



Looking Forward

Ed Day, County Executive

Volume 44, Number 3

June Molof, Director

Sheila Berman, Editor

May/June 2016

Office for the Aging Upcoming Events:

- May 19th, Senior Focus
- May 25th, Power of Age
- May 30th, CLOSED for Memorial Day
- June 16th, Senior Focus



Inside this issue:

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Welcome Spring...

Dear Friends,

Spring has sprung! I hope the snowbirds have returned to Rockland and are enjoying all that this beautiful Hudson Valley has to offer. I'm excited to attend **Power of Age** this year on **May 25th** at **Rockland Community College**, and I have the privilege of presenting the Rockland County Senior Citizen of the Year Award to **Dorina Maragliano**, a native of Rockland who has volunteered for more than two decades, and the Outstanding Contribution by a Senior Citizen to **Frances Nardi**, a pioneer in North Rockland, who founded the West Haverstraw Senior Club that today boasts more than 100 active members. Congratulations to both of these women. Without your dedication to our community, it wouldn't be what it is today. THANK YOU!



Ed Day, Rockland County Executive

Best regards,

Ed Day, Rockland County Executive

May is Older Americans Month!

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. May is also when we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation.

June is National Safety Month!

National Safety Month focuses on reducing leading causes of injury and death at work, on the roads and in our homes and communities.



MARK YOUR CALENDAR!!

May 25th

9 a.m. - 12:45 p.m.

Come and Celebrate Rockland County Older Adults

Co-sponsored by the Rockland County Office for the Aging and Rockland Community College

This is a free event and open to the public

Festivities begin at 9:00 a.m. with a continental breakfast!

Walk in registration starts at 9:00 a.m., however you are encouraged to mail, fax, e-mail or call your registration in earlier. (Details on following page)

This year's honorees are:

Dorina Maragliano - Senior Citizen of the Year

Frances R. Nardi - Outstanding Contribution by a Senior Citizen

DORINA MARAGLIANO - SENIOR CITIZEN OF THE YEAR

Dorina, born in Rockland, has volunteered for over 22 years for various organizations including St. Ann's Church in Nyack where she is a Eucharistic Minister. She has also been a volunteer for the American Cancer Society, Helping Hands, Food Pantry at St. Ann's School in Nyack, the Orangetown Engine Co. in South Nyack and the Disabilities Advisory Council. She also worked for Headstart of Rockland for over 35 years and now works at Nyack Hospital as a telephone operator. She is a staff representative to the New York State Headstart Association. Dorina says volunteering keeps you young, keeps your mind going and offers something to do other than sitting at home.

FRANCES R. NARDI - OUTSTANDING CONTRIBUTION BY A SENIOR CITIZEN

"Frances Nardi exemplifies what it is to be an outstanding senior citizen" according to her nominator. She is the founder of the West Haverstraw Senior Citizens Club which has over 100 active seniors. As a trustee of the village, she is Director of the Summer Youth Program. She is also the co-founder and past President of the North Rockland Soccer Association. She and her husband founded this program in 1978. She has received many awards and was the Grand Marshall of the Christopher Columbus Day Parade in 1990 and received the Rockland County Women's Network Service Award in 1995.

For additional information please call the Office for the Aging at (845)364-2110 or visit our website: www.rocklandgov.com/departments/aging.



Sign up today!
Call (845) 364-2110
Email: ofa@rockland.co.ny.us or
Fax: (845) 364-2348
to confirm your reservation!

Power of Age Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____

Email: _____

Workshop Choices (indicate your preference by 1, 2, and 3)

- | | |
|---|---|
| <input type="checkbox"/> 1. Medication Safety | <input type="checkbox"/> 8. Gentle Yoga for Seniors |
| <input type="checkbox"/> 2. Keeping our Minds Sharp Through Nutrition | <input type="checkbox"/> 9. Scent-sation |
| <input type="checkbox"/> 3. Dancercise | <input type="checkbox"/> 10. Scams, Estate Planning |
| <input type="checkbox"/> 4. Medicare Fraud | <input type="checkbox"/> 11. Memory Loss (Knowing 10 Warning Signs) |
| <input type="checkbox"/> 5. Athletic Dance | <input type="checkbox"/> 12. Aging in Place |
| <input type="checkbox"/> 6. Legal, Are you Prepared? | <input type="checkbox"/> 13. Art & Soul Painting Party |
| <input type="checkbox"/> 7. Build a Terrarium | |

