



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

JILL D. NEVIN
COMMISSIONER

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

NASSAU COUNTY
DEPARTMENT OF HUMAN SERVICES
Office for the Aging
516-227-8900
seniors@hhsnassaucountyny.us

Office for the Aging April 2022

Spotlight on Nassau County Veterans Service Agency

The [Nassau County Veterans Service Agency \(VSA\)](#) is dedicated to making sure that all veterans are respected and recognized for their military service. Their mission is to be an advocate for veterans, their spouses and dependents with the U.S. Department of Veterans Affairs, New York State, and Nassau County. They provided a wide range of services to ensure the care and well-being of all veterans.

Nassau County Veterans Service Agency

2201 Hempstead Turnpike
Building "Q"
East Meadow, NY 11554
Main Phone: (516) 572-6565
Transportation (516) 572-6529
Hours: Monday to Friday
8 a.m. to 5 p.m.

The VSA is under the guidance of Ralph Esposito, Director Nassau County Veteran's Services, and deputy Paul Vista. The program is

staffed by 45 volunteers, who assist the veterans in getting the health care they require.

The VSA serves veterans as an advocate for compensation, pension, education and training, vocational rehabilitation, and additional benefits for survivors, burial, and hospital care. The agency provides free transportation for veterans to either the Veterans Administration (VA) Hospital in Northport or the VA health clinic in East Meadow.



Office for the Aging Deputy Commissioner Debbie Pugliese met with director Ralph Esposito and his staff to discuss benefits available to our veterans who are over 60.

The VSA also assists with federal, state, and local benefits, which veterans may be entitled to receive. Specifically, state benefits may include various tuition assistance awards for the veteran, along with annuities for the veterans or their spouse.

There are many local benefits that veterans are entitled to receive, including veterans tax exemption, obtaining documents, assisting with appeals, employment counseling, and discharge upgrading.



SAVE THE DATE
May 19, 2022



County Executive Bruce A. Blakeman
and
The Nassau County Office for the Aging
Present

**Older Americans Month
Conference & Luncheon**

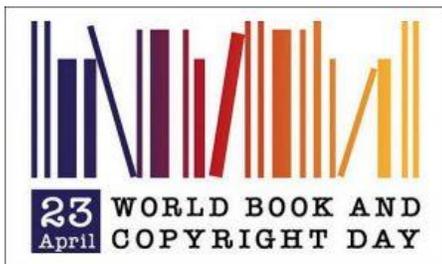
Marriott Hotel Uniondale, NY
Invitation to follow
For more information please call (516) 227-8900

World Book Day and The Benefits of

Audiobooks

World Book Day, also known as World Book and Copyright Day, is a United Nations Holiday sponsored by UNESCO and is celebrated every year on April 23 since 1995.

Today, getting lost in a good book may look a little bit different. Audiobooks are easily accessible on your mobile phone or tablet and allow you to “pick up a good book” almost anywhere!



While popular audiobook sources such as Audible, Downpour and Scribd do have a subscription fee, there are other sites like OverDrive and Hoopla Digital, which partner with local libraries and enable remote check out of audio and eBooks. These sites may have a limited selection due to local demand at [your library](#) but are free with just your library card!

Did you know that the National Library Services for the Blind and Physically Handicapped (NLS) offers a free program consisting of braille and audio materials which are distributed to eligible borrowers through postage-free mail and a national network of partner libraries? Find out about eligibility and your local participating [library here](#).



April is

National Minority Health Month

Every April, the [U.S. Department of Health and Human Services Office of Minority Health](#) observes National Minority Health Month to highlight the importance of improving the health of racial and ethnic minorities and reducing health disparities.

Health equity is when everyone can be as healthy as possible. Health disparities are differences in health outcomes and their causes among groups of people. Health is central to human happiness and well-being and is affected by where people live, learn, work, and play. According to the World Health Organization, health also makes an important contribution to economic progress.



Health disparities among minorities included osteoporosis, diabetes, cancer, and alcohol related health concerns.

What you can do:

- Ensure you are getting enough calcium and vitamin D.
- Exercising to build your muscle strength and improve your balance.
- Know your numbers and check your blood sugar regularly
- Get all appropriate cancer screenings in a timely way
- Do not ignore changes to your health or symptoms that develop; always consult your health care provider.
- If you or someone you know is struggling with alcohol, get help. You can call 1-877-8-HOPENY or text 467369 anytime.

