



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

Changes to Medicare Part D

The Inflation Reduction Act (IRA) brings changes to both Medicare Part D and Medicare Advantage with prescription drug coverage. Beginning January 1, 2025, clients won't pay more than \$2,000 during the calendar year for out-of-pocket expenses for their prescription drugs. This includes deductible, copayments and coinsurance for prescriptions.

These new benefits build on the previously implemented IRA provisions such as the \$35 cost sharing for a month's supply of insulin and \$0 cost sharing for eligible vaccines covered under Part D. The new standard Part D benefit will have three phases:

- Annual Deductible
- Initial Coverage
- Catastrophic Coverage

The Medicare Part D coverage gap phase or "donut hole" will be eliminated.

Beginning in 2025, the Medicare Prescription Payment Plan is a new payment option. It works with your current drug coverage to help manage out of pocket Part D expenses by distributing them across the calendar year (January - December). All plans will now offer this payment option. Participation is voluntary and it doesn't cost anything to participate. To enroll in this payment option, contact the plan. The plan will bill for the prescription drugs instead of paying the pharmacy.

As always, during Open Enrollment which runs from October 15 - December 7, everyone is encouraged to select plans that best match their needs.

If you have limited income and resources, call to find out if you are eligible for savings through the *Medicare Savings Programs* and *Extra Help Program*. Contact Nassau County HIICAP at (516) 485-3754 for more information.

New Chairlift for Bethel AME Church's Senior Nutrition Program

County Executive Bruce Blakeman, along with Freeport Mayor Robert Kennedy, Senator Steve Rhodes, Deputy County Executive Anissa Moore, Deputy Commissioner Debbie Pugliese and Pastor Stephen Lewis cut the ribbon on two new chairlifts that were installed at Bethel AME Church in Freeport.





OCTOBER 2024 NEWSLETTER

Candy - I can't Reese-ist it!



How to manage your sugar intake while also enjoying the seasonal treats!

Learn about the importance of managing sugar intake.

As we age, maintaining a balanced diet becomes more important than ever, and one key area to focus on is managing sugar intake. While sugar adds sweetness to our lives, too much of it can lead to serious health issues.

Managing how much sugar you eat can help reduce the risk of developing diabetes, heart disease, obesity, and even Alzheimer's.

Of course, during the holidays it is often difficult to stay away from sugar. Therefore, it is important that you eat a well balanced diet full of complex carbs, proteins, and healthy fats. By doing so, you will ensure that you are full and are less likely to overeat sugar.

Quick Nutrition Tips:

The following tips can help you reduce your sugar intake:

- Read food labels - avoid foods that have added sugar.
- Swap out sugary drinks for sugar-free options
- Try out natural sweeteners like stevia instead of sugar
- Eat fiber-rich foods to help balance blood sugar levels

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 20 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/>.

Veteran's Spotlight

Our veterans are the greatest!
Nassau County Executive Bruce Blakeman hosted a free BBQ and resource fair to thank these hometown heroes for their service to our nation.



Nassau County Comptroller Elaine Phillips and NC Veterans' Service Agency Director Ralph Esposito at the Annual Veteran's BBQ



Nassau County Office for the Aging hosts monthly Veterans' Luncheons in Lynbrook and Bethpage on the second Friday of each month. The luncheons are open to senior Veterans who reside in Nassau County. These luncheons are a great opportunity for Veterans to connect, share experiences, and access valuable resources.

For more details and to RSVP contact the Nassau County Office for the Aging at (516) 227-8900 or email seniors@nassaucountyny.gov

Wantagh Senior Center visits Jones Beach Energy and Nature Center



Freeport Senior Center at Salvation Army Celebrates Hispanic Heritage Month



Ed getting his Senior ID with Assemblyman Mike Durso at the Veterans' Pancake Breakfast & Resource Fair



Birthday Celebrations!

Ida celebrated her 96th birthday with County Executive Bruce Blakeman



Hispanic Brotherhood Rockville Center Members Create Fall pictures



Margaret celebrated her 90th birthday with an ice-cream sundae

St. Pius X Seniors' hosted a Hawaiian Luau at the Bethpage Senior Center



Vilma celebrates her 80th birthday at the Freeport Senior Center