Rockland Community College Fieldhouse, May 25, 2016

9:00-11:00 am	Registration with Breakfast Visit with Exhibitors
11:15 am	Award Ceremony & Special Performance
11:45-12:45pm	Workshops

Please note the workshops are held throughout the campus; walking is required.
For more information please call the Office for the Aging at (845) 364-2110 or
visit our website: www.rocklandgov.com/departments/aging

UPCOMING EVENTS IN ROCKLAND COUNTY

MAY & JUNE EVENTS AT JCC ROCKLAND: Registration is required for all programs. FOR MORE INFORMATION AND TO REGISTER: CALL BONNIE WIND: (845) 362-4400 x109 \$ indicates that there is a fee required for the following events; please call the JCC at (845) 362-4400 x 109 for that information.

Israeli Film *Beaufort*

Thursday, May 19 at 1:00 p.m. Free & Open to the Public

Learn Canasta \$

Tuesdays, May 3 - June 7 from 10:30 a.m. - 12:30 p.m.

Learn Mah Jongg \$

Wednesdays, May 4 - June 8 from 10:30 a.m. - 12:30 p.m.

Absolute Beginner Bridge \$

Thursdays, May 5 - June 23 from 9:30 a.m. - 11:30 a.m. May 5 class free – please register

Defensive Driving Classes \$

Wednesday & Thursday, May 18 & 19 and June 15 & 16 from 6:30 p.m. - 9:30 p.m.
Sunday, June 5 from 10:00 a.m. - 3:00 p.m.

"The Magic of Film" \$ (Kosher lunch)

Sunday, June 5 from 10:00 a.m. - 3:00 p.m.

How has the Jewish image in America been portrayed in film?

Great Trips: Call for information - call for information

Resorts Casino: Wednesday, May 4

Niagara Falls & Toronto: Monday - Friday, June 6-10

Sands Casino: Wednesday, June 22

RCC EVENTS:

Irish Heritage: *Lovers* by Brian Friel on Saturday, June 11, 8:00 p.m. – 10:00 p.m.

Black Box Studio, 7100 Cultural Arts Center ([map](#))

This presentation is in conjunction with local high school students and RCC alumni. For more information: Rosemary Witte (845) 574-4471, rwitte@sunyrockland.edu or www.sunyrockland.edu/go/Irishheritage.

Celebration of Liberty & Pride 2016 Ramapo Parks & Recreation

Sunday, June 26 from 5:30 p.m. – 10:30 p.m. Doors Open at 5:30 p.m.; entertainment begins at 6:00 p.m. There are fireworks on the RCC campus at approximately 9:30 p.m.

MEMORIAL DAY PROGRAM:

Come and Honor Our Veterans! Friday, May 27th from 11:00 a.m. to 12:00 p.m.

Street Community Center at 31 Zukor Rd. New City, NY Refreshments 12:00 p.m.-1:00 p.m.

All are welcome! For more information: (845) 634-3039

AARP PROGRAMS:

"Tea For Two" on May 18, 2016 at 12:30 p.m. at JCC 450 West Nyack Rd. West Nyack, NY. A This is a visual program offering insight into world of tea.

First discovered in China, tea has traveled the globe conquering the thirst of every country.

Join us for this interesting program and let us sing together the beautiful melody "Tea For Two".

Date: June 15, 2016 at the JCC, 450 West Nyack Rd, West Nyack, NY

HUDSON RIVER AT RISK: produced by Jon Bowermaster, National Geographic and Oceanas Eight.

Paul Gally, President of Riverkeeper will be celebrating Riverkeeper's fiftieth anniversary with a presentation of three film vignettes of current threats to the river and public safety.

For more information regarding the AARP programs above please contact Norm Cohen at (845) 623-7606.

