



The Senior Sentinel

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



The Office for the Aging will be **closed Monday, September 5th** in observance of Labor Day.

Saratoga County Office for the Aging

*Annual Senior Picnic
Thursday, September 8th
Saratoga County Fair Grounds
Rain or Shine*



- BBQ Chicken*
- Potato Salad*
- Coleslaw*
- Baked Beans*
- Roll*
- Lemon Layer Cake & Refreshments*

Please join us for an afternoon of good food, music and dancing

Lunch will be served at 12 noon

Tickets are available at the Saratoga County Office for the Aging

Call 884-4100 for details

Tickets are \$4.00 each and are non refundable

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for October 2016.

Galway Town Hall	1:00 pm - 3:00 pm	October 20
Malta Community Center	10:00 am - 12:00 am	October 17
Shenendehowa Village	1:00 pm - 3:00 pm	October 18
Doubleday Woods	10:00 am - 12:00 pm	October 27

Have you done your Yearly Medicare Review?

Medicare Open Enrollment

October 15—December 7

Remember, Medicare plans can change each year

Important Medicare Dates

September & October— Review & compare

Review: Your plan may change. Review any notices from your plan about changes for next year.

Compare: Starting in October, use Medicare's tools to find a plan that meets your needs.

October 15— Open Enrollment begins

This is the one time of year when ALL people with Medicare can make changes to their health and prescription drug plans for the next year.

Decide: October 15 is the first day you can change your Medicare coverage for next year.

December 7—Open Enrollment ends

In most cases, December 7 is the last day you can change your Medicare coverage for next year.

The plan has to get your enrollment request (application) by December 7.

January 1—Coverage begins

Your new coverage begins if you switched to a new plan. If you stay with the same plan, any changes to coverage, benefit, or costs for the new year will begin on January 1.

Making changes to your coverage after January 1

Between January 1-February 14, if you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare. If you switch to Original Medicare during this period, you'll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form.

4 ways to get the help you need

- 1. Visit [Medicare.gov/find-a-plan](https://www.medicare.gov/find-a-plan)** to use the Medicare Plan Finder.
- 2. Look at your most recent "Medicare & You" handbook** to see a listing of plans in your area. You should also review any information you get from your current plan, including the "Annual Notice of Change" letter.
- 3. Call 1-800-MEDICARE (1-800-633-4227)**, and say "Agent." TTY users should call 1-877-486-2048. Help is available 24 hours a day, including weekends. If you need help in a language other than English or Spanish, let the customer service representative know the language.
- 4. Get free personalized health insurance counseling** by calling your State Health Insurance Assistance Program (SHIP). To get the phone number, visit [Medicare.gov/contacts](https://www.medicare.gov/contacts), or call 1-800-MEDICARE.

Do you need Extra Help paying for Medicare prescription drug coverage?

If you have limited income and resources, you may qualify for "Extra Help" to pay your prescription drug costs. Visit [socialsecurity.gov/i1020](https://www.socialsecurity.gov/i1020) to apply online. Or, call Social Security at 1-800-772-1213 and ask for form SSA-i1020. TTY users should call 1-800-325-0778.

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

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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*

From Our Dietitian:

Eating Local with the Seasons

Biting into the most delicious juicy peach or near perfect ear of corn most certainly can make summertime come to mind. The perfect pumpkin pie signals fall is in the air and the most likely time to find this vegetable in the market. If you want delicious, nutritious produce the way to eat is in the season.

Eating a diet rich in fruits and vegetables is the foundation of a healthy diet. Low in calories yet high in fiber, antioxidants, vitamins and minerals, produce is full of goodness especially when it comes from your own community and eaten when in season.

Eating seasonally gives you something to look forward to each season. Fruits and vegetables sold locally at Farmer's markets and co-ops are picked at the peak of ripeness giving them more wonderful taste and nutrients compared to produce picked green in order to sustain long distance shipping. When you buy locally grown produce, the benefits extend to the environment reducing your carbon footprint and reducing green house gases as these items do not need to be transported long distances on a gas guzzling trip.

Freezing, canning and preserving are excellent ways to optimize seasonal produce year round. When your favorite produce is no longer in season, it is still important to fill at least half your plate with fruits and vegetables. They offer so many health benefits regardless if you choose fresh, local, seasonal, organic, frozen, dried or canned.

Below are a few seasonal eating tips to consider:

- Buy produce in bulk when it is at the height of its season and preserve it by freezing and canning.
- Don't just limit your farmers market shopping to summer. Take full advantage of offerings at each season.
- Use winter produce as part of recipes such as tossing diced apple into a stir fry or layering sliced pears into a cheesy sandwich.
- Don't be afraid to try a new fruit or vegetable such as kale or persimmons.
- Don't over think your dishes; let the full flavors of the produce stand out.
- Simple preparations with few ingredients often work best like sweet potato hash prepared with olive oil, onion, parsley and served with an egg for protein.