



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 September 2021 Vol. 9

Walk With a Doc Live Kickoff Event!

On Wednesday, August 4th, the Walk with a Doc (WWAD) Glen Cove Chapter held its first live physician-led community walking event at the Garvies Point Esplanade. Dr. Barbara Keber, Chair of Family Medicine at Glen Cove Hospital and Vice Chair of Family Medicine at Northwell Health, kicked off the walk with an informative discussion about summer safety tips on hydration, heat stroke, skin protection, and insect bites. She then led attendees on a walk along the waterfront. In attendance were Nassau County Executive Laura Curran, Deputy Commissioner Jorge Martinez of the Nassau County Department of Human Services, Office for the Aging, Glen Cove Mayor Tim Tenke and Deputy Mayor Maureen Basdavanos, Councilman Gaitley Stevenson-Mathews, members of the Glen Cove Senior Center, Glen Cove Youth Bureau, Age-Friendly Glen Cove Advisory Board, Glen Cove SAGE Board, Glen Cove Inter-agency Council, and local residents.

Walk with a Doc is an organization that was started in 2005 by Dr. David Sabgir, a cardiologist in Ohio, and has chapters throughout the world. In May 2021, the Glen Cove Chapter began a monthly virtual health talk series where Dr. Keber provides a 5-10 minute health talk that is available on the Age-Friendly Glen Cove website (www.agefriendlyglencove.com) beginning the first Saturday of every month. Live walking events are subject to scheduling according to COVID-19 considerations.



Participants walking the Garvies Point Esplanade for the first in-person Walk With a Doc event.

The mission of the Glen Cove chapter is to:

- Provide information about interesting health topics
- Enhance the relationship between the community and local healthcare professionals
- Offer a low impact exercise program that everyone can participate in
- Connect community members with one another to improve the walkability of the city

The September health topic, which will be available online beginning Saturday, September 4th, is "Lifestyle Tips to Live Well with Diabetes." This episode will be available to watch all month long, and resources and previous episodes are available on the website for viewing as well.

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Walk With a Doc Live Kickoff Event Continued...

The WWAD Glen Cove Chapter is part of the Age-Friendly Glen Cove initiative and is funded by the Nassau County Department of Human Services, Office for the Aging, through a New York State Office for the Aging Age-Friendly Planning Grant. Glen Cove became a member of the AARP Network of Age-Friendly States and Communities in 2018, and in 2020 was designated as a Nassau County Age-Friendly Center of Excellence. As part of the Age-Friendly network, Glen Cove is committed to promoting policies and programs that improve the livability of the city for those of all ages and abilities. The city's Age-Friendly advisory board, comprised of local leaders and residents, is currently in the process of writing an action plan for the city to implement in the next five years. Action items address 8 domains of livability, including housing, transportation, outdoor spaces and buildings, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. WWAD, along with other upcoming programs, is part of this action plan.

For more information about future live walks, the WWAD Glen Cove Chapter, and the Age-Friendly Glen Cove initiative, please visit <https://agefriendlyglencove.com/> or follow Age-Friendly Glen Cove on Facebook and Instagram.



Farmers' Market Nutrition Program

Eligible seniors can stop by and get \$20 worth of coupons to be used at the Cornell Cooperative site market and other local farmers' markets. Contact Nassau OFA at 516-227-8900 for more details.

September Farmers' Market Coupon & Market Distribution Dates:

Friday, September 10th: 1:00pm—2:30pm
Town of Hempstead Levittown Senior Center
555 N. Newbridge Road, Levittown

Tuesday, September 14th: 10:15am—11:45am
Freeport Senior Community Service Center
66 Church Street, Freeport

Friday, September 17th: 10:00am—1:00pm
Hempstead Senior Community Service Center
24 Clinton C. Boone Place, Hempstead

Tuesday, September 21st: 10:15am—11:45am
North Merrick Senior Community Service Center
1260 Meadowbrook Road, N. Merrick

Wednesday, September 22nd: 1:00pm—2:30pm
Lynbrook Recreation Center at Gries Park
55 Wilbur Street, Lynbrook,

