



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

Senator Addabbo Brings Nutrition / Elder Law Lecture to Ozone Park Senior Center

JOSEPH P. ADDABBO JR June 21, 2011

| ISSUE: **AGING, SENIOR CENTERS, SENIORS**

Queens, NY, June 21, 2011 – On Tuesday, June 14, **NYS Senator Joseph P. Addabbo, Jr.**, co-sponsored a nutrition lecture at the Ozone Park Senior Center, 103-02 101st Avenue, with elder law attorney and partner at Brady & Marshak, Linda Marshak, and the President of Ageless Home Health Care, LLC, Lisa Baez, MBA, R.N.

Some 55 older adults heard guest speaker Linda Marshak discuss elder law, addressing the topics of wills, trusts, and estate planning. Health care professional Lisa Baez covered the topics of senior nutrition and fitness. She spoke about why good nutrition is important for seniors, the advantages of good nutrition, senior food pyramid guidelines, vitamins and minerals, basic tips for wholesome eating, and tips for eating out.

Brady & Marshak partner Linda Marshak explained: *My partner and I appreciate Senator Addabbo's invitation to speak to the seniors in our community. We at Brady & Marshak, LLP, work to protect our clients' hard-earned assets and their homes from having to be paid unnecessarily to the state and federal government (for the cost of medical care or estate taxes) because of poor planning.*

Lisa Baez, MBA, R.N., and President of Ageless Home Health Care, LLC, noted: *I truly enjoyed spending time with these seniors. They had great questions and I enjoyed teaching them the benefits of eating healthier.*

Rosemary Heggers, Director of Ozone Park Senior Center, added: *It was gratifying to host such a wonderful lecture for our seniors that included a great hand-out for them to take home and keep as a handy reference. The nutrition brochure featured different exercises, weight control tips, the importance of reading food labels at the supermarket...just wonderfully useful information for them.*

Senator Addabbo's Director of Events, Peter DeLucia, notes that he is planning two more nutrition/elder law lectures with these legal and health care professionals to be held in Richmond Hill and Howard Beach later this summer.

About Brady & Marshak

Brady & Marshak, LLP, Attorneys at Law, was established by Nancy J. Brady and Linda Faith Marshak, attorneys with experience primarily in the areas of Estate Planning and Elder Law. The firm has offices in Nassau and Queens, however Ms. Brady and Ms. Marshak serve clients in all five boroughs as well as Nassau and Suffolk. Client legal needs are typically established through an initial interview and consultation with either one or both of the attorneys. These consultations may take place in the attorneys' offices, the client's home, or if necessary at client's hospital, nursing home or assisted living facility. During the initial meeting the attorneys routinely review with the client any legal documents previously executed, as well as financial and health concerns. After establishing the client's wishes, the attorneys work closely with the client to develop a plan to effectuate the client's wishes and ensure that all necessary documents are in place to carry out the client's ultimate goals. The attorneys present educational seminars on a regular basis, and maintain relationships with financial, accounting and other legal professionals to ensure virtually all of the clients' needs are met. Call [718-577-2568](tel:718-577-2568) with any questions you may have.

About Ageless Home Health Care, LLC

Ageless Home Health Care, LLC ("Ageless") is based in Brooklyn and serves patients in Brooklyn, Queens, the Bronx and Staten Island. Ageless is dedicated to improving the physical, psychological, social and spiritual development of people in the home care setting within the community and society. Ageless is dedicated to provide, teach and support, measures of comfort with dignity and expertise. The goal of Ageless is to assist patients in achieving their optimal level of function in collaboration with the patients, families, significant others and clergy while maintaining a fiscally sound operation. Call [718-646-3777](tel:718-646-3777) for more details.

About CCNS Ozone Park Senior Center

Ozone Park Senior Center is operated by Catholic Charities of Brooklyn & Queens Neighborhood Services and funded by the NYC Department for the Aging. The center provides health and exercise programs; nutritional and educational classes; social and recreational activities, case assistance with entitlements and benefits, e.g., Medicaid; local educational and recreational trips, as well as multicultural events. Nutritious lunches are also served. The center is open Monday-Friday, 8:30 AM to 4:30 PM. Call

718-847-2100 for more information.