

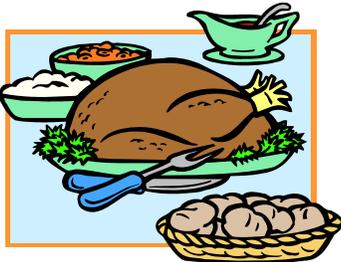


The Senior Sentinel

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

HOLIDAY DINNER

In honor of the holiday season we will have our Christmas Special on *Wednesday, December 21st* at our congregate dining locations featuring:



Stuffed Pork Roulade w/Gravy
Garlic Mashed Potatoes
Peas w/Onions
Cranberry Sauce
Dinner Roll
Cherry Pie

Reservations are required – please sign up at least 24 hours in advance (by noon the day before). Registration forms must be completed by each participant annually. Suggested donation is \$2.00 for those age 60 and over. For those under 60 years of age there is a \$6.00 fee. Please call 884-4100 or 363-4020 for additional information, and for phone numbers of locations to make a reservation.

Our regular meals served Monday through Friday offer a hot, nourishing meal supplying one-third of the Recommended Daily Allowance. Coffee, tea and milk are also available at the meal sites. Reservations are required.

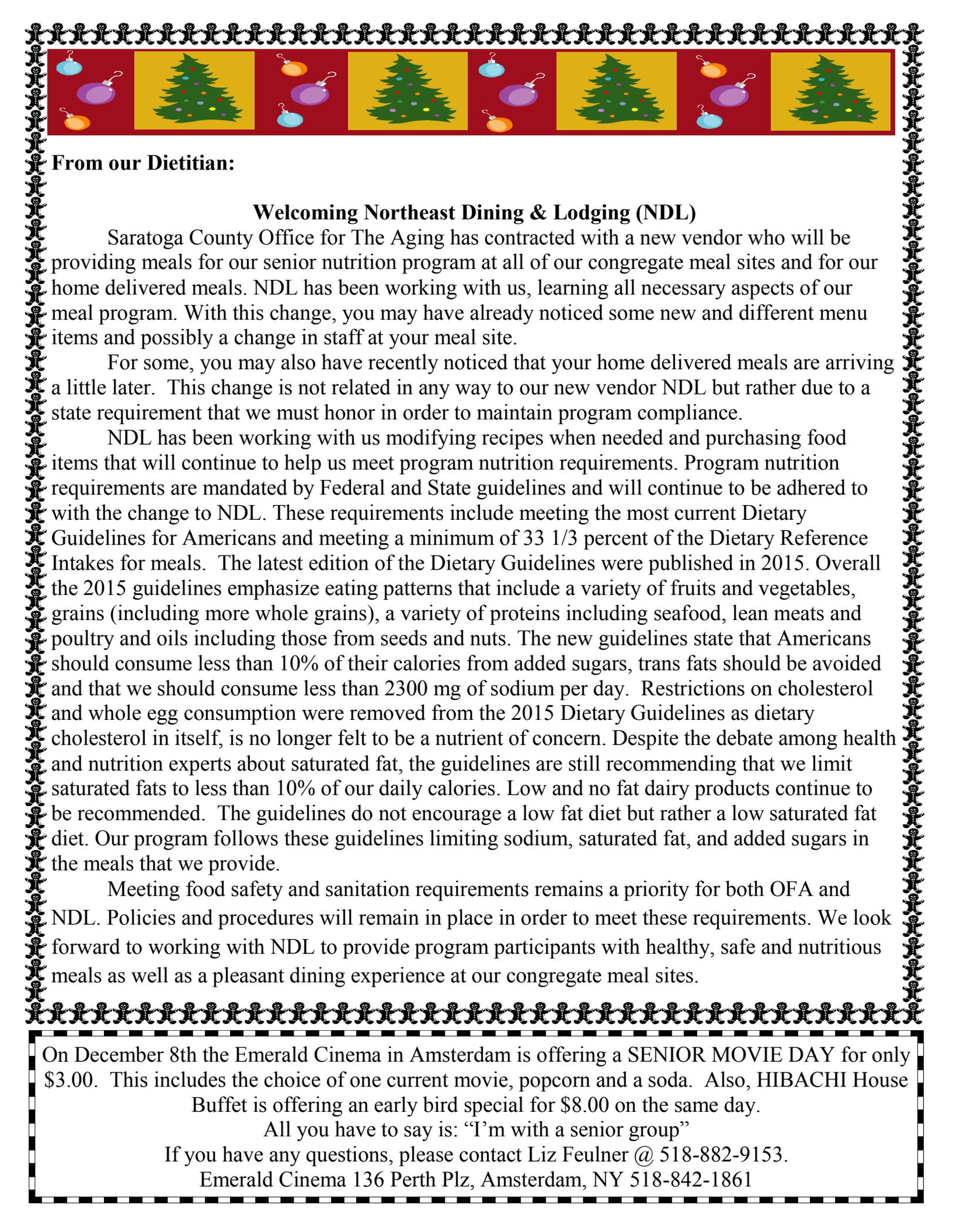
*The Saratoga County Office for the Aging wish all of you and yours a
Happy, Healthy and Safe Holiday Season.*



