



# Looking Forward

Ed Day, County Executive

Volume 44, Number 4

June Molof, Director

Sheila Berman, Editor

July/August 2016

**Office for the Aging  
Upcoming Events:**

- **Six Farmers' Markets from July 1-Nov.3**
- **Senior Focus, WRCR1700 AM, July 21**
- **Senior Focus, August 18**



Dear Friends,

It's nearly summer, the time for beaches, barbecues and spending time outside. Enjoy this beautiful weather!

This summer is going to be a special one for me. On August 3rd, I turn 65 and all of us know what that means: Medicare.

I have already received my card. I am looking forward to this new stage in my life. I may have to call the HIICAP Counselor at the Office for the Aging to help me navigate the Medicare system.



Ed Day,  
Rockland County Executive

Have a great summer and don't forget to stay safe, use sun-screen, bug spray, drink plenty of water, etc.

We look forward to seeing you again in the fall.

Best regards,

Ed Day, Rockland County Executive.

## **REASONS TO SHOP AT THE FARMER'S MARKETS**

**Inside this Issue:**

**Alzheimer's Caregiver Retreat pg. 3**

**New City Library Summer Events pgs. 5,11**

**Nyack Library Summer Events pg. 6**

**Rockland Shakespeare Company at RCC pg. 6**

- You can't get fresher produce—unless you grow it yourself!
- Cooking tips, usually the farmer can provide you with cooking tips and recipes.
- No middleman involved—you buy straight from the farmer.
- More than just food—various functions take place at the markets.
- Availability of produce not often found in supermarkets.
- Good for your body and the environment.

# farmers' markets 2016

**ROCKLAND COUNTY** 

## Haverstraw Farmers' Market

- Sundays, 9:00 am - 1:00 pm
- June 19<sup>th</sup> through October 9<sup>th</sup>
- Location: outside Village Hall, Maple Ave. Haverstraw
- Bus Routes: TOR #91; Rockland Coaches #11A
- *FMNP\* accepted*
- *SNAP (EBT)\*\* card accepted*

## Nyack Farmers' Market

- Thursdays, 8:00 am - 2:00 pm
- April 7<sup>th</sup> through November 23<sup>rd</sup>
- Location: Municipal Parking Lot, Main Street, Nyack
- Bus Routes: TOR #59, #91, #92; Rockland Coaches #9 and 9A; TAPPAN ZEEExpress
- *FMNP\* accepted*
- *SNAP (EBT)\*\* card, debit and credit cards accepted*

## Piermont Farmers' Market

- Sundays, 9:30 am - 3:00 pm
- May 22<sup>nd</sup> through November 20<sup>th</sup>
- Location: Corner of Piermont Avenue and Ash Street, Piermont
- Bus Route: Rockland Coaches #9A
- *FMNP\* accepted*

\* New York State Farmers' Market Nutrition Program (FMNP)

\*\* Supplemental Assistance Nutrition Program (SNAP),  
Electronic Benefits Transfer (EBT)

**Don't forget to use your Farmers' Market checks by November 30, 2016**

## Do you qualify?

- Find out if you are eligible for: WIC (Women, Infants and Children), call 845-364-2577
- Senior coupons, call 845-364-2110

**All markets open rain or shine**

**For more information contact: 845-364-2500**

Follow us on Facebook and Twitter

[www.facebook.com/rockhealth](http://www.facebook.com/rockhealth)

[www.twitter.com/rockhealth](http://www.twitter.com/rockhealth)

## Ramapo Farmers' Market

- Sundays, 9:00 am - 4:00 pm
- July 10<sup>th</sup> through October 9<sup>th</sup>
- Location: Eugene Levy Park parking lot 920 Route 45, Pomona
- Bus Route: TOR # 91
- *FMNP\* accepted*

## Spring Valley Farmers' Market

- Wednesdays, 8:00 am - 3:00 pm
- July 6<sup>th</sup> through November 30<sup>th</sup>
- Location: Corner of N. Main and W. Church Street
- Bus Routes: TOR #59, #91, #92, #94; LOOP #3; Rockland Coaches #11A; TAPPAN ZEEExpress
- *FMNP\* accepted*
- *One farmer accepts SNAP (EBT)\*\* card*

