

IMPORTANT PHONE NUMBERS

ASSEMBLYMAN ED RA'S DISTRICT

OFFICE: 516-535-4095

NASSAU COUNTY OFFICE FOR THE

AGING: 516-227-8900

NASSAU COUNTY VETERANS

SERVICE AGENCY: 516-572-6565

LONG ISLAND CRISIS CENTER SENIOR CONNECTION HOTLINE:

516-679-0000

NASSAU COUNTY DEPARTMENT OF

HEALTH: 516-227-9697

EPIC PRESCRIPTION PROTECTION

FOR SENIORS: 1-800-332-3742

MEDICARE AND MEDICAID CLAIMS:

1-800-633-4227

 **New York** Blood Center

URGENT NEED! BLOOD DRIVE

**WEDNESDAY, JULY 14TH
FROM 1:00 P.M. - 7:00 P.M.
AT THE GOLD COAST PUBLIC
LIBRARY ANNEX
50 RAILROAD AVE.
GLEN HEAD, NY 11545**

Donors:

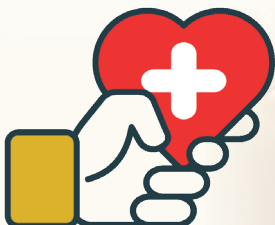
1. Must wear a mask or face covering
2. Will have their temperature taken

To be a donor you must:

- Bring a valid photo ID
- Eat well and be hydrated prior to your appointment

Please call the district office at (516) 535-4095 to receive the link to make an appointment.


All Presenting Donors Receive an E-Gift Card Courtesy of the New York Blood Center!



ASSEMBLYMAN

ED★RA

19th Assembly District



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UPCOMING *virtual events*

WELLNESS WEDNESDAY VIRTUAL SERIES WITH NORTHWELL'S KATZ INSTITUTE FOR WOMEN'S HEALTH:

WEDNESDAY, JULY 14TH AT 11:30 A.M. HOW TO STAY YOUNG FOREVER

When it comes to youthfulness, chronological age is less important than our lifestyle. We can't stop the aging process completely, but we can learn to slow it down. Join our preventive medicine specialist to learn the steps you can take to feel youthful at every age.

WEDNESDAY, JULY 21ST AT 11:00 A.M. EXERCISING SAFELY

Regular physical exercise can help you feel better, deal with stress more easily, and handle daily activities more comfortably. Light to moderate exercise can be done at any age. Join our physical therapist to learn tips on exercising safely and avoiding injury.

WEDNESDAY, AUGUST 4TH AT 11:00 A.M. ANXIETY & DEPRESSION

When you're going through difficult times, it is normal to be anxious or sad for a while. But if these feelings persist and cause significant distress or interfere with day-to-day function and relationships, this may be a sign of something more serious. Join us to learn more.

WEDNESDAY, AUGUST 11TH AT 11:00 A.M. COMMUNICATING EFFECTIVELY WITH YOUR HEALTHCARE TEAM

When it comes to your personal health, lifestyle, and history, you're the center of the team. Learning how to speak with your doctor is easier than you think and can help you make better choices about your health. Join us to learn how to take an active role in your healthcare and make the most of your doctor visits.

**WEDNESDAY, AUGUST 18TH AT 11:00 A.M.
KNOW YOUR NUMBERS**

Did you know there are some numbers in your health profile that can add up to good health? Your blood pressure, cholesterol, triglycerides, blood sugar level and body mass index/waist circumference provide vital clues to your heart and overall health. Join us to learn about these numbers and the story they tell us.

Please call the district office at (516) 535-4095 to register for one or all of the lectures.

BETTER HEALTH & WELLNESS VIRTUAL SERIES WITH THE GARDEN CITY SENIOR CENTER, & NORTHWELL'S KATZ INSTITUTE FOR WOMEN'S HEALTH:

**TUESDAY, SEPTEMBER 28TH AT 11:00 A.M.
MANAGING YOUR MEDICATIONS**

Many Americans admit they don't always take their medication as directed. As we get older, our medication regimen may become increasingly complicated. But skipping a medication that is supposed to keep us healthy, or taking it incorrectly, can lead to significant health risks. Join us to learn how to manage your medications for the best results.

