



The Senior Sentinel

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



 * **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.** *

Living Healthy Workshop

Living Healthy, NY in partnership with Saratoga County Office for the Aging are presenting a FREE 6-session, peer-led health education program for people with any type of ongoing health condition and compliments the healthcare that person may already be receiving. The purpose of the Living Healthy workshop is to enhance one's skills and ability to manage their health and maintain an active and fulfilling lifestyle.

Wednesdays
9:30 to Noon
February 12, 19, 26
March 5, 12, 19

Halfmoon Senior Center
287 Lower New Town Rd
Waterford, NY

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

The Saratoga County Office for the Aging will be closed Monday, January 20 in observance of Martin Luther King Jr. Day.

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for February 2013.

Galway Town Hall

1:30pm to 3:00pm

February 20, 2014

Greenfield Senior Center

11:45am to 12:45pm

February 25, 2014

From Our Dietitian:

Winter Whites

We have heard the nutrition messages to “Eat the Rainbow” or “Eat by color” when it comes to our choices for produce we consume. Although it holds true that eating a variety of colorful vegetables and fruits help to maximize nutrient intakes, we should not overlook white vegetables. Newer research has suggested that color may not be the only indicator of nutritional quality. Increasing intakes of white vegetables have been shown to increase key nutrients such as fiber, potassium, and magnesium which are often lacking in the American diet. White vegetables have also been linked to health benefits such as improved immune function, heart health, cancer protection, reduced inflammation and lowering “bad” cholesterol.

Nutrition messages to reduce “white foods” such as white sugar and white bread have unfortunately given white potatoes a bad name. Truth is, potatoes are only moderately high in carbohydrate and by themselves have minimal fat content. White potatoes are high in fiber and potassium when compared to dark yellow and dark green vegetables. Potatoes are also a good source of Vitamins B6 and C, nutrients which may help increase immune function and protect against cardiovascular disease. To keep calorie content in check keep portion sizes of potatoes to 1 small or ½ cup cooked or mashed. Also, go easy on the toppings such as sour cream, cheese, butter or margarine.

In addition to potatoes, consider adding some of the following white vegetables to your diet for increased intakes of a variety of nutrients, phytochemicals, and other beneficial compounds:

Vegetable	Nutrients
Cauliflower	Fiber, Vitamins C and K, Glucosinates
Garlic	Organosulfer compounds, Allicin, Quercetin
Onions	Quercetin, Organosulfer compounds, Vitamin C
Parsnips	Vitamin C, Fiber
Turnips	Fiber, Vitamin C, Glucosinate
White Mushrooms	Riboflavin, Niacin, Vitamin B5, Copper, Selenium
White Corn	Thiamin, Folate, Vitamin B6
Jicama	Vitamin C and Fiber
Kohlrabi	Potassium, Vitamin C, Fiber, Glucosinates
Jerusalem Artichokes	Vitamin C and K, Potassium, Iron

The Fraud Corner
Diabetic Supplies

Beware of situations where a medical supply company may contact a person with Medicare and offer a new blood glucose monitor. The supply company then obtains a “lifetime” certification from the beneficiary’s family physician. It will then begin to automatically ship test strips and other approved supplies to their home. The volume of strips may exceed what the beneficiary can possibly use, and she will get billed a co-pay each time as well. Also, it may be difficult to switch to another company because the company has a “lifetime” certification on file.

****Remember— the toll-free number to report allegations of Medicare fraud and abuse is 1-877-678-4697**

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 3rd. **Please call for an appointment. They are required.**

<u>Location</u>	<u>Day</u>	<u>Phone</u>
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**

Medicare Monthly Tip: January is National Glaucoma Awareness Month! The start of a new year is the perfect time to schedule a regular eye exam to check for glaucoma. Talk to your doctor or visit www.medicare.gov for more information.

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

Return Service Requested

