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How Do You Successfully Age? Be Socially Engaged!

By Sarah Richer & Emma Saeger

Are you socially engaged? Social engagement refers to how we maintain social connections through community involvement and social activities. It may be surprising to know that social engagement is vital to our health and wellness.

Below are the stories of Helen and Shirley, two seniors living in Broome County. Helen and Shirley are the same age and live in the same apartment building. They know each other because they always greet each other when they pass in the hallway.

Helen's Story

Helen picks up the newspaper from her mailbox every morning. On many days, this is the only time she leaves her apartment. In fact, Helen rarely goes anywhere because she no longer drives. Helen wishes her family could help with tasks like grocery shopping or getting to doctor appointments, but her two sons live far away, and her daughter who lives locally is busy with children of her own. Helen often feels lonely because she has not made many friends since moving into her new apartment, but she enjoys having a brief conversation with Shirley whenever they run into each other. It doesn't seem to Helen like there is a lot going on in the community for people her age. She spends most of her time at home alone, watching TV and reading.

Shirley's Story

Shirley returns to the apartment building from her morning exercise class and waves hello to Helen. She plans to change her clothes before going out again to catch the Office for Aging Mini-Bus to do some shopping. On the bus, she sees another friend she knows from volunteering at the food bank and they chat on the way to their destination. While she's out, Shirley notices the latest issue of the *Senior News* and picks up a copy to give to Helen. She knows Helen likes to read, but she also wants to share the variety of opportunities for seniors to stay active and engaged in the community.

These scenarios show that while Helen seems to be doing well overall, her lack of social engagement has led to isolation, which can contribute to a decline in physical and mental health. Shirley, on the other hand, is socially engaged through participating and volunteering in the community, socializing and reaching out to others to help them do the same.

Social engagement often decreases with age, as most people retire from their work, family moves away, or friends move or pass away. A decrease in social engagement makes social isolation more likely, and this can have harmful effects on one's health. Research has linked social isolation and consistent feelings of loneliness to higher risks for a variety of conditions, including high blood pressure, heart disease, obesity, anxiety, depression, a weakened immune system, cognitive decline, Alzheimer's disease, and even death.

To learn about options available in your community for social engagement, call the Office for Aging at (607) 778-2411.

Survey Results on Social Needs of Older Adults in Broome County

A recent Community Needs Survey was done in Broome County, targeting older adults. Over 2000 people completed the survey, online or on paper. The survey asked questions from multiple categories, including questions about social needs.

When asked about the most common ways older adults interact with friends, family or neighbors, 57% of survey respondents reported that they most commonly connect with others in person, followed by 28% via phone, 10% via social media and 5% by using email.

In addition, 28% of those who answered the survey reported that they sometimes feel socially isolated. Those who reported feeling socially isolated provided further details on what prevents them from participating in social activities they would enjoy. The most commonly cited reasons were physical impairments (38%), difficulty with finding activities of interest (32%) and not having enough money for social activities (31%).

All the data collected in the survey, including data about social needs, will be analyzed and used to help the Office for Aging and its partners find innovative ways to battle social isolation issues. Finding solutions to social isolation is central in preventing worsening health conditions that can lead to negative health outcomes.

Data collected through the survey will also be used for planning efforts that are underway through the Broome Age-Friendly Project. This project is exploring what age-friendly improvements can be made in Broome County.

If you are interested in learning more about the Broome-Age Friendly Project, please visit www.gobroomecounty.com/senior. A full report on the data collected through the 2019 Community Needs Survey will be posted on the OFA website in early 2020.



Foster Grandparents Make the Season Bright

Kudos to the volunteers in our Foster Grandparents Program! They collected and donated about 50 new, unused toys to the Children's Charity of Greater Binghamton, which supports low-income families. Thank you, Foster Grandparents, for "putting your best foot forward" and making this past holiday season a little brighter for local children!

Put Your Best Foot Forward



Put Your Best Foot Forward with Healthy Eating in 2020

Here are some easy tips!

Know what a healthy plate looks like. Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice!

A healthy meal should include:
Lean protein (lean meats, seafood, eggs, beans)
Fruits and vegetables (think orange, red, green, and purple)
Whole grains (brown rice, whole wheat pasta)
Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium. Also, look for Vitamin D, an important mineral as we age.

Stay hydrated. Water is an important nutrient too! Especially in the winter months when we may not feel thirsty. Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

Stretch your food budget. Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Did you know that over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month!

