New York State Director Corinda Crossdale held a press conference on Gov. Cuomo’s budget at the Hazlitt Building in Elmira. Our “Red Shirts” met with (back left to right) County Executive Tom Santulli, Elmira Mayor Dan Mandell, Corinda Crossdale, Big Flats Supervisor Ed Fairbrother, and Dept. of Aging Director Pam Brown. Check out the article in the following pages!

On February 6, the Red Shirts attended the town meeting of Senator O’Mara and Assemblyman Chris Friend and Phil Palmesano to ask questions, learn about issues, and hear our state legislators respond to those questions. Of particular interest to our members is the Governor’s proposal of a 12 week Paid Family Leave for caregivers. See the article in later pages.

Kelli Huggins from the Chemung Valley Historical Museum thrilled our members at February’s Chapter meeting with a talk on Elmira’s “Scandals”. A part of a series on what your teachers never told you about our past, this postcard reveals the night life of Elmira’s past. Check out Ken Larsen’s review of those scandals that affected the frontier boom town of Elmira in those days.
Hello Everyone!

As I write this message, it is a nasty day. Snow, sleet, ice and now heavy rain! I hope many of you stayed inside, as I did.

We had many members volunteering at the Food Bank on Monday, Feb. 8th. Thank you all for helping. We were busy and the time just flew by! Our next Food Bank "worker bee" is Monday, March 14th, from 9 AM till 12 noon. Come and join us to see how much we do and have fun doing it!

Jane Peterson is working on nominations for the coming 1 to 2 years. If you are interested in any position, give her a call. Her number can be found on the back of the Spotlight. I have found that it is a privilege and an honor to serve our local AARP chapter. Please think about saying yes, if Jane should ask you to serve.

I want to thank all who have helped in the kitchen these last few months. If anyone would like to help, please join us. Some of us arrive at 10 AM. We make the coffee, get tables set and decorated, and organize the food. We also need more help for clean up and take down. Thank you all who have stepped up for this task. More people are always needed, so the same group is not doing this month after month. Thank you all on both concerns.

The Senior Games are just around the corner. That's a sure sign of Spring! Our chapter donated $150 to the games. It is a good event, as many of our members join in many of the events. Our chapter also gave $100 to the First Presbyterian Church in memory of Nancy Rehner. I am very proud to be part of this chapter.

As I close, I just want to say again, THANK YOU! Let's keep up the good work and the good fight for seniors.

Your President, Jean Fundurulic 733-1040

Elmira AARP Chapter 276 Meetings

The Chapter meets on the third Wed. each month, except July and August at 12:00 PM sharp at the New Beginnings United Methodist Church, 300 E. Miller Street, Elmira, NY 14904 (disability accessible). No meeting when schools are closed for a snow day. Meetings are announced on TV – channels 18 and 36, Star-Gazette & The Leader and on local radio.

The Programs offered by AARP Chapter 276 are solely for entertainment and information. They do not constitute any endorsement.

The Board of Directors (Officers, Directors and Com. Chairs) meet on the first Wed. of each month, except July and August at 9:00 AM at New Beginnings United Methodist Church, 300 E. Miller Street, Elmira, NY 14904.
AARP Health and Safety Report

J. Carol Lincoln

Spring will soon be here and we will be spending a lot of time out of doors. (As I wrote this it was minus 14 this morning!)

Things to remember during the spring and summer months:
- When grilling always protect yourself with mitts and a heavy apron.
- Do not leave the grill uncovered.
- Keep a fire extinguisher handy.
- Do not use charcoal inside your home.
- Check your smoke alarm.
- In the event of a fire emergency have a plan for leaving your home.

Home and personal security checklist:
- Tell your neighbor if you are going away for a few days.
- Lock garage doors.
- Install deadbolt locks.
- Do not hide keys outside. Burglars know where to look.
- Trim or remove shrubs that could hide burglars.
- Store valuable documents in a safety deposit box.
- Check the smoke and carbon monoxide detector every six months.
- Always lock your car.
- Place valuables in the trunk of your car.

Always be aware of your surroundings. Airline pilots are trained to scan the horizon for a place to land in the event of an emergency. Always have a plan!

Enjoy the spring and stay safe.

