

Peanut Butter Banana Breakfast Cookie 6 servings (2 small or 1 large)

Yes, cookies for breakfast. This high fiber, nutritious cookie is perfect for breakfast. Enjoy with a glass of milk.

Ingredients:

- 2 small very ripe Bananas
- 1 cup Old Fashion Oatmeal
- 1/4 cup Peanut Butter or other nut butter

Instructions:

1. Pre-heat oven to 350°F.
2. Peel and mash the bananas in a bowl.
3. Add oats and peanut butter. Mix.
4. Roll mixture into balls, then flatten, making 10-12 small or 5-6 large cookies and place on a greased cookie sheet pan.
5. Bake for about 10-12 minutes or until golden brown.

Nutrition Fact per serving: Calories 148,
Pro 4.4 gm, Fiber 3 gm.



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

ALBANY COUNTY
Cares about our seniors



Nutrition & Health Tidbits is compiled and published by:
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The Senior Nutrition Program is funded by
Albany County Department for Aging, the New
York State Office for the Aging, and the
Administration for Community Living.

Albany County Department for Aging Congregate Dining Sites

ALBANY

Albany Jewish Community Center, 340 Whitehall Road (518) 438-6651. Dinner: Mon & Wed at 4:45 p.m.
Frank Chapman Memorial Institute, 340 First St., Albany (518) 462-5450. Lunch: Tuesday at Noon.
Ohav Sholom, 115 Krumkill Road, Albany (518)489-5531. Dinner: Weds at 5p.m.
Parkview, 400 Hudson Avenue, Albany (518) 756-8593. Lunch: Mon-Fri at Noon.
South Mall Senior Center, 101 S. Pearl St., Albany (518) 463-0294. Lunch: Fri at Noon; Dinner: Tues & Wed at 5p.m.
St. Vincent Apartment's, 475 Yates St., Albany (518) 482-8915. Lunch: Mon, Wed & Thurs.
Townsend Park Apartments, 45 Central Ave., Albany (518) 756-8593. Lunch: Mon-Fri at Noon.
Westview Homes, 680 Central Ave., Albany (518) 482-2120. Lunch: Mon-Fri at Noon; Dinner: Wed at 5:00 p.m.

BERNE

Hilltown Community Center, 1360 Helderberg Trail, Route 443 (518)973-5963. Lunch: Mon, Tues & Fri at Noon.

COHOES

Cohoes Multi-Service Senior Citizen Center, 10 Cayuga Plaza (518) 235-2420. Lunch: Mon.-Fri. at Noon; Dinner: Tues & Thurs at 5 p.m.

COLONIE

Beltrone Living Center, 6 Winners Circle, (518)459-2857, ex. 303. Lunch: Mon -Fri at Noon; Dinner: 3rd Monday at 5p.m.
Bishop Broderick Apartments, 50 Prescott St., (518) 459-2857, ex. 303. Lunch: Tues, Wed, Thurs at Noon.
King Thiel Senior Community, 17 Elks Lane, (518) 429-6292. Lunch: 2nd & 4th Weds at Noon.

GREEN ISLAND

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

GUILDERLAND

Guilderland Senior Center, 141 Bavarian Way, Altamont (518) 280-7607. Lunch: Tues at Noon.

RAVENA

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

WATERVLIET

Sheehy Manor, 8 Carondelet Dr. (518) 459-2857, ex. 303. Lunch: Thurs at Noon; Dinner: 3rd Monday of the month at 4:30p.m.

Watervliet Senior Citizen Center, 1501 Broadway (518) 273-4422. Lunch: Mon-Fri at Noon. Dinner: 3rd Weds of the month at 5p.m.



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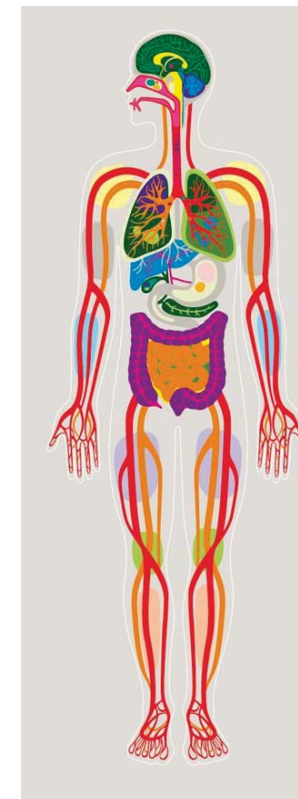
SCOTT A. SIEGEL
DEPUTY COMMISSIONER

Nutrition & Health Tidbits News

NOVEMBER 2018

November is American Diabetes Month®

Over 100 million Americans have diabetes, pre-diabetes or are at risk for diabetes. It is a far-reaching disease, affecting just about everyone from the individual to those who care for them. Diabetes is a disease of the body, affecting almost every part of your body. The following summarizes how diabetes affects specific organs and other functions.



Brain: Increased risk for stroke; dementia and depression.

Eyes: Increased risk for diseases of the eyes, such as cataracts, glaucoma and retinopathy.

Oral Health: Greater risk for gum disease, a major cause for tooth loss.

Airway: Two-thirds of people with diabetes have sleep apnea which leads to fatigue, irritability with attention and memory deficits.

Heart & Blood: Diabetics are twice as likely to develop heart disease and have an increased risk of peripheral artery disease (circulatory problems).

Liver: Diabetes doubles your chances of developing nonalcoholic fatty liver disease, which can lead to cirrhosis and liver cancer.

