



NEW YORK STATE SENATOR

Patty Ritchie

Senator Ritchie's Senior Health, Wellness Expo Oct. 12

PATTY RITCHIE October 3, 2011

| ISSUE: **AGING, HEALTH, SENIOR CENTERS, EPIC (ELDERLY PHARMACEUTICAL INSURANCE COVERAGE PROGRAM), HEALTH CARE**

Free Flu Shots, Cancer Screening At Fulton War Memorial

State Senator Patty Ritchie's Senior Health and Wellness Expo will offer square dancing, free flu shots, cancer screening and even pampering at the Fulton War Memorial on Oct. 12.

The free event from 10:30 a.m. to 12:30 p.m. feature over 50 exhibitors on health and wellness, health care, senior nutrition, fitness, and a wide variety of other services.

"My Senior Health and Wellness Expo will offer a one-stop event where you will be able to learn about the variety of services available to keep your family healthy and obtain services when family members need them," said Sen. Ritchie. "A lot of people who have older family members seldom realize the wide variety of agencies and services that are available in Oswego County."

Special events will include:

- Square dancing - **Oswego County Square Dancers**
- Free flu shots - **Kinney's & Oswego County Health Department**
- Nutritional information - **Oswego County Opportunities Senior Nutrition Services**
- Fitness information - **SUNY Oswego Retired Senior Volunteer Program, Oswego & Fulton YMCAs**
- Energy information - **National Grid**
- Bone Density Screening - **St. Lukes Nursing Facility & Oswego Health**
- Cancer Services - **Oswego County Opportunities**
- Breast Cancer Support Group - **Oswego County**
- Pampering Activities - **Beauticontrol and Mary Kay**

There will also be free flu shot, health screenings and refreshments.

Over 1500 seniors attended a similiar event in September in Watertown. That was a new record for attendance at such an event.

An up to date list of participants can be found at www.ritchie.nysenate.gov.

For more information, call (315) 342-2057.

Some of those attending include:

Oswego County Health Department

ARISE

Kinney Drugs, Inc

MVP Health Care

Office of the Aging

Office of Aging – Medicare

St. Luke's Nursing Home
Sunrise Nursing Home
Seneca Hill Manor
Michaud Residential Health Services
Pontiac Care and Rehabilitation Center
Bishop's Commons
Oswego YMCA
RSVP of Oswego County
Springside at Seneca Hill
Rural Health Network
Stafkings Healthcare Systems Inc
Oswego County Opportunties
Cancer Services Program of Oswego County
OCO, Inc. Facilitated Enrollment
Oswego Health
Mary Kay
Tastefully Simple
Square Dancing
Oswego County Sheriff's Office
Fulton YMCA
Wayne Drugs
Cornell Cooperative Extension
Excellus BlueCross BlueShield
National Grid
Oswego OBGYN
Fidelis Care New York
Oswego County Veterans Service Agency
Friends of Oswego County Hospice
Emergency Management
All-Metro Services
Northern Oswego County Health Services, Inc. (NOCHSI)
Alzheimer's Association
Oswego County Emergency Response
Oswego County Historical Society
American Red Cross
Dunkin Donuts
OCO, Inc. Health Education Dept.
OCO, Inc. Transportation
Caring & Sharing Breast Cancer Support Group
New York State Senate