



COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICE  
Office for the Aging

60 Charles Lindbergh Boulevard, Suite #260  
Uniondale, New York 11553-3691  
516-227-8900/FAX 516-227-8972  
seniors@hhsnassaucountyny.us

# Office for the Aging April 2021 Vol. 4

## FOR LOVE OF THE GAME!

With the spring upon us, many are thinking of the warm, refreshing air, blooming flowers and longer days. But others are thinking of softball! The New York Senior Softball Association (NYSSA) is an organization that provides a healthy environment for both men and women 68 years of age or older that wish to continue to be active and play an outdoor sport. Nassau County Office for the Aging proudly sponsors this group of athletes looking to stay active and make friends.

This year, the season will commence on May 17<sup>th</sup> and run through the first week in October. Teams play doubleheaders on three fields at Wantagh Park and one field at Cantiaque Park. Games are played every Monday and Wednesday morning at 10am. The league will consist of eight teams with 17 players per team. The season will include 56 games, plus a post season tournament. COVID-19 precautions will be in place.

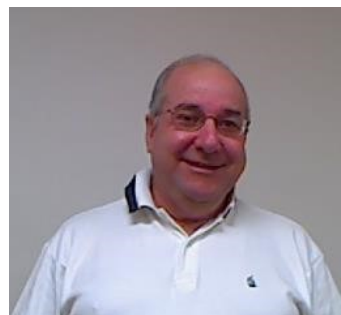
If you are interested in joining the league please visit [www.newyorkseniorsoftball.com](http://www.newyorkseniorsoftball.com).



## Star(s) of the Month!

### Nassau Suffolk Law Services The Seniors Unit

We would like to thank the staff at Nassau Suffolk Law Services in The Senior Unit for their dedication and advocacy for Nassau County's most vulnerable seniors. Pictured from top left to right: Jeffrey Seigel – Executive Director, Rose Caputo – Staff Attorney, and below left to right Daniel Okrent – Staff Attorney, Lynn Iacona – Senior Staff Attorney and Joanna Rodriguez – Paralegal.





COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICE  
Office for the Aging

60 Charles Lindbergh Boulevard, Suite #260  
Uniondale, New York 11553-3691  
516-227-8900/FAX 516-227-8972  
seniors@hhsnassaucountyny.us

# Office for the Aging April 2021 Vol. 4

## FREE LEGAL ASSISTANCE FOR SENIORS

Nassau/Suffolk Law Services provides legal representation, advice and referral services to seniors aged 60 and over who reside in Nassau County. Through their Senior Citizen Law Project, they strive to serve the County's most vulnerable population. The Seniors Unit works to protect seniors in matters such as eviction proceedings and other housing problems, consumer debt, foreclosure, social security retirement, SSI, Medicaid, Medicare, health care, senior tax exemptions and the preparation of pooled trusts and advance directives (wills, power of attorney and health care proxies).

The Seniors Unit also functions as an important source of legal support to the social work community. They often refer clients to social work agencies and collaborate with those agencies for the benefit of the mutual client. They also provide specialized in-service trainings to social workers on elder law topics and help to train new Ombudsperson volunteers. The Seniors Unit also participates in community outreach activities to train and assist Nassau County seniors.

For more information on this program you can visit [www.nslawservices.org](http://www.nslawservices.org) or call 516-292-8100.



## APRIL IS ALCOHOL AWARENESS MONTH

During the month of April we recognize Alcohol Awareness month in order to increase awareness and understanding of the causes and treatment of alcoholism. When discussing alcoholism, most organizations focus on teens and young adults, often overlooking alcoholism among senior citizens. Alcohol is the most common abused substance among adults 65 and older. The use of alcohol has steadily increased over recent years. Did you know:

More than 1 in 10 seniors report binge drinking (consuming 4-5 drinks in about 2 hours).

1 in 40 seniors report heavy drinking (binge drinking on 5 or more days in a month).

Almost 2% of seniors have been diagnosed with an alcohol abuse disorder.

Unfortunately, alcohol abuse among seniors often goes unrecognized, unreported and untreated. Because of this, alcoholism among the elderly has been described as an "invisible epidemic."

Alcohol abuse can have detrimental effects on anyone, including seniors.

