



The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231

****CHANGE THE DATE****



**Saratoga County Office for the Aging
Annual Senior Picnic
Will be held on:
Thursday, September 4th
Saratoga County Fair Grounds**



**Chicken BBQ and refreshments
Rain or Shine**

**Please join us for an afternoon of good food, music and dancing
Entertainment provided by Mark Hersh
Lunch will be served at 12 noon**



**Tickets are available at The Saratoga County Office for the Aging
Call 884-4100 for details
Tickets are \$4.00 each and are non refundable**

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for September 2014.

Stonequist Apartments	10:00 am - 11:00 am	September 03
Saratoga Springs Senior Center	10:00 am - 12:00 pm	September 08
Moreau Community Center	10:00 am - 11:45 pm	September 16
Raymond Watkin Apartments	1:00 pm - 3:00 pm	September 18
Mechanicville Senior Center	10:00 am - 12:00 pm	September 24
Greenfield Community Center	11:45 am - 12:45 pm	September 25

Need Help Paying for Medicare?

Medicare Savings Programs, also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles.

Representatives from OFA will be available at the Health Screenings listed above to assist you or you may call 884-4100 to see if you qualify.

Medicare's Monthly Tip: Did you know the "Medicare & You" handbook is available as an e-Book? Visit Medicare.gov/publications to download a free copy to your e-Reader.

Living Healthy 6-week Workshop

Feel BETTER, be in CONTROL, do the things YOU want to do.

Discover fresh practical ways to live better & healthier.



FREE to Attend
REGISTER NOW!
REGISTRATION IS REQUIRED TO ATTEND
CALL 884-4110



THURSDAYS
9:30 am to 12 pm
October 9, 16, 23, 30, November 6, 13

Clifton Park— Halfmoon Public Library
475 Moe Road
Clifton Park, NY 12065

Participants will receive a FREE Living Healthy Book and Relaxation CD valued at over \$25!

Farmer Market

It's that time of the year again! Go to your local Farmer's Market to get high-quality local food and agricultural products direct from the farmers and producers.



Visit <http://www.saratogafarmersmarket.org/> for more information

The farmer market coupons eligibility guidelines are as follows:

You must be a Resident of Saratoga County

60 years of age or older

Income at or below: \$1,800 per month, household of one \$2,426 per month,
household of two

One booklet per family/proxies can not pick up and sign for coupons

Each booklet value is \$20.00 and can be used at participating farmer markets.

Coupons may be picked up at the Office for the Aging 152 West High Street

Ballston Spa 9am to 5pm Monday through Friday 884-4100

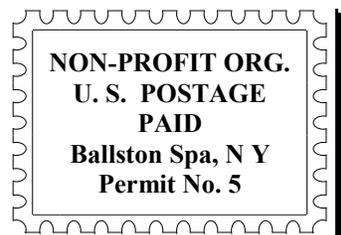
Farmer's Market Coupons will also be available at the lunch events listed below for those that qualify.

Lunch Reservation is required.

Aug. 4th	11:30AM-12:30PM	Malta Community Center	899-4411 Ext. 315
Aug. 5th	12:00PM-1:00PM	Edinburg Community Center	863-2793
Aug. 7th	12:30PM-1:15PM	Galway Town Hall	882-6070 Ext. 13
Aug. 13th	12:00PM-1:00PM	Town of Ballston Town Hall	885-8502 Ext. 28
Aug. 14th	12:00PM-1:00PM	Greenfield Community Center	893-7644 Ext. 312

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, N. Y. 12020

Return Service Requested



*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,
New York State Office for the Aging, the County of Saratoga and local Municipalities*

From Our Dietitian:

Enjoy Melons This Summer

High in nutrients and antioxidants, melons should be at the top of your shopping list. Although available year round, they reach their sweet, nutrient-packed peak of perfection right around now. Melons are also the least understood of all summer fruits. Did you know that melons are in the same family as cucumbers, pumpkins and squash? They are all members of the gourd family, except most melons are fruits not vegetables and are luscious, sweet, and juicy, each with its own individual personality and appeal. Melons along with other fruits and vegetables have a high water content so they can help us in meeting our fluid needs for adequate hydration. Two of the most popular melons are cantaloupe and watermelon.

Cantaloupe:

A one cup serving of cantaloupe provides only 54 calories yet more than 100% Daily Value (DV) of Vitamin A and 98% DV of antioxidant Vitamin C. These two nutrients are good for healthy vision. Eye protecting carotenoids are also present in the cantaloupes orange flesh. These include lutein, zeaxanthin and beta-carotene which converts to vitamin A. These carotenoids help with visual acuity and have been linked with a reduced risk for cataracts and age related macular degeneration. Additional studies have linked eating certain whole fruits such as cantaloupe to a reduced risk for type 2 diabetes and breast cancer.

Select cantaloupes with a smooth and round stem area and a sweet musky scent. The stem end will give slightly to gentle pressure when ripe. Before cutting, wash and lightly scrub under running water.

Watermelon:

Rich in electrolytes and water content watermelons are nature's gift to beat the summer heat. These melons are very low in calories (just 45 calories per cup) yet a very rich source of numerous health promoting phyto-nutrients and antioxidants that are essential for good health. As with cantaloupe, watermelon is also a good source of Vitamin A and Vitamin C. In addition watermelon is an excellent source of the carotenoid pigment lycopene. Lycopene is known for its role in the prevention and treatment of many diseases including heart disease, osteoporosis, certain types of cancers and skin damage. Studies have shown that lycopene offers certain protection to the skin from harmful UV rays. Finally, watermelon is a good source of potassium which is an important component of cell and body fluids that helps control heart rate and blood pressure.

Look for watermelons that are heavy for their size featuring rind that is relatively smooth, neither overly shiny nor overly dull, without any cuts or bruises on their surface, which might have occurred during transportation. Also, watermelons have a spot on them where they were on the ground while they were growing. For a ripe melon this spot should be yellow, a white spot indicates that the melon is not ripe.