



The Senior Sentinel



**Happy St. Patrick's Day
Happy Spring**



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.

Please call for an appointment. They are required. Appointment days are subject to change and protocols.

<u>Location</u>	<u>Day</u>	<u>Phone</u>
Clifton Park-Halfmoon Library	Saturday & Monday	(518) 371-8622
*Malta Community Center	Tuesday & Thursday	(518) 899-4411
Mechanicville Library	Tuesday & Saturday	(518) 664-4646
Moreau Community Center	Thursdays	(518) 792-6007 Ext. 14
Department of Aging & Youth Services	Mondays	(518) 884-4100
Saratoga Springs Senior Center	Tuesdays	(518) 584-1621
Clifton Park Senior Community Center	Monday, Tuesday & Friday	(518) 383-1343

*Must make appointments in-person

Please be sure to bring:
Your Social Security Card (s) for all individuals on return
A Photo ID—NYS Drivers License
All required Tax documentation needed
A Copy of your 2021 Tax Return



Save the Date!

Come and Find the Golden Ticket!

on

May 19, 2023

at

The Saratoga County Annual Senior Luncheon



***Daylight Savings Begins March 12th
Don't Forget to Set Your Clocks Ahead 1 Hour***

From Our Dietitian:

Think Green for Lutein along with red, yellow and orange

All things green may come to mind as we celebrate St. Patrick's Day this month however, we do not want to overlook the red, yellow, and orange in order to see that pot of gold at the end of the rainbow!! You may have heard the saying that we should eat the rainbow by including many colorful fruits & vegetables in our diets. Brightly colored fruits and vegetables are rich sources of vitamins, minerals and several antioxidants. This is especially true when it comes to eye health.

Lutein is an antioxidant that is part of the carotenoid family. Carotenoids are synthesized by various plants, algae and bacteria and are responsible for the vibrant colors seen in many plants. These pigments play an important role in plant health however, they also provide health benefits to us when we eat them. In fact, because humans do not synthesize lutein, it must be consumed in our diets.

Lutein along with another carotenoid zeaxanthin have strong links to eye health as we age. Aging is a primary risk factor for many eye diseases including glaucoma, cataracts, and age-related macular degeneration (AMD). Lutein has emerged as a key player to slow the development of these diseases. Many research efforts have focused on lutein's effects on intermediate or late AMD and trials have suggested that a combination of nutrients including lutein and zeaxanthin may help slow the progression to advanced AMD. Lutein and zeaxanthin are the only dietary carotenoids found in your retina and lens where they absorb and buffer blue light to help maintain optimal vision. They are mainly concentrated in the macula region at the back of the eye which is essential to vision. More evidence is needed at this time to determine lutein's role in the management of other eye conditions including diabetic retinopathy and cataracts.

The main dietary sources of lutein include dark green leafy vegetables such as spinach, collards and kale, broccoli, lettuce, parsley, basil, leeks and peas. Also found in yellow-, red-, and orange-colored foods which include, carrots, pumpkin, sweet potatoes, red pepper, yellow summer squash, winter squash, corn and red grapes. Other good sources of lutein include egg yolk, pistachios, pepitas and avocados. Lutein is fat soluble so it will be better absorbed when consumed along with healthy fat in a meal or snack.

There are many nutrients that support eye health that we do not want to overlook such as vitamin C found in citrus, strawberries, kiwi fruit, and peppers. Vitamin A in animal products such as milk, cheese, egg yolk and meats and beta carotene found in orange fruits and vegetables. Healthy fats including omega 3 fatty acids found in fatty fish, walnuts and flaxseeds as well as other healthy fats found in nuts, seeds avocados, and olive oil. Eating a varied diet rich in fruits, vegetables, whole grains, lean meats, poultry and fish, dried beans and legumes and healthy fats will help support your eyes and overall health. At this time, there is no recommended dietary intake for lutein. Many Americans consume 1-2 mg/day. Risk assessment studies have suggested it is safe at higher levels however, more data is needed to support long term usage at high levels. Although it is always safest to obtain the majority of our nutrients through diet, lutein is available in supplement form either alone or in combination with other nutrients. To be safe, always check with your health care provider before starting any new supplement or making significant changes to your diet.



Show Your Heart Some Love!

