

Senator Antonacci's SENIOR FAIR



Tuesday, September 24, 2019
9:00 a.m. - 1:00 p.m.

Attention Veterans:

FAVOR ID Cards are available with DD-214 or discharge papers and valid ID.

Shed The Meds:

Collection bins will once again be on site for you to drop off your old or unwanted prescriptions.

**FREE
EVENT!**

State Fairgrounds - Horticulture Building
More than 100 exhibitors!

Institute for Caregivers classes planned

County Executive Ryan McMahon recently announced the fall schedule for Institute for Caregivers (ICare) classes held for those who currently care for older or disabled persons or who may become family caregivers in the future.

The classes are free and open to the public.

"Caring for a loved one can be difficult and Onondaga County is proud to be a reliable resource for those with questions, seeking more information or best strategies," McMahon said. "We have a tremendous team in adult and long-term care and I encourage anyone interested to take advantage of these informative classes."

The class schedule is as follows:

Living Healthy With a Chronic Condition (six-part class) - 9:30 a.m.-noon Sept. 10, 17 and 24 and Oct. 1, 8, and 15 at Eastwood Senior Center.

Chair Yoga: Take Care of Yourself - 4:30-6:30 p.m. Sept. 12 at McHarrie Towne Center

Organizing, Downsizing and Decluttering - 5:30-7 p.m. Sept. 18 at NOPL at Cicero

Aging Backwards - 10-11:30 a.m. Sept. 25 at Dunbar Community Center

Zen and Caregiver Stress - 5:30-7 p.m.

Oct. 2 at Menorah Park

Powerful Tools for Caregivers (six-part class) - 3-5 p.m. Oct. 2, 9, 16, 23 and 30 and Nov. 6 at Sedgwick Heights

Medicare Options and Changes for 2020 - 5:30-7 p.m. Oct. 10 at The Hearth at Greenpoint

Life Transitions and Loss - 5:30-7 p.m. Oct. 16 at Dewitt/Jamesville Library

Planning for Aging (two sessions) - 5:30-7 p.m. Oct. 22 and 23 at Onondaga Free Library

Healthy Living for Your Brain and Body - 5:30-7 p.m. Oct. 29 at Bob Cecile Community Center

The Positive Approach to Care - 5:30-7 p.m. Nov. 5 at Le Moyne College
Effective Communication Strategies - 5:30-7 p.m. Nov. 13 at Elderwood at Liverpool

Stages of Grieving - 5:30-7 p.m. Nov. 20 at Cicero Senior Center

The catalog and registration Form are available on-line at ongov.net/aging/icare.html.

You can also receive a catalog and/or register by calling 315-435-2362 ext. 4942 or email: ellenmccauley@ongov.net.

Join Assemblymember Pamela Hunter for an electronics recycling event



Saturday, Sept. 28, 9 a.m. – 12 p.m.
 Shoppingtown Mall Parking Lot
 (behind the former Macy's)
 Enter from Erie Blvd. near Scotch n' Sirloin

If you're interested in volunteering for this event, please contact Assemblymember Hunter's office.

Thanks to our co-sponsors!

Spectrum



SUNNKING



Recyclable items include:

- computers
- televisions *
- tablets
- monitors *
- cameras
- copiers
- fax machines
- scanners
- printers
- VCRs and DVD players
- cable boxes
- digital music players
- electronic or video game consoles
- cell phones
- audio/video (AV) equipment
- fitness trackers and smartwatches
- GPS devices

*Limit 2 tube TVs/monitors per vehicle



Items not accepted include:

- large kitchen appliances
- air conditioners
- dehumidifiers
- alkaline batteries
- any liquids or powders
- yard equipment
- CDs, DVDs and VHS and cassette tapes
- fluorescent lamps
- smoke detectors

For a complete list, visit suninking.com/consumer-business/acceptable-materials

Assemblymember Pamela Hunter

For more information on this or any other community issue, please contact my office.

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