Kidney & Urinary Tract: Diabetes is the leading cause of kidney failure and can also lead to complications of the urinary tract.

Bones: Bone fractures, osteoarthritis and rheumatoid arthritis are more common in people with diabetes, with a higher incidence in obese people.

Feet: Diabetic foot ulcers are common in people with diabetes. Because of circulatory problems healing can take months or years.

Source: "Diabetes in America", www.niddk.nih.gov

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ATTENTION SENIORS: 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 518-447-7183, for more information.

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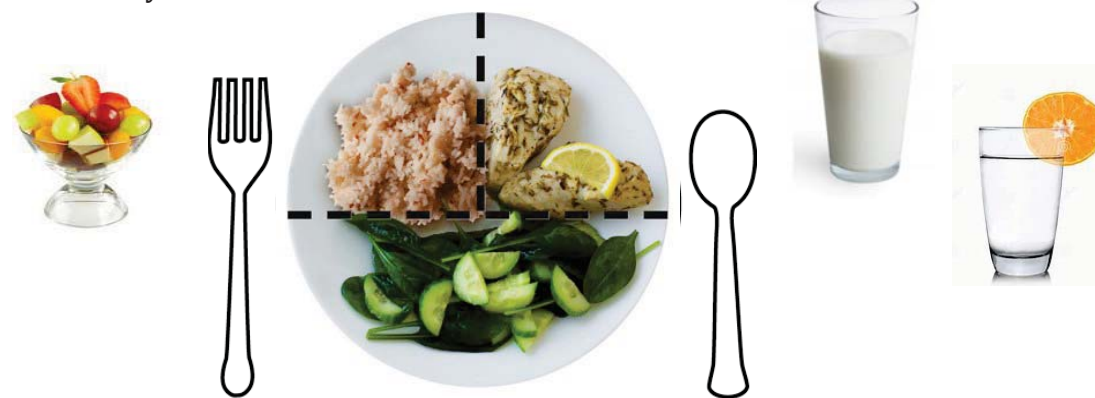
Diabetes Is Expensive

- Diabetes has an enormous economic impact on millions of individuals and their families, workplaces, and on the US health care system as a whole.
- In 2017, the total estimated cost of diagnosed diabetes was \$327 billion (\$237 billion in direct medical costs and \$90 billion in lost productivity), which has increased 26% over a 5-year period.
- About 1 in 4 health care dollars is spent on people with diagnosed diabetes.
- Medical expenses for people diagnosed with diabetes on average is \$16,750 annually. This is about 2.3 times higher than for people without diabetes.

Nutrition and Physical Activity are the foundation of a healthy lifestyle, whether you have diabetes or not. Even with a strong family history of diabetes or other chronic disease, lifestyle choices play a key role in how well we live and age.

The American Diabetes Association® has developed steps on how to create a healthy plates for diabetics.

1. Plate your food differently.



2. Fill half of your plate with non-starchy vegetables, cooked or raw; dark leafy greens, tomato, broccoli, cauliflower, carrots, beets, zucchini, cabbage, etc. Add green leafy tossed salad as a side dish to add more nutrients to your meal.
3. One-quarter (1/4) of your plate would include starchy vegetables and grains. This would include 2 servings (1/2 c. or 1 ounce equivalent) corn, peas, potatoes, rice, pasta, bread, etc.
4. One-quarter (1/4) of your plate would include high quality protein; 2-3 ounce of meat, poultry, fish/seafood, 1 egg, and plant-based proteins—servings vary. Include fish 2 x/week.
5. Choose healthy fats/oils in small amounts for cooking and in salad dressings. Seeds, nuts and avocados are healthy options for added ingredients and snacking, but in small amounts.
6. Add a serving of fruit and milk/milk products as allowed by your meal plan.
7. Choose low calorie unsweetened beverage. The healthiest choice being water, since most people do not drink enough water. Add lemon, orange, strawberry, or cucumber slices as a natural flavoring.

Think ahead and be prepared with grab n’ go snacks, This helps to avoid temptations when out running errands, shopping or at appointments. Pack fresh fruit, a few whole grain crackers, granola bar, or nuts. Fill a reusable bottle with ice and water to quench your thirst. For more information about Diabetes and meal planning visit: www.diabetes.org/

Other sources:
<http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate>
<https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>
<https://www.cdc.gov/diabetes/basics/index.html>



HAPPY THANKSGIVING



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 Q X G A T H E R G L E A W N O
 C I N N A M O N D Q A S E I O
 E I P N I K P M U P T F E F B
 W J E R O S P H E R Z G T F L
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Prepare for Flu Season

It is recommended that everyone receive a flu shot to protect the public as a whole. It is especially important for people 60+ years to get a flu vaccine yearly, since as you age your immune system weakens. You are at greater risk if you have chronic health issues such as diabetes, asthma, lung disease or other conditions.

Universal precautions should be followed every day, not just during the flu season.



- Wash your hands, often.
- Cover your cough or sneeze into a sleeve or tissue; wash your hands.
- Eat nutrient-dense foods and drink plenty of fluids.
- Stay home if you are sick.
- Get plenty of rest.



Speak with your healthcare provider or local pharmacy about getting vaccinated.

The Albany County Department of Health is pleased to offer the *Fight the Flu Toolkit*, a pamphlet with useful information on what to do if a person is sick with the flu. To request a copy please send an email to BeReady@albanycounty.com or call 518-447-4645.