

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

Get Ready for Medicare Open Enrollment Season

Free Medicare Open Enrollment Assistance Through Family & Children Association

By Barry Klitsberg, Nassau County Medicare Counselor, FCA

Medicare is a federally run health insurance program for people who are 65 years of age or have collected Social Security Disability for 24 months. It is also available for individuals with permanent kidney failure or Lou Gehrig's Disease.

Medicare recipients have the opportunity to change their current health plan during the yearly Open Enrollment period which is October 15th to December 7th.

Navigating Medicare and choosing a plan that best meets your needs can be tricky. Health care needs change over time, so you should carefully consider your foreseeable health care needs each year. A plan that worked for you previously may not be the best choice going forward.

As we head into the Medicare Open Enrollment season, it is important for everyone to read mail from their current health plans to see if there are any changes that might impact them for 2024. If you have not received your benefit details, you should call Medicare or your health plan.

The Medicare website www.medicare.gov can help you compare available plans.

Plans frequently change their premiums, co-pays, deductibles, and drug coverage. Providers may leave or be added to a plan's network. It is important to stay informed about your coverage. Medicare beneficiaries should review their

coverage during the Open Enrollment period to determine if their current coverage is still right for them. Medicare beneficiaries who are in a Medicare Advantage Plan (HMO or PPO) and don't change their plan by December 7th will have an additional opportunity to switch Medicare Advantage plans between January 1st and March 31st.



Family and Children's Association (FCA) can help guide you through the process with free help available by calling its Nassau County Health Insurance Information

Counseling and Assistance Program (HIICAP) at 516-485-3754. One of our counselors will be happy to assist you.

HIICAP is a free service with trained counselors who provide an unbiased expertise on what Medicare plan can best meet your individual needs. HIICAP counselors can help you switch plans. Appointments are available in person or over the phone.

Answers to your Medicare questions are just a phone call away.

Call HIICAP at (516) 485-3754.

Looking for Information about Office for the Aging's Programs and Services? To schedule a presentation for your group call (516) 227-8900

October 2023 CCE Newsletter Contribution
Learning about Fiber and Plant-Based Proteins

Why is fiber important?

Fiber is a type of carbohydrate that cannot be digested by our body. Most carbohydrates (aside from fiber) are able to be broken down by our bodies and digested into smaller molecules known as glucose. However, when eating foods containing fiber, the fibrous part will move through our bodies undigested. In turn, this allows better regulation of our hunger and blood sugar levels. Different life stages have different fiber needs:

| Life Stage Group | Men | Women |
|-------------------------|------------|--------------|
| 31-50 years | 38 grams | 25 grams |
| 51-70 years | 30 grams | 21 grams |
| 71+ years | 30 grams | 21 grams |

Source: National Resource Center on Nutrition and Aging

To understand the fiber content, individuals can also look at the nutrition label of products and look for **dietary fiber**. If individuals are counting carbohydrates, they can subtract the fiber amount (g) from the total carbohydrate value (g) to get a more accurate depiction of carbohydrate consumption.

Nutrition Facts
 Serving Size 1 cup (4 oz)
 Serving Per Container 3
 Amount Per Serving
 Calories 75 Calories from Fat 27

| | % Daily Value* |
|--------------------------------|----------------|
| Total Fat 3 g | 5% |
| Saturated Fat 0 g | 0% |
| Cholesterol 0 mg | 0% |
| Sodium 300 mg | 4% |
| Total Carbohydrate 10 g | 3% |
| Dietary Fiber 5 g | 20% |
| Sugars 3 g | |
| Protein 2 g | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
 Calories 2,000

Total Fat Less than 65g 90g
 Sat Fat Less than 30g 25g
 Cholesterol Less than 300mg 300mg
 Sodium Less than 2,400mg 2,400mg
 Total Carbohydrate 300g 375g
 Dietary Fiber 25g 30g

Callouts:
 - The total carbohydrate tells how many grams of carbohydrate are in 1 serving.
 - Fiber has to be subtracted from the Total Carbohydrate
 - Total CHO (10g) - Fiber CHO (5g) = 5g Net CHO
 - The NET Carbohydrate is 5g

Source: Diabetes Education Online from University of California – San Francisco

What are some examples of plant-based proteins?

