



COUNTY OF NASSAU  
DEPARTMENT OF HUMAN SERVICE  
Office for the Aging

60 Charles Lindbergh Boulevard, Suite #260  
Uniondale, New York 11553-3691  
516-227-8900/FAX 516-227-8972  
seniors@hhsnassaucountyny.us

# Office for the Aging March 2021 Vol. 3

## MARCH IS MULTIPLE SCLEROSIS EDUCATION AND AWARENESS MONTH

Every March is Multiple Sclerosis Awareness month, a time for those diagnosed family members, and supporters to share information, empathy, and camaraderie, drawing attention to this disease of the central nervous system. MS happens when one's immune system attacks the nerve cells and renders them unable to properly transmit information, causing balance issues, weakened vision, fatigue, and other unpredictable symptoms. Approximately 2.5 million people worldwide suffer from multiple sclerosis. The cause is unknown, and there is no definitive cure as of now. However, there are many effective treatments, so those afflicted with MS should not lose hope. This month is all about raising awareness, educating society and getting behind scientists that seek to advance our understanding of MS.



### Star(s) of the Month!

**Mary Clare Campion (Director)  
Ombudservice Program  
Family & Children's Association**

Mary Clare has been a Licensed Master Social Worker for the last 20 years and has been an advocate for the elderly for most of her career. Mary has been working in her role with the Family & Children's Association for the past 3 years. Throughout the pandemic, Mary Clare and her dedicated team: Kim Accardi, Mara Schwartz

and Margie Bayer, have continued to respond to calls and advocate for residents (and their families) who reside in nursing homes, assisted living facilities and adult homes in Nassau County. Thank you Mary Clare and your team for advocating for one of our most vulnerable populations, at a time when our senior citizens need the most protection!

### Free Tax Assistance

Tax season is here and we have help for you! Family & Children's Association offers free income tax assistance for seniors and qualifying individuals with income under \$72,000. Volunteer tax counselors are available to prepare federal and state income tax returns for 2020 and previous years. If you are interested, you must call 516-485-3425 (Press 4 to reach a counselor) to schedule an appointment.



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## NATIONAL NUTRITION MONTH

Nutrition has a huge impact on the physical health and well-being of older adults. Many people may not realize that nutrition needs vary depending on a person's age. Nutritional needs for seniors are much different than that of younger adults. Not only does healthy eating for seniors contribute to physical health, but it also has a huge benefit on memory and mental function. Here are some of the best foods to Include along with some tips for meeting the nutritional needs of seniors:

Add flavor with spices and herbs. Avoid high cholesterol and high sodium flavorings like butter and bacon.

Stick with fresh or frozen fruits and vegetables. Canned goods contain high levels of sodium and sugar.

Encourage several small meals instead of three large meals.

Include dark leafy greens like spinach, kale and collard greens. These are packed with vitamins and minerals.

Stick with complex carbohydrates such as oats, brown rice, and whole grain pasta or breads.

Choose bright colored fruits and vegetables like peppers and cranberries. These contain lots of antioxidants.



## MARCH IS NATIONAL NUTRITION MONTH



Include lean protein with every meal like chicken, ground beef and beans.

Avoid refined sugars and simple carbs such as baked goods, white bread and white rice. These spike blood sugar levels and don't offer much nutritional value.

Make sure to speak with your doctor about adding multivitamins and supplements for well-rounded senior nutrition.

Don't forget to stay hydrated!



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## MARCH IS WOMEN'S HISTORY MONTH

Every year March is designated Women's History Month. The month is highlighted to honor women's contributions in American society. Women's History Month began as a local celebration in Santa Rosa, California. It began as Women's History Week in 1978 and evolved after a consortium of women's groups and historians successfully lobbied for national recognition. In 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the week of March 8, 1980 Women's History Week. Subsequent Presidents continued to proclaim National Women's History Week in March until 1987 when a law was passed designating March as Women's History Month. There is truly so much to celebrate. As Jimmy Carter put it "From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well." Let's always celebrate and recognize the wonderful contributions of women to American history and everyday society!



## MARCH IS WOMEN'S HISTORY MONTH



County Executive Laura Curran unveils a sign at the Theodore Roosevelt Executive and Legislative Chamber on the 100th Anniversary of women winning the right to vote. This sign commemorates the first suffragette march on Long Island.





