

COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS



NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

OFFICE FOR THE AGING

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Family Caregivers & Support

November is National Family Caregivers Month. As stated by the Caregiving Action Network, "Caregiving can be a 24-hours a day/7-days a week job." Caring for a senior with Alzheimer's or a child with special needs can be non-stop. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. Caregivers truly provide around the clock support for their care recipients.



Families are often the primary source of support for older adults and people with disabilities. There are an estimated

4.1 million caregivers in New York State who provide 2.68 billion hours of unpaid care. That's why every November since 1994 we celebrate **National Family Caregivers Month**. While caregivers should be celebrated every day, this is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers.

For caregiver resources please visit :

<https://www.nassaucountyny.gov/1438/Aging>
or call Nassau County NY Connects at
(516) 227-8900.

If you meet one of the criteria below, you are eligible for supports through the National Family Caregiver Support Program.

1. Are you over the age of 18 and caring for an older adult (age 60+)?
2. Are you over the age of 18 caring for an individual (any age) with Alzheimer's disease or a related disorder (e.g., dementia, traumatic brain injury, mild cognitive impairment, chronic traumatic encephalopathy)?
3. Are you over the age of 55, living with, and caring for a child (not biological) under the age of 18?
4. Are you over the age of 55, living with and caring for an adult (can be a biological child) aged 18-59 with a disability?

Help also is available through the Any Care Counts - New York (ACC-NY) Campaign which recognizes and supports the millions of unpaid caregivers across the state! Through ACC-NY you can discover your caregiver intensity score by taking the ARCHANGELS **Caregiver Intensity Index (CII)**. It takes just 2 minutes to complete. You will find out whether you are "in the red," "yellow" or "green," and be connected to trusted resources.



NOVEMBER 2024 NEWSLETTER

Fiber

The Secret Ingredient for a Healthier You!



What exactly is fiber? Why is it so good for you?

Learn about the importance fiber intake!

Fiber is a powerful nutrient with benefits that go far beyond digestion. Found in plant-based foods like fruits, vegetables, whole grains, and legumes, fiber can play an important role in promoting long-term health. For those of us in our 60s and beyond, getting enough fiber is especially helpful for staying active and feeling our best.

Fiber is a type of carbohydrate that the body is unable to digest and helps improve bowel function/ prevent constipation. Fiber also helps decrease LDL “bad” cholesterol, lose excess weight, maintain a healthy weight, and lower blood sugar levels especially in those with diabetes.

Quick Nutrition Tips:

It is recommended that you eat 21-30 grams of fiber per day. Here are some ways to increase your fiber intake:

- Eat veggies with every meal
- Snack on fruits and popcorn
- Choose whole grains over refined
- Eat lots of nuts and berries
- Eat whole fruits and vegetables instead of juice

What You Should Know About HEAP

The Home Energy Assistance Program (HEAP) is a federally funded energy program. Eligible households may receive one regular HEAP benefit per program year and could be eligible for emergency HEAP benefits if they are in danger of running out of fuel or having their utility service shut off.

A Regular HEAP benefit is designed to reduce a household's energy cost and is paid directly to the vendor that supplies the household's heat.

Applications for Regular HEAP are now available for the 2024-2025 Season.



It takes about 3 to 4 weeks for processing, once the application is received. Payments are processed and administered through the

Department of Social Services (DSS). Approval notices indicating the benefit amount are mailed out and payments are sent to the vendor. Older Adults who receive SNAP benefits will receive the HEAP benefits automatically; any questions regarding payment should be directed to their Department of Social Services SNAP Case Worker.

If you are a homeowner and eligible for HEAP, the Heating Equipment Repair and Replacement benefit can help repair or replace your furnace, boiler and other equipment. Eligible households can also receive cleaning of primary heating equipment, including chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, to allow for the safe, proper and efficient operation of the heating equipment.

To find out if you are eligible and to request an application, please call HEAP directly at (516) 227- 7386. Applications can be mailed to residents 60+ and people with disabilities. You will need to fill out and return the application with all requested information to be assessed for eligibility for the program. **You may also apply online at myBenefits.ny.gov**



HEAP
Home Energy
Assistance Program

A Program of the Office of Temporary and Disability Assistance

Veterans Spotlight

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In 1938, through an act of Congress, November 11th was made a legal holiday. In 1954, at the urging of the Veterans service organizations, the 83rd U.S. Congress amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." On June 1, 1954, November 11th became a day to honor American Veterans of all wars.



Molloy University Nursing Students

Molloy University Nursing students are given many opportunities to care for patients in the hospital. For their Community and Public Health Clinical Rotation they were placed directly in the community and were able to gain clinical experience and provide exposure to community members and their specific health needs. The students were able to help engage the Seniors at the Freeport Senior Center at Salvation Army in activities that promote their wellness and overall health as well as practice patient education and screenings. They are appreciative of the opportunity to work with these community members and will be better practicing nurses as a result!



Halloween Fun at Nassau County Senior Centers



NYS Senior Softball Association celebrated the 2024 season with an annual luncheon. Jack Bassey was honored along with Robert Gottlieb.



From left to right Jack Pepitone, Frank Cecere, Bob D'Angelo and Julius Balistreri. Bob D'Angelo made the wooden trophy for post season Tournament.

Happy 95th Birthday Dolores!



Seniors at Salvation Army Freeport SCSC created Ghost Crafts with Molloy University Nurse student volunteers

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