are more cost effective than your current plan

AOP will begin taking Open Enrollment appointments on Monday, September 23rd at 8:30 am. We ask for your patience as we answer the influx of calls beginning that day. We also encourage you to make your appointment as soon as possible to ensure appointments are still available. Again in 2019, we will have some appointments off site. If you are a resident of Harpursville, Whitney Point, or Deposit and would prefer to meet with an AOP counselor at the local senior center, please let us know when you call. We will be at the Deposit SC on October 8th at 10:00 am, the Eastern Broome SC on Oct. 9th at 10:00 am, the Northern Broome SC on Oct. 4th at 10:00 am. We will also have appointments at many of the local SEPP apartments. Call AOP or contact your building manager for the schedule.

AOP also wants to remind you of a few other important facts: Our phone number is (607) 722-1251 and appointments are held at our office location at 200 Plaza Drive, Suite B in Vestal unless otherwise specified.

Please be advised that Medicare and/or the New York State EPIC program will not send representatives to your home. If someone comes to your home and states that they work for Medicare or EPIC, know that this is not true. When you schedule an appointment, we will send you a form to complete with your current prescription information. We ask for this information to better assist you with plan selection.

10 Warning Signs Your Older Family Member May Need Help

Changes in physical and cognitive abilities that may occur with age can be difficult to detect – for older adults and their family members, friends, and caregivers. To help in determining when an older adult may need assistance in the home, we have compiled this list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult’s physician of these changes.

1. Changing eating habits, resulting in weight loss, appetite loss, or missed meals.
2. Neglecting personal hygiene, including clothing, body odor, oral health, nails and skin.
3. Neglecting the home, with a noticeable change in tidiness and/or sanitation.
4. Exhibiting inappropriate behavior, such as being unusually loud, quiet, paranoid or agitated, or making phone calls at unusual hours.
5. Changing relationship patterns, causing friends and neighbors to express concern.
6. Showing physical injuries, such as burns, which may have resulted from general weakness, forgetfulness, or misuse of alcohol or medication.
7. Decreasing or stopping participating in activities that were once enjoyable, such as a bridge or book club, dining with friends, or attending religious services.
8. Exhibiting forgetfulness, resulting in unopened mail, newspaper piles, unfilled prescriptions, or missed appointments.
9. Mishandling finances, such as not paying bills or paying them more than once or losing or hiding money.
10. Making unusual purchases, such as more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements.

Source: www.eldercare.gov

Sudoku Answers

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

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Did You Senior Center Today?

