



The Senior Sentinel

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Happy St. Patrick's Day Happy Spring



**Daylight Savings Begins March 11th 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. 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	518-371-8622
Halfmoon Senior Center	Tues., Wed., & Thurs.	518-371-3892
Malta Community Center	Wednesdays & Thursdays	518-899-4411
Mechanicville Senior Center	Wednesdays & Fridays	518-664-7877
Mechanicville Library	Mondays & Saturdays	518-664-4646
Moreau Community Center	Wednesdays	518-792-6007
Office for the Aging	Mondays	518-884-4100
Saratoga Springs Senior Center	Tuesdays	518-584-1621
Clifton Park Senior Community Center	Monday thru Friday	518-383-1343
Southern Saratoga YMCA (Clifton Park)	Thursdays	2-1-1
Saratoga Springs Public Library	Saturdays	518-584-7860 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**

From Our Dietitian:

Crack Into the Green with Pistachios

Enjoy the shamrocks and green cabbage this St. Patrick's Day however why not continue the green theme with a snack of pistachios! This irresistible crunchy green nut packed inside its own shell has plenty of positive attributes worth recognizing. With several notable nutrients and a lower calorie content, as compared to other nuts, pistachios may just become your new favorite nut.

Pistachios contain high levels of potassium which is a mineral that many of us are lacking. Potassium has several functions in the body with one being its role in limiting the negative effect that sodium can have on our blood pressure levels. Additional minerals that pistachios provide are magnesium, copper and iron. Notable vitamins include Vitamin K, Vitamin B6, and thiamin. These vitamins are associated with proper blood clotting, bone health, energy levels and healthy nerve impulses. Pistachios contain certain plant compounds called carotenoids. They provide lutein, a phytochemical linked to eye health and prevention of macular degeneration. High antioxidant levels and anti-inflammatory properties have linked pistachios to health improvements. A 2015 study showed that daily pistachio consumption by adults with Type 2 Diabetes improved cardiovascular risk by lowering triglyceride and total cholesterol levels while improving HDL the "good" cholesterol levels. A one ounce serving of pistachios (about 49 nuts) will provide 12% of your recommended daily value for both fiber and protein. Pistachios provide 160 calories per a one ounce serving as do many other nuts. The difference however is that one ounce of pistachios amounts to 49 nuts versus 30-35 pieces of most other nuts, making pistachios the nut with the least number of calories. Pistachios have a slightly lower healthy fat profile as compared to other nuts thus the reason why their serving size provides a greater number of nuts for the same number of calories. The combination of protein, fiber and healthy fat in pistachios makes this nut an ideal snack to help with satiety levels and weight control.

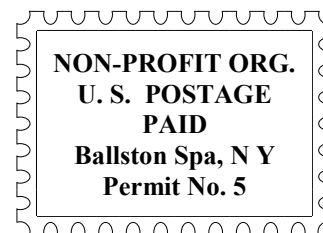
Pistachios are part of the cashew family. Each nut is capsulated in its own shell which naturally splits open when ripe. The drying process further opens the shell. Pistachios are available year-round and are sold in or out of their shells, raw or roasted, unsalted, salted, or seasoned. By choosing the unsalted variety, you will avoid adding extra salt to your diet and enjoy the natural sweetness of this nut. To be more "mindful" of how many nuts you are eating and thus minimizing how many calories you are taking in, choose pistachios that are in their shells. Because you have to "work" a little to get to the prize, you will be less likely to eat too many.

Pistachios should be stored in the refrigerator or freezer where they will keep for about one year. Aside from being a terrific snack, pistachios can be made into a nut butter or blended into other types of nut butters to have on whole grain toast, crackers, fruit or veggie slices. They can be added to salads, whole grain cereal, pilaf, and yogurt for added color, nutrients and crunch. Crushed pistachios can also make a tasty "breading" for chicken or fish.

* **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.**

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 Healthy Tip from Saratoga County Public Health Department.....

Turn on any news program and one of the top stories is the Flu. It is a national epidemic. On January 26, 2018, Governor Andrew M. Cuomo signed an executive order to combat the flu epidemic in New York. A few things you can do to prevent the spread of the flu are:

1. It's not too late to vaccinate – Get your flu vaccine today! Everyone 6 months and older can receive a flu vaccine. You can receive a flu vaccine at you doctor's office, local pharmacy, supermarkets, local clinics or Saratoga County Public Health.
2. Wash your hands often with soap and water.
3. Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
4. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
5. If you are sick, stay home.

**Saratoga County Public Health and the Office for the Aging Health Screening Schedule for
*April 2018.***

Bishop Hubbard	10:00am to 12:00pm	April 5, 2018
Malta Community Center	10:00am to 12:00pm	April 16, 2018
Halfmoon Senior Center	10:00am to 12:00pm	April 25, 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 884-4100 to see if you qualify.