

SKANEATELES JOURNAL

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SPORTS

RUGBY TEAM SEEKS PLAYERS

Residents recently formed the Skaneateles Old Boys Rugby Football Club and are looking for members.

Traditionally, an old boys team consists of players 40 and older, but men of any age are welcome.

The team plans to travel to Saranac Lake during the Cam-Am Rugby Tournament from July 30 to Aug. 1.

New players can still register for this trip.

To join, contact club officers Joe Rodgers at joe.rodgers@hotmail.com, Al Pola at pola5@roadrunner.com, or Per Beck Anderson at per@twcny.rr.com.

CREAMERY HOSTS BARN PROGRAM

Rich Hoven, of Fayette,

HEALTH

Elderly learn about health care

John Turner
Skaneateles Journal

SKANEATELES — May 2009 is Older Americans Month, as proclaimed by the federal government's Administration on Aging.

Each year the AOA chooses a different theme for the month-long celebration of the nation's seniors. 2009's theme is "Living Today For a Better Tomorrow."

It was with that motto in mind that the Athenaeum of Skaneateles presented a health fair last Tuesday at the East Genesee Street home. The free affair included health screenings, a cooking demonstration and talks by local medical professionals.

"We have a full house now, so we've scheduled some things that our residents will hopefully find interesting," said Athenaeum executive director Cheryl Silvestrini from the facility.

ON THE WEB

To learn more about the Athenaeum of Skaneateles visit the facility's Web site www.the-athenaeum-of-skaneateles.com

Though the fair was not attended by many community members, she explained, the home's residents reaped numerous benefits from the program.

On the first floor of the home, local health organizations and medical companies including EarQ and the American Diabetes Association had booths at which they performed hearing and blood pressure tests.

In the dining room, local resident Lisa Jo Greenfield set up a Essential Health Solutions table. She shared information about MaxGXL, a nutritional supplement designed specifically to



Audrey Long, right, a Skaneateles-based chiropractor, speaks to residents of the Athenaeum during the home's health fair May 19.
Sam Tenney / Skaneateles Journal

improve health for older people.

Greenfield explained to the audience that a doctor named Robert Keller created it 15 years ago.

The supplement helps increase the body's levels of glutathione, a powerful antioxidant, thereby detox-

ifying the body and strengthening the immune system.

"I know he's had great success with a lot of patients, so that's why I'm here today," she added.

That morning, Athenaeum chef Mark Granger presented a cooking demonstration by preparing gazpacho, a fat-

free cold Spanish soup.

After lunch, the residents gathered upstairs to hear a talk by Dr. Audrey Long, a local chiropractor and owner of Light Force Chiropractic Care.

Long's presentation centered on working with the body's energy centers and how to keep them healthy.

"We all carry resistance as we go through our lives, and as we near our crossing over, it's important that we work with releasing the things that have caused us pain and suffering," she told the handful of residents.

Long then circulated the room to perform "energy readings" on various residents by gently placing her hands on their heads, necks and backs.

"Regardless of what stage of life we're in, it's good to be able to let go of the things in our bodies that aren't working for us," she said.