

# The Senior Sentinel



Saratoga County Department of Aging and Youth Services



Our offices will be closed in observance of  
 Independence Day - Thursday, July 4th  
 Have a Safe and Happy Holiday!

## It's Farmer's Market Coupon Time!

Dates:	Times:	Locations:
July 9th	12:00pm-1:00pm	Malta Town Hall, 2540 US-9, Malta
July 10th	12:00pm-1:00pm	Moreau Community Center, 144 Main St., South Glens Falls
July 11th	12:00pm-1:00pm	Galway Town Hall, 5910 Sacandaga Rd., Galway
July 11th	12:00pm-1:00pm	Greenfield Community Center, 7 Wilton Rd., Greenfield Center
July 12th	12:00pm-1:00pm	Clifton Park Senior Comm. Center, 6 Clifton Common Blvd., Clifton Park
July 16th	12:00pm-1:00pm	Waterford Senior Center, 125 Second St., Waterford
July 17th	12:00pm-1:00pm	Halfmoon Senior Center, 285 Lower Newtown Rd, Waterford
July 17th	3:00pm-5:30pm	Saratoga Springs Farmer's Market, 112 High Rock Ave., Saratoga Springs
July 22nd	2:00pm-5:00pm	Clifton Park Farmer's Market, 971 Route 146, Clifton Park
July 23rd	3:00pm-5:00pm	Stillwater Farmer's Market, 662 Hudson Avenue, Stillwater
July 24th	9:00am-11:00am	Mechanicville Area Community Center, 6 South Main St., Mechanicville
July 25th	12:00pm-1:00pm	Saratoga Senior Center, 290 West Ave. Suite 1, Saratoga Springs
July 25th	3:00pm-5:00pm	Milton Farmer's Market, 358 Rowland Street, Ballston Spa
July 27th	9:00am-1:00pm	Saratoga Springs Farmer's Market, 112 High Rock Ave. Saratoga Springs
July 31st	12:00pm-1:00pm	Corinth Senior Center, 22 Hamilton Ave., Corinth
August 1st	10:00am-12:00pm	Milton Community Center, 310 Northline Rd., Ballston Spa

**For Information & More Locations**  
 Call 518-884-4100



### 2024 Eligibility Guidelines

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

Your income must be at or below:

\$2,322 per month, household of one.

\$3,152 per month, household of two.

\$3,981 per month, household of three.

Each booklet contains five, \$5.00 dollar coupons for a total value of \$25.00

The coupon's 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.

The coupons are good from July 1 - Nov. 30th

The last day to purchase coupons is September 30th

Drink Up! Hydration is vital to good health, especially during hot summer days. Water is an important nutrient that makes up much of your body weight. It's part of all your body's fluids and prevents dehydration, helps get rid of waste, keeps body temperature normal, improves blood oxygen circulation, lubricates and cushions joints, and affects energy levels and brain function.

Your body loses water every day through urine and sweat and these losses need to be replaced. If you're working hard or exercising or if the weather is very hot or you're at a high altitude, you'll lose more.

Watch your urine! If it's dark yellow in color, you need to drink more water.

Your body can't make water, so you need to put water into your body through beverages or food. The amount of fluids needed varies based on age, gender, physical activity, medical conditions, and medications taken. While water should be the main drink of choice, all our beverages do contribute to our hydration. Consumption of too many caffeinated and alcoholic beverages is not recommended however, as they can cause the body to lose fluids to some extent. Foods with a high-water content can also provide some fluid. Fruits and vegetables, soups, low sugar gelatin desserts, frozen fruit bars, yogurts and puddings have a high-water content. Some fruits that have a high-water content include: melons, strawberries, oranges, grapefruit, and peaches. Vegetables with a high-water content include: cucumber, lettuce, zucchini, celery, tomatoes, peppers, cauliflower and cabbage.

Here are some positive ideas to help you Drink Up in a healthful way. Pick a few to try!

