



NEW YORK STATE SENATOR

Patty Ritchie

# **Calling All Seniors: Ritchie Announces Health and Wellness Fairs**

Patty Ritchie

August 27, 2013

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### **First Event to Take Place September 11<sup>th</sup> at Watertown Fairgrounds Arena**

State Senator Patty Ritchie will offer area seniors tips for living healthy, active lifestyles at her annual Jefferson County Senior Health and Wellness Fair, taking place at the Watertown Fairgrounds Arena on September 11, 2013.

The free event—which runs from 10:00 a.m. to 2:00 p.m.—will feature dozens of local organizations as well as lunch and entertainment by the Country Stompers, both sponsored by Senator Ritchie.

“I am thrilled to once again be able to host this annual event, which is something that area seniors truly look forward to,” said Senator Ritchie.

“Whether you want to check your blood pressure, find new ways to improve your diet, get a flu shot or learn about local organizations that can help improve your well-being, this event is a one stop shop for learning how to get and stay healthy.”

Last year, nearly 2,000 seniors attended Senator Ritchie’s Health and Wellness Fairs held in Jefferson, Oswego and St. Lawrence Counties.

New exhibitors are being added daily, and the current list of participants is as follows:

Hearing Health

Genesis Home Health

Northern Lights Chiropractic

Watertown Audiology

Pathstone

Outreach Experts, Inc.

North Country Library Systems

American Red Cross

Jefferson County Office of the Aging

Carthage Free Library

Marra's Homecare

Care Givers

Guilfoyle Ambulance Service

North Country Coalition for Parkinson's

Association for the Blind and Visually Impaired

Jefferson County Sheriff's Office

Jefferson County Public Health Service

Walrath Tax Service, LLC

STAT Communications/Lifenet

Watertown Citi Bus

City of Watertown Fire Department

Watertown Urban Mission

Resolution Center of Jefferson and Lewis Counties, Inc.

Ives Hill Retirement Community

Social Security Administration

YMCA

AARP (Chapter 346)

New York State Office of the Attorney General

CAPC

Neighbors of Watertown  
Watertown Housing Authority  
Victims Assistance Center  
Jefferson Community College  
Samaritan Summit Village  
Central Association for the Blind and Visually Impaired  
Cerebral Palsy Association  
River Hospital  
NYS Division of Veterans  
Samaritan Medical Center  
Kinney Drugs  
Cornell Cooperative Extension  
Innovative Physical Therapy Solutions  
Howard Orthotics and Prosthetics  
Northern Regional Center for Independent Living  
Walgreens  
Alzheimer's Association

Organizations interested in participating can contact (315) 782-3418 to register.

Senator Ritchie will host two more Senior Health and Wellness Fairs in the coming months. In Oswego County, the fair will take place on October 9th from 11:00 a.m. to 1:00 p.m. at the Fulton War Memorial and in St. Lawrence County, it will take place on October 23rd from 11:00 a.m. to 2:00 p.m. at the Ogdensburg Oddfellows