



KIDNEY HEALTH

About half of all adults in the US have one or more chronic health condition and more than 20 million people in the US may have chronic kidney disease, a condition where your kidneys are damaged and cannot filter blood as well as healthy kidneys. Come learn about kidney diseases and some of the conditions that often accompany kidney disease from a nephrologist, Dr. Coritsidis.

ADMISSION IS FREE

Participants should consult with their physicians before undertaking any exercise, nutrition or health-improvement program.

Friday, January 5
2:30 pm
 WOODSIDE
 54-22 Skillman Avenue
 718-429-4700
 7 to 52nd Street
 Q18, Q32, Q60



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9851-11/17

MEDICAL SIMULATION AND CPR

Dr. Suzanne Bentley, ER physician and Director of the Medical Simulation Center at NYC Health + Hospitals/Elmhurst, along with Lorraine Boehm, RN, Nurse Educator, will discuss how life-like mannequins are used to train doctors and nurses to treat cardiac arrest, stroke, obstructed airways, and other emergency medical conditions. Participants will also have the opportunity to interact with the mannequins used for training and see how to perform chest compressions, a basic component of CPR.

ADMISSION IS FREE.

Participants should consult with their physicians before undertaking any exercise, nutrition or health-improvement program.

Thursday, January 11
2:30 pm
 MASPETH
 69-70 Grand Avenue
 718-639-5228
 Q18 Q58 Q59 Q67



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9855-11/17

POLICE Blotter



A robber got away with a load of prescription drugs and \$3,600 in cash from this Jamaica pharmacy. Google Earth

Aly-Marc Pharmacy robbed of \$3,600 cash

JAMIACA — A thief robbed a Jamaica pharmacy and held the pharmacist at gunpoint to steal bottles of pills and cash, according to the NYPD.

The pharmacist was forced to place at least eight pint bottles of Promethazine, 600 pills of Oxycodone and \$3,600 in cash from the register in an Adidas bag for the robber, police said. The holdup occurred at the Aly-Marc Pharmacy at 179-41 Hillside Ave., which is next to the subway station, said police.

The suspect then fled eastbound to the F train and police were able to capture an image of the man from a surveillance video.

They described the suspect as a light-skinned male, between 27 and 28 years old, who is about 5-foot-6 inches. Police believe the suspect is approximately 130 pounds.

He was last seen wearing a blue jeans jacket, a gray baseball hat, a black wig and was holding the Adidas bag.

Man assaulted with wooden sticks in Flushing

Police were looking for two men suspected of assault in Flushing.

According to police, on Dec. 21, at 6 a.m. near 147th Street and Elm Avenue two men knocked on the front door of a home. Police said a 41-year-old man answered the door and was physically assaulted by the two men who hit the victim on his head and body with

wooden sticks. The two men fled the location in an unknown direction. Police said the victim was taken to New York Presbyterian Hospital in serious but stable condition with multiple cuts and bruises.

Police described the suspects as Asian males, last seen wearing a dark jacket and jeans.

Gunman steals \$300, cell phone from 10-10

A gunman stole \$300 from the 10-10 Deli & Grill in Jamaica and injured the store's employee as he stole the victim's cell phone Tuesday, the NYPD said.

The suspect went inside the deli located at 110-01 Guy R. Brewer Blvd. around 12:45 a.m. and allegedly displayed a gold-colored firearm and struck the 27-year-old employee while forcibly removing the victim's cell

phone and money from the register, police said. The authorities said the suspect fled to an unknown direction and the employee's injuries were minor.

The employee refused medical attention.

The NYPD described the suspect as a black male in his early 20s wearing all black, based on surveillance photos and videos.

Queens homeowners get water bill rebate

BY GINA MARTINEZ

Following an Appeals Court decision, 277,495 Queens homeowners of one-to three-family houses will get a \$183 rebate on their water bills, but not everyone is seeing it as a victory.

