



Ed Day, County Executive

Looking Forward

Volume 44, Number 6 Tina Cardoza-Izquierdo, Director Sheila Berman, Editor Nov/Dec 2016

Office For the Aging

Upcoming Events :

Senior Focus on WRRCR 1700 AM
Nov. 17th at 9:00 AM
Dec. 15th at 9:00 AM

Public Hearings

Nov. 8 at 10:00 a.m., at Meals on Wheels located @ 121 W. Nyack Rd., Nanuet, N.Y. 10954
Nov. 22 at 1:00 p.m., @ Haverstraw King's Daughters Public Library, located at 10 W. Ramapo Rd., Garnerville, N.Y. 10923
Dec. 1 at 10:00 a.m., @ New City Library, located at 220 North Main St., New City, N.Y. 10956

Medicare Forums

Nov. 15 at 11:00 a.m. @ Suffern Free Library, 210 Lafayette Ave., Suffern, N.Y. 10901
Nov. 22 at 1:00 p.m. @ Haverstraw King's Daughters Public Library, 10 W. Ramapo Rd., Garnerville, N.Y. 10923
Dec. 1 at 10:00 a.m. @ New City Library, 220 N. Main St., New City, N.Y. 10956

Dear Friends,

All of us know that the end of the year is in sight when our mailboxes start to bulge with information about signing up for Medicare Advantage and prescription drug programs.

There are so many choices. It's a big and confusing decision. Enrollment has already started and the deadline is Dec. 7. We hope everyone takes advantage of the assistance offered by the Office for the Aging. In addition to our dedicated HIICAP staff that is here all year to answer questions, the Office for the Aging will hold special forums about Medicare and the options available this year. They will be presented at the Suffern Library on November 15, the Haverstraw King's Daughters Public Library on November 22 and the New City Library on December 1st. When you're not busy reading through health insurance plan choices, take the time to enjoy the natural beauty of Rockland in the fall. Go outside, take a walk, look at the leaves, soak in the sunshine. Enjoy it while you can because we all know that winter is right around the corner.



All the best,

Ed Day, Rockland County Executive

November Holidays:

8 -Election Day
11-Veterans Day
24-Thanksgiving Day

December Holidays:

24 - Hanukkah
25 - Christmas
26 - Kwanzaa begins
31 - New Year's Eve

The Rockland County Office for the Aging is a County Agency funded under the U.S. Older Americans Act, the N.Y. State Office for the Aging, and the County of Rockland. The County of Rockland does not discriminate on the basis of age, color, creed, disability, marital status, national origin, prior non-job related record of conviction, race, religion, sex, gender, sexual orientation, military status or other legally protected status.

Adult Learning Center of Rockland

A Program of Meals on Wheels Services of Rockland

ALL CLASSES ARE NOW FREE

A new 2-hour class teaches you how to buy the right computer or iPad/iPhone, and not fall for an expensive sales pitch.

The Adult Learning Center of Rockland is an organization of retired Seniors who volunteer to teach others how to use computers and other 21st century devices. We are a program of Meals on Wheels.

We teach Introduction to Computers, Word Processing, Excel – Spreadsheets & Databases, Power Point, Internet and E-Mail, Digital Imaging, Photo Editing using Picasa, Genealogy – Finding Your Ancestors, Using Windows 10. More advanced classes will be given if requested.

We also teach one-time-only 2-hour classes on Computer Maintenance, How to use your iPad and iPhone, How to use Tablets and Smart Phones, Skype and Facebook.

We will help you to download Windows 10 at our monthly Open House.

Classes are small - only 8 students per class, with 1 instructor and 2 coaches.

For more information, call Eileen Herkes, Director of Education, at (845) 623-5467 or (845) 356-4198.

Meals on Wheels - 121 West Nyack Rd. - Nanuet, NY 10954 - (845) 623-5467

DONATE, DONATE, DONATE TO LOCAL ROCKLAND COUNTY VETERANS GROUPS

Don't donate through the mail, by phone or TV. Most of the dollars donated through these venues to overhead and not to our Veterans!

