



Rockland County
AGING

MOVING FORWARD

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

JULY / AUGUST 2024



Happy Summer!

Every year on June 15th World Elder Abuse Awareness Day is observed. This year I issued a proclamation acknowledging the observance, and recognizing the individuals and organizations who dedicate themselves to preventing elder abuse, including our own Office for the Aging, Department of Social Services, and Rockland County Sheriff's Office.

Elder abuse has long been a taboo topic. Many believed it to be too shameful to talk about. We are working to change that and bring this very important issue into the open. It is up to all of us to work collectively to prevent abuse of older adults in their homes and communities. If you or

someone you know has been the victim of elder abuse, please reach out to me or our Office for the Aging and we will connect you to the organizations who are there to help you.

The Office for the Aging also works hard planning events, programs, and services which will help you connect with new activities, new friends, and so much more.

I wish you all a safe and enjoyable summer; remember to take advantage of all that Rockland County has to offer during this beautiful season.

All the best,

Ed
Ed Day,
Rockland County
Executive



OFA Outreach Days

Staff will be on-site to assist with general information on Medicaid, Medicare Savings Program, SNAP, and EPIC. Applications will be available.

*Farmers' Market Coupons will be distributed pending availability.
Call 845-364-2100 to confirm.*

Nyack Farmers' Market • 119 Main St, Nyack, NY 10960
July 11th, August 15th, September 19th
10am - 12pm

Sloatsburg Food Pantry • All Souls Community Church
81 Washington Avenue, Suffern, NY 10901
July 24th, August 28th
1:00pm - 3:00pm

JD Perez Farm Stand • Finkelstein Memorial Library
24 Chestnut St, Spring Valley, NY 10977
July 17th, August 7th
10:30am - 12:30pm



The Rockland County Office for the Aging is a county agency funded under the U.S. Older Americans Act, the N.Y. State Office for the Aging, and the County of Rockland. The County of Rockland does not discriminate on the basis of age, color, creed, disability, marital status, national origin, prior non-job related record of conviction, race, religion, sex, gender, sexual orientation, military status or other legally protected status.

Visit us online at: www.rocklandcountyny.gov/departments/office-for-the-aging

News From the OFA!

Happy summer to everyone! We hope you are well and enjoying the season's gifts of sunny skies, cool breezes, and outdoor fun.

Recent happenings have been keeping us busy – Senior Day at Clover Stadium was enjoyed by hundreds of Rockland County older adults, despite the damp weather. Attendees enjoyed food, friends, and plenty of informational vendor tables. Plus, our team won!

In recognition of Elder Abuse Awareness month, we held our annual World Elder Abuse Awareness Day (WEAAD) event, a gathering of county staff from our department and the Department of Social Services to thank them for their hard work keeping our clients safe. County Executive Ed Day presented a World Elder Abuse Awareness Day proclamation, asking all citizens to work together to help reduce and report abuse and neglect of our older adults.

Our Zumba and chair yoga series are well under way at the Palisades Center and our brilliant new location in Building F. More Health and Wellness programming will be announced soon!

Farmers' Market Coupons will be distributed starting in early July. Please see page 3 for the schedule and requirements.

Please enjoy this issue's articles and information, and don't hesitate to reach out to us with your questions and feedback 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



County Executive Ed Day with John Fella, Deputy Commissioner Rockland County DSS and John Lyon, Chief of Staff and Acting Director of OFA at our WEAAD event.



OFA and DSS staff at our World Elder Abuse Awareness Day event.



County Executive Ed Day with Senior Day attendee.



OFA staff at Senior Day, Clover Stadium.



Rockland County Fire and Emergency Services table at Senior Day.