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**Congratulations  
Sue Sandberg of  
Long Beach!**

One of the EAC, Inc.  
Zoom Bingo winners  
collecting her prize at the  
local center.

**Happy St. Patrick's Day!**

St. Patrick's Day is right around the corner. Try swapping a traditional Shepherd's Pie for an equally delicious, healthier version. Check out this Spring Vegetable Shepherd's Pie recipe created by Chef Tiffany at Cornell Cooperative Extension of Nassau County.



## MARCH 17TH ST. PATRICK'S DAY



### Spring Vegetable Shepherd's Pie:

Serves 6  
Serving size 1 ¾ Cup

#### Ingredients:

- 2 - 12oz pkg frozen riced cauliflower
- 1 - 6oz package light garlic herb spreadable cheese
- 1 ½ tbs of extra virgin olive oil
- 1lb lean ground turkey
- 2 cups chopped carrots
- 1 cup frozen peas
- 1 1/3 cups chopped zucchini
- 1 cup chopped yellow onion
- Salt to taste
- ½ tsp black pepper
- 1 tsp thyme
- 1 ½ cups unsalted chicken stock
- 3 tbs cornstarch

**\*\*May substitute 2 cups of cooked lentils or chopped mushrooms for ground turkey for a vegetarian option\*\***

#### Directions:

Preheat broiler to high  
Microwave cauliflower until tender. Combine cauliflower and cheese in a blender until smooth.  
Heat oil in a large oven-proof skillet over medium high. Add onions and cook until soft. Add turkey and cook about 4 minutes. Add carrots, zucchini and peas. Add salt, pepper and thyme. Add cornstarch and continue to stir.  
Increase heat to high and add chicken stock.  
Cook, stirring constantly until thickened.  
Spoon cauliflower mixture over turkey and vegetable mixture in the skillet. Smooth with a spoon.  
Broil until cauliflower topping is golden brown, about 4 minutes. Serve!



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**(516) 227-8900**

## MUSIC BY CATEGORY

### 90+ year olds:

The Andrews Sisters  
Benny Goodman  
Bing Crosby  
Glenn Miller  
Judy Garland

### 80+ year olds:

Dinah Shore  
Doris Day  
Nat King Cole  
Patti Page  
Tony Bennett

### 70+ year olds:

Connie Francis  
Elvis Presley  
Essential Everly Brothers

### 60+ year olds:

Aretha Franklin  
The Beatles  
Frankie Valli and the Four Seasons  
The Rolling Stones  
Roy Orbison  
Simon & Garfunkel

### Jazz:

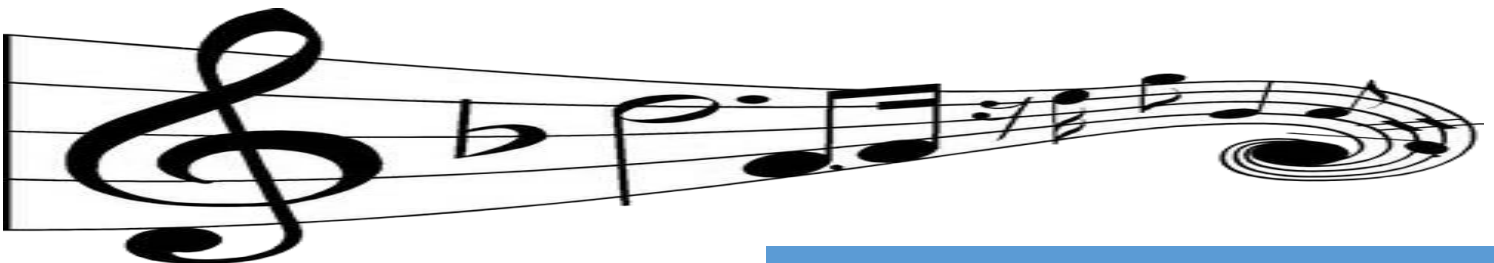
Billie Holiday  
Charlie Parker  
Duke Ellington & John Coltrane  
Ella Fitzgerald  
Louis Armstrong

## MUSIC FOR SENIORS

Music is an amazing way to improve quality of life for older adults. Many studies show that the benefits exceed beyond just entertainment. Music reduces stress, anxiety and pain in a drug-free way! It also improves immune function, helps memory and encourages exercise.

