



COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS

# NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

## OFFICE FOR THE AGING

60 Charles Lindbergh Boulevard • Uniondale, New York 11553 • 516-227-8900

**JILL D. NEVIN**  
COMMISSIONER

# June 2022

**DEBBIE PUGLIESE**  
DEPUTY COMMISSIONER

### Nassau County Celebrates Older Americans Month

This year Nassau County Office for the Aging celebrated Older Americans Month with the 46<sup>th</sup> Annual Older Americans Month Conference & Luncheon on Thursday, May 19, 2022, at the Long Island Marriott in Uniondale.

The theme for Older Americans Month 2022 was *Age My Way*. It focuses on how older adults can age in their communities, while living independently for as long as possible and participating in ways they choose. Just as every person is unique, so too is how they age and how they choose to do it and there is no right way.

Attendees enjoyed a vendor fair and three workshops; *Scam Prevention* presented by the Nassau County Police Department, *Gardening and Nutrition with Herbs* hosted by Cornell

Cooperative Extension of Nassau County, and *Healthy Brain and Body* hosted by the Alzheimer's Association LI Chapter and Long Island Alzheimer's and Dementia Center. There was a delicious lunch in the Grand Ballroom with 380 people in attendance.

Speakers included, County Executive Bruce A. Blakeman and Health and Human Service Commissioner Jill D. Nevin. The keynote address was given this year by Emmy Award-Winning actress Susan Lucci. The Senior Man and Senior Woman of the Year awards were presented to Dorothy Fried from Long Beach and Robert Christman from Wantagh.

It was a wonderful day to celebrate all the Older Americans in Nassau County!



Senior of the Year Robert Christman



Senior of the Year Dorothy Fried



Department of Health & Human Services Commissioner Jill Nevin, Nassau County Legislator John Giuffre and Deputy Commissioner Debbie Pugliese



Deputy Commissioner Debbie Pugliese, County Executive Bruce Blakeman, Susan Lucci, Commissioner Jill Nevin and Deputy County Executive Anissa Moore.



## Pride Month

June is recognized as PRIDE month, a time dedicated to uplifting voices of the LGBTQ community. It is a time of celebration of LGBTQ culture and recognition of accomplishments of LGBTQ individuals and activists.



Ageing services providers are uniquely positioned to provide support and assistance in connecting LGBTQ+ older adults to trusted care providers who meet their needs in a culturally competent and respectful manner.

For additional resource please visit The National Resource Center on LGBT Aging [www.lgbtagingcenter.org/resources/index.cfm](http://www.lgbtagingcenter.org/resources/index.cfm) or SAGE, a national advocacy and services organization for LGBTQ+ older adults at (877)-360-LGBT or <https://www.sageusa.org/>.

The 2022 Long Island Pride celebration will be on Sunday, June 12th from noon to 6:30 p.m. in the Village of Farmingdale. For more information please visit <https://lipride.org/>

## Questions about Medicare HIICAP Can Help

HIICAP (Health Insurance Information Counseling and Assistance Program) works directly with Medicare beneficiaries to educate them about the Medicare Program, Medigap policies, Medicaid, Medicare Advantage Plans, Long-term Care Insurance, Low-Income Subsidy Programs, employer-sponsored insurance, and other health insurance programs that are available in New York State.

HIICAP staff are available to provide complaint resolutions, access to CMS, and information on plan selections.

Nassau County's HIICAP can be reach at



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
Program

## World Elder Abuse Awareness Day

June 15, 2022 is World Elder Abuse Awareness Day (WEAAD) . It was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

Elder abuse impacts millions of people around the world each year. The National Council on Aging estimates that one in ten Americans age 60 and over have experienced some kind of elder abuse, and the U.S. Administration for Community living states that older Americans lose an estimated \$2.6 billion annually due to financial abuse and material exploitation. Other forms of include emotional or psychological abuse, neglect and self-neglect, and physical and sexual abuse.



Abuse takes several forms: physical, emotional, and sexual abuse; financial exploitation; and neglect (including self-neglect). Abuse is not always easily recognized.

The signs of elder abuse include mysterious cuts or bruises, malnourishment, poor hygiene, loss of money, and withdrawal from family members or friends. Seniors who are being abused might also have psychological symptoms such as anxiety, depression, or confusion.

If you suspect a loved one is the victim of elder abuse, there are resources to help. It's important to tell someone you trust and report the situation to the proper authorities. If the elder is in immediate danger, call the police or 911. Other resources included the non-emergency helpline for concerned individuals at (844) 746-6905. or the Adult Protective Services hotline at 1-844-697-3505. Learn what you can do to help at <https://aging.ny.gov/programs/elder-abuse>.

## International Yoga Day

Did you know that Tuesday, June 21, 2022, is International Yoga Day? According to Medical News Today, Yoga is a mind and body practice. There are different styles of yoga which combine physical postures, breathing techniques and meditation or relaxation.

Yoga offers many benefits which include building muscle and strength; enhancing flexibility; promoting better breathing; supporting heart health; providing support for addiction treatment; reducing stress, anxiety, depression and chronic pain; improving sleep and enhancing overall well-being and quality of life.



Chair Yoga with Cynthia Johnson at Westbury SCSC

Through Nassau County Office for the Aging's partnership with EAC, Inc., we provide Yoga and Chair Yoga classes at sponsored Senior Community Services Centers throughout Nassau County. Classes are also

available online via Zoom. Check out the activity calendars on our website for a class near you [www.nassaucountyny.gov/seniorcenters](http://www.nassaucountyny.gov/seniorcenters)



Hempstead SCSC Exercise with Shelia



Office for the Aging's Nutritionist Mindy Levin, Randi Schubin Dresner President of Island Harvest and Deputy Commissioner Debbie Pugliese celebrate the opening of Island Harvest's new facility

**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Supporting our Veterans by hosting the annual

# VETERANS SUMMER STAND DOWN

**FRIDAY, JUNE 10, 2022**  
9:00am-1:00pm

**DRIVE-THRU EVENT:**

- ★ Clothes ★ Sneakers ★ Non-Perishable Foods
- ★ Toiletries ★ Housing ★ Peer Counseling

**FREEPORT ARMORY**  
63 Babylon Turnpike • Freeport

For information call the Nassau County Veterans Service Agency: 516-572-6565

Veterans Stand Down sponsored by:

**NASSAU COUNTY VETERANS SERVICE AGENCY**  
2201 Hempstead Tpke. Bldg Q • East Meadow • 516-572-6565



Opening of the Hispanic Brotherhood Hempstead Senior Lunch Program



Point Lookout SCSC pre-Memorial Day Luncheon.

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

[seniors@hhsnassaucountyny.us](mailto:seniors@hhsnassaucountyny.us)