



Rockland County
AGING

MOVING FORWARD

THE NEWSLETTER OF ROCKLAND COUNTY OFFICE FOR THE AGING
ED DAY, COUNTY EXECUTIVE

MARCH / APRIL 2024



Welcome Spring!

I know that I am not alone in looking forward to the arrival of warmer weather and longer days. Spring is a time of opportunity: it's the time to get outside and take advantage of the many great services and activities that our county provides.

Even if you're stuck at home because of bad or cold weather, make the effort to stay engaged by calling a friend or asking family to visit. Join a senior citizen club or senior center. Take advantage of the warmer weather. Rockland County is a scenic place to call home in the spring.

If you need help finding things to do to

stay busy this spring, give the Office for the Aging a call. They are here to help you. I know we will be able to come together safely for in-person events and programs this year.

It is thanks to those who are active and involved locally that our county is such a wonderful place to live. I also want to commend the Office for the Aging staff for their continued innovation in providing programs that benefit the county's seniors. I hope to see you all soon at one of our upcoming events.

All the best,

Ed

Ed Day,

Rockland County Executive



OFFICE FOR THE AGING UPCOMING EVENTS

March 27 - 11 a.m.-12 p.m.

Beyond the Table - Nutrition Presentation

Rockland County Fire Training Center Auditorium
35 Firemen's Memorial Dr, Pomona, NY 10970

March is National Nutrition Month and Office for the Aging's dietitian will give a presentation on the month's theme, "Beyond the Table." The topic addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets – and even home food safety and storage practices. See *back page* for more information.

SAVE THE DATES!

March 15, 1 p.m.-2:30 p.m.

Rockland County Alzheimer's Community Forum

Haverstraw Center, 50 W. Broad St., Haverstraw NY 10927

Spanish/English community forum to learn about Alzheimer's, dementia, and memory loss. Call 1-800-272-3900 to register. See *page 4* for details.

April-May

Technology Classes for Older Adults

The Office for the Aging partners with BOCES to provide informative sessions for Rockland County adults, 60 and over, to learn more about their hand-held devices. See *back page* for more information.

Stay Informed! Join our email list

Give us a call at **845-364-2110**

or email us at

ofa@co.rockland.ny.us



Follow us on Facebook



News From the OFA!

Greetings from the OFA! The worst of the winter is over, and the spring equinox is on the horizon!

Coming up in March, we will join the Alzheimer’s Association and other community agencies for a bilingual Alzheimer’s Community Forum on the 15th (see page 4). Learn about dementia and memory loss, and share your thoughts. Also, in observance of National Nutrition Month our dietitian will give a nutrition presentation on March 27th at the Fire Training Center. Attendees are in for a treat!

In April we will present our series of educational technology classes in collaboration with BOCES. This is an opportunity for Rockland seniors to gain a better understanding of their electronic devices.

We are looking forward to offering new programs and events this year in response to your feedback. The Office for the Aging is here to address your needs and to advocate for you. Please reach out with any questions regarding established programs and services available through our office and the wonderful agencies we work with.

Enjoy this issue’s informative articles on healthy living, nutrition, Medicare Assistance Programs, consumer protection, Alzheimer’s treatment, and more. Contact us with your questions and concerns at (845) 364-2110 or (845) 364-2100.

~ Best Regards From the OFA Team!



NY Connects
Your Link to Long Term Services and Supports

NY Connects is a service that provides information and assistance about long-term services and supports in Rockland County. This includes a child or an adult with a disability, an older adult, a family member or caregiver, a friend or neighbor, and helping professionals.

CONTACT NY CONNECTS:

Rockland County Office for the Aging
845-364-3444 or 800-342-9871

Westchester Independent Living Center
914-682-3926



Above: OFA staff members Yvette and James, yoga instructor Mira, and chair yoga attendees at one of our outreach events.



OFA’s Zumba program at Palisades Center.



Clients visiting our office and receiving assistance from NY Connects staff.

RSVP ROCKLAND SENIOR VOLUNTEER PROGRAM

The mission of the Rockland Senior Volunteer Program is to help address community needs by recruiting volunteers to lend their time and expertise in community service to nonprofit agencies and to provide them with meaningful and ongoing volunteer opportunities.

