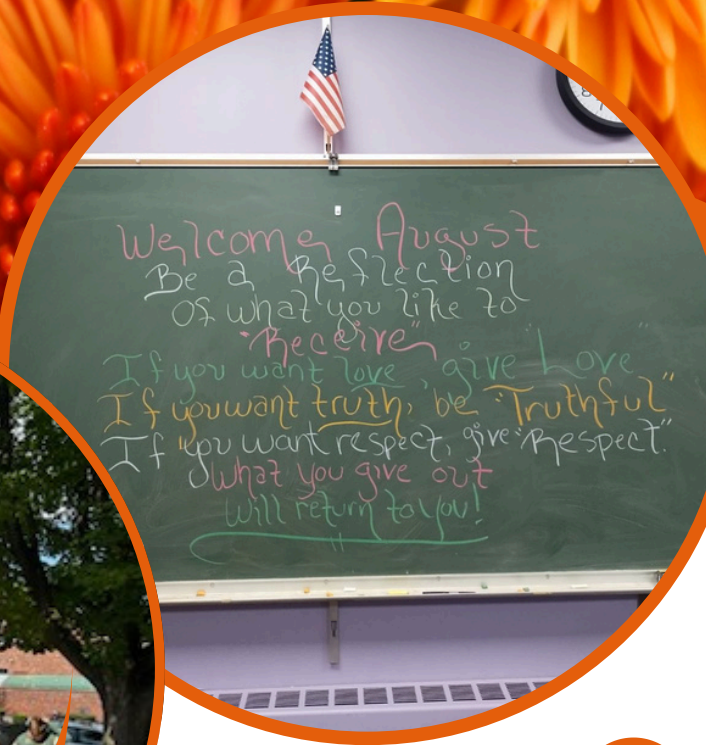


The Mechanicville Senior Center

NEWSLETTER



MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



FROM THE PRESIDENT

Hello all hoping everyone has enjoyed their summer, as the end of August quickly approaches, we look forward getting started with our Monthly meetings, first one being on **Tuesday September 10th, at 1:00 pm** we invite everyone to attend with ideas and suggestions of things we might be able to do, enjoy the rest of the summer and we will see everyone in September

- TONY DELVECCHIO

FROM THE COMMISSIONER

It has been a hot humid and rainy summer! But we made the best of it. Our Seniors had an amazing time at the Annual Lake George Boat Trip. A great time was had by all. The Farmers Market was a huge success as well. We are sad to see summer go but we are excited for Fall! Celebrate the crisp air and leaves with a season filled with joy, learning, and connection. Let's make this fall a memorable chapter in your story!

Please Note: There will be NO dinner trips for the month of September.

- FRED HOSLEY



MONTHLY TREE

NEXT MONTHLY MEETING:
SEPTEMBER 10TH 2024



MEDICARE OPEN ENROLLMENT

When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is **October 15 - December 7**

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

When can people get information about next year's Medicare plans?

Information for next year's plans will be available beginning in October.

Where can people find Medicare plan information or compare plans?

1-800-MEDICARE or [Medicare.gov](https://www.Medicare.gov).



- Lucretia Conlen, 9/01
- Rita Hosley, 9/03
- Anne Russom, 9/09
- Patricia Henningson, 9/09
- John Conlen, 9/09
- Marie Viall, 9/10
- Judy Lees, 9/13
- Laura Reploeg, 9/14
- Lynn Goman, 9/16
- Dianne Roosa, 9/18
- Shirley Gurba, 9/19
- Cheryl Gorman, 9/19
- Keith Kussius, 9/19
- Pam Sgambati, 9/19
- Janet Platte, 9/22
- Charlotte Walters, 9/22
- Doug Hallberg, 9/23
- Arthur Zullo, 9/23
- Norine Cunningham, 9/24
- Louis Marcelle, 9/24
- Richard Ousterhout, 9/24
- Deborah Stewart, 9/25
- Janice Spiak, 9/25
- Anthony Pascucci, 9/25
- Nancy Pozniakas, 9/27
- Ethel Osterhout, 9/28
- Patti Brown, 9/29
- Ann DeSieno, 9/29
- Ann Marie Conklin, 9/30



We apologize in advance if we mistakenly missed your birthday. Please contact our office, and we'll be sure to update our records

LIVING WELL PROGRAM NEWS

September is Suicide Prevention Month. Suicide is more than a preventable tragedy—it's a growing public health crisis. According to provisional statistics released by the Centers for Disease Control and Prevention (CDC), the U.S. suicide rate reached a historic high in 2022. And, while nearly every age group experienced an increase, older Americans fared the worst. Compared to 2021, suicide deaths rose 8.1% among people age 65 and over. **What can we do? Talk to loved ones, check in on seniors you know, they will appreciate it!**

—“— 988 SUICIDE AND CRISIS LINE —”—

If you ever find yourself in distress you can call this number for free confidential support 24/7. **988** is formerly the National Suicide Prevention Lifeline. When you call you will be tapped into a local crisis center for trained professional support services.

