

50+ Lifestyles

May 2013

Long Island Edition • Vol. 38 #7

Taking Time to Remember

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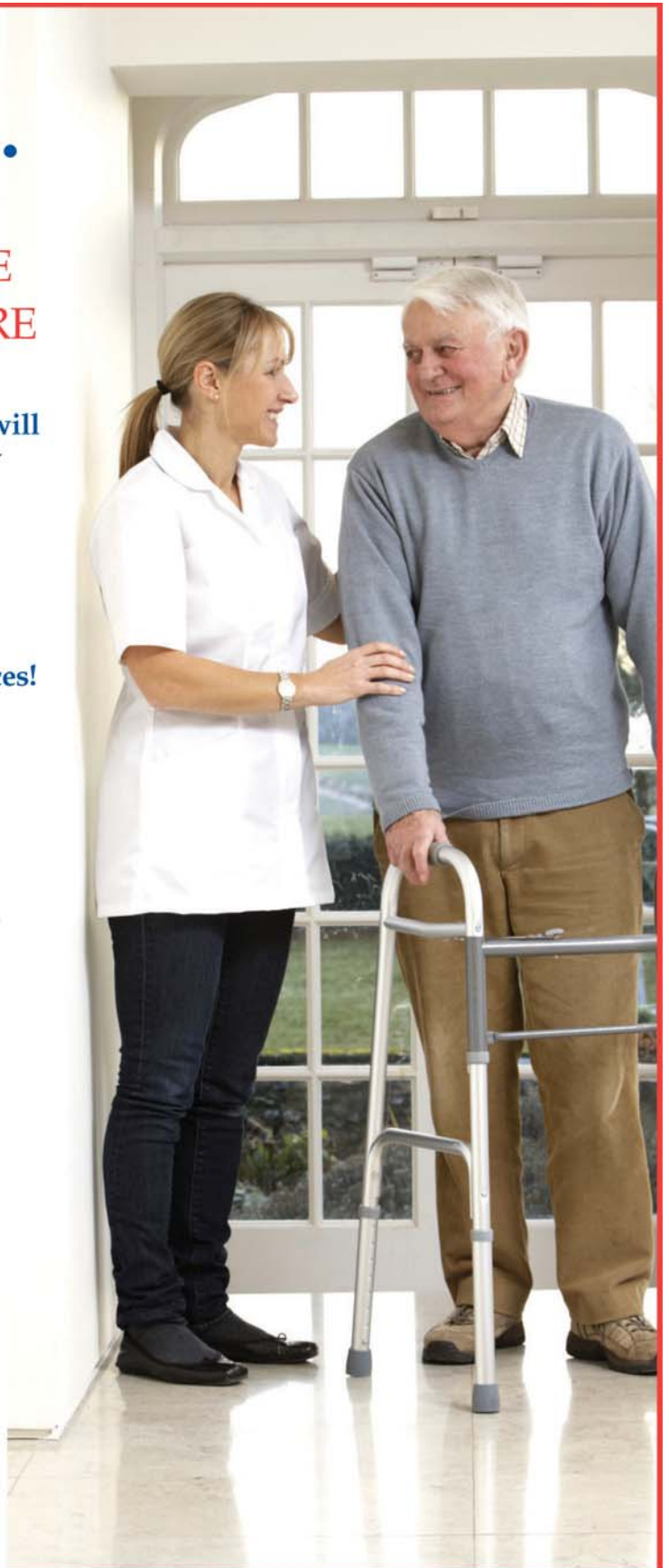
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MAY CALENDAR

Discounted Meals for Seniors

Our Lady of Consolation Nursing and Rehabilitative Care Center is offering a discounted meal program to all Senior Citizens in the local community. These meals will be served in the employee cafeteria between 4:30 and 6:30 p.m. at the cost of \$4 for a complete dinner including dessert. Our Lady of Consolation is located at 111 Beach Drive in West Islip. For more information, please call 631-587-1600.

May 15

Slide Show: Valley Stream Then and Now. presented by President Guy Ferrara of the Valley Stream Historical Society at the Holy Trinity Parish Hall, Brooklyn Avenue and 7th Street, Valley Stream. Guests welcome, refreshments served. More info at 516-825-7157 or 516-872-4159.

May 17

Chapter Launch of the National Women's Prosperity Network Long Island.

Brilliance, Brainstorming and Break-throughs: Masterminding, Community and Delicious Lunch! At the Willow Creek Golf and Country Club, 1 Clubhouse Drive, Mt. Sinai, from 6 to 8 p.m. Cost: \$35. Contact: Andrea Feinberg, 631-642-7434 or andrea@morefreetimezone.com.

May 18

Armed Forces Day Golf Tourney. The Wayne Middleton Squadron 1839 will sponsor this event at the Cedar Beach Golf Course (18 Holes-Par 3 Course) between Overlook and Cedar Beach. Cost: \$75 per person - four-person teams. Shot Gun Start: 8 a.m. Buffet (Beer-Soda-Water), Door Prizes, Raffles, Awards. Make checks payable: to Wayne Middleton Post 1839, 102 Claremont Avenue, North Babylon N.Y.11704. For information on sponsorships contact Jim at 516-375-4750.

LI/NYC Area Young Widow/ers Meeting. This will be a relaxed gathering with a social. Cost: only \$10 cash + min. \$10 food order, separate checks, pay for what you order. RSVPs recommended: 516-536-1410. New faces always welcomed. Non-denominational, open to all ages. 2 pm, at the Apollo Diner, 630 Merrick Avenue, East Meadow.

May 19

Oceanside: Spring Thrift Sale. "Best Bargains in Town" of gently used clothing and accessories for the entire family. From 9:30 a.m. to 4 p.m. at Temple Avodah Annex, 3050 Oceanside Road, Oceanside; 516)-766-6809.

May 25 and 26

Bethpage Air Show at Jones Beach.

Regardless of sequestration and its impact on the military, the Bethpage Air Show at Jones Beach will go on. The 10th Anniversary show, taking place Memorial Day Weekend, will have world class lineup of civilian performers as well as a second-time appearance by the Royal Canadian Air Force Supersonic F18 Demo Team. Performances by the Geico Sky typers, John Klatt, David Windmiller, the Warbirds and Sean Tucker among many others will wow audiences with their fast paced maneuvers and unique capabilities.



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My Brother Kevin

There are a lot of things that editors get to do insofar as shaping the way a publication sounds and looks. But one thing a good editor never does is allow his personal beliefs/feelings/opinions to intrude.

This criteria, this "what makes a journalist a journalist" is, unfortunately, lost on most of today's media people whether print, video, Internet or otherwise. If you want to op-ed your feelings, then label them so.

So here's my op-ed.