Chef Todd’s Kitchen Tips

Senior Notebook recently visited Chef Todd’s kitchen at the Classic Café located on Pennsylvania Avenue to learn the fundamental tips for preparing and storing some foods and herbs.

- When preparing cheese and fruit platters, slice your cheese at a room temperature to maintain the distinct flavor of the cheese.
- To prevent the browning of sliced fruit, place fruit in a bowl of water, add lemon juice or lemon-lime soda. Stir, let soak for 2 or 3 minutes. Drain the fruit and prepare your platter.
- Never store herbs and spices over your stove. The heat, moisture and light reduce their potency.
- To maintain the crispness of celery, wrap in aluminum foil before refrigerating.
- Use eggs and butter at room temperature in your recipe. Baking is a science; the proper temperature of ingredients makes for a better outcome.
- Add chicken or other prepared stock to ice cube trays and freeze. When frozen, pop-out the cubes. Place in zip-lock bags, label, and place in freezer for use in future recipes. You can also use this method with fresh herbs: finely chop the herbs; place in ice cube trays; add water and freeze. Use the herb encrusted ice cubes for soups, sauces and stews.

Note: Classic Café is a designated Creating Healthy Places to Eat restaurant.
### Officers 2015-2016

- **President/Director**: Jean Fundurulic  
- **Vice President/Director**: Marian Rutty  
- **Recording Secretary/Director**: Joan Van Galder  
- **Corresponding Secretary/Director**: Jane Nogaret  
- **Treasurer/Director**: John Polcyn  
- **Asst. Treasurer/Director**: Betty Empson

**Directors 2014 - 2016**: Jim Brown, Janet Fundurulic, Jean Fundurulic, John Polcyn, Marian Rutty  
**Directors 2015 - 2017**: Rose Burhyte, Nancy & Dick Evans, Ken Larsen, Polly Neiley, Rehana Stanley

### Committees

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<tr>
<th>Committee</th>
<th>Chair</th>
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<tr>
<td>AARP Smart Driver Program</td>
<td>Gerald Wheeler</td>
<td>739-0265</td>
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<tr>
<td>AARP Tax Aide Program</td>
<td>Joe Koczlan</td>
<td>737-0228</td>
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<tr>
<td>Community Activities</td>
<td>Faith Moffe</td>
<td>734-5601</td>
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<tr>
<td>Community Service</td>
<td>Margaret Bellizia</td>
<td>739-2587</td>
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<tr>
<td>Finance</td>
<td>Jackie Droleski</td>
<td>733-4770</td>
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<td>Health</td>
<td>Carol Lincoln</td>
<td>796-9563</td>
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<tr>
<td>Historian</td>
<td>Pauline LeShure</td>
<td>739-0981</td>
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<tr>
<td>New Beginnings Representative</td>
<td>Jim Hare</td>
<td>733-7659</td>
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<td>Legislative</td>
<td>Ron Rehner</td>
<td>734-2371</td>
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<tr>
<td>Membership</td>
<td>Betty Empson</td>
<td>732-0902</td>
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<tr>
<td>Nominating Committee</td>
<td>Jane Peterson</td>
<td>732-6706</td>
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<tr>
<td>Program</td>
<td>Candis Reed</td>
<td>562-8172</td>
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<td>Public Relations</td>
<td>Pauline LeShure</td>
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<td>Reception</td>
<td>Virginia Bastian</td>
<td>739-3119</td>
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<td>Refreshments</td>
<td>Lynne Campbell 481-9423, Janet Fundurulic 733-1040, Pauline LeShure 739-0981, Yolanda Howell 738-1758</td>
<td>734-0964</td>
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<td>Spotlight</td>
<td>Hazel Thompson</td>
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<td>Sunshine</td>
<td>Faith Moffe</td>
<td>734-5601</td>
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<tr>
<td>Telephone</td>
<td>Polly Neiley</td>
<td>733-5164</td>
</tr>
<tr>
<td>Raffle: 50/50</td>
<td>Jane Peterson</td>
<td>732-6706</td>
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Membership from Betty Empson

Wow, what a mild winter we have had so far! I regret to have to delete 22 members from our membership because they have not paid their dues for 2015 & 2016. We now have a total of 376 members! There are 208 who have paid dues for 2016. 118 have not paid for 2016, and there are 50 lifers (90 years or above).

