



**SARATOGA  
COUNTY**  
NEW YORK

Saratoga County Department of Aging and Youth Services August 2023

# *The Senior Sentinel*

## **The Department of Aging and Youth Services Annual Senior Picnic**

will be held at

### **The Saratoga County Fairgrounds**

162 Prospect Street Ballston Spa, NY 12020

**Thursday, September 7th, 2023**

**from 11-3pm**

Lunch will be served starting at 12 noon

Please join us rain or shine for an afternoon of food, music and dancing

**\$4.00 Advanced meal ticket is required**

**Please call 518-884-4100**



### **Farmers Market Coupons Locations**

- August 2nd 3:00-5:00pm Halfmoon Farmer's Market, 2 Halfmoon Town Plaza, Halfmoon
- August 5th 3:00-5:00pm Saratoga Farmer's Market, 112 High Rock Avenue, Saratoga Springs
- August 14th 2:00-5:00pm Clifton Park Farmer's Market, 971 Route 146, Clifton Park
- August 16th 3:00-5:00pm Saratoga Farmer's Market, 112 High Rock Avenue, Saratoga Springs

### **2023 Eligibility Guidelines**

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

Income at or below:

\$2,248 per month, household of one

\$3,041 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's Market Vendors.

No change can be given for any unused amount  
on the coupon.



## It's Time For Those Summer Tomatoes

It's that time of year for an abundance of tomatoes. Whether you grow your own, they are from a friend or purchased at the farmers market, those of us that enjoy tomatoes look forward to these nutrient dense superfoods this time of year. Despite the popularity of tomatoes, only 200 years ago they were thought to be poisonous in the United States. This is most likely because the plant belongs to the toxic nightshade family. Today, tomatoes are the fourth most popular fresh-market vegetables behind potatoes, lettuce, and onions. Tomatoes are packed with vitamins, minerals and antioxidants and different varieties of tomatoes offer different nutrients. For example, cherry tomatoes have higher beta-carotene content than regular tomatoes. Let's explore some benefits and risks associated with tomatoes.

### Benefits:

**Cancer:** Tomatoes are an excellent source of vitamin C and other antioxidants. With these components, tomatoes can help combat the formation of free radicals. Free radicals are known to cause cancer.

Tomatoes also contain lycopene. Lycopene is a polyphenol, or plant compound, that has been linked with one type of prostate cancer prevention. It also gives tomatoes their characteristic red color. Tomato products provide 80 percent of dietary lycopene consumed in the U.S.

**Heart health:** The fiber, potassium, vitamin C, and choline content in tomatoes all support heart health. An increase in potassium intake, along with a decrease in sodium intake, is the most important dietary change the average person can make to reduce their risk of cardiovascular disease. Not only is high potassium intake associated with a reduced risk of cardiovascular disease, but it is also known for protecting the muscles against deterioration, preserving bone mineral density, and reducing the production of kidney stones.

Tomatoes also contain folate. This helps to balance homocysteine levels. Homocysteine is an amino acid that results from protein breakdown and it is said to increase the risk of heart attacks and strokes. The management of homocysteine levels by folate reduces one of the risk factors for heart disease.

**Diabetes:** Studies have shown that people with type 1 diabetes who consume high-fiber diets have lower blood glucose levels, while people with type 2 diabetes may have improved blood sugar, lipids, and insulin levels. One cup of cherry tomatoes provides about 2 grams of fiber. Fiber recommendations for persons aged 50 plus are 21 g of fiber per day for women and 30 g per day for men.

**Constipation:** Eating foods that are high in water content and fiber, such as tomatoes, may help hydration and support normal bowel movements. Tomatoes are often described as a laxative fruit. Fiber adds bulk to stool and is helpful for reducing constipation.

**Eye health:** Tomatoes are a rich source of lycopene, lutein, and beta-carotene. These are powerful antioxidants that have been shown to protect the eyes against light-induced damage, the development of cataracts, and age-related macular degeneration (AMD).

### Risks

Although there are many benefits associated with tomatoes there are also risks to be aware of. The Environmental Working Group compiles a list of fruits and vegetables with the highest levels of pesticide residue. Tomatoes are number 10 on the list so remember to wash them before eating.

Beta-blockers, a type of medication most commonly prescribed for heart disease, can cause potassium levels to increase in the blood. High potassium foods such as tomatoes should be consumed in moderation when taking beta-blockers. Also, consuming too much potassium can be harmful to people with impaired kidney function. If you fall into these categories, you should consult your physician regarding diet restrictions.