Currently the Independence Project is in desperate need of volunteers. These volunteers transport Rockland seniors to and from medical appointments within Rockland County. This is a great opportunity for individuals looking to volunteer but prefer a flexible schedule. Some volunteers

choose to do 1-2 rides per month, while others complete 15-20 trips per month. Every single ride is truly appreciated by the ride recipient who is no longer able to drive and has little to no support from family and friends. This is an ideal position for a those who likes to meet new people, have a flexible schedule and wants to make a positive impact in the community. To learn more about becoming an Independence Project Volunteer or other volunteer opportunities, please call the Office for the Aging at 845-364-2052 or email rsvp@co.rockand.ny.us.

Visit or Join!



SENIOR ACTIVITY CENTERS

Together, We Thrive!



FREQUENTLY ASKED QUESTIONS

Q: Who is this for?

A: Any Rockland resident aged 60 and up who is able to participate in the program may join our senior center.

Q: How often?

A: Registered members may come to the center as frequently as they like – there is no minimum commitment to join.

Q: What are the hours?

A: Senior Activity Centers are open Monday through Friday from 10:00 a.m. - 2:00 p.m. Centers are closed on holidays and days when weather is inclement.

Q: What is the cost?

A: There is no fee to participate and no one is denied access based on economic limitations. The agency does ask for suggested contribution of \$4.00 per day for participants who eat the provided lunch and of \$2.00 per day for those requiring transportation.

- SOCIALIZATION
- ENTERTAINMENT
- OUTINGS
- DAILY HOT NUTRITIOUS LUNCH
- SOCIAL WORK RESOURCES
- TRANSPORTATION AVAILABLE



"The staff is very kind, courteous and very caring. They make you feel welcome."

-Senior Activity Center participant, age 70-79

We offer a wide variety of activities, entertainment and outings. For more info, contact the Center nearest you or visit our website: www.mowrockland.org

CLARKSTOWN/PEARL RIVER
121 West Nyack Road, Nanuet
845.624.6334

Clarkstownsac@mowrockland.org

NYACK

90 Depew Avenue, Nyack
845.353.1311

Nyacksac@mowrockland.org

ORANGETOWN

35 Kings Highway, Tappan, NY
845.580.2292

Orangetownsac@mowrockland.org

RAMAPO

484 New Hempstead Road, New City
845.356.2244

Ramaposac@mowrockland.org

Services are funded in part by the Administration for Community Living, New York State Office for the Aging and the Rockland County Office for the Aging. Contributions are voluntary and confidential and are used to expand the services for which they are received. No one will be denied services because of an inability or unwillingness to contribute.

HIICAP Medicare Assistance Programs

Medicare Savings Program

Benefits of the Medicare Savings Program include coverage of your Part B premium and enrollment into Extra Help (see below). Depending on your income, additional benefits may include coverage of copayments and deductibles. If your income is under \$2,280 individual / \$3,077 couple, please give us a call to discuss eligibility.

Extra Help

Extra Help is a program administered by the Social Security Administration serving eligible older adults with income under \$1,843 individual / \$2,485 couple with assets up to \$16,660 individual / \$33,240 couple. Extra Help can pay up to \$48.72/month towards your Prescription Drug Plan premium and reduce drug copayments. Applications can be submitted through our local Social Security Office in West Nyack, or at www.ssa.gov.

Medicare Preventive Services

Did you know that Medicare will cover certain services at 100%? These benefits are referred to as “Preventive Benefits.” Many people are unaware of these services and are not taking advantage of them. Annual wellness exams, some cancer screenings, depression screenings, diabetes programs, HIV screenings, and smoking cessation visits are just a few of the preventive services that Medicare covers at 100%. For the full list of covered preventive services, please visit www.medicare.gov or contact HIICAP for a copy of the updated Preventive Benefits flyer.

EPIC

EPIC is the New York State Pharmaceutical Assistance Program. This program offers reductions in Prescription Drug Plan premiums and drug copayments for those who qualify. EPIC helps individuals with income up to \$75,000/year and couples with

income up to \$100,000/year. For more information on how EPIC may work for you, please contact HIICAP.

We are happy to screen all Medicare recipients for assistance program eligibility and help with completing/submitting program applications.

If you are struggling with your Medicare costs, contact HIICAP today at (845) 364-2110 / 2100 or by email at ofa@co.rockland.ny.us.