Another benefit is that music helps people reminisce and go back and relate to emotions and experiences. That's why it is often recommended for people with Alzheimer's or dementia. It reduces the agitation and anxiety that comes with it and boosts happiness and engagement.

In order to reap the benefits, it's important to play music that your senior enjoys and connects with. Check out some top artists from different Generations.





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## ANNOUNCEMENT

### Calling All Potential Senior Ambassador Nominees!

Do you know someone who is 60 and over and has a long history of volunteer work and civic engagement? Do you know a senior who went above and beyond during COVID to assist others in need? If so, we want to hear about them!

Nassau County Office for the Aging celebrates Older American's Month during the month of May. In recognition of such an important celebration, we choose two Senior Ambassadors (one male & one female) to be honored. Please feel free to nominate someone by requesting an application from our Office through NYConnects at (516) 227-8900. Nominees must be current Nassau County residents.

2019 Winners Mr. O'Neil and Ms. Rotundo featured below.



LAURA CURRAN  
COUNTY EXECUTIVE



CAROLYN McCUMMINGS, MPH, PhD  
COMMISSIONER

JORGE A. MARTINEZ  
DEPUTY COMMISSIONER

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**NOMINATION FOR NASSAU COUNTY SENIOR AMBASSADOR OF THE YEAR AWARD**  
**APPLICATION FOR THE YEAR 2021**

**QUALIFICATIONS**

- A. All candidates must be 60 years of age or older and presently living in Nassau County.
- B. Employees of any organization are not eligible unless in an unpaid volunteer position.
- C. Persons who have already received the honor of this Award are not eligible.
- D. Persons who were candidates before, but who were not selected for the Award, are eligible to be re-nominated.
- E. Candidates should be individuals who have demonstrated outstanding concern and action for human services and community involvement for any age group.
- F. **Candidates should be available to serve in the capacity of liaison to attend various events throughout the year. Examples include but are not limited to: Annual Public Hearing, May Luncheon, etc.**

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**PLEASE PRINT or TYPE**

This form may be typed into electronically

**NOMINEE INFORMATION ONLY:**

1. Full Name:	
2. Phonetic pronunciation of name:	
3. Date of birth:	
4. Full address:	
5. Telephone number:	
6. Email address:	
7. Number of children:	
8. Number of grandchildren:	
9. Years of volunteer service:	
10. Previous or current profession:	
11. Military Branch if applicable:	

15. Names of organizations for which the nominee volunteers/has volunteered (Most recent at top):

<u>Organization</u>	<u>Number of years volunteering there:</u>

16. Brief Biography of the nominee (i.e. are they a native New Yorker, where they currently reside, past/present professional and family life. (Approximately 100 words)

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17. Details about how the nominee has made a difference in your community through civic engagement. (Approximately 125 words)

18. **SPONSOR INFORMATION:** (Please complete ONLY ONE section for each sponsor)

A.

Name of Organization:	
Representative Name:	
Street Address, Zip Code	
Telephone number:	
Email Address:	

B.

Name of Organization:	
Representative Name:	
Street Address, Zip Code	
Telephone number:	
Email Address:	

**PLEASE NOTE:** Applications can be mailed or emailed and must be received in this office no later than Friday, April 9<sup>th</sup>, 2021. Applications received after this date will not be considered.

Please return to:

Samantha Cools  
Awards Committee – Senior of the Year  
Nassau County Department of Human Services  
Office for the Aging  
60 Charles Lindbergh Blvd.  
Uniondale, NY 11553-3691  
[Samantha.cools@hhsnassaucountyny.us](mailto:Samantha.cools@hhsnassaucountyny.us)

Please try to restrict the information provided to this form. Please be sure to fill out the entire form. Be as specific as possible as this will aid the committee in selections. Additional information, news clippings, or pages will not be considered or returned to sponsor. For further information please call (516) 227-8900.

***\*\* Please send a 5 x 7 photo or smaller of the nominee in which their head fills most of the frame and is 300dpi at life size, by mail or electronic format JPEG. Photos will not be returned. Mail application and photo to address above.***