You can also have a nutritious lunch at one of your local senior centers. Lunches are available at a suggested contribution. See center listings on the back pages of this publication. Call the Office for Aging at (607) 778-2411 for more information on the SNAP program and for information on your local senior centers.

Article is adapted from the NCOA: National Council on Aging

Be Sweet to Your Feet

Your feet work hard to get you where you need to be. But years of wear and tear can be rough on them. So can disease, bad circulation, poorly trimmed toenails, and wearing shoes that don't fit.

So be kind to your feet. Exercise, especially walking, is a great way to increase blood flow, which helps your feet stay healthy. Try simple foot exercises, such as sitting and rotating your ankles one way, then the other.

Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders. Check your feet often, looking for cuts, blisters, or ingrown toenails. Talk with a doctor if you notice numbness or severe pain in your feet.

Tips for Happy Feet

- Wash your feet regularly, especially between your toes.
- Wear clean socks.
- Wear well-fitting, comfy shoes.
- Wear shoes when you're outside.
- Put your feet up when you're sitting, to help circulation.
- If you're sitting for a long time, stand up and move around every now and then.
- If you cross your legs when sitting, reverse or uncross them often.

Source: www.newsinhealth.nih.gov/



Wii Bowling Tournament Brings Local Senior Centers Together

Throughout the month of October, over 50 participants from 8 local senior centers joined the Wii Bowling Tournament for some friendly competition and exercise. On November 15, players from participating centers gathered for the tournament banquet and shared lunch at the Broome West Senior Center in Endwell.



Participants from local senior centers enjoy lunch together at the awards banquet on November 15.

Roxann Ridgway, a three-year participant from Broome West, said, "I wish everyone could experience the fun that this tournament provides. No matter what your ability level is, this can be a very enjoyable sport."



Participants at Northern Broome Senior Center in Whitney Point play in the tournament together.

Wii Bowling can be played either sitting or standing, using a handheld controller to direct a bowling ball down a lane toward pins on a television screen. This video-game-based sport is especially enjoyed at senior centers during winter months when outdoor activity is not as accessible due to cold weather.

Many senior centers offer Wii Bowling practice throughout the week in addition to the annual tournaments. If you would like to try Wii Bowling at a local senior center, contact Sofia at the Office for Aging at (607) 778-2411.

Just For Laughs

A man was having hearing problems, so he went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks, the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

CUTE PET PHOTO CONTEST

WINNER ANNOUNCED

Congratulations to Trooper, the winner of the 2019 Office for Aging Cute Pet Photo Contest! The first-ever contest was conducted on the Broome County Office for Aging Facebook page and was an overwhelming success, with over 20 adorable entries! Trooper's photo, submitted by Kelsey, won the hearts of many—coming in first with 427 "likes" at the end of the voting period. Kelsey and Trooper were awarded a \$25 gift card to Agway and a \$25 gift card to Weis Markets. We hope they will use their prize to buy plenty of treats and toys!

The Office for Aging is so grateful to all who participated by entering photos of their beautiful, beloved pets. Thank you for sharing your furry family members and helping us to spread joy!

Caregiver Corner

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

Caregiver Event

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

Date: Tuesday, January 7

Time: 11:00-12:30 PM

Location: Broome West Senior Center
2801 Wayne Street, Endwell

Presenter: Cameron Daniels, Esq. of Hogan, Sarzynski, Lynch, DeWind and Gregory, LLP

With tax season just around the corner, join us for this informative presentation as we discuss the following topics:

- What records and documentation are needed for income tax reporting, and how long should you keep those documents?
- If you've hired an aide in the past year, learn what's deductible on your tax return, plus other information on paid aides and taxes.

Other helpful information pertaining to tax season and caregiving will also be discussed.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required.

These informal chats are open to caregivers of any age. No registration required.

Place: Stay Healthy Center
Oakdale Mall, Johnson City

Date: Monday, January 6

Time: 1:00 - 2:30 PM

Place: Broome West Senior Center
2801 Wayne Street, Endwell

Date: Wednesday, January 15

Time: 9:30 - 11:00 AM

Scam of the Month

IRS Scam

With tax season fast approaching, keep in mind one of the most popular scams to happen during this time of the year: the IRS scam. Scammers use mail, telephone calls, and email to try to trick people into believing that the IRS is trying to contact them. Many of the IRS scams that have been occurring involve the scammer claiming that the IRS is suing the person who is receiving the phone call, email, or mail. The IRS will not contact taxpayers by email, text message or social media networks. They will never demand immediate payment or threaten to have you arrested for nonpayment. Government agencies do not take payment in the form of gift cards of any kind. If you receive information from someone claiming to be from the IRS, you can contact the Treasury Inspector General for Tax Administration to report the scam at 1-800-366-4484.