FARMERS' MARKET 2024



Rockland County FARMERS' MARKET LOCATIONS

Cropsey Community Farm Stand
 Thurs, Fri 10am-6pm, Sat 9am-2pm
 May 16-Nov 30
 Location: 220 S Little Tor Road,
 New City
 Bus Route: TOR 91, Clarkstown
 Mini Trans Route B
**FMNP and Fresh Connect Checks accepted*

Haverstraw Farmers' Market
 Sun 9am-1pm, June 16-Nov 3
 Location: 40 New Main St, lot corner
 of Maple Ave., Haverstraw
 Bus Routes: TOR #91;
 Coach USA #11A
**FMNP and Fresh Connect Checks accepted*

J&D Perez Farm Stand Spring Valley
 Wed 10:30am-4:30pm, June 26-Nov 6
 Location: Finkelstein Mem Library
 24 Chestnut St., Spring Valley
 Bus Routes: TOR #59
**FMNP and Fresh Connect Checks accepted*

Monsey Perez Farm Stand
 Sun 10am-3pm, June 16-Nov 3
 Location: Front lawn of 40 Robert
 Pitt Drive, Monsey
 Bus Routes: TOR 59, Loop # 1 and 2
**FMNP, SNAP and Fresh Connect Checks
 accepted*

Nyack Farmers' Market
 Thurs 8am-2pm, year round
 Location: Municipal Parking Lot,
 Main Street, Nyack
 Bus Routes: TOR #59, #91, #92;
 Coach USA #9 and 9A; Hudson Link
 HO7, HO5
**FMNP, Fresh Connect Checks, SNAP
 (EBT), ** debit, and credit cards accept-
 ed by some vendors*

Pearl River Farmers' Market
 Sat 10am-2pm, through Nov 23.
 Location: 58 E Central Ave. Field
 Bus Route: TOR #93

Piermont Farmers' Market
 Sun 10am-3pm, year round.
 Location: 25 Flywheel Park, Piermont
 Bus Route: Coach USA #9A

**New York State Farmers' Market Nutri-
 tion Program (FMNP)*

*** Supplemental Nutrition Assistance
 Program (SNAP), Electronic Benefits
 Transfer (EBT), and Fresh Connect Checks
 Program (FCC)*

ARE YOU ELIGIBLE?
 For WIC (Women, Infants and Children) and
 FMNP, call 845-364-2577
 For Senior FMNP call 845-364-2115
 For SNAP call 845-364-3032

Continued on next page

The Senior Farmers' Market Nutrition Program is a program headed by the New York State Department of Agriculture and Markets and provides coupons to all who meet age and income requirements. Each booklet contains five coupons worth \$5 each, \$25 total, which can be used to buy fresh fruits and vegetables at participating farmers' markets throughout New York State. Coupons expire November 30, 2024, so do NOT hold onto them for next year. When using your coupons, make sure you use the full value of each coupon, as change cannot be provided for purchases totaling less than the coupon value. Vendors accepting coupons should display a poster indicating "We Gladly Accept NYS Farmers' Market Coupons."

Farmers' Market Coupons will be distributed in person at our main office this year. Coupons are also being distributed at community-based organizations and public locations throughout Rockland. Please note that you should only receive **one** booklet per person, per season.

We highly encourage clients not to wait until the last minute to pick up their coupons as quantities are limited. For more information, please call 845-364-2110. The schedule is subject to change based on coupon availability. Locations of the Rockland County Farmers' Markets are listed on this page.

**Rules and Procedures for Coupons
 Pick Up at our Main Office and Public
 Locations:**

- An OFA staff member will hand you the necessary eligibility paperwork to be signed.

- Only one coupon booklet per eligible senior in each household; while quantities last.
- The eligible senior must sign up in person or:
 - A power of attorney with proper paperwork can sign for the coupons.
 - An eligible proxy can be assigned to pick up the coupons. In this case, a second form must be signed by both the senior and proxy.

Farmers' Market Coupon Eligibility Requirements:

1. Must be age 60 or above.
2. Monthly income at/or below 185% of federal poverty level:
 - \$2,322/one-person household
 - \$3,152/two-person household
 - \$3,981/three-person household
 - \$4,810/four-person household
 - \$5,640/five-person household

Coupons will be distributed from July to September and cannot be issued after September 30.

