

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

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January 2025

Intergenerational Programs at Nassau County Senior Centers

Intergenerational programs at Nassau County Senior Centers are designed to foster meaningful interaction between older adults and younger generations. Offering mutual benefits such as shared learning, reduced social isolation and enhanced community unity.

Senior Centers also have a Spring Fling Dance and Luncheon with the students from Trinity High School.

The Hispanic Brotherhood Senior Center has a Youth Program. The children help clean up and play games with the seniors, they enjoy calling Bingo and helping to decorate for events.

The Oyster Bay Senior Center had Syosset and Harbor Fields High School Students collaborate with members on a book title "*Silver Threads*". Harbor Fields students also created a documentary video about the center.

The Glen Cove Senior Center has regular visits from Friends Academy students and the students hosted a Senior Prom for center participants. They also have Glen Cove High School students helping serve lunch during the summer break.

The Freeports Senior Center at Salvation Army encourages members to invite their family members as guests. They had school aged children attend the center during school breaks. The children take part in piano playing concert, crafts and board games.

These programs exemplify the positive impact of intergenerational initiatives, promoting mutual respect, understanding and support between different age groups within the community.



To learn more about Nassau County Senior Centers call NY Connects at (516) 227-8900.



Many centers host Molloy and Adelphi University Nursing Students. The students talk with seniors about their health and take vital statistics, in addition to doing crafts, encouraging their

participation in health promotion activities and providing a presentation on a health topic. The centers also host local students for musical performances during the holidays and spring months.

The Westbury Senior Center, partnered with the Westbury Library to create a program where Westbury students served lunch to the seniors at the center. Members of the center visit local elementary schools to read to students.



The Port Washington Senior Center hosted an Egg Coloring Party in the spring as well as a Halloween Party & Parade in the fall with the Port Washington's Children Center. The seniors also receive visits from Boces High School Students for monthly manicures.

Each fall students from the Wheatley School spend the day at the Oceanside and Wantagh Senior Center. They serve lunch, play bingo and perform Karaoke with the seniors. The Catholic Charities



JANUARY 2025 NEWSLETTER

Eat the Rainbow

A Fun way to Stay Healthy in the New Year!



What does it mean to eat the rainbow and why is it so good for your health?

Learn about the importance of eating a variety of fruits and vegetables with the rainbow method!

This month, we're diving into the vibrant world of fruits and vegetables and exploring why "eating the rainbow" is a simple yet powerful way to boost your health! Eating the rainbow involves incorporating a variety of colorful fruits and vegetables into your diet. Doing so, you help protect yourself against diseases like diabetes, cardiovascular disease, and cancer. Each color of the rainbow represents a unique set of nutrients found in fruits and vegetables that can support different aspects of your health when regularly consumed. Easy ways to incorporate fruits and vegetables into your diet include: making fruits easy to grab, trying new and delicious vegetables from the produce section, and cooking new recipes full of fresh produce.

Quick Nutrition Tips:

Here are some examples of colors found in fruits and vegetables and the potential health benefits they can bring:

- Red and Green - Supports heart health and may reduce the risk of certain cancers.
- Orange & Yellow - Supports intracellular communication and may help prevent heart disease.
- Blue and purple - Delay cellular aging and help the heart by blocking the formation of blood clots.
- White and brown - Helps prevent tumor development.

Medicare Preventive Services: Yearly Wellness Visit

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit to develop or update your personalized plan to help prevent disease or disability, based on your current health and risk factors. **The yearly "Wellness" visit isn't a physical exam.** Your first yearly "Wellness" visit can't take place within 12 months of your Part B enrollment or your "Welcome to Medicare" preventive visit.

What it is

Your doctor or other health care provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your doctor develop a personalized prevention plan to help you stay healthy and get the most out of your visit.

Your visit may include:

- * Routine measurements (height, weight & blood pressure)
- * Personalized health advice
- * A review of your medical and family history
- * Advance care planning
- * A review of your current prescriptions

Your doctor or other health care provider will also perform a cognitive assessment to look for signs of dementia, including Alzheimer's disease. Signs of cognitive impairment include trouble remembering, learning new things, concentrating, managing finances, and making decisions about your everyday life. If your doctor or other health care provider thinks you may have cognitive impairment, Medicare covers a separate visit to do a more thorough review of your cognitive function and check for conditions like dementia, depression, anxiety, or delirium and design a care plan.



Your costs in Original Medicare

You pay nothing for this visit if your doctor or other health care provider accepts assignment. The Part B deductible doesn't apply. However, you may have to pay coinsurance and the Part B deductible may apply if your doctor or other health care provider performs additional tests or services during the same visit that Medicare doesn't cover under this preventive benefit. If Medicare doesn't cover the additional tests or services (like a routine physical exam), you may have to pay the full amount.

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

Veterans Spotlight



Office for the Aging celebrated the holidays at the monthly Veterans' Luncheon in Lynbrook.

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

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Nassau County Office for the Aging presents

SENIOR VETERANS' LUNCH

Friday, February 14, 2025
Doors open at 11:30 am
RSVP REQUIRED BY FEBRUARY 10, 2025

Scan QR code to register, or visit
<https://www.nassaucountyny.gov/aging-events>

Presentation by: **HONOR FLIGHT LONG ISLAND** **BETHPAGE COMMUNITY CENTER**
103 Grumman Road West, Bethpage, 11714
phone: 516-571-9910 | e-mail: seniors@hnsnassaucountyny.us

Presentation by: **WALLS OF HONOR** **ST. MARY'S KNIGHTS OF COLUMBUS**
78 Hempstead Avenue, Lynbrook, 11563
phone: 516-227-8900 | e-mail: seniors@hnsnassaucountyny.us

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The Area Agency on Aging for Nassau County under the Older Americans Act. This program is made possible with funding from the NYS Office for the Aging and the US Administration on Aging.

SCSC Holiday Concert

The *Senior Chorus* led by Frank Scafuri, comprised of participants from multiple Nassau County Seniors Centers, came together to perform holiday classics for friends and family. They were joined by Pre-K students from TLC Day Care at Brookside School.



Milestone Birthday Celebration!

Happy 100th Birthday Ivy!
County Executive Bruce Blakeman along with Comptroller Elaine Philips, Department of Human Services Commissioner Jill Nevin and Deputy Commissioner, Office for the Aging Debbie Pugliese celebrate with Ivy and her family.



Members of the West Hempstead SCSC celebrate 2025!



Members of the West Hempstead SCSC celebrate the holiday season!



Members of the Wantagh SCSC celebrate the holiday season!



The Sacred Heart Church Choir from Merrick performs at the Herricks SCSC

Scan here to visit our website



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