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

Welcome to 2020 and Volume 48 of the *Senior News*!

The start of a new year brings the chance to form new habits, to take new opportunities, and start with new beginnings. Despite this, Winter can be a time of isolation for many people, with family gatherings dwindling as the holidays come to an end, and cold, icy weather giving us fewer chances to get outdoors. The theme of this month's issue of *Senior News* is "Put Your Best Foot Forward." Our aim in this issue is to inspire you to remain involved, active, and socially engaged in your community, and to realize the good that can come from doing so. Not only will you personally benefit from being an integral part of your community, but so will everyone else! We hope that you will be inspired to step into 2020 with your "best foot forward!" Cheers to a new year!

Stage Out the Clutter

Does clutter have an effect on the sale of our homes? Whether you're thinking about selling your house soon or in the future, your realtor may suggest that you "stage" the house for public viewing. Staging includes getting rid of clutter, arranging furniture and tending to curb appeal. Join us at the monthly Declutter Discussion on Tuesday, January 14 at 3 PM to learn more. Meetings are at Broome West Senior Center, 2801 Wayne St., Endwell. Call Michelle at 785-3427 with any questions.

Lyceum Winter Session Begins

The January/February winter session of LYCEUM (continuing education for people 50 and over) will begin with a luncheon on Wednesday, January 22. All classes are non-credit and begin on Monday, January 27. Lyceum is an excellent way to keep an active mind, especially during the winter. Online registration is now available by putting www.lyceum.binghamton.edu in your browser! Most classes are held in the rear of WSKG at 601 Gates Road, Vestal, NY. You can contact the Lyceum office at (607) 777-2587 or email lyceum@binghamton.edu for further information.



Johnson City Senior Center

Contact: Kim, 797-3145

January 9

Trip Fair, 1:00 pm

Attend to learn about Johnson City's 2020 trip schedule.

Eastern Broome Senior Center

Contact: Arlene, 759-6306

April 7

Tioga Downs Casino

Nichols, NY

May 5

"The Ultimate Johnny Cash Tribute"

Penn's Peak, Jim Thorpe, PA

AARP, Endicott Chapter

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

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"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something."

Neil Gaiman

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HEALTH & WELLNESS

Zumba

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

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Tuesday	12:15 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	2:15 pm	Broome West Senior Center (Endwell)

Bonesaver Class

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

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

Beginner Gentle Yoga

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

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

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

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

Line Dancing

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

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

Chair Yoga

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

Monday	11:00 am	First Ward Senior Center (Binghamton) - \$5 charge
Wednesday	10:00 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 (Harpurville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

Low-Impact Aerobics

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

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center (Endwell)
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Stretch & Strength Class

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

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

Thursday	11:30 am	Johnson City Senior Center - \$3 charge
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*Complete addresses and phone numbers for all Senior Centers located on pages 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?

Social Security Confusion

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

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

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EVENTS at the CENTERS

Game Day

Wednesday, January 8, 10:30 am
Northern Broome Senior Center
Enjoy a day of games played with friends! Snacks and coffee provided!

Trip Fair

Thursday, January 9, 1 pm
Johnson City Senior Center
Join us as our trip committee announces their full lineup of 2020 destinations!

WinterFest

Tuesday, January 14, 11 am - 1:30 pm
Deposit Senior Center
An annual festival of winter games—plus a soft, fluffy snowball fight!

Tea Party

Wednesday, January 15, 10:30 am
North Shore Towers Center
Celebrate National Hot Tea Month with a Tea Party!

"Safari through Africa" w/Rick Marsi

Wednesday, January 15, 10:30 am
Vestal Senior Center
Photographer Rick Marsi will share a slideshow of his best shots from an African Safari trip.

Evening Dining w/Bingo for Prizes

Thursday, January 16, doors open 3:30 pm
Eastern Broome Senior Center
Share a meal, play bingo, maybe even win a prize!

"Eldercare and the Aging Veteran" Presentation

Wednesday, January 22, 1 pm
Broome West Senior Center
NYS Dept. of Veterans Affairs will present important information for veterans and their families.

Purse Bingo

Thursday, January 30, 10:30 am
First Ward Senior Center
Just 50 cents per game; winners go home with a purse!

