

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

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

February 2025

Helen Keller Services for the Blind

Helen Keller Services for the Blind (HKSB) has been a cornerstone in supporting individuals with vision loss since its inception in 1893. With a mission to enable individuals who are blind or have low vision, loss to live, work, and thrive in their communities, HKSB offers a range of services tailored to meet diverse needs.



In Nassau County, HKSB operates a central facility located at One Helen Keller Way, Hempstead, NY 11550. This location serves as the hub for services, providing a multitude of programs designed to enhance independence and quality of life for any individuals with visual impairments.

Rehabilitation Services: HKSB offers personalized rehabilitation services, including orientation and mobility training to help individuals navigate their environments safely, employment services to support job readiness and placement, and access to an Assistive Technology Center equipped with the latest tools to aid daily living.

Low Vision Clinic: The Low Vision Clinic provides specialized eye examinations by certified low vision specialists. These assessments aim to maximize remaining vision and recommend appropriate aids and strategies to improve visual functioning in daily activities.

Adaptive Living Program for Seniors: For older adults experiencing vision loss, HKSB provides adaptive living programs aimed at maintaining independence. Services include training in daily living activities, orientation and mobility instruction, and social casework to support emotional well-being.

By offering these comprehensive services, Helen Keller Services for the Blind in Nassau County remains dedicated to empowering individuals with visual impairments to lead fulfilling and independent lives within their communities.

Nassau County Office for the Aging has partnered with HKSB for a older adults group called *STS - Sight Through Support* that meets every Wednesday from 1:30 pm to 3:00 pm at the Hempstead Senior Center, located at Union Baptist Church, 24 Rev Clinton C. Boone Place Call (516) 227-8900 for more information.



For information about Helen Keller Services for the Blind please visit www.helenkeller.org or call (516) 485-1234

Helen Keller Services for the Blind, Outreach Coordinator Nancy Musumeci and Office for the Aging Deputy Commissioner, Debbie Pugliese



February 2025 NEWSLETTER

Sodium's Out, Heart Health's In!



Stay heart healthy—skip the salt and “pepper” in some healthy habits instead!

Learn how eating too much salt can lead to heart disease and discover ways to reduce your salt intake.

Too much salt in your diet can sneak up on you—literally! High sodium intake is a leading cause of high blood pressure, which increases your risk of heart disease and stroke. To prevent high blood pressure it is recommended to eat a maximum of 2,300 mg of salt per day. However, sticking to 1,500 mg of salt daily is a great way to keep your heart healthy; this is about 1 teaspoon of salt per day.

Unfortunately, salt is very sneaky and ends up in foods that you may not even consider salty, such as - breads and rolls, soups, salad dressings, and even instant puddings. The key is to avoid foods high in salt. It is important to read food labels and to eat products that have 140mg of salt per serving or less. These products often have the words “Low Sodium,” “Very Low Sodium,” or “Salt/Sodium Free” on them. Read the nutrition tips for some more helpful ways to reduce the amount of salt you eat!

Quick Nutrition Tips:

Here are some fun ways to reduce the amount of salt that you eat:

- Prepare your own food - you can control how much salt you add to your meal.
- Add flavor without adding salt - season your food with spices other than salt such as pepper, paprika, garlic, onion, cumin, and more!
- Buy fresh - foods that are fresh like fruits and vegetables tend to have less salt and are great for your health.
- “Rinse and repeat” - when eating canned foods like beans make sure to rinse them to reduce the salt on them. Ditch
- the salt shaker - adding extra salt to your food after it has been cooked can result in overconsumption of salt.

https://odphp.health.gov/sites/default/files/2019-10/DGA_Cut-Down-On-Sodium.pdf

www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day

Medicare Preventive Services: Cardiovascular Screenings

February is recognized as Heart Month, a time dedicated to raising awareness about cardiovascular health and the importance of taking proactive steps to protect your heart. Heart disease remains the leading cause of death worldwide, but many of its risks can be managed or even prevented with early detection and lifestyle changes. Cardiovascular disease generally refers to conditions that can lead to heart attack or stroke. Cardiovascular screenings, such as blood pressure checks, cholesterol tests, and heart rhythm evaluations, play a crucial role in identifying potential issues before they become serious. By prioritizing these screenings, you can take charge of your heart health and work toward a healthier future.

Eligibility

Medicare Part B covers blood tests for heart disease once every five years, when ordered by your provider. You do not need to show signs of heart disease or have any particular risk factors to qualify for these tests.

Costs

If you qualify, Original Medicare covers screening blood tests for heart disease at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing. Medicare Advantage Plans are required to cover heart disease screenings when you see an in-network provider and meet Medicare's requirements for the service.

