

NEWS



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For Immediate Release

07-28-11 THIS WEEK IN ORANGE COUNTY BY EDWARD A. DIANA

Orange County's Office for the Aging is gearing up for a jam-packed calendar of events for our County's senior residents over the next few months. These activities are a great way to get out, get involved, socialize, and even get fit or informed, depending on the activities seniors choose.

The first event is the 13th annual Orange County Senior Forum – a day of celebration and information for Orange County's residents age 60+. The Forum will be held Wednesday, August 24 at the Middletown campus of SUNY Orange beginning at 8:30 a.m. The day kicks-off with a keynote address from SUNY Orange's very own professor, Flo Hannes. Flo will offer a humorous look at aging in a presentation entitled "When did I become My Mother?" Following Flo, participants will have the opportunity to attend two different workshops of their choosing from a selection of 10 workshops in all covering a variety of topics including consumer protection, backyard birds, antiques, exercise, home maintenance, and magic. Registration is limited and on a first come basis, so contact the Office for the Aging at 615-3700 to register.

On September 12, Office for the Aging, in conjunction with the Orange County Department of Parks and Recreation, kicks off the 28th annual Senior Games. The Games are comprised of three full weeks of activities at locations throughout the County for residents age 55+. Activities include tours of local points of interest, such as Storm King Art Center and the D& H Canal, competitive sports, like track and field, bocce, golf and disc golf, and outdoor adventures such as rafting, kayaking, orienteering, and hiking. A complete schedule of events and registration information is available on the Parks website at www.orangecountynyparks.com or by calling Parks at 457-4910 or Aging at 615-3700.

As part of Senior Games, I'm proud to once again be hosting the very popular art exhibition in my offices in the Government Center in Goshen. The opening of the art show will be on Friday, September 16 at 3 p.m. I encourage you to stop by during the month of September to take a look at the work of the many incredibly talented seniors we have here in Orange County.

While Orange County's Office for the Aging works hard to provide programs that keep our seniors active and engaged, make no mistake about it, they offer much more than fun and games. They are dedicated to maintaining the dignity, well-being, and independence of our County's senior citizens by serving as an advocate and community partner while helping seniors access the programs they need. These programs include in-home services for non-medical care, legal and tax assistance, transportation, and home-energy assistance to name just a few of the programs.

One of their busiest programs is senior dining which offers congregate dining in a variety of locations throughout the County, as well as home-delivered meals for home-bound seniors. Through the home-delivered meals program, volunteers bring hot, nutritious meals to home-bound seniors at lunch time. Perhaps even more important than the meal is the friendly smile and the check-in these seniors receive from the volunteers each day. The program has considerable need for additional delivery volunteers in order to keep up with the many requests. If you've got an hour at lunch time to spare, even once a week, please consider volunteering for this critically important program. To volunteer, or learn more about Office for the Aging programs, call 615-3710. By sharing a few hours of your time, you can make a considerable difference in the lives of our seniors.

Until next week, wishing you good health and happiness.

Edward A. Diana
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