Proteins are an important part of every cell, tissue and organ in our bodies. They help to maintain muscle, help fight infections, and make enzymes and hormones. Proteins can be found in both animal and plant sources:

| Animal Sources | Plant Sources |
|--|---|
| Meat, poultry, seafood, eggs, beans, peas, nuts, seeds, soy products | Quinoa, soy, buckwheat, hemp, chia seeds, spirulina, tempeh, amaranth |

Plant protein consumption is associated with a 40% reduced risk of coronary heart disease, overall decreased BMI in overweight/obese individuals and improved glycemic control. In addition to being a plant protein, plant protein foods, also come with the added benefits of containing fiber.

Caregiver Services and Support

The New York State Office for the Aging and Nassau County Office for the Aging have partnered with Tualta to offer Tualta's web-based caregiver education and support platform at no cost to any unpaid caregiver in New York State to address social isolation and expand caregiver supports.



Statistics show that 53 million, or approximately one in five Americans, provide care for an older adult or person living with an illness or disability, an increase from 43.5 million in 2015. Additionally, there

are at least 2.5 million grandparents serving as the primary caregiver of their grandchildren.

Caregivers provide critical support to people across the lifespan, including those living with dementia of all ages; older individuals who need support to age in place; adults living with disabilities; and older relatives providing care to children who are younger than 18.

Tualta's evidence-based caregiver training and support platform helps families build skills to manage care at home for loved ones of any age. It also connects to local resources and support services by delivering personalized education, training, and information links.

How to Register

Access the service at

<https://newyork-caregivers.com/>

Once registered, caregivers can select personalized training and track their progress on topics like self-care, stroke recovery, dementia care, medication management, and more. Users can log-in from any computer, tablet, or smartphone. There are an estimated 4.1 million caregivers in New York State who provide 2.68 billion hours of unpaid care. Sixty percent worry about caring for a loved one. Tualta teaches critical skills to reduce caregiver stress levels and increase confidence in one's caregiving abilities.

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

Breast Cancer Awareness Month and Hewlett House



October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of Breast Cancer. We know

only too well that Breast Cancer does not start and end in October. We raise the consciousness level and awareness by wearing Pink Ribbons.

In the late 1980s, the US Health Department found that women on Long Island had a significantly higher risk of contracting breast cancer and that one in nine women would contract some form of cancer.

Hewlett House is a community learning resource center for cancer patients and their families founded by Geri Barish and County Executive Bruce Blakeman, the staff has been serving the local community for over 28 years and has served tens of thousands of cancer patients and their families.

The mission of Hewlett House is to support cancer patients at every stage of treatment. They are a community resource center that provides all services without charge. They pride themselves on providing patrons with the highest quality information and guiding them throughout their battle with cancer. Every patron is treated like family and given full access to educational materials, 24/7 peer-to-peer support systems, and a network of cancer survivors and doctors.

For more information about Hewlett House call (516) 374-3190, or visit <https://hewlett-house.org/>.

Tax Assessment Workshops

Dept. of Assessment provides assistance to those filing for Veterans, Senior Citizen, Cold War Veterans, Volunteer Firefighters and Ambulance Workers, or Limited Income Disability Exemptions.

- **October 19** at the Old Bethpage Village Field House ("The Barn") located at 1303 Round Swamp Road
- **October 20** at the Bethpage Senior Center located at 103 Grumman Road West
- **October 23** at the Plainview Jewish Center located at 95 Floral Drive

For details, please contact the Dept. of Assessment at (516) 571-1500.

Nassau County Office for the Aging Staff stops by Crossroads Farm in Malverne to distribute Farmers Market Coupons. If you received coupons, they must be redeemed by November 30th



Barbara and Ron celebrate their 50th Wedding Anniversary



Mary celebrated her 95th birthday at a party with friends and family



Veterans Spotlight
Disability Housing Grants for Veterans

There are housing grants for Veterans and service members with certain service connected disabilities so they can buy or modify a home to meet their needs and live more independently. Modifications may included installing ramps or widening doorways.

You may be able to get a Special Adapted Housing (SAH), Special Housing Adaptation (SHA) or Temporary Residence Adaptation (TRA) grant if you are using grant money to buy build or modify your permanent home.

For more information please visit: <https://www.va.gov/housing-assistance/disability-housing-grants/>

County Executive Bruce Blakeman along with Nassau County Comptroller Elaine Phillips celebrated Ida's 95th birthday with her granddaughter



Happy Retirement Mary!
Thank you for your more than 30 years of service to the seniors at the Life Enrichment Center of Oyster Bay

