

Senior Healthy Living

Special Advertising Supplement
NYDailyNews.com/services



CaringKind

A community of support for caregivers

Caring for someone with Alzheimer's or dementia is relentless, exhausting work. And yet, in the absence of a cure, effective care remains the best therapy.

That is why, for over 30 years, CaringKind, The Heart of Alzheimer's Caregiving (formerly known as the Alzheimer's Association, New York City Chapter) has focused on developing and delivering programs and services that ease the burden of a dementia caregiver, which benefits the caregiver — either family or professional — the person with the disease, and their family.

CaringKind's staff sees people, not a disease. They understand that every caregiver's experience is unique. And they help individuals and families find the path that best meets their special needs. CaringKind's education and training programs and social work services help ease the emotional,

physical, psychological and financial burden of managing the disease, while treating each individual and family with dignity and compassion.

CaringKind programs include caregiver workshops, caregiver support groups, culturally sensitive outreach initiatives for the Latino, African American, Chinese, Russian, LGBT and Orthodox Jewish communities, cultural arts programs and training programs for medical professionals and home-health aides.

The state-of-the-art Harry and Jeanette Weinberg Early Stage Center provides a safe, supportive environment and specialized programs for individuals with Mild Cognitive Impairment (MCI) and early-stage dementia. And thanks to CaringKind's strong relationship with the NYPD, the MedicAlert NYC program provides resources to protect those who wander.


Providing quality care has never been more important. Today, Alzheimer's disease is the sixth leading cause of death in the United States. More than five million Americans have Alzheimer's, and over 500,000 New York City residents either have Alzheimer's disease or are taking care of someone who does.

CaringKind is a community of people, not just a network of resources, with unparalleled and deep local roots in the five boroughs. Over the past three decades, CaringKind has developed extraordinary long-term relationships with their community partners including medical centers, researchers, long-term care facilities, home-health services, the clergy, government officials and the philanthropic community, which enhance the already robust services it provides.

Most important, CaringKind is creating a world where the stigma of an Alzheimer's or dementia diagnosis no longer forces families to retreat, but helps them to reach out and ask for help. It's never too early — or too late — to talk about Alzheimer's support. No problem is too big or too small. If you find your husband's keys in the freezer or your mom is dressed for winter in mid-July, trained staff can help you 24 hours a day, seven days a week. Just call (646) 744-2900 and, like

Memory Loss

24-hour Helpline
(646) 744-2900



caringkind
The Heart of Alzheimer's Caregiving

- Talk with a caring professional about your questions and concerns.
- Learn about education programs for people with memory concerns, caregivers, family and friends
- Understand more about memory loss, dementia and Alzheimer's disease
- Get connected with others experiencing the challenges associated with memory loss
- Discover resources available in the community

All services are offered free of charge.

www.caringkindnyc.org

Formerly known as the Alzheimer's Association, NYC Chapter

so many others, you will be glad you reached out for help. Visit www.caringkindnyc.org for additional information.

"For my dying mother, a Catholic hospital called Calvary was the place where L'Chayim continued."



"In 1990 my mother was dying in the final stages of lung cancer, and suffering from excruciating pain. We were strongly advised to bring her to the only place that could relieve her physical pain, and our emotional suffering: a Catholic Hospital called Calvary. With expert pain management and unique comfort and care, the staff of Calvary was extraordinary. In addition to their remarkable kindness, they were extremely sensitive to our Jewish needs, providing a rabbi and pastoral care for my mother and our family. Now years later, I learned how they currently provide a dedicated Shabbos lounge for shomer Shabbat families. And have even embarked on restoring a sacred Torah rescued from the Holocaust! I know that during her short stay at Calvary, my mother would have been happy to know about and connect with this Torah. We are blessed that Calvary was in our lives then and continues to be there for others of the Jewish faith. Thank you, Calvary."

— Sandy Wasserman

For more information call 718-518-2300 or visit www.calvaryhospital.org.

**CALVARY
HOSPITAL**

Where Life Continues

1740 Eastchester Road • Bronx, NY 10461 • (718) 518-2300 • www.calvaryhospital.org
Calvary Hospital Inpatient Service • Outpatient Services • Calvary@Home (Home Care/Hospice)
The Dawn Greene Hospice at Mary Manning Walsh Home in NYC • Brooklyn Satellite at NYU Lutheran
(Calvary@Home programs are Medicare-certified and contract with most major insurances.)

Here for you

with Medicare Advantage plans that fit your budget



FREE Medicare information sessions

Get help choosing the right plan. Call **1-855-464-4365** to reserve your space at a session near you. Light refreshments will be served.

FREE tote bag when you attend!

While supplies last. Limit one per person, with no obligation to enroll.



At Healthfirst, we offer Medicare Advantage plans for New Yorkers like you. Get access to doctors close to home, and benefits such as free transportation to appointments, and prescription drug coverage. Plus, save with:

\$0

or low monthly plan premiums

\$0

or low copays for primary care doctors

\$0

or low copays for preventive dental

**Call to enroll or make an in-person appointment
1-855-464-4365**

(TTY 1-888-542-3821)
7 days a week, 8am-8pm

Visit www.YourHFMedicare.org



Healthfirst Health Plan, Inc., dba Healthfirst Medicare Plan, offers HMO plans that contract with the Federal Government. Enrollment in Healthfirst Medicare Plan depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Please contact the plan for further details. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-888-260-1010 and TTY 1-888-542-3821. Healthfirst Medicare Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-260-1010 (TTY 1-888-867-4132). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-260-1010 (TTY 1-888-542-3821)。

Improve your arthritis one step at a time



Regular exercise and a healthy diet can also help prevent progression of the disease by strengthening the muscles around the joints, supporting bone health and improving energy. Shedding excess pounds will also help alleviate joint pain and pressure. Physical activity can include a range of motion exercises like stretching your arms and legs, low-impact aerobic exercises like walking and swimming, gentle forms of yoga and tai chi, and strength building using light weights. When it comes to getting active, it doesn't matter what you do — just get up and move.

As the temperature drops, many older adults experience increased joint pain, inflammation and stiffness. Indoor and

low-impact workouts are advised during the approaching winter months. Before starting any physical activity program, be sure to check with your doctor to discuss the most beneficial workout plan for you and ensure that you're on the right track. Remember, it's perfectly normal to have some muscle soreness when you begin an exercise routine. Don't let that prevent you from moving. If you experience excessive pain or fatigue, check in with your doctor.

Don't overdo it.

