

AARP Meeting—Wednesday, May 17, 2023 12:30PM
THIS MEETING WILL BE IN PERSON ONLY AT THE JCC WEST NYACK,

Topic: Eating For a Longer Life: The Link Between Nutrition and Longevity.

Nutrition is a crucial factor in determining longevity with numerous studies showing that a healthy diet can significantly increase life expectancy. A diet rich in fruits and vegetables, for example, can help protect against aging and age-related diseases. Moreover, following the Mind Diet can promote brain health and potentially longevity.



Speaker: Eliza Conn—Registered Dietitian at the Rockland County Office for the Aging. Eliza has a diverse background in food service, academic research, clinical practice, and community nutrition.

She holds a professional chef certificate from Centro Europeu in Brazil, is a member of the Academy of Nutrition and Dietetics, and specializes in healthy aging. Eliza received her master's degree in nutrition from Brooklyn College, where she developed expertise in evidence-based practices. With a passion for positively impacting the health of seniors through nutrition care and collaboration, Eliza is here to share her extensive knowledge and experience in the field of nutrition and dietetics.

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PLEASE NOTE!! AARP ROCKLAND COUNTY CHAPTER HAS NO JUNE MEETING !!

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Stay Connected with AARP New York.
MAY AARP NY PROGRAMS: All events are from 2:00 PM – 3:30 PM ET:

AARP members and guests are invited to join virtually for: Strengthening Our Bonds: Cultivating Friendships, Nurturing Community. These two interactive workshops will help you to identify the values most important to you in community, as well as reflect on your relationships with family and friends.

Wednesday, May 24, 2023 | Strengthening Our Bonds: Community and Belonging Register: <https://events.aarp.org/BondsMay24>

Wednesday, May 31, 2023 | Strengthening Our Bonds: Relationships as Building Blocks Register: <https://events.aarp.org/BondsMay31>

You will need to register separately for each class. Please do not opt out of event-related emails, as you will be emailed a link to join the presentation via Zoom prior to the event. See you virtually!

Volume
May/June 2023
Chapter Officers

President: Myrna Arin
Vice P. Alan Pierce
Vice P. Barbara Blattstein
Treas. Ted Arin

Committee Chairpersons:
Publicity: Lou Morris
Membership: Barbara Blattstein
Ray Seltzer
Newsletter: Ted Arin

Public Relations:
Betty Meisler
Richard Weinberger
Rhoda Appel

For more information about our May meeting, please check our AARP webpage

<https://www.technologytoday.us/AARP>, or email Alan, at pierceaj@optonline.net

Dear AARP Members,

We have been honored to be your chapter officers over these more than six years. Thank you all for your enthusiasm, your assistance and your support!



Our AARP chapter has been a strong voice representing seniors in the Rockland County community for over 30 years. However, since we do not have a cadre of new officers, this Chapter has no choice but to close down our chapter.



We hope you enjoyed and benefited from our interesting and educational monthly programs. We know that many of you have been involved in our lobbying efforts to ensure that senior interests remain at the forefront both in NYS and nationally. Don't stop now! Always let your elected officials know what's on your mind.

No official chapter does not mean that we are silenced. As members of AARP on a state and national level, as well as members of other groups in Rockland County, there is still much opportunity to participate and have a voice. Moreover, AARP New York State has a volunteer portal open to all members. Look for it in your AARP NYS newsletter.

We wish you all good health and good strong voices to speak up and make this county, state and nation one that each of us can look at with a sense of pride. Call any one of us below to talk further.

We will miss zooming with you all and seeing you in person!

Sincerely,

Myrna Arin, Chapter President 845-642-4202

Barbara Blattstein, V.P. 845-367-1394

Alan Pierce, V.P. 914-523-1340

Ted Arin, Treasurer 845-642-2684

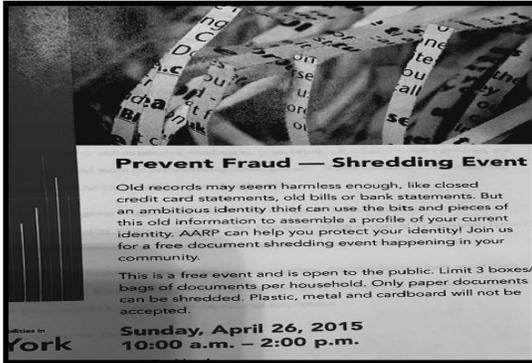
mtarinny@yahoo.com

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OUR CHAPTER OVER THE YEARS...TO MAKE NEW FRIENDS, TO EDUCATE, TO LOBBY, TO ENTERTAIN!



