

Get Your Flu Vaccine

Speak with your healthcare provider now or your local pharmacy about getting vaccinated. For questions call the Albany County Dept. of Health's Flu Line at 447-4505, or visit the website at: www.albanycounty.com, click



Medicare Advantage Disenrollment Period

January 1, 2017 to February 14, 2017

- * During this enrollment period you can only switch from a Medicare Advantage plan to Original Medicare plan.
- * If you switch to Original Medicare during this period, you may be able to enroll in a separate Part D prescription drug plan.
- * Changes made during the disenrollment period will take effect the first day of the following month.

For more information contact :
NY Connects at 447-7177



Albany County NY Connects helps seniors and families access long-term care information, referrals and assessments. Referrals can be made by family, friends and community agencies. For information and assistance call (518) 447-7177.

Nutrition & Health Tidbits is compiled and published by: The Albany County Department for Aging Registered Dietitian, Denise Kolankowski, MS, RDN, CDN.

The Senior Nutrition Program is funded by Albany County Department for Aging, the New York State Office for the Aging and the U.S. Administration on Aging

Department for Aging Congregate Dining Sites

ALBANY

Albany Jewish Comm. Center, 340 Whitehall Rd., Albany
Call (518) 438-6651, Dinner: 4:45pm, Mon & Wed

Capital South Campus Center, 20 Warren St., Albany
Call (518) 465-6465, Lunch: 11:45am, Tues & Thurs;
Dinner: 4:45pm, Wed

Parkview, 400 Hudson Ave., Albany
Call (518) 465-2293, Lunch: Noon, Mon-Fri

South Mall Senior Center, 101 S. Pearl St., Albany
Call (518) 463-0294, Lunch: Noon, Fri;
Dinner: 5:00pm, Tues & Wed

Townsend Park Apartments, 45 Central Ave. Albany
Call (518) 229-3105, Lunch: Noon, Mon-Fri

Westview Homes, 680 Central Ave. Albany
Call (518) 482-2120, Lunch: Noon, Mon-Fri; Dinner: 5:00pm, Wed

BERNE

Hilltown Community Center, 1360 Helderberg Trail (Route 43)
Call (518) 872-9400, Lunch: Noon, Mon, Tues. & Fri

COHOES

Cohoes Multi-Service Senior Citizen Center, 10 Cayuga Plaza, Cohoes;
Call (518) 235-2420, Lunch: Noon, Mon-Fri;
Dinner: 5:00pm, Tues & Thu

COLONIE

The Beltrone Living Center, 6 Winners Circle, Colonie
Call (518) 459-2857, ext. 315, Lunch: Noon, Mon-Fri;
Dinner: 5:00pm, 3rd Monday

Bishop Broderick Apartments, 50 Prescott St., Colonie
Call (518) 459-2857, Lunch: Noon, Tues, Wed, Thu

GREEN ISLAND

Green Island Community Center, 5 George St., Green Island
Call (518) 272-7262, Lunch: Noon, Mon-Thu

GUILDERLAND

Guilderland Senior Center, 141 Bavarian Way, Altamont
Call (518) 280-7607, Lunch: Noon, Tuesday

RAVENA

Senior Projects of Ravena, 9 Bruno Blvd., Ravena
Call (518) 756-8593, Lunch: Noon, Tues, Wed & Fri;
Dinner: 5:00pm, Mon & Thurs

WATERVLIT

Carondelet Commons, 2 Carondelet Dr. Watervliet
Call: (518) 459-2857, Lunch: Noon, 3rd Thurs

Sheehy Manor, 9 Carondelet Dr., Watervliet
Call (518) 459-2857, Lunch: Noon, Thurs

Watervliet Senior Citizen Center, 1501 Broadway, Watervliet,
Call: (518) 273-4422, Lunch: Noon, Mon-Fri

DANIEL P. MCCOY
COUNTY EXECUTIVE



GEORGE A. BROWN
COMMISSIONER

ALBANY COUNTY
DEPARTMENT FOR AGING
162 WASHINGTON AVENUE
ALBANY, NEW YORK 12210
ADMINISTRATION: (518) 447-7198
GENERAL INFORMATION:
(518) 447-7177
FAX: (518) 447-7188
WWW.ALBANYCOUNTY.COM

Nutrition & Health Tidbits News

DECEMBER 2016

Beverages - Are you what you drink?

When individuals think of dieting, the focus is usually on specific foods or the latest diet trend. Beverages may or may not be considered as part of the diet plan. Over the past several decades there has been a surge in the variety of trendy high-calorie flavored coffees and coolattas; sweetened iced teas; energy drinks and sports beverages and other sweetened beverages which are packed full of calories. What we chose to drink does effect our total daily caloric intake.

