



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@hhsnassaucountyny.us

Office for the Aging February 2021 Vol. 2

TIPS TO AVOID CORONAVIRUS SCAMS

Are you still waiting to get your COVID-19 vaccine? Many Americans are, and scammers are trying to take advantage of how eager people are to receive the vaccine! Keep in mind the following tips to keep yourself informed and safe:

- 1) You likely will not need to pay anything out of pocket to get the vaccine due to it being a global pandemic.
- 2) There is no early access to those willing to pay for the vaccine.
- 3) No one from Medicare will contact you about signing up to get the vaccine.
- 4) No one from a vaccine distribution site or Insurance company will call you asking for your Social Security number, or your credit card, or bank account information, to sign you up for the vaccine.
- 5) Beware of providers offering other products in addition to the vaccine, including treatments or medicines to prevent the virus. Check with your health care provider before receiving COVID-19-related treatment.
- 6) If you get a call, text, email, or someone knocking on your door claiming they can get you early access to the vaccine, this is a scam. If you have questions about getting the COVID-19 vaccine, please contact your health care provider for more information.



(516) 227-8900



AVOID CORONAVIRUS (COVID-19) SCAMMERS



ANNOUNCEMENT

Calling All Senior Ambassador Nominees!

Do you know someone who is 60 and over and has a long history of volunteer work and civic engagement? Do you know a senior who went above and beyond during COVID to assist others in need? If so, we want to hear about them!

Nassau County Office for the Aging celebrates Older American's Month during the month of May. In recognition of such an important celebration, we choose two Senior Ambassadors (one male & one female) to be honored. Please feel free to nominate someone by requesting an application from our Office by calling NYConnects at (516) 227-8900. Nominees must be current Nassau County residents.



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FEBRUARY IS NATIONAL HEART MONTH

February is National Heart Month. It is a very important time to be aware of heart health and things you can do to maintain a healthy heart.

Talking about heart health with your loved ones might not be the first topic on your mind, but it's an important one. It could save a life!

Even small changes make a difference. Experiment with cooking your favorite dishes in a healthier way. Use healthier substitutions in recipes. Look for items in the grocery store with low sodium and low sugar. Stock up on fresh fruits and vegetables!

Aim for 150 minutes of physical activity a week. It can be as simple as walking around the neighborhood or trying a new exercise class on Zoom!

Make sure to get your blood pressure and cholesterol checked regularly by a health care provider.



Stars of the Month!

The Life Enrichment Center at Oyster Bay

Although Judy Palumbo is starting her fifth year as the Executive Director at the Life Enrichment Center at Oyster Bay and still feels like an apprentice in the world of serving the aging population. "I'm told we have one of the most comprehensive programs but there is so much more we want to offer. Although our first task at hand will be rebuilding our programs post-pandemic. We need to safely bring people back to the Center and reengage them in the programs that make a difference in their lives. Seniors call to say how much they miss the Center and how much it means to them. I would argue we miss them more" says Judy. Thank you Judy for your hard work and dedication, especially during these difficult times!



Staten Island Chuck Does Not See Shadow!



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February is Black History Month

Nassau County and Office for the Aging proudly honor and celebrate Black heritage, culture and accomplishments.

Born in Hempstead, William Wheeler was among the Tuskegee Airmen that broke the military's racial barrier during WWII.

County Executive Curran was joined by Lt. Wheeler's family to name the road by the Cradle of Aviation Museum in his honor.



February is Black History Month

February 15th is President's Day

With so many Presidents coming from so many different places throughout the Country, what better President to highlight than Teddy Roosevelt who lived right here in Oyster Bay, Nassau County. When not running our beloved nation from Washington D.C., President Teddy Roosevelt was spending time at his Sagamore Hill home in Oyster Bay. It even earned the nickname "The Summer White House." President Roosevelt ran the nation from a small desk with a turn of the century phone. He even hosted many dignitaries in the library, which served as the Oval Office while at Sagamore Hill.

What a wonderful opportunity to get out of the house and visit Sagamore Hill as the weather warms in the spring. The building is currently closed, but you can walk the outside grounds for free, socially distance from others and enjoy an afternoon of history and beauty! For more information you can visit the National Park Service website at www.nps.gov/sahi.



February 15th