Regular physical activity, healthy eating habits and maintaining a healthy weight can reduce the occurrence of arthritis flare-ups or related complications. These lifestyle changes and tips will help you to achieve your personal health and wellness goals, and help keep you in control of your daily life activities like dressing, preparing meals, and conducting your social life. Suffering less chronic pain over time will lead to overall improvements in every aspect of your health and well-being.

Healthfirst is dedicated to raising awareness, reducing the impact of arthritis, and improving the overall health of the neighborhoods we serve. We are a partner on your journey to better health and longer, more active lives. Helping New Yorkers live healthier, more satisfying lives is essential to our mission. Our goal is to help get older adults moving in the right direction to help manage their arthritis. Take charge of your health. Each step matters as you move forward toward good health.

For more information on managing arthritis, visit www.arthritis.org.

—Dr. Susan Beane is vice president and medical director at Healthfirst. This health information or program is for educational purposes only and not intended to treat, diagnose or act as a substitute for medical advice from your provider. Consult your healthcare provider and always follow your healthcare provider's instructions. For more tips on leading a healthy lifestyle, visit the Healthfirst Healthy Living website at www.hfhealthyliving.com.



The fall season is the perfect time of year to take a brisk walk, enjoy the seasonal foliage and bask in the last months of warmth. A walk around the neighborhood may be just the thing to address arthritis pain, maintain bone strength and flexibility and help increase energy.

Arthritis, the nation's leading cause of disability, touches one in every five adults. More than three million New Yorkers suffer from arthritis. According to the Arthritis Foundation, this disease affects more than 50% of seniors 65 and older, and there are more than 100 different types of arthritis: osteoarthritis (arthritis of the bones), rheumatoid arthritis (inflammation of the lining of the joints), lupus (a disease where the immune system attacks its tissues), and many others. Arthritis

symptoms can include pain, stiffness, occasional swelling, redness or difficulty moving joints.

If you or a loved one has arthritis, it's essential to stay physically active. There is a common notion that seniors with arthritis cannot or should not exercise. It's a myth that physical activity makes arthritis worse. In reality, exercise can be an effective treatment for reducing arthritis pain. Stiff and painful joints may dissuade you from taking that much-needed walk, so it is fine to start off slowly with a short walk and low-impact physical activity. The more you move your body, the more you can help lessen pain and stiffness in your joints and improve your ability to do daily activities. It's similar to keeping a piece of machinery oiled so that it functions well — continuing to move your joints often will help your arthritis.

ADVERTISING SUPPLEMENT

Senior **Healthy Living**

Calvary offers comprehensive care

Calvary is the nation's only fully accredited, acute-care, specialty hospital devoted to providing palliative care to adult patients with advanced cancer and other life-limiting illnesses. More than 6,000 patients — of all faith traditions — are cared for annually by Calvary's inpatient, home care and hospice services. Inpatient care is offered at our 200-bed facility in the Bronx, 25-bed Brooklyn Satellite at NYU Lutheran and at The Dawn Greene Hospice, located at Mary Manning Walsh Home in Manhattan.

Calvary offers comprehensive care to patients in private homes or for those who reside in select nursing facilities in the greater New York area. It offers home care in all five boroughs of New York City, as well as Westchester, Nassau, Rockland and Putnam counties, and hospice services in the Bronx, Brooklyn, Queens, Manhattan, Nassau, Westchester and Rockland counties. As needed, Calvary@Home can facilitate a seamless transition to becoming an



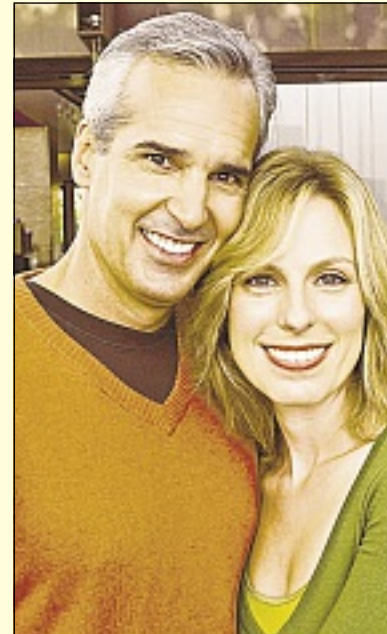
inpatient at our Bronx or Brooklyn sites. Calvary Hospice provides short-term inpatient care at The Dawn Greene Hospice in Manhattan.

Calvary and Yeshiva University have collaborated on a pioneering initiative to provide observant Jewish families with the information need to obtain quality end-of-life medical care in full accordance with Halakha (Jewish law). It is restoring a 135-year-old historic Torah scroll housed at the hospital's Bronx campus. Scroll No. 515, from the town of Taus-Domazlice, is on permanent loan to Calvary from the Memorial Scrolls Trust in London. The goal is to repair this Torah so that it will once again be kosher for use in services and Jewish rituals. To make a gift, please visit: www.calvaryhospital.org/torahrestoration.

To learn more or sign up for the e-newsletter, Calvary Life, please go to www.calvaryhospital.org. You may also call (718) 518-2300 (inpatient) or (718) 518-2465 (Calvary@Home).

Your smile is everything, never settle

Feel better and look great. Enjoy eating the foods you love, speak clearly, laugh often and smile with confidence. The renowned dentists at Herald Square Dental and The Denture Center will help you restore your dental function today. When it comes to your smile, experience counts. Well-known for their warmth and caring in addition to the quality, precision care that is their hallmark, patients have relied upon them for all aspects of dental care for more than 40 years. They are leaders in implant dentistry. If you are missing one or more teeth, Herald Square Dental's mission is to provide you with



treatment options to restore your healthy smile.

Herald Square Dental and The Denture Center have an onsite, modern laboratory where they also fabricate custom dentures and do repairs and relines the same day. That eliminates the long, uncomfortable waiting between fittings. If you need premium dentures; extractions and immediate dentures; replacement of your old dentures; or implant-supported dentures,

you can expect immediate and amazing results. Schedule your free consultation today. Visit www.heraldsquaredental.com or call (212) 689-0024, and smile with confidence.

