

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

May 2023

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Celebrate Older Americans Month

Older Americans Month which is celebrated every May, is a time to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. Here are some ways we can all participate in *Aging Unbound*:



Embrace the opportunity to change.

Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older.

With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and activities.

Stay engaged in your community.

Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center.

Form relationships.

As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

HEAP Cooling Assistance Now Open

Older Adults can apply for cooling assistance to buy and install an air conditioner or a fan for their home. Each household is allowed one or the other, and the price cannot be more than \$800 with installation for a portable air conditioner, or fan, and not to exceed \$1,000 for an existing wall sleeve unit. Cooling assistance funds are limited and are distributed on a first-come-first-served basis.



Applications for cooling assistance will be accepted at local departments of social services starting Monday, May 1st through August 31st, or until funding is exhausted.

Applications may be submitted online at myBenefits.ny.gov and applicants age 60 and over may apply for regular HEAP by mail to
Nassau County Office for the Aging
60 Charles Lindbergh Boulevard
Uniondale, NY 11225
Call (516)227-7386 for more information.

Staying Hydrated

May 2023

Introduction

Water is needed for almost all bodily functions and organs. Additionally, meeting your daily water needs is important for maintaining normal body temperatures, lubricate and cushion joints, protect spinal cord and tissues, and gets rid of waste (e.g., urination, perspiration, bowel movements).

Fluids are typically lost through breathing, urination and sweating. The average adult loses 2½ quarts (i.e., 10 cups of water per day). Certain individuals might have increased fluid needs if they experience the following conditions:

- Hot climate environment
- Increased physical activity
- Fever, diarrhea and/or vomiting
- Medications
- Older age
- High fiber intake

If individuals are unable to replenish and maintain their body's fluid balance, dehydration may occur. Symptoms of dehydration include:

- ✓ Dark colored urine
- ✓ Frequent urination (but only passing a small amount)
- ✓ Dry, coated mouth or tongue
- ✓ Constipation
- ✓ Dry skin
- ✓ Headaches
- ✓ Confusion or dizziness after standing up
- ✓ Frequent urinary tract infections
- ✓ Elevated heart rate
- ✓ Dry eyes

<https://www.nutrition.va.gov/docs/UpdatedPatientEd/PreventingDehydrationinOlderAdults2018.pdf> <https://www.hsph.harvard.edu/nutritionsource/water>
<https://www.nutrition.va.gov/docs/UpdatedPatientEd/InfusedWater0517.pdf>
<https://extension.psu.edu/water-water-everywhere>
https://health.gov/sites/default/files/2021-12/DGA_FactSheet_Beverages-508.pdf



What are some strategies to stay hydrated?

To stay hydrated, here are several strategies that can help encourage fluid intake:

- Follow natural thirst and hunger mechanisms.
- Drink 1-3 more cups per hour if doing long periods or intense physical activity.
- Carry a reusable water with you everywhere you go.
- Eat more fruits and vegetables.
- Add your choice of fruits, vegetables or fresh herbs (e.g., basil, mint) to make infused water.
- Choose unsweetened beverages (e.g., lemon water, unsweetened tea) at restaurants.

Did you know that the human body is made up of 50-75% water?

This is equivalent to 10-12 gallons.



Cornell University
Cooperative Extension
Nassau County

Medicare Preventive Services Spotlight: Bone Mass Measurements

As people age, bones become more porous and the risk of bone problems increases. Bone scans can help your doctor diagnose broken bones, fractures, or problems with bone density, such as osteoporosis.

Medicare recognizes this risk and offers coverage for bone scans every 24 months.

Medicare Part B covers this test if you meet one or more of these conditions:

- You're a woman whose doctor determines you're estrogen-deficient and at risk for osteoporosis, based on your medical history and other findings.
- Your X-rays show possible osteoporosis, osteopenia, or vertebral fractures.
- You're taking prednisone or steroid-type drugs or are planning to begin this treatment.
- You've been diagnosed with primary hyperparathyroidism.
- You're being monitored to see if your osteoporosis drug therapy is working.
- It has been at least 23 months since your last scan and facility that performs your scan participates in Medicare.



Bone density is usually measured with an imaging test similar to an X-ray. This scan will give your doctor information

about the health and strength of your bones. Several types of bone density tests exist. The preferred test is now the bone density mineral test. Most outpatient facilities with radiology services can perform a bone density scan. This may be an outpatient facility, medical office, hospital or imaging center.

You may also qualify for more frequent testing if you have conditions, which could lead to decreased bone density, or your doctor has ordered the scan as a medically necessary test.

You can learn more about Medicare's preventive services by visiting [Medicare.gov](https://www.medicare.gov). or calling HIICAP at 516-485-3754.

Veterans Spotlight

Nassau County Office for the Aging hosted a Veterans Luncheon at the Bethpage Senior Community Center. The Veterans played pool, mini golf, corn-hole and cards, as well as enjoying lunch and meeting some great new friends!



**Are you part of a community organization that would like a presentation from the Nassau County Office for the Aging?
Call (516) 227-8900
to schedule a presentation.**



Deputy Commissioner Debbie Pugliese attended the Levittown Homeowners Association Meeting to explain the services offered by Office for the Aging.

The Life Enrichment Center of Oyster Bay enjoyed making Spring Baskets for their homebound senior members.



Husband and wife volunteer team, Marilyn and Bernie presented a basket to Margaret (center) to deliver cheer!



The Wantagh SCSC held their Easter Celebration with multiple activities. Pictured here are members participating in Bunny Races. *It was a hoppin' good time!!*

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

Celebrating Centenarians!



Rose celebrated her 100th Birthday with her friends and family at King Umberto's.



Jane celebrated her 100th Birthday. She has 4 children, 10 grandchildren and 10 great-great-grandchildren!



The Franklin Square SCSC celebrated their members' April birthdays on 4/21. Josephine was presented with a citation recognizing her 90th birthday. Happy birthday wishes to all the celebrants!