An example of donated dollars going to overhead and not directly to the veterans is the most recent scandal with the Wounded Warrior Project. As much as 85% percent went to the organization producing the TV ads. This wasn't helping the veteran and it was forcing other veteran organizations to get into the same high priced advertising. Where would the funding come from to pay for writers, directors, casting, filming, audio and the expensive air time?

I do encourage you to give, but keep it local because Rockland County groups are all volunteers – so if you give a dollar to them, every penny goes to the cause and stays here in Rockland. If you have access to a computer, you can go to RockVets.com where we have a list of all the veterans' groups and their points of contact. Also, you can sign up for our Newsletter which keeps current on the goings on in the veteran community. For these folks who make it work, there is no overhead and they'll give you a receipt for your taxes. If your computer skills are like mine, you can call our office and we'd be happy to mail you a list of the veterans' organizations.

Remember, if you do decide to give to these groups that come through the mail, TV, or phone, as much as 85% of your donation can go to overhead. If you want to check out how much of your dollar goes to overhead, you can go to CharityNavigator.org Just be careful where you send your money!

JERRY DONNELLAN – Director, Veterans Service Agency of Rockland County
20 Squadron Boulevard, Suite 480 New City, NY 10956, Telephone (845) 638-5244

MEDICARE INFORMATIONAL SESSIONS

These sessions are designed to inform Medicare recipients about the changes to Medicare in 2017; create an understanding of Medicare Part D and EPIC; as well as help Medicare recipients understand and evaluate their best available options.

- **November 15, 2016 11:00 a.m.**

**Suffern Free Library
210 Lafayette Ave, Suffern**

StateWide Senior Action Council together with the Rockland County Office for the Aging will be hosting a Medicare Informational Session at the Suffern Free Library on Tuesday, November 15, 2016 at 11:00 a.m. Registration is required.

You may register online at:

http://www.suffernfreelibrary.org/event_detail.aspx?event=3556

or by phone at (845) 357-1237.

- **November 22, 2016, at 1:00 p.m.**

**Haverstraw King's Daughters Public Library
10 W. Ramapo Road, Garnerville**

Rockland County Office for the Aging will be hosting a Medicare Informational Session at the Haverstraw King's Daughters Public Library, Tuesday, November 22, 2016 at 1 p.m.

Registration is required.

Please contact the library to register at (845) 786-3800.

- **December 1, 2016, at 10:00 a.m.**

**New City Library
220 N. Main Street, New City**

Rockland County Office for the Aging will be hosting a Medicare Informational Session at the New City Library on Thursday, December 1, 2016 at 10:00 a.m. Registration is required.

Please contact the library to register at (845) 634-4997.

WHAT EVERY CONSUMER SHOULD KNOW ABOUT FOODS AND FLAVORS

If you want to know if maple products have real maple syrup, you must look at the ingredient list on the package. The same is true of other products, such as those with fruit flavors. The ingredient label will list the fruit or fruit juice if present in the food.

Many foods or beverages are flavored—but how can you tell where those flavors come from?

For example, if you're digging into a bowl of cereal that has the word "maple" on the package, and even images of maple leaves, you may think you're eating a product that contains maple syrup. But not so fast—the taste may come from added flavors.

The same goes for the lemon drink you've made from a package picturing fresh lemons. You probably think it was made with lemons, but it may be flavored with natural or artificial lemon flavor. Why?

Current regulations allow use of terms like "maple," "maple-flavored," or "artificially maple-flavored" on the food label without having any maple syrup in the product, as long as it contains maple flavoring. This flavoring could come from a number of sources, including sap or bark from the maple tree. Likewise, a lemon-flavored food or drink doesn't necessarily have to contain lemons or lemon juice. However, this food has to be properly labeled if the source of the flavor is not from lemons. For example, if the flavor comes from an artificial source or a source other than lemon, the product's name must reflect artificial lemon flavor. Not everyone cares if the food actually includes a certain ingredient, as long as the flavor tastes right to them. But, says Douglas Balentine, Ph.D., director of FDA's Office of Nutrition and Food Labeling, if you don't want a substitute source of the flavor you're seeking, the information you need will be in the ingredient list on the food package.

