



The Senior Sentinel

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Happy Father's Day June 18th

From Our Dietitian:

Cereal Check

Choosing a healthy cereal at the grocery store seems to be becoming more complicated. It seems a cereal box will say almost anything-whether it is about protein, fiber, whole grains, weight loss, cholesterol, blood pressure or energy to get your attention. To make the best choices, consider these tips when choosing a cereal.

-Go for whole grains and bran-Don't rely on claims such as "made with whole grains." The amount of whole grain may actually be very low. Instead look for 100% whole grain on the package or whole grain or bran as the first two ingredients. Although not a whole grain, bran which is the outer layer of grains is the part of the grain that is richest in unprocessed, intact fiber which may lower your risk of heart disease and diabetes.

-Get good fiber-Look for cereals that have at least 3 grams of fiber per serving. Fiber is noted to help prevent heart disease and diabetes and promote regularity. The evidence for these attributes come from studies where unprocessed, intact fiber-the kind in whole grains and bran were consumed. Many cereals now contain processed fibers such as inulin (chicory root fiber) or soluble corn or soluble wheat fiber. It is not clear how these processed fibers are at preventing constipation, lowering cholesterol or assisting with blood sugar control. Unfortunately you cannot tell from the ingredients or Nutrition Facts label how much of each type of fiber a cereal contains. So even if the cereal contains the 3 grams or more of fiber per serving, it is best to look for the word bran to be listed before any processed fibers or to get the fiber from the cereals whole grain content such as with oatmeal. One exception to this would be psyllium found in Kellogg's Bran Buds cereal. Psyllium is noted to assist with both preventing constipation and lowering cholesterol.

-Check the calories in your serving-When you scan the Nutrition Facts label for calories be sure to check the serving size. Serving sizes will often range from ¼ cups to 1 ¼ cups for cereals. Caloric content can range anywhere from 100-200 calories per serving depending on if it is a lighter cereal such as Cheerios or cornflakes or a heavier cereal such as shredded wheat or raisin bran. Heavier cereals will usually have a smaller serving size however, they may be more filling. Just remember if you eat double the listed serving size, you have doubled the calories. Watch out for heavy cereals such as granola, muesli's or nugget type cereals (Grape nuts) that have a small serving size for their caloric content.

-Minimize added sugars-Many adult cereals are high in sugars just like high sugar kid's cereals. Kashi Go Lean crunch for example contains 3 teaspoons of added sugar per a 1 cup serving. The American Heart Association recommends no more than 9 teaspoons of added sugars per day for men and 6 teaspoons of added sugars/day for women. Diets high in added sugars have been linked to contributing to heart disease. Nutrition Facts labels currently do not require labels to separate naturally occurring sugars in fruit (i.e. raisins) from added sugars like evaporated cane juice, brown rice syrup, honey, corn syrup or fruit juice concentrate. However, in the near future (by May 2018) this distinction will be made on the Nutrition Facts labels. Regardless, it is best to add your own fruit to cereals that have little or no added sugars such as oatmeal, bran flakes, shredded wheat, Cheerios or Uncle Sam's Original.

How does being an inpatient or an outpatient impact my Medicare coverage and health care cost?

When you enter a hospital for treatment you can be classified as an inpatient or an outpatient, and your status affects Medicare costs and coverage. You are an inpatient if your attending physician has formally admitted you as an inpatient. The only way to know if you are an inpatient is to ask, as there are no specific characteristics of your hospital stay that automatically make you an inpatient. For example, an overnight stay in the hospital does not necessarily mean you are an inpatient. In general, doctors will admit you as an inpatient if they expect that you will need to stay in the hospital for medically-necessary, inpatient-level care over two or more midnights.

If you are not formally admitted as an inpatient, then you are considered a hospital outpatient, even if you stay overnight. There are a number of hospital services that are almost always provided as outpatient care, such as emergency room visit or planned outpatient surgery.