(continued on the next page)

(events continued)

UNITED HOSPICE:

ANNUAL HEALING HEARTS MEMORIAL ROCK GARDEN CEREMONY will take place on Wednesday, June 15, 2016 at 5:30 p.m. at United Hospice of Rockland, 11 Stokum Lane, New City. Children, ages 4–18 that are in the Healing Hearts program will have the opportunity to “plant” their hand-painted rocks in the Children’s Memorial Rock Garden. During the ceremony children will also have the chance to talk about and memorialize their loved ones.

There will be balloons, entertainment, and refreshments provided during the ceremony. Families who participate in the Healing Hearts program and interested community members are invited. If anybody knows of a child or family member who could benefit from this program, please contact Marissa Kuropatin, UHR Healing Hearts Program Coordinator at (845) 634.4974 or email mkuropatin@hospiceofrockland.org.

16TH Annual Golf Classic at Paramount Country Club in New City, Monday, June 13, 2016. **New check-in time of 11 a.m.!**

Enjoy a great day at Paramount Country Club complete with lunch, cocktails and dinner. Complimentary golf clinic, scramble format, awards, great raffles and an auction too; all to benefit United Hospice of Rockland.

Compete at the Mercedes-Benz Dealer Championship for a spot at the Mercedes-Benz Eastern Sectional Championship at the exclusive Pinehurst Resort on October 20 - 24, 2016!

To become a sponsor or register to golf, contact MJ Bray, UHR Asst. Director of Development at (845) 634-4974 or email mjbray@hospiceofrockland.org

ALZHEIMER'S ASSOCIATION:

Meeting of the Minds - Second Annual Hudson Valley Regional Dementia Conference Friday, May 13, 2016 from 9:00 a.m. - 4:00 p.m. at the DoubleTree by Hilton located at 455 South Broadway, Tarrytown, NY 10591.

For more information or to register call 800-272-3900 or visit AlzDementiaConference.org.

EXTRA HELP PAYING FOR YOUR MEDICARE PRESCRIPTION DRUG COVERAGE

Did you know there is a program available that helps reduce or eliminate an individual’s Part D premium and significantly lower cost-sharing requirements?

If you are enrolled in Medicare and your monthly income is limited to:
\$1,485.00 single or \$2,003.00 for a couple

and your assets are limited to:

\$13,640 single or \$27,250 for a couple,

you may be eligible for Extra Help.

For more information, please call the Health Insurance Information Counseling and Assistance Program (HIICAP) at (845) 364-2118.

FYI: FOR YOUR INFORMATION

SENIOR FOCUS:

Coordinated by the Rockland County Office for the Aging and Cystal Run Healthcare, this program covers important topics facing older adults in our community and the services available to them. To listen in, please place your dial at 1700 WRRCR at 10:10 a.m. the 3rd Thursday of the month. Go to rocklandgov.com/departments/aging for future topics.

HABITAT FOR HUMANITY:

Their current project is building a house in the village of Haverstraw. They are always looking for volunteers for their "brush with kindness" program, which is general labor. It includes swinging a hammer, painting a wall, etc. If anybody wants to get involved, email: rocklandhfh@gmail.com

NANUET PUBLIC LIBRARY:

Be Prepared: Be Your Own First Responder will be presented on Wednesday, May 11, 2016 at 7:00 p.m. Learn to be your own first responder and to determine whether to "shelter in place" or evacuate. Learn preparedness strategies.

Introduction to the Internet: The library provides free access to the Internet and basic instruction in its use. Registration opens at the beginning of each month. Register at the adult reference desk for one of the following sessions:

Wednesday, May 11, Friday, May 27, Friday, June 10 and Wednesday, June 29

All sessions start at 10:30 a.m.

SOCIAL SECURITY ADMINISTRATION

If you receive benefits or have Medicare, you can:

Request a replacement Social Security card if you meet certain requirements;

- Get your benefit verification letter;
- Check your benefit and payment information and your earnings record;
- Change your address and phone number;
- Start or change direct deposit of your benefit payment;
- Get a replacement Medicare card; and
- Get a replacement SSA-1099 or SSA-1042S for tax season.

For more information call 800-772-1213

TELEPHONE REASSURANCE PROGRAM:

This program is for adults age 60 or over. A volunteer will place a phone call, on a regularly scheduled basis, to seniors who would like someone to touch base with them to have a friendly conversation.

