

The Senior Sentinel

Saratoga County Department of Aging and Youth Services



Happy Father's Day - Sunday, June 16th
Flag Day is June 14th
The First Day of Summer Begins on June 20th



Older New Yorkers Day Recipients



Brenda Blaisdell grew up in Maine, where she taught grammar school for four years before meeting her husband and moving to Saratoga Springs. Soon after settling in Saratoga, Brenda started working for Adirondack Trust Company and then eventually she moved on to work for Planned Parenthood, where she became VP of Human Resources. It was from there that Brenda retired, but her journey to help people didn't stop there. Brenda goes above and beyond the call of duty when she is volunteering with the Health Insurance Information, Counseling, and Assistance Program (HIICAP). She is a workhorse that doesn't stop when a job gets hard. Instead, she pushes through, digging to get to the bottom of many Health Insurance issues. In her service with us, she has helped over 750 seniors and has served over 500 hours collectively. Many of these hours were during the pandemic, where she became an integral part to our HIICAP program helping people navigate newly arising problems. In a breath of wisdom, Brenda gives some wonderful advice to anyone who is looking to get into volunteering: "Helping people, however you choose to do so, is the best thing you can do." Honestly, this is what volunteering is about: helping people.



Phil Croshaw is undeniably a great man who selflessly gives his time to those who need assistance. From delivering meals to the homebound to doing simple tax returns for seniors, Phil is there for his neighbors. He even drives seniors to medical appointments on behalf of the County. Phil is a rock in a constantly changing landscape of volunteers. He has been integral in the Medical Transportation program over his close to eight years with the program. With a combined 600 hours of volunteering just with Saratoga County alone, Phil is an invaluable part of any program he is a part of. Phil began his story in New Jersey, just over the border from Philadelphia. He studied Engineering at Cornell and then moved to Schenectady to work for General Electric in 1965. Soon after, Phil laid down some roots, marrying his wife in 1967. It wasn't until 2005 that Phil retired from his engineering work, but it allowed him to start something even more fulfilling: volunteering. Phil had this to say about his experiences with volunteering: "You get so much more out of volunteering than you put in to it. I enjoy helping those who are in need, and I am grateful that I'm still able to volunteer to this day."

Celebrating Eggs

June 3 is National Egg Day. Rather than being vilified as a cholesterol-raising food, eggs should be celebrated for their many health benefits and affordability. Gone are the days when eggs were shunned for their high cholesterol content. Eggs are also no longer just a staple at breakfast. Whether topping salads, pizza, burgers, sandwiches, ramen or grain bowls, eggs are now a popular ingredient at lunch and dinner as well. That's a good thing since eggs are an affordable source of high-quality, complete protein and contain an impressive array of essential nutrients like choline for brain health, along with lutein and zeaxanthin for eye health.

Eggs may actually offer some protection. Eggs contain nutrients that can support overall health, such as vitamin D, vitamin A, selenium and choline. Eggs are incredibly nutrient-dense. For only 70 calories in a large egg, you'll get 6 grams of protein. The protein found in eggs is considered a "complete protein," which means it contains all nine of the essential amino acids that we need for growth, development and repair. Eggs are also an excellent source of vitamin B12, biotin, iodine, selenium and choline, and contain varying amounts of 12 other vitamins and minerals, including vitamin A, iron and folate. While the cholesterol content is about 200 milligrams, a large egg contains only 5 grams of fat – primarily monounsaturated and polyunsaturated, which are the "healthy" fats.

Despite the benefits, moderation is still important. This isn't a green light to have a three-egg omelet loaded with cheese every day. It is important to consider what you serve with eggs. That means reconsidering the traditional breakfast sides of bacon and sausage. Eggs served with processed meat have a very different nutrition profile from that of eggs served with steamed or sautéed vegetables and a side of fruit.

Egg white vs. egg yolk

So, what about the egg white vs. egg yolk? Egg whites contain a little more than half the protein and no cholesterol, but the bulk of the nutrients are found in the yolk. So, if you've been avoiding the yolk and only eating egg whites, you're throwing so many of the benefits down the drain.

