



Looking Forward

Ed Day, County Executive

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Tina Cardoza-Izquierdo

Sheila Berman, Editor

Sept/Oct 2016

Office for the Aging Upcoming Events:

- Farmer's Market until November 3
- Senior Focus on WRCR 1700AM on Sept 15 from 9:10-9:40 a.m. and October 20 at the same time



Look for these informative articles:

- Medicare Informational Session
- JCC Rockland's Fall Programs
- Save on Heating Costs this Winter
- Library Programs

Dear Friends,

What a summer it was at the Office for the Aging.

We said goodbye to June Molof, who retired after more than 40 years with the agency. It's hard to imagine our annual events without June, whose cheerful demeanor and can-do attitude was a fixture there.

At the same time, we welcomed Tina M. Cardoza-Izquierdo as the new director.

Those of you who have already met Tina have surely been impressed with her warmth and compassion. We look forward to getting to know her better. She hopes to meet with many senior groups this fall to introduce herself and to get to know you. We're sure she will bring new ideas with her about how to make the Office for the Aging even better.

Stay tuned for exciting new programs and services.

All the best,

Ed Day, Rockland County Executive



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September Holidays:

- 5- Labor Day
- 11-Grandparents Day
- 11-911 Remembrance
- 22-Autumnal Equinox

October Holidays:

- 2- Rosh Hashanah begins at sundown
- 10- Columbus Day observed
- 11- Yom Kippur begins at sundown
- 16- Sukkot begins at sundown

MEDICARE INFORMATIONAL SESSION

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

This session is designed to inform Medicare recipients about the changes to Medicare in 2017, as well as create an understanding of the federal and state prescription drug programs. The seminar will help Medicare recipients evaluate the best available options for them. Registration is required.

You may register online at www.suffernfreelibrary.org or you may call the library at (845) 357-1237.

DANCING

I'm reading more and dusting less. I'm sitting in the yard and admiring the view without fussing about the weeds in the garden. I'm spending more time with my family and friends and less time working.

Whenever possible, life should be a pattern of experiences to savor, not to endure. I'm trying to recognize these moments now and cherish them.

I'm not "saving" anything; we use our good china and crystal for every special event such as losing a pound, getting the sink unstopped, or the first Amaryllis blossom.

I wear my good blazer to the market. My theory is if I look prosperous, I can shell out \$28.49 for one small bag of groceries. I'm not saving my good perfume for special parties, but wearing it for clerks in the hardware store and tellers at the bank.

"Someday" and "one of these days" are losing their grip on my vocabulary. If it's worth seeing or hearing or doing, I want to see and hear and do it now.

I'm not sure what others would've done had they known they wouldn't be here for the tomorrow that we all take for granted. I think they would have called family members and a few close friends. They might have called a few former friends to apologize and mend fences for past squabbles. I like to think they would have gone out for a Chinese dinner or for whatever their favorite food was. I'm guessing; I'll never know.

It's those little things left undone that would make me angry if I knew my hours were limited. Angry because I hadn't written certain letters that I intended to write one of these days. Angry and sorry that I didn't tell my husband and parents often enough how much I truly love them. I'm trying very hard not to put off, hold back, or save anything that would add laughter and luster to our lives. And every morning when I open my eyes, tell myself that it is special.

Every day, every minute, every breath truly is a gift from God.

"People say true friends must always hold hands, but true friends don't need to hold hands because they know the other hand will always be there."

Life may not be the party we hoped for, but while we are here we might as well DANCE!

JCC ROCKLAND'S FALL PROGRAMS

Available for registration now!

Defensive Driving

Sunday, Sept. 11, Nov. 6 or Dec. 11 from 9:00 a.m. - 3:00 p.m.

Instructor: Art Aldrich - J Member \$40, Public \$55

Mah Jongg Lessons

6 Classes: Tuesdays & Thursdays

Sept. 6-22 from 10:00 a.m. - 12:00 p.m.

J Member \$80, Public \$110

Canasta Lessons

6 Thursdays, Sept. 8 - Oct. 13 from 10:00 a.m. - 12:00 p.m.

J Member \$80, Public \$110

Mah Jongg Tournament

Sunday, Sept. 25 - from 9:30 a.m.- 4:30 p.m. - \$45

Free Shredding Event with AARP at the JCC

Sunday, Sept. 25 from 9:00 a.m. - 12:00 p.m.