Check the back of your card to see if you are up to date. You can pay dues at the membership table at the monthly meeting, or you can send me your card, money and a self-stamped envelope. Remember our dues are $3.00 a year which started in January 2016.

Also if you are planning to move please let me know so we can send your Spotlight to the new address because it costs us .49 cents for each returned one.

If you are not receiving a reminder phone call a couple of days before the meeting, or if you don’t want a reminder call, please let me know.

We are in need of some kitchen help on our meeting days. There are always applications at the membership table. Feel free to take one for a friend or relative. They must be a national AARP member before they can join our local chapter #276.

According to Phil (ground hog), we are to have an early spring. Let’s hope he is right!

Betty Empson, 3517 Michigan Ave., Elmira Heights, NY. 14903. Phone 607-732-0902

Chapter 276 Thanks the following for their support of Our Chapter:

AARP Smart Driver Classes

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Times</th>
<th>Instructions</th>
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<tr>
<td>Steele Memorial Library</td>
<td>Mar 14 &amp; 15 (Mon &amp; Tues)</td>
<td>1-4:00 PM</td>
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<td></td>
<td>Apr 4 &amp; 5 (Mon &amp; Tues)</td>
<td>1-4:00 PM</td>
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<td>May 2 (Mon)</td>
<td>9:30-4:30 PM</td>
<td>Bring a Bag Lunch</td>
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<tr>
<td>Big Flats Community Center</td>
<td>March 15 (Mon)</td>
<td>9-4 PM</td>
<td>Bring a Bag Lunch</td>
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<td>Mar 21 &amp; 22 (Mon &amp; Tues)</td>
<td>5:30-8:30 PM</td>
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<td>April 21 (Thurs)</td>
<td>9-4 PM</td>
<td>Bring a Bag Lunch</td>
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<td>April 25 &amp; 26 (Mon &amp; Tues)</td>
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<td></td>
<td>May 5 (Thurs)</td>
<td>9-4 PM</td>
<td>Bring a Bag Lunch</td>
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<tr>
<td>Chapel Park</td>
<td>Mar 21 &amp; 23 (Mon &amp; Wed)</td>
<td>12-3</td>
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<tr>
<td>Office for Aging Montour Falls</td>
<td>Apr 18 &amp; 20 (Mon &amp; Wed)</td>
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<td>Jan 11 &amp; 12 (Mon &amp; Tues)</td>
<td>1:30-4:30 PM</td>
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<td>Feb 13 (Saturday)</td>
<td>9:00AM-4:00PM</td>
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<td><strong>Times and Dates Subject to Change</strong></td>
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I live in a semi-rural area. We recently had a new neighbor call the local township administrative office to request the removal of the Deer Crossing sign on our road. The reason: Many deer were being hit by cars and he no longer wanted them to cross there. **Source: http://www.seniorresource.com/vote.html**

Ha, Ha!
Chemung County Department of Aging and Long Term Care

OLDER AMERICANS MONTH CELEBRATION AND NOMINATIONS
The Chemung County Department of Aging and Long Term Care will present two Senior Citizen of the Year Awards at our Older Americans Month Celebration on Monday, May 2, at 2:00 p.m. at the Big Flats Community Center. Please contact us for a nomination form if you know a special volunteer who is 60 years of age or older! All qualified nominees will be recognized. Nomination forms are available at www.chemungcounty.com or by calling Department of Aging at 737-5520. Applications are due March 18th. Thank you for supporting Chemung County Volunteers!

GET READY FOR SENIOR GAMES!
The 2016 Chemung County Senior Games are scheduled for May 11th through May 26th. Events planned for this year include softball, pickleball, track and field, golf, shuffleboard, bocce, bowling, cycling, horseshoes and much more! We hope to see you at our Opening Ceremonies on May 14th at the Horseheads High School Track and Field area starting at 10:00 a.m. with the Parade of Athletes. Come to cheer and show your support, or participate as an athlete during this fun-filled day! Applications will be available by mail or online at www.chemungcounty.com. The application deadline is April 15th. Please call Carol Morton at 737-5524 or email cmorton@co.chemung.ny.us if you have any questions or wish to request an application by mail.

