



MOVING FORWARD

THE NEWSPAPER OF ROCKLAND COUNTY OFFICE FOR THE AGING
ED DAY, COUNTY EXECUTIVE

NOVEMBER / DECEMBER 2023



Hello friends, With fall now in full swing that means Thanksgiving is right around the corner. I personally will give thanks this year for the amazing things we have all done, as a community, to improve the lives of our county's seniors.

For us older adults, fall also marks decision-making time regarding our health care, particularly Medicare enrollment/re-enrollment. The Rockland County Office for the Aging is a phenomenal resource for this! HIICAP (Health Insurance Information, Counseling and Assistance Program) is the premier source of information in Rockland for everything related to Medicare and general health insurance coverage. And, it is free, objective and confidential.

Office for the Aging has already held several informational events this year, but there

is still time to get your questions answered. Trained counselors will offer essential support and can help you to make informed decisions. Open enrollment closes December 7, so call OFA so they can assist you in choosing among the Medicare options.

If you can believe it, this is the last issue to be published in 2023, so I want to take a moment to wish everyone a joyous and peaceful holiday season. I look forward to seeing you at even more events and programs in the coming year. Let's continue making Rockland County a great place to live for senior citizens.

All the best,

Ed

Ed Day,

Rockland County Executive



OFFICE FOR THE AGING UPCOMING EVENTS

MEDICARE 101

A HIICAP (Health Insurance Information, Counseling, and Assistance Program) Counselor will offer presentations on Medicare with a focus on upcoming changes to Medicare for 2024. The program will include a review of the various assistance programs available for eligible Medicare recipients. HIICAP & NY Connects Staff will be on-site to assist with EPIC, Medicare Savings Program, Medicaid, HEAP, and SNAP applications.

Programs are subject to change; registrants will be notified of any change.

NOV 6 – 11:00am - 1:00pm

An in-person presentation in partnership with
HAVERSTRAW KING'S DAUGHTERS PUBLIC LIBRARY

This is an extended forum featuring presentations by HIICAP,
NY Statewide Senior Action Council, and EPIC.

Topics will include Medicare for 2024, fraud prevention, and EPIC.

Call the library to register 845-786-3800 x18

NOV 15 – 3:00pm - 4:00pm

A hybrid presentation in partnership with
BLAUVELT FREE & ORANGEBURG LIBRARIES

Call your library to register 359-2811 or 359-2244 x18

Stay Informed!

Join our email list

Give us a call at **845-364-2110**

or email us at

ofa@co.rockland.ny.us



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News From the OFA!



Director Martha Robles

Happy Autumn!

It is hard to believe the end-of-year holidays are approaching! As we near Thanksgiving and National Caregivers Month in November, we want to express our appreciation for all the caregivers in our community. At the Office for the Aging, we strive to educate and support caregivers, connect them with services they need, and celebrate their efforts in helping their loved ones live a life with dignity.

We held our Fall Fitness event at Rockland County Fire and Emergency Services in observance of Falls Prevention Awareness Week. Attendees were presented with several helpful talks and demonstrations on the topic, including A Matter of Balance, medication management, and the benefits of chair yoga.

The Home Energy Assistance Program (HEAP) begins accepting applications as of November 1st. This benefit assists eligible residents with the cost of heating their homes. Program details can be found on page 3.

We are currently in the midst of Medicare Open Enrollment, which continues until December 7th. Our HIICAP (Health Insurance Information, Counseling, and Assistance Program) Team is working along with the NY Connects Team to make sure you get all your questions answered for your 2024 Medicare coverage. HIICAP can be reached at 845-364-2100. We experience a high call volume during this time, so please leave a message and someone will return your call.

The Office for the Aging wishes everyone a safe and happy holiday season!

~ Best Regards from the OFA Team!



NY Connects
Your Link to Long Term Services and Supports

NY Connects is a service that provides information and assistance about long-term services and supports in Rockland County. This includes a child or an adult with a disability, an older adult, a family member or caregiver, a friend or neighbor, and helping professionals.

A NY CONNECTS SPECIALIST CAN BE REACHED BY PHONE AT 845-364-3444



Director Robles with Jody Addeo and Diyanni Toxey of the Alzheimer's Association at the Senior Fair.