Who Should Not Eat Eggs

Some people may need to limit eggs, such as people with specific blood lipid disorders including familial hyperlipidemia and other lipoprotein abnormalities. It would be best to check with your health care provider if you have these specific lipid disorders. Of course, if you have an egg allergy, you'll need to avoid eggs.



Volunteer of the Month Cathy Anderson

Cathy has shown exceptional dedication as a Home Delivered Meal volunteer for our South Glens Falls routes. Her reliability and willingness to step in when needed is greatly appreciated by our team. Thank you, Cathy!

*If you have an extra free hour and are interested in joining our team of amazing volunteers, please reach out to our department. We would love to share how you can make a difference by delivering meals to seniors in Saratoga County.
Call 518-363-4033*

Diabetes: What You Need to Know

About 37 million Americans are effected by diabetes, according to the National Institute of Diabetes and Digestive Kidney Diseases, and diabetes is the eight leading cause of death in the United States. Those who already have diabetes can avoid complications by practicing proper self-management. While a diabetes diagnosis can be scary, there are steps you can take to lead a healthy, happy life.

Types of Diabetes

Diabetes generally happens when the body stops producing the hormone insulin, leading to excess sugar in the bloodstream. Type 1 diabetes occurs when the body attacks your pancreas, causing it to produce no insulin at all. Gestational diabetes occurs in pregnant woman who have never had diabetes. Type 2 diabetes is usually diagnosed in older adults and is largely preventable. It occurs when the body doesn't respond to insulin. Type 2 diabetes often follows prediabetes, a condition in which blood sugar levels are higher than normal, but not high enough to be considered type 2 diabetes. Talk to your healthcare provider about getting screened for diabetes if you are 35 years old or younger with health issues.

What to look out for:

If you have not been diagnosed with diabetes but are experiencing one or more of the following symptoms, ask your doctor if you should be concerned about diabetes. Symptoms may include: Frequent Urination, Constant Thirst and Hunger, Extreme Tiredness, Blurry Vision, Wounds That Heal Slowly, Tingling, Pain, or Numbness in Hands and or Feet. Having diabetes means you could be at higher risk for heart and kidney disease, skin, eye and feet problems, obesity, strokes, and some types of cancer.

Prevention Works:

There are many ways to to prevent Type 2 diabetes as you get older. The best way is to sustain a healthy lifestyle by maintaining a healthy weight and being physically active. Healthy weights are different for everyone. Talk to your doctor about the right weight for you, and what kind of diet and exercise routine can help you achieve that. Many hospitals, health systems, community-based organizations and even health departments offer Diabetes Prevention Programs. These educational program have been shown to help prevent or delay the onset of Type 2 diabetes in adults who are at high risk.

Managing Highs, Lows, and Everything in Between

You can manage diabetes daily by eating a healthy diet that is low in carbohydrates, added sugars and saturated fat, and incorporating physical activity into your schedule. These healthy habits should be followed, even if you are prescribed insulin to help regulate your blood sugar. You should also track your blood sugar levels, food and beverage intake, insulin dosages, and physical activity in order to keep your blood sugar at its target level. Eating a healthy diet may include controlling your meal portions, choosing foods that have fewer calories, fats sugars, and sodium, drinking water instead of sugary drinks an alcohol, and fruit instead of candies and other sugary sweets. Tracking all of this, taking your medication as prescribed, even when you feel well, along with seeing your doctors regularly, can help catch problems or complications before they become serious. Talk about a long-term health management plan that you can follow with your doctor.

Is There a Connection Between Diabetes and Dementia

Some studies have shown that people with diabetes, especially Type 2 diabetes, have a higher chance of developing dementia later in life because of high blood sugar's damaging effect on the brain. While not all people with diabetes will develop dementia, and not all cases of dementia are related to diabetes, keeping an eye on your health and making healthy decisions every day can delay or prevent both conditions from getting worse.

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

*Happy
birthday*

OG Legends - Class of 2024

Meet our Centenarians of the Month

Ann Powers and Stella Lorrain, both of South Glens

*Happy
birthday*

Congratulations to

Stella on her 100th Birthday!

Stella was born on February 10, 1924

Stella is a shining example of vitality and resilience, Stella reminds us that age is just a number.

