

Desk of the Commissioner:



VOL. 35 No. 7

July 2010

Congratulations to our Senior of the Year and to the two recipients of the Outstanding Contribution by a Senior Award. Senior of the Year Ann Rosse is an active member of the South Schodack Volunteer Fire Company who began her firefighting career at age 65! Outstanding Contribution Award winner Beulah Baker is a lifelong resident of Grafton who is always ready to help. Pearl Koch, the second Outstanding Contribution awardee volunteers 30 to 40 hours a week including running a breakfast café at the Veterans' Hall in Petersburg. If you see Ann, Beulah or Pearl, give them your best wishes!

I look forward to seeing many of you throughout the county in the coming months at many events, including at your Tier Picnics, summer events and at the ROUSE Picnic which is coming up August 4th. Here are the details about the ROUSE Picnic.

ROUSE Picnic – August 4th @ Grafton Lakes State Park. Ticket deadline is July 23rd. You **MUST** have a ticket to attend. Donuts & Coffee served 10am – sponsored by County Executive Kathy Jimino. Old Daly Inn Chicken BBQ starts at noon. Entertainment will be Brian Zapel – A One Man Band.

I hope to see you there!

Joe

e-mail address: jcybulski@rensco.com



County Executives for the day!! Cathy and Morgan Lawless shared the duties of County Executive with Kathy Jimino on County Day. They both did a wonderful job. We would like to thank all of the participants who joined us this year and we hope to see everyone at all of our upcoming events throughout the year



A plan for life.

Capital District Physicians'
Health Plan, Inc.

www.cdphp.com

(518) 641-3400

or

1-888-519-4455

H3388_H5042 09-29

Connie Cardella

Medicare Advisor

518-388-2273

joinmvpmedicare.com



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:

Thursday, July 8: Volunteer Appreciation Country Hoedown. This is an affair planned to celebrate everything our volunteers do for us. We are truly blessed with our volunteers and this is a small way for us to say "Thank You." The Hoedown will be held in the dining room with entertainment by Santa Lucia beginning at 11 a.m.

Wednesday, July 14: "Celebrate America" Special Dinner – entertainment by "The Bob Treffiletti Project" begins at 11 a.m. in the dining room – join us and participate in karaoke or just sing along with the "golden oldies." Call for a lunch reservation.

Tai Chi: will be on a summer recess through July and August. Tai Chi will start again in September.

Trips (tentative schedule):

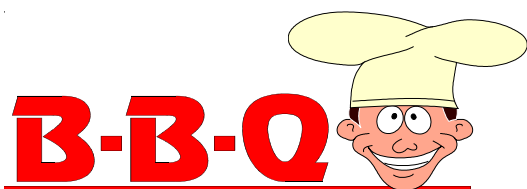
July 20: Blackhead Mountain Lodge through Sycaway Seniors

July 28: JP Cruise – enjoy a buffet luncheon and a 3-hour tour – reasonably priced at \$31 per person inclusive.

August 3: Join the Troy Center as we travel to Chez Josef for the Dixieland Band Lobster Fest. The trip includes a wonderful lunch of broiled lobster and chicken, a great show, and terrific company. This trip is priced at \$58 – all-inclusive.

September: Lake George Dinner Theater with Sycaway Seniors

October: Vermont Trip, Quechee George Village

**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!!!**

Tickets on sale for \$10.00 at all Senior Centers. Deadline for ticket sales is July 23, 2010.

Rensselaer Center:

We have two new programs beginning in July. On **July 15th**, 11am-11:45am, (and every third Thursday), we will be having "Smart Senior" Information you should know!! We will be presenting a wide range of programs including: Home Safety, Living with Diabetes, and many others (we are asking for your suggestions as to what programs you would like.)

July 16th, from 9 am - noon, there will be appointments available with the attorney. If you need to speak with an attorney, this is a great way to do it. Call 463-2166 for an appointment.

REMINDER:

Music in the Park every Wednesday in July. Bring a lawn chair & enjoy some great music.

JULY 7th**JULY 14th****JULY 21st****JULY 28th*****Edward C. Swartz Center:***

Friday, July 2nd: Attorney Service 9:30 am to 11:00 am for a free consultation by appointment only.

Wednesday, July 7th: 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.

Thursday, July 8th NO EXERCISE CLASS

Friday, July 9th: 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.

Wednesday July 14th: Special Dinner 12:00 noon "Celebrate America". **Entertainment: "Schodack Swinging Seniors"**.

Tuesday, July 20th: 11:00 am Blood Pressure Screening: provided by Rensselaer County

Friday, June 23rd: Good Food Ideas 11:00 am. Amy makes one of the recipes printed on the handout sheet supplied for our seniors and everyone is offered a sample of the prepared recipe to taste.

Tuesday, July 27th: 12:45 pm Bingo Come out and join our group of seniors who enjoy this relaxing game.

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

1800 East Schodack Road, Castleton
Phone: 477-6581

Edward C. Swartz Center (continued) :

Community Service: Mondays at 10:00 am. Seniors make heart shaped pillows and kidney shaped pillows for the patients at Albany Medical Center.

Chorus meets on Mondays at 1:00 pm. This "Gang," sings at the Senior Center four times a year.

The Knitting Club meets on Tuesdays at 10:00 am. The finished items are welcomed by area hospitals.

Tai Chi class is Wednesday mornings at 10:00 am

Line Dancing begins Wednesday afternoons at 12:30 pm This group gets a good workout and has lots of fun.

Exercise Class: Come to work out on Thursdays at 1:00 pm This class is geared just for seniors.

