

COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS



NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

OFFICE FOR THE AGING

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MAY 2024

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Celebrating Older Americans Month: Powered by Connection



POWERED BY CONNECTION: MAY 2024

Older Americans Month, celebrated every May, is a time to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other activities. Here in Nassau County we appreciate our older adults and all that they do to help our local communities. Their efforts, kindness and support have made a significant impact on the county!

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults.



It's not just about having someone to chat with. It's about the ability of community engagement to enhance mental, physical, and

emotional well-being. By recognizing and nurturing the role that connections plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

What can individuals do to connect?

- Invite more connections into your life by finding a new passion, join a social club, take a class, or try new activities.
- Stay engaged in your community through volunteering, working, or teaching.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, and neighbors.
- Attend cultural activities, recreational programs, and interactive virtual events.
- Connect with local counseling services to help overcome obstacles in meaningful relationships and gain access to support systems.
- Serve as mentors to peers, younger adults, or youths.

County Executive Bruce Blakeman honored the 2023 Nassau County Senior Man and Women of the Year. Angelo Caputo and Clementine Bianco at last year's conference.



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



MAY 2024 NEWSLETTER

Nutrition for Strong Bones



What builds strong bones?

Learn about the nutrients behind bone health

Bones are important for providing structure, protecting organs, supporting muscles and storing calcium in the body. It's important to build strong bones during childhood and maintain optimal bone health throughout adulthood.

Bones are continuously being broken down and being made. Peak bone mass is achieved at age 30. As we continue to age, bone production continues but individuals tend to lose more bone mass at a faster rate than it's being replenished.

So, what are the two main nutrients commonly associated with strong bone health? It's **calcium** and **vitamin D**. Calcium is the major building block of our skeleton! Vitamin D is needed to help our body absorb the calcium it needs from food. Both nutrients are recommended to promote bone health and reduce the risk of osteoporosis.

Quick Nutrition Tips:

- Daily calcium recommendations range from 1,000-1,200 mg of calcium
- Daily vitamin D recommendations range from 600 - 800 IU (15-20 mcg)
- Get calcium from dairy, leafy green vegetables, fish with bones, tofu, grains and calcium-fortified foods/beverages
- Get vitamin D from sunlight, fatty fish (trout, tuna, salmon, mackerel), dairy, and fortified foods/beverages
- Eat balanced meals that contain calcium, vitamin D, and protein
- Choose your favorite form of physical activity to promote consistent exercise!

May is Better Hearing and Speech Month



Each May, National Speech-Language-Hearing Month provides an opportunity to raise awareness about hearing and speech problems, and to encourage people to think about having their hearing checked. Early identification and intervention for hearing loss is important. Many people live with unidentified hearing loss, failing to realize that they are missing certain sounds and words. Checking hearing is the first step toward addressing the issue.

The average person is born with about 16,000 hair cells within their inner ear. These cells allow your brain to detect sounds. By the time you notice hearing loss, many hair cells have already been damaged or destroyed. You can lose 30% to 50% of hair cells before changes in your hearing can be measured by a hearing test. Damaged inner ear hair cells do not grow back.



Although there is no treatment to restore hearing, you can take steps to help prevent hearing loss. People often expose themselves to loud sounds through their headphones or at concerts, sporting events, and even fitness classes. If you need to shout to make yourself heard, then the noise is too loud, and you need hearing protection such as earplugs or noise-cancelling headphones. Do not listen to headphones for an extended period of time, make sure to turn the volume down and take periodic breaks from the noise. Avoid excessive noise exposure and move away or distance yourself from loud sounds

If you already have hearing loss or are experiencing pain, discomfort, or ringing in the ears, schedule a hearing check with your doctor. Remember you can take steps to protective your hearing health.

Office for the Aging Deputy Commissioner Debbie Pugliese and Hewlett House Director Geri Barish at the Veterans Luncheon.



The quilting and knitting group from Hewlett House made these beautiful quilts for our Veterans. Hewlett House is a Nassau County resource center that provided support to cancer patients at every stage of treatment without charge.

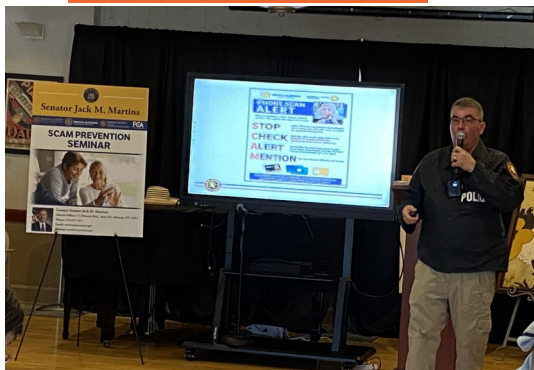
For more information about Hewlett House visit hewlett-house.org/ or call (516) 374-2385.

Catholic Charities Spring Fling!

On April 9th Holy Trinity High School hosted the participants from the Catholic Charities Senior Centers for a Spring Fling. At this festive event the high school students served the seniors. Each of the tables were set up with a combination of seniors and teens with table topics that could spur on conversation. After lunch they all took part in an afternoon of dancing. Great fun was had by all!



Senior Scam Workshop



Police Officer Eugene Messmer, of the Nassau County Police Department Office of Community Affairs, partnered with Office for the Aging and Office of Crime Victims Advocates for a **Senior Scam Workshop**. To find an workshop near you call (516) 227-8900.

Milestone Birthday Celebrations!



Happy
102nd
Birthday
Grandpa Jack!

Happy
100th
Birthday
Seymour!



Dolores
celebrates
her 100th
Birthday
with Elvis!

Office for the Aging representative Kathy Brandt, Nassau County Comptroller Elaine Philips, Deputy Commissioner Debbie Pugliese and Michael D'Angelo from Crossroads Farm in Malverne at their Opening Day Celebration!