Look for a specific mention of the original flavor source on the ingredient list.

- If you want a maple food that is made with maple syrup, look for the words "maple syrup" in the ingredient list. In addition, the firm may voluntarily declare "made with 100% maple syrup" elsewhere on the label.
- In some situations, you may see the term "natural flavor" in the ingredient list. If the maple flavor comes from a natural maple flavor, you may see "natural maple flavor" or "natural flavor" in the ingredient list.
- If you want a product made or flavored with the actual fruit, look for the name of the fruit ("grapefruit") or the name of a juice made from the fruit ("grapefruit juice") in the ingredient list. There are some exceptions. So, a product labeled as a butter product—for instance, "butter cookies"—has to be 100 percent butter to include the term. If the food contains both butter and shortening, an appropriate name would be "butter-flavored." According to Felicia Billingslea, director of the FDA's Food Labeling and Standards Staff, there is also a caveat involving the use of cocoa as an ingredient. As long as "cocoa" is listed in the ingredient list, the name of the food can include the term "chocolate" in certain situations.

Finally, if the name of the food is accompanied by terms such as "artificial flavors," or "natural and artificial flavors," it is a signal that the original source of the flavor may not have been used in the food.

The FDA monitors food products to ensure that what is written on the package is not misleading or inaccurate and it can, when necessary, take action against the food company.

Source: U.S. Department of Health and Human Services & Food and Drug Administration

MEDICARE SAVINGS PROGRAM

The Qualified Individual (QI) program covers the cost of the Medicare Part B premium for eligible beneficiaries. The QI benefit amounts to \$104.90 or \$121.80 per month.

IF YOUR NET MONTHLY INCOME IS BELOW \$1357 (SINGLE) OR \$1823 (MARRIED), YOU MAY BE ELIGIBLE FOR BENEFITS OF \$104.90 or \$121.80 PER MONTH.

Net income is determined by the addition of:

- 1. Gross Social Security Check Amount
(Before the Part B premium deduction of \$104.90/\$121.80)**
- 2. Pension GROSS**
- 3. Other GROSS Income**

From this sum you would subtract:

- 1. The cost of health insurance premiums**

FOR FURTHER INFORMATION, CALL THE HEALTH INSURANCE INFORMATION, COUNSELING AND ASSISTANCE PROGRAM AT THE OFFICE

FOR THE AGING :

(845) 364-2733



Health Matters

Thanksgiving is Family Health History Day

Thanksgiving is a time to gather with your family and share turkey, stuffing, and all the rest! It is also a good chance for you to talk with your relatives and share your family health history. Your family health history is a useful tool for understanding your health risks and preventing disease in yourself and your close relatives. It provides important information about your risk for many diseases, since having a family member with a disease suggests that you may have a higher chance of developing that disease. Your family health history can help your doctor recommend specific tests or treatment plans to prevent or delay disease.

Share your health history with your close relatives. Let them know:

- If you have any chronic diseases, such as heart disease or diabetes, or health conditions such as high blood pressure or high cholesterol, and any other serious diseases, such as cancer or stroke
- how old you were when you developed these diseases
- any childhood health problems or birth defects you may have had
- for those relatives who have died, age at death and cause of death

Family members should write this information down, update it from time to time, share it with their doctor, and keep it in a safe place for future reference. For more information and tools to help you collect your family health history visit these websites: www.cdc.gov/Features/FamilyHealthHistory and www.hhs.gov/familyhistory

It's Time to Quit Smoking!

Get help to successfully quit smoking. Call the Health Department's Put It Out Rockland Quit Smoking Program at (845) 364-2651 for 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.

Stay up-to-date on important information from the Health Department!

Like us on Facebook: www.facebook.com/rockhealth

Follow us on Twitter: www.twitter.com/rockhealth

Visit our website: www.rocklandgov.com/health





Health Matters

Know What to Do About the Flu!

