



NEW YORK STATE SENATOR

Andrea Stewart-Cousins

## SENATOR STEWART-COUSINS and ASSEMBLYMAN SPANO SPONSOR ANNUAL SENIOR HEALTH FAIR

ANDREA STEWART-COUSINS September 11, 2009

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Senator Andrea Stewart-Cousins (D/ WF, 35<sup>th</sup> District) and Assemblyman Mike Spano (D-C-WF, Yonkers) hosted their annual Senior Health Fair at Coyne Park Senior Center on Thursday, October 22. Yonkers senior citizens who attended the event were met by several medical providers with important information and services as well as influenza and pneumonia shots administered by the Westchester County Department of Health.

"It was a pleasure to partner with Assemblyman Mike Spano in hosting our annual Senior Health Fair, an event that we look forward to every year," Senator Andrea Stewart-Cousins said. "The Health Fair is a golden opportunity to provide critical information, resources and services to help ensure the health and well-being of hundreds of seniors in our community."

"I am so glad that so many Yonkers' seniors participated in this event and I would like to thank Senator Stewart-Cousins, all the medical providers who were in attendance today, the donors and especially the Westchester County Department of Health for making this successful day a reality," Spano said. "The important information senior citizens attained today will undoubtedly make them healthy and happier in the upcoming winter."

The medical providers in attendance included, Concept Care Management, the Yonkers Office for the Aging, The Visiting Nurse Services of New York, LeMac Pharmacy, Westchester County Department of Senior Programs and Services, the Social Security Administration, Hospice Care of Westchester and Putnam Counties, Doctors United, Visiting Nurses Association of the Hudson Valley, Lawrence Hospital, Saint John's Riverside Hospital and Wound Center and 55 Plus Yonkers Connections. These organizations generously provided not only information but blood pressure checks, blood sugar testing, screenings and more health related services. Also, the Health Fair was attended by the offices of the Westchester County Clerk, the New York State Attorney General and the Westchester County District Attorney.

A special thanks is necessary to the Yonkers Raceway, Avon, CVS, Zuppa Restaurant and Lounge, Readers Digest, X20 Xaviars on the Hudson, McDonald's and LeMac Pharmacy who kindly donated goods to be distributed to the attendees including water bottles, coupons, gift certificates, pill boxes, large print books and so on.

"Staying healthy is vitally important, especially during these tough times," Spano said. "State and local health resources are available to help ease the typical seasonal health struggles so many of us face. One of these resources is the EPIC program, which helps lower prescription drug costs for seniors on fixed incomes. Together we can make sure our families, friends and neighbors stay healthy this winter season."