

COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS



NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

OFFICE FOR THE AGING

60 Charles Lindbergh Boulevard • Uniondale, New York 11553 • 516-227-8900

JILL D. NEVIN
COMMISSIONER

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DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Cold Weather Safety

During the winter months, ice, snow, and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses, especially for older people.

Check out the tips below for preventing common cold weather dangers.

Avoid slipping on ice: Icy, snowy roads and sidewalks make it easy to slip and fall. Often these falls cause major injuries such as hip and wrist fractures, head trauma, and major lacerations. Wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Replacing a worn cane tip can make walking easier. Take your shoes off as soon as you return indoors, because snow and ice can attach to the soles and, once melted, can lead to slippery conditions inside.



Dress for warmth: Cold temperatures can lead to frostbite and hypothermia. You should wear warm socks, a heavy coat, a warm hat, gloves, and a scarf if heading outdoors. In very cold temperatures, cover all exposed skin and use a scarf to cover your mouth.

Check the car:

Driving during the winter can be hazardous. Get your car serviced before



wintertime hits. Checking the oil, tires, battery, and wipers can make a big difference on winter roads.

Prepare for power outage: Make sure you have easy access to flashlights and a battery powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand.

Prevent carbon monoxide poisoning: Ensure your safety by checking the batteries on the carbon monoxide detector and buying an updated one if needed.

The most important tip to keep in mind during the colder months is to ask for help. Whether you need to clear your property of snow and ice, or stock up on nourishing groceries; ask a family member or neighbor for assistance. Wintertime certainly poses challenges, but with a bit of planning and awareness, we can all get through the winter season!



Foods for Health: Supporting Immune Health



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Aging, stress, lack of sleep and poor nutrition can all take a toll on your immune system. Eating foods that are packed with nutrients, support immune health and that are prepared using good food safety practices are important ways to maintain good health.

Immune System Basics

The immune system is a network of cells, tissues and organs that work together to defend the body against attacks by germs that can make us sick. Germs are microscopic bacteria and viruses, and they reside around us every day. Not all bacteria and viruses are bad; in fact, some help out our immune system in such a way that we can't live without them! By giving our bodies a little TLC, we can give our immune system the tools it needs to keep us healthy. There are four major ways we can help our immune system do its job:

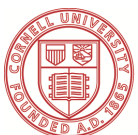
1. **Consume a Healthful Diet.** Health starts with having a well-balanced diet rich in fruits, vegetables, whole grains, low-fat dairy and lean meats and beans. You can also include certain foods and beverages with beneficial ingredients to get added immune health benefits. For example, certain yogurts contain probiotics, which may support immune health.
2. **Practice Food Safety.** Cooking and storing food properly helps reduce the risk of foodborne illnesses. Make sure you follow practical food safety steps when preparing, cooking and storing any food.
3. **Exercise.** According to the Physical Activity Guidelines for Americans, we need at least two and a half hours of exercise per week to maintain a healthy body. Research also shows that regular, moderate exercise lowers your chances of getting a cold, flu or certain illnesses.
4. **Get enough sleep.** The average adult needs seven to eight hours of sleep each night. Not getting the right amount of sleep each night can wear your body down and suppress your immune system, therefore making you more susceptible to a variety of illnesses.



Health Begins With What You Eat

One of the most effective ways to promote immune health is to eat a healthful diet. So what does that mean? Your diet should include a variety of foods and beverages and include the following tips:

- **Eat Regularly.** Whether you consume three square meals or prefer six smaller meals throughout the day, make sure you maintain an eating schedule that works for you.
- **Focus on Fruits and Vegetables.** Make at least one fruit or vegetable a part of each meal. Mix it up with canned soup, a frozen vegetable medley or a fresh vegetable or fruit salad.
- **Go Whole Grains and Fiber.** Make sure that half of your breads, cereals, pastas and rice are whole grain products. Double check the label to make sure that you're eating 100 percent whole grain. Fiber is also important to health. Make an effort to choose foods with more than 3 grams of fiber per serving.
- **Include Dairy and Protein Products.** Make sure to have low-fat dairy, such as yogurt, milk and cheese, lean meat, poultry, seafood, soy, beans, nuts or eggs at most meals.
- **Make a Little Time for Treats.** Enjoy higher calorie foods and beverages without feeling guilty by giving yourself a little less and/or eating them less frequently.



