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

August 21: National Senior Citizens Day

On August 19, 1988, President Ronald Reagan signed Proclamation 5847, declaring August 21 as National Senior Citizens Day. Since then, this day has been an occasion to recognize the achievements of the older adults of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they have given throughout their lives. The Office for Aging recognizes the value of older adults and the important contributions they make to society. Older adults make our communities better places to live!

Meals on Wheels Volunteers Needed in the Binghamton, Harpursville and Whitney Point Areas

Do you have time to spare this summer? What better way to use your time than volunteering to deliver Meals on Wheels!

Volunteers age 18 and older are needed in the Binghamton, Harpursville and Whitney Point areas. You can choose a day (or days) to deliver meals between 11:00 am and 1:00 pm, Monday through Friday.

Help members of your community stay healthy and independent! Contact the Binghamton Meals on Wheels office today to volunteer as a driver or friendly visitor: (607) 778-6206.

Maintain Your Muscle Strength Training at Any Age

You've likely heard that exercise can help you live a longer, healthier life. When you hear the word 'exercise,' you might think of going for a run or hopping on a bicycle. Or maybe playing soccer with your kids or basketball with your friends after work. But these activities don't include all the types of movements that are important for your health.

The examples above are endurance exercise. Also called cardiovascular exercise, activities like these increase your breathing and heart rate. They can keep your heart and lungs in good shape and help prevent many chronic diseases. But exercises to maintain flexibility, balance, and strength are also important.

Stretching gives you more freedom of movement and makes daily activities more comfortable. Balance practice helps prevent falls, which become a concern as you get older.

Strength training, also called resistance training or weight training, is particularly important. It brings many benefits. First, it makes your muscles stronger. That can help you keep up the activities you enjoy—at any stage of your life.

It's not about getting big muscles, explains Dr. Wendy Kohrt, an aging expert at the University of Colorado. In fact, most people who do strength training don't see much of a change in muscle size.

But at all stages of life, she says, "maintaining muscle mass and muscle function is really important for quality of life."

Building Up Benefits

Building muscle can do more than make you stronger. Some types of strength training keep your bones healthy, too. Strength training can also improve the way your body processes food to help prevent diabetes and related diseases.

"And like endurance activity, regular strength training is associated with lower risk of cardiovascular disease and other chronic diseases," says Dr. Joseph Ciccolo, an exercise researcher at Columbia University.

But the main benefit of strength training, as the name suggests, is that it makes your muscle cells stronger. "That benefit is unique to strength training," says Dr. Roger Fielding, who studies the benefits of exercise at Tufts University.

Continued on Page 2

Active & Engaged



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

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Maintain Your Muscle Strength Training at Any Age *continued from page 1*

Experts recommend that children and teens do muscle-strengthening activities at least three days a week. For adults, they encourage strength training for the major muscle groups on two or more days a week.

The benefits of strength training increase as you get older, says Fielding. Maintaining strength is essential for healthy aging.

“Loss of muscle with aging can limit people’s ability to function in their home environment and live independently,” Kohrt says. “Just being able to get up out of a chair or go up and down stairs requires a fair amount of muscle strength.”

In a recent study, Fielding and other researchers tested a three-month weight-lifting program in older adults who already had difficulty walking. At the end of the study, participants who lifted weights improved at tasks like repeatedly bending their knees. Such movements are essential for activities of daily living. In contrast, study participants who only stretched at home did not see similar improvements in strength.

“As we age, I think it’s even more important to consider incorporating some strength training into our physical activity routines,” says Fielding. “We can either slow down the progression of age-related muscle loss or prevent it.”

Mind and Body

Research is starting to show that strength training isn’t just good for physical health—it can be good for mental health.

Ciccolo is studying the effects of strength training on anxiety, depression, and related conditions. His team recently found that strength training could reduce some symptoms of post-traumatic stress disorder (PTSD) in both women and men.

Endurance exercise may also help people with these problems, says Ciccolo. But some people might be more interested in strength training than aerobic activity. “We want to get people to engage in activities that they find enjoyable,” he says.

How strength training may benefit mental health is still under study. It might help lower certain hormones in the body associated with stress and depression, Ciccolo explains.

In addition, helping people get stronger may boost self-esteem and their sense of control over their lives. “You can feel that you’re being successful and accomplishing something,” he says.

Ciccolo is currently running a study to see if strength training can help relieve symptoms of depression in African American men.

“There’s huge stigma among black men with respect to counseling for mental illness,” he says. “We’re hoping this could be a nontraditional way to get at depression.”

Getting Started

If you want to get started with strengthening exercises, what should you do? Strength training may seem intimidating if you’ve never tried it.

“People naturally learn to walk as part of growing up. But you don’t necessarily learn how to lift weights,” Ciccolo says.

If it’s feasible for you, booking a few sessions with a personal trainer is a good way to get started, says Kohrt. “That can get you introduced to the types of exercises you could do,” she explains.

There are also many low- or no-cost classes available. Look for them at local gyms, recreation centers, senior centers, and community centers.

Like with any new activity, to make strength training stick, “you have to find something that you really like to do,” says Fielding. “Some people will want to exercise in a group, in a community setting. Others will be happy doing all their exercises in their home, by themselves.”

