



The Senior Sentinel

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

HOLIDAY DINNER

In honor of the holiday season we will have our Christmas Special on
Friday, December 20 featuring:

Stuffed Chicken Breast
Sour Cream and Chive Mashed Potatoes
Glazed Carrots
Dinner Roll
Black Forest Cake

Reservations are required – please sign up at least 24 hours in advance. Registration forms must be completed by each participant annually. Suggested donation is \$2.00 for those age 60 and over. For those under 60 years of age there is a \$6.00 fee. Please call 884-4100 or 363-4020 for additional information, and for phone numbers of locations to make a reservation.

Our regular meals served Monday through Friday offer a hot, nourishing meal supplying one-third of the Recommended Daily Allowance. Coffee, tea and milk are also available at the meal sites. Reservations are required.

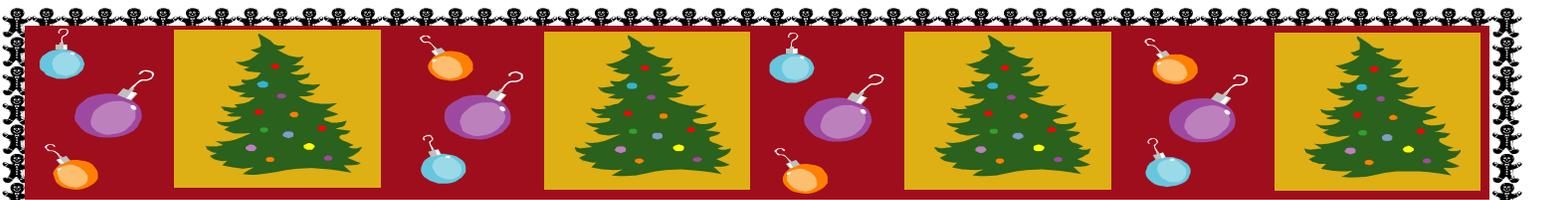
The Saratoga County Office for the Aging wish all of you and yours a Happy, Healthy and Safe Holiday Season.



*The Office for the Aging will be CLOSED
Wednesday, December 25, 2013 for Christmas
and
Wednesday, January 1, 2014 for New Year's.*

Nutritional Program Weather Closing

If the home delivered meals are canceled, the information will be listed on your local T.V. stations under Saratoga County Senior Meals.



From our Dietitian:

Holiday Food Safety

The Holidays are often filled with food and fun. Unfortunately food borne illness can sometimes make it less than fun and cause serious illness. The elderly, the very young and those with certain chronic medical conditions are at an increased risk for food borne illness. There are often more hands in the kitchen this time of year as well as consumption of foods that have traveled to us, or are consumed at a party or buffet which may not have been kept at proper temperatures. In addition to frequent hand washing and keeping kitchen work surfaces clean, there are some additional steps we can take to help decrease our risk for food borne illness. These include keeping raw meats and ready to eat foods separate from each other, thawing foods properly, cooking foods to correct temperature, refrigerating foods quickly as well as handling leftovers properly.

Remember to keep in mind that bacteria grow fastest between 41-140 degrees. Leaving cooked food at room temperature is an invitation for bacteria and food borne illness. It is very important that leftovers are refrigerated or frozen within 2 hours of the food being cooked. Leftover food should be placed in shallow containers 2 inches deep or less. If food has been left out for more than 2 hours, throw it away.

Remember that you cannot tell if a food is bad by the taste, smell or appearance alone.

Use your properly cooled leftovers within 3-4 days and any stuffing or gravy within 1-2 days. Fruit and cream pies should be eaten within 2-3 days and cheesecake within 7 days. Foods can also be frozen up to 2-3 months for best quality. Reheat leftovers to at least 165 degrees. The safest way to have leftover gravy is to bring it to a steady boil on the stove. Leftover gravy can be reheated in the microwave however it needs to reach a temperature of 165 degrees. Be sure to stir mid way through microwaving for adequate heat distribution.

There are some Holiday treats that can pose an increased risk for developing food borne illness if not handled with care:

Pies-Custard type pies including homemade pumpkin need to be refrigerated. These pies if left at room temperature can grow dangerous bacteria.

Eggnog-The safest way to enjoy eggnog is from the store purchased in a carton and pasteurized. If you do make your own eggnog, only use pasteurized eggs not raw to avoid any exposure to bacteria.

Cookie Dough-If you enjoy making cookies this time of year, avoid the temptation to sample the cookie dough if it contains raw eggs. This also applies to cake batter that contains raw eggs.

A little bit of this and that:

Each year in December, the Social Security Administration will mail Social Security Beneficiary recipients an award letter. When you receive that letter from Social Security please **KEEP** it and put it in a **SAFE** place. The information is utilized in many different programs that you may apply to.

HEAP is a federally funded program that **assists** low income households with the cost of heating their homes during the winter months. The 2013-2014 program began in November. Households who received a HEAP grant last year should have received an application in the mail by now. If you have not yet received one or are a new applicant interested in applying, please contact the Office for the Aging at 884-4100.

There are **no health screenings** offered by the Saratoga County Public Health and the Office for the Aging for the month of **December and January**. Health screenings will resume in February 2014.

Flu season is here and it is important to receive your influenza vaccine for the 2013-2014 season now. The CDC says “**Take 3**” **Actions** to fight the flu:

Take time to get a flu vaccine- a yearly flu vaccine is recommended as the first and most important step in protecting against the flu

Take every day preventions actions to stop the spread of germs-

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

Take anti-viral drugs if your doctor prescribes them- if you get the flu, antiviral drugs can treat your illness and can make the illness shorter and milder and may also prevent serious flu complications.

Medicare’s Monthly Tip: Extra Help is available! More than 2 million people qualify to get Extra Help paying their prescription drug costs, but they don’t know it. Don’t miss out on a chance to save. Call Social Security at 1-800-772-1213, or visit www.socialsecurity.gov to apply.

Reprinted from Centers for Medicare and Medicaid Services

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Return Service Requested