## Stay Hydrated this Summer with these Cool Drink Recipes



### Rosemary Citrus Water

#### Ingredients:

1 Blood Orange or Grapefruit  
Rosemary Sprigs  
Cold Water

#### Instructions:

Add Sliced orange and several sprigs of rosemary to the bottom of a pitcher.  
Cover with water and let sit in the fridge overnight.

Recipes from : <https://www.aplaceformom.com/caregiver-resources/articles/easy-recipes-for-senior-nutrition>

### White Tea with Berries

White tea offers antioxidants and anti-inflammatory properties with little caffeine.

#### Ingredients:

1 cup mixed berries, such as blueberries and strawberries  
2 bags white tea  
Cold water

#### Instructions:

Wash berries thoroughly  
Quarter strawberries, leaving other berries whole.  
Add tea bags and cover with water.  
Infuse in the fridge for several hours, or until the tea has brewed.

# Hearing Loss

Hearing loss is a common problem for older adults. It can be especially frustrating because of its impact on daily life and social activities. The National Institute on Deafness and Other Communications Disorders says that 25 percent of people ages 65-74 having hearing loss. The number goes up to 50 percent in people age 75 and older. It's important to recognize the signs of hearing loss, how to prevent it, and how to cope with it.

## Know the Signs

Hearing loss can be as mild as not hearing high-pitched sounds, or as severe as a complete loss of hearing (deafness). Age related hearing loss (presbycusis) occurs over time as someone gets older. With age-related hearing loss, people can experience tinnitus which causes a ringing, clicking, hissing, or buzzing in the ears.

Some other signs of hearing loss to look out for are:

- Having trouble following a conversation with two or more people, especially in a noisy place.
- Frequently asking people to repeat what they said
- Raising the television volume up to a point that annoys others.
- Not being able to hear people over the phone

If you notice any of these behaviors in your day-to-day life, talk to your doctor.

## How to Prevent Hearing Loss

Some forms of hearing loss are due to aging or other health conditions and can't be controlled. However, noise-induced hearing loss, which is damage to the structure of the inner ear because of loud sounds, can be prevented. To prevent it, reduce your exposure to loud noises in the environment that may come from power tools, lawnmowers, trains, radios, and televisions. When these sounds are unavoidable, use protective devices like earmuffs/earplugs and turn down the volume on electronics.

## Technology Can Help

Hearing aids are small electronic devices that are worn in or outside the ear to make outside sounds louder. Hearing aids may be prescribed by a doctor or purchased without a prescription (over the counter). Behind-the-ear, receiver-in-the-canal, and open fit aids have a plastic piece that sits on the outside part of the ear and connects to an earmold that goes inside the ear canal. In-the-ear, in-the-canal, completely-in-the-canal, and invisible-in-the-canal aids are placed only on the inside of the ear or canal. Your doctor or a hearing specialist who can measure your hearing loss, called an audiologist, can help you decide which would fit you best.

## Coping With Hearing Loss

Hearing loss can be challenging. People who have hearing loss may become depressed and remove themselves from social situations. They may feel frustrated and embarrassed about their hearing difficulties. Studies also show that adults with hearing loss have a higher risk of developing dementia. Here are some ways that you can cope with hearing loss and still remain social:

- Communicate clearly to family, friends, and those around you that you have a hearing problem and you may need them to repeat themselves from time to time. Ask them to speak loudly and clearly when talking to you.
- Change your location if you're in a noisy place and are trying to speak with someone.
- Be a good listener by watching a person's facial expression to better understand them.

You also may want to speak to your doctor about seeing an otolaryngologist (ear, nose, and throat doctor) or an audiologist.

*Article from: IPRO Healthy Insights <https://ipro.org>*

# Elderly Pharmaceutical Insurance Coverage (EPIC)

The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State program administered by the Department of Health. It provides seniors with co-payment assistance for Medicare Part D covered prescription drugs **after any Part D deductible is met**. EPIC also covers many Medicare Part D excluded drugs.

**Fee Plan** - members pay an annual fee to EPIC based on their income. The EPIC co-payments range from \$3-\$20 based on the cost of the drug. Those with Full Extra Help from Medicare have their EPIC fee waived

**Deductible Plan** - Members must meet an annual out-of-pocket deductible based on their income before paying EPIC co-payments for drugs.

EPIC also pays Medicare Part D plan premiums up to the amount of a basic plan, for members with annual income below \$23,000 if single or \$29,000 if married.

For more information please contact Department of Aging and Youth Services at 518-884-4100

*Information taken from New York State EPIC Brochure/Application*