



The Senior Sentinel

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



The Saratoga County Office for the Aging will be closed Monday, February 20th in observance of Presidents' Day.

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**

Nutritional Program Weather Closing: If the home delivered meals are canceled due to the weather, the information will be listed on your local T.V. Stations. It will be listed under **Saratoga County Senior Meals.**

EMERGENCY!

Saratoga County has a Special Needs Registry for full and part-time residents of Saratoga County. The registry is for those who may need additional assistance during an emergency. To register, call 518-885-2232 or go to www.saratogacountyny.gov/departments/office-of-emergency-services/

From Our Dietitian:

Be Sweet to Your Heart

Help protect you and your Valentine's heart by limiting the amount of added sugars to your diet. People who consume the most added sugars have a higher risk of heart disease than those who consume less. At one time it was believed that because excess sugar in the diet contributed to weight gain, which in turn led to overweight and obesity, that it is what raised our risk for heart disease. New research however has found that people who consumed more added sugars had more risk factors for heart disease no matter what their weight status was. Consumption of large amounts of highly sweetened food and beverages has been linked to high total and LDL (bad) cholesterol levels, high triglyceride levels, high blood pressure and more.

Although the heart/sugar relationship is not completely understood, it is felt that it may be related to how one of the common sugar molecules found in sugar-fructose is processed by the liver. The liver may be designed to deal with the amount of sugar in a piece of fruit or a sweet potato however, not the amount of fructose that we expect the liver to process from sodas and other sweet confections. Too much fructose can cause the liver to make fat resulting in fatty liver which can lead to increased cholesterol and triglyceride levels, inflammation and possibly high blood pressure.

It was in 2009 that the American Heart Association (AHA) recognized the association between sugar and heart disease and put forth recommendations limiting added sugars in the diet. The AHA recommends that women consume no more than 6 teaspoons or 25 grams of added sugar per day and men consume no more than 9 teaspoons or 38 grams per day. The average American currently consumes approximately 22 teaspoons of added sugar per day. Approximately 50% of these added sugars come from sweet drinks such as sodas, sweetened teas and energy drinks and approximately 25% come from confections like candy, baked goods and ice cream.

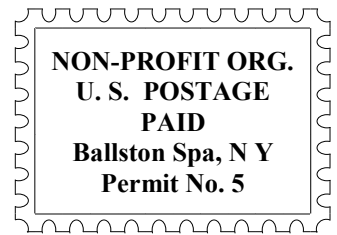
Sweeteners such as honey and maple syrup contain about the same amount of fructose as table sugar so they are not really that much of a healthier alternative to table sugar. High fructose corn syrup actually contains the same amount of fructose as table sugar so this sweetener is not necessarily worse than table sugar either.

The best place to start when trying to cut down on added sugars in your diet is with your beverage choices. Try more water, milk, black coffee and unsweetened tea. The new nutrition fact labels, that will soon be starting to appear on food products we purchase, will help us distinguish between added sugars and sugars found naturally in foods such as fruit, milk etc. Use the current and new food labels to help you reduce sugar by reading the ingredients and looking at the number of grams of sugars. Items are listed on the ingredient food label in order of prominence therefore if sugar, or words that also signal sugar (i.e. sucrose, dextrose, corn syrup, evaporated cane juice), appear on the label as one of the first few ingredients then the food or beverage will be high in added sugars. Look at items that you may not think would have much sugar in them such as salad dressings, ketchup, cereals, and even some bread. Each one gram of added sugar is equivalent to $\frac{1}{4}$ teaspoon of sugar so bread that has 3 grams of sugars per slice (aside from raisins in raisin bread) has $\frac{3}{4}$ teaspoon of added sugar. Lastly rethink your relationship with sweets: cakes, cookies and candy should be occasional treats rather than everyday mealtime accompanies and snacks. Try switching out these sweets for a naturally sweet piece of fruit or a small square of very dark chocolate. Your heart and sweetie will thank you for it.

If you're in a Medicare Advantage Plan (like an HMO or PPO), you have until February 14th to leave your plan, and switch to Original Medicare and join a Medicare Prescription Drug Plan.

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*

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

Stonequist Apartments	10:00am to 11:00am	March 1, 2017
Saratoga Senior Center	10:00am to 12:00pm	March 13, 2017
Moreau Community Center	10:00am to 11:45am	March 14, 2017
Raymond Watkin Apartments	1:00pm to 3:00pm	March 16, 2017
Mechanicville Senior Center	10:00am to 12:00pm	March 22, 2017
Shenendehowa Community Center	1:30pm to 3:30pm	March 24, 2017

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.

Social Security Number Removal Initiative (SSNRI)

Starting in 2018, CMS will be removing the current Health Insurance Claim Number (HICN) from the Medicare cards and replacing it with a new Medicare Beneficiary Identifier (MBI), which does not contain a Social Security number.

The new MBI will contain the same number of characters as the current HICN (11). The MBI will contain uppercase alphabetic and numeric characters throughout the 11 digit identifier.

The MBI will be unique to each beneficiary, so that a husband and wife will each have their own MBI.

All people with Medicare will be sent a new card with an MBI between April 2018 and April 2019 to replace their current Medicare card.