**Distribution at the
 Office for the Aging.**
Call ahead: 845-364-2100.

When: Tuesdays and Thursdays
Time: 10 am to 12 pm
Where: 50 Sanatorium Road
 Building F
 Pomona, NY 10970

Rockland County UBICACIONES DEL MERCADO DE AGRICULTORES

Puesto de la Granja de Cropsey

Jueves, Viernes 10am-6pm, Sábados
9am-2pm
16 de Mayo - 30 de Noviembre
El lugar: 220 S Little Tor Road, New City
Línea de Autobús: TOR 91, Clark-
stown Mini Trans Route B
FMNP* y Fresh Connect Checks aceptado

Mercado de Haverstraw

Domingos 9am-1pm
16 de Junio - 3 de Noviembre
El lugar: en frente de Village Hall,
Maple Ave., Haverstraw
Línea de Autobús: TOR #91 y Coach
USA #11A
FMNP* y Fresh Connect Checks aceptado

Puesto de la Granja de J y D Perez

Miércoles 10:30am-4:30pm
5 de Junio - 36 de Noviembre
El lugar: Finkelstein Mem Library
24 Chestnut St., Spring Valley
Línea de Autobús: TOR #59
FMNP* y Fresh Connect Checks aceptado

Puesto de la Granja de Perez en Monsey

Domingos 10am-3pm
16 de Junio - 10 de Noviembre
El lugar: en frente 40 Robert Pitt
Drive, Monsey
Línea de Autobús: TOR #59, Loop 1 y 2
FMNP*, SNAP y Fresh Connect Checks
aceptado

Mercado de Nyack

Jueves 8am-2pm, todo el año
El lugar: Municipal Parking Lot,
Main Street, Nyack
Línea de Autobús: TOR #59, #91,
#92; Coach USA #9 y 9A; Hudson
Link HO7, HO5
FMNP* aceptado, Fresh Connect
Checks, Tarjeta de SNAP (EBT),**
debito, y tarjetas de crédito aceptadas
por algunos vendedores

Mercado de Pearl River

Sábados 10am-2pm, hasta 23 de Nov
El lugar: 58 E Central Ave. Field
Línea de Autobús: TOR #93

Mercado de Piermont

Domingos 10am-3pm, todo el año
El lugar: 25 Flywheel, Piermont
Línea de Autobús: Coach USA #9A

* Programa de Nutrición de los Mercados de
Agricultores del Estado de Nueva York (FMNP)
** Cupones de Alimentos (SNAP), Transferencia
Electrónica de Beneficios (EBT) y El programa de
cheques de FreshConnect (FCC)

¿Usted califica para asistencia?

Averigüe si usted es elegible para WIC. Women,
Infants and Children (WIC), llame al 845-364-2577
Para obtener información sobre los cheques para
personas Mayores, llame al 845-364-2100
Para SNAP llame al 845-364-3032

NUTRICIÓN

Cómo mantenerse hidratado para una mejor salud



El agua no es sólo un refrescante calmante para la sed. Es esencial para casi todas las funciones corporales, desde lubricar nuestras articulaciones hasta bombear sangre a nuestro corazón. Mantenerse hidratado es una parte clave para mantener una buena salud. Por eso el consejo de “beber 8 vasos al día” se ha convertido en un mantra familiar en los programas de entrevistas matutinos y en las revistas.

¿Cuál es el significado de “hidratado”? Estar hidratado simplemente significa que tu cuerpo tiene suficientes líquidos para funcionar correctamente. Según la Asociación Estadounidense del Corazón, la cantidad de agua que cada persona necesita puede variar. Una forma rápida de saber si está bebiendo lo suficiente es comprobar el color de la orina. Si es de color pálido y claro, es probable que esté bien hidratado. Si es de color oscuro con tonos ámbar o marrón, es posible que estés deshidratado.

¿Qué es la deshidratación?

La deshidratación es una afección potencialmente grave que puede ocurrir cuando no se consumen suficientes líquidos para las necesidades de su cuerpo. Esto puede provocar complicaciones de salud que van desde leves hasta potencialmente mortales, como infecciones del tracto urinario (ITU), insolación, problemas cardíacos, insuficiencia renal y complicaciones de coágulos sanguíneos. Dado que la deshidratación afecta la salud de las células, también puede reducir la capacidad del cuerpo para protegerse de infecciones y curarse de lesiones o enfermedades.

Cómo mantenerse hidratada todos los días

Elija alimentos con alto contenido de agua. Si tiene problemas para beber líquidos, intente incluir alimentos ricos en agua en cada comida. Estos incluyen pepinos, sandía, lechuga, fresas, tomates y apio. Las sopas, caldos y guisos también son una buena forma de aumentar la ingesta de líquidos, especialmente en el clima más frío.

