

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

# July 2022

**DEBBIE PUGLIESE**  
DEPUTY COMMISSIONER

### Farmers Market Coupon Distribution Begins

The Senior Farmers' Market Nutrition Program (SFMNP) is designed to provide low-income seniors with access to locally grown fruits, vegetables, and cut herbs. Those who are eligible are provided coupons to redeem fresh fruits and vegetables at participating farmers' markets and



farm stands. The program's purpose is to promote improved nutrition through increased consumption of locally grown fresh fruits and vegetables and expand sales at farmers' markets and farm stands.

Nassau County Office for the Aging is distributing the coupons at various locations throughout the County this summer. Each senior who meets income eligibility, can receive one coupon booklet per year worth \$25. Coupon quantities are limited and will be distributed on a first come first service basis. To locate a coupon distribution site near you please call NY Connects at (516) 227-8900 or visit [nassaucountyny.gov/Aging](https://nassaucountyny.gov/Aging).



Nassau County Office for the Aging has once again partnered with Cornell University Co-operative Ex-



tension of Nassau County to bring fresh local produce to the communities of Nassau County. They will be at seven locations during the week through October selling a variety of fruits, vegetables, and cut herbs. They accept cash, debit/credit, SNAP/EBT & Senior Farmers' Market Nutrition Coupons. For market updates and cancellations, please call (516) 832-2591 x 22.

Other locations accepting Senior Farmer Market Nutrition Coupons can be found at <https://agriculture.ny.gov/farmersmarkets>. The list will be updated with new locations throughout the summer months.

The Farmers Market Nutrition Program and Mobile Farm Stand are sponsored by Nassau County Office for the Aging, New York State Department of Agriculture & Markets, New York State Department of Health, New York State Office for the Aging, Cornell Cooperative Extension of Nassau County and USDA Food and Nutrition Service.

## July is Americans with Disabilities Month!

July 26, 2022 will be the 32<sup>nd</sup> birthday of the Americans with Disabilities Act (ADA)! The Americans with Disabilities Act (ADA) of 1990 was the first time there was codified federal legislation to provide civil rights protections to individuals with disabilities in the areas of employment, state and local government services, public accommodations, transportation, and telecommunications.



The following are examples of areas in which someone may have a disability:

- **Mobility:** difficulty walking or climbing stairs
- **Cognition:** difficulty concentrating, remembering, or making decisions
- **Independent living:** difficulty doing errands alone, such as visiting a doctor's office
- **Hearing:** Deafness or difficulty hearing
- **Vision:** Blind or seeing, even when wearing glasses
- **Self-care:** Difficulty dressing or bathing



New York State has 3,725,215 adults with disabilities. This is equal to about 25 percent; approximately 1 in 4 adults have a disability. As individuals age, the chances of acquiring a disability increase. Many older adults don't identify as having a disability but based on functional impairment do qualify for protection under the ADA.

There are **resources** to help if you or someone you know needs assistance due to a disability.

**TRAIID Centers:** You can borrow equipment from IPADS to commodes and everything in between for FREE for individuals to try out, borrow in an emergency and for short and long term loans the same way you borrow a library book. [www.justicecenter.ny.gov/traid-program](http://www.justicecenter.ny.gov/traid-program)

**The Equipment Loan Fund** is a loan that can be used to purchase equipment that will improve the quality of your daily life. The Equipment Loan Fund allows you to borrow up to \$4,000, with an interest rate of 4%, and can be used to purchase wheelchairs, wheelchair van lifts, ramps, and adaptive equipment. <https://ocfs.ny.gov/programs/nyscb/programs/equipment-loan-fund.php>

**Health disparities** exist for individuals with disabilities. "Adults with disabilities are more likely to be obese, smoke, have high blood pressure, and be physically inactive. These are all preventable factors that can increase the risk for chronic diseases such as heart disease, stroke, diabetes, and some cancers, which are also more common among adults with disabilities."



[www.cdc.gov/ncbddd/disabilityandhealth/features/disability-health-data.html](http://www.cdc.gov/ncbddd/disabilityandhealth/features/disability-health-data.html)

Nassau County Office for the Aging host many programming at our Senior Centers to assist in making health lifestyle changes. Programs include: Tai Chi for Arthritis, Chronic Disease Self Management and Walk with Ease, etc. For more information please visit [www.nassaucountyny.gov/seniorcenters](http://www.nassaucountyny.gov/seniorcenters)

## Help for the Caregiver

The New York State Office for the Aging (NYSOFA) and Association on Aging in New York (AgingNY) have partnered with Trualta to offer Trualta's web-based caregiver education and support platform at no cost to any unpaid caregiver in New York State.

Trualta's caregiver training and support platform helps families build skills to manage care at home for loved ones of any age. It also connects to local resources and support services by delivering personalized education, training, and information links.

New Yorkers can access the service at <https://newyork-caregivers.com>.

Once registered, caregivers can select personalized training and track their progress on topics like self-care, stroke recovery, dementia care, medication management, and more. Users can log-in from any



computer, tablet, or smartphone.

There are an estimated 4.1 million caregivers in New York State who provide 2.68 billion hours of unpaid care. Sixty-one percent worry about caring for a loved one. Trualta teaches skills to reduce caregiver stress and increase confidence in one's caregiving abilities.

Nassau County Office for the Aging has local resources for caregivers. Social adult day services programs provide care to frail and disabled older adults in a supervised group setting. For in-home assistance and support programs, eligibility is determined by an assessment from a case manager. Long Island Alzheimer's and Dementia Center's in-home respite program provides two hours of in-home support every other week for Alzheimer's families. This program is partially funded by the Nassau County office for the Aging.

**For more information call NY Connects at (516) 227-8900 or visit [nassaucountyny.gov/Aging](https://nassaucountyny.gov/Aging)**



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**Caring for your loved one but don't know where to start?**

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- Explore options for challenging behaviors
- Discover ways to connect with your loved one
- Share and learn with fellow caregivers





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## The Lifeline and 988

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.



**The current Lifeline phone number 1-800-273-8255 will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.**

### Thank You Fran



Francine M. Petrone affectionately known as Fran, was the Freeport Senior Center director for over 27 years.

Her parting is bittersweet as she has been dedicated to the job and cares for every single member of the center.

Fran is looking forward to spending time with her grandchildren and devoting more time to her mother. She will be missed by all.

The Freeport Senior Service Community Service Center is operated by the Salvation Army at 66 Church Street Freeport (516) 623-2008.

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

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

## Summer Concerts

Nassau County Office for the Aging has partnered with Nassau County Parks Department to bring summer concerts to seniors! The concerts take place every Wednesday at noon at Eisenhower Parking Field 1. Entrance is on Merrick Avenue, by the Ice Rink.



Once a month, concerts will be held on Monday's from 4:00 pm to 5:30 pm at Lakeside Theater, Parking Field 6. Concerts will be held on Monday, July 25 and Monday, August 15.

[nassaucountyny.gov/Aging](http://nassaucountyny.gov/Aging)



Vinny Pizzo performs at a Senior Summer Concert on June 15th



Office of Crime Victims Advocates presented a Senior Scam workshop at the Bethpage Senior Center

