








October 2011

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|--|
| <p>3 Marinated Pork Mashed Potatoes/Gravy Peas, MBB and Fruit</p>  | <p>4 Chicken Tenders and Dipping Sauce Parslied Potatoes Buttered Carrots, MBB, Brownies</p> | <p>5 Beef Stew over Biscuit Buttered Wax Beans, Milk, Cinnamon Baked Apples</p> | <p>6 Baked Ziti Italian Mixed Vegetables Garlic Bread, Milk, Cheese Cake</p> | <p>7 Turkey with Gravy Stuffing, Mashed Potatoes and Gravy, Squash, Dinner Roll, Cranberry Sauce, Assorted Dessert</p> |
| <p>10 Columbus Day !! Food & Friendship Centers, and County Offices Closed</p>  | <p>11 Fish Sandwich Tater Tots, Green Beans, Milk, Mixed Fruit</p>  | <p>12 Boiled Dinner (ham, Cabbage, carrots, potatoes), Muffin, MB, Fruited Bavarian</p>  | <p>13 Roast Beef with Gravy, Mashed Potatoes and Gravy, Spinach, Roll, MB, Assorted Dessert</p>  | <p>14 Cook's Choice</p>  |
| <p>17 French Toast and Sausage Syrup, Warm Cinnamon Apples, MB, Fruited Yogurt</p> | <p>18 Bacon Cheeseburger Lettuce/Tomato, California Mixed Vegetables, Tater Tots, Milk and Cookie</p> | <p>19 Meatloaf with Gravy Mashed Potatoes/Gravy, Brussel Sprouts, Dinner Roll, MB, Pie/Topping</p> | <p>20 Chicken Parmesan Pasta/Sauce, Prince William Vegetables, Italian Bread, MB Ice Cream</p> | <p>21 Lemon Pepper Fish Hash Browns, Green/Yellow Beans, MBB, Assorted Dessert</p> |
| <p>24 Baked Ham Scalloped Potatoes, Peas, MBB, Fruit</p> | <p>25 Spanish Rice Corn, Muffin, MB, Assorted Pudding</p> | <p>26 Meat/Cheese Subs Chips, Broccoli Salad, Milk, Assorted Dessert</p> | <p>27 Chicken and Biscuits Stewed Tomatoes, Cranberry Sauce, Milk, Assorted Dessert</p> | <p>28 Cook's Choice</p>  |

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM FOR THE ELDERLY

Food & Friendship Centers Located in Brasher, Canton, DeKalb, Edwards, Morristown, Ogdensburg, Potsdam and Star Lk.

Suggested Donation: \$3.00 (age 60 +) Guest Fee \$5.00 (Under 60)

MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE.

For more information contact DIANA McCORMICK (386-4730)

ST. LAWRENCE COUNTY OFFICE FOR THE AGING

October 2011 NUTRITION AND MEDICARE UPDATE

WHY NOT WASH MEAT AND POULTRY BEFORE COOKING?

There have been many questions from readers puzzled by the new federal dietary guidelines' recommendation that "meat and poultry should not be washed or rinsed." Doesn't washing food make it safer to eat?

Not necessarily. In the case of meat and poultry, the risk of cross-contamination from handling the food as it's washed outweighs any benefits. According to the US Department of Agriculture's FoodSafety.gov Web site, "Bacteria in raw meat and poultry juices can be spread to other foods, utensils and surfaces."

Your own hands, where they grasped the meat while washing it, could become just as bacteria-laden as the surface of the food. So could any surface where you set the meat or poultry as you prepare to wash it. The best bet is to leave meat and poultry untouched until you start cooking it, then immediately dispose of its supermarket packaging, which can also cause cross-contamination.

What about bacteria on the surface of the food? It's destroyed by cooking to a temperature of 160 degrees Fahrenheit, according to the USDA.

From: Tufts University; Health & Nutrition Volume 23 June 2005

FROM OUR RECIPE CORNERAPPLE CAKE

| | |
|-----------------------------|---------------------------------|
| 2 eggs | 1 teaspoon baking soda |
| 1 cup vegetable oil | ½ teaspoon salt |
| 2 cups white sugar | 1 teaspoon vanilla extract |
| 2 cups all-purpose flour | 4 cups diced apple without peel |
| 2 teaspoons ground cinnamon | |

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease and flour one 9x13 inch cake pan.
2. Beat vegetable oil and eggs until foamy. Add the sugar, flour, ground cinnamon, baking soda, salt, and vanilla and mix well. Stir in the diced apples. Pour batter into prepared pan.
3. Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes. Cool cake in pan for 10 minutes. Cake needs no frosting.