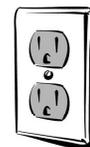
If you would like to receive a free call, or be a volunteer, contact Sheila Berman at the Rockland County for the Aging, at (845) 364-2108.

NO-COST ENERGY EFFICIENCY SERVICES FOR INCOME-QUALIFIED HOUSEHOLDS:

The EmpowerNY Program is offered to eligible New York State residents to make their home or apartment more energy efficient-**for free**. Once approved, a free energy assessment of the home or apartment will be performed by a contractor accredited by Building Performance Institute. The assessment will pinpoint ways to make your home more energy efficient with upgrades to your home at no charge to you.

Upgrades could include:

- replacement of inefficient refrigerators and freezers
- new energy-efficient lighting,
- insulation and air sealing to reduce drafts; and more.



If you are interested, please call Diane at (845) 364-2115 to find out if you're qualified and how to apply.

MAY IS ADULT ABUSE & AWARENESS MONTH **WHAT IS ELDER ABUSE?**

According to New York State Office of Child and Family Services, elder abuse is a general term defined as "intentional or unintentional actions that cause harm or create a serious risk of harm (whether or not harm is intended) to a vulnerable elder by a caregiver or other person who stands in a trust relationship to the elder".

Elder abuse is often divided into six categories:

- ▶ Physical Abuse occurs when an elderly person is injured, assaulted or threatened with a weapon, or inappropriately restrained.
- ▶ Sexual Abuse is any sexual contact against an elder's will. This includes acts in which the elder is unable to understand the act or is unable to communicate.
- ▶ Emotional Abuse occurs when an elderly person experiences trauma after exposure to threatening acts or coercive tactics. Examples include humiliation, embarrassment, controlling behavior, social isolation, disregarding needs, or damaging or destroying property.
- ▶ Neglect is the failure or refusal of a caregiver or other responsible person to provide for an elderly person's basic physical, emotional, or social needs, or failure to protect them from harm. Examples include not providing adequate nutrition, hygiene, clothing, shelter, or access to necessary health care.
- ▶ Abandonment is the willful desertion of an elderly person by a caregiver or other responsible person.
- ▶ Financial Abuse is the unauthorized or improper use of the resources of an elder for monetary or personal benefit, profit, or gain.

Elder abuse is a crime perpetrated on our most vulnerable population often by the people they trust the most or are the most dependent on: caregivers, family members, and aides.

Source: Cortland County Area Agency on Aging Senior News: Mar/April 2016

Adult Abuse and Neglect Awareness Month has traditionally been commemorated in Rockland County each May; and this year is no exception. It is a month during which Rockland County Department of Social Services', Adult Services' and Adult Protective Services' Caseworkers appear at various venues across Rockland County. Their goals are simple: to increase awareness of adult abuse and neglect and to provide residents with a way to get help, either for themselves, their friends, relatives and neighbors.

There are more than 300 cases of adult abuse reported annually in Rockland County. Professionals believe this is underreported as abuse often occurs at the hands of people they rely on to live their lives.

If you believe someone you know is being abused or neglected, please contact Information Rockland at (845)364-2020 to report your observations. You may remain anonymous - referral sources are confidential

Help a Neighbor!
Help a Friend!
Help Yourself!

Make the call today!

ARE YOU 55+ AND LOOKING FOR A JOB?

The Rockland County Office for the Aging receives Employment and Training grants from Senior Service America, Inc. and from the New York State Office for the Aging. Through these grants, we can provide paid on-the-job training to low-income seniors 55 and over who are looking for part-time or full-time permanent employment. Eligible trainees will participate in developing a customized Individual Employment Plan designed to meet their training needs and employment objectives. Program participants receive job skills training at government or non-profit agencies where they develop new job skills or update existing skills in order to successfully re-enter the job market. When the participant is "job ready", placement assistance is provided to help them transition into non-subsidized employment. If you are interested or have any questions, please contact Darcy Bauer, Project Coordinator, at (845) 364-2107.

