



# Looking Forward

Ed Day, County Executive

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June Molof, Director

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March/April 2016

### Office for the Aging Upcoming Events:

- March 6th, Rockland County Government Day
- March 17th, Senior Focus
- April 15th, TAX DAY
- April 21st, Senior Focus
- May 19th, Senior Focus
- May 25th, Power of Age



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## Welcome Spring...

Dear Friends,

While, the days will be getting longer and warmer, I hope you are inspired to get out and enjoy the services available to you. If you are among those that attended my recent State of the County, or watched via live stream, I thank you for making our community your priority and I hope you are as upbeat as I am as we continue on our path. As part of an overall effort to increase transparency in government, I host a regular series of town hall forums in communities throughout Rockland. At each event, my team and I provide updates on the progress our administration is making in delivering on my core priorities: stabilizing Rockland's finances, promoting economic growth and preserving the County for future generations. The community conversations promote open dialogue, allowing residents to ask questions and offer feedback on County issues important to local families. If you have not yet had the opportunity to join us, I invite and encourage you to attend our next forum.



Ed Day, Rockland County Executive

Best regards,

Ed Day, Rockland County Executive

## Power of Age

Join us for our annual **FREE** event, POWER OF AGE, open to the public, co-sponsored by Rockland Community College and Rockland County's Office for the Aging. Enjoy a continental breakfast, visit with over 50 exhibitors, join us as we honor two local senior citizens, and attend one of our many exciting workshops!

**Wednesday, May 25th 9:00AM—12:45PM**

**Pre-registration** for workshops will be available by mid March. Call the Rockland County Office for the Aging at **845.364.2110** or email **ofa@co.rockland.ny.us** for a full brochure and registration form.

## **Helen Hayes Hospital To Host CarFit Safety Event for Older Drivers**

Helen Hayes Hospital in West Haverstraw, NY will host a CarFit driving safety event for older drivers on Saturday, April 30, 2016 from 9:00 a.m. to 12:00 p.m. in the hospital's Parking Lot G. The event, which is free and open to the public by appointment, will provide attendees with personalized vehicle evaluations by certified CarFit technicians, helping older drivers achieve a perfect fit for increased driving safety. (Call (845) 786-4225 to set up your appointment)

HHH's CarFit technicians will spend approximately 20 minutes with each driver, going through a 12 point checklist to evaluate vehicle fit, making changes to seat and mirror positions, helping drivers achieve proper foot placement, and aiding with other adjustments that tailor a car's "fit" to its driver. Each driver will also receive a bag filled with community resources, information about driving safety, and adaptive equipment options to trial that might help with positioning the person better in his or her car.

While older drivers are considered the safest drivers when it comes to wearing a seatbelt, driving within the speed limit and refraining from drinking and driving, they are also the most likely to get seriously injured or killed in a car accident due to the increased fragility of the aging body. Driving a vehicle that has been properly adjusted to fit the user can not only increase the safety of the driver, but also the safety of others on the road. The CarFit national educational program was created by the American Society on Aging, in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association. (AOTA) to ensure that all older drivers are able to achieve maximum safety.

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## **SIX THINGS TO KNOW ABOUT SOMEONE WITH DEMENTIA**

I wrote this poem from the perspective of a person with dementia to emphasize how important it is to help those with dementia do the things that they CAN still do. Focusing on abilities can help a person feel purpose, fulfillment, accomplishment, and quality of life. I hope this poem helps you improve care in your facility or for your loved one. Please feel free to share it and pass it on!

### **I can still smell the flowers.**

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

### **I can still communicate.**

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

### **I can still make decisions.**

I don't have the judgment I used to, but I can still make decisions. Give me choices. This will make me feel like I'm a part of things.

### **I can still wash my face.**

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction. This will help me feel purpose.

### **I can still sing.**

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

### **I can still move my body.**

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

You are key to the quality of my life.