Chair yoga at Fall Fitness, RC Fire Training Center.



RSVP clowns at Suffern Day.



HIICAP's Medicare 101 at Finkelstein Library.

Equity Summit 2023



Job seekers from the Rockland County Office for the Aging’s Senior Community Service Employment Program (SCSEP) attended the Equity Summit via livestream on October 17th. Each year, the Center

for Workforce Inclusion and CWI Labs convene hundreds of decision-makers, influencers, policy-makers, and practitioners for a unique opportunity – to discuss equitable economic opportunities for older job seekers, especially those living in historically underserved communities. Unlike other conferences, the Equity Summit is exclusively focused on advancing the workforce aspirations of older work-

ers through solutions to systemic ageism, racism, and sexism.

SCSEP is a national program funded by the Department of Labor. The Center for Workforce Inclusion works directly with the Department of Labor and a network of local nonprofits, including the Rockland County Office for the Aging, to oversee and operate the Senior Community Service Employment Program (SCSEP) across the United States.

For more information about SCSEP call (845) 364-2116

~ HEAP 2023-2024 ~

How does it work?

The Regular HEAP season opens November 1, 2023. If you are eligible, you may receive one Regular HEAP benefit per season. You may also be eligible for an Emergency HEAP benefit if you are in impending danger of running out of fuel or having your utility service shut off after January 2, 2024.

The Regular HEAP program only looks at gross household income, Regular HEAP does not look at your available resources (bank accounts or investments).

The Emergency HEAP program has a “resource test.” This means we need to ask you about money available in bank accounts or investment accounts before you are eligible for an Emergency HEAP benefit.

If you are eligible for a Regular HEAP benefit you may receive additional discounts from Orange & Rockland Utilities.

When a Regular HEAP benefit posts to your Orange & Rockland (O&R) account, it automatically enrolls you in their Energy Affordability Program (EAP). This program will deduct a significant amount off your O&R bill for the next 12 months. The amount deducted is based on the Regular HEAP benefit amount you receive. See <https://www.oru.com/en/accounts-billing/payment-assistance/new-york/energy-affordability> for more information.

Are HEAP benefits available year-round?

No, the application period normally begins in early to mid-November and continues until mid-March, provided program funds don’t run out. The 2023-2024 Regular HEAP season runs from November 1, 2023 to March 15, 2024. Be sure to apply for Regular HEAP early; you don’t need to be facing shutoff to apply for Regular HEAP.

Does it matter what my home’s heating source is?

HEAP may be able to help you if you heat your home with: natural gas, electricity, oil, coal, propane, wood, or corn. Your Regular HEAP and / or Emergency HEAP benefit amount will vary based on the fuel type you use.

What is the Clean and Tune Benefit?

The HEAP Clean & Tune benefit opened October 1, 2023 and will run until September 30, 2024. This program is only available to HEAP income eligible homeowners. The Clean and Tune program will clean the primary heating system once every 12 months. The heating system must be operational. The program allows up to \$500 for the furnace cleaning and any minor repairs. The program also allows for the installation of a carbon monoxide detector if the house does not have one less than 5 years old, or the installation of a programmable thermostat.

HEAP also has a program called

HERR (Heating Equipment Repair or Replace) for eligible homeowners.

If a HEAP income eligible homeowner’s primary heating system stops working, or is tagged as unsafe to operate, they can apply for the HERR program. HERR is an emergency program, so there is a resource test in addition to other requirements. Call the HEAP unit at 845-364-3486 to be screened for the HERR program if your primary heating system is not operational.

HOUSEHOLD SIZE	MAXIMUM GROSS MONTHLY INCOME
1	\$3,035
2	\$3,970
3	\$4,904
4	\$5,838
5	\$6,772
6	\$7,706
7	\$7,881
8	\$8,056
9	\$8,231
10	\$8,407
11	\$8,582
Each Addt’l	Add \$642

Rockland County Dept. of Social Services HEAP unit: 845-364-3486.

For assistance with HEAP applications call the Rockland County Office for the Aging: 845-364-2110.

