



COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS

# NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

## OFFICE FOR THE AGING

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**JILL D. NEVIN**  
COMMISSIONER

# September 2022

**DEBBIE PUGLIESE**  
DEPUTY COMMISSIONER

### Spotlight On: Health Promotion and Exercise

Nassau County Office for the Aging has services and activities that promote chronic disease prevention and management, promote physical and mental health, improve, or maintain quality of life and increase awareness and understanding of healthy lifestyles.



For physical health, Nassau County Office for the Aging has exercise classes at various locations

through the county for Adults age 60 and over. Dance classes such as line dancing and ballroom dancing are also available. The majority of our programs are at our Senior Community Service Centers, Senior Lunch Programs and available through Zoom.

*down so members can follow better. He also teaches and explains breathing techniques. Modifications are taught to people with injuries. He is also able to correct us very gently when we are doing poses incorrectly. Joseph is friendly with all and plays enjoyable, soothing music during his classes."*



Liz retired last year and joined the North Merrick SCSC. She exercises as often as possible, and said "My doctor told me that it is very

*good for me; for my blood pressure and cholesterol. My favorite exercise class is Zumba with Andrea Wool, she makes the class fun."*

Regular physical activity is one of the most important things Older Adults can do for their health. It can prevent or delay many of the health problems that seem to come with age. It also helps muscles grow stronger so Older Adults can keep doing the day-to-day activities without becoming dependent on others.

For more information about exercise classes for Older Adults call (516) 227-8900 or visit [www.nassaucountyny.gov/seniorcenters](http://www.nassaucountyny.gov/seniorcenters)

#### Exercise classes included:

- Zumba
- Chair Yoga
- Yoga
- Tai-Chi
- Total Body Fitness
- Stretching & Mediation
- Seniorobics
- Chair Pilates
- Wise Workouts
- Move with Balance
- Gentle Yoga Flow

Mary Zini takes the Tai Chi class at the Port Washington SCSC. Mary commented that she enjoyed the class because "Joseph Panico is an instructor who makes it fun breaks movements

To join Office for the Aging's distribution list please email [seniors@hhsnassaucountyny.us](mailto:seniors@hhsnassaucountyny.us)

## Fall Produce Spotlight: Apples!

The end of summer signifies cooler weather and beautiful fall produce. With an abundance of apples fresh for buying at farmers' markets or picking at local orchards, it is no wonder why New York is called the Big Apple! Apples were first planted in New York state in 1647 and New York is currently the second-largest apple producing state in the United States, averaging 29.5 million bushels per year. That's over one billion pounds of apples!

Nutritionally, apples boast both soluble and insoluble fiber, vitamin C, and quercetin, a powerful antioxidant. Apples do make a healthy, delicious snack on their own (especially with a bit of nut butter!), but they are incredibly versatile fruits that can also be used in both sweet and savory dishes. Apples can be a great addition to salads and slaws, soups, overnight oats, casseroles, or even French toast.

Try this simple, seasonal recipe from our Cornell Cooperative Extension recipe archive and let us know what you think.

### Sweet Potato and Apple Soup

Makes: 8 servings

3lb sweet potatoes

1T olive oil

1 onion, chopped

1 celery stalk, chopped

1 apple, peeled and chopped

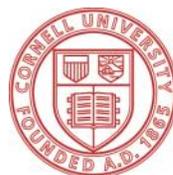
6 cups of water (can substitute low-sodium broth)

Salt & black pepper to taste



- Preheat oven to 400°F.
- Prick the potatoes with a fork, place on a baking sheet, and roast until tender, about 40 to 45 minutes. This can be done ahead of time or even the day before preparing the soup.
- Meanwhile, heat the oil in a large saucepan over medium-high heat. Add the onion, celery, and apple. Cook, stirring occasionally, until soft, about 10 to 12 minutes.
- Halve the potatoes, scoop out the flesh, and add to the saucepan. Add water and salt and pepper to taste. Cook until heated through, 8 to 10 minutes.
- If desired, puree the soup in a blender, working in batches, or mash soup with a potato masher. Add water, if necessary, to reach the desired consistency. Taste and adjust seasonings, as needed.