Feel Well,
Live Well with

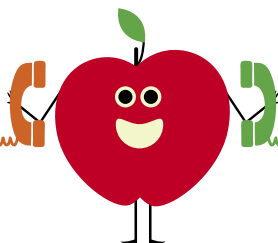


A WELL-MADE
PLAN
A WELL-MADE
CHOICE

Medicare Advantage Prescription Drug Plans

\$0 or low cost
Plan premiums
Doctor visits
Generic drugs

- Dental, vision and hearing
- Transportation
- Over-the-counter pre-paid cards
- Fitness center membership



We're here for your call.
Toll Free 1.866.586.8044
TTY/TDD 1.800.662.1220

Contact us for eligibility and enrollment
info@agewellnewyork.com | agewellnewyork.com

AgeWell New York, LLC is a HMO plan with a Medicare contract and a Coordination of Benefits Agreement with New York State Department of Health. Enrollment in AgeWell New York, LLC depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Premiums, co-pays, co-insurance, and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. This plan is available to anyone who has both Medical Assistance from the State and Medicare. This information is available for free in other languages. Please call customer service at 1-866-586-8044 or TTY 1-800-662-1220 seven days a week from 8:00 am to 8:00 pm Eastern Time or visit www.agewellnewyork.com. AgeWell New York complies with applicable Federal civil rights laws and does not discriminate on the basis of races, color, national origin, age, disability, or sex. AgeWell New York cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. AgeWell New York 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或別而歧視任何人。ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-866-586-8044 (TTY: 1-800-662-1220). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-586-8044 (TTY: 1-800-662-1220). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-866-586-8044 (TTY: 1-800-662-1220).

H4922_MA_4002 Accepted 09102016

Senior **Healthy Living**

ADVERTISING SUPPLEMENT

Bone density screening for osteoporosis: easier than ever

Osteoporosis, which causes bones to lose density and weaken, is one of the most common conditions experienced by men and women over the age of 50. In fact, it is estimated that, due to the disease, one in two women and one in four men in this age group will experience bone breakage.

Osteoporosis does not present many symptoms in its early stages, which is when the most can be done to preserve bone health. Left untreated, osteoporosis may result in loss of height, back pain or frequent bone breakage. Early screening

for osteoporosis is the most effective way to prevent the condition's progression, especially for postmenopausal women who have fractured a bone, have low body weight or have a family history of the disease.

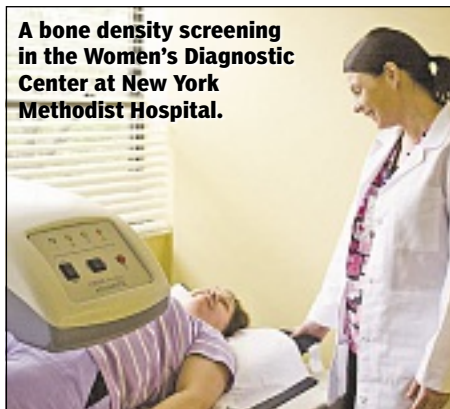
Screening for osteoporosis is done through bone-density scanning, which uses low-dose, dual-energy X-rays to determine bone mass and density. The scan evaluates density in select bones of the body, usually the hip and the spine, as a measure of general bone health. A bone-density scan is non-invasive, painless and fast — it usually takes less than 15 minutes.

"The dual-energy X-ray is a sophisticated process, but for the patient, it is an easy process," says Steven Garner, M.D., chairman of radiology at NYM. "But most important, it's the most accurate method for diagnosing osteoporosis and assessing the risk for future fractures."

If the bone-density scan reveals the presence of osteoporosis, a physician can help create a long-term care plan involving regular exercise, dietary changes and, if needed, medication or surgery.

For more information on bone-density screening, please call (718) 780-5029 or visit www.nym.org.

A bone density screening in the Women's Diagnostic Center at New York Methodist Hospital.



Dental implants \$1,499*



Missing teeth can detract from your general sense of well-being. Dental implants are the new, permanent solution to missing teeth. Implant patients now laugh, smile and speak with confidence. They are thrilled to bite into an apple, chew steak, eat corn on the cob and enjoy other foods they have missed.

Contemporary Dental Implant Centre performs more than 2,000 implants per year. Its experienced team of cosmetic specialists provides patients with a stress-free visit, using state-of-the-art technology. Contemporary Dental Implant Centre is offering a special on

dental implants, at only \$395* (post and crown additional). Sedation dentistry is available.

Call (212) 269-9500 for a free consultation at any of its nine convenient locations: Madison Avenue, Upper West Side, Massapequa Park, Scarsdale, Rego Park, Valley Stream, Brooklyn, Stratford, CT and Smithtown (Suffolk County).

For more information, visit www.CDIC.com.

* Implant + post + crown = total \$1,499. Offer expires Oct. 18, 2016. * Implant, post (abutment) and crown must be completed at Contemporary Dental Implant Centre to qualify for promotional fees.

Speak with your smile today!

FALL SPECIAL

COMPLETE TOOTH REPLACEMENT

Implant, Post + Crown

\$1499*

Final Days of Special

12 Months Interest Free Financing Available

9 CONVENIENT LOCATIONS

41st & Madison • Massapequa Park
Scarsdale • Valley Stream • Brooklyn
Smithtown (Suffolk County)
Stratford, Connecticut
Upper West Side

GRAND OPENING ASTORIA, QUEENS

FREE CONSULTATION

CALL TODAY 212.269.9500

Mention you saw us in the Daily News

5% OFF for Seniors

Contemporary Dental Implant Centre®

25 YEARS OF EXPERIENCE
OVER 2000 IMPLANTS PLACED PER YEAR

Contact us or visit our website

www.cdic.com

*Not valid for work previously started, full payment due upon commencing treatment, Implant post and crown must be completed in our office to qualify for promotional fees. Must bring coupon in at time of free consultation. **Valid 9/21/16 - 10/18/16**



The cat was fed ten times today

It's never too early (or too late)
to talk about Alzheimer's support.

Call our 24-hour Helpline.
We're here anytime you need to talk.

(646) 744-2900

Free | Confidential | Se habla español | 我們講中文

www.caringkindnyc.org

caringkind

The Heart of Alzheimer's Caregiving

360 Lexington Avenue, 4th Floor • New York, NY 10017

Formerly Known as the Alzheimer's Association, NYC Chapter

Funded by a grant from the New York State Department of Health

Senior Healthy Living

ADVERTISING SUPPLEMENT

Clean mouth, better health, just the facts

Periodontal disease attacks the gums and bone that hold the teeth in place and it is the most ignored dental problem in America, as well as the most common. It costs Americans more teeth than all other causes combined.

Tens of thousands of toothless Americans found out about the disease too late. There's one overriding reason why periodontal disease is ignored: It sneaks up on its victims, working painlessly over a period of 20 to 30 years in most cases.

It also gets an early start. Dental studies reveal that by age 13, about four out of every five youngsters have already begun the slow but sure march to periodontal damage.

Trouble is, people think of dental problems in terms of aching teeth. Generally, if they don't feel any pain, they don't think anything is wrong.

Seven danger signs of periodontal disease

- Your gums bleed when you brush.
- You've got bad breath.
- Your gums are soft, swollen or tender.
- Your gums are retreating from

your teeth.

