
SENIORS NEWSLETTER

Staten Island Inter-Agency Council for Aging, Inc.

**** A Coalition of Agencies Serving Staten Island's Elderly ****

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Staten Island, NY 10314

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Carol Dunn, Executive Director

June 2014

The Editors:

June is National Dairy Month - "GOT MILK?" and **National Safety Month**..... it is also the month of Pearls, Roses, Brides, and **Summer**. We also celebrate USA Flag Day - 14th; Fathers' Day -15th , - and finally the official start of Summer - 21st

June Quotation:

Then let us, one and all, be contented with our lot;

The June is here this morning, and the sun is shining hot;

Oh! let us fill our hearts up with the glory of the day,

And banish ev'ry doubt and care and sorrow far away.

Source: James Whitcomb Riley\

Once again, we would like to bring to your attention that our internet website has a very comprehensive listing of agencies

and services for the S.I. senior community and it is updated regularly . Please visit and stay informed : <http://www.seniorcitizenhelp.org>

SI IAC GENERAL MEMBERSHIP EDUCATIONAL MEETINGS (OPEN TO THE PUBLIC) NEW DORP MORAVIAN CHURCH HALL, 2205 Richmond Road /adjacent to Moravian Cemetery ,

DATES TO REMEMBER :

-Annual Installation & Awards Luncheon - June 6th at LiGreci's Staaten ,For information contact Carol Dunn at (718)667-3162

Volunteer Opportunity -

Meals on Wheels of Staten Island, Inc. is a non-profit agency whose mission is to provide two nutritious meals each day to the homebound elderly. As the demand for meals continues to grow, so does our need for volunteer drivers. If you are available for approximately two hours, one day

a week, you can volunteer to deliver meals to elderly neighbors in your community, or volunteer in our office. Please contact Roseann Holt, Volunteer Coordinator at 718.727.4435 for further information.

2014 - Summer Sunset Concert

Series - Presented by : Borough President James S. Oddo, with City Council Members Vincent Ignizio, Debi Rose & Steven Matteo,

July 10 Seaside Wildlife Nature Park - 6:30-9:30pm

August 7 - Clove Lakes Park- 6:30-9:30pm

August 14 - Childrens Plaza - 6:30-9:30pm

August 21- Bloomingdale Park-6:30-9:30pm

August 28 - Corporal Thompson Park - 6:30-9:30pm

September 4 - Snug Harbor Cultural Center - 6:30-9:30pm

June is National Safety Month

2014 Dates & Themes

Each June, the **National Safety Council** celebrates National Safety Month as a time to bring attention to key safety issues. As you plan your 2014 safety calendar, please join the Council and thousands of organizations across the country reduce risk of the following safety issues:

Week 1: Prevent prescription drug abuse

Week 2: Stop slips, trips and falls

Week 3: Be aware of your surroundings

Week 4: Put an end to distracted driving

June 1-6 - Prescription Drug Overdose Prevention

Unintentional overdose from over-the-counter, prescription and illegal drugs is the second-leading cause of preventable death in the United States. Between 1993 and 2003, a 107 percent increase in the unintentional poisoning death rate from overdoses occurred among Americans ages 20 to 64. These poisonings are often due to overdose or misuse of opioid analgesics, such as oxycodone, methadone and hydrocodone, initially prescribed to treat chronic pain.

Week - 4 - Teen Driving Safety

Vehicle crashes are the leading cause of death and injury for U.S. teens between the ages of 15-19. The death toll is equivalent to about 17 deaths per day for people involved in teen driver crashes. For teens, the likelihood of being in a crash is at a lifetime high in the first 12 months and 1,000 miles of driving. Gradually introducing novice drivers to the traffic environment in phases, also known as Graduated Driver Licensing, has been proven to reduce crash risk and save lives. But, parents also play a key role in changing this trend.

June 14-20 - Preventing

Overexertion at Work&Home

Overexertion is a major cause of the inflammation of joints and ligaments that results from excessive physical effort.

Overexertion injuries, mainly sprains and strains, to the back or spine comprise about 40 percent of both on and off-the-job injuries.

June 21-27 - Dangers of Cellphone Use While Driving

An estimated 28 percent of all traffic crashes or 1.6 million each year are caused by drivers using cell phones and texting. Cell phone use has increased dramatically during the last 15 years.

According to NHTSA, an estimated 11 percent of drivers are talking on cell phones at any point of the day. We need to reverse this alarming trend. Even if you aren't using your phone while driving, it's important to be aware of others who are and to drive defensively.

June 28-30 - Summer Safety

Summer is a great time to be outdoors; however, being exposed to hot weather for too long can result in serious health problems. In 2006, between the months of May to August, 611 unintentional-injury deaths

occurred due to heat exposure. Take precautions to prevent heat-related illnesses and monitor children and the elderly during heat waves.

Summer is also a time of increased travel on our nation's roads. Fatalities between motorists and motorcycle riders have increased 131 percent between 1998 and 2008. Remember to watch for motorcyclists this summer when navigating the roadways.

AARP Driver Safety Program is the nation's first and largest classroom driver refresher course specially designed for motorists age 50 and older. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations.

Taking this defensive driving course at a convenient Staten Island location, (1 day; \$10.00) will make you and your passengers safer on the road and will also put a few bucks in your pocket with a Safe Driver discount from your automobile insurance provider.

Call 1 888 227-7669 for course information, or visit the AARP website - www.aarp.org/drive

****The End****