## Suffern Farmers' Market

- Saturdays, 8:30 am - 1:00 pm
- May 7<sup>th</sup> through October 29<sup>th</sup>
- Location: Corner of Lafayette and Orange Avenue, Suffern
- Bus Routes: TOR #59 and #93; LOOP #3



 **Rockland County**  
HEALTH



**Creating Healthy Schools  
and Communities**



## **UPCOMING EVENTS IN ROCKLAND COUNTY**

### **THE HISTORICAL SOCIETY OF THE NYACKS:**

For the past 20 years, our programs of 'ArmChair' Walking Tours have informed, entertained and delighted Rockland audiences with our profusely illustrated programs on local history, culture and nature.

The Historical Society of the Nyacks is now anxious to expand the scope of its audience to specifically include senior citizens and senior citizen organizations. Over the many past years, we have observed that seniors always constituted a most interested and enthusiastic part of our diverse audiences.

A partial list of the programs available for presentation include:

- The story of the Erie Railroad, which began in Piermont, and was the Engineering Marvel of the Era.
- The American Revolution in Rockland County
- World War II, Camp Shanks and Shanks Village
- The Kings Highway, from Tappan to Bear Mountain
- The Return of the Eagles to the Lower Hudson Valley
- Early Rockland County Schools
- The Towers of Nyack
- When Nyack Meant Business
- Treachery in Rockland, American General Benedict Arnold & British Major John Andre

All programs are profusely illustrated, with many old photographs and drawings from Rockland's past. These 'ArmChair' Walking Tours will be edited to suit the concerns of the senior citizen audience.

For information and to schedule dates, please contact Bob Goldberg at (845) 268-3838.

### **ALZHEIMER'S CAREGIVER RETREAT**

The Alzheimer's Association is hosting a Caregiver Retreat on September 13, 2016. It is a special day planned with activities for both the caregiver and person with dementia. Activities will be therapeutic; both breakfast and lunch will be provided. It will be held at the Stony Point Conference Center and any caregiver interested in attending, with or without their loved one, is encouraged to contact our office for further information (845) 639-6776. The retreat is free and planned especially with caregivers and persons with dementia in mind. Please reserve your space at the Alzheimer's Association's Caregiver Retreat! This is for the first 25 caregivers who reserve their spot only. Breakout sessions will include nutrition, gardening, stress management and music therapy.

### **FREE EDUCATIONAL PROGRAMS BY THE ALZHEIMER'S ASSOCIATION**

Join us from 7-8:30 p.m. every third Tuesday of the month at Meals on Wheels in the Demarest Mill Office Park, 121 West Nyack Road, Nanuet, NY 10954. For more information, call (845) 624-6325. Light refreshments will be provided.

Information on diet, nutrition, exercise, cognitive activity and social engagement to help develop a plan for healthy aging.

August 16, 2016: **Know the 10 Signs: Early Detection Matters.** Learn to recognize the 10 warning signs of Alzheimer's disease.

(upcoming events continued on next page)

## **JOIN US ON FREE GUIDED WALKS THIS SPRING, SUMMER & FALL**

Rockland County Executive Ed Day and County Health Commissioner Dr. Patricia Schnabel Ruppert encourage you to put on your walking shoes and enjoy the "great outdoors!" Join experienced Rockland county trail guides on free guided walks this spring, summer and fall. Guided walks offer visitors varied terrain, great scenery, interesting discussion points, and different levels of walking.

### **Rockland County Versus Big Oil! At Tallman Mountain State Park in Sparkill Saturday, August 20, 2016 from 10:00 a.m. - 12:00 p.m.**