- ROCKLAND COUNTY OFFICE OF CONSUMER PROTECTION -

Not All Home Improvement Licenses Are Created Equal

by Celeste Schaub, Consumer Protection Activities Specialist

Are you thinking about major renovations to your home, maybe a new kitchen, bathroom or just making needed repairs? Make sure to use a licensed Rockland County Home Improvement Contractor. The contractor must be licensed in Rockland County, not any other County or State. Even though the contractor is licensed in Rockland County, each license is assigned up to three classifications. Each classification tells you what the contractor is licensed to perform. All Rockland County Home Improvement Contractor's licenses begin with an "H" followed by a five-digit number and then the classifications (H12345-XX-XX-XX). Each classification describes the type of work the contractor is licensed to do. There are 42 different classifications for which a contractor can apply but may only choose up to three (3). Contractors are given a license based on their experience, qualifications and the proper insurance. Always ask the contractor for his or her license and classification(s), don't go by the name of the company listed on the license or lettering on the truck or van.

For example, Landscaping contractors, classification 18, can perform many types of work, but installing pavers for driveways or patios is not included in landscaping. To perform paver/paving work they must have a Mason (20) or Paving (22) classifica-

CLASSIFICATION #	DESCRIPTION
A6	General Contractor, contracts under \$300,000
B6	General Contractor, contracts unlimited
07	Door/Window Installation
14	Flooring Contractor
15	Tree Services
18	Landscaping
20	Mason Contractor
22	Paving Contractor
23	Roofing/Siding Contractor
25	Swimming Pool Installation
26	Swimming Pool Service
31	Painting Contractor
40	Solar Panel Installation
A5	Rough Carpentry
B5	Finish Carpentry

Common classifications.

tion. Another example would be those contractors licensed for Rough (A5) and Finish carpentry (B5), they are not licensed to perform any roofing work. Roofing would fall under classification 23.

General Contractors, classifications A6 or B6 may perform all phases of home improvement. They can also subcontract any of that work to a licensed Rockland County Home

Improvement contractor. Be advised, only a few of our classifications may subcontract work. In addition to General Contractors (A6 or B6), Swimming Pool Contractors (25) and Solar Panel Installers (40) may also subcontract work but on a limited basis. If hiring a General Contractor who will be subcontracting some or all of the work, ask for the subcontractor's Rockland County license and classification(s).

Although a contractor may have a Home Improvement license, they are not licensed for any Electrical, Plumbing, Heating or Air Conditioning work. These are separate from the Home Improvement license.

Should you have any questions you can always contact Rockland County Consumer Protection at 845-364-3901 or email us at: cplcal@co.rockland.ny.us. Our department can provide information on the contractor you are looking to hire, whether they are licensed, their classification(s), the type of work they are licensed to perform and any complaints they might have against them.



NUTRITION

The Kitchen Sink: An Overlooked Place for Food Safety

by Meredith Carothers, Public Affairs Specialist, Food Safety and Inspection Service (FSIS), USDA

We use the kitchen sink for food preparation – rinsing produce, cleaning pots and pans, washing utensils that touch raw meat, and more. With these activities come the possibility for foodborne illness-causing bacteria to hang out in the sink too. If proper food preparation safety steps are not followed, these bacteria could cross-contaminate your food and make you sick!

In a [USDA recent study](#), participants prepared a breakfast meal with raw sausage, shell eggs, and a fruit salad made with cantaloupe they cut up. Among the surfaces tested, the most often contaminated after they finished preparing their meal was the kitchen sink, with 34% of sinks being contaminated.

Even scarier, 26% of the samples of cut-up cantaloupe from the fruit salad were contaminated after breakfast prep. This can happen when there are bacteria in the sink, and the cantaloupe gets placed in the sink for washing, or if hands weren't washed properly after touching raw meat or poultry or an unwashed cantaloupe. The bacteria in the sink or on your hands can cross-contaminate from the sink to other items, including those you normally eat raw...this means you'll be eating that bacteria too.

After using your sink to wash or prepare food, follow a two-step process to fully clean and sanitize your sink:

1) Clean: use warm, soapy water to wash the sink. Wipe it clean with single-use or paper towels.

