

COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS



NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

OFFICE FOR THE AGING

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JILL D. NEVIN
COMMISSIONER

October 2022

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Breast Cancer Awareness Month and Hewlett House

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of Breast Cancer. We know only too well that Breast Cancer does not start and end in October. We raise the consciousness level and awareness by wearing Pink Ribbons. In the late 1980s, the US Health Department found that women on Long Island had a significantly higher risk of contracting breast cancer and that one in nine women would contract some form of cancer.



Screening enables early detection. The earlier lumps are found, the better the chance of saving lives. Breast Cancer education is important for men and women. In addition, knowing family history, of both parents, is a priority because breast cancer is a hormonal disease. Other hormonal forms of cancer, include Prostate and Lung Cancer. Knowledge is Power - If there is Cancer in your direct family, genetic testing might be something to consider. Environmental factors play a role as well, for example smoking, growing up in a household of smokers, working with chemicals, pesticides, etc. Learn to read labels - and feel free to call Hewlett House with any questions on ingredients, including the inert or chemically inactive ingredients.

There are many organizations that can assist once you receive a diagnosis, here in Nassau County, there is Hewlett House. Hewlett House



is a community learning resource center for cancer patients and their families. The staff has been serving the local community for over 28 years and has served tens of thousands of

cancer patients and their families. The mission of Hewlett House is to support cancer patients at every stage of treatment. They are a community resource center that provides all services without charge. They pride themselves on providing patrons with the highest quality information and guiding them throughout their battle with cancer.

Every patron is treated like family and given full access to educational materials, 24/7 peer-to-peer support systems, and a network of cancer survivors and doctors.

For more information about Hewlett House call (516) 374-3190, or visit <https://hewlett-house.org/>.

Looking for Information about Office for the Aging's Programs and Services? To schedule a presentation for your group call (516) 227-8900

Winter Vegetables

Many winter vegetables we are familiar with (and even those we aren't!) once filled the root cellars of our ancestors and were crucial to providing nutrients to sustain families through long winters. Winter vegetables include those that can be harvested late in the season and can endure storage for a period of time. Others are cooler-weather, hardier vegetables that can be grown in more temperate climates during the winter months.

Root vegetables like turnips, parsnips, potatoes, carrots, and beets

Allium vegetables like garlic, onion, and shallots

Cruciferous vegetables like cabbage, broccoli, Brussels sprouts, and cauliflower

Hardy greens like kale, chard, and spinach

Winter squash like kabocha, acorn, and butternut varieties and pumpkin

Thanks to proper storage, we are also lucky enough to find New York-grown apples and pears during winter months. Of course, it is important to remember that exact crop availability and harvest times vary region-to-region and year-to-year.

Parsnips

What – root vegetable originating from the East Mediterranean; pale yellow or creamy colored with a slightly sweet and nutty flavor

Why – vitamin C, folate, vitamin K, fiber, phytochemicals

How – roast or bake, use in creamy winter soups, purée into a mash, use in place of potatoes or carrots, use raw in salads or as part of a crudité



Cabbage

What – cruciferous vegetable with hundreds of varieties grown around the world; key feature in many food cultures, ranging from Asia to Europe to Central America

Why – vitamin K, vitamin C, vitamin B6, phytochemicals, sulfur-containing compounds

How – use in soups and stews, sauté, ferment, shred and add to a slaw, sandwich, or taco



Winter Squash

What – an important part of the agricultural traditions of the Native Americans dating back at least 1,000 years; array of varieties including Acorn, Butternut, Delicata, Hubbard, and Spaghetti squash

Why – vitamins A, B2, B6, C, and K, fiber, and minerals (depending on the variety)

How – roast, sauté, mash, purée for soups



Cornell University
Cooperative Extension
Nassau County

HIICAP and Medicare

HIICAP (Health Insurance Information Counseling and Assistance Program) is a free service designed to empower people with Medicare (or about to become eligible for Medicare) on how to make decisions navigating the Medicare system. This program has no affiliation with health insurance companies, agents, or brokers. The only aim is to inform beneficiaries and their families of the best health insurance options available to them.