- Start the day off right with a big glass of water as soon as you wake up (even before coffee).
- Put a glass by the sink and drink up after brushing your teeth.
- Carry a reusable water bottle with you and sip throughout the day. Count how many times you can refill during the day.
- Order water at restaurants and drink a glass before your meal.
- Put a measured container of water in your refrigerator. Challenge yourself to drink the entire container. Continue to add and/or replace the container for a larger size until you meet your water goal.
- Set a goal for yourself to replace some of the caffeinated beverages you currently drink with plain water or a decaffeinated option.
- If many of the beverages you currently drink are high in added sugars, consider swapping them out with water, plain unsweetened coffee or tea, 100% fruit juice, or fat-free milk. These simple changes have zero grams of added sugar. And, as a bonus, you'll get vitamins and minerals from the juice and milk. Another great way to add both nutrients and fluids to your diet would be in a smoothie made with either dairy or fortified plant milks, yogurt, fruits and/or vegetables.
- If you can't go "cold turkey" on cutting out high-added-sugar beverages completely, work to cut down on the amount you drink. Order a small or medium instead of a large soda at the drive-thru (even small steps make a difference).
- Choose sparkling water: If you enjoy the carbonation of soda, sparkling water can be a great alternative. Look for unsweetened sparkling water, or add a splash of natural fruit juice for a hint of flavor.

Take time this month to evaluate how you hydrate your body. Then set some positive goals for yourself. Don't wait to be thirsty... Drink Up!

## *Volunteer of the Month*



We are thrilled to announce Lou Bernardo as our Volunteer of the Month! Thank you, Lou for your outstanding dedication as a home delivered meal volunteer for our Waterford Routes. We are grateful for your commitment and ability to always step in when needed. Congratulations on this well deserved recognition!



## **Medicare News**

What documents do I need to plan my future health care?

In the event you are unable to make decisions regarding your health care you don't need a specific form to put together your wishes. However, these are the options in terms of the types of documents you may want to put together.

- **Healthcare proxy:** This names someone you know as your proxy, or representative, and allows them to express your health care wishes for you if you're unable to do so for yourself.
- **Living will:** This lists out the type of medical care you would want in specified circumstances.
- **Advanced directive:** This can be a combination of both a living will and health care proxy documents.
- **Power of attorney:** This names someone you trust as your agent to make property, financial, and other legal decisions for you, and is usually prepared by a lawyer.

Note: you can choose the same person to be your proxy in charge of making both medical and legal decisions, but you'll have to put this on two separate documents.

Once you've decided which documents you'll want to put together, you should make sure that they:

- Comply with any state rules
- Cover all the issues that are important to you.

Next make sure to discuss your future care documents with family members, health care providers, and anyone else you think should be in-the-know. You'll want give your providers a copy of your documents and bring a copy to the hospital each time you are admitted, if possible.

The following are some resources if you need help creating these documents or finding more information about your state's rules:

- Your state's attorney general office or department of health
- The National Hospice and Palliative Care Organization
- The American Bar Association Commission on Legal Problems of the Elderly
- Your State's Bar Association
- Your local hospital

Article from: *Medicare Rights Center, Dear Marci* <dearmarci@medicarerights.org>

**Health Tip:** During the summer months, older adults are at a significantly increased risk for hyperthermia, the name for heat-related illnesses. Hyperthermia can include heat stroke, heat edema (swelling in your ankles and feet when you get hot), heat syncope (sudden dizziness after exercising in the heat), heat cramps, and heat exhaustion. The National Institute on Aging makes these suggestions for avoiding hyperthermia:

- Stay indoors on particularly hot or humid days
- Drink plenty of liquids and wear light colored, loose fitting clothes in natural fabrics
- If you do not have a fan or air conditioner, go somewhere else that is cool. A local senior center may provide a cooling center, or you can go to a public air conditioned place like the mall, movie theater, or library.
- Look for symptoms of heat stroke, which include fainting, a change in behavior, dry, flushed skin with a strong and rapid pulse, lack of sweating.

If you believe someone is suffering from heat stroke, call 911

Article from: *Medicare Rights Center, Dear Marci* <dearmarci@medicarerights.org>

## **Tick species differ in where they prefer to hang out, but it is possible to come into contact with a tick anytime you leave the pavement.**