In 2016 Mayor Bill de Blasio proposed the \$183 credit as part of the city Water Board's fiscal year 2017 budget, saying it would help ease the burden on middle-class and elderly homeowners. The Rent Stabilization Association argued more seniors and middle-class New Yorkers live in rentals, and people who would benefit the most from this would be upper middle class residents living in brownstones.

The Appeals Court upheld the Water Board's authority to issue the credit to the mayor's chosen demographic.

Joseph Strasburg, president of the Rent Stabilization Association, said the mayor has once again acted against the interest of the city's 25,000 landlords, who he said struggle daily to make repairs and maintain quality, affordable housing for New Yorkers.

"De Blasio forgot to thank these small landlords—because his water rebate for one- to three-family homeowners is on their backs," he said.

The mayor disagreed and applauded the New York Court of Appeals' de-



Queens homeowners are getting \$183 rebates on their water bills.

cision as a victory for the middle class and another critical step towards building a more fair and equitable city.

"The court's decision clears the way for the Water Board to provide welcome financial relief for more than

664,000 New York homeowners," he said. "They can now receive a credit on an upcoming water bill, keeping money in the pockets of hardworking New York families."

The \$183 credit is set to save single-family homeowners 17 percent annually on water and sewer bills. The \$183 credit will be applied to all 664,000 one-to three-family homes across the city.

City Councilman Rory Lancman (D-Hillcrest) has long been an outspoken critic of unnecessary water rate increases.

"If the mayor and the Water Board have enough extra cash floating around to give homeowners such as myself a \$183 credit, without raising rates on renters and other property owners and without the mayor reneging on his promise to no longer charge ratepayers 'rent' for using our water and sewer infrastructure, then by all means play Santa and go for it," he said. "But if my credit means raising renters' and other property owners' rates, or going back to fiscal gimmicks like 'renting' our infrastructure to ourselves, then forget it, Mr. Grinch."

Reach Gina Martinez by e-mail at gmartinez@cnglocal.com or by phone at (718) 260-4566.

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Frequently Asked Questions about the Hip and Knee Joint Pain Alleviation

Options for Patients:

Dr. Rohit Hasija is an Orthopedic Surgeon and the Director of the Hip and Knee Center at NYC Health + Hospitals/Elmhurst. Here he answers common questions he receives from patients considering having hip and knee replacement procedures:

What causes joint pain? In the hip and knee there are layers of smooth cartilage on each surface that serve as a cushion between the bones. When the cartilage wears away this is called arthritis. Bone rubbing on bone causes pain and stiffness.

What is involved with hip and knee replacement procedures and how do they help relieve joint pain? The hip is essentially a ball and socket joint, linking the "ball" at the head of the thigh bone (femur) with the cup-shaped "socket" in the pelvic bone. During a **total hip replacement**, a ceramic or metal ball on a stem is inserted into the thigh bone, and a metal or plastic cup is surgically implanted into the pelvis. This creates a new, smooth joint that eliminates pain and improves function. A **knee replacement** is really a cartilage replacement. The knee itself is not replaced; the cartilage that has worn away is replaced by metal and plastic to create a new, smooth cushion and joint that eliminates pain, improves function, and restores alignment. Both of these procedures take about two hours.

How successful is joint replacement? Both hip and knee joint replacements are recognized as miracles of modern surgery allowing hundreds of thousands of people with arthritis to live their healthiest life.

Is this surgery right for you? When pain in the hip or knee severely limits the ability to walk, work or perform everyday activities, a joint replacement may be an excellent option. This decision will be based on your history, an examination by an orthopedist, X-rays, and your response to conservative treatment, like exercise and medication. Ultimately, the decision will be yours.

How much pain relief or increased mobility should I expect? You should experience significant reduction in pain and improved mobility after joint replacement. Many factors, including your overall physical condition, weight, activity level, personal anatomy and willingness to comply with the instructions prior to and after surgery will play an important role in your recovery.

For more information on the Hip and Knee Center at NYC Health + Hospitals/Elmhurst, please call 718-396-4324.