



The Senior Sentinel

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



Happy St. Patrick's Day Happy Spring



**Daylight Savings Begins March 8th Don't Forget to Set Your Clocks
Ahead 1 Hour**

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.**

<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	664-7877
Mechanicville Library	Mondays & Saturdays	664-4646
Moreau Community Center	Thursday	792-6007
Office for the Aging	Mondays	884-4100
Saratoga Springs Senior Center	Tuesdays	584-1621
Shenendehowa Adult Community	Monday thru Friday	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**

Medicare Monthly Tip: Get a Colorectal Cancer Test– Early Detection is the key! Medicare covers colorectal cancer tests. Ask your doctor if a colorectal cancer test kit is right for you. **Visit www.medicare.gov for more information.**

From Our Dietitian:

National Nutrition Month

Recognize National Nutrition Month this March! National Nutrition Month is a nutrition education campaign created and promoted annually in March by the Academy of Nutrition and Dietetics. The campaign puts a focus on developing positive eating and physical activity habits and making informed food choices. Each year, the Academy selects a different nutrition focused theme to encourage nutritious choices. The theme for 2015 is "Bite into a Healthy Lifestyle." This year's theme encourages everyone to choose eating and physical activity patterns that are focused on avoiding excess calories, making informed food choices and including daily activity. Focusing on these three areas can help us to achieve and maintain a healthy weight, reduce the risk for chronic diseases and promote overall good health.

Although challenging, improving upon some of our less desirable lifelong eating and exercise habits can help set the stage for reducing our risk of some diseases, increasing energy, and improving mood to promote a healthier, happier you!

Here are a few tips toward making informed food choices and adding a little more activity to your day:

- Choose whole grain breads over white or enriched wheat flour when making sandwiches or toast.
- Look for baked or broiled food options over fried or battered foods.
- Look at food labels. Pay attention to the indicated serving size of the food and keep in mind that if you eat double the serving size you also double the calories, sodium, fats etc. Try to eat foods with less saturated and trans fat, sodium and added sugars.
- Keep healthy snacks at hand to prevent you from going long periods without eating. Healthy snacks may include fresh or dried fruit, whole grain crackers, cereal or granola bars, nuts, cut up veggie sticks, low fat yogurt, string cheese or cottage cheese.
- Try to move more and sit less. Get up and walk around a little during television commercial breaks. Stand while talking on the phone rather than sitting. If you have a portable phone walk a little while you are talking. Park your car a little farther from the door of your destination to also add a few more steps to your day if you are able.

* **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 Public Health and the Office for the Aging Health Screening Schedule for *April 2015.*

Bishop Hubbard	10:00am to 12:00pm	April 1, 2015
Malta Community Center	10:00am to 12:00pm	April 20, 2015
Halfmoon Senior Center	10:00am to 12:00pm	April 22, 2015

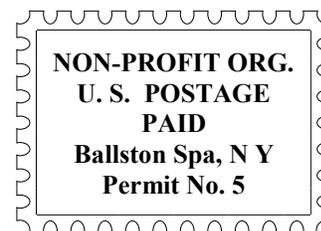
Need Help Paying for Medicare?

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.

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*

What is a benefit period?

A benefit period is the way in which Medicare measures the use of inpatient hospital and skilled nursing facility (SNF) services. A benefit period is a period of time that begins the day you are admitted as an inpatient at a hospital or SNF. It ends the day you have been out of hospital or SNF for 60 days in a row.

If you have Original Medicare, the traditional Medicare program administered directly through the federal government, you or your supplemental insurance will need to meet a deductible for each benefit period. A deductible is the amount you pay out of your own pocket for covered health care services before Medicare Part A, the hospital insurance part of Medicare, begins to pay for your care. In 2014, the deductible for each benefit period was \$1,216. This means that you must pay this amount before Medicare Part A will start to cover your inpatient hospital or SNF stay.

For example, let's say you were formally admitted into the hospital as a hospital inpatient on July 1. Your benefit period begins on July 1, the day you are formally admitted as a hospital inpatient. You return home from the hospital on July 15, but are readmitted as an inpatient on August 15. You were out of the hospital for only 32 days, meaning you are still in the same benefit period. No matter how long your hospital stay is, your benefit period will not end unless you have been out of the hospital or SNF for at least 60 days in a row. You or your supplemental insurance will pay a new inpatient deductible (\$1216) each time you reenter the hospital after 60 or more days has passed.

After you pay your deductible in a benefit period, Medicare Part A pays in full for the first 60 days of your inpatient hospital or SNF stay each benefit period. If you receive more than 60 days of inpatient care per benefit period, you will typically have to start paying a daily copayment for your inpatient stay. Copayments, also known as copays, are set amounts that you pay for covered health care, after Medicare pays for some of the cost of your care.

If you get your Medicare benefits through a Medicare Advantage plan, benefit periods will likely also be used to measure the use of inpatient hospital and SNF services. However, Medicare Advantage plans may have different costs and restrictions for hospital care. If you have a Medicare Advantage plan, contact your plan directly to learn more about how your plan covers inpatient hospital and skilled nursing facility stays.

Lastly, remember that you must be formally admitted into the hospital or skilled nursing facility as an inpatient by a doctor in order to be considered an inpatient. If you have not been formally admitted to the hospital or SNF, you are considered to be an outpatient. If you are an outpatient, your costs will not be covered by Medicare Part A and benefit periods will not apply. Instead, your outpatient health care cost may be covered under Medicare Part B, the medical insurance part of Medicare that covers outpatient care.

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