Quick Facts on Serving Size:

1. In 1957 a large soda measured 8 fluid ounces. The average size of beverages has increased dramatically since the 1970's and continues to grow. The average-size beverage today is 16oz. to 20 oz. Then there are the "super-sized" beverages ranging from 32 to 64 oz.
2. Beverages are measured in fluid ounce (fl. oz.). Eight fluid ounce equals one cup. Most bottled beverages are sold as a 12 oz., 16 oz., 20 oz. or larger. Most people do not share bottled drinks and consume the entire product, therefore all the calories it contains.
3. The Nutrition Facts Label provides the serving size per container. If you consume the entire beverage, your actual caloric intake is 2.5 servings x 100 calories = 250 calories.



NUTRITION FACTS LABEL	
Serving Size	8 fl. oz.
Servings Per Container	2.5
Amount per serving	
Calories	100

ATTENTION SENIOR CITIZENS: Have a nutritional question or concern? If you are participating in an Albany County senior meal program, you are eligible to have a free consultation with a Registered Dietitian. Call the Albany County Department for Aging at 447-7183, for more information.



Holiday Hoopla



Here are some winter holidays celebrated by different cultures. Match the foods that are associated with each culture. More than one food may be matched to each culture. There can be more than one answer.

CHRISTMAS (Includes food traditions that vary with nationality)

1. British _____
2. Czech _____
3. French _____
4. German _____
5. Mexican _____
6. Scandinavian _____

HANNUKKAH - The Festival of Lights. It is celebrated by lighting one of the eight candles in the Menorah at sunset.

7. Jewish _____

KWANZAA - Swahili for "First Fruits." It is centered on seven principles: unity, purpose, faith, self-determination, collective work and responsibility, creativity, and cooperative economics.

8. African _____

RAMADAN - Celebrated during the ninth month of the Islamic lunar calendar. Followers fast from sunrise to sunset. This is followed by a feast.

8. Islamic _____

- A. Tamales
- B. Cape Kedgeriee
- C. Carp
- D. Sufganiyot (doughnuts)
- E. Yule Log
- F. Qatayef (pancakes filled with ricotta or nuts and then fried)
- G. Mincemeat Pies
- H. Marzipan
- I. Mole
- J. Peanut Soup
- K. Latkes (potato pancakes)
- L. Kolache
- M. Plantains in coconut milk



ANSWERS

1. G; 2. L; 3. C; 4. H; 5. A, I, M;
6. E; 7. D, K; 8. B, J; 9. F

(Continued from page 1)

4. Most sweetened beverages contain approximately 0.7 tsp. to 1.2 tsp. of sugar per ounce. One tsp. of sugar = 16 calories. A typical 20 oz. sweetened beverage contains 15 to 18 tsp sugar and upwards of 240 to 320 calories. Now consider the super-size beverage offered at the movies or corner convenience stores. A typical 32 oz. fountain drink can contain as much as 22 tsp. sugar and 512 calories and a 64 oz. fountain drink can contain up to 45 tsp. sugar and more than 700 calories.
5. The increased consumption of calorie-dense beverages along with an inactive lifestyle directly effects the health of our nation with more people becoming overweight and obese, increasing a person's risk for other health conditions and complications.
6. Research shows that people who drink "high" sugar beverages before or with their meal actually eat more. The rapid rise in blood sugar from these sugary beverages triggers a surge of insulin into the blood stream which then causes a hunger response and the desire to eat increases. However, drinking milk, preferably low-fat milk, can control your appetite.
7. Soda, fruit punches, sweetened iced tea, lemonade and other sweetened high calorie beverages provide no nutritional value and may contribute to poor dietary habits and dental cavities.



Be mindful of your beverage choices

- The average fluid intake for adults is 64 ounces a day, with a range of 56 to 72 ounces depending on weight and activity level.
- Water should be everyone's preferred choice.
- For a quick, easy and inexpensive thirst-quencher, carry a water bottle and refill your bottle throughout the day.
- Avoid purchasing sugar-sweetened beverages – out of sight, out of mind. Keep a pitcher full of ice cold water in the refrigerator.
- Serve low-fat milk, unsweetened ice tea or ice water with a wedge of lemon with meals.
- Mix 100% fruit juice and seltzer for a low-calorie refreshing beverage.
- If you chose a sugar-sweetened beverage, request a smaller serving or share the bottle.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.

Think before you drink!



References: CDC Health promotion Program at www.asaging.org/CDC/module8/phase1/phase1_5.cfm#Portion_Sizes; CDC publication "Rethink your drink" at www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf; UConn Family Nutrition Program at www.canr.uconn.edu/nusci/fnp/beverages