



NEW YORK STATE SENATOR

Patty Ritchie

Nearly 400 Attend Ritchie's Senior Health and Wellness Fair in St. Lawrence County

[Patty Ritchie](#)

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Close to 400 people packed the Richard G. Lockwood Civic Center in Ogdensburg Wednesday to take part in State Senator Patty Ritchie's St. Lawrence County Senior Health and Wellness Fair.

"It truly is special that so many seniors had the chance attend this year's fair," said Senator Ritchie. "Being able to socialize, take in some fantastic entertainment and enjoy a healthy lunch is an important part of anyone's wellness. When you add in the vendors—offering such a wide variety of valuable information—it makes for a very fun, healthy and productive day for everyone."

Seniors in attendance were able to access health screenings, flu shots and free tips for staying healthy and active from more than 50 local organizations. St. Lawrence NYSARC offered free transportation—to and from—the event. The St. Lawrence County Sheriff's Department and the Ogdensburg City Police Department were also on hand—offering information and collecting expired and unwanted prescription medications.

During the event, Senator Ritchie honored Nancy Foster—an environmental advocate—and Larry Kring—a retired DEC police officer and strong advocate for sportsmen—with her St. Lawrence County "Senior of the Year" award for their contributions to, and volunteerism for, their communities.

There was also a lot of food and fun. 'Future chefs' from St. Lawrence-Lewis BOCES prepared a no-cost lunch. In addition, local music group 'The Starlighters' performed some classic hits while a local square dance group from Canton, 'Skirts n'Flirts' demonstrated, and even taught attendees some special steps.

In October, Senator Ritchie's Senior Health and Wellness Fair will be held in both Jefferson County—at Jefferson Community College in Watertown, and in Oswego County—at the Oswego County Highway Department. Full details on both events can be found by visiting the Senator's website at www.ritchie.nysenate.gov.

Senator Ritchie would like to thank the following organizations for helping make her St. Lawrence County Senior Health and Wellness Fair possible: Cabot Cheese, Kinney Drugs, the city of Ogdensburg, the Ogdensburg City Police Department, the Ogdensburg City School District, the Ogdensburg Volunteer Rescue Squad, Pepsi-Cola Ogdensburg Bottlers, Price Chopper, the St. Lawrence County Sheriff's Department, St. Lawrence -Lewis BOCES, St. Lawrence NYSARC and SeaComm

Federal Credit Union.

(ATTN PHOTO EDITORS: Senator Ritchie (middle) is pictured with 2017 St. Lawrence County Seniors of the Year -- Larry Kring (left) and Nancy Foster (right))