

Annual Republican Lincoln Day breakfast Hears from state and county candidates

Annual Jack Masters Award is presented to former chairman John P. Kameen

A record crowd attended the annual Lincoln Day breakfast of the Susquehanna County Republican Committee Saturday, Feb. 25 at Harford Fire Hall. County Chairperson Donna Cosmello was in charge of the program.

The party faithful heard words of thanks for their great turnout last Fall in electing President Donald Trump, Senator Pat Toomey and Congressman Tom Marino. They also heard speeches from the candidates for Susquehanna County Prothonotary/Clerk of Courts, Sheriff, two District Magistrates, as well as a listing of the qualifications for the seven state candidates for judgeships in the May Primary.

The final event in the program was the selection of the recipient of the annual Jack Masters Award for lifetime contributions to the County Republican party. This year's honoree was John P. Kameen, former county chairman and former Publisher of The Forest City News.

CHAIRMAN COSMELLO

Chairperson Cosmello extended her sincere thanks to the entire body of voters in Susquehanna County who had the highest turnout in years, over 72%, and the largest margins for Republicans in many years, in last year's November election. She also noted that last year's election cycle resulted in the largest number of new Republicans ever registering. She thanked her fellow committee members for making it possible.

She noted that she and State Committeeman David Darrow played a major role in the recent election of a new Pennsylvania State Chairman for the Republican Party. The winning candidate, Val DiGiorgio, won by two votes

when Cosmello and Darrow switched their votes to him.

SHERIFF RUNNING

Incumbent Sheriff Lance Benedict said he wants to continue his 16 years as sheriff, and that it has been an honor to serve the County. He noted that the last four years has been particularly challenging with the problems which exist in the county, and also due to the many changes in office space due to the remodeling of the Courthouse.

He also thanked the Commissioners for providing his office with all the equipment they need to perform their duties efficiently and safely. He read a poem which illustrated the heartbreak of drug and alcohol addiction which afflicts a growing number of county people.

STATE JUDGESHIPS

Former State Revenue Secretary Dan Meuser spoke on behalf of the seven Republican judgeship candidates on the ballot in the May Primary. They are: Supreme Court: Justice Sallie Updyke Mundy; Superior Court: Judge Emil Giordano, Judge Wade Kagarise, Judge Paula Patrick, Craig Stedman; Commonwealth Court: Judge Christine Fizzano Cannon, Paul Lalley.

Since there are seven judgeships open, and only seven Republicans running in the Primary, the seven Republicans will be running as a team, all campaigning under one committee.

MEUSER CANDIDATE?

Meuser also made some news by hinting that he plans to run for Lieut. Governor of Pennsylvania next year. He said that announcement could come later.

DISTRICT MAGISTRATES

Only two of the three County District Magistrates are running for re-election

to new six year terms. Atty. Jody Hollister is completing her 1st term from the North District. The Susquehanna area candidate said she has done a good job over her 1st term and is proud to have helped make a difference in Susquehanna County.

Dist Justice Jeff Hollister, of the Montrose area court, will be seeking his 3rd term and is the Susq. County Senior District Justice. The former police officer said he loves his job and has always been a person who gives back to the community.

The Southern Magisterial District of Susq. County, headquartered in Clifford, is not up for re-election this year. Suzanne Brainard is the present District Justice there.

PROTHONOTARY CANDIDATES

It will be a hotly contested race to replace the now-retired Sue Eddleston as Prothonotary and Clerk of Courts. Both candidates have extensive experience in the office. Chris Jones is the present acting Prothonotary/Clerk of Courts. She was a deputy in the office and was named to head it when Eddleston retired last year. Jan Krupinski has 17 years in county government including working in both the Prothonotary and Clerk of Courts offices.

Jones stated she began in the office in 2006. She said there are presently six deputies in the office, all of them are cross-trained to cover all areas of both offices. She said the office is running very efficiently under her management since last August.