JCC is offering fun and unique trips for the fall. Check out their website at www.jccrockland.org or call Bonnie Wind at (845) 362-4400 x109 for more information

To register for any JCC programs, contact Registrar at (845) 362-4400 x100.

AARP LECTURE AT THE J

"Medicare 101"

Wednesday, Sept. 21

1:00 - 3:00 p.m.

Guest Speaker: Joan Andelman, Medicare consultant & certified Medicare counselor with the NY State Health Insurance Information and HIICAP.

For more information, contact Norm Cohen at (845) 623-7606

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

Follow us on Twitter at https://twitter.com/rc_ofa

REMINDER - CALL FOR APPOINTMENTS - (845) 364-2110

We know many folks like to just drop by the office when they have a question of a concern. However, we would appreciate it if you would call to set up an appointment. In this way it allows us to better prepare for your visit in getting the necessary paperwork or records pulled together. Further, it allows us to estimate the time necessary for the particular reason for your visit. That way we can give you the fullest attention to the matter and not be rushed by the clock. Therefore, it's always best to call and make an appointment so that we can give you the time and attention to serve you better.

AVOIDING FALL ALLERGIES

An estimated 40 million Americans suffer from allergies. Between the runny noses, itchy, watery eyes, sneezing, skin rashes and breathing difficulties, allergies can be mildly irritating or make you downright miserable.

Even when the air cools, trees shed their leaves and most activities move indoors, allergies can still be bothersome. Many late summer weeds, ragweed for example, pollinate up until the first frost. Ragweed peaks in September and a single plant can release a million pollen grains a day and be carried by the wind up to 50 miles away. As leaves fall and accumulate, mold spores proliferate. Consequently, if you suffer from airborne allergies, autumn leaves may cause allergy misery until winter arrives.

When winter comes, you spend more time indoors with windows shut and the heat on. Indoor allergens then become airborne and begin to bother us, specifically animal dander (flakes of dead skin), dust mites (microscopic bugs that infest carpeting, beds and upholstery) and mold spores.

Here are a few tips to help you sidestep autumn allergies:

Outdoor exercise tips:

- Avoid exercising outdoors too early, as plants emit most pollen between 5:00 a.m. and 10:00 a.m.
- Avoid exercising outdoors on windy days, when ragweed pollen is likely to be swirling through the air.
- While exercising, breathe through your nose – it's a natural air filter.
- Bathe and wash your hair when you come inside, especially before going to bed. Pollen clings to hair and can rub off on pillows and trigger allergies overnight.
- Stretch indoors to minimize time spent outside.
- Be prepared for ragweed season. Check with your doctor about using over-the-counter allergy medications, before ragweed season hits, to stabilize your system.

In the garden:

- Don't allow piles of damp leaves to remain around in your yard where mold can develop.
- Remove weeds from your yard; they are a major source of pollen.

Source: Arkansas Aging Foundation's "Aging Arkansas"

BLACK AND WHITE

(Under age 40? You probably won't understand the following.)

You could hardly see for all the snow,
Spread the rabbit ears as far as they go.
Pull a chair up to the TV set,
"Good Night, David. Good Night, Chet."
Depending on the channel you tuned,
You got Rob and Laura – or Ward and June.
It felt so good. It felt so right.
Life looked better in black and white.

**IMPROVED EFFICIENCY WILL HELP HOUSEHOLDS RECEIVING ASSISTANCE TO
SAVE ON HEATING COSTS THIS WINTER**

The New York State Office of Temporary and Disability Assistance announced that \$2 million in funding is available to help low- and middle-income households get their heating equipment inspected and cleaned prior to the start of the heating season. Applications are being accepted for furnace or boiler tune-ups, which can help improve energy efficiency while helping New Yorkers save on heating costs this winter.

The program is federally-funded through the Home Energy Assistance Program (HEAP). Eligible households can receive up to \$400, which includes cleaning of the primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper and efficient operation of the heating equipment.

To qualify, households must not exceed the program income guideline which vary by household size.

Household Size	Maximum Gross Monthly Income
1	\$2,244
2	\$2,935
3	\$3,625

Additionally, the household must have heating equipment that is more than 12 months old, and the furnace, boiler or chimney must not have been cleaned within the past 12 months.