My brother Kevin died on April 24. He was 10 years younger than me (54) and was born with Down Syndrome. He lived with my folks until they died, then lived with me until I was able to place him in a group home where he thrived for a while. He eventually contracted (not sure that's the proper word) Alzheimer's and eventually moved from his group home — a place that took incredibly good care of him (Association for the Developmentally Disabled; ADD. An exceptional bunch of people) — to a nursing facility in Massapequa (Dale View Care Center) where a totally different staff took incredible care of him when — for the majority of the time — I wasn't anywhere to be found.

There was a woman who was the manager of Kevin's group home, Stacy, who spent more time with my brother than I did in his final days. She and the nursing home's staff took care of Kevin James

Joyce to the very end.

They didn't do it for money, they didn't do it for any ulterior motive. They simply did it because they cared.

People like these are rare, and it's a wonderful thing that they exist. They populate the health care system and go unrewarded, unheralded, unappreciated. But they do their jobs like most of us only hope or imagine we could.

I know I couldn't possibly do what they do. I know I couldn't because I've tried.

So, that's my op-ed, a short paean to my brother Kev and the people who loved and cared for him and a job that allows me to write this for him.

See you all (even though, as my always vigilant proofreader, Mr. Seigelman noted, I said this last month!) in June.

—Gary P. Joyce; Ed.



Hidin' Harry Winners from April . . . and Rules for Playing

Congratulations to the Find Hidin' Harry winners from our April issue! **Barbara Schechter** of Manalapan, NJ, and **Harmon Killabeer** of Jamesport

are our latest winners. Both will receive two tickets to the **Broadhollow Theater** for finding Harry last month.

Once again, here're the

rules. Instead of picking the first responses we receive (as we did in our first giveaway), we now take all the responses received by the 15th of the

month — both regular mail and e-mail — and pick two winners of a pair of theater tickets each out of a hat. Send them to editor@50plusny.com, or **Hidin' Harry**, 146 So. Country Rd., Bellport, NY 11713

Please, folks, no call ins!!!

Well ... don't wait! Harry's in these pages somewhere!



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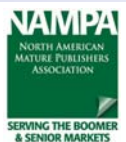
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Indication

Solesta is indicated for the treatment of fecal incontinence (also referred to as loss of bowel control) in patients 18 years and older who have failed conservative therapy (eg, diet, fiber therapy, anti-motility medications).

Important Safety Information about SOLESTA

It is important for you to know that SOLESTA® (hyaluronic acid/dextranomer) does not work for everyone and you may not benefit from SOLESTA treatment. It is also important for you to know that you may not experience immediate improvement after your first treatment with SOLESTA and the full effects of SOLESTA may not be apparent until 3 to 6 months after treatment.

People who have an infection or who are currently experiencing bleeding in the rectum or anus should not receive SOLESTA. People who have problems in the rectum or anus, such as tumor, abnormal anatomy, large dilated blood vessels (hemorrhoids), or cracks in the tissue (anal fissures) should not receive SOLESTA. People who have active inflammation of their bowels (Crohn's disease or ulcerative colitis) should not receive SOLESTA. People who have trouble fighting off infection (immunodeficiency disorder such as HIV/AIDS) or who take medication to suppress the immune system, such as those used in cancer or organ transplant patients, should not receive SOLESTA. If you already have a device or material placed in your rectum or anus, or if you have had radiation treatments in your pelvic area before, you should not receive SOLESTA.

The most common risks of treatment with SOLESTA in the clinical study were mild or moderate pain or discomfort in the rectum or anus, and minor to moderate bleeding or spotting from the rectum following treatment. Some patients experience fever, abdominal pain, diarrhea, or constipation after treatment.

More serious risks including infection and inflammation of the tissues in the anus may occur but are not common.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For product information, adverse event reports, and product complaint reports, please contact:

Salix Product Information Call Center

Phone: 1-800-508-0024

Fax: 1-510-595-8183

E-mail: Salix@medcomsol.com

Please see complete Prescribing Information for SOLESTA at www.solestainfo.com



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Solesta[®]

Brief Summary

Please consult Package Insert for full prescribing information.

Indication for Use

Solesta is indicated for the treatment of fecal incontinence in patients 18 years and older who have failed conservative therapy (eg, diet, fiber therapy, antimotility medications).

Contraindications

Solesta is contraindicated in patients with the following conditions:

- Active inflammatory bowel disease
- Immunodeficiency disorders or ongoing immunosuppressive therapy
- Previous radiation treatment to the pelvic area
- Significant mucosal or full thickness rectal prolapse
- Active anorectal conditions including: abscess, fissures, sepsis, bleeding, proctitis, or other infections
- Anorectal atresia, tumors, stenosis or malformation
- Rectocele
- Rectal varices
- Presence of existing implant (other than Solesta) in anorectal region
- Allergy to hyaluronic acid-based products

Warnings

- Do not inject Solesta intravascularly. Injection of Solesta into blood vessels may cause vascular occlusion.
- Injection in the midline of the anterior wall of the rectum should be avoided in men with enlarged prostate.

Precautions

General precautions

- Solesta should only be administered by physicians experienced in performing anorectal procedures and who have successfully completed a comprehensive training and certification program in the Solesta injection procedure.
- The safety and effectiveness of Solesta have not been investigated in patients with complete external sphincter disruption or significant chronic anorectal pain.
- The safety and effectiveness of Solesta have not been investigated in patients with previous procedures involving the anorectal region: rectal anastomosis <12 cm from anal verge, anorectal surgery within previous 12 months, hemorrhoid treatment with rubber band within 3 months, anorectal implants and previous injection therapy, Stapled Transanal Rectal Resection (STARR) or stapled hemorrhoidectomy.
- The safety and effectiveness of Solesta have not been studied in patients under the age of 18 years.
- The safety and effectiveness of Solesta have not been studied in pregnant or breastfeeding women.
- The durability of Solesta has not been studied past 12 months.
- The safety and effectiveness of Solesta have been studied in patients who received one or two treatments. In the Pivotal study, the majority of patients received two treatments, four weeks apart.

Patient related precautions

- Patients with bleeding diathesis or patients using anticoagulant or antiplatelet agents, as with any injections, may experience increased bleeding at injection sites.
- Patients should be counseled that a repeated Solesta injection procedure may be required to achieve a satisfactory level of improvement in incontinence.

Procedure related precautions

- Adequate bowel preparation of the rectum using enema is required prior to injection. The enema should be given immediately prior to the procedure to ensure evacuation of the anorectum. It is recommended that additional cleansing of the injection area with an antiseptic be performed prior to injection. Use of prophylactic antibiotics is recommended.
- Solesta should be injected slowly to avoid undue stress on the Luer-lock connection which could cause leakage of the gel.
- After injection of Solesta, hold the needle at the injection site for an additional 15-30 seconds to minimize leakage of Solesta.
- Injections too close to the dentate line or too deep in the tissue might cause excessive pain.
- Injection should be stopped if excessive bleeding or pain occurs.
- One sterile needle should be used per syringe and injection.