If you think you or a senior in your life may be suffering from alcohol abuse, don't be afraid to talk about it. Open discussion is often the first step to recovery. If you don't know where to start, try reaching out to a treatment provider. Nassau County Office of Chemical Dependency can help. You can visit their website at [www.nassaucountyny.gov/1691/Chemical-Dependency](http://www.nassaucountyny.gov/1691/Chemical-Dependency) or speak to someone at (516) 227-7057.



COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICE  
Office for the Aging

60 Charles Lindbergh Boulevard, Suite #260  
Uniondale, New York 11553-3691  
516-227-8900/FAX 516-227-8972  
seniors@hhsnassaucountyny.us

# Office for the Aging April 2021 Vol. 4

## NUTRITION EDUCATION WORKSHOPS IN PARTNERSHIP WITH CORNELL COOPERATIVE EXTENSION

Cornell Cooperative Extension and Nassau County Office for the Aging are teaming up to bring you some nutritional education! See below for some exciting April workshops:

### Tuesday, April 6<sup>th</sup>, 12pm:

**Bulk Up Your Greens:** Cooking with Plant-Based Proteins - Overnight Lemon Raspberry Chia Seed Pudding. You will learn about the benefits of plant-based proteins with Registered Dietitian Khy Ee along with Chef Tiffany in making a delicious breakfast/snack.

### Wednesday, April 21<sup>st</sup>, 1pm:

**Foods That May Boost Our Immunity:** Do certain foods boost your immunity, or does maintaining a well balanced diet do so? Join Registered Dietitian Khy Ee and find out as she answers your questions.



Cornell University  
Cooperative Extension  
Nassau County



## APRIL IS PARKINSON'S AWARENESS MONTH



### PARKINSON'S AWARENESS MONTH

April is Parkinson's Awareness month. Parkinson's is a neurodegenerative disorder that affects more than one million people in the United States. Over time, the condition slowly progresses causing tremors, gait and balance issues, limb stiffness or rigidity and slow muscle movement. There is currently no cure for Parkinson's. Awareness, treatments and education go a long way in supporting those affected by the disease.





COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICE  
Office for the Aging

60 Charles Lindbergh Boulevard, Suite #260  
Uniondale, New York 11553-3691  
516-227-8900/FAX 516-227-8972  
seniors@hhsnassaucountyny.us

# Office for the Aging April 2021 Vol. 4

## APRIL IS STRESS AWARENESS MONTH

Stress Awareness Month has been recognized every April since 1992. Dealing with COVID-19 over the past year makes this year even more important. Learning to cope with our stress and finding healthy ways to deal with it can go a long way in living a healthy and positive life.

We all experience stress and everyone's stress is different. There is no single definition for stress, but the most common explanation is a physical, mental or emotional strain or tension. Long term stress can prove to be more than just a mental issue. It can lead to headaches, stomach disorders, depression, stroke and heart disease.

Sometimes the stress in our lives is not something we have any power to change. The best way to manage those scenarios is to change your approach. You can try to:

Recognize when you don't have control and let go.

Avoid getting anxious about situation you cannot change.

Take control of your reactions and focus your mind on something that makes you feel calm and in control.

Develop a vision for healthy living, wellness and personal growth. Set realistic goals to help you.

We can have an impact on our stress levels if we learn how to positively cope with stress. Below are some basic ideas on how to cope:

Take care of yourself. Eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.

Discuss your problems with a friend or another trusted source.

Avoid drugs and alcohol.

Recognize when you need more help. Don't be afraid to talk with a psychologist, social worker or counselor if you are having trouble managing your stress.



## APRIL IS STRESS AWARENESS MONTH





COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICE  
Office for the Aging

60 Charles Lindbergh Boulevard, Suite #260  
Uniondale, New York 11553-3691  
516-227-8900/FAX 516-227-8972  
seniors@hhsnassaucountyny.us

# Office for the Aging April 2021 Vol. 4

## CALLING ALL ARTISTS FOR A "SHOT TO REUNITE"

Calling all artists to submit creative, culturally resonant works to be used in an island-wide marketing campaign to raise confidence in the COVID-19 vaccination and address vaccine hesitancy within diverse ethnic, cultural and minority communities. Final selections will be presented in communities across Long Island in a COVID-19 vaccine confidence/awareness campaign.

This initiative is part of a collaboration of Long Island's art councils, artists, and government bodies aiming to address vaccine hesitancy and assist in fight against false COVID-19 vaccination information.

Minority communities have been the hardest hit by the pandemic, but show higher levels of vaccine hesitancy. The goal is to validate the concerns and build trust of those who have been misled, poorly treated and/or misunderstood within healthcare and other systems. Art has the potential to start conversations and share accurate and reliable information in ways that traditional communications cannot.