Krupinski stressed that her past experience in the offices will allow her to step into either office. She said that she worked there until moving over to the Coroner's office



Speakers and participants in the Susquehanna County Republican Committee Lincoln Day Breakfast program Feb. 25 at Harford Fire Hall were, from left, Sen. Toomey Rep. Frank Mazza, Commissioner Betsy Arnold, Dist. Magistrate Jeff Hollister, State Rep. Jonathan Fritz, Sheriff Lance Benedict, County Treasurer Jason Miller, Dist. Magistrate Jody Corder, Coroner Tony Conarton, Commissioner Alan Hall, Acting Prothonotary Chris Jones, Dist. Atty. Robert Klein, Prothonotary candidate Jan Krupinski, Principal Speaker Dan Meuser, State Rep. Tina Pickett, Sen. Lisa Baker, John P. Kameen (Master's Award winner).

in 2013 where she handled the administrative work for Coroner Tony Conarton.

MASTERS AWARD

The final part of the program was the annual presentation of the Jack Masters Award which is presented for lifetime achievement in the Susquehanna County Republican Party. Chairman Cosmello called Sen. Lisa Baker, and State Reps. Tina Pickett and Jon Fritze, to the podium along with all County office holders to present the award.

This year's award went to John P. Kameen, Forest City, who served as County Chairman, vice-chairman, head of the C Club and County Committeeman over the course of many years. Mr. Kameen thanked the Republican Committee and the County's Republicans for their support over the past 40 years. He said he was proud and honored to have served them over this period.

DOOR PRIZES

The event ended with the awarding of several dozen



John P. Kameen, former Susq. County Republican chairman, vice-chairman, C Club pres., and present committeeman, was presented with the Jack Masters Award for lifetime contributions to the Susq. County Republican party at the annual Lincoln Day Breakfast Feb. 25 at Harford Fire Hall. Shown from left, State Rep. Jonathan Fritz, County Chairperson Donna Cosmello, Senator Lisa Baker, Mr. Kameen, former State Revenue Secretary Dan Meuser and State Rep. Tina Pickett.

door prizes donated by candidates, officeholders and dedicated Republicans.

The delicious breakfast was prepared by the Harford Fire Company volunteers.

Ticket chairperson for the

event was County Republican Committee secretary Nancy Narma.

March is National Nutrition Month.....cont'd from page 8

5 Things Your Teeth -May Be Saying About Your Health

Lack of regular dental care in older adults can mean important clues get missed

By Shelley Lyford, February 20, 2017

The impact of poor oral health on general health and quality of life is enormous, especially for vulnerable older adults. Millions live with untreated cavities, tooth decay, gum disease, oral pain and tooth loss due to limited, or no, access to basic dental care.

Recent studies have shown oral health issues may be associated with serious medical conditions including heart disease, stroke, diabetes, cognitive decline and pneumonia. Aside from the physical toll, poor oral health reduces self-esteem and increases social isolation.

Lack of Access to Dental Care

Many older adults, however, are often on their own when caring for the teeth. Most don't have dental insurance (Medicare, the largest health provider for those over 65, does not cover routine dental care) and high out-of-pocket costs keep them out of the dentist's chair.

A new analysis of 2012 Medicare data by Johns Hopkins Bloomberg School of Public Health found that only 12 percent of people 65 and older have some form of dental insurance and fewer than half visited a dentist

in the previous year. Dental visits are even less frequent among low-income and minority older adults.

That makes them particularly hard hit by oral health issues, said Dr. Karen Becerra, dental director of the Gary and Mary West Senior Dental Center in San Diego. The center is one of the few geriatric dental clinics in the country focused on providing care for low-income elders — some of whom haven't been to a dentist in more than 20 years.

Untreated oral disease can cause pain and make it difficult to chew, swallow and eat, which in turn, can have a major impact on nutrition.

"If you don't have a healthy mouth, chances are, you don't have a healthy body. It's so important to pay attention to what your teeth may be telling you," Becerra said. "It's especially important as we get older, since seniors actually experience tooth decay at higher rates than children and tend to have chronic conditions that can be related to their oral health."

