



COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICE  
Office for the Aging

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# Office for the Aging September 2020 Vol. 2

## AWARENESS

Did you know that September is National Cholesterol Education Awareness Month? It's a great time to get your blood cholesterol checked and take steps to lower it if it is high. It is also a good time to learn about lipid profiles and about food and lifestyle choices that can help you reach a healthy cholesterol goal!

## Farmers' Market Coupon Program

Even though it's September and the summer is winding down, it's still farmers' market season! The Nassau County Office for the Aging is still busy distributing farmers' market coupons to seniors who qualify. These FREE coupons offer you \$20 worth of fresh fruits and vegetables from local farmers' markets. Please contact the Nassau County Office for the Aging at 516-227-8900 for a schedule of where and when we will be distributing these coupons!



Staff from Cornell Cooperative Extension of Nassau County Distributing Produce Bags at a Local Farmers' Market

## Cornell Cooperative Extension of Nassau County—Food & Nutrition Program

When most of us hear of Cornell University, we think of that Ivy League university up in Ithaca, NY. That is their main campus, but did you know that they have an extension right here in East Meadow, NY? Cornell Cooperative Extension of Nassau County offers many programs. One which is a tremendous benefit to senior citizens is their food & nutrition programming. They offer free or low-cost educational workshops, applied research projects and lots of useful information on food related topics from food safety and nutrition to healthy eating on a limited budget. Nassau County Office for the Aging has created a partnership with Cornell Cooperative Extension in order to connect seniors with their informative programming. Check out what they have to offer at <http://ccenassau.org/food-nutrition>.

## Star of the Month

Nicole Borukhov is a Registered Dietitian/Nutritionist and Community Nutrition Educator with Cornell Cooperative Extension of Nassau County. She provides interactive nutrition education to seniors throughout Nassau County. Although program delivery has changed significantly due to the COVID-19 pandemic, Nicole swiftly transitioned from in-person nutrition classes to virtual programming, providing recipe videos, live virtual classes, nutrition tips via Facebook, and more. Nicole has also been partnering with the Nassau County Office for the Aging to bring locally grown produce to senior housing and community centers to provide seniors with access to fresh fruits and vegetables and the opportunity to redeem their farmers' market coupons. Thank you Nicole for your dedication to the health and nutrition of Nassau County seniors!



Angeline Jones from Nassau County Office for the Aging distributing Farmers' Market Coupons at a coordinated mobile market.