## **MEDICARE UPDATE**

### **Advance Care Planning**

Effective January 1, 2016, Medicare now provides a voluntary benefit for Advance Care Planning (ACP) in conjunction with the Annual Wellness Visit (AWV).

Advance Care Planning includes the provider and beneficiary discussing advance directives with or without completing relevant legal forms. An advance directive is a document appointing an agent and/or recording wishes pertaining to future medical treatment should the beneficiary lack decisional capacity at the time.

Like the Annual Wellness Visit itself and most preventive services covered by Medicare, Annual Care Planning provided with Annual Wellness Visit would not be subject to the Part B deductible and coinsurance.

For a copy of the Medicare Preventive Services Checklist, please contact the HIICAP program at (845) 364-2118.

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### **ROCKLAND INDEPENDENT LIVING CENTER**

We are pleased to officially announce that Rockland Independent Living Center's Board of Directors has appointed Dr. David E. Jacobsen to replace George Hoehmann as Executive Director. Dr. Jacobsen's appointment will be effective as of February 29, 2016.

Rockland Independent Living Center is a service and advocacy organization run by and for people with all disabilities. Since 1987, this non-profit organization has been assisting and empowering individuals with disabilities in Rockland County, following their mission of providing advocacy and leadership in the creation and development of an accessible and integrated community for all people to live independently and participate in all aspects of the community. RILC works throughout the community to ensure that companies, businesses, schools and public areas are accessible in accordance with the Americans with Disabilities Act. This has involved working with local businesses to eliminate architectural barriers like doorways that are too narrow for a wheelchair or doors that are too heavy to be opened by an individual with mobility issues. We have developed signage to be posted at gas stations about the availability of service assistance, as well as a communication card to be kept in the visor of a vehicle for a person who is deaf or hearing impaired, reducing the problems faced in a routine traffic stop or even an emergency situation. The agency also has a plethora of resources for people with disabilities in the community, including support groups, a computer center and basic computer classes, programs designed to help people remain in their homes, a food pantry, connections for employment opportunities, a program for veterans seeking assistance, as well as advocates available to assist with accessing needed benefits and supports.

RILC's services provide practical solutions for the challenges faced by people with disabilities and a voice for people whose needs can at times be ignored. These challenges may seem insurmountable and the solutions costly, but Rockland Independent Living Center faces them with experience, creativity, knowledge, and the political will to affect change and provide the supports to develop an integrated and accessible community for all people with disabilities.

More information about RILC can be obtained on our website, at [www.rilc.org](http://www.rilc.org). Services are available through a referral process, which involves calling our offices at **(845) 624-1366** and providing some basic information so that the appropriate advocate or department can contact you. **Rockland Independent Living Center, 873 Route 45, Suite 108, New City, NY 10956**



## **VISION LOSS AFFECTS OUR ABILITY TO COMMUNICATE**

Did you know that by age 70, fewer than 30 percent of elderly people have 20/20 vision? Normal age-related visual impairments such as macular degeneration, cataracts and glaucoma can impact day-to-day functioning. They can affect our ability to drive, read prescription bottles, safely maneuver an uneven sidewalk, or recognize a friend.

Visual impairments can also affect our ability to communicate effectively with others. We observe our partners to see if they "get" what we are saying when we talk to them. Consider clues that we look for during a conversation:

- \*Facial cues, which indicate mood or emotion.
- \*Hand gestures, which can indicate size or direction.
- \*Turn-taking cues, including raised eyebrows.
- \*Feedback, such as head-nodding.

These types of non-verbal messages may be lost or misunderstood by people with poor vision. Both people in the conversation are then prone to misinterpretation. Imagine not being able to see someone roll his eyes when making a sarcastic remark. You might think that he is rude, and he might think that you don't have a sense of humor.