MEDICARE 101 PRESENTATIONS
The Chemung County Department of Aging and Long Term Care is offering Medicare 101 presentations to employers, organizations, groups and clubs in Chemung County. Certified health insurance counselors from the Department of Aging will provide an introduction to Medicare, including how to find the right coverage for you; how to enroll; prescription drug coverage; and information about the Health Insurance Marketplace, Medicaid and related resources. To schedule a presentation please call the Department of Aging at 737-5520.

LONG TERM CARE OMBUDSMAN VOLUNTEERS NEEDED
New York State Long Term Care Ombudsman Program in Chemung, Schuyler and Tompkins Counties is in need of volunteers to join a team of advocates for residents living in nursing homes, assisted living, and adult care communities. Ombudsmen advocate for all individuals living in long term care communities by empowering and educating, protecting rights, preserving dignity, and ensuring respect. Trained volunteers make weekly visits to assigned long term care facilities to listen to residents and ensure their rights. Applications are due March 23 for an April 2016 NYS Certification Training to be held at the Tompkins County Office for the Aging in Ithaca, NY. If you are sensitive to the needs of older adults, please call 607-274-5498 or email smotheral@tompkins-co.org for information about the application process. The final date for accepting applications is April 22, 2016.

ARE YOU 55 OR OLDER AND SEEKING EMPLOYMENT?
The Pro Action Senior Community Service Employment Program places eligible older adults with limited incomes in paid training/community service assignments for 20 hours a week. To learn more, call 607-776-2125, x145.
THE IRS SCAM: WHAT YOU NEED TO KNOW

We have heard from several community members who received phone calls from an individual claiming to be from the IRS, who threatened to send someone to their home to arrest them. According to the IRS, criminals pose as the IRS to trick victims out of their money or personal information.

The IRS will not:
- Call you if you owe taxes, without first sending you a bill in the mail.
- Demand that you pay taxes immediately and not allow you to question or appeal the amount you owe.
- Require that you pay your taxes a certain way, such as with a prepaid debit card.
- Ask for your credit or debit card number over the phone.
- Threaten to bring in police or other agencies to arrest you for not paying.

If you don’t owe taxes, or have no reason to think that you do:
- Do not give out any information. Hang up immediately.
- Contact TIGTA to report the call. Use their “IRS Impersonation Scam Reporting” web page or call 800-366-4484.
- Report it to the Federal Trade Commission. Use the “FTC Complaint Assistant” on FTC.gov. Please add "IRS Telephone Scam" in the notes.

If you know you owe, or think you may owe taxes:
- Call the IRS at 800-829-1040. IRS workers can help you.

If you suspect you’ve been scammed, contact your local law enforcement and the Attorney General’s office at www.ag.ny.gov or 800-771-7755. Need help? Call Department of Aging at 737-5520.

HELP FOR CAREGIVERS

Family caregivers can benefit from a variety of supports and services provided by our department, including our Caregiver Discussion Group that meets the 2nd Thursday of every month from 2:00 – 4:00. The first hour is a presentation on community services of interest to caregivers, and the second hour provides an opportunity for caregivers to share ideas and support. Discussions are facilitated by a family caregiver, as well as trained and caring staff from the Department of Aging and Long Term Care. The presenter for March 10th will be Shannon Oakes, LMSW, who will provide a presentation titled, “Is it Clutter or Hoarding: Identification of Hoarding Disorder”. On April 14, Attorney John Maloney will discuss the importance of advanced directives and planning for long term care. We also have a special session on Understanding Alzheimer’s Disease with guest speaker Marleah Denkenberger, Alzheimer’s Association Southern Tier Program Coordinator, on Tuesday, March 22, from 5:00 p.m. – 7:00 p.m. For more information or to register, please call the Department of Aging at 737-5520.

Like Us on Facebook or Website

AARP Chapter 276 is on Facebook. Also on Facebook are Chemung County Department of Aging and Long Term Care (CCDOA&LTC), Senior Notebook, Chemung County Senior Games, Chemung County Eat Well Live Well Program, Caregiver Support, and Age Friendly Chemung County. Website addresses for CCDOA&LTC are www.chemungcounty.com (scroll down to Human Services and click on Department of Aging & LTC) and www.agefriendlychemungcounty.wordpress.com. Please visit these sites for up to date news, events, photos and information for and about us. It’s a great way to stay informed.
PERSONAL FIRE RISK ASSESSMENT by Jerry Wheeler

A fire can happen in a flash, catching you off guard and making it difficult to escape. You can improve your odds of preventing or surviving a home fire. The first step is to understand your risk. Knowledge of common fire hazards is critical to preventing and surviving a fire. We are presenting this fire risk assessment so you will better understand your personal risk.

