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**Program News – August 2021**

**Living Well Program Notes**

Each month I will be adding more programming to the newsletter so keep reading each month. Please make a note of the locations for each activity as they will be at two different places; the Mechanicville Library and the Mechanicville Community Center which is at 6 South Main Street right next to the Post Office. If you want to attend a class but have trouble getting here let me know and I will see what I can do.

 **Tea Talks**

Tea Talks this month will be on August 11 at 10 a.m. at the **Mechanicville Library**. I am pleased to announce that Michelle Duell our town librarian will be leading this talk. Come and find out all the insiders secrets of the library. You will be surprised at what your local library provides to the community. You will find that the library is so much more than books. She will let you know all about it!!

Join us and I will provide some packaged goodies and you can supply your own mug o’ Tea!

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**Cooking From the Food Pantry Class**

This month you will find out what all the hype is about “Rice Bowls”. There are breakfast bowls, dinner bowls, grain bowls and the list goes on. This trend is perfect when cooking for one, or two. The idea is to prep some basic ingredients and create a unique bowl packed with different flavors. Find out how simple this is and learn about the variety of options.

As usual you will learn some tips and techniques, sample some yummy food, and go home with a recipe sheet. I will be showcasing rice and oats from the food pantry to make this dish.

This class will be held at the **Mechanicville Community Center** on August 25th from 1-2 pm. Please sign up for this class so I am sure to have enough for all to sample.

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**Free Medical Items**

I have had a lot of phone calls about the free medical items. Feel free to call to donate items you no longer need or to get an item that you need. Currently I have a shower chair, wheelchair, new in box raised toilet seat, a regular walker, and a new in box coccyx seat cushion pillow. If you need of any of these items, please call me.

**The Mechanicville Free Market**

If you have not checked out the Free Market; people are taking advantage of the free food, produce and toiletry items we offer every time. It is for everyone so tell your family and friends. We are in the Mechanicville Library parking lot the first and third Wednesday of each month through October weather permitting from 10-11:30 am. This month we will be there August 4th and 18th.

[This Photo](https://www.deviantart.com/mike44nh/art/paper-grocery-bag-filled-with-produce-293605157) by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-nc-sa/3.0/)

 **Produce Pantry**

Now keep Wednesday mornings on your calendar because on the 2nd and 4th Wednesdays of each month Pitney Meadow Community Farm will be bringing down **free** produce to the senior center parking lot. (NOTE: that the time is different from the free market time) it is from 11 am-1pm or until the produce is gone.

This month they will be there August 11th and the 25th. Hope to see you there!

**Farmers Market Coupons**

Farmer’s Market coupons will be available at the Free Market on August 4th at 10 am. You will get a booklet of coupons that you can use to buy fruits and vegetables at participating vendors at area Farmer’s Markets.

Coupon book value is $20 (5 - $4 coupons).
No change can be given for the coupons at the markets. Saratoga County Office for the Aging will have a table to distribute these coupons.

Farmer’s Market coupons are for seniors 60 and over. Income eligibility is:

$1,986 month household of one
$2,686 month household of two.

**Medications**

Taking multiple medications can be very confusing. If you are tired of the pill boxes and sorting multiple medications, why not try a pre-sorted daily pill pack? You can look online as there are many companies that sort your medications into daily and timed packages of pills. They accept your insurance, deliver to your door and there are no extra fees for this service.

Companies like **pillpack.com** and **simplemeds.com** will provide this service. Now **CVS** has a similar program called Simple Dose. You can go online to sign-up for any of these companies. For more details about this service you can call:

PillPack- 1-855-745-5725
CVS SimpleDose – 1-800-753-0596
SimpleMeds – 615-645-6337

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**Just Say Yes to fruits and Vegetables**

Kristyn Bopp from the Regional Food Bank will be with us again to teach a class on **Stretching Your Food Dollar.** We could all use to make our food dollar stretch a little further these days. Come learn some tips to do just that. Kristyn will share an educational piece and then demonstrate a recipe. Due to their covid restrictions, there will be no samples. You will however leave with some new information and a recipe.

This class will be on August 16th at 10 am. Please note that this class is at the **Mechanicville Community Center**. Please call me to sign up for this class.



**Kitchen Short-Cuts**

Your egg slicer does more than just chop eggs. Try slicing strawberries, olives, and mushrooms with it too. Use only with very soft foods.

If you have trouble peeling a banana turn it upside down. Pinch the bottom and peel it from the bottom. Easy!

**Crafted By Me Class**

I am happy to announce that we have a new class called “Crafted By Me”. Each month we will hold a craft class and I will have a variety of leaders teach you how to make the craft.

This month we are having Colette Kegg lead a class and teach you how to make a decoupage light switch plate. We have all the needed supplies. If you have a special switch plate and want to bring one from your home that is alright too. She will have different patterned paper to decoupage over the switch plate, so you can pick your favorite colors or patterns. This is a simple craft suitable for all levels of crafters to do. It will add a nice pop of color to your home, and show off your style.

Please sign up for this class so I am sure to have enough materials for everyone. Join us on August 24th at 10am. for some crafting. This event will be held at the **Mechanicville Community Center.**

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**Adult Coloring .**

Coloring is so relaxing, easy and fun. The group has enjoyed their time so much they asked to meet weekly!! Find out why this trend is so popular. We will meet at the **Mechanicville library** in the back Community Room **every Wednesday starting August 4th**  from 11-12:30pm. to color and socialize. I have all the supplies needed, or feel free to bring your own. Feel free to bring a friend!



