



# 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:**

**Friday, September 8, 2017**

*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*

### Social Security Number Removal Initiative (SSNRI)

**Reminder.** Beginning April 2018 (through April 2019), all people with Medicare will receive a replacement Medicare card with a new Medicare Beneficiary Identifier (MBI) to replace the current Health Insurance Claim Number (HICN). Unlike the HICN which includes a Social Security number and a suffix, the MBI will contain a random series of numbers and uppercase letters and will be unique for each beneficiary, so that spouses will each have their own distinctive MBI.

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

Stonequist Apartments	10:00 am - 11:00 am	September 06
Saratoga Springs Senior Center	10:00 am - 12:00 pm	September 11
Moreau Community Center	1:00 pm - 2:45 pm	September 12
Raymond Watkin Apartments	1:00 pm - 3:00 pm	September 21
Mechanicville Senior Center	10:00 am - 12:00 pm	September 27
Greenfield Community Center	11:45 am - 12:45 pm	September 28

#### ***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: \$1,860 per month, household of one; \$2,504 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.**

From Our Dietitian:

### Hydration—Especially Important During the Hot Summer Months

#### Why is it so important to stay hydrated?

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work correctly. For example, your body uses water to maintain its temperature, remove waste, and lubricate joints. Water is needed for good health.

#### How does my body lose water?

Water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is hot, when you are physically active, or if you have a fever. If you don't replace the water you lose, you can become dehydrated.

#### How do I know if I'm dehydrated?

Symptoms of dehydration include the following:

- \*Dry mouth
- \*Sleepiness or fatigue
- \*Urine that is darker than usual
- \*Headache
- \*Confusion
- \*Dizziness or lightheaded feeling
- \*Extreme thirst

Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

#### Who is at higher risk of dehydration?

People are at higher risk of dehydration if they exercise at a high intensity, have certain medical conditions, are sick, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration and send the signal for thirst.

#### Besides water, what else can I consume to stay hydrated?

Water is the best option for staying hydrated. Other drinks and foods can help you stay hydrated, but some may add extra calories from sugar to your diet.

Drinks like fruit and vegetable juices, milk, and herbal teas can contribute to the amount of water you get each day. Even caffeinated drinks (for example, coffee, tea, and soda) can contribute to your daily water intake. A moderate amount of caffeine (200 to 300 milligrams) is not harmful for most people. This is about the amount in 2 to 4 (8-ounce) cups of coffee. However, it's best to limit caffeinated drinks because caffeine may cause some people to urinate more frequently, or feel anxious or jittery.

Water can also be found in fruits and vegetables (for example, watermelon, tomatoes, and lettuce) and in soup broths.

#### Tips for staying hydrated

- ⇒ Keep a bottle of water with you during the day. If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink. Be sure to drink water before, during, and after exercise.
- ⇒ When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.
- ⇒ If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up; at breakfast, lunch, and dinner; and when you go to bed. Or, drink a small glass of water at the beginning of each hour.
- ⇒ Drink water when you go to a restaurant. It will keep you hydrated, and it's free.

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

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*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*

### **Flushing Kidney Stones**

Each year, more than 1 million people in the U.S. rush to the emergency room with pain caused by a kidney stone. Kidney stones are hard, pebble-like pieces of material that form in one or both kidneys. They're caused by high levels of certain minerals in your urine.

Stones vary in size from tiny crystals that can only be seen with a microscope to stones over an inch wide. Tiny stones may pass out of your body without your even noticing. With larger stones, you won't be so lucky. Stones that are larger than a pencil eraser can get stuck in the urinary tract—and that can really hurt.

Kidney stones can form at any age, but they usually appear during middle age (40s to 60s). Of those who develop one stone, half will develop at least one more in the future.

Dr. Ziya Kirkali, a urologist, says the most important reasons why people form stones is dehydration. When urine is too concentrated, minerals can build up and form stones.

During the warmest months of the year, you're at greatest risk of becoming dehydrated. It's extremely important to drink more than you normally drink during the cooler months.

To detect kidney stones, your doctor may order lab or imaging tests. Lab tests look in urine for blood, signs of infection, minerals (like calcium), and stones. Blood tests can also detect high levels of certain minerals. Knowing what the stones are made of can help guide treatment.

Treatment also depends on the stone's size and location. CT scans or plain X-ray imaging can help your doctor pinpoint the location and estimate the size of a kidney stone. Depending on what your doctor finds, you may be prescribed medicine and advised to drink a lot of fluids. Or, you might need a procedure to break up or remove the kidney stone.

There are different procedures for breaking up or removing kidney stones. One method delivers shock waves to the stone from outside of the body. Other strategies involve inserting a tool into the body, either through the urinary tract or directly into the kidney through surgery. After the stone is located, it can be broken up into smaller pieces.

Once you've had a kidney stone, you have an increased chance for having another.

See your health care provider if you have any of these symptoms:

- Sharp, severe pains in your back, side, lower belly, or groin
- Nausea and vomiting
- Blood in your urine, making it look pink, red, or brown
- Constant need to empty your bladder
- Pain when you urinate
- Difficulty urinating

**Keep Hydrated!!**