If you or a loved one is in suicidal crisis or emotional distress call 988, don't try to go it alone call for the support you need. Share this number with friends and family members as well.

CONCERNING FACTS ABOUT SUICIDE & OLDER ADULTS

- While older adults comprise just **16.8%** of the population, they make up approximately **22% of suicides**.
- In 2022, among the nearly **49,449** suicides that took place in the U.S., **10,433** were attributed to people **age 65 and up**.
- Older adults tend to plan suicide more carefully. They are also more likely to use more lethal methods.
- Among people who attempt suicide, **one in four older adults** will succeed, compared to **1 in 200 youths**. Even if an older adult fails a suicide attempt, they are less likely to recover from the effects due to frailty or underlying health conditions.
- **Men age 75** and older face the highest overall rate of suicide.



FLEX IN SOUTHERN SARATOGA COUNTY!

Beginning in September, Southern Saratoga FLEX will be implementing a fare to ride. Stay tuned for more information.

HOW DO I REQUEST A RIDE?

- Download the **CDTA Navigator App**
- Choose a time and location for pick-up
- Request a ride

WHEN DOES FLEX RUN?

Monday - Friday 7:00 a.m. - 8:00 p.m.

Saturday - Sunday 10:00 a.m. - 6:00 p.m.

WHERE DOES FLEX GO?

FLEX provides connections to:

Mechanicville, Halfmoon, and Clifton Park!

Get to Mid-Rise Apartments, Clifton Park Center, Halfmoon Town Park and more.

MORE INFORMATION

Visit [CDTA.org/FLEX](https://www.cdta.org/FLEX) or call **518-482-8822**

IMPORTANT INFORMATION TO KNOW:

The FLEX will drop off and pick-up at the same location, unless otherwise specified.

NOTE: The **CDTA Navigator App** is **NEW**. If you are currently using the **TRANSLOC App**, you will need to uninstall this app and replace with the **CDTA Navigator app**. This NEW app allows for;

- **Seamless Convivence**
 - You can now enjoy a quicker experience with booking, paying and modifying FLEX trips.
- **Swift Service**
 - You can now enjoy optimized routing for shorter wait times, making FLEX more efficient and enjoyable.
- **Zone Updates**
 - With expanded coverage in Southern Saratoga County, you will now have the freedom to travel where and when you want.



Our interns are always here to help! If you need assistance switching apps or learning how to use the new CDTA Navigator app, please schedule sometime with one of our interns!

SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-SEPTEMBER 2024
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed 	3 Chicken w/Fiesta Sauce Rice Pilaf Vegetable Trio Corn Muffin Peaches	4 Pasta Fagioli w/Sausage Spinach Warm Cranberry Crunch WW Dinner Roll Yogurt	5 Teriyaki Glazed Meatballs Rice Pilaf Asian Blend Vegetables Fruit Cocktail	6 Closed Senior Picnic 
9 Pesto Chicken Buttered Egg Noodles Stewed Tomatoes WW Dinner Roll Mandarin Oranges	10 Beef Pot Roast w/Gravy Mashed Potatoes Broccoli Peaches	11 Tuna Salad on Bun Macaroni Salad Tomato & Cucumber Salad LS Potato Chip Banana	12 LS Ham w/Cranberry Mustard Sauce Au Gratin Potatoes Mixed Vegetables Applesauce	13 Vegetable Quiche Bake O'Brien Potatoes Warm Berry Crisp Yogurt Fresh Orange
16 Beef Stroganoff Buttered Egg Noodles Carrots WW Dinner Roll Mandarin Oranges	17 Apple Glazed Pork Oven Roasted Sweet Potatoes Red Cabbage WW Dinner Roll SF Oatmeal Cookies	18 Herb Chicken w/Gravy Stuffing Peas & Carrots Applesauce	19 Breaded Fish Tartar Sauce Macaroni & Cheese Broccoli SF Chocolate Pudding	20 Chili Spinach Cauliflower Corn Muffin Fruit Cocktail
23 Chicken Parmesan Pasta w/Sauce Vegetable Trio Pears	24 LS Ham & Swiss on Bun Mustard Potato Salad Marinated Vegetable Salad Banana	25 Birthday Special Beef & Vegetable Rice Pilaf Green & Wax Beans Frosted Cake 	26 Roast Pork w/Tarragon Sauce Mashed Potatoes Asparagus Vegetable Medley Applesauce	27 Pulled BBQ Beef on Bun California Blend Vegetables Warm Apple Crisp
30 Stuffed Pepper Casserole Beets Mixed Vegetables Graham Crackers Yogurt				