If you’ve never lifted weights before, talk with your health care provider before you start any home-based strength training routine.

Whatever you choose to do, “start slowly and build up very gradually,” says Kohrt.

Source: NIH News in Health

15 Questions to Ask Your Grandkids

When it comes to your grandchildren, sometimes it’s difficult to know what to say. You’d like to have meaningful conversations with them, but you don’t always know where to start. The list below may give you some good tips on ways to get those conversations going:

When talking to your grandkids, help them express a range of emotions—happy, sad, frustrated or amused. And be open to listening to any topic. You’ll build trust and show your grandchildren that they can come to you to talk about anything.

Here are ideas of questions to ask your grandchildren:

- What’s the funniest thing that happened at school today?
- What’s the least favorite thing about school?
- What’s your favorite part of the day at school?
- What’s the best present you’ve ever received?
- What’s something that made you sad today?
- What’s something that made you happy today?
- If you could have any superpower, what would you want to have? Why? What would you do with your superpowers?
- What do you think is the grossest food?
- What do you think is the most delicious food?
- What is your favorite thing in your room right now?
- What animals do you wish could talk? What do you think they would say?
- What did Mom or Dad do today that made you frustrated?
- What did Mom or Dad do today that made you happy?
- If you could do anything or go anywhere with us this weekend what would you want to do?
- What’s something you’re really good at? Will you show me?

Adapted from: Good Samaritan Society

Self-Care for Caregivers

- **Get organized.** Make to-do lists, and set a daily routine.
- **Ask for help.** Make a list of ways others can help. For instance, someone might pick up groceries or sit with the person while you do errands.
- **Take breaks each day, and spend time with your friends.**
- **Keep up with your hobbies and interests.**
- **Join a caregiver’s support group.** Meeting other caregivers may give you a chance to exchange stories and ideas.
- **Eat healthy foods, and exercise as often as you can.**
- **See your doctor regularly.** Be sure to tell your health care provider that you’re a caregiver, and mention if you have symptoms of depression or sickness.
- **Build your skills.** Some hospitals offer classes on how to care for someone with an injury or illness. To find these classes, ask your doctor or contact your local Area Agency on Aging.

Source: NIH News in Health



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Scam of the Month

Securing your Devices and Accounts

As the world moves more and more towards online and web-based programs, there are important things to keep in mind to keep yourself safe online.

Tips and Tricks:

- **Use strong passwords:** It is smart to use a combination of letters, numbers, and other characters. This helps reduce the chance of someone guessing your password. It is also smart to use different passwords for different accounts. If you write them down, please store them in a safe place. Also, never use the word “password” for a password.
- **Privacy settings:** If you have any social media accounts, be sure to make yourself familiar with the privacy settings to be sure that you know who can see what you are sharing and posting on social media. It is smart not to share when you are out of town on social media accounts.
- **Beware of scam messages:** E-mail and social media accounts are places that scammers target people with a variety of different scams. If you get a message from someone you do not know, do not click on any links that are attached. If a message does appear to be from someone you know, if it doesn't seem like something they would send, check with them to verify they sent it. Think before you click!
- **Questionnaires:** A popular new trend on social media is to list your favorite things, or answer different questions. Usually this scam is presented in the idea of “getting to know each other better.” Some of these questions and their answers may be in relation to security questions that are set up on your accounts. Some examples of this that may also be frequent security questions are your mother's maiden name, your date of birth, or the year you graduated high school. If you share that information on social media, scammers may use that to try to access your accounts. Beware of these questionnaires as they may provide information that could compromise your accounts.

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 Emma Saeger

This month, we encourage our readers to stay “Active & Engaged.”

When you hear the word “active,” what do you think of? Most of you are probably thinking of physical activity—exercise! Yes, moving your body and keeping it strong is an essential part of remaining healthy as you age. After all, Newton's first law says a body in motion tends to stay in motion, and a body at rest tends to stay at rest, right? Maybe that's not exactly what he meant, but you get the idea!

But what about remaining active in other ways, whether that means being socially active, emotionally active, or spiritually active? These can be just as important for your health and well-being.

As you thumb through this issue of Senior News, I hope you will be encouraged to stay or become active in all aspects of life, though it may not be as easy as it once was. We are living through unprecedented times, and each of us must make an effort each day to preserve some sense of normalcy. Persevering to remain active in body, mind, heart and spirit is sure to help you to find purpose and direction through these confusing and difficult times.

As we navigate the “new normal,” you may find you have questions or needs which the Office for Aging may be able to address. Please don't hesitate to reach out. Staff are trained and available to help you find answers.

Call (607) 778-2411 or visit us online at www.gobroomecounty.com/senior.

Did You Know?

Spousal Medicaid

Many people have heard about Medicaid. Some assume they are not eligible because they are married and together with their spouse, have an income over the Medicaid limit for two people (\$1,304/mo).

What many people do not know is that there is something called Spousal Medicaid. This can be used for care in the community or in a nursing home as a payer source. This is a good option for couples with one spouse who is healthy and one who needs more care. It allows a couple to apply for Medicaid for only the person who needs the care. By doing this, the couple can keep more income and assets. When a couple qualifies for Spousal Medicaid, they can keep up to \$3,160.50/mo and around 3 to 4 times the amount in assets. This allows you to get the care for your spouse that they need, while continuing to pay your bills and remain independent in the community.

