



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
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Office for the Aging June 2021 Vol. 6

ELDER ABUSE AWARENESS

Did you know that an estimated five million older adults are abused, neglected or exploited each year? Older Americans lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could be used to pay for basic needs such as housing, food and medical care. Unfortunately, it occurs in every demographic and can happen to anyone. It is estimated that only one in five of these crimes is discovered. It is due to these alarming statistics that June 15th is recognized as World Elder Abuse Awareness Day (WEAAD). We hope that WEAAD provides an opportunity for communities around Nassau County to promote a better understanding of abuse and neglect of older persons by raising awareness of cultural, social, economic and demographic processes affecting elder abuse and neglect.

If you feel you or someone you know is a victim of elder abuse, Nassau County Office for the Aging can help. Please call our Elder Abuse Hotline at 516-227-8472.



What are the Warning Signs of Elder Abuse?*

The most common warning signs of elder abuse are strange and sudden changes to an elderly loved one's mental, physical or financial well-being. Some specific signs can include:

- They stop taking part in activities he or she enjoys.
- They look messy, with unwashed hair or dirty clothes.
- They have trouble sleeping.
- They lose weight for no reason.
- They become withdrawn or act agitated or violent.
- They display signs of trauma, such as rocking back and forth.
- They have unexplained bruises, burns, cuts or scars.
- They have broken eyeglasses/frames or physical signs of punishment or being restrained.
- They develop bedsores or other preventable conditions.
- They lack necessary/required medical aids such as glasses, a walker, dentures, hearing aid or medications.
- They have an eviction notice for unpaid rent, notice of late mortgage or home eviction.
- They have hazardous, unsafe or unclean living conditions.
- They display signs of insufficient care or unpaid bills despite adequate financial resources.

*<https://www.nia.nih.gov/health/elder-abuse#signs>



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JUNE IS FRESH FRUIT AND VEGETABLES MONTH!

Here is a delicious recipe to kick off Fresh Fruit and Vegetables Month:

There is no better time of year than the month of June to celebrate National Fresh Fruit and Vegetables Month! With the summer upon us, lots of fresh fruits and vegetables are coming into season locally. Fruits and vegetables provide a variety of nutrients, vitamins, minerals and fiber – while remaining low in calories, fat and sodium. In addition, they lower your risk of developing chronic diseases and help you maintain a healthy weight. Whether you enjoy a trip to a farmers' market or just grow the fruits and veggies at home, enjoy any combination of these delicious foods to kick off your summer right!

Some fun ways to participate in National Fresh Fruit and Vegetables Month:

- **Host a vegetarian party:** As summer kicks off and barbecues are firing up everywhere, why not host a gathering with a cool, refreshing change of pace? Offer your friends and family a celebration with the nutritious and healthy alternative of fruits and vegetables.
- **Make a smoothie:** When it comes to smoothies, there's no exact recipe. Whatever fruits and veggies you have available - those are the correct ingredients! Treat yourself to a snack with endless options!
- **Plant a tree or grow a plant:** Start your own garden by simply planting a fruit tree or vegetable plant. Enjoy the "fruits" of your labor as you dine on the freshest delights from your own backyard!

Frozen Yogurt Fruit Cups

Ingredients:

1 – 32oz vanilla yogurt
1 cup of oats
¼ cup natural nut butter
¼ cup maple syrup
¼ cup raspberries
¼ cup blueberries
¼ cup mango diced
¼ cup kiwi diced

Directions:

In a bowl add oats, maple syrup and nut butter; mix together. In a mini cupcake tin lined with wrapper, line the bottom of each with the oat mixture. Cover with yogurt and top with fruit. Put in freezer for at least two hours. Enjoy!

*Recipe provided by Cornell Cooperative Extension of Nassau County Nutrition Program.





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ALZHEIMER'S AWARENESS

June is Alzheimer's & Brain Awareness Month. There are 50 million people living with Alzheimer's and other dementias worldwide. Alzheimer's is a degenerative brain disease and the most common form of dementia. It causes a slow decline in memory, thinking and reasoning skills. This June, wear purple to raise awareness about this ever-growing disease. Take this month to start incorporating the below healthy habits that your brain will love and that can protect you from this degenerative disease!

STARS OF THE MONTH

The Vaccine Appointment Team!



Just a short time ago, COVID-19 vaccine appointments were very hard to come by. It felt impossible to book an appointment for some and without being computer savvy, you may have felt like it would never happen. That's when the Nassau County Office for the Aging Vaccine Appointment Team stepped in! In mid-March, a senior vaccine hotline was established. The hotline allowed constituents to call our office and provide their information to the Information & Assistance team, who would then make the vaccine appointment. It removed the stress and frustration that Nassau County seniors were facing when trying to get an appointment. The I&A team even went the extra step and assisted with providing directions to the vaccine site, securing transportation from an outside source, if needed, and ensuring that everyone had a choice in which vaccine they wanted to receive. We want to say thank you to the I&A team! If you are in need of assistance to get a vaccine, don't hesitate to call the Nassau County Information & Assistance Hotline at 516-227-8900.





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BOOSTING BONE HEALTH

By: Alexandra Lipchik
LIU/Post Dietetic Intern

Looking to boost your bone health? Here are some quick tips. Our bones support us in everything we do. They protect our vital organs, store important minerals the body relies upon, and help to keep us moving.

Calcium and vitamin D are known as the dynamic duo for bone health. Calcium is the mineral that makes your bones strong and calcium needs vitamin D to absorb it into the body making the two go hand in hand.