Here are some simple things you can do when talking to someone who has visual impairments:

- \***Identify** yourself when going to visit. "Hi Grandma. It's me, Mary."
- \***Describe** what you mean with words in addition to hand gestures. "The fish was 2 feet long."
- \***Sit** in a well-lit area, but avoid sitting directly in front of bright windows or standing in doorways.  
This "backlighting" causes a silhouette effect and people cannot see your face clearly.
- \***Eliminate** distracting background noise. When someone has poor vision, they may rely more on their sense of hearing to make up for the loss.
- \***Use** bright table or floor lamps whenever possible and ensure cords are out of the way to avoid falls. Overhead fluorescent lighting causes glare on linoleum and hardwood floors.
- \***Install** nightlights in hallways, the bedroom and bathrooms.
- \***Offer** your arm for support when you are out together, and tell him or her about upcoming curbs or stairs.

These tips can help keep your loved ones involved in meaningful conversations and ensure their safety at home.

Excerpted from Danielle Myers-Rickard's article of the same name at Caregiver.com.

**Ellie Jacobson, Program Director, VCS  
Services for Older Adults & Their Families  
(845) 634-5729 ext. 319 [ejacobson@vcs-inc.org](mailto:ejacobson@vcs-inc.org)**



## **FEND OFF THOSE WINTER COLDS!**



### *Tips for Avoiding Winter Bugs:*



- Get vaccinated against flu
- Wash your hands often
- Limit exposure to infected people
- Keep stress in check
- Eat right
- Sleep right
- Exercise

## **THINGS THAT MAKE YOU FEEL OLD AND WHAT TO DO ABOUT THEM**

Death and taxes are understood to be the only inevitable elements of life. But, there's a third issue that many of us automatically assume is unavoidable as well - getting old.

We chalk our flagging energy levels and stiffening joints up to what Larry Matson, Ed.D, co-author of the book, "Live Young, Think Young, Be Young...at Any Age," calls the, "immutable and mysterious aging process."

The notion of aging as an uncontrollable, unstoppable force may, in fact, be faulty. According to Matson, once a person reaches their physical peak (somewhere between 30 and 35 years old) less than one percent of physical and mental decline each year can be attributed to the aging process alone. "We think it's normal to be over weight at 40, have multiple chronic diseases at 60 and be totally dependent at 70," he says. "But age is really a measure of time, not how 'old' we are."

### **HOW TO AVOID FEELING YOUR AGE:**

**Absence of physical activity:** Matson points to physical disuse as the number one thing that accelerates age and is associated with the vast majority of chronic diseases. Even if you can't make it to the gym every day, there are still things you can do to stay active. Pay attention to your posture, keep your shoulders back, stand and sit up taller, and don't slouch. Take deeper breaths. Always walk as if you're going to be late for a meeting or an appointment.

**Meager mental stimulation:** Mental neglect comes in a close second to physical disuse in the rankings of factors that make us feel older. "As we get older, we just don't realize how much less we use our mind," Matson says, "We get zoned into a particular job task and get good at it, but we don't use other parts of our brain." After a long day of care giving, you may be just wishing for a few minutes to sit and veg out in front of your favorite television show. Instead, try adding one mentally-stimulating activity to your nightly routine. Tackle a Sudoku puzzle, knock out a few chapters of that book club book you promised you'd read, commit to learning a new hobby.

**Disastrous dietary decisions:** Fruits, veggies, whole grains, lean proteins—you've heard the balanced nutrition spiel before. Another way to optimize your eating plan is to munch more mindfully and slowly. Recognize the rule of halves: half of the pleasure of eating happens in the first bite and is then reduced by half with each subsequent mouthful.

**Excessive stress:** Chronic stress, an epidemic among caregivers, can cause your cortisol levels to skyrocket, leading to inflammation and metabolic malfunctioning. Identify the things that stress you out, anticipate when they will occur, and take steps to manage your response. Take deep breaths, meditate, participate in a yoga class—whatever helps you feel more calm and centered.

**Alcohol in abundance:** Research indicates that small amounts of alcohol may provide certain health benefits, but women especially should aim for imbibing no more than two drinks in a single day. Beyond that, the drawbacks of alcohol begin to outweigh the benefits.

