



The Senior Sentinel

Happy Mother's Day

Sunday, May 14, 2023



**The Department of Aging and Youth Services will be closed
Monday, May 29, 2023 in observance of Memorial Day.**

39th Annual Spring Luncheon

Friday, May 19, 2023

11:00am-3:00pm

At

Saratoga Springs City Center

522 Broadway, Saratoga Springs



A Fun filled Afternoon of Music, Food and Door Prizes

\$ 4.00 a Ticket

Tickets are available at Senior Centers throughout Saratoga County
or by calling the

Department of Aging and Youth Services at (518) 884-4100

New York State may be holding some of your money. Here's how to claim it.

www.osc.state.ny.us/unclaimed-funds

Click on search now and then enter in your information to see if you have any money being held, if you do the state will require further information to obtain it.

Mushrooms May Make You Healthier

An often-under-appreciated food, mushrooms have been eaten and used as medicine for thousands of years. Although commonly considered a vegetable, they are actually a type of fungus. Mushrooms vary in appearance with more than 10,000 known types, but generally they are distinguished by a stem, fleshy rounded cap, and gills underneath the cap. Let's explore some health-related reasons for including these magical fungi in our diets.

Nutrition:

All mushrooms are low in calories, carbohydrate, fat, and sodium. They contain no cholesterol and are good sources of several vitamins and minerals. A half cup of white button mushrooms contains 20 calories, 2 grams of protein, 0 grams of fat, 3 grams of carbohydrate, and 1 gram of fiber.

Cancer Prevention:

Researchers have found that including any variety of mushrooms into your daily diet will lower your risk of cancer by as much as 45%. The recommended daily amount is as few as two medium mushrooms.

Brain Health:

Mushrooms, being a good source of natural fiber, promotes gut health by feeding the "good" bacteria in the intestines. These bacteria have been found to make neurotransmitters, or chemicals that send messages between nerves. These neurotransmitters promote mood stability, concentration, brain health and mental well-being.

Vitamin D:

Like humans, certain mushrooms exposed to UV light or sunlight can increase their vitamin D amounts. These mushrooms contain a substance called ergosterol, which is similar in structure to cholesterol in animals. Ergosterol can be transformed into vitamin D with exposure to ultraviolet light, whether from sunlight or a UV lamp. White button, portabella and cremini mushrooms provide the most of this vitamin after exposure to UV light or sunlight. To increase the vitamin D content to achieve the recommended daily amount of vitamin D, slice three mushrooms (or one portabella), expose them to sunlight for at least 15 minutes and enjoy. Vitamin D helps the body absorb calcium, strengthening bones and teeth. Appropriate levels of vitamin D also can reduce the risk of dementia and Type 2 diabetes.

Micronutrients:

Micronutrients support a healthy immune system. Mushrooms are one of the best sources of selenium, which helps your body make antioxidants that can reduce cell damage.

B vitamins:

Mushrooms are a good source of vitamins B2, B3, B5 and B9 also known as folate. B vitamins are essential for cell growth, giving your skin, hair and nails a healthy boost.

Mushrooms are versatile and can be enjoyed raw or cooked and added to eggs, pizza, stir-fries, and numerous dishes. Because of their rich flavor, mushrooms are also the perfect food to blend with meat to make burgers, meatloaf and meatballs. This can be an effective way to reduce calories and fat while boosting nutrition.

Garlic Mushrooms Recipe

Prep Time 5 minutes

Servings 4

Cook Time 4 minutes

Author Annissa Slusher <https://simplysohealthy.com/garlic-mushrooms-recipe/>

Total Time 9 minutes

Ingredients

2 tablespoons butter (ghee, coconut oil, or other oil may be substituted)
5 ounces mushrooms sliced (shiitake, wild mushrooms, portabellas, or button mushrooms all work)
1 clove garlic crushed
1 pinch red pepper flakes
1 tablespoon parsley minced
sea salt
freshly ground pepper

Instructions

Heat a large skillet over medium high heat. Add butter and melt.
When butter has melted and has stopped foaming, stir in mushrooms. Sprinkle lightly with salt and pepper. Cook mushrooms, stirring occasionally, until tender.
Stir in garlic and red pepper flakes. Cook until garlic is fragrant. Turn off the heat.
Taste and adjust seasoning. Stir in parsley flakes just before serving.