NYSEG Energy Assistance Program (EAP)

Did you know that if you have been approved for the Home Energy Assistance Program (HEAP) within the last 12 months, that you are eligible for an additional monthly bill credit on your NYSEG bill?

If you have NYSEG as your primary heating source for natural gas or electric heat, you will receive the credit on your NYSEG bill automatically. Look under "Electricity Delivery Charges," to see the "Energy assistance credit."

If your HEAP grant went to a fuel vendor other than NYSEG (propane, oil, kerosene, wood, wood pellets, municipal electric, PSC electric), the credit is not automatic, and you must provide NYSEG with a copy of your HEAP grant award letter in order to receive the credit.

Please note that the Office for Aging and Department of Social Services do not receive copies of your HEAP award letter. These are only sent to the customer on the HEAP application, so be sure to keep the original award letter in a safe place.

For more information about the NYSEG Energy Assistance Program (EAP), go to www.nyseg.com.

To enroll in EAP, send a copy of your HEAP award letter:

By mail to:
 Energy Assistance Program
 NYSEG
 P.O. Box 5220
 Binghamton, NY 13902

OR By email to: energyassistanceprogram@nyseg.com

OR By fax to: 800-325-9920

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Answers on Page 9

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

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OFA Q&A

QUESTION:

I would love to help children who need some extra attention. I have heard about the Foster Grandparent Program; is it the same as Foster Parents?

ANSWER:

No! Both programs help children to grow, develop and succeed but the two programs are very different. Foster Parents take care of a child in their own homes. On the other hand, Foster Grandparents volunteer at elementary schools, daycare centers and Head Start Programs. Foster Grandparents work 1-on-1 in classrooms with children, helping them to grow socially, emotionally and academically.

If you are age 55 or over and have at least 5 hours a week to spare, please consider joining the Foster Grandparent Program. If you are income-eligible, you could receive a stipend anywhere between \$55 and \$450 per month, and this does not affect your eligibility for housing or other income-related subsidies and benefits. You could also receive travel reimbursement and a free lunch at school each day.

To learn more about how you can help children in Broome County schools, call the Foster Grandparent Program staff at **(607) 778-2089**.

"OFA Q & A" is a monthly column addressing frequently-asked questions and topics of interest to seniors and those who care for them.

More Steps for Better Health

Walking is an easy way to exercise without needing a gym membership. It's a popular way to burn calories, and research shows that walking is good for your health. A new study asked how many steps a day can lead to health benefits.

Many watches and smartphones can count the steps you take in a day. These devices often suggest taking 10,000 steps each day. But that number isn't based on careful study.

Researchers looked at the daily activity of 17,000 women averaging 72 years old. The women wore a device on their hip for seven days that tracked the number of steps they took each day.

The team tracked any deaths among the women over the next four years. More than 500 died during this time. The women who took about 4,400 steps per day were 41% less likely to die during the study than those who took 2,700 steps.

The risk of death continued to decrease with more steps until about 7,500 steps. Beyond that, the effect leveled off. The women who reached 10,000 steps each day had no added benefit.

"Taking 10,000 steps a day can sound daunting," says lead researcher Dr. I-Min Lee from Brigham and Women's Hospital and Harvard Medical School. "But we find that even a modest increase in steps taken is tied to significantly lower mortality in older women."

Source: <https://newsinhealth.nih.gov/>

Practicing Gratitude

Ways to Improve Positivity

How often do you feel thankful for the good things in your life? Studies suggest that making a habit of noticing what's going well in your life could have health benefits.

Taking the time to feel gratitude may improve your emotional well-being by helping you cope with stress. Early research suggests that a daily practice of gratitude could affect the body, too. For example, one study found that gratitude was linked to fewer signs of heart disease.

The first step in any gratitude practice is to reflect on the good things that have happened in your life. These can be big or little things. It can be as simple as scoring a good parking space that day or enjoying a hot mug of coffee. Or, perhaps you feel grateful for a close friend's compassionate support.

Next, allow yourself a moment to enjoy that you had the positive experience, no matter what negatives may exist in your life. Let positive feelings of gratitude bubble up.

"We encourage people to try practicing gratitude daily," advises Dr. Judith T. Moskowitz, a psychologist at Northwestern University. "You can try first thing in the morning or right before you fall asleep, whatever is best for you."