Applications will be accepted through Nov. 4, or until funding is exhausted, whichever comes first. If you are 60 years of age or older and wish to apply, contact the HEAP Program at (845) 364-2101.

GOOD MORNING SMILE

A friend wrote what her family dinners looked like in the 50 and early 60's..... everyone present at dinner, lots of mashed potatoes, fried chicken, chicken fried steak, overcooked vegetables.

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

Pizza? Sounds like a leaning tower somewhere.

All chips were plain.

A Big Mac was what we wore when it was raining.

Brown bread was something only poor people ate.

Oil was for lubricating; fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

Kebab was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock. The things that we never ever had on/at our table in the fifties... were elbows, hats and cell phones!

NEW CITY LIBRARY ADULT PROGRAMS

Grown-Up Coloring Party:

Fridays, Sept. 9, Oct 7, 11 AM and Wednesday, Oct 12, 7 PM

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.

Inside Emily Dickinson: Her Poetry & Her Life:

Sunday, Sept 18, 2 PM

Celebrate the spirit of this great American poet with performer Ginger Grace.

French Through Music:

Tuesday, Sept. 20, 2 PM

Learn some French vocabulary and grammar while exploring popular French songs with Amy Kanarek.

Aging in Place:

Wednesday, Sept 28, 2 PM

The non-profit organization Evercare, presents long term options that allow people to grow old in their own homes.

Oktoberfest Concert:

Sunday, Oct. 2, 2 PM

The Florian Schantz Jazz Combo performs traditional and popular folk music and marches.

Music and History of the West African Kora:

Sunday, Oct. 9, 2 PM

Sean Gaskell plays the Kora, an ancient 21-stringed harp from West Africa and gives an educational demonstration. Registration is required, starting Sept. 26. Call 634-4997, ext. 139.

NYACK LIBRARY ADULT PROGRAMS

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

Elder Law: Presented by Lee Hoffman Esq.

Wednesday, September 21, 2016 at 7:00 p.m.

Elder Scams Protection

Presented by Rockland County Sheriff's Department. Find out how to protect yourself from predators online, on the phone and in your neighborhood. Recognize the warning signs and learn how to be wary.

Thursday, September 29, 2016 at 11:00 a.m.

Huge Book Sale (Rain or Shine)

Sponsored by The Friends of the Nyack Library...Fri. Oct.7,14,21,28, 10:30 a.m.

Saturday, October 1 (10 a.m. – 4 p.m.) and Sunday, October 2 (12 p.m. – 4 p.m.)

MAH JONGG Series

Have Fun! Learn the Basics! Keep Your Brain Nimble!

Brush up on your Mah Jongg Skills while making new friends. Beginners and amateurs will improve their Mah Jongg Skills. Master a competitive game that requires practice, strategy---and a little bit of luck. (This class is limited to twelve)

Fridays, October 7, 14, 21, 28 at 10:30 a.m.

Exploring Aging as a Time of Growth:

The session will include an interactive discussion on the following questions: Who Am I? What do I think? (and a free book list for further reading and review.

Thursday, October 13, 2016 from 2:00p.m.-4:00 p.m.

Health Matters

Is Prostate Cancer Screening Right for You?

Talk to your doctor about whether you should get screened for prostate cancer

The chance of getting prostate cancer goes up as a man gets older. Most prostate cancers are found in men over the age of 65. African American men are more likely to develop prostate cancer than men of any other races. Having one or more close relatives with prostate cancer also increases a man's risk of having prostate cancer. The American Cancer Society recommends that men make an informed decision with their doctor about whether to be tested for prostate cancer. Screening tests are used to find cancer before a person has any symptoms.

The American Cancer Society believes that men should not be tested without learning about what we know and don't know about the risks and possible benefits of testing and treatment. Starting at age 50, talk to your doctor about the pros and cons of testing so you can decide if getting tested is the right choice for you. If you are African American or have a father or brother who had prostate cancer before age 65, you should have this talk with your doctor starting at age 45. If you decide to be tested, you should have the PSA (prostate-specific antigen) blood test with or without a rectal exam. PSA is a protein produced by cells of the prostate gland. The PSA test measures the level of PSA in a man's blood. How often you are tested will depend on your PSA level. For more information, talk with your doctor, or call the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org

Get the Shots You Need: They're NOT Just for Kids!

