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Office for the Aging February 2022

Nassau County Executive Bruce Blakeman Distributes COVID Test Kits and Masks

Nassau County Executive Bruce Blakeman joined Glen Cove Mayor Pam Panzenbeck, Glen Cove Board Members, and the Nassau County Department of Human Services at the Glen Cove Senior Center on Tuesday, January 25th. The County Executive had an open discussion about the many issues facing our communities, including making Nassau more affordable, increasing public safety, and practices to help guard against senior scams.



“Today I joined Glen Cove Mayor Pam Panzenbeck to distribute at home COVID tests and masks to some of our lively senior citizens.” County Executive Blakeman said. “My administration is committed to doing everything we can to support our seniors and make Nassau more affordable for them so they can continue to live here.”



Nassau County Executive Bruce Blakeman also organized the distribution of COVID-19 test kits last month. The kits were available at Nassau Coliseum, Eisenhower Park, and TOBAY Beach. Each car was able to receive three test kits with two tests each for their family.



The kits are welcome to many who are eager to get quick access to testing.



For more information and for Nassau County’s COVID-19 resources [please click here](#) or call the COVID-19 hotline at (516) 227- 9570.

Heart Health and American Heart Month

It's February, that time of year where heart disease is front and center. Every year in February, the [American Heart Association](#) creates awareness through American Heart Month.

Heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the AHA's [Heart Disease and Stroke Statistics – 2021 Update](#).

American Heart Month reinforces the importance of heart health, the need for more research and

Healthy Lifestyle Includes:

- not smoking
- maintaining a healthy weight
- controlling blood sugar and cholesterol
- treating high blood pressure
- getting at least 150 minutes of physical activity a week
- getting regular checkups

efforts to ensure that millions of people live longer and healthier. In most cases, heart disease is preventable when people adopt a healthy lifestyle.

According to the American Heart Association 1 in 3 women are diagnosed with heart disease annually. The first Friday of American Heart Month, Feb. 4th, is known as National Wear Red Day as part of the American Heart Association Go Red for Women initiative. Coast to coast, landmarks,



news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease. For more information on the event and other activities during the month, please [click here](#).

Walking for Heart Health

According to the University of Michigan Health, walking is a form of aerobic exercise and is one of the easiest ways to increase your physical activity and improve your health.

Physical activity increases your heart rate, strengthens your heart, and increases blood circulation through your



body, bringing more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen, lowers blood pressure, helps to reduce body fat, and improves blood sugar and cholesterol levels.

- Have a checkup before beginning an exercise program
- Start out slowly at first, with a warm-up in the beginning, a faster pace in the middle, and a cooldown at the end
- To stay motivated, walk with friends, family or pets. Set goals you can reach
- Use a phone app or pedometer to count your steps. Wear it all day and try to take at least 2,000 more steps a day than you normally do, and gradually increase your steps over time

*Try to walk at a moderate activity level for at least 2½ hours a week. **Set a Goal.** One way to do this is to walk 30 minutes a day, at least 5 days a week.*



American Heart Month: Healthy Fats for a Healthy Heart

We need fat just like we need carbohydrates, protein, vitamins, and minerals. Dietary fat gives us energy, supports cell growth, protects our organs, helps us absorb nutrients, and produces important hormones. Not all fats have the same chemical structures and physical properties, which means they have different effects on the body.



Saturated and trans fats are more solid at room temperature, like butter and margarine, while unsaturated fats tend to be more liquid, like olive oil. Research suggests that high intake of saturated and trans fats is associated with increased levels of LDL (“bad”) and total cholesterol, which are both risk factors for heart disease.

Unsaturated fats can help to lower LDL cholesterol and have shown to be cardio-protective. Omega-3 fats are a type of particularly heart healthy polyunsaturated fatty acid found in fatty fish, walnuts, and flaxseeds. Replacing trans and saturated fats with unsaturated fats in our diets can help to reduce LDL and total cholesterol.

Replacing carbohydrates, particularly simple carbohydrates, with unsaturated fats can also have positive effects on our HDL (“good”) and triglyceride levels.

Healthy fats aren’t the only thing to focus on when striving for a heart-healthy diet. Follow a dietary pattern that emphasizes vegetables, fruits, and whole grains to ensure adequate consumption of fiber along with essential vitamins and minerals. Remember, fats are more energy dense than carbohydrates and protein; so although the type of fat is important for overall health, eating too many calories, regardless of the source, can lead to weight gain.

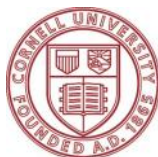


Did You Know?

A food label can say “0g trans fats” while still containing trans fats. Check the ingredient list and avoid products with “partially hydrogenated” oils.

Heart Healthy Fat Swaps

- Include oily fish 2-3x/week (i.e. salmon, albacore tuna, sardines) in place of red meat.
- Snack on nuts or nut butters with yogurt or fruit instead of processed sweets.
- Replace butter or margarine with olive or canola oil while cooking.
- Use avocado on sandwiches or salads instead of mayo or heavy dressings.



Cornell University
Cooperative Extension
Nassau County

Spotlight on Office for the Aging's Programs and Services: Senior Community Service Centers



Nassau County Office for the Aging has fourteen Senior Community Service Centers (SCSC) throughout the County. SCSC's have become one of the most widely used services among older adults in the County. They serve as a gateway to the County's aging network by



connecting older adults to vital community services that can help them stay healthy and independent.

Research shows that older adults who partici-

pate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.



Nassau County's SCSC serve the aging population with a place to socialize, share a meal, take an art or exercise class, such as aerobics, Zumba, Yoga, and Tai Chi. A resident of Nassau County can attend any of the fourteen centers. Office for the Aging provides transportation to and



from our senior centers based on the resident's location.

To view lunch and activity calendars at County senior centers please visit Office for

the Aging's [website](#) for more information.

Heating Benefits for Seniors

The Home Energy Assistance Program (HEAP), for income-eligible apartment renters and homeowners, can assist you in paying for a portion of your energy costs. In addition you may be eligible to have your heating equipment cleaned and tuned at no cost. For more information call (516) 227- 7386 or [click here](#).

February is...

Black History Month

Black History Month is celebrated each year during February. It is a time for all Americans to reflect on both the history and teachings of African Americans, and to focus on the progress, richness and diversity of African American achievements.

National Canned Food Month



National Canned Food Month was designed to break down misconceptions surrounding canned food. Canned food is harvest fresh and packed within hours to deliver year-round nutrition, affordability, food safety and flavor you can count on.