Device related precautions

- The use of needles other than those supplied may impede injection of Solesta due to the properties of the gel and may cause device malfunction.
- Solesta is supplied ready to use in a prefilled syringe with a Luer-lock fitting. Carefully examine the unit to verify that neither the contents nor the package has been damaged in shipment. Do not use if damaged.
- Solesta is supplied sterile and is intended for single use only. Do not re-sterilize, as this may damage or alter the product.
- In the event of accidental contamination of a needle, discard the needle.
- Never mix Solesta with other products.
- Solesta is to be stored at up to 25°C (77°F), and used prior to the expiration date printed on the label. Do not expose Solesta to either sunlight or freezing, as this may damage or alter the product.
- Care should be taken when handling the glass syringes and disposing of broken glass to avoid laceration or other injury.
- After use, syringes and needles should be handled as potential biohazards. Disposal should be in accordance with accepted medical practice and applicable local, state and federal requirements.

Adverse Events

Potential adverse events include: abdominal discomfort, abdominal distension, abdominal pain, lower abdominal pain, abdominal rigidity, alopecia, anal abscess, anal fissure, anal hemorrhage, anal prolapse, anal pruritus, anorectal discomfort, back pain, constipation, C-reactive protein increased, chills, cold sweat, defecation urgency, dermatitis, diarrhea, device dislocation, dizziness, dyspareunia, escherichia bacteremia, fecal incontinence, feces hard, fatigue, gastrointestinal motility disorder, gastrointestinal pain, genital discharge, genital prolapse, hematochezia, hematospermia, hemorrhoids, infection, injection site abscess, injection site discomfort, injection site hemorrhage, injection site hematoma, injection site inflammation, injection site irritation, injection site nodule, injection site pain, injection site pustule, injection site swelling, injection site ulcer, intestinal mass, malaise, mucosal inflammation, musculoskeletal pain, perineal abscess, nausea, edema, pain, painful defecation, pelvic mass, perineal pain, proctalgia, proctitis, pyrexia, rectal abscess, rectal discharge, rectal hemorrhage, rectal lesion, rectal obstruction, rectal prolapse, rectal spasm, rectal tenesmus, rectovaginal septum abscess, urinary retention, vaginal discharge, vulvovaginal pain. The adverse event profile of Solesta beyond 24 months* is not known, but is under investigation in post-market studies.

The safety evaluation of Solesta in the treatment of fecal incontinence (FI) is based on the results from the Pivotal Clinical study, and is supported by the Open-Label multicenter clinical study and one single site Proof-of-Concept study. The analysis of safety was based on the safety cohort of all 206 patients treated in the Pivotal Study with either Solesta or Sham. Safety data for Solesta are available from 359 treatments in 197 total patients followed for up to 18 months post treatment (ie, 136 subjects from the blinded phase and 61 subjects from the open phase).

Directions for Use

Solesta should be administered by qualified physicians with experience in the treatment of anorectal conditions and who have successfully completed a comprehensive training and certification program in the Solesta injection procedure. Solesta should only be used after a thorough physical evaluation of the patient to exclude treatable underlying disorders.

Please consult Package Insert for full directions for use and method of administration.

How Supplied

Solesta is supplied in a glass syringe with a standard Luer-lock fitting containing 1 mL gel. Each syringe is terminally moist heat sterilized in a pouch. Four pouches, each containing one syringe are packed in a carton together with five Sterican needles (21G x 4¼ inches, 0.80 mm x 120 mm), patient record labels and a Package Insert. The needles are sterilized by ethylene oxide.

Storage

Store at a temperature up to 25°C (77°F) and protect from sunlight and freezing.

06/11

*Safety information presented in the Package Insert only includes data up to 18 months.

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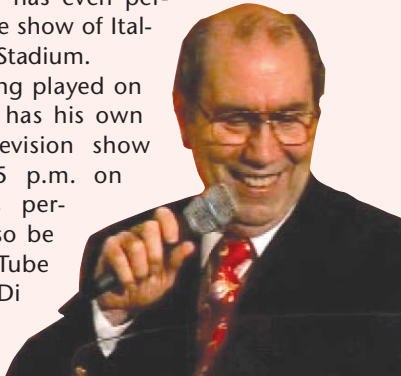
Gino Di Napoli

Gino Di Napoli grew-up in Naples Italy and sings many styles of music but specializes in Italian music.

Not only does he sing the old standards, but also the best Italian/American dancing music, including Big Band, the 50s to the 80s, Rumba, Cha Cha, Rock Ballads etc. With a repertoire of over 500 songs he can please many audiences, but he caters mostly to the 50 plus set.

Gino has been doing his own luncheons at Villa Lombardi's for over six years. He performs at schools, libraries, catering halls, private parties, feasts and festivals. He has been performing at the Feast of Saint Rocco for over 20 years and performed at the Hofstra Italian Festival for many years. Gino has even performed a pre-game show of Italian music at Shea Stadium.

His music is being played on the radio and he has his own weekly cable television show every Sundays, 5 p.m. on Channel 20. His performances can also be found on YouTube (search for "Gino Di Napoli from NY.")



Ready, Set, Wear It! Life Jacket World Record Day!

The Peconic Bay Power Squadron, eastern Long Island's local unit of the United States Power Squadrons will participate in "Ready, Set, Wear It!" on May 18, 2013, at Strong's Marine in Mattituck. The North American-wide event kicks off the start of National Safe Boating Week and is designed to raise boating safety awareness. Participants will be part of the attempt to break a world record for the most life jackets worn at one time. Peconic Bay Power Squadron will have an information table set up and will be conducting Vessel Safety Inspections from 9 a.m. to 4 p.m., the "Ready, Set, Wear It" will happen at noon, and it will be followed by a flare demonstration. Larger boats are required to carry pyrotechnic visual distress signals (flares), but few people have ever

actually used them or even seen how they are ignited.

Strong's Marine is located at 2400 Camp Mineola Rd. in Mattituck. The event is free and photos will be taken for world record documentation. To learn more call Larry Hynes at 631-929-4369 or visit www.ReadySetWearIt.com or www.SafeBoatingCampaign.com.



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Veterans News



Memorial Day Parade

The Sgt John Sardiello Post # 1634 is hosting their annual Memorial Day Parade and Ceremony; on Monday May 27, 2013. The parade starts at Arnold Avenue and Route 109 in West Babylon at 9:30 a.m. The parade will commence at 10 a.m. and proceed to the American Legion Post # 1634, located at 10 Bruce Street.