- Your teeth have changed their position, slightly, making your "bite" different.
- Any of your teeth are loose.
- Pus seeps from your gums when you press them.

The disease is caused by bacteria and hard, calcified deposits lodged between the gum and tooth. It develops through progressive inflammation of the gum tissue and gradual destruction of the bone that surrounds the roots of the teeth and holds them firmly in place.

Professional periodontal treatment is an investment in the health of your mouth and your overall well being.

Join our family of happy patients.

Marlisa Popper, D.D.S., prosthodontist, specializes in prosthetics, restorative, cosmetic and implant dentistry, from single teeth to full mouth treatment. Jason Popper, D.D.S., D.A.B., perio and Howard Popper, D.D.S., D.A.B., perio, both specialize in periodontics and implant dentistry. They may be reached in Melville, Long Island at (631) 385-9400 or by visiting online at www.incredibleimplants.com.



Getting the most out of your Medicare Advantage Plan

Oct. 15–Dec. 7 is the Annual Enrollment Period (AEP) when Medicare beneficiaries decide whether to remain in their current Medicare Advantage Plan, choose another plan or return to what is commonly referred to as Original Medicare or Medicare Fee for Service.

If you are currently enrolled in a Medicare Advantage plan and will be continuing or are planning to enroll in one for 2017, AgeWell New York encourages these tips for getting the most out of your plan to enhance your health coverage and access to services.

Provider network: Check your plan's website or provider directory to see whether your primary care physician or specialists participate in the network, and if not, you can make a request to the plan to reach out to your physicians to invite them to participate.

Health and wellness benefits: Many plans offer health and wellness benefits over and above Original Medicare, including dental, vision, hearing, transportation, over the counter (OTC) drugs, alternative medicine and fitness programs. Details of these benefits are included in the plan's Evidence of Coverage, or you may call your plan to learn more and take advantage.

Care navigator or care manager:

Depending on your particular plan, you may have access to a care navigator or care manager who assists with navigating health services, such as medication management, care planning, routine screenings and preventative services. Call your plan for more information and find out whether these services are available and how it works.

Drugs in formulary: If you find that the drugs your physician is prescribing are not in the plan's formulary, there is a process for you to request consideration that your drugs be included. This process is described in the plan's Explanation of Coverage (EOC), and you can also call the plan or the plan's Pharmacy Benefits Manager (PBM) to request coverage of your drugs.

Your Medicare Advantage plan identification card (ID): There is a wealth of contact information available on your plan's ID card. Become familiar with the information and contact phone numbers, websites available and special services imprinted on your card.

AgeWell New York gives you flexibility in choosing a Medicare Advantage Prescription Drug Plan. Call us today for eligibility and enrollment at 1-866-586-8044 or visit www.agewellnewyork.com.

THE POPPER DENTAL TEAM - "THIS IS WHAT WE DO!"

Have You Lost or Are You Losing Your Teeth?

If so, you may be a candidate for Dental Implants. The Popper Dental Team, a family of Specialists in Periodontics, Prosthodontics, Endodontics, Cosmetic and Implant Dentistry, has placed thousands of Implants since 1985



IMPLANTS & TEETH USUALLY IN AS LITTLE AS 24 HOURS!



ALL-ON-4™



CONVENIENCE OF MULTI-SPECIALTY DENTAL CARE



"So happy I selected Incredible Implants for my All-on-4™ procedure. I was treated like a person rather than a patient, Dentistry with a human touch! My treatment was painless and quick, as promised. I highly recommend The Popper Dental Team" -Reginald

"I love my Daddy's new smile!!" - Emilie

IV Sedation Available with Board Certified Medical Anesthesiologists
*Complimentary implant evaluation and/or periodontal evaluation and/or cosmetic dentistry consultation.

HOWARD A. POPPER, D.D.S.
DIPLOMATE, AMERICAN BOARD OF PERIODONTOLOGY

JASON P. POPPER, D.D.S.
DIPLOMATE, AMERICAN BOARD OF PERIODONTOLOGY

MARLISA J. POPPER, D.D.S.
PROSTHODONTIST
PROSTHETIC, RESTORATIVE, COSMETIC AND IMPLANT DENTISTRY

TREATMENT OF PERIODONTAL DISEASE

IT'S MORE AFFORDABLE THAN YOU THINK!

* convenient to LIE and Northern State

631-385-9400
999 Walt Whitman Rd., Ste. 302
Melville, NY 11747
www.incredibleimplants.com

*financing available



"For years, all I wanted to do was smile. Now, thanks to The Popper Dental Team, I don't stop smiling!"
- Jack



"I'm so thankful for everything The Popper Team has done for me. Everyone has been so sincere and treated me like I was their only patient. I've heard many good things about The Team and I'm very happy that I came up with the courage to come in, I'm a new man. Thanks for everything."
-Thomas

ADVERTISING

HealthyLiving

Expert care for respiratory patients



The Icahn School of Medicine at Mount Sinai and National Jewish Health, the nation's leading respiratory hospital in Denver, Colorado, have opened the Mount Sinai - National Jewish Health Respiratory Institute at Mount Sinai's campus in Manhattan.

The respiratory institute combines the strengths of both organizations into an integrated program for diagnosis and treatment of all forms of respiratory illness and lung disease, including asthma, chronic obstructive pulmonary disease (COPD), interstitial lung disease (ILD) and sarcoidosis. The respiratory institute also draws on Mount Sinai's programs in personalized medicine, genomics and data-driven clinical protocols to enhance the quality and outcomes of the respiratory disease practice.

"As leaders during this time of rapidly evolving health care in America, our two institutions have forged a unique partnership that delivers extraordinary care for respiratory patients in the New York region and beyond," says Charles Powell, M.D., the Janice and Coleman Rabin Professor of Medicine, Pulmonary, Critical Care and Sleep Medicine at the Icahn School of Medicine at Mount Sinai and chief executive officer of the Mount Sinai - National

Jewish Health Respiratory Institute.

Respiratory institute patients are seen at 10 E.102nd St., fifth floor in Manhattan. Patients and physicians wishing to make an appointment, can call (212) 241-5656 or visit www.therespiratoryinstitute.org.

One in four Americans suffer from a serious, chronic or life-threatening respiratory disease, from asthma and emphysema to lung cancer and cystic fibrosis. National Jewish Health is the leading and only institution dedicated to research and treatment of respiratory disease for both adults and children. The Icahn School of Medicine is ranked among the top medical schools in the United States, and is the medical education and research hub for the entire Mount Sinai Health System, one of the country's largest not-for-profit, multi-site health-care systems.

