



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 similar 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](http://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  
Staflings Healthcare Systems Inc  
Oswego County Opportunities  
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