Friday, September 24th: 10:15am—11:45am
Wantagh Senior Community Service Center
St. Jude's Church, 3606 Lufberry Ave, Wantagh

Wednesday, September 29th: 10:15—11:45am
Operation Get Ahead, Kennedy Park
334 Greenwich St, Hempstead
1:00pm—2:30pm
Town of Hempstead Baldwin Senior Center
1810 N. Grand Avenue, Baldwin



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Nassau County Office of Crime Victim Advocate

The Office of Crime Victim Advocate (OCVA) was created to ensure that victims of crime and witnesses to crime in Nassau County are afforded all the legal rights, protections, and assistance they are entitled to under the law. The Office of Crime Victim Advocate is committed to treating victims and witnesses with dignity, fairness, and respect.

OCVA's services are available to ALL victims and witnesses regardless of race, national origin, immigration status, religion, sex, gender identity, sexual orientation, disability, or age. They have interpreter services available for hundreds of languages, including American Sign Language, and all services are free of charge.

The Nassau County Office of Crime Victim Advocate is committed to helping survivors rebuild their lives and understands that victims have both short-term and long-term needs in the aftermath of a crime. With that understanding OCVA will deploy a victim centered, trauma informed, and culturally competent approach to victim servicing.

OCVA provides the following services as specified by Nassau County Charter § 2115:

- Legal assistance to victims and witnesses of crime who are served with judicial orders to show cause by criminal defendants or their representatives to gain access to their home or place of business.
- Legal assistance with any victim compensation applications.

- Legal assistance to any victim or witness with regards to any legal action related to New York Criminal Procedure Law Chapter 245.
- Information on victim's and witness' legal rights and protections with regards to criminal process.
- Assist victims to submit comments to courts and parole boards.

Additional Services, but not limited to:

- Assistance and accompaniment with reporting a crime
- Crisis Counseling Intervention
- Education regarding the criminal justice process
- Assistance completing NYS Office of Victim Services compensation application and appeals
- Safety planning
- Personal advocacy
- Liaison with law enforcement and District Attorney's Office
- Court accompaniment
- Registering for inmate notifications Vine/DOCCS
- Linkage to community and crime victim service providers
- Linkage to various County agencies
- Referrals to civil legal services

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Nassau County Office of Crime Victim Advocate Continued...

OCVA is here for our older adult community. They know that as we transition to different stages in life we require different supports, and OCVA is committed to providing our older adult community that support as it relates to diverse and relevant victimizations.

Senior financial exploitation- fraud/scam:

OCVA is committed to bringing awareness and staying informed on crime victimizations that are prevalent in our senior community. Issues include the increase in senior financial exploitation, such as fraud/scam activities and the increase in robo calls. The unfortunate truth is that our older adults are targets of financial exploitation, sometimes at the hands of strangers and sometimes by their own family members, neighbors, colleagues, or friends. OCVA strives to empower our older adults with information and tools to be able to:

- Recognize a scam
- Know what to do if targeted
- Assist with reporting
- Assist with the recovery process if exploited

Financial exploitation and older adult abuse are insidious, destructive and often times emotionally, physically and financially debilitating for our older adults. It is often embarrassing and stigmatic. Many older adults do not report because they don't know how to or are embarrassed to.

OCVA can assist with reporting, and link our older adults with mental health resources, financial counselors, and senior service agencies. OCVA is a strong partner and collaborates with us in the Nassau County Office for the Aging to ensure that our older adults receive all the services and resources that they need.

You are not alone. OCVA is available to help. You can contact them at:

Nassau County Office of Crime Victim Advocate
1 West Street
Mineola, NY 111501
516-571-1598

E-mail: OCVASupport@Nassaucountyny.gov

Webpage: www.nassaucountyny.gov/1608/Office-of-Crime-Victim-Advocate
Facebook: **NASSAUOCVA**



SCAM ALERT!

A new scam has emerged that is sending text messages indicating "Government Pandemic Extra Stimulus Bonus" with a link for a claim. It then asks for picture verification of the front and back of a driver's license or State ID. Do NOT respond!