Some events require preregistration and some may have fees. Please refer to pages 14 & 15 for more details about senior center activities. Contact the Office for Aging at 607-778-2411 for information about any of our programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Increase your steps with the Walking Group from Vestal, 8 am Come for a delicious Breakfast for Lunch at Broome West or First Ward, 10:30 am – 12:30 pm Join the adult coloring group at Northern Broome, 12 – 2 pm Enjoy poetry with Johnson City’s Poetry Club, 1 pm</p>	<p>Practice with Johnson City’s guitar group at 9 am and stay for Breakfast for Lunch, 10:30 am Enjoy quilting & sewing at Northern Broome, 10 am Play bingo at Deposit, 1 pm Join in the fun playing ping pong at Broome West, 1-3 pm</p>	<p>Create ceramics at First Ward, 9 am Come to woodworking w/ Mark Young at Eastern Broome, 9 – 11 am Play dice and cards at North Shore Towers, 10 am Enjoy oil painting at Vestal, 1 – 3 pm</p>	<p>Stay fit with osteo-exercise at Northern Broome, 10 am Listen to live piano music in Deposit, 10:30 am Come to the Golden Griddle Breakfast & Lunch at Eastern Broome, 10:30 am – 12 pm Enjoy a relaxing afternoon with Group Meditation at Johnson City, 1:30 -2:30 pm</p>	<p>Visit Vestal to play Mahjong, 9:30 am Create your own sandwich and enjoy a cup of soup at Broome West, 11:15 am – 12:30 pm Try for a strike in Wii bowling at North Shore Towers, 10 – 11:30 am Enjoy the Burger Bar at Eastern Broome and Northern Broome, 11:30 am – 12:30 pm Play Texas Hold’em at First Ward, 12:45 pm</p>
<p>HAPPY Labor Day <i>Centers Closed. Happy Labor Day</i></p>	<p>2</p> <ul style="list-style-type: none"> • Shuffleboard at First Ward, 9 am • Computer Class at Northern Broome, 9:30 am • Craft Making at Deposit, 10:30 am • Wii Bowling at North Shore Towers, 10 – 11:30 am 	<p>3</p> <ul style="list-style-type: none"> • Bingo at Broome West, 9:30 am • Bright & Beautiful Therapy Dogs at Vestal, 10:30 am • Sunrise Yoga at Northern Broome, 12:30 pm • Writers’ Workshop at Johnson City, 1 pm 	<p>4</p> <ul style="list-style-type: none"> • AARP SmartDriver Course at First Ward (enrollment required), 9 am - 12 pm • CHOW Mobile Market at Eastern Broome, 10 – 11 am • Breakfast for Lunch at North Shore Towers, 11 am – 12:30 pm • Chair Exercises at Deposit Senior Center, 11 – 11:30 am 	<p>5</p> <ul style="list-style-type: none"> • AARP SmartDriver Course at First Ward (enrollment required), 9 am - 12 pm • Tai Chi at Northern Broome, 9:15 am • Chair Exercises for Increased Flexibility at Johnson City, 12:30 pm • Ping Pong at Broome West, 1 – 3 pm
<p>9</p> <ul style="list-style-type: none"> • Pinochle at Northern Broome, 10 am • Belgian Waffles w/Apple Topping at Broome West, 10:30 am – 12:30 pm • King High Card Game at Vestal, 12 pm • Dominos at First Ward, 12:30 pm 	<p>10</p> <ul style="list-style-type: none"> • Nutrition Education w/Cornell Coop. Extension at Johnson City, 11:30 am • Pinochle at First Ward, 12:30 pm • AARP SmartDriver Course (enrollment required) at Johnson City, 1 – 4 pm • Downsize & Declutter Discussion at Broome West, 3 – 5 pm • Evening Dining w/Harmony Lane at Northern Broome, 4:30 pm 	<p>11</p> <ul style="list-style-type: none"> • Share memories & experiences on National Day of Remembrance at N. Shore Towers, 10:30 am • Nutrition Education w/Cornell Coop. Extension at Vestal, 10:30 am • “Guess Who’s Who!” Baby Picture Game at Northern Broome, 11:45 am • Opioid Crisis & Overdose Prevention Presentation w/ Health Dept at Broome West, 1 - 2 pm • Evening Dining w/Ryan Wilson at First Ward, 5 pm 	<p>12</p> <ul style="list-style-type: none"> • Oil Painting at Johnson City, 9 am • Breakfast for Lunch at Northern Broome, 10 am - 12:30 pm • Philly Cheesesteak Day at North Shore Towers, 11 am – 12:30 pm • Evening Dining w/Joe Lombardi at Eastern Broome, 4 pm • Evening Dining & Apple Fest w/Orange Blossom Special at Deposit, 4:15 pm 	<p>13</p> <ul style="list-style-type: none"> • Walking Group at Vestal, 8 am • Shuffleboard at Eastern Broome, 9:15 am • Senior Games Table Tennis Tournament at Broome West (call for info. & to register), 9:30 am • Penny Social Fundraiser at Northern Broome (call for info.), 4:30 pm
<p>16</p> <ul style="list-style-type: none"> • AARP SmartDriver Course at Northern Broome (enrollment required), 10 am – 1:30 pm • Waffles w/Strawberries at First Ward, 9:30 am – 12 pm • Apple Pie in a Cup at North Shore Towers, 11 am • CarFit Program at Broome West, 11:30 am – 1 pm 	<p>17</p> <ul style="list-style-type: none"> • AARP SmartDriver Course at Northern Broome (enrollment required), 10 am – 1:30 pm • Apple-themed Goodies available for purchase at N. Shore Towers, 11 am • Belgian Waffles w/Fruit Topping at Vestal, 11:30 am – 12 pm • Health Insurance Counseling Presentation w/Delaware County Office for Aging, 11:45 am • Red Hat Society Meeting at Johnson City, 3:30 pm 	<p>18</p> <ul style="list-style-type: none"> • Caregiver Chat Group at Broome West, 9:30 - 11:30 am • Strasbourg, France presentation w/Bruce Ressler at Vestal, 10 am • Apple Fest Luncheon at participating centers, around 12 pm • Book Club: “The Only Woman in the Room” by Marie Benedict at Johnson City, 3 pm 	<p>19</p> <ul style="list-style-type: none"> • Acrylic Painting at Eastern Broome, 9 – 11 am • Flu Shot Clinic w/Wegmans Pharmacy at Johnson City (call for info.), 10 am – 12 pm • Philly Cheesesteak Day w/Marian Tewksbury & Bill Salvemini at Broome West, 11 am • Philly Cheesesteak Day at Vestal, 11:30 am • Philly Cheesesteak Day w/Orange Blossom Special at First Ward, 12:15 pm 	<p>20</p> <ul style="list-style-type: none"> • 16th Anniversary Celebration w/Ryan Wilson at Broome West, 11 am – 12:30 pm • Pizza or Chef Salad Lunch Special w/Bunko to follow at Vestal, 11:30 am • Senior Games Brooks BBQ Fundraiser at Vestal Tractor Supply Company, 3 -7 pm • Trivia Night w/AP Entertainment at Johnson City (call for info.), 6 – 10 pm
<p>23</p> <ul style="list-style-type: none"> • CHOW Mobile Market at Eastern Broome, 10 am – 11 am • Falls Prevention & In-Home Safety Presentation by UVES, Broome West, 10 am • Chop & Chat at Vestal (reservations required), 10:30 am • Western Omelets at Broome West, 10:30 am – 12:30 pm 	<p>24</p> <ul style="list-style-type: none"> • Knitting at First Ward, 9 am • Broome County Office for Aging Satellite Office Day, at Deposit, 10 am – 12 pm • Evening Dining w/Bingo at Northern Broome, 4:30 pm 	<p>25</p> <ul style="list-style-type: none"> • Mobile Food Bank at North Shore Towers, 9 am • Haircut Appointments w/Debbie Roberts at Johnson City, 10 – 11:30 am • Baked Potato Bar at Eastern Broome, 11:30 am – 12:30 pm • Evening Dining w/Johnny Only at Broome West, 5 pm 	<p>26</p> <ul style="list-style-type: none"> • Falls Prevention & In-Home Safety Presentation by UVES, Johnson City, 11 am • Chair Exercises at Deposit, 11 – 11:30 am • Caregiver Education Event: Medicaid for Long-Term Care at Broome West, 1:30 – 3:30 pm • Evening Dining w/ New Appalachia at Eastern Broome, 4 pm 	<p>27</p> <ul style="list-style-type: none"> • Tai Chi at Northern Broome, 9:15 am • Treats for National Honey Month at North Shore Towers, 10:30 am • Pottery Class: Soap Dishes w/Jenn Johnson at Vestal, 10:30 am
<p>30</p> <ul style="list-style-type: none"> • Horse Racing Game w/Bonnie Hill at Eastern Broome, 10 am • Bingo at North Shore Towers, 10 – 11:30 am • Blood Pressure Checks at Broome West, 11 am • Personal Safety Madeline Bay, BU Deputy Chief of Police at Northern Broome, 11:45 am 	<p>During the month of September, whenever you dine at one of the eight affiliated Broome County Office for Aging senior centers, you will have the opportunity to enter your name in a raffle. Senior center site supervisors will announce winners before lunch on Friday, October 4th (October 3rd in Deposit). Prize winners will also be posted at the centers and on the Broome County Office for Aging Facebook page on the afternoon of October 11th. We encourage you to visit your local senior center to see all that it offers!</p>			

