



The Senior Sentinel



Saratoga County Department of Aging and Youth Annual Senior Picnic



September 8, 2022 11 am-3 pm
at

Saratoga County Fair Grounds

162 Prospect Street, Ballston Spa

Rain or Shine

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

Entertainment provided by Mark Hersh

Lunch will be served at 12 noon

FILL A TRUCK FOR THE VETERANS

*Please fill the truck with donations such as; paper products, hygiene products,
cleaning products and laundry products.*

All proceeds will be donated to the Veterans & Community Housing Coalition (VCHC)



\$4.00 Advance Meal Ticket is Required

Call 518-884-4100 for more information.

Farmer Market Coupons

It's that time of year again!

Go to your local Farmer Market to get high-quality local food and agricultural products direct from the farmers and producers.

2022 Eligibility Guidelines:

You must be 60 years of age or older, ONE booklet per season per individual.

Income at or below: \$2096 per month, household of one;

\$2823 per month, household of two. Each booklet value is \$25.00 (5 - \$5.00 coupons) that are good for fresh fruits and vegetables at local participating Farmer Markets. No change can be given for any unused amount on a coupon.

For more information contact Department of Aging and Youth at (518) 884-4100.

We will be at the following locations in August:

August 1	10:00-11:00am	Malta Town Hall	2540 State Route 9, Ballston Spa
August 3	1:00-2:00pm	Shelly Park Adult Community	19 Elm Street, Gansevoort
August 4	12:00-1:00pm	Galway Town Hall	5910 Sacandaga Rd, Galway
August 6	9:00am-1:00pm	High Rock Park	112 High Rock Ave, Saratoga Springs
August 8	2:00-5:00pm	Clifton Park Farmer's Market	912 Route 146, Clifton Park
August 11	12:00-1:00pm	Greenfield Community Center	25 Wilton Rd, Greenfield Center
August 17	9:00am-1:00pm	High Rock Park	112 High Rock Ave, Saratoga Springs

Summertime seems to go hand in hand with certain foods one of which may be a having a hot dog off the grill. Having an occasional hot dog is certainly something most of us can include in our diets. The key word here is occasional. However, an emphasis should be on maintaining a healthy dietary pattern overall which includes whole foods and little processed foods with adequate daily servings of fruits and vegetables, whole grains, lean meats and seafood, low or nonfat dairy, legumes and nuts and seeds. With summer now winding down, and given the negative health implications of eating processed meats, it may be time to consider limiting such foods to only occasional. Also, aside from the nutritional concerns of having a diet high in processed meats are the cost of these foods currently which can set your grocery budget back significantly. When the 2015 US Dietary Guidelines were published, the health consequences of eating processed meats like hot dogs, bacon, and deli meat were evident and the research to eat them sparingly has continued to accumulate.

Processed red meat differs from fresh red meat in that it's been cured, salted, smoked, canned, or treated with preservatives. Processed red meat includes foods like bacon, sausage, hot dogs, bologna, corned beef, salami, ham, and beef jerky. Fresh beef, steak or pork without preservatives is not considered processed.

In 2015, the World Health Organization's International Agency for Research on Cancer identified consumption of processed meat as "carcinogenic to humans on the basis of sufficient evidence for colorectal cancer". In addition, the risk for breast, prostate, pancreatic, and overall cancer mortality increases with the daily consumption of 50 grams (equivalent to 1 hot dog) of processed meat. Pro-oxidative compounds, heme iron, and nitrosamines in processed meats are suspected to contribute to the carcinogenic effects found in these foods.

How Much Processed Meat Can I Safely Eat?

The 2020-2025 Dietary Guidelines suggests replacing processed meats with fresh seafood or poultry to decrease saturated fat and sodium. Even better, choose dried beans or peas such as lentils, chickpeas, kidney beans, or pinto beans instead of processed meat for increased sources of fiber in addition to lower sodium and no saturated fat. The current consensus is to limit processed meat to no more than 1-2 times per month, and of course less often is healthier.

Tips to consider:

- Choose least-processed meats as often as possible. For example, instead of chicken nuggets, roast chicken breast yourself or use an air fryer at home to make crunchy, unprocessed chicken nuggets.
 - Don't be fooled by lower-fat processed meats such as chicken or turkey sausage, turkey bacon, or turkey hot dogs. These foods may be lower in fat, but they're still highly processed.
 - Check the ingredient list on food labels for words that include nitrite, cured, or salted which indicate the meat has been processed.
 - Instead of adding sliced lunchmeat to a Chef's salad, opt for canned tuna or salmon, or sliced roast chicken or turkey.
 - Order a grilled chicken sandwich or fresh fish tacos instead of a lunchmeat deli sandwich.
 - Enjoy a breakfast sandwich with eggs, spinach, and tomato instead of sausage or bacon.
- If you enjoy a sandwich for lunch, choose a cheese sandwich with a variety of vegetables, tuna, egg or chicken salad (make it yourself and add chopped vegetables), or the favorite peanut butter and jelly.