Part 1 explores some of your daily activities and your environment to highlight the likelihood of a fire occurring in your home. This will be presented in two sections.

PART 1 SECTION 2
What is your risk of a home fire? Choose the answer that best describes the situation in your home. Put the number for your answer on the line to the left of the question.

Part I explores some of your daily activities and your environment to highlight the likelihood of a fire occurring in your home. Choose the answer that best describes the situation in your home. Answer the question and place the number of your answer on the line to the left of the question.

_____ If your home was built in or before 1950, does it have a fuse box or circuit breakers?
   (3) Don’t know               (3) Fuse Box                (1) Circuit breakers
   (0) Home was built after 1950

_____ In the room most often used for reading or watching TV, how old is most of the upholstered furniture (couch, easy chair, etc.)?
   (5) Manufactured before the mid-1970s          (4) Don’t know
   (3) Manufactured after the mid-1970s

_____ How old are most of the mattresses in your home?
   (4) Purchased before 1974        (3) Don’t know       (2) Purchased in 1974 or later

_____ Does anyone smoke in your home?
   (15) Yes, one or more regular smokers
   (5) Yes, one or more occasional smokers, or visitors who smoke
   (0) NO smokers

_____ If anyone smokes in your home, the construction of your upholstered furniture is important. Does your upholstered furniture have any indication of fire-safe construction?
   (4) No, or don’t know              (1) Yes, there is a sewn-label
   (1) Yes, there was a removable gold hang-tag from the UFAC
   (0) no one ever smokes in my home

_____ Does your home have a working automatic fire sprinkler system?
   (20) No, or don’t know              (10) Yes in some rooms       (0) Yes, the entire home has sprinklers

Score Part I  To compute your score for part I (Both Sections) add up the numbers you entered to the left of each question.  SCORE

51-80 Your household is too high. You can reduce your risk by creating a no-smoking policy, modernizing your home and contents and installing an automatic sprinkler system.

21-50 The fire risk in your home is about average. You can lower your risk by following fire practices and by modernizing your home and its contents

20 or BELOW Congratulations, you are living in a low-risk fire environment.
"SCANDAL!" by Ken Larsen

Scandal is a word that one does not readily associate with Elmira. Albany and Washington are a different story. At the February 17th general meeting, our guest speaker was Kelli Huggins, Educator at the Chemung County Historical Society at 415 East Water Street and her topic was "Scandal". What a delightful time it was! Kelli has been with the Historical Society about 3 years and loves history research at work and also on her off time at home. Her understanding and enjoyment of her subject was obvious. "Scandal" was the first in the award winning series held at the Historical Society. The award was earned for innovative interpretation. What nefarious doings have been associated with Elmira???

In the late 19th century a group of travelling performers was known as human ostriches not because of the size of their necks but rather their ability to digest non-food items such as stones, nails, glass, etc. A Samuel, or Harry, Harrison was one of these human ostriches. He visited medical colleges and for a fee of $250 allowed any surgeon to cut him open to examine his innards, an offer which he was taken up on many times. Supposedly he could devour 10 grains of any poison and be able to survive. He was also quite the lady’s man. While appearing at the Chemung County Fair, he attracted the attention of Hattie Miller, age 17, from Pine City, who became smitten with the geek. They ran off together but were found in Oneonta, New York by Miller's father.

Another scandal involved Frank Bundy owner of the F. E. Bunding Manufacturing Co. which made bicycle lamps. He served as Deputy Chamberlain in 1892 and became City Chamberlain from 1894 to 1900. He also ran for Mayor in 1900 on the Democratic ticket. The scandal arose from embezzlement. He embezzled $84,495 in city funds. In those days wealthy taxpayers would provide a bond for chamberlains to cover any shortfalls. $84 plus thousand is quite a shortfall for that day and age. The well-to-do of Elmira, including Matthias Arnot and James Rathbone, were on the hook for the missing amount. What the bond did not cover was written off as a loss for the city. The debt was still being paid off in the 1930s.

