

Notes from the Navigator....

A Monthly Newsletter about Serving Customers with Disabilities in the One-Stop System



HEAP: Keeping You Warm This Winter

~By Ivy Chang

The **Home Energy Assistance Program (HEAP)** is a federally funded program available to New York residents with households that have larger percentages of their income spent on energy costs, contain a vulnerable individual (children under 6, adults 60+ or disabled) and have the lowest income.

Eligibility: Eligibility is based on household size and total gross household income. For example, the total monthly income for a household of one may not exceed \$1,702, household of 2- \$2,226; household of 3,-\$2,749, etc.

Regular HEAP Benefit:

Households who do not pay directly for heat may be eligible for \$40 or \$50 depending on income level. Households who do pay directly for heat may be eligible for \$150-\$400 depending on income level.

Emergency HEAP Benefit:

A one-time HEAP emergency benefit will be issued until funds are exhausted in order to restore or continue utility service to eligible customers for 30 days. A benefit may include repair of es-

The A, B, C's of Hepatitis ~Leslie Monsen

With the recent publicity of Hepatitis and its effects and the explosion of new medications on the market, many people are confused about the differences between Hepatitis A, B, and C. Many people are afraid to come in contact with people with Hepatitis, but with advances in detection and new medications, individuals with hepatitis are returning to work or continuing to work in the same job or in a reduced/restructured manner.

First of all, to alleviate all fears, Hepatitis A, B and C are not and cannot be spread through casual contact in the workplace or in social settings. The hepatitis A virus (HAV) is transmitted from person to person by putting something in the mouth that has been contaminated with the stool of a person with hepatitis A. Once infected the person may experience flu-like symptoms, but will suffer no long term effects. Hepatitis A is preventable by administering immune globulin of the hepatitis A vaccine. So listen to the advice of your mother, wash your hands frequently and do not put your hands in your mouth.

The Disability Program Navigator Initiative is a collaborative effort of HempsteadWorks, VESID & Abilities, Inc.

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essential heating equipment, temporary emergency shelter or relocation of a heating system is not operational and installation or reconnection of propane service. Benefits range from \$100-\$485 and are based on the type of fuel used, household income / size and whether there is a vulnerable person, as described in the program guidelines.

In addition, HEAP may be able to fund the replacement of essential heating equipment through the Weatherization Assistance Program.

For more information call **1-800-342-3009** or Nassau County Dept. of Social Service at (516) 571-5584



**Download the HEAP application form at <http://www.otda.state.ny.us/otda/heap>*

Hepatitis B is a chronic disease that can cause lifelong infection, cirrhosis of the liver, liver cancer, liver failure and death. The hepatitis B virus (HBV) is transmitted by coming into contact with blood and body fluids of an infected person. There is a vaccination available to prevent Hepatitis B.

What most people hear about today is Hepatitis C. This is a disease of the liver with similar long-term effects as hepatitis B. The hepatitis C virus (HCV) is spread when blood or body fluids from an infected person enters the body of a person who is not infected. Many people with Hepatitis C may not experience any symptoms for some time. There is no vaccine to prevent Hepatitis C. Symptoms of Hepatitis C may include flu-like symptoms, fatigue and depression.

Any accommodations needed largely depend on the individual, their symptomology and their job requirements. Some general accommodations for individuals with Hepatitis: may need time off from work, a modified job schedule, job restructuring, telecommuting or work at home, or job reassignment.