As increasing numbers of people get vaccinated, we can look toward spring as a time of rebirth, renewal, and reconnection. With the warmer weather there will be opportunities for outside visits, and the more community members who are vaccinated, the safer we all will be. FCA Senior Program staff have resumed in-home visits for seniors, with proper precautions and safety measures. Office visits by appointment are also available at FCA’s new home: 377 Oak Street, Garden City.

Please take this opportunity to reach out to friends and family members to let them know they are not alone. FCA is here and ready to help.

Lisa Stern, LCSW-R
AVP Senior & Adult Services

Nassau County is among the U.S. Communities “going gray” the fastest, according to the U.S. Census. The 55+ population in Nassau County is growing at a rate 6 times greater than the country's overall population. The median age of county residents exceeds that of the state and nation.

This aging population represents a growing proportion of residents facing anxiety, depression and suicide, alcoholism, misuse of prescription drugs and isolation.

Read more on how our local seniors are being affected, helpful mental health tips, and how FCA's OMH LinkAge program can help.

Check out our upcoming events!

- Alzheimer's Caregiver Support Group
- Spanish Speaking Support Group
- Millennial Support Group
- Frontotemporal Lobe Dementia Support Group
- Individual Counseling & Support Sessions
Mental Health Moments
Alzheimer's Caregiver Support Program
In Recognition of Mental Health Awareness Month

May 17-21 Event Series

For more information, contact KHaire@FCALI.org or (516)551-2610.

Click here to view flyer!

Interactive Art Fun Event
Alzheimer's Caregiver Support Program
In Recognition of Mental Health Awareness Month

May 27 • 1pm

For more information, contact KHaire@FCALI.org or (516)551-2610.

Click here to view flyer!

Improving Quality of Life for Local Seniors

FCA's Chore Program assists seniors with household chores, laundry, food shopping and preparation, errands and help getting to medical appointments. Before the COVID-19 pandemic FCA chore workers were visiting 61 clients per week.

As a result of the shutdowns, in-home services were placed on hold. As our clients are vulnerable and depend on us for support, FCA’s staff acted swiftly and creatively to implement a new plan.

Learn more about these dedicated and compassionate FCA team members who keep our local seniors safe and comfortable.
Staying Alert & Informed

Scammers operate in two ways. They will attempt to make their audience afraid that if you don’t do what they ask right then and there, something bad will happen to you or someone you love. Or, scammers may attempt to attract their audience with money, prizes like free vacations, or a romantic relationship that is about to blossom.

Hackers attempt to exploit weaknesses in your computer and/or over the phone. They may trick you into downloading malicious software on your device so they can steal your personal information or even take control of your device. In all of these cases, these “professional thieves” are trying to get you to part with your hard earned dollars or they are phishing for personal information to be used against you at a later date.

How Can You Protect Yourself or Your Loved Ones?

- Personally, verify the identity of any company, charity or individual contacting you and asking for money or personal information.
- Never give personal information over the phone to unknown callers.
- Never make a donation or payment for services using a gift card.
- Never click on a link in an email unless you verify the authenticity of that email.
- Review all your monthly financial statements, credit card bills and credit reports.
- Make sure your anti-malware computer software is operating and up to date.

For more information, contact FCA’s Elder Abuse Prevention program today.

info@FCALI.org • (516) 485-3425 , option #3

How to Identify a COVID-19 Scam

How can you protect yourself and your loved ones from fraudulent scams? How can you identify legitimate calls, emails and other requests versus those that are dangerous?

Find out more here on how to identify scams and how to play it safe with some tips from FCA’s Elder Abuse Prevention Program.

Did You Know

You can support FCA when you shop on Amazon!

Simply designate FCA as your charity of choice through Amazon Smile & shop away!

Amazon will donate 0.5% of eligible purchases – no fees, no extra cost.

Our Senior & Adult Services team invites you to learn more about what we do and to support our life-saving programs, especially during these unprecedented times.