- Walk through the history of Rockland County versus Big Oil. What REALLY happened at Tallman Mountain State Park? See if you can spot the evidence! Join Trail Guide Jack Bloom on this moderate to easy, 3-mile walk on a flat wide trail that offers glimpses of the Hudson River. The trail is packed earth and wide, with little incline. The walk is mostly flat and not rocky. It is along a road used for emergency vehicles.
- Directions: Take the Palisades Parkway SOUTH to Exit 5S. Merge onto Route 303 South. Go into Tappan, make a LEFT onto Oak Tree Road. Continue on Oak Tree Road and pass Route 340 and over Palisades Parkway to light at Route 9W. Make a LEFT onto Route 9W. Go less than 1 mile, just past the Market. On the RIGHT is small, free parking lot. If you pass the Conference Center on left or the main entrance to the park on right, you've gone too far. From the North, the parking lot is approximately 1.5 miles past the main Tallman State Park entrance on the left. For more information, visit Google Maps at <https://goo.gl/maps/2DWTtjYe7fA2>
- Meet at the secondary lot, small south lot, on the east side of Route 9W in Sparkill. Going South on Route 9W, the road to the parking is a few hundred feet before The Market store. If you reach The Market, you have gone too far. Please note this is not the main parking lot and there is NO admission fee.
- Hiking boots are recommended, or else closed-toe shoes with sturdy soles. Dress for the weather, and bring a jacket, hat, and rain gear as you see fit. Bring snacks and plenty of water, bug spray, sunscreen, binoculars, and a walking stick if you would like. Restrooms are not available, no dogs are allowed, and this walk is not stroller-friendly. This walk is appropriate for youth and up.
- **All Aboard for Thiells, Pomona, and Mt. Ivy! at Samuel G. Fisher Mt. Ivy Environmental Park in Pomona, Saturday, September 17, 2016 from 10:00 a.m. - 12:00 p.m.**
- We've all walked on abandoned railroad beds, but this one is full of Rockland County history! First, stroll through grassy meadows in the shadow of Boulders Stadium. Then, discover Rockland's railroad history along the old Erie RR

(upcoming events continued on next page)

right of way...right in our backyard. Maybe you'll even find an old iron railroad tie spike. All this within the Pomona/Mt. Ivy wetlands. This moderate, 3-mile walk is a combination of an old road, open meadows and an abandoned railroad track. There may be some wet spots, especially after rains as the area is a wetland. The trail is relatively flat and wide. Half of the walk is along an old railroad right of way. The other half is a natural trail.

- Directions: From Exit 12, coming South, off the Palisades Parkway make your way to Route 45. \*Go south 0.1 mile and make a right into Pomona Road, then right again onto Fireman's Memorial Drive. Park at the end of Fireman's Memorial Drive, but do not block the gate. Please note that parking is limited. If you're coming North, get off Exit 12 turn left onto Conklin Rd. and make a left onto Rt. 45. Follow directions above at\*. For more information, visit Google Maps: <https://goo.gl/maps/PVvvYe5GH4G2>
- Meet Trail Guide Jack Bloom at the park entrance past the Fire Training Center off of Fireman's Memorial Drive in Pomona.
- Hiking boots are recommended, or else closed-toe shoes with sturdy soles. Dress for the weather, and bring a jacket, hat, and rain gear as you see fit. Bring snacks and plenty of water, bug spray, sunscreen, binoculars, and a walking stick if you would like. This walk is not stroller-friendly, restrooms are not available, and dogs are not allowed on this guided walk.

---

### **MOVEMENT FOR JOY (M4J)**

Movement for Joy (M4J) is a movement help program for people with Parkinson's, MS, MSA, MD, Stroke, Arthritis, and other movement issues. Dance inspired M4J gives movement challenged people an opportunity to re-experience the joy of moving, accompanied with music. It also gives them the opportunity to do so along with others who are similarly challenged. It returns confidence and brings renewed joy, along with companionship. The program is open to all people: ambulatory, wheelchair bound, needing to be seated, and care givers.z

Movement for Joy was initiated in 2010 by dancer, Janet Baker and Jim Evers, and is now led by Susan Lust, a dance instructor trained in movement challenges and in dance for seniors. All of our dance instructors are trained by Mark Morris Dance for Parkinson's.

M4J is held monthly at Nyack Yoga, 42 Main St., Nyack, NY. Parking and handicap access on site. For more information and the next meeting, please contact: Jim Evers, (914) 263-1164.

---

### **NEW CITY LIBRARY SUMMER PROGRAMS**

Advanced Beginners: Mah Jongg

Tuesdays, July 12, 19, 26 August 2 at 7:00 p.m.

These two-hour sessions, led by Jill Rosenfeld are for those who already know how to play and want to improve their skills. Attendance for the first class is mandatory. Please bring a 2016 National Mah Jongg League card. Registration is required, beginning June 28. Call (845) 634-4997, ext. 139.