Lleva agua contigo, siempre. Tener hidratación a tu alcance puede hacer que sea más fácil obtener la cantidad adecuada de líquidos. Lleve consigo una botella de agua recargable dondequiera que vaya o mantenga una jarra de agua liviana y una taza cerca de su silla favorita en casa.

Cambialo. El agua pura y limpia es la mejor manera de mantenerse hidratado. Pero seamos realistas: ¡beber agua corriente todo el día puede resultar aburrido! Intente mejorar su H₂O agregando rodajas de limón, manzana, pepino o bayas frescas. También puede optar por cambiar el agua por otras opciones, como bebidas deportivas bajas en azúcar o batidos nutricionales y de proteínas diseñados específicamente para personas mayores.

Incorpora la hidratación a tu rutina. Procurarse beber agua a determinadas horas del día puede ayudar a transformarlo en un hábito saludable. Por ejemplo, consume un vaso de agua al despertar por la mañana, después de cada comida y antes y después del ejercicio o actividad.

Referencia: <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>

NUTRITION

How to Stay Hydrated for Better Health



Water isn't just a refreshing thirst-quencher.

It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health. That's why the advice to "drink 8 glasses a day" has become a familiar mantra on morning talk shows and in magazines.

What is the meaning of "hydrated"? Being hydrated simply means that your body has enough fluids to function properly. According to the American Heart Association, the amount of water each person needs can vary. A quick way to tell if you're drinking enough is to check the color of your urine. If it's pale in color and clear, you are likely well-hydrated. If it's dark-colored with amber or brown tones, you may be dehydrated.

What is dehydration?

Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. This can lead to health complications ranging from mild to life-threatening, such as urinary tract infections (UTIs), heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration affects the health of your cells, it can also lower your body's ability to ward off infections and heal from injury or illness.

How to stay hydrated every day

- **Choose foods with high water content.** If you have trouble drinking fluids, try including

water-rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes, and celery. Soups, broths, and stews are also a good way to boost your fluid intake, especially in the colder weather. If you're watching your sodium, be sure to opt for low-sodium versions.

- **Keep water with you, always.** Having hydration at your fingertips can make it easier to get the right amount of fluids. Carry a refillable water bottle with you wherever you go or keep a lightweight water pitcher and cup near your favorite chair at home.
- **Change it up.** Pure, clean water is the best way to stay hydrated. But let's face it—drinking plain water all day can get boring! Try jazzing up your H₂O by adding slices of fresh lemon, apple, cucumber, or berries. You may also choose to switch up water with other options such as low-sugar sports drinks or protein and nutritional shakes specifically designed for older adults. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake.
- **Build hydration into your routine.** Making it a point to drink water at certain times each day can help transform it into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal, and before and after exercise or activity.

Source: <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>

- ROCKLAND COUNTY OFFICE OF CONSUMER PROTECTION -

Artificial Intelligence (“AI”) Generated Voice Cloning

by Michele C Durso, Consumer Protection Coordinator

On February 8, 2024, the Federal Communications Commission (FCC) announced that effective immediately under the Telephone Consumer Protection Act (TCPA) voice cloning technology used in common robocall scams targeting consumers is illegal when the calls are made with AI-generated voices. The “callers” with this technology can imitate family members, politicians and candidates for office, and celebrities.

The FCC can fine robocallers pursuant to TCPA and block calls from telephone carriers that facilitate these calls. The TCPA permits individual consumers or an organization to file a lawsuit against robocallers in court. The TCPA also permits State Attorney Generals their own enforcement tools under the Act in partnership with the FCC to combat robocallers.

What can you do as a consumer?

If you receive a call from a family member in trouble, is it your family member as the caller claims? All that is needed for voice cloning technology is a short audio clip of that person’s voice, which may have been posted online, and an artificial intelligence program to create the rest. The caller will sound like your family member.

Do not trust the voice. Call back your family member to verify the story. Use a phone number you know. If you cannot reach them, call another family member or friend until you get confirmation.

Report any scam to the Federal Trade Commission (FTC) at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)

The NYC Department of Consumer and Worker Protection has the following tips for consumers regarding AI scams:

- Voice cloning scams usually occur out of the blue, with high pressure to act, requesting money in a non-trackable way (gift cards, app, or cryptocurrency), requests for personal information and request to keep the call a secret.



