

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

**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.



## Stay Safe; Stay Home

Individuals age 60 and older are especially at the highest risk for contracting the Novel Coronavirus known as COVID-19. People in

this group should follow these guidelines:

- **Stay home.**
- Put strict limits on visitors coming into your home. This includes limiting visits from family members who don't live with you.
- Wash your hands often and for at least 20 seconds; change hand towels frequently.
- Clean and disinfect often all items you bring into your home and all frequently-touched surfaces in your home.

There are many services available to help older adults stay home and practice safe social distancing during this pandemic.

Services include assistance in obtaining groceries, prescriptions and other essential items. Please call the Office for Aging to see what community options are available.

Dial **(607) 778-2411** or go to [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior) and click on "Information and Resources on Coronavirus."

## Tips for Staying Positive and Healthy During Social Isolation

Currently, experts are recommending that NYS residents of all ages stay home as much as possible. This is especially important for those who are considered highest risk of complications from COVID-19. The high-risk group includes those over the age of 60 and those with chronic health conditions.

Mandated social distancing has been difficult for many Broome County residents. In this strange new time, it's important to stay busy and stay connected. Set aside a time each day to call a friend, relative or loved one. It will be something you can look forward to. If you would like someone to contact you by phone for a friendly visiting call, please let us know by calling the Office for Aging at (607) 778-2411.

Office for Aging can't wait for the senior centers to be reopened so we can see your smiling faces in our community.

Some suggestions for activities at home to reduce loneliness and boredom are listed below.

- Try a new hobby: baking, birdwatching, gardening, learning a language, or knitting.
- Exercise regularly: keeping yourself moving is good for your mental and physical health; it will also allow you to be physically ready to return to your normal activities once social distancing restrictions are lifted.
- Get outside: even if you can't exercise outside, getting fresh air and sun can help to improve your mood.
- Get creative: creativity can be expressed in various ways during the pandemic: color, draw, sculpt, paint, organize family photo albums.
- Keep in touch: there are various ways to connect with family and friends without being face-to-face. If you aren't comfortable with Skype, Facetime, and other newer ways to connect, give your friends and family members a call. They are probably lonely, too.
- Do things you normally wouldn't have time for: we all have things that we want to do but never get around to doing. Now is the time that you can mark things off your to-do-list.

If you would like information about these options or other services, please call the Office for Aging at (607) 778-2411.



## May is Older Americans Month

We value older Americans for the great assets they bring to our local community.  
**Be Safe and Stay Home.**

## 2020 Census – Your Participation is Mandatory

As with many communities in New York State and around the nation, Broome County's population is aging, and adequate funding will be needed to provide programs and services that support the needs of older adults. The Office for Aging encourages all older adults in Broome County to complete the census and help our community receive an accurate count that will impact the amount of funding received for programs and services for older adults.

Participation in the census is mandatory, and all your information is kept confidential. The 2020 Census will follow the timeframe outlined below and invite everyone to complete their census online, over the phone or by mail:

- **March 12 – 20:** all households should have received an invitation to respond online to the 2020 Census.
- **March 16 – 24:** all households should have received a reminder letter.
- **March 26 – April 3:** all households should have received a reminder postcard.
- **April 8 – 16:** all households should have received another reminder letter and a paper census questionnaire.
- **April 20 – 27:** all households which have not completed the census by this date will receive a final reminder postcard before they are visited by a Census Bureau Representative at their residence.

Residents who do not respond to the census will eventually receive a visit from a Census Bureau Representative. Here are some ways you can verify an individual is a Census Bureau employee:

- Census representatives will present an ID badge which includes their name, photograph, a Department of Commerce watermark and an expiration date.
- Census representatives will carry an official bag and Census Bureau-issued electronic device, such as a laptop or smartphone, bearing the Census Bureau logo.
- Census representatives will conduct their work only between the hours of 9am and 9pm, local time.
- Census representatives will be present at local organizations and community events with computer tablets to help individuals respond online to the 2020 Census.

You will not receive a visit from a Census Bureau representative if you complete your census questionnaire online, over the phone, or by mail. If you are in doubt about someone who claims to be a Census Representative and who is visiting you at home to complete the census, you can verify his/her identity by calling the Census Call Center at 1-800-923-8282.

The Census Bureau is bound by law to keep your information confidential and your data will be used only for statistical purposes. To help you keep your information safe, please know that:

- The Census Bureau will never ask you for: your entire social security number, any amount of money or donations, or your full bank or credit card account numbers.
- The Census Bureau will never contact you on behalf of a political party or elected official.
- The Census Bureau will not send emails to request your participation in the 2020 Census.

For more information, or to report suspected fraud, please contact the Census Call Center at 1-800-923-8282 or visit [www.census.gov](http://www.census.gov).

## WINNER!

*"Eat Right, Bite by Bite" Recipe Contest*

As part of National Nutrition Month which is celebrated during the month of March, the Office for Aging asked for your favorite healthy and delicious recipes. Below is the winning recipe which was selected by the Office for Aging's registered dietitian Donna Bates. Donna prepared this recipe and determined among those recipes submitted, that along with great taste this recipe best fits into a healthy eating plan. Thank you to all those who submitted recipes! Happy Cooking!

