

The Senior Sentinel

Saratoga County Department of Aging and Youth Services

THE
ROARING
20's



GUYS AND GALS COME AND CELEBRATE
THE ROARING TWENTIES!

40TH ANNUAL
SENIOR LUNCHEON
ON
FRIDAY, MAY 17, 2024

11:00 AM - 3:00 PM

AT
SARATOGA SPRINGS CITY CENTER
522 BROADWAY, SARATOGA SPRINGS

IT'S A
ROARING
GOOD
TIME

MENU

BOURBON GLAZED HAM
WHIPPED DUTCHESS POTATOES
GARLIC GREEN BEANS
DINNER ROLL
SPARKLING WHITE GRAPE JUICE
PINEAPPLE UPSIDE DOWN CAKE

A FUN FILLED AFTERNOON OF
MUSIC, FOOD AND DOOR PRIZES
\$4.00 A TICKET
TICKETS ARE AVAILABLE AT SENIOR CENTERS THROUGH-
OUT SARATOGA COUNTY OR BY CALLING
THE DEPARTMENT OF AGING AND YOUTH SERVICES
AT
(518)-884-4100

It's Fishing Season

It's April and many anglers are breaking out their rod and reel for the first time this season. Although for some there is nothing like a fresh caught brook trout, we all don't have the ability to go out and catch fresh fish when we have an urge. Yes, we can go to the supermarket and buy some fresh or frozen fish but one option that is often overlooked is canned fish.

While you might first think of canned tuna, there are many other fish in the sea that lend themselves to preservation by canning. Salmon, sardines, and mackerel, just to name a few, are shelf-stable nutrition powerhouses packed with heart-healthy omega-3 fatty acids. Eating fish, especially those containing omega-3 fatty acids, is a hallmark recommendation of the Mediterranean diet, the dietary pattern consistently named one of the healthiest eating patterns. But its nutritional benefits aren't the only reason canned fish is having a moment. We've all noticed the rising prices of food at the grocery store and canned fish is a budget-friendly and tasty alternative to fresh and frozen seafood. Let's look into the nutrition and culinary benefits that make canned fish deserving of more shelf space in your pantry.

It's a Great Source of Omega-3s an essential fat your body is not able to produce, so they must be consumed through food or in supplements. Research shows that a diet rich in omega-3s can have a positive effect throughout the body, as these healthy fats are anti-inflammatory in nature. They help protect against heart disease by improving helpful HDL cholesterol. Fish varieties that are typically canned, like salmon, sardines and tuna, are all great sources of omega-3 fatty acids.

It Lasts Longer Than Fresh or Frozen. It is estimated that 27% of all captured fish across the world are thrown away. This is most likely due to its shorter fresh food safety window. Along with being a less expensive option than fresh seafood, canned seafood is sealed in an airtight container extending its shelf life to years instead of days. Even frozen fish, which is a less expensive option than fresh, doesn't retain the same quality for as long as canned fish.

It's a Great Source of Vitamin D & Calcium: Vitamin D and calcium work in tandem to support healthy bones. While your body can make vitamin D with the help of sunlight, it's one of the hardest nutrients to get in your diet. However, canned fish such as tuna, salmon, trout and sardines are great sources of vitamin D and can be a good source of calcium especially if you are able to consume the soft bones of the fish. A 3-ounce portion of salmon contains approximately 570 IU of vitamin D, which is 71% of the recommended Daily Value.

It's Tasty & Versatile: Quite possibly the best reason to eat canned fish is because it's flavorful and versatile, on its own or as an ingredient. Many types of canned fish can be served directly from the cans with crackers, but others are perfect for adding to recipes. Canned salmon and tuna make incredible salmon burgers and melts.

The bottom-line is canned fish is growing in popularity for many reasons. It's a delicious, nutritious and budget-friendly ingredient for getting a healthy meal on the table in minutes, all from the convenience of your pantry. There are many options for canned fish, from the big brands that line your grocery store shelves to the specialty brands offering curated, artisanal tins. If you're trying to eat more omega-3s, looking for a great dietary source of vitamin D or simply wanting sustainable, shelf-stable fish options, canned fish checks all the boxes.

April is Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues. It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help. The Mental Health American (MHA) provides some tips on how to reduce your stress by utilizing a Stress Screener. Also, take some time to visit the Centers for Disease Control and Prevention (CDC) website and familiarize yourself with strategies for stress management.

<https://mhanational.org/get-involved/stress-screener>

<https://www.cdc.gov/mentalhealth/cope-with-stress/index>.



MEDICARE NEWS

Good News from Medicare! It is now covering prescriptions for the antiviral COVID-19 treatment, Paxlovid, through the end of 2024. You can access it in a couple of different ways. If your Part D plan participates in the Paxlovid patient assistance program, you can have your prescription filled free of cost at your pharmacy. Contact your plan to find out if it participates. If your plan doesn't participate, or you simply don't have drug coverage, you can still get Paxlovid at no charge. You'll just need to enroll in the U.S. Government Patient Assistance Program (USG PAP) operated by Pfizer. If you are choosing a Part D plan, you can search for Paxlovid and add it as a prescription drug when comparing drug plan costs on Medicare's Plan Finder. This will allow you to choose a drug plan that automatically covers the medication. If you decide on a drug plan that does not cover Paxlovid, you can still obtain the medication through the USG PAP mentioned above.

Article from: <dearmarci@medicarerights.org>

If you think you're being discharged from the hospital too soon, you do have the right to file an appeal.