The Senior Games are Here!!!



The Broome County Senior Games continue to help people stay active through fun and competitive athletic events! Participants stay fit by enjoying indoor and outdoor activities while meeting new people and having fun! The 2019 Games started in August and will continue through September.

September's events include golf, pickleball, disc golf, table tennis, lawn bocce, clay court tennis, bowling, and a Brooks BBQ Chicken Fundraiser. See the front page of this paper for details on the Brooks BBQ.

For more information on how you can participate in the games, check out the application on our website at www.gobroomecounty.com/senior/games or call Sofia at 778-2411. The Games are open to anyone 55 years and older. Participants do not have to live in Broome County.

The 2019 Senior Games are brought to you by the Broome County Office for Aging and our sponsors: Binghamton Tennis Center, Broome County Parks & Recreation, CDPHP, City of Binghamton Parks and Recreation, Cortese Restaurant, Coughlin & Gerhart, LLP, Howard Hanna Real Estate Services, MVP Health Care, OEH Co., Patti Blishak, Town of Conklin, Town of Union Parks & Recreation, The S.E.P.P. Group, United Methodist Homes, Wegmans, William H. Lane Incorporated, and the YMCA of Broome County.

Airline Rules for Older Adults

If you are making plans to travel by plane, you should know that some older adults can benefit from special rules from the Transportation Security Administration (TSA). Passengers 75 and older may receive faster security screening, which allows TSA officers to better focus on passengers who are more likely to pose a risk. Here are some rules you should know about:

You may leave on your shoes and light jacket during screening. If the alarm sounds during security screening, you may be required to undergo a pat-down. You may also be required to remove your shoes for further visual and physical screening, including inspection for traces of explosives. You can request to be seated during this portion of the screening.

