



NEW YORK STATE SENATOR

Patty Ritchie

## More than 400 Attend Ritchie's St. Lawrence County Senior Health and Wellness Fair

BRIAN DWYER October 3, 2018

| ISSUE: **SENIOR HEALTH & FITNESS FUN FAIR**



More than 400 people filled the Richard G. Lockwood Civic Center in Ogdensburg Tuesday, taking part in State Senator Patty Ritchie's St. Lawrence County Senior Health and Wellness Fair. The event—which was cohosted this year by the Fort Drum Regional Health Planning Organization—featured exhibitors offering wellness tips, health screenings, a free lunch, entertainment and more.

“Ensuring our seniors have access to the people, information and technology that can improve and prolong their lives is critical,” Senator Ritchie said. “In addition, for a lot of the seniors, having that opportunity to get out, socialize and enjoy some entertainment is just as important to their overall wellness as the information they received on how maintain an active lifestyle and stay healthy. This was truly a fun, healthy, productive day for everyone and I would like to thank those who had a role in making it possible.”

Seniors in attendance were able to access health screenings, flu shots and free tips for staying healthy and active from more than 50 local organizations. St. Lawrence NYSARC offered free transportation—to and from—the event. The St. Lawrence County Sheriff’s Department and the Ogdensburg City Police Department were also on hand collecting expired and unwanted prescription medications.

Attendees were also provided with a free lunch prepared by ‘future chefs’ from St. Lawrence-Lewis BOCES. In addition, local music group “The Starlighters”—along with acclaimed fiddler Don Woodcock—as well members of the Ogdensburg Free Academy Band entertained guests.

During the event, Senator Ritchie honored husband and wife, Ron and Judy Wright, with her St. Lawrence County “Senior of the Year” awards for their contributions to their communities. The Wrights are the long-time owners of Wright’s Sporting Goods and Marina in Morristown. Ron served as the Town of Morristown Supervisor and Judy, in addition to a career in real estate, serves as the Town of Morristown Court Clerk. Together, they have spent their lives promoting local tourism, economic development and community improvement.

Senator Ritchie and the Fort Drum Regional Health Planning Organization will host two more Senior Health and Wellness Fairs during the month of October:

Friday, October 5<sup>th</sup>: Jefferson Community College McVean Student Center Gymnasium (1220 Coffeen St., Watertown)

Tuesday, October 11<sup>th</sup>: Oswego County Highway Department (31 Shaad Drive, Scriba)

Both events will run from 11:00 a.m. to 2:00 p.m. For more details, including information on transportation to and from the events, as well as to pre-register, visit Senator Ritchie's website at [www.ritchie.nysenate.gov](http://www.ritchie.nysenate.gov).

This year's St. Lawrence County Senior Health and Wellness Fair would not be possible without the generosity of numerous local businesses and organizations including:

- The City of Ogdensburg Parks and Recreation Department
- The City of Ogdensburg Police Department
- Cabot Cheese
- Kinney Drugs
- Mort Backus and Sons Inc.
- Ogdensburg Free Academy
- Pepsi-Cola Ogdensburg Bottlers
- St. Lawrence NYSARC
- St. Lawrence-Lewis BOCES
- St. Lawrence County Sheriff's Department
- The Starlighters

*(Senator Ritchie is pictured at the 2018 Senior Health and Wellness Fair with 2018 St. Lawrence County Senior of the Year Ron Wright)*