During your heart disease screening, your provider may discover and need to investigate or treat a new or existing problem. This additional care is considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Medicare may bill you for any diagnostic care you receive during a preventive visit.

For more information about services offered by Nassau County Office for the Aging including Medicare Counseling, call Nassau County NY Connects at (516) 227-8900.

Safest County in America!

Nassau is the safest county in America! We extend our deepest gratitude to the brave men and women of the Nassau County Police Department. Their dedication, courage, and hard work have not only made Nassau County a safe place to live and work but have also earned us the incredible honor of being named the safest county in America.



Senior of the Year 2025!

Nassau County Office for the Aging is now accepting nominations for the 2025 Senior of the Year!

QUALIFICATIONS:

- All candidates must be 60 years of age or older and presently living in Nassau County.
- Candidates must be in an unpaid volunteer position.
- Persons who have already received the honor of this Award are not eligible.
- Persons who were candidates before, but who were not selected for the Award, are eligible to be re-nominated.
- Candidates should be individuals who have demonstrated outstanding concern and action for human services and community involvement for any age group.
- Winner(s) names will be submitted to NYSOFA for publication in the Older NYers Day Commemorative Booklet.

If you are interested in nominating an older adult, call (516) 227-8900 or visit for the Application nassaucountyny.gov/Aging
The deadline for the nomination is **February 10, 2025.**



February Fun Word Search



I C I C L E S S I K Q E
T R A E H T E E W S T Z
V X Y M K C R H E A R T
G A N R H A S T L H X N
D N L I A E L O S D U D
N R L E S U C F D O Y G
W L A O N O R N W L R G
C I R Z H T D B A O B F
U W N C Z X I N E M N L
P O R T M I L N X F O S
I N V Y E Z L V E V Q R
D S Q X Q R M B E N Y M

February

Frost

Icicles

Love

Romance

Blizzard

Valentine

Sweetheart

Chocolate

Roses

Kiss

Snowflake

Heart

Cupid

Hug

Chill

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

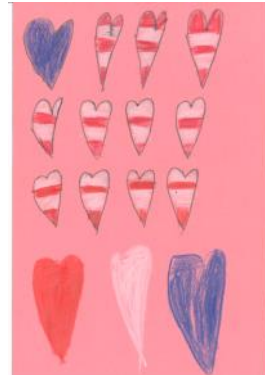
seniors@hhsnassaucountyny.us

Veterans Spotlight



Every year Nassau County Executive Bruce Blakeman invites the students of Nassau County to participate in Nassau County's tradition of **Valentines for Veterans**.

The County Executive has always found that this is a wonderful rewarding experience for the students to create these cards for the brave men and women who sacrificed so much for our county.



These cards show that the students of Nassau County appreciate our veterans for the sacrifice and service to our country and community.



Nassau County Office for the Aging hosts monthly veterans' lunches in Lynbrook and Bethpage.

The lunches are open to senior Veterans who reside in Nassau County and are designed to honor and support senior veterans by providing a space for socialization and community engagement. When County Executive Bruce Blakeman took office in 2021, he said he wanted the Nassau County Office for the Aging to be sure we were taking care of our Veterans. Veterans are very close to his heart as both his mother and father were Veterans. We noticed that many of the American Legion Posts and VFWs were decreasing in membership, and we wanted to provide a place for our Senior Veterans to go, share a meal and relax together. Socialization is so important for older adults, so the Senior Veterans Luncheon was launched at the Bethpage Senior Center and grew each month! We have a hot lunch, provide information and games, as well as presentations.

As our attendance grew, it was necessary to add a second location to make the luncheon more accessible to Senior Veterans across Nassau County. We hope to announce a third location later this year so we are able to serve even more Senior Veterans!

Each month we have information to share with the attendees from different departments within Nassau County including Office for the Aging, Veterans Affairs, as well as a variety of presentations from organizations such as Mt. Sinai South Nassau Hospital, Cornell Cooperative, Hewlett House, Walls of Honor, and Honor Flight. Every month is different, but it is always educational, informative and fun!

These lunches are a great opportunity for veterans to connect, share experiences, and access valuable resources. For more details and to RSVP contact the Nassau County Office for the Aging at (516) 227-8900 or email seniors@nassaucountyny.gov

Happy Lunar New Year!

County Executive Bruce Blakeman attended the Chinese New Year Gala, celebrating the Year of the Snake, which symbolizes growth and new opportunities.

Through celebrations like this, we help raise awareness of one another's cultures and unite to make Nassau County an even better place to live!



