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## VERMONT

**Stop scammers** The AARP Fraud Watch Network is working to raise awareness among Vermonters 50-plus so they don't become victims of fraud.

It has a series of presentations available for community gatherings and does educational outreach at events, fairs and other public activities by answering questions at an information table and distributing literature.

AARP Vermont needs more fraud-fighter volunteers to do this important outreach.

Training is provided. To learn more, email Elliott Greenblott at [egreenblott@aarp.org](mailto:egreenblott@aarp.org).

**Cast your ballot** AARP Vermont reminds residents that the state's primary election is on Tuesday, Aug. 9. To vote absentee in the primary, you can request an absentee ballot online, by mail or in person. Here's how:

► Online/by mail: Use the Vermont State My Voter Page at [mvp.vermont.gov](https://mvp.vermont.gov)

to request your ballot. Send your completed application to your town or city clerk by 5 p.m. on Monday, Aug. 8. Or call your town or city clerk's office and ask that an application be mailed to you.

► In person: Go to your town or city clerk's office between Monday, June 27, and Monday, Aug. 8. You may request a ballot and vote that day. Check voting details at [mvp.vermont.gov](https://mvp.vermont.gov).

## NEW HAMPSHIRE

**Calling all cooks** Healthy eating is always in season. To help inspire skilled cooks and kitchen novices alike, AARP New Hampshire has teamed up with chef Liz Barbour of the Creative Feast for an ongoing monthly Zoom series of healthy-cooking demonstrations and new recipes.

A full schedule of videos is available at [aarp.org/nh](https://aarp.org/nh), or click on Events at [facebook.com/aarpnh](https://facebook.com/aarpnh).

## NEW YORK

**Welcome wellness** Join AARP New York and Rochester Lifestyle Medicine Institute practitioners on Zoom to find out how evidence-based strategies and lifestyle changes can improve health, increase energy and reduce chronic disease.

These one-hour interactive webinars, on the second Wednesday of each month, will cover a variety of health topics. Medical staff will answer questions from the audience.

On Wednesday, July 13, at 1 p.m., tune in for a conversation on how good sleep habits support a healthy immune system. Future events will cover concerns such as living with purpose and reducing stress.

To sign up, visit the Events page at [aarp.org/ny](https://aarp.org/ny).

★ **Election assistance:** New York voters will go to the polls this summer to vote in primaries for congressional and other races.

Although the timing of the primaries was thrown into doubt by an April court ruling on redistricting, you can find updates—as well as information on how to register and vote—at [aarp.org/nyvotes](https://aarp.org/nyvotes) and [elections.ny.gov](https://elections.ny.gov).

## RHODE ISLAND

**Get your groove on** AARP Rhode Island wants everyone to experience the joy and health benefits of dancing. That's why it is offering Everybody Dance! Discover the Power of Movement, a free virtual event at 1 p.m. on the second Wednesday of each month through December.

Members can participate from standing or seated positions; caregivers and those they tend to are also welcome. The class, led by a professional dance instructor, is designed to increase coordination and flexibility, release body tension, improve balance and gait, strengthen the core and enhance awareness of the body through movement.

Sessions will not be recorded.

Register online at [aarp.org/RIEvents](https://aarp.org/RIEvents). Once registered, you will receive Zoom information by email.

## MAINE

**Get social** Looking to meet others virtually? AARP Maine continues to host fun online get-togethers with its staff and volunteers. Events include monthly coffee klatches and happy hours, yoga and meditation sessions. As more social events are occurring in person, AARP Maine wants to provide accessible, enjoyable offerings for those who prefer to socialize from home.

To see the full schedule of events, visit [aarp.org/me](https://aarp.org/me) or [facebook.com/AARPMaine](https://facebook.com/AARPMaine).

If you have questions, you can call the office at 866-554-5380.

—Michelle Cerulli McAdams

## AARP IN YOUR COMMUNITY: LONG ISLAND

### Walk With a Doc, and Learn About Lifestyle



**G**ot health questions? Have a talk, or take a stroll, with a doc. AARP on Long Island is sponsoring a series of free virtual presentations and in-person walking events, hosted by the Long Island Health Collaborative, an initiative of the Nassau-Suffolk Hospital Council.

"The goal is to empower people with good information and tips so they can make lifestyle changes and improve their health," says Janine Logan, vice president of communications and population health at the Council, which represents local

nonprofit and public hospitals.

Half-hour Zoom presentations at 11 a.m. on June 29 and July 13 (Wednesdays) will cover topics such as arthritis and osteoporosis, and asthma and bronchitis.

They will be recorded for later viewing on the Long Island Health Collaborative's YouTube channel.

The AARP series culminates with Walk Safe With a Doc events at Belmont Lake State Park (Saturday, Aug. 6, at 11 a.m.) and at Jones Beach State Park (Saturday, Aug. 13, at 11 a.m.). Local physicians will stroll with participants while discussing their specialties and the many benefits of walking.

For more information and to register for these events, visit [aarp.org/longisland](https://aarp.org/longisland) or [aarp.org/nearyou](https://aarp.org/nearyou). —RONALD E. ROEL