



The Senior Sentinel

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

Saratoga County Office for the Aging's Annual Senior Picnic



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The Saratoga County Fair Grounds



Save the Date:

Thursday, September 8, 2016

Chicken BBQ and Refreshments

Rain or Shine

Please join us for an afternoon of good food, music and dancing

Entertainment provided by Mark Hersh

Lunch will be served at 12 noon

Tickets are \$4 and are available at the Saratoga County Office for the Aging

Call 884-4100 for details

Saratoga County Office for the Aging Legal Program

Legal advice is available to all seniors over 60 throughout the County through a contract with private attorneys. The attorneys **do not** participate in litigation or attend court on behalf of clients. They will draft Simple Wills, Power of Attorney and Health Care Proxy documents.

Appointments are available on a weekly basis. Please call the Office for the Aging to make an appointment @ 518-884-4100

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for September 2016.

Stonequist Apartments	10:00 am - 11:00 am	September 07
Saratoga Springs Senior Center	10:00 am - 12:00 pm	September 12
Moreau Community Center	10:00 am - 11:45 pm	September 13
Raymond Watkin Apartments	1:00 pm - 3:00 pm	September 15
Mechanicville Senior Center	10:00 am - 12:00 pm	September 28
Greenfield Community Center	11:45 am - 12:45 pm	September 22

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.

Farmers' Market



It's that time of the year again! Go to your local Farmers' Market to get high-quality local food and agricultural products direct from the farmers and producers.

The Farmers' Market coupon eligibility guidelines are as follows:

You must be 60 years of age or older, ONE booklet per season per individual.

Income at or below: \$1,832 per month, household of one; \$2,470 per month, household of two.

Each booklet value is \$20.00, 5 - \$4.00 coupons that are good for fresh fruits and vegetables at local participating Farmers' Markets. No change can be given for any unused amount on a coupon.

Call Office for the Aging @ 884-4100 for more information and details on scheduled outreach events.

Seeking Allergy Relief

When sneezing, itchy eyes, or a runny nose suddenly appears, allergies may be to blame. Allergies arise when the body's immune system overreacts to substances, called allergens, that are normally harmless. When a person with allergies breathes in allergens—such as pollen, mold, pet dander, or dust mites—the resulting allergic reactions in the nose are called allergic rhinitis, or hay fever.

Allergy is one of the most common long-term health conditions. Avoiding your allergy triggers is the best way to control your symptoms. But triggers aren't always easy to identify. Notice when and where your symptoms occur. This can help you figure out the cause.

Dr. Paivi Salo, an allergy expert at NIH, states that most people with allergies are sensitive to more than one allergen. Grass, weed, and tree pollens are the most common causes of outdoor allergies. Pollen is often the source if your symptoms are seasonal. Indoor allergens usually trigger symptoms that last all year.

If your symptoms become persistent and bothersome, visit your family physician or an allergist. They can test for allergy sensitivities by using a skin or blood test. The test results, along with a medical exam and information about when and where your symptoms occur, will help your doctor determine the cause.

Even when you know your triggers, avoiding allergens can be difficult. When pollen counts are high, stay inside with the windows closed and use the air conditioning. For indoor allergens, keep humidity levels low in the home to keep dust mites and mold under control. Avoid upholstered furniture and carpets because they harbor allergens. Wash your bedding in hot water, and vacuum the floors once a week.

Sometimes, avoiding allergens isn't possible or isn't enough. Untreated allergies are associated with chronic conditions like sinus infections and asthma. Over the counter antihistamines, nasal sprays, and decongestants can often ease mild symptoms. Prescription medications and allergy shots are sometimes needed for more severe allergies. Talk with your doctor about treatment options.

Allergy relief can help clear up more than just itchy, watery eyes. It can allow you to breathe easy again and brighten your outlook on seasonal changes.

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

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From Our Dietitian:

Corn: An A-maize-ing Crop

Maize, known in the U.S. as “corn” was domesticated in Mexico at least 7000 years ago. A staple in early American cultures, corn spread to the rest of the world in the late 15th century. Among Native Americans, corn was a symbol in rituals, folkloric medicine and mythologies and used to treat numerous health ailments in Chinese medicine.

When you bite into an ear of corn, you are essentially eating corn seeds (kernels) which grow in rows on a cob on a leafy stalk. Sweet corn is the commonly consumed “corn on the cob” variety. Some types of corn mature faster than others and differ in degree of sweetness. Kernels can be found in a variety of colors. Corn has sometimes been referred to as a starchy vegetable that offers little nutrition. Fresh corn is usually classified as a vegetable and dried corn such as popcorn as a grain. While corn does have more carbohydrate than some vegetables, a ½ cup portion of corn will provide about 15 grams of carbohydrate the same amount that you would find in an average size piece of fruit or slice of bread. In addition to providing fiber, corn is a good source of vitamin C and the B vitamins thiamine and folate. The kernels also provide phytochemicals-including zeaxanthin and lutein-antioxidants linked to heart, eye and skin health.

Studies suggest corn offers heart health benefits, including improving blood cholesterol and blood pressure levels. Corn has been found to have anti-inflammatory effects in the body. Studies are being conducted on corn’s ability to protect against cancer with early studies suggesting that corn may help reduce the risk of developing lung and colon cancers.

Fresh corn harvest peaks in the summer months. Select ears that have green leaves and kernels that are plump, and firmly held in orderly rows. Avoid those with shriveled husks, dark spots or brownish colored tassels. Store corn in the husk, uncovered, in the refrigerator and consume it within a few days of purchase. Use canned and frozen corn year round. Corn is delicious added to soups, salads, and dips such as salsa. Cornmeal, a whole grain made from corn is delicious in baked goods or enjoyed as grits or polenta. Popcorn, also a whole grain, can make for a healthy high fiber snack when limiting the amount of salt and fat in its preparation.

Because corn is considered a seed, and one of those chunky little foods such as nuts, past medical assumptions have indicated these foods were problematic for people with diverticulosis or diverticulitis. Newer studies have found no correlation between consumption of nuts, corn, and popcorn and the development of diverticulosis or diverticular complications. These newer studies are suggesting that previous recommendations for avoiding such foods for persons with diverticular disease need to be revisited. For now however, it is best to check with your health care provider should you have a history of diverticular disease before consuming corn, nuts, seeds, or popcorn.