

Desk of the Commissioner:



As we get into the hot weather months, we should all prepare for extreme weather conditions and what to do about them. Just as extreme cold temperatures can cause serious health concerns, so too can hot weather lead to heat-related illnesses.

Prolonged periods of 90-degree temperatures or above can cause your body temperature to rise and put a strain on your heart and blood vessels. Heat stress can lead to serious illness, heart failure or stroke.

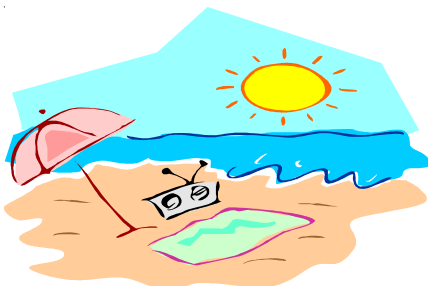
Here are a few tips for dealing with extremely hot weather:

- > Remain indoors when temperatures reach 90-degrees or above.
- > If your home is not air conditioned, spend as much time as you can in some public air conditioned place like a shopping mall, church, library, or a senior center.
- > Take cool baths or showers and allow the air to dry you.
- > Use fans to draw cool air into your home, and keep drapes closed on windows in direct sunlight.
- > When indoors, dress for coolness. Wear as little clothing as possible; cotton clothing that is loose fitting, lightweight and light-colored is best.
- > Take it easy and eat a well balanced diet.

Be prepared and enjoy the warm weather months!

Joe

e-mail address: jcybulski@rensko.com



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Congratulations to Ann Rosse for being named the 2010 Senior of the Year! Pictured (l-r) are Commissioner Joe Cybulski, County Executive Kathy Jimino, Ann Rosse and her husband James, and Deputy Commissioner Carol Rosbozom.



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MIDDLE TIER SENIOR CENTER**TROY SENIOR CENTER**

19 Third Street

Phone: 270-5348

SOUTHERN TIER SENIOR CENTERS**RENSSELAER AREA SENIOR CENTER**

East and Herrick Streets

Phone: 463-2166

Troy Center:

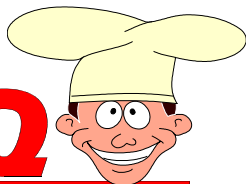
The Troy Senior Center is busy at work planning our fall affairs. We are looking forward to our Special Dinner "Summer Jamboree," on Monday, August 16th. Not only is the menu great but the entertainment is guaranteed to get your toes tappin' and to put a smile on your face. You will really enjoy the talent of the "Friends Union String Band" (Violin, Voice, Guitar, Mandolin and Foot Drum) playing historic dance tunes to Rock-n-Roots.

Our Uncle Sam Line Dancers are back dancing come August and everyone is welcome to join in. Have you been wanting to learn to line dance? This is the perfect time to join in on the fun. Instruction for beginners is at 2:30 pm on Thursday afternoons.

The Troy Center will be hosting an AARP Defensive Driving Class on September 21 and 23. This class has a limited amount of seats so please if you are interested, call Janet at 270-5539 today!

We are planning a trip with the Sycaway Seniors to the Lake George Dinner Theatre on Wednesday, September 15, cost is \$54. Call Janet at 270-5539 for reservations.

On September 28 we will be hosting a Pool Presentation featuring a professional from the Diamond Eight Billiard Room. More info to follow in the September Aging Trends.

**B-B-Q**

R.O.U.S.E. Picnic
Wednesday, August 4, 2010
Grafton State Park-Deerfield Pavilion
Coffee at 10:00 am
Old Daley Inn Bar-B-Q at Noon
Entertainment by Brian Zapell,
Bingo & Raffles
Come Join the Fun!!!

Rensselaer Center:

"Summertime and the living is easy." What a wonderful theme song for us here in the northeast.

Some of us are very busy during the summer months, but it is important that you take time to relax and regroup. A good way of doing that is at the Rensselaer Center, come in and join us for lunch. This nutritious meal is served Monday - Friday at noon. (call the Center 463-2166 for reservations). This is a good time to sit, have a good meal, and great conversation with friends.

We will be going to MacHady Theater on August 22 for "Showboat." The cost of \$54 includes transportation, the show and buffet at Kozels. If you would like to join us, call the Center (463-2166) as soon as possible, as space is limited.

On September 22, "Our Son's Wedding," at the dinner Theater in Lake George. Sign up is on August 23, starting at 9:30. Cost of \$45 includes meal and the show; bus transportation is subsidized by our Leona Carter Fund. Call 463-2166 for more information.