**TUESDAY, OCTOBER 5TH AT 11:00 A.M.
WOMEN AND HEART HEALTH**

Although heart disease is largely considered a man's disease, it is also the leading cause of death for women. But did you know that 80% of all heart disease is preventable? Join us to learn more about heart disease in women and what you can do to keep your heart in tick-top shape.



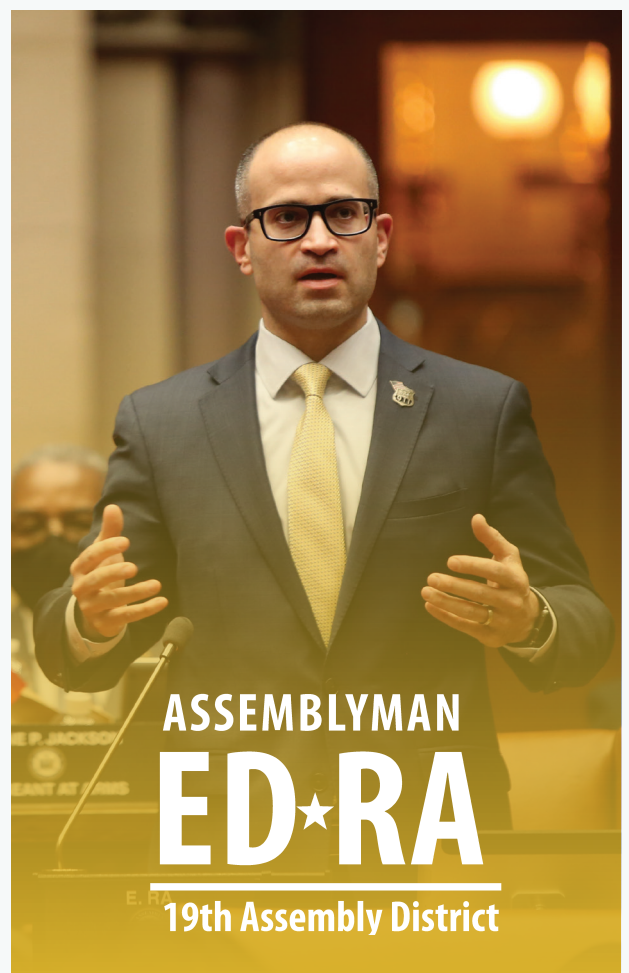
**TUESDAY, OCTOBER 12TH AT 11:00 A.M.
UNCONSCIOUS BIAS**

People have hidden beliefs or attitudes that they are not aware of regarding other people or groups of people. We go about our lives, interacting with people, and making unconscious judgments that affect our attitudes, behavior, and our choices and we don't even know it. Join us as we explore these implicit biases, learn where they come from, and take positive steps to overcome them.

**TUESDAY, OCTOBER 19TH AT 11:00 A.M.
I MAY LOOK GOOD—BUT I DON'T SEE SO WELL! (VISION IN OLDER ADULTS)**

Maintaining the best possible vision is an important part of your overall health. Many eye conditions become more common as we age, and research shows that people with poor vision are at risk for falls, isolation, and decreased independence. Join us to learn how to protect your eyes and keep seeing your best.

Please call the district office at (516) 535-4095 to register for one or all of the lectures.





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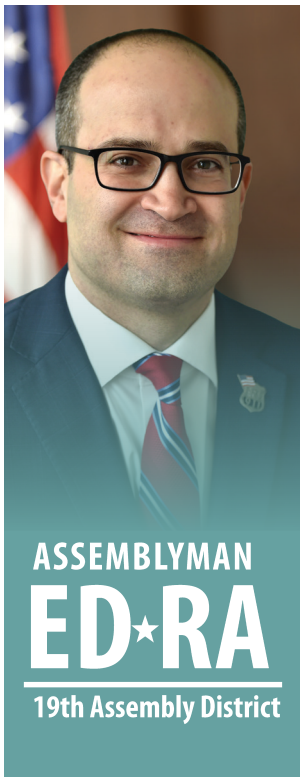
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**ASSEMBLYMAN
 ED RA'S SENIOR**
newsletter



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senior newsletter ASSEMBLYMAN ED RA'S

For information on this or any other state issues, please contact Assemblyman Ra at:
 825 East Gate Boulevard, Suite 207,
 Garden City, NY 11530 •
 516-535-4095 • rae@nyassembly.gov



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