### Chicken Curry

*submitted by an anonymous Senior News reader*

2 onions, chopped	3-4 T curry powder
¼ cup olive oil	15 oz. no salt added tomato sauce
1 clove garlic, sliced	Peanuts/raisins (optional)
6 chicken thighs	

Heat oil in large heavy pot over medium heat. Sauté onions and garlic until translucent and starting to turn golden. Remove from pot. Brown the chicken in the same oil, then add back in the onions and garlic. Add tomato sauce and curry powder. Simmer 20-30 minutes. Serve over rice, or cauliflower rice for a lower-carb, lower-calorie option. Garnish with chopped peanuts and/or raisins if desired.

## Good Advice!

Get curious. Many studies have shown that the more you flex your mind as you age, the healthier your mind will be. In addition to engaging in brain-cell building activities like puzzles, ask questions about how things work and why things are. Nothing motivates like a good question. Find a headline story each day that you want to learn more about. Find a topic each week that you want to research through books or using online resources. Adopt the curiosity of a child. The more new things you learn, the more you'll be motivated to discover new areas of interest.

# Sick & Tired of Varicose Veins? We Have the Solution!



Before After

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

-Julie S., Binghamton

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## Caregiver Corner

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

### De-Stressing for Caregivers

Statistically, caregivers' stress levels are through the roof. Compound that with the reality that we don't have time for yoga, psychotherapy or massage! Instead, bask in these proven stress relievers (also quicker and less expensive):

- Warm Hand Towel — soak a hand towel in water and microwave for 2 minutes. Apply to the back of your neck
- Hot Shower
- Tea — skip the coffee and instead drink chamomile tea, a proven stress remedy
- Aromatherapy — lavender, jasmine and chamomile are best
- Journaling
- Calming music; singing; whistling

These moments can transform your day.

### Keeping Track of Medicines

Older adults often take multiple medications. It can be hard to remember what each medicine is for, how much to take, and when to take it. Here are some tips to help you keep track of all your medicines:

**Make a list.** Write down all medicines you take, including over-the-counter drugs and dietary supplements. The list should include the name of each medicine, the amount you take, and the time(s) you take it. If it's a prescription, also note the doctor who prescribed it and reason it was prescribed. Show the list to all your healthcare providers, including physical therapists and dentists. Keep one copy in your medicine cabinet and one in your wallet or pocketbook.

**Create a file.** Save all the written information that comes with your medicines and keep it somewhere you can easily find.

**Check expiration dates on bottles.** If a medicine is past its expiration date, you may be able to dispose of it at your pharmacy. Or, check with your doctor about how to safely discard it. Your doctor can also tell you if you will need a refill.

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

## Scam of the Month

### *Blacktop & Paving Scams*

Summer is approaching, so home repair scams are inevitably going to become more common. A popular home repair scam involves blacktop and paving offers. Often, the scam starts with a knock at your door: a "salesperson" claims to have leftover materials from a previous paving job and offers you a "reduced price" to pave your driveway.

Door-to-door scams of this nature may result in a poorly-done job which then must be redone. The "salesperson" is often someone who is in your neighborhood one day and gone the next. By the time you notice something is wrong, the "company" has moved on.

To avoid becoming a victim, the Better Business Bureau offers the following advice:

- Be leery if the company claims that it has "leftover" asphalt. The various types of asphalt behave differently, but typically they need to be freshly poured to be effective.
- If the quoted price seems very low, chances are the quality of the work will be low as well.
- Reputable contractors do not sell their product door-to-door. Consumers should be very suspicious of anyone appearing at their front doors offering low-cost services.
- This type of scam is often run by persons traveling through our area from other states. The big equipment, such as pickup trucks and trailers, may be licensed in other states.
- Contact your local town, village, or city clerk to see if the company is licensed to do business in your area.
- Contact the Better Business Bureau (BBB) to get a report about the company. To reach BBB by phone, call 1-716- 881-5222. You can also get company information online by visiting [www.bbb.org](http://www.bbb.org).

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.

## SCAM ALERT!

Scams are on the rise! Some that we've been hearing about are listed below:

- Seniors have been receiving postcards addressed to "resident" from the National Residential Improvement Association offering to help with home repair grants. They do not currently have a valid business license.
- Scammers call and claim to be someone from the Federal Grants Administration (this agency does not exist) or claim to be from other nonprofits that help apply for grants for home repairs.
- Another common scam: calls or e-mails saying you're eligible for grants that are for no specific expense.

### **How to protect yourself:**

- Federal grants never charge for applications. If someone says you must pay a fee to receive a grant, it is not a grant.
- If you don't recognize a phone number, don't answer the phone.
- Never share personal information over the phone.
- Only use local contractors who have local references available to you.

### **What do you do if you've been a victim of a scam?**

- Report it to the New York Attorney General's Office: 1-800-771-7755.

Broome County  
Office for Aging 

**Be Safe and Stay Home**

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

NY-GC0820761-02^12



**Johnson City Senior Center**  
Contact: Kim, 797-3145

July 11  
The Lion King  
New York, NY

July 28  
Erie Canal & Herkimer, NY

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

July 9  
Seneca Lake Luncheon Cruise &  
Tour of Lakewood Vineyards  
Watkins Glen, NY

## 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
Tuesday	12:30 pm	Johnson City Senior Center

### Bonesaver Class

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

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

### 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
Thursday	10:00 am	Johnson City Senior Center
Thursday	10:00 am	First Ward 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

### Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each student's ability.