Outdoor Concert, Campfire Songs & Sing-Alongs:

The Lost Radio Rounders, upstate New York's premiere acoustic Americana duo, perform familiar old favorites.

(upcoming events continued on next page)

### **NYACK LIBRARY JULY PROGRAMS:**

#### **Woven Beaded Jewelry 101**

Participants will learn the basics of 'peyote stitch', one of the most popular stitches in the bead weaver's repertoire, and leave with a lovely bracelet they've created. There will be a choice of colors, so each beader can make it his/her own. Adults and teens are welcome.

There is a \$5 materials fee being collected at the door. Space is limited to 12. Tuesday, July 26, 6:30 p.m.

#### **An Afternoon of Mezze-Vegetarian Cooking Demonstration**

World traveler and home cook Nicki Zion demonstrates the vegetarian Middle Eastern party platter. Recipes and tasting include: Hummus, Babaganush, Matbuca78, Tabouli & Tahini.

Saturday, July 30, 2:00 p.m.

\$5.00 materials fee will be collected at the door.

\*Please Register for ALL Adult Programs at (845)358-3370 ext. 214

### **19TH SEASON OF THE ROCKLAND SHAKESPEARE COMPANY AT RCC**

All are welcome - free outdoor performances at Rockland Community College. Plenty of free parking. Performances begin at 7:00 p.m. in the Quad behind the Cultural Arts Center. Bring your family, friends, refreshments and comfortable lawn chairs or blankets for seating.

Rockland Shakespeare Company Co-Founders/Co-Artistic Directors are Christopher Plummer and Patty Maloney-Titland. For more information, call (845) 574-4471.

#### Weekend One:

July 7th - ***Othello*** (With Ryan McNeill as *Othello* and Christopher Plummer as *Iago*)

July 8th - ***Othello*** (With Christopher Plummer as *Othello* and Ryan McNeill as *Iago*)

July 9th - ***The Winter's Tale***

July 10th - ***Othello*** (With Ryan McNeill as *Othello* and Christopher Plummer as *Iago*)

#### Weekend Two:

July 14th - ***Othello*** (With Christopher Plummer as *Othello* and Ryan McNeill as *Iago*)

July 15th - ***The Winter's Tale***

July 16th - ***Othello*** (With Ryan McNeill as *Othello* and Christopher Plummer as *Iago*)

July 17th - ***Othello*** (With Christopher Plummer as *Othello* and Ryan McNeill as *Iago*)

#### Weekend Three:

July 21st - ***The Winter's Tale***

July 22nd - ***Othello*** (With Ryan McNeill as *Othello* and Christopher Plummer as *Iago*)

July 23rd - ***Othello*** (With Christopher Plummer as *Othello* and Ryan McNeill as *Iago*)

July 24th - ***The Winter's Tale***

### **WHAT'S HAPPENING AT JCC**

#### **Rockland Defensive Driving Classes:**

Sunday, July 17: 9 a.m.-3 p.m.

August 3 & 4: 6:30-9:30 p.m. JCC Member \$40, Public \$55

**Lecture: "Jewish Harlem" Speaker:** Marty Schneit's bagels & coffee served. Event will be held at FountainView in Monsey. Reservation required. Call (845) 362-4400 x109 Cost: \$5.00

#### **Travel with the J**

- Wing's Castle & Old Rhinebeck Aerodrome, Wednesday, July 27 JCC Member \$99.00, Public \$114.00
- Kingston, N.Y., Wednesday, August 3 JCC Member \$95, Public \$110

For more information and to register, contact Bonnie Wind at (845) 362-4400x 109

## **PRECAUTIONS TO TAKE DURING THE SUMMER**

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly, as well as their caregivers, can use to make sure they have a fun, safe summer.

If you follow these tips, there's no reason you can't have an enjoyable and fun-filled summer -- no matter how old you are.

- **Stay hydrated**

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. Remember to drink water often, and be sure to pack some for those long summer drives.

- **Talk to your doctor**

Check with your medical team to make sure any medications you are on won't be affected by higher temperatures.

- **Keep your cool**

Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air-conditioned.