Medications in pill or other solid form must undergo security screening. It is recommended that medication be clearly labeled to facilitate the screening process. You are responsible for displaying, handling, and repacking the medication when screening is required. Medication can undergo a visual or X-ray screening and may be tested for traces of explosives.

Inform the TSA officer that you have medically necessary liquids or medications and separate them from other belongings before screening begins. Also, declare accessories associated with your liquid medication such as freezer packs, IV bags, pumps and syringes. Labeling these items can help facilitate the screening process.

You may bring medically necessary liquids, medications and creams more than 3.4 ounces or 100 milliliters, in your carry-on bag. Remove them from your carry-on bag to be screened separately from the rest of your belongings. You are not required to place your liquid medication in a plastic zip-top bag. If a liquid, gel, or aerosol declared as medically-necessary alarms, then it may require additional screening and may not be allowed.

Safe travels!

Source: www.tsa.gov/travel/special-procedures

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I understand that alternate procedures providing an equivalent level of security screening are available and can be done in private. I also understand that presenting this card does not exempt me from screening.

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TSA-ContactCenter@tsa.dhs.gov
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Call 72 hours prior to traveling to request the assistance of a Passenger Support Specialist (PSS) at the checkpoint. If a PSS is not available, you may ask for a Supervisory TSA Officer at the checkpoint.

Better Hearing

Many people develop hearing problems as they grow older. Today, there are many ways to improve your hearing. The best way to handle the problem is to find professional help as soon as you notice you are having trouble hearing.

What Devices Can Help?

Hearing aids: Hearing aids are electronic, battery-run devices that make sounds louder. There are many types of hearing aids. Before buying one, find out if your health insurance will cover the cost. An audiologist or hearing aid specialist will show you how to use your hearing aid.

Hearing aids should fit comfortably in your ear. You may need several visits with the hearing aid specialist to get it right, so ask if you can have a trial period so you can make sure the device is right for you. Hearing aids may need repairs and batteries have to be changed on a regular basis. Remember, when you buy a hearing aid, you are buying both a product and a service.

Assistive devices: Other products can also help improve your hearing:

- Alert systems can work with doorbells, smoke detectors, and alarm clocks to send you visual signals or vibrations. For example, a flashing light could let you know someone is at the door or the phone is ringing, or a vibrating alarm clock under your pillow could wake you in the morning. Some people rely on the vibration setting on their cell phones to alert them to calls.
- Telephone amplifying devices can make it easier to use the phone.
- TV and radio listening systems can let you hear the TV or radio without being bothered by background noise or needing to turn up the volume.

Cochlear implants: These electronic devices are for people with severe hearing loss. They don't work for all types of hearing loss.

What Can I Do If I Have Trouble Hearing?

- Let people know you have a hearing problem.
- Ask people to face you and to speak more slowly and clearly. Also, ask them to speak louder without shouting.
- Pay attention to what is being said and to facial expressions or gestures.
- Let the person talking know if you do not understand what he or she said.
- Ask the person speaking to reword a sentence and try again.

Source: <https://www.nia.nih.gov/health/publication/hearing-loss>

Successful Aging RESPITE 101

What is Respite? Care provided to a loved one with a special need to give temporary relief to a family caregiver.

Who? Me? Take the Caregiver Self-Assessment to help determine your respite needs:

<https://www.healthinaging.org/sites/default/files/media/pdf/Caregiver-Self-Assessment-Questionnaire.pdf>

How Can I Get Started? Contact the Office for Aging at 778-2411 to find out about respite options.

How Can I Get Involved? Volunteer at our Yesteryears adult day sites or start a program for your organization. Training is provided. Contact 778-2946 for more information.

Broome County
Office for Aging 

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- The chance to make new friends.
- The joy of making a difference in the life of a child.



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open, allowing
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change and
loving yourself.***

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WE'RE MOVING THE DATE!!

FREE LEGAL CLINIC FOR BROOME COUNTY SENIOR CITIZENS MOVING TO THE SPRING OF 2020

The Annual Senior Legal Clinic is being moved to Spring of 2020. Following the date change this year, we will continue to offer this annual event in April of each year.

Please mark your 2020 calendar now to join us for Broome County's 13th Annual Senior Legal Clinic on Saturday, April 18th, 2020 from 9:30 am to 12:30 pm. The clinic will be held at the Broome County Public Library located at 185 Court Street in Binghamton. Free and ample parking is available.

Receive a FREE ½ hour private consultation with a local attorney in any of the following areas: Wills/Trusts, Powers of Attorney/Health Care Proxies, Medicaid Planning, Landlord-Tenant, Real Estate, Oil and Gas Leases, Grandparent's Rights, Debt Collection, Bankruptcy and more.