Veteran's Information Table

There will be an information table regarding benefits for returning soldiers and fellow veterans. No Registration necessary. Patrons will be helped on a first come, first served basis. On May 17 from 10 a.m. to 2 p.m. at the West Babylon Public Library, 211 Route 109, West Babylon;



www.wbpl.us, 631-669-5445.

Free Training For Wounded Warriors

Suffolk County Legislator Steve Stern (D-Huntington), Chairman of the Veterans and Seniors Committee, was joined by Babylon Town Supervisor Rich Schaffer, members of Babylon Town Government, local veterans, and members of the Alliance Group Affiliates (AGA) at a press conference where they discussed free security guard training courses, educational and job counseling, mentoring, and job placement assistance for disabled veterans and Purple Heart recipients through the AGA Helping Heroes at Home Program (3H).

For more information please contact Gregory Bravo at 631-991-2620.

Pictured: Legislator Stern with Veterans, Members of Alliance Group Affiliates and Babylon Town Officials.

Rededication of NYS Vietnam Memorial Gallery

Governor Andrew M. Cuomo today announced the reopening of the New York State Vietnam Memorial Gallery in the Robert Abrams Building for Law and Justice. The gallery, which has been closed since 2009, is being opened in conjunction with the state's partnership with the U.S. Department of Defense's commemoration of the 50th anniversary of the United States' military involvement in Vietnam. The exhibition is titled "Welcome Home, The 50-Year Commemoration of the Vietnam War, 1962-1975." The gallery will be open 9 a.m. to 3 p.m. weekdays and is free to

the public.

Disability Claims Backlog

It has been nearly four years since both President Obama and VA Secretary Shinseki vowed to fix the disability claims backlog at the Department of Veterans Affairs. Since that promise, the VA backlog has increased by 2,000 percent — and is projected soon projected to reach one million claims. A tragic milestone.

Tell the White House to stop making excuses and start delivering results. Join thousands of Americans who have signed the Million Vet Backlog White House Petition and help fix the MillionVetBacklog. Go to <http://www.millionvetbacklog.com/> and sign the petition.

Vet Groups Question White House Budget Plan

Veteran service organizations are forming a united front against President Obama's

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Veterans News ★★★★★★★★★★★★★★★

debt-reduction plan that shrinks cost of living increases for retirees and disabled vets by linking them to the consumer price index.

Backers of "Chained CPI" say it would shrink future raises by only fractions. And the same linkage is proposed for Social Security benefits, a move that also has groups representing America's aged population lining up alongside veterans organizations. Full story: www.military.com/daily-news/2013/04/13/vet-groups-question-white-house-budget-plan.html?ESRC=eb.nl.

Drone Medal Cancelled

Defense Secretary Chuck Hagel on Monday cancelled the production of a new military medal for service members involved in drone attacks and cyber warfare -- following widespread criticism that the award would rank higher than the Bronze Star and Purple Heart.

Hagel instead wants military leaders to develop a special pin or object that would be attached to already existing medals or ribbons.

Read more: www.foxnews.com/politics/2013/04/15/hagel-cancels-creation-new-drone-cyber-medal/#ixzz2QdPKB3GW

Hagel: Plan in 30 Days for DoD-VA Records Sharing

Faced with tough questions from legislators, Defense Secretary Chuck Hagel on April 16, 2013, said he would decide on a plan within 30 days to work through the tangled process to seamlessly share medical records between the Department of Defense and the VA.

Hagel admitted the process has bogged down, and promised quick action.

Full story: www.stripes.com/news/hagel-promises-plan-in-30-days-for-dod-va-health-records-sharing-1.216856.



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Please call the Department of Fire Rescue and Emergency Services at 631-852-4900 or the Office of Handicapped Services at 631-853-833 (voice), 631-853-5685 (TTY) if you have any further questions. You can also access the application on the Suffolk County Website at www.suffolkcountyny.gov

AROUND THE TOWN



Lee Xippolitos, RN, PhD, CARN, CS, NPP, CNA, BC, Dean of the Stony Brook University School of Nursing, has received the Community Service Award from the Victims Information Bureau of Suffolk County (VIBS) in recognition of her efforts to establish the Sexual Assault Nurse Examiner (SANE) Center at Stony Brook University Hospital (SBUH). As Dean of the School of Nursing, she is responsible for more than 1,000 student nurses. Dr. Xippolitos is a resident of St. James, NY

Our Lady of Consolation hosted their 7th Annual Pot of Gold Raffle Drawing & Dinner. Joseph Tomaino, President & CEO, Angie Carpenter, Chairman of Board of Trustees, Rev. Msgr. James Vlaun, President



& CEO of Telecare, Sr. Audrey Harsen, O.P., Former President of Our Lady of Consola-

tion, Rev. Frank Nelson, Telecare, Sr. Marilyn Breen, O.P. Administrator, Br. Champion Lally, Board & Foundation Member and John Dominici, Executive Chef.

Assemblyman Chad Lupinacci (R,C,WF,I-Huntington Station) joined with friends and supporters to honor the 70th Anniversary of the Cold Spring Harbor Whaling Museum. Assemblyman Chad Lupinacci (left) congratulates the Cold Spring Harbor Whaling Museum honoree Thomas Cangemi (middle) and President of the Board of Trustees Arthur Brings (right).



Hempstead Town Supervisor Kate Murray (standing, left) greets a festive group of senior residents at the Franklin

Square Senior Center's 2013 Saint Patrick's Day Party held at the center in Franklin Square.



Suffolk County Legislator Tom Muratore (R- Ronkonkoma)

was recently invited to tour John T. Mather Memorial Hospital in Port Jefferson. The tour included a visit to the laboratory, the Emergency Room, and the state-of-the-art CT Scan equipment. Legislator Muratore was personally greeted by the hospital's President, Kenneth Roberts.



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Five Creative Ways to Use Containers in Your Landscape

By gardening expert, TV/radio host & author Melinda Myers

Container gardens have long been used to add a spot of color by a front entrance or expand planting space in city lots, balconies and decks. Try one or more of these attractive, fun and functional ways to include containers in your landscaping.

Add vertical interest to any garden or garden space.

Select a large attractive container filled with tall plants like papyrus and canna. Or elevate a small pot on steppers or an overturned pot for added height. Try setting any of these planters right in the garden to create a dramatic focal point.

Create a privacy screen or mask a bad view.

Use an arbor or other support for hanging baskets and then place a few containers below for an attractive screen. Or create a garden of containers to provide seasonal interest using a variety of plants. Use trees, shrubs, and ornamental grasses for height. Save by purchasing smaller plants and elevate them on overturned pots. Mask by

wrapping the pots in burlap. Then add a few colorful self-watering pots in the foreground and fill with annuals or perennials for additional seasonal interest.

