



COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS

NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

OFFICE FOR THE AGING

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Spotlight On: Meals on Wheels



Meals on Wheels is one of Nassau County Office for the Aging's most well-known programs. The goal of *Meals on Wheels* is to promote the nutritional health, independence

and well-being of seniors in order to prevent institutionalization. Each meal is labeled with the nutrition content and provides one third of the participants daily nutritional requirements. In Nassau County approximately 1,500 home-bound seniors currently receive home delivered meals. In 2021, Office for the Aging served over 450,000 home delivered meals. To determine eligibility, in-home assessments are conducted.

Eligibility Criteria:

- 60 years of age or older; the spouse of an eligible service recipient; or a disabled non-senior residing with a service recipient
- Mobility impaired - unable to leave home unassisted
- Living alone and unable to have nutrition needs met by family, friends or others
- Unable to cook and/or shop - due to ill health; lack of food preparation facilities (stove or refrigerator); or inability to meet special dietary needs
- Able to understand and carry out procedures to handle meals safely



Chilled, or frozen meals are delivered directly to a resident's home. Frozen meals allow more flexibility with meal

time and food choices. The food is cooked fresh and then flash frozen to maintain the highest quality.

The *Meals on Wheels* program is funded by federal, state and county government, as well as, fundraising efforts, participant contributions and volunteer support. All *Meals on Wheels* participants are given the opportunity to contribute to the program, but no one is denied the service due to inability to contribute. Family and friends are encouraged to contribute on behalf of their loved ones.



For more information about *Meals on Wheels*, Office for the Aging programs and services call NY Connects at (516) 227-8900 or visit nassaucountyny.gov/Aging

Looking for Information about Office for the Aging's Programs and Services? To schedule a presentation for your group call (516) 227-8900

Summertime Nutrition Tips

Make Food Safety a Priority!

- Always, always, always handle food with clean hands!
- Keep the freezer at or below 0°F & the refrigerator between 34°F-40°F.
- Store dairy & eggs in the coldest part of the refrigerator, preferably near the back & away from the door.
- Keep raw meat & poultry on the lowest shelf in the fridge. Store ready-to-eat & cooked foods on top.
- Defrost food in the refrigerator in advance – not on the counter overnight.
- Avoid cross contamination! Thoroughly wash cutting boards with soap & water between handling raw meat & produce – or use separate cutting boards.
- Cook foods until they reach the minimum internal temperature! 165°F for poultry, 160°F for ground meats, & 145°F for fish, pork, beef, & lamb chops.
- Store leftovers in clean, sealed containers in the refrigerator. Eat within 2 days!



Go to www.foodsafety.gov for more food safety information.

Preventing Dehydration

By the time we feel thirsty, we may already be dehydrated! Not getting enough fluids during warmer months can pose serious health risks so it is important to be mindful of the signs & symptoms of dehydration. Initial signs include headache, constipation, dry mouth & tongue, muscle cramps, & lethargy.

Aim for 64oz of fluids per day & try these tips to increase fluid intake:

- ⇒ Enhance water with a splash of juice or fresh fruit. Try a refreshing combination of strawberry & mint or cucumber & lime.
- ⇒ Try different flavors of sparkling water.
- ⇒ Keep popsicles or frozen yogurt pops on hand for a hydrating treat.
- ⇒ Whip up a milkshake or smoothie loaded with extra berries!
- ⇒ Include foods with high water content in meals & snacks — try grapes, tomatoes, apples, watermelon, or bell peppers.
- ⇒ For something savory, try warm chicken, beef, or vegetable broth.



Cornell University
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Nassau County

Economic Insufficiency with Older Adults

No one is immune from noticing the recent impacts of inflation and other factors on our economy resulting in increased costs for necessities such as fuel and food. These increasing costs disproportionately burden older adults living on fixed incomes. Sometimes older adults need some assistance, but do not know what might be available to them. Resources that may help can be found below.

Over 15 million older adults aged 65+ are economically insecure, with incomes below 200% of the federal poverty level. Older women are more likely to live in poverty than men as a result of wage discrimination and having to take time out of the workforce for caregiving. (Justice in Aging, 2020) (<https://www.ncoa.org/article/get-the-facts-on-economic-security-for-seniors>)

Programs that can help:

The Senior Community Service Employment Program (SCSEP) SCSEP helps adults aged 55+ return to or remain active in the workforce by providing job training, job search services, and on-the-job experience.

Home Delivered Meals You may need meals for a short time because you were recently charged from a hospital and can't make meals until you recover. Or you may need meals for longer time because you can't do many of the things you did for yourself before.

Community Dining Healthy meals are served to older adults in Senior Community Service Centers. They provide meals, exercise classes, nutrition seminars and many social activities. Transportation may be available.

The Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat and cool their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.



A Program of the Office of Temporary and Disability Assistance

Supplemental Nutrition Assistance Program (SNAP) helps put healthy food on the table. Eligibility and benefit levels are based on household size, income, expenses and other factors.



Health Insurance Information Counseling Assistance Program (HIICAP) counselors are available to answer questions about Medicare, Medicare Advantage programs, Medicare prescription drug coverage, Medigap, and other health and long-term care insurance issues.



For information about these programs for Nassau County Older Adults please call NY Connects at (516)227-8900 or visit nassaucountyny.gov/Aging

Softball All-Star Game

New York Senior Softball Association is a softball league with members aged 68 and older. With varying abilities, teams take to the fields on Monday and Wednesday mornings from May through September at Wantagh and Cantiague Parks. You will even catch them playing double headers! The league is comprised of a Commissioner, Executive Board members and eight teams. Each team has a manager, assistant manager, and roster of 14 players. For the 2022 season there are eight teams with a total of 140 players!

The Bristol Assisted Living Center hosted a Media Day and All-Star Game on July 20th at Cantiague Park in Hicksville, where Nassau County Legislator Rose Walker threw out the first pitch. There were two teams with 17 members and the participants were 79 and up. They played only 2 innings of softball due to the extreme heat. The Bristol provided boxed lunches, fruit, chips, and beverages.

If you're interested in joining the league next season, application and waiver forms are due at the end of January and can be found here: <http://www.newyorkseniorsoftball.com/2021-player-application-waiver-release.shtml>



Office for the Aging Deputy Commissioner Debbie Pugliese, Department of Human Service Commissioner Jill Nevin, members of the Senior Softball League, Legislator Rose Walker, Town of North Hempstead Supervisor Jen DeSena, Julie Wexler The Bristol Assisted Living, and Nassau County Parks Commissioner Darcy Belyea.



Members of the Wantagh Senior Center went out for a daytime cruise on the Lauren Kristy on July 12th. They enjoyed a lovely lunch and sites along the Great South Bay of Long Island.

To join Office for the Aging's email distribution list please email seniors@hhsnassaucountyny.us



Bobby Doo Wop performs at the Noon Time concert Wednesday, July 6th at Eisenhower Park, Field #1. Join us every Wednesday at noon!!



Tai Chi Class at the Glen Cove Senior Center



Seniors at the Life Enrichment Center at Oyster Bay attend a monthly "Foodie Group with Chef Anthony". This month's meals was shrimp and roasted tomatoes and peppers paired with a green salad and burrata.



Julie Wexler The Bristol Assisted Living, Debbie Pugliese OFA Deputy Commissioner, Douglas Davidson Executive Director Alzheimer's Association, North Hempstead Supervisor Jen DeSena, Jackie Rothermel, Ronald Fatoullah & Assoc. and Annamarie Coombs, The Bristol Assisted Living at the Walk to End Alzheimer's Cocktail Reception at the Bristol Assisted Living