



# The Senior Sentinel

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



The Office for the Aging will be closed Monday, October 15th in observance of Columbus Day.

### Home Energy Assistance Program

The Home Energy Assistance Program (HEAP) is a federally funded program that *assists* low income households with the cost of heating their homes during the winter months. **The 2014 - 2015 Regular HEAP program begins November 17, 2014 and is scheduled to close December 31, 2014. Emergency HEAP will open on January 2, 2015.** The scheduled closing for emergency HEAP is March 16, 2015. The Saratoga County Office for the Aging will be accepting walk in applications for persons 60 years of age and older as well as those under 60 and disabled **beginning November 17, 2014.** Households that received a HEAP benefit last year will automatically be mailed an application for this year's program. If you would like to receive an application you may call the HEAP desk at 884-4111. Applications will be mailed out when the program opens. **The office will not have applications until November 17, 2014.** If **any member** of your household is on SNAP (formally known as food stamps), please contact your SNAP case worker at 884-4146. The HEAP program provides a **once a year benefit** which is credited directly to your heating account. Regular benefit amounts are based upon the household monthly income and commodity used to heat your home. This year's guidelines are as follows:

Household Size	Maximum Monthly Income
1	\$2,194
2	\$2,869
3	\$3,544
4	\$4,219

### Living Healthy 6-week Workshop

Feel **BETTER**, be in **CONTROL**, do the things **YOU** want to do.  
 Discover fresh practical ways to live better & healthier.  
**FREE to Attend**  
**REGISTER NOW!**  
**REGISTRATION IS REQUIRED TO ATTEND**  
**CALL 884-4110**

<u>Thursdays</u>	<u>Fridays</u>
9:30 am to 12 pm	9:30 am to 12 pm
October 9, 16, 23, 30, November 6, 13	October 10, 17, 24, 31 November 7, 14
Clifton Park— Halfmoon Public Library	Saratoga Hospital
475 Moe Road	59D Myrtle Street
Clifton Park, NY 12065	Conference Room 2C
	Saratoga Springs, NY 12866

Participants will receive a FREE Living Healthy Book and Relaxation CD valued at over \$25!



Over 500 seniors came out on September 4 to celebrate the end of summer at the annual Senior Picnic. The picnic is sponsored by the Office for the Aging and held at the Saratoga County Fairgrounds in Ballston Spa. This year's entertainment was provided by DJ Mark Hersh. Mark had everyone singing and dancing along to a variety of music after a delicious BBQ chicken lunch. Three cash prizes of \$200 each went to the following lucky winners:

Mary Mundell	Ballston Spa
Mary Moore	Stillwater
Pam Cross	Halfmoon

Have you done your Yearly Medicare Plan Review? Each fall you should review your current health and prescription drug coverage. Review any notices from your current plan about changes for next year. **Medicare Open Enrollment is October 15, 2014 through December 7, 2014.** There's never been a better time to check out Medicare coverage. There are new benefits available including lower prescription costs, wellness visits and preventive care.

#### Ways to get the help you need

1. Visit [www.medicare.gov/find-a-plan](http://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.
3. Call 1-800-MEDICARE(1-800-633-4227) and say "Agent". Help is available 24 hours a day including weekends.
4. The Saratoga County Office for the Aging offers personalized health insurance counseling. **Appointments are required.** If you need an appointment call 884-4100.

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for **November 2014.**

Waterford Senior Center

10:30 am - 11:30 am

November 18

From Our Dietitian:

#### Falling Short on Fiber

While average fiber intakes have shown some increase in recent years, nine out of ten Americans are not meeting recommendations for dietary fiber. Fiber recommendations are 25 grams/day for women and 38 grams/day for men. A 2013 Food and Health Survey has suggested that a fiber perception gap exists with an estimated 67% of people perceiving that they consume enough fiber while only 5% are actually meeting their needs.

The health benefits of dietary fibers have long been overlooked. Insoluble fibers found in wheat and corn bran, whole grain breads and cereals, vegetables, fruit skins and nuts provide digestive benefits helping promote regularity. Soluble fibers found in oat bran, barley, nuts, seeds, fruits such as apples and pears, vegetables, and dried beans and peas help to lower blood cholesterol levels and manage blood glucose. Scientific research is increasing on fiber's ability to reduce the risk of type 2 diabetes, obesity, cardiovascular disease, certain cancers as well as boosting immune health.

