



COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS

NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

OFFICE FOR THE AGING

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JILL D. NEVIN
COMMISSIONER

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DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Celebrating Centenarians!!

The Office for the Aging loves celebrating its senior citizens!! Last month we had many special birthdays, but several extraordinary birthdays. County Executive Bruce Blakeman and Comptroller Elaine Phillips joined Vincenza and her family to celebrate her 109th birthday shown below. When asked her secret she said, "just stay active".



Office for the Aging Deputy Commissioner Debbie Pugliese visited Rose to celebrate her 111th birthday. Rose says the secret to her long life is, "eating lots of chocolate!" A visit was also made to the Irish Poet Restaurant in Wantagh to join Georgina at her 100th birthday celebration with her family. When asked to share her secret, she said, "it is bread, butter and cheese."

In addition to receiving a beautiful citation from County Executive Bruce Blakeman, each birthday celebrant received an Animatronic Pet, funded by New York State Office for the Aging. Animatronic pets are geared towards seniors who would not be able to care for a pet on their own, spend much of their day alone and would

like companionship. These cuddly pets bring such a smile to their faces! For additional information on Animatronic Pets or to receive a birthday citation, please contact NY Connects at 516-227-8900.



Veterans Spotlight

In February we recognize **Four Chaplains Day** in the United States. It commemorates the events of Feb. 3, 1943, when the troop ship USAT Dorchester sank. The Dorchester left New York on January 23, 1943, and was carrying 4 chaplains and about 900 others as a part of convoy of three ships.



American Heart Month

Salt vs. Sodium: What is the Difference?

A healthy lifestyle plays an important role in preventing many diseases and chronic conditions. Studies show that diets high in sodium are linked to increased risk of high blood pressure, heart disease and stroke.

Sodium is an important nutrient that assists in nerve function, muscle contractions and the overall balance of water and minerals in the body. While sodium and salt are often used interchangeably, they are not the same. Sodium itself is a mineral found in many foods. Salt is a mineral compound made up of 60% chloride and 40% sodium, hence why salt is also known as “sodium chloride.”

There are different types of salts, each with its own unique sodium content. For instance, fine iodized table salts have 2,300 milligrams (mg) of sodium per teaspoon whereas coarse sea salt has 1,560 mg of sodium per teaspoon. It's important to check nutrition fact labels.

Did you know that sodium attracts water? A high sodium diet can attract water into the bloodstream to dilute the sodium. This increases blood volume which adds extra stress and pressure on the heart and blood vessels.

Sodium serves multiple purposes in foods. It can be used to enhance flavor in seasonings or be used as a preservative.

Here are some seasoning swaps:

- Rinse canned foods before use
- Use fresh or dried herbs and spices to flavor foods
- Use acidity (e.g., lemon juice) to enhance the flavor of foods
- Serve condiments and sauces on the side
- Choose “low sodium” products at the supermarket



Some foods naturally contain sodium. These foods include red meat, shellfish, vegetables and dairy products.

Other foods contain added salt. Foods with added salt usually contain higher levels of sodium. Some examples include breads/rolls, pizza, sandwiches, cold cuts and cured meats, soups and savory snacks (e.g., popcorn, pretzels, crackers).

Looking for low sodium options in the supermarket can be beneficial in reducing overall sodium intake. Look for the following words on food packages:

Salt / Sodium-Free	Less than 5 mg of sodium per serving
Very Low Sodium	Less than 35 mg of sodium per serving
Low Sodium	Less than 140 mg of sodium per serving

Keep in mind that some foods may not taste salty but can still contain a high level of sodium. It is best practice to read the nutrition facts label to get the best understanding of sodium content in foods.

How Much is Too Much? Daily Sodium Recommendations

The American Heart Association (AHA) recommends no more than 2,300 mg of sodium per day. This equates to **1 teaspoon** of salt!

For individuals with greater health concerns (e.g., high blood pressure, heart-related condition), sodium recommendations are lowered to <1,500 mg per day.

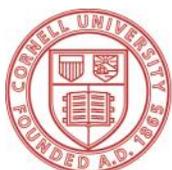
Sources:

<https://www.hsph.harvard.edu/nutritionsource/salt-and-sodium/>

<https://www.medicalnewstoday.com/articles/304833>

<https://www.eatright.org/health/essential-nutrients/minerals/is-sodium-the-same-thing-as-salt>

<https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet>



Cornell University
Cooperative Extension
Nassau County

Case Managers Play a Vital Role in Assisting Residents

The Office for the Aging prides itself on offering a variety of services to the residents of Nassau County. We are constantly striving to enhance our programs. With that in mind, OFA recently hosted a training seminar for our Case Management Agencies. On January 20th, all Case Managers met at the Bethpage Senior Center where they received the latest information on different programs available including HEAP, Meals on Wheels, and Financial Services. In addition there was a presentation on Caregiver Respite and Dementia.