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Freezing: The Simplest Food Preservation Method for Summertime Veggies

Freezing is the simplest, least time-consuming method to preserve your garden or farm stand bounty and it does not require special equipment like other methods of food preservation. Foods are able to retain their natural color, texture, and flavor better when frozen compared with other preservation methods.

Nutritionally speaking, freezing does not significantly affect the fat, protein, or carbohydrate content of foods or certain minerals like iron, calcium, magnesium, and zinc. However, 10-20% of water-soluble vitamins, like vitamin C or B vitamins, can be lost in the freezing process.

Prepping Veggies for Freezing

Wash vegetables in cool, running water; sort and discard under-ripe or bruised product. Be sure to choose tender, young vegetables at their peak of freshness and freeze them as soon as possible after harvest. Produce with a higher water content, including cucumbers and lettuce, lose their crispness when frozen and become limp. Go to https://nchfp.uga.edu/how/freeze_dont_freeze_foods.html for a list of foods that do not freeze well.

Keep in mind that frozen, fully cooked vegetables are not as nutritious, colorful, or flavorful as those that have only been blanched before freezing. Blanching cleanses the vegetable of dirt, brightens their color, softens the product, & helps reduce the loss of vitamins. Blanching time varies depending on the type and size of the vegetable.

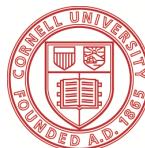
Check out <http://cattaraugus.cce.cornell.edu/resources/handy-reference-for-freezing-vegetables> for blanching times and directions.

Preventing Freezer Burn

Freezer burn is caused by moisture loss when ice crystals evaporate from the product's surface area and is due to improper wrapping or puncture. Although not harmful, freezer burn dries out food, toughens the product, and causes unwanted flavor changes. Freezing food quickly results in smaller ice crystal formation and less damage to cell walls than slow freezing, leading to a higher quality product.

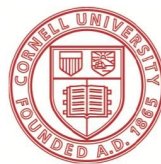
General Freezing Tips

- ◆ Freeze food quickly at or below 0°F for the best texture/nutritional value & to prevent the growth of spoilage microorganisms.
- ◆ Do not overload the freezer with unfrozen food – add only the amount of food that will freeze within 24 hours.
- ◆ Freeze packages in a single layer separate from each other to allow for air circulation. Once frozen, packages can be restacked closer together.
- ◆ Rotate food – first in, first out – and use within 1 year for best quality.



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Source : <http://cattaraugus.cce.cornell.edu/resources/handy-reference-for-freezing-vegetables>, <http://ccetompkins.org/resources/freezing-fruits-vegetables>, <https://extension2.missouri.edu/gh1501>



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Salsas & Sauces

Tuesday, September 14, 2021 at 10am
at East Meadow Farm 832 Merrick Avenue

Join Chef Tiffany, Community Nutrition Educator, under the tent at East Meadow Farm to explore getting creative in the kitchen with an abundance of summer herbs. Each participant will take home a small mason jar of sauce made in the class.

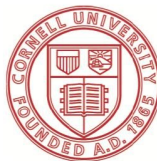
**Advanced registration is required by
September 9th. Space is limited.**

To register to attend in-person,
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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Harvest Dish Garden

Thursday, September 30, 2021 at 10am
at East Meadow Farm 832 Merrick Avenue

Join Horticulture Educators from Cornell Cooperative Extension of Nassau County under the tent at East Meadow Farm to celebrate the bounty & colors of autumn indoors. Create your own *Harvest Dish Garden* — we'll show you how!

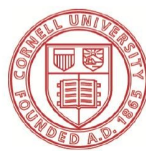
**Advanced registration is required by
September 23rd. Space is limited.**

To register to attend in-person,
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Power Up with Breakfast

September 2021

Celebrate National Breakfast Month with Community Nutrition Educators from Cornell Cooperative Extension of Nassau County. This month, we will focus on what makes breakfast the most important meal of the day & explore delicious options for your next morning meal.

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.



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