2) Sanitize: use a sanitizer and let air dry. Sanitizers can be homemade (1 tablespoon of liquid chlorine bleach per gallon of water) or a commercial sanitizer or sanitizing wipe.

Cleaning and sanitizing will help reduce the risk that your foods or other utensils can be cross-contaminated through food preparation in your sink.

For more information about food safety, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or email MPHotline@usda.gov to reach a food safety specialist or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.



El Fregadero de la Cocina: Un lugar pasado por alto para la seguridad alimenticia

por Meredith Carothers, Especialista en Asuntos Públicos, Servicio de Inspección y Seguridad Alimenticia (FSIS), USDA

Usamos el fregadero de la cocina para preparar alimentos: enjuagar productos, limpiar ollas y sartenes, lavar utensilios que tocan carne cruda y más. Estas actividades conllevan la posibilidad de que bacterias que causan enfermedades transmitidas por los alimentos también queden en el fregadero. Si no se siguen los pasos de seguridad adecuados en la preparación de alimentos, ¡estas bacterias podrían contaminar sus alimentos y enfermarlo!

En [nuestro estudio reciente](#), los participantes prepararon un desayuno con salchichas crudas, cáscara de huevos y una ensalada de frutas hecha con melón que cortaron. Entre las superficies analizadas, la más frecuentemente contaminada después de que terminaron de preparar su comida fue el fregadero de la cocina, con un 34% de los fregaderos contaminados.

Aún más aterrador, el 26% de las muestras de melón cortado de la ensalada de frutas se contaminaron después de la preparación del desayuno. Esto puede suceder cuando hay bacterias en el fregadero y el melón se coloca en el fregadero para lavarlo, o si las manos no se lavaron adecuadamente después de tocar carne o aves crudas o un melón sin lavar. Las bacterias en el fregadero o en tus

manos pueden contaminar desde el fregadero a otros artículos, incluidos los que normalmente comes crudos... esto significa que tú también comerás esas bacterias.

Después de usar su fregadero para lavar o preparar alimentos, siga un proceso de dos pasos para limpiarlo y desinfectarlo completamente:

1) Limpiar: use agua tibia y jabón para lavar el fregadero. Límpielo con toallas de papel o de un solo uso.

2) Desinfectar: use un desinfectante y deje secar al aire libre. Los desinfectantes pueden ser caseros (1 cucharada de cloro líquido por galón de agua) o un desinfectante comercial o una toallita desinfectante.

El limpiar y desinfectar ayudará a reducir el riesgo de que sus alimentos u otros utensilios se puedan contaminar durante la preparación de alimentos en el fregadero.

Para obtener más información sobre seguridad alimenticia, llame a la línea directa de carnes y aves de corral del USDA al 1-888-MPHotline (1-888-674-6854) o envíe un correo electrónico a MPHotline@usda.gov para comunicarse con un especialista en seguridad alimenticia o chatee en vivo por ask.usda.gov de 10 a.m. a 6 p.m. Hora del este, de lunes a viernes.



MEDICARE OPEN ENROLLMENT UPDATE

October 15th-December 7th

Medicare Open Enrollment began on October 15th and runs until December 7th. We experience a high call volume during this time; please allow us 48 hours to return calls. If you are looking for immediate assistance, Medicare (1-800-633-4227) is available 24 hours/day 7 days/week and can assist with any questions you may have.

The Part B premium for 2024 has been announced and will be \$174.70, with a Part B deductible amount of \$240. The Part A deductible for days 1-60 will be \$1,632.

The 2024 monthly premiums for Part D plans range from \$3.70-\$135.40. There are 3 plans offering a \$0 deductible with premiums for these plans starting at \$91.80. BlueCross BlueShield plans, BlueRxPlus PDP and Blue Rx Standard PDP have been terminated for

2024. Elixir plans, Elixir RxPlus PDP and Elixir RxSecure PDP have also been terminated.

Medigap pricing for 2024 is not yet available. That information is expected to be released sometime in November. It is important to note, Medigap policies in NY are not subject to the Open Enrollment dates so if you'd like to make a change to your plan, you may do so at any time of year.