Monday	9:30 am	Eastern Broome Senior Center
Monday	11:00 am	First Ward Senior Center - \$5 charge
Wednesday	10:15 am	Johnson City Senior Center - \$3 charge
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
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center
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
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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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### Open Swim & Water Aerobics Classes

First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

Water Aerobics	Monday & Thursdays	4:00-4:30 pm
Open Swim	Monday & Thursdays	4:30-6:00 pm

\*Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11

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

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

## Did You Know?

### Free Legal Assistance

The Office for Aging contracts with the Legal Aid Society to provide some simple legal services to those who are 60 or older and live in Broome County. The services are as follows:

- Simple wills
- Powers of Attorney
- Simple Real Estate Transfers

It is important to make these decisions while you remain able to make them for yourself. Please contact the Legal Aid Society at (607) 231-5900. Please note that when you call you must leave a recorded message. Someone from the agency will return your call within a few business days. If you would like more information about this topic, please call the Office for Aging at (607) 778-2411.

## Tips for Staying Safe and Creative While Exercising at Home

Many of us enjoy exercising at home. It can be a convenient and inexpensive way to stay fit. Whether we are doing chair exercises, lifting light weights, or moving along to an exercise video, we should keep these safety tips in mind:

- Begin your exercise program slowly and gradually increase intensity.
- Wear appropriate shoes that fit well in order to reduce the risk of falls.
- Warm up before starting your exercise and cool down afterward.
- Drink plenty of water before, during, and after exercise, even if you don't feel thirsty.
- If you have specific health conditions, discuss your physical activity plan with your health care provider.

Just remember to be creative while staying active at home. Consider making your own weights from household items such as soup cans or bottles of water. You can even make household chores part of your fitness routine. Working in the yard and digging a flower bed, sweeping, and even vacuuming can all be great ways to keep moving throughout the day.

Adapted from the National Institute on Aging at <https://www.nia.nih.gov/>

**"May, more than any other month of the year, wants us to feel alive"**  
Fennel Hudson

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**Do-It-Yourself!**

House cleaning is certainly easier now than it was in generations past. Modern conveniences make it much simpler to mop, dust, and keep kitchens and bathrooms sparkling.

One such convenience many of us wouldn't want to do without is disinfectant wipes. They may be your "go-to" product for anything from countertops to bathroom sinks, and much more. Of course, convenience often comes at an increased cost, and what do you do when you're out of wipes and getting more at your local store isn't an option?

One alternative is to make your own disinfectant wipes, using products that you probably already have on hand. You'll save money, time, and a trip to the store. Here's how:

First, save your empty wipes container. If you've already discarded it, don't worry; a large plastic coffee canister, or anything similar, will work just fine.

Next, lay a roll of good quality paper towels on its side, and use a knife to slice through the center crosswise, as if you were slicing a loaf of bread in half. You will use one half-roll for each container of wipes you make. Bargain brand paper towels are not recommended, as they tend to break down easily once wet. Now, place the half-roll into your container, cut side up.

Now is the time to add your disinfectant cleaning solution. Use any disinfectant liquid cleaner you have on hand (Lysol, Mr. Clean, or similar products). Products labelled "anti-bacterial" may not be effective against cold, flu, or other viruses. Read the product label to find out more. Mix your cleaner with water according to the package directions. You will need about 1.5 to 2 cups of diluted cleaning liquid to make your wipes. Once you have made your diluted mixture, pour it into the container with the paper towels, and place the cap on the container.

Wait 20 to 30 minutes to allow the paper towels to soak, then open the container. Reach in and gently pull out the cardboard tube. If it doesn't pull away easily, give it some more time to become completely saturated with liquid. Once you have removed the tube, you can pull one of your homemade wipes from the center of the roll, just like the wipes you buy, and get to work cleaning!



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## It's About T.I.M.E. Recognizing the Signs of Sepsis

According to the Sepsis Alliance, sepsis accounts for more than 270,000 deaths per year and is the third leading cause of death in the United States. However, 42 percent of Americans report they have not heard of sepsis, and less than 1 percent of Americans can correctly identify the most common symptoms.

### What is Sepsis?

Sometimes incorrectly called “blood poisoning,” sepsis is a life-threatening condition caused by the body’s overwhelming response to an infection. It can lead to tissue damage, organ failure, and if not treated, death.

Sepsis affects people of all ages. However, people over 65 and those who have chronic health issues such as diabetes, kidney disease, heart disease, chronic obstructive pulmonary disease (COPD), and others, are more susceptible to sepsis than any other group of people. In fact, 80% of sepsis cases occur in adults 50+ years of age. Researchers believe that the immune system becomes less effective at fighting infections as we age. This results in older people developing more infections than younger people, and the infections they get become more severe. **Any infection can develop into sepsis.**

Sepsis can be caused by any infection from the flu to an infected insect bite, but the most common infections to trigger sepsis in older people are respiratory, such as pneumonia, or genitourinary, such as a urinary tract infection (UTI). Infections can also occur as a result of a cracked or abscessed tooth, a scratch or bite from a pet, dry or fragile skin that tears easily, or pressure sores from sitting in a wheelchair or lying in bed.

### How to Spot an Infection

If a cut or scrape develops redness, tenderness, or it continues to grow larger, this is likely a sign of infection. Another sign of infection is intense pain. This may be acute (localized to the site of the infection) or generalized (all over the body) pain, like the achiness associated with the flu.

In older people, one of the most common infections is a urinary tract infection (UTI), but it’s not always easy to spot the symptoms. For example, in people of any age, UTIs usually cause the need to urinate frequently or urgently, feeling unable to completely empty the bladder, burning or pain while urinating, or cloudy or foul-smelling urine. **For many seniors, though, the first sign of a UTI is a change in mental status—becoming confused or disoriented. The infection could be present for quite a while before it is noticed.** The same could happen with other infections, like pneumonia.