**Chemical contaminants:** Since you don't have much control over the environment when you're outside, be sure to minimize your exposure to chemicals while in your own home. Invest in a water filter and cut down on how often you use aerosol cleaning and beauty products.

**Pill-popping:** Poly-pharmacy is a big problem for many adults, one that only get worse with age. Medications (both prescription and over-the-counter), while helpful for managing certain conditions, may end up doing more harm than good in the long run. "Know what you're taking and why you're taking it," Matson advises. Ask your doctor if there's any way you can safely reduce your dosage, or go off a prescription altogether.

**The genetic gamble:** You may not be able to alter your genetic code, but you can take steps to reduce the impact of your detrimental genes. Research your family history and make the lifestyle changes necessary to accommodate your unique set of inherited vulnerabilities.

There's no magic bullet that can cure aging, no miracle restorative regimen that everyone can follow and never experience the symptoms of chronic disease.



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

### **Israeli Film**

Thursday, March 17 at 1:00 p.m.

Watch films of Israel, and enjoy discussion with Liraz. Many films will be in Hebrew with English sub-titles.

**TIKKUN** - Haim-Aaron is an ultra-Orthodox scholar living in Jerusalem, whose talents and devotion are envied by all. One evening, Haim-Aaron collapses and loses consciousness. The paramedics announce his death, but his father takes over resuscitation efforts and, beyond all expectations, Haim-Aaron comes back to life. After the accident, try as he might, Haim-Aaron remains apathetic to his studies. He feels overwhelmed by a sudden awakening of his body. The father notices his son's changed behavior and tries to forgive him. The father is tormented by the fear of having crossed God's will, the night he resuscitated Haim-Aaron. In his nightmares, he is ordered to kill his son.

Facilitator: Liraz Levi, Jewish Federation of RC, Community Shaliach

During the summer Liraz works at children's camp. He will return with more films in the fall. This program is free and open to the public

### **13<sup>th</sup> Annual Jewish Film Festival**

March 27-April 20

Films will be shown at Regal Theaters in Nanuet, Bow Tie in New City, Lafayette Theater in Suffern, and at JCC Rockland.

For a full schedule of films, log on to [www.jccrockland.org](http://www.jccrockland.org)

### **Purim Shpiel & Brunch**

Sunday, March 27 at 10:30 a.m.

#### **THE PURIM KING**

A comedic Purim shpiel (humorous play), loosely based on the Lion King, was written for both adults & children. It stars the MJC Meshuganah Players (Montebello Jewish Center).

Brunch & Entertainment: Adults \$18.00, Children 13 & under \$9.00

To register, please call JCC Registrar at (845) 362-4400 x100

Registration closes on March 23<sup>rd</sup>.

### **Nosh & Learn**

Friday, April 1 at 12:30 p.m.

#### **"NEW YORK CITY DURING WWII"**

Speaker: Marty Schneit

Coffee & bagels served.

Member \$5.00 Public \$10.00

Advance reservations requested

### **65+ Singles**

Sunday, March 13, 11:00 a.m.: Social Event

Sunday, April 3, 11:00 a.m. : Bagels & Lox Brunch

Wednesday, April 20: Dinner in local restaurant

If you're divorced, widowed, never married, and over 65, then this group is for you. We meet twice a month; once at the JCC and once at a local restaurant. To attend any of our events, please contact Gene Arkin at (845) 356- 5525.

JCC, 450 W. Nyack Rd., W. Nyack, NY

For more information, call (845) 362-4400

## **Five Easy Ways to Spot a Scam Phone Call**

The IRS continues to warn the public to be alert for telephone scams and offers five tell-tale warning signs to tip you off if you get such a call. These callers claim to be with the IRS. The scammers often demand money to pay taxes. Some may try to con you by saying that you're due a refund. The refund is a fake lure so you'll give them your banking or other private financial information. These con artists can sound convincing when they call. They may even know a lot about you. They may alter the caller ID to make it look like the IRS is calling. They use fake names and bogus IRS badge numbers. If you don't answer, they often leave an "urgent" callback request.