There are a total of 43 Medicare Advantage Plans being offered in Rockland; 14 plans have a \$0 monthly premium and include drug coverage. These numbers do not include any Special Needs or Medicare/Medicaid dual plans.

The key to finding the right Medicare Advantage Plan is to make sure the plan covers your providers and medications. Plans offer different

additional benefits such as dental, vision, hearing, transportation, or an over-the-counter card. Reach out to the company prior to enrolling to discuss coverage details.

The "2024 Medicare Options" packet is available. The packet outlines Rockland's Medicare Advantage Plans and Medigap pricing. If you're interested in receiving this packet, please leave us a voicemail or email us with your full name, phone number, and preferred email address or mailing address. If you need assistance reviewing plan options, please call to schedule an appointment.

We may be reached at (845) 364-2110/2100. You may also reach us by email at ofa@co.rockland.ny.us. We look forward to assisting you with your Medicare needs.

DANA THIESING • thiesind@co.rockland.ny.us

SEEKING NOMINATIONS FOR 2024 SENIOR CITIZEN AWARDS

Each year the County of Rockland recognizes two older adults who share their time, effort and expertise as volunteers in our communities. From the nominations submitted, the Advisory Council to the Office for the Aging will select AND RECOGNIZE one "Senior Citizen of the Year" and one "Outstanding Contribution by a Senior Citizen."

SENIOR CITIZEN OF THE YEAR

is a Rockland resident aged 60 or over who volunteers by creating and/or planning programs that provide needed support services and activities that enhance the lives of senior citizens in the community.

OUTSTANDING CONTRIBUTION BY A SENIOR CITIZEN

will be awarded to a Rockland resident aged 60 or over who has made a positive and beneficial contribution to the senior citizens of the community.



For nomination forms, please visit our website www.Rocklandgov.com and search "Nomination." Nomination forms must be received by the Office for the Aging by January 31, 2024. For assistance finding the nomination form on-line, please call (845) 364-2110.

Compassion Fatigue: What Is It?

It's Different Than Burnout

While it may sound similar to burnout, compassion fatigue comes from the impact of helping others—notably, helping people who have experienced something traumatic, stressful, or emotionally painful. It comes from having a great deal of empathy and then feeling exhausted after a long time of having to use that empathy. You may feel weary, like you're completely depleted, and that you have nothing left to give.

Signs Of Compassion Fatigue

It's important to pay attention to your body's physical and mental signs, as compassion fatigue can develop over time. Be on the lookout for:

- Changes in appetite
- Changes in sleep
- Nausea or dizziness
- Mood swings or changes like feeling sad, numb, angry, or irritable. For example, you may cry more easily.
- Feeling powerless, hopeless, or helpless
- Reduced sympathy and empathy
- Feeling emotionally, physically, and mentally exhausted
- Decreased interest in previously enjoyed activities, or not taking care of your own needs
- Guilt or blaming yourself for not being able to give more or help your care recipient who is suffering
- Thinking over and over about your care recipient's suffering and feeling angry about the people or circumstances that caused the suffering

What Contributes The Most To Your Fatigue?

You may find that different people or situations cause you more fatigue than others. This is normal. Pay attention to how these experiences make you feel. Do what you can to identify the warning signs that something is becoming too much.



For example:

- Taking down drug information from the pharmacist may feel easy, but you find exercise recommendations from the physical therapist stressful because your care recipient experiences intense pain.
- Performing care tasks that upset your care recipient (like bathing or toileting) feel more stressful to you compared to tasks that are neutral or pleasurable for them.
- Managing decisions about care, whether big or small, can make you feel lonely if you're the only one responsible for deciding.

Healing From Compassion Fatigue

It's possible to heal from compassion fatigue. The first step is identifying the source of what's making you feel weary so that you can use strategies to start addressing it. Some strategies you could try include:

- Take note of your signs of compassion fatigue. Now that you're aware of them, you'll be better able to recognize when things are becoming too much.
- Remind yourself what you can control. You can't control your care recipient's condition or how

they feel about it, but you can control how you respond to it.

