

Desk of the Commissioner:



2010 Census to Begin

Be Cautious About Giving Info to Census Workers.

The U.S. Census process is beginning. Be cooperative, but cautious. Don't become a victim of fraud or identity theft. Census workers have begun verifying the addresses of households across the country. Eventually, they will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

How do you tell the difference between a U.S. Census worker and a con artist?

If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.

REMEMBER, NO MATTER WHAT THEY ASK, YOU REALLY ONLY NEED TO TELL THEM HOW MANY PEOPLE LIVE AT YOUR ADDRESS.

Please share this info with family and friends.

Joe

e-mail address: jcybulski@rensko.com



VOL. 35 No. 3

March 2010



The Stepentown Seniors recently had their new officers installed by County Executive Kathy Jimino. Pictured are:
Back Row (L-R) Morgan & Kathy Lawless, Larry Pelkey, Fred Vanderborgart, Joan Schindler, Ellie Rodda, Commissioner Joe Cybulski
Front Row (L-R) County Executive Kathy Jimino, Ronnie Demick, Edie Beach, Fran Herrick, Betty Croft.



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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 AARP Income Tax Program: Troy folks should call the C.E.O. at 272-6012 for an appointment or stop in at the Library in North Greenbush for an appointment.

Blood Pressure Clinic: Friday, March 5th at 10:30 am with students and instructors from Russell Sage College.

Nutrition's PAC "Project Advisory Council" Meeting: Tuesday, March 9th at 10 am.

ROUSE Meeting: Wednesday, March 10th at 9:30 am at Schodack Senior Center.

Special Dinner St. Patrick's Celebration: The **RSVP Variety Performers** will be our entertainment beginning at 11 am Thursday, March 11th. Make a reservation for lunch.

Chair Moves with M.V.P.: Vicki from M.V.P. will be here Friday, March 12th to begin a free eight week session of "Chair Moves" every Fridays at 9:45 am.

Senior Membership Meeting: Thursday, March 18th with presentations by "Home Instead" and "The Eddy Daybreak" Program, beginning at 10 am.

AARP Driver's Training Class: Register now for the two day class scheduled for Tuesday, April 6th & Thursday April 8th.

Russell Sage Health Fair: Wednesday, April 21st from 11 am until 1 pm in our Rose Room.

SHARE Tribute Day Luncheon: This annual event for SHARE volunteers and supporters will be held at the Troy Elks on Thursday, April 22, 2010 with a choice of roast beef or stuffed chicken breast.

Trips:

Perthshire Dinner Theatre: St. Patrick's Day celebration on Wednesday, March 17th. The cost of \$45 includes the lunch and transportation.

Delaney House for a Patsy Cline Tribute on Wednesday, April 14th. The cost is \$54 for the luncheon and transportation.

Amishlands, Pennsylvania: Wednesday, May 12th

Friday, May 14th. Travel to Pennsylvania Dutch Country for an excursion which includes "Joseph" at the Millenium Theatre, winery tour, American Music Theatre, historic covered bridges tour, shopping and more. \$355 Double, \$435 Single.

SAVE THE DATE!!!!

28th Annual Senior County Day
Be a Department Head for the Day!
Thursday, May 13, 2010
9:00 am-12 noon. Lunch to follow.

For an application, contact 270-2730.
Applications are also available at the Senior Centers. Deadline to sign up is April 17th.

Rensselaer Center:

On March 18, we will be celebrating our **40th Anniversary**, with a dinner/dance at Melvin Roads post. The cost is \$18 per person for a delicious dinner, door prizes, fun, fellowship and dancing to the "Rizzo's" Call 463-2166 for your reservation.

On Friday, May 7th, we will be enjoying a catered dinner and then we will be off to Proctors Theater for the "**Englebert Humperdink**" show. The \$76 cost included, dinner, bus transportation and tickets. Sign up is ongoing, so please call 463-2166 if you want to join us.