- **Wear the right stuff**

Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

- **Know the risks of Hyperthermia**

During the summer, be particularly cautious about abnormally high body temperatures - a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing the following symptoms:

- body temperature may be over 105F, a level that damages the brain and other organs.
- muscle cramps
- fatigue and dizziness
- headache
- nausea and vomiting

- **Rub on sunscreen and wear hats**

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy.

Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

## **MEALS ON WHEELS' ADULT LEARNING CENTER**

### Bringing Computer Skills to Adults

Meals on Wheels operates the Adult Learning Center (ALC), a full-service technology education center run by experienced volunteers devoted to enhancing the technology skills of older adults. Through small classes with individualized instruction, participants, from the novice to the more seasoned technology user, gain valuable skills and improve technological communication with their family and friends. The Adult Learning Center, along with all of our services, is part of a greater continuum of care that enables older adults to remain as independent as possible and living in their own homes.

### Location

All classes are held in a state-of-the-art classroom on the Meals on Wheels campus at 121 West Nyack Road, Nanuet and are offered in morning and afternoon sessions, Monday through Friday.

### Instruction Information

Each class offers one instructor and two coaches with a maximum of 8 students per class. Highly individualized attention enables students to learn at their own pace. Each student has the use of an individual computer during class. The cost of courses ranges between \$20 and \$60 each. Courses run from one day to six weeks, depending on the course work. For some courses an optional manual is available at a cost of \$15.

Classes are offered for the novice to the more advanced student. Whether you need to learn the basics of using a keyboard and mouse or to learn programs that will help you develop more advanced skills, the curriculum includes a variety of class offerings, including Basic Skills, Introduction to Computers using Windows 10, Microsoft Word, Microsoft Excel, Photo Editing using Picasa, Genealogy, and iPad and/or iPhone as examples. Curriculum offerings, however, may change as demand warrants.

### Open House

The ALC also hosts a monthly "Open House" on the first Thursday of the month from 1:00 – 3:00 pm where students can get personalized help with any specific topic related to a course they have taken at the ALC. In addition, students may get assistance with any hardware problems they are having. These services are offered at no cost to past and current students.

### Contact Us

The teaching of computer skills at Meals on Wheels began in 1998 and has instructed some 3,000 students. Students report that ALC classes have dissipated their "fear" of computers and today's personal electronics technology. Volunteer instructors and coaches find sharing their experience and knowledge with older adults is quite fulfilling and the main reason why they enjoy volunteering at the ALC. Anyone who would like to improve their computer skills at any level should consider signing up for an ALC class by calling (845) 623-5467 or by e-mailing [learning.center@mowrockland.org](mailto:learning.center@mowrockland.org). Please contact us for a schedule of classes. Students can register up to the day of the class or until the class is full. You will be more than pleased with the results!



## Get Mosquitoes to BUZZ OFF!

Mosquitoes usually are considered a nuisance pest, but occasionally they can spread disease, such as West Nile Virus or Zika Virus. Mosquitoes lay their eggs in or near water, and their offspring "grow up" in water before emerging as adults that fly and bite. Many types of mosquitoes, including those that can spread disease, can lay their eggs in even the smallest amounts of standing water around the home such as in flowerpots, birdbaths, bottle caps, and discarded tires. Others lay their eggs in small ponds or other bodies of water. Most mosquitoes are active between dusk and dawn and will bite when the air is calm. Other mosquitoes, especially the types that breed in containers, will bite at any time of the day.

### Reduce Mosquitoes around Your Home and Yard

- Check your property for ANY items that can hold water. Get rid of the items or empty the water out and scrub the inside of the item at least once a week.
- Drill drain holes in the bottoms of recycling containers, turn over wading pools and wheelbarrows when not in use, and remove all discarded tires.
- If you have a swimming pool that is not in use, drain the water off the cover or treat this standing water with Mosquito Dunks®. The dunks are available free of charge at the Health Department, Building D, 50 Sanatorium Road in Pomona, Monday - Friday, from 9 am to 4 pm, while supplies last. It is important to know the size of your pool when coming to pick up your dunks. In addition, residents can request free larvicide tablets by calling the New York State Department of Health at 1-888-364-4723.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs. For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use an outdoor flying insect spray where mosquitoes rest. Mosquitoes rest in dark, humid areas like under patio furniture, or under the carport or garage. When using insecticides, always follow label instructions.
- If you have a septic tank, repair cracks or gaps. Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.
- Make sure that roof gutters drain properly.
- Clear vegetation and debris from the edges of ponds and remove leaf debris from yards and gardens.