Bring the garden right to your back door for ease of harvest and added entertainment.



A self-watering patio planter, window-box, or rail planter reduces maintenance and makes harvesting herbs easy. Plus, guests will have fun harvesting their own fresh mint for mojitos or greens for their salads.

Define outdoor living spaces within your landscape.

Use containers as walls and dividers to separate entertaining and play areas from quiet reflective spaces. And consider using pots with built in casters or set them on moveable saucers to make moving these pots easier so you can expand and shrink individual spaces as needed.

Create your own vacation paradise.

Use planters filled with cannas, bananas, palms and New Zealand flax for a more tropical flare. Or fill vertical gardens, an old child's wagon, metal colander or wooden and concrete planters with cacti and succulents. Add some old branches and large stones. You'll feel as though you've hiked into the desert.

Gardening expert Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including Can't Miss Small Space Gardening. Her web site is www.melindamyers.com.

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5. Excessively trade your account and/or over-extend the use of margin credit?
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9. Recommend unsuitable "smart notes" or life settlements that lost value as safe investments?

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How Does A Reverse Mortgage Work?

A reverse mortgage is a loan for senior homeowners that uses the home's equity as collateral. The loan generally does not have to be repaid until the last surviving homeowner permanently moves out of the property or passes away.

Eligibility For a Reverse Mortgage

To be eligible for a HECM (home equity conversion mortgage) reverse mortgage, the Federal Housing Administration (FHA) requires that all homeowners be at least age 62. The home must be owned free and clear or all existing liens must be satisfied with proceeds from the reverse mortgage.

Outliving the Reverse Mortgage

Generally speaking, a reverse mortgage loan cannot be outlived and will not become due, as long as at least one homeowner lives in the home as their primary residence, continues to pay required property taxes and homeowners insurance and

maintains the home in accordance with FHA requirements.

Estate Inheritance

In the event of death or in the event that the home ceases to be the primary residence for more than 12 months, the homeowner's estate can choose to repay the reverse mortgage loan or put the home up for sale.

Loan Limits

The amount that is available generally depends on four factors: age (older is better), current interest rate, appraised value of the home and government imposed lending limits. Use the calculator to estimate how much you could be eligible for.

Distribution of Money From a Reverse Mortgage

There are several ways to receive the proceeds from a reverse mortgage.

Lump sum – a lump sum of cash at closing.

Tenure – equal monthly payments as long as the homeowner lives in the home.

Term – equal monthly payments for a fixed number of years.

Line of Credit – draw any amount at any time until the line of credit is exhausted.

Any combination of those listed above

Difference Between a Reverse Mortgage and a Home Equity Loan

To summarize the key differences, with traditional loans the homeowner is still required to make monthly payments, but with a reverse mortgage the loan is typically not due as long as the homeowner lives in the home as their primary residence and continues to meet all loan obligations.

More On Reverse Mortgages At:

www.50plusny.com



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LifeStyles
Puzzle Solution
from page 20

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LifeStyles
Sudoku Solution
from page 20

3	6	5	9	8	7	2	4	1
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2	7	8	4	5	1	9	3	6
9	2	6	8	7	4	1	5	3
8	5	1	3	2	9	7	6	4
7	3	4	1	6	5	8	2	9
6	1	3	5	9	8	4	7	2
5	9	2	7	4	3	6	1	8
4	8	7	6	1	2	3	9	5



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Medicare and Wound Therapy

Medicare refers to the medical care needed to treat chronic wounds as "wound therapy." A chronic wound is a sore, blister, or skin injury that has not healed after 30 days of treatment by a doctor. Chronic wounds are serious and need medical attention. They can take months or years to heal; and some never do heal.

Chronic wounds don't heal because something is interfering with the normal healing process.

What Do I Do If I Have a Sore That Is Not Healing?

The first step in dealing with a non-healing sore is a visit to your doctor. Your doctor will examine the sore and prescribe an appropriate course of treatment, which may include treatment by a wound care specialist. These are doctors and nurses who specialize in the care of chronic wounds. Wound care can be provided in your home, at the doctor's office or in the hospital.

Does Medicare Cover the Cost of Wound Care?

Yes, Medicare will cover the cost of wound care, if the care is deemed medically reasonable and necessary by your doctor. Coverage includes the following services, equipment and supplies:

How Do I Qualify for Wound Care Therapy?

Your doctor must write an order for the care, and document that your need for the service and supplies is medically reasonable and necessary.

What Are My Out-Of-Pocket Costs?

Your out-of-pocket cost will depend on which type of Medicare coverage you receive. For example:

Original Medicare covers 80% of their approved amount. You are responsible for the remaining amount.

If you have a MediGap/Medicare Supplemental Plan, call and ask what is covered by the plan. Many times with MediGap plans you will pay little or nothing.

If you have a Medicare Advantage Plan, call your plan and ask what is covered and what is your share of the cost. Remember the plan must cover at least what Medicare does; many cover more.

Important things to know:

You must have paid your annual deductible for Part B services and supplies before Medicare begins to pay its share.

Actual amounts you pay may be higher if the doctor, health care provider or supplier does not accept assignment. You may have to pay the entire bill before you get your supplies and services.

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Deal Me In by Mark Pilarski Making Money Music Three Reasons Why the Offer to Color Up

Dear Mark: Every time I leave a blackjack game, the dealer always asks if I want to "color up." What is the reasoning behind him or her asking me this? J.T.

The casino encourages players to color-up when leaving a table game for one of three reasons. The first is for the player's convenience, as it makes a player less likely to drop chips all over the floor on the way to the cashier's cage. There is nothing more entertaining than the ensuing free-for-all when a sizeable lot of \$25 chips hits the floor.

Then there is the table that might be short of the very chips you are taking off the game. Coloring up saves them the time and energy of getting a fill. Most importantly though, it lets the casino know exactly how much a player has won or lost.

A tip to conceal your win-

nings is to throw a little pepper on the trail by covertly pocketing some of your chips. This is an effective way of camouflaging your spoils.

Dear Mark: If splitting pairs is an offensive move, why would splitting 8s against a 10 be considered offensive? Jeff J.

Splitting pairs can be either an offense or a defense move

eights.

Everyone has heard it before — always split eights (and Aces), and here is the reason why. Blackjack is a game where the correct hit, stand, doubling and splitting decisions are necessary in order to minimize the casino advantage on your play. These proper decisions are called basic strategy and have been arrived at by computer

additional ka-ching with 8s against a face, but the key behind basic strategy is this: Win more money, not necessarily more hands. With your scenario, when the dealer shows a ten, playing two hands, each starting with an eight, is better than playing one hand beginning with 16.