- Define enough. On the days you feel weary, ask yourself "What could I get done today that would feel like enough?"
- Identify priorities. Ask yourself "What must get done today" and only do those things. If those tasks are too much, consider who you can ask for help.
- Take a time out. Do things that replenish your energy. Giving your mind a break can give you a new perspective on a situation or can simply help you recharge your emotional "battery".
- Take time to do things for yourself, even if it's something small like going outside for 5 minutes to breathe in the fresh air and feel the sun on your face.
- Set boundaries with family members. For example, telling them how often you'll share updates, when you'll receive texts or calls, or how you'll respond when they give unsolicited advice.
- Seek professional help if you need it.

To sign up for more caregiver articles like this, visit the New York State Caregiver Portal, powered by Trualta, at <https://newyork-caregivers.com/signup>.

Rockland County Department of Health, Health Promotion & Chronic Disease Prevention Program

Protect Yourself From COVID-19, Flu, and RSV

Older adults are at higher risk of getting very sick from respiratory viruses, such as COVID-19, flu, and respiratory syncytial virus (RSV). The good news is that there are actions you can take to protect yourself and others.

The best way to reduce your risk is to get vaccinated. Staying up to date on vaccinations, including recommended COVID-19, and flu shots, is one of the best ways to protect ourselves, our families, friends, and community members from severe complications. Check www.vaccines.gov to find out where to get COVID-19 and flu vaccines near you.

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. Vaccines are available to protect older adults from severe RSV and are available at many pharmacies or check with your health care provider.

There are also other actions you can take to protect yourself and others and help stop the spread of germs:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose, or mouth, since germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

- Practice other good health habits such as clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Discuss additional prevention measures with your health-care provider if you are at higher risk of getting very sick, such as those over 65 years old and those with chronic health conditions. For more information visit www.cdc.gov/flu/prevent/actions-prevent-flu.htm or www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html and www.cdc.gov/rsv/index.html. Information about the flu is also available on the Rockland County Department of Health's flu webpage at <http://rocklandgov.com/departments/health/programs-and-services/flu/>.

Take Steps to Promote Healthy Aging!

Many factors influence healthy aging. While some of these, such as genetics, are not in our control, making some lifestyle changes can help you live longer and better. Try these tips from the National Institute on Aging to get started:

- Get moving — try gardening, biking, or walking.
- Choose healthy foods rich in nutrients.
- Manage stress — try yoga or keep a journal.
- Learn something new — take a class or join a club.
- Go to the doctor regularly.
- Connect with family and friends.

To learn more visit www.nia.nih.gov/health/what-do-we-know-about-healthy-aging.



Take Charge of Your Health!

Sign Up for These Free or Low-Cost Wellness Workshops



The Rockland County Department of Health offers the following workshops to help you feel better, take charge of your life and connect with others. Call 845-364-2500 to find out which workshop is right for you:

A Matter of Balance: Learn to reduce your fear of falling and improve your strength and balance.

Tai Chi for Arthritis: Learn the ancient Chinese practice to increase strength, balance, posture, prevent falls and improve mind, body, and spirit.

Put It Out Rockland: Get help to quit smoking.

Better Choices, Better Health: Learn ways to better manage your health conditions.

Living Well with Diabetes Program: Learn to manage your diabetes and prevent complications.

Healthy Neighborhoods Program Can Help You!

The Rockland County Healthy Neighborhoods Program (HNP) offers home visits to identify and discuss health and safety issues in your home for eligible residents including seniors, low-income residents, and at-risk families.

They discuss fire safety, carbon monoxide safety, and cooking safety, and provide free products to help address these issues, such as smoke alarms and carbon monoxide alarms. They also provide night lights to help prevent falls. HNP staff can conduct radon testing in your home to help you have a better picture of your indoor air quality. They also provide outreach and education to address and correct asthma triggers in your home, and provide safe cleaning products such as dusters, green cleaners, mattress covers, and pillow covers.

To schedule a Healthy Neighborhoods Program home visit, presentation for your organization, or for more information, visit <http://bit.ly/2IJccKu> or call 845-364-3290.



STAY UP-TO-DATE ON IMPORTANT INFORMATION FROM THE HEALTH DEPARTMENT!

