



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 August 2021 Vol. 8

## FARMERS' MARKET NUTRITION PROGRAM

The Farmers' Market Nutrition Program season has begun! It's one of the most exciting times of year in the Office for the Aging, as we go out into the community and bring nutrition to you! The Farmers' Market Nutrition Program (FMNP) provides eligible seniors with \$20 worth of coupons to be used at local farmers' markets. Even better, Nassau County Office for the Aging has partnered with Cornell Cooperative Extension of Nassau County to bring the farmers' markets to the location you are picking your coupons up from. It's as easy as getting your coupon, then buying fresh, locally grown produce all in the same place!

### August Farmers' Market Coupon & Market Distribution Dates:

**Tuesday, August 3rd: 1:00pm—2:30pm:**  
Town of Hempstead Green Acres Senior Center  
400 Flower Road, #10, Valley Stream, NY

**Wednesday, August 4th: 1:00pm—2:30pm:**  
Town of Hempstead Oceanside Senior Center  
2900 Rockaway Ave, Oceanside, NY

**Thursday, August 5th: 10:15am—11:45am:**  
Oceanside Senior Community Service Center  
9 Anchor Avenue, Oceanside, NY  
**1:00pm—2:30pm:**  
Town of Hempstead Elmont Senior Center  
138 Elmont Road, Elmont, NY

**Friday, August 6th: 1:00pm—2:30pm:**  
MLK Community Center  
150 N. Centre Avenue, Rockville Centre, NY

**Wednesday, August 11th: 10:15am—11:45am**  
Great Neck Senior Community Center  
80 Grace Avenue, Great Neck, NY

**Thursday, August 12th: 10:15am—11:45am**  
Franklin Square Senior Community Service Ctr  
619 Fenworth Boulevard, Franklin Square, NY  
**1:00pm—2:30pm:**  
Town of Hempstead Franklin Square Senior Ctr  
1182 Martha Place, Franklin Square, NY

**Friday, August 13th: 10:15am—11:45am**  
Glen Cove Senior Center  
130 Glen Street, Glen Cove, NY

**Tuesday, August 17th: 10:15am—11:45am**  
North Merrick Senior Community Service Center  
1260 Meadowbrook Road, North Merrick, NY

**Thursday, August 19th: 10:15am—11:45am**  
New Horizons Senior Center  
1355 Noel Avenue, Hewlett, NY

**Friday, August 20th: 10:15am—11:45am:**  
Port Washington Senior Community Service Ctr  
9 Carlton Avenue, Port Washington, NY

**Tuesday, August 24th: 10:15am—11:45am**  
Port Washington Senior Center  
80 Manorhaven Boulevard, Port Washington, NY

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## FARMERS' MARKET DATES CONTINUED...

### Wednesday, August 25th: 10:15am—11:45am

Carle Place Senior Citizens

Charles J. Fuschillo Park, Carle Place, NY

### 12:30pm—2:30pm

Westbury Senior Center

360 Post Avenue, Westbury, NY

### Thursday, August 26th: 1:00pm—2:30pm

Town of Hempstead Rosa Parks Senior Center

2 Babylon Turnpike, Roosevelt, NY

### Friday, August 27th: 10:15am—11:45am:

Wantagh Senior Community Service Center

3606 Lufberry Avenue, Wantagh, NY

### 1:00pm—2:30pm

Town of Hempstead Salisbury Senior Center

460 Salisbury Park Drive, Westbury, NY

### Tuesday, August 31st: 10:15am—11:45am

Freeport Senior Community Service Center

66 Church Street, Freeport, NY

### 1:00pm—2:30pm

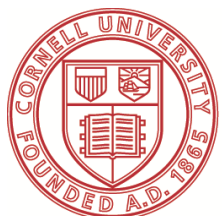
Town of Hempstead Bellmore Senior Center

2000 Bellmore Avenue, Bellmore, NY

Contact the Nassau County Office for the  
Aging at 516-227-8900 for any questions.



Nassau County Office for the Aging and Cornell Cooperative Extension of Nassau County visited the Town of Hempstead's Baldwin Senior Center to distribute Farmers' Market Coupons and bring a mobile farmers' market to the site.