The IRS respects [taxpayer rights](#) when working out payment of your taxes. So, it's pretty easy to tell when a supposed IRS caller is a fake. Here are five things the scammers often do but the IRS will not do. Any one of these five things is a sign of a scam.

The IRS does not:

- Call you to demand immediate payment. We will not call about taxes you owe without first mailing you a bill.
- Demand that you pay taxes without giving you the chance to question or appeal the amount they say you owe.
- Require you to use a certain payment method for your taxes, such as a prepaid debit card.
- Ask for credit or debit card numbers over the phone.
- Threaten to bring in local police or other law-enforcement to have you arrested for not paying.

If you get a phone call from someone claiming to be from the IRS and asking for money, here's what to do:

- If you know you owe taxes or think you might owe, call the IRS at 800-829-1040 to talk about payment options. You also may be able to set up a payment plan online at [IRS.gov](#)
- If you know you don't owe taxes or have no reason to believe that you do, report the incident to TIGTA at 800-366-4484 or at [www.tigta.gov](#).\*
- If phone scammers target you, also contact the Federal Trade Commission at [FTC.gov](#). Use their "[FTC Complaint Assistant](#)" to report the scam. Please add "IRS Telephone Scam" to the comments of your complaint.
- Remember, the IRS currently does not use unsolicited email, text messages or any social media to discuss your personal tax issues. For more information on reporting tax scams, go to [www.irs.gov](#) and type "scam" in the search box.

\*Treasury Inspector General for Tax Administration

Source: USA.gov



### **LOOK INTO RENTERS INSURANCE**

Renters' insurance provides financial protection against the loss or destruction of your possessions when you rent a house or apartment. It does not include coverage for the dwelling or structure. While your landlord may be sympathetic to a burglary you have experienced or a fire caused by your iron, destruction or loss of your possessions is not usually covered by your landlord's insurance. Because in most cases, renters insurance covers only the value of your belongings, not the physical building. The premium is relatively inexpensive.

Many large and medium-sized rental properties include a requirement in their lease that tenants hold renters' insurance. It is important to know what type of damage your insurance covers.

## **WHAT TO DO ABOUT WORRYING**

There is such a thing as fretting too much! Don't let stress weigh you down. Are you a constant worrier? Do you get preoccupied with what might happen or stay focused on a past event that didn't go as you hoped? Do you worry about money, relationships or what the future holds? Do you come from a family of worriers? This kind of stress can be harmful. It can exhaust you. And it can lead to real health issues, like high blood pressure, overeating, depression, anxiety, aches and pains, poor sleep and other ailments. It can make you tense and edgy. And it can affect your work, home and personal life.

### **Train your brain:**

There is hope for chronic worriers! You can reprogram yourself to deal proactively with your challenges instead of letting them weigh you down.

### **10 tips if you're often worried:**

- Escape the stressful situation when you can. Get out, be physically active and take your mind off your worries.
- If you can't escape the uncomfortable situation, change how you deal with it. You'll feel more confident if you take action, even if that action is walking away.
- Don't fret about things you can't control. Deal with some of the little things to save your energy for bigger matters.
- Don't go into stressful events unprepared (like a big meeting or a job interview). Being prepared is something that you can control.
- Embrace change. It can be a good thing. This may take some repeat experiences - some people are more comfortable with change than others. But the more we deal with change positively, the better we can cope with change when it comes our way.
- Try not to let conflicts with others fester. Either shrug it off or politely confront the situation. Weigh how much this person means in your life on a scale of 1 to 10 and ask yourself if your personal life or family life (also rated on a scale of 1 to 10) is worth having this person interfere with what is positive in your life.
- Find a good listener. Talk with a counselor, a trusted friend or relative to get through rough times. You might gain some insights and perspective. Be sure you have a good support system of family, friends and co-workers.
- Don't expect too much of yourself. Set realistic goals and know how to say no to keep from feeling overwhelmed.
- Take care of yourself. Regular exercise and eating healthy meals, along with enough sleep, can give you strength to deal with life's challenges.
- Find some quiet time just for you. Even if it's just for a few minutes, close your eyes and relax your muscles, thinking of a pleasant place to be.