The reason is that you will lose more money in the long run if you were to hit, instead of split. Mathematically, when you just hit this hand, you will lose \$51 for every \$100 wagered. However, if you split, you will lose \$44 for every \$100 bet when you split eights. This seven-dollar difference for every hundred dollars wagered adds up.

By the way, Jeff, there is one lone exception to the splitting 8s rule: If the dealer hits soft 17, and surrender is offered, surrender the pair of 8s if the dealer shows an Ace.

Gambling Wisdom of the Week:
"The first step into learning the game of blackjack is to master the rules."
—Edward O Thorp, *Beat the Dealer*

depending on the pair you are splitting, and/or the dealer's up-card. You split to win more when the dealer has a bust card showing, and split to lose less when splitting can turn a particularly poor hand into a potential winner, such as a pair of

simulations of millions of hands. The objective of pair splitting over standing or hitting is to either win more or lose less over the long run.

You're not alone, Jeff, in that plenty of players get apprehensive coming out of pocket with

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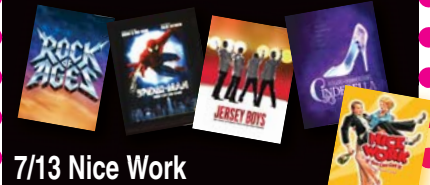
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Seminars will take place in May & June in Farmingdale & Bellport. Call for time and dates

(631) 869-5633



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Sat-Sun, June 8-9 **New!** \$219 Single + \$60

We will travel up to Corning where we will tour the museum. After we will be visiting the Three Brothers Winery (3 wineries & microbrewery) for a tasting and tour. We will overnight at the Hampton Inn at Seneca Falls. After an included continental breakfast at our hotel we will have a bountiful Sunday Brunch on the Seneca Falls Sightseeing cruise.



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Noah and the Bethlehem Sands Casino
2 DAYS May 22-23 or July 10-11
\$235 pp, \$64 ss

Visit the renowned Bethlehem Sands Casino where you will receive the current package of \$20 per person free play. After an included continental breakfast we are off to Noah at the Sights & Sounds Millennium Theatre followed by Dinner at the Shady Maple Theatre.

NIAGARA FALLS

June 17-21 & Sept 9-13 \$675 Single + \$159

As one of the 7 Wonders of the Modern World, Niagara Falls is one of our most popular destinations. View the Horseshoe & American Falls from the Canadian Side. Visit Niagara-on-the-Lake, the Welland Canal, the Floral Clock and an all day tour of Toronto, including a harbor cruise. Cruise to the foot of the falls on the Maid of the Mist. Our Hotel is within convenient walking distance of the Falls and the Fallsview Casino. Includes 4 Breakfasts, 3 Dinners. Enhanced License or Passport Required.



BOSTON POPS 4TH OF JULY **New!**
Wed-Fri, July 3-5 \$469 Single + \$100

Travel with us to Boston to celebrate the 4th of July. We will go to the rehearsal of the Boston Pops Concert (bring your chair) on the third. On the Fourth we will do a Boston Harbor Cruise and later walk to the Massachusetts Ave Bridge to hear the concert and see the fireworks. On July 5 we will tour Historic Boston including parts of the Freedom Trail. This trip includes walking



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A Tribute To Frankie Valli & The Four Seasons @ Mt. Airy
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Cooperstown, Turning Stone Casino & Erie Canal

Tues-Wed July 16-17 \$219 \$70 S.S.
Sun-Mon, Sept 8-9 \$219 \$70 S.S.
Sat-Sun, Oct 19-20 \$245 \$98 S.S.

We have taken one of our favorite trips and made it better!!! Join us as we travel up to Herkimer to board a canal vessel to sail along the Erie Canal for a 90-minute narrated "Lock Thru" Cruise. We will be staying overnight at the Turning Stone Casino where you will be receiving a generous package After breakfast we will be traveling to Cooperstown where you have a choice of visiting the Farmer's Museum or the Baseball Hall of Fame.



GRAND CANYON OF PENNSYLVANIA

July 19-21 \$505, Single + \$119

Situated in the vast Tioga State Forest, the Grand Canyon of Pennsylvania is truly spectacular! Traverse the canyon floor on a horse drawn wagon tour. Sail along the Susquehanna on a fantastic river cruise and ride the Tioga Central Railroad. See the actual Heiss Shop at the Mifflinburg Buggy Museum. Watch the creation of candles at Colonial Candlecrafters. Visit the mansions on Millionaires' Row, home to Williamsport's 1800's lumber barons. A pleasant dining experience awaits at the historic Peter Herdic House! Includes 2 Breakfasts; 2 dinners.

TASTE THE FLAVOR OF VERMONT **New!**
July 26-29 \$539, Single + \$105

Taste the fresh flavors of Green Mountain Coffee, maple syrup at Morse Maple Sugar Farm, ice cream at Ben & Jerry's and Cabot Cheese! See artisans at work at Danforth Pewter. Be entertained "in the kitchen" of a charming inn - then taste the results at a gourmet luncheon. Sip a cider sample at the Apple Orchard. Learn what makes an alpaca special on an operating alpaca farm. Nostalgia awaits at the Vermont Country Store. Includes 3 Breakfasts, Gourmet Luncheon, and 2 Dinners.



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Sept 20-23
\$479 Single + \$129

Tour the grandeur that is our nation's capital. Visit the Museums of the Smithsonian Institution, Tram Tour at Arlington Cemetery, Guided sightseeing tours, Visit the Memorials. Guided tour of illuminated monuments, including FDR, Jefferson & Kennedy Center for the Performing Arts. Visit the Steven F. Udvar-Hazy Air & Space Museum. 3 Breakfasts, 3 dinners.





Age of Elegance

By Ethel Bennett

We are all very glad that winter is behind us and spring is finally here. Somehow, good weather allows us to enjoy many more happy celebrations.

On March 15, Miss Mallory Hagan, Miss America 2013 was honored at a welcoming reception at the Hilton Gardens Inn in Staten Island. Some of the beautiful representatives of Ms. Senior America were there to meet and greet her. We are so proud of our Senior America ladies and their accomplishments.

This has been a hard winter for many of our Cameo members. At least six women have been hospitalized for some illness or surgery. Several of our Seasoned Steppers have been unable to dance because of some illness, as well. Let's hope that all will enjoy only good health and happiness as the better weather approaches.

So many of our Seasoned Steppers have been unable to perform that a call is out for women with some dance ability. If you are interested in joining the Seasoned Steppers, call Marleen Schuss at 516-678-3242.

I have been very busy these days rehearsing for my show in May (here in Florida). In New York, Marleen, the New York State Director, is very busy preparing for the State Pageant to be held on May 5, 2013 at Lindenhurst High School. Get your tickets now! Call Dolores Meglio at 631-249-0258.