Serving size: 1/4 of the recipe

Per serving:

Calories: 44

Fat (g): 4

Carbs (g): 1

Fiber (g): 0

Protein (g): 1

Net carbs (g): 1



What can change driving ability with age?



Common health conditions and medication side effects may influence your driving skills.

Stiff joints and muscles. As you age, your joints may get stiff, and your muscles may weaken. Arthritis, which is common among older adults, might affect your ability to drive. These changes can make it harder to turn your head to look back, turn the steering wheel quickly, or brake safely. If pain, stiffness, or arthritis seem to get in the way of your driving, talk with your doctor. Think about getting hand controls for both the gas and brake pedals if you have leg problems.

Trouble seeing. Your eyesight can change as you get older. It might be harder to see people, things, and movement outside your direct line of sight. It may also take longer to read street or traffic signs or even recognize familiar places. At night, you may have trouble seeing things clearly. Glare from oncoming headlights or streetlights can be a problem. Depending on the time of day, the sun might be blinding. Eye diseases, such as glaucoma, cataracts, and macular degeneration, as well as some medicines, can also cause vision problems. If you are 60 or older, get a dilated eye exam from your eye doctor every one to two years. If you need glasses or contact lenses to see far away while driving, make sure your prescription is up to date and correct.

Trouble hearing. As you grow older, your hearing can change, making it harder to notice horns, sirens, or even noises coming from your own car. These sounds warn you when you may need to pull over or get out of the way, or when there is a possible mechanical issue with your vehicle. Have your hearing checked at least every three years after age 50 or more frequently if you have had chronic exposure to loud noises or have other risk factors for hearing loss. Discuss your concerns with your doctor as there may be treatments that can help.

Medications. Some medicines can make you feel drowsy, lightheaded, or less alert than usual, which can make driving unsafe. Some drugs include a warning about driving, but even those that do not might have a negative effect. Ask your doctor or pharmacist if any of your health problems or medications might make it unsafe for you to drive.

Slower reaction time and reflexes. As you get older, your reflexes might get slower, and you might not react as quickly as you could in the past. Stiff joints or weak muscles also can make it harder to move quickly. Loss of feeling or tingling in your fingers and feet can make it difficult to steer or use the foot pedals.

Some medical conditions make it unsafe to drive. The uncontrollable movements and loss of coordination and balance due to Parkinson's disease make it unsafe to drive. Similarly, many of the loss of control of limbs or other movement limitations following a stroke can mean it is no longer safe to drive.

Tips for older adults to drive safely

Maybe you already know that driving at night or in rainy weather is a problem for you. Some older drivers also have problems with certain routes or driving on busy highways, for example. Consider these tips to help you make safe choices about driving:

Talk with your doctor. If you have any concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.

Be physically active. This will help you keep and even improve your strength and flexibility, which may help your driving abilities.

Consider your car. If possible, drive a car with automatic transmission, power steering, power brakes, and large mirrors. Newer cars come equipped with backup cameras, which can make parking and backing up easier, as well as other sensors that can alert a driver to a nearby object or vehicle before an accident occurs.

Take care of your eyes and ears. Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving.

Avoid driving certain times of day. Cut back on or stop driving at night if you have trouble seeing in the dark. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.

Check in with yourself. Don't drive if you feel lightheaded or drowsy. Be sure to check any warnings on your medications. Try to avoid driving when you are stressed or tired.

Don't crowd. Leave ample space between your car and the car in front of you and start braking early when you need to stop.

Plan your timing. Avoid heavy traffic areas or rush-hour driving when you can.

Wear seat belts. Always wear your seat belt and make sure your passengers wear theirs, too.

When in doubt, don't go out. Bad weather, such as rain, ice, or snow, can make it hard for anyone to drive. Try to wait until the weather is better, or use buses, taxis, ridesharing services, or other alternatives.