Like us on Facebook: www.facebook.com/rockhealth

Follow us on Twitter: www.twitter.com/rockhealth

Visit us on our website: www.rocklandgov.com/health

Did you know the RSVP Clowns and the Music Makers accept requests for performances?

The "Clown" Troupe and Music Makers perform throughout Rockland County.

The clowns provide therapeutic humor and are always a great addition to any event!

The Music Makers are a group of highly talented singers belting out beautiful tunes that captivate audiences.

Please call 845-364-2120 for more information.



Information Regarding New Weight Reducing Drugs

by Raghunath M. Mehta, M.D.

Ozempic, Wegovy and Mounjaro are all medications that contain the active ingredient semaglutide. They belong to a class of medications called glucagon-like peptide-1 receptor agonists (GLP-1 RAs) and are used for the treatment of type 2 diabetes and obesity. In obese individuals significant reduction in weight, reduces blood sugar, cholesterol and blood pressure. Here are the benefits and potential side effects of these medications:

Benefits of Ozempic, Wegovy, and Mounjaro:

- **Blood sugar control:** These medications help lower blood sugar levels by increasing insulin secretion, reducing glucagon release, and slowing down stomach emptying. This can lead to an improved blood glucose level in individuals with type 2 diabetes.
- **Weight loss:** Semaglutide has been shown to promote weight loss in individuals with obesity. It acts on the brain's appetite control centers, reduces stomach emptying which leads to reduced food intake and increased feelings of fullness.
- **Cardiovascular benefits:** GLP-1 RAs, including semaglutide, have demonstrated cardiovascular benefits by reducing the risk of major adverse cardiovascular events in individuals with type 2 diabetes and established cardiovascular disease. Reduction in weight, blood pressure and cholesterol contributes to better heart health.
- **Potential for non-alcoholic fatty liver disease (NAFLD) improvement:** There is emerging evidence suggesting that GLP-1 RAs, including semaglutide, may have beneficial effects on liver health, including reducing liver fat and inflammation in individuals with NAFLD.

Side effects of Ozempic, Wegovy, and Mounjaro:

1. Gastrointestinal effects: The most common side effects of semaglutide include nausea, vomiting, diarrhea, and constipation. These symptoms are

usually mild to moderate and tend to improve over time. Constipation can be moderate to severe and can become chronic for as long as such medications are used.

2. Hypoglycemia: While GLP-1 RAs like semaglutide have a low risk of causing hypoglycemia when used as monotherapy, the risk may increase when combined with other diabetes medications that can lower blood sugar levels. Monitoring of blood sugar is important.

3. Injection site reactions: Some individuals may experience injection site reactions, such as redness, itching, or swelling at the injection site.

4. Pancreatitis: There have been some reports of pancreatitis (inflammation of the pancreas) associated with GLP-1 RAs, including semaglutide. Symptoms may include severe abdominal pain that may radiate to the back, nausea, and vomiting.

5. Thyroid tumors: In animal studies, semaglutide has been associated with an increased risk of thyroid C cell tumors. However, the clinical significance of this finding in humans is still being investigated. Use of such medications is contraindicated in the presence of thyroid cancer.

6. Depression: There have been a number of reports of people getting anxious and depressed while using this class of medications. In some instances severe depression can lead to suicidal thoughts. It is yet to be determined if such persons had prior history of depression or if they got depressed for the first time while on such drugs.

It is important to note that the specific benefits and side effects of these medications may vary among individuals. Generally, for the majority of patients for whom such drugs are prescribed, the benefits far outweigh the risks. It is recommended to consult with your physician for a thorough evaluation of the potential risks and benefits of these medications based on the evaluation of your health status.