With spring closing in on us, are you thinking about getting into shape? If so, come to the Center, we have several exercise programs for you to choose from:

Tai Chi (10am on Monday and Thursday)

Floor Aerobics (9am Tuesday and Friday)

Silver Sneakers (12:45 Monday – Cardio, 1:00 on Wednesday and Friday).

Yoga at 1:30 on Monday,

Line dancing on Tuesday and Wednesday mornings.

Edward C. Swartz Center:

Tuesdays, March 2nd, 9th, 23rd, & the 30th Tax Assistance You must make an appointment for service. Please call 477-6581 to make your appointment.

Wednesday, March 3rd 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, March 5th 9:30 am 11:00 am Attorney Services You must make an appointment for this service.

Wednesday, March 10th R.O.U.S.E. meeting 9:30 am here at our Senior Center. We will have a guest speaker and there will be refreshments available.

Thursday, March 11th Special Dinner 12:00 noon "St. Patrick's Day" Entertainment: "Over the Hill Gang"

Friday, March 12th 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.

Tuesday, March 16th 11:00 am Blood Pressure Screening provided by Rensselaer County Health Department Nurses.

Tuesday, March 16th Share meeting 9:30 am at Blooming Grove Senior Apartments

Tuesday, March 30th 12:45 pm Bingo

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

1800 East Schodack Road, Castleton

Phone: 477-6581

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

2 Roxborough Road, Cropseyville

69 Church Street

Phone: 279-3413

Phone: 686-7561

Edward C. Swartz Center (continued) :

Community Service makes pillows on Mondays at 10 am.

Chorus meets on Mondays at 1:00 pm.

The Knitting Club meets on Tuesdays at 10 am.

Tai Chi class is Wednesday mornings, at 10 am.

Line Dancing begins Wednesday afternoons at 12:30 pm.

Exercise Class work out on Thursdays at 1:00 pm.

Darts begin Friday afternoon at 12:45 pm.

**Call For Nominations****Senior of the Year &****Most Outstanding****Contribution By a Senior**

Please Send Nominations to

R.O.U.S.E., Inc.

99 Blooming Grove Drive

Troy, New York 12180

Deadline: May 1, 2010

**Hoosick Area:****Swimming every Wednesday** at the Bennington Recreation Center. Transportation is provided. Sign up in our office.**Exercise class every Monday and Wednesday.** Exercise equipment is available everyday downstairs from 9am to 2:30pm.**AARP Tax Assistance** will continue at the center until March 15th. Call to set up an appointment.**March 9th**- Pac meeting at the Troy Senior Center at 10am.**March 10-** Rouse meeting at Schodack Senior Center.

Transportation available.

March 11th- Special Dinner- "St. Patrick's Day" Entertainment by Peggy Vogt on the keyboard.**March 12th**- Crafts at 11am sponsored by Fidelis. Come and have some fun doing a great craft project.**March 17th**- Guest speaker- 12:30pm- Beth Van Bladel.

Come and find out all the answers and questions you should ask before they send you home. It will be a very informative presentation.

March 25th- Presentation 12:30pm "Life Is A Ball" by Vicki Buenno- MVP. Be prepared to laugh until you burst!!!**March 26th**- Van trip to the Hudson Valley Garden and Flower Show at Hudson Valley Community College. Sign up at the center.**Everett Wagar Center:****Basic Food Items:** The Senior Center will now have a small Food Pantry available to seniors. Items will be available Monday thru Friday during center hours.**AARP Tax aide:** Free confidential preparation of personal income tax returns by IRS certified volunteers in March and early April. This service is available to all taxpayers with low to moderate income.**Hair Cuts & Styles, Manicures and Pedicures:** 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 March 3rd or 17th.**Membership Meeting:** Friday, March 5, at 12:30 p.m. 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.**Monthly Craft Class:** Join us on Wednesday, March 10, at 12:30 for our monthly craft class sponsored by Fidelis. The craft class will be raffling a bi-monthly craft basket. April's raffle will be an Easter basket.**Club Meetings:** Club meetings for March will be: Petersburg Seniors Tuesday, March 9th at 7 pm. Grafton Merry Makers will meet on Wednesday, March 10th at 7 pm. Berlin Seniors will meet on March 24th 6 pm. All evening meeting begin with a covered dish one hour before meeting. Stephentown Seniors will meet on Thursday, March 4.**Transportation:** We have transportation into the center Wednesdays, and Fridays.**Blood Pressure Clinic:** Rensselaer County Health Department will be held on Friday, March 12, at 10:30.**Water Aerobics:** Tuesdays and Thursdays. Van leaves center at 9:15 a.m. for Bennington Recreation Center.**Chair Yoga:** Mondays and Wednesday at 10:30 a.m. New members welcome!**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.**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 & MVP for help in sponsoring our newsletter.