August 19, at 11:00, we will be welcoming Christine Damon, M.S.Ed. to our "Smart Senior" program. She will presenting information on Home Safety.

Edward C. Swartz Center:

Wednesday, August 4th: R.O.U.S.E. Picnic at Grafton State Park

Wednesday, August 4th: Hearing Clinic 10:00 am till 12:00 noon. This free clinic is open to all Rensselaer County seniors for screening, and cleaning. No Appointment needed.

Friday, August 6th: Attorney Service 9:30 am to 11:00 am for a free consultation by appointment only.

Friday, August 13th: 11:15 am Senior Business Meeting This is a time for you to find out how the Senior Center functions, and it is the time to ask any questions that you might have.

Monday, August 16th: Special Dinner 12:00 noon "Summer Jamboree". Entertainment: The "Tri-County Banjo Band". Please call: 477-6581 for your reservation.

Tuesday, August 17th: 11:00 am Blood Pressure Screening: provided by the Rensselaer County Health Department every month.

SOUTHERN TIER SENIOR CENTERS**EDWARD C. SWARTZ SENIOR CENTER**

1800 East Schodack Road, Castleton
Phone: 477-6581

Edward C. Swartz Center (continued) :

Saturday, August 21st: Anniversary Dinner/ Dance at Melvin Roads, American Legion Post in Rensselaer, NY. Tickets are available at our Senior Center.

Wednesday, August 25th: 9:30 am R.O.U.S.E. meeting at the town hall in Wynantskill.

Tuesday, August 31st: 12:45 pm Bingo Come out and join our group of seniors who enjoy this relaxing game.

Community Service: Mondays at 10:00 am. seniors make heart shaped pillows for the heart patients and kidney shaped pillows for the patients on dialysis treatment, at Albany Medical Center. Chorus meets on Mondays at 1:00 pm. This "Gang," under the direction of Kathy Lubbers, sings at the Senior Center four times a year and goes to area Nursing Homes to sing for the residents a few times a year, including Christmas and Easter time.

The Knitting Club meets on Tuesdays at 10:00 am. The finished items are welcomed by area hospitals and many of other local organizations.

Tai Chi class is Wednesday mornings at 10:00 am with Dwight Moss leading the group.

Line Dancing begins Wednesday afternoons at 12:30 pm with instructor Betty Crozier. This growing group gets a good workout and has lots of fun doing so. They do volunteer performances at nursing homes in the area, as well as, at our own Senior Center.

Exercise Class: Come to work out on Thursdays at 1:00 pm with Theresa Mattson, a certified instructor. This growing class is geared just for seniors and is a great time to socialize, as well, as getting fit.

Darts Friday at 12:45 pm: Join this group and take your frustrations out on the dart board.

Hoosick Area:

August 4th- ROUSE Annual Chicken Barbeque at Grafton State Park. Tickets sold in advance. Transportation available.

August 12th- Entertainment at 12:30 pm by the "Tri County Banjo Band".

August 15th- Deadline to submit entries for Schaghticoke Fair. Our office needs to know what articles you will be submitting to the fair before this date in order to mail in the entry forms. If you have never entered something in the fair, check with our office and we can let you know the rules and regulations.

August 16th- Special Dinner- 12 noon "Summer Jamboree".

August 25th- Rouse meeting-9:30am at the North Greenbush Town Hall. Transportation is provided.

September 2nd- Senior Day at the Rensselaer County Schaghticoke Fair. Discounted admission. Transportation is provided.

NORTHERN TIER SENIOR CENTERS**EVERETT WAGAR SENIOR CENTER HOOSICK FALLS CENTER**

2 Roxborough Road, Cropseyville
Phone: 279-3413

69 Church Street
Phone: 686-7561

Everett Wagar Center:

Special Dinner: Special Dinner "Summer Jam" will be Monday, August 16, with pianist Peggy Volt entertaining at 11:00 am, sponsored by Blue Shield of Northeast New York.

Hair Cuts & Styles, Manicures and Pedicures: hair cuts & styles, manicures and pedicures, at a reduced price, licensed cosmetologist Amy Regar. This service is available to all seniors male or female. Please call the center to set up an appointment for August 18.

Membership Meeting: - Friday, August 6, at 11:00 am. All members welcome, this is your chance to find out what your senior center is doing, & for you to have a voice in the decisions.