- Deepfake scams have altered videos with inconsistencies — the speaker in the video does something out of character such as a strange word choice, they request money in a non-trackable way, or they request personal information.
- Ask a question so specific and nonpublic that only the actual person can answer correctly.
- Remember, to take control of the situation you can end the call and directly call the person at a number you know.

AI allows computers to perform tasks previously performed by people. It has applications across many facets of industry and society today. For every positive aspect AI brings, we must caution ourselves against those who misuse this technology to take advantage of others.

For additional information please see the following resources:

- [Federal Communication Commission](https://www.fcc.gov/)
- [Federal Trade Commission](https://www.ftc.gov/)
- [NYC Department of Consumer and Worker Protection](https://www.doh.ny.gov/consumer-protection/)

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 845-364-2112 or email rsvp@co.rockand.ny.us.

Stay Cool in the Summer Heat and Humidity

People aged 65 years or older are more prone to heat-related health problems. Take these simple steps to stay cool and help prevent heat-related illnesses:

- Use air conditioning to cool down. Stay indoors in a place with working air conditioning. If you do not have air conditioning at home, spend time in air-conditioned places such as libraries, movies, malls, or other public buildings during the hottest hours of the day. Cooling centers are places where people may go to cool down during hot weather. You can call your town or village for a list of cooling centers near you. Before going to a cooling center, it's important to call ahead to make sure it's open, as some cooling centers are only open during regular business hours and during officially declared heat emergencies and extreme heat events.
- Drink plenty of fluids. Don't wait until you're thirsty to drink more fluids. Avoid alcohol, caffeine, and sugary drinks. If your doctor generally limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.
- Beat the heat with cool showers and baths.
- Stay out of the sun as much as possible. Avoid activities that involve a lot of energy or effort during the hottest part of the day, between 11 a.m. and 4 p.m., and take many breaks from physical activity.



- Wear loose, lightweight, light-colored clothing to help keep cool.
- Wear sunscreen and a ventilated hat (such as straw or mesh) when outside in the sun, and even when it is cloudy.
- Talk to your healthcare provider about any medicine or drugs you are taking. Certain medications can increase the risk of heat-related illness. These medications affect the body's ability to sweat and stay cool. Do NOT stop taking medication unless instructed to do so by your doctor.
- Never leave children, pets, or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes even with a window cracked open.

Always check that no one is left inside your vehicle before locking it up.

- Keep your pets safe. Asphalt gets very hot and can burn your pet's paws, so walk your dog on the grass if possible, and bring lots of water on walks.
- Check in on your family, friends, and neighbors. Heat and humidity can be dangerous for anyone, especially for older adults, young children, and those with chronic medical conditions such as heart and breathing or lung problems.

For more information about keeping cool in the summer heat, visit the [New York State Department of Health](#) and the [Centers for Disease Control and Prevention \(CDC\)](#).

Keep Track of Your Medicines *from the National Institute on Aging*

Many older people take multiple medications, and it can be challenging to keep track of everything. Here are some tips that can help:

- **Make a list.** Write down all medicines you take, including over the counter (OTC) drugs. Also include any vitamins or dietary supplements. The list should include the name of each medicine or supplement, the amount you take, and time(s) you take it. If it's a prescription drug, also note the doctor who prescribed it and the reason it was prescribed. Show the list to all your health care providers, including physical therapists and dentists. Keep one copy in a safe place at home and one in your wallet or purse.
- **Get familiar with your medicines.** If you take more than one medicine, make sure you can tell them apart by size, shape, color, or the number imprinted on the pill.
- **Create a file.** Save all the written information that comes with your medicines and keep it somewhere you can easily refer to it. Keep these guides for as long as you're taking the medication.

- **Check expiration dates on bottles.** Don't take medicines that are past their expiration date. Your doctor can tell you if you need a refill.
- **Secure your medicines.** Keep your medicines out of the reach of children and pets. If you take any prescription pain medicines (for example, morphine, other opioids, or codeine), keep them in a locked cabinet or drawer. If your medicines are kept in bottles without safety caps because those are hard for you to open, be extra careful about where you store them.
- **Dispose of your medicines safely.** Check the expiration dates on your medication bottles and discard any unused or expired medicines as soon as possible. Timely disposal of medicines can reduce the risk of others taking them accidentally or misusing the medications on purpose. Check with your doctor or pharmacist about how to safely discard expired or unneeded medications, or review the FDA's guidance on [Where and How To Dispose of Unused Medicines](#).