Good intentions to increase our fiber intakes by choosing whole grains, whole fruits and vegetables and legumes are a step in the right direction, however we may not be selecting those with the highest fiber levels. Pears, berries and artichokes are among the highest fiber fruits and vegetables. Dried beans and peas and whole grains can contribute much fiber to the diet. In order to select foods with the highest fiber content be sure to read food labels. For example a serving of barley will provide twice the amount of fiber as brown rice. Below are some tips for meeting your fiber needs everyday:

**-Choose Fiber Rich Grains-**Look for whole grain foods such as bread, and side dishes that contain 3 grams or more of fiber per serving.

**-Make Vegetables the Star on your Plate-**Fill at least half your plate with vegetables. Experiment with new varieties and ways of preparing your vegetables. Don't just rely on salads to meet fiber needs. Lettuce alone is not a very good source of fiber.

**-Increase the Fiber Content of Salads-** Top your lettuce salads with additional fiber rich foods such as radishes, carrots, broccoli, peas, beans and sunflower seeds. Try different salad greens such as baby kale for a higher fiber content.

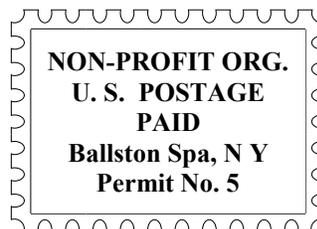
**-Add Bulk to your Breakfast Bowl-**Stir fruit, ground flax seeds and/or chia seeds into your oatmeal or other whole grain cereals.

**-Include Nuts and Seeds-** Sprinkling nuts or seeds into yogurt, cottage cheese, salads and casseroles will add additional fiber to the diet.

**-Use Soups as a Source of Fiber-** Add whole grains, beans or lentils to your soups to increase fiber.

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*

**Will Medicare cover home health care for chronic conditions?**

Medicare should cover your home health care services from a Medicare-certified home health agency (HHA) even if you have a chronic health condition. Although you may hear otherwise, Medicare covers skilled nursing and therapy services intended to help you maintain your current ability to function, or to prevent or slow your functioning from getting worse.

Remember, there are four requirements that must be met for you to be eligible for the Medicare home health care benefit. You must be homebound, you must need skilled nursing care or skilled therapy services, your doctor (or other primary care provider) must have a face-to-face meeting with you to develop a plan of care, and you must receive your home health care services from a Medicare-certified home health agency. Medicare should not deny you coverage of home health care services if you meet these four requirements even if your health condition is chronic. You also cannot be denied care because the care will only maintain and not improve your ability to function. Restoration potential, the idea that you can improve or increase your ability to function, is not necessary for Medicare to cover home health care.

You can continue to receive home health care for as long as you qualify for the benefit. Your doctor will need to approve a new plan of care every 60 days for the benefit to continue, verifying the care is medically necessary.

If you are denied home health care coverage because of your chronic condition, you should appeal Medicare's decision. The appeals process can be slightly different for Original Medicare, the traditional Medicare program administered directly through the federal government, and Medicare Advantage plans, but people with both types of insurance can appeal such decisions.

Be aware that, it can be hard to find a home health agency willing to provide Medicare-covered services to individuals with chronic care needs. If you have Original Medicare, you can call 800-MEDICARE for a list of home health agencies in your area. If you are in a Medicare Advantage plan, you should check with your plan to find out which home health agencies are in the plan's network. Call around to find a certified home health agency that meets your needs.

Reprinted from Medicare Rights Center Volume 13 Issue 17– August 25, 2014

**Notice of Public Hearing**

**TAKE NOTICE** that the Saratoga County Office for the Aging will hold a Public Hearing as follows:

Tuesday October 28, 2014

1:00 pm—2:00 pm

Halfmoon Senior Center

287 Lower New Town Rd

Waterford, NY 12188

**TAKE FURTHER NOTICE** that the purpose of the hearing shall be to obtain input, suggestions and comments relative to programs for the aging for the year 2015, under Title III of the Older Americans Act of 1965, as amended, and the New York Community Services Act for the Saratoga County planning and service area.

**TAKE FURTHER NOTICE THAT** A Plan Abstract may be examined on October 20 and October 21 at the Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY during normal business hours.