Monthly Craft Class: Our crafty volunteers will return on August 18 at 10:30. These classes are sponsored by Fidelis Care New York and The Everett Wagar Senior Center, all materials will be supplied.

Club Meetings: Club meetings for August will be: Petersburg Seniors Tuesday, August 10th at 6 pm.

Grafton Merry Makers Wednesday, August 11th, at 7 pm
Berlin Seniors Wednesday, August 25th, at 6 pm. All evening meeting begin with a covered dish one hour before meeting.

Everett Wagar Seniors will meet on Friday, August 6th, at 11:00
Stephentown Seniors Thursday, August 5th, & Thursday, August 19th, at 1:00 p.m.

Transportation: We have transportation into the center Wednesdays, and Fridays. Please call the center the day before to sign up.

Blood Pressure Clinic: Monthly Blood Pressure clinic with Rensselaer County Health Department will be held on Friday, August 13, at 10:30.

Water Aerobics: Tuesdays and Thursdays. Van leaves center at 9:15 a.m. for Bennington Recreation Center.

Hearing Clinic: FREE hearing test, and hearing aid cleanings, 4th Wednesday of every month – by appointment.

Mahjong Class: Monday's at 11:30 p.m.

Wii Bowling League: Wednesday's at 1:00 pm, new members welcome.

Ice Cream Social: Friday August 20, MVP health care will be sponsoring "Make Your Own Sundae" at 12:30, bring a friend.

**Executive Department**

Kathleen M. Jimino, County Executive
Joseph W. Cybulski, Commissioner
Carol Rosbozom, Deputy Commissioner



"AGING TRENDS is published monthly by the Rensselaer County Unified Family Services Department for the Aging, County Office Building, Troy, N.Y. 12180, and is funded by the New York State Office for the Aging and the County of Rensselaer under the Older Americans Act of 1965." CDPHP, Fidelis & MVP for help in sponsoring our newsletter.

"The Rensselaer County Unified Family Services Department for the Aging does not endorse any of the products or services advertised herein."



**SPECIAL
DINNER**

Theme: "Summer Jamboree"

Date: Monday, August 16, 2010
at Noon

Menu: BBQ Boneless Chicken
Breast, Baked Beans, Zucchini &
Tomatoes, Round Roll, Ice Cream
Cup

Early Reservations Appreciated.

Good Food Ideas

TOPIC: "Farmers Market NOW"

Presented by the

Cornell Cooperative Extension.

Where: All Senior Service Centers

When: Times and Dates Below

Wed.	8/11	11:00 am	Everett Wagar
Thurs.	8/12	11:30 am	Hoosick Falls
Fri.	8/13	11:00 am	Troy Senior
Wed.	8/25	11:30 am	Rensselaer
Fri.	8/27	11:00 am	Edward Swartz

NEXT R.O.U.S.E. MEETING

Date: August 25, 2010

Place: Wynantskill Seniors

Time: 9:30 am

Host: North Greenbush Town Hall



Nutrition Services

19 Third Street, Troy, New York 12180, 518-270-2730

"Home Grown Fruits and Vegetables YUMMY."
by Claire McGarvey

Farmers Markets are up and running in various locations throughout the County. The coupons distributed at the Senior Centers include a list of the locations and times. To be eligible to receive these \$20 coupon books, one must be 60 years or older, a resident of Rensselaer County with proof, and must meet the income guidelines. The eligible recipient MUST sign for the coupon book for him or herself. The coupons can be redeemed up to November 15th.

A visit to the Farmers Market can be a great experience. The produce is grown in our own region by people who enjoy working with the soil and who are actually selling "the fruits and vegetables of their labor." Many of the farmers use little if any chemicals on their produce. Treat the market as a buffet, check out all the vendors before purchasing. Look for produce that is free of bruises and has good color. Purchase only the amount you can use. The vendors do not give change so be prepared to spend a little extra cash plus the coupon.

Once home, remember to use safe handling procedures. Avoid cross contamination - try different color or size cutting boards for produce and meat. Wash hands, utensils, cutting boards with HOT SOAPY WATER. A vegetable brush is a great help with potatoes, carrots, beets, melons, etc. Wash greens under running water. To preserve vitamins and minerals, cook in minimum amount of water and do not over-cook. Now is the time to enjoy and spread the word - Farmers Market IS WORTH THE TRIP

Adapted from: American Diabetic Association, Knowledge Center, 2005
Food & Fitness Advisor, June 2007



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