If an older person suddenly becomes confused or behaves in an unusual manner, or if confusion or disorientation suddenly becomes worse, this could be a sign of infection. If the infection is not recognized and treated, it can progress and cause sepsis. Sepsis needs to be suspected and recognized as soon as possible. **It must be treated quickly, because every hour that sepsis is not treated increases the risk of death.**

### When to Suspect Sepsis

Sepsis is a toxic response to an infection. There is no single sign or symptom of sepsis, rather a combination of symptoms. To help you recognize these symptoms, remember the acronym, **T.I.M.E.:**

#### T— Temperature (higher or lower than normal)

Change in body temperature is one of the hallmark signs of sepsis. Someone may have a fever (a temperature over 101 degrees F) or may experience hypothermia, a lower-than-normal temperature (below 95 degrees F). People taking certain medications may not experience a change in temperature, so it is important to check for other signs of sepsis.

#### I— Infection (person shows signs of an infection)

As mentioned, it is important to check for physical signs of infection such as redness, tenderness, and pain, as well as confusion. People with

diabetes may experience an increase in blood sugar as a response to infection.

#### M— Mental Decline (confused, sleepy, or difficult to wake)

People, especially seniors, with sepsis may be excessively confused or disoriented. They may also sleep for extended periods of time and be difficult to wake. Confusion can occur in a variety of ways, such as acting strangely or speaking without making sense. In some cases, people with sepsis would suddenly not be able to answer a simple question like, “What is your address?” If it takes someone more than 20 seconds to answer a question like this, it may indicate something is wrong and it is time to help them get medical care.

#### E— Extremely Ill (“I feel like I might die,” severe pain or discomfort)

Sepsis can make people feel that they are on the verge of death, and people with sepsis usually report that their pain or discomfort is the worst they have ever experienced.

Other signs of sepsis include a rapid heart rate (over 90 beats per minute), rapid breathing, shaking or tremors, and pale or discolored skin.

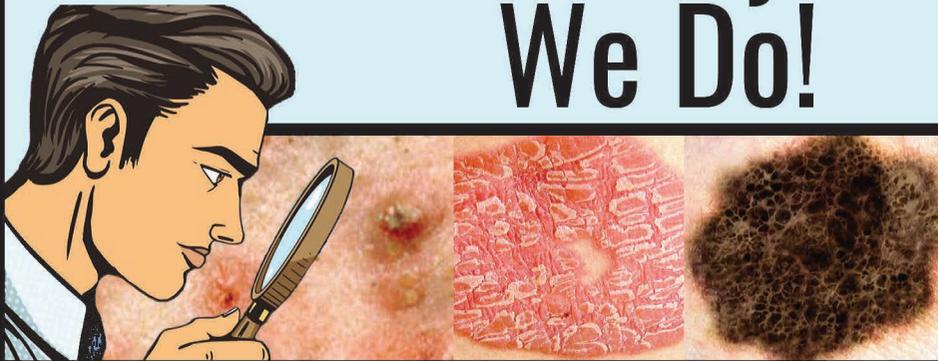
**Sepsis is a medical emergency.  
If you suspect sepsis, call 9-1-1 or go to a hospital right away.**

### Prevention

The key to preventing sepsis is to prevent infections from occurring in the first place. The first step in infection prevention is thorough and frequent handwashing. This helps reduce the spread of germs. Many illnesses can also be prevented through regular vaccinations, such as the flu and pneumonia. Prompt and proper care of all wounds is important, as well. If an infection does occur, it must be taken seriously. **Do not wait and hope that it will go away.** Action must be taken.

*Adapted from educational resources published by the Sepsis Alliance. For more information and links to other resources, visit [www.sepsis.org](http://www.sepsis.org).*

# Do You Know Which Moles Are Deadly? We Do!



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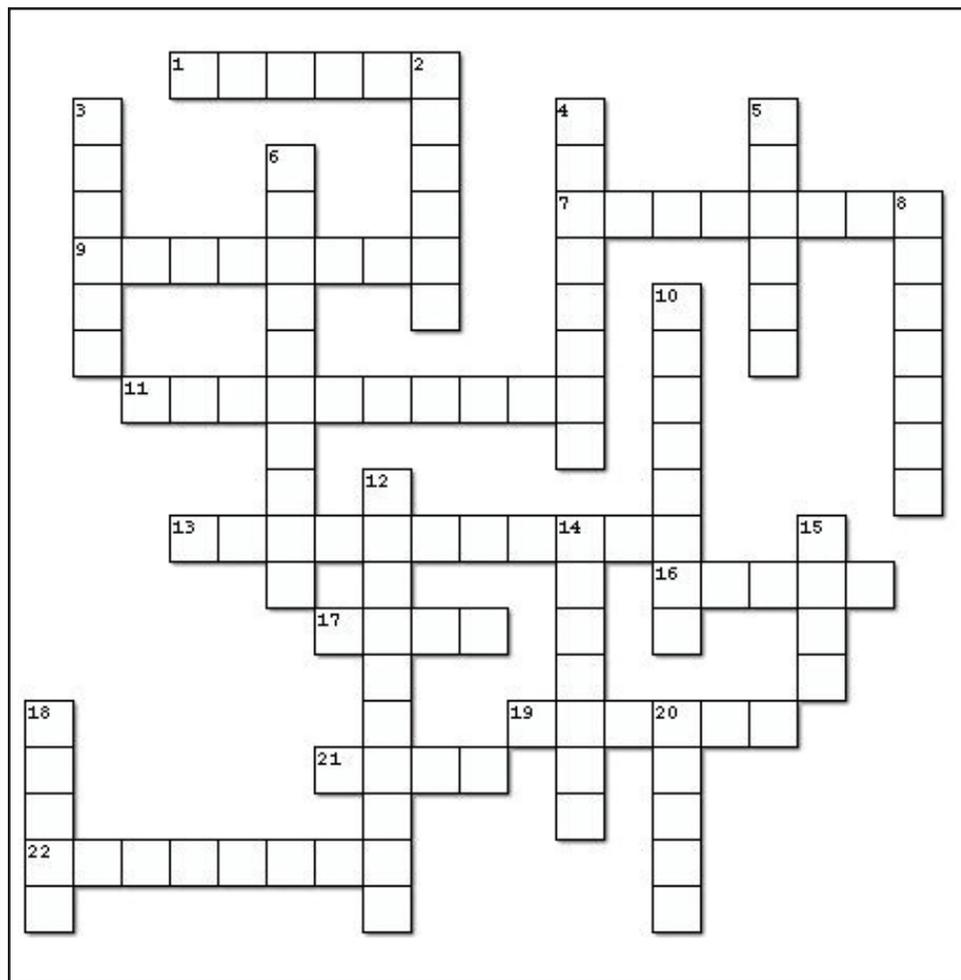
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# May Crossword

