



The Senior Sentinel

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

Happy Mother's Day

Annual Senior Luncheon

Friday, May 16, 2014

Saratoga Springs City Center
522 Broadway, Saratoga Springs



Please join us for a "A Day at the Circus" luncheon hosted by the Saratoga County Office for the Aging. We guarantee an afternoon of dancing, good friends and delicious food. The doors open at 11:00 am to give you time to get settled and socialize before the following lunch is served at noon.

- Oven Fried Chicken*
- Mashed Potatoes w/Gravy*
- Corn*
- Coleslaw*
- Cornbread*
- Ice Cream Sundae*



There will be musical entertainment and door prizes for some lucky Seniors. Tickets are available at all Meal Sites and Senior Centers throughout Saratoga County or by calling the Office for the Aging at 884-4100. The suggested contribution is \$4.00 per ticket.

The Office for the Aging will be closed Monday, May 26, 2014 in observance of Memorial Day.

Medicare Monthly Tip: May is Osteoporosis and Prevention Month! Ask your doctor if you need a bone mass measurement (bone density test). Visit www.medicare.gov for more information.

Reprinted from Centers for Medicare and Medicaid Services

What is the difference between a hospital inpatient and outpatient?

It's important to know the difference between an *inpatient* and *outpatient*, since this difference determines how Medicare covers your hospital care. To be a hospital inpatient, you must be formally admitted into the hospital by a doctor. If you have not been admitted as a hospital inpatient, you are an outpatient. Remember, if you stay in the hospital overnight, it does not necessarily mean that you are a hospital inpatient. In some cases, you may stay in the hospital overnight and still be considered an outpatient. Such outpatient hospital stays are called observation stays. Observation stays generally occur when you go to the emergency room and have symptoms that require hospital physicians to monitor them.

If you are a hospital inpatient, Medicare Part A (hospital insurance) covers most of your care. Part A covers a semiprivate room, meals, care provided to you by nurses, x-rays, supplies, equipment and medications.

If you are an outpatient, then Medicare Part B (medical insurance) covers the care you receive. Examples of outpatient services covered under Part B may include emergency room care and doctors' services. Keep in mind that Part B covers doctors' services whether you are an inpatient or outpatient.

If you have Original Medicare, the traditional Medicare program directly administered by the federal government, you may pay higher costs if Part B covers your hospital stay. If you have a Medicare Advantage plan, also known as a Medicare private health plan, you should contact your plan directly to learn what your hospital stay costs are under your plan.

Oftentimes, its hard to tell whether the hospital considers you to be an inpatient or out patient. However, this is very important to know, since it determines the way Medicare covers your care. If you receive care at a hospital, it may be helpful for you to ask the hospital staff whether you are an inpatient or outpatient. This will help you better understand the costs for your hospital stay.

Reprinted from Medicare Rights Center Volume 12, Issue 11 June 3, 2013

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.

2014 New York Gross Monthly Income Limits

2014 New York Asset Limits

Program	Individuals	Couples	Individual	Couples
QI	\$1333	\$1790	No limit	No limit
SLMB	\$1187	\$1593	No limit	No limit
QMB	\$993	\$1331	No Limit	No limit

If you meet the income limit in New York State, the Office for the Aging can help you apply for a Medicare Savings Program. Call 884-4100 for more information or to apply.

Representatives from OFA will be available at the Health Screenings listed below to assist you.

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

Van Schoonhoven

1:30pm to 2:30pm

June 19, 2014

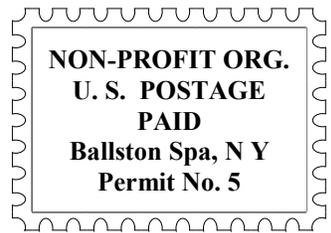
Edinburg Town Hall

1:00pm to 2:00pm

June 27, 2014

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*

From Our Dietitian:

Brain Boosting Mediterranean Foods

May is International Mediterranean diet Month. Studies have shown links between a Heart Healthy diet such as the Mediterranean diet and a healthy brain. Heart Healthy nutrition promotes healthy blood vessels to provide nutrients to the heart. A healthy heart will pump nutrients and oxygen to the brain, boosting protection as our brain ages. Research is suggesting that there may be cognitive benefits of diets with food patterns similar to the Mediterranean diet. Use fish, fruits and vegetables, legumes, and healthy fats to feed your brain and keep it sharp as you age.

Go Fish-Choose baked or broiled fish that are high in omega 3 fatty acids such as salmon, sardines, tuna and trout. Some studies have shown that those who ate fish at least weekly showed slower rates of developing dementia or cognitive impairment. The fatty acid DHA found in fatty fish is thought to play a structural role in the brain and help control inflammation.

Fruits and Vegetables-Diets rich in produce provide potassium which in turn helps control blood pressure protecting the brain and heart. High blood pressure can damage the lining of the arteries to your brain blocking blood flow. Some higher potassium fruits and vegetables include bananas, tomatoes, white and sweet potatoes, apricots, prunes, spinach, cantaloupe, avocado and white beans. In addition some studies have found some specific correlations. Apples and pears as well as other white fruit and vegetables have been associated with protection against stroke. Phytochemicals in berries have been associated with slower cognitive aging. Lutein found in spinach and other leafy greens may boost cognitive performance. Other foods providing lutein include winter squash, corn, peas, broccoli, pistachios and egg yolk.

Healthy Fats-Studies have linked high intake of saturated fats with poor scores on memory tests and cognitive function. Lower risk of mental decline has been found with higher intakes of monounsaturated fats found in olive and canola oils and nuts. To increase your intake without adding extra calories, cook with vegetable oils instead of your usual amount of butter or margarine, replace cheese with avocado slices on your sandwiches and snack on nuts instead of sweets.

Coffee and Tea-Tea contains an amino acid which has shown to have neuro protective effects. Coffee has also shown protection to the brain. Although not conclusive, this protection is thought to come from antioxidant or anti-inflammatory mechanisms in the brain or through reductions of an abnormal protein that can be found in the brain. Enjoy moderate amounts of coffee and tea unless you have a medical reason not to. Be sure to check with your doctor before increasing coffee or caffeine intake.