Reminder: The Medicare Advantage Open Enrollment ends March 31st

If you're currently enrolled in a Medicare Advantage Plan and finding you are unhappy with your coverage for any reason, you can change your plan until March 31st. This enrollment period allows you to switch from one Advantage Plan to another or back to Original Medicare with a Prescription Drug Plan and/or Supplemental/Medigap plan.



Rockland County Alzheimer's Community Forum

Friday, March 15 | 1:00 p.m.-2:30 p.m. (Snow date: March 22nd)

Haverstraw Center
50 W Broad Street
Haverstraw NY 10927

Join us for an in person Spanish/English Community Forum to learn about Alzheimer's, dementia and memory loss. Share your thoughts about how we can help people in your community. Presented in partnership with Office for the Aging, Meals on Wheels and Montefiore Nyack and Nathan Kline Institute. Light refreshments will be served. Registration is preferred.

To register, call 800.272.3900



Foro Comunitario de Alzheimer del Condado de Rockland

Viernes, 15 de marzo | 1:00 p.m.-2:30 p.m. (Cita de nieve: 22 de marzo)

Haverstraw Center
50 W Broad Street
Haverstraw NY 10927

Los invitamos a una conversación comunitaria en español para aprender sobre la enfermedad de Alzheimer, otros tipos de demencia y pérdida de la memoria. Queremos saber sus pensamientos e ideas de como podemos ayudar a su comunidad. Este evento es presentado en colaboración con Rockland Office for the Aging, Meals on Wheels, Montefiore Nyack y Nathan Kline Institute. Refreshments seran servidos. Registracion es preferida.

Para registrarse, llame al 800.272.3900



- ROCKLAND COUNTY OFFICE OF CONSUMER PROTECTION -

New Law Clarifies Disclosure of Credit Card Surcharges

On February 6th, Governor Kathy Hochul announced a new consumer protection law that went into effect on February 11, 2024. This new law amends and clarifies New York's existing credit card surcharge law. The NYS Division of Consumer Protection assists aggrieved consumers in the marketplace and the New York State Attorney General and local governments have the authority to enforce the credit card surcharge law. The New York State Department of State's Division of Consumer Protection recommends that interested localities review [DCP's Credit Card Surcharge Legal Update Letter](#) for more information.

"New Yorkers should never have to deal with hidden credit card costs, and this law will ensure individuals can trust that their purchases will not result in surprise surcharges," Governor Hochul said. "Transparency is crucial in building trust between businesses and communities and now patrons will be empowered to budget accordingly."

The law, signed by Governor Hochul on December 13, 2023, provides greater transparency and protections for consumers by:

- Limiting credit card surcharges to the amount charged to the business by the credit card company; and
- Requiring businesses to post before checkout:
 - the total price of an item or service inclusive of the credit card surcharge; or
 - a two-tiered pricing option, which requires the credit card price to be posted alongside the cash price.

The following practices and examples comply with the law's credit card surcharge notice requirements. See the Department's [Credit Card Surcharge Guidance Document](#) and [educational video](#) for additional examples:

DO:

- The business lists the higher credit card price next to a lower cash price.
- The business lists the credit card price for items and services, then lets customers know they will receive a discount for using cash.
- The business changes all prices to the credit card price.

DON'T:

- The business posts a sign on the door and at the register stating an additional 3.9 percent surcharge will apply for credit card purchases.
- "This business has a 4 percent cash discount incentive built into all pricing. Any purchases made with a credit or debit card will not receive the cash discount and an adjustment in cost will be displayed on your receipt."



- A convenience fee, service fee, administration fee, non-cash adjustment, technology fee, processing fee, etc., is charged to credit card users and added as a separate line item on a customer receipt.
- The price tag of an item shows "\$10.00, + 4 percent if paying with a credit card."

NOTE: This law does not apply to debit cards.

The Division of Consumer Protection provides educational assistance to consumers in how to protect themselves from unfair practices while also offering resources to the business community to help them comply with the law and prevent fraudulent and deceptive practices. After February 11, 2024, the law will permit local governments to join in the enforcement of this law, providing consumers with additional resources for compliance and providing local governments with broader opportunities to promote consumer protections for their citizens. If there are any issues related to credit card pricing at the register, DCP encourages consumers to:

- File a complaint with DCP to receive a refund of any excess fees paid to a merchant in New York State, or
- File a complaint with the Attorney General or participating local governments for enforcement of a merchant you believe violated the law. County of Rockland Consumer Protection can be reached at 845-364-3901 or CPLCAL@co.rockland.ny.us.