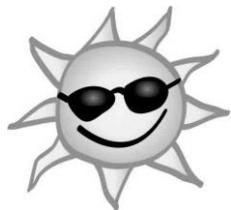
### Protect Yourself from Mosquito Bites

Most mosquitoes are not infected with disease-causing viruses. However, to reduce your risk of being bitten, take the following steps:

- Cover your skin as completely as possible. Wear shoes and socks, long pants and a long-sleeved shirt when outdoors for long periods or when mosquitoes are more active.
- Use mosquito repellent, which should always be applied according to label directions.
- Cover baby carriers with mosquito netting when outside.
- Stay indoors at sunrise, sunset and early in the evening when mosquitoes are most active.
- Close doors and make sure all windows and doors have screens, and that the screens do not have rips, tears or holes.

To learn more, call the Health Department at 364-3173. To learn more about the Zika virus call the NYS Zika Information line at 1-888-364-4723.

# Health Matters



## Keep Your Cool When the Weather is Hot

Follow these prevention tips to protect yourself from heat-related stress:

- Drink cool, nonalcoholic beverages. Avoid extremely cold liquids because they can cause stomach cramps.
- Take a cool shower, bath, or sponge bath.
- Rest, and if possible, remain indoors in the heat of the day. If possible, seek an air-conditioned environment. If you don't have air conditioning, consider visiting an

air-conditioned shopping mall or public library to cool off. Check with your town and village to see where you can go to cool off.

- Wear lightweight clothing.
- Don't engage in strenuous activities.

If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink when the weather is hot. To learn more about keeping your cool when the weather is hot, talk to your doctor or visit [www.emergency.cdc.gov/disasters/extremeheat/older-adults-heat.asp](http://www.emergency.cdc.gov/disasters/extremeheat/older-adults-heat.asp)

## Are You Pouring on the Pounds? Don't Drink Yourself Fat!



Did you know that Americans consume 200 to 300 more calories each day than we did 30 years ago? Nearly half of these extra calories come from sugar-sweetened beverages. Sugar in sweetened drinks contains extra calories you don't need! Re-think your drink! You'll probably be surprised by how many calories are in popular drinks. Choose water, seltzer or low-fat milk instead. Skip sports and energy drinks. If you drink coffee or tea, go easy on the sugar and use low-fat or skim milk. If you do have a sugar-sweetened drink - downsize! - cut calories and save money by ordering a "small" instead of a "large."

## Local Farmers' Markets Are Open for Business!

Want fresh, locally grown fruits and vegetables, picked at their peak, and packed with vitamins and minerals? If your answer is yes, shop at one (or more!) of the many local Farmers' Markets. They are open rain or shine through late fall. For information on Senior Coupon eligibility, call the Office for the Aging at 364-2110. For information about Rockland's Farmers' Markets call 364-2500 or visit [www.rocklandgov.com/health](http://www.rocklandgov.com/health).

## Sign Up for Free or Low-Cost Lifestyle Programs!

**Diabetes Prevention Program:** Learn how you can prevent or delay type 2 diabetes if you are at risk for type 2 diabetes or have been diagnosed with pre-diabetes. Call 364-2500 for more information.

**Lose to Win Weight Loss Program:** This free eight-week program uses the latest guidelines to help you lose weight safely and successfully. There is a \$10 fee due at the time of registration. Call Nyack Hospital at 348-2004 to find out when a program begins.

**A Matter of Balance:** This free eight-week fall-prevention program can help you learn to reduce your fear and risk of falling, and simple exercises to increase your strength and balance. Call 364-2500 to find out when the next program begins.

## **HOSPICE CARE**

**MYTH:** If you go on hospice, you will die soon.

**FACT:** Receiving hospice does not mean that death is imminent. Studies have shown that patients who elect hospice care earlier often live longer than those who continue to receive curative treatment. Earlier use of hospice care enables us to build a relationship with the patient and family, improve symptoms and quality of life, provide much needed support, help to avoid crises and so much more.