Get your flu shot! It is the best way to prevent the flu and its complications. The flu vaccine is especially important for people 65 years and older and those with certain chronic medical conditions, as they are among the groups of people at increased risk for complications from the flu. For information about Health Department flu vaccine clinics, call (845) 364-2520.

To avoid getting or spreading the flu, take everyday preventive actions including covering your coughs and sneezes, washing your hands often, and avoiding people who are sick.

If you develop flu symptoms, seek medical advice quickly to see whether you might need to be checked by your doctor or get treatment with antiviral drugs that can be used to treat flu illness. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. Not everyone with flu will have a fever.

For more information, speak with your doctor, or visit the Health Department's flu web page at <http://rocklandgov.com/departments/health/programs-and-services/flu/>

Stay Safe This Winter: Prevent Carbon Monoxide Poisoning

Rockland County's Healthy Neighborhood Program is a free program for low to modest income residents, at-risk families, and seniors that helps reduce health and safety risks in the home. During home visits, program staff review a wide variety of topics, including carbon monoxide poisoning prevention. They go over the symptoms of carbon monoxide poisoning, check carbon monoxide levels in the home, and review the correct placement of carbon monoxide detectors. A brief home safety survey is required. After the home safety survey, products and services are given to each household based on need.

For more information, call the Healthy Neighborhood Program at 364-3292 or 364-3290. Visit www.health.ny.gov/environmental/emergency/weather/carbon_monoxide/ to learn more about preventing carbon monoxide poisoning.

E-MAIL TRACKER PROGRAMS AND TIPS FOR HANDLING TELEMARETERS

1) Any time you see an email that says "forward this on to '10' (or however many) of your friends", "sign this petition", or "you'll get bad luck" or "you'll get good luck" or "you'll see something funny on your screen after you send it" or whatever --it almost always has an email tracker program attached that tracks the cookies and emails of those folks you forward to. The host sender is getting a copy each time it gets forwarded and then is able to get lists of 'active' email addresses to use in SPAM emails or sell to other spammers. Even when you get emails that demand you send the email and make you feel guilty if you don't, that is email tracking, and they are playing on your conscience. These people don't care how they get your email addresses - just as long as they get them. Also, emails that talk about a missing child or a child with an incurable disease "how would you feel if that was your child" -- email tracking. Ignore them and don't participate!

2) Almost all emails that ask you to add your name and forward on to others are similar to that mass letter years ago that asked people to send business cards to the little kid who wanted to break the Guinness Book of Records for the most cards. All it was, and all any of this type of email is, is a way to get names and 'cookie' tracking information for telemarketers and Spammers -- to validate active email accounts for their own **profitable** purposes.

Do yourself a favor and **STOP** adding your name(s) to those types of listings regardless how inviting they might sound! It's all about getting email addresses and nothing more.

You may think you are supporting a great cause, but you are not! Instead, you will be getting tons of junk mail later and very possibly a virus attached! Plus, we are helping the Spammers get rich! Let's not make it easy for them!

Also: Email petitions are NOT acceptable to any organization - i.e. Social security, etc. To be acceptable, petitions must have a "**signed signature**" and full address of the person signing the petition, so this is a waste of time and you are just helping the email trackers.

TIPS FOR HANDLING TELEMARETERS, THREE LITTLE WORDS THAT WORK!

(1) The three little words are: '**Hold On, please...**'

Saying this, while putting down your phone and walking off (instead of hanging-up immediately) would make each telemarketing call so much more time-consuming that sales would grind to a halt.

Then when you eventually hear the phone company's 'beep-beep-beep' tone, you know it's time to go back and hang up your handset, which has efficiently completed its task. These three little words will help eliminate telephone soliciting.

(2) Do you ever get those annoying phone calls with no one on the other end?

This is a telemarketing technique where a machine makes phone calls and records the time of day when a person answers the phone.

This technique is used to determine the best time of day for a 'real' sales person to call back and get someone at home.

What you can do after answering, if you notice there is no one there, is to immediately start hitting your **# button on the phone, 6 or 7 times as quickly as possible**. This confuses the machine that dialed the call, and it kicks your number out of their system.

