



COUNTY OF NASSAU
DEPARTMENT OF HUMAN SERVICE
Office for the Aging

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Office for the Aging November 2020 Vol. 5

With So Much Going on During the Month of November, We're Giving You a Second Issue This Month!

November is Diabetes Awareness Month. Diabetes is a disease that knows no boundaries. One in ten Americans have diabetes, while one in three Americans have prediabetes. You are likely to know someone within your family or friends that has it. With it effecting such a large amount of lives, it is especially important to be aware and understand it.

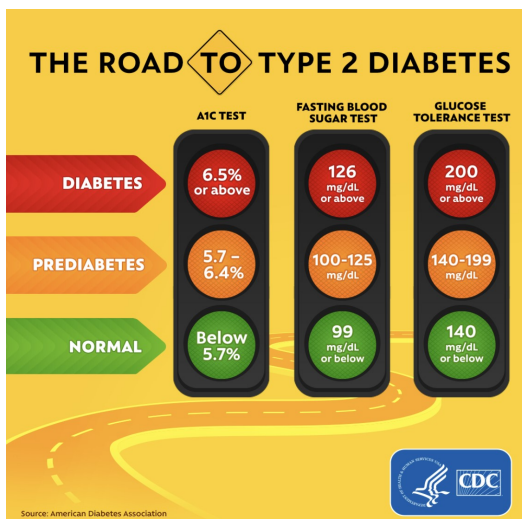
There are two types of diabetes, type 1 & type 2. About 90 percent of people with diabetes have type 2. With type 2 diabetes your body either fights the effects of insulin or doesn't provide enough insulin to your body, making it hard to maintain a normal glucose level. Unfortunately, symptoms of type 2 diabetes develop slowly, making it hard to determine whether you have it. In fact, you can have type 2 diabetes for years and not know. Some warning signs you should be aware of are:

- ◇ Increased thirst and frequent urination
- ◇ Increased hunger
- ◇ Sudden weight loss
- ◇ Fatigue
- ◇ Blurred vision
- ◇ Slow-healing sores or frequent infections
- ◇ Areas of darkened skin

It is so important to maintain a healthy lifestyle to prevent diabetes. If you have been diagnosed, it's even more important to maintain a healthy lifestyle to manage your diabetes. Some tips for a healthy lifestyle or management include:

- ◇ Eat healthy: Incorporate more fruits, vegetables and whole grains. Maintain a diet of less sugar and salt and make sure to eat 3 meals a day at regular times. If you don't have diabetes, this will be a tremendous help in preventing it. If you have diabetes, this will be a huge benefit in managing it.
- ◇ Exercise: Stay physically active for at least 10 to 30 minutes each day. Exercise is a very important preventative to diabetes as well as a management tool if you have diabetes.
- ◇ Take your medication: Take your medication as prescribed by your doctor if you have been diagnosed with diabetes. It will work to keep your blood sugars normal.
- ◇ Monitor your blood sugar: Track your blood sugar regularly to understand how different foods, activities and medicine effect your blood sugar levels and pay attention to any changes.

Healthy eating and exercise are the best preventatives and management for diabetes. Be aware of what you are eating, your activity levels and keep an open line of communication with your doctor so you can understand what is going on with your body and your health. Stay fit, stay healthy and diabetes free!



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The Home Energy Assistance Program (HEAP) team! They are happy to help you with the application process and assistance!



From left to right: Edwina Hutcherson, Kim Flood-Feldman, Jodi Hollingshead, Lisa Stern, Martha Mata

The Home Energy Assistance Program (HEAP):

The Home Energy Assistance Program (HEAP) is now accepting applications! HEAP helps low-income people pay the cost of heating their home. If you are eligible, you may receive one regular HEAP benefit per season and could also be eligible for an emergency HEAP benefit if you are in impending danger of running out of fuel or having your utility service shut off. There is also a clean and tune benefit, which provides energy efficiency services to eligible households prior to the start of the heating season. Some services include the cleaning of primary heating equipment, minor repairs, installation of carbon monoxide detectors, etc. A cooling component that assists medically needy households with the purchase of air conditioners may also be available during the warmer months.

Eligibility for HEAP and benefits are based on income, household size, the primary heating source and the presence of a household member who is under age 6, age 60 or older or permanently disabled.

HEAP applications are now being accepted. The Nassau County Office for the Aging can assist those age 60 and older as well as those who are permanently disabled apply for regular HEAP. For more information and assistance with applying for HEAP please call the Nassau County Office for the Aging at 516-227-7386 or visit our website at:

www.nassaucountyny.gov/1920/Home-Energy-Assistance-Program-HEAP.



HAPPY HOLIDAYS
FROM NASSAU COUNTY
OFFICE FOR THE AGING

