

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

## March 2025

### Medicare Savings Program Information

If you live in Nassau County, you may be able to get assistance with your health care costs through a **Medicare Savings Program (MSP)**. MSPs, also known as Medicare Buy-In programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited income. Eligibility for program is available to individuals with Medicare who have an income up to \$2,446 per month and couples with monthly incomes up to \$3,299. There are no asset limits for the MSP in New York.



The MSP helps older adults and people with disabilities living on low incomes by paying their Medicare Part B premiums (\$185 each month). This financial assistance can be a lifeline, allowing enrollees to maintain their Medicare coverage, access needed care, and afford other necessities, like food and rent. Enrolling in an MSP can help save on Medicare costs.

### 2025 MSP Programs and Qualifications:

#### Qualifying Individual (QI)

- Pays for your Part B premium
- May receive up to three months retroactive reimbursement for Part B premiums (Note: only for premiums paid up to three months before your MSP effective date, and within the same year of that effective date)
- You cannot have both QI and Medicaid
- Income Limits:
  - Individuals \$2,446
  - Couples \$3,299

#### Qualified Medicare Beneficiary (QMB)

- Pays for Medicare premiums
- Providers are prohibited from charging for Medicare cost-sharing (deductibles, coinsurance, and copayments). This means you should **not** be billed for any Medicare-covered services received from Original Medicare providers **or** providers in your Medicare Advantage Plan's network
- You can have both QMB and Medicaid
- Income Limits:
  - Individuals \$1,820
  - Couples \$2,453

#### Applying for a Medicare Savings Program:

If you are a Nassau County resident interested in learning more or seeking assistance, applying for a Medicare Savings Program, reach out to **Office for the Aging at (516)227-8900**

You may also download an application online via:  
[www.health.ny.gov/health\\_care/medicaid/program/update/savingsprogram/](http://www.health.ny.gov/health_care/medicaid/program/update/savingsprogram/)

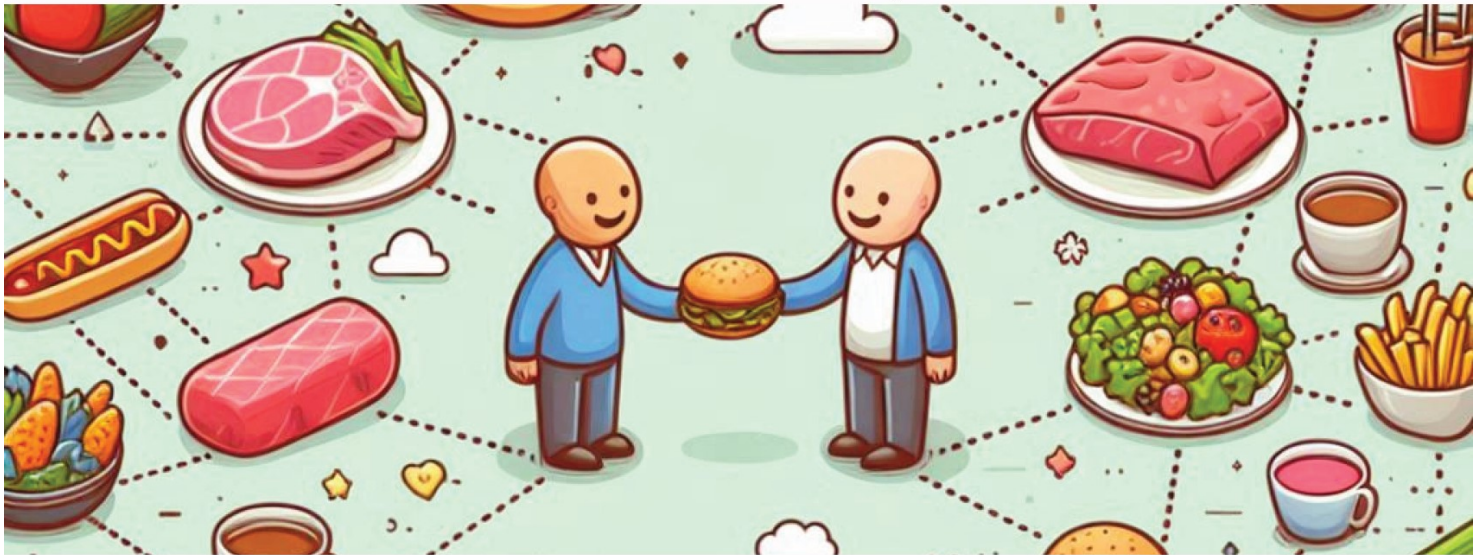


Happy Spring



March 2025 NEWSLETTER

# Food Connects Us



## Celebrate National Nutrition Month

*Learn how food is not only a way to fuel and support your body, but is also a means of connecting to the world around you!*

Food is more than just fuel—it connects us to our past, our culture, and the people we love. Whether it's a cherished family recipe, a holiday meal, or a simple cup of coffee with a friend, food brings us together in meaningful ways. This year for National Nutrition Month we explore the topic of how Food Connects Us.