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

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Letter Writing: a Lost Art Renewed?

The first known handwritten letter is believed to have been written by the Persian Queen Atossa, in or around 500 BC. Letter writing became more and more popular over the years, as a way to communicate with others. Letters can be funny, serious, solemn, loving, or even just informative: a way to keep people updated to the changes in your life. Historically, letters received by lawmakers and those holding public office have influenced policy and made an impact on campaigns and other decisions. It has been said that Abraham Lincoln received a letter from an 11-year-old girl who suggested that growing a beard would make him more electable. While this is a small and somewhat funny example, think of the impact that sending a letter might have on the person to whom you send it.

During times that isolation is more prevalent than ever, please consider staying connected by writing someone a letter. Below are some ideas for topics to write a pen pal about:

- Your first memory of them
- Something that always reminds you of them
- Send them words of encouragement during these difficult times
- Send updates on how you are doing
- Include pictures with your letter
- Write down things that you are thankful for and encourage them to do the same
- Send favorite recipes to them to try

Give letter writing a try today, it could truly brighten a friend's day.

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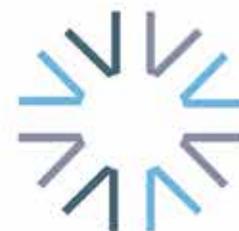
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Food Safety: WHEN IN DOUBT, THROW IT OUT!

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

Nobody likes wasting food, but eating food that is spoiled can make you painfully sick, or in some cases, can be life-threatening. There are a few easy steps you can take to prevent you or someone you love from getting a foodborne illness.

In summer heat, it is especially important to be mindful of how long food is left out. Discard perishable food that's been left at room temperature for more than 2 hours (1 hour if it's above 90 °F). This includes leftovers that were mistakenly left out overnight. It's best to remember to use a food, then promptly return it to the refrigerator.

As you store your food, check dates on the labels. If there's no date, write the purchase date on masking tape or jot the date onto a scrap of paper and tape it to your food before you store it. Place newer items in the back of the refrigerator or freezer. That way, you'll use the older ones first.

Place raw meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping onto other food in the refrigerator. If you're not planning to use the food within a day or two, freeze it.

Store eggs in the original carton, in the main compartment of the refrigerator — not in the door. Write dates on hard-cooked eggs with a pencil. They're good for 1 week in the fridge.

Store perishable produce in the refrigerator. Throw away fresh fruits and vegetables that have not been refrigerated within 2 hours of cutting, peeling, or cooking. If produce has touched raw meat, poultry, or seafood and will not be cooked immediately, do not eat it. Throw it away.

Refrigerate (or freeze) leftovers within 2 hours in clean, shallow, covered containers to prevent harmful bacteria from multiplying. Leftover cooked meat or poultry, chicken nuggets, and pizza should be eaten within 3 to 4 days.

Improve Your Heart, Bones, and Mood! Walk for Exercise

What could possibly improve your heart, bones and mood? The answer is easy. Exercise! It is hard to pick up a magazine that does not have an article or two on something related to exercise. Many kinds of exercise require special equipment, training, and you often have to leave home to do it. Walking can be done by almost anyone, almost anywhere with little training or special equipment. Walking is actually the most popular form of exercise in America, and it is easy to get started. Here's how:

Before you start any exercise program, it is always good to check with your doctor. This is especially important if you have been inactive or if you have any health problems.

If finding time to walk is a problem, try to look for opportunities to walk to places that you are going to anyway. The important thing is to make a commitment to walk a certain amount of time each week and not let anything stop you.

If you are just starting to walk, start with short walks but increase your walking time every few days. Your first goal could be to build up to a thirty-minute walk. You can start with a ten-minute walk and add five minutes to your walk each week. In five weeks, you will be walking for half an hour. Keep a log of when and how long you walk to track your progress.

When walking for thirty minutes seems easy, it is time for a new challenge. To benefit more from walking, you need to go further and faster. One way to do this is to add extra time one week and the following week try to walk the same amount of time, but pick up the pace. Alternate in this way until you are walking longer and faster. Another way to increase the challenge is to walk in an area with an incline. If you plan to walk, here are a few tips:

- Buy the best walking shoes you can afford.
- Always warm up with stretching before walking.
- Wear comfortable, loose fitting clothing that is appropriate for the weather.
- Make it a habit! Walk on a regular schedule, if not one walk, then several short ones.
- Don't overdo, but walk fast enough to work up a sweat.
- Finish by walking slowly to cool down and then stretching again.

Now that you know all that you need to start your walking program, go and do it, and enjoy the benefits it will bring you.

August Word Search

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

R	Q	U	M	Q	N	E	V	A	Q	X	G	V	P	H
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Advanced reservations are strongly encouraged, but some to-go meals will be available for purchase without a reservation. To reserve your to-go meal, please contact Sofia at the Broome County Office for Aging by Tuesday, August 4th at (607) 778-2115. Please leave a message with the number of meals you would like to reserve and your callback phone number.