Gosh, what a shame not to have your name in their system any longer!

Source: Snopes.com

LOST WORDS OF OUR YOUTH

Heavens to murgatroyd! Would you believe the email spell checker did not recognize the word murgatroyd?

Lost Words from our childhood: Words gone as fast as the buggy whip! Sad really!

The other day a not so elderly (65) (I say 75) lady said something to her son about driving a Jalopy and he looked at her quizzically and said "What the heck is a Jalopy?"

OMG (new) phrase! He never heard of the word jalopy!!

She knew she was old but not that old.

Well, I hope you are Hunky Dory after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology.

These phrases included "Don't touch that dial," "Carbon copy,"

"You sound like a broken record" and "Hung out to dry."

Back in the olden days we had a lot of moxie.

We'd put on our best bib and tucker to straighten up and fly right.

Heavens to Betsy!

Gee whillikers!

Jumping Jehoshaphat! Holy moley!

We were in like Flynn and living the life of Riley,

and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill.

Not for all the tea in China!

Back in the olden days, life used to be swell, but when's the last time anything was swell?

Swell has gone the way of beehives, pageboys and the D.A.;

of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers.

Oh, my aching back. Kilroy was here, but he isn't anymore.

We wake up from what surely has been just a short nap,

and before we can say, well I'll be a monkey's uncle! or,

This is a fine kettle of fish! we discover that the words we grew up with, the words that seemed omnipresent, as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth, the words we've left behind

We blink, and they're gone. Where have all those phrases gone?

Knee high to a grasshopper.

Well, Fiddlesticks! Don't take any wooden nickels.

It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff!

We of a certain age have been blessed to live in changeable times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging.

FYI: FOR YOUR INFORMATION

RCC PERFORMING ARTS, CAMPUS PLAYERS AND ROCKLAND SHAKESPEARE COMPANY

PRESENT:

Comedy of Errors

Nov 17, 18, 19 at 8:00 p.m.

Seniors \$12.00

RCC's Cultural Arts Theater Call (845) 574-4471 for more information.

Fully wheelchair accessible - handicapped parking available

UNITED HOSPICE:

United Hospice of Rockland's Annual Tree of Life starts on November 28th and runs through December 24th at the Palisades Center Mall on the first floor by Macy's. Honor or remember a loved one by dedicating a star on a tree (donate online or stop by our tree display). The tree lighting ceremony will take place on Wednesday, December 7th at 7:30 p.m. at that location with musical entertainment provided by the *Nyack High School Advanced Chorus*. Light Refreshments will be served.

For more details, visit www.hospiceofrockland.org or call (845) 634-4974.

YMCA OF ROCKLAND:

Through a partnership between the New York State Department of Health's Arthritis Program and the Alliance of New York State YMCA's, Enhance Fitness classes are now being offered at the Rockland County YMCA in Nyack, NY. Enhance Fitness is an evidence-based group exercise program for older adults that has been proven to improve fitness, social functioning, depression and health status of participants. Each 60-minute class meets three (3) times per week and includes aerobic, strength training, stretching and balancing exercises. For more information contact Hector Ocasio, Fitness Director via e-mail at hocasio@rocklandymca.org, or by telephone at (845) 643-3062.

SUPERVISOR HOEHMANN ANNOUNCES PROGRAM TO HONOR VETERANS AND ACTIVE DUTY MILITARY:

Clarkstown Supervisor George Hoehmann announced a new program that will honor our local veterans and those currently serving our nation in the United States Armed Forces. Residents or businesses can sponsor a veteran or soldier with a military tribute banner to be hung on Main Street, New City.

The banners are created to honor Clarkstown's brave men and women of the United States Armed Forces. Each banner will honor a veteran or active duty service member from the area by displaying their photo, branch of service, and military service information. Beautifully designed, they are to be displayed on the decorative light poles on Main Street in New City for 60-90 days including Veteran's Day.