Use the clues below.

Answers on Page 9



**Across**

- 1. I was used as a medicine before people grew me for food.
- 7. Eat us fresh, or bake us in a pie.
- 9. Serve me sunny-side up? No, put me in ratatouille.
- 11. There are over 1000 juicy varieties of me.
- 13. People confuse me with yams, but we are not the same!
- 16. Chop me up and you'll cry.
- 17. I am a 'super green.'
- 19. Technically, I am a berry.
- 21. I can be red, gold, white, or striped.
- 22. I grow on a vine. For pickles, add salty brine.

**Down**

- 2. I am a member of the nightshade family.
- 3. I am crunchy when raw and flavorful when cooked.
- 4. In other countries, I am called 'courgette' or 'marrow.'
- 5. I keep vampires at bay.
- 6. Some people call me 'Capsicum.'
- 8. I make Popeye 'strong to the fin-ich.'
- 10. I am a fungus.
- 12. My seeds are on the outside.
- 14. I am a good source of healthy fat.
- 15. I am rough green outside and sweet gold within.
- 18. Georgia is famous for me.
- 20. I am the New York State fruit.

# Protect Yourself from Tickborne Disease

Warmer weather gives us all a chance to get outdoors to explore and relax. However, when you or your pets do spend time outside, you must be aware of the threat of ticks. Ticks are part of the arachnid family, meaning they have 8 legs, just like spiders. They can be various shapes and sizes; some are so small they may be difficult to see. They can be found in tall grass, leaf piles and shrubs, among other places. You do not have to go "into the wild" to find ticks or to be susceptible to a tick bite. Ticks can (and probably do) live in your own backyard. Tick bites can transmit diseases such as Lyme disease, babesiosis, ehrlichiosis, and others. However, this doesn't mean you should be afraid to spend time outside. You just need to be mindful! To help protect yourself from ticks it is recommended that you:

- Avoid known tick areas when possible.
- Wear a long-sleeved shirt and long pants, tucked into your socks, when walking in heavily wooded areas and fields.
- Wear light-colored clothing to help you spot ticks.
- Use tick repellent with DEET on your skin and permethrin on clothes. Be sure to follow the label instructions carefully.
- Shower when you get home; use a washcloth to dislodge any unattached ticks that may be on your body.
- Perform daily tick checks on yourself, your children, and all your pets. Remove any ticks you find promptly.

If you find a tick on yourself or your pet, you should stay calm, but remove it as soon as possible. Follow these instructions from the New York State Department of Health to remove the tick:

1. Using tweezers, grasp the tick near its mouth (as close to your skin as possible).
  2. Gently pull the tick out in a straight upward motion. Avoid twisting or jerking. If some of the tick's mouthparts remain in your skin, leave them alone—do not continue picking at the site of the bite. In most cases, what is left will fall out in a few days.
  3. Disinfect the site of the bite with soap and water, rubbing alcohol, or hydrogen peroxide.
  4. Record the date and location of the tick bite. If you develop a fever or rash within several weeks of removing a tick, see your doctor. Be sure to tell your doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.
- DO NOT squeeze or crush the tick.
  - DO NOT pour kerosene or other chemicals on it.
  - DO NOT rub Vaseline or other petroleum jellies on the tick.
  - DO NOT attempt to burn the tick with a smoldering match or cigarette butt.

All of these actions only increase the likelihood that the tick will transmit an infection to you.

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## Stay Cool This Summer with HEAP Cooling Assistance

The Home Energy Assistance Program (HEAP) Cooling Assistance opens on May 1, 2020 and is scheduled to close on August 31, 2020. The program is open to both homeowners and renters who obtain a physician's statement identifying the need for air conditioning due to a medical condition (dated within the last 12 months) and can be used once every 10 years.

If you are eligible, you may receive a new air conditioner which will be installed by a vendor at no cost. In future years, it is up to the recipient to maintain the air-conditioner and install/remove it. In circumstances where an air conditioner cannot safely be installed, a fan will be provided.