The Mount Sinai Pulmonary, Critical Care and Sleep Medicine division houses innovative, world-class programs in sarcoidosis, lung cancer, critical care medicine, genomics and immunological sciences. Together, the Icahn School of Medicine and National Jewish Health bring an extraordinary level of world leading expertise in addressing complex respiratory illnesses.



TRANSFORMING RESPIRATORY CARE BREATHE EASIER, NEW YORK

National Jewish Health, the nation's leading respiratory hospital, and the Icahn School of Medicine at Mount Sinai, a top-ranked academic medical center, have come together to form the Mount Sinai - National Jewish Health Respiratory Institute. Discover a superior level of personalized care at the top center in New York focusing solely on respiratory care.

MOUNT SINAI - NATIONAL JEWISH HEALTH Respiratory Institute



► Make an appointment.
Visit therespiratoryinstitute.org or call 800-563-3498.

Give Varicose Veins

THE BOOT THIS FALL



DO YOU SUFFER FROM

- Varicose Veins
- Spider Veins
- Itching and Burning
- Leg Pain and Cramps
- Heaviness and Swelling
- Skin Discoloration
- Ulcers and Blood Clots
- Difficulty Walking Long Distances

When pain is part of your daily life, it's time to get rid of it. Our treatments take less than 15 minutes, in a warm, comfortable setting. The procedure does not involve surgery and you will be able to drive home afterwards.



www.USAVeinClinics.com

Medicare and most insurances accepted!

(917) 267-5155

New York

1153 First Ave • Manhattan, NY 10065
2511 Ocean Ave, Ste 102 • Brooklyn, NY 11229
2444 86th St, Ste A • Bensonhurst, NY 11214
116-02 Queens Blvd • Forest Hills, NY 11375
1975 Hylan Blvd • Staten Island, NY 10306
260 W Sunrise Hwy, Ste 102, Valley Stream, NY 11581

122 Fulton St, 5th Floor, New York, NY 10038
58-20 Myrtle Ave, Ridgewood, NY 11385
4159 Broadway, Washington Heights, NY 10040
30-33 Steinway, Astoria, NY 11103
5221 Broadway, Bronx, NY 10463
39-07 Bell Blvd, Bayside, NY 11361

New Jersey

Shrewsbury Ave, Ste 300, Tinton Falls, NJ 07724
81 RT 37 West, Tom River, NJ 08755
1600 Perrineville Rd, Monroe, NJ 08831

ADVERTISING SUPPLEMENT

Senior **Healthy Living**

Hopeton Care

Hopeton Care, a 24/7 licensed home care services agency approved by the New York State Department of Health, provides quality home health aides, personal care aides, nursing and rehabilitative services within the New York metro area. When you choose Hopeton Care, you are matched with a caregiver who is experienced with your specific needs and will always put you or your loved one's safety first.

Our goal is to provide the best home-care services and caregivers who will easily adapt to your family's habits, understand and respect your customs and enhance your overall lifestyle without major changes to your daily routine. Our services include nursing, home health aides, personal care aides, rehabilitation, physical therapy, occupational therapy and speech therapy. Many of our caregivers provide specialized care for Alzheimer's, dementia and Down syndrome.



Farrah Rubani,
Hopeton Care
C.E.O.

At Hopeton Care, we believe that home care is a hands-on experience requiring trust and passion. We understand that you may have many questions and concerns, especially when looking for the right people to care for you or your loved ones. Our approach is to ensure the highest quality of care and to communicate with you beyond just providing reports. Many of our aides are bilingual or multilingual in Russian, Spanish, Korean, Chinese, Creole, Bengali, Urdu, Punjabi, Hebrew and Arabic.

We understand that bringing someone into your home and life can be an endeavor. You can feel peace of mind knowing that every single Hopeton caregiver is screened and highly qualified and trained to provide you with the companionship, care and personal attention that you or your loved ones deserve. All of our paraprofessional staff undergo a background check and have received extensive training at Hopeton Care through our New York State-approved home health aide/personal care aid training classes. Hopeton Care is accredited by the Joint Commission, a voluntary accreditation, which examines the quality care an organization delivers.

We offer the Medicaid program, Consumer Directed Personal Assistance Program (CDPAP), an alternative to traditional home care. This program allows you or your loved ones to have flexibility in choosing someone such as a friend or family member to become involved with your home care. When you enroll in CDPAP through Hopeton Care, we act as a partner or liaison to guide and facilitate your ability to recruit, train, hire, schedule, supervise and pay your own

caregiver. Family is important, and we believe that you or your loved ones should feel empowered and have more control over who you work with and how your care is provided.

Our aim is for you and your loved ones to become more

independent and feel peace of mind knowing that you can depend on us to support you in your time of need — 365 days a year, 24 hours a day, seven days a week. You can expect to see many of our leaders and staff since they make home visits, check in occasionally, connect with and listen to feedback directly from you.

Visit our site for testimonials and for answers to frequently asked questions. For more information, call 1-888-433-6363; visit www.hopetoncare.com; or email info@hopetoncare.com.



Hopeton Care

Compassionate home care you can trust.

www.hopetoncare.com

Medicaid, Medicare & Most Major Insurances Accepted

Skilled Nursing • Rehabilitation Therapies
Pain Management • Social Work
Nutritional Support • Home Health Aide
Knee/Hip Joint Replacement Rehabilitation





Certified Home Health Aides!

For Better Health & Quality Care

CORPORATE OFFICE
1122 Coney Island Ave.
Suite 205, Brooklyn, NY 11230
E-Mail: info@hopetoncare.com
☎ 888.433.6363

OTHER LOCATIONS

<p>Manhattan 350 Park Avenue, Suite 1203 New York, NY 10022</p> <p>Nassau County The Regency 260 Central Avenue, Suite 103 Lawrence, NY 11559</p>	<p>Queens 136-08 38th Avenue, Suite 305 Flushing, NY 11354</p> <p>Bronx 170 West 233rd Street Suite 101 Bronx, NY 10463</p>
---	---

Your problems may be varicose veins

Take two minutes to answer a few questions. It may improve the quality of your health.

Check all boxes that apply to you

- Do you have leg heaviness or ache?
- Do your legs burn, tingle or itch?
- Do you have swelling in your legs or ankles?
- Do you have skin discoloration on your legs or ankles (blue/brown)?
- Is the skin on your legs red and dry?
- Do you experience cramps in your legs,

- especially at night?
 - Do you have non-healing wounds in your ankle areas?
 - Do you have spider veins on your legs and/or ankles?
 - Do the veins in your legs appear very dark blue or purple?
 - Is your leg pain worse after sitting or standing for long periods of time?
 - Did you any of your parents or grandparents have varicose veins?
 - Do you have restless legs?
- If you have checked one or more of the

boxes, please do yourself a favor and call USA Vein Clinics.