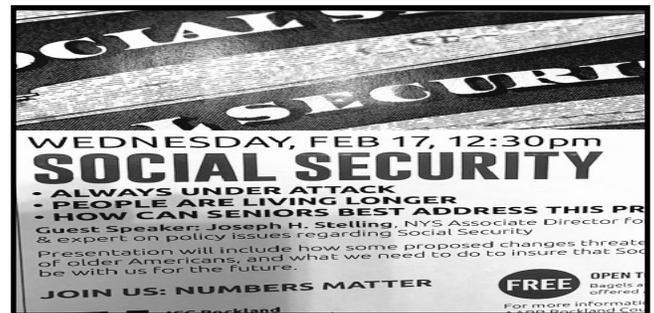
AARP SHREDDING EVENT



AARP REGISTERING VOTERS AT THE PALISADES MALL



**LOBBYING ASSEMBLYWOMAN ELLEN JAFFEE
IN ALBANY**



YOUR SOCIAL SECURITY PROGRAM



A WALK FOR HEART HEALTH

WE STAND FOR:

- AFFORDABLE DRUGS
- LOWER UTILITY BILLS
- CLEAN WATER AND AIR
- MEDICARE FOR ALL
- VOTING RIGHTS

**AND MUCH MORE!
DON'T FORGET TO
SPEAK OUT!**



FABULOUS HOLIDAY ENTERTAINMENT



WITH GOVERNOR HOCHUL - PRESENTING ROCKLAND COUNTY, IN CONJUNCTION WITH OUR AARP CHAPTER, A COMMUNITY AWARD.



LOBBYING ASSEMBLYMAN KENNETH ZEBROWSKI IN ALBANY

Programs You Have Enjoyed Through the Years

2007 - 2023

2007

- ◆ League of Women Voters
- ◆ River Keeper : Nuclear Energy and Indian Pt.

2008

- ◆ Updating Elder Law—How not to be Victimized
The Older an Wiser Driver
- ◆ Health Care Proxy, Living Wills, etc.
- ◆ “Sicko” a Michael Moore documentary
- ◆ “Single Payer” Health Care.. HR-676
- ◆ Medicare Rights
- ◆ Medicare disadvantage Part C, D

2009

- ◆ Mental Health Issues for Seniors
- ◆ “Strong Bones”
- ◆ Living Wills, End of Life Directives and Health
Care Directives
- ◆ Jets Over Rockland
- ◆ Indian Point & United Water Desalination Pro-
ject

2010

- ◆ Assembly Women Ellen Jaffee Speaks Out
- ◆ Census: What does it mean to you as tax payer?
- ◆ United Water’s proposal for a Desalinization
Plant in Rockland County What it means to us!
- ◆ Nanuet High School Choir

2011

- ◆ Redistricting and Gerrymandering in New York
State
- ◆ Alternative Health Needs & Prevention

2012

- ◆ Patrick Farm Development
- ◆ Hydrofracking
- ◆ Medicare and Epic

2013

- ◆ Alzheimer’s Disease Can it be prevented? Treat-
ed? What does the latest research tell us?
- ◆ Covering the Mad Bomber

2014

- ◆ Power of Song-Legacy of Pete Seeger
- ◆ New York Consumers & Utility Rate Game
- ◆ The Red Apple Rest story
- ◆ Vascular Disease and You
- ◆ Ocean Acidification

2015

- ◆ Peek Inside the Office for the Aging
- ◆ Eating for your Health
- ◆ The JFK Assassination