Do you have all the recommended immunizations (shots, vaccines) you need to help prevent many diseases that could result in serious health problems? Vaccines recommended for older adults can prevent influenza (flu), shingles (herpes zoster), diphtheria, tetanus, pertussis (whooping cough), and pneumococcal disease (pneumonia). You may need one or more vaccines, even if you received vaccines as a child or as a younger adult. Ask your doctor which ones are right for you. Keep track of all your vaccines to ensure you are up-to-date and have maximum protection against vaccine-preventable diseases. The Health Department's Adult Immunization Clinic offers shots to prevent a variety of illnesses. To make an appointment, or for more information, call 364-2520.

Take Control of your Health!

Register NOW for our free programs!

Pre-registration is required and space is limited. For more info or to register, call 364-2500

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. The next 16-session workshop series begins on Thursday, September 22, 2016 from 3:30 pm to 4:30 pm in Haverstraw.

A Matter of Balance: Managing Concerns About Falls: Learn how to reduce your fear and risk of falling, and simple exercises to increase your strength and balance. The next eight-week fall-prevention program will be held Fridays, from 10:15 am to 12:15 pm, September 16 to November 4, 2016, in Pearl River.

An Injury from a Fall Can Change Your Life in an Instant!

September is Fall Prevention Awareness Month! Follow these fall prevention tips:

- ◆ Get up slowly; before moving forward, take a second to balance yourself, and count to ten before you take a step.
- ◆ Wear sturdy, well-fitting shoes with low heels and non-slip soles.
- ◆ See an eye specialist once a year. Poor vision can increase your chances of falling.
- ◆ Review your medications annually with your doctor. Some medications have side effects that can cause dizziness.
- ◆ Increase physical activity – regular exercise increases balance and strength.
- ◆ Remove tripping hazards like throw rugs and clutter in walkways.
- ◆ Use non-slip mats in the bathtub and on shower floors.
- ◆ Have grab bars installed next to the toilet and in the tub or shower.
- ◆ Have handrails on both sides of stairways and improve lighting in your entire home.
- ◆ Ask for help if you need to reach items on high shelves or use a “reacher” (a device to help you), rather than stand on unsteady chairs or ladders. Keep items you use the most within reach.
- ◆ Sit down to put your pants on.



Medicare covers fall risk assessment and referrals (called STEADI – Stopping Elderly Accidents, Deaths & Injuries) as part of your annual check-up. Ask your doctor about this at your next check-up!

Emergencies Can Happen at ANY Time – Are You Prepared?

After an emergency, help will be on the scene, but they cannot reach everyone right away. You could get help in hours, or it might take days. Here are steps you can take to help prepare:

- ◆ Put together an emergency supply kit and make a family emergency plan for how you will contact family members and what you will do in different situations. Visit www.ready.gov or call 364-2660 to learn more.
 - ◆ Be informed: During an emergency, information will be available on radio, TV and newspapers; on the county website www.rocklandgov.com, Facebook and Twitter; by calling InfoRock 364-2020; and via the NY-ALERT system (call 1-888-697-6972 or visit www.nyalert.gov to sign up).
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October is Breast Cancer Awareness Month

Staying at a healthy weight, being physically active, and limiting how much alcohol you drink can help reduce your risk of breast cancer. Regular screening (tests and exams used to find a disease in people who don't have any symptoms) can often find breast cancer early when treatments are more likely to be successful.

It is important to talk with your doctor about which tests are right for you and when you should get them, and to be familiar with how your breasts normally look and feel and report any changes to your doctor right away. For more information call ACS at 1-800-ACS-2345 or visit www.cancer.org

GET MOSQUITOES TO BUZZ OFF!

Mosquitoes are more than just a nuisance pest; they can spread disease, such as West Nile Virus (WNV) and Zika Virus:

- ◆ WNV: Although a person's chances of getting sick are small, those 50 and older are at highest risk for serious illness. WNV can cause serious complications, including neurological diseases, and can also cause a milder flu-like illness with headache, fever and fatigue, weakness and sometimes rash. If you think you have symptoms of WNV, see your doctor right away.
- ◆ Zika Virus: For most people it's a mild infection with few or no symptoms, however it is a serious concern for pregnant women and their partners because it can cause serious birth defects.