[Get more tips for managing your medicines.](#)

Are You Prepared for Hurricane Season?



Hurricane season is from June 1 to November 30, with most activity occurring between mid-August and mid-October. The [National Oceanic and Atmospheric Administration](#) predicts an 85% chance of an above-normal season for the 2024 Atlantic hurricane season.

The best way to receive timely weather alerts is by signing up for [NY-Alert](#) a free service that provides weather and other emergency-related alerts. Residents with limited mobility or special needs can enroll in the [Rockland County Access & Functional Needs Registry](#) so that emergency personnel are aware of your needs in the event of an emergency.

Take these important steps to be prepared for a storm:

- Have plenty of food and water on hand in your [emergency supply kit](#) to last up to ten days. This includes one to two gallons of water per person daily for drinking and personal hygiene needs, and enough food for you and your family. Use food that does not need to be refrigerated or cooked, such as peanut butter and ready-to-eat canned meats, fruits, and vegetables.
- Have battery-operated radios and flashlights available, along with extra batteries.
- Have a first aid kit available and an adequate supply of prescription drugs and other medicines on hand for those who need them.
- Store important documents such as insurance policies, medical records, bank account numbers, and social security cards in waterproof containers. Also have cash (in small bills), checkbook, and credit and ATM cards readily available.
- Follow local news and emergency broadcasts that will provide up-to-date official information during a storm emergency, including recommendations to evacuate specific areas.
- Visit [CodeRED](#) to set up an account to be notified by our local emergency response team in the event of emergency situations.
- Have plenty of supplies for your pets and know where to relocate them during a storm if you must leave your home. Most shelters will not accept pets, only those that are "service animals."

For more information about extreme weather and power outages, visit the [New York State Department of Health](#).

Take Charge of Your Health!

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 Choices, Better Health: Learn ways to better manage your health conditions.

Living Well with Diabetes Program: Learn to manage your diabetes and prevent complications.



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

Like us on Facebook: www.facebook.com/rockhealth

Follow us on Twitter: www.twitter.com/rockhealth

Follow us on Instagram: www.instagram.com/rocklandhealth

Visit us on our website: www.RocklandCountyNY.gov

Are You Losing Muscle?



We all lose muscle as we age. Roger A. Fielding, PhD, a professor of biochemical and molecular nutrition at the Friedman School and senior scientist of the Nutrition, Exercise Physiology, and Sarcopenia Team at the Human Nutrition Research Center on Aging, leads a team of people working to uncover the biological mechanisms that cause muscles to increase in size and strength after resistance or strength training. They also study the health benefits of physical activity, muscle-strengthening exercise, and diet in older adults. Tufts Health & Nutrition Letter spoke to Dr. Fielding to get the latest on the impact of muscle loss and what can be done to maintain strength for an active, high-quality life—whatever age you are.

THNL: *Why do we lose muscle as we age?*

Dr. Fielding: *A number of normal biological and metabolic changes cause us to lose muscle mass and strength as we age.*

When we move, a number of specialized chemical pathways in our muscles are turned on. These trigger the production of muscle proteins that cause the muscle to increase in size. Starting around age 50, these signals get progressively weaker. Older adults can still build muscle, but not as quickly, and not as much. There are also genes that get turned on when we activate our muscles. We found changes in the expression of more than 150 genes when younger men participated in strength training, but only 42 in older men. This is likely part of the reason people of different ages respond differently to strength training regimens.

Some—but certainly not all—older adults develop sarcopenia, a syndrome in which the loss of skeletal muscle mass and strength is so severe it decreases quality of life and increases the risk of disability, hospitalization, and death. The risk of developing sarcopenia is likely influenced by things like peak muscle mass and strength in your youth and lifelong diet and activity habits. Conditions like cancer, type 2 diabetes, and chronic heart failure and lung disease may accelerate the loss in muscle mass and strength.