"The military tribute banners are a small way we, in the Town of Clarkstown, can acknowledge the sacrifice many of our neighbors have made serving in the Armed Forces," said Supervisor George Hoehmann. "Our local veterans and active duty service members are our true heroes, and this program allows Clarkstown to proudly honor them right in the center of our downtown."

The banner program, including cost of installation, is paid for through individual sponsorships. For \$250, local families and businesses can sponsor a banner of active military members or veterans. In exchange for having their sponsorship, their name is placed on the bottom portion of the banner as the proud sponsor. The banners are then given to the family or sponsor at the end of the display period.

For more information about the program or to sponsor a banner, contact (845) 639-2050 or visit www.clarkstown.org and click the military tribute banners logo.

NOVEMBER 2016 ADULT PROGRAMS AT THE NYACK LIBRARY

Adult Programs- REGISTER for all Adult Programs at (845) 358-3370 ext. 214.

Six Hour Defensive Driving Course

Saturday, November 12, 10:30 am -4:30 pm

American Safety Institute offers this 6-hour Defensive Driving Course. All workbooks and course material included. Certificates will be mailed after course completion. \$30 fee required at the door.

Armchair Walking Tour: The King's Highway

Thursday, November 17, 7:00 pm

Presented by the Historical Society of the Nyacks, with presenter Bob Goldberg. Journey through time on one of the county's storied roads! Experience many of the people, places, and events that make King's Highway so important to local history.

December: Register for ALL Adult Programs at (845) 358-3370 ext. 214
Nonna's Biscotti for the Holiday

Saturday, December 03, 2:00 pm

Learn how to bake delicious homemade Biscotti, great for giving as a gift or for yourself year round. (\$5 materials fee payable at the door.) Space is limited- PLEASE REGISTER

Carnegie Concerts Series Presents: "Sing We Enchanted"

Friday, December 16, 7:30 pm

Reservations may be made by going to www.nyacklibrary.org/calendar or by calling the number above.

A \$10 Donation to The Friends of the Nyack Library is requested at the door.

NEW CITY LIBRARY PROGRAMS

Mischlinge Expose:

Wednesday, Nov 9, 2:00 p.m.

Pianist Carolyn Enger brings to light the stories of Mischlinge (half Jews), interwoven with the music of prominent German Jewish converts. Registration is required, starting Oct. 26. call 634-4997, ext. 139.

Honoring Our Heritage: Celebrating the People, Science & Innovation in Pearl River:

Wednesday, Nov. 16, 7:00 p.m.

Author and photographer George Potanovic, Jr. discusses his book about the history of Lederle Laboratories.

For more information, call 634-4997, ext. 139.

WHAT'S HAPPENING AT JCC ROCKLAND

November 2016:

Defensive Driving Class Sunday, November 13, 9:00 a.m.- 3:00 p.m.

Adults 16+

JCC Member \$40, Public \$55

The Borscht Belt: Revisiting the Remains of America's Jewish Vacationland

Speaker: Marisa Scheinfeld, Sunday, November 20, 4:00 p.m. Advance \$10, At Door \$15

The Secret of Chabad: Inside the World's Most Successful Jewish Movement

Speaker: David Eliezrie, Wednesday, November 30, 7:00 p.m.

Advance \$15, At Door \$20

December 2016:

Orchestra of Exiles: The Story of Bronislaw Huberman, The Israeli Philharmonic and the One Thousand Jews He Saved from Nazi Horrors. Speaker: Josh Aronson. Bagels & coffee served.

Friday, December 2, 12:30PM Advance \$15, At Door \$20

Holiday Boutique Sunday, December 11 – Thursday, December 15

8 Different vendors each day

Defensive Driving Class Sunday, December 11, 9:00 a.m.- 3:00 p.m.

