AVP CORNER

February is drawing to a close and we continue to battle the pandemic and struggle to keep ourselves and each other safe. There is hope on the horizon with the vaccine rollout, but we must continue to be vigilant.

As we continue to navigate the pandemic, we must be aware of the consequences of social isolation, especially on the senior community. I want to address the challenges of coping with loneliness, and the dangers of alcohol and substance abuse for older adults as they remain at home, often alone and isolated.

Read more here from Lisa Stern, AVP Senior & Adult Services.

What Does Black History Month Mean to You?

“For me, Black History Month can be summed up in the words of MLK Jr. who said, “By the time we leave for work, Americans have been dependent on inventions that came from the minds of blacks.”

Black History Month enables all Americans to learn about and celebrate the contributions of black people to our way of living, despite fighting for equality and equal justice. Black history entails much more than fighting for causes. For example, as seen in the motion picture “Hidden Figures”, these black women made enormous contributions to the space effort, despite segregation, male chauvinism and racism. These individuals were unheralded for many years until the movie was later released.

How many golfers know that the golf tee was invented by a black dentist? How many know that “Fredericks” is not just a brand name, but also the name of the African American who played a part in inventing the air conditioner, Frederick Jones? Or that without Philip Emeagwali, a Nigerian mathematician who CNN called, “one of the top ten greatest minds”, we would not have the internet? The list goes on and on.

Black History Month is an opportunity to enlighten society of the many contributions to the fabric of society by blacks that go beyond sports, entertainment or civil rights.”
In honor of Black History Month and National Caregivers Day, the Senior & Adult Services Division would like to highlight the work of African American Caregivers who struggle in silence while caring for their loved ones with Alzheimer’s Disease and related dementias.

The Alzheimer’s Association has identified an emerging public health crisis among African Americans — the "Silent Epidemic of Alzheimer’s Disease". Research shows that Alzheimer’s disease is more prevalent among African Americans. According to the Emory University Goizueta Alzheimer’s Disease Research Center, current reports state that Alzheimer’s is the sixth leading cause of death for all Americans, and the fourth leading cause of death for older African Americans. Additionally, the study notes that African American elders are two to three times more likely to have Alzheimer’s disease compared with whites.

Read more here.

(Source: The Costs of Alzheimer’s and Other Dementia for African Americans by The African American Network Against Alzheimer’s; https://www.alz.org/media/Documents/african-americans-silent-epidemic-r.pdf)

In Remembrance

During Black History Month, FCA programs paid tribute to not only African American icons and those who shaped the history of the nation, but also those who have shaped the lives of staff and clients at FCA within the organization’s own walls.

The Senior & Adult Services team took a step back this month to once again reflect on a well-known and beloved program participant and highly esteemed Tuskegee Airman, William Johnson, who passed away in January.

William Johnson, Glen Cove native and esteemed Tuskegee Airman, became a participant of FCA’s EISEP Program in December 2020. At that time, he was referred to EISEP by the EAC Home Delivered Meals Program. He was assigned to an FCA Case Manager and received services from the EISEP program until his passing. It was our honor to provide services to Mr. Johnson, a local hero, and his wife Teresita Medina Johnson. Click here for more on Mr. Johnson’s life and great accomplishments.

National Caregivers Day

In recognition of National Caregivers Day on February 19, FCA’s Caregiver Support Program partnered with Parker Jewish Institute for Health Care and Rehabilitation.
to host a Memory Café virtual event.

Our participants were able to enjoy live music and entertainment together along with our staff. A great time was had by all!

Thank you to all the caregivers out there!

Mark Your Calendar

Black History Month Mini-Concert Event

February 26th | 1-2pm
Via Zoom

RSVP to AAndrews@FCALI.org to receive Zoom invitation.

Click here to view flyer!

Programa de Apoyo para Cuidadores de Alzheimer
Alzheimer's Caregiver Support Program

February 25th, March 11th & March 25th | 2pm
Via Zoom

Presented by Sylvia Lopez. RSVP to 516-643-8173 to receive further information.

Click here to view flyer!

Alzheimer's Caregiver Support Program
Family Support Group

March 4th, 18th & April 1st | 10am
Via Zoom

Presented by Angela Andrews.
Alzheimer's Caregiver Support Group
March 8 & 22- 2pm via Zoom
Spouses, children, and caregivers welcome!
Share experiences, voice concerns, and discuss solutions with fellow caregivers.

RSVP to KHaire@FCALI.org to receive further information.

Click here to view flyer!

Millennial Caregiver Support Group
March 17- 7pm via Zoom
A caregiver support group for those who are balancing their education, employment and relationships all while caring for a loved one with Alzheimer's disease or another dementia.

RSVP to KHaire@FCALI.org to receive further information.

Click here to view flyer!

Early Stage Support Group
Coming soon!
Stay tuned for more information to come.

MINI MIGHTY MAN
Triathlon Event
IN SUPPORT OF LONG ISLAND’S MOST VULNERABLE

Our Senior & Adult Services team invites you to learn more about what we do and to
Newsletter Editors: Regina Anderson & Marilyn Mohsin

FCA’s Senior and Adult Services are made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging, and the U.S. Administration on Aging, US Administration for Community Living, Department of Health and Human Services Washington D.C. Programs are also supported by grants received from the Fay J. Lindner Foundation, Manhasset Community Fund, Ferriday Foundation, NY State Department of Health, NY State Office of Mental Health, NY Division of Criminal Justice, Huguette Clark Foundation, Federal VOCA Victim and Witness Assistance, New York State Office of Victims Services, and Lifespan of Greater Rochester Inc.

Follow us on social media to keep up to date on FCA news & events!

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