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. Their offspring "grow up" in water before emerging as adult mosquitoes that fly and bite. 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. Even small items, such as drinking cups or soda cans, can produce mosquitoes. 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, remove all discarded tires, make sure that roof gutters drain properly, clear vegetation and debris from the edges of ponds, and remove leaf debris from yards and gardens.
- ◆ If your swimming pool is not in use, drain the water off the cover or treat this standing water with Mosquito Dunks® (for homeowner swimming pool use ONLY) available free 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. You can also request free larvicide tablets by calling the NYS 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 (such as dark, humid areas like under patio furniture, or under the carport or garage). 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.

Protect Yourself from Mosquito Bites

- ◆ Cover-up as completely as possible – for example, 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. Do not use repellent on babies younger than 2 months old. Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old. Cover baby carriers with mosquito netting when outside.
- ◆ Stay indoors when mosquitoes are more 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 or visit www.health.ny.gov/



Meals On Wheels

Meals are just our first course!

Adult Learning Center – (845) 623-5467

<u>DAY & DATE</u>	<u>TIME</u>	<u>CLASS</u>	<u>FEE</u>
Tuesday Sept 6	9:30 - 11:30 AM	Win 10 Experienced	\$20.00
Wednesday Sept 7	9:30 AM - 11:30 AM	Basic Skills for Absolute Beginners	
Friday Sept 9- Sept 30	9:30 - 11:30 AM	Word	\$40.00
Monday Sept 12 - Oct 17	9:30 - 11:30 AM	Introduction to Computers	
Monday Sept 12 - Oct 2	1:00 - 3:00 PM	Introduction to Macs.	\$40.00
Tuesday Sept 13 - Oct 3	9:30 - 11:30 AM	Excel	\$40.00
Tuesday Sept 13 - Oct 18	1:00 - 3:00 PM	Introduction to Computers	
Wednesday Sept 14 - Oct 19	9:30 - 1:30 AM	Introduction to Computers	
Wednesday Sept 14 - Oct 4	1:00 - 3:00 PM	Photo Editing	\$40.00
Thursday Sept 8 – Oct 13	9:30 - 11:30 AM	Genealogy	\$60.00
1 st Thursday of each month	1:00 - 3:00 PM	Open House	
Friday Sept 16 AND Sept 23	1:00 PM – 3:00 PM	IPad and/or iPhone	\$30.00
Sept/Oct - TBA	9:30 – 11:30 AM	Computer Maintenance	\$20.00

THE DIFFERENCE BETWEEN A POA, DURABLE POA AND LIVING WILL

Planning for the future from a legal and financial perspective can be confusing and overwhelming. There are many documents that should be put in place, but sometimes caregivers and their elderly parents don't understand the terms that are used or what each document is for.

Definitions of the different types of legal documents:

Living Will:

Describes and instructs how the person wants end-of-life health care managed. A living will is one type of advance directive. It takes effect when the patient is terminally ill.

Advance Directives:

Written instructions about future medical care should your parent become unable to make decisions (for example, unconscious or too ill to communicate). These are also called [healthcare directives](#).

Durable Power of Attorney:

POA for healthcare:

Gives a designated person the authority to make health care decisions on behalf of the person.

POA for finances:

Gives a designated person the authority to make legal/financial decisions on behalf of the person.

Do Not Resuscitate (DNR) Form:

Instructs health care professionals not to perform CPR in case of stopped heart or stopped breathing.

Will:

Indicates how a person's assets and estate will be distributed among beneficiaries after his/her death.

Living Trust:

Gives a designated person (trustee) the authority to hold and distribute property and funds.

Resource: AgingCare.com by [Marlo Sollitto](#)

HELEN HAYES HOSPITAL & TOWN OF HAVERSTRAW JOIN FORCES TO HOST 2016 CLASSIC RACE

October 16, 2016 – Bowline Point Park

Helen Hayes Hospital and the Helen Hayes Hospital Foundation, along with the Town of Haverstraw, are teaming up to present the 2016 Helen Hayes Hospital Classic Race on Sunday, October 16th at Bowline Point Park. The inspirational annual event will bring together runners, handcyclists, wheelchair racers, and other athletes of all abilities to raise community awareness and to benefit the Helen Hayes Hospital Foundation. This year marks the first since the Classic's 1983 inception that the event will be held completely off hospital grounds, allowing for the expansion of the race to include a 5k, 10k, and Fun Run, as well as a family fun day.