*Tip:* Don't throw away the potato skins - try loading them up with beans, veggies, or low-fat cheese and baking in the oven for healthier "loaded" potato skins!



**Cornell University**  
Cooperative Extension  
Nassau County

## Why We Need Libraries



September is Library Card Sign-Up Month, a time when libraries join together to remind us that signing up for a library card is the first step towards lifelong learning. A library card provides the opportunity to get involved in your local community and check out the many services offered.

Libraries are more than just books; they are community hubs. They connect people to information and connect people to each other. Libraries have been supporting local communities since as early as the 1830s. Since then, libraries have become a wealth of resources for their communities, providing books, daily newspapers, periodicals, and many online resources. The library is an excellent place to explore. Here are Three

reasons how we can benefit from the library:

### **Libraries Are Free**

Many older adults live on a fixed income after retirement. They don't have the luxury of spending money on new books, movies, music, or technology. However, by utilizing the library, They can stock up on entertainment for little to no cost. Many libraries have expanded their resources to include free digital downloads for their patrons. This means that residents who are homebound can still enjoy the perks of the library right from the comfort of their own home.



### **Libraries Provide Accessibility**

In addition to providing books, libraries offer access to their patrons. Whether it's providing materials in large print for those with low vision, or allowing easy access to bookshelves for those with limited mobility. Libraries often have the space for assistive technology, such as electronic magnifiers or auditory accessories. They also employ staff who are available to assist in obtaining various library resources.

### **Libraries Offer Educational Opportunities**

From computer classes to genealogy, libraries want to be a place their patrons turn to for growth. Residents who want to learn the latest technology or try a new hobby often need to look no further than their local library.

You can call your local library to check the status of your library card or to find out what documentation is needed to sign up for one. For more information, please contact Nassau County Library System at (516)292-8920 or visit [www.nassaulibrary.org](http://www.nassaulibrary.org)

## Salute to the Armed Forces

August 25th the Town of North Hempstead hosted their *FunDay Monday Hometown USA: A Salute to Our Armed Forces* event in recognition of our Veterans, including all who currently serve in the United States Military. The event included recognition of Blue and Gold Star Families, presentation of the colors and military flags, as well as remarks from elected officials.



Former Senator Jack Martins, Nassau County Comptroller Elaine Phillips, local Veteran, Town of North Hempstead Supervisor Jen DeSena, Nassau County Office for the Aging Deputy Commissioner Debbie Pugliese, Town of North Hempstead Department of Services for the Aging Commissioner Kimberly Corcoran-Galante at the *North Hempstead FunDay Monday Hometown USA Salute to Veterans*

## September is National Hispanic Heritage Month

Americans observe National Hispanic Heritage Month every year from September 15th to October 15th, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.



The observation started in 1968 as Hispanic Heritage Week, under President Lyndon Johnson, and was expanded by President Ronald

Reagan in 1988 to cover a 30-day period starting on September 15th and ending on October 15th. It was enacted into law on August 17, 1988.

September 15th is significant because it is the anniversary of independence for Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16th and September 18th, respectively. Columbus Day or Día de la Raza, which is October 12th, falls within this period.

According to the 2019 U.S. Census Bureau, there are 60.5 million Hispanics living in the United States. In 2019, states with the largest Hispanic populations were California, Texas, Florida, New York, Arizona, Illinois, New Jersey, Colorado, Georgia, New Mexico. <https://minorityhealth.hhs.gov/omh/browse.aspx?>



Victor, a bus driver for the North Merrick Senior Center took Members of the center to the beach while at the Town of Hempstead Senior Beach Program.



Wantagh Senior Center members enjoy a Luau party!



Wantagh Senior Center members participate and sing in a Patriotic Event.



Stiletto & Saxman perform at a Senior Noontime Summer Concert at Eisenhower Park on Wednesday, August 17th



Legislator Rose Walker hosted National Night Out in Bethpage on August 2nd. Joanne Foley Legislative Aid to Rose Walker, Nassau County Office for the Aging staff Mark Turan, Nassau County Legislator Rose Walker and Nassau County Office for the Aging Deputy Commissioner Debbie Pugliese