Source: *Governor Hochul announces new law to clarify disclosure of credit card surcharges goes into effect Sunday, February 11.* Governor Kathy Hochul. (2024, February 6). https://www.governor.ny.gov/news/governor-hochul-announces-new-law-clarify-disclosure-credit-card-surcharges-goes-effect-sunday?utm_medium=email&utm_name=&utm_source=govdelivery

NUTRITION

The Office for the Aging Welcomes James Lowery as Registered Dietitian

To promote the health and wellness of our residents, we are happy to announce that we have a new Registered Dietitian as part of our team. James enrolled in his first nutrition course at Rockland Community College where he was inspired to pursue his career in dietetics. He studied at SUNY Plattsburgh where he obtained his bachelor's degree in nutrition and dietetics, and then completed his dietetic internship at Beau-

mont Health in Royal Oak, Michigan.

In addition to his academics, James has been a caregiver for his family and understands the important role community plays in supporting our fellow Rockland County residents in need of services.

James has food service experience assisting kitchens to safely prepare food for residents and experience in long term care providing sound nutri-

tion recommendations for both geriatric and pediatric populations. He has conducted research with underserved populations and understands the importance of creating effective, targeted, community nutrition interventions. James brings a vital skill set to the OFA nutrition program and is looking to create and enhance nutrition services to best serve Rockland County's older adults and their caregivers.

National Nutrition Month®: Beyond the Table

March is celebrated as National Nutrition Month®. This year's theme is *Beyond the Table*. As we prepare for the spring, it is important to consider the impact our eating habits have on the environment. The foods we choose to eat affect the health of our planet. Have you ever considered the effort that goes into producing the foods we eat? Farmers work hard to ensure that we are getting nutritious, healthy food on our plates. While it is helpful to review the different foods we consume and the nutrition they provide us, we can also look at additional ways to improve our health and the environment.

Creating a healthy eating routine

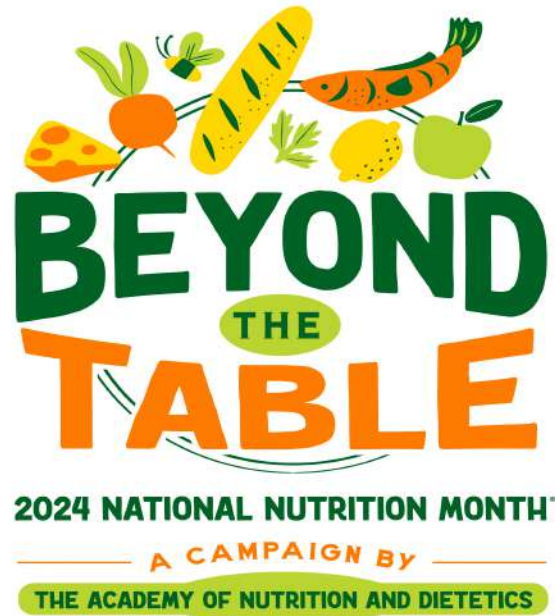
Set yourself up for success by creating small goals that will turn into healthy routine habits. When you are eating at restaurants, most places will provide nutrition information right on the menu or online to help you choose healthy food options. When you go grocery shopping or if you have a family member/friend who helps you, write a grocery list with seasonal fruits/vegetables that may be on sale. Contact the Office for The Aging to attend a nutrition education presentation from our Registered Dietitian to learn about creating a healthy eating routine.

Seek the advice of a Registered Dietitian Nutritionist (RDN)

Registered Dietitian Nutritionists, also known as RDNs, are the go-to experts in food in nutrition who assist people to live healthier lives. RDNs can assist you with exploring ways to go *Beyond the Table* to help you reach your health and nutrition goals.

Understand what's involved in growing your food

There are many ways you can educate yourself on the different methods of food production. Visit a local community garden or farm and talk with the people who grow and harvest your food. This could be a great opportunity



to learn about other new foods that could be incorporated into your diet. See if there are any tours available and learn how the farms operate.

Consider growing your own fruits and vegetables at home. Tomatoes, peppers or strawberries can thrive on a patio or porch with enough sunlight. If you have limited outdoor space, try growing herbs or lettuce indoors. Cultivating your own herbs and vegetables can be a great way to appreciate the time and dedication that goes into preparing your food and is an excellent way to encourage yourself to incorporate more fruits and vegetables into your diet. For additional resources, visit <https://www.eatright.org/national-nutrition-month/resources>.