This annual event is to benefit Broome County residents age 60 and over. It is co-sponsored by the Broome County Bar Association and Legal Aid Society of Mid-New York, Inc.

Registration is required! Information regarding registration will be forthcoming in the Spring. We look forward to seeing you there.

The Importance of Social Connectedness in Maintaining Health

“Use It or Lose It” is the term most health experts agree on when it comes to aging and maintaining health. If we're not using our body and mind, it begins to decline at a much faster rate. Social connectedness plays a major role in preventing cognitive and physical decline.

Our network of relationships with people who live and work around us is known as our “social capital.” Relationships mean trust, connectedness, and commitments to one another. Unfortunately, our social capital begins to decline as we retire, lose friends due to death or illness, or as those around us move away.

What impact does a lower social capital have on our health? It not only affects the number of relationships we have, but our cognitive function, mobility, emotional health, and ability to remain living independently, as well.

Local senior centers are a great place to meet new friends, socialize, and stay physically active. Socializing with others improves memory, reduces the likelihood of depression, helps us cope with stress and eliminates isolation. Physical exercise not only prevents deterioration of our muscles and bones, but it also slows memory loss.

So, consider visiting your local senior center to join a Tai Chi or Bone Savers class, playing Wii Bowling or Shuffleboard, exploring your creative side in a painting or ceramics class, or just meeting new and old friends for a balanced, delicious lunch!

Sources:

www.eldercarealliance.org “The Importance of Socialization in Aging”
www.greatergood.berkeley.edu “How Social Connections Keep Seniors Healthy”

“And all at once, summer collapsed into fall...”
 Oscar Wilde

How to Maintain Your Brain Health?

Every day, scientists are discovering how closely our minds and bodies are connected. It turns out that the things you do to help keep your body and heart healthy may be good for your brain health too! By taking steps today, you may be able to help reduce some risks to your brain.

- Stay Connected: Get out, get social, and connect with others
- Discover a New Talent: Learning new things is more than just fun
- Maintain Your Balance: Watch your step and improve your balance
- Talk to Your Doctor: Doctors are here to help, let them
- Get Some Shuteye: Count some sheep and get some sleep
- Get Moving: A little activity can be good for the brain
- Mind Your Meds: Understand the benefits and risks of your medicine
- Know Your Blood Pressure: Keep it under control to prevent future risks
- Eat Up: Feed your brain some healthy, nutritious food
- Drink Moderately: You can sip the wine or just eat the grapes

Source: <https://brainhealth.nia.nih.gov/engage-your-brain>



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What's Normal and What's Not?

Memory and Thinking

Many older people worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things, or they might sometimes forget to pay a bill. These changes are usually signs of mild forgetfulness—often a normal part of aging—not serious memory problems.

What's the difference between normal, age-related forgetfulness and a serious memory problem? Serious memory problems make it hard to do everyday things like driving and shopping. Signs may include asking the same questions over and over again, getting lost in familiar places, not being able to follow instructions, and becoming confused about time, people, and places.

Dementia is the loss of cognitive functioning—thinking, remembering, learning and reasoning—and behavioral abilities to such an extent that it interferes with daily life and activities. Memory loss, though common, is not the only sign. A person may also have problems with language skills, visual perception, or paying attention. Some people have personality changes. Dementia is not a normal part of aging.

There are different forms of dementia. Alzheimer's disease is the most common form in people over age 65. The chart below explains some differences between normal signs of aging and Alzheimer's disease.

Normal Aging

Making a bad decision once in a while
Missing a monthly payment
Forgetting which day it is
Sometimes forgetting which word to use
Losing things from time to time

Alzheimer's Disease

Making poor judgments and decisions a lot
Problems taking care of monthly bills
Losing track of the date or time of year
Trouble having a conversation
Misplacing things often and not finding them

If you, a family member, or friend has problems remembering recent events or thinking clearly, talk with a doctor. He or she may suggest a thorough checkup to see what might be causing the symptoms.