Image by vectorgraphit on Freepik



10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



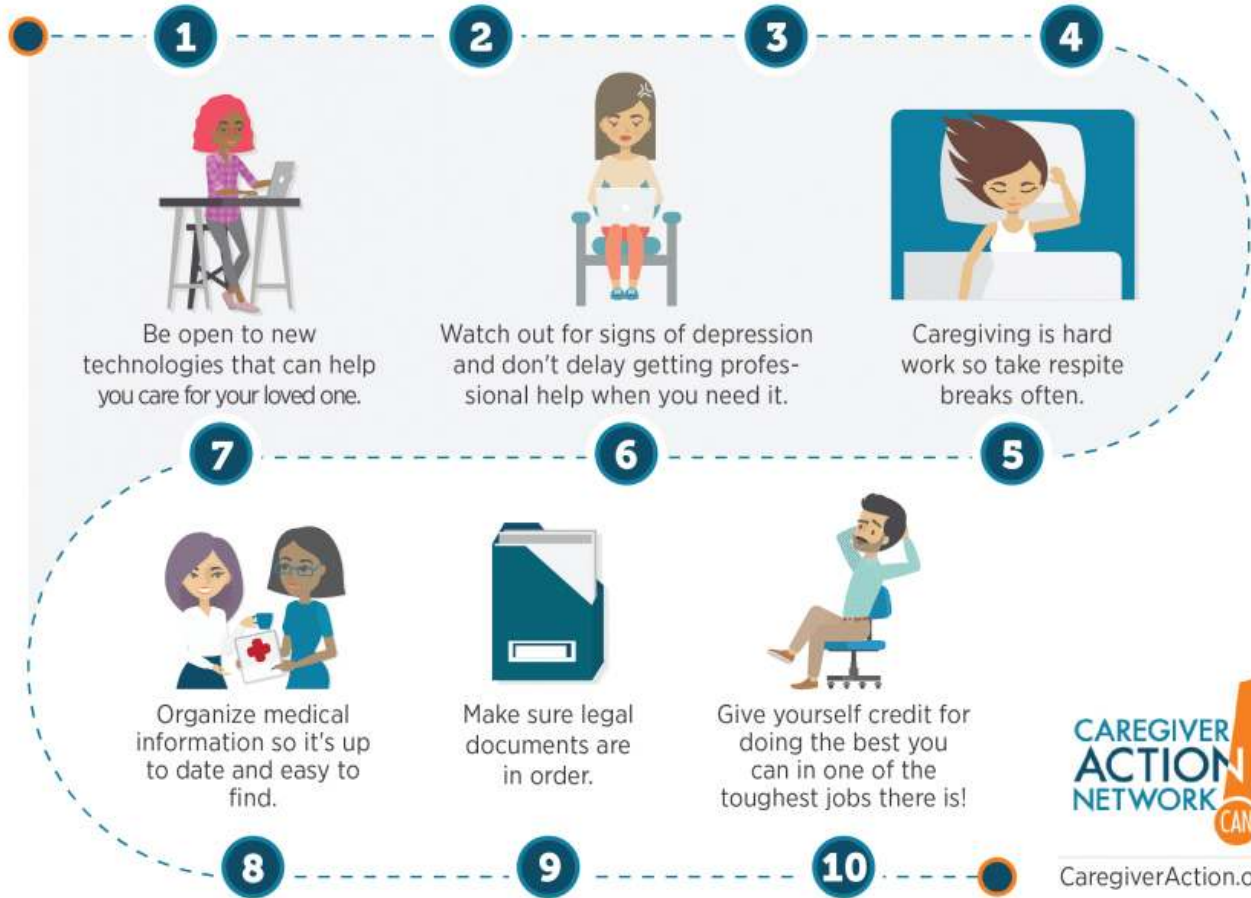
Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.





NO WRONG DOOR

NY Connects functions as “hub” to the **No Wrong Door** system, a comprehensive resource for all long-term services and supports.

The program serves all ages, regardless of income or background. We provide one-stop information, assistance, and referral services needed to make informed decisions. Our goal is to assist clients in safely maintaining their independence and remaining in their homes as they choose. Individuals, families, and caregivers often have multiple needs across systems.

NY Connects works to create seamless linkages to other agencies and assists with any public assistance applications. Person-centered counseling services are provided at no cost to our clients.

CONTACT:

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NY Connects
Your Link to Long Term
Services and Supports

NY CONNECTS:

Westchester Independent
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*Serving – Westchester, Rockland,
Orange, Putnam, Dutchess,
Ulster, and Sullivan Counties*

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