

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

September 2023

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Kinship Care Resources

Kinship Care refers to grandparents, other relatives, and even family friends who are caring for children. Most Kinship Caregivers are not foster parents and provide full-time care for children privately.



Children end up in Kinship Care for a multitude of reasons. Some include, Substance Abuse, Death, Abuse/Neglect, Military Deployment, Mental Health, and Incarceration.

Some challenges that Kinship Caregivers face include but are not limited to, financial and family stability, legal issues, parenting again or for the first time, children mental health issues and caregivers being unprepared.

For all kinship families in New York State, the Kinship Navigator serves all kinship families with information, referrals, and assistance via its website and toll-free telephone line.

For More Information Call the Kinship Navigator Help Line at (877) 454-6463 or visit www.nysnavigtor.org. Also reach out to

The Kinship Navigator provides information on a wide range of kinship topics, including:

- National, State, and Local Resources
- Federal and State Laws about Kinship Care
- Financial Assistance Grants for Kinship Families
- Information and Guidance for caregivers and professionals
- Connections to available resources
- Financial Assistance and Public Benefits Assistance
- Legal Advocacy
- Partner with local Department of Social Services for kinship services and assistance

Nassau County Office for the Aging for local assistance at (516) 227-8900.

Virtual Case Management is available with an assignment to a Virtual Case Manager for 6 months to facilitated benefits applications and referrals.



Understanding the Importance of Fruits and Vegetables in our Diet

Why is eating fruits and vegetables important?

Eating a balanced diet that emphasizes fruits and vegetable intake is important for supporting a healthy lifestyle. The 2020-2025 Dietary Guidelines for Americans recommends consuming the following amounts to support healthy immune function and mitigate risk of chronic conditions:

- ❖ 1.5 - 2 cup equivalents of fruits per day
- ❖ 2 - 3 cup equivalents of vegetables per day

However, most Americans are not consuming enough fruits and vegetables. In 2019, the CDC stated that 12.3% and 10.0% of adults are meeting fruit and vegetable recommendations, respectively. Potential barriers to adequate fruit and vegetable intake include cost, limited availability and access to fresh produce. Certain barriers have potentially worsened after the height of the COVID-19 pandemic in 2020 due to supply chain disruptions and forced isolation policies that restricted food access.

Where could we find local fruits and vegetables?

To help meet daily fruit and vegetable recommendations, consumers should shop for produce that best suits their food preferences and lifestyle. Opting for fresh, frozen, or canned fruits/vegetables can be viable options for consumers. These can be found in supermarkets, farm stands, farmer's markets, community supported agriculture groups, and home gardens.

To find out the nearest local farm stand near you, visit:

<https://agriculture.ny.gov/farmers-markets-county>

What can we look for to select the best fresh produce?

In September, you can potentially find the following local fruits and vegetables in your local farm stand:

Fruits	Vegetables
<ul style="list-style-type: none">● Apples● Blueberries● Cantaloupes● Grapes● Peaches● Pears● Plums● Raspberries● Watermelon	<ul style="list-style-type: none">● String beans● Beets● Broccoli● Cabbage● Carrots● Cauliflower● Corn● Collard greens● Cucumbers● Eggplant● Kale● Lettuce● Onions● Potatoes

Source: <https://www.grownyc.org/greenmarket/whatsavailable>



Medicare Preventive Service Spotlight: Prostate Cancer Screenings



September is National Prostate Cancer Awareness Month, a time to support those effected by the disease. It is a great time to schedule your Prostate Cancer Screening through your Medicare services. Prostate cancer is the second most common cancer among men, so getting screened regularly

can help you continue to live a healthy life!

Digital rectal exams are covered by Medicare Part B (Medical Insurance) once every 12 months for men over 50 (starting the day after you 50th birthday)

Cost: After you meet the Part B Deductible, you pay 20% of the Medicare-Approved Amount for a yearly digital rectal exam and for your doctor's services related to the exam. In a hospital outpatient setting, you also pay a separate hospital copayment.

Prostate specific antigen blood tests are covered by Medicare Part B (Medical Insurance) once every 12 months for men over 50 (starting the day after your 50th birthday).

Cost: You pay nothing for a yearly PSA blood test. If you get the test from a doctor that doesn't accept assignment, you may have to pay an additional fee for the doctor's services, but not for the test itself.

Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all the costs. Ask questions so you understand why your doctor is recommending certain services and if, or how much, Medicare will pay for them.

You can learn more about Medicare's preventative services by visiting Medicare.gov or calling HIICAP at 516-485-3754.

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

September is National Hispanic Heritage Month

Americans observe National Hispanic Heritage Month every year from September 15th to October 15th, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.



The observation started in 1968 as Hispanic Heritage Week, under President Lyndon Johnson, and was expanded by President Ronald

Reagan in 1988 to cover a 30-day period starting on September 15th and ending on October 15th. It was enacted into law on August 17, 1988.

September 15th is significant because it is the anniversary of independence for Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16th and September 18th, respectively. Columbus Day or Día de la Raza, which is October 12th, falls within this period.

According to the 2020 U.S. Census Bureau, there are 62.1 million Hispanics living in the United States. In 2020, states with the largest Hispanic populations were California, Texas, Florida, New York, Arizona, Illinois, New Jersey, Colorado, Georgia, New Mexico. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=64>

Looking for Information about Office for the Aging's Programs and Services?



To schedule a presentation for your group call (516) 227-8900

National Night Out



Nassau County Legislator Rose Walker with NYS Senator Steve Rhoads and Nassau County Office for the Aging Staff

Noontime Concert at Eisenhower Park



John the bus driver, Deputy Commissioner Debbie and director Laura with the members of the Hempstead SCSC

Celebrating Centenarians



County Executive Bruce Blakeman with Nassau County Legislator Thomas McKeivitt and Nassau County Comptroller Elaine Philips celebrate Henry's 101st birthday!

Veterans Spotlight



My HealthVet is an APP created by the VA for our Veterans to get access to VA Health care online!

Once you Register with My HealthVet you will have access to these and much more!

Pharmacy: Refill your VA prescriptions, track delivery, view a list of your VA medications and other details.

Appointments: Keep track of your upcoming VA medical appointments and get email reminders.

Messages: Communicate securely online with your VA health care team and other VA staff about non-emergency information or questions.

Health Records: View, print, or download a copy of your VA medical record information, or enter your own health information.

My HealthVet Help Desk: You can call Monday - Friday, 7:00 a.m. - 7:00 p.m. (Central Time) 1-877-327-0022 or 1-800-877-8339 (TTY)

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

RALPH ESPOSITO
DIRECTOR
NASSAU COUNTY VETERANS SERVICE AGENCY

**NASSAU COUNTY
VETERANS PICNIC
RESOURCE FAIR**

THURSDAY,
SEPTEMBER 14, 2023
11:30am-2:30pm

**EISENHOWER
PARK**
PARKING FIELD 6

RSVP by September 8th - 516-572-0564
Monday-Friday - 9:00am-4:00pm

Musical Performance by
**THE AMERICAN BOMBSHELLS
and JOHNNY AVINO**

NASSAU COUNTY VETERANS SERVICE AGENCY
2201 Hempstead Tpke. Bldg Q • East Meadow • 516-572-6565

For more information contact the Nassau County Veterans Service Agency at (516) 572-6565