



ORANGE COUNTY OFFICE FOR THE AGING Seniors Matter Newsletter

Spring 2026 Edition



Richard and Georgina Robillard - Outstanding Contributions by Seniors

Richard and Georgina Robillard have been married for 49 years, living in Chester, NY for the last 40 years.

Rich worked at Equitrac; Ashley Furniture; and currently works at Flynn Funeral Home. He has been volunteering for 30 years. Georgina taught at several schools in Brooklyn and then retired from Valley Central High School. Georgina has been volunteering for 15 years.

As members of the Chester Kiwanis Club the couple helps collect, store and distribute toys for the annual toy drive for local children. Richard has volunteered as race director of the club's annual 5K for over 10 years. The couple assists with the club's fish & chips dinner, selling roses and memorial flags.

As Chester Historical Society volunteers, Richard & Georgina coordinate the annual yard sale, a fundraiser for upkeep of the 1915 Erie Railroad Museum. They greet museum visitors and share the history of the Erie Train Depot. Georgina co-chairs the Society's Penny Social and assists with the annual tree lighting.

Richard serves as an instructor for new AARP Tax-Aide volunteers and is the local coordinator at Chester's tax site. Richard delivered meals for 10 years as an OFA HDM volunteer and now serves at the Chester Congregate Dining site. He has also volunteered at Bethel Woods for 11 years.

Colonel (Ret.) Holshek and The Robillards will be honored by NYS Office for the Aging at a luncheon to be held on May 26th in Albany & attended by awardees from other counties in New York State. The awardees will be honored by the Orange County Legislature in June and will be honored guests at the Orange County Senior Council fall luncheon in October.

Do you know a SuperAger? Are you a SuperAger? What is a SuperAger?

A SuperAger is someone 80 or older who exhibits cognitive function that is comparable to an average person who is middle-aged; lives an active lifestyle; continues to challenge themselves; and are social butterflies. I think most of us know someone who still has a sparkle in their eyes, can still respond with a quick-witted response; and still have a spring in their step, despite being 80 or older. This is the fifth year that Cliff Davis and Office for the Aging will be honoring SuperAgers in August, at the Munger Cottage Senior Center in Cornwall. If you would like to nominate someone please contact Cliff Davis, columnist for Seniors Matter of Orange at cliffdavis007@gmail.com or 845-562-4131 or Melanie Tanner, Orange County Office for the Aging at mtanner@orangecountygov.com or 845-615-3736.

Zinc: An Essential Mineral

By: Sue Nichols, MS/RDN/CDCES/CDN



Zinc is an essential mineral that is involved in a variety of important processes in the body. Here are some important reasons to be sure we get enough zinc daily:

THOSE AT RISK OF ZINC DEFICIENCY INCLUDE:

- Seniors: 31%-50% of women and 49%-66% of men are deficient in zinc (The higher range accounts for elderly living in institutional care).
- People with gastrointestinal diseases like Crohn's or celiac disease.
- People taking acid reflux/GERD medications have a 50-60% decrease in zinc absorption. Longer use and higher doses lower zinc levels.
- Vegetarians, vegans and people who eat less animal sources of protein.
- People with significant weight loss due to cancer, those taking GLP-1 medications, and those having bariatric surgery.
- People with chronic kidney disease and people who drink excessive alcohol.

ZINC IS REQUIRED FOR AND PLAYS AN IMPORTANT ROLE IN MANY IMPORTANT PROCESSES IN THE BODY, INCLUDING:

- **CELL CYCLE:** Cells cannot repair themselves without adequate zinc. Some forms of hair loss may be related to low blood levels of zinc in the body.