

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

Memory Café Programs

Memory Cafés are designed to create a safe and welcoming environment for people with Alzheimer's disease and other dementias and their caregiving families. They offer a comfortable space where people can socialize, share their experiences, feel supported, and get involved in fun activities. The primary goal of these cafés is to help caregivers and those with Alzheimer's disease by enhancing their quality of life through socialization and connection with others on the same journey.

At Memory Cafés, people can come together and engage in a range of activities that help them stay active and engaged.

From participating in sing-alongs to dancing, the activities are designed to bring joy and happiness to the people attending.

The cafés are also a great way for caregivers to connect with others in similar situations, share their experiences, and get some much-needed support. The staff and entertainers are trained to understand the unique needs of people with dementia, making sure that everyone feels comfortable and valued. They provide a warm welcome, listen to their stories, and offer emotional support when needed.

Memory Cafés are more than just a place for people with dementia and their families to

gather and have fun. They provide a sense of community, a place where people can feel understood, accepted, and valued. For many attendees it is something they look forward to with great anticipation.

Nassau County Office for the Aging has partnered with Parker Jewish Institute and The Bristol Assisted Living for a Memory Café on Friday, January 19th from 12:00 pm to 2:00 pm at the Bethpage Senior Center. There will be live entertainment & lunch will be served.

**Reservations are required, please call
(516) 571-9910.**

The flyer features the Nassau County Executive's seal and name at the top. Below that, it states 'Nassau County Office for the Aging presents our' followed by 'MEMORY CAFE' in large, bold letters. A small photo shows people at a table. The text describes the program as a free early-stage social engagement program for people with early-stage Alzheimer's disease/dementia and their care partners. The event details are: Friday, January 19, 2024, 12:00pm - 2:00pm, at the Bethpage Senior Center, 103 Grumman Road West, Bethpage. Reservations are required, with a call to 516-571-9910. Logos for Parker Jewish Institute and The Bristol Assisted Living are at the bottom, along with the Department of Human Services | Office for the Aging contact information.



5 WAYS TO KICKSTART YOUR NUTRITION IN 2024

Tip #2

Create a grocery list based off the five major food groups.

- Fruits
- Vegetables
- Whole grains
- Protein
- Dairy (or non-dairy alternatives)



Tip #3

Store canned, dried or frozen foods for meal preparation.



- Low sodium canned fish or chicken
- Whole grain pasta
- Brown rice
- Frozen mixed vegetables



Introduction

The start of a new year often comes with re-evaluating current health goals and aspiring to new ones.

Here are 5 ways to help kickstart any nutritional goals in mind:

Tip #4

Make easy food swaps to lower overall sodium, added sugar and saturated fats in meals.

- Opt for dried fruits or unsweetened applesauce in baking recipes
- Use 1/2 whole grain and 1/2 white flour for baking recipes
- Season with herbs and spices first before adding salt to taste
- Cook with olive oil instead of butter or margarine

Tip #1

Clean out your refrigerator, freezer and pantry areas!

Throwing out any expired food items will make room for any healthy food items you need to store to support your health goals.



Tip #5

Choose your favorite form of physical activity!



Whether it's a leisurely walk, weight training, chair exercises or completing household tasks, the best physical activity is the one you can consistently enjoy!

Senior Discount Program

We're pleased to announce that the Nassau County Comptroller Elaine Phillips has launched a Senior Discount Program in collaboration with the Nassau Council of Chambers of Commerce (NCCC) to help residents identify businesses that offer senior discounts. This initiative will benefit both seniors and Nassau County businesses by providing money-saving opportunities for older adults and the opportunity for higher visibility and new customers for local businesses.

Seniors may access the list of discounts at <https://www.nassaucountyny.gov/1590/County-Comptroller> and we will soon be printing a directory of participating businesses for distribution. Nassau County businesses that offer a Senior Discount can register at no charge. The program kicked off at Kings Food Market in Garden City, a long-time provider of senior discounts.



Pictured above are (front row, l.-r.) Kings store manager Leo Rodriguez, Nassau County Comptroller Elaine Phillips, Nassau's Deputy County Executive for Health & Human Services Anissa Moore, and Debbie Pugliese, Deputy Commissioner, Nassau County Office for the Aging; (back row, l.-r.) Kings staff member Marlin Stephenson, Nassau's Executive Director of the Office of Minority Affairs Lionel Chitty, and Frank Camarano, president of NCCC.

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

Veterans Spotlight

Hearing related issues are the top service connected injuries affecting veterans of all generations often correlating with many other physical and mental health conditions. The most important thing for veterans to know is: You are not alone.

There is no one, single way for veterans to manage their hearing loss. Fortunately, there are many techniques and technology-based solutions available to assist veterans.



Captioned telephones work like a traditional phone; veterans can talk and listen but there's one significant Difference, captions of what's said by the caller are displayed on

the built-in screen. All that's required is standard telephone service and a high-speed internet connection. The captioned telephone service is available at no cost and can be accessed 24/7.

Veterans with hearing loss can receive a captioned telephone at no cost through the Heroes With Hearing Loss[®] program. The veteran's hearing loss does not have to be service-related.

For more information on how to receive a captioned telephone contact the Nassau County Veterans Services Agency at (516) 572-6560.



Nassau County Senior Community Service Centers Celebrating the Holiday Season



Oceanside SCSC celebrates with a visit from Santa!



Wantagh SCSC participants enjoyed a Holiday Party at Memorare Caters!

Hispanic Brotherhood Senior Lunch Program enjoyed the Holiday Celebration in Hempstead!



Everyone had fun dancing at the Franklin Square SCSC Holiday Party!



Hispanic Brotherhood Senior Lunch Program in Rockville Center celebrated the holiday season!



The Senior Community Service Center Chorus performs holiday classics at the North Merrick Senior Center!