A key to controlling your worries is to ask: Can I solve this problem? If you can, then write down some possible solutions and commit to taking some action to fix it.

If you can't - if it is truly something you can't control, or a pessimistic fear of something that might happen - you will have isolated the issue. It helps to acknowledge your feelings about it. Life happens. It's full of uncertainties. Take a look at all the good things in your world and work on letting go of your worries. Remember, if you are still having trouble coping with worry, seek professional help, such as talking with your doctor or a mental health professional.

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## Savor the Flavor of Eating Right!

March is National Nutrition Month®. This year's theme is "Savor the Flavor of Eating Right." Did you know that how, when, why and where we eat are just as important as what we eat? The Academy of Nutrition and Dietetics encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

It is important to develop a mindful eating pattern that includes nutritious and flavorful foods – that's the best way to savor the flavor of eating right! Take time to appreciate the flavors, textures and overall eating experience. Instead of eating quickly and mindlessly, eat slowly to help you savor the flavor of your food. For more information visit [www.eatright.org/nnm](http://www.eatright.org/nnm)



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## Keep Your Grandchildren Safe: Put Your Medicines and Vitamins Up and Away and Out of Sight!

Any kind of medicine or vitamin can cause harm if taken the wrong way, even those you can buy without a prescription. Children are curious and put all kinds of things in their mouths, and can quickly get into things that could hurt them.

Follow these important safety tips:

- Put all your medicines and vitamins up and away, out of reach and out of sight, every time, even those you use every day! Keep all purses, bags, or coats that have medicine or vitamins in them up and away and out of sight.
- Always relock the safety cap. If the medicine has a locking cap that turns, twist it until you hear the click or you cannot twist anymore. Remember, even though many medicines and vitamins have safety caps, children may be able to open them.
- Call the Poison Help Center at (800) 222-1222 right away if you think your grandchild might have gotten into medicine or vitamins. Program the number into your home and cell phones so you will have it when you need it.

For more information visit [www.upandaway.org/](http://www.upandaway.org/) or call the Health Department at (845) 364-2500.

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## Are You 50 or Older?

### Get Tested for Colorectal Cancer: It Could Save Your Life!

Colorectal cancer usually starts from polyps (small growths on the lining of the colon or rectum). Colorectal cancer screening tests can help prevent cancer by finding (and removing) polyps before they turn into cancer. They can also help find cancer early, when it can be more easily and successfully treated.

Most colorectal cancers are found in people age 50 and older. For this reason, the American Cancer Society recommends you start getting checked for this cancer when you're 50. Some people are at greater risk of developing colorectal cancer, especially if there is a family history, and may need to begin being tested earlier than age 50, or more often than other people.

It is important to talk to your doctor about your colorectal cancer risk, which screening tests are right for you, and when you should get them. To learn more, call the American Cancer Society: (800) 227-2345 or visit [www.cancer.org](http://www.cancer.org).

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## Getting a Good Night's Sleep

A good night's sleep can make a big difference in how you feel. Here are some suggestions from the National Institute on Aging to help you:

- Go to sleep and wake up at the same time, even on weekends.
- Try not to nap too much during the day. You might be less sleepy at night.
- Try to exercise at regular times each day.
- Try to get some natural light in the afternoon each day.
- Don't drink beverages with caffeine late in the day. Caffeine's a stimulant & can keep you awake.
- Don't drink alcohol or smoke cigarettes to help you sleep. Even small amounts of alcohol can make it harder to stay asleep. Smoking is dangerous for many reasons, including the hazard of falling asleep with a lit cigarette. Also, the nicotine in cigarettes is a stimulant.
- Create a safe and comfortable place to sleep. The room should be dark, well ventilated, and as quiet as possible.
- Develop a bedtime routine.
- Use your bedroom only for sleeping. After turning off the light, give yourself about 15 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you get sleepy, go back to bed.
- Try not to worry about your sleep.



