

COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS



# NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

## OFFICE FOR THE AGING

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**JILL D. NEVIN**  
COMMISSIONER

# February 2024

**DEBBIE PUGLIESE**  
DEPUTY COMMISSIONER

### Stay Healthy, Fit and Active this Winter

Winter invokes many feel-good images. White landscapes, icicles shining on a bright winter day and children playing in the snow. While the dark and cold winter months can make anyone feel glum, older adults are especially at risk. With a few precautions, you can stay happy and healthy through the frigid times ahead. Luckily, there are some ways to bring the spring back into your step.

#### Let in the Light

Plan to get outside during the short hours of sun. Sunshine is vital to feeling healthy and happy. On days when it's too cold to go outside, keep your curtains open and spend as much time as you can near the windows. Even if it's cloudy, getting some daylight can help you feel better.

#### Let's Get Physical

A natural mood enhancer, even short periods of exercise can work wonders. It supports overall cognitive function and increases the number of feel-good neurotransmitters released by the brain.



Moderate exercise such as walking and Yoga are a great way to get started. Any activity that raises your heart rate including daily chores can help, especially if you can do them outdoors or near a sunny window.

**Nassau County Senior Community Service Centers offer a wide variety of exercise classes, such as Tai Chi, Chair Yoga and Zumba.**

#### Stay Socially Engaged

Make it a goal to keep up with social activities by joining in on workshops, book discussions, art classes, bingo or a card game at a Nassau County Senior Center or your local library.



#### Get Into the Right Mindset

Look for ways to bring things into your environment that will counteract the darkness of winter. Treat yourself to fresh flowers, listen to music you love or read a good book.

#### Maintain a Healthy Diet

While there's no harm in indulging in the occasional treat, a healthy diet can ward off the blues by keeping you energized. So, make sure that vitamin and mineral rich fruits and vegetables are well represented in your diet.



Each of the Nassau County Senior Centers has activities, exercise classes and provide lunch. Meals are not only delicious, but

dietician-approved! We also have a dietician on staff to answer your questions. Some centers have transportation to and from the center available. For more information please call (516) 227-8900 or visit:

<https://www.nassaucountyny.gov/Aging>

# 6 Nutrition Tips to Manage Cholesterol

Lowering LDL cholesterol can reduce risk of heart attacks and stroke. Lifestyle changes, such as a heart healthy diet and physical activity, can promote positive effects on heart health.



## 1. Lean Proteins

Choose lean protein options such as skinless poultry, lean red meats, fish, nuts and seeds. When choosing red meat, opt for "loin" or "round" cuts.

## 2. Whole Grains

Carbohydrates are your body's main source of energy! Choose whole grain products (e.g., whole grain bread, cereal, pasta, etc.). Opt for 50% of all grain products to be whole grain.

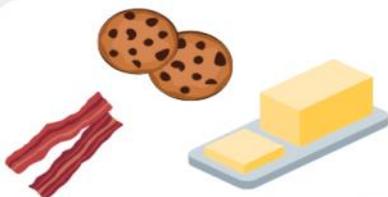


## 3. Healthy Fats

Unsaturated fats and omega-3 fatty acids can help reduce plaque buildup in the body. You can find them in nuts, seeds, olive/safflower/canola oil, and fatty fish.

## 4. Fruits

Apples, grapes, strawberries and citrus fruits are high in pectin - a type of soluble fiber that can help lower LDL cholesterol.



## 5. Be Mindful

Foods high in saturated and trans fats can impact LDL cholesterol levels. These include high fat dairy, meat, poultry with skin, processed desserts, and fried foods.

## 6. Read labels

Choose lower sodium products that are 140 mg of sodium or less per serving. Avoid products that have "hydrogenated oils" in the ingredients list.



All information on this handout is meant to provide general knowledge. Consult your primary care provider or dietitian for tailored health recommendations.

Sources:  
[https://www.heart.org/-/media/Files/Health\\_Tools/Answers-by-Heart/How-Can-I-Improve-Cholesterol.pdf](https://www.heart.org/-/media/Files/Health_Tools/Answers-by-Heart/How-Can-I-Improve-Cholesterol.pdf)  
<https://www.in.gov/spd/files/HHE-HeartHealthyFats.pdf>  
<https://health.harvard.edu/heart-health/11-foods-that-lower-cholesterol>

## Veterans Spotlight

"How do I prove that I'm a Veteran?" It's a question often asked by those who once served in the military. Many businesses offer discounts to Veterans for restaurants, hotels, stores, recreational activities and even home improvement, among other perks. Former service members will want to take advantage of those opportunities.

First, you'll want to apply for VA's Veteran ID Card (VIC), which is a digital photo ID you can use to get those discounts. Since September 2022, all new Veteran ID cards have been digital. A Veteran with a physical ID card can continue using it to get discounts. The VIC is separate from the VA health care ID, which a Veteran receives when enrolling in VA health care.

For more information please contact the Nassau County Veterans Service Agency at (516)572-6565.

**.HAPPY.**  
*Valentine's Day*

## Medicare Preventive Services Spotlight: Cardiovascular Screenings

Heart disease, also known as cardiovascular disease, generally refers to conditions that can lead to heart attack or stroke. Screening blood tests for cholesterol, lipid, and triglyceride levels can detect conditions that may lead to heart disease.

### **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. Medicare Advantage Plans are required to cover heart disease screenings without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility 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.

You can learn more about Medicare's preventive services by visiting Medicare.gov or by calling Health Insurance Information Counseling and Assistance (HIICAP) at 516-485-3754.

**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.**

## Nassau/Suffolk Law Services (NSLS) The Senior Citizen Law Project

Established in 1966, NSLS was among the first Legal Services Corporation programs in the state and is currently one of the largest providers of free civil legal assistance in New York.

The program is committed to helping people in need vindicate their rights under the law. NSLS provides free legal services in thousands of cases each year, as well as legal support to community advocates, to ensure that people with low incomes and disabilities have equal access to the civil justice system on Long Island.



With a staff comprised of attorneys, paralegals, social workers and support personnel, NSLS is dedicated to providing high-quality legal representation, public information and community advocacy training.



The Senior Citizen Law Project provides legal assistance to Nassau County seniors who are age 60 years or older under the Older Americans Act. The project's primary goal

is to help those seniors in matters relating to benefits, housing, health and income preservation. Specifically, they assist with Medicaid planning, SSI overpayments, Social Security retirement questions, landlord tenant problems, senior citizen tax exemptions, wills, advance directives and pooled trusts, among other issues. There are no financial eligibility guidelines, but cases are prioritized based on urgency and program resources.

To contact Nassau Suffolk Law Services' Senior Citizen Law Project, please call (516) 292-8088.

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

## Tea Time!

Saint Pius X Senior Club had a tea party at the Bethpage Senior Community Center. 150 members attended the party where they enjoyed a variety of teas, finger sandwiches, and homemade cookies. This event took months of planning and preparation. Many members visited antique stores and garage sales to collect the fine China used for this party.



## Milestone Birthday Celebrations!

County Executive Bruce Blakeman was represented by David Perez who presented a citation to Sergeant Major William Huntley Downes United States Army Retired for his 90th birthday. His daughters, Robin and Marcy joined him for the photo at a party with family and friends.



Vincenza and Arthur celebrated their birthdays with County Executive Bruce Blakeman and Comptroller Elaine Phillips.



County Executive Bruce Blakeman and Comptroller Elaine Phillips recognized Vincenza's 110th Birthday! Her son and daughter were happy to join in the fun.



A representative from the County Executive was happy to come to Irene's home to celebrate her 100th Birthday.