You should've gotten a notice that explains this right titled, Important Message from Medicare, when you were admitted. If you were there more than 3 days, you should receive another copy of the same notice between 4 hours and 2 days before you are to be discharged.

The Important Message from Medicare notice will have instructions for filing a fast (expedited) appeal. This appeal will be sent to the Quality Improvement Organization (QIO), a company that is contracted to evaluate discharge appeals. For a fast appeal, you must appeal by no later than midnight on the day of your scheduled discharge. Once you file the appeal, the hospital must give you a Detailed Notice of Discharge, which must explain, in specific detail, why the hospital believes that Medicare coverage for your stay is ending, and that discharge is appropriate. You can also send additional information about why you, and your care team, if applicable, believe the discharge is too soon. The QIO should call you within 24 hours with their decision.

If the QIO agrees with the hospital that Medicare coverage of your hospital stay should end, you have the right to continue to appeal to higher levels of review. If you stay in the hospital after the QIO decision agreeing with the hospital, however, you may be responsible for the full cost of your care from the date of that decision forward if you don't win at a higher level of appeal. There are five levels of appeal, and instructions for the next steps are included in each decision. Keep in mind that at each level there is a separate time limit for when you must file the appeal and when you'll receive a decision.

Here are a few tips to help you succeed:

- Follow the appeal timelines for each level.
- Take good notes throughout the process & keep original copies of all documents.
- Include a letter from your doctor or other care-team member explaining why your specific circumstances require additional hospital care to support your appeal.

Contact your State Health Insurance Assistance Program (SHIP) for more guidance on your appeal.

(Later appeals processes differ for Medicare Advantage and Original Medicare. For more information about higher levels of appeal if you are in a Medicare Advantage plan, see: Medicare Advantage appeals if your care is ending - Medicare Interactive. For more information about higher levels of appeal if you have Original Medicare, see: Original Medicare appeals if your care is ending - Medicare Interactive)

Article from: <dearmarci@medicarerights.org>



April, 22



Passover, is a holiday commemorating the Hebrews' liberation from slavery in Egypt and the "passing over" of the forces of destruction, or the sparing of the firstborn of the Israelites, when the Lord "smote the land of Egypt" on the eve of the Exodus.

Passover is celebrated starting on
April 22 - April 30

What's Happening in Youth...



We would like to take this opportunity to honor two youths who are serving on our Advisory Youth Board. First is Anthony Miller from Stillwater. Anthony has served for four years on our Youth Advisory Board. Anthony will be graduating this June from Stillwater High School. Our second youth is Isabella Sacchi from Malta. Isabella has served for one year and will also be graduating in June. We thank them both for participating on our board and wish them both well in their future endeavors.

During the winter, Saratoga County Department of Aging and Youth Services loaned out our portable 9-Hole Disc Golf set to The Greater Schuylerville Youth Center and to Ballston Area Community Center (BACC). The kids had a great time learning the game and developing their skills. Stillwater Area Community Center is now in receipt of the game. You may request four, five or all nine holes to use in your communities youth or intergenerational program. It can be used inside or outside and is fun for all ages.

If your program would like to borrow our Disc Golf set, please contact Rebecca Robarge at 518-884-4101

Caregiver Corner

Caring for an older person often requires teamwork with family, friends, or formal caregivers. Splitting caregiving responsibilities is a multistep process. Caregivers will need to figure out what care is needed, choose a primary caregiver, and decide who will be responsible for which tasks. First, work as a team to figure out what the caregiving responsibilities will be. You could start by setting up a meeting or conference call with the older person and everyone who will be involved in their care. This conversation will be most productive when there is not an emergency. A calm discussion about what kind of care is wanted and needed in the present, and what might be needed in the future, can prevent confusion and misunderstanding later. Choose a primary caregiver. When several people are involved in caregiving, many find that the best first step is to name a primary caregiver. This is the person who takes on most of the everyday caregiving responsibilities. Even if a primary caregiver is not needed immediately, identifying someone now will allow that person to step in right away if there is a crisis. Determine how each caregiver will contribute. The next step is to decide who will be responsible for which tasks. Ideally, each person providing care will be able to take on the tasks best suited to their skills and interests. When thinking about everyone's strengths, consider what each person is particularly good at and how those skills might help in the current situation. Splitting up caregiving tasks. When deciding how to share caregiving responsibilities, consider these questions:

- Who is best at finding information and keeping people up to date on changing conditions?
- Who is most comfortable using email, text messages, and other forms of technology?
- Who do people call when they need emotional support and someone to talk to?
- Who is most confident about speaking with medical staff and conveying information to others?
- Who lives close enough to assist with day-to-day tasks, such as grocery shopping, cooking, and cleaning?
- Who likes coordinating larger tasks, such as helping to organize a move?
- Who is good with numbers? Could they take charge of tasks such as paying bills, keeping track of bank statements, and reviewing insurance policies and reimbursement reports?
- Other than the primary caregiver, who can step in to help occasionally? For example, can someone stay with the person needing care so the primary caregiver can take a short break or go on vacation?

Over time, these decisions may need to be revised. There can be changes in the needs of the person receiving care and in family members' availability. Check in with the older person and the other caregivers regularly to make sure the current arrangement is still working for everyone. Update the plan for sharing tasks as circumstances change.

Use NIA's Worksheet: Coordinating Caregiving Responsibilities (PDF, 161K) to help you have a productive conversation about identifying and sharing caregiving tasks.

More information and to print out the worksheet go to:

https://www.nia.nih.gov/sites/default/files/2023-04/worksheet-coordinating-caregiving-responsibilities_1.pdf

Contact NY Connects at 518-714-4826 for more information.