The National Institute on Aging recommends that if you are so tired during the day that you cannot function normally and if this lasts for more than 2 to 3 weeks, you should see your family doctor or a sleep disorders specialist. For more information, visit [www.nihseniorhealth.gov/](http://www.nihseniorhealth.gov/) and click on Sleep and Aging under the letter "S."

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## Call 364-2500 to 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 programs begin Wednesday, March 9 from 9:30 AM to 12 PM in New City, and Wednesday, May 4 from 10 AM to 12:30 PM in Nanuet.
- **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 begin Tuesday, March 1 from 2:15 PM to 3:15 PM in Garnerville, and Wednesday, June 15 from 5:15 PM to 6:15 PM in Pomona.
- **Living Well With Diabetes:** Learn how to better self-manage your type 2 diabetes and reduce the risk of complications. The next free six-week program begins Tuesday, April 5 from 9:30 AM to 12 PM in Spring Valley.
- **Lose to Win Weight Loss Program:** Ready to lose weight? This 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 us to find out when the next free eight-week 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. The next programs begin Monday, April 4 from 10 AM to 12 PM in Valley Cottage, and Tuesday, April 19 from 9:30 AM to 11:30 AM in New City.
- **Put It Out Rockland:** Get help to successfully quit smoking. Call the Health Department's Put It Out Rockland Quit Smoking Program at 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.

**ALZHEIMER'S ASSOCIATION'S SPRING 2016 ROCKLAND COUNTY PROGRAMS**

**Know the 10 signs: Early Detection Counts**

A workshop to help identify the 10 signs of Alzheimer's disease. Early detection is important because it allows drug therapy and long-term planning to start sooner.

Monday, April 18 at 10:30 a.m. at the Rose Memorial Library. The address is 79 E. Main St., Stony Point, N.Y. 10980.

**The Basics: Memory loss, dementia and Alzheimer's disease**

This program provides information on detection, causes and risk factors, stages of the disease, treatment and more.

Thursday, April 28 at 7:00 p.m. at the Suffern Free Library. The address is 210 Lafayette Ave. in Suffern, NY. 10901.

**For more information or to RSVP please call 800-272-2900.**

**Music Social coming soon to a venue near you!**

This spring, a new Music Social is set to start in Rockland County. Music Socials are free, interactive programs for individuals with early-stage Alzheimer's disease or other dementia and their caregivers.

The program offers a fun and safe way to socialize while sharing a love of music. The free monthly program will be given by Certified Music Therapist Melinda Burgard.

**For more information, call (845) 639-6776.**



**AARP ROCKLAND COUNTY CHAPTER & JCC ROCKLAND**

The following programs are free and open to the public! They are being held at the JCC at 450 West Nyack Rd. in W. Nyack, NY 10994.

Wednesday, March 16 at 12:30 p.m.

**SELECTING THE CANDIDATE**

Speaker: Dr. Robert Schelin, PhD, Professor of History and Political Science for over 3 decades.

The selection process, through the caucuses' party bosses and primaries, with special attention to the upcoming election.

Wednesday, April 13 at 12:30 p.m.

**THE CHOCOLATE FACTORY**

Many people are interested in reading fun chocolate facts, as chocolate is a common favorite among candy and dessert enthusiasts all over the world. Join us to find out some interesting and fun facts about this sweet confection beyond those boxed and foil wrappers!

Bagels and coffee are offered at a nominal fee.