EXAMPLES OF HOMOGRAPHS

1. A garden will produce produce.
2. He could lead if he would get the lead out.
3. I did not object to the object.
4. I had to subject the subject to questioning.
5. I shed a tear when I saw the tear in the dress.
6. I wound the bandage around the wound.
7. Please don't read me the signs; I've already read them myself.
8. Since there is no time like the present, he thought it was time to present the present.
9. The dove dove out of sight.
10. The dump was so full that it had to refuse more refuse.
11. The insurance was invalid because the invalid had no symptoms.
12. They were too close to the door to close it.
13. There was a bigmouth bass painted on the bass drum.
14. It would incense your mother to discover that you burned incense on her good china.

TAKING A TRIP?

If you are planning on taking a trip it's a good idea to make some preparations ahead of time to keep yourself and your property safe.

Ask someone you trust to pick up your newspaper and mail, or have them stopped while you are away. See if you can find someone to mow your lawn if you will be away for more than a few days, and perhaps one of your neighbors wouldn't mind parking in your driveway. It's good to put some of your lamps on timers. The porch light is a good one if you can manage it.

Take your insurance cards and a list of your medications with you, as well as your contact person's telephone number at home in case you become ill and are unable to speak for yourself.

Now you are set. Have a great time!

Sign Up for our Free or Low-Cost Programs!

Better Choices Better Health: Do you have a chronic health condition, such as arthritis, heart disease, or lung disease, that is stopping you from doing the things that you want to do? If yes, then our free six-session workshop series will show you new skills to better manage your health and improve the quality of your life. The next program begins Wednesday, May 4 from 10:00 a.m. to 12:30 p.m. in Nanuet. Call us at (845) 364-2500 to sign up.

Diabetes Prevention Program: Learn how you can prevent or delay type 2 diabetes if you are at risk for diabetes or have been diagnosed with pre-diabetes. The next free 16-session workshop series begins Wednesday, May 4 from 5:30 p.m. to 6:30 p.m. in Pomona. Call us at (845) 364-2500 to sign up.

Lose to Win Weight Loss Program: Ready to lose weight? 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 (845) 348-2004 to find out when the program begins.

A Matter of Balance: Our 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 us at (845) 364-2500 to find out when the next program begins.

Put It Out Rockland: Get help to successfully quit smoking. Call the Health Department's Put It Out Rockland Quit Smoking Program at (845) 364-2651 for one-on-one, or group help with quitting and low-cost nicotine patches that can double your chances of being successful, or call the New York State Smokers' Quitline at 1-866- NY-QUITS (1-866-697-8487) for help with quitting.



Osteoporosis: Make No Bones About It!

Osteoporosis is a disease that thins and weakens the bones to the point that they become fragile and break easily. Women and men with osteoporosis most often break bones in the hip, spine, and wrist, but any bone can be affected. It is most common among older people, especially older women.

Osteoporosis is often called "silent" because bone loss occurs without symptoms. People may not know that they have osteoporosis until a sudden strain, bump, or fall causes a bone to break. This can result in a trip to the hospital, surgery, and possibly a long-term disabling condition. The good news is that osteoporosis can often be prevented and treated. Healthy lifestyle choices such as proper diet, exercise, and treatment medications can help prevent further bone loss and reduce the risk of fractures. Talk with your doctor or visit www.nysopep.org/ to learn more.



Experience the Great Outdoors This Spring!

Join us on free guided walks at a variety of local parks this spring. Explore the natural beauty of Rockland County while enjoying fresh air and exercise. Call 708-7307 for more information or visit www.rocklandgov.com/health and click on "Guided Park Walks" in the A- Z Index.

Prevent Lyme Disease - Be Tick Free



A bite from an infected deer tick can cause Lyme disease and other tick borne illnesses. If not diagnosed and treated early, Lyme disease can cause serious health problems. When taking part in any outdoor activities, use the following steps to help reduce your chances of tick bites:

1. Check yourself for ticks often: When outside, check your skin and clothing for ticks. When you come inside, check your skin again for ticks. This is easily done when you bathe or shower. Check children and pets too!

2. Remove ticks quickly and correctly: Remove any attached ticks by grabbing the tick as close to the skin as possible with a pair of fine-tipped tweezers. Do not twist, turn, or squeeze the tick's body. Instead, pull the tick in a steady, upward motion away from the skin until the tick lets go. If you remove an attached tick within 36 hours, the risk of infection from Lyme disease is less. If you want to know if it is a deer tick, call Cornell Cooperative Extension at (845) 429-7085; they will identify it for you.