In 1924 Calvin Coolidge was President.

The first Winter Olympics was held in Charmonix, France and Bucky Harris becomes the youngest major league baseball manager at the age of 27.

Congratulations to

Ann Powers who turned 101 on April 12th.

Ann was born in 1923

At that time, Warren G Harding was President, Insulin becomes generally available for diabetics and Firestone started producing inflatable tires.

*We wish them both continued
Health and Happiness!*

What's Happening in Youth...

Go outside and play: Tips to get kids moving

Make it fun- When exercise is fun children are more willing to engage in it.

Lead by example - Be a role model. Practice what you preach

Mix it Up - Encourage trying a wide variety of activities so kids can decide what they like to do.

Be Creative - A walk can turn into a scavenger hunt. Play Follow the leader or Simon Says in which the leader switches up the movements along the walk, such as hopping, jumping, skipping or galloping.

Use Fun Equipment - Fill a bin with balls, jump ropes, racquets, frisbees and other items that encourage outdoor yard games.

Make it family time - Dedicate at least half a day over the weekend for family time and fitness. Go for a bicycle ride, fly kites or participate in a fun run.

Being more physically active not only benefits children's physical health but also improves kids mental well being, social skills and enhances their ability to learn and retain information.

So get outside, you'll be having so much fun you won't even realize you're exercising!

More information can found at: livescience.com/54631-tips-to-get-kids-active-outside.html



Caregiver Corner

I live far away, how can I contribute to the caregiving of a love one effectively?

Many people live far away from their family or friends who need help. If you don't live nearby, you can still provide support and assistance as a long-distance caregiver. From a distance, you may be able to:

- Assist with finances, money management, insurance claims, or paying bills.
- Arrange for care management or in home care by hiring formal caregivers such as home health aides.
- Order medical equipment, medicines, and other supplies the person needs.
- Research long-term care options, such as an assisted living facility or nursing home.
- Serve as an information coordinator by researching information about relevant health conditions and medicines, navigating changing needs, and overseeing insurance benefits.
- Keep family and friends informed and updated.
- Plan occasional in-person visits to see how things are going and to help the primary caregiver, the person who takes on most of the everyday caregiving responsibilities.

There are also strategies and technologies that long-distance caregivers can use to stay connected:

- Create a list of important phone numbers and email addresses. Keep it in a shared document or spreadsheet online and update it regularly.
- Set up a shared calendar online or in a smartphone app to coordinate with other caregivers.
- There are also smartphone apps that enable you to divide up caregiving duties, keep an appointment calendar, and share updates with others.
- With permission, attend the person's telehealth visits. Telehealth visits are remote appointments with health care providers often done with video conferencing.
- Participate remotely in conference calls or video meetings with the assisted living facility team or nursing home staff
- If using technology is not your thing, you can use a notebook with details about the person's medical care, social services, contact numbers, financial information, and other pertinent details, that's kept in a central location.

Whichever format you choose, make sure everyone has access to the caregiving notebook and that it is reviewed regularly and updated as needed.

When you do have the opportunity to visit, make the most out of your visits with your loved one. Talk to the person ahead of time and find out what they would like to do during your visit. Also check with the primary caregiver, if appropriate, to learn what they need. You may be able to handle some of their caregiving responsibilities while you are in town. These conversations can help you set clear-cut and realistic goals for the visit. Decide on your top priorities — that may mean reserving other tasks for a future visit. Because there's a lot to do during a short visit, it's easy to overlook simply spending time with the person and doing things together. Try to make time for activities unrelated to being a caregiver, such as watching a movie, playing a game, enjoying music, or taking a drive. Finding time to enjoy something simple and relaxing together is good for everyone.

Several organizations offer information and tips for long-distance caregivers. Check out the websites of AARP (www.aarp.org), the Caregiver Action Network (www.caregiveraction.org), or the Family Caregiver Alliance (www.caregiver.org) and search "long-distance." The Eldercare Locator can also provide resources for long-distance caregivers, including a guide called "Caring Across the Miles." Visit the Eldercare Locator online at <https://eldercare.acl.gov> or call 800-677-1116

