

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

November 2023

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Family Caregivers & Support

November is National Family Caregivers Month. As stated by the Caregiving Action Network, "Caregiving can be a 24-hours a day/7-days a week job." Caring for a senior with Alzheimer's or a child with special needs can be non-stop. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. Caregivers truly provide around the clock support for their care recipients.



Families are often the primary source of support for older adults and people with disabilities. There are an estimated 4.1 million caregivers in New

York State who provide 2.68 billion hours of unpaid care.

That's why every November since 1994 we celebrate **National Family Caregivers Month**. While caregivers should be celebrated every day, this is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers.

For caregiver resources please visit <https://www.nassaucountyny.gov/1438/Aging> or call Nassau County NY Connects at (516) 227-8900.

If you meet one of the criteria below, you are eligible for supports through the National Family Caregiver Support Program.

1. Are you over the age of 18 and caring for an older adult (age 60+)?
2. Are you over the age of 18 caring for an individual (any age) with Alzheimer's disease or a related disorder (e.g., dementia, traumatic brain injury, mild cognitive impairment, chronic traumatic encephalopathy)?
3. Are you over the age of 55, living with, and caring for a child (not biological) under the age of 18?
4. Are you over the age of 55, living with and caring for an adult (can be a biological child) aged 18-59 with a disability?

A National Family Caregiver Support Program Survey has been designed for an assessment of your wellbeing. The survey asks you to reflect on your experiences and respond to a series of statements. A Program Specialist will reach out to discuss the results. This is used to help you and the Program Specialist better understand your situation and define an individualized plan to meet your unique caregiving needs.

To access the survey visit <https://caregiver.tcare.ai/screener/app/nassau/fDDrPzw9r9uaDVF6bI57j>

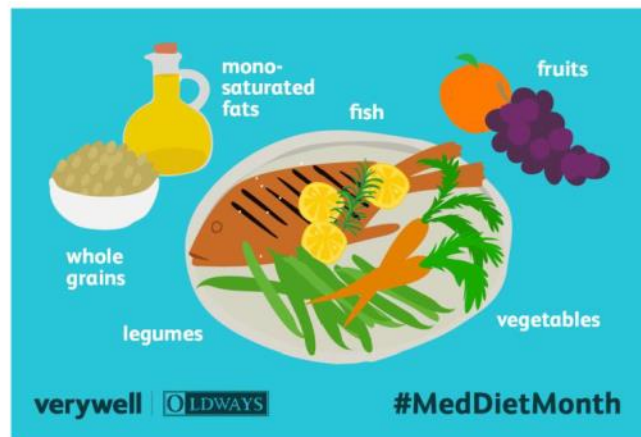
November 2023 CCE Newsletter Contribution
Learning About the Mediterranean Diet

What is the Mediterranean Diet?

In 1993, the Mediterranean Diet Pyramid was introduced to highlight foods commonly grown and used in the Mediterranean region. The food cultures of the Mediterranean region that inspire this diet approach include those of Crete, Greece, and southern Italy during the mid-20th century. At this time, these regions demonstrated low levels of chronic diseases and longer life expectancies.

What foods are included in the Mediterranean Diet?

The Mediterranean Diet emphasizes healthy fats, plant-based foods and lean proteins. Food examples include olive oil, fruits, vegetables, whole grains, legumes, cheese and yogurt in low to moderate amounts, fish and poultry.



Source: <https://oldwayspt.org/blog/mediterranean-diet-meal-plan-simple-swaps-flavor-and-health>

How can I incorporate the Mediterranean Diet into your lifestyle?

Incorporating the Mediterranean Diet into your lifestyle can be easier said than done! See the list of suggestions to include the suggested food groups into your meals and snacks:

- Use olive oil in cooking or as a base for your salad dressings
- Consume a handful of nuts as a snack
- Choose whole grain bread or other whole grains in meals (e.g., bulgur, barley, farro, couscous and whole grain pasta)
- Eat at least three servings a week of legumes (e.g., lentils, chickpeas, beans, peas)
- Choose lean poultry (e.g., chicken, turkey, fish) and utilize red meat (e.g., beef, pork) for occasional consumption
- Replace soda and juices with water
- Aim for three servings of fresh fruit per day
- Plate your vegetables and grains first before serving meat on your plate

Sources:

<https://www.health.harvard.edu/blog/a-practical-guide-to-the-mediterranean-diet-2019032116194>

<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mediterranean-diet/>

<https://oldwayspt.org/blog/mediterranean-diet-meal-plan-simple-swaps-flavor-and-health>



Cornell University
Cooperative Extension
Nassau County

What You Should Know About HEAP

The Home Energy Assistance Program (HEAP) is a federally funded energy program to assist low-income households. Eligible households may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if they are in danger of running out of fuel or having their utility service shut off.



A Program of the Office of Temporary and Disability Assistance

A Regular HEAP benefit is designed to reduce a household's energy cost and is paid directly to the vendor that supplies the household's primary source of heat. The benefit is available to households paying separately for heat, and to households who make payments for heat in the form of rent.

Applications for Regular HEAP are now available for the 2023-2024 Season



It takes about 3 to 4 weeks for processing, once the application is received by the HEAP office. Payments are processed and administered through the Department of Social Services (DSS). Approval notices indicating the benefit amount are mailed out by DSS and shortly thereafter payments are sent to the vendor. Seniors who receive SNAP benefits will receive the HEAP benefits automatically; any questions regarding payment should be directed to their Department of Social Services SNAP Case Worker.

Your household may be eligible for a HEAP benefit if:

- A member of your household is a United States Citizen or Qualifies Non-Citizen
- Your household's gross monthly income is at or below the current income guideline for your household
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits
- You receive Temporary Assistance
- You receive Code A Supplemental Security Income (SSI Living Alone)

If you are a homeowner and eligible for HEAP, the Heating Equipment Repair and Replacement benefit can help you repair or replace your furnace, boiler and other direct heating equipment. Eligible households can also receive energy efficiency services, which includes the cleaning of primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper and efficient operation of the heating equipment.

To find out if you are eligible and to request an application, please call HEAP directly at (516) 227- 7386. Applications can be mailed to Seniors 60+ and people with disabilities. You will need to fill out and return the application with all requested information to be assessed for eligibility for the program. **You may also apply online at myBenefits.ny.gov**



To join Office for the Aging's email distribution list please email

seniors@hhsnassaucountyny.us

Happy 100th Birthday Beryl!



**Happy 95th
Birthday
Zelma!**



**Bernie and Elly with her
Animatronic Cat, Sweetie**



Happy Thanksgiving and THANK YOU!

**Free Turkeys For
VETERANS** 

FROZEN TURKEYS WITH BAG OF CANNED GOODS
TO ALL VETERANS

First Come/First Serve – Drive Up Event

SUFFOLK COUNTY LOCATION
Saturday November 18th
Elks Lodge
41 Horseblock Rd Centereach NY 11720
1:00 – 4:00PM

NASSAU COUNTY LOCATION
Sunday November 19th
Marine Corps League
99 New York Ave Massapequa NY 11758
1:00 – 4:00PM

FOR MORE INFORMATION OR TO DONATE TO THIS EVENT:
info@GoTeamEVA.org or visit GoTeamEVA.org



**Life Enrichment
Center at
Oyster Bay
hosted a
Halloween Party!**

**Karaoke Legends and Costume Party
at the Freeport Senior Center**