Moskowitz has been studying the impact of keeping a daily gratitude journal on stress relief and health. Practicing gratitude is part of a set of skills that her research team encourages people to practice. These skills have been shown to help some people increase their positive emotions. Her team is trying to better understand how a daily boost in positive emotions can help people cope with stress and improve their mental and physical health.

"By practicing these skills, it will help you cope better with whatever you have to cope with," Moskowitz explains. "You don't have to be experiencing major life stress. It also works with the daily stress that we all deal with. Ultimately, it can help you be not just happier but also healthier."

Continued on Page 9

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Why is the 2020 Census Important?	How is Census Data Used?
<p> Everyone Counts. The Census counts every person living in the U.S. once every ten years</p>	<p> To determine funding for public services in our community</p>
<p> Political Representation. The Census results are used to determine how many representatives each state has in Congress and are used to inform the redrawing of congressional district boundaries</p>	<p> To determine where to build new infrastructure and community facilities</p>
<p> It's Your Civic Duty. It is in the Constitution that everyone must be counted</p>	<p> To determine where to open new companies, businesses, and stores</p>
<p> Federal Funding. Census data is used to distribute \$675 billion in federal funds annually to states, counties, and local communities</p>	<p> To write grant applications for community projects</p>
<p> Confidentiality. Federal law protects your Census responses. Your answers can only be used to produce statistics and cannot shared or be used to identify you or your household.</p>	<p> To plan for emergency services</p>
<p> Answering the Census is the law, and it is important to our community. Please complete it accurately.</p>	<p>How & When do I Respond to the Census? In March 2020, every household will receive an invitation to complete the Census, you can complete the questionnaire:</p> <p> Online  By phone  By mail</p> <p>Postcard reminders and a hard-copy questionnaire will be mailed throughout March and April. A Census taker will follow-up with non-responsive households.</p>

You can help members of your community to stay healthy and independent!



Meals on Wheels is looking for people to volunteer to deliver meals once a week. **Volunteers can choose any day, Monday through Friday, from 11 AM to 1 PM.** Routes are available in various locations throughout Broome County. **You can sign up to be a driver, a visitor, or both.**



Why Should I Volunteer?

- Volunteering at Meals on Wheels brings a sense of fulfillment.
- New volunteers quickly become part of a close-knit, caring group of people.
- Volunteers' dedication toward the clients they serve is truly inspirational!

Call 607.778.6206 to find out how you can volunteer!

Frank Nicosia, Barber

113 Rano Blvd.

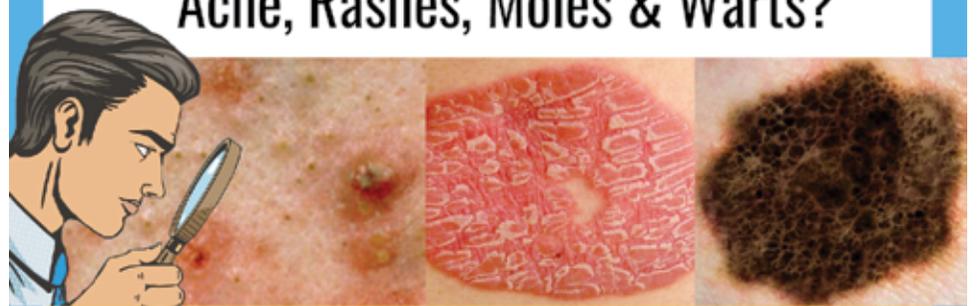
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Tues., Wed., Thurs. & Fri. 8-4

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Millions Taking Aspirin Without Clear Benefit

Many people take aspirin every day to prevent a heart attack or stroke. But daily aspirin isn't advised for everyone. A survey found that about 29 million adults without heart disease take low-dose aspirin for prevention. But many of them shouldn't under new guidelines.

Aspirin works by thinning the blood and preventing clots. But taking a daily aspirin can also increase the risk of bleeding.

New studies found that aspirin has little benefit for some people. As a result, experts no longer recommended daily low-dose aspirin for adults age 70 and older—or for people with a higher risk of bleeding, like those with stomach ulcers.

So how many people are affected by the new guidelines? To answer this, scientists surveyed 14,000 adults age 40 and older. About 23% of people without heart disease were taking a daily aspirin for prevention. Almost a quarter of these did so without a health care provider's recommendation.

Nearly half of people age 70 and older who did not have heart disease reported using aspirin daily. So did a quarter of people with a history of stomach ulcers.

“Our findings suggest that a substantial portion of adults may be taking aspirin without their physician's advice and potentially without their knowledge,” says Dr. Christina Wee at Harvard University, who led the study.

