



COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS

NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

OFFICE FOR THE AGING

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Identity Theft and Older Adults

Identity theft occurs when someone steals your identity to commit fraud. Stealing your identity could mean using personal information without your permission, such as your name, Social Security number and credit card numbers. Identity thieves may rent apartments, get credit cards, or open accounts in your name.



There are a variety of scams that specifically target older adults to steal their identity. Here are some types of senior identity theft to be aware of:

Tech scams: You receive a phone call that there is a virus on your computer or that your software is out of date.

Medicare fraud: Someone claiming to be a representative with Medicare or your health care provider requests personal information that's "missing" from the medical records.

IRS scams: Fake IRS calls threatens you with arrest or foreclosure due to back taxes you haven't paid and demands payment.

Phone scams and robocalls: These callers may want you to claim a free vacation, donate to charity or get some other special offer, all with the goal of getting your credit card number and other pieces of personal information.

Grandparent scam: You get a frantic phone call from your "grandchild," who needs you to

bail them out of jail in a foreign country or give them money after they were mugged. Of course, your grandchild is at home, perfectly safe, but if you're not careful, your money could be on its way to a fraudster.

Healthy skepticism and greater awareness can help avoid becoming a victim of identity theft. Here are some tips to better protect yourself :

- Add contact information of anyone who might call regularly to your phone
- If you don't recognize a phone number, let it go to voicemail
- Don't be afraid to hang up on a call.
- Remember that government agencies send letters about important information
- Check your financial records regularly
- Don't carry your Social Security card
- Ask for help, get another opinion from a trusted friend or family member
- If you're unsure if a call from a company is legitimate, hang up and call their official customer service line to see if the reason for the original call is valid

If you believe you are the victim of senior identity fraud contact Family & Children Association Senior Financial Counseling and Financial Exploitation Assistance Program at (516) 485-3425 or visit <https://fcali.org/> for more information.

Heathy Eating Celebrations and Gathering Tips

Healthy eating is important at every stage of life, including celebrations and gatherings. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Serve up variety

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.



Cheers to good health

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.



Make activity part of the fun

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.



Rethink dessert

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.



Reduce food waste

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.



Try a twist on your favorite dish

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.

For more information please visit

<https://www.myplate.gov/tip-sheet/celebrations-and-gatherings>



Cornell University
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Long Distance Caregiving Tips

Of the 34 million Americans who care for older family members, roughly 15 percent are long-distance caregivers. These caregivers live at least an hour's drive from the family member they are caring for. Many caregivers also work and some are raising children. If you're caring for an older person from a distance, here is a checklist to help you through this process:

Schedule a family meeting: You and other family members should discuss what your older relative needs, who can help, and in what ways.

Choose a primary caregiver: A primary caregiver's job is to look at the big picture and help make sure that the older relative is getting the care needed.

Consider sharing responsibilities among family members: If possible, you and other family members can take turns visiting and taking care of chores for your older relative. You can also take turns checking in by phone. Family members who live far away can still help. They might be able to pay for a weekly housekeeping service or another type of help.

Ask the older person to appoint a power of attorney: A power of attorney allows a designated person to make decisions on behalf of the older adult if they are unable to do so.

Ask others for help: If the older adult has friendly neighbors, ask them if they can help keep an eye out for the older person. If the older adult has attended a senior center, church, temple, mosque, or other faith-based organization, ask for their help as well.

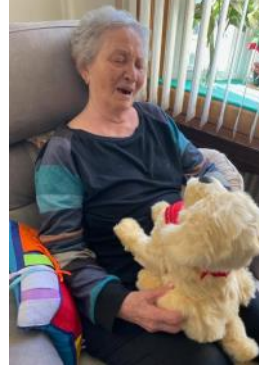
Get the older person an "emergency call button": The button will send a message to an emergency service if the user pushes it.

Continually assess safety and independence: Ask your relative, and any others involved with caregiving, to report any difficulties with daily activities – such as preparing meals, managing medications, or bathing.

For more caregiving resources please contact Nassau County NY Connects at (516) 227-8900.

Animatronic Pets Help Seniors

In a continuing effort to combat social isolation among seniors Nassau County Office for the Aging has partnered with the New York State Office for the Aging to distribute animatronic pets to those most at-risk.



Ada Galise receives her new animatronic pet dog.

In 2017, the U.S. Surgeon General declared social isolation to be a "global epidemic" The health consequences of loneliness and isolation are equivalent to smoking almost a pack of cigarettes daily. Studies have also shown that interacting with animals is an effective antidote: lowering blood pressure and reducing loneliness, stress, or anxiety.

These pets allow socially isolated seniors to receive similar enjoyment and comfort that they would from live pets by calming anxiety, decreasing loneliness, and providing a better quality of life without needing to worry about food or vet bills. The Office for the Aging has distributed animatronic cats, dogs, and birds to some of our most vulnerable seniors.

Age Friendly Glen Cove

An age-friendly world enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age. It is a place that makes it easy for older people to stay connected to people.

The city of Glen Cove is now designated as Age Friendly by the AARP. Deputy Commissioner Debbie Pugliese and the Glen Cove Senior Center Executive Director Christine Rice and Program



Coordinator Vincenza Caruso revealed the Age Friendly Center of Excellence sign on November 17th. For more information please visit <https://agefriendlyglencove.com/>.



Milestone Birthdays for Dorothy Adams and Ruth Lewis who attend the Bethel Lunch Program.



Glen Cove Senior Center Executive Director Christine Rice and Deputy Commissioner Debbie Pugliese celebrated Carol Rubin's 103rd Birthday at the Glen Cove Senior Center



Nassau County Deputy County Executive Anissa Moore, Nassau County Legislator John Giuffre, Nassau County Department of Human Services Commissioner Jill Nevin and Deputy Commissioner Debbie Pugliese at Office for the Aging's Public Hearing on November 3rd

Veterans Spotlight

Nassau County Office for the Aging supported the Nassau County Veterans Service Agency at their Annual Winter Veterans Stand Down event on Tuesday, November 22nd at the Freeport Armory. This drive-thru event provided clothes, boots, non-perishable foods, toiletries, housing and peer counseling. The Office for the Aging also attended the Town of North Hempstead's Veterans Day Celebration on November 4th.

This holiday season please support the Nassau County Veterans Service Agency with donation of non-perishable food. Please call (516) 572-5187 for details.



If you are a Veteran and would like more information about the programs available, please call 516-572-6565.



Full Gospel Church of Island Park Assembly of God hosted a wonderful neighborhood Thanksgiving dinner on November 19th. On behalf of County Executive Bruce Blakeman, Office for the Aging Deputy Commissioner Debbie Pugliese and Office of Minority Affairs Program Coordinator Emmanuel Asse stopped by to thank them for their contributions to the community and for bringing joy to so many residents.



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