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Heat-Related Illnesses: Know the Signs & Know How to Respond

HEAT STROKE

What to Look For:

- High body temperature (103 degrees F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Loss of consciousness (passing out)

What to Do:

- Call 911 right away. Heat stroke is a medical emergency.
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

What to Look For:

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

What to Do:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get Medical Help Right Away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

What to Look For:

- Heavy sweating during intense exercise
- Muscle pain or spasms

What to Do:

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get Medical Help Right Away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet and experiencing heat cramps
- You have heart problems

SUNBURN

What to Look For:

- Painful, red, and warm skin
- Blisters on the skin

What to Do:

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

What to Look For:

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

What to Do:

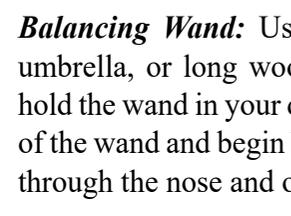
- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

Source: Centers for Disease Control & Prevention

Preventing Falls: Balance Exercises



Clock Reach: Begin by standing next to chair and holding on with your left hand. Stand on your left leg and bring your arm to 12 o'clock. Then reach to 6 and 3 o'clock. Repeat with the side.



Balancing Wand: Use a wand, cane, baseball bat, umbrella, or long wooden spoon. Sit in a chair and hold the wand in your dominant hand. Focus at the top of the wand and begin balancing. Breathe normally, in through the nose and out through the mouth.



Knee Marching: Stand next to a chair with arms at side, feet shoulder width apart. Raise one knee up as high as comfortable. Lower, then raise the other knee. Repeat 20 times.



Staggered Stance: Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. Breathe normally, in through the nose and out through the mouth.



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Stay Mentally and Emotionally Active: Keep a Journal

Have you ever thought about writing in a journal? Journaling generally involves the practice of keeping a diary or journal and provides an opportunity to write about your thoughts and feelings on events happening around you. It allows you to put feelings to words or words to feelings. Journaling can help you to clarify your thoughts and emotions. It's also a good problem-solving tool; at times you can hash out a problem and come up with solutions more easily on paper. To get started set a regular time of day to journal. Forget about being a "good writer." Write your deepest thoughts and feelings, don't bother with spelling, grammar, and punctuation and don't be afraid to explore traumatic experiences. Journaling can also help you to focus on areas of your life that you like to focus on more often. When you are journaling be sure to include your dreams and ambitions; it's amazing that scribbled words can help you achieve goals.

Journaling can provide many benefits, including:

- Stretching your IQ
- Decreased blood pressure
- Improved physical health and well-being
- Diminished symptoms of depression, anxiety and asthma
- Improved cognitive functioning
- Greater mobility in people with arthritis
- Boosting memory and comprehension
- Improved communication skills
- Strengthened emotional functions
- Enhanced creativity

Go ahead and grab a notebook and set aside a time for journaling. It's also a good idea to always carry your journal with you. Don't make a huge commitment. Try it for 30 days. Spend just 5 - 10 minutes of uninterrupted time a day reflecting in your journal. When the 30 days are up, go back and review what you've learned and the progress you've made. Then you can decide if you want to continue journaling. Your journal entry might be a drawing, a poem, or a list of words or cities you drove through. It is your journal, and you have the freedom to be creative. A journal entry doesn't have to be three pages long. It can be a few words that describe what happened, a few sentences about the highlight of your day, or it can be a short description of an event from your day, where you describe details to help you remember what happened. Like, what time of day was it? What sound do you remember? Be sure to date each journal entry, and it's entirely up to you whether you choose to keep your journal private.

If you are finding writing to be a difficult task, take the time to journal by simply recording your thoughts, feelings and emotions each day. As you work to incorporate journaling into your routine, remember that patience and consistency are crucial in forming new habits. At the end of your journaling session, it's a good idea to end with a few words about potential solutions to your problems, things you appreciate in your life, or something positive that happened in your day. Look back at what you accomplished, what you learned, and what you want to follow-up on tomorrow.

Still not sure where to start? Here are 10 creative ways to use a journal:

Sketching Journals
Relationship Journals
Vocabulary Journals
Travel Journals
Dream Journals
Recipe Journals
Garden/Nature Journals
Memory Journals
Planning Journals
Everyday Inspirations

Good luck and happy journaling!

Jack LaLanne: Godfather of Modern Fitness



"...and now, here's the man who will show you how to feel better, look better: Jack LaLanne!"

You may remember Jack LaLanne, a pioneer in the fitness world who became an American legend. His mission was to help as many people as possible by teaching them how to help themselves through proper nutrition and exercise. LaLanne was "ahead of the times," touting ideas that had never been heard before, and many people didn't at first give him much credit. However, over Jack LaLanne's 70-plus year career, his methods were proven time and again—and many of them have become the standards we know today.

Here are some facts about Jack LaLanne you may not have known:

- He opened the first modern health spa in 1936.
- He designed many of the exercise machines found in most every gym today, including the leg extension machine, the weight selector system for cable machines, and conceived the design for the squat machine (now known as the Smith machine).
- He invented the first protein drinks and protein bars.
- He was one of the first network television personalities, with The Jack LaLanne Show as the first nationally-syndicated exercise program on television.
- He was the first to encourage women to exercise.
- He was the first to encourage everyone, regardless of age or ability, to exercise and use weights to become stronger.
- The "Jumping Jack" is named after Jack LaLanne.