Talk with your doctor if you're taking aspirin daily or plan to start.

Source: <https://newsinhealth.nih.gov/>

Sudoku Answers

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

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Practicing Gratitude *continued from page 6*

While practicing gratitude seems to work for some people, it doesn't for everyone. That's why Moskowitz's research team teaches other skills, too. These include meditating and doing small acts of kindness.

Her team has been developing and testing these skills with people who have illnesses like advanced cancer, diabetes, HIV infection, and depression. She's also worked with people who care for others with serious illness.

When you make gratitude a regular habit, it can help you learn to recognize good things in your life despite the bad things that might be happening. Moskowitz says that when you're under stress, you might not notice all the moments of positive emotion that you experience. With her research program, she's trying to help people become more aware of those moments of positive feelings.

“Put some effort into experiencing gratitude on a daily basis and see how it goes,” Moskowitz advises. “It might just surprise you that—despite how bad things are—there are things you feel grateful for alongside it.” And feeling grateful may help improve both your mind and your body

Source: www.newsinhealth.nih.gov



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Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760

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

Lunch served at Noon call 785-1777

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

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

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

M: Bingo 9:30 am, Quilting 9 am-12 pm; Blood Pressure Checks, 11 am

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

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

Th: Social Connections 1-2:30 pm

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

Special Activities

Mondays: Blood Pressure Monitoring, 11 am – 12:30 pm; Hand & Foot Card Game, 11 am – 3 pm

1/2, 16 Bright & Beautiful Therapy Dogs Visit, 12:30 pm

1/7 Legal Aid Society Appointments with a Lawyer (*call for appt*),
9 am – 11:30 am

“IRS Recordkeeping & Recording: What Seniors & Caregivers Need to Know,” 11 am – 12:30 pm

1/13 Breakfast Special: Cinnamon French Toast Casserole,
10:30 am – 12:30 pm

1/14 Downsize & Declutter Discussion, 3 pm – 4:30 pm

1/15 Caregiver Chat Group, 9:30 am – 11 am

1/16 Philly Cheesesteak Day w/ Marian Tewksbury
& Bill Salvemini, 11 am – 12:30 pm

1/20 Technology Assistance w/Binghamton University Students
(*call for appt*), 10 am – 12 pm

1/21 Nutrition Education w/Cornell Coop. Extension, 10:45 am

1/22 “Eldercare and the Aging Veteran”
w/NYS Dept of Veterans Affairs, 1 pm – 3 pm

1/27 Breakfast Special: Belgian Waffles w/Caramel Apple Topping,
10:30 am – 12:30 pm

DEPOSIT..... 467-3953

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

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

Lunch served at 12:30 pm

Weekly Activities (call for info):

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

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

Special Activities

Tuesdays: Bingo, 1 pm: 1/7 Nickel; 1/14 Bag; 1/21 Quarter;
1/28 Nutrition;

Craft Making, 10:30 am

Thursdays: Chair Exercises, 11 – 11:30 am

1/7 Snowman and Snowflake Crafts, 10 am

1/14 WinterFest, 11 am – 1:30 pm

1/21 Presentation by Delaware County Office for Aging, 10:45 am
Blood Pressures w/Sandy, 11:30 am

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

AARP Endicott

Chapter # 3077

AARP's local chapter meets the 2nd Tuesday of each month from January through June and September through December. Meetings are held at the Union Presbyterian Church, 200 E. Main St. Endicott, NY, 13760. For more information about meetings and membership, contact Rosemary at (607) 754-5738.

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: *Chicken Spiedie Salad w/Pita Bread*

1/2,9,

23,30 Daytime Bingo for Prizes, 11:45 am – 1 pm

1/6,13,

20, 27 Chair Yoga w/Sheila, 9:30 am – 10:30 am

1/7 Chop & Chat (*reservations required*), 9:45 am – 10:45 am

1/8 “K-9 Addict” Obedience and Search

& Rescue Dog Training Presentation, 12:30 pm

1/16 Evening Dining (*Beef Burgundy & Éclair*) w/Bingo for Prizes, 4 pm

1/20 Honoring Dr. Martin Luther King, Jr., 11:15 am

1/22 “Guess What” Fashion Show (*call for info*), 11 am

1/27 Horse Racing Game w/Bonnie Hill, 10 am

1/29 Legal Aid Society Appointments with a Lawyer (*call for appt*),
9 am – 12 pm