Family fun day activities will include pumpkin painting, costumed character meet and greets, games, refreshments, prize/raffle opportunities and more. The prices are as follows:

5k & 10k - \$30 pre-registration / \$35 after 10/3 / \$40 on 10/16

Fun Run - \$10

Fun Run & Family Activities: \$15

Activities Only: \$10

All proceeds from the event will benefit the Helen Hayes Hospital Foundation. The Foundation supports an array of patient programs, services and research at the physical rehabilitation hospital. For race registration details, including fees, the race day schedule and registration deadlines, visit <http://helenhayeshospital.org/hhh-2016-classic-race/> or call the hospital at (845) 786-4000.

Top finisher awards will be presented to racers in a number of categories, including male and female runners, handcyclists, and wheelchair racers. For the third year, the Niles M. Davies Jr. Kids Cup will also be awarded to the Fun Run winner in honor of one of the Classic's staunchest supporters, the late Niles M. Davies, Jr.

MEDICATION SAFETY QUESTIONS TO ASK YOUR DOCTOR

Part of medication safety is understanding your medication—why you need it, how you should take it and how other medications interact with it.

Bring this list of questions with you each time you visit your doctor. Ask these questions before you leave your doctor's office. Be sure to write down the answers and keep them near your medication.

- What is the name of the medicine and why am I taking it?
- What medical condition does this medicine treat?
- How many times a day should I take this medicine? How much medicine should I take?
- How long will it take this medicine to work? When should I stop taking it?
- What should I do if I miss a dose?
- Are there any side effects I should know about? When should I call you if I am having side effects?
- Can I safely mix this medicine with the vitamins, supplements, and over-the-counter drugs I am taking?
- Keep a log of current medications.

Resource: e-Update from the National Institute on Aging

OUTSMARTING POISON IVY AND OTHER POISONOUS PLANTS

First comes the itching, then a red rash, and then blisters. These symptoms of poison ivy, poison oak, and poison sumac can emerge any time from a few hours to several days after exposure to the plant oil found in the sap of poisonous plants. The culprit: the urushiol oil.

Poison Plant Rashes Aren't Contagious:

Poison ivy and other poison plant rashes can't be spread from person to person. But it is possible to pick up the rash from plant oil that may have stuck to clothing, pets, garden tools, and other items that have come in contact with these plants. The plant oil lingers (sometimes for years) on virtually any surface until it's washed off with water or rubbing alcohol.

The rash will occur only where the plant oil has touched the skin, so a person with poison ivy can't spread it on the body by scratching. It may seem like the rash is spreading if it appears over time instead of all at once. But this is either because the plant oil is absorbed at different rates on different parts of the body or because of repeated exposure to contaminated objects or plant oil trapped under the fingernails. Even if blisters break, the fluid in the blisters is not plant oil and cannot further spread the rash.

Tips for Prevention:

- Wash your garden tools and gloves regularly. If you think you may be working around poison ivy, wear long sleeves, long pants tucked into boots, and impermeable gloves.
- Wash your pet if it may have brushed up against poison ivy, oak, or sumac. Use pet shampoo and water while wearing rubber gloves. Most pets are not sensitive to poison ivy, but the oil can stick to their fur and cause a reaction in someone who pets them.
- Wash your skin in soap and cool water as soon as possible if you come in contact with a poisonous plant so you can remove the plant oil.

Tips for Treatment:

Don't scratch the blisters. Bacteria from under your fingernails can get into them and cause an infection. The rash, blisters, and itch normally disappear in several weeks without any treatment.

You can relieve the itch by:

- Using wet compresses or soaking in cool water.
- Applying over-the-counter (OTC) topical corticosteroid preparations or taking prescription oral corticosteroids.
- Applying topical OTC skin protectants, such as zinc acetate, zinc carbonate, zinc oxide, and calamine dries the oozing and weeping of poison ivy, poison oak, and poison sumac. Protectants such as baking soda or colloidal oatmeal relieve minor irritation and itching. Aluminum acetate is an astringent that relieves rash.