Heart disease is a leading cause of death in the U.S. for both men and women. But you can take steps to protect your heart and stay healthy.

To start, you can learn and keep track of some important heart health numbers, like your weight, blood pressure, cholesterol, and blood glucose (blood sugar). Then take action to improve your numbers.

One key number to know is your body mass index, or BMI. BMI is an estimate of body fat. Your BMI is based on your height and weight. Having a higher BMI is one factor that increases your risk for certain conditions, including heart disease and type 2 diabetes.

Get your blood pressure checked at least once a year by a health care professional, and ask what your target numbers should be. Then ask for tips to keep your blood pressure under control. Keep track of your numbers.

Getting enough physical activity can help you meet your heart health goals. Aim for at least 150 minutes of moderate-intensity activity each week. Consider wearing a device that counts your steps to track how much you walk every day. Or simply jot down how much time you spend each day with different activities.

Eat a heart-healthy diet and keep a record of what you eat and drink a record of what you eat and drink each day. This can also help you stay on track.

Find tips and tools for calculating your BMI, tracking your blood pressure, eating a heart-healthy diet, and more at <https://www.nhlbi.nih.gov/heart-truth/know-and-control-your-heart-health-numbers>

Recognize Signs of a Stroke and Act F.A.S.T

Stroke is a leading cause of death and disability

Strokes are serious and can be deadly.

Being familiar with the signs of a stroke and responding quickly can save your life or someone else's life or reduce a chance of developing major disabilities.

Stroke is the 5th leading cause of death in the United States and affects nearly 800,000 people each year.

It also causes serious long-term disabilities more than any other disease.

We explain what a stroke is, common stroke survivor disabilities, a handy shortcut to recognize the top signs of stroke, additional signs of stroke, and what to do if you notice signs of a stroke.

What is a stroke?

Think of a stroke as a “brain attack.” It happens when blood flow to an area of the brain is cut off.

That deprives brain cells of oxygen and those cells begin to die.

When brain cells die during a stroke, abilities controlled by that area of the brain are lost, like memory and muscle control.

There are 5 main types of stroke:

1. **Ischemic stroke (clots)**-accounts for 87% of all strokes, happens when a blood vessel supplying blood to the brain is blocked
2. **Hemorrhagic stroke (bleeds)**-happens when a weakened blood vessel in the brain ruptures, typically caused by uncontrolled high blood pressure.
3. **Transient ischemic attack (TIA)**-called a “mini stroke” caused by a serious temporary blood clot, it’s a warning stroke and should be taken seriously.
4. **Cryptogenic stroke**-in some cases, despite testing, the cause of a stroke cannot be determined and is called a “cryptogenic stroke”.
5. **Brain stem stroke**-can have complex symptoms and can be difficult to diagnose, severe brain stem strokes can cause locked-in syndrome where survivors can’t speak or move below the neck.

Stroke survivor disabilities

25% of stroke survivors end up with a minor disability and 40% have moderate-to-severe disabilities.

They’re often left with physical weakness, speech impairment, and unusual muscle tightness.

These impairments can affect the ability to communicate, walk, eat independently, bathe, dress, and complete other activities of daily life.

F.A.S.T is a shortcut to remember signs of stroke

Use these initials to remember the key signs of stroke and how to respond.

F=Face drooping on one side. Ask the older adult to smile-is it uneven?

A=Is one Arm weak or numb? Ask the older adult to raise both arms-is one arm weak?

S= Speech problems like slurring, inability to speak, being incoherent. Ask the older adult to repeat a simple sentence like “The sky is Blue” as a quick test.

T=Time to call 911. If you see any of these signs, even if the symptoms don’t last, call 911 right away and get to the hospital ASAP. Check the time so you can tell EMTs and doctors when the symptoms started.

Additional signs of stroke

Sudden symptoms like these are also signs of stroke:

- Numbness or weakness of the leg, arm or face
- Confusion or trouble understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause
- Brief loss of consciousness

What to do if you suspect a stroke

If you notice any signs of a stroke, **call 911 immediately.**

Speed is very important. The faster the older adult gets to the hospital for treatment, the better their chances for survival and recovery.

Reprinted from: <https://dailycaring.com/how-to-respond-to-signs-of-stroke/>