Baked Potato Bar (*no reservation necessary/walk-ins welcome*),
11:30 am – 12:30 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 12:45 pm

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

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

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

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

Special Activities:

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

Tuesdays: CHOW Mobile Market (*please call for updates/time changes*), 9:30 am

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

1/8 Legal Aid Society Appointments with a Lawyer (*call for appt*)
Social Club, 1 pm

1/13 Breakfast for Lunch: Cinnamon Apple Waffles, 10:30 am – 12 pm
Music by Scarlet Bonnets, 12:30 pm

1/14 Paper Snowflakes with “The Snowflake Man,” James Baldwin, 12 pm

1/16 Philly Cheesesteak Day, 11:30 am

Music by Orange Blossom Special, 12:15 pm

1/20 Center Closed

1/21 Free Hearing Screenings with Tri-City Hearing (*call for appt*)

1/23 Craft Class: Burlap Wreaths (*call for information & to register*)

1/30 Purse Bingo, 10:30 am

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

1/9 2020 Trip Fair, 1 pm

1/14 "Let's Visit Strasbourg, France" presentation by Bruce Ressler, 10:30 am

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

1/15 Blood Pressure & Glucose Checks w/The Medicine Shoppe, 10 am - 2 pm

1/16 Legal Aide Society Appointments with a Lawyer (must call for appt), 9 am - 12 pm

1/20 Technology Help w/Binghamton University Students, 10:15 am - 12 pm

1/21 Cooking Demo by Chef Weaver, 1:30 pm
Red Hat Society Meeting, 3:30 pm

1/22 Free Hearing Screenings w/Tri-City Hearing, 9 am - 11 am
Haircuts for Men & Women by Debbie Roberts (call for appt), 10 am - 11:30 am

Book Club: *The Red Tent* by Anita Diamant, 3 pm - 4 pm

1/23 Presentation by Decluttering Chaos, LLC, 12:30 pm - 1:30 pm

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862

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

Lunch served at Noon

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

Breakfast for Lunch: Thurs 10-12:30 pm

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

Weekly Activities: Exercise classes listed on page 4

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

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

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

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

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

Special Activities:

1/6, 20 Horse Racing Game, 10:30 am

1/8 Nutrition Education w/Cornell Coop. Extension, 10 am
Game Day, 10:30 am

1/13 & 14 AARP SmartDriver Course (enrollment required), 10 am - 1:30 pm

1/14 Evening Dining (*Beef Burgundy & Éclair*) w/music by Steve Youngs, 4:30 pm

1/22 Wheel of Fortune Game, 12:30 pm

1/28 Evening Dining (*Rotisserie Chicken & Apple Pie*) w/Bingo, 4:30 pm

"Tomorrow is the first blank page of a 365-page book. Write a good one."
Brad Paisley

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

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

Lunch served at Noon

Weekly Activities:

Daily: Coffee 8 - 11 am, Games and Cards

M: Bingo 10 - 11:30 am

T: Wii Bowling 10 - 11:30 am

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

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

F: Wii Bowling 10 - 11:30 am

Special Activities:

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

1/2 Crafts, 10:15 am

1/7 Pajama Day w/Hot Cocoa, 10:30 am

1/9 "Declutter Your Life" Presentation w/Office for Aging, 10:30 am

1/14, 28 Chop & Chat (call to register), 10:15 am

1/15 Tea Party in honor of National Hot Tea Month, 10:30 am

1/16 Crafts, 10:15 am

1/20 Snack for National Cheese Lovers Day, 10:15 am

1/24 Chinese New Year Celebration, 10:15 am

1/29 Snack for National Corn Chip Day, 10:30 am

VESTAL 754-9596

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

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

Lunch served at 11:45am

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

Weekly Activities: Exercise classes listed on page 4

Daily: Coffee Klatch, Cards, Games

M: Walking Group 8 am

T: Pinochle 9:30 am

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

1/2, 16 Bingo, 10:15 am

1/6, 20 Chop & Chat (reservations required), 10:30 am

1/6 King High Card Game, 12 pm

1/8 Nutrition Education w/Cornell Coop. Extension. 10:30 am

1/13 Breakfast for Lunch: French Toast & Eggs, 11:30 am - 12 pm

1/15 "Safari through Africa" presentation w/photographer Rick Marsi, 10:30 am

1/16 Philly Cheesesteak Day, 11:30 am - 12 pm

Left Right Center Dice Game, 12 pm

1/17 Pizza OR Chef Salad for Lunch (please reserve), 11:30 am
Bunko Dice Game, 12 pm

1/20 & 21 AARP SmartDriver Course (enrollment required), 2 pm - 5 pm

1/22 Senior Picture Day, 10 am

1/29 "Tokyo Gardens" slideshow presentation w/Bruce Ressler, 10 am

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Serving the Elderly through Project Planning

MEET, GREET & EAT

January Menu - Bon Appétit!