Adults 16+

JCC Member \$40, Public \$55

TRAVEL WITH THE J

United Nations & Gracie Mansion, Tuesday, December 6,

Includes transportation & tours

JCC Member \$60, Public \$70

"Sister Act" at White Plains Performing Arts Center, Thursday, December 22

Includes transportation, lunch & show

JCC Member \$95, Public \$110

SINGLES 65+

Sunday, November 6: Brunch at JCC Rockland

Sunday, November 20: Lunch at local restaurant

Sunday, December 4: Social Meeting at JCC Rockland

Sunday, December 18: Lunch at local restaurant, **for more information regarding Singles, please call Gene Arkin at (845) 356-5525**

AARP PROGRAMS AT JCC

AARP Lecture Wednesday, November 16, 12:30 p.m.

"It's All Skin Deep" Speaker: Dr. Bill Stern

Free & Open to the Public

AARP Presentation

Vocal Concert Nanuet High School Award Winning Choir

Wednesday, December 14, 12:30 p.m., Free and Open to the Public

FOR MORE INFORMATION REGARDING ANY OF THE ABOVE, CALL (845) 362-4400 X 100.

BUTTERNUT SQUASH SOUP

1 tablespoon butter
 3 1/2 cups cubed peeled butternut squash (about 1 1/2 pounds)
 3/4 cup chopped carrot
 1/2 cup chopped sweet onion
 2 1/2 cups fat-free, less-sodium chicken broth
 1/4 cup half-and-half
 1/8 teaspoon salt

Toasts:

4 (1-ounce) slices French bread
 3 ounces thinly sliced Swiss cheese

Preparation

1. To prepare soup, melt butter in a large saucepan over medium-high heat. Add squash, carrot, and onion; sauté for 12 minutes. Add chicken broth, and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Remove from heat; stir in half-and-half and salt.
2. Preheat broiler.
3. Place squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape), and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
4. To prepare toasts, arrange French bread on a baking sheet. Broil for 1 minute or until lightly toasted. Turn bread over, and top evenly with Swiss cheese. Broil for 1 minute or until bubbly. Serve toasts with soup.

Resource: David Bonom, **Cooking Light**

GREAT WAYS TO SAVE

- Go for cash back instead of points and miles rewards. Credit card companies can suddenly increase the number of points and miles you need to redeem travel benefits and other perks. Cash doesn't lose value even if a company changes policies.
- Extend the life of your smartphone or tablet battery. Protect your device from temperatures above 95 degrees, which can damage battery capacity; shut down location-tracking apps when not using them; and turn off the function that refreshes apps in the background.
- Avoid using your phone to play games or stream music and movies if you're on a limited data plan. Those activities can quickly trigger charges. *My Data Manager*, a free app, can identify which of your actions eat up most data and alert you when you're near the limit.
- Use Gas Buddy. The mobile app helps you find the cheapest gas in the area.
- Buy luggage in March. Travel retailers know we gear up for spring and summer vacations in March so they often discount prices.
- Visit the drug company's website. If you're taking a brand-name drug regularly, check the drug maker's website to see if it offers a coupon or discount card that can save you money.

Source: aarp.org/bulletin June 2015

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

PHYSICAL ACTIVITY AFTER LOSS OF MOBILITY

Simply put, physical activity helps high-risk seniors stay mobile after disability-inducing ailments even if, at 70 and beyond, they'd long been couch potatoes. A health policy specialist suggests that prescribing exercise may be just as important as prescribing medications." Once you lose that mobility piece of your life, you lose independence,"

The walkers are less likely to experience a mobility-robbing condition in the first place and more likely to recover if they did and less likely to suffer another one. Sedentary seniors can start walking safely, no gym membership needed – just a safe place such as a sidewalk or shopping mall. Seniors that are physically active are less likely to be injured in a fall.

Only half of U.S. adults of all ages get the amount of physical activity recommended for good health. (90 minutes light to moderate per week minimum) And if a senior was not active during middle age, these older adults are often wary of getting started with physical activity. Maybe they have arthritic pain, or are worried if it's safe given other illnesses, or fear they'll fall.

No one expects a sedentary senior to suddenly speed-walk, however seniors "should be more scared of not doing something. It's never too late.

Source: Dr. Roger Russo, Family Chiropractor and author of *Stay Fit Seniors and Baby Boomers*. For more information, call (845) 268-5122.