The hospice benefit is designed for patients who have a life expectancy of approximately six months. However, as long as the patient continues to meet hospice requirements, they may continue to receive services – even if this is longer than six months.

## **FYI: FOR YOUR INFORMATION**

### **GROWN-UP COLORING PARTY AT THE NEW CITY LIBRARY:**

Friday, June 17, July 22 and August 12th 11:00 a.m.

Coloring is a relaxing and creative hobby that you never have to outgrow. An assortment of intricate coloring pages will be available to choose from, as well as crayons, colored pencils and markers. Light refreshments.

For information, call (845) 634-4997.

### **BE A CLOWN! BE A CLOWN! BE A CLOWN!**



The Retired and Senior Volunteer Program of Rockland County is looking for a few new clowns. The only requirement is that the person is over 55 years of age. There is a training program where the person will be taught how to do makeup, create their costume and persona, perform skits, and other fun clowning activities. No prior experience is necessary. Clowns perform at nursing homes, hospitals, and other non-profit organizations and some special events in the county.

If you are interested, please contact us at (845) 356-6818. Clowns are RSVP volunteers and therefore receive mileage reimbursement, supplemental accident and liability insurance while volunteering, and be invited to the annual Recognition Event.

## **A VERY INSPIRING STORY**

I received a wonderful letter from a man named Gardner Watts, who is 102 years of age, and I wanted to share it with you. (The letter was dated May 23, 2016)

Dear Madam:

Perhaps some of my activities could inspire or encourage others, who are aging, to attempt more activities for their good health.

Last week on Tuxedo Lake, I paddled a kayak for 30 minutes and a full mile distance. I was quite proud of the achievement.

This week, an 86-year-old friend and I are returning in his canoe to the Harriman Pond Lake. Last year, we did 25 outings there and plan now to do at least 20 more.

I do limited daylight driving and, with a light cane, have walked many scores of yards in our county parks this spring.

For background:

I am the senior citizen who flew nine miles in a balloon and am the oldest man to climb to the crown of the Statue of Liberty. I was 97 at the time.

Sincerely,

Gardner F. Watts

## **HOW HEARING LOSS CAN IMPACT MENTAL HEALTH**

Source: *Lisa Packer*, staff writer, Healthy Hearing | September 2015

We have all seen the ads for hearing aids and assistive listening devices. We know how they'd help out and reduce the strain of trying to understand the mumbles. But while the ability to hear your loved ones or enjoy your favorite television shows is certainly the goal, it turns out there is more at stake than just your hearing health. New research shows that untreated hearing loss has a profound effect on mental state, affecting everything from temperament to perceived life satisfaction to cognition. And with the youngest baby boomers now entering their fifties, the increasing population of those with hearing loss is becoming a significant issue.

**Depression, cognitive decline and social isolation are all possible if hearing loss goes untreated.**

Those with hearing loss are likely to experience a myriad of mental and emotional issues; anger, depression, anxiety, loneliness, frustration, and decreased cognitive functioning are common among those with untreated hearing loss. Add in an average delay of seven to ten years seeking treatment, and you have a recipe for an unnecessarily poor quality of life for millions of people.

### **Depression**

Hearing loss has, in recent years, been linked with depression. As a matter of fact, a recent study by the National Council on Aging studied more than 2300 people with hearing loss, and found that those with hearing loss were 50 percent more likely to experience depression. And it's not just feeling down once in a while; many seniors with untreated hearing loss reported feelings of sadness and or depression that lasted two weeks or more. "This study debunks the myth that untreated hearing loss in older persons is a harmless condition," said James Firman, President and CEO of the National Council on Aging (NCOA).

### **Cognitive decline**

Cognitive decline is a significant problem that has been linked to untreated hearing loss in recent studies as well. Whether cognitive decline or even dementia are caused by hearing loss is not yet known; what is known is that a link has been established that needs further study. Researchers suspect that the higher risk for dementia and cognitive decline among those with untreated hearing loss could be caused by a number of factors. A study out of the University of Colorado suggests that one of these factors is brain reorganization, in which the hearing centers of the brain shrink and other parts of the brain previously devoted to other tasks step in. The result is that brain functions such as short term memory or problem solving skills deteriorate.