At all Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged **\$4.50 per meal.**
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

MONDAY (Breakfast for Lunch @ BW, FW Senior Ctrs)	TUESDAY (Breakfast for Lunch @ JC Senior Ctr)	WEDNESDAY	THURSDAY (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)	FRIDAY
		<i>Centers are Closed</i> 1 <i>Happy New Year!</i>	Pasta w/Meatballs & Tomato Sauce 2 Spinach Vanilla Pudding w/Cherries & Whipped Topping	Broiled Fish w/Lemon OR Swiss Steak w/Tomato Gravy 3 Macaroni & Cheese Peas w/Pearl Onions Vanilla Cake w/Frosting
Meatball Sub 6 Minestrone Soup Diced Peaches Snickerdoodle Cookie	Macaroni & Cheese 7 Stewed Tomatoes Peas Banana Cake w/Frosting	Roast Pork w/Gravy OR Herb Chicken Thigh 8 Bread Dressing Green Beans Cinnamon Apple Slices	Chili over Baked Potato 9 w/Sour Cream & Cheese Broccoli Florets Chocolate Mousse w/Whipped Topping	Chinese Pepper Steak OR Lemon Pepper Pollack 10 Mashed Potatoes Sonoma Blend Vegetables Mandarin Oranges
Stuffed Pepper Casserole 13 Baby Carrots Three Bean Salad Fruit Cocktail	Pub Burger OR Tuna Salad on Roll 14 Cream of Broccoli Soup Strawberry Mousse	Roast Turkey w/Gravy 15 Mashed Potatoes Monte Carlo Vegetables Pumpkin Crisp	Chicken Thigh OR OR Ham Loaf w/Honey Mst. 16 Brown Rice Pilaf Peas w/Pearl Onions Pineapple Tidbits	Meatloaf w/Gravy OR Broiled Fish w/Lemon 17 Scalloped Potatoes Green Beans w/Mushrooms Lemon Poppysseed Muffin
Chicken a la King Over a Biscuit 20 Green Beans Diced Peaches	Classic Meat Lasagna 21 Caesar Salad Devil's Food Cake w/Chocolate Frosting	Halupki w/Tomato Sc OR Kielbasa w/Onions 22 Mashed Potatoes Peas & Carrots Banana	Rotisserie Chicken 23 Baked Potato w/Sour Cream Corn Orange Cranberry Bar w/Whipped Topping	Beef Stroganoff OR Spinach Parmesan Pollack 24 Buttered Noodles Beets Vanilla Pudding w/Cherries
Ziti Parmesan 27 Sausage Soup Mandarin Oranges Double Chocolate Cookie	Chicken Thigh w/ Cilantro Lime Sauce OR Salmon Patty w/Dill 28 Brown Rice Pilaf Green Beans Fruit Cocktail	Chicken Salad Croissant w/Lettuce & Tomato 29 Baked Beans Ambrosia Carrot Raisin Bar	Liver w/Onions OR Chicken Thigh Marengo 30 Mashed Potatoes Carrots Butterscotch Pudding w/Whipped Topping	Herb Rubbed Pollack OR Salisbury Steak 31 Macaroni & Cheese Spinach Cinnamon Apple Slices

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

Savor the Senior Centers

with January Features

Join us for lunch on Friday, January 3rd and try the new Swiss Steak recipe, featuring tender chunked beef in a delicious tomato gravy, with carrots and celery. Served with a side of macaroni and cheese, this savory entrée is sure to beat the Winter chill!

On Thursday, January 9th, join us to enjoy a piping-hot baked potato topped with chili, and finish with a dish of creamy chocolate mousse for dessert!

Then, save room for our freshly-baked pumpkin crisp on Wednesday, January 15th, featuring a blend of pumpkin custard, with warm winter spices like ginger, cinnamon, nutmeg and cloves, covered in a streusel topping.

To reserve your lunch and enjoy one of these specialties, see the "What's Happening at the Centers?" section of this paper for the phone number of a senior center near you.



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.

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