This is about local artists inspiring local communities. Create to appeal to your family, neighbors and community.

Help spread the message of safety. Scientists and healthcare experts agree that the vaccine is safe for those eligible.

Submission deadline is May 17, 2021. Please visit [www.shottoreunite.org](http://www.shottoreunite.org) for more information.

**ISLAND-WIDE  
CALL TO  
ARTISTS**

**\$1750  
IN  
PRIZES!**

**SHOT TO REUNITE  
ASSIST IN HISTORIC PUBLIC  
HEALTH EFFORT**

A coalition of artists, arts councils and community leaders, including:

LONG ISLAND ARTS ALLIANCE | LI ARTS COUNCIL AT FREEPORT | HUNTINGTON ARTS COUNCIL  
PATCHOGUE ARTS COUNCIL | WESTBURY ARTS | EAST END ARTS | VISION LI  
BACCA | LI MAIN STREET ALLIANCE | SUFFOLK COUNTY 18TH LEGISLATIVE DISTRICT

have gathered to organize a poster competition to raise confidence in the COVID-19 Vaccine - specifically engaging with diverse ethnic and cultural communities.

**DEADLINE TO SUBMIT: MAY 17, 2021**  
[SHOTTOREUNITE.COM](http://SHOTTOREUNITE.COM)

**EN TODA LA ISLA  
LLAMADA  
A LOS  
ARTISTAS**

**\$1750  
EN  
PREMIOS**

**OPORTUNIDAD DE  
REUNIRSE  
AYUDE EN EL ESFUERZO  
HISTORICO DE LA SALUD PUBLICA**

Una coalición de artistas, consejos artísticos y líderes comunitarios, incluyendo:

LONG ISLAND ARTS ALLIANCE | LI ARTS COUNCIL AT FREEPORT | HUNTINGTON ARTS COUNCIL  
PATCHOGUE ARTS COUNCIL | WESTBURY ARTS | EAST END ARTS | VISION LI  
BACCA | LI MAIN STREET ALLIANCE | SUFFOLK COUNTY 18TH LEGISLATIVE DISTRICT

se han reunido para organizar un concurso de carteles con el fin de aumentar la confianza en la vacuna COVID-19, en concreto con la participación de diversas comunidades étnicas y culturales.

**FECHA LÍMITE DE ENTREGA: 17 DE MAYO, 2021**  
[SHOTTOREUNITE.COM](http://SHOTTOREUNITE.COM)



COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICE  
Office for the Aging

60 Charles Lindbergh Boulevard, Suite #260  
Uniondale, New York 11553-3691  
516-227-8900/FAX 516-227-8972  
seniors@hhsnassaucountyny.us

# Office for the Aging April 2021 Vol. 4

## ANNOUNCEMENT

### Calling All Potential Senior Ambassador Nominees!

Do you know someone who is 60 and over and has a long history of volunteer work and civic engagement? Do you know a senior who went above and beyond during COVID to assist others in need? If so, we want to hear about them!

Nassau County Office for the Aging celebrates Older American's Month during the month of May. In recognition of such an important celebration, we choose two Senior Ambassadors (one male & one female) to be honored. Please feel free to nominate someone by requesting an application from our Office through NYConnects at (516) 227-8900. Nominees must be current Nassau County residents.

2019 Winners Mr. O'Neil and Ms. Rotundo featured below.





VIRTUAL WORKSHOP WITH  
WESTBURY SENIOR CENTER



Cornell University  
Cooperative Extension  
Nassau County

# Foods That May Boost Our Immunity

April 21, 2021 at 1:00pm

Do certain foods boost your immunity, or does maintaining a well balanced diet do so? Join **Khy Ee, Registered Dietician** and find out as she answers your questions.

## Registration

Please register in advance for this meeting:

<https://cornell.zoom.us/meeting/register/tJYtcOmsrjoqHdEH-6ehkssScY1KjNKbEZNR>

After registering, you will receive a confirmation email containing information about joining the meeting. Please keep that email for the day of the event.

## **Building Strong and Vibrant New York Communities**

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

VIRTUAL WORKSHOP WITH  
WESTBURY SENIOR CENTER



Cornell University  
Cooperative Extension  
Nassau County

## Let's All Hydrate

May 5, 2021 at 1:00pm

There are other ways to stay hydrated besides drinking water! Join Chef Tiffany as she demonstrates different recipes that'll make you feel refreshed and keep you hydrated in the coming summer months.