Reference: <https://www.eatright.org/national-nutrition-month/resources>

NUTRICIÓN

La Oficina para las Personas Mayores da la bienvenida a James Lowery como Dietista Registrado

Para promover la salud y el bienestar de nuestros residentes, nos complace anunciar que tenemos un nuevo dietista registrado como parte de nuestro equipo. James se inscribió en su primer curso de nutrición en Rockland Community College, donde se inspiró para seguir su carrera en dietética. James estudió en SUNY Plattsburgh, donde obtuvo su licenciatura en nutrición y dietética, y luego completó su internado en dietética en Beaumont Health en Royal Oak,

Michigan. Además de sus estudios académicos, James ha sido cuidador de su familia y comprende el importante papel que desempeña la comunidad al apoyar a nuestros compañeros residentes del condado de Rockland que necesitan servicios.

James tiene experiencia en servicio de alimentos ayudando a cocinas a preparar alimentos de manera segura para los residentes y experiencia en atención a largo plazo brindando recomendaciones nutriciona-

les sólidas para poblaciones geriátricas y pediátricas. Ha realizado investigaciones con poblaciones desatendidas y comprende la importancia de crear intervenciones nutricionales comunitarias efectivas y específicas. James aporta un conjunto de habilidades vitales al programa de nutrición de la OFA y busca crear y mejorar los servicios de nutrición para servir mejor a los adultos mayores del condado de Rockland y a sus cuidadores.

Mes Nacional de la Nutrición®: Más allá de la mesa

Marzo se celebra como el Mes Nacional de la Nutrición®. El tema de este año es Más allá de la mesa. Mientras nos preparamos para la primavera, es importante considerar el impacto que nuestros hábitos alimenticios tienen en el medio ambiente. Los alimentos que elegimos comer afectan la salud de nuestro planeta. ¿Alguna vez has considerado el esfuerzo que implica producir los alimentos que comemos? Los agricultores trabajan duro para garantizar que tengamos alimentos nutritivos y saludables en nuestros platos. Si bien es útil revisar los diferentes alimentos que consumimos y la nutrición que nos brindan, también podemos buscar formas adicionales de mejorar nuestra salud y el medio ambiente.

Creando una rutina de alimentación saludable

Prepárese para el éxito creando pequeñas metas que se convertirán en hábitos de rutina saludables. Cuando coma en restaurantes, la mayoría de los lugares le brindarán información nutricional directamente en el menú o en línea para ayudarlo a elegir opciones de alimentos saludables. Cuando vayas de compras o si tienes un familiar/amigo que te ayude, escribe una lista de compras con frutas/verduras que estén en temporada y en oferta. Conozca los recursos comunitarios, incluida la Oficina para Personas Mayores, para obtener más información, y puede reunirse con un Dietista de Nutrición Registrado (RDN) para ayudarlo a planificar una rutina de alimentación saludable.

Busque el consejo de un Dietista de Nutrición (RDN)

Los Dietistas de Nutrición Registrados, también conocidos como RDN, son los expertos en alimentación y nutrición que asisten y guían a las personas a vivir una vida más saludable. Los RDN pueden ayudarlo a explorar formas de ir más allá de la mesa para ayudarlo a alcanzar sus objetivos de salud y nutrición.

Comprenda lo que implica el cultivo de sus alimentos

Hay muchas maneras de informarse sobre los diferentes métodos de producción de alimentos. Visite un jardín o granja comunitaria local y hable con las personas que cultivan y



2024 NATIONAL NUTRITION MONTH®

cosechan sus alimentos. Esta podría ser una gran oportunidad para aprender sobre otros alimentos nuevos que podrían incorporarse a su dieta. Vea si hay recorridos disponibles y aprenda cómo funcionan las granjas.

Considere cultivar sus propias frutas y verduras en casa. Los tomates, los pimientos o las fresas pueden prosperar en un patio o porche con suficiente luz solar. Si tiene un espacio exterior limitado, intente cultivar hierbas o lechuga en el interior. Cultivar sus propias hierbas y verduras puede ser una excelente manera de apreciar el tiempo y la dedicación que se dedica a preparar sus alimentos y es una excelente manera de animarse a incorporar más frutas y verduras a su dieta. Para obtener recursos adicionales, visite <https://www.eatright.org/national-nutrition-month/resources>.