Do not postpone treatment

Varicose veins can start out as a seemingly small problem, but left untreated, can become much more serious. Complications of varicose veins may include ulcers. These may form on the skin near the affected veins, particularly near the ankles. They are caused by fluid build-up in the dysfunctional veins, and can be extremely painful.

Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

If you have already decided you'd like to receive vein treatments or would like to get a diagnosis, simply schedule an appointment with USA Vein Clinics today by visiting www.usaveinclinics.com.



ISABELLA HOUSE

Independent Living for Older Adults

Our amenities include:

- Spacious studios starting at \$2,400 per month and one-bedroom apartments starting at \$2,800 per month
- Complimentary Lunch and Dinner served buffet style
- Cable TV - with HD channels
- All Utilities are included
- Weekly linen service
- Visitor Parking
- Pastoral Services
- A wealth of Programs and Activities
- Conveniently located near medical, physical therapy, occupational therapy and psychiatric services
- On-site beauty salon, entertainment center, gift shop, laundry and check-cashing facilities
- Moderately priced lodging for overnight guests

We've thought of everything to enrich and enhance your life.

525 Audubon Ave. at 191st Street.
New York, NY




www.isabella.org



For more information and to schedule a private tour, please call: **212-342-9539**

isabella

Welcome to our family.

-  [fb.com/IsabellaOrg](https://www.facebook.com/IsabellaOrg)
-  twitter.com/IsabellaOrg
-  [youtube.com/IsabellaOrg](https://www.youtube.com/IsabellaOrg)

Isabella House: independent living for older adults

Isabella, located in verdant Northern Manhattan, provides high-quality care and diverse programs designed to promote independence and healthy living. "Our residents have the flexibility to live their own lives yet have support services available if they need them," says Betty Lehmann, director of marketing and communications.

Isabella House is a high-rise building comprised of independent-living apartments for adults ages 62 or older. Our comfortable dining room offers lunch and dinner buffet style. Activities are abundant and diverse, including music, dance and exercise programs, poetry and art classes, computer training and more.

"People always tell me that a surprising

thing for them is how spacious our rooms are," Lehmann says. "They get a lot of light and have spectacular views."

In addition to a 705-bed nursing home, the nonprofit, non-sectarian organization offers moderately priced senior housing, an adult day health care program, child day care and home care, as well as short-stay rehabilitation. Residency in Isabella House also provides free membership in Isabella's Institute for Older Adults, which offers educational and wellness programs through the 50+ Club and the Walking Works Wonders Program.

With the childcare program on site, intergenerational activities are a part of the rhythm of life, helping residents stay young in spirit, says Lehmann. Some 39 children,

ranging from infants to five year olds, regularly share stories, sing with the residents and engage in projects through Project N.O.I.S.E.E. (Naturally Occurring Interactions in a Shared Environment Everyday). In addition, local teenagers involved in Isabella's community caring partner program assist in nursing care, recreational programs and daily living.

For more information on Isabella Geriatric Center, please call (212) 342-9539 or visit www.isabella.org. Welcome to our family.



SIUH aims to stem tide of substance abuse in Staten Island

The rate of prescription opioid use, abuse and overdoses, “is just tremendous,” in Staten Island, says Harshal Kirane, M.D., director of addiction services for Staten Island University Hospital Northwell Health.

“The burden of illness and of addiction on Staten Island really outstrips any of the other boroughs, except for an area of the south Bronx that has had some parallel issues,” he says.

What Dr. Kirane and his colleagues at SIUH are seeing in Staten Island is reflective of a national opioid epidemic, which city governments, health organizations and hospitals across the country are all trying to tackle; however, it’s proving to be a challenging public health issue to eradicate — overdose deaths rose by 66% citywide between 2010 and 2015 according to the NYC Department of Health and Mental Hygiene.

To stem the tide of opioid abuse, SIUH takes a

multi-faceted approach to prevention and recovery, which includes emergency care, outpatient resources, community outreach and public health education. Together, Dr. Kirane says he hopes these measures will help to open a broader dialog about opioid addiction and de-stigmatize prescription drug abuse.

This includes offering free NARCAN Community Training programs that provide certified overdose prevention training to the general community. (The next training session takes place on Nov. 9, from 5–6 p.m. at the Regina M. McGinn Educational Center in Staten Island.) Attendees learn how to identify an opioid overdose; what to do during an overdose; and how to administer naloxone, a medication able to block the effects of opioid drugs during emergency situations. Upon completion of the community training sessions, participants are sent home with a free naloxone rescue kit.



“At its most basic level, naloxone can address an issue of life and death,” Dr. Kirane says. “It is not the cure for addiction nor the end-all, be-all of recovery.”

While a naloxone rescue kit might be a short-term fix in case of an emergency, long-term recovery requires a different set of resources. To help Staten Islanders on the road to recovery, Dr.

Kirane says SIUH has dramatically increased its substance abuse outpatient care options over the past year. This includes a new ancillary withdrawal management program that he says, “is specifically tailored toward expanding access to what’s known as medication-assisted treatment with buprenorphine.”

It’s part of an effort to increase

access to care for at-risk members of the communities SIUH treats, which Dr. Kirane says has been a huge challenge.