Jack LaLanne lived by his own teachings, and therefore lived healthfully to the age of 96—he made a habit of performing feats of strength and endurance, well into his 70s and 80s, to show that with the proper discipline, anything is possible. He firmly believed that every human—men, women, young, old, and everything in between—can achieve maximum health and fitness if they practice moderation, eat the most natural foods available, and exercise on a regular basis. Over his years on national television, radio talk shows, and other media, he has filled popular culture with words his family and followers know as "LaLanneisms."

"Anything in life is possible if you make it happen."

"Exercise is King, nutrition is Queen. Put them together and you've got a kingdom."

"Better to wear out than to rust out."

"Your health is like your bank account. The more you put in, the more you can take out."

"It's not what you do some of the time that counts, it's what you do all of the time that counts."

"I can't die, it would ruin my image."

Source: www.jacklalanne.com

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared"

Buddha

Social Networking Sites for Seniors

During a time that staying connected is more important than ever before, it may be time to check out some new ways to connect with people. There are countless social media sites available at no cost to anyone who wants to sign up. While social media sites have historically been popular with younger generations, the number of seniors utilizing social media is growing every day!

Where to Start - Choosing a Social Media Platform:

- **Facebook:** About 46% of seniors are using this social media platform. It is popular with younger generations as well. Facebook is a good site to share pictures as well as your thoughts with your “friends” who are connected to you on this site. Give it a try at www.facebook.com
- **YouTube:** About 36% of seniors report using YouTube. This social media platform is less about connecting to others and more about learning, listening to music, and watching movies or clips. This is a great site to utilize to learn new recipes, how to fix something, and other skills. Give it a try at www.youtube.com
- **Pinterest:** About 15% of seniors report using Pinterest. This platform is used a lot for people who like to cook or craft. Users can share patterns, recipes, and pictures of projects they have done or things they have made, to be shared with other people who have similar interests. Check it out at www.pinterest.com

Some other popular social media sites among seniors are: LinkedIn, Instagram, Twitter, and Snapchat.

Try something new to get connected today! You may be surprised how many people you know are already active on social media platforms.

Keep Your Skin Healthy

Some sun can be good for you but be careful to keep your skin healthy. Follow these tips:

Limit time in the sun. It is okay to go out during the day, but try to avoid being in the sun during peak times, between 10 AM and 4 PM, when the sun’s rays are strongest. Don’t be fooled by cloudy skies. The sun’s rays can go through clouds. You can also get sunburned if you are in water so be careful when you are in a pool, lake, or the ocean.

Use sunscreen. Look for sunscreen with an SPF (sun protection factor) number of 30 or higher. It’s best to choose sunscreens with “broad spectrum” on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every 2 hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.

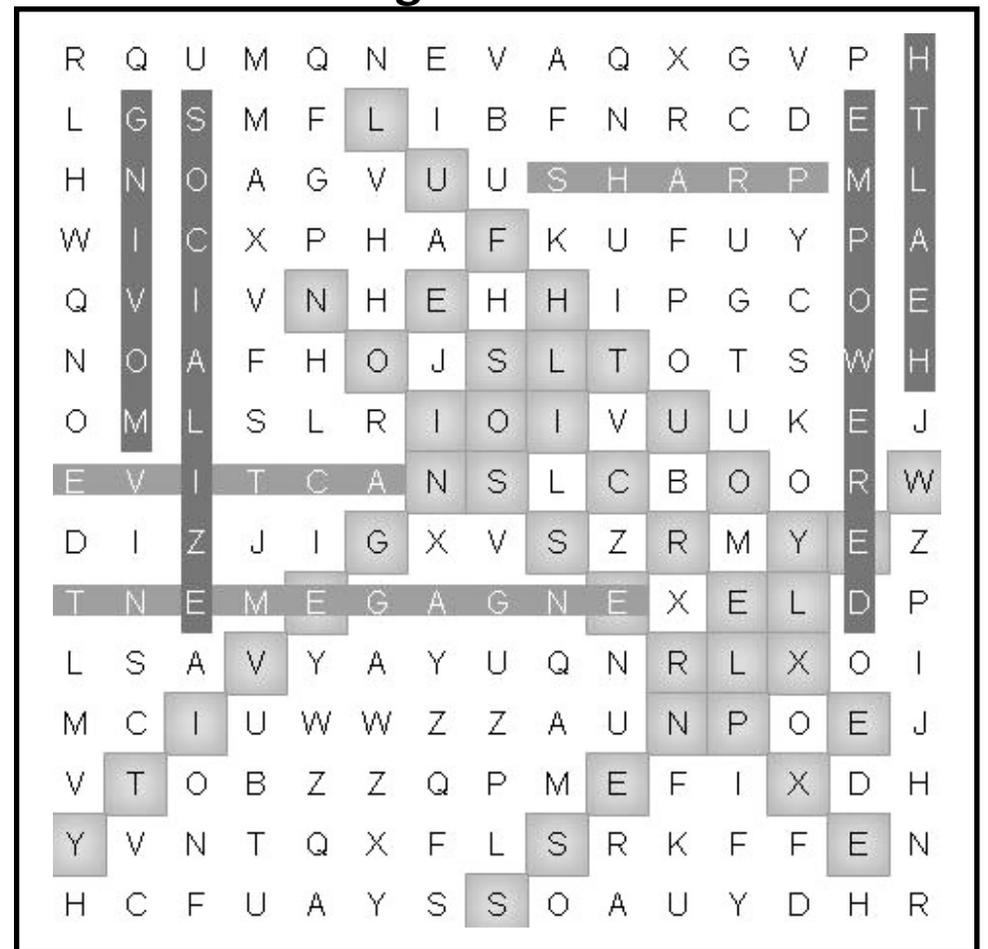
Wear protective clothing. A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun’s rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.