Referencia: <https://www.eatright.org/national-nutrition-month/resources>

Keep Medicines and Vitamins Up, Away and Out of Sight

About 35,000 young children end up in emergency rooms each year because they got into medicines while an adult wasn't looking. These emergency visits can be prevented by always putting every medicine up and away and out of children's reach and sight every time you use it. Any kind of medicine or vitamin can cause harm if taken the wrong way or by the wrong person, even those you buy without a prescription.

Keep your grandchildren safe by following these important safety tips from the Centers for Disease Control and Prevention (CDC):

- Always store every medicine and vitamin up, away, and out of children's sight.
- Put medicines away every time.

- Make sure the safety cap is locked.
- Teach children about medicine safety. Never tell children medicine is candy to get them to take it.
- Keep purses, bags, or coats that have medicine or vitamins in them up, away, and out of sight.
- Call the Poison Help Center at (800) 222-1222 right away if you think the child 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/ or call the Health Department's Healthy Neighborhood Program at (845) 364-3290.



Four Types of Exercises and How They Can Benefit You!

Keeping active is important at any age! Whatever your fitness level or needs may be, there are activities that can help you reach your goals. If you're starting a new exercise routine, try to include these four types of exercise:

- **Endurance.** Walk around the neighborhood, mow the lawn, or play tennis.
- **Strength.** Grip and release a tennis ball, lift weights, or do arm curls.
- **Balance.** Stand from a seated position, try tai chi, or practice standing on one foot.
- **Flexibility.** Practice yoga, stretch, or roll your shoulders.

Learn more from the National Institute on Aging about how these [four types of exercise](#) can improve your health and physical fitness.

TAKE CHARGE OF YOUR HEALTH!

Sign Up for these Free or Low-Cost Programs!

The Rockland County Department of Health offers the following free or low-cost programs to help you feel better, take charge of your life, and connect with others. Call (845) 364-2500 to find out which is right for you!

- **A Matter of Balance:**
Learn to reduce your fear of falling and improve your strength and balance.
- **Tai Chi for Arthritis:**
Learn the ancient Chinese practice to increase strength, balance, posture, prevent falls and improve mind, body, and spirit.
- **Put It Out Rockland:**
Get help to quit smoking or vaping.
- **Better Health, Better Choices:**
Learn ways to better manage your health conditions.
- **Living Well with Diabetes:**
Learn to manage your diabetes and prevent complications.

STAY UP-TO-DATE ON IMPORTANT INFORMATION FROM THE HEALTH DEPARTMENT!

Facebook: www.facebook.com/rockhealth • Twitter: www.twitter.com/rockhealth • Website: www.rocklandgov.com/health

SHOPPING FOR FOOD

For consumers, food safety most likely begins in the supermarket aisle. Whether you're doing a quick trip to pick up dinner ingredients or tackling a week's worth of grocery shopping all at once, there are a few easy steps you can follow to ensure that the food you bring home will arrive there safely.

At the Store

- **Select cold food last.** Picking up perishable food like meat, poultry, and eggs at the end of your shopping trip ensures that they stay refrigerated until right before checkout.
- **Read the label.** Don't buy food that is past the "Sell-By," "Use-By," or other expiration dates. (See *About Food Labels* on page 10.)
- **Check the packaging.** Never choose meat or poultry with packaging that is torn or leaking. Make sure frozen food is frozen solid and refrigerated food feels cold.
- **Buy clean eggs.** At the store, choose refrigerated Grade A or AA eggs with clean, uncracked shells before the "Sell-By" or "EXP" (expiration) date on the carton. When purchasing egg products or substitutes, look for containers that are tightly sealed.
- **Inspect fresh produce.** Don't buy fresh fruits or vegetables that are bruised or damaged. Make sure fresh-cut fruits and vegetables are displayed in refrigerated cases at the store. If not, don't buy them.
- **Place meat, poultry, and seafood in plastic bags.** By bagging these foods *before* placing them in your cart, you'll guard against cross-contamination

Cross-Contamination

Cross-contamination is the transfer of harmful bacteria to a food from other foods, cutting boards, utensils, surfaces, or hands.

It is prevented by keeping food separated and by keeping hands, utensils, and food handling surfaces clean.



— which can happen when raw meat or poultry juices drip on other food, spreading bacteria from one food to another.

