



COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS

NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

OFFICE FOR THE AGING

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JILL D. NEVIN
COMMISSIONER

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DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Senior Citizen's Tax Exemption Overview and Deadlines

Homeowners 65 and over whose 2022 income, including gross social security earnings, is \$58,399 or less can qualify for an exemption. Depending on your income, the exemption provides reductions between 5% and 50% on county, town and school taxes, but no reduction in special district taxes. The 50% exemption applies to seniors whose income, including social security benefits, is \$50,000 or less. The percentage of the exemption that will be offered to homeowners with an income over \$50,000 is illustrated in the following chart:

Exemption Schedule	
INCOME LEVEL	Reduction %
\$50,000 - or Less	50%
\$50,001 - \$50,999	45%
\$51,000 - \$51,999	40%
\$52,000 - \$52,999	35%
\$53,000 - \$53,899	30%
\$53,900 - \$54,799	25%
\$54,800 - \$55,699	20%
\$55,700 - \$56,599	15%
\$56,600 - \$57,499	10%
\$57,500 - \$58,399	5%

Income, under the law, is money received from all sources, both taxable and non-taxable. Income includes social security, but does not include welfare payments, supplemental security income, gifts, or inheritances. Depending on criteria established by your town and school district, unreimbursed medical and prescription drug expenses and Veterans' Disability Compensation may be deducted from the total income. Income will be determined for the calendar year preceding the date of the application.

Who is Eligible?

- An applicant must be 65 or older. If you co-own the property with a spouse or sibling, only one person is required to be 65 or older.

- The applicant must have owned the property for at least 12 consecutive months prior to applying.
- All owners must occupy and use the property as their primary residence.
- The household income of all owners must not exceed the maximum limit set by the local government or school district.

In order to file for the Senior Citizen's Exemption, the following is required:

- **Proof of income** (Federal or NYS Income Tax Returns.)
- **Proof of Age** (Birth Certificate, Drivers License, Passport, Military ID, Naturalization Papers or Baptismal Certificate.)
- **Proof of Residence** (Documents must show the current address such as Car Registration or Income Tax Return.)

Exemption Applications for the 2024-25 Property Tax Year must be received by JANUARY 2, 2024

For more information please contact the Department of the Assessment at (516)571-1500.

Or visit

<https://www.nassaucountyny.gov/1501/Assessment>



Learning About Intuitive Eating

What is Intuitive Eating?

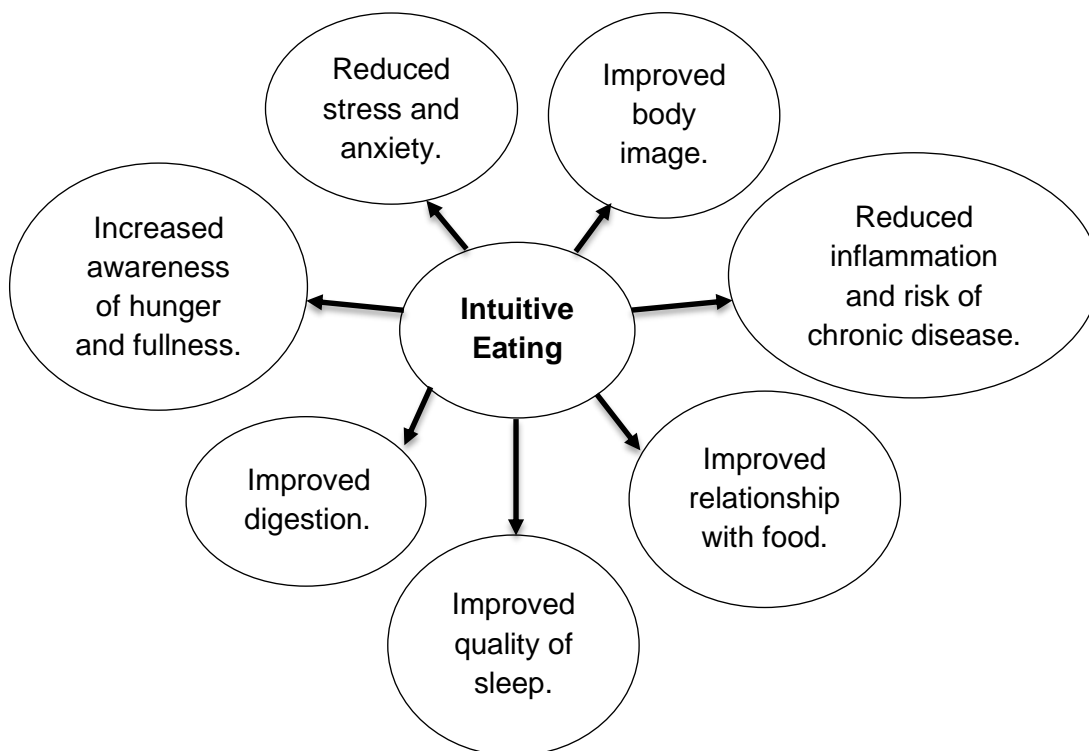
Intuitive Eating is the practice of listening to and trusting your internal hunger, fullness, and satiety cues to determine what, when, and how much to eat. No food rules exist with Intuitive Eating nor is any food off limits...including those sweets that you crave!