Avoid tanning. Don’t use sunlamps or tanning beds. Tanning pills are not approved by the Food and Drug Administration (FDA) and might not be safe.

Your skin may change with age but there are things you can do to help. Check your skin often. If you find any changes that worry you, see your doctor.

source: www.nia.nih.gov/health/publication/skin-care-and-aging

August Word Search Answers



To Reduce Stress

- **Get enough sleep.**
- **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- **Build a social support network.**
- **Set priorities.** Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- **Think positive.** Note what you’ve accomplished at the end of the day, not what you’ve failed to do.
- **Try relaxation methods.** Mindfulness, meditation, yoga, or tai chi may help.
- **Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

If you or someone you know is in crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Relaxation Techniques for Stress?

When we sense danger, our bodies quickly raise our heart rate and focus our attention. Stress is crucial to survival. But over the long term, too much can contribute to health problems, including heart disease, digestive disorders and headaches.

Researchers are exploring whether relaxation techniques can counteract the effects of stress. These techniques often combine breathing and focused attention to calm the mind and body. They are generally safe, but so far there’s only limited evidence that they can help with specific health conditions.

Relaxation techniques include progressive relaxation, biofeedback, guided imagery, self-hypnosis and deep-breathing exercises. They’re best combined with good nutrition, regular exercise and a strong social support system.

You can learn and practice many relaxation techniques on your own. Most require only brief instruction before you can do them.

Talk to your health care provider if you’re thinking about trying a relaxation technique for a particular health condition. Relaxation techniques aren’t a replacement for medical care.

Source: *NIH News in Health*

Senior Center Contact Information

BROOME WEST..... **785-1777**
2801 Wayne St., Endwell, NY 13760

DEPOSIT..... **467-3953**
14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

EASTERN BROOME..... **693-2069**
27 Golden Lane, Harpursville, NY 13787

FIRST WARD..... **729-6214**
226 Clinton St., Binghamton, NY 13905

JOHNSON CITY..... **797-3145**
30 Brocton St., Johnson City, NY 13790

NORTHERN BROOME..... **692-3405**
12 Strongs Place, Whitney Point, NY 13862

NORTH SHORE..... **772-6214**
24 Isbell St., Binghamton, NY 13901

VESTAL..... **754-9596**
Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY

Osteoporosis in Aging Protect Your Bones with Exercise

Bones feel solid, but the inside of a bone is actually filled with holes like a honeycomb. Bone tissues are broken down and rebuilt all the time. While some cells build new bone tissue, others dissolve bone and release the minerals inside.

As we get older, we begin to lose more bone than we build. The tiny holes within bones get bigger, and the solid outer layer becomes thinner. In other words, our bones get less dense. Hard bones turn spongy, and spongy bones turn spongier. If this loss of bone density goes too far, it's called osteoporosis. More than 53 million people nationwide either already have osteoporosis or are at high risk due to weak bones.

It's normal for bones to break in bad accidents. But if your bones are dense enough, they should be able to stand up to most falls. Bones weakened by osteoporosis, though, are more likely to break.

"It's just like any other engineering material," says Dr. Joan McGowan, a National Institute of Health (NIH) expert on osteoporosis. If you fall and slam your weight onto a fragile bone, "it reaches a point where the structures aren't adequate to support the weight you're putting on them."

Broken bones can lead to serious problems for seniors. The hip is a common site for osteoporosis, and hip fractures can lead to a downward spiral of disability and loss of independence. Osteoporosis is also common in the wrist and the spine.

The hormone estrogen helps to make and rebuild bones. A woman's estrogen levels drop after menopause, and bone loss speeds up. That's why osteoporosis is most common among older women. But men get osteoporosis, too.

"A third of all hip fractures occur in men, yet the problem of osteoporosis in men is frequently downplayed or ignored," says Dr. Eric Orwoll, a physician-researcher who studies osteoporosis at Oregon Health and Science University. Men tend to do worse than women after a hip fracture, Orwoll says.

Experts suggest that women start getting screened for osteoporosis at age 65. Women younger than age 65 who are at high risk for fractures should also be screened. Men should discuss screening recommendations with their health care providers.

Screening is done with a bone mineral density test at the hip and spine. The most common test is known as DXA, for dual-energy X-ray absorptiometry.

It's painless, like having an X-ray. Your results are often reported as a T-score, which compares your bone density to that of a healthy young woman. A T-score of -2.5 or lower indicates osteoporosis.

There's a lot you can do to lower your risk of osteoporosis. Getting plenty of calcium, vitamin D, and exercise is a good start, Orwoll says. Calcium is a mineral that helps bones stay strong. It can come from the foods you eat—including milk and milk products, dark green leafy vegetables like kale and collard greens—or from dietary supplements. Women over age 50 need 1,200 mg of calcium a day. Men need 1,000 mg a day from ages 51 to 70 and 1,200 mg a day after that.