For a bone healthy diet, eat 3–4 servings of foods that are rich in calcium. Some of these foods include **milk, yogurt, cheese, leafy greens, fortified cereals and fortified orange juice.**

In addition to higher calcium intake, seniors need more vitamin D. Research shows that adequate vitamin D levels can reduce falls up to 20%. Although sun exposure is a source, it is not reliable. Try to incorporate foods like **salmon, tuna, eggs and mushrooms.**

Both of these nutrients, in addition to regular strength training, can help prevent muscle wasting (known as sarcopenia) which can help lower the risk of falls and fractures. Supplementation may be indicated if foods containing one or both of these nutrients is not present in your diet. Check with your physician if a calcium or vitamin D supplement would be recommended for you.

• BOOST YOUR BONE HEALTH •

AS PART OF THE AGING PROCESS, WE BEGIN TO LOSE BONE DENSITY. A BONE-HEALTHY DIET ALONG WITH EXERCISE PLAYS AN ESSENTIAL ROLE IN HELPING TO SLOW THE RATE OF BONE THINNING AND PRESERVE MUSCLE FUNCTION.



**CALCIUM AND VITAMIN D:
DYNAMIC DUO FOR BONE
HEALTH**



**ASK YOUR PHYSICIAN
WHETHER A CALCIUM OR
VITAMIN D SUPPLEMENT IS
RECOMMENDED**



**STRENGTH TRAINING CAN
INCREASE BONE DENSITY**



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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 and fun! See the following pages for some exciting June workshops:

Monday, June 7th, 11am:

Guide to a Healthy Gut: Learn about the importance of healthy digestion! See the following pages for details.

Thursday, June 10th, 11am:

Garden to Table: Learn about the benefits of eating local, colorful and seasonal produce! See the following pages for details.

Tuesday, June 15th, 11am:

Mindful Eating: Learn how mindful eating can benefit you! See the following pages for details.

Wednesday, June 16th, 11am:

Hydration: Learn about the importance of hydration! See the following pages for details.

Monday, June 21st, 12pm:

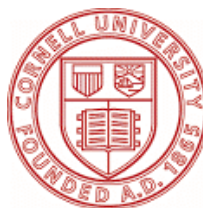
Guide to a Healthy Gut: Learn about the importance of healthy digestion! See the following pages for details.

Wednesday, June 23rd, 11am:

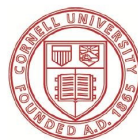
Over the Counter Remedies: Learn some helpful tips when using and purchasing over the counter dietary supplements. See the following pages for details.



Registered Dietician, Khy Ee (left) and Chef Tiffany (right) from Cornell Cooperative Extension giving a nutrition education cooking class at The Life Enrichment Center at Oyster Bay. Pictured center is Mary Frignani, Program Coordinator for The Life Enrichment Center at Oyster Bay.



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Guide to a Healthy Gut

Monday, June 7th at 11:00am

Join us at the **Great Neck Senior Center.**

What makes up a healthy gut? Our digestive system relies on multiple components to maintain a healthy environment for our bodies! Learn more about the importance of healthy digestion and the health benefits of prebiotics and probiotics.

Join Registered Dietitian Khy Ee and Chef Tiffany in a live nutrition presentation and recipe demonstration for achieving a healthy gut!

In-person space is limited!

To register to attend in-person contact the
Nassau County Office for the Aging at 516-227-8900

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.



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Garden to Table

Thursday, June 10th at 11:00am

Join us at the **Oyster Bay Senior Center.**

Did you know each color in fruits and vegetables provides a different type of nutrient? Learn more about the nutritional benefits of eating local, colorful, and seasonal produce!

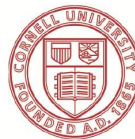
Join Registered Dietitian Khy Ee and Chef Tiffany in a live nutrition presentation and recipe demonstration that highlights the freshest produce in season.

In-person space is limited!

To register to attend in-person contact the
Nassau County Office for the Aging at 516-227-8900

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Mindful Eating

Tuesday, June 15th at 11:00am

Join us at the **Rockville Centre Senior Center**.

Diets can be very confusing! With so many different diets that promise weight loss or wellness in a short amount of time, how do we trust which diet works for us? Learn about how mindful eating may be your best option over restrictive and yo-yo health patterns!

Join Registered Dietitian Khy Ee and Chef Tiffany in a live nutrition presentation and recipe demonstration that will encourage a mindful eating experience.

In-person space is limited!

To register to attend in-person contact the
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Hydration

Wednesday, June 16th at 11:00am

Join us at the **Glen Cove Senior Center.**

How much sodium is too much? Am I drinking enough water?
Both are essential questions to think about as we approach the
summer months.

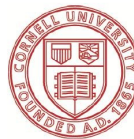
Join Community Nutrition Educator Man Nga Chan and
Chef Tiffany in a live nutrition presentation and recipe
demonstration with a refreshing beverage.

In-person space is limited!

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Guide to a Healthy Gut

Monday, June 21st at 12:00pm

Join us at the **Oceanside Senior Center.**

What makes up a healthy gut? Our digestive system relies on multiple components to maintain a healthy environment for our bodies! Learn more about the importance of healthy digestion, diarrhea management and the health benefits of prebiotics and probiotics.

Join Registered Dietitian Khy Ee and Chef Tiffany in a live nutrition presentation and recipe demonstration for achieving a healthy gut!

In-person space is limited!

To register to attend in-person contact the
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Over the Counter Remedies

Wednesday, June 23rd at 11:00am

Join us at the **Westbury Senior Center**.

Dietary supplements can be beneficial at any age, but are they safe? Learn some helpful tips when using and purchasing over-the-counter dietary supplements.

Join Community Nutrition Educator Man Nga Chan and Chef Tiffany in a live nutrition presentation and recipe demonstration on creating your own protein shakes at home!

In-person space is limited!

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