### You may be eligible for a HEAP Cooling Assistance benefit if:

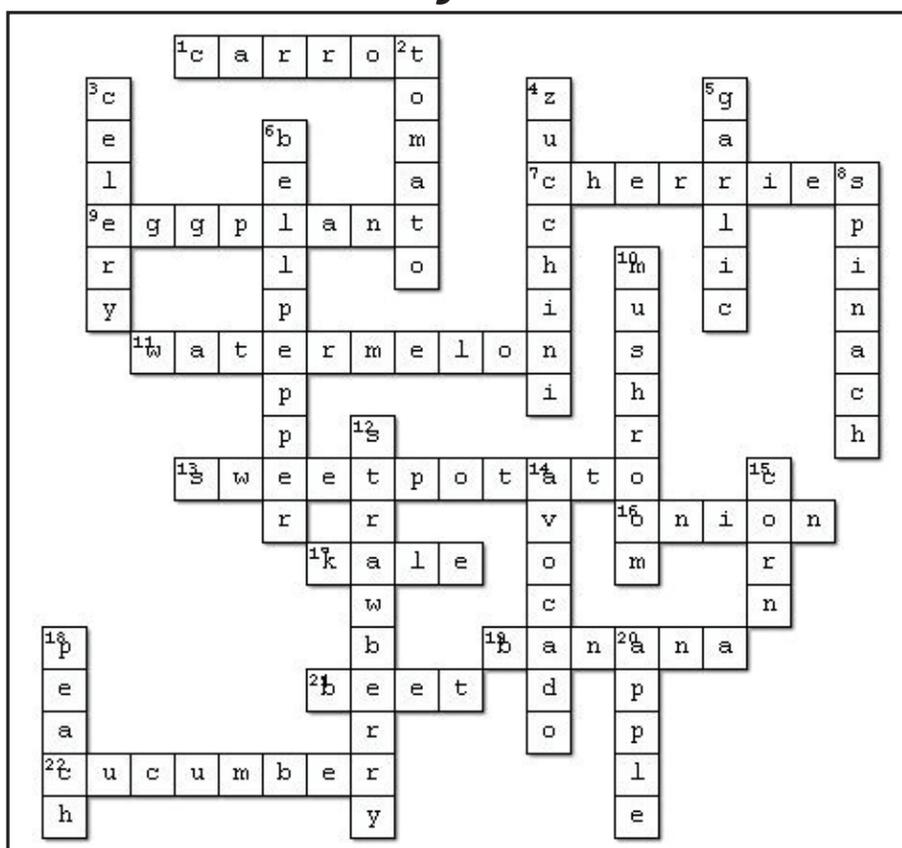
- Your household's gross monthly income is at or below the current guidelines for household size (call for information)
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), and
- You and your household members are United States Citizens or qualified aliens, and
- Includes an individual with a documented medical condition that is exacerbated by heat, and
- You received a Regular benefit greater than \$21 in the current program year, and
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older

If you received 2019-2020 HEAP Winter Heating Assistance or if you have ongoing Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP), then you only need to complete a Cooling Assistance application.

If you did not receive HEAP Winter Heating Assistance, then you need to complete a HEAP application and a Cooling Assistance application as well as provide required documentation.

To apply, please call Department of Social Services at 607-778-1100.

## May Crossword Answers



## Enjoy Spring in a Broome County Park

Broome County Department of Parks, Recreation, and Youth Services oversees and maintains hundreds of acres of open space which includes Nathaniel Cole Park, Dorchester Park, Greenwood Park, Grippen Park and Roundtop Picnic Area, Hawkins Pond Nature Area and Otsiningo Park.

These facilities provide diverse, year-round recreational opportunities. Annually, over 2 million visitors enjoy beaches, picnic areas and picnic shelters, play structures, a family campground, boating, miles of trails for walking, biking or cross-country skiing, and much more. The Broome County Parks Department offers free admission to all Broome County Parks. Our parks also offer handicap-accessible bathrooms, a senior discount on boat rentals, and accessible paved trails at both Otsiningo and Dorchester Parks.

Broome County Parks have something to offer everyone: walking, swimming, birdwatching, picnicking, camping, fishing, boating or just sitting near the water's edge and enjoying the view. Our parks provide special events through the year for people of all ages to enjoy. Some of these are the "Broome Bands Together" Summer Concert Series, and our annual Scarecrow Contest & Display at Otsiningo Park. The Broome County Department of Parks & Recreation encourages people of all ages and abilities to get outdoors and enjoy the parks that are located right here in our community.

Getting outdoors offers a number of benefits, such as improving mental and physical well-being, boosting creativity, reducing stress, and improving sleep patterns. Those who spend time outdoors may experience fewer feelings of depression and anxiety, as well.

Individuals should spend time in natural settings like parks on a regular basis. The relaxation that nature provides can improve mood and increase overall feelings of happiness.

For seniors who enjoy aerobic exercise like walking or running: heading outdoors for your workout can provide additional benefits. Though, traditional exercise isn't the only way to spend more time outside. Seniors who are unable to exercise can also benefit from getting outdoors by enjoying the change of scenery, smelling freshly-cut grass, and seeing beautiful, natural views.

No matter the activity, research tells us that simply being outside and enjoying nature can provide a variety of benefits for your energy, and mental and physical well-being. Get out to a Broome County Park today!

For more information on Broome County Parks, call (607) 778-2193 or visit [www.gobroomecounty.com/parks](http://www.gobroomecounty.com/parks).

