

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

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Clearing the Path: A Guide to Stress-Free Decluttering

Many of us are looking for ways to simplify our lives and reclaim our living spaces. Decluttering is not just about cleaning, it is a powerful way to improve physical safety, reduce stress, and boost mental well-being.

Why Declutter Now?

A clear home leads to a clearer mind. Reducing excess belongings can significantly lower the risk of trips and falls, improve sleep quality, and make daily routines more manageable. It also provides a sense of accomplishment and control over your environment.

Simple Strategies to Get Started

Don't let the thought of a whole house overwhelm you. Use these techniques to build momentum:

Tackle One Small Area at a Time: Start with a single drawer, a nightstand, or a small pantry shelf rather than an entire room.

The 12-12-12 Rule: Find 12 items to throw away, 12 to donate, and 12 to put back in their proper place.

The 5/7 Rule: If you haven't used an item at least five out of the last seven days, consider if it really needs to be on your counter or visible surface.

"One In, One Out": For every new item you bring into your home in 2026, commit to letting go of one old one.

Managing Sentimental Items

Mementos are often the hardest to part with. Remember that your memories live inside you, not in the objects themselves.

Digital Preservation: Take photos of sentimental items or artwork before donating them to keep the memory without the physical bulk.

Ask Your Heirs: If you are holding onto things for family members, ask them now if they actually want them. Be prepared for a "no" and use it as permission to let the item go.

Making the Process Social

Decluttering doesn't have to be a lonely task. Invite friends or family over to help, listen to music, or share stories about the items you're sorting.

Decluttering is a gift you give yourself. A way to create a safer, more peaceful sanctuary for the years ahead.





Start the New Year strong with healthy, sustainable habits!

Learn how to build and maintain sustainable, healthy habits in the new year!

The new year is a great time to build healthy nutrition habits that help you feel your best at any age. Eating well can give you more energy, support your heart, and help you stay strong and active. A healthy diet includes limiting sugar, salt, and saturated fat, which are often found in sweets, salty snacks, fried foods, and processed meals. Too much sugar can raise blood sugar levels and increase the risk of diabetes, while too much salt can raise blood pressure and strain the heart. Saturated fat can clog arteries and increase the risk of heart disease. One simple way to create healthier habits is to choose fresh fruits and vegetables, whole grains, lean proteins, and low-fat dairy whenever possible. Reading food labels, cooking at home more often, and using herbs and spices instead of salt can also make a big difference. Poor eating habits over time can lead to serious health problems such as diabetes, cardiovascular disease, and some types of cancer, but small changes can have a big impact. Most importantly, it is never too late to start taking care of your health. Every healthy choice you make today helps support a stronger, healthier tomorrow.

Quick Nutrition Tips:

Here are some great habits to adopt to improve your overall health:

- Skip the salt shaker and add flavor with herbs and spices instead.
- Choose low-fat or fat-free options when you can.
- Read food labels and pick foods lower in sugar, sodium, and fat (aim for about 5–20% Daily Value).
- Eat less red meat and enjoy more plant-based meals for a healthier body.

Portion Control: Strategy for Better Health

Portion control plays a key role in helping people get the right balance of calories and nutrients. By serving appropriate portions and recognizing what a healthy plate looks like, portion control can support weight management, reduce diet-related disease risk, and ensure every meal is both satisfying and nourishing. For many, portion control is not about eating less, it's about eating smart.

Practical Portion Control Tips:

- Use measuring cups or portion-control plates at home
- Share large restaurant meals or ask for a take-home container
- Read nutrition labels to understand serving sizes
- Avoid eating directly from large packages
- Build plates starting with vegetables and lean protein first
- Be mindful of fats (butter, oils, salad dressing) stick to a portion of about the size of your thumb.

Portion control is not a diet, it's a lifelong tool that helps us feel energized, nourished, and satisfied. By making small, adjustments, we can continue enjoying our favorite meals while protecting our health.

If you have questions, or if you'd like guidance tailored to your health needs, our nutrition team is here to help, call (516) 227-8900.



On December 3, Rosella, Office for the Aging, Public Health Nutritionist visited the North Merrick Senior Center for portion control training. Luba, the Center Manager is serving a favorite to their participants, sausage and peppers!

Medicare Preventive Services Spotlight: Wellness Visit

If you've had Medicare Part B, 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 wellness visit includes:

- Routine measurements, such as height, weight & blood pressure
- Personalized health advice
- A review of your medical and family history
- Advance care planning
- A review of your current prescriptions
- Health Risk Assessment, which covers demographic data, health status, and activities of daily living
- Cognitive Assessment to look for signs of dementia including Alzheimer's disease

This visit can help you and your health care provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. If your 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.

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

If you need transportation to your annual screening call NY Connects at (516) 227-8900

Medicare

| Part A | Part B | Part C | Part D |
|---|--|---|-----------------------------------|
| | | | |
| Part A covers hospital stays and inpatient care | Part B helps pay for doctor visits and outpatient care | Medicare Advantage Plan (Part C) Includes Part A + Part B | Part D Prescription Drug Coverage |



January Word Search



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

| | |
|-------------|------------|
| FIRE | JANUARY |
| BLANKET | WINTER |
| SLIPPERY | SNOW |
| MITTENS | FROST |
| ARTIC | COLD |
| INDOORS | POLAR |
| ICE SKATES | CHILL |
| SCARF | BLIZZARD |
| GLOVES | NEW YEAR |
| HIBERNATION | RESOLUTION |

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

seniors@hhsnassaucountyny.us

Employee Spotlight



The Nassau County Office of the Aging would like to shine a light on Wade Woolard at the Freeport Senior Center at The Salvation Army. Wade has been with the center for 10 years and serves as their Food Service Coordinator. Wade is a team player, always adjusting to the needs of the program. In

addition to coordinating catered meal service, he cooks breakfast twice a week and serves all meals with a smile. When not in the kitchen, he hosts monthly activities including “Let’s Make a Deal,” and “Ping Pong Ball Rolling Challenge.” He has been told by many that he is “our very own, better-looking Steve Harvey!” Wade is also full of talent as the resident crooner for Karaoke, often serenading members with Frank Sinatra songs and the group’s favorite, “Stand by Me” by Ben E. King. Thank you, Wade for all you do to bring joy to our participants!