- ◆ Forks over Knives
- ◆ The Dilemma of Richard Nixon

2016

- ◆ Selectin the presidential Candidate
- ◆ The Chocolate Factory
- ◆ Tea for Two, Two for Tea
- ◆ Hudson River a Risk- Film & Presentation

2017

- ◆ Convicting the Innocent
- ◆ The Space Race: 1960’s through 1970’s
- ◆ The American Presidents
- ◆ The Public Misunderstanding of Science and
Why it Matters.
- ◆ Climate and Conflict

2018

- ◆ Cognitive Health in Older Adulthood
- ◆ Healthy Neighborhood Program
- ◆ The Hyperloop Transportation System
- ◆ Slavery, The Civil War and White Supremacy

2019

- ◆ Natures Paradise-Costa Rica
- ◆ 3D Technology

2020

- ◆ Coping in the Time of COVID-19. Prescriptive,
Explanatory and Anticipatory Guidance for Un-
certain Times.
- ◆ Pandemic - a Historical Perspective
- ◆ Medicare 2020-2021 Update
- ◆ A Cappella Music

2021

- ◆ The Trial of the Chicago Seven: A Lived Experi-
ence and its Lessons For Today’s Politics
- ◆ PFSA Chemicals in Rockland’s Drinking Water
- ◆ Healthy Living for your Brain and Body: The Lat-
est Research
- ◆ “SCAMS”
- ◆ Kenneth Zebrowski , NYS Assembly
- ◆ The Rockland County District Attorney’s Office

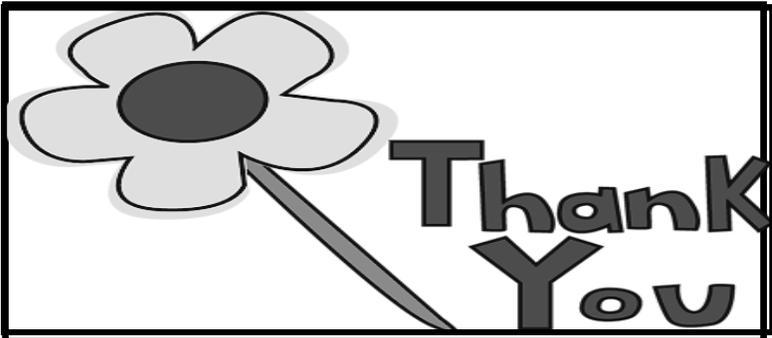
2022

- ◆ The Genius of Alfred Hitchcock
- ◆ What is Estate Planning? Do I Need it?
- ◆ Tools and Techniques to Help Us Feel Better
Mentally, Emotionally and Physically
- ◆ Hearing Loss and Hearing Aids in the Changing
Landscape of Hearing Health Care

2023

- ◆ Artificial Intelligence: A Curse or Blessing
- ◆ A Guide to Help Protect Seniors From Scams
- ◆ Brain Aging

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Ted Arin, Editor
11 Imperial Lane
Spring Valley, NY 10977
MAY/JUNE 2023

*****FINAL ISSUE*****



READ ALL ABOUT IT!



BETTER CAR INSURANCE FOR EXPERIENCED DRIVERS

With the **AARP® Auto Insurance Program from The Hartford**, you could **save hundreds¹** and get a great package of benefits! Plus, you could be eligible for discounts and savings like:

- + **Special AARP Member Savings**
- + **Paid-In-Full Discount**
- + **Defensive Driver Course Discount**
- + **... and many more!**

Call The Hartford to request a free quote in **minutes:**

1-888-230-4369

Or visit aarp.thehartford.com/rcn

Please have your current policy handy.

The only auto insurance program endorsed by AARP.

AARP and its affiliates are not insurers. Paid endorsement. The Hartford pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states.

The AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates. One Hartford Plaza, Hartford, CT 06155. Auto is currently unavailable in Canada and U.S. Territories or possessions. Specific features, credits and discounts may vary and may not be available in all states in accordance with state filings and applicable law. Applicants are individually underwritten and some may not qualify.

¹Savings amounts based on information reported by customers who switched to The Hartford from other carriers between 1/1/20 and 12/31/20. Your savings may vary.