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

Hoosick Area:

Summer is here and the hot weather is here to go with it. Don't turn on those ovens and cook! Just come on down to the senior centers and eat lunch in our nice air conditioned dining room!

UPCOMING EVENTS

July 2nd & July 16th- Van Shopping Day. Destinations to be announced. Come and shop for the day and leave the driving to us.

July 14th- Special Dinner- "Celebrate America". Entertainment by "The Wrinkled Ramblers" at 12:30pm.

July 15th- Northern Tier Annual Picnic- 10 am to 3pm at the St. Stanislaw Polish Hall in Hoosick Falls. Hotdogs and drink will be provided. Bring a covered dish to share, lawn chair if you like and the sunshine!!!! Picnic is FREE!!! Music by the Cambridge Cavaliers starting at 11:30am.

July 21st- Lake George Chartered Bus Trip- Prior sign up required.

August 4th- Grafton Rouse Chicken Barbeque at Grafton State Park. Tickets will be available at all the senior centers. Tickets are \$10 for Rensselaer County Residents.

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: "Celebrate America" will be held on Wednesday, July 14, with RSVP entertaining at 11:00.

This is My Story: The Everett Wagar Senior Center, Blue Shield of Northeastern NY & the Grafton Public Library are pleased to announce the start of a new storytelling writing program for adults. This group will meet every other Tuesday at 1:00 p.m., and will be facilitated by Estella Hovnanian a former English teacher. Come and find out how interesting people can be. Next meeting will be July 13.

Hair Cuts & Styles, Manicures and Pedicures: The Center offers hair cuts & styles, manicures and pedicures, at a reduced price, with licensed cosmetologist Amy Regar. This service is available to all seniors male or female. Please call the center to set up an appointment for July 21st.

Membership Meeting: Friday, July 2, at 11:00 am. All members welcome, this is your chance to find out what your senior center is doing, and for you to have a voice in the decisions.

Strawberry Festival: Friday July 2, at 1:00 the center will hold the second annual Strawberry Festival.

Monthly Craft Class: Our crafty volunteers will return on July 21 at 11:00. These classes are sponsored by Fidelis Care New York and The Everett Wagar Senior Center, all materials and assistance will be provided.

Thursday July 15th: Northern Tier Picnic at **St. Stanislaw Polish Club, 12 Mechanic St., Hoosick Falls.** Sign up at the center. Covered dish, entertainment and drinks supplied.

Make Your Own Day: Join the seniors at the Everett Wagar Senior Center on Friday, July 30, at 11:00 am for a "Make Your Own Day". Everyone will be able to make their own personal pizza and ice cream sundae. Lunch will also include a tossed salad and fresh fruit, reservations required

**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." Rensselaer County's Unified Family Services/Department for Aging thanks 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: "Celebrate America"

Date: Wed. July 14th at noon.

**Menu: Baked Meatloaf W/Gravy,
Baked Potato, Broccoli Cuts, Dinner
Roll, Raspberry Gelatin W/Diced
Pears & Topping.**

Early Reservations Appreciated.

Good Food Ideas

TOPIC: "Color Your Plate"

Presented By the

Cornell Cooperative Extension.

Where: All Senior Service Centers

When: Times and Dates Below

Wed. 7/07 11 am Everett Wagar

Thurs. 7/08 11:30 am Hoosick Falls

Fri. 7/09 11 am Troy Center

Fri. 7/23 11 am Edward C. Swartz

Wed. 7/28 11:30 am Rensselaer

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

"Drink for Your Health"

by Claire McGarvey

It's hot outside. Relax! Enjoy the cool air from the air conditioner or the cooling fan. Have a tall cold drink. Enjoy! But beware - those cold drinks can destroy a healthy eating plan. Most cold drinks have empty calories composed primarily of added sugar with little, if any, health benefits. The diet version of soft drinks is not much better giving false security with zero calories. The artificial sweeteners in diet soft drinks and foods stifle the taste buds and may cause constipation or diarrhea, gas and bloating. Most of these drinks contain many additives, most too difficult to pronounce or understand. Because of the zero calories in these soft drinks, some may over consume these empty calories instead of a more nutritious drink.

Alcoholic beverages can, also, destroy a healthy eating plan. A 12 ounce glass of regular beer has about 150 calories, 5 ounces of wine about 100 calories, 1.5 ounce of 80 proof distilled spirits 100 calories. All of these alcoholic beverages contain empty calories. Moderation is the key word. Caution must be used if on medication. Alcohol and medication do not mix.

Why not try ice tea loaded with antioxidants, fruit juice with a splash of sparkling water full of vitamins and minerals, plain carbonated water on ice with a twist of lemon or lime, sparkling grape or apple juice, water from the tap on ice, or fat-free or skim milk, flavored with chocolate or strawberries on ice for refreshment and calcium and Vitamin D.

Artificial sweeteners have been available for a number of years. FDA has tested some new products. These can be used in place of cane sugar for baking. A lower calorie product can result. There may be a difference in the final product. To some it may be worth the change. Just like any new product, moderation is key. Over consumption over a long period of time could cause a problem.

Adapted from: Food & Fitness Advisor, October 2008, September 2009

Today's Dietitian, February 2010

Staying Well, Ohio State Department Aging

**ALL CENTERS WILL BE CLOSED
MONDAY, JULY 5, 2010
DUE TO THE HOLIDAY**

Rensselaer County
Unified Family Services - Aging
County Office Building
Troy, New York 12180
(518) 270-2730
TIME VALUE
RETURN SERVICE REQUESTED

PRSR STD
U.S. Postage
PAID
Troy, NY 12180
Permit No. 650