



The Senior Sentinel

(518)884-4100 (518)885-5381 (518)863-6112 (518)587-8653 (518)654-9003 (518)798-0231



The Saratoga County Office for the Aging will be closed Monday, February 19th 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. Appointment days are subject to change.**

<u>Location</u>	<u>Day</u>	<u>Phone</u>
Clifton Park-Halfmoon Library	Mondays & Saturdays	371-8622
Halfmoon Senior Center	Tues., Wed., & Thurs.	371-3892
Malta Community Center	Wednesdays & Thursdays	899-4411
Mechanicville Senior Center	Wednesdays & Fridays	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
Clifton Park Senior Community Center	Monday thru Friday	383-1343
Southern Saratoga YMCA (Clifton Park)	Thursdays	2-1-1
Saratoga Springs Public Library	Saturdays	584-7860 ext 214

**Please be sure to bring:
Your Social Security Card(s) for all individuals on return
A Photo ID—NYS Drivers License
A Copy of your 2016 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.**

From Our Dietitian:

Breaking Up

In this month of cupid, love and relationships, we usually do not think of break ups. As far as our heart health is concerned however, a break up with salt and/or a healthier relationship with this ingredient may be in our best interest. Consuming too much salt in one's diet has been linked to cardiovascular disease in that the sodium component of salt is believed to raise blood pressure levels.

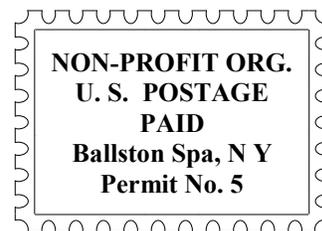
Breaking up with salt can be hard to do however, with a better understanding of where this ingredient lurks, we can take steps to bring our consumption levels into a healthier range. Unfortunately, salt is everywhere. Salt is added to a number of foods to enhance flavor and act as a preservative. Salt is added to cheese and breads to serve as a texture enhancer and as a binder and color enhancer in processed meats. The 2015 Dietary Guidelines for Adults recommends that we keep our sodium intakes to 2300 mg/day and down to 1500 mg/day for those who are at risk for cardiovascular disease. The average American is still consuming between 3400-3600 mg/day.

It may surprise you that most people obtain more salt from the processed foods they consume than from the salt shaker. To bring our sodium levels in line, avoiding or limiting processed and packaged foods is a good place to start. These foods are often very high in sodium. Most instant mixes such as rice, noodle and stuffing mixes, boxed or frozen dinner meals, canned soups and gravies will be high in sodium. Read food labels to choose foods that have the least amount of sodium and to determine how much sodium is in one serving of the food you are consuming. Remember if you consume double the serving size on the food label, you have doubled the sodium. Processed and packaged meats, some cheeses and many condiments like ketchup, mustard, soy sauce, barbeque sauce and pickles are also very high in sodium. Eating too many meals at restaurants can also contribute to exceeding your daily sodium limit so try to make eating out in restaurants a little less frequent and/or make choices that have less sodium. Many restaurant establishments will make substitutions such as serving plain steamed vegetables, grains, fish or meats instead of ones that come with high sodium sauces or seasonings. Ask questions at restaurants and then choose carefully. Also to keep in mind is that increasing your potassium intake by eating more fruits and vegetables can help lessen the potential blood pressure raising effects of sodium. Below are additional tips to help you lower your sodium intake and protect your heart:

- Take your time-Know that adjusting to a lower sodium intake takes time so proceed gradually. Eventually higher sodium foods that you once ate will start to taste "too salty" to you.
- Rinse canned food- such as vegetables, tuna, beans under cold water to help lower sodium by 40-50%.
- Don't add salt to foods while cooking-Save the small amount of salt to add at the table, where it will have the biggest taste impact.
- Think about the salt in your shaker-Sea salt and gourmet salt will not save you any sodium from table salt. Course grain salt such as kosher salt however can translate into less sodium than regular table salt. This is because this type of salt has less surface area on the salt granule when compared to other salts.
- Substitute acidic flavors, herbs and vegetable powders for salt-Lemon or lime, onion or garlic powder, and many herbs won't take the place of salt but can help.
- Consider a salt substitute-Many salt substitutes contain potassium so they can leave a bitter after taste for some. You won't know however if you are a bitter taster until you try. If you do use a salt substitute be sure to check with your health care provider especially if you already have cardiac problems or need to watch the potassium content of your diet.

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 2018.

Stonequist Apartments	10:00am to 11:00am	March 7, 2018
Saratoga Senior Center	10:00am to 12:00pm	March 12, 2018
Raymond Watkin Apartments	1:00pm to 3:00pm	March 15, 2018
Shenendehowa Village	1:00pm to 3:00pm	March 20, 2018
Mechanicville Senior Center	10:00am to 12:00pm	March 21, 2018
Clifton Park Senior Community Center	1:30pm to 3:30pm	March 23, 2018

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 (518)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.