Other scandalous activities included the dog blood scandal involving Dr. Up de Graff, who professed to being one of a very few who could distinguish between human blood and dog blood. His testimony led to a murder trial conviction in Wellsboro, PA. Dr. Up de Graff maintained his claim that human blood could be microscopically separated from dog blood due to his superior glasses and his $1,600 microscope. Hopefully the suspect was actually guilty. During prohibition days there was the Sewer Beer Scandal involving Briggs' Brewery founded by Thomas Briggs and John Arnot Jr. Raids were conducted because of illegal distillation of beer including searching the sewer. Prohibition was repealed December 5, 1933. In 1934, Supreme Court ruled that cases regarding prohibition violations not already brought to trial be dropped. Charges against Elmira people and businesses were eventually dropped and the building located at 5th & Baldwin Streets was condemned by the government. It was torn down in 1939. There seemed to be lackluster police work then.

Last, but not least, that age old profession of prostitution. Railroad Avenue to Lake Street was a hot bed (excuse the pun) of activity. The influx of this activity began during the Civil War when Elmira was a rendezvous point and a Confederate prisoner of war camp. There were young Union soldiers which increased that market for adult entertainment. An increase in venereal disease posed a problem for army doctors. Elmira never had a sanctioned red-light district despite numerous calls for one. The working gals were driven into respectable neighborhoods from the business district. Businesses argued it was good for business because they bought lots of fine clothes and jewelry. Who wants to spend time with a tramp that looks like a tramp? At one Railroad Avenue establishment whenever there was a raid or advance tip of an impending raid, the half-naked gals retreated to the rooftop of the building.

Kelli brought us an entertaining program on a subject not usually researched and discussed. She has done her homework well. The series continues on April 8th for a segment called "Danger" which will deal with explosions, natural disasters, etc. Call 607-734-4167, ext. 205, for reservations. Space is limited. It is fun learning history that was not taught in school.
At the AARP general meeting on January 20th, our guest speaker was James Hare, well known history teacher, actor, and local politician. He and his wife, Alicia, enjoyed a trip to Eastern Europe aboard a Viking Cruise ship last August. Jim provided the informative and entertaining commentary, and Alicia was his technical assistant with the Power Point presentation.

Jim pointed out that their visit to this part of the world took place before the migrant crisis. Even in that part of the world, East Europe is not included in weather forecasts. Anyone who has watched PBS, especially Downton Abbey, has seen the Viking Cruises spot. What a luxurious way to cruise down the Danube past iconic locations, spectacular buildings and breathtaking scenery. Jim, being the eternal history buff, absorbs the facts of the area and takes amazing photos. Alicia enjoys the sights, dining, and shopping for souvenirs. As part of the trip, Jim and Alicia were treated to samples of culture of the area with folk dancing and entertainment as well as tasting the cuisine. They return to delight audiences with their travel adventures, and we get to happily go along vicariously.

Prague is a lovely city. They visited Prague Castle, the Astronomical Clock built in the 1400s, Tyn Church with "twin" steeple, which are actually not identical. One steeple is taller than the other for one thing and apparently the taller steeple is the male of the pair (Women's lib may not agree). Other sites included the Old/New Synagogue, the dominant Gate to Charles Bridge, and spectacular Wenceslas Square (more a boulevard than a square). Prague comprises 1.7 million people. Among the local attractions, there are also Starbucks, KFC, McDonalds. They went to what is called 200 Shops, which is huge with many underground shops and an escalator to return shoppers to street level.

The visit to Budapest included churches, Promenade Memorial and Shoes on the Danube (a memorial to Jews murdered along the Danube and dropped into the River). While there, Jim and Alicia encountered a political demonstration, which was appropriate for Mr. Hare. However, they did not stay for the actual demonstration. The lights of Budapest at night are a visual wonder. They also visited Belgrade, had a home lunch in Croatia and also bravely went to the land of Dracula. Bran Castle is the castle used in the Dracula films. The birth of the legend of the famous Count Dracula, Bram Stoker's creation in his novel, was compared to one of the best known figures in Romanian history, Vlad Dracula nicknamed Vlad Tepes (Vlad the Impaler). The theories about the Dracula legend come from different sources wherein Vlad Dracula did not live on the blood of innocent victims but rather a Countess slew victims for their blood because of cosmetic purposes. At any rate, the use of Bran Castle as background in the Hollywood film series starring Bela Lugosi as Count Dracula, the menacing blood sucker made big money for movie land. Jim has a photo kneeling by the reputed burial spot for Dracula (in the daytime), but Dracula may or may not be buried in that location – beware!

