



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

April 2023

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Understanding Dementia



On March 31st the Nassau County Office for the Aging co-sponsored a presentation with Long Island Alzheimer's and Dementia Center at the Bethpage Senior Center. Melissa Katz LCSW, the LIAD Senior Director of Programs and Services provided a terrific overview on Understanding Dementia.

It was attended by Office for the Aging personnel, Case Managers, caregivers, and members of the community. Because this topic is so wide reaching, the Office for the Aging live streamed it via Facebook. You can view it on the *Nassau County Health and Human Services Facebook Page*.

The presentation explained how different forms of dementia may present differently, as well as some of the warning signs. Melissa also touched on the complexity of the diagnosis process. As with any medical condition, early diagnosis is critical. Brain health and stimulation is vitally important as we age. The audience left with a greater understanding of this condition which touches so many lives.

Call NY Connects at 516-227-8900 for information on our Adult Day Programs.



Nassau County funded Adult Day Programs provide stimulation & socialization:

The Friendship Circle
East Hills
516-484-1545 Ext. 135

Herricks Alzheimer's Adult Day Program
New Hyde Park
516-742-0851

Alzheimer's Senior Day Program
Hewlett
516-374-2670

Glen Cove Adult Day Care
Glen Cove
516-759-2345

Long Island Alzheimer's and Dementia Center
Westbury
516-767-6856

County Executive Bruce Blakeman and Office for the Aging Deputy Comm. Debbie Pugliese unveil a new bus at the Glen Cove Senior Center



Nassau County Office of Crime Victim Advocate

The Nassau County Office of Crime Victim Advocate (OCVA) was created to ensure that victims of crime and witnesses to crime in Nassau County are afforded all the legal rights, protections, and assistance they are entitled to under the law. The Office of Crime Victim Advocate is committed to treating victims and witnesses with dignity, fairness, and respect.



The Nassau County Office of Crime Victim Advocate is dedicated to helping survivors rebuild their lives and understands that victims have both short and long term needs in the aftermath of a crime. With that understanding, OCVA will deploy a victim centered, trauma informed, and culturally competent approach to our victim servicing.

OCVA is here for you! We know that as we transition to different stages in life, we require different supports and OCVA provides support as it relates to diverse and relevant victimizations.

OCVA is committed to bringing awareness and staying informed on crime victimizations that are prevalent in our senior community such as the increase in senior financial exploitation, fraud/scam activities and the increase in robocalls. The unfortunate truth is that our older adults are targets of financial exploitation sometimes at the hands of strangers and sometimes by their own family members, neighbors, colleagues, or friends.



OCVA strives to empower older adults with information and tools to be able to:

- Recognize a scam
- Know what to do if targeted

OCVA provides assistance with:

- Reporting Scams
- The recovery process if exploited

Financial Exploitation and older adult abuse are destructive, and often times emotionally, physically and financial draining. It is often embarrassing and stigmatic. Many people do not report these crimes because they don't know how to or are too embarrassed. OCVA can assist with reporting, and linking you with mental health resources, financial counselors, and senior service agencies.

OCVA is a strong partner and collaborates with the **Nassau County Office of Aging** to ensure that our residents receive all the services and resources that they need.

You are not alone. OCVA is here to help!

Contact us by phone at 516-571-1598 or by email OCVASupport@Nassaucountyny.gov.

Visit www.nassaucountyny.gov/1608/Office-of-Crime-Victim-Advocate for more information.

Healthy Food Shopping Tips

Spring 2023

Introduction

According to the 2020-2025 Dietary Guidelines for Americans, healthy dietary patterns can help meet changing nutrient needs throughout every life stage and reduce the risk of developing chronic diseases. Having a variety of nutrient-dense food options from multiple food groups (e.g., fruits, vegetables, whole grains, proteins and dairy) is encouraged. Individuals can tailor their food choices to align with their nutritional needs, personal food preferences, cultural traditions and financial circumstances.

Food shopping and meal planning for nutrient-dense food options can help individuals meet daily nutritional recommendations. Furthermore, food preparation can help save time and reduce food waste. From the Harvard School of Public Health, here are 5 tips to stocking your kitchen and pantry with healthy food options:

1. **Produce:** Aim for a variety of colors when purchasing fruits and vegetables. When possible, buy locally grown produce. Frozen and canned produce with no added sugar or sodium are additional options to choose from for longer shelf-life.
2. **Grains:** Grains include bread, pasta, barley, oats, quinoa, rice and more. Occasionally opt for whole grains in meals (e.g., brown rice, whole wheat bread, whole wheat pasta, oats, etc.).
3. **Protein:** Balance your plate with proteins such as fish, chicken, turkey, tofu, eggs, lean red meat, beans and nuts.
4. **Fats & oils:** Use liquid vegetable oils (e.g., canola, olive oil) when sautéing, stir frying or making salad dressings.
5. **Essential flavors:** Use herbs, vinegars & citrus to enhance flavor.