See a doctor if:

- You have a temperature over 100 degrees and you have difficulty breathing.
- There is pus, soft yellow scabs, or tenderness on the rash.
- The itching gets worse or keeps you awake at night and the rash is widespread.
- The rash spreads to your eyes, mouth, genital area, or covers more than one-fourth of your skin area

Resource: FDA's Consumer Updates page. Updated August

FYI: FOR YOUR INFORMATION

MERCURY POISONING LINKED TO SKIN PRODUCTS:

The FDA is warning consumers to carefully check the labels on skin lighteners, anti-aging treatments, and other cosmetics to make sure they do not include mercury, which can be damaging to human health. Products that list mercurous chloride, calomel, mercuric, mercurio, or mercury—or that are missing an ingredient label, which is required under U.S. law—are a red flag. They are made outside of the country and sold illegally in America through Internet channels and mobile applications. Exposure to these products can be harmful to anyone; but pregnant women, nursing infants, and young children are particularly vulnerable to high levels of mercury. Any consumer who encounters a mercury-based cosmetic in the home should thoroughly wash his or her hands, contact health care or poison control officials about medical concerns, seal the product in a plastic bag or leak-proof container, and contact local environmental or waste agencies for disposal information.

Source: FDA Consumer Updates (07/26/2016)

WAYS TO SAVE:

- An ink-jet cartridge that you think is empty might just be blocked with dry ink. Remove the cartridge and heat it with a hair dryer; then see if it works.
- Use shampoo sparingly. Your hair won't get any cleaner from using a palmful of product versus a dime-size amount, and washing every other day is healthier than shampooing daily.
- Check your car's air filter. A clean air filter can improve gas mileage by as much as 10 percent.
- Know the retail seasons. January is the time to buy furniture and linens. April brings deals on gardening supplies and outdoor décor. May is the month to purchase mattresses. The best time to buy a grill is after Labor Day. Shop in October for appliances and November for cookware.

Source: aarp.org/bulletin July-August 2016

PHYSICAL ACTIVITY ASSOCIATED WITH LOWERED RISK OF MANY CANCERS!

Leisure-time physical activity is associated with a lower risk of developing 13 different types of cancer. The findings suggest that promoting physical activity may be important in cancer prevention and control. Past studies have shown that physical activity can have many benefits, including weight control; strengthening bones, muscles and joints; and reducing the risk for heart disease and other disorders. Leisure-time physical activity has many health benefits. In addition to a reduced risk for heart disease, increased physical activity has been associated with a lower risk for colon, breast, and endometrial cancers.

Researchers have found that people with the highest level of leisure-time physical activity had a reduced risk for 13 of 26 types of cancer compared to those with the lowest level of activity. People with the highest activity had a 20% lower risk for 7 cancer types: esophageal adenocarcinoma, liver, lung, kidney, gastric cardia, endometrial, and myeloid leukemia. They also had a 10-20% lower risk for myeloma and cancers of the head and neck, rectum, bladder, and breast.

Source: Dr. Russo, Family Chiropractor, and author of Stay Fit Seniors and Baby Boomers at (845) 268-5122

Rockland County Office for the Aging

Dr. Robert L. Yeager Health Center

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Phone: (845) 364-2110; Fax: (845) 364-2348

Website: <http://rocklandgov.com/departments/aging>

RETURN SERVICE REQUESTED



UNITED HOSPICE

Women Dine for a Cause Celebrates Two Years! Wednesday, September 14, 2016 from 6:00 – 9:00 p.m. at the home of Paul Davis, 615 N. Broadway, Upper Nyack, NY. Bring a dish and make a donation to support United Hospice of Rockland. To register and for more details, visit womendine.net or email womendine@gmail.com.

United Hospice of Rockland's Dancing with Our Stars Annual Gala 2016, Sunday, October 16, 2016 starting at 5 PM at the Pearl River Hilton, Pearl River, NY. *Honorees: James F. Murphy and Hon. Scott & Colleen Vanderhoef; Dancing Stars: Shelley Brill, Mary Ann D'Aloia, Mary Miele and Lenore Congemi Sanchez* Buy tickets and purchase votes for your favorite dancers at www.uhrgala2016.eventbrite.com.

Hospice Care Myth: Hospice provides care only for patients.

Fact: Hospice also focuses attention on the patient's family. Emotional and spiritual support as well as caregiver education and volunteer services are geared to meet the needs of loved ones.

If you or a loved one is in need of Hospice care, please call us at **(845) 634-4974** or visit hospiceofrockland.org for more information.