Cornell University
Cooperative Extension
Nassau County

For more information visit us at www.foodinsight.org

Self Care for Caregivers



The physical and emotional demands of caring for a loved one with a serious illness can be very exhausting and even lead to burnout. It's important to maintain your own health and well-being so you can provide the best possible care.

Here are tips for handling some of the common challenges for caregivers:

- Take time for yourself and your own needs. Watch for signs of stress, such as impatience, loss of appetite or difficulty with sleep, concentration, or memory.
- Pay attention to changes in your mood, a loss of interest in usual activities or an inability to accomplish usual tasks.
- Exercise by taking short walks daily or engaging in your usual exercise routine.
- Set limits for what you can do.
- Don't overload your daily to-do list. Be realistic.
- Find a few hours several times a week for activities that you find meaningful and enjoyable.
- Let family members and friends help with household chores, meal preparation, childcare, and shopping.
- Keep the lines of communication open among your loved one, you, your family and friends, and the health care team.
- Share your feelings with family members or other caregivers or join a support group.

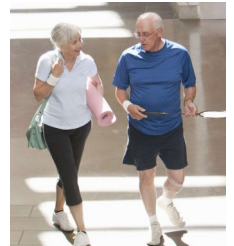
Most important give yourself credit, the care you give does make a difference.

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

Winter Exercises Tips

It's important to keep your body moving, even during the winter, while indoors. Some healthy habits are much more effective when you do them every single day. These winter exercise tips are sure to keep you happy and healthy.

Go for a Walk Inside: Walking is one of the best ways to stay active during the winter. By moving your legs, you can lower the risks of heart disease, blood pressure and diabetes. You can also strengthen bones, muscles, and refine your coordination skills. The most common indoor walking area is the local mall.



Exercise at Home: Consider purchasing home workout DVDs. Home workout DVDs run the gamut from intense weightlifting to slow cycling. You can even find scores of effective workout routines online or DVD's at your local library.

Join a Gym: Treadmills, elliptical machines, and weight machines are all great uses of gym equipment during the winter. Also, the ability to swim is another appeal. Swimming is one of the healthiest and most beneficial activities. Many gyms offer senior discounts, which is a great incentive for those hesitating with the decision. Health insurance policies occasionally offer discounts as well.



Community Classes:

Taking classes in your local community is a great way to help your body, while having fun and socializing. Fitness classes are offered at Nassau County Senior Community Service Centers. These classes focus on therapeutic exercises like Yoga, Zumba, Ballroom and Line Dancing and Tai-Chi. Beyond bodily benefits, these community classes are also great for making new friendships! For more information on Nassau County Senior Community Services Centers and Exercise call please call (516) 227-8900 or visit <https://www.nassaucountyny.gov/5425/Senior-Centers>



Deputy Commissioner Debbie Pugliese celebrating December birthdays with members of the Oyster Bay Senior Center



Freeport Senior Center Annual Holiday Celebration

Deputy Commissioner Debbie Pugliese singing "New York New York" with DJ Al at the Herricks Senior Center Celebration!



Hempstead Senior Center members Celena Hylton and Megland Charles celebrate their milestone birthdays!

Helping Veterans Shop Local

Nassau County Clerk Maureen O'Connell's "Veterans Recognition Program" is available to all veterans. This program allows veterans the opportunity to record their Veteran Discharge (DD-214) papers free of charge with the Nassau County Clerk's Office. Upon recording these documents, the veteran will be eligible to receive Clerk O'Connell's **Veterans Discount Photo ID Card** which provides discounts at participating businesses throughout Nassau County.



Honorably discharged veterans of the United States Armed Forces who record their discharge certificates can receive certified copies at the clerk's office for free. Additional certified copies of recorded discharges can be made for immediate family members whenever needed. Once recorded at the Nassau County Clerk's office, a DD-214 form is available at any time even if its owner lost the original document. A certified copy of the discharge certificate will be legally recognized as if it were the original.

In addition to providing financial relief for local veterans, the Veterans Discount Photo ID Program helps support Nassau County's local economies. It also safeguards the vital documents and demonstrates an appreciation for veterans and their dedicated service.

When the forms are filed with the Clerk's office, a discount card will be issued to the veteran, along with a list of participating local businesses. For more information, please call the Nassau County Clerk at (516) 571-2664. Lists are available <https://www.nassaucountyny.gov/3234/Veterans-Recognition-Program>

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