- **Separate foods in your grocery cart.** Keep raw meat, poultry, seafood, and their juices away from other food to further prevent the possibility of cross-contamination. Keep them separated during checkout and in your grocery bags, too.

Recent Advances in the Management of Alzheimer's Disease

by Raghunath M. Mehta, M.D.

More than 6 million Americans currently suffer from Alzheimer's disease. The need to diagnose and treat the disease is therefore urgent. Early diagnosis and treatment can slow down progression and improve the quality of life for patients and caregivers.

DIAGNOSIS

Until recently Alzheimer's disease was diagnosed mostly by the use of cognitive/memory tests over a period of time. More recently two reliable tests have become available. Amyloid PET scan that was mostly reserved for use in research settings is now available for routine diagnostic use. It detects the extent of deposition of beta-amyloid protein in the brain. Deposition of beta-amyloid and tau proteins in the brain is the hallmark of Alzheimer's disease.

Recent research has shown that a blood test is also able to detect these proteins and predict the risk of Alzheimer's disease years before symptoms appear. Quest Diagnostics now offers the AD-Detect test which is the first direct-to-consumer blood test for assessing the risk of developing Alzheimer's disease. It requires a doctor's order and a blood sample drawn at Quest Diagnostic Laboratory. It is yet to be approved by Medicare and costs \$399. Several studies have reported that the blood test can distinguish between healthy people and those with Alzheimer's disease with a high degree of accuracy ranging from 86% to 95%. The blood test can also differentiate Alzheimer's disease from other types of dementia.

Other tests used are genetic tests to detect the presence of the APOE4 gene. One copy increases the risk by 15% and two copies increase the risk substantially. Some centers use a spinal tap to detect the presence of such proteins in the cerebrospinal fluid. It is important to correlate the test results with history and symptoms. It should be emphasized that many persons have positive tests without any symptoms.

TREATMENT

Earlier drugs that became available in 2003 like donepezil, rivastigmine and galantamine acted by increasing acetylcholine, the neurotransmitter designed to preserve the memory, in the brain. The benefit lasted for about six months. However, earlier medications did not remove beta-amyloid and tau proteins, the two toxic proteins that kill brain cells and destroy the connections and communi-



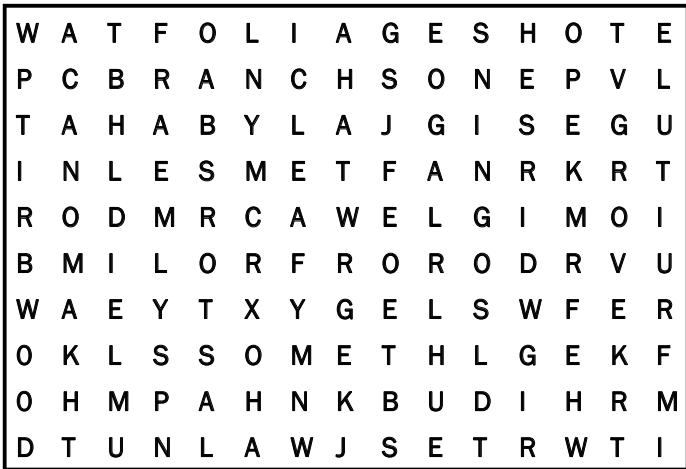
cations between them, so necessary for human memory functioning.

Treatment with monoclonal antibodies offers to remove beta-amyloid protein from the brain. Lecanemab (Leqembi) is a monoclonal antibody treatment that targets beta-amyloid protein. Monoclonal antibodies stimulate the immune system to attack beta-amyloid protein. A highly anticipated 18-month international study followed nearly 1800 patients suffering from early-onset Alzheimer's with mild cognitive impairment. It promoted clearance of beta-amyloid protein from the brain and to a lesser extent clearance of tau protein. Lecanemab reduced decline in cognitive skills and decline in ability to function for 18 months in 27% of the patients. 31% of patients were also less likely to move to the next stage of the disease.

