



The Senior Sentinel

**The Saratoga County Office for the Aging will be closed
Monday, January 17 in observance of Martin Luther King Jr. Day.**

Welcome Mazzone Hospitality !

Mazzone Hospitality is the new caterer for the Saratoga County Home Delivered Meal program and the Saratoga County Gather and Dine program. Mazzone has been serving delicious food to Upstate New York for over 30 years and with a motto that they "Deliver the Difference" is a perfect fit for the meal programs. With their stellar reputation we are happy to be entering 2022 with a great partnership in serving the Saratoga County Seniors a delicious nutritious daily meal.

For more information on the **Home Delivered Meals** and **Gather and Dine program**, please call the office at **(518) 884-4100**.

Saratoga County Gather and Dine

Did you know Saratoga County Office for the Aging has a dining program at 8 meal sites through out Saratoga County?

If you are age 60 or older you can dine at noon at the following meal sites:

***Saratoga Senior Center *** Clifton Park Senior Center *** Halfmoon Senior Center ***
Corinth Senior Center *** Town of Galway Town Hall *** Town of Ballston Town Hall
Mechanicville Senior Center *** Moreau Community Center***

**All you need to do is call the meal site of your choosing the day prior upon eating by NOON.
Great way to meet up with your friends and have a wonderful nutritious meal.
For more information please call the office at (518) 884-4100**

Nutritional Program Weather Closing

If the home delivered meals are canceled the information will be listed on your local T.V. Stations under **Saratoga County Senior Meals**.

From Our Dietitian:

Better Nutrition in the New Year: Setting Yourself up for Success

Another year has come and gone. Many people set New year's resolutions and health goals as they begin a new year. You, like a lot of people, may be experiencing frustration and even disappointment that you didn't achieve the health goals you thought you would have achieved over the past year.

Some of the most common New Year's resolutions center on losing weight and eating better. Unfortunately, when it comes to weight loss and weight control, we want results and we want them fast. This can however, set us up for failure even before we make any diet changes. With the dieting messages that surround us, it can be very tempting to resort to fad diets to get the "promised" quick results. Take note however that any diet or eating plan that emphasizes a particular food or eliminates a particular food or food group should raise a red flag. Reason being that it goes against the central principles of healthy eating and good nutrition: balance, variety and moderation. The New Dietary Guidelines for Americans emphasize healthy eating patterns over time to achieve health and aid in disease prevention.

Fad diets are often too low in calories and lack nutrients which can result in fatigue and irritation, making them hard to sustain in the long-term. The notion of fad diets is that they are something to go "on" and then go "off". When people go off these diets, they more often than not regain the weight and blame themselves for not having enough discipline, willpower or motivation when, in reality, the real problem was that they were going about it the wrong way.

Did you know that the word diet actually comes from the Greek word 'diaita,' which means way of life? Diet really refers to the way we eat throughout our lives. A diet is something permanent and something that can include all foods - in moderation. With this in mind, think of the changes you want to make as something permanent - not something that you will do for only one or two months. When it comes to setting nutrition goals, small changes can lead to big rewards. Take a look at how you are currently eating. Keep a food journal for at least 3 days so you can analyze your typical eating patterns. Are you drinking water? Are you including fruits and vegetables? Are you eating breakfast? Do you tend to snack right before bed?

Once you see where you can make changes, pick a place to start. It will be much less intimidating to focus on one or two dietary changes than trying to do a complete three sixty to your way of eating. Plus, when you realize that you were able to make a few small changes, you will be more motivated to continue to incorporate healthier eating habits. When it comes to better eating, the most successful people are not the ones who decide to give up all desserts or never eat their favorite foods again. Those are the people who are unable to maintain their changes in the long-term. Successful people start small and build upon their accomplishments.

Here are some ideas for a first change you can make toward healthier eating in the new year:

- Eat breakfast. Try to incorporate healthy, convenient foods like high-fiber cereal, fat-free or low-fat yogurt, and fruit. You want your breakfast to be low in sugar but high in other nutrients that will keep you full like fiber and protein.
- Switch from drinking regular soda to water. You can flavor your water with slices of fresh fruit or use no calorie water flavorings.
- Switch your bread from white to whole grain. Look for those breads containing 3 grams of fiber or more per slice.
- Switch from regular pasta to whole grain pasta. You may need to cook whole wheat pasta a little bit longer to soften it up.
- Switch from whole milk or 2% milk to 1% or skim milk.
- Aim to drink more water. Add one or two extra glasses of water per day. Drinking more water throughout the day may curb your appetite and keep you from drinking beverages that are high in sugar.

On November xx, 2021 , The New York State Office for the Aging honored two of our Saratoga County volunteers in a virtual ceremony. Both awardees have been a great asset to their area communities and we appreciate them for all that they have contributed.

Fall –Proofing Your Home

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help you avoid falls and ensure your safety.

In Stairways, Hallways, and Pathways

- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down/ If you must carry something while you're on the stairs, hold it in one hand and use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Make sure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Remember to use the lights!
- Keep areas where you walk tidy. Don't leave books, papers, clothes, and shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on the tile and wooden floors. You can buy these strips at the hardware store.
- Don't use throw rugs or small area rugs.

In Bathrooms and Powder Rooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Remember to turn on night lights.

In Your Bedroom

- Put night lights and light switches close to your bed.
- Keep a flashlight by your bed in case the power is out and you need to get up.
- Keep your telephone near your bed.

In Other Living Areas

- Keep electric cords and telephone wires near walls and away from walking paths.
- Secure all carpets and large area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of them easily.
- Don't walk on newly washed floors—they are slippery.
- Keep items you use often within easy reach.
- Don't stand on a chair or table to reach something that's too high— use a “reach stick” instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it is steady and has a handrail on top. Have someone stand next to you.
- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.
- Keep emergency numbers in large print near each telephone. If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These healthcare providers can assess your home's safety and advise you about making changes to prevent falls.

Your Own Medical Alarm

If you're concerned about falling, think about getting an emergency response system. If you fall or need emergency help, you push a button on a special necklace or bracelet to alert 911. There is a fee for this service and it is not usually covered by insurance.

Home Improvements Prevent Falls

Many state and local governments have education and/or home modification programs to help older people prevent falls. Check with Saratoga County Office for the Aging to see if there is a program for you.

Reprinted from: Fall-Proofing Your Home; National Institute on Aging