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## Summertime Nutrition Tips

### Make Food Safety a Priority!

- Always, always, always handle food with clean hands!
- Keep the freezer at or below 0°F & the refrigerator between 34°F-40°F.
- Store dairy & eggs in the coldest part of the refrigerator, preferably near the back & away from the door.
- Keep raw meat & poultry on the lowest shelf in the fridge. Store ready-to-eat & cooked foods on top.
- Defrost food in the refrigerator in advance – not on the counter overnight.
- Avoid cross contamination! Thoroughly wash cutting boards with soap & water between handling raw meat & produce – or use separate cutting boards.
- Cook foods until they reach the minimum internal temperature! 165°F for poultry, 160°F for ground meats, & 145°F for fish, pork, beef, & lamb chops.
- Store leftovers in clean, sealed containers in the refrigerator. Eat within 2 days!



*Go to [www.foodsafety.gov](http://www.foodsafety.gov) for more food safety information.*

### Preventing Dehydration

By the time we feel thirsty, we may already be dehydrated! Not getting enough fluids during warmer months can pose serious health risks so it is important to be mindful of the signs & symptoms of dehydration. Initial signs include headache, constipation, dry mouth & tongue, muscle cramps, & lethargy.

Aim for 64oz of fluids per day & try these tips to increase fluid intake:

- ⇒ Enhance water with a splash of juice or fresh fruit. Try a refreshing combination of strawberry & mint or cucumber & lime.
- ⇒ Try different flavors of sparkling water.
- ⇒ Keep popsicles or frozen yogurt pops on hand for a hydrating treat.
- ⇒ Whip up a milkshake or smoothie loaded with extra berries!
- ⇒ Include foods with high water content in meals & snacks – try grapes, tomatoes, apples, watermelon, or bell peppers.
- ⇒ For something savory, try warm chicken, beef, or vegetable broth.



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## SUMMER RECIPE!

### Watermelon Salad

Recipe by Chef Tiffany

#### Ingredients

- 2 cups watermelon, diced
- 1 1/2 cups blueberries
- 1 English cucumber, diced
- 1/4 cup fresh mint, chopped
- Balsamic glaze (optional)

#### Directions

- ◆ In a large bowl, combine all ingredients except balsamic glaze.
- ◆ Toss together & drizzle with balsamic glaze (if using). Enjoy!

#### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/2 cup (50g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>45</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	2%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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## CATARACT AWARENESS MONTH

August is Cataract Awareness Month. Cataracts are the leading cause of vision loss in the United States, according to the Centers for Disease Control. If you are experiencing increased vision loss, you may need more than new glasses. It may be time to visit your eye doctor for a cataract screening. More than half of all Americans over the age of 70 have developed cataracts to some degree. Cataracts are common and curable, and typical symptoms include blurry vision, colors that appear faded, glare, double vision and difficulty with night vision. If you are experiencing any of these symptoms, contact your doctor.



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# *Simple Meals for 1 or 2*

**August 2021**

Join Community Nutrition Educators from Cornell Cooperative Extension of Nassau County for a workshop on preparing nutritious, tasty meals for 1 or 2 people. We will chat about how to get motivated to plan for & cook simple meals.

Check the calendar at your local center for the next scheduled event.

**For more information about this program, please contact the Nassau County Office for the Aging at (516) 227-8900.**



## **Building Strong and Vibrant New York Communities**

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.





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# *Summer Cut Flower Bouquets*

**Thursday, August 12, 2021 at 10am**  
*at East Meadow Farm 832 Merrick Avenue*

Join Beth, 4H Educator & Master Gardener, at East Meadow Farm for a summer bouquet workshop! We will make attractive bouquets to grace your table, desk, or countertop & explore the basic concepts that lead to a harmonious arrangement.

**Advanced registration is required by August 9th  
& space is limited.**

To register to attend in-person,  
contact the Nassau County  
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## *Farm Fresh Summer Rolls*

**Wednesday, August 18, 2021 at 10am**

**at East Meadow Farm 832 Merrick Avenue**

Join Man Nga, Community Nutrition Educator, at East Meadow Farm to explore & celebrate the tastes of the garden! Utilizing fresh herbs & a rainbow of vegetables, we will create healthy, flavorful summer rolls along with a savory dipping sauce.

**Advanced registration is required by August 13th  
& space is limited.**

**To register to attend in-person,**  
**contact the Nassau County**  
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