In the next issue I will have the results of the Ms. New York Senior America Pageant.

Until next month: Ethel

Contact New York State Director Marleen Schuss @ 516-678-3242



Donna Dean and the Seasoned Steppers



Kathi Keating, Mallory Hagan, Gail King, DJ Marie, Donna Dean

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Medicare Scam 5 Tips to Avoid It

Scambook, the Internet's leading complaint resolution platform, is warning senior citizens on the trending phone scam capitalizing on Medicare. Scambook has received over 100 consumer complaints about one alleged benefits company that has conned elderly Americans out of more than \$130,000 dollars.

To protect vulnerable seniors, Scambook advises the following:

1. **Never give any personal information to an unsolicited caller.** Any legitimate insurance company or Medicare representative will not request personal financial information over the phone.
2. **Pressure to "act now" is a red flag.** If the caller says it's a "one time offer" or attempts to coerce consumers with a certain deadline, this is a significant red flag.
3. **Hang up as soon as the call becomes suspicious.** Scambook advises consumers to trust their instincts. If the caller is speaking too fast and refuses to slow down, repeat themselves, or answer questions, it's likely to be a scam.
4. **If in doubt, get the caller's information, call the insurance company or Medicare, or research them online.** Ask for the caller's name, phone number and extension, and the name of their direct supervisor. Scambook recommends searching for this information on their complaint database or by using Google. If the caller does turn out to be legitimate, seniors can call them back.
5. **Contact the healthcare provider and monitor finances.** If seniors suspect that a caller was trying to scam them, Scambook suggests calling the healthcare provider directly to pull up a record of the phone call. Additionally, monitor bank accounts and bill statements very closely. The sooner an unauthorized charge is seen, the easier it will be to dispute.

American Flag Drop

Calling All Old, Worn, Retired American Flags

The Sgt John Sardiello Pos #1634 of the American Legion is hosting a flag drop-off program whereby old American Flags can be retired and destroyed with dignity according to procedures recommended by the National Flag Foundation. The American Legion has sent up two mailboxes, one at the Babylon Town Hall at the flag pole, the other is at the American Legion Post #1634 at 10 Bruce Street in West Babylon. This effort is to provide a convenient drop off location to encourage proper disposal of retired American Flags. Need a flag? Contact the post at 631-669-3931 only \$5.

Where All Your Technology Questions Are Answered *By Nick Radesca*

QUESTION: I get loads of emails from everywhere. My Yahoo Mail inbox is an overflowing mess. Is there any way to keep e-mails manageable?

ANSWER: To gain control you should use all available means to prevent unwanted e-mails from entering your inbox. A next step would be to establish a procedure for storing e-mails.

Stopping E-mails: Known Sources

Unwanted emails can come from known and unknown senders. If you know who sent the e-mail it's okay to remove yourself from the sender's e-mail distribution list by scrolling down to the bottom of the e-mail where in small print you'll find instructions such as:

"If you do not want to receive ANY XYZ e-mails, click here," "You may click here to unsubscribe and we will not contact you again," etc. Upon clicking on the indicated link you will be taken to a website where you may need to do something further to unsubscribe. If it's something simple like checking a box, do it but never enter any new personal information.

It is more difficult to stop the flood of silly forwarded e-mails from friends and family without hurting feelings. I skim/read forwarded e-mails and simply delete harmless ones. To stop e-mails with suspicious "facts," I began researching their subject matters and sending gently worded replies with correct facts to everyone addressed on the original e-mails. I don't get many of these any more.

Stopping Emails: Unknown Sources

Like it or not, strangers send lots of e-mails. When a peculiar e-mail lands in your inbox (called spam) don't open it! Opening it can tell the

sender a valid e-mail address was reached while clicking a link in the e-mail or opening an attachment could expose you to a nasty virus. However, simply ignoring or deleting an unopened spam e-mail does nothing to prevent future e-mails from landing in your inbox — you must block the sender. Yahoo Mail users do this by placing a check in the box next to the sender's name and selecting the "Spam" button which moves the questionable e-mail to the spam folder and instructs Yahoo to do the same for all future e-mails from this sender. (Good e-mails can mistakenly land in this spam folder so occasionally check it).



Other e-mail services also provide this function. The terminology and position of the buttons may differ, but the function is the same.

Keeping a Clean Inbox

My inbox contains only e-mails that require follow up. I file away or delete everything else. E-mail programs provide standard file folders that provide the ability to create personalized folders to store e-mails — which I do. Therefore after reading/replying I either hold the e-mail in the inbox for further action, delete it or move it to an e-mail folders.

Nick Radesca is a volunteer at SeniorNet at FSL L.I., a not-for-profit organization that provides technology training to people 50 years and older. Visit SeniorNet websites at www.seniornetli.org, call 631-427-3700 Ext. 268 or 235 or e-mails to svero@fsl-li.org or nick2p@yahoo.com.

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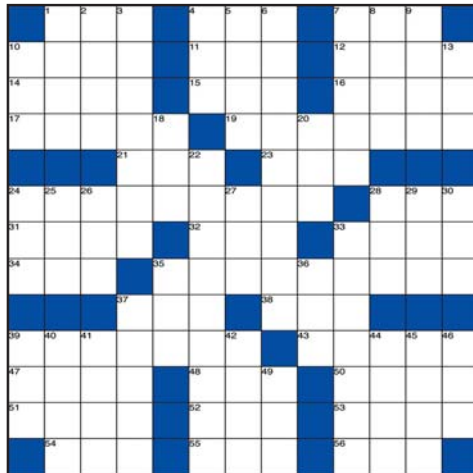
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1. Leg, old style
4. Don't bring them down?
7. Gym equipment
10. Honey (slang?)
11. 4 p.m. drink
12. You may smell one
14. He reintroduced the Torah
15. Could be cool?
16. You might sleep in or eat one
17. Josh
19. Dwells
21. Grazing land
23. Depot (abbr)
24. Affects not nicely
28. An ancestor?
31. Clark's co-worker
32. Mrs. in Castile
33. Tell the truth
34. An extremity
35. They'll be adults soon
37. Out with no nail (abbr)
38. CCLI x 2
39. Places for R&R
43. Stash
47. Rain hard
48. Not feeling so hot
50. Not here
51. Bristle
52. XIV halved
53. Prompter prefix
54. No SSN? Then this (abbr)
55. Typographic lengths
56. Pt. Jeff to Middle Isl. direction