3. Dress to protect: When outside, wear light colored clothing. Wear a long sleeved shirt, long pants, socks and shoes. Tuck your shirt into your pants and pant legs into your socks. Wear sneakers or boots rather than sandals. Tie back long hair or wear a hat.

4. Consider the use of an insect repellent: Carefully follow the directions on the product label. Some products should only be used on clothing, never on the skin.

After a tick bite, watch for symptoms of Lyme disease for 30 days. Symptoms can include tiredness, headache, neck stiffness, slight fever, swollen glands, and pain or stiffness of muscles or joints. Some people will get a pink-red rash (called a "bull's-eye" rash). The rash gets bigger over a few days. If you have any of these symptoms, or are feeling ill, see your doctor. For more information call the Health Department at (845) 364-2501 or visit www.rocklandgov.com/health

Have Arthritis? Exercise Can Help!

Along with taking the right medicine and properly resting your joints, exercise might help with arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, lessens pain, and makes muscles around the joints stronger. Three types of exercise are best if you have arthritis. Talk with your doctor to see which ones are best for you:

- Range-of-motion exercises, like dancing, might relieve stiffness, keep you flexible, and help you keep moving your joints.
- Strengthening exercises, such as weight training, will keep or add to muscle strength. Strong muscles support and protect your joints.
- Aerobic or endurance exercises, like bicycle riding, make your heart and arteries healthier, help prevent weight gain, and also may lessen swelling in some joints.

Pain and arthritis do not have to be part of growing older. Work with your doctor to safely lessen pain and stiffness and to prevent more serious damage to your joints.

The National Institute on Aging (NIA) has created the Go4Life® campaign to help you start and stick with a safe exercise program. You can learn all about it by going to www.nia.nih.gov/Go4Life. There you'll find exercises, tip sheets, personal success stories, and more! You can even keep track of progress in your exercise program. You can also order Go4Life® by calling the NIA at 1-800-222-2225 (toll-free).

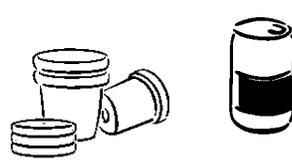
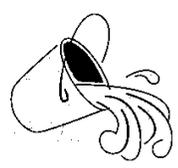
Source: National Institute on Aging www.nia.nih.gov/health/publication/arthritis-advice

Help Control Mosquitoes That Potentially Spread the Zika Virus

Aside from being itchy and annoying, the bite of an infected female Asian Tiger mosquito (*Aedes albopictus*) can potentially spread the West Nile, Zika and Chikungunya viruses, in addition to dog heartworm. This aggressive mosquito species is black with white stripes on its legs, and a white stripe down the middle of its head and back. These stripes give it the name “Tiger” mosquito. This mosquito prefers to breed in artificial containers, such as tires, buckets, tarps & plastic covers, planters, trash containers and many other common containers capable of holding water that are likely to be on your property. Unlike many of the other mosquitoes we have in Rockland, the Tiger mosquito prefers to bite during the day, not just at dusk and dawn! The best protection against the Tiger mosquito is to simply eliminate the places they can breed on your property!

Take these 3 steps to reduce mosquito breeding around your property:

- 1. Check your yard for ANY items that can hold water. Even the smallest amount of standing water can serve as a breeding site.** The Asian Tiger mosquito lays its eggs in these sites and they hatch within a few days. Even small items such as drinking cups or soda cans can hold enough water to allow mosquitoes to breed.
- 2. Get rid of unnecessary items or empty the water out and scrub the inside of the container at least once a week.** The Asian Tiger mosquito lays its eggs on the walls of containers. Just emptying the water will not remove the eggs, you need to scrub them off.
- 3. Spread the word!** These mosquitoes do not typically travel far from their breeding site. They may fly from yard to yard within a neighborhood. So the mosquitoes that are biting you in your yard most likely are breeding in your yard – or in your neighbor’s yard. Talk to your neighbors about the Tiger so you all can enjoy the outdoors without being bitten!