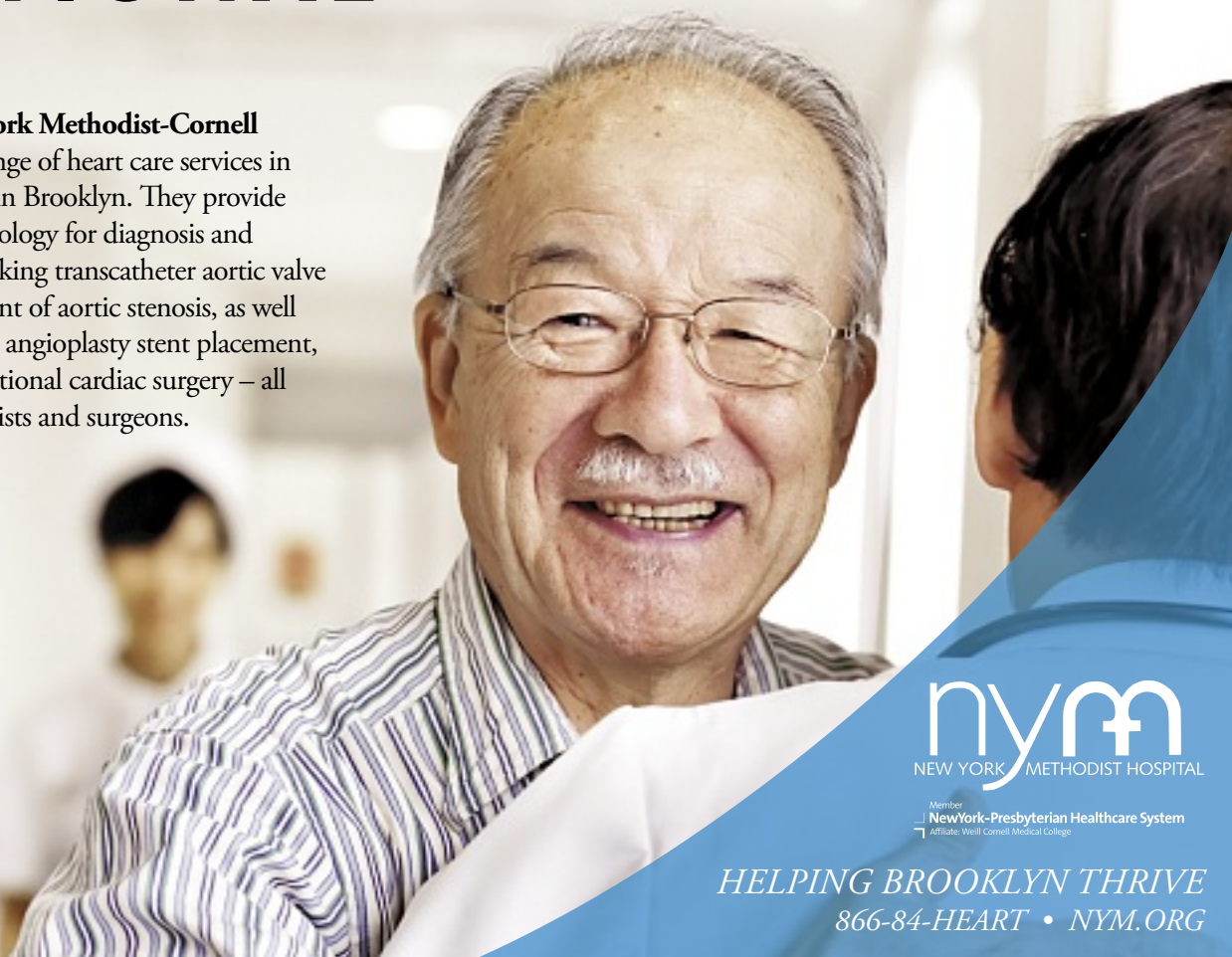
“There are a number of barriers that continue to come up, but we have tried to really bolster every aspect of the continuum here, from inpatient care to emergency services to outpatient care.

“People are fearful of accessing care; people don’t want to discuss these issues with their family, let alone their workplace, or come into the hospital and in some way be labeled as struggling with an addiction. Here, we’re trying to lower the bar to where these tools are viewed as just part of the broader spectrum of medical treatment, and the hope would be that that enhances rapport with individuals in seeing the medical community does recognize the recurring and somewhat tragic nature of addiction.”

For more information, call SIUH’s NARCAN Hotline: (718) 226-4313.

EXCEPTIONAL HEART

The specialists at the New York Methodist-Cornell Heart Center offer a full range of heart care services in the most modern cardiac center in Brooklyn. They provide the newest procedures and technology for diagnosis and treatment, including groundbreaking transcatheter aortic valve replacement (TAVR) for treatment of aortic stenosis, as well as medical management, balloon angioplasty stent placement, and minimally invasive and traditional cardiac surgery — all performed by exceptional specialists and surgeons.



nym
NEW YORK METHODIST HOSPITAL

Member
NewYork-Presbyterian Healthcare System
Affiliate: Weill Cornell Medical College

HELPING BROOKLYN THRIVE
866-84-HEART • NYM.ORG

Senior **Healthy Living**

ADVERTISING SUPPLEMENT

Brooklyn Audiology brings true hearing breakthrough

Now there's an easy way to improve your hearing without daily hassles and without a bulky device. It's called Lyric® and it could change the way you hear. Lyric is a totally new concept for hearing improvement: It is the first 100% invisible, non-surgical, extended-wear hearing solution that

you can wear 24 hours a day, seven days a week for months at a time.* Lyric is placed during a routine office visit and no surgery or anesthesia is required. Lyric's position in the ear canal makes it totally invisible, so no one will know you are wearing a hearing aid. And now, with a redesigned smaller model, it fits

almost every ear. You can shower, sleep and exercise with Lyric. There are no batteries to change or daily maintenance required. Lyric is placed in the Acoustic Sweet Spot™ just millimeters from the eardrum; the ear naturally funnels sound to Lyric just as it would to your eardrum, reducing background noise.

Lyric was recently named as one of the 12 best health innovations by Popular Science and was featured on the "Dr. Oz Show," "Good Morning America" and "The Today Show." In addition to winning accolades from the media and from the patient community, Lyric is also winning awards from the health-care industry and was awarded a Gold Medical Device Excellence Award. This award is given to products that are responsible for ground-breaking innovations that are changing the face of health care.

Lyric is the first 100% invisible, non-surgical, extended-wear hearing solution that you can wear for 24 hours.

Brooklyn Audiology is one of the largest and most experienced providers of Lyric in the New York area. Richard Kaner, president and founder of Brooklyn Audiology Associates, PC, has been in the business of helping people overcome their hearing difficulties for over 36 years. He has been responsible for bringing many new hearing breakthroughs to the hearing impaired, and is responsible for improving the lives of thousands of patients. His practice is one of the largest and most experienced dispensers of the Lyric hearing device.

"I have worn hearing devices for the past five years, but the quality of my hearing has not been satisfactory. As an educator and administrator, it is important for me to not only be able to express myself clearly, but to have clarity in hearing what is being said at meetings and in the classroom. With my previous hearing aids, I was spending most of my time and attention being annoyed with the humming and background noise that often comes with traditional hearing devices. When I received the Lyric hearing devices from Brooklyn Audiology, I can honestly say that the quality of my hearing life changed. Everything is as clear as if I had perfect hearing. Lyric is comfortable to wear and, when needed, adjustments are easy. Wearing these new devices has not only improved my hearing, it has improved my confidence and general feeling of well-being. I wholeheartedly recommend that everyone with hearing difficulty give the Lyric device a try."