5 Signs of Trouble

Becerra offered these five signs older adults may experience that should not be ignored:

1. Dry mouth is not a normal part of aging. It is, however, a side effect of

more than 400 medications, including those for high blood pressure, high cholesterol, pain, anxiety and depression, Parkinson's and Alzheimer's disease.

If you are always feeling parched, consult with your doctor to see if it's connected to one of your medicines. If so, your doctor may be able to change the dose or provide an alternative. Over-the-counter sprays, rinses or mouthwash and drinking more water can also help stimulate saliva flow and restore moisture in your mouth.

Your dentist can apply a fluoride varnish to protect the teeth from new cavities, since the mouth acidity may have changed. This will help reduce the risk for cavities, gum disease and infection.

2. Pain in the mouth. Untreated oral disease can cause pain and make it difficult to chew, swallow and eat, which in turn, can have a major impact on nutrition. People start to avoid certain foods, like healthy fruits, vegetables, and chicken and fish and replace them with softer foods like pastas and rice, or reduce consumption altogether.

Also, a poor diet can contribute to painful cavities and gum disease, so it works both ways. If you're a caregiver, and you notice

that a loved one is having trouble eating, it may not be their appetite, it may be their teeth. Encourage them to seek treatment and find out their options for fixing their teeth and eating right.

3. Covering your mouth or avoiding social interaction. Missing teeth or oral pain can lead to social isolation and embarrassment. Research shows older adults who describe themselves as lonely have a 59 percent greater risk of functional decline and a 45 percent greater risk of death.

If you or a loved one are shying away from social interactions because of your teeth, talk to a dental professional about your options. Having a conversation, smiling, laughing and showing emotion are a lot easier when your mouth is healthy. If you have oral health problems, you are not alone and you can get help.

4. Loose teeth or bleeding gums. Unhealthy teeth and gums have been associated with several chronic conditions including diabetes, heart disease, stroke and cognitive decline or dementia. In fact, the state of your teeth may be a sign you have one of these conditions or could make them worse.

For example, gum disease, bleeding gums and loose teeth could be signs of

diabetes. At the same time, research suggests that treating gum disease can help improve blood sugar control in people with diabetes and may slow the progression of the disease.

5. Open sores or areas of irritation in the mouth that last more than two weeks. The American Cancer Society estimates that about 48,330 Americans will be diagnosed with oral and throat cancers this year. The average age of those diagnosed will be 62.

Symptoms include a sore or irritation in the mouth or throat that persists, red or white patches or a pain, tenderness or numbness in the mouth or lips. During check-ups, dentists look for any abnormalities or suspicious changes that could indicate disease.

Oral health cannot be separated from general health. Maintain a good oral health regimen every day to stay healthy and seek out professional dental care. For resources in your area, visit the Area Agencies on Aging (AAA) locator. For more information about oral health for older adults, visit the Oral Healthcare and Care Coordination area of the WestHealth site.



National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

"Put Your Best Fork Forward" is the theme for NNM2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future. As nutrition experts, Academy members can help guide the public on gradually shifting toward healthier eating styles by promoting NNM activities and messages during March.

Be sure to visit the Academy's National Nutrition Month® website during the upcoming months for new and updated resources to help make the NNM 2017 celebration an infinite success!

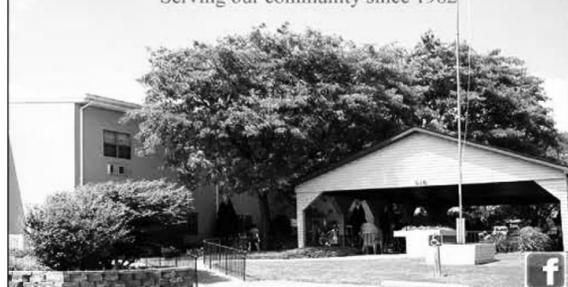


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