### **So what do you do if you have a tick on your clothing or if you are bit by one?**

Ticks don't survive long in most homes because of low humidity, but still your safest bet when you come inside is to put all of your clothes in a clothes dryer and run it on high heat for 20 minutes. The tumbling action of the dryer and the high heat will kill ticks and similar critters that may have hitched a ride on your clothing. If you are bit by a tick there is a proper way to remove it. The internet is full of suggestions on how to remove a tick. Unfortunately, most of those techniques have never been tested and may do more harm than good. Techniques that agitate ticks could increase the risk of them injecting a pathogen into your blood. Only one method has been officially evaluated for it's ability to safely remove ticks-using sharp tweezers, grabbing the tick as close to the skin as possible and gently pulling up. Fine -tipped tweezers should be placed on the skin, with the narrowest part used to grab the tick as close to the skin as possible. If the tweezers are not fine enough, they may squeeze contents of the tick abdomen into your body, which you want to avoid. Once the mouth parts are between the two prongs of the tweezers, pull away from the skin with steady, even pressure. An attached tick will not come out easily, but will pull free with steady pressure. Do not jerk or twist the tick. After you have removed the tick, clean the bite site with rubbing alcohol, an iodine scrub, or soap and water. Anyone involved in the tick removal should clean their hands and the tweezers in the same manner. What if the whole tick doesn't come out? The "head" of the tick, or the part that is sometimes left inside the skin, is actually the tick mouthparts. Based on our current understanding of tick-borne disease, the mouthparts alone cannot lead to transmission of the tick-associated pathogens. While effort should be made to keep the tick intact and remove the mouthparts with the rest of the tick, your body will heal and eventually force out the mouthparts if they accidentally break off. In either case, the site should be cleaned with rubbing alcohol, an iodine scrub, or soap and water to prevent secondary infection.

Information from: *cals.cornell.edu*

## What's Happening in Youth...

It's Summertime!! Time for some fun in the sun and water!

Here are some Safety tips to keep in mind as you head outside.

When in the sun, do not get burned, sunburns increase your risk for developing skin cancer, generously apply sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a SPF of at least 15 and provide broad-spectrum protection from both UVA and UVB rays. Reapply every two hours, even on cloudy days, and after swimming or sweating. Seek shade from the sun, wear protective clothing that includes sunglasses. Remember the sun's UV rays are the strongest between 10 am and 4pm.

Teach children to always ask permission to go near water. When Swimming, insist on adult supervision. Always swim with others, never by yourself. Swim in areas with a lifeguard. Always provide constant supervision to children you are supervising in or near water, in other words put down the cellphone or anything else that distracts you. Stay within an arms reach of young children and inexperienced swimmers. Watch all children and teens swimming or playing near water even if they know how to swim. Children, inexperienced swimmers and all boaters should wear a US Coast Guard approved life jacket.

Information obtained from the following sources: [redcross.org](http://redcross.org) and [epa.gov](http://epa.gov)



## Caregiver Corner

### Take care of Yourself as a Caregiver

Caregiving can be rewarding, but it is also challenging. Taking Care of yourself is one of the most important things you can do as a caregiver. Caregiving is not easy - not for the caregiver and not for the person receiving care. It requires sacrifices and adjustments for everyone. Often, family caregivers must juggle work and family life to make time for these new responsibilities. Caring for an older adult can also be rewarding. Many people find that caregiving provides a sense of fulfillment and that they like feeling useful and needed. But the ongoing demands of taking care of someone else can strain even the most resilient person. That's why it's so important for you to take care of yourself.

### How do you know if you need help?

Caregivers do a lot for others. Because there is so much on their plate, many caregivers don't spend time taking care of themselves. For example, they are less likely than others to get preventive health services, like annual checkups, and to practice regular self-care. As a result, they tend to have a higher risk of physical and mental health issues, sleep problems, and chronic conditions such as high blood pressure. They are even at an increased risk of premature death.

It's not always obvious when a person needs help. Watch out for these signs of caregiver stress:

- Feeling exhausted, overwhelmed, or anxious
- Becoming easily angered or impatient
- Feeling lonely or disconnected from others
- Having trouble sleeping or not getting enough sleep
- Feeling sad or hopeless, or losing interest in activities you used to enjoy
- Having frequent headaches, pain, or other physical problems
- Not having enough time to exercise or prepare healthy food for yourself
- Skipping showers or other personal care tasks such as brushing your teeth
- Misusing alcohol or drugs, including prescription medications



Don't wait until you are completely overwhelmed. Learn what your own warning signs are and take steps to minimize sources of stress where possible.

Article from: <https://www.nia.nih.gov/health/caregiving/taking-care-yourself-tips-caregivers>