

The Senior Sentinel

Saratoga County Department of Aging and Youth Services



Happy St. Patrick's Day
March 17th

First Day of Spring
March 19th



Happy Easter
March 31st



AARP Volunteer Tax Preparation

AARP Volunteers will prepare taxes again this year. Trained volunteers will prepare Federal and State personal income taxes for low to moderate income individuals. Electronic filing is available. Tentative locations and days for this service are listed below. **Please call for an appointment. They are required. This is a first come, first serve service.**

Appointment days are subject to change and protocols.

<u>Location</u>	<u>Day</u>	<u>Phone</u>
Clifton Park-Halfmoon Library	Mondays & Saturdays	(518)371-8622
Malta Community Center	Tuesdays & Thursdays	(518)899-4411
Mechanicville Library	Tuesdays & Saturdays	(518)664-4646
Moreau Community Center	Thursdays	(518)792-6007
Department of Aging & Youth Services	Mondays	(518)884-4100
Saratoga Springs Senior Center	Tuesdays	(518)584-1621
Clifton Park Senior Community Center	Mondays, Tuesdays & Fridays	(518)383-1343
Ballston Spa Library	Fridays	(518)885-5022
Town of Corinth EMS Building	Mondays, Tuesdays & Thursdays	(518)696-3423

Tax Preparation Protocol: -Individuals will need to complete a packet prior to appointment time

-Drop-off at appointment time: all necessary paperwork

Please be sure to bring the following:

Your Social Security Card(s) for all individuals on the return

A Photo ID—NYS Drivers License

All required Tax documentation needed

A Copy of your 2022 Tax Return



Join us for
St. Patrick's Day Lunch Special!

Lunch to be served promptly at noon!



MENU

Corned Beef & Cabbage

Red Potatoes

Carrots

Rye Dinner roll

Chocolate Shamrock Shake



Reservations are Required

Reservations can be made either in person or via telephone by noon the day prior.



CELEBRATE THE ROARING TWENTIES
SAVE THE DATE
FOR THE SENIOR LUNCHEON ON MAY 17, 2024



Eating Healthier

March is National Nutrition Month! What better time to think about how we are eating and making improvements to meet our nutritional needs and to feel our best. Eating healthy may have a different definition from one person to the next. Everyone's appetites, preferences, health goals, nutrition needs, and lifestyles can look completely different. In order to start, and keep, eating healthy foods that give your brain and body energy, your approach should be personal, gradual, flexible, and open-minded. Below are some tips to help us start eating healthier:

Eat breakfast every day

Skipping Breakfast and going hungry all morning to "save up for later" typically ends in energy crashes, cravings, moodiness, and suboptimal food choices throughout the rest of the day. Adding in a wholesome morning meal, consisting of an energy-sustaining combo of protein, fiber, and good-for-you fat, is far better for you than skipping this meal. Eggs (scrambles, omelets, sandwiches), plain yogurt, oatmeal, whole wheat toast, nut butters, fruits and veggies (yes, veggies!), and even savory leftovers are all delicious options.

Eat regular meals and snacks. No skipping

Ever notice how it's harder to control your mood, appetite, and eating habits when you're feeling famished? Instead of letting yourself get to the point of being ravenous, which is uncomfortable, and makes you sluggish and unproductive, honor natural hunger cues and nourish yourself accordingly throughout the entire day. Eat regularly and consistently choose to have a snack or meal every three to four hours. Again, including a combo of protein, fiber, and fat sources will make each meal/snack even more satisfying.

Do a beverage audit

Drinks are often a sneaky supplier of added sugars, so take a look at what you're sipping on throughout the day and assess where you can make realistic changes. Review your beverages and what you typically drink each day. If you're choosing ones with added sugar, replacing these with unsweetened beverages can often have the biggest impact on your overall state of health.

Combine protein and fiber at each meal

Combining protein and fiber rich foods at your meals and snacks helps to promote satiety, helping you feel fuller, longer. Good fiber sources include: fruits and vegetables, 100% whole grains, legumes, nuts and seeds. Lean protein sources include: eggs, seafood, poultry, lean cuts of pork & beef, and unsweetened dairy products plus the plant sources mentioned above—nuts, whole grains, seeds, and legumes.