*The Office for the Aging will be **CLOSED**
Monday, December 26, 2016 for Christmas
and
Monday, January 2, 2017 for New Year's.*

Nutritional Program Weather Closing

*If the home delivered meals are canceled, the information will be listed on your local T.V. stations under **Saratoga County Senior Meals.***



From our Dietitian:

Welcoming Northeast Dining & Lodging (NDL)

Saratoga County Office for The Aging has contracted with a new vendor who will be providing meals for our senior nutrition program at all of our congregate meal sites and for our home delivered meals. NDL has been working with us, learning all necessary aspects of our meal program. With this change, you may have already noticed some new and different menu items and possibly a change in staff at your meal site.

For some, you may also have recently noticed that your home delivered meals are arriving a little later. This change is not related in any way to our new vendor NDL but rather due to a state requirement that we must honor in order to maintain program compliance.

NDL has been working with us modifying recipes when needed and purchasing food items that will continue to help us meet program nutrition requirements. Program nutrition requirements are mandated by Federal and State guidelines and will continue to be adhered to with the change to NDL. These requirements include meeting the most current Dietary Guidelines for Americans and meeting a minimum of 33 1/3 percent of the Dietary Reference Intakes for meals. The latest edition of the Dietary Guidelines were published in 2015. Overall the 2015 guidelines emphasize eating patterns that include a variety of fruits and vegetables, grains (including more whole grains), a variety of proteins including seafood, lean meats and poultry and oils including those from seeds and nuts. The new guidelines state that Americans should consume less than 10% of their calories from added sugars, trans fats should be avoided and that we should consume less than 2300 mg of sodium per day. Restrictions on cholesterol and whole egg consumption were removed from the 2015 Dietary Guidelines as dietary cholesterol in itself, is no longer felt to be a nutrient of concern. Despite the debate among health and nutrition experts about saturated fat, the guidelines are still recommending that we limit saturated fats to less than 10% of our daily calories. Low and no fat dairy products continue to be recommended. The guidelines do not encourage a low fat diet but rather a low saturated fat diet. Our program follows these guidelines limiting sodium, saturated fat, and added sugars in the meals that we provide.

Meeting food safety and sanitation requirements remains a priority for both OFA and NDL. Policies and procedures will remain in place in order to meet these requirements. We look forward to working with NDL to provide program participants with healthy, safe and nutritious meals as well as a pleasant dining experience at our congregate meal sites.

On December 8th the Emerald Cinema in Amsterdam is offering a SENIOR MOVIE DAY for only \$3.00. This includes the choice of one current movie, popcorn and a soda. Also, HIBACHI House Buffet is offering an early bird special for \$8.00 on the same day.

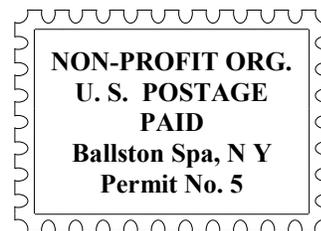
All you have to say is: "I'm with a senior group"

If you have any questions, please contact Liz Feulner @ 518-882-9153.

Emerald Cinema 136 Perth Plz, Amsterdam, NY 518-842-1861

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*

A little bit of this and that:

Each year in December, the Social Security Administration will mail Social Security Beneficiary recipients an award letter. When you receive that letter from Social Security please **KEEP** it and put it in a **SAFE** place. The information is utilized in many different programs that you may apply to.

HEAP is a federally funded program that **assists** low income households with the cost of heating their homes during the winter months. The 2016-2017 program began in November. Households who received a HEAP grant last year should have received an application in the mail by now. If you have not yet received one or are a new applicant interested in applying, please contact the Office for the Aging at 884-4100.

There are **no health screenings** offered by the Saratoga County Public Health and the Office for the Aging for the month of **December and January**. Health screenings will resume in February 2017.

Flu season is here and it is important to receive your influenza vaccine for the 2016-2017 season now. The CDC says **“Take 3” Actions** to fight the flu:

Take time to get a flu vaccine- a yearly flu vaccine is recommended as the first and most important step in protecting against the flu

Take every day preventions/actions to stop the spread of germs-

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

Take anti-viral drugs if your doctor prescribes them- if you get the flu, antiviral drugs can treat your illness and can make the illness shorter and milder and may also prevent serious flu complications.