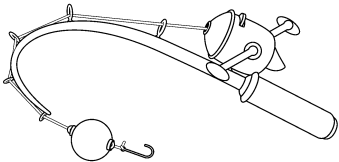




# The Senior Sentinel



**HAPPY FATHER'S DAY**



Thank you to everyone who participated in painting the birdhouses. The birdhouses were built by our Saratoga County children in their Middle School Technology class with wood donated by Curtis Lumber. Then the birdhouses were painted by some of our county's children and seniors. The birdhouses will be displayed throughout the Village of Ballston Spa. On June 11th the Village will host a festival where some of the birdhouses will be for sale. Proceeds of the sale will benefit the continuation of the program. Come out and enjoy a stroll around town to see the creatively decorated and beautifully painted birdhouses.

## Taco Tuesday

Mechanicville—June 6  
Moreau—June 13  
Corinth—June 20  
Clifton Park—June 27  
Halfmoon—July 11  
Milton—July 18  
Galway—July 25  
Saratoga - TBD

### *Come and join us for Taco Tuesday!*

Taco Tuesday will be starting in June on Tuesdays during Gather and Dine.

It will be held at a different Gather and Dine site each week.

See the schedule for Taco Tuesday at a Gather and Dine Site near you!



Registration and sign up is required.  
Reserve at least one day in advance by 12 noon.

*From Our Dietitian: June 2023*

## Summer Superfoods

Summer is here and with it are some superfoods that are fresh and more readily available at the grocery store or at your local farmer's market. Take advantage of summer's seasonal bounty by adding these nutritional powerhouses to your warm-weather diet.

**Basil:** This fragrant herb takes center stage when added to any summer dish, but it flies under the radar when it comes to its impressive nutrition content. If you have a garden full of basil, savor it for more than its flavor! Basil has antioxidant properties and provides almost 25 percent of daily vitamin K needs. Add to a salad or marinade, or sprinkle over berries and ice cream.

**Grapes:** Sweet, tangy, and packed with antioxidants, grapes are a good source of vitamin K, which helps blood clot and may contribute to strong bones. Also, a study found that consuming grapes twice a day for six months protected against metabolic decline in regions of the brain associated with early Alzheimer's disease, plus enriched metabolic activity in areas of the brain related to memory and attention. Snack on them fresh, frozen, or add to salads, or salsas.

**Strawberries:** These sweet treats are loaded with fiber, folate, and potassium plus, just ten of them pack in your daily allotment of vitamin C. What's more, research says consuming strawberries three times a week may slash your risk of suffering a heart attack.

**Sweet corn:** Nothing says "summer" like a sugary sweet ear of corn. Though the debate rages on whether it's a vegetable or a grain, one thing's for certain—it's good for you. Yellow sweet corn has a bit of protein and fiber, plus magnesium and vitamin B6.

**Peaches:** Every time you bite into a juicy summer peach, you're getting a dose of antioxidants, vitamins C and A, and potassium. Potassium plays an important role in regulating blood pressure and may aid in muscle recovery after a workout.

**Cherries:** Each time you consume one of these summer fruits, you're getting a serious dose of antioxidants. Cherries contain compounds that may protect the heart and prevent arthritis pain. Choose the reddest you can find. The pigment that gives cherries their color is actually behind their disease-fighting power.

**Watermelon:** Watermelon is not only a signature fruit of summer, it's a good source of immune-boosting vitamin C and the powerful antioxidant lycopene. Plus, it's refreshing for a reason—watermelons are 90 percent water! Biting into a slice is a sweet way to stay hydrated.

**Bell peppers:** All colors of sweet bell peppers are good sources of vitamin C, as well as some fiber and vitamin B6. Red peppers are especially powerful—they also contain beta-carotene, lycopene, and twice the amount of vitamin C you'd get in a citrus orange.

**Snap peas:** Sugar snap peas make the perfect snack and work well in a stir-fry too. They are filled with fiber, vitamins K and C, and have more protein than most other vegetables.

**Summer squash:** Zucchini and yellow squash are abundant during the hot summer months. They're excellent sources of vitamin C and antioxidants that contribute to a strong immune system and good eye health. Spiralize them to make pasta healthier, chop them up and add raw to a grain salad, or brush slices with olive oil and grill.

**Swiss chard:** Swiss chard is a dark, leafy green vegetable, but it's important to pay attention to the bright colors in the stem and veins. Betacyanin and betaxanthin are powerful phytonutrients that give the stem its reddish purple and yellow color—helping keep everything in sync in the body. It's also rich in magnesium.

So, if you're tired of kale and spinach, give Swiss chard a try.



## What is Palliative Care



### **Palliative care is focused on quality of life**

Palliative (*PAL-ee-uh-tiv*) care is medical care designed for people with serious health conditions.

This type of care is focused on relieving pain, stress, and other disease symptoms.

The #1 goal is to improve quality of life for patients and family.

We explain how it's different from hospice care, how seniors and caregivers benefit, what health conditions it's often used for, and where to find a palliative care doctor.

### **Palliative care vs hospice care: they're not the same thing**

Palliative care is often confused with hospice care – but they are different.

Palliative care is used during *any* stage of a serious illness.

Hospice care is for patients who are ill enough for a doctor to certify that they may not live beyond 6 months.

### **Palliative care benefits for seniors and family**

Older adults are often dealing with a variety of aches, pains, and discomforts in addition to serious health conditions.

On top of that, medical treatments to cure or reverse health conditions can affect older bodies more harshly and are more likely to cause significant side effects.

Palliative doctors are specialists with extra training and experience in pain management and symptom control.

They help seniors and family caregivers cope with the side effects of medical treatments, fears, and caregiver stress. That's a big plus – family caregivers get additional support.

Another significant benefit of palliative care is that these doctors can help families make difficult medical decisions.

They'll take the time to discuss pros and cons of various treatment options, answer questions, and address concerns.

Without that expert guidance, it can be even more stressful to make tough medical decisions.

### **What symptoms does palliative care relieve?**

By relieving symptoms, palliative care often improves someone's ability to tolerate medical treatments and their ability to recover.

It also gives seniors and caregivers more control because they have a better understanding of treatment choices.

### **Palliative care focuses on relieving symptoms like:**

- Pain
- Shortness of breath
- Nausea
- Loss of appetite
- Difficulty sleeping
- Depression

### **What types of illnesses are palliative care used for?**

Palliative care is helpful for people with any serious or chronic illness.

Common conditions include:

- Alzheimer's disease
- Parkinson's disease
- Cancer
- Congestive heart failure (CHF)
- Kidney failure
- Chronic obstructive pulmonary disease (COPD)
- Severe arthritis
- Amyotrophic Lateral Sclerosis (ALS) or Lou Gehrig's disease

### **How to find a palliative care doctor near you**

Contact your older adult's healthcare organization to find out about palliative care doctors who are in their healthcare plan's network. Their doctor may also be able to refer you to a good palliative care doctor in the area.

There's also an online directory of palliative care doctors from The Center to Advance Palliative Care (CAPC), part of the Icahn School of Medicine at Mount Sinai in New York City <https://getpalliativecare.org/provider-directory/>

Article from: [dailycaring.com](https://www.dailycaring.com)