Source: www.nia.nih.gov/

Scam Prevention Tips

We all need to be on the watch for scams – people trying to fool you into giving them money or your private information. Here are some tips to keep in mind to prevent becoming a victim of scams:

- Hang up without pressing a key if you receive an unsolicited phone call. If you do take the call, be sure to identify the caller and the company represented. Also, always get a phone number for the business.
- Never provide personal or financial information over the phone. This includes your name, date of birth, Social Security number, address, and Medicare number.
- Contact your telephone provider to block "robocall" numbers. Avoid paying for blocking services since robocall numbers displayed on caller IDs change frequently.
- On your computer, install a firewall, anti-virus and anti-spyware software to protect your email account from being used by scammers. Also keep all of your software updated.
- Do not open attachments from strangers or any emails that seem suspicious. Attachments sometimes contain programs that allow scammers to gain access to your computer.
- Do not click on Web links in unfamiliar emails.
- Avoid listing birth date, maiden name, or other personal identifiers of loved ones in obituaries as such information is useful to identity thieves.
- Do not respond to guaranteed sweepstakes winnings in exchange for a contribution.
- The IRS usually initiates first contact about unpaid taxes through U.S. mail, never by phone or email. Call the IRS directly at 800-829-1040 if you think that you may owe taxes.
- Protect your personal information by storing it in a safe and secure place. Do not keep important account numbers or data in purses, wallets, or smartphones.
- Remember that phone calls can be deceiving. Scammers now use sophisticated technology to manipulate their area code in caller ID systems.

source: http://www.dos.ny.gov/consumerprotection/scams/older_adults.html

NY Connects
Your link to home and community based supports

NY Connects provides information, assistance and referrals to people of any age, regardless of income, about programs and services to help maintain independence. Callers will become aware of the many home and community-based supports to meet their needs.

Do you or someone you know need some assistance?
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Are you looking for information on a specific program or service in our community?

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from family and friends to professionals.
Call NY Connects to learn about all your options 607-778-2278 or 1-800-342-9871.

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NY Connects
Your Link to Long Term Services and Supports

of BROOME COUNTY

(800) 342-9871 (607)778-2278

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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; Blood Pressure Checks, 11 am

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

W: Bingo 9:30 am; Scrabble 12:30 pm; Pinochle 12:30 pm;
Floor Shuffleboard 12:45 pm; Beginners Canasta, 1 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

- 9/9 Breakfast Special: Belgian Waffles w/Apple Topping, 10:30 am – 12:30 pm
“Log Cabin Through the Seasons” presentation w/photographer Rick Marsi, 12 pm
- 9/10 Downsize & Declutter Discussion, 3 pm – 5 pm
- 9/11 Opioid Crisis and Overdose Prevention Presentation w/Br. Co. Health Dept, 1 pm – 2 pm
- 9/13 Senior Games Table Tennis Tournament (call for info & to register), 9:30 am
- 9/16 CarFit Program, 11:30 am – 1 pm
- 9/18 Caregiver Chat Group, 9:30 am – 11:30 am
Apple Fest w/music by Brian Murphy & Jeff Ruzich, 11 am
- 9/19 Philly Cheesesteak Day w/Marian Tewksbury & Bill Salvemini, 11 am – 12:30 pm
- 9/20 Broome West's 16th Anniversary Celebration w/Ryan Wilson, 11 am – 12:30 pm
- 9/23 Falls Prevention Presentation w/Union Vol. Emergency Squad, 10 am
Breakfast Special: Western Omelets, 10:30 am – 12:30 pm
- 9/25 Evening Dining (*roast beef w/gravy & strawberry shortcake*) w/Johnny Only, 5 pm
- 9/26 Caregiver Education Event: Medicaid for Long-Term Care, 1:30 pm – 3:30 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; 9/3 Nickel; 9/10 Bag; 9/17 Quarter; 9/24 Nutrition
Craft Making, 10:30 am
- Thursdays: Chair Exercises, 11 – 11:30 am
- 9/12 Evening Dining (*Roast Beef w/Gravy & Choc. Cream Pie*) & Apple Fest w/Orange Blossom Special, 4:15 pm
- 9/17 Blood Pressures w/Sandy, 11:30 am
Southern Tier Food Bank at the Fire Station, 11:30 am
Health Insurance Counseling Info. Presentation w/Yvonne Brock, 11:45 am
- 9/24 Broome County Office for Aging Satellite Office Day, 10 am – 12 pm

"Happiness is a place between too little and too much"

Finnish Proverb

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: *Grilled Tuna & Cheese sandwich w/Tomato & Cucumber Salad*

9/5,19 Bingo for prizes, 11:45 am – 1 pm

9/5, 23 CHOW Mobile Market, 10 am – 11 am

9/12 Evening Dining (*Roast Beef w/Gravy & Choc. Cream Pie*) w/Joe Lombardi, 4 pm

9/18 Apple Fest w/Silent Auction & Music by Charlene Thompson, 9 am – 2 pm

9/19 Day Trip to DelLago Casino (*call for information*)

9/25 Legal Aid Society Appointments (*please call for appt*), 9 am – 12 pm
Baked Potato Bar, 11:30 am – 12:30 pm

9/26 Evening Dining (*Chicken Marengo & strawberry shortcake*) w/New Appalachia, 4 pm