Cocoa, Cookies and Cornhole



At the Bethpage Senior Center, teams competed in cornhole and then enjoyed each others company over hot cocoa and cookies.



**Congratulations
to our
Cornhole
Champions!**



Veterans’ Spotlight

The Nassau County Office for the Aging hosts two senior Veterans’ luncheons monthly, one in Bethpage and one in Lynbrook. These luncheons are to honor our brave Veterans and take place the second Friday of each month. For reservations and information, call 516-227-8900



Friends, John and Frank originally met years ago at the American Legion Post 241 in Hicksville. Here they are at the luncheon in Bethpage.

Ann Marie and John won the centerpiece! Special thanks to the Blue Star Mothers for creating the beautiful centerpieces for the Bethpage luncheon.



Memory Cafe



Guests enjoyed live entertainment and luncheon at the monthly Memory Café sponsored by the Nassau County Office for the Aging, along with Parker Jewish Institute and The Bristol Assisted Living. Memory Café is a free early-stage social engagement program for people with early-stage Alzheimer’s/dementia and their care partners. It’s a great way for caregivers to get out, have fun, and connect with one another and takes place in a different location each month. For more information, call 516-227-8900.



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

WINTER HOME ENERGY TIPS

A Guide to Staying
Warm, Safe, and Efficient



Helpful Hints to Keep Your Home Warm & Energy-Efficient This Winter

OPTIMIZE YOUR THERMOSTAT

Set your thermostat to 68°F while awake, and lower it when sleeping or away from home. Reducing the temperature by 7–10 degrees can lower heating costs by up to 10%.

KEEP HEAT FLOWING

Ensure furniture and drapes are not blocking baseboards, radiators, or vents. Blocked vents can require 25% more energy to heat your home.

SEAL DRAFTS

Remove or cover window air conditioners, and use weather stripping or caulk to seal cracks around doors and windows.

USE NATURAL SUNLIGHT

Open curtains on sun-facing windows during the day to add warmth. Close them at night to keep heat inside.

MAINTAIN YOUR HEATING SYSTEM

Change filters monthly and schedule regular tune-ups. A maintenance contract can help prevent breakdowns and reduce wasted energy.

ADJUST YOUR WATER HEATER

Set your water heater to 120°F. This saves energy and reduces the risk of accidental scalding.

OFFICE FOR THE AGING

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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 New York State Office for the Aging and the U. S. Administration on Aging.



Senior Center Happenings...

Wantagh Senior Center



Participant, Pat (seated) performed with his jazz band, Pat Lisi and Friends, on December 4th. The seniors enjoyed the show!

Oceanside Senior Center



Oceanside Senior participants had a joyous time at their holiday party!

Hempstead Senior Center



Participants played The Treadmill Game at their Holiday Party. Whoever finishes dragging the paper under the chair first while running on the "treadmill" wins. Congratulations to Lucia, one of the winners!

Freeport Bethel Senior Center



The Freeport Bethel AME Church Senior Center participants ended their year with a holiday party, which included a Fashion Show and displays of their incredible projects that they have worked on throughout the year. Members showed off their artistic abilities by modeling clothes of their own creation from their sewing class. In addition to the stunning apparel worn and displayed, other creations were shared, such as lovely crocheted items, charming hand sewn quilts, thoughtfully created scrapbooks and other beautifully painted rocks and pictures. Everyone enjoyed celebrating a successful and creative year!

Roslyn Senior Center



Participants enjoyed creating holiday snow globes and snow scenes.

West Hempstead Senior Center



Santa and Mrs. Claus visited West Hempstead Senior Center's Holiday Party. It was a grand time for all!

Milestone Birthday Celebrations!

Happy 100th Birthday Edward!



Happy 100th Birthday to Edward, a decorated World War II Veteran. County Executive Bruce Blakeman visited his home to wish him well and chat about Ed's many accomplishments.

Happy 90th Birthday Patricia!



Rosella from Office for the Aging presented Patricia a citation for her 90th birthday. She celebrated at Mimis in Roslyn with family and friends

Happy 101st Birthday Urah!



Urah celebrated her 101st birthday at A. Holly Patterson with a terrific party hosted by her family. Happy birthday, Urah!

Happy 101st Birthday Ivy!



Ivy celebrated this special birthday at the Senior Birthday Party at the Bethpage Barn. Legislator Tom McKeivitt, Nassau County Comptroller Elaine Phillips, and Human Services Commissioner Jill Nevin presented the citation.

Happy 85th Birthday Ernest!



Happy Birthday Ernest who celebrated his 85th birthday at the Freeport Senior Center at the Salvation Army!

Interested in a presentation from Nassau County Office for the Aging?

Call (516) 227-8900 to schedule



Scan here to visit our website