Add one fruit or vegetable every time you eat

What if we approached the goal of "eating healthier" with a mindset of addition, instead of subtraction and restriction? Focus less on what to avoid or reduce, and start prioritizing adding more of the good stuff. Challenge yourself to include a vegetable or fruit at each meal and snack. Remember that canned, fresh, or frozen are all great options for produce. This will help you reap the benefits of fiber from produce, plus water and antioxidants, and it'll also help you displace less-nutritious items you might've otherwise chosen to include on your plate at that eating occasion. The fiber in plants, like colorful fruits and veggies, helps slow down digestion, helping to keep your blood sugar levels more stable and your belly satisfied for longer.

Stop calorie counting and cutting

Calories are not a unit for measuring the healthiness or nutritional benefits of a food. Some of the most fueling, satisfying, life-supporting, nutrient-rich foods are higher in calories—as well as good fats, fiber, protein, vitamins, and minerals (hello nuts and avocados!).

Don't restrict an entire food or food group

Restrictive eating is a no-go. You not only lose out on key nutrients your body needs this way, but it's also a psychological trap: You always want even more of what you say you can't have. Gradual, small, realistic changes that challenge you, but still keep you satisfied are typically best and easiest to stick to long-term.

Meet our Centenarian of the Month...

Her name is Norma Porteus from Hadley.

Norma was born in January 1919 and is 105!

When Norma was asked what she attributes her longevity to she replied "walking".

The Department of Aging and Youth Services honored Norma with a bouquet of flowers, a box of chocolates and a delicious desert.

Happy Birthday Norma!



So, What Is EPIC?

EPIC stands for the Elderly Pharmaceutical Insurance Coverage. EPIC is a New York State program for seniors administered by the Department of Health. It helps more than 325,000 income-eligible seniors age 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC **at any time of the year** and must be enrolled or eligible to be enrolled in a Medicare Part D drug plan to receive EPIC benefits and maintain coverage.

EPIC provides secondary coverage for Medicare Part D and EPIC-covered drugs purchased after **any Medicare Part D deductible is met**. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D.

EPIC has two plans based on income.

- The Fee Plan is for members with income up to \$20,000 if single or \$26,000 if married. Members pay an annual fee to EPIC ranging from \$8 to \$300 based on their prior year's income. This fee is billed in quarterly installments or can be paid annually.
- The Deductible Plan is for members with incomes ranging from \$20,001 to \$75,000 if single or \$26,001 to \$100,000 if married. Members must meet an annual EPIC deductible, before they pay EPIC co-payments for drugs.

Because EPIC is a State Pharmaceutical Assistance Program, EPIC can provide the following:

- a Medicare Special Enrollment Period (SEP) so that a new member may enroll in a Part D drug plan at any time during the year;
- a Medicare one-time plan change per calendar year for existing members

It is easy to join the program! For more information contact:

Saratoga County Department of Aging and Youth Services at 518-884-4100
or visit www.health.ny.gov/health-care/epic/

How to Spot a Scam

Now is the perfect time to protect yourself from scams that can damage your finances and reputation. We can work together to keep your personal information safe!

Stay informed of the latest scam trends:

Fraudsters continue to change their tactics. Make sure you understand the latest scam trends at www.ssa.gov/scam

Stay informed by:

- Following reliable news sources.
- Subscribing to scam alert newsletters.
- Staying connected with your local law enforcement agencies.

The more you know, the better prepared you'll be to identify and avoid scams.

Think carefully before sharing personal information:

Phishing is one of the main ways that scammers attempt to trick people into providing personal information. Pay close attention to emails or messages asking for your username, passwords, or other personal information. Scammers pretend to be from familiar organizations to gain your trust. Stay alert when receiving calls that you did not request claiming to be from banks, government agencies, or other well-known companies. When in doubt, contact the organization directly through official channels to verify that the request is real before sharing any personal information or making payment.

Use strong passwords:

Create strong, unique passwords like a phrase with upper and lowercase letters, numbers, and special characters. Don't use passwords that are easy to guess like birthdays or names. Consider using a password manager to generate unique passwords and securely store them for each of your online accounts.