### Registration

Please register in advance for this meeting:

<https://cornell.zoom.us/meeting/register/tJwqde2tpjwsGtLhh2En93gebYbmKjKV9ySV>

After registering, you will receive a confirmation email containing information about joining the meeting. Please keep that email for the day of the event.

### **Building Strong and Vibrant New York Communities**

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.





**LAURA CURRAN**  
NASSAU COUNTY EXECUTIVE

# VACCINATION HOTLINE FOR SENIORS



## OPEN NOW

Nassau County is launching a designated hotline to answer senior's questions about the vaccine and help them book an appointment.

**Nassau County Senior Citizen Coronavirus Hotline**

# 516-227-9590

(Monday-Sunday 9:00am-4:45pm)

To preregister for a COVID-19 vaccination with the Nassau County Department of Health or for a list of vaccine locations, please visit:

**[www.nassaucountyny.gov/vaccine](http://www.nassaucountyny.gov/vaccine)**

LAURA CURRAN  
COUNTY EXECUTIVE



CAROLYN McCUMMINGS, MPH, PhD  
COMMISSIONER

JORGE A. MARTINEZ  
DEPUTY COMMISSIONER

COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICES  
Office for the Aging  
60 Charles Lindbergh Boulevard, Suite #260  
Uniondale, New York 11553-3691  
516-227-8900/FAX 516-227-8972  
seniors@hhsnassaucountyny.us

**NOMINATION FOR NASSAU COUNTY SENIOR AMBASSADOR OF THE YEAR AWARD**  
**APPLICATION FOR THE YEAR 2021**

**QUALIFICATIONS**

- A. All candidates must be 60 years of age or older and presently living in Nassau County.
- B. Employees of any organization are not eligible unless in an unpaid volunteer position.
- C. Persons who have already received the honor of this Award are not eligible.
- D. Persons who were candidates before, but who were not selected for the Award, are eligible to be re-nominated.
- E. Candidates should be individuals who have demonstrated outstanding concern and action for human services and community involvement for any age group.
- F. **Candidates should be available to serve in the capacity of liaison to attend various events throughout the year. Examples include but are not limited to: Annual Public Hearing, May Luncheon, etc.**

---

**PLEASE PRINT or TYPE**

This form may be typed into electronically

**NOMINEE INFORMATION ONLY:**

1. Full Name:	
2. Phonetic pronunciation of name:	
3. Date of birth:	
4. Full address:	
5. Telephone number:	
6. Email address:	
7. Number of children:	
8. Number of grandchildren:	
9. Years of volunteer service:	
10. Previous or current profession:	
11. Military Branch if applicable:	

15. Names of organizations for which the nominee volunteers/has volunteered (Most recent at top):

<u>Organization</u>	<u>Number of years volunteering there:</u>

16. Brief Biography of the nominee (i.e. are they a native New Yorker, where they currently reside, past/present professional and family life. (Approximately 100 words)

--



17. Details about how the nominee has made a difference in your community through civic engagement. (Approximately 125 words)

18. **SPONSOR INFORMATION:** (Please complete ONLY ONE section for each sponsor)

A.

Name of Organization:	
Representative Name:	
Street Address, Zip Code	
Telephone number:	
Email Address:	

B.

Name of Organization:	
Representative Name:	
Street Address, Zip Code	
Telephone number:	
Email Address:	

**PLEASE NOTE:** Applications can be mailed or emailed and must be received in this office no later than Friday, April 9<sup>th</sup>, 2021. Applications received after this date will not be considered.

Please return to:

Samantha Cools  
Awards Committee – Senior of the Year  
Nassau County Department of Human Services  
Office for the Aging  
60 Charles Lindbergh Blvd.  
Uniondale, NY 11553-3691  
[Samantha.cools@hhsnassaucountyny.us](mailto:Samantha.cools@hhsnassaucountyny.us)

Please try to restrict the information provided to this form. Please be sure to fill out the entire form. Be as specific as possible as this will aid the committee in selections. Additional information, news clippings, or pages will not be considered or returned to sponsor. For further information please call (516) 227-8900.

***\*\* Please send a 5 x 7 photo or smaller of the nominee in which their head fills most of the frame and is 300dpi at life size, by mail or electronic format JPEG. Photos will not be returned. Mail application and photo to address above.***