Vitamin D helps your body absorb calcium. As you grow older, your body needs more vitamin D, which is made by your skin when you're in the sun. You can also get vitamin D from dietary supplements and from certain foods, such as milk, eggs, fatty fish, and fortified cereals. Talk with your health care provider to make sure you're getting a healthy amount of vitamin D. Problems can arise if you're getting too little or too much.

Exercise, especially weight-bearing exercise, helps bones, too. Weight-bearing exercises include jogging, walking, tennis, and dancing. The pull of muscles is a reminder to the cells in your bones that they need to keep the tissue dense.

Smoking, in contrast, weakens bones. Heavy drinking does too—and makes people more likely to fall. Certain drugs may also increase the risk of osteoporosis. Having family members with osteoporosis can raise your risk for the condition as well.

The good news is, even if you already have osteoporosis, it's not too late to start taking care of your bones. Since your bones are rebuilding themselves all the time, you can help push the balance toward more bone growth by giving them exercise, calcium, and vitamin D.

Several medications can also help fight bone loss. The most widely used are bisphosphonates. These drugs are generally prescribed to people diagnosed with osteoporosis after a DXA test, or to those who've had a fracture that suggests their bones are too weak. Bisphosphonates have been tested more thoroughly in women, but are approved for men too.

Researchers are trying to develop drugs that increase bone growth. Two are now available that are related to parathyroid hormone, which helps the body use and store calcium. These drugs are approved to help build bone in people with osteoporosis who are at high risk for having a fracture.

Another important way to avoid broken bones is to prevent falling and occasions for fracture in the first place. Unfortunately, more than 2 million so-called fragility fractures (which wouldn't have happened if the bones had been stronger) occur nationwide each year. "To reduce the societal burden of fracture, it's going to take a combined approach of not only focusing on the skeleton but focusing on fall prevention," says Dr. Kristine Ensrud, a physician-researcher who studies aging-related disorders at the University of Minnesota and Minneapolis VA Health Care System.

Many things can affect the risk for a fall, such as how good a person's balance is and how many trip hazards are in the environment. The kind of fall matters, too. Wrist fractures often occur when a person falls forward or backward. "It's the active older person who trips and puts her hand out," McGowan says. Hip fractures often arise when a person falls to the side. Your hip may be strong enough to handle weight that goes up and down, but not an impact from another direction.

"That's why exercise that builds balance and confidence is very good at preventing fractures," McGowan says. For example, she says, tai chi won't provide the loads needed to build bone mass, but it can increase balance and coordination—and make you more likely to catch yourself before you topple.

NIH-funded researchers are looking for better ways to tell how strong your bones are, and how high your chances are of breaking a bone. For now, though, the DXA test is the best measure, and many seniors, even older women, don't get it, Ensrud says. If you're concerned about your bone health, she adds, "Ask your health care provider about the possibility of a bone density test."

Source: *NIH News in Health*

How to Recover from Being Scammed

Scammers are very good at their jobs, so don't feel embarrassed if you've been scammed. People who practice fraud count on you being so embarrassed that you won't report the crime. By reporting scams, you will not only help yourself – you may help prevent others from becoming victims.

1. Tell Someone - don't be embarrassed; tell a friend or family member so they can support you and help you recover from a scam.
2. Contact Law Enforcement - scams should be reported to law enforcement. Call the non-emergency local police number. This will enable you to obtain a police report which could possibly help you recover your stolen money.
3. Contact Your Financial Institution - If you provided the scammer with your bank information or they were able to steal funds from your account, you need to contact your financial institution immediately. Many financial institutions have staff to assist with protecting accounts from scams, and some funds may even be recovered. This could include getting a new account number, a new credit/debit card, stopping payment on a check or possibly rescinding a wire transfer.
4. Monitor Your Credit - If the scammer was able to obtain your personal information, you should sign up for a free credit monitoring service to monitor your credit for a period of time.
5. Call the Attorney General's Office - If you aren't sure you were scammed but think you were, call this number for assistance: (607) 251-2770

Gardening as Exercise

Should gardening and yard work really be considered a good form of exercise?

Absolutely. Doing something is always better than doing nothing. A seven-year study of 12,000 middle-aged men at high risk for coronary heart disease showed that those who kept up moderate, leisure time physical activity for an average of about 50 minutes every day were healthier than those who did little or nothing. And one of the top choices of these active men was gardening. The key to good health, according to another study, is expending 2,000 calories a week in exercise, beyond the routines of daily life. Your cardiovascular system will benefit most from running, brisk walking, cycling, and other activities that raise your heart rate sufficiently for at least 20 minutes. But you can still get many benefits from an aerobic exercise such as gardening if you pursue it regularly.

Even the less strenuous forms of garden upkeep - weeding, trimming, raking - can burn off about 300 calories an hour. Spading, lifting, tilling, and raking can improve muscle tone and strength. You can make an effort to garden energetically, rather than just putting. Try to work at a constant pace. Use manual clippers and trimmers instead of power equipment. As with any kind of exercise, it's a good idea to warm up and stretch before you start.