SAINT PATRICK'S DAY

SPECIAL DINNER

Theme: "St. Patrick's Day"

Date: Thurs. March 11, at noon.

Menu: Sliced Corned Beef, Red Potato in a Jacket, Steamed Green Cabbage, Whole Baby Carrots, Pumpkin Bread, Pineapple Juice & Lime Gelatin W/Diced Pears.

Early Reservations Appreciated.

Good Food Ideas

TOPIC: "Escape to the Mediterranean"

**Presented By the
Cornell Cooperative Extension.**

Where: All Senior Service Centers

When: Times and Dates Below

Wed 3/10 11 am Everett Wagar Ctr.

Thur 3/11 11:30 am Hoosick Falls

Fri 3/12 11:00 am Troy Center

Wed. 3/24 11:30 am Rensselaer Ctr.

Fri. 3/26 11 am Edward C. Swartz

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

Date: March 10, 2010

Place: Southern Tier Senior Center

Time: 9:30 am

Host: Schodack Senior Center

Brenda Quinn will speak about seniors & tax obligations.



Nutrition Services

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

by *Claire McGarvey*

"Protect Yourself - Be Food Safety Wise"

Food safety involves the human element, sometimes good intentions fall short. Let's start in the supermarket. Avoid wilted, rusty, saturated with water greens, you are buying foods that cannot be eaten. Are the meat and seafood counters stocked with a good variety and free from leakage thus preventing cross contamination? Is the milk area refrigerated and free from leakers? Are the dated items up to date? Look for mold and crumbled bakery products. This could be a sign of age or mishandling. Look around and find a manager if you see any discrepancies.

A reminder when at the market - purchase perishable items last. Use plastic bags for meat and fish to avoid leakage and cross contamination. Ask the packer to put all the perishable items together. Put these items in the refrigerator or freezer as soon as you are home. Speaking of refrigeration, is it set at 40° or lower? Just how clean is the box? Wipe spills immediately. Wipe down shelves and doors with hot, soapy water weekly. Once a month, empty the refrigerator and dispose of spoiled foods. Remove the shelves and bins, clean with hot, soapy water. Check the door seal. Is it clean? A seal can get cracked and dried out over the years. Replacements are available and can be easily installed. A faulty seal can lead to condensation, mold and inconsistent temperatures and spoiled foods.

The risk of food-borne illnesses is everywhere, however, reported cases in private homes are three times more than in commercial establishments. This could be attributed to improper storage, lack of cleanliness and poor refrigeration maintenance in our homes. Heat kills bacteria and cold prevents bacteria from growing and multiplying. Refrigerate or freeze perishable, prepared foods or leftovers within 2 hours. Marinate foods in the refrigerator. Thaw foods in the refrigerator, under cold running water or in the microwave but must be cooked immediately. Never thaw foods on the counter. Do not over crowd or stuff the refrigerator. Cold air must circulate to keep the food safe to eat.

Food safety should be everyone's mission. Being aware, thinking ahead and beyond and being a wise consumer can all add up to the elimination of food-borne illness.

Adapted from: "Eat Healthy Food Served Safely," Healthy News "Chilling Facts About Americans' Refrigerator," ADA Times, Winter 2009 "Fight Bac," Partnership For Food Safety Education 2006

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