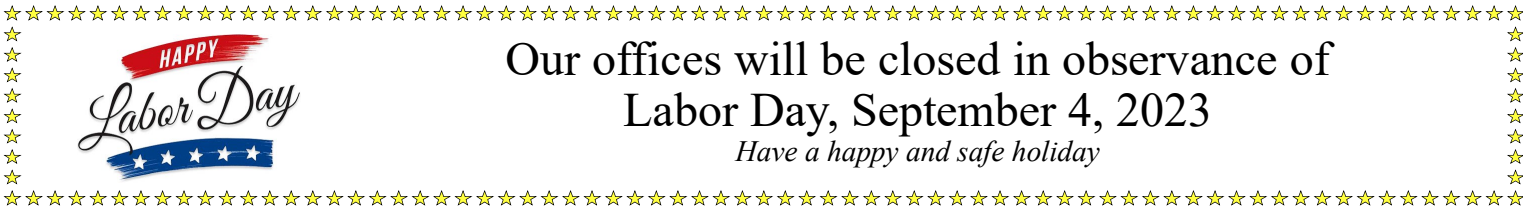




The Senior Sentinel



Our offices will be closed in observance of
Labor Day, September 4, 2023
Have a happy and safe holiday

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



Volunteers Needed for Home Delivered Meals



We are currently searching for volunteers to deliver Home Delivered Meals to homebound seniors throughout all towns in Saratoga County. This program ensures that senior citizens are able to remain in their home safely and receive proper daily nutrition.

Please contact Saratoga County Department of Aging and Youth Services' Senior Nutrition Program at **518-363-4020** if you are interested!

Build A Better Breakfast

September is better breakfast month. Originating during World War I, the United States government encouraged citizens to eat a Better Breakfast. The program gained momentum again during World War II. Then, in 1951, the Cereal Institute promoted Better Breakfast Month for the first time in September. Research gathered by the institute suggested that breakfast was the most important meal of the day. They selected the month to coordinate with children returning to school and businesses gearing back up after the lull of summer vacation.

Skipping breakfast isn't a great idea at any age. However, seniors are at greater risk for serious issues such as malnutrition and fatigue when they skip this important daily meal. A healthy breakfast can regulate metabolism and appetite while providing a boost of energy that can help seniors function throughout the day. Here are a few more reasons for seniors to eat a healthy breakfast along with some simple options for preparing a nutritious morning meal.

Benefits Of Eating Breakfast

Skipping breakfast at any age isn't great. As we age, our metabolisms slow, which can interfere with the body's absorption of vital nutrients and make it difficult to maintain a normal weight. Seniors who regularly skip meals and don't absorb the nutrition they need from the food they do eat can become at risk for malnutrition. Blood sugar regulation, elevated energy, and a stronger immune system response are all additional benefits seniors can enjoy when they eat a healthy breakfast.

Why Is Breakfast Important for Seniors?

When it comes to senior nutrition, fueling your body and mind with breakfast is important for many reasons:

- **Energy:** The body gets its energy from glucose (which comes from the carbohydrates you eat) and stores some of this glucose as glycogen to use when other energy supplies run low. In a fasted state, which often occurs overnight between your last meal and breakfast, these glycogen stores become depleted, meaning the body must turn to less efficient sources for its energy, leaving you feeling sluggish. The best way to replenish the energy and nutrient stores in your body is by eating first thing in the morning.
- **Brain health:** The brain primarily relies on glucose to function optimally. Eating breakfast upon waking supplies the body with glucose to fuel your brain and support mental performance throughout the day.
- **Weight control:** There is ongoing debate about eating or skipping breakfast and the benefits of each on metabolism and weight control. Overall findings conclude that when it comes to health and the number on the scale, filling up first thing in the morning with a healthy breakfast can help you to avoid making unhealthy food choices you may otherwise make later in a hungrier state. It can also set you up for success in choosing other healthy options throughout your day.
- **Medications:** As prescribed by medical professionals, many medications must be taken with food to avoid an upset stomach. Getting into the routine of taking these types of daily medications with breakfast or a directed meal is a good way to make sure medicine is consumed properly.
- **Controlling Diabetes:** For persons with Type 2 diabetes, some recent studies have also linked eating breakfast with better post lunch and dinner meal blood sugar levels. It appears that when breakfast is skipped, the liver will compensate by releasing its storage form of glucose called glycogen, thereby pushing blood sugar levels up later in the day. By consuming a regular breakfast, you will be likely to accomplish more consistent blood sugar levels throughout your day.

Here are some recommended foods for planning a healthy, hearty breakfast:

- **Choose whole grains:** Foods like bagels, toast, waffles, oatmeal, cereals, and English muffins all have whole-grain varieties. Whole grains are also good sources of fiber, which supports senior nutrition in many ways.
- **Look for lean protein:** Eggs, yogurt, low fat cheese, nut butters, and nuts or seeds are great sources of protein.
- **Add vegetables:** Greens may not be your go to breakfast option, but there are many ways to incorporate veggies into this meal. Try scrambled eggs with spinach and mushrooms or an omelet with bell peppers and onions. Incorporate greens into a smoothie with fruits.
- **Choose fruits:** Fruit is a key part of an overall balanced diet and a versatile ingredient when it comes to breakfast. Berries are often one of the best fruit choices, as they are lower in natural sugar, and provide significant amounts of needed vitamins and antioxidants.

