



# The Senior Sentinel

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



## Happy St. Patrick's Day Happy Spring



**Daylight Savings Begins March 12th Don't Forget to Set Your Clocks  
Ahead 1 Hour**

## 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. 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	Monday 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.**

From Our Dietitian:

## Leafy Greens

When it comes to nutrition, leafy greens are nutritional powerhouses. They top the charts in vitamins C, A and K, fiber and potassium. Plain greens are low in calories with only 5 to 40 calories per cup. Cruciferous vegetables and greens such as cabbage, collards and kale are natural defenders recognized for their potential roles in cancer prevention. Turnip greens, spinach and kale are high in lutein, a phytochemical that may help protect vision and reduce the risk of age related macular degeneration.

Though available year round, winter greens such as kale, cabbage, collards and turnip greens are tenderer and taste sweeter during the cooler months. Spring is peak season for lettuces, chard and spinach. Thorough cleaning of leafy greens is essential, so wash the greens in several changes of cold water to eliminate dirt. Fresh leafy greens will keep in the refrigerator crisper for three to five days. Hardier greens can be blanched and frozen for extended storage.

Cooking greens will concentrate many of the minerals and vitamins and can help lessen bitter flavors. Keep in mind however that water soluble vitamins such as vitamin C can be lost if the greens are cooked for too long or if the liquid they are cooked in is discarded.

As nutritious as greens are, because of their high vitamin K content, consuming large amounts of leafy greens may interfere with the effects of blood thinners such as Coumadin. Anyone taking these medications should consult with their health care provider.

Looking at some of these greens in further detail:

- **Turnip Greens**-New to our program menu, this green tops the chart for lutein content. One cup delivers more than 100% of the daily recommended allowance (RDA) of vitamin K and one third of daily vitamin C. It is also an excellent source of vitamin A, fiber and calcium. This is a tender green that can be enjoyed simply sautéed or braised.
- **Spinach**-This green is a natural hydrator, raw spinach is 91% water. Spinach is an excellent source of vitamins A, K and C, potassium, folate and fiber. Because of its high water content, cooked spinach is significantly higher in these nutrients. Enjoy spinach cooked, raw or added to soups, stews, sandwiches or grain and bean side dishes.
- **Chard**-Available in several varieties, chard is a Mediterranean native. Chard provides vitamins A and K, potassium and magnesium. Chard is particularly high in natural sodium when compared to other greens. Sodium content is approximately 315 mg per cup. Although this amount of sodium may seem high, it is still much less than when compared to some of the processed foods we may consume. When enjoying chard, do not add extra salt and balance other high sodium foods in your diet on the days when you include chard. Young chard can be eaten raw in salads and mature chard cooks quickly and pairs well with lemon juice and olive oil.
- **Cabbage**-Not only for Saint Patrick's Day, cabbage is a fiber rich cruciferous vegetable that is an excellent source of vitamins C and K. Eating cabbage regularly may reduce the risk of certain cancers. Cook cabbage quickly to prevent the release of its odorous sulfuric compounds. Enjoy cabbage raw in slaw, steamed, stuffed or tossed into soup.

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

*April 2017.*

Bishop Hubbard	10:00am to 12:00pm	April 5, 2017
Malta Community Center	10:00am to 12:00pm	April 17, 2017
Halfmoon Senior Center	10:00am to 12:00pm	April 26, 2017

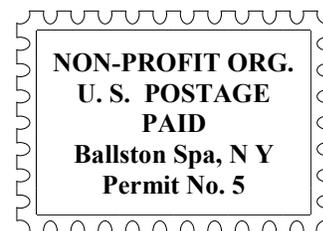
### Need Help Paying for Medicare?

**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.**

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

Return Service Requested



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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*

### **What is a Health Care Proxy?**

A health care proxy is a document that appoints another person to make health care decisions for you if you are unable to do so. This person is called a proxy or an agent. Naming a health care agent is one of the most important things you can do to ensure that you always receive the health care you prefer. Typically, you do not have to be terminally ill for a health care proxy to go into effect.

If you do not appoint a health care proxy and cannot make health care decisions, state law determines who can make decisions on your behalf. Most states have laws that let close family members and others (surrogates) act on your behalf if you haven't appointed a health care agent, but you may not want these people to make decisions for you.

As long as you give your agent permission, they will have the flexibility to make most treatment decisions for you and access your medical records.

When choosing a health care agent, it's important to appoint someone:

- Who you trust
- Who knows you well and understands your medical preferences
- Who will be assertive in making decisions
- Who will honor your wishes

Things you should discuss with your health care agent:

- Personal attitudes towards health, illness, dying and death
- Religious beliefs
- Feelings about doctors and other caregivers
- Feelings about palliative care versus life-sustaining treatments like artificial nutrition and hydration
- Treatment preference if you are unconscious for a long time and not expected to recover

If there is no one you trust to make health care decisions for you, you don't have to name anyone as your agent. You can instead create a living will to advise your doctors about your preferences.

A health care proxy generally only gives your agent the power to make medical decisions for you. Decisions about things such as health insurance may be considered a financial, not medical, decision depending on state law. It's generally best to consult with a lawyer to appoint a power of attorney for those types of decisions.

You don't need a lawyer to write a health care proxy. You can use a standardized form and tailor it to your needs, but make sure that it meets all of your state's legal requirements. Discuss the document with your health care agent and your loved ones. Give a copy of the document to your health care agent and to your providers.