



SENIOR SERIES

NYU Winthrop
Hospital™

An affiliate of NYU Langone

Who:

Assemblyman Ed Ra
NYU Winthrop Hospital

Where:

Westbury Library
445 Jefferson Street
Westbury, NY 11590
All events from 10:30 a.m. – 12:00 p.m.



- Thursday, September 20** – Tai Chi for Balance
- Thursday, September 27** – Sleep: Are You Getting Enough?
- Thursday, October 4** – Trends in Nutrition
- Thursday, October 11** – Breathe Easy: Lung Health
- Thursday, October 18** – Empower Yourself: Taking Control
- Thursday, October 25** – Diabetes: Prevention, Management & Staying Healthy

What it is:

Join us every Thursday for six weeks from mid-September through October for a variety of seminars aimed to help Long Island seniors enjoy their golden years to the fullest.

No reservations necessary, walk-ins are welcome. For more information, please call Assemblyman Ra's district office at (516) 535-4095.



ASSEMBLYMAN
ED★RA
19th Assembly District

Dear Neighbor,

While summer may be winding down, there are many things to look forward to this fall. As your Assemblyman for the 19th Assembly District, I want to make sure everyone is able to enjoy their life on Long Island. I have put together this Fall Senior Newsletter to help keep Long Island's seniors up-to-date about different events I will be hosting or involved with this autumn. I hope you find this newsletter to be helpful, and if you have any questions, concerns or suggestions for a future newsletter, please contact my district office at (516) 535-4095.

Sincerely,

UPCOMING EVENTS

Shred & Shed

Who:

Assemblyman Ed Ra
Senator Kemp Hannon
Sanitary District 6
Nassau County Police Department
Commission of Social Justice
Carey Dad's Club

When:

Saturday, September 22
12 p.m. - 3 p.m.

Where:

Sanitary District 6
80 Cherry Valley Avenue
West Hempstead, NY

What it is:

Supervised by the Nassau County Police Department, join us to dispose of unwanted or expired medication and to shred your documents. Disposing of medication improperly, such as flushing it down a toilet or pouring it down the drain, can lead to pollution in the water we use for drinking, cooking, and bathing. Safe disposal helps protect our health and keeps prescription drugs away from young children or others who might use them improperly. Additionally, throwing out or recycling sensitive paperwork without shredding it first can lead to identity theft.



Senator Hannon's Annual Senior Health Expo

Who:

Assemblyman Ed Ra
Senator Kemp Hannon

When:

Thursday, October 4
9 a.m. - 1 p.m.

Where:

St. Paul's Field House
351 Stewart Avenue
Garden City, NY

What it is:

A variety of vendors will be in attendance to provide Long Island's seniors with important information on services, programs, equipment and topics relating to senior health. This includes free testing and screening services. Additionally, registered nurses from Nassau University Medical Center will be present to administer shots for the Flu/Pneumonia vaccine program, which is available to seniors who are 60 and up. Be sure to stop by Assemblyman Ra's table. This is a great opportunity for Long Island's senior population.

PAST EVENTS

Assemblyman Ed Ra is dedicated to helping the senior population of Long Island enjoy their golden years to the fullest. Here are some examples of past events Assemblyman Ra has hosted.

AARP Smart DriverTEK

In May 2018, Assemblyman Ed Ra partnered with AARP for a Smart DriverTEK workshop to help make driving easier and safer for seniors. The event, held at Hillside Public Library, covered the changes in technology that affect our driving experience to help drivers adjust to the evolving world of vehicle safety. A step-by-step guide on how these technologies work and can benefit drivers was offered to attendees.

For more information on this program, or to find a workshop near you, please visit their website.



Healthcare Fraud Seminar

Assemblyman Ed Ra and LiveOn New York hosted a Healthcare Fraud Seminar in April 2018 at the Mineola Memorial Library. At the seminar, John Rotondi, a certified senior medicare patrol educator, spoke about healthcare fraud and how to avoid it. Topics included how to spot potential fraud, medicare cards rollout, scams and frauds related to Medicare cards, and how to protect yourself from these scams and frauds. A question and answer session followed the presentation.

For more information on this program and LiveOn New York, please visit their website.



LEGISLATION

Assemblyman Ra has also fought in Albany for a better quality of life for seniors to enjoy their golden years to the fullest. This included supporting bills which would:

- Increase the income cap level to \$100,000 for senior citizens who are applying for the Enhanced STAR property tax exemption. (A.5853)
- Create a fixed real property school tax rate for seniors who are 70 and older, own property, and who are qualified for the Enhanced STAR tax exemption. (A.2533)
- Increase mobility for seniors by creating a pilot program for on demand transit service. (A.8229)

For more information on this or any legislative matter, please contact my district office at (516) 535-4095 or 825 East Gate Blvd., Suite 207, Garden City, NY 11530.

A Fall Newsletter from Assemblyman Ed Ra!

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19th Assembly District

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News for Seniors!

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