***Note:** Using Splenda helps keep fat and calories down and results are still great.

MEDICARE OPEN ENROLLMENT OCTOBER 15 - DECEMBER 7

It's Earlier Now

Your health needs change from year to year. And, your health plan may change the benefits and costs each year too. That's why it's important to evaluate your Medicare choices every

year. Open Enrollment is the one time of year when **ALL** people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

There's never been a better time to check out Medicare coverage. There are new benefits available for all people with Medicare – whether you choose Original Medicare or a Medicare Advantage plan – including lower prescription costs, wellness visits, and preventive care. Take advantage of Open Enrollment and you may be able to save money, get better coverage, or both.

What is the benefit of having an earlier enrollment period?

Starting this year, Open Enrollment starts earlier – on October 15th – and lasts longer (7 full weeks) to give **you** enough time to review and make changes to your coverage. But, also starting this year, you will need to make your final selection for next year's Medicare coverage by December 7th. This change ensures **Medicare** has enough time to process your choice, so your coverage can begin without interruption on January 1st.

This message is brought to you by the U.S. Department of Health & Human Services

HUNTING FOR A PRESCRIPTION DRUG PLAN IS NOT GAME

It's that time of year again.

“Open season” is right around the corner for the Medicare Part D prescription drug plan. Hunting down the best plan for you is no game. Newly eligible Medicare beneficiaries, and current beneficiaries who are considering changes to their Medicare Part D plan, should mark their calendars for October 15. The “open season” will run from October 15 to December 7.

The Medicare Part D prescription drug program is available to all Medicare beneficiaries to help with the costs of medications. Joining a Medicare prescription drug plan is voluntary, and participants pay an additional monthly premium for the coverage.

While all Medicare beneficiaries can participate in the prescription drug program, some people with limited income and resources also are eligible for “**Extra Help**” programs to pay for monthly premiums, annual deductibles, prescription co-payments and possibly your Medicare Part B premium.

To qualify for the Medicare Savings Program:

- Gross income less than \$1,246 for an individual or \$1,675 for a married couple living together.
- No resource limit.
- If you pay a health insurance premium (such as a Medicare Supplemental Plan or retiree insurance) that amount can be deducted from your gross income.

To qualify for **Extra Help/LIS**:

- Income not over \$16,335 for an individual or \$22,065 for a married couple living together.
- Resources not over \$12,640 for an individual or \$25,260 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count your house or car as resources.

So this open season (October 15 to December 7), after you track down the perfect prescription drug plan for you, hunt for something that could put money back in your pocket – bag the best Medicare prescription drug plan for you and see if you qualify for the **Extra Help**. You can contact the St. Lawrence County Office for the Aging at 315-386-4730 for further information and application assistance.

IMPORTANT NEWS ABOUT EPIC COVERAGE CHANGES

On January 1, 2012, the Elderly Pharmaceutical Insurance Coverage (EPIC) program will change. **EPIC will only provide drug coverage for prescription drugs while you are in your Medicare Part D coverage gap (donut hole).** Until you reach your coverage gap, you will need to pay the price charged by your Part D plan for your drugs.

In order to receive EPIC benefits while in the coverage gap, **all members must have Medicare Part D.** There are no exceptions. If you are not enrolled in a Part D plan you will not receive EPIC assistance. Since EPIC is no longer covering drugs before you reach your coverage gap, it is very important that you re-examine your Medicare Part D plan. You should make sure it covers all your drugs at the lowest possible price, especially the most expensive drugs you are taking. For assistance in selecting a Part D plan you can consult your pharmacist or contact your local Office for the Aging to talk with a counselor.

2011 PUBLIC HEARINGS

The Saint Lawrence County Office for the Aging would like to hear your comments and suggestions concerning the programs and services we provide.

Please join us at one of our Public Hearings listed below:

Wednesday, October 12th at 1:30 PM

Massena Community Center/61 Beach St., Massena

Thursday, October 13th at 10:00 AM

County Council Meeting/Potsdam American Legion Post 74 on the
Potsdam/Madrid Road (State Highway 345)

(*\$5 Lunch follows at noon, if you plan on staying for lunch, please reserve by Monday, Oct. 10th, phone 384-3155)

Thursday, October 20th, at 11:00 AM

Clifton Fine Community Center, Star Lake (near Nice & Easy Store)

(*lunch follows at noon, if you plan on staying for lunch please reserve by Wednesday, Oct. 19th **phone 848-2390**
Lunch – Suggested contribution age 60 and over us \$3/Under 60, \$5 lunch fee.