



The Senior Sentinel

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

FRIDAY, MAY 19, 2017

Saratoga County Senior Citizens' Annual Spring Luncheon
At the Saratoga Springs City Center
522 Broadway, Saratoga Springs



Theme: Mardi Gras

SAVE THE DATE

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>
Clifton Park-Halfmoon Library	Mondays	371-8622
Halfmoon Senior Center	Tues., Wed., & Thurs.	371-3892
Malta Community Center	Wednesdays & Thursdays	899-4411
Mechanicville Senior Center	Tuesdays & Wednesdays	664-7877
Mechanicville Library	Mondays & Saturdays	664-4646
Moreau Community Center	Wednesdays	792-6007
Office for the Aging	Mondays	884-4100
Saratoga Springs Senior Center	Tuesdays	584-1621
Shenendehowa Adult Community	Mondays thru Wednesdays	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 2015 Tax Return**

Are you a caregiver looking for temporary relief?

The Office for the Aging offers Respite services, which provides temporary relief to the caregiver of an elderly individual. For more information and to see if you qualify please call 518-884-4100

Do you know about Sepsis?

Knowing about sepsis can potentially save your life. Sepsis is preventable and treatable. When caught early, it can be treated with antibiotics and fluids.

What is Sepsis?

- A potentially deadly outcome from an infection.
- A medical emergency.
- Difficult to diagnose because it happens quickly and can be confused with other conditions.

What causes sepsis?

Infections can lead to sepsis. An infection occurs when germs enter a person's body and multiply, causing illness and organ and tissue damage. Sepsis is often associated with infections of the lungs (e.g., pneumonia), urinary tract (e.g., kidney), skin, and gut.

Who gets sepsis?

Anyone can develop sepsis from an infection, especially when not treated properly. However, sepsis occurs most often in people who are aged 65 years or older or less than one year, have weakened immune systems, or have chronic medical conditions (e.g., diabetes).

Suspect sepsis? Watch out for these common symptoms.

There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Since sepsis is the result of an infection, symptoms can include infection symptoms (diarrhea, vomiting, sore throat, etc.), as well as ANY of the following:

- Shivering, fever, or feeling very cold
- Extreme pain or discomfort
- Clammy or sweaty skin
- Confusion and disorientation
- Shortness of breath
- High heart rate

What should I do if I think I have an infection or sepsis?

- Call your doctor or go to the emergency room immediately if you have any signs or symptoms of an infection or sepsis. This is a medical emergency.
- It's important that you say, "I AM CONCERNED ABOUT SEPSIS."

What should I expect if I am diagnosed with sepsis?

Sepsis is usually treated in the hospital with antibiotics and IV fluids to keep your blood pressure stable.

How can I prevent sepsis?

- Get vaccinated against the flu and pneumococcal disease. Talk to your doctor for more information.
- Prevent infections that can lead to sepsis by
 - * Cleaning scrapes and wounds
 - * Practicing good hygiene (e.g., hand washing)
- Learn the signs and symptoms of sepsis. If sepsis is suspected, seek medical attention immediately.

Reprinted from IPRO Healthy Insights Issue 3, January 2017

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for
May 2017.

Waterford Senior Center

10:30am to 11:30am

May 16, 2017

Doubleday Woods

10:00am to 12:00pm

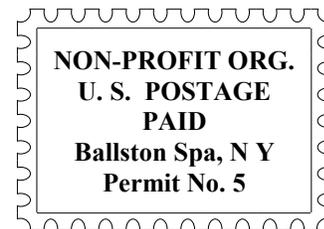
May 25, 2017

Need Help Paying for Medicare?

Representatives from OFA will be available at the Health Screening 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*

From our Dietician:

Coming Soon: The New Nutrition Facts Label

The Nutrition Facts label we see on food and beverage items we purchase is soon to get an update. Although we will most likely see these updated changes in the next several months, manufacturers have until May 2018 to comply. These new changes will be the first that the Food and Drug Administration (FDA) have made to the label since 1983 and will reflect the most current nutritional advice. The new label changes will address many issues impacting health today such as added sugars to food and beverages, serving sizes and nutrients of concern. Below is an update on these changes you will see happening.

-A bolder more prominent display of “servings,” “servings per container,” and “calories”-This will make it easier for you to know how many calories are in a serving and the number of servings in the packaged product.

-Updated serving size requirements-This change will reflect the serving that most people currently eat not what they should eat as the current label is designed.

-“Labels with Dual columns to highlight “per serving” and “per package”-This should help us understand how much calories/nutrients we really receive if we eat more than a serving.

-Requirement to list the amount of “added sugars” in a food product-This will help us to see how much added sugar is put into a product and will allow us to distinguish between sugars that are naturally found in a food i.e. fruit, milk versus that added to the food. This label change coincides with recent recommendations to reduce added sugars in food products. Both the 2015-2020 Dietary Guidelines for Americans and the American Heart Association have made recommendations to lower the amount of added sugars in our diets.

-Percent Daily Value-The new label will contain an abbreviated foot note which helps explain how food products add to your recommended nutritional intake for the day.

-An updated list of mandatory nutrients based upon public health significance- The percentage of Calcium and iron a product provides will continue to be required on the label. Given that many Americans fall short on their consumption of Vitamin D and potassium, the percentage of these two new nutrients will now be required on the new label. Vitamins C and A will no longer be required however may be listed on the label on a voluntary basis.