

Neighborhood Health Advocate

West Hill

News of the Neighborhood Health Advocate Program

Volume 5, Issue 1

A Joint Program of Albany Guardian Society and The Community Foundation for the Capital Region

April 2007

6th Annual Health Law Conference

**“Secrets & Strategies
for Success”**

June 28, 2007

at

Albany Law School

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**Get practical tips on  
Social Security, Return-  
ing to Work, Home  
Health issues and more  
at this Free Law Clinic  
presented by Albany  
Law School’s Health  
Law Clinic serving the  
cancer and HIV/AIDS  
affected communities**

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**Call (518) 445-2328 for
information/registration**

The Three C’s of Financial Literacy

Today seniors face many financial issues. Therefore, it is very important to be able to make smart decisions when it comes to managing money. Ms. Lauren Velazquez from the Center for Excellence in Aging Services educated the NHAP team about **Financial Literacy**. We learned about how seniors can become financially literate and protect themselves from being a victim of financial fraud.

When it comes to making smart, financially literate decisions is to remember the **three Cs**. That is, before making a

financial decision you should: **Consider** your options, **Compare** it to others and **Consult** with someone you trust. Then seniors will manage their money wisely. Then seniors will manage their money wisely.

Seniors are a prime target for financial exploitation. Fraud against seniors is a \$40 billion a year business for criminals. They use tactics like gaining the trust of a person by charming them and pretending to be concerned about the person. They pressure people into giving them money by pretending to be someone in authority or use names or similar

names of well-known organizations. These scams may be disguised as prizes/sweepstakes, “Miracle cure” health remedies and charities. They also may appear to be insurance companies, loans/mortgage offers or e-mails from mysterious senders.

To protect themselves from all of these scams, the best thing that you can do is learn about these tactics and think about the **three C’s**. You could prevent unsolicited calls by signing up for the Do-Not-Call Registry at 1-888-382-1222 or at www.donotcall.gov.

The Veggie Mobile Comes to West Hill

This spring, the Capital District Community Gardens Mission will be bringing a Mobile Food market to West Hill and other local surrounding areas. Names the “Veggie Mobile”, this market will travel around the community and will make fresh fruits and vegetables affordable and available to Albany’s residents.

This brightly painted, environmentally friendly truck will make one-hour stops at each of its locations, playing music while selling fresh fruits and veggies both inside and outside of the truck. Keep a look-out for this van around the end of April on Henry Johnson Blvd. in the police department parking lot and come get some fresh veggies!

**NEWS OF THE NEIGHBORHOOD HEALTH
ADVOCATE PROGRAM**

*A Joint Program of Albany Guardian Society and
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Carnival, Carnival, Carnival!



JOIN US!

We are excited about **Carnival on the Hill 2007** scheduled for **Saturday, August 18, 2007**. The annual carnival takes place on **Judson and Second Street from 12 noon to 5 pm**. It will be a great and free celebration of West Hill neighbor-

hood, full of fun and good information for everyone. The preparations are underway to bring fun activities for people of all ages, good music, food and refreshments, information about health and social services and much more! If you would like to participate in the carnival, please contact us at 465-2703 or e-mail carnivalonthehill@yahoo.com.

All great events need help from their friends. We need more enthusiastic volunteers to make this year's carnival the best event ever! Please join the planning committee, meet other volunteers who make a difference in West Hill neighborhood, and see for yourself what an amazing carnival we are planning!

The planning committee meets every other Thursday evening in the Star of Bethlehem Missionary Baptist Church at 513 Clinton Ave. in West Hill. We hope to hear from you!!!

Spring into Warm Weather

Finally we can enjoy the warmer weather, the flowers and the green grass. It is also important to be aware of some health concerns to stay healthy during spring.

While bees are great for flowers and plants, their stings are not good for humans. If you know you are allergic to bee stings or develop signs including swelling face, difficulty breathing, weakness or cold, clammy skin, call 911. If you have an epinephrine kit, get it out and follow directions.

If you are not allergic, make sure that you remove the stinger. Pull it out with tweezers or scrape it off the

skin using a straight-edged object like a license or credit card. Apply ice to decrease pain and swelling.

Mosquitos can cause much discomfort and may carry West Nile Virus. People who are over 50 are especially at risk for the most serious complications. The best plan of attack is prevention. Avoid being outside from dusk until dawn, the prime mosquito hours. Wear long sleeves and pants. Spray insect repellent on clothing and not on skin. Remove any standing water in gutters, old tires, birdbaths, etc. and change pet water bowls frequently. Make sure your screens are well-fitting.

Spring, unfortunately, also means allergy season. If you have a runny, itchy nose, watery itchy eyes, sneezing and itchy skin, you may have an allergy. Mold, pollen, dust and pet dander are major causes of allergies. Cover mattresses and pillow with allergy-proof covers. Avoid feather and down. Keep the windows closed. Dehumidifiers and HEPA air cleaners are useful. Avoid cigarette smoke and heavy perfumes. Ask your doctor about antihistamines.

All of us at the NHAP wish you a healthy and enjoyable spring season!