Help is available to screen for Medicare Savings Programs, NY State EPIC Program for prescription drugs, and Medicare Part D for prescriptions. HIICAP helps you choose the best Medicare plan that fits your individual needs, especially during the **Medicare Open Enrollment Period**.

The Medicare Savings Program can assist people with limited income paying for their Medicare premiums and depending on your income the program may also pay for other cost-sharing expenses. The program pays for the Part B Medicare Premium. If qualified, you will no longer have this premium and the amount will not be deducted from your Social Security benefit. Also, when you enroll in a Medicare Savings Program, you will also automatically get Extra Help, the federal program that helps pay most of your Medicare prescription drug(Part D) plan costs.

Trained HIICAP counselors are available to answer Nassau County resident's questions about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance. Counseling is also available through a toll-free HIICAP helpline at 1-800-701-0501. Callers will be prompted to state the county in which they need help and will then be routed to their local HIICAP program to speak with a trained counselor.



For more information about *HIICAP*, call NY Connects at (516) 227-8900 or visit nassaucountyny.gov/Aging

Hispanic Brotherhood



Margarita Grasing started the Hispanic Brotherhood of Rockville Centre in 1984 to help the growing population of immigrants coming to Long Island from Hispanic countries to know their rights and get acclimated to their new home.

"It was important to show them that they had rights also in this country. That they were not abused by employment or housing, that they could live and raise their families like everybody else and be the same as everybody else in this county." Grasing says.

The nonprofit helps Latinos on Long Island with housing, employment, immigration and senior services. There's also an after-school program Grasing says was created when she realized some parents couldn't help their children with school.

Grasing, now 80 years old, came to America from Cuba when she was 18. She says she has no plans to slow down her efforts to help as many people as possible.

Grasing says she is especially proud that during the pandemic shutdown, Hispanic Brotherhood was able to deliver meals to seniors who could not get out of the house. In addition to the Rockville Centre location, the organization also opened a site in Hempstead for seniors. Hispanic Brotherhood helps about 12,000 people a year.

Veterans Picnic

The Nassau County Veterans Service Agency hosted a Veterans Picnic on September 14th at Eisenhower Park. County Executive Bruce Blakeman thanked the veterans for their service, and everyone enjoyed a delicious lunch. It was a great day to celebrate all the veterans who live in Nassau County.



NYS Assemblyman John Mikulin, joins Nassau County Comptroller Elaine Phillips, Nassau County Executive Bruce Blakeman, Nassau County Legislator Steve Rhoads, Nassau County Legislator James Kennedy and The American Bombshells



Director of the Nassau County Veterans Service Agency Ralph Esposito speaks at the event



Veterans enjoying their lunch and entertainment

Property Tax Information for Seniors



The Senior Citizen's Exemption is for homeowners 65 and over whose 2021 income, including gross social security earnings, is \$58,399 or less. Depending on your income, the exemption provides reductions between 5% and 50% on county, town, and school taxes, but no reduction in special district taxes. Exemption applications for the 2023-24 property tax year must be received by January 2, 2023.

Department of Assessment staff will provide individual assistance to any homeowner who would like to file for his or her exemption at libraries, veterans meeting halls and community centers throughout Nassau County. Click here for the list of workshops <https://www.nassaucountyny.gov/DocumentCenter/View/38592/2022-Property-Tax-Exemptions-Workshop-Calendar>

Nassau County Department of Assessment can be reached by phone at (516) 571-1500. To obtain exemptions applications or view your property information on-line, please visit www.mynassauproperty.com



Herricks SCSC celebrated 42 years of services to the seniors of Nassau County

To join Office for the Aging's email distribution list please email seniors@hhsnassaucountyny.us