Case Managers are available through Nassau County Office for the Aging. In addition to case management, they assist in providing in-home services for seniors through the Expanded In-home Services for the Elderly Program (EISEP). The case management program provides the supports for older adults to remain in their homes for as long as possible.

There are two types of in-home services available under EISEP. Housekeeping/Chore Services (Level 1) includes meal preparation, light cleaning, laundry and shopping. Homemaker/Personal Care Services (Level II) includes the services under Level I, as well as hands on assistance with bathing, dressing, toileting, grooming, transferring, and feeding.

For EISEP Eligibility, residents must:

- Be at least 60 years old
- Need assistance with an "Activity of Daily Living" (such as eating, dressing, bathing or toileting), or in two "Instrumental Activities of Daily Living" (such as meal preparation, housekeeping or shopping);
- Be able to live safely at home
- Have an unmet need that is not addressed by other formal or informal support systems
- NOT be a Medicaid recipient. The person who appears to be eligible for Medicaid must be willing to apply for Medicaid. EISEP can only serve this person temporarily while the Medicaid application is being processed.

For more information about EISEP please call NY Connects at (516) 227-8900 or visit the website <https://www.nassaucountyny.gov/1438/>

Medicare Preventive Services Spotlight: Cardiovascular Health

February is known as American Heart Month and is a great time to schedule your Cardiovascular Medicare Preventive



Services. Heart disease, more formally known as cardiovascular disease, refers to conditions that can lead to heart attack or stroke.

Cardiovascular Disease Screening includes blood tests for cholesterol, lipid, and triglyceride levels. Your health care provider will assess your results to see if you may be at increased risk of heart disease or stroke.

Eligibility: Once every five years when ordered by your participating provider.

Cardiovascular Risk Reduction Visit with your health care provider to assist in identifying and preventing heart disease. Your provider may suggest or conduct the following during your visit:

- Aspirin use when benefits outweigh risks
- Screening for high blood pressure
- Counseling to promote a healthy diet

Eligibility: Once every year with your participating provider.

You do not need to be symptomatic for heart disease or have specific risk factors to qualify for these services.

Cost for services above: If you qualify for these services and visit a Medicare Participating Provider who accepts the Medicare-approved amount as full payment, otherwise known as Accepting Assignment, your costs are:

- **Original Medicare: no cost to you**
- **Medicare Advantage Plan: No cost to you if using an in-network provider**

Medicare may bill you for additional diagnostic care if your provider finds and needs to treat you for a new or existing condition, because of certain symptoms or risk factors, during these visits.

You can learn more about Medicare's preventive services by visiting Medicare.gov or calling HIICAP at 516-485-3754.

North Merrick Senior Center celebrates a milestone



Members of the Wantagh Senior Center make Valentine's Day wreaths

Animatronic Pets

Nassau County Executive Bruce A. Blakeman, along with Nassau County Office for the Aging Deputy Commissioner Debbie Pugliese distributed animatronic pets to seniors at A. Holly Patterson Extended Care Facility on Friday January, 13th.

The robotic dogs and cats are designed to bring comfort and companionship and help to improve emotional, mental and social health to older adults. For information about the program please call (516) 227-8900.



TRUALTA

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

What is Trualta?

It can be hard to find the right resources. Even harder when you don't have any time. Trualta's collection of professional content is designed to make it easier for you to manage care at home. Trualta is an online portal that can be accessed any time – day or night, 365 days per year.

Why use Trualta?

Trualta provides practical caregiver tips and techniques that you can start using right away. With lessons as short as 5 minutes, Trualta makes it easy for you to fit caregiver training in whenever it works for you. Explore options for challenging behaviors, discover ways to connect with your loved one, and connect, share and learn with fellow caregivers. Because every caregiver has their own custom learning journey, you can choose the topics that interest you and learn any time of the day.

How to Access Trualta

New Yorkers can access the service at <https://newyork-caregivers.com> Once registered, you can select personalized training and track your progress on topics like self-care, stroke recovery, dementia care, medication management and more. You can log in from any computer, tablet or smart phone.



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