THNL: *Muscle is built from protein. Does eating more protein help?*

Dr. Fielding: *If you, like most Americans, already consume more than the recommended amount of daily protein (0.8 grams per kilogram, or 0.36 grams per pound), I don't see any clear evidence that more protein alone is going to do much for your muscles.*

Only the estimated one-quarter to one-third of older adults who do not get enough protein should consider increasing their protein intake. I should note that some researchers and geriatric societies (especially in Europe) advocate higher protein intake—typically in the area of one gram per kilogram—for older adults.

High intensity resistance training can increase muscle mass without increased protein intake. For the best results, combine adequate dietary protein with resistance training (like working with weights, bands, and so on). The two together seem to have an additive or synergistic effect on muscle building.

THNL: *So, what is the best way to maintain—or even build—muscle later in life?*

Dr. Fielding: *We can't make old muscle look like young muscle, but we can slow the rate of loss (and even build muscle) with physical activity, resistance training, and dietary changes if necessary.* My top tips are listed below.

TAKE CHARGE!

To slow muscle loss (and even build new muscle) at any age:

- **Combine Diet and Exercise.** The combination of regular resistance training (like working with weights) and adequate dietary protein builds more muscle mass and strength. But don't go for extra protein by itself.
- **Resist!** Resistance training includes weightlifting, using weight machines or bands, or doing body weight exercises like pushups, squats, sit-ups, and planks. Many yoga poses also involve resistance. Aim for at least one to two sessions of resistance training a week. Be sure to engage in multiple types of resistance activities to ensure working the large muscle groups of both the upper and lower body (arms and legs).
- **Start Slow.** If you are new to strength training, start with a class or orientation at your local Y or other community or health organization or a personal trainer. If you have health or physical issues, discussing with your health-care provider if you would benefit from a referral to a physical therapist is a good place to start.
- **Don't Overdo It.** You do not need to push yourself to extremes to get benefit. Start slow and work until a muscle group feels tired. You will notice a difference over time.
- **Step It Up.** The key to building and maintaining muscle is to use your muscles regularly and continually challenge yourself by increasing weight or repetitions when an exercise gets too easy.

Source: Are You Losing Muscle? (2023). Tufts University Health & Nutrition Newsletter.

Grief: An Exploration of Loss and Healing

by Raghunath M. Mehta, M.D.

Grief is an intense, multifaceted response to loss, particularly to the loss of someone or something to which a bond was formed. It is a universal experience that touches every human life, yet it manifests uniquely in each individual, shaped by personal, cultural, and societal contexts. Grief encompasses a wide array of emotions, physical sensations, and behaviors, often intertwining sorrow, anger, guilt, and profound sadness. Understanding grief involves delving into its causes, stages, and the diverse ways it can be managed and healed.

Causes of Grief: The most recognizable cause of grief is the death of a loved one, but it can also arise from other significant losses. These include the end of a relationship, loss of a job, or the decline of health. Major life transitions, such as moving to a new city, retiring, or even the loss of a long-held dream, can also evoke grief. The intensity of grief often correlates with the depth of attachment and the significance of the loss in the person's life.

Theories and Stages of Grief: Several theoretical models have been developed to understand and articulate the process of grieving. The most well-known is Elisabeth Kübler-Ross's five stages of grief, which describes the journey through denial, anger, bargaining, depression, and acceptance. While these stages provide a framework, it is essential to recognize that grief is not a linear process. Individuals may experience these stages in different order, revisit certain stages, or encounter unique emotional responses not encapsulated by this model.

Another significant model is the dual process model of coping with bereavement by Margaret Stroebe and Henk Schut. This model suggests that grieving involves oscillation between two types of stressors: loss-oriented and restoration-oriented. Loss-oriented stressors pertain to processing the loss and associated emotions, while restoration-oriented stressors involve adapting to new life changes and focusing on daily life activities. This model acknowledges the dynamic and fluctuating nature of grief, emphasizing the balance between confronting the pain of loss and engaging in life.

The Impact of Grief: Grief affects individuals on multiple levels—emotional, physical, cognitive, and social. Emotionally, grief can lead to feelings of sadness, anger, guilt, anxiety, and loneliness. Physically, it can manifest as fatigue, changes in appetite, sleep disturbances, and a weakened immune system. Cognitively, grief may impair concentration, memory, and decision-making abilities. Socially, grieving individuals may withdraw from others, struggle with changes in relationships, or feel misunderstood by those around them.