For your comfort, safety, and the good of your back and knees, keep these tips in mind:

- If you spend time on your knees, use a cushion. Keep your back straight and don't sit on your heels. Stand up and stretch your legs every 10 minutes or so.
- Use a lightweight, long-handled shovel or spade, and don't overload it. Bend at the knee and step forward as you raise and dump each shovel full of soil.
- Bend at the knees and hips when picking up tools.

It's not a good idea to abandon all other exercise in favor of working in the yard. Gardening can pay some dividends, however, that running doesn't - flowers and fresh vegetables. Who's to measure the satisfactions and benefits of those?

Article adapted from Texas A & M Extension



Farmers' Market Coupons Available to Local Seniors

Farmers' Market Coupons are \$20 worth of vouchers that can be exchanged for produce at local farmers' markets. This program is meant to assist individuals who meet age and income guidelines in buying fresh produce from local farmers' markets. Eligibility requirements and voucher distribution sites are listed below.

You must meet the following guidelines to be eligible:
Provide proof of age (must be age 60 or older)

AND

Meet the following income guidelines:
\$1,968/month (for a one-person household); Or
\$2,658/month (for a two-person household); Or
\$3,349/month (for a three-person household).

Proof of income is not required.

All eligible individuals may receive one booklet per year.

Outdoor Distribution Dates & Locations (Rain or Shine)

- 8/4 Eastern Broome Senior Center Parking Lot, 9:30-10:30 am
27 Golden Ln., Harpursville
- 8/6 Northern Broome Senior Center Parking Lot, 9:30-10:30 am
12 Strongs Pl., Whitney Point
- 8/10 Broome West Senior Center Parking Lot, 1-2:30 pm
2801 Wayne St., Endwell
- 8/11 Otsiningo Park in Binghamton, 9:30-11 am
Use Main Entrance off Bevier St. Bridge
- 8/12 Vestal High School Parking Lot, 9:30-11 am
205 Woodlawn Dr., Vestal
- 8/13 Otsiningo Park in Binghamton, 1-3 pm
Use Main Entrance off Bevier St. Bridge
- 8/14 Johnson City Senior Center Parking Lot, 9:30-11 am
30 Brocton St., Johnson City

All those picking up coupons must wear a face mask, or one will be provided. Face masks and hand sanitizer will also be available for pickup upon request.

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MEET, GREET & EAT

August 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.

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

Beef Stew over a Biscuit 3 Cauliflower Warm Spiced Peaches Sugar Cookie	Hot Dog w/Cheese OR 4 Spiedie Marinated Chicken Corn Potato Salad Ice Cream Cup	Stuffed Pepper 5 Casserole Green Beans Chocolate Mousse	Roast Turkey 6 Mashed Potatoes Peas Mandarin Oranges	Rotisserie Chicken OR 7 Salmon Patty w/Dill Sc. Seasoned Couscous Carrots Blueberry Muffin
Beef Stroganoff 10 Buttered Noodles Carrots Banana	Halupki OR 11 Broiled Fish w/Lemon Mashed Potatoes Brussels Sprouts Orange Cranberry Bar	Chicken Breast 12 w/Honey Mustard Sc. on a Croissant Pasta Salad Baked Beans Pineapple Tidbits	Pasta w/Meatballs 13 Spinach Vanilla Pudding w/Cherries	Herb Rubbed Pollack 14 OR Swiss Steak Brown Rice Peas w/Pearl Onions Frosted Vanilla Cake
Meatball Sub 17 Wax Beans Fresh Orange Snickerdoodle Cookie	Macaroni & Cheese 18 Stewed Tomatoes Italian Green Beans Frosted Banana Cake	Liver w/Onions 19 OR Herb Chicken Thigh Mashed Potatoes Peas Cinnamon Sliced Apples	Chili Over Brown Rice 20 Cucumber & Tomato Salad Sherbet Cup	Chinese Pepper Steak 21 OR Lemon Pepper Pollack Quinoa Sonoma Vegetable Blend Sliced Cantaloupe
Stuffed Pepper 24 Casserole Carrots Three Bean Salad Chocolate Chip Cookie	Pub Burger OR 25 Tuna Salad on Kaiser Roll Baked Beans Macaroni Salad Sliced Watermelon	Sweet & Sour Pork 26 OR Citrus Rubbed Pollack Brown Rice Pilaf Broccoli Florets Applesauce Bar	Sausage Link OR 27 Chicken Thigh w/BBQ Sc Baked Potato Pickled Beet Salad Peach Cobbler	Meatloaf OR 28 Broiled Fish w/Lemon Scalloped Potatoes Green Beans w/Mushrooms Sliced Honeydew
Chicken a la King 31 Over a Biscuit Waxed Beans Diced Peaches	Classic Meat Lasagna 9/1 Spinach Frosted Devil's Food Cake	Halupki 9/2 OR Kielbasa w/Onions Mashed Potatoes Peas & Carrots Banana	Chicken Salad 9/3 On a Croissant Ambrosia Three Bean Salad Carrot Raisin Bar	Beef Stroganoff OR 9/4 Spinach Parmesan Pollock Buttered Noodles Beets Strawberry Mousse

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



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

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

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

Senior News Editorial Policy

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