9/30 Horse Racing Game w/Bonnie Hill, 10 am
Basic Medicaid Planning w/Levene, Gouldin & Thompson, LLP, 12:15 pm

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm & Mon Evenings, 7:00pm - 9:45pm

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*), 9:30 am

Thursdays: Gentle Standing Yoga Class (\$3/class), 10 am

9/4 Social Club, 1 pm

9/5, 6 AARP SmartDriver Course (*enrollment required*), 9 am – 12 pm

9/11 Legal Aid Society Appointments (*call for appt*)
Evening Dining (*halupki OR salmon patty w/dill & choc. cream pie*) w/Ryan Wilson, 5 pm

9/16 Brunch for Lunch: Waffles w/Strawberries, 10:30 am – 12 pm

9/18 Apple Fest w/Spelling Bee Competition, 11:45 am

9/19 Philly Cheesesteak Day w/Orange Blossom Special, 12:15 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; Knit/Crochet 11:30am;

Bingo 12:30 sales/1:30 play; Poetry 1 pm; Pitch (cards) 1 pm

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

W: Quilting 9 am; Bridge (cards) 10 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 - 11:30 am; Group Meditation 1:30 - 2:30 pm

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

Special Activities:

9/10 Nutrition Education w/Cornell Coop. Extension, 11:30 am

9/10,17 AARP SmartDriver Course (*enrollment required*), 1 pm - 4 pm

9/17 Cooking Demo by Chef Weaver, 1:30 pm

Red Hat Society Meeting, 3:30 pm

9/18 Blood Pressure & Glucose Checks w/The Medicine Shoppe, 10 am - 12 pm

Apple Fest, 11:45 am

Book Club: "The Only Woman in the Room" by Marie Benedict, 3 pm

9/19 Legal Aid Society Appointments (*please call for appt*), 9 am - 12 pm

Flu Shot Clinic w/Wegmans Pharmacy (*call for info.*),

10 am - 12 pm

9/20 Trivia Night w/AP Entertainment (*call for info.*), 6 pm - 10 pm

9/25 Haircuts for Men & Women by Debbie Roberts

(*please call for appt.*), 10 am - 11:30 am

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; Horse Racing (1st/3rd) 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 (1st/3rd) 11 am

F: Tai Chi 9:15 am; Bingo, 10:30 am

Special Activities:

9/10 Evening Dining (*4-cheese baked penne casserole & choc. pie*) w/Harmony Lane, 4:30 pm

9/11 "Guess Who's Who!" Baby Picture Game, 11:45 am

9/13 Penny Social Fundraiser (*call for information*), 4:30 pm

9/16,17 AARP SmartDriver Course (*enrollment required/call for info.*), 10 am - 1:30 pm

9/18 Apple Fest, 11 am

9/20 "Bengals: Last Wild Tigers of India," presentation

w/photographer Rick Marsi, 11:45 am

9/24 Evening Dining (*chicken Marengo & strawberry shortcake*)

w/Bingo, 4:30 pm

9/30 Personal Safety presentation w/Mady Bay, 11:45 am

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 & Card Games 10 - 11:30 am

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

F: Wii Bowling 10 - 11:30 am

Special Activities:

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

9/5 Breakfast for Lunch: Eggs, Hash Browns, Bacon, Rice Pudding, 11 am - 12:30 pm

9/11 Share 9/11 memories & experiences on National Day of Remembrance, 10:30 am

9/12 Philly Cheesesteak Day, 11 am - 12:30 pm

9/16 Enjoy Apple Pie in a Cup, 11 am

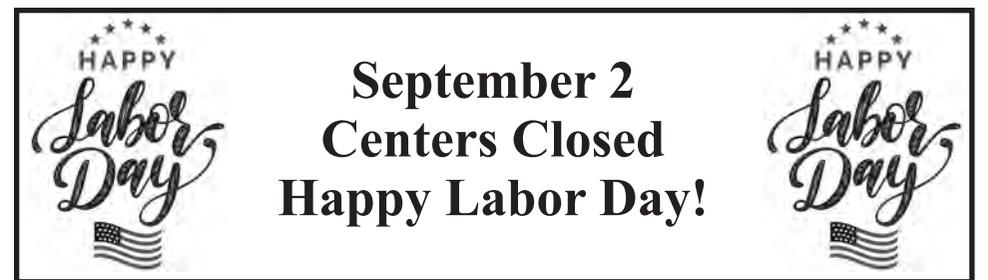
9/17 Apple-themed Goodies available for purchase, 11 am