## TIME WARP!

*What happened this month 60 years ago?*

**May 6, 1960:** U.S. President Dwight D. Eisenhower signs the Civil Rights Act of 1960, introducing penalties for anyone who obstructed someone's attempt to vote

**May 9, 1960:** The U.S. Food & Drug Administration approves the first commercially produced birth-control pill

**May 29, 1960:** "Cathy's Clown," by the Everly Brothers, reaches #1 on the Billboard Pop Charts



## Do You Remember? May 1, 2003

Broome County Executive Jeffrey Kraham cuts the ribbon at the Grand Opening of the Broome West Senior Center in Endwell.

# Look What's Happening at the Centers!

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

2801 Wayne St., Endwell, NY 13760

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

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

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

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

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

**Daily:** Cards, Billiards, Shuffleboard

**M:** Bingo 9:30 am, Quilting 9 am-12 pm; Hand & Foot Card Game, 11 am – 3 pm; Blood Pressure Monitoring, 11 am – 12:30 pm

**T:** Ping Pong 1-3 pm;

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

**Th:** Wii Bowling, 9:30 am; Social Connections 1-2:30 pm;

**F:** Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am; Line Dancing, 10 am – 11:30 am; Ping Pong 1-3 pm

**Special Activities**

- 5/1 Bing. University Nursing Students Visit, 9 am  
May Day Trivia, 11 am
- 5/4 “Create a Masterpiece” Painting Workshop w/Chuck Williamson
- 5/5 Legal Aid Society Appts, 9 am – 11:30 am (call for appt)
- 5/8 Mother’s Day Luncheon, 12 pm
- 5/11 Breakfast Special: Pancakes w/Blueberry Topping, 10:30 am – 12:30 pm
- 5/12 Downsize & Declutter Discussion, 3 pm – 4 pm  
Evening Dining Johnny Only, 5 pm
- 5/18 Variety Show, 12 pm
- 5/20 Caregiver Chat Group, 9:30 am – 11 am
- 5/21 Philly Cheesesteak Day, 11 am – 12:30 pm
- 5/22 Memorial Day BBQ Cookout, 12 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: Craft Making, 10:30 am  
Bingo, 1 pm: 5/5 Nickel; 5/12 Bag; 5/19 Quarter; 5/26 Nutrition
- Thursdays: Chair Exercises, 11 – 11:30 am
- 5/7 Mother’s Day Celebration, 12 pm
- 5/14 42nd Anniversary Celebration, 1 pm  
Evening Dining & Open House w/Orange Blossom Special, 4:30 pm
- 5/19 Blood Pressure Checks, 11:30 am  
Food Bank of the Southern Tier at the Deposit Fire Station, 11:30 am

## **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 Chicken, Bacon & Ranch Salad*
- 5/7,21 Bingo for Prizes, 11:45 am – 1 pm
- 5/8 Mother’s Day Luncheon, 11:30 am  
Pianist Marian Wagner, 12:15 pm
- 5/11 Book Club, 11 am
- 5/12 Chop & Chat (*must register*), 9:45 am – 10:45 am
- 5/13, 27 Rural Respite Program for Caregivers, 11 am – 1 pm
- 5/14 Evening Dining w/West Branch Ramblers, 4:30 pm
- 5/15 Guitar & Sing-Along w/Ray Cuadra, 12:15 pm
- 5/18 Horse Racing Game w/Bonnie Hill, 10 am
- 5/20 Plant Sale, 9 am  
Bruce Ressler: “Gardens of Tokyo” Presentation, 10:30 am  
BBQ Chicken Luncheon, 11:30 am
- 5/27 Legal Aid Society Appts, 9 am – 12 pm (*call for appt*)  
Baked Potato Bar, 11:30 am – 12:30 pm
- 5/28 Evening Dining w/Ed Travis, 4:30 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- 12:00 pm (No Reservations Required)

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

**Daily:** Billiards

**M:** Bingo 12:30 pm; Texas Hold'em 12:30 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 12:30 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 Yoga Class (\$3/class), 10 am
- 5/6 Social Club, 1 pm
- 5/8 Mother’s Day Luncheon, 11:45 am
- 5/11 Breakfast for Lunch: Sausage, Biscuits & Gravy, 10:30 am – 12 pm  
Scarlet Bonnets Meeting, 12:30 pm
- 5/13 Legal Aid Society Appts, 9 am (*call for appt*)  
Evening Dining, 5 pm
- 5/14, 15 AARP Smart Driver Course (*must register/attend both classes*), 9 am – 12:15 pm
- 5/20 BBQ Chicken Luncheon, 11:45 am  
Popcorn & a Movie (*call for title*), 1 pm
- 5/21 Philly Cheesesteak Day, 11:45 am  
Music by Orange Blossom Special, 12:15 pm
- 5/29 “Senior Prom” Dance w/Blue Velvet Big Band, 6 pm – 9 pm

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**Call 772-2850 For Details**

**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:**

Wednesdays: Technology Assistance w/Binghamton University Students, 11 am - 12:30 pm

5/7 First Ward Senior Center Chorus, 2 pm

5/8 Mother's Day Luncheon, 11:45 am

5/12 Nutrition Education w/Cornell Coop. Extension, 11:30 am  
Community Job Fair, 3 pm - 6 pm

5/13,27 Humana Representative Stephanie Taylor, 10 am - 11:30 am

5/15 Rummage Sale, 9 am - 3 pm

5/16 (Sat.) Rummage Sale, 9 am - 1 pm

5/19 Cooking Demo w/Chef Weaver, 1:30 pm  
Red Hat Society, 3:30 pm

5/20 Blood Pressure & Glucose Checks, 10 am - 12 pm  
Recycling Workshop w/Cornell Coop. Extension, 10:30 am  
BBQ Chicken Luncheon, 11:45 am