Did you know that in 2012, approximately 46% of all meals in the U.S were eaten alone? College students, older adults and individuals with busy schedules from work/school are more likely to eat alone.



Cut Back to Boost Your Nutrition!

Choosing healthier food options for your kitchen and pantry can also come from cutting back on foods that most Americans already exceed their intake on.

Added Sugar: soft drinks, fruit drinks, sports/energy drinks, cakes, ice cream, cookies, breakfast cereals & bars

Saturated Fats: Fatty meats (beef ribs, sausage, processed meats), higher fat dairy (whole or 2% milk or yogurts), butter, margarine, cream cheese, heavy or whipped cream, palm oil

Sodium: cured meats, breads, rolls, condiments & gravies, canned or frozen products with added sodium, desserts, pizza



Cornell University
Cooperative Extension
Nassau County

Veterans Spotlight



Hometown Heroes Military Recognition Program
Town of Oyster Bay Supervisor Joseph Saladino presented a banner to Charles Gibney, who is a local veteran, along with the Town Clerk Richard LaMarca, Councilwoman Vicki Walsh and Executive Director Judy Palumbo, from the Life Enrichment Center of Oyster Bay.

The PACT Act and Your VA Benefits

The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances. The PACT Act adds to the list of health conditions are caused by exposure to these substances. This law helps provide Veterans and their survivors with the care and benefits they've earned and deserve.

The PACT Act will bring these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras.
- Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures.
- Adds more presumptive-exposure locations for Agent Orange and radiation.
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care.
- Helps us improve research, staff education, and treatment related to toxic exposures.

If you're a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits. Any questions call the Nassau County Veterans Service Agency at 516-572-6565.

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

Medicare Preventive Services Spotlight: Yearly Wellness Visit

Medicare covers a wide range of preventive services to keep you healthy. Preventive services can detect health problems early when treatment is most effective and can help you avoid certain diseases.

If you've had Medicare Part B for longer than 12 months, you are eligible for a Yearly "Wellness" Visit to create or change a personalized prevention plan based on your current health and risk factors.

The Yearly Wellness Visit includes:

- Health Risk Assessment
- Develop or update a list of current providers and prescriptions
- Height, weight, blood pressure, and other routine measurements
- Screen for cognitive impairment
- Personalized health advice
- A list of risk factors and treatment options for you
- A screening schedule (like a checklist) for appropriate preventive services

There are no costs to you with Original Medicare and with a Medicare Advantage Plan if you qualify for this service. You must visit an in-network Medicare Participating Provider who accepts the Medicare-approved amount as full payment.

Medicare may bill you for additional diagnostic care if your provider finds and needs to treat you for a new or existing condition, because of certain symptoms or risk factors, during your Yearly Wellness Visit. Be sure to ask your provider if any additional services are being provided during your appointment if you are concerned about any fees.

You can learn more about Medicare's preventive services by calling HIICAP at 516-485-3754.

Senior Ambassador of the Year Nominations

Do you know someone 60 or over who has gone above and beyond volunteering to help in their community?

Do you know someone who has demonstrated outstanding concern and action for human services and community involvement.

Nassau County Office for the Aging is looking for nominees for the 2023 Senior Ambassador of the Year!

To nominate someone, please call (516) 227-8900 or visit nassaucountyny.gov/Aging

Nomination forms can be submitted until April 14, 2023!



EAC Network Celebrates International Women's Day

North Merrick Senior Center: Lorraine Scardino, Anna Bignardelli & Elizabeth Hartman.
 Hempstead Senior Center: Celena Hylton, Phyllis Droessler and Ketly Montlouis.
 Centered members also honored Elizabeth McDermott of EAC Network.

Celebrating Centenarians!



Catherine celebrated her 100th birthday joined by OFA Deputy Commissioner Debbie Pugliese & NC Registered Dietician Mindy Levine. Staying active is her secret to success. She enjoys attending the local senior center!



Members of the Point Lookout SCSC listen to Master Gardner Beth from Cornell Cooperative Extension of Nassau County speak about spring time gardening.



Sylvia turned 100 and celebrated with a lovely party.



Seniors at the Wantagh Senior Center making Perogies.



OFA was happy to stop by and wish Bernard a very Happy 100th Birthday!



Excil'Homme Charles celebrated his 100th birthday at the Plattduetsche Park Restaurant with friends and family from all over the country!

Do you know someone celebrating a milestone birthday? Call 516-227-8900 to arrange for a citation from County Executive Bruce Blakeman