Common Reasons to Consult with a Registered Dietitian

Figuring out the best way to eat to maintain your health can seem challenging, but a registered dietitian, or RD, can develop a safe and realistic eating plan that's right for you. After learning about your health history, favorite foods, eating and exercise habits, an RD will help you set goals and prioritize.

Help Managing Diabetes, High Blood Pressure, or Other Chronic Diseases

An RD can help you understand your condition and how the foods you choose might affect it. Plus, a registered dietitian works with you to create an eating plan that has the nutrients needed to manage your condition.

Digestive Problems



A registered dietitian can provide guidance to help fine-tune your diet to address GI symptoms. Together, you'll find choices

that do not aggravate your condition. For example, limiting fried foods or caffeinated and carbonated drinks.

A Food Allergy, Intolerance, or Sensitivity

Unsure what you can eat because of celiac disease, food allergies, lactose intolerance, or another condition? It's easy to be overwhelmed by what you think you can't eat and that can lead to a boring diet that doesn't give your body the nutrition it needs. An RD can teach you strategies about identifying foods to avoid and help you find substitutions to keep your diet balanced and tasty.

Weight Gain or Loss

Fad diets may sound like the quick ticket to weight gain or loss, but they rarely work for very long. An RD can suggest calorie sources for healthy weight gain or design a personalized weight loss plan, including diet changes and physical activity — while still including your favorite foods.

Practical Lifestyle Advice

An RD can help with food or drug interactions, proper hydration, special diets for hypertension, and changing taste buds as you age. They can



also help you sort through the facts and fiction of nutrition headlines, learn how to read labels at the supermarket, discover how healthy cooking can be inexpensive, and learn how to dine out healthfully and how to manage temptations.



Nassau County Office for the Aging Senior Centers provides an eligibility screening to see if you qualify for free nutrition counseling.



Cornell University
Cooperative Extension
Nassau County

Senior Centers also offer nutrition education workshops. For additional information please contact NY Connects at (516) 227-8900 or visit [Nassau County Office for the Aging](#) to find a center near you.

Sculpting Class at Senior Centers

Veronica Smith has taught sculpture for 28 years. She studied alongside Frank Eliscu who designed the Heisman trophy, George Gach, and Leonda Thinker. Veronica states it is important to help seniors get in touch with their creativity. *"I have so much fun teaching this class I cannot believe this is my job! I am thankful for the opportunity to work alongside the senior community."*



Veronica meets with seniors in three Nassau County funded senior centers. Classes are held at the Hempstead Senior Center, Freeport Senior Center

and Wantagh Senior Center. Her classes are very popular, with close to 150 seniors attending over the past few months.

As a senior herself, Veronica understands the benefits and importance sculpture may have on older adults. Seniors work with clay, make molds and sculptures. Sculpture can help seniors with their mental health and help them pick up a new skill. Sculpture can also help seniors reduce stress all while enjoying each other's company.



Celena Hylton from the Hempstead Senior Center finds Sculpting Class very rewarding. *"Veronica is a wonderful and patient teacher; I'm enjoying the class. I like to do different things, so the sculpture class is like exploring another side of one's personality. It challenges me and I am grateful that Nassau County is offering so many different things for the aged citizen. I am having so much fun and look forward to everyday to come to the center."*

April is...

National Poetry Month

Launched in 1996, to remind the public that poets have an integral role to play in our culture and that poetry matters. Over the years, it has become the largest literary celebration in the world.

National Gardening Month



Established in 2015 to celebrate the great American tradition of gardening at home, at school and in the community.

*Celebrating
45 years of the
Life Enrichment Center
at Oyster Bay*



*Deputy Commissioner
Debbie Pugliese with
Judy Palumbo,
Executive Director and
Susan Peterson, Board
President of the
Life Enrichment Center at
Oyster Bay*

*Soft Opening of the new
Senior Lunch Program
at
Hispanic Brotherhood
in Hempstead*

Watch for our
official grand opening
next month!



**To join Office for the Aging's email
distribution list please email**

seniors@hhsnassaucountyny.us

NASSAU COUNTY DEPARTMENT OF HUMAN SERVICES
OFFICE FOR THE AGING

Nomination for 2022 Senior Ambassador of the Year Award!



Do you know someone 60 or over who has gone above and beyond volunteering to help in their community?

Do you know someone who has demonstrated outstanding concern and action for human services and community involvement?

Nassau County Office for the Aging is looking for nominees for the 2022 Senior Ambassador of the Year Award!

Nomination forms are available now and can be submitted until
April 22, 2022!



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

For More Information contact Caitlyn at 516-227-8900