

SENIORS' NEWS AND VIEWS

a monthly publication in the interests of the senior members of
Immaculate Conception/St. Joseph Parish, New Lebanon, New York

May, 2017

Monthly meeting plans

- **May 26-Local food producers' exhibit, lunch to follow, 11:30 am***
- **July 28-parish picnic, 5:30 pm**
- **Sept 22-covered dish dinner, 5:00 pm**
- **Oct 27-lunch, speaker tba; 11:30**
- **Dec 8-Christmas luncheon, 12:30 pm**



***An exhibit by local food growers & producers-** This opportunity to meet our neighbors is presented by the Seniors' Ministry at our regular May meeting. It is open to anyone in the community who is interested in learning more about locally grown food and/or foods that are processed in Eastern Columbia and Rensselaer Counties. The exhibitors have been invited to bring print material, samples of their product, and product to sell in order to better inform us about their business practices. **Bring a friend!!** For further information, please call Mary, 733-0469.

Please keep them in your prayers: *Martha Burns, Joe DeBella, Tony DeBella, Mary and John Condron, Chris Devaney, Keith Dzieck, Phyllis Hulbert, Ken Keehnle, Linda Keehnle, Louis Kolonics, Jr., Pat Mohos, Melissa Murray, Mike and Celine Polacinski, Deacon Peter Quinn, Bernie Schmich, Marie Sharkey, Dick Sime, Al Thorne, Mary Tomchik, Ed and Louise Vars, Frank and Mary Volpi, and Linda Walsh*

Sat/Sun, May 20/21	BP screening after each Mass; brunch, 9:30 am, parish hall
Fri, May 26	Seniors' luncheon and local food producers' exhibit, 11:30 am, parish hall
Sat/Sun, Jun 10/11	Anointing of the sick during both Masses
Mon, Jun 12	Active shooter program, 6:30 pm, parish hall, sandwiches at 6 pm (watch for flier)

† We remember in love our friend and neighbor, Bob Mittnight. †
Seniors, and their families, around the parish

Congratulations to **Maria Gordon**, daughter of **Theresa and Scott**, on her graduation from SUNY Fredonia; and congratulations to **David Kirsimagi**, son of **Heather and Phil**, as he graduates from Clarkson University with a degree in Civil Engineering. The Seniors' Ministry expresses our thanks and best wishes to **Linda and Don Walsh** as they set forth on the next leg of their journey. We are very grateful for all of their hard work in the interests of our parish.

News you can use

Clever Credit Card Scam-Thief uses credit card info gained during delivery of flowers and wine to empty mark's bank account? Be very careful out there! Beware of people bearing gifts. The following is a recounting of the incident from a victim (taken from *Ettinger Estate Planning Elert*, May 17, 2017)

"Last Wednesday I had a phone call late morning from Express Couriers to ask if I was going to be home as he had a delivery for me. He said he would there in roughly an hour. He turned up with a beautiful basket of flowers and wine. I expressed my surprise as I wasn't expecting anything like this and said I was intrigued to know who was sending me such a lovely gift. He said he was only delivering the gift and the card was being sent separately (the card has never arrived).

There was a consignment note with the gift. He went on to explain that because the gift contained alcohol he has to charge the recipient \$3.50 as proof that he has actually delivered to an adult, and not left it on a door step if the recipient is out, to be stolen or taken by children. This seemed logical and I offered to get the cash. He then said that the company required the payment to be by Eftpos (short for Electronic Funds Transfer at Point of Sale) so he's not handling cash and everything is properly accounted for.

Frank was there and got his credit card and 'John' swiped the card on this small mobile machine that also had a small screen upon which Frank entered in his pin number. A receipt was printed out and given to us. Between last Thursday and Monday \$4,000 was withdrawn from our credit account at ATM machines in the north shore area. It appears a dummy credit card was made using the details in the machine and of course, they had Frank's pin number.

The Bank has stopped our cards and I've been to the Police this morning, where they confirmed that it is a definite scam and many households were hit during the first 3 days of October. So PLEASE be wary of accepting a gift you're not expecting especially if the card is not with it. We've all received gifts like this and would never dream that it could be such a despicable act."

WARNING: Be wary of accepting any "surprise gift or package", which you neither expected nor personally ordered, especially if it involves any kind of payment as a condition of receiving the gift or package. Also, never accept anything if you do not personally know and/or there is no proper identification of who the sender is.

1 in 3 Americans May Have Had Warning Stroke Without Knowing It: Study authors say learn the signs and symptoms that mean you need immediate medical help, by Mary Elizabeth Dallas

MONDAY, May 1, 2017 (HealthDay News) -- Is it possible to have a small stroke and not even realize it? Yes, according to new research that found about 35 percent of Americans experience symptoms of a warning stroke. Yet only about 3 percent get immediate medical attention...Most adults who had at least one sign of a "mini" stroke -- a temporary blockage also known as a transient ischemic attack (TIA) -- waited or rested until symptoms had faded instead of calling 911 right away, according to the research from the American Heart Association/American Stroke Association (AHA/ASA)...

An ischemic stroke occurs when a clot blocks blood flow to the brain. People who experience this type of stroke may be treated immediately with a special clot-busting drug. A device called a stent retriever may also be used to remove the clot and help prevent long-term disability. A TIA precedes about 15 percent of strokes. People who have a TIA are at greater risk for a stroke within three months, the experts said. The American Stroke Association uses the acronym F.A.S.T. to help people remember the most common stroke signs: face drooping, arm weakness, speech difficulty, time to call 911. **Other sudden warnings signs of stroke include:**

- **Confusion.**
- **Trouble speaking or understanding.**
- **Numbness or weakness of face, arm or leg, particularly on one side of the body.**
- **Vision loss in one or both eyes.**
- **Trouble walking.**
- **Dizziness, Loss of balance or coordination.**
- **Unexplained severe headache.**

Very important
warning signs!!

(Ed. Note)