**SENIOR Summer Games**

Summer fun is here. Join us at the **Mechanicville Community Center** for some Summer Games indoors! Rediscover your inner child and come and play in air-conditioned comfort!! We have a game of ladder ball, Bean bag toss, Big Pin Bowling and more. There will be free door prizes, and other freebies. We will have refreshing drinks and watermelon to share. If you do not want to play, just come and relax and watch the games! Please sign up so we are sure to have enough refreshments. Join us on Tuesday August 10th from 1-2:30 at the Mechanicville Community Center. Let the Games Begin!

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**SHELF life**

We have all found a stray can of food that is expired, and we always question what the best thing is to do with it. So here is the official word on that from the food bank. The more knowledgeable you are the more you can stretch your food dollar and the less waste you will have.

When you have high-acid canned foods like tomatoes, pineapple the rule is 12-18 months after the expiration date. Low-acid foods like, beans, veggies and meats are good for 2-5 years past the expiration date.

Food does not expire on a particular date. The issue is more that the flavor and texture may not be optimal. Companies know this and make the expiration date so we will tend to throw food away and buy new. But now you know that food is good way past its expiration date.

Items like Peanut butter are good for 18 months past the date, white rice -2 years, Pasta – 3 years, dried beans and cereal – 1 year past the date.

Also note that the sell by date on dairy items is the last date it can be sold, but the product is good for several days after to allow for you to use the product.

**Volunteering**

I am launching a new program called **ENGAGE**, which is our volunteer program. Volunteering has a great benefit of well-being and satisfaction for the one who donates their time and talents. Not to mention the greater benefit felt by the whole program.

To facilitate this, I am compiling a list of people that would want to perhaps donate their time and talent to the betterment of the Living Well program and all the outreach that we do. You do not need to be a senior to do this. If you have friends with talents that they want to share have them call me 518-652-2713.

The greatest part about volunteering is that all types of talents, and abilities are needed. You can even volunteer right from your home! I have a volunteer registry form for those who are interested, with suggested volunteer jobs large and small. The registry is not a commitment to help but it lets me know of your interest in an area.

Please do not just disregard volunteering, even the ability to participate in a small way can make a big difference for you and for someone else.

Call me or when you see me ask about the volunteer registry form and I will get one to you. Thank you for considering becoming an ENGAGE volunteer!!

**Life Hacks**

There are a lot of things we take for granted until we cannot do them anymore. If you are struggling with some everyday tasks talk to your family or myself. There are a lot of adaptive equipment out there that makes things like trimming your own nails, opening jars, putting on socks a bit easier. I would be happy to talk with you and see what options there are for you.

If you have a life hack that made something easier for you, share it with me and I may put it in the newsletter.

If you have trouble gripping a glass, put rubber bands around it. It makes it easier to hold on to.

Buy several good quality handled grabber tools and place them in different areas in the house on a hook (kitchen, bathroom, and laundry room) so they are always available where you need one. If one is in easy reach, you will be less likely to bend and hurt yourself trying to pick something up.

Trouble reaching things in the back of the shelf or refrigerator, put a lazy-susan inside the refrigerator for easier access. Turn the tray to easily find what you are looking for.

**National Senior Citizens Day**

August 21 is National Senior Citizens Day, so we celebrate you all over 60-year-olds!

This day of celebration was declared by Ronald Reagan in 1988 to honor seniors for who they are and all that they have achieved throughout their lives.

You are to be celebrated for all that you have contributed in your life to society and your family; through work, volunteering, raising your children etc. We applaud all that you have accomplished!

**Meet ‘n Greet**

Meet and Greet is an informal open-house time when I will be at the **Mechanicville library** in the back Community Room. Come in and chat and let me know what is on your mind about programming you would like to see or needs in the area that need to be addressed. You can also just come in to say hello.

I will be at the library on August 20th from 10-12. Please stop in. If you cannot get to the library and have some things you want to discuss, feel free to call me as well.

**Charity Care Programs**

It can happen to anyone, an unexpected trip to the hospital or a trip in an ambulance. Even the co-pays from your emergency can add up to a lot of money. It is always worth your time and energy to make a phone call to the finance or business office of the hospital or ambulance company that you receive a bill from.

They most likely have a charity care program, based on your income level, that you would need to apply for. If eligible they could discount your bill or the bill in some cases may even be waived. They can also set up a payment schedule that works for you. Even if you pay something on the bill every month it prevents it from going to collections. If you just do not pay the bill it will go to collections and incur extra fees. So be sure to ask about and apply for charity care. If you need help in completing an application feel free to call me.

 **Next Month’s News**

Keep an eye on the newsletter for next month. There will be information on a seminar you don’t want to miss called **THE ANATOMY OF A SCAM.**

**August Heat**

August tends to be the worst of the heat of summer. Seniors are especially vulnerable to heat related risks. One reason is that your body may not adapt to temperature changes as easily. Chronic health conditions can worsen reactions or medications can as well.

Be sure to drink lots of fluids, eat light cold foods like salads. Close shades and curtains in your home to limit heat from the sun. If you cannot keep your house cool, consider going to a cooling station or a public air-conditioned space. Be mindful of the heat and monitor how you are feeling. Be sure to ask for help if you need it.



**RABBITS, Rabbits and more Rabbits!**

On August 27th at 11 am Cornell Co-op Extension has arranged for the 4-H group to bring rabbits to the community center. We will have children from 4­-H talk to you about breeding and showing rabbits. Come and learn also about the care of rabbits and why they are so popular as pets. They will bring in a variety of rabbits that you can see and pet. This program will be held at the **Mechanicville Community Center .** Come for some fun and education about these furry friends. We will require that masks be worn and hands sanitized for this event for the safety of the children. We will supply masks if you forget one.

***REMEMBER:***

***With Old Age, Comes Discounts!!!!
 -anonymous***