### **Social isolation**

Among seniors, loneliness and social isolation are common problems which are unfortunately only exacerbated by hearing loss. Many seniors become frustrated with their efforts to hear and understand, especially in noisy environments. As a result, they avoid activities, people and places they once enjoyed.

The results of the studies highlight the importance of early hearing loss screening and treatment as a possible way to reduce the risk of the mental health issues and cognitive decline associated with hearing loss. In short, early screening and treatment can help improve quality of life, relationships, communication and social function, and help seniors re-engage in life.

## **WARNING SIGNS YOUR PARENT NEEDS HELP AT HOME**

Maybe you've noticed that dad's unopened mail is piling up. Or mom, once meticulous about her appearance, is wearing wrinkled clothes and not doing her hair. Perhaps there are bruises on your aging parent's arms. When you bring up the subject, you hear, "Everything is fine. There's no need to worry."

Admitting they need help would mean they can't take care of themselves anymore, and no one wants to lose their independence. "Denial is the unrealistic hope that a problem is not really happening and will go away by itself. Admitting they need help and accepting assistance is not easy for people as they age. It represents a loss of independence. Denial plays a major role and signs get ignored," says Paul Hogan, Founder and Chairman of Home Instead Senior Care.

**Find a Home Care Provider:** The burden often falls on the family to recognize the signs that an aging parent might need help with daily living tasks.

This doesn't necessarily mean that your loved one has to go to assisted living or a nursing home, but they may need some extra help in their home. If they're not willing to admit it, how do you know if your elderly parent needs home care?

### **Here are signs that may indicate your parent needs help at home:**

- Spoiled food that doesn't get thrown away
  - Missing important appointments
  - Unexplained bruising
  - Trouble getting up from a seated position
  - Difficulty with walking, balance and mobility
  - Uncertainty and confusion when performing once-familiar tasks
  - Forgetfulness
  - Unpleasant body odor
  - Infrequent showering and bathing
  - Strong smell of urine in the house
  - Noticeable decline in grooming habits and personal care
  - Dirty house, extreme clutter and dirty laundry piling up
  - Stacks of unopened mail or an overflowing mailbox
  - Late payment notices, bounced checks and calls from bill collectors
  - Poor diet or weight loss
  - Loss of interest in hobbies and activities
  - Changes in mood or extreme mood swings
  - Forgetting to take medications or taking more than the prescribed dosage
  - Diagnosis of dementia or early onset Alzheimer's
- 

## **LIKE US ON FACEBOOK!**

Want to stay up-to-date on important information from the Office for the Aging?

Follow us on Facebook:

[www.facebook.com/pages/Rockland-County-Office-for-the-Aging/579381845431751](http://www.facebook.com/pages/Rockland-County-Office-for-the-Aging/579381845431751)

Rockland County Office for the Aging  
Dr. Robert L. Yeager Health Center  
Building "B", Pomona, New York 10970  
Phone: (845) 364-2110; Fax: (845) 364-2348  
Website: <http://rocklandgov.com/departments/aging>  
**RETURN SERVICE REQUESTED**

### **A HEARTBEAT AT YOUR FEET**

Did you know that owning a dog could significantly reduce your chances of suffering a heart attack? Dog owners also have increased survival rates one year after a heart attack. Just simply talking to a pet rather than a person can lower heart rate. Elderly dog owners walk significantly farther when they walk with their dog, which also contributes to their health.

Studies in Nursing Homes found that the presence of a dog was associated with a reduced need for medication, improved physical functioning, and improved vital signs - even among patients suffering from dementia. The list of health benefits also includes reductions in loneliness, agitated behaviors and depression and increases in engagement, well-being, nutritional intake, and social interactions.

All of the above positive indicators do not mean that every senior citizen should have a dog. If you are not a dog lover, or if you are unable to take care of a pet, a dog is not for you. If you are considering a dog however, there are a few breeds that make sense for seniors. Smaller dogs that are low maintenance and have good dispositions are the best bets. Be sure to investigate the qualities of any breed you are considering to be sure it is a good fit your home. Here are a few breed suggestions that might work best for seniors:

Pug, Shih Tzu, Chihuahua, Toy Poodle, Miniature Schnauzer, Cocker Spaniel, Yorkshire Terrier, Pomeranian, Boston Terrier and a Scottish Terrier.

Source: SPOTLIGHT ON SENIORS