Observation services, sometimes called observation status, are outpatient services. They include ongoing short-term treatment and assessment of whether you should be admitted as an inpatient or if you can be discharged. Although they may involve an overnight or longer stay, observation services or outpatient services, it is important to ask your doctor about the services you receive and what your hospital status is. Since observation services are provided to you as an outpatient, your coverage and costs will be different from the coverage and costs if you were an inpatient.

The hospital should provide you with a notice if you receive outpatient observation services for more than 24 hours. This is called the Medicare Outpatient Observation Notice (MOON). The MOON notifies you that you are receiving outpatient observation services and explains why you are an outpatient. Your doctor should also explain this notice to you in person. This notice is meant to reduce confusion that you may experience if you are in the hospital and unsure of your inpatient or outpatient status.

Your Medicare Part A costs for hospital care. If you have Original Medicare, your hospital stay is covered by Part A (hospital insurance) if you are a hospital inpatient, and by Part B (medical insurance) if you are a hospital outpatient.

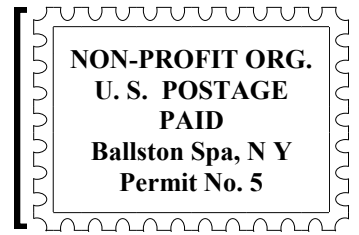
If you are a hospital inpatient, you first must meet the Part A hospital deductible of \$1,316 at the beginning of each benefit period. Once you meet the deductible, you pay zero dollars for the first 60 days of inpatient care in each benefit period. You owe \$329 for days 61 through 90 in each benefit period, and \$658 per lifetime reserve day after day 90. You have 60 lifetime reserve days that can only be used once.

Your Medicare Part B costs for hospital care. If you receive physicians' services while in hospital, or are an outpatient, then you will owe a 20% coinsurance of Medicare's approved amount for that care. You typically owe a coinsurance amount for each medical service you receive in the hospital, after you meet your Part B deductible (\$183 in 2017). For example, you will have separate coinsurance charges for x-rays, lab tests, and any physicians' services you receive. Physicians' services include any time you spent with a physician while you were in the hospital, even if that physician was not your primary doctor.

If you have a Medicare Advantage Plan, please contact your plan to learn what its costs are for hospital care. Medicare Advantage Plans can have deductibles and/or daily copayments for inpatient care, as well as high copayments for outpatient hospital services, so it is important to check with the plan to learn more about what cost you will owe.

Saratoga County Office for the Aging
152 West High Street
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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*

Spring is here and so are ticks!

It's time to take precautions to protect yourself from ticks which can carry Lyme disease and other serious infections. Ticks become active as soon as the ground is no longer frozen and snow covered. Ticks can't fly or jump. They rest on vegetation and attach to a passing animal or person. Once on a body, ticks often crawl and attach to the more hidden areas such as the groin, armpits and scalp.

The risk of exposure to ticks is greatest along trails in the woods and on the edges of properties with tall vegetation, but ticks may also be carried by animals and pets into lawns and gardens.

By following a few precautions when in wooded or grassy areas where ticks are more common you can decrease your chances of being bitten by a tick. Wear light colored clothing (to spot ticks) and tuck pants into socks and shirts into pants.

Check frequently for ticks on clothing or skin and brush them off before they attach. Also, check your children and pets for ticks. At the end of the day do a thorough tick check of your entire body, your children's bodies and pets bodies.

If using tick repellent follow the label's directions carefully.

- * Do NOT apply repellents directly on children. Apply to your own hands and then put it on the child.
- * Never apply to the hands of a small child.
- * Do NOT apply repellents near your nose, eyes or mouth.

When ticks are found attached to a body they should be removed immediately using fine-tipped tweezers. Grasp the tick as close to the skin as possible and then gently and steadily pull the tick straight out without twisting or squeezing. Then wash the area thoroughly and apply an antiseptic.

NEVER use gasoline, kerosene, petroleum jelly or hot matches to remove ticks. Visit www.health.ny.gov/tickfree for more detailed instructions.

Saratoga County Public Health and the Office for the Aging Health Screening. There are no screenings scheduled for **July 2017**.