Bernadette F., — Brooklyn, New York

"I have had a hearing loss for many years. I put off purchasing hearing aids for a long time because I didn't want to wear traditional hearing aids. My hearing loss began affecting my job. I drive for a living and need to be able to hear 100%. Then I saw a newspaper ad for a completely invisible hearing aid called Lyric. With high hopes, I made an appointment with Brooklyn Audiology for a free hearing evaluation to see if Lyric would be right for me. My 45-day trial went wonderfully. Lyric is the best thing that ever happened to me. It's perfect, better than 100%. I love it, and I highly recommend it. Lyric has improved my life dramatically. It is, by far, the best money I've ever spent."

Gino G., — Brooklyn, New York

Call (718) 269-5003 to schedule your free Lyric consultation at any one of BAA's three convenient locations.

*Individual replacement needs may vary. Lyric is not appropriate for all patients. See your Lyric hearing professional to determine if Lyric is right for you.

Lyric™



The contact lens for your ear.™

Lyric is the world's only 100% invisible, extended-wear hearing device you can wear 24/7 for months at a time.¹



Brooklyn

Audiology Associates, PC

Brooklyn's trusted audiologists for over 35 years

TEST DRIVE ANY OF OUR HEARING AIDS FOR FREE FOR 45 DAYS³

Lyric Special Event! October 12th-14th, 2016

Free test drive on all devices! • FREE DEMONSTRATION PLUS 100% RISK
FREE TRIAL² ON THE HEARING INSTRUMENT THAT'S RIGHT FOR YOU! • 45-DAY LYRIC OR
45 DAYS ON ANY PHONAK HEARING INSTRUMENT • Refreshments will be served

**Call today to schedule your appointment
for the location nearest you!**

718-269-5001

**October 12th
Brooklyn Heights**

142 Joralemon St., Ste. 8B

**October 13th
Bay Ridge**

8502 4th Avenue

**October 14th
Sheepshead Bay**

1400 Avenue Z., Ste. 203

³Valid credit card must be presented and copy held on file during trial period. Free screening limited to adults 18 years of age or older.

DN1601011

¹Individual replacement needs may vary. Duration of device battery life varies by patient and is subject to individual ear conditions. ²Based on results from two surveys totaling 109 patients who had worn Lyric for at least 30 days. ³Professional fees may apply. Annual subscription begins the first day of trial. Lyric is not appropriate for all patients. See a Lyric provider to determine if Lyric is right for you. Lyric, Distributed by Phonak, LLC ©2016. All rights reserved. 988 MS047204

PHONAK
life is on



Naloxone saves lives!

Make a difference. Get trained TODAY!

In case of overdose:

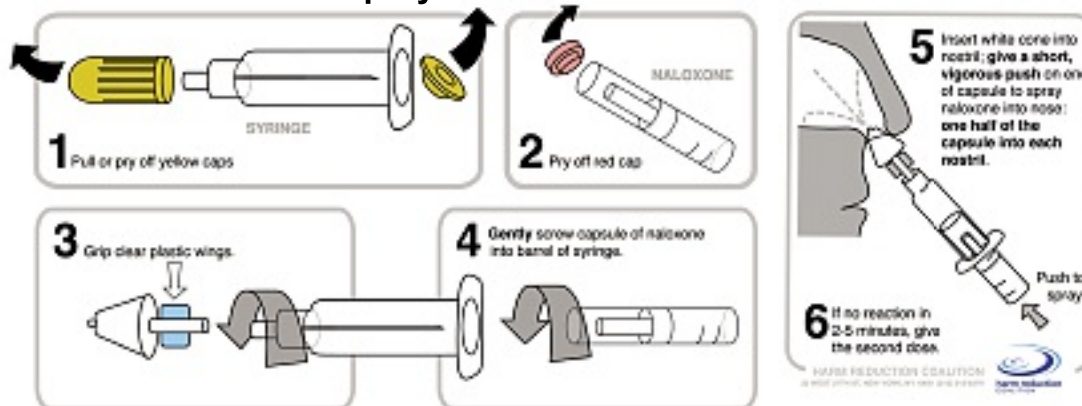
1. Call 911 and give naloxone. If no reaction in 2-5 minutes, give second naloxone dose.
2. Do rescue breathing or chest compressions.
3. After Naloxone. Stay with person until help arrives.

How to identify an opioid overdose:

Look for these common signs:

- The person won't wake up even if you shake them or say their name
- Breathing slows or even stops
- Lips and fingernails turn blue or gray
- Skin gets pale, clammy

How to Give Nasal Spray Naloxone



Ask about how you can take home this life saving kit TODAY.



Opioid Overdose Prevention Program
 Program Director: Conrado Bernardo, RN-BC
(718) 306-5138

Email: cbernardo@northwell.edu

DAILY NEWS EXCLUSIVE

HOME DELIVERY SPECIAL OFFER!

Sign up for 7-Day Home Delivery of the Daily News and receive a

\$50 Macy's Gift Card!

Sign up for a 52-week, 7-day home delivery subscription to the Daily News and receive a \$50 MACY'S GIFT CARD! Enjoy the convenience of home delivery every day - including the big Sunday paper and a MACY'S GIFT CARD for only \$2.50 a week.



Call now to take advantage of this special offer for 7-Day Home Delivery!

SOURCE CODE: 1HSE MACY 0250

Please tell the operator the offer Source Code number.

PLEASE NOTE: Gift Card will be mailed after the offer has been paid in full.

OFFER EXPIRES 11/30/16

1-866-813-9428

SPECIAL HOME DELIVERY OFFER TERMS AND CONDITIONS

You are subscribing to a special offer for home delivery of the Daily News. At the conclusion of the term of this special offer, home delivery service will continue, ultimately at the regular home delivery rate (which is currently \$7.50 (DS), \$1.50 (SO) or \$3.50 (WE) per week but is subject to change). You may cancel your subscription at any time after the conclusion of this special offer by contacting the Daily News at 1-800-692-6397. Please note that if you cancel your subscription before the end of the special offer period, Daily News will deduct the value of the gift, if any, that you received for subscribing to this special offer from any refund that may be due to you. This special offer is valid through participating dealers only to new subscribers who have not received home delivery of the Daily News in the past 90 days. This offer is only valid in the tri-state home delivery area.

MACY'S GIFT CARD TERMS AND CONDITIONS Macy's is not a sponsor or co-sponsor of this program. Macy's gift cards may be used to purchase merchandise and in-store services at any Macy's store or online at www.macys.com only. They may not be redeemed for cash nor applied as payment or credit to your credit card account. When you make a purchase with a Macy's Gift Card, your receipt will show your remaining balance and expiration date. Cards expire 2 years from date of last value added, where applicable. Terms & Conditions apply to all gift cards. See back of card for details. The Macy's name and logo are registered trademarks of Federated Department Stores, Inc.