Cultural and Social Perspectives: Cultural and social contexts significantly influence how grief is expressed and processed. Different cultures have varying rituals, beliefs, and practices surrounding death and loss. For instance, some



cultures emphasize communal mourning and collective support, while others may prioritize private grieving and individual resilience. Understanding these cultural dimensions is crucial in providing sensitive and effective support to those in grief.

Coping and Healing: Coping with grief is a deeply personal journey, and there is no one-size-fits-all approach. However, several strategies can facilitate the healing process:

- 1. Expressing Emotions:** Talking about the loss with trusted individuals, joining support groups, or engaging in creative outlets like writing, art, or music can help externalize and process emotions.
- 2. Self-Care:** Maintaining physical health through regular exercise, balanced nutrition, and adequate sleep supports emotional well-being.
- 3. Seeking Professional Help:** Therapy or counseling can provide a structured and supportive environment to explore complex feelings and develop coping strategies.
- 4. Maintaining Connections:** Staying connected with friends and family can offer comfort and a sense of continuity amidst the upheaval of loss.
- 5. Honoring the Loss:** Creating rituals, such as memorial services or personal commemorations, can provide a sense of closure and ongoing connection to the deceased or the lost entity.

Conclusion: Grief is an inevitable part of the human experience, reflecting the depth of our connections and the significance of our attachments. While it is a painful journey, it also holds the potential for profound growth and transformation. By understanding the nature of grief, recognizing its diverse manifestations, and employing compassionate and personalized coping strategies, individuals can navigate the turbulent waters of loss and gradually find a renewed sense of hope and meaning. In about 7% the grief can be intense, prolonged and is associated with suicidal thoughts and hallucinations. This condition requires psychiatric treatment.

Preventing Senior Accidental Overdoses

by Gary Barg, Editor-in-Chief, caregiver.com

A growing concern for family caregivers is the possibility of a loved one’s accidental overdose. This is an issue I hear about with alarming frequency. If nothing else, the statistics bear out the potential for danger to our loved ones.

Older women consume 60 percent of all prescription and over-the-counter medications. The number of prescriptions written for older adults averages 18.5 per person per year, and 83 percent of people over 65 are taking prescription medications. With this many medications to take on a regular basis, an accidental overdose could be a problem for anyone; but for many of our loved ones, the risks are increased by memory loss, hearing difficulties and low vision.

It is vitally important that, as caregivers, we pay attention to the potential for an accidental overdose by a loved one.

Some things we can do:

- Pay attention to any changes in their speech patterns, mental acuity, physical strength or level of depression or confusion.
- Regularly check the medicine cabinet and refrigerator for medication usage patterns, expiration dates, and to ensure timely refills.
- Scoop all of the prescription bottles into a paper bag and carry them to their pharmacist to ensure that all medications work well together. If you take all prescriptions to



one pharmacist, they can more easily cross-reference drugs to look for any potential adverse side effects. Actually, it is best to use the same pharmacy for all prescriptions. One of the most important partnerships we can have with a care professional is often overlooked – the pharmacist.

- Many of our loved ones are receiving medications from multiple doctors. Make a list of all the prescriptions and any over-the-counter medications they are taking and send it to your loved one’s primary care physician for review.
- When discussing these concerns with your loved ones, remember that your most effective weapons against an accidental overdose are respect and understanding. Successful medication management works best when you are working as a team.



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For information or to join:

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Email: Sspencer@mowrockland.org

Call: 845.624.6325

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.



NO WRONG DOOR

NY Connects functions as “hub” to the **No Wrong Door** system, a comprehensive resource for all long-term services and supports.

The program serves all ages, regardless of income or background. We provide one-stop information, assistance, and referral services needed to make informed decisions. Our goal is to assist clients in safely maintaining their independence and remaining in their homes as they choose. Individuals, families, and caregivers often have multiple needs across systems.

NY Connects works to create seamless linkages to other agencies and assists with any public assistance applications. Person-centered counseling services are provided at no cost to our clients.

CONTACT:

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Rockland County
Office for the Aging
845-364-3444
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