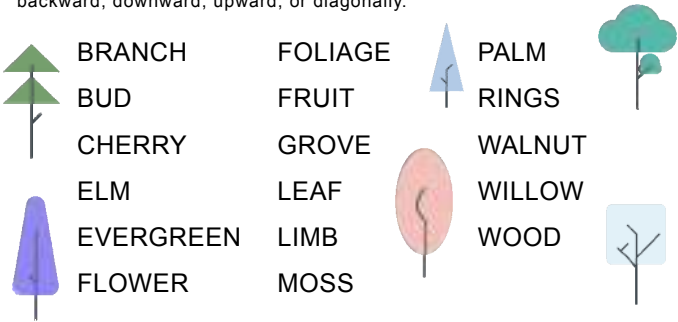
The medication had side effects that included brain swelling in 13% of patients, but this was not life threatening and resolved over several weeks when medication was temporarily halted. 17% of patients suffered micro hemorrhages with symptoms causing dizziness. The medication is given IV every two weeks and requires careful clinical and MRI monitoring.

Another monoclonal antibody treatment being tried at research centers is donanemab. In some ways it is better than lecanemab. It clears sticky plaques from the brain and is most effective when given early in the disease. It is also given IV on a monthly basis and treatment lasts not for life but for about a year. It delays decline by seven months and in the study plaques did not reappear for the next 18 months.

 **Tree Word Search** 



Look for the following words related to trees. They may be spelled forward, backward, downward, upward, or diagonally.



SEASONEDTIMES.COM

Call our office at 845-364-2110 for information on legal services that may be available to you.



OFA's contracted provider will give priority to legal assistance related to income, health care, long-term care, nutrition, housing, utilities, protective services, defense of guardianship, abuse (including financial exploitation), neglect and age discrimination.

The Rockland County Office for the Aging welcomes your feedback on programs and services!

Please give us a call at 845-364-2110 or email us at ofa@co.rockland.ny.us



Join Rockland County's only county-wide senior club!

Following a winter recess, the **Rockland County Senior Club** will be meeting on:

FRIDAY, APRIL 12, 2024

ROCKLAND COMMUNITY COLLEGE TECHNOLOGY BUILDING, ELLIPSE (Room 8180)

12:00 NOON

The 2024 Executive Board will present a line-up of programs and activities for the year.

We look forward to the return of many previous and new members!

(845) 540-9739
rocklandcountyseniorclub.org



Rockland County PRESENTS
AGING



BEYOND THE TABLE*

Nutrition From Farm to Fork



March is National Nutrition Month and this month's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets – and even home food safety and storage practices.

Learn how much of an impact you can make on your nutritional health as well as on the environment.

**WEDNESDAY
MARCH 27, 2024**

11AM - 12PM

Rockland County
FIRE TRAINING CENTER
AUDITORIUM
35 Firemen's Memorial Dr
Pomona, NY 10970

- Nutrition education
- Learn about sustainability
- Test your nutritional knowledge
- Light refreshments
- Giveaways

GUEST SPEAKERS INCLUDE:

Rockland County
HEALTH

Rockland Green
Reduce Recycle Recover
Rockland County Solid Waste Management Authority

Cropsey Community Farm
A PROJECT OF ROCKLAND FARM ALLIANCE

REGISTRATION REQUIRED
CALL 845-364-2110 or 845-364-2100

FREE Technology Classes for Rockland County Older Adults*

PRESENTED BY

Rockland County
AGING

ROCKLAND BOCES
ROOTED IN THE COMMUNITY

LOCATION:

Rockland County Fire Training Center
Emergency Operations Center (**rear of building**)
35 Firemen's Memorial Dr, Pomona, NY 10970

- Learn more about your hand-held device!
- Bring your smart phone, tablet, or laptop to class.
- 20 minute lesson followed by one-on-one assistance from Rockland BOCES Career and Technical Education Center (CTEC) student interns.
- Sign up for the class that interests you!

CLASS SCHEDULE 2024



CLASS	DATE	DAY	MORNING	AFTERNOON
CYBERSECURITY	APR 8	Monday	9:00 - 10:00	12:00 - 1:00
CLOUD STORAGE/PHOTOS	APRIL 15	Monday	9:00 - 10:00	12:00 - 1:00
VIDEO COMMUNICATION (Zoom, Facetime, Google Duo)	APRIL 29	Monday	9:00 - 10:00	12:00 - 1:00
NAVIGATING THE INTERNET	MAY 6	Monday	9:00 - 10:00	12:00 - 1:00

**Reservations required.
Space is limited.**

**CALL
845-364-2110/2100
to register**

*For Rockland County residents, 60 years of age and over.

Services are funded in part by the Administration for Community Living, New York State Office for the Aging, and Rockland County Office for the Aging.