8. Yankee slugger
9. A long story
10. Wager
13. Net security protocol (abbr)
18. Poetically ever
20. A college dorm room?
22. Confident, aggressive
24. Height abbreviation
25. A salon job
26. Contest
27. Poetically earlier
28. Hail as per Ceasar
29. Each
30. Hesitations
33. Stir up
35. Rock outcrop
36. Maritime navigation system (abbr)
37. He uses 38 and 52 Across
39. Hwys. (abbr)
40. Yet? shoe size?
41. They look for Alfs perhaps (abbr)
42. Some chances are this
44. Needing to repay
45. Chest sound
46. Check out
49. Portugese airport (abbr)

Solution on page 12

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				4				1
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Solution on page 12

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Music & Lyrics by **WILLIAM FINN**
 Book by **RACHEL SCHEINKIN**
 Conceived by **REBECCA FELDMAN**
 Additional Material by **JAY REISS**

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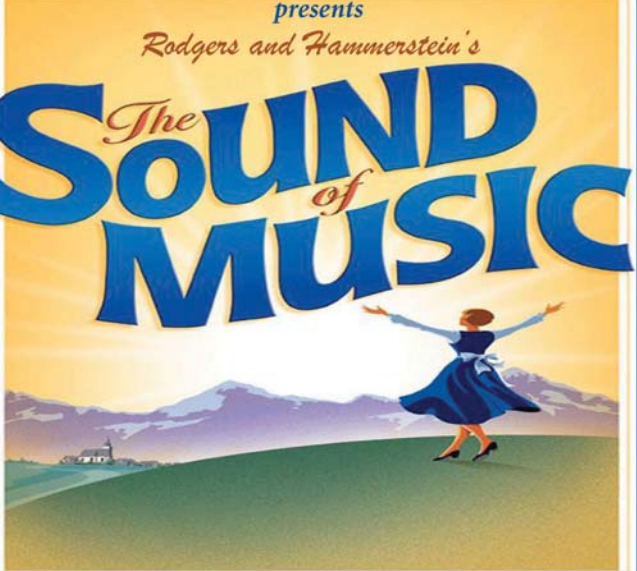
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Grease

May 22- June 8

Bellport

Book, Music and Lyrics by Jim Jacobs and Warren Casey

Generations will applaud as the class of 1959 reunites for one last bash in this high-energy stage show — America's first "high school musical." Sparks fly when the Rydell High pack gets wise to a hushed summer romance between Danny, the smoothest hot rodder in town, and Sandy, the good girl next door — giving way to hilarious and nearly heartbreaking consequences. With favorites like "Greased Lightnin'," "Summer Nights" and "We Go Together," you'll know it's time to "hand jive, baby!" So, put on your leather jackets and poodle skirts, throw your mittens around your kittens and — a-wayyy we go!



Young Frankenstein

June 12- 29

Bellport

Book by Mel Brooks and Thomas Meehan
Music and Lyrics by Mel Brooks

Original Broadway Direction and Choreography by Susan Stroman

The crazy comic genius of Mel Brooks ("The Producers") comes ALIVE in this outlandish laugh riot of a musical! Adapted from the hilarious film of the same name, this Tony-nominated show breathes new Schick into the franchise, thanks to expanded scenes and new gags. With such classy numbers as "The Transylvania Mania," "He Vas My Boyfriend" and "Puttin' On The Ritz," it's easy to see why Newsday called the Broadway production "a blissfully funny monster mash." At the Gateway, this science experiment gone horribly wrong has never felt so hilariously right.



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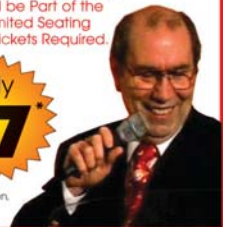
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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar
America's Health Writer

Long Island, NY - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," said one of the physicians at OsteoRelief Institute in Smithtown, NY. "The same holds true for treating knee arthritis pain. I believe we are having so much success at OsteoRelief Institute because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results.

The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible.

What is the "correct treatment?"

"That depends, there is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," stated the clinic's director of services.

For many knee arthritis pain sufferers the right treatment is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early visco-

supplementation gets the best results and is so important for avoiding surgery.

And the Doctors believe one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at OsteoRelief Institute use advanced imaging technology called a "C-Arm."

A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imaging and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The

keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success," was the advice of the doctors at the OsteoRelief Institute.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Free Knee Pain Screenings Offered To Help Determine If Long Island Area Residents Qualify For Popular Treatment

Long Island knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, this year, hundreds of knee pain sufferers have flocked to OsteoRelief Institute located in Smithtown, New York.

That's when their specially trained doctors added Hyalgan treatments to their already successful and comprehensive knee pain relief program.

Hyalgan is unique because - even though it is manufactured by a pharmaceutical company, it is in NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Hyalgan works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the rooster's head. It is extracted from the rooster's comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Hyalgan allows your joints to glide more smoothly eliminating a lot of the rubbing,

grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low-dose video fluoroscopy imaging called "Hologic Digital Imaging," so we can see right into the joint. This allows us to put the Hyalgan exactly where it needs to be. Studies show doctors doing joint injections without fluoroscopy miss the joint up to 30% of the time," said the head of Arthritis Treatment at OsteoRelief Institute.

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

And that's not all - OsteoRelief Institute has a complete knee relief program called "P.A.C.E." to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy and the results usually last for at least 6 months. Patients who were

suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries," added one doctor.

How To Get It

If you have knee pain, Dr. K. Rich M.D. and staff would like to invite you for a risk free screening to see if you are a candidate for Hyalgan treatments and the P.A.C.E program.

All you have to do is call 631-593-4333 right now and when the scheduling specialist answers the phone tell her you would like your risk free "Knee Pain Screening." The specialists at OsteoRelief Institute can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your risk free screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Hyalgan treatments and the P.A.C.E program are covered by most insurance and Medicare. To schedule your screening today call 631-593-4333.



Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. OsteoRelief Institute uses this C-arm for every Hyalgan treatment.

If You Can Answer Yes - You Are Eligible For A Knee Arthritis Screening With The Experts At OsteoRelief Institute

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as
- NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?
- If you answered yes to any of these questions - give OsteoRelief Institute a call and schedule your risk free knee pain screening 631-593-4333

Normal Pain-Free Knee Joint



Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no to arthritis and the knee can move and bend freely without pain

Knee with Painful Arthritis



Pain - this is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Hyalgan Injected Directly Into Knee Joint like "Joint Oil"



Successful Treatment - Hyalgan being precisely injected directly into the knee joint using holographic digital imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

Research Shows Doctors Miss the Joint Space About 33% of the Time without Advanced Imaging



Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of holistic digital imaging to guide the injection. This is why Hyalgan may not have worked for you.

AN IDEA CAN CHANGE HOW STROKES ARE TREATED.

Our latest endovascular techniques include new intra-arterial stent retrievers, which can reach through a blood vessel, grasp a clot and retrieve it, without invasive surgery.



For more ideas, visit neuro.stonybrookmedicine.edu

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