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. If you have a food allergy, please notify our staff. Allergen information for the menu is available. Please contact Saratoga County Department of the Aging & Youth Services for more details. The suggested contribution is \$2 per meal. There is a \$8 fee for guests under the age of 60. Please make checks payable to: **Saratoga County Treasurer, c/o Saratoga County Department Of Aging & Youth Services, 152 West High Street, Ballston Spa, NY 12020**

SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri
2 Sorry We're CLOSED in observance of Labor Day	3 Tai Chi 9:30 am (BR) Rummikub 10 am (RR) Crush Paper Bowl making 10 am (RR)	4 Sequence 1pm (BR) Mystery Market 10 (at Community Center)	5 Thursday Morning Stretch Exercise Class 10 am (BR) Knitting/Crocheting 1 pm (RR)	6 County Senior Picnic 11 am -3 pm at Saratoga Fairgrounds Pokeno 1 pm (RR)
9 Bingo 1pm (BR)	10 Tai Chi 9:30 am (BR) Rummikub 10 am (RR)	11 Quilting 9:30 am (RR) Mystery Market 10 (at Community Center) Sequence 1pm (BR)	12 Thursday Morning Stretch Exercise Class 10 am (BR) Knitting/Crocheting 1 pm (RR)	13 Pokeno 1 pm (RR)
16 Canasta 9:30 am (RR) Bingo 1 pm (BR)	17 Tai Chi 9:30 am (BR) Rummikub 10 am (RR) Therapy Dog Sage 11am Movie Day 1pm (RR) "Dr. Doolittle w/Eddy Murphy"	18 Sequence 1pm (BR) Mystery Market 10 (at Community Center) Marble Painting w/ Interns 1 pm (RR)	19 Thursday Morning Stretch Exercise Class 10 am (BR) Knitting/Crocheting 1 pm (RR)	20 Pokeno 1 pm (RR)
23 Bingo 1pm (BR)	24 Tai Chi 9:30 am (BR) Rummikub 10am (RR) Cooking w/ Karin "Vietnamise Spring Rolls" 1 pm (BR)	25 Quilting 9:30 am (RR) Mystery Market 10 (at Community Center) Sequence 1 pm (BR) Crafted by Me "Decoupage Soaps" 1 pm (RR) Garden Club 1 pm (RR)	26 Thursday Morning Stretch Exercise Class 10 am (BR) Knitting/Crocheting 1 pm (RR) Tea Talk w/ Gwen Rowlonds 1 pm (BR) "10 Warning Signs of Alzheimer's"	27 Pokeno 1 pm (RR)
30 Bingo 1pm (BR)	31 Tai Chi 9:30 am (BR) Rummikub 10am (RR) Marble Dipping Paint 1pm (RR)			

**THE SENIOR CENTER WILL BE CLOSED FOR ALL ACTIVITIES ON:
Monday, September 2nd** in observance of **Labor Day**

Saratoga County Department of Aging and Youth Services



Annual Senior Picnic

Friday, September 6, 2024

at the

Saratoga County Fairgrounds

11:00am-3:00pm



- Watermelon
- Cheeseburger
- Potato Salad
- Tomato and Cucumber Salad
- Coleslaw
- Lemon Cake



Lunch will be served at Noon

\$4.00 Advance Meal Ticket is Required

Rain or Shine

Tickets will be available on a first come first serve basis.

Join us for an afternoon of good food, music, and dancing.
Entertainment provided by Mark Hersh

Tickets will be available at the Department of Aging & Youth Services and various Senior Centers throughout Saratoga County.

No Takeout or Animals permitted

Call 518-884-4100 for more information!

