



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.**

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 2nd. **Please call for an appointment. They are required.**

<u>Location</u>	<u>Day</u>	<u>Phone</u>
Halfmoon Senior Center	Tues., Wed., & Thurs.	371-3892
Malta Community Center	Wednesdays & Thursdays	899-4411
Mechanicville Senior Center	Wednesdays	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 2013 Tax Return**

The Saratoga County Office for the Aging will be closed Monday, January 19 in observance of Martin Luther King Jr. Day.

From Our Dietitian:

Eat Smart with Power Foods

Here's to your health in the New Year ahead! Including power foods (sometimes also known as super foods) can be a wise choice for good nutritional health. Power foods by definition are foods that offer significant health benefits that go beyond basic nutritional needs. In addition to including some of these foods, make sure you include a variety of foods as part of a healthy eating plan. Our December Sentinel discussed some Holiday power foods-Let's have a look at some additional power foods.

Avocados- This fruit is rich in good monounsaturated fat and supports healthy cholesterol levels. Ounce for ounce avocados contain more potassium than bananas. Potassium is an essential mineral for healthy blood pressure, hydration, and heart function. Avocados are also a good source of vitamin E, folate, vitamin B6 and fiber and contain cancer protective glutathione.

Berries- Berries are rich in fiber which helps support digestive health and assists in maintaining healthy cholesterol levels. Berries are good source of cancer fighting phytochemicals and have been shown to have a protective effect against many illnesses, including urinary tract infections and cardiovascular disease. Blueberries in particular have been linked with boosting brain health and vision.

Beets- This root vegetable is a good source of folic acid, manganese, fiber and potassium. Beets contain betalains which are phytonutrients shown to support the liver's ability to metabolize and detoxify harmful substances in the body.

Lentils- Rich in protein and iron, lentils make a good meat substitute. Lentils are high in folate and fiber. Lentils are easy to prepare and cook up in 15-20 minutes. Use them in soups, salads, or substitute cooked lentils for part of the ground beef in your recipes.

Kale- This leafy green stands out for its rich nutrient profile and health benefits including protection from age related eye diseases. Kale is very high in antioxidants that support the liver's ability to detoxify and remove harmful substances from the body. It has also been shown to assist with removing cholesterol from the body.

Quinoa- Adding this seed with a grain like texture to your diet serves up high quality protein and fiber. Quinoa is high in magnesium, potassium, zinc, vitamin E, copper and has more iron than true grains. Use it in place of rice in some of your favorite recipes.

Kiwi Fruit- This fruit is actually a berry and tops the list as the most nutrient dense fruit of all. Just 2 kiwis have twice the vitamin C and fiber of a small orange, more potassium than a banana, plus vitamin E, folate, magnesium, copper and eye protecting lutein.

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 884-4100

Fridays

9:30 am to 12pm

February 6, 13, 20, 27 March 6, 13

Saratoga Hospital

59D Myrtle St., Conference Room 2C

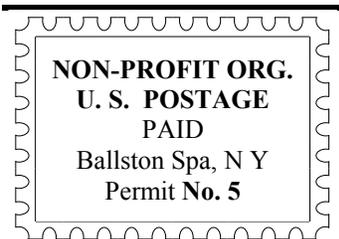
Saratoga Springs, NY 12866

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

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.

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*

Protect Yourself from Medicare Fraud

Medicare fraud happens when doctors, providers, or individuals deceive Medicare into paying more than it should, or pay for services when it should not. This is against the law, and it can put the health and wellbeing of Medicare beneficiaries at risk.

There are steps that you can take to protect yourself from Medicare fraud and ensure that you still receive appropriate medical care.

1. **Protect your medical information:** This includes your Medicare number, Social Security number, and medical information. Only give this information to your doctors and health care providers. Be careful about giving your personal information to people who offer free services or incentives in return for your Medicare number or Social Security number. If people who are not medical professionals want to see your medical records or recommend medical services, do not let them. Social Security and Medicare will never call you to ask you for personal information, so be wary of scammers posing as government agencies or banks trying to request this information.
2. **Do not accept services that you do not need:** Some dishonest providers might pressure you into receiving tests or services that are not medically necessary. Billing Medicare for unnecessary services and equipment is a type of Medicare fraud. You can report pressure from health care providers to receive extra services.
3. **Review your Medicare Summary Notices (MSN) or Explanation of Benefits (EOB):** Reviewing these documents can help you to verify that you actually received the services listed. Keep in mind that it can be difficult to tell whether charges are legitimate if you received services from several doctors around the same time or you take many medications. One way to keep track is to use a health care journal to record all medical services and items you receive. You can compare your notes to notices above to help you detect possible fraud.
4. **Verify information that you receive about Medicare Advantage and Part D plans:** You should verify everything that a plan broker tells you regarding a Medicare Advantage plan. For example, if a broker tells you that your doctor is in the plan's network, call your doctor to confirm this. If you feel that you are receiving false information from a Medicare Advantage plan or Part D plan representative, you can contact 800-MEDICARE to verify a plan's information.

If you receive suspicious or confusing MSN or EOB, contact your provider or pharmacy first to ask for an explanation. Medical claims can be complicated to read, and reviewing them with your provider or pharmacy might reveal that the charges were legitimate or that a billing error was to blame.

If you are still unsatisfied with the answers you receive, or if you suspect fraud, you should report the issue. It is helpful to have as many details as possible when reporting suspected fraud, such as names, locations, and times. If you have Original Medicare you can call 800-MEDICARE to report suspected fraud. If you have a Medicare Advantage plan, you can call your plan directly. Regardless of whether you have Original Medicare or a Medicare Advantage plan, you can contact the Office of the Inspector General at 800-447-8477. When Medicare investigates the potential fraud, your name will not be used if you do not want it to be. In many cases, Medicare will be unable to confirm the occurrence of fraud without your help.