For more information call AARP Programming Chairman Norm Cohen at (845) 623-7606 or send an email to Chapter President Ted Arin at mtarinny@yahoo.com



**IS IT YOUR BIRTHDAY?**

Calling all centenarians...if you are going to be 100 glorious years old or know someone who is, please notify us with his/her name, address and date of birth. The Rockland County Office for the Aging would love to send him/her a birthday card to acknowledge this momentous occasion. Please call us at (845) 364-2110 so that we can help celebrate such a wonderful milestone!

**FYI: FOR YOUR INFORMATION**

**TRIAD:**

Triad has volunteers available to speak to groups on elder crime and safety topics. If you are interested, please call George Wood at (845) 215-5697. Leave a message with your name, call back number and a convenient time for someone to return your call and one of our volunteers will contact you.

**BIG BROTHERS BIG SISTERS:**

Interested in Becoming a **Big Brother or Big Sister?**

BBBS of Rockland matches children throughout the county facing adversity with rigorously screened adult volunteers in relationships designed to expand horizons and change the trajectory of children' lives. If you are interested, please contact Susan Ball at (845) 356-6818.



**CAN YOU HELP?**

**Attention all photographers:**

**People to People** is looking for a photographer to capture their "pantry in motion" (from food to volunteers to clients.) If you have your own equipment, they would like the pictures printed and framed for display in their offices. People to People will pay for the cost of printing and framing.

**JCC Rockland** is also looking for a photographer to teach a digital photography class.

**Rockland Community College** is seeking volunteers to lead a conversation group for English as a Second Language students to promote growth in confidence and self expression.

**Rockland Community College;s Career Services Department** is hosting a Job Fair on Thursday, April 14, 2015 from 8 a.m. to 3 p.m. in the RCC Field House. Volunteers will be needed for a variety of positions. Approximately 1,000 students and Rockland County residents attend and more than 100 companies attend to recruit new employees.

**Local schools** (at all levels) are continuously looking for tutors.

**The Adult Learning Center** in West Nyack is looking for someone to teach a Genealogy class. They are interested in finding a volunteer who is familiar with DNA and GEDMatch. If you are interested in any of the above opportunities, contact Susan Ball at (845) 356-6818.



**LEGAL EASE**

Are you worried about your parent's safety as they grow older? While having a discussion with your parents about illness, death, and financial issues can be awkward, it is one of the most important conversations that you will ever have. The following fictional letter illustrates the talking points that you will want to cover when you have such a conversation.

Dear Mom and Dad:

I am asking for you to help me help you sometime in the future if you are unable to manage your affairs. While I respect your independence and am not looking to take control away from you, I would like you to provide me with some information. This will help me take care of you in the future just as well as you have always taken care of me. I don't need this information right now. I just need to know that you have compiled it and where to find it if I ever need it.

**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*

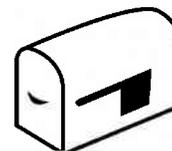
*Website: <http://rocklandgov.com/departments/aging>*

**RETURN SERVICE REQUESTED**

**BOOKS-BY-MAIL HOMEBOUND SERVICE**

If you are physically unable to travel to the library due to illness, age or disability, you can still enjoy library services.

You can now receive your materials via the the US Mail and, thanks to LARC, it's all absolutely FREE!



Contact your local library for details about this program. Certain restrictions may apply.

**ROCKLAND COUNTY LIBRARIES**

Blauvelt Free Library	359-2811	Pearl River Public Library	735-4084
Finkelstein Memorial Library	352-5700	Piermont Public Library	359-4595
Haverstraw Public Library	786-3800	Rose Memorial Library	786-2100
Nanuet Public Library	623-4281	Sloatsburg Public Library	753-2001
New City Library	634-4997	Suffern Free Library	357-1237
Nyack Library	358-3370	Tappan Library	359-3877
Orangeburg Library	359-2244	Tomkins Cove Library	786-3060
Palisades Free Library	359-0136	Valley Cottage Free Library	268-7700
West Nyack Free Library		358-6081	