Saratoga County Office for the Aging February 2014

The Senior Sentinel

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

Need Help Paying for Medicare?

Medicare Savings Programs (MSPs), also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles. There are three main Medicare Savings Programs: **Qualified Medicare Beneficiary** (QMB)**, Specified Low-Income Medicare Beneficiary** (SLMB) **and Qualifying Individual** (QI) **program.** Each program has different eligibility limits.

	2013 New York Gross Monthly Income Limits		2013 New York Asset Limits	
Program	**Individuals**	**Couples**	**Individual**	**Couples**
QI	$1313	$1765	No limit	No limit
SLMB	$1169	$1571	No limit	No limit
QMB	$978	$1313	No Limit	No limit

These income limits are based on 2013 federal poverty limits, and include a standard $20 disregard. You may qualify even if your income is slightly higher.

If you enroll in a Medicare Savings Program, you will also automatically get Extra Help, the federal program that helps pay most of your Medicare Part D drug plan costs.

If you decide to apply for a Medicare Savings Program, you will need an original, signed application and copies of these documents:

*Social Security Card
*Medicare Card
*Proof of date of birth
*Proof of address where you live
*Proof of income
*Proof of insurance premiums

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

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

Stonequist Apartments	10:00am to 11:00am	March 5, 2014
Saratoga Senior Center	10:00am to 12:00pm	March 10, 2014
Raymond Watkin Apartments	1:00pm to 3:00pm	March 20, 2014
Moreau Community Center	10:00am to 11:45am	March 18, 2014
Mechanicville Senior Center	10:00am to 12:00pm	March 26, 2014
Shenendehowa Community Center	1:30pm to 3:30pm	March 28, 2014

The Saratoga County Office for the Aging will be closed Monday, February 17 in observance of Presidents Day.

AARP Volunteer Tax Preparation

AARP Volunteers will prepare taxes again this year. Trained volunteers will prepare Federal and State personal income taxes for low to moderate income individuals. Electronic filing is available. Tentative locations and days for this service are listed below. Each site will start their first schedule day on or after February 1st. **Please call for an appointment. They are required.**

Location	Day	Phone
Halfmoon Senior Center	Tuesdays & Thursdays	2-1-1
Malta Community Center	Wednesdays & Thursdays	899-4411
Mechanicville Senior Center	Mondays & Saturdays	584-4621
Mechanicville Library	Mondays & Saturdays	664-4646
Moreau Community Center	Thursdays	792-6007
Office for the Aging	Mondays	884-4100
Saratoga Springs Senior Center	Tuesdays	584-1621
Shenendehowa Adult Community	Mondays thru Fridays	383-1343
Southern Saratoga YMCA (Clifton Park)	Thursdays	2-1-1

Please be sure to bring:
Your Social Security Card
A Photo ID
A Copy of your 2012 Tax Return

Are you a care giver looking for an **Alzheimer support group**? In our local area the following support groups meet **monthly.**

On the **second and fourth Wednesday,** at Christ Community Reformed Church 1010 Rte. 146 Clifton Park 1-3pm call 399-3262.

On the **second Tuesday,** Saratoga Springs Senior Center 5 Williams Street Saratoga Springs 11am -12pm.

Fourth Tuesday, Evergreen Adult Day Services 357 Milton Ave Ballston Spa 1-3pm. 691-1517.

Third Thursday, Fortunate Cup Café 120 West Ave. Saratoga Springs 10:30-11:30am 584-5885.

You will also find good information on **www.alz.org.** Select **my area** to find local information.

RSVP Medical Transportation Program. The Office for the Aging along with RSVP has a program to help Saratoga County seniors get to medical appointments inside and outside the County. This is an additional service to the regular senior transportation the Office for the Aging offers. Call 884-4100 for more information on the RSVP Medical Transportation Program.

Nutritional Program Weather Closing: If the home delivered meals are canceled due to the weather, the information will be listed on your local T.V. Stations. It will be listed under **Saratoga County Senior Meals.**

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

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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:

For Your Heart's Sake

February is American Heart Month. Nutrition messages seem to change often and it can sometimes become difficult to to know which ones are in our best interest. Based on current research there are some foods we can increase in our diets to help protect us from heart disease. Let's have a look at some of these foods:

Vegetables-Most vegetables especially dark leafy greens are high in potassium which helps control blood pressure. Antioxidants and phytochemicals in vegetables also help fight heart disease, helping to prevent dangerous plaque formation in your arteries. Eat all varieties and colors often. Vegetables are filling and low in calories which help with weight control, further helping your heart.

Fruits-Like vegetables, many fruits are also high in potassium, phytochemicals and antioxidants. Flavonoids in onions, apples, grapes, berries and cherries appear to have antioxidant and anti-inflammatory benefits. Avocados are high in heart healthy monounsaturated fats, potassium and fiber.

Extra Virgin Olive Oil-This oil is high in monounsaturated fats, polyphenols and Vitamin E. These compounds help decrease the formation of arterial plaque and reduce inflammation in the arteries. Use in cooking and as a flavoring.

Nuts and Seeds-Although nuts and seeds are high in fat, moderate consumption can be good for your heart. Walnuts in particular are high in monounsaturated fat, omega 3 fatty acids and antioxidants. Almonds have also been linked to heart health. Flax and Chia seeds also provide omega 3 fats to the diet. Flax seeds contain strong antioxidants called lignans and are high in cholesterol lowering fiber. Be sure to choose ground flax seeds or meal to assure their omega 3 fats are released for absorption.

Fish-Fatty fish such as salmon, tuna, mackerel, sardines and herring are high in Omega 3 fats, EPA and DHA. These omega 3 fats are different from those found in walnuts and flax. They reduce inflammation, make the blood less sticky, prevent electrical disturbances to the heart and help lower blood triglyceride levels.

Grains-Studies have linked eating whole grains to disease prevention including heart disease. Whole grains have more antioxidants and fiber than refined grains. Oats and barley contain a fiber known to lower blood cholesterol and improve the action of insulin.