Ultimate Breakfast Smoothie

To make this smoothie, you will need:

- 1 Medium Banana
- 1/2 cup Sliced Strawberries
- 1/2 Blueberries
- 1/4 Low Fat Greek Yogurt
- 1 tbsp Almond Butter
- 1/2 Baby Spinach
- 1/2 Cup Almond Milk

Place all ingredients in a blender and blend until smooth. Serve chilled. Enjoy!
Recipe from: <https://www.onemedical.com/blog/diet-nutrition/nutritional-smoothies-for-seniors/>



How Does Medicare Cover Ambulance Rides?

Medicare Part B covers emergency ambulance services and, in limited cases, non-emergency ambulance services. Medicare considers an emergency to be any situation when your health is in serious danger and you cannot be transported safely by other means. If your trip is scheduled when your health is not in immediate danger, it is not considered an emergency.

Part B covers emergency ambulance services if:

- An ambulance is medically necessary, meaning it is the only safe way to transport you.
- The reason for your trip is to receive a Medicare-covered service or to return from receiving care.
- You are transported to and from certain locations, following Medicare's coverage guidelines.
- The transportation supplier meets Medicare ambulance requirements.

To be eligible for coverage of non-emergency ambulance services, you must:

- Be confined to your bed (unable to get up from bed without help, unable to walk, and unable to sit in a chair or wheelchair)
- Need vital medical services during your trip that are only available in an ambulance, such as administration of medications or monitoring of vital functions.

Medicare may cover unscheduled or irregular non-emergency trips, but if you live in a skilled nursing facility (SNF), a doctor's written order may be required within 48 hours after the transport. Medicare may also cover scheduled, regular trips if the ambulance supplier receives a written order from your Doctor ahead of time stating that transport is medically necessary.

Medicare never covers ambulette services. An ambulette is a wheelchair-accessible van that provides non-emergency transportation just because you lack access to alternative transportation.

Part B covers medically necessary emergency and non-emergency ambulance services at 80% of the Medicare -approved amount. In most cases, you pay a 20% coinsurance after you meet your Part B deductible (\$226 in 2023). All ambulance companies that contract with Medicare must be participating providers. Note that if you are receiving SNF care under Part A, most ambulance transportation should be paid for by the SNF. The SNF should not bill Medicare for this service.

Article taken from July 3, 2023 Dear Marci <dearmarci@medicarerights.org>

What's Happening in Youth Services...



22 kids completed our lifeguard training program in the spring. These kids were hard at work this summer guarding our town pools and beaches, keeping us all safe while we cooled off.

Waterford's Summer Drop in Program became the hot spot to be on Thursdays this summer. Seniors from the Waterford Community/Senior Center took part in the Kids @ Heart Club an intergenerational program sponsored by the Saratoga County Department of Aging and Youth Services involving Waterford's seniors and youth. They all had fun with games, crafts, and exploring science, while making friends and bridging the gap between the ages. If you would like more information regarding how this program could benefit your community, please contact Rebecca Robarge, Youth Program Coordinator at 518-884-4100

Meet Our Nominees for Older New Yorkers Day Recognition



Kathy's passion is helping others, she exemplifies this passion through her relentless volunteering at places from Saratoga County's RSVP Program to the Malta Senior Center over the past six years. Truly, it seems, her heart is with those less fortunate, which is why one of her most beloved volunteer sites is the Milton Community Center as an assistant to the Gather & Dine Congregate meal program.

Kathy also is the President and Activity Chair of the Malta Seniors, where she is involved in quite some capacity, frequently advocating for the seniors of the area. During the 2020 pandemic, Kathy also helped those in need connect with local volunteers to help them with anything from food/grocery delivery to yard work. In addition, she volunteered as a Telecare Caller during the early days of the pandemic, a senior care program that is a for a way to reach those within the elderly population who may feel lonely and isolated.

Keeping in touch with her hometown of Malta is important to her. This is evidenced by her part in the Historic Preservation Review Commission of Malta, which helps protect and preserve historic landmarks around the town. In addition, she is a dedicated citizen, constantly standing up and using her voice as a voice of the Seniors to be heard, as evidenced in her role as an Advisor from the Town of Malta with Saratoga County Department of Aging and Youth Services Advisory Council.



Barbara is a woman of the people, especially of her local Milton Area Seniors. She has been a part of the Milton Seniors' board for years, holding various offices, the latest being recruitment of new senior members. She believes that Seniors being together is the base of their happiness and that it keeps them active, which is why she fought on the senior's behalf to keep her community center's space available for seniors.

In welcoming the seniors of the Milton Community Center back to the center, Barbara became a chair of the Homecoming committee, that put together a large-scale event for the re-opening of the Community Center for the Seniors' use. For over two years, due to the pandemic and renovations, the seniors had been kept out of their Community Center, so Barbara thought it was high time that they be brought back into their beloved center with a big party.

Barbara is also a part of Saratoga County Department of Aging and Youth Services Advisory Council for her Town of Milton, a strong voice for the seniors of her town. Over Barbara's 11 years of service, she has consistently helped transport seniors that no longer drive to medical appointments and for shopping. She clearly enjoys helping those in need, especially if what that person needs, is a hot meal. As a Home Delivered Meal driver, she has delivered likely hundreds of meals to seniors who are no longer able to drive or cook for themselves.

**THANK YOU
FOR VOLUNTEERING**

"THE SMALLEST ACT OF KINDNESS
IS WORTH MORE THAN THE
GRANDEST INTENTION."
- OSCAR WILDE