As we age eating alone can have negative physical and mental health consequences. Older adults who eat alone are at an increased risk of developing depression and poor nutrition. These conditions can result in negative health outcomes such as chronic disease, frailty, and even death. Eating with others can help prevent isolation, loneliness, and increase social support. Continue reading the Quick Nutrition Tips for great ways of connecting with others over food.

## Quick Nutrition Tips:

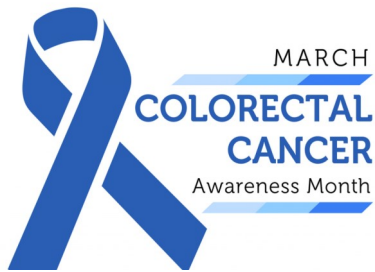
Here are some fun ways to connect with your friends, family, and community through food:

- Cook with family and friends
- Gather together for a potluck
- Host regular dinner parties
- Have a picnic in the park with friends
- Participate in congregate meals
- Join cooking classes
- Join a cookbook club
- Video call friends and family while eating
- Eat out at restaurants
- Participate in home delivered meals

<https://www.eatright.org/national-nutrition-month/resources>

<https://www.eatright.org/national-nutrition-month>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8036467/#:~:text=Eating%20alone%20w,as%20associate%20with,to%20be%20a%20particular%20risk>



MARCH  
**COLORECTAL  
 CANCER**  
 Awareness Month

## Medicare Preventive Services: Colorectal Cancer Screenings

Colorectal cancer originates in the colon or rectum. Screenings can detect colorectal cancer at an early stage when treatment is most effective.

You may be considered at high risk for colorectal cancer if you have/have had:

- **Family history of the disease**
- **Colorectal cancer or colorectal polyps**
- **Inflammatory Bowel Disease**

Medicare Part B covers different screenings, each with their own eligibility requirements and cost coverage. These are **no cost services** for Original Medicare and Medicare Advantage Plans when using in network provider.


Often a written referral from your Medicare Participating Provider may be needed for **no cost services**. If you have a **Medicare Advantage Plan** contact your plan for cost and coverage information.

You can learn more about Medicare's Preventive Services by calling  
**Office for the Aging at (516) 227-8900.**

## Sight Through Support (STS)






First Sight Through Support Meeting at Hempstead Senior Center.



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE  
 Nassau County Office for the Aging presents

## Colon Health Keeping Your Colon Healthy

*Please join Dr. Kristine Kenning, MD, a Catholic Health minimally invasive surgeon specializing in colon and rectal surgery and disorders of the colon*


**\*Which Screenings Check Colon Health?**

|                                |                      |
|--------------------------------|----------------------|
| *When Should You Get Screened? | *Do You Drink Water? |
| *Which Tests Are the Best?     | *How is Your Diet?   |

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**Wednesday, March 19, 2025 at 2:00 pm**  
**Bethpage Senior Community Center**  
 103 Grumman Road West, Bethpage, NY 11714  
 516-571-9910

OFFICE FOR THE AGING  
 60 Charles Lindbergh Boulevard, Uniondale | 516-227-8900 | seniors@hhsnassaucountyny.us  
 Nassau County Office for the Aging is the local Area Agency on Aging under the Older Americans Act.  
 This program is made possible by funding from the New York State Office for the Aging and the U.S. Administration on Aging.



### Medicare Screenings include:

- **Flexible Sigmoidoscopy**
- **Colonoscopy**
- **Fecal occult blood test**
- **Multi-target stool DNA tests**
- **Blood-based biomarker tests**

Nassau County Office for the Aging has partnered with Helen Keller Services for the Blind and EAC Network to provide a program for visual impaired older adults. This group called *STS - Sight Through Support* 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, entrance in the rear of building  
 Call (516) 227-8900 for more information.



# March Word Search



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

- |            |             |
|------------|-------------|
| Parade     | Growth      |
| Festival   | Gold        |
| Rain       | Spring      |
| Daffodil   | Shamrock    |
| Warmer     | Rainbow     |
| Leprechaun | Green       |
| Luck       | Clover      |
| March      | Blossom     |
| Sunshine   | Windy       |
| Equinox    | Celebration |

To join Office for the Aging's email distribution list please email us at:  
[seniors@hsnassaucountyny.us](mailto:seniors@hsnassaucountyny.us)

## Veterans Spotlight

At the February Veterans' Luncheons held on Friday, February 14th in Bethpage and Lynbrook, Veterans celebrated Valentine's Day with food and fun!

County Executive Bruce Blakeman and Nassau County Legislator John Giuffre attend the Lynbrook Veterans' Luncheon while Nassau County Legislator Michael Giangregorio visited the Veterans in Bethpage.

For more information about the monthly Veterans' Luncheons call (516) 227-8900.