9/18 Apple Fest w/Games, 10:30 am

9/23 Enjoy chocolate-dipped pretzels for National Snack Stick Day, 10:30 am

9/25 Mobile Food Bank, 9 am

9/27 Treats for National Honey Month, 10:30 am



"Education is the best provision for old age"
Aristotle

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;

Oil Painting 1-3 pm

Th: Bingo (1st & 3rd) 10:15 am; Bridge Group 12:30 pm

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

Special Activities:

9/4 Bright & Beautiful Therapy Dogs visit, 10:30 am

9/5,19 Bingo, 10:15 am

9/9 King High Card Game, 12 pm

9/9,23 Chop & Chat (*reservations required*), 10:30 am

9/11,25 Nutrition Education w/Cornell Coop. Extension, 10:30 am

9/17 Breakfast for Lunch: Belgian Waffles w/Fruit Topping, 11:30 am - 12 pm

Left Right Center Dice Game, 12 pm

9/18 "Let's Visit Strasbourg, France," presentation w/Bruce Ressler, 10 am

Apple Fest, 11:30 am

9/19 Philly Cheesesteak Day, 11:30 am - 12 pm

9/20 Pizza OR Chef Salad for Lunch, 11:30 am

Bunko Dice Game, 12 pm

9/23 CarFit Program, 11 am - 1 pm

9/24 Vestal Senior Club meeting, 12:30 pm

9/27 Pottery Class: Soap Dishes

w/Jenn Johnson (\$5 fee/all supplies provided), 10:30 am

MEET, GREET & EAT

September 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.

Need to Reduce Sugar and Calorie Intake?

We offer a non-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this modified menu option, please tell the receptionist at the senior center that you would like the NCS menu.

Centers Closed in 2 <i>Observance of Labor Day</i>	Breaded Fish Sandwich 3 OR Breaded Chicken Sandwich w/ Lettuce, Onion & Tomato Sausage Florentine Soup Cottage Cheese Pineapple Tidbits	Liver w/ Onions OR 4 Rotisserie Chicken w/ Marengo Sauce Mashed Potatoes w/ Gravy Wax Beans w/ Parsley Raspberry Brownie Delight	Two Pierogies w/ 5 Kielbasa and Onions w/ LF Sour Cream Sliced Carrots Ice Cream Cup	Broiled Fish w/ Lemon 6 OR Sliced Roast Beef w/ Gravy Macaroni & Cheese Green Beans Vanilla Cake w/ Vanilla Icing
Meatball Parmesan Sub 9 Minestrone Soup w/ Pasta Fresh Orange M & M Cookie	Sweet and Sour Pork 10 over Brown Rice Pilaf Brussel Sprouts Blueberry Crisp w/ Whipped Topping	Chicken Salad 11 Croissant w/ Lettuce & Tomato Herb Roasted Potatoes Corn Applesauce Bar	Beef Stew over a Biscuit 12 California Blend Vegetables Warm Spiced Peaches Chocolate Pudding w/ Whipped Topping	Italian Chicken OR 13 Parm. Crusted Broiled Fish Seasoned Quinoa Cucumber & Tomato Salad Strawberry Gelatin w/ Topping
Chicken Alfredo over 16 Rotini Pasta Green Beans Banana	Breaded Pollack OR 17 Halupki w/ Tomato Sauce Mashed Potatoes w/ Gravy Caesar Salad LF Cinnamon Muffin	Apple Fest Day! 18 Roast Turkey w/ Dressing Apple Bread Dressing w/ Gravy Monte Carlo Blend Veggies Apple Crisp	Four Cheese Baked 19 Penne Casserole Wax Beans w/ Parsley Orange Cranberry Crumb Bar	Beef Burgundy OR 20 Spinach Parm. Pollack Buttered Noodles California Blend Veggies Pineapple & Mandarin Oranges
Mozzarella Pasta Bake 23 Green Beans Banana Sugar Cookie	Salisbury Steak w/ 24 Gravy Mashed Potatoes w/Gravy Brussel Sprouts Cinnamon Apple Slices	Citrus Herbed Pollack 25 OR Herb Crusted Pork Loin w/ Gravy Couscous Pilaf Peas w/ Sautéed Mushrooms Fruit Gelatin w/ Topping	Cubed Chicken Spiedie 26 OR Sausage Link w/ Peppers & Onions Sliced Carrots Broccoli Pasta Salad Black Forest Pudding w/ Topping & Cherries	Basil Chicken Breast OR 27 Salmon Patty w/ Dill Mashed Potatoes w/ Gravy Beet, Cucumber & Onion Salad LF Banana Cake w/ Vanilla Icing
Macaroni & Cheese 30 Stewed Tomatoes Sliced Carrots Chocolate Chip Cookie				

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

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