Certain Antioxidants May Lower Dementia Risk

Antioxidants are a type of compound found in vegetables and fruits. They help protect your cells from a certain type of damage. Eating lots of produce can help lower your risk of heart disease and other health problems. A new study found that certain antioxidants in these foods may also reduce the risk for Alzheimer's disease and other dementias.

Dementia, including Alzheimer's disease, harms your ability to remember, think and make decisions. Studies have found several lifestyle factors that may help lower the risk of getting dementia. These include eating a healthy diet, being physically active, and socializing with others. Getting enough sleep and doing activities that challenge your brain may also help.

Studies of antioxidants' effects on dementia have had mixed results. Some have found that they protect the brain. Others have not. These studies asked people to remember what types of foods they'd eaten over a long period of time.

In a new study, researchers measured antioxidant levels in blood samples from more than 7,000 people. Participants were between the ages of 45 and 90. They were part of a nationwide study tracking their health over 16 years.

Blood levels of certain antioxidants were linked with a lower risk of developing dementia. These included lutein and zeaxanthin, which are found in green, leafy vegetables. They also included beta-cryptoxanthin, which is found in some orange-colored fruits.

"Further studies are needed to test whether adding certain antioxidants to the diet can help protect the brain from dementia," says NIH's Dr. May Beydoun, who led the study.

If you're taking care of an older loved one, it's normal to go through a range of emotions. It is very rewarding to give back to someone who has raised you, a spouse or a great friend. Yet caregiving isn't an easy job, and it can be easy to get overwhelmed, especially if your loved one needs specialized care.

Adult day care can be a valuable solution for both caregivers and seniors. Research shows that utilizing these services helps seniors thrive both physically and mentally. Older adults who have structured days filled with activities and time with friends tend to have better outcomes over time, even when coping with conditions such as dementia. It can also reduce the psychological and physical toll of caregiving to avoid caregiver burnout. Here's what you need to know about adult day care.

What is Adult Day Care?

Adult day care gives seniors a safe place to go during the day. Centers are typically open during regular business hours, allowing caregivers to work if needed. While a senior center is usually a drop-in place focused solely on socializing, adult day care is a bit more structured. It's designed for seniors with physical disabilities or memory loss and provides a variety of services based on need. Seniors are encouraged to socialize, but they will also gain other benefits such as meals, medication monitoring, and health-related services.

What Services Are Available at Adult Day Care Centers?

Not all adult day cares are the same. You'll need to decide which one best fits your loved one's individual needs. But in general, most adult day care centers offer some or all of the following:

- Counseling
- Exercise
- Health Screening
- Medical Care
- Medication Management
- Physical Therapy
- Recreation
- Supervision

Adult day care is typically scheduled in advance rather than provided on a drop-in basis, and the days are generally at least loosely planned out. For example, your loved one might spend the morning on cognitive stimulation tasks such as board games or jigsaw puzzles, check in with a doctor after lunch, and then play some memory training games before participation in a discussion of current events in the afternoon.

Some adult day care centers, though not all, offer transportation to and from the program. If you're concerned about driving your loved one back and forth, be sure to ask if this is available.

Types of Adult Day Care

- *Adult Social Day Care*— Is for older adults who are reasonably healthy. It provides a safe and structured environment that weaves gentle exercise and brain games in a highly social setting.
- *Adult Day Health Care (ADHC)*— Is for older adults with more intensive health care needs. These centers cater to older adults coping with physical disabilities and after-effects of conditions such as a stroke.
- *Dementia Care*— Dementia centers are highly specialized. They're designed to provide as much normality as possible, but the center is tightly secured to prevent wandering.

Cost of Adult Day Care

The costs vary from state to state. In general, ADHC and dementia centers cost more than social centers. Still, adult day care not only allows many seniors to age in place but it is only about half the price of assisted living or in-home care. Listed below may help cover the cost of the adult day care.

- Long-Term Care Insurance
- Veterans Benefits
- Medicaid

How to Choose the Best Senior Day Care Center

When deciding between senior day care centers, we recommend taking a tour of each one. Look around to observe the overall atmosphere, the social environment, and how staff members engage with participants. As you are doing your research, it can be helpful to take notes. List the services provided by each center you are considering, as it can be tough to keep everything in your head. Prioritize the available services, and cross off any centers that don't offer what you're looking for.

Benefits of Senior Day Care

By going to senior day care, older adults can overcome a host of age-related issues, including depression, loneliness, fatigue, and loss of brain function. Seniors can socialize, learn, move, and experience daily routines under the guidance of professional caregivers. At the same time, caregivers who are responsible for seniors are able to have a respite period. This is necessary for preventing caregiver burnout. Adult day care provides just enough interaction and stimulation in a controlled environment without forcing the seniors to experience a complete upheaval in their own home setting.

How to Find a Senior Day Care Center Near Me

To find a senior day care center in your area, start with searching; https://eldercare.acl.gov/public/resources/topic/Adult_Day_Programs.aspx or contact **Department of Aging and Youth at (518)884-4100**. Our caseworkers are more than happy to assist you in finding adult day care.

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