County Executive Bruce Blakeman, with Deputy Commissioner Debbie Pugliese and Legislator John Giuffre, visits the Lynbrook Veteran's Luncheon



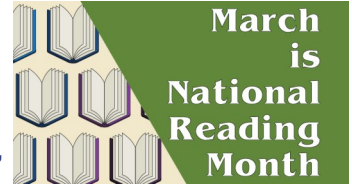
Legislator John Giuffre visits the Lynbrook Veterans' Luncheon



Legislator Michael Giangregorio visits the Veterans at the Bethpage Luncheon

## National Reading Month

National Reading Month is a time dedicated to promoting literacy and fostering a love for books. Schools, libraries, and communities across the country come together to encourage reading among people of all ages. While much of the focus is on young readers, senior citizens also benefit greatly from engaging with books.



Nassau County Senior Centers are embracing the joy of reading by offering blended lending libraries, a combination of traditional books and audiobooks. These libraries provide seniors with accessible reading options, ensuring that vision impairments or physical limitations do not hinder their love for literature.

### **Benefits of Audiobooks for Seniors:**

- **Accessibility:** Audiobooks allow seniors with vision difficulties or arthritis to enjoy books.
- **Cognitive Stimulation:** Listening to books helps keep the brain engaged, improving memory and comprehension.
- **Entertainment & Relaxation:** Audiobooks offer an enjoyable escape, reducing stress and promoting emotional well-being.
- **Social Engagement:** Senior centers often host book clubs, fostering discussions and social interaction around shared stories.



By integrating audiobooks and print books, senior centers create inclusive reading experiences, making literature accessible to everyone. As we celebrate National Reading Month, it's important to

recognize that the joy of reading has no age limit. Whether through the pages of a book or the narration of an audiobook, stories continue to inspire, educate, and bring people together. This March, let's encourage reading in all its forms because a good book (or audiobook) is always worth celebrating!

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

## Site Council Instillation Center

Site Councils play a pivotal role in the operation and governance of Senior Centers in Nassau County. These councils composed of senior center participants, collaborate to enhance the quality of services and programs offered to older adults. Councils contribute significantly to the effective delivery of programs and services that promote independence, engagement, and well-being among seniors. Their responsibilities often include advising on program development, organizing events, and ensuring that the center's offerings align with the needs and interests of the senior community.

Nassau County Legislator Patrick Mullaney and Deputy Commissioner Debbie Pugliese attend the Site Council installation at the Oceanside Senior Center. The new Site Council members at the Oceanside Senior Center are Linda, Mary, Margaret, Eugene, and Phyllis.

Nassau County, Office for the Aging, oversees a comprehensive network of senior centers. These centers serve as community focal points, providing a range of services and socialization for older adults. For more information about senior centers in Nassau County, call (516) 227-8900.



Nassau County  
Legislator Patrick  
Mullaney



Site Council Members Eugene, Phyllis, Margaret  
Mary and Linda

## Senior Center Manager's Training

Ensuring the safety and well-being of older adults is a top priority for Office for the Aging and Senior Center Managers. That is why professional training, including life-saving skills like CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) use, is essential.

Recently, Senior Center Managers participated in a specialized training session led by medical professionals from Mount Sinai South Nassau Hospital. The training provided hands-on instruction in CPR techniques and AED operation, equipping staff with the knowledge and confidence to respond effectively to cardiac emergencies.



In addition to CPR and AED training, the session covered best practices in senior health management, emergency preparedness, and risk reduction strategies. This initiative underscores the commitment of senior centers to creating safe environments where older adults can thrive.

With the skills gained through this training, Senior Center Managers are better prepared than ever to handle medical emergencies, reinforcing their vital role in community health and safety.



## Senior Centers Happenings...

West Hempstead Senior Center celebrates Valentines Day.



Point Lookout Seniors participating in Arts and Crafts had a visit from Nassau County Legislator Patrick Mullaney and Office for the Aging, Deputy Commissioner Debbie Pugliese



Wantagh Senior Center celebrates Valentine's Day.



Salvation Army Senior Center celebrates Valentines day.



Chair Yoga at the new Roslyn Senior Center

## Milestone Birthday Celebrations!

Happy 105th birthday to Anna of Valley Stream!  
Anna S. celebrated this incredible milestone at  
Monica Village, surrounded by her family,  
friends, elected officials, and community leaders.



Anna C. celebrates her 101st Birthday and is  
presented with a citation from County  
Executive Bruce Blakeman, Comptroller  
Elaine Phillips, Legislator Thomas McKeivitt,  
Department of Human Services  
Commissioner Jill Nevin and  
Deputy Commissioner Debbie Pugliese.



Goldie celebrates her 100th Birthday  
with family.



Salvation Army Senior Center celebrates  
Frances's 80th Birthday.



If you know any older adult celebrating a  
milestone birthday and would like a  
citation please contact  
Office for the Aging at (516)227-8900

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