The trip with the Hares provided a delightful afternoon and we thank them. Just looking at the photo of Alicia relaxing on the deck outside her accommodations cruising down the Danube on Viking with a gorgeous sunset in the background makes me want to rush to a travel agent.

March is Colorectal Awareness Month by Dawn Bush, Chemung Co. Public Health Coordinator

Did you know:
Colorectal cancer is the #2 leading cause of cancer deaths among men and women in the U.S. combined.
1 in 20 men and women will be diagnosed with colorectal cancer in their lifetime.
Colorectal cancer accounts for nearly 10% of cancer deaths in the U.S.
1 in 3 adults aged 50-75 are NOT up-to-date with recommended colorectal cancer screenings.
The estimated direct medical cost of colorectal cancer care in 2010 was $14 billion.

Who gets colorectal cancer?
Colorectal cancer occurs most often in older people. Approximately 60% of people newly diagnosed with colon cancer are age 65 and older, and 90% of all colorectal cancers are diagnosed after age 50. Both men and women get colorectal cancer.

What you should do:
Colorectal cancer is preventable, treatable, and beatable – especially if caught early! Screening can actually prevent some colorectal cancers by detecting and removing polyps before they become cancerous. When colorectal cancer is found and treated early, it can often be cured. Typically there are NO early symptoms so screening is key. All men and women ages 50 to 75 and at average risk for colorectal cancer should be screened.
Risk factors for developing colorectal cancer include increasing age, family hereditary history, obesity, personal intestinal health history, physical inactivity, diet, smoking, and heavy alcohol consumption. There are at home tests that can be done in the privacy of your own home to detect colorectal cancer, but those done by your doctor such as colonoscopy and sigmoidoscopy detect both colorectal polyps and cancer.

Chapter 276 Advocates for Paid Family Leave at Meeting!

Ten Red Shirts attended the Horseheads Town Meeting of New York State Senator Tom O’Mara, Assemblyman Chris Friend, and Assemblyman Phil Palmesano. Ron Rehner, our Legislative Chair, asked our two Assemblymen why they both opposed the Paid Family Leave bill in the Assembly and also for Senator O’Mara’s thoughts about the bill, which has not come up for a vote in the Senate.

New York has 2.6 million caregivers who care for those living at home and keep them out of institutional care. These family caregiving services are valued at 31.3 billion dollars a year, which otherwise would add to the cost of Medicaid dollars for institutional care. It is also noteworthy that the USA is the only “developed” (rich) nation that does not provide for paid family leave. Obviously, in the future years of booming senior population growth, care for these growing numbers will create a huge problem for family caregiving and Medicaid funding! Most people (90%+) want to stay in their homes as long as they can safely do so.

Our local legislators feel that this bill would be a huge burden on the business community which is also struggling to provide jobs for people. Also the cost of the bill would be a burden on the people who are paying the highest taxes in the nation. Three states currently have Paid Family Leave laws: California, New Jersey and Rhode Island. The Business Council and its supporters say that the bill is the most expansive of any in the US and is the “least business friendly” of the three states. Ron urged Senator O’Mara to explore a compromise: perhaps the bill’s provision for 12 weeks of paid leave could be reduced to an affordable number. Stay tuned, because this bill is being pushed by the Governor and the Assembly, and the budget negotiations are just beginning.
Red Shirts Hear Corinda Crossdale

Chapter 276’s Red Shirts attended Corinda’s presentation on the Governor’s State of the State Address. Since this was her very first presentation on Cuomo’s speech, she said she felt nervous about a possible hostile audience. However, she met our very welcoming Red Shirts. She wished every audience would be as wonderful as our AARPers! Thank you to our people: Rose Burhyte, Dick and Nancy Evans, Judy Frandsen, Ken Larsen, Annie LeFevre, Polly Neiley, Jane Peterson, Ron Rehner, Rehana Stanley, and Hazel Thompson.

One of AARP’s state priorities is the Paid Family Leave Act proposed by the Governor. Please see the other article on our local state legislators’ town meeting at the Horseheads Village Hall.