<p>1</p> <p>Check your yard for ANY items that can hold water</p> 	<p>2</p> <p>Get rid of the items or empty the water out and scrub the inside of the objects at least once a week</p> 	<p>3</p> <p>Spread the word -talk to your neighbors about the tiger!</p> 
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PLEASE REMEMBER, IT IS YOUR OBLIGATION TO COMPLY WITH THE LAWS OF ROCKLAND COUNTY, INCLUDING THOSE THAT REQUIRE YOU TO MAINTAIN YOUR PROPERTY FREE OF MOSQUITOES!

For more information, please visit
www.rocklandgov.com/departments/health/environmental-health
or call 845-364-3173



4 FACTS TO KNOW ABOUT PROBLEM GAMBLING

Help is available for people who can't resist the urge to gamble. For many people, gambling can be harmless fun—win or lose. They might occasionally play slots or poker or take a chance on lottery tickets. Yet gambling doesn't disrupt their lives.

But that's not the case for everyone. For some, gambling gets out of hand. They may gamble away money that's meant for bills or family needs—and lie about their losses. And, despite serious financial or personal problems in their lives, they might not be able to stop.

When the stakes get too high

To better understand problem gambling, here are four facts to know:

1. **It's widespread.** Up to 4 percent of Americans may have a gambling problem, according to the National Council on Problem Gambling. And they come from all walks of life. Some people may be more vulnerable to gambling problems than others. A family history of out-of-control gambling raises risk. So may some personality traits, such as being very competitive or easily bored.
2. **Debt isn't the only red flag.** Gambling can lead to money problems. But it can still be a problem even if it doesn't. If gambling causes any harm—from strained relationships to trouble at work—there's reason for concern.
3. **It can become an addiction.** Much like substance abuse, gambling can change brain chemistry and make cravings increasingly hard to resist.
4. **Recovery is possible.** Overcoming a gambling problem isn't easy. There may be setbacks. But when people are motivated, they can change. People recover with the help of therapy or self-help groups, such as Gamblers Anonymous. In some cases, doctors may also prescribe medications as part of treatment.

Help a loved one—and yourself

You can't force a gambler to get help. But you can share your concerns about how a loved one's behavior affects. You can also encourage treatment. **(See "What to do next." below)**

When sharing those concerns, try not to lecture. Instead, talk honestly about what troubles you. No matter how reasonable you are, you may face resistance.

Still, it's important to speak up, rather than to hide worries. And do consider joining a support group yourself—even if your loved one isn't ready yet to admit a problem.

What to do next

Start by talking about it. Call 1-800-522-4700. It's a confidential hotline for problem gamblers and those who care about them. The National Council on Problem Gambling (NCPG) runs it. The NCPG is also a resource for finding a certified gambling counselor.

Learn more at www.ncpgambling.org

Excerpted from an article in *Healthy Mind Healthy Body*, March 2016

**Ellie Jacobson, Program Director, VCS
Services for Older Adults & Their Families
845/634-5729 ext. 319 ejacobson@vcs-inc.org**

Looking Forward

*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*

HEALTH CARE CRISIS AND A NEW APPROACH

The world is experiencing an epidemic of self-inflicted disease. that lifestyle, not genes, is the primary determinant of health or disease. that the primary cause of ill health or disease is not genetics, but lifestyle. Heart disease, diabetes, stroke, cancer and a wide variety of other chronic diseases are preventable with healthier behaviors. Moreover, they can be better managed, and even reversed, through lifestyle improvements.

In recognition of the connection between lifestyle and health, a relatively new style of treatment, known as "Lifestyle Medicine", is increasingly being seen as an alternative to traditional treatments used on chronic diseases.

"What we eat, how we move and how we think are the cornerstones of good health and living a long and productive life." GET UP AND MOVE AND EAT RIGHT.

Why is lifestyle medicine getting more attention now? We can't afford to 'medicalize' environmentally and behaviorally caused disease with more treatments, tests and procedures. And doctors, frustrated often by lack of progress in treating and reversing disease, are beginning to explore new approaches based on sound science.

Your health, your life depends on your choices and responsibility you take to create a "Healthy Lifestyle"!

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