Be savvy with QR codes:

QR codes are increasing in popularity. They're in restaurants, on parking meters, in emails, and on social media. Scammers have noticed! They are physically placing fake QR codes on top of official ones or creating fake QR codes on social media advertisements to get access to your personal information. Never scan random QR codes. If the QR code looks odd or altered, do not scan it.

Protect your social media profiles:

Take a moment to review the privacy settings on your social media platforms and limit the amount of personal information you share publicly. Fraudsters may use your social media posts to personalize scams or to get access to your accounts without your permission. Regularly check your friends list and remove any unfamiliar or suspicious accounts. During this month, let's make protecting ourselves against scams a top priority. We can significantly reduce the risk of being scammed by staying informed, being alert and careful, and safeguarding our accounts.

What's Happening in Youth...

We have Big News Ms. K's Swagga Jumpers will be performing and then teaching kids the art of Double Dutch Jump Rope in April at the Christopher Daley Memorial Gym in Gavin Park. If you not familiar with Double Dutch, it is a jump rope game played with two long jump ropes swung in the opposite direction so they cross rhythmically. Ms. K's Swagga Jumpers recently captured a world title award from the International Double Dutch League. Ms. K's Swagga Jumpers have been featured in movies, talk shows and a recent feature on the TODAY Show. We are very excited to bring this program to kids of Saratoga County. For more information on how to get your child involved in this event please visit our website for more information at www.saratogacountyny.gov under Department of Aging and Youth Services, click on Youth Services, then click on Upcoming Events.



Caregiver Corner

Millions of Americans take care of a friend or family member with a serious health condition. Being a caregiver can be a labor of love, but it can also be stressful. Here we will provide information and tips on how you can be an effective caregiver while also taking care of yourself. If you have never been a caregiver before, it may feel daunting at first. There might be tasks to organize, new medical terms to learn, and schedules to coordinate. If you live far away from the person who needs care, you may need to find new ways to stay in touch. First, how do you tell if an older adult in your life needs help? It is not always clear whether an aging parent or relative needs help. Sometimes a person will recognize that they need help and request it, or an emergency or sudden illness will make it clear. Others may not want to cause worry or admit they're struggling. If you become aware of the signs that a loved one needs help, you will be better prepared to provide support for their safety and well-being. The best way to know what someone needs is to ask them directly. But a phone call, email, or text message is not always the best way to tell whether an older person needs help.

These following signs may indicate that someone needs extra support:

- Can the person prepare meals on a stove safely?
- Poor hygiene. Are they bathing regularly and wearing appropriate clothing for the weather?
- Is the home relatively clean and free of clutter?
- Do they have medications they need, and are they taking them regularly?
- Changes in a person's mood.
- Significant weight gain or weight loss.
- Confusion, Loneliness or Social Isolation.
- Falls, trouble walking or getting around.
- More significant memory problems, thinking ability or poor decision making.

When you notice signs that your aging parent or relative needs help, it is important to know what steps to take next. Some issues have a simple fix, like needing a new glasses prescription. But other times, you may need to provide more support. Your first step may be to talk to the older person about your concerns. Mention your worry without sounding critical, such as, "Mom, it looks like you don't have much food in the house. Are you having trouble getting to the store?" Then try to fulfill the person's wishes to the extent possible. For example, if they want to keep cooking at home, you could ask, "Would you like me to arrange to have groceries delivered on a regular basis?" Try to include practical help with your suggestions and give specific examples of what can be done. If you're concerned about the person's physical or mental health, suggest a visit to a health care provider. You might offer to make the appointment, give them a ride, or go with them to see the doctor. You don't have to do everything yourself. There a variety of services available to help older people. Depending on the person's needs, you might hire a home health aide to visit on a regular basis, arrange transportation so the person can run errands, you can also find ways to share caregiving responsibilities with other family members, neighbors or friends.

Look here next month for more great information on navigating being a caregiver!

Contact: NY Connects 518-714-4826 for more information

Information taken from: <https://www.nia.nih.gov/health/caregiving>



March brings the vernal equinox, the full worm moon and the return of daylight savings time. The worm moon is the last full moon of winter. For many years it was thought the name referred to the time when the earthworms begin to emerge from the soil as the weather starts to get warmer. This invites the robins and other birds to feed, a true sign of spring!

Taken from : www.almanac.com