



COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICE  
Office for the Aging

60 Charles Lindbergh Boulevard, Suite #260  
Uniondale, New York 11553-3691  
516-227-8900/FAX 516-227-8972  
seniors@hnsnassaucountyny.us

# Office for the Aging November 2020 Vol. 4

## Care for the Caregiver:

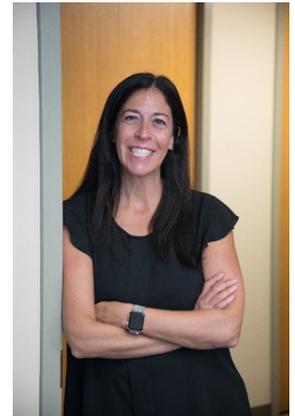
November is Caregivers Awareness Month. We take this month to recognize the tremendous support and dedication caregivers offer. We want to recognize that caregivers need assistance and a break too. That's why Nassau County Office for the Aging proudly funds the Long Island Alzheimer's & Dementia Center (LIADC). This wonderful organization is a one-stop-shop for families living with a dementia diagnosis. Their services include stage-specific day programs Monday through Saturday, door-to-door transportation, in-home respite program, support groups, counseling services, education trainings and so much more! Due to COVID-19 the facility is temporarily closed, but they have successfully transitioned most of their services to virtual platforms.

Nassau County Office for the Aging and LIADC understand the tremendous energy and time that goes into caring for a loved one with dementia. We understand the importance of the in-home respite program. The program offers families a two-hour session of stimulating cognitive activities with trained respite companions. Visits allow caregivers to have some much-needed time to tend to their own needs such as food shopping or medical appointments. Additionally, the program offers therapy to older adults with a clinical social worker specializing in geriatrics, caregiver stress, coping skills and managing life transitions.

For more information on what LIADC has to offer, you can call them at 516-767-6856 or go to their website at [www.lidementia.org](http://www.lidementia.org).



Tori Cohen, LCSW & Executive Director  
Long Island Alzheimer's & Dementia Center



## STAR OF THE MONTH:

Tori joined LIADC in 2003 as a Social Worker and began her leadership role in 2015. A former hospital social worker, after her grandmother's dementia diagnosis, Tori felt pulled into working in this field. She has used her personal experiences to help shape and grow the center into what it is today, implementing crucial services such as in-home respite, transportation, one-on-one counseling and an array of support groups for both diagnosed individuals and caregivers. We want to thank Tori for her great work that positively impacts so many!



### HOW TO JOIN A ZOOM MEETING:

- 1) DOWNLOAD THE ZOOM APP
- 2) OPEN ZOOM ON YOUR COMPUTER
- 3A) CLICK "JOIN A MEETING" IF YOU WANT TO JOIN WITHOUT SIGNING IN
- 3B) SIGN INTO ZOOM THEN CLICK "JOIN"
- 4) ENTER THE MEETING ID NUMBER AND YOUR NAME AS YOU WANT IT TO BE SEEN
- 5) SELECT IF YOU WOULD LIKE TO CONNECT TO AUDIO AND/OR VIDEO
- 6) CLICK "JOIN"





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## Did You Know That...?

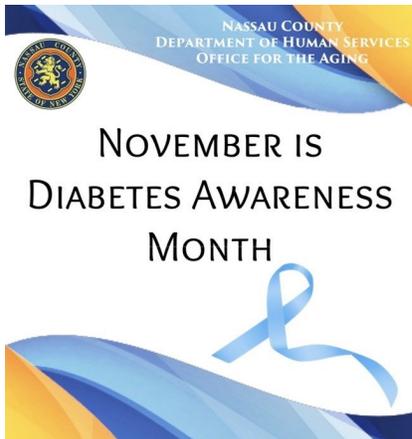
### Home Energy Assistance Program (HEAP):

The Home Energy Assistance Program (HEAP) opens on Monday, November 2<sup>nd</sup>. This program is designed to help low-income households meet the high cost of energy. If you are in need of assistance, you can call the Nassau County Office for the Aging at 516-227-7386 to apply.



### Diabetes Awareness Month:

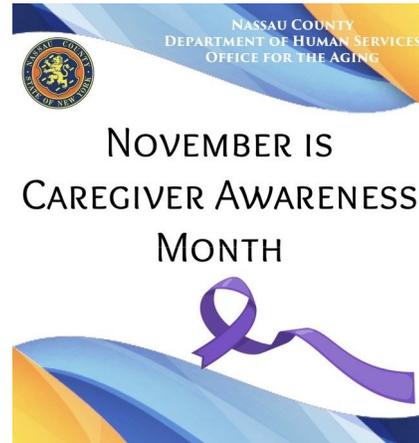
Diabetes Awareness Month. It's a time to come together to recognize the diabetes epidemic and to educate those who are or may be at risk.



For nutritional counseling referrals,  
contact: (516) 227-8974

### Caregiver Awareness Month:

November is Caregiver Awareness Month. This is a time to recognize the dedication, support and hard work of all of our caregivers!



### Medicare Open Enrollment

Medicare Open Enrollment is here!  
October 15—December 7, 2020.

Now is the time to shop around for a new Medicare Part D or Medicare Advantage Plan. Any changes you make will take effect January 1, 2021.

\* Advantage Plans have an additional Open Enrollment  
January 1st—March 31st.

# Medicare

For your Medicare questions, call Health Insurance  
Information Counseling and Assistance Program (HIICAP)  
at: (516) 485-3754 or (516) 227-8915.