5/20,27 AARP SmartDriver Course (*must register/attend both classes*),  
5 pm - 8:15 pm

5/21 Legal Aid Society Appts., 9 am - 12 pm

5/27 Hearing Screenings, 9 am - 11 am

Haircuts for Men & Women (*call for appt*), 10 am - 11 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 (1<sup>st</sup>/3<sup>rd</sup>) 10:30 am;  
Bingo 10:30 am;

**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; Knitting 1 pm

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

**F:** Tai Chi 9:15 am; Bingo, 10:30 am; Sewing & Quilting

**Special Activities:**

5/4 "Stepping On" Falls Prevention Class, 10 am - 1:30 pm

5/8 Mother's Day Luncheon, 11:30 am

5/11,12 AARP SmartDriver Course, 10 am - 1:30 pm

5/12 Evening Dining w/Ryan Wilson, 4:30 pm

5/13 Nutrition Education w/Cornell Coop. Extension, 9:45 am

5/20 BBQ Chicken Luncheon w/Greg Neff, 11:30 am

5/26 Evening Dining w/Bingo, 4:30 pm

**"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."**

Harriet Ann Jacobs

**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

**W:** Gardening, 10:15 am

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

**Th:** Ceramics, 10 am

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

**Special Activities:**

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

5/5 Cinco de Mayo

5/8 Mother's Day Luncheon, 12 pm

5/12,26 Chop & Chat (*must register*), 10:15 am

5/15 Goodies for National Chocolate Chip Day, 10 am

5/20 BBQ Chicken Luncheon w/Music by Wayne Beddoe, 12 pm

5/28 Evening Dining, 5 pm

**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:**

5/1 King High Card Game, 12 pm

5/4,18 Chop & Chat (*must register*), 10:30 am

5/7,21 Bingo, 10:15 am

5/8 Mother's Day Luncheon, 12 pm

5/11 Breakfast for Lunch: Omelets, 11:30 am - 12 pm

5/14 Evening Dining & Volunteer Recognition, 5 pm - 7 pm

5/15 Pizza OR Chef Salad Lunch (*must reserve*), 11:30 am

Bunko Dice Game, 12 pm

5/20 Nutrition Education w/Cornell Coop. Extension, 10:30 am

5/21 Philly Cheesesteak Day, 11:30 am - 12 pm

Left Right Center Dice Game, 12 pm

5/21,22 AARP SmartDriver Course (*must register/attend both classes*),  
2 pm - 5 pm

5/26 Vestal Senior Club Meeting, 12:30 pm

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# MEET, GREET & EAT

## May 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.*

**Please call your local senior center for up-to-date information on meal schedules.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Stuffed Pepper Casserole</b> 4 Baby Carrots Three Bean Salad Fruit Cocktail	<b>Pub Burger OR Tuna Salad Sandwich</b> 5 Cream of Broccoli Soup Strawberry Mousse	<b>Sweet &amp; Sour Pork OR Citrus Rubbed Pollack</b> 6 Brown Rice Pilaf Broccoli Florets Applesauce Bar	<b>Chicken Thigh w/ BBQ Sauce</b> 7 Baked Potato Cucumber & Tom. Salad Peach Cobbler	<b>Roast Turkey w/Gravy OR Salmon Patty w/Dill Sc.</b> 8 Mashed Potatoes Green Beans Pineapple Ups. Down Cake
<b>Chicken ala King Over a Biscuit</b> 11 Wax Beans w/Parsley Diced Peaches	<b>Meat Lasagna</b> 12 Caesar Salad Frosted Devil's Food Cake	<b>Halupki OR Kielbasa w/Onions</b> 13 Mashed Potatoes Peas & Carrots Banana	<b>Chicken Salad On Croissant</b> 14 Tomato Bisque Soup Ambrosia Carrot Raisin Bar	<b>Beef Stroganoff OR Spinach Parm. Pollack</b> 15 Buttered Noodles Beets Vanilla Pudding w/Cherries
<b>Ziti Parmesan</b> 18 Italian Blend Vegetables Mandarin Oranges Double Chocolate Cookie	<b>Liver w/Onions OR Chicken Thigh w/Marengo Sauce</b> 19 Mashed Potatoes Spinach Butterscotch Pudding	<b>Rotisserie Chicken</b> 20 Red Potato Salad Baked Beans Strawberry Shortcake	<b>Meatloaf w/Gravy</b> 21 Macaroni & Cheese Green Beans Fruit Cocktail	<b>Herb Rubbed Pollack OR Ham Loaf w/Honey Mustard Sauce</b> 22 Seasoned Quinoa Baby Carrots Cinnamon Apple Slices
<b>Centers Closed in Observance of Memorial Day</b> 25	<b>Breaded Chicken Parm OR Halupki</b> 26 Mashed Potatoes Italian Green Beans Frosted Vanilla Cake	<b>Beef Burgundy</b> 27 Buttered Noodles Caesar Salad Diced Peaches	<b>Macaroni &amp; Cheese</b> 28 Stewed Tomatoes Italian Blend Vegetables Pineapple & Mandarin Oranges	<b>Broiled Fish w/Lemon OR Sausage Link w/Peppers and Onions</b> 29 Baked Potato Pickled Beet Salad Blueberry Crisp

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



**happy MEMORIAL DAY**

**Enjoy Memorial Day!**  
 The Office for Aging and all Broome County Senior Centers will be closed on Monday, May 25.



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

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

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