There are 10 fundamental principles of Intuitive Eating:

1. Reject the diet mentality.
2. Honor your hunger.
3. Make peace with food.
4. Challenge the food police.
5. Discover the satisfaction factor.
6. Feel your fullness.
7. Cope with your emotions with kindness.
8. Respect your body.
9. Movement – feel the difference.
10. Honor your health with gentle nutrition.

What are the benefits of becoming an Intuitive Eater?

Many benefits have been associated with the practice of Intuitive Eating:



Not only does Intuitive Eating yield positive effects on the body physically, but it also has profound mental and psychological effects as well.



Medicare Preventive Services Spotlight: Cervical Cancer Screening



Cervical Cancer is a disease that effects many women each year and getting screened for this disease is an important way to stay healthy!

Cervical cancer develops slowly over time, therefore its important to get screened regularly to support your health. Medicare part B covers Pap tests, pelvic exams and clinical breast exams. You can learn more about Medicare's preventive services by visiting Medicare.gov or by calling HIICAP at (516)485-3754.



Catholic Charities Home Delivered Meals Drivers brought Thanksgiving meals to homebound seniors.
No one deserve to go hungry, especially not during the holiday season.



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

seniors@hnsnassaucountyny.us

Veterans Spotlight

The Life Enrichment Center of Oyster Bay celebrated Veterans Day by honoring the members who have served.

Thank you veterans for your service!
Happy Veterans Day



The Point Lookout Senior Community Service Center collected non-perishable food to donate to the Long Beach Lions Club.

Thank you to center members for donating 5 large crates of food to help to feed many families!



The Hispanic Brotherhood Senior Program in Hempstead had a wonderful Thanksgiving celebration.



Nassau County Office for the Aging Celebrates Milestone Birthdays!

OFA Deputy Commissioner Debbie Pugliese along with Vinny from Town of Oyster Bay Supervisor Joe Saladino's Office celebrate Frances 105th birthday. "Her secret is Don't look at how old you are. Just have fun."



Happy 100th Birthday to Sara, a resident at Maple Pointe Assisted Living Community.



Rosario Celebrated his 101st Birthday with friends and family.



Alfonzo and his wife both had November Birthdays but Alfonzo's was a milestone, he celebrated his 90th Birthday!

Nassau County Legislator John Giuffre and Debbie Pugliese celebrate Franklin Square Senior Center member Ann's birthday.



Happy 100th Birthday Pauline! She exercises everyday to stay fit and healthy.



If you would like a citation to recognize you or a loved one's milestone birthday, please call (516)227-8900.