Nassau County Senior Community Service Centers

Freeport SCSC at the Salvation Army

66 Church Street
Freeport, NY 11520 (516) 623-2008
Operated by: The Salvation Army

Glen Cove SCSC

130 Glen Street
Glen Cove, NY 11542 (516) 759-9610
Operated by City of Glen Cove

Great Neck SCSC

80 Grace Avenue
Great Neck, NY 11021 (516) 487-0025
Operated by: Great Neck Senior Citizens Inc.

Hempstead SCSC at Union Baptist Church

24 Rev Clinton C Boone Place
Hempstead, NY 11550 (516) 565-1568
Operated by: EAC, Inc

Herricks SCSC at Herricks Community Center

999 Herricks Road
New Hyde Park, NY 11040 (516) 305-8976
Operated by: Herricks Union Free School District

Hewlett SCSC at New Horizons Counseling Center

1490 Broadway
Hewlett, NY 11557 (516) 374-9253
Operated by: New Horizon Counseling Center

North Merrick SCSC at Jewel Quinn Senior Center at Brookside School

1260 Meadowbrook Road
North Merrick, NY 11566
(516) 571-8675 or (516) 571-8676
Operated by: EAC, Inc.

Oceanside SCSC at St. Anthony's Parish

80 Anchor Avenue
Oceanside, NY 11572
(516) 764-9792 or (516) 764-9815
Operated by: Catholic Charities of Long Island

Oyster Bay SCSC at The Life Enrichment Center

45 East Main Street
Oyster Bay, NY 11771 (516) 922-1770
Operated by: The Life Enrichment Center
at Oyster Bay

Point Lookout SCSC

15 Parkside Drive
Point Lookout, NY 11569 (516) 432-5555
Operated by: EAC, Inc,

Roslyn SCSC at Trinity Episcopal Church

1579 Northern Boulevard
Roslyn, NY 11576 (516) 944-9655
Operated by: EAC, Inc,

Wantagh SCSC at St. Jude's Church

3606 Lufberry Avenue
Wantagh, NY 11793 (516) 797-5357
Operated by: Catholic Charities of Long Island

West Hempstead SCSC at St. Thomas Church

24 Westminster Road
West Hempstead, NY 11552
(516) 481-3322
Operated by: Catholic Charities of Long Island

Nasau County Lunch Programs

Freeport – Bethel AME Church

420 North Main Street
Freeport, NY 11520 (516) 377-4469
Serving: Freeport and Roosevelt

Hempstead – Hispanic Brotherhood

Our Lady of Loretto Church
104 Greenwich Street
Hempstead, NY 11550 (516) 483-6018
Operated by: Hispanic Brotherhood of
Rockville Centre

Rockville Centre - Hispanic Brotherhood

59 Clinton Avenue
Rockville Centre, NY 11570 (516) 766-6610
Operated by: Hispanic Brotherhood
of Rockville Centre

Westbury Senior Citizens Center

360 Post Avenue
Westbury, NY 11590 (516) 334-5886
Operated by: Senior Citizens of Westbury, Inc.



Senior Centers Happenings...



Port Washington SC enjoys an exercise class with a Parachute.

At Great Neck Senior Center, a choir of passionate singers rehearses in perfect harmony, dressed in elegant blue gowns that shimmer under the light. Under the guidance of their conductor, they bring music to life with focus and dedication.



Students from Syosset High school came to help the members of the Oyster Bay SC. They set up a helpdesk and offered tech assistance. it was a wonderful experience for both the students and the seniors.

Members of the Freeport SCSC at Salvation Army play noodle soccer!



Napoleon Revels-Bey brings live jazz to the seniors of the Freeport SC at Salvation Army



Members of the Westbury SC learn technology from Westbury High School Students. The members get so much out of the students and learn how to use laptops too!

Milestone Birthday Celebration!

Happy 100th Birthday to Holocaust Survivor Pina Frassinetti Wax of Baldwin. Pina's life represents incredible resilience and strength. Her journey reminds us of the importance of hope and perseverance, and it was truly inspiring to be part of such a special milestone.



Happy 90th Birthday Lorraine! She celebrated her birthday with friends and family at the Freeport SC at Salvation Army



Shalom! Peace and Unity Is What We Seek

The NY Board of Rabbis visited County Executive Bruce Blakeman's office to discuss ways to continue to work together for the greater good while combatting antisemitism. We're committed to building a better Nassau for people of all faiths.



Thank You to the Westbury Senior Center For Their Donations of Blankets

OFA was glad to present this gracious donation to Nassau County's Adult Protective Services Department. If you knit or crochet and would like to donate